



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, January 30, 2022

Volume 13, Issue 05



This-N-That

Good evening Jim,

In this week's newsletter down under the FDA items is yet another recall notice for Philips on CPAP machines. If you're one of many who use and need this machine, I strongly urge you to read this recall and see if it applies to you.

I know for myself personally; I am still waiting to hear back from Philips on my CPAP. They did notify me my machine fell under the recall notification. And within a month or so I read where FDA needed to do a facility inspection and that equipment replacement was being authorized but it was going to be a very slow process.

I'm scheduled for another sleep study this week and hopefully

will be approved for the newer model within a few days after results are submitted.

I will let you all know what I find out as quick as I know it. But for all our Veterans, I do urge you to stay on top of your doctor and the VA in regard to equipment replacement.

I don't know how much anyone has stayed on top of the COVID vaccine issue(s), but a article I had read said military doctors are saying a 600% increase in miscarriages, and other medical issues have risen and it appears now, the DoD is backing off from vaccine mandates, but I also still see things coming out from the VA still suggesting them.

We've added two new items to the **TAKE ACTION** list, and I will be doing my best to see if any of that list can be reduced this week.

I had fully intended to publish last evening, but somewhere in town I can only guess someone took out a power pole, so we were without power for a few hours.

We're again in blood crisis mode and not enough supply to meet demand. So, I ask each of you if you're able to either contact the local VA hospital or Red Cross about donating blood today.

If you've not visited our website, www.veterans-for-change.org or not visited in a while, please be sure to check often for updates on documents, web links, etc., we are a bit slow, but are moving as fast as we can, yet not over-loading to put more work on our Webmaster when we get to the transition into the new look.

With an account, you will be able to access thousands more documents, be able to comment on the various articles we post and share with you, and more.

Once your account is approved, you will receive notice of approval, be sure to check your spam folder as they do end up there once in a while.

If you choose to create an account to access more information, please keep in mind not to use your E-Mail address as a user ID, and that the system is case sensitive. Neither the webmaster or myself have access to password information as its 132-bit DoD level security encoded. But, if need be, we can change it for you.

On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Respectfully,

Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org



Welcome to a new VHA podcast, PTSD Bytes

New VA podcast, PTSD Bytes. Experts and innovators about how technology can support people with PTSD or other mental health concerns.

[Read More](#)



Veteran Ivan Dickerson advises other Vets: "Do the right thing, seek help."

After homelessness and addiction, Army Veteran turned to VA for help. His medical team helped him take the first steps to recovery.

[Read More](#)



Military Veterans Advocacy



Military Veterans Advocacy is offering some free memberships for those who are struggling to get their claims through, are having financial difficulties. Annual dues are \$25.00 per year. Our organization

includes special sections, Blue Water Navy, Veterans of Southeast Asia, Central Pacific Islands, Veterans of Panama Canal Zone, and Okinawa. We have gift members available which can be paid by your fellow brother or sister Veterans. Gift members are kept confidential. Click [HERE](#) and help a Veteran.

You may contact Robin Barr at robin.barr@mvadvocacy.org



With transitional housing, Boston Veteran's life changes course with assistance from VA

After a year living in his car, Air Force Veteran found support through a transitional housing and support center and the HUD-VASH program.

[Read More](#)



How to stay warm and safe during the winter

During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before another winter storm hits.

[Read More](#)



Got Your 6: COVID News

'Got Your 6' is TRICARE's COVID vaccine video series that delivers important information and updates. Here's the latest about DOD vaccine distribution, the TRICARE health benefit, and vaccine availability.

[Watch Video](#)

Complete the VFW 2022 Health Survey

The VFW has developed a survey to evaluate your health care experiences, how your health care may have changed in the last six months, and your perceptions of your overall physical and mental health over the past 30 days. Your feedback is vital to our advocacy efforts and to compile a report on this important topic. Help the VFW hold VA and Congress accountable by taking this short survey regarding your experiences during the COVID-19 pandemic. [Take the survey.](#)



Your actions could save a life.

Showing you care can make a big difference to someone in crisis.

VeteransCrisisLine.net



**Veterans
Crisis Line**
1-800-273-8255 PRESS 1

**VA police officers demonstrate their dedication,
on and off the job**

With a combination of police training and military experience, these officers show that service to others doesn't end when the uniform comes off.

[Read More](#)



Borne the Battle #266: Air Force Veteran Mark Cooter and Army Veteran Alec Bierbauer, Origins of CIA / U.S. Air Force Drone Warfare

This week's Borne the Battle features Mark Cooter and Alec Bierbauer, the "Wright Brothers" of the U.S. drone warfare program.

[Read More](#)



How to Get Urgent Care Under Your TRICARE Health Plan

Do you have an injury or illness that isn't quite serious enough for a trip to the emergency room? This might be the right time to go to an urgent care center. Most TRICARE beneficiaries can go to an urgent care center whenever they need to. Just be sure to follow the urgent care rules for your health plan.



[Read More](#)



Complete the Airborne Hazards and Open Burn Pit Registry

All veterans who served in eligible locations should complete the [Airborne Hazards and Open Burn Pits Registry](#).

Participation in the registry is very important as it will allow VA to track burn pit exposure and draw inferences regarding associated adverse health effects. Exposure to burn pits may be associated with respiratory conditions such as asthma, emphysema, chronic bronchitis, and chronic obstructive pulmonary disorder (COPD). VA recently added asthma, rhinitis, and sinusitis as presumptive conditions related to particulate matter exposure.



Know the Warning Signs

It Matters.

Sometimes, a crisis may involve thoughts of suicide. Learn to recognize these warning signs:

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The presence of the following signs requires immediate attention:

- Thinking about hurting or killing themselves
- Looking for ways to kill themselves
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse

..... Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to **838255**



60 or older? Need physical therapy? Join this telerehabilitation study

What New Year's resolutions did you make? This VA-Research initiative studying telerehabilitation may help you get there.

[Read More](#)



Air Force Medical Student Called to Work as Translator for Afghan Evacuees

Uniformed Services University of the Health Sciences medical school student Air Force 2nd Lt. Kristen Bishop was doing clinical rotations at the Naval Medical Center Portsmouth when she was asked to change her rotations to Walter Reed National Military Medical Center for a special assignment.

[Read More](#)



That DoD Unsure of Number of People Exposed to Toxic Chemicals

During a recent hearing of the Committee on Homeland Security and Governmental Affairs, the Department of Defense (DoD) claimed it is focused on firefighting foams rather than other potential toxic exposures. The DoD also noted it may take decades to clean up all the contaminated groundwater around the many military installations known to have used firefighting foam containing toxic chemicals.

The Environmental Protection Agency (EPA) sets the policy

standards that the DoD uses to evaluate the safety of drinking water. However, the EPA Inspector General testified at the hearing that EPA is sorely lacking in its ability not only to identify toxic chemicals but to evaluate their danger and have not kept up with emerging chemical concerns with drinking water. That makes it difficult to determine a safe limit, in compliance with the Toxic Substances Control Act.

In related news the Senate Veterans Affairs Committee had a hearing on the cost of the veteran's toxic exposure bills. The Comprehensive and Overdue Support for Troops (COST) of War Act (S.3003) and the Honoring Our PACT Act (H.R.3967) would both allow for the first time all veterans who were at risk of toxic exposure, including 3.5 million Iraq and Afghanistan veterans, to obtain immediate and lifelong access to health care from the Department of Veterans Affairs (VA) - one of the largest expansions of health care eligibility in the VA's history. The bills would provide presumptive care for numerous conditions for veterans sickened by exposure to burn pits and other toxins. Both bills would also establish a new science-based and veteran-focused process for the establishment of new presumptive conditions and would provide benefits to thousands of toxic exposure veterans who have been long-ignored or forgotten, including Agent Orange veterans suffering from hypertension. Everyone is urged to use the [FRA Action Center](#) to weigh in on these proposals.



Links to Other Stories

- 1) [Millions of Tricare Beneficiaries Left Out of COVID-19 Test Reimbursement Plan](#)
- 2) [Missing more than 50 years, Vietnam pilot's remains to be returned to Washington family](#)
- 3) [VA mistakenly approved doctors with revoked or suspended medical licenses to treat Veterans](#)
- 4) [France gives its highest honor to 100-year-old WWII paratrooper from Live Oak who fought on D-Day](#)



You Asked, We Answered: Face mask protection against omicron

You Asked, We Answered: What type of face mask should I wear for the best protection against omicron? Construction and fit are important.

[Read More](#)



Provider webinar: New Beyond MST mobile app enhances treatment for survivors

Many people have experienced sexual assault or sexual harassment during military service, which is known as military sexual trauma (MST). As a result, VA developed Beyond MST, a free self-help mobile app designed specifically to support the health and wellbeing of MST survivors.

[Read More](#)



Laughter, conversation and chemo

For almost 20 years, Air Force Veteran Norman Blackwell has received his cancer care from VA. He has a special relationship with the staff. "I feel very comfortable going there. We laugh, we talk. They get the chemo in me and I'm gone again."

[Read More](#)



112 Reps Request Briefing on NPRC's Plan to Reduce Vets Request Backlog

Rep. Mike Bost (Ill.), the Ranking Member of the House Veterans' Affairs Committee, Rep. Cliff Bentz (Or.), and Rep. Fred Keller (Pa.), released a statement after joining over one hundred of their colleagues in sending a letter to the Director of the National Archives and Records Administration (NARA) calling for the National Personnel Records Center (NPRC) to report to Congress on their plan to reduce the backlog of veterans' record requests.

"Repeatedly I have been calling for the White House to develop a plan to fully staff the NPRC to chip away at the backlog of veterans' record requests," said Ranking Member Bost. "While I am encouraged that the NPRC has made strides since this time last year for records requests originating from VA, veterans are still waiting weeks to months on end for their own records requests."

The NPRC has not maintained full capacity, in-person, employment (only 25 percent) since March 2020. Since then, many veterans have not received records they need to demonstrate their military service and verify their service-connected conditions. As a result, these individuals cannot receive the medical care, disability compensation, and retirement pay they have earned. In some instances, the NPRC is the only agency that can provide veterans with these records.

The most glaring discrepancy is the neglect of the NPRC in processing critical request for copies of DD-214 forms, which are essential for an abundance of critical services. For example, some veterans have been unable to obtain VA home loans due to long delays in receiving their DD-214s. More significantly, veterans have been denied their appropriate retirement pay levels due to not being able to demonstrate their military service for federal retirement consideration.

The letter requests that the NPRC go back to full capacity and inform Congress on plans to operate in a timely manner. The NPRC is responsible for an array of veteran services. For some veterans, there may not be an alternative service for accessing military records required by various federal and civilian agencies. Additionally, veterans and their families often request replacements for military service medals when they

bury a loved one and find that the medal has become tarnished, or the medal was destroyed or lost. Normally, this simple request is filled within a reasonable timeframe. Now, veterans may wait up to 18 months. Also, veterans have reported difficulty in receiving documents needed to obtain VA medical care or disability compensation. As the NPRC continues to cite health precautions for not being fully staffed, many veterans suffer from health issues that need immediate attention.



Suicide Prevention Resources for Military and Veterans

Military & Veterans Crisis Line

1-800-273-8255, Press 1
Text 838255, 24/7

Vets 4 Warriors 855-838-8255

InTransition 1-800-424-7877

Office of Warrior Care Policy

warriorcare.dodlive.mil/

Military One Source 1-800-342-9647

Tragedy Assistance Program for Survivors [TAPS] 1-800-959-8277



**Introducing the Whole Health for Veterans with
Chronic Pain podcast**

A new "Whole Health for Veterans with Chronic Pain" podcast offers fresh perspectives on chronic pain management for Veterans.

[Read More](#)



Quilt guild donates to hospice residents and homeless Veteran's baby

Quilt Guild in Georgia donated 12 quilts for the Veteran hospice residents over the holiday season. One extra to homeless Veteran's baby.

[Read More](#)

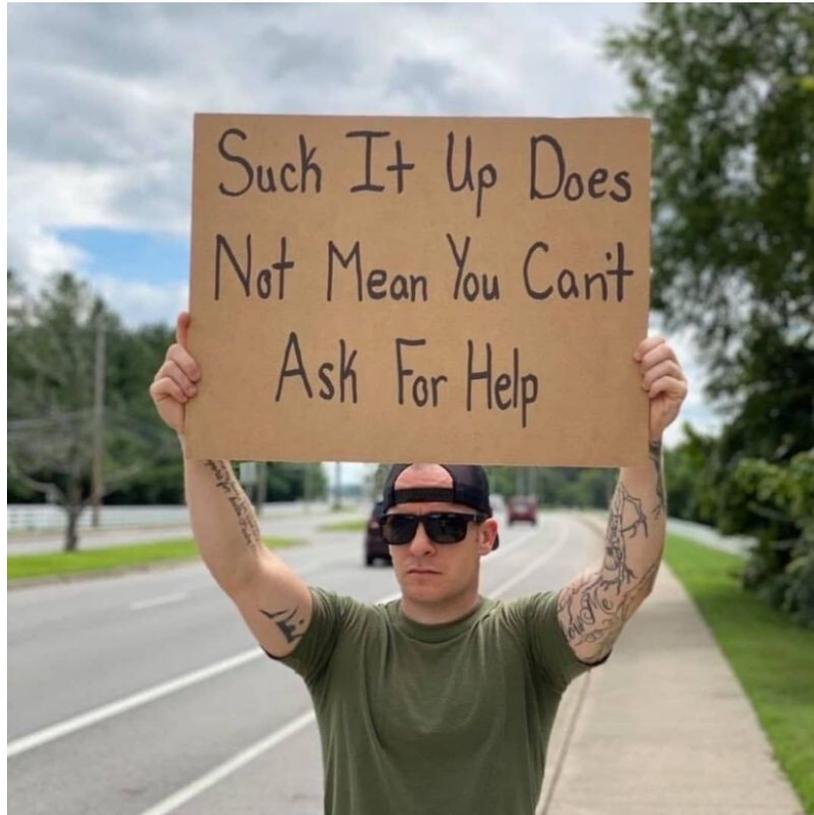


"Do the right thing, seek help"

When he returned from deployment, Army Veteran Ivan Dickerson didn't sign up for VA care because he assumed he didn't qualify due to his discharge status. But after homelessness and addiction, he turned to the Cincinnati VA. His team there helped him take the first steps to recovery and connected him with secure housing.

[Read More](#)





Robert Shumaker: An extended stay at the Hanoi Hilton

Navy Veteran Robert Shumaker served during the Vietnam War. He was captured by North Vietnamese forces and held as a prisoner of war for eight years.

[Read More](#)



Woman Veteran of the Week #LOCWW

Every single woman who served has a story! Read about and watch the interview of World War II, U.S. Marine Corps Veteran Veronica Bradley. She was part of the very first class of women to graduate from training and become Marines. In her VHP interview, Bradley recalls how her, and her squad mates got into trouble over uniform wear. "They weren't prepared for women somehow or other, and we had to wear men's fatigues. And I think the crotch was down to your knees. And I remember the officer saying, you know, 'Attention,' and then one of the girls—he went to one of the girls and said, 'I said attention.' And she said, 'I am, sir, I'm at attention. My clothes are at ease.' They were just so baggy."

Center for Women Veterans, U.S. Department of Veterans Affairs has partnered with the Library of Congress Veterans History Project to lift more WOMEN VETERANS to tell their story. Become a part of #Herstory - [Tell your Story Now](#).
#VAWomenVets

[Read More](#)



Give this Tai Chi warmup a try

If there were a gentle activity you could add to your life that could improve your balance, reduce pain, and even improve your overall quality of life, would you give it a try? Consider this Tai Chi warmup.

[Read More](#)



Jim, below are links to all currently active pre-written E-Mails to many pieces of legislation. We ask that you go to each one, and send the pre-written E-Mails, and to also call your Reps or Senators and ask for their support on a weekly basis!

Jim you don't need to be Active Duty or a Veteran, in fact we ask all Veteran friends to also help! (Updated 01/30/21)

Please note, we've added 2 new items to the **TAKE ACTION** list.

- 1) [HR 1014 - Furnish Hyperbaric Oxygen Therapy \(HBOT\) to a Veteran who has a Traumatic Brain Injury \(TBI\) or Post-Traumatic Stress Disorder \(PTS\)](#)
- 2) [HR 109 will establish an advisory committee on the implementation by the DVA of an electronic health record](#)
- 3) [Concurrent Receipt Legislation Introduced](#)
- 4) [Expand Concurrent Receipt](#)
- 5) [FRA and Others asks SecDef Not to Raise TRICARE Fees](#)
- 6) [H.R. 333, Disabled Veterans Tax Termination Act](#)
- 7) [H.R. 344, Support the Women Veterans TRUST Act](#)
- 8) [H.R. 914, the Dental Care for Veterans Act](#)
- 9) [Military Retiree Survivor Comfort Act](#)
- 10) [Oppose TRICARE fee Increases](#)
- 11) [S. 134/H.R. 637, the Veterans Economic Recovery Act of](#)

2021

- 12) S. 437, Take Action for Veterans Exposed to Burn Pits
- 13) S. 89, Ensuring Survivors Benefits during COVID-19 Act of 2021
- 14) STOP TRICARE Fee Increases
- 15) Support Bills to Expand Coverage for ChampVA and TRICARE Young Adults
- 16) Veterans Economic Recovery Act Introduced
- 17) H.R. 855, the Veterans Expedited TSA Screening (VETS) Safe Travel Act
- 18) HR 1355 and S 454. These companion bills will provide health care and benefits to Veterans who were exposed to toxic substances while serving as members of the Armed Forces at Karshi Khanabad Air Base, Uzbekistan.
- 19) Support Repeal of TRICARE Select Enrollment Fee
- 20) HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed
- 21) Please Support S. 344, the Major Richard Star Act
- 22) Support the Military Retiree Survivor Comfort Act
- 23) S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021
- 24) HR 109 Establish an Advisory Committee on Implementation by the DVA of an electronic health record
- 25) HR 2372 and S 952 will Provide for Presumption of Service Connection for certain diseases associated with exposure to toxins
- 26) Please Ask you Senator to support S.952 the Warfighters Act
- 27) Support Improving VA Homelessness Program
- 28) S. 976, Caring for Survivors Act of 2021
- 29) H.R. 303, the Retired Pay Restoration Act
- 30) H.R. 912, American Indian and Alaska Native Veterans

Mental Health Act

- 31) S. 976, the Caring for Survivors Act of 2021
- 32) HR 2269 and S 657 cover herbicide exposure in Thailand
- 33) Bipartisan Bill Introduced to Help Military Survivors
- 34) Legislation asks for Study of Involuntary Discharges for Women
- 35) H.R. 2436, the Veterans Burn Pit Exposure Recognition Act
- 36) H.R. 958—the Protecting Moms Who Served Act
- 37) HR 2127 and S 927, the TEAM bills Veterans Exposed to Toxic Substances
- 38) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 39) Ask your member to support S.810 and H.R. 1972 The Fair Care for Vietnam Veterans Act of 2021
- 40) Ask your member and senator to support HR 2580 and S 1151 to provide for a presumption of service connected disability for certain Veterans who served in Palomares, Spain, and for other purposes
- 41) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 42) HR 855, VETS Safe Travel Act
- 43) HR 3368, the Guam, American Samoa, and Johnston Island bill
- 44) H.R. 2521, Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2021
- 45) H.R. 1273, the Vietnam Veterans Liver Fluke Cancer Study Act
- 46) H.R. 2968, the Military and Veteran Student Loan Relief Act
- 47) H.R. 845, the VA Billing Accountability Act
- 48) Comprehensive Toxic Exposure Bill Introduced in House
- 49) Action Alert: Tell Congress to Support the COST of War

Act and the Honoring our PACT Act!

50) HR 303 and S 1147 The Retired Pay Restoration Act

51) Ask Your Legislators to Support Concurrent Receipt Reform HR-1282

52) HR 1656 TREAT PTSD Act

53) S. 1664, the Post-Traumatic Stress Disorder (PTSD) Processing Claims Improvement

54) H.R. 2724 — VA Peer Support Enhancement for MST Survivors Act

55) Please Support H.R. 3452 —Veterans Preventative Health Coverage Fairness Act

56) HR 2192, The Camp Lejeune Justice Act of 2021

57) HR 5026, The Panama Canal Zone Veterans Act of 2021

58) HR 3368, HR 5026, HR 2269, S 657 are all Toxic Exposure Bills that need special attention and more pressure to get passed!

59) H.R. 4627, Veterans' Culturally Competent Care Act of 2021

60) S. 2172, Building Solutions for Veterans Experiencing Homelessness

61) H.R. 4571, the SERVICE Act of 2021

62) H.R. 4732, Protect Individual Unemployability Benefit for All Disabled

63) S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021

64) S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act

65) HR 852 and S 221, United States - Israel PTSD Collaborative Research Act

66) Ask Congress to Preserve Arlington National Cemetery

67) HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021

68) HR 2963, the VOW to Hire Heroes Extension Act of 2021

- 69) S 1970, The Clean Water for Military Families Act
- 70) Support S. 1198/H.R. 2819—the Solid Start Act of 2021
- 71) H.R. 3402/S. 976—Caring for Survivors Act of 2021
- 72) HR 3537 and S 1813, Accelerating Access to Critical Therapies for ALS Act
- 73) S. 2386/H.R. 4575, the Veteran Peer Specialist Act
- 74) H.R. 5721—the VIPER Act
- 75) H.R. 5607, Justice for ALS Veterans Act
- 76) HR 2601 and S 1188, SFC Heath Robinson Burn Pit Transparency Act
- 77) S. 3017, Veterans Dental Care Eligibility Expansion and Enhancement Act
- 78) H.R. 4794 and S. 2533, the Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act
- 79) HR 1361 and S 444, AUTO for Veterans Act
- 80) H.R. 4880 and S. 2720, the Veterans' Prostate Cancer Treatment and Research Act
- 81) HR 2800, the WINGMAN Act
- 82) H.R. 5944, Veterans Administration Backlog Accountability Act of 2021
- 83) HR 3400, VA Emergency Transportation Act
- 84) HR 2992, TBI and PTSD Law Enforcement Training Act
- 85) HR 6260, the Casualty Assistance Reform Act of 2021
- 86) H.R. 6064, VA Compensation and Pension exams for claims related to military sexual trauma
- 87) H.R. 5819, Autonomy for Disabled Veterans Act
- 88) HR 3596, the Lawrence J. Hackett, Jr. Vietnam Veterans Agent Orange Fairness Act
- 89) H.R. 2327 – to Remove Delimiting Dates for Survivors and Dependents' Educational Assistance
- 90) S. 2513/H.R. 4772, Improved VA Clothing Allowance Benefit for Disabled Veterans



VA patients have better 30-day post-surgery outcomes than private sector

VA study: Veterans who have non-cardiac surgery at VA hospitals are less likely to die 30 days later than patients in private hospitals.

[Read More](#)



You Asked, We Answered: What should I know about the Omicron variant and booster shots?

You Asked, We Answered: Learn about the Omicron variant and how it differs from other strains, and the benefit of COVID-19 booster shots.

[Read More](#)



Omicron variant and booster shots: what should i know?

Learn about the Omicron variant and how it differs from other strains, and the benefit of COVID-19 booster shots.

[Read More](#)



SUICIDE WARNING SIGNS

TALK:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



BEHAVIOR:

- Increased use of alcohol or drugs
- Looking for a way to end their lives
- Withdrawing from activities
- Isolating from people
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away possessions
- Aggression
- Fatigue

MOOD:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement



VA launches user-friendly online financial status report form for VBA debts

VA has launched a user-friendly online financial status report form for VBA debts. This comes on the heels of launching the online tool in 2021.

[Read More](#)



Reduce your risk for cervical cancer

Speak to your VA provider today about how to schedule a cervical cancer screening, your Pap and/or HPV test at your local VA facility. Cervical cancer was once the number one cause of cancer-related deaths in women. Due to increased screening, the number of cervical cancer deaths in the United States has dropped by more than 50% since the 1970s, according to the American Cancer Society.

[Read More](#)



Recharging through the Personal Health Inventory

Rest and recharge are just as important as fitness and food choices. Read how Army National Guard Veteran, David Meyer learned this when he completed the PHI with his Whole Health Coach

[Read More](#)



**CONTACT YOUR
MEMBERS OF CONGRESS!**

To Call your Representative:

202-225-2305

To Call your Senators:

202-224-3841 or 202-224-3553

To call Different Members of Congress:

202-224-3121

TOLL FREE: 866-272-6622

PLEASE... STOP Making Excuses!

www.veterans-for-change.org



**Global War on Terrorism Memorial authorized for
National Mall**

America's Global War on Terrorism service members will get a memorial on the National Mall.

[Read More](#)



**Get vaccinated against COVID-19 to protect each
other, health care workers: SecVA**

Getting vaccinated against COVID-19 is the best way to protect others and health care workers from hospitalization and death, VA Secretary Denis McDonough said Jan. 19 at a Blue Star Families online forum. McDonough reiterated that getting vaccinated is the most important thing Veterans can do to protect other Veterans and active-duty service members.

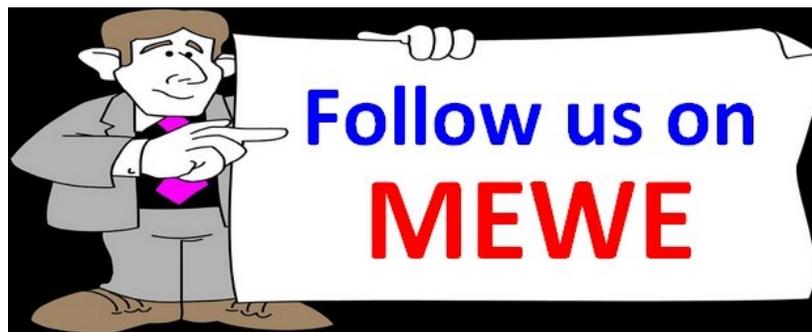
[Read More](#)



New Year, New You: Explore Resources that Can Help You Discover Your Best Health

Healthy habits start by taking small steps: a daily 20-minute walk, go to bed 30 minutes earlier, or focus on getting more nutrients into your diet, such as adding a serving of green leafy vegetables a few times a week. Check out a variety of tips and free resources to get started on a healthier you.

[Learn More](#)



Follow us on [MEWE](#)! The support staff at [MEWE](#) is responsive, open to suggestions and works very hard to protect your personal information.

We hope you will join us on this new site.

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Veterans, active duty can take advantage of Public Service Loan Forgiveness program

Veterans and active duty service members can get one step closer to student loan forgiveness through the Public Service Loan Forgiveness program.

[Read More](#)



Protect yourself, your family and your data from vaccination card scams

As Americans continue to live with the COVID-19 pandemic, scammers are coming up with new ways to try and take advantage of people or steal their information. Make sure you know how to protect yourself, your family and your vaccination data against scams.

[Read More](#)



Retroactive Benefit for VA Service-Connected Compensation

Does VA's Retroactive Benefit, commonly referred to as Back Pay, cover you from the time you incurred an injury or illness in the military? What if a Veteran was denied a previous claim and laws change like they did with Agent Orange exposure? Will VA compensate you for all that time? Watch and find out!

[Watch Video](#)



Office of Inspector General

- 1) [COVID-19: Significant Improvements Are Needed for Overseeing Relief Funds and Leading Responses to Public Health Emergencies](#)
- 2) [Freedom of Information Act: Selected Agencies Adapted to the COVID-19 Pandemic but Face Ongoing Challenges and Backlogs](#)



This January, VA staff are volunteering to make (P)IT Count

This month, VA staff across America will volunteer in the PIT Count to help end homelessness. Among them will be VA Secretary Denis McDonough.

[Read More](#)



Live Whole Health #107: Tai Chi warmup

If there were a gentle activity you could add to your life that could improve your balance, reduce pain, and even improve your overall quality of life, would you give it a try? Consider this Tai Chi warmup.

[Read More](#)



Veterans, Active Duty can Take Advantage of Public Service Loan Forgiveness Program

Veterans and active duty service members can get one step closer to student loan forgiveness through the Public Service Loan Forgiveness program. Applications must be submitted by October 31, 2022.

[Read More](#)



- 1) [FDA Roundup: January 28, 2022](#)
- 2) [FDA Roundup: January 25, 2022](#)
- 3) [FDA on Track to Take Actions to Address Tobacco-Related Health Disparities](#)
- 4) [Philips Respironics Recalls Certain Trilogy EVO Ventilators for Potential Health Risks from PE-PUR Foam](#)
- 5) [Stop Using Empowered Diagnostics COVID-19 Tests: FDA Safety Communication](#)
- 6) [Blaine Labs Issues Voluntary Nationwide Recall of RevitaDerm Wound Care Gel Due to Bacterial Contamination](#)
- 7) [AuroMedics Pharma LLC Issues Voluntary Nationwide Recall of Polymyxin B for Injection USP, 500,000 Unit per Vial, Due to the Presence of Particulate Matter](#)
- 8) [Coronavirus \(COVID-19\) Update: FDA Limits Use of Certain Monoclonal Antibodies to Treat COVID-19 Due to the Omicron Variant](#)
- 9) [FDA issues series of guidances under Drug Competition Action Plan](#)
- 10) [FDA Drug Shortages](#)
- 11) [Siren Issues a Voluntary Allergy Alert on Undeclared Cashews and Almond Butter in Birthday Cake Bites](#)



Chats with the Chief: Making the world more accessible for disabled Veterans

This week's Chats with the Chief: Dr. Rory Cooper describes, "A world where people with disabilities can fully participate in society."

[Read More](#)



Veteran Ivan Dickerson advises other Vets: "Do the right thing, seek help."

When Ivan Dickerson returned to the United States in 1982, he noticed a significant transformation from his 1977 departure. The Iran hostage crisis had captivated the nation for over a year, the first woman had been named to the Supreme Court, and MTV suddenly offered Americans 24-hour access to music videos.

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Program Helps Households Afford Internet Service

The new Affordable Connectivity Program (ACP) provides eligible households with a discount on broadband service and connected devices. Learn if you qualify for the program and how to apply.

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Apply for a career aiding Veterans and their caregivers

VA has made a renewed commitment to supporting Veterans and their caregivers and is hiring for positions in the Caregiver Support Program.

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You Asked, We Answered: What should I know about the Omicron variant and booster shots?

You Asked, We Answered: Learn about the Omicron variant and how it differs from other strains, and the benefit of COVID-19 booster shots.

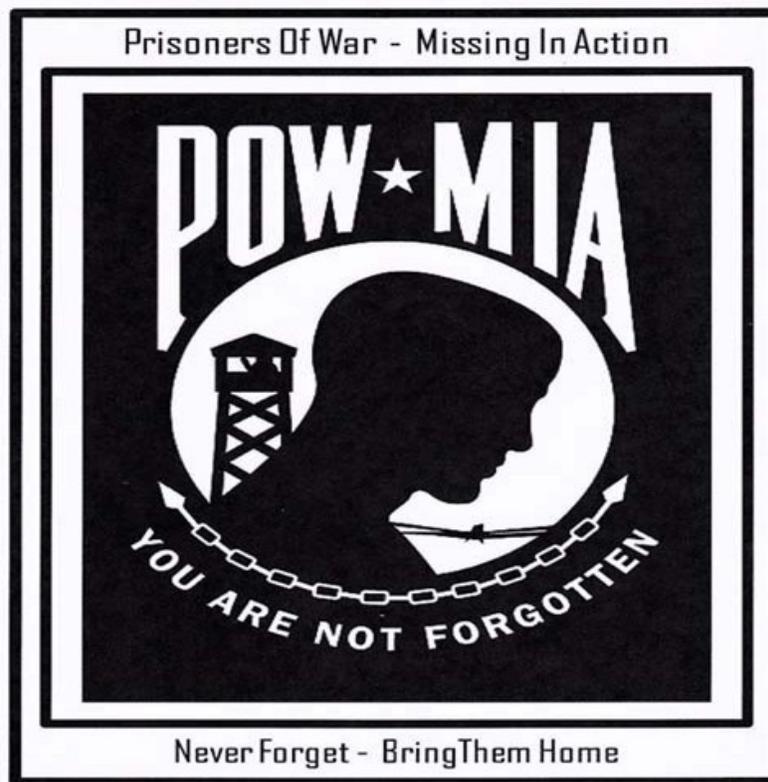
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Take the Personal Health Inventory

It's the end of the month, do you know where your New Year's resolutions went? Take a few moments to renew and refresh your goals for the year by using the Whole Health Personal Health Inventory.

[Read More](#)



VA and 5G technology coordination create faster, smarter health care for Veterans

With 5G technology, VA is truly leading the way in groundbreaking health care for Veterans. Faster speeds, more network capacity.

[Read More](#)



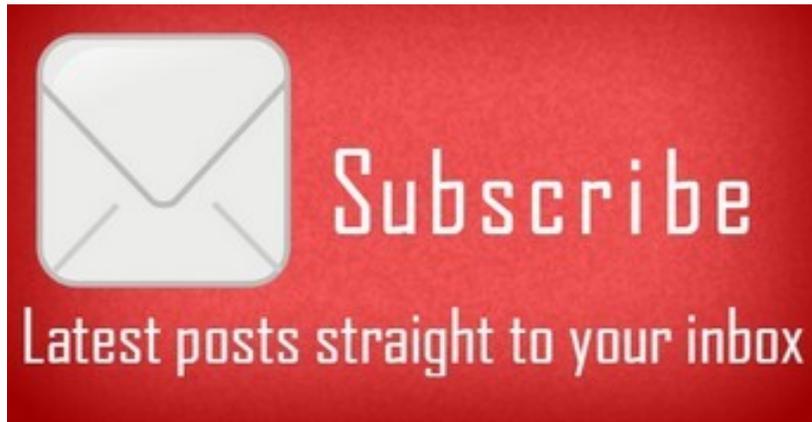
Post-9/11 Students at VA Institutions of Higher Learning Required to Verify Enrollment Monthly

Are you a Post-9/11 GI Bill student who relies on Monthly Housing Allowance and/or kicker payments while enrolled in school? If so, you need to know about the new monthly Enrollment Verification requirement for the 2021-2022 school year.

[Read More](#)



If you received this newsletter as a courtesy or a forward from a friend or relative, you can sign up to receive in your E-mail every week.



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Community providers: Providing flu shots to Veterans

Community providers: Help protect eligible Veterans from the flu this winter with these five tips about their no-cost flu shot.

[Read More](#)



Protect yourself, your family and your data from vaccination card scams

As Americans continue to live with the COVID-19 pandemic, scammers are coming up with new ways to try and take advantage of people or steal their information. Make sure you know how to protect yourself, your family and your vaccination data against scams.

[Read More](#)



Smart Money: Exploring VA's Financial Literacy and Home Loan Programs

Explore VA's financial offerings for Veterans and service members, including free Wellness Wednesday Financial Education courses offered by VBA and Prudential, as well as the VA Home Loan program and why it is a smart financial choice for Veterans.

[Listen](#)



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**VA Gulf War Research Advisory Committee
hosting virtual public event on Gulf War Veterans'
Illnesses**

VA Committee on Gulf War Veterans' illnesses to host virtual meeting Jan. 27 for Veterans, physicians, scientists and the general public.

[Read More](#)



Do You Have COVID-19? Influenza? Or is it RSV? Here's What to Look For.

Are you not feeling well? Feverish? Starting to cough? It's hard to know what it is. Is it COVID-19? The seasonal flu? Or is it respiratory syncytial virus, also known as RSV? All three have similar symptoms.

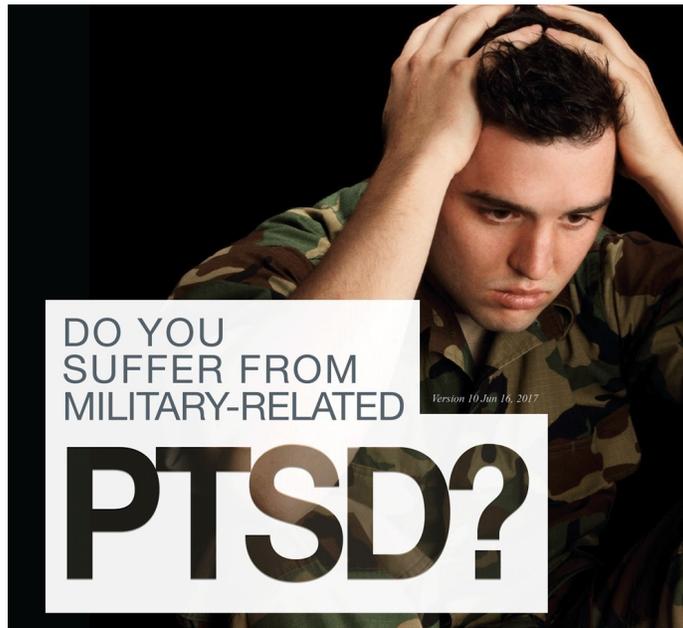
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Tips for Veterans Navigating Seasonal Depression: Don't Get SAD, Get Prepared

Did you know up to 20% of the U.S. population experiences some form of Seasonal Affect Disorder (SAD) during January and February? The good news is there are things you can do today, tomorrow and in the future to prepare for and perhaps ward off SAD.

[Learn More](#)



**Veterans Crisis Line:
1-800-273-8255 & Press 1
Ntl Call Center for Homeless Vets
1-877-424-3838**

MHS Video Connect Testimonial

The Military Health System is introducing MHS Video Connect. Listen to what providers and patients are saying about the new convenient way to access your military care team through secure, live video.

[Watch Video](#)

#VeteranOfTheDay Coast Guard Veteran Dorothy Dempsey

Today's #VeteranOfTheDay is Coast Guard Veteran Dorothy Dempsey, who served in the Women's Reserve during World War II. Drawn to military service by the tragedy of Pearl Harbor, Dorothy Dempsey enlisted in the U.S. Coast Guard Women's Reserve in 1944. She joined some 13,000 other women in the training process, which began in Palm Beach, Florida.

We honor her service.

[Read More](#)



#VeteranOfTheDay Marine Corps Veteran Max Galeai

Today's #VeteranOfTheDay is Marine Corps Veteran Max Galeai, who was killed in action serving during Operation Iraqi Freedom. Max Galeai grew up in American Samoa. He attended high school there and was class valedictorian. In an interview with the StarBulletin.com, his sister recalled him growing up as a quiet boy, who was nerdy, always into his books, and never played sports.

We honor his service.

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Provider webinar: New Beyond MST mobile app enhances treatment for survivors

This webinar will introduce Beyond MST, a new mobile mental health app designed for MST survivors and those who care for them.

[Read More](#)



Medical Leaders Address COVID-19 Concerns During Family Forum

The sheer volume of COVID-19 infections these days is a real challenge. Here's what Dr. Anthony Fauci and top military health officials told a Blue Star Families forum in a recent virus update.

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#VeteranOfTheDay Navy Veteran Barbara June Stone

Today's #VeteranOfTheDay is Navy Veteran Barbara June Stone, who served in the WAVES program as a yeoman third class during World War II. Barbara June Stone was born in 1924 in Newark, New Jersey. The daughter of a Navy Veteran, Stone grew up listening to stories about her father's service on USS Leviathan during World War I.

We honor her service.

[Read More](#)



#VeteranOfTheDay Army Veteran Charles Durning

Today's #VeteranOfTheDay is Army Veteran Charles Durning, who served as an infantryman during World War II and later became a prolific actor.

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#VeteranOfTheDay Marine Corps Veteran Max Galeai

Today's #VeteranOfTheDay is Marine Corps Veteran Max Galeai, who was killed in action serving during Operation Iraqi Freedom.

[Read More](#)



#VeteranOfTheDay Army Veteran Salvador Alfredo Montoya

Today's #VeteranOfTheDay is Army Veteran Salvador Alfredo Montoya, who served as a communications specialist during the Vietnam War.

[Read More](#)



#VeteranOfTheDay Army Air Forces Veteran Quentin Aanenson

Today's #VeteranOfTheDay is Army Air Forces Veteran Quentin Aanenson, who served as a fighter pilot during World War II.

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#VeteranOfTheDay Army Veteran John H. Horn

On International Holocaust Remembrance Day, today's #VeteranOfTheDay is Army Veteran John H. Horn, a Jewish émigré who escaped Germany.

[Read More](#)



America250: Navy Veteran Albert A. Michelson

This week's America250 salute is Navy Veteran Albert A. Michelson, who received a Nobel Prize in physics in 1907.

[Read More](#)



#VeteranOfTheDay Navy Veteran Heidemarie Stefanyshyn-Piper

Today's #VeteranOfTheDay is Navy Veteran Heidemarie Stefanyshyn-Piper, who served as a salvage officer and a NASA astronaut.

[Read More](#)



MIA Update



The Defense POW/MIA Accounting Agency announced two burial updates and one new identification for service members who have been missing and unaccounted-for from World War II and Korea. Returning home for burial with full military honors are:

Navy Shipfitter 1st Class Charles F. Perdue, 32, of Salisbury, Maryland, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Perdue. He will be buried May 16, 2022, in Lancaster, California. [Read about Perdue.](#)

Army Pfc. Bill Morrison, 29, of Birmingham, Alabama, was assigned to Company G, 2nd Battalion, 110th Infantry Regiment, 28th Infantry Division. He was reported killed in action on Nov. 8, 1944, after his unit was engaged in battle with German forces in the Raffelsbrand sector of the Hürtgen Forest in Germany. Following the battle, his remains could not be recovered. Morrison will be buried in Spanish Fort, Alabama. The date has yet to be determined. [Read about Morrison.](#)

Army Sgt. Roy C. Delauter, 21, was assigned to Company D, 1st Battalion, 32nd Infantry Regiment, 7th Infantry Division. He was reported missing in action on Dec. 2, 1950, when his unit was attacked by enemy forces near the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered. Interment services are pending. [Read about Delauter.](#)



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