



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, February 20, 2022

Volume 13, Issue 08



This-N-That

Good evening Jim,

During this week we've received a flood of new information on programs and services and from all I've read there is something in this newsletter for just about everyone.

We've also added three more new pieces of legislation to the **TAKE ACTION** items list. So please be sure to read that section, complete as many as possible, preferred is all of them since we really need to push hard on Congress to get them all passed!

My comments this week will be brief, still doing my best to sit still for as long as I can and managing pain levels as best I can.

I've not been able to get any new documents uploaded, but will do my best this week to get a batch done and on-line.

If you have not registered for an account on our website, please do so, it will give you access to thousands more documents a non-subscriber doesn't see.

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.

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



Amarillo VA celebrates new prosthetic and rehabilitation wing

New Prosthetics and Rehabilitation Clinic more than triples previous clinical space and includes an Activities of Daily Living clinic.

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Independent Budget Released

Leading veterans service organizations (VSOs) — the Veterans of Foreign Wars (VFW), DAV (Disabled American Veterans), and Paralyzed Veterans of America (PVA) — have released [The Independent Budget \(IB\) Recommendations for the Department of Veterans Affairs \(VA\) for FY 2023 and FY 2024](#). This report serves as a roadmap to ensure VA is fully funded and capable of carrying out its mission to serve veterans and their families, both now and in the future. “For over 30 years, the IBVSOs have co-authored the IB, offering substantive solutions and policy recommendations to ensure the timely delivery of specialized health care, as well as appropriate earned benefits for the men and women who served,” said Bob Wallace, executive director of VFW Washington Office. “While this year’s report is now complete, it is now imperative Congress and VA work together, along with veterans service organizations and other veterans stakeholders to put veterans interests on the top of their list.”



VA scientist first to show viruses can cause cancer

In 1974, Gross received the prestigious Lasker Award for his discovery of what became known as the Gross mouse leukemia virus. His work in the 1950s, the Lasker Foundation said, opened the field of tumor virology in mammals and "laid the foundation for the subsequent discovery by others of cancer-inducing viruses in animals of various species ranging from rodents to the higher primates."

[Read More](#)



Hear Veterans' stories of late-life PTSD

This Talking Later podcast is about late-life PTSD and resilience, connection and making meaning. Hear Veterans share how they coped.

[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@madvocacy.org



Lab studies seek hormone-based obesity treatment

Dr. James E. Blevins of the VA Puget Sound Health Care System completed the study with colleagues from Seattle Children's Research Institute; the University of Washington; Harvard Medical School; and OXT Therapeutics, Inc. The research focused on ASK1476, a human-made peptide with a structure similar to that of oxytocin.

[Read More](#)



Stay safe from COVID-19 by switching to a telehealth visit

Concerned about the Omicron COVID-19 variant? You can reduce your risk of getting sick by switching your appointment to a video telehealth visit. With the VA Video Connect app, you can meet with your VA care team over a secure video connection. There is no need to drive to a VA medical center or clinic.

[Read More](#)



Black Army Veteran's historical stand paves way for changes

Just under 70 years ago, an Army Veteran's stand against racial injustice changed interstate transportation. Sarah Keys was a young, Black soldier serving at Fort Dix, New Jersey. She traveled on her way home to Washington, North Carolina, Aug. 1, 1952.

[Read More](#)



Answering Your Questions About COVID-19 Testing

COVID-19 continues to spread, now as the Omicron variant. Getting vaccinated is the most effective way to protect you and your family from getting seriously ill, getting hospitalized, or dying. Testing is another important step you can take to protect yourself and others.

[Read More](#)



Artists bring to life "the journey of a Veteran" mural

A large mural dedicated to Veterans was unveiled during National Salute to Veteran Patients Week at the Richmond VA. "Veterans have such a selfless approach," said Jason Ford, one of the artists.

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VA proposes updates to disability rating schedules for respiratory, auditory and mental disorders body systems

In late 2017, VA began a multi-year effort to revise and update the VASRD, or VA Schedule for Rating Disabilities. The VASRD's 15 body systems had seen periodic rating criteria updates, but this continuing effort reflects the first comprehensive review since 1945.

Today, VA announced its eighth update: respiratory, auditory, and mental disorders body systems.

[Read More](#)



Your actions

could save a life.

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

VeteransCrisisLine.net



Veterans find peace through the arts with Patriot Art Foundation

The Patriot Art Foundation provides purpose and social connection for Veterans and service members in the re-entry process.

[Read More](#)



VA Training Modernization effort will improve Veteran experience

To ensure all VA staff are trained in a consistent, world-class manner using best practices, VA initiated a Training Modernization process.

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Live Whole Health #108: Seated sun salutations

Here comes the sun! Even on cold days we can sometimes see a glimpse of that big ball of fire that lights up the earth. When the sun is shining – and even when it is hiding behind clouds – we can practice sun salutations to warm our bodies and invigorate our day.

[Read More](#)



Development of Pan-Coronavirus Vaccine Shows Promise

Study results show that a new COVID-19 vaccine developed by researchers at the Walter Reed Army Institute of Research may provide broad protection against numerous variants of COVID and other coronaviruses.

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VA Disability and SSDI, Can Veterans Collect Both?

Are you receiving (or qualify for) Social Security Disability Insurance (SSDI) and wonder how SSDI may affect VA disability or other VA benefits? Learn how SSDI interacts specifically with VA disability.

[WATCH](#)



How Telehealth Can Help You Make Major Medical Decisions

A neurosurgeon shares how he uses MHS Video Connect as a telehealth solution to discuss surgical options and alternatives with his patients.

[Watch Video](#)



PTSD Bytes #3: What is PTSD?

Dr. Sonya Norman, clinical psychologist, National Center for PTSD, describes PTSD, what it can look like and how recovery is possible.

[Read More](#)



Disability compensation available for Veterans exposed to hazardous materials

Exposure to contaminants or environmental hazards poses a major health concern for Veterans of all eras. If you served in Iraq, Afghanistan or other areas and believe you were exposed to hazardous materials – including particulate matter, burn pits and others – disability compensation and other VA benefits for related illnesses or conditions may be available for you.

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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**



House Holds Hearing on Survivor Benefits and Services

The House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs held an oversight hearing on the effectiveness of VA services for dependents and survivors. VFW National Legislative Associate Director Kristina Keenan submitted a statement for the record explaining how VA needs to improve outreach to military and veteran families and better explain the benefits available to survivors. "Pre-planning is key. Veterans and their families need to receive clear and continuous communications informing them of future benefits and the documentation needed to ensure that survivors are supported in the event of the veteran's passing," stated Keenan. She stressed that surviving family members are often unaware that the benefits they may be entitled to receive are significantly less than what veterans receive in disability compensation, resulting in unanticipated financial hardship. [Read the statement](#) or [watch the hearing](#).



VA and communities support Challenge to Prevent Veteran Suicide

VA has extended a call to action to every U.S. state and territory to join the Governor's Challenge to Prevent Suicide among Service Members, Veterans, and their Families.

[Read More](#)



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

The founding leader of Massachusetts, John Winthrop, proclaimed that Boston would be "a city on a hill," a shining example of freedom, opportunity and the promise of America. From its place in the American Revolution to its becoming a beacon of academic and athletic success, Boston has earned its reputation as a city ready to meet any challenge. Air Force Veteran Johnny Dixon's contributions to his country and the city have also been impressive.

[Read More](#)



Landstuhl Hospital to Close, Construction of New Facility to Begin Soon

The contract to build the largest U.S. military hospital outside the United States has been signed, marking a significant step forward for the Rhine Ordnance Barracks Medical Center Replacement project.

[Read More](#)



Register SNAP EBT Card on Amazon for Exclusive Benefits and Discounts

Customers with a valid Supplemental Nutrition Assistance Program (SNAP) Electronic Benefits Transfer (EBT) card can use SNAP benefits to shop for groceries on Amazon Fresh and Amazon.com groceries in 45 states as well as the District of Columbia.

[READ MORE](#)



TRICARE Tip: Don't Forget to Go to the Dentist

Maybe you brush twice and floss every day. Maybe your teeth look and feel healthy. Isn't that enough? No -- forgetting to visit the dentist can have a seriously negative impact on your overall oral health.



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Free training programs offer Veterans, military spouses path to tech careers

Veterans and their spouses are eligible for free training programs offered by NPower.

[Read More](#)



Links to Other Stories

- 1) [Bay City Vascular Surgeon Pleads Guilty in Connection with Defrauding Medicare, Medicaid, And Blue Cross Blue Shield Of \\$19.5 Million](#)
- 2) [Florida's NCH Healthcare System Agrees to Pay \\$5.5 Million to Settle Common Law Allegations for Impermissible Medicaid Donations](#)
- 3) [Florida-Based Medicare Reimbursement Consultant Resolves Litigation for Allegedly Causing False Diabetic Supply Claims to Medicare](#)
- 4) [Navy Vet's daughter returns Japanese flag taken as war trophy from Battle of Okinawa](#)
- 5) [North Carolina Veteran in need of kidney transplant vows he'll die for his freedom](#)
- 6) [Post-9/11 Vets exposed to toxic burn pits would get expanded benefits under Moran bill](#)
- 7) [Richland Naturopath Agrees to Pay \\$70,096 for Improper Prescription of Controlled Substances](#)
- 8) [West L.A. Compounding Pharmacy Owner Sentenced to 2½ Years in Federal Prison for Running \\$14 Million Health Care Fraud Scheme](#)
- 9) [What you need to know about continuing Tricare coverage before you retire](#)



**Navy Veteran chief of nuclear medicine at the
Truman VA**

My grandfather, Thomas Purinton, enlisted in the Navy at age 16 in 1899 and was assigned to the square-rigger USS Essex, and my Massachusetts ancestors fought in the Revolutionary War, so I was favorably disposed to military service. When I was a second-year medical student in 1971, one of my colleagues was accepted into the Medical Osteopathic Scholarship Program, which is the Department of Defense program to recruit future physicians.

[Read More](#)



Can medication ease insomnia in Veterans with PTSD? VA study aims to find out

In a double-blind trial, Krystal and his team will compare the drugs trazodone, eszopiclone, and gabapentin to placebo. All three contain sleep-inducing ingredients but work in different ways.

[Read More](#)



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](#)



Why Dental Health is Essential for Warfighters and Military Readiness

To help service members understand the importance of healthy teeth, some dentists use military-style terminology. Tooth decay is an "enemy you are fighting" and you need to "execute a plan to eliminate that foe."

[Read More](#)



Chair Yoga for Heart Health

February is Heart Health Awareness Month, a perfect time to learn more about keeping a healthy heart. As studies have shown yoga to provide heart health benefits, join Danielle Olauson, yoga instructor and VA Whole Health employee, in a 12-minute heart-focused chair yoga practice.

[LEARN MORE](#)



For Thousands of Troops, Eye Surgery is Key to Vision Readiness

For military eye doctors and eye surgeons, one of their top priorities is to preserve and enhance vision for the service members who need it most, including those in career fields like aviation, special operations and the security forces.

[Read More](#)



Avoid COVID-19 scams

Have you gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare Number? Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test kits!

Make sure to purchase FDA-approved COVID-19 test kits from legitimate providers. Over-the-counter or at-home tests are available for sale around the U.S. at many reputable and trustworthy retailers and pharmacies.

[Avoid COVID-19 Scams](#)



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



Take Your Health to Heart

February is American Heart Month and VA is raising awareness regarding heart health by encouraging veterans to take a proactive approach with healthy living options. According to the National Institutes of Health, veterans are at a higher risk of heart attack or heart diseases than their civilian counterparts. Additionally, the American Heart Association reports that individuals with PTSD or TBI are significantly at a higher risk of heart attack even at a young age. What can you do to protect yourself and lower your risk of heart disease? Stay compliant with your physician's direction regarding your medication regimen, smoking cessation, exercise, heart-healthy diet, stress reduction, and rest.

[Read more](#)



"Tough as Nails" winner gives career advice to fellow Veterans

Kelly "Murph" Murphy, winner of CBS's "Tough as Nails," discussed his own transition out of the military and gave career advice for other Veterans.

[Read More](#)



Live Whole Health #109: Setting an intention from the heart

Perhaps your New Year's resolutions have been forgotten, but it's never too late to set an intention. And you can do this every day! Your daily work and routine can be enhanced if you take just a few minutes every morning to start with noticing your breath and setting an intention to live out your day with ease, gratitude and joy.

[Read More](#)



Dentally Unready: Gen. George Washington's Lifetime of Dental Misery

If you suffer from dental woes, you're not alone. It turns out dental and oral health troubles afflicted President George Washington throughout his life, starting as young as age 24.

[Read More](#)



VA Solid Start, Housing the Homeless, Debt Relief

The latest episode of The BLUF highlights an outreach program focused on connecting with recently separated Veterans, housing homeless Veterans, and debt relief programs available to Veterans.

[WATCH](#)



Innovation Revolutionary: Using virtual reality to empower employees

Innovation Revolutionary uses virtual reality to boost practitioners and Veterans' morale, creating connection between patient and provider.

[Read More](#)



Virtual Veterans Experience Action Center reaches record number of Veterans in southern Texas

VA's Virtual Veterans Experience Action Center in southern Texas reached a record number of Veterans recently, helping them with all things VA.

[Read More](#)



James Reese Europe: More than an Army band

James Reese Europe was a leader in the rise of jazz music and the creator of the 369th Regiment's "Hellfighters Band."

[Read More](#)



Health Equity Podcast #7: Social Justice, ethics and equity

In this Veterans Health Equity podcast, doctors discuss Veteran resources, healthcare ethics about health factors, and social justice.

[Read More](#)



Through yoga, VA researcher aims to help female survivors of military sexual trauma with PTSD

Originating in India, the practice of yoga has gradually worked its way into the Western consciousness. Today, it is a common activity that is used to promote physical and emotional well-being, improve strength and to reduce stress. In a 2017 survey, one in seven Americans said they had practiced yoga in the past 12 months, according to the National Center for Complementary and Integrative Health. Now, VA investigators are examining the effectiveness of a clinical, trauma-sensitive yoga intervention to help women Veterans who experienced military sexual trauma (MST) and went on to develop posttraumatic stress disorder (PTSD).

[Read More](#)



Why Today's 'Gen Z' is at Greater Risk for Boot Camp Injuries

Today's recruits are coming from a far more sedentary lifestyle compared to previous generations, making their skeletons more prone to injuries because they're not used to the kind of intense activity they will face at basic training.

[Read More](#)



Apply today: nursing residency program

VA's 12-month nursing residency program is designed to help new graduate RNs transition from the classroom to practice. Apply today!

[Read More](#)



Cancer Prevention and Veterans: Lower Your Cancer Risk Today

Cancer prevention starts with healthy living, including eating healthy, maintaining a healthy weight, and reducing your overall stress.

[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 02/17/21)

Please note, we've added 3 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) [H.R. 333, Disabled Veterans Tax Termination Act](#)
- 6) [H.R. 344, Support the Women Veterans TRUST Act](#)
- 7) [H.R. 914, the Dental Care for Veterans Act](#)
- 8) [Military Retiree Survivor Comfort Act](#)
- 9) [S. 134/H.R. 637, the Veterans Economic Recovery Act of 2021](#)
- 10) [S. 437, Take Action for Veterans Exposed to Burn Pits](#)
- 11) [S. 89, Ensuring Survivors Benefits during COVID-19 Act of 2021](#)
- 12) [STOP TRICARE Fee Increases](#)
- 13) [Support Bills to Expand Coverage for ChampVA and TRICARE Young Adults](#)
- 14) [Veterans Economic Recovery Act Introduced](#)
- 15) [H.R. 855, the Veterans Expedited TSA Screening \(VETS\) Safe Travel Act](#)
- 16) [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.](#)
- 17) [Support Repeal of TRICARE Select Enrollment Fee](#)
- 18) [HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed](#)

- 19) Please Support S. 344, the Major Richard Star Act
- 20) Support the Military Retiree Survivor Comfort Act
- 21) S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021
- 22) HR 109 Establish an Advisory Committee on Implementation by the DVA of an electronic health record
- 23) HR 2372 and S 952 will Provide for Presumption of Service Connection for certain diseases associated with exposure to toxins
- 24) Please Ask you Senator to support S.952 the Warfighters Act
- 25) Support Improving VA Homelessness Program
- 26) S. 976, Caring for Survivors Act of 2021
- 27) H.R. 303, the Retired Pay Restoration Act
- 28) H.R. 912, American Indian and Alaska Native Veterans Mental Health Act
- 29) S. 976, the Caring for Survivors Act of 2021
- 30) HR 2269 and S 657 cover herbicide exposure in Thailand
- 31) Bipartisan Bill Introduced to Help Military Survivors
- 32) Legislation asks for Study of Involuntary Discharges for Women
- 33) H.R. 2436, the Veterans Burn Pit Exposure Recognition Act
- 34) H.R. 958—the Protecting Moms Who Served Act
- 35) HR 2127 and S 927, the TEAM bills Veterans Exposed to Toxic Substances
- 36) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 37) Ask your member to support S.810 and H.R. 1972 The Fair Care for Vietnam Veterans Act of 2021
- 38) 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

- 39) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 40) HR 855, VETS Safe Travel Act
- 41) HR 3368, the Guam, American Samoa, and Johnston Island bill
- 42) H.R. 2521, Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2021
- 43) H.R. 1273, the Vietnam Veterans Liver Fluke Cancer Study Act
- 44) H.R. 2968, the Military and Veteran Student Loan Relief Act
- 45) H.R. 845, the VA Billing Accountability Act
- 46) Comprehensive Toxic Exposure Bill Introduced in House
- 47) HR 303 and S 1147 The Retired Pay Restoration Act
- 48) Ask Your Legislators to Support Concurrent Receipt Reform HR-1282
- 49) HR 1656 TREAT PTSD Act
- 50) S. 1664, the Post-Traumatic Stress Disorder (PTSD) Processing Claims Improvement
- 51) H.R. 2724 — VA Peer Support Enhancement for MST Survivors Act
- 52) Please Support H.R. 3452 —Veterans Preventative Health Coverage Fairness Act
- 53) HR 2192, The Camp Lejeune Justice Act of 2021
- 54) HR 5026, The Panama Canal Zone Veterans Act of 2021
- 55) HR 3368, HR 5026, HR 2269, S 657 are all Toxic Exposure Bills that need special attention and more pressure to get passed!
- 56) H.R. 4627, Veterans' Culturally Competent Care Act of 2021
- 57) S. 2172, Building Solutions for Veterans Experiencing Homelessness

- 58) H.R. 4571, the SERVICE Act of 2021
- 59) H.R. 4732, Protect Individual Unemployability Benefit for All Disabled
- 60) S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021
- 61) S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act
- 62) HR 852 and S 221, United States - Israel PTSD Collaborative Research Act
- 63) Ask Congress to Preserve Arlington National Cemetery
- 64) HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021
- 65) HR 2963, the VOW to Hire Heroes Extension Act of 2021
- 66) S 1970, The Clean Water for Military Families Act
- 67) Support S. 1198/H.R. 2819—the Solid Start Act of 2021
- 68) H.R. 3402/S. 976—Caring for Survivors Act of 2021
- 69) HR 3537 and S 1813, Accelerating Access to Critical Therapies for ALS Act
- 70) S. 2386/H.R. 4575, the Veteran Peer Specialist Act
- 71) H.R. 5721—the VIPER Act
- 72) H.R. 5607, Justice for ALS Veterans Act
- 73) HR 2601 and S 1188, SFC Heath Robinson Burn Pit Transparency Act
- 74) S. 3017, Veterans Dental Care Eligibility Expansion and Enhancement Act
- 75) H.R. 4794 and S. 2533, the Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act
- 76) HR 1361 and S 444, AUTO for Veterans Act
- 77) H.R. 4880 and S. 2720, the Veterans' Prostate Cancer Treatment and Research Act
- 78) HR 2800, the WINGMAN Act
- 79) H.R. 5944, Veterans Administration Backlog Accountability

Act of 2021

- 80) HR 3400, VA Emergency Transportation Act
- 81) HR 2992, TBI and PTSD Law Enforcement Training Act
- 82) HR 6260, the Casualty Assistance Reform Act of 2021
- 83) H.R. 6064, VA Compensation and Pension exams for claims related to military sexual trauma
- 84) H.R. 5819, Autonomy for Disabled Veterans Act
- 85) HR 3596, the Lawrence J. Hackett, Jr. Vietnam Veterans Agent Orange Fairness Act
- 86) H.R. 2327 – to Remove Delimiting Dates for Survivors and Dependents' Educational Assistance
- 87) S. 2513/H.R. 4772, Improved VA Clothing Allowance Benefit for Disabled Veterans
- 88) S. 3293, the Post 9-11 Veterans Mental Health Care Act of 2021
- 89) HR 6402 and S 1725, will grant a Federal charter to the National American Indian Veterans, Incorporated
- 90) HR 6659 and S 3541, the Health Care for Burn Pit Veterans Acts
- 91) Ask your member to support S.810 and H.R. 1972 the Fair Care for Vietnam Veterans Act of 2021
- 92) H.R. 6543, Restore Veterans Compensation Act



**Pittsburgh VCP partners with Advocate Health
Advisors to support Veterans**

Pittsburgh VA and Advocate Health Advisors helped the family of an elderly Veteran artist provide care and comfort in his final days.

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Live Whole Health #109: Setting an intention from the heart

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Telehealth plus web-based skills training a promising combination for Vets with history of PTSD, MST

A combination of telehealth coaching and web-based skills training can significantly improve clinical outcomes and social functioning for Veterans who have experienced military sexual trauma (MST), says a VA study published in October 2021 in the "Journal of Rural Health." For the small-sample study, funded by VA's Office of Rural Health, 32 Veterans with a history of MST who also screened positive for either PTSD or depression were offered biweekly telehealth sessions, as well as a web-based skills training program called webSTAIR, for three consecutive months.

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DHA Talks Patient Safety Awareness

Patient safety is one of the top priorities for the Defense Health Agency. Patient safety means providing ready, reliable care to service members, veterans, and dependents no matter the circumstances.

[Watch Video](#)



It is estimated that over 28 million Americans will have an eating disorder in their lifetime.

Eating disorders affect people of all ages, racial/ethnic backgrounds, genders, sexual orientations, body shapes, weights, socioeconomic statuses, and physical abilities. Eating disorders are more likely to appear in teen years or young adults, but there has been a noticeable increase in cases among children, older adults, and military service members.

National Eating Disorders Awareness Week (NEDAW) is an opportunity to bring awareness to the seriousness of eating disorders across the United States and what we can do to reduce their impact on individuals and their families.

Join the Office on Women's Health, other HHS offices, and community organizations as we highlight the the major types of eating disorders, their symptoms, and treatment options. and how the COVID-19 pandemic has affected increased symptoms

[Learn more about NEDAW](#)



**SECVA Monthly Press Conference: Employee
resilience, backlog, timely care**

On Feb. 16, 2022, VA Secretary Denis McDonough held a press conference at VA Central Office in Washington, D.C., which was streamed live to VA employees. The event covered updates to how VA is handling the omicron wave of the COVID-19 pandemic, VBA's progress on the claims backlog, NCA's handling of uninterrupted memorial services, VHA's mission to meet timely appointments and care authorizations, and the secretary's work with the Congress to invest in VA employees.

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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



America250: Marine Veteran Edgar R. Huff

This week's America250 salute is Marine Veteran Edgar R. Huff, the first African American sergeant major in the history of the Marine Corps.

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Through yoga, VA researcher aims to help female survivors of military sexual trauma with PTSD

Now, VA investigators are examining the effectiveness of a clinical, trauma-sensitive yoga intervention to help women Veterans who experienced military sexual trauma (MST) and went on to develop posttraumatic stress disorder (PTSD).

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Borne the Battle #268: Marine Corps Veteran Elysa Acosta-Millan

"Adapt and overcome!" Marine Veteran Elysa Acosta-Millan talks about moving from holding a rifle in the Marine Corps to holding a microphone on the red carpet. She also talks about taking advantage of Active Duty for Operational Support (ADOS), a program common to several branches of the military that allows reservists to serve in temporary postings while receiving all the benefits of of active-duty, including time accumulated toward retirement.

[Read More](#)



Invisible Wounds Initiative Helps Build a Supportive Culture

The Air Force is working to improve the perception of invisible wounds, remove barriers to care and provide a supportive environment for those living with invisible wounds.

[Read More](#)



Tips for Caregivers

Alzheimer's disease can cause changes in intimacy for a person with the disease as well as their caregivers. Most people with Alzheimer's disease need to feel that someone loves and cares about them. As a caregiver, here are a few ways to help someone with Alzheimer's cope with changes in intimacy:

- Let the person know you love them.
- Reassure the person that you will keep them safe.
- Remind the person that other people also care about them.
- Encourage them to talk with a health care professional about changes or concerns, such as side effects from medications that affect sexual interest.

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Emlen Tunnell: Unknown War Hero

Emlen Tunnell was a professional football player and World War II Veteran.

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In a landmark study, both of VA's top psychotherapies lead to meaningful improvements for Veterans with PTSD

Dr. Paula Schnurr, executive director of VA's National Center for PTSD, was the lead author of the study, which was also the largest PTSD psychotherapy study to date in any population in the total number of participants: 916. The findings appeared in JAMA Network Open on Jan. 19, 2022.

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**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!

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**Rural Texas VA hosts post-graduate pharmacist
program**

West Texas VA consistently hires well-trained pharmacists for their rural health care system by hosting post-graduate pharmacist program.

[Read More](#)



VA amplifies access to home, community-based services

Home, community-based services let eligible Veterans age-in-place, avoid or delay nursing home placement and choose their preferences.

[Read More](#)



Are you one of the fewer than half of all women Veterans not using VA?

Are you one of the fewer than half of all women Veterans not using the VA benefits and services you have earned? VA wants to hear from you. Designed to help understand why women Veterans are not accessing their earned benefits and services, the Center for Women Veterans (CWV) recently launched a women Veterans survey to find answers to crucial questions.

[Read More](#)



Meet the First Coast Guard Sponsored USU Medical Student

U.S. Coast Guard Academy graduate Ensign Elyse Bobczynski has the distinction of being the first USCG-sponsored student to attend medical school at the Uniformed Services University in Bethesda, Maryland.

[Read More](#)



VA Suicide Prevention leads national charge with array of strategies

Meeting the diverse needs of Veterans with resources to effectively reduce suicide risk but also promote wellness and protect against future risk.

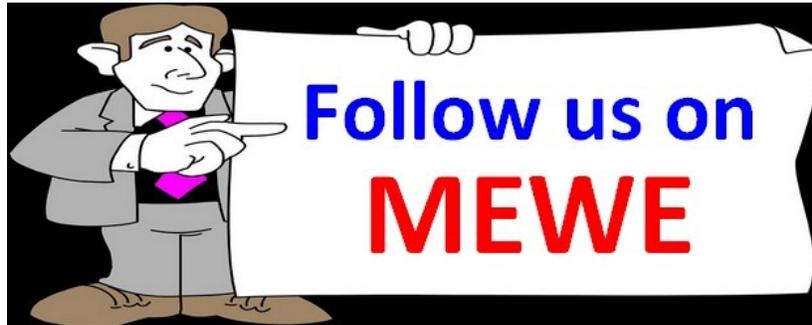
[Read More](#)



Mural dedicated to Veterans unveiled for National Salute Week

A large mural dedicated to Veterans was unveiled during National Salute Week at the Richmond, Virginia, VA. "I wanted a sense of optimism."

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February 2022: Secretary McDonough's Human Infrastructure plan

This afternoon, Secretary Denis McDonough delivered remarks regarding his Human Infrastructure plan at the Ralph H. Johnson VA Medical Center in Charleston, South Carolina.

[Read More](#)



Telehealth plus web-based skills training a promising combination for Veterans with history of PTSD, military sexual trauma

A combination of telehealth coaching and web-based skills training can significantly improve clinical outcomes and social functioning for Veterans who have experienced military sexual trauma (MST), says a VA study published in October 2021 in the Journal of Rural Health.

[Read More](#)



Navigating the COVID-19 pandemic: VA plays key role in identifying drugs to treat patients

To date, more than 60 VA medical centers have been involved in trials on COVID-19 therapeutics (see sidebar), including antiviral drugs such as remdesivir, monoclonal antibodies, convalescent plasma, and immunomodulators. Other therapeutics are in the pipeline for clinical trials, but only one has received FDA approval.

[Read More](#)



What to Know About Preventive Dental Care

These days, it can be easy to forget to make an appointment to see the dentist for a routine checkup. But forgetting to visit the dentist can have a seriously negative impact on your overall oral health. The TRICARE Dental Program covers a wide range of dental services, including preventive care.

[Read More](#)



One year after enactment: Isakson-Roe Veterans Health Care and Benefits Improvement Act

Key accomplishments from the first year of the Isakson-Roe Act include expanded benefits and burial needs of Veterans and their families.

[Read More](#)



Curious about QR codes and why they are useful?

QR codes are simply shortcuts to websites with helpful information. Here's how to use them, and why.

[Read More](#)



Phone number on dog's bandana saves a life

A Veteran suspected his buddy was suicidal, then remembered a bandana on his dog. He gave his buddy a phone number and saved his life.

[Read More](#)



Office of Inspector General

1) [Military and Veteran Support: DOD Has Taken Steps to Help Servicemembers Transfer Skills to Civilian Employment but Has Limited Evidence to Determine Program Effectiveness](#)



Student loans: How to pay off your debt

The Wellness Wednesday Financial Education series returns Feb. 16, focusing on student loan debt. The seminar will consist of two hour-long sessions at noon and 3 p.m. Eastern Standard Time (9 a.m. and Noon Pacific Standard Time).

[Read More](#)



Borne the Battle #268: Marine Corps Veteran Elysa Acosta-Millan, Show Host, Active Duty Operational Support Reservist

"Adapt and overcome!" Marine Veteran Elysa Acosta-Millan talks about moving from holding a rifle in the Marine Corps to holding a microphone on the red carpet. She also talks about taking advantage of Active Duty for Operational Support (ADOS), a program common to several branches of the military that allows reservists to serve in temporary postings while receiving all the benefits of of active-duty, including time accumulated toward retirement.

[Read More](#)



Stayce Harris: Trailblazing and flying high

Stayce Harris was inspired by the Tuskegee Airmen and female pilots to serve in the Air Force. She later became the first African American woman to serve as a United States Air Force Lieutenant General. Stayce Harris was born in 1959 in Los Angeles, California. She was supported by her mother, who worked as a banker, and her father, who served in the Air Force. Harris was inspired to follow in her father's footsteps, feeling a duty to serve.

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**Shop Big Game Savings at Your Local
Commissary**

Your Commissary is here to help with everything from ingredients for those favorite recipes to party platters, plus special savings off already low prices. Veterans with a 0% or more disability rating are eligible to shop at defense commissaries worldwide.

[Read More](#)



Why I get my health care at VA: Veterans speak on Vet Centers

Hear from Veterans who know Vet Centers – storefront centers staffed by combat Veterans understand what it's like to transition.

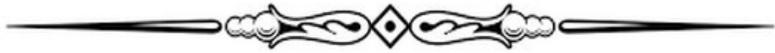
[Read More](#)



Army Veteran a biostatistician, researcher at Iowa City VA

Initially, I served with the United States Army Reserve in St. Cloud, Minnesota. I was a technical engineer, which means that I learned how to do soil testing, drafting, and surveying. (I think it's funny that I now work on a totally different kind of survey as a researcher.)

[Read More](#)



Florida/Georgia VA offers new sleep apnea procedure

Veteran had diaphragm stimulator implanted to improve quality of sleep. New technology for Vets with moderate to severe central sleep apnea.

[Read More](#)



- 1) [FDA Warns Consumers Not to Use Certain Powdered Infant Formula Produced in Abbott Nutrition's Facility in Sturgis, Michigan](#)
- 2) [FDA Investigation of Cronobacter and Salmonella Complaints: Powdered Infant Formula \(February 2022\)](#)
- 3) [FDA approves treatment for anemia in adults with rare inherited disorder](#)
- 4) [TCP HOT Acquisition LLC dba HRB Brands Issues Voluntary Nationwide Recall of Sure and Brut Aerosol Sprays Due to the Presence of Benzene](#)
- 5) [FDA Drug Shortages](#)
- 6) [FDA Roundup: February 15, 2022](#)
- 7) [Coronavirus Aid, Relief, and Economic Security Act \(CARES Act\) Drug Shortage Mitigation Efforts](#)

- 8) Office of Generic Drugs 2021 Annual Report
- 9) Innovation and Scientific Collaboration Moved the Generic Drug Program Forward In 2021
- 10) FDA Alerts the Public to Potentially Contaminated Products from Family Dollar Stores in Six States
- 11) FDA Alerts the Public to Potentially Contaminated Products from Family Dollar Stores in Six States
- 12) E25Bio Recalls COVID-19 Direct Antigen Rapid Tests That Are Not Authorized, Cleared, or Approved by the FDA and May Give False Results
- 13) Abbott Voluntarily Recalls Powder Formulas Manufactured at One Plant
- 14) BASE10 Genetics Recalls RNAsstill MTM Specimen Collection Kits That Are Not Authorized, Cleared, or Approved by the FDA, May Give False Results, and Require Special Training for Safe Handling
- 15) FDA Roundup: February 18, 2022
- 16) FDA Investigation of Cronobacter and Salmonella Complaints: Powdered Infant Formula (February 2022)
- 17) Lehi Valley Trading Company Issues Allergy Alert on Undeclared Peanut Allergen in Yogurt Raisins
- 18) Vyair Medical Recalls bellavista 1000 and 1000e Series Ventilators Due to Issues with Software Configurations



Study shows VA provides the best in diabetes care

A study comparing diabetes care between VA and non-VA sites showed that care was better managed at VA. Study leader describes reasons why.

[Read More](#)



PTSD Bytes #2: Coping during COVID with COVID Coach app

Dr. Beth Jaworski, lead creator of the app COVID Coach developed by VA, describes the many ways this app can be helpful during the pandemic.

[Read More](#)



Stay safe from COVID-19 by switching to a telehealth visit

Concerned about the Omicron COVID-19 variant? You can reduce your risk of getting sick by switching your appointment to a video telehealth visit. With the VA Video Connect app, you can meet with your VA care team over a secure video connection. There is no need to drive to a VA medical center or clinic.

[Read More](#)



Can Veterans Use Marijuana

Will a Veteran lose their VA benefits if they use marijuana for medical and/or recreational purposes? Learn about VA's most important policies regarding marijuana use and find additional resources that answer all your questions.

[WATCH](#)



Information on living with dementia, dementia research, clinical trials, and resources

It's important to spend quality time with a family member or friend who has Alzheimer's disease or a related dementia. This can help improve their quality of life and manage behavior changes that may come with the disease. It can also help grow and strengthen their connection to you. Shared activities are a great way to have meaningful time.

Choose safe and enjoyable activities that:

- Can be done around the house, such as feeding or brushing a pet.
- Encourage movement, such as stretching or yoga.
- Engage the mind, like puzzles or board games.

[Read More](#)



The Bob Woodruff Foundation aims to ensure Veterans have access to services, opportunities they need

Through the Got Your 6 Network, the Bob Woodruff Foundation ensures that Veterans have access to the services and opportunities they need.

[Read More](#)



A different way to care for Veterans: Explore medical support positions at VA

A recent question posted to VA's LinkedIn page asked if our hospitals need and hire for medical support positions. Namely, are there health care careers out there for people other than physicians and nurses? The answer is a resounding, "Yes!" While physicians and nurses are always in demand here at VA, there are many positions [...]

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VA clinicians testing new radioactive tracer drug to track prostate cancer in the body

Images from a positron emission tomography (PET) scanner show the location of the cancer.

This type of drug appears to be the best diagnostic tool for staging prostate cancer and determining whether it has metastasized, says Dresser, the chief of nuclear medicine at the Truman VA.

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Geneva Robinson, VA Patient Advocate, celebrates 50 years of service to VA

A gallon of gas was 36¢ when Geneva Robinson started at VA. A Patient Advocate at Birmingham VA, she says, "Veterans are my family."

[Read More](#)



Study finds strong tie between sexual trauma, suicidal thoughts in Vets with no history of mental...

A history of military sexual trauma is associated with an increased risk of recent suicidal thoughts in Veterans without a mental health diagnosis or mental health treatment history, according to a study of more than 40,000 post-9/11 Veterans. "We often study suicide and suicidal ideation—thoughts about suicide—in people who are already getting mental health care," said Dr. Suzanne E. Decker, first author of the study.

[Read More](#)



Recognize VA's Health Care Heroes

Have you encountered a VA employee doing something noteworthy, in words or action, and making a positive difference to the Veterans we serve? If so, recognize these heroes by nominating them for an I CARE Award.

[LEARN MORE](#)



How 3D-Printed Teeth and Other New Tech are Transforming Dental Care

Doctors can now do far more in a single surgical procedure. "We're able to combine numerous surgical procedures that were once split up over years of treatment."

[Read More](#)

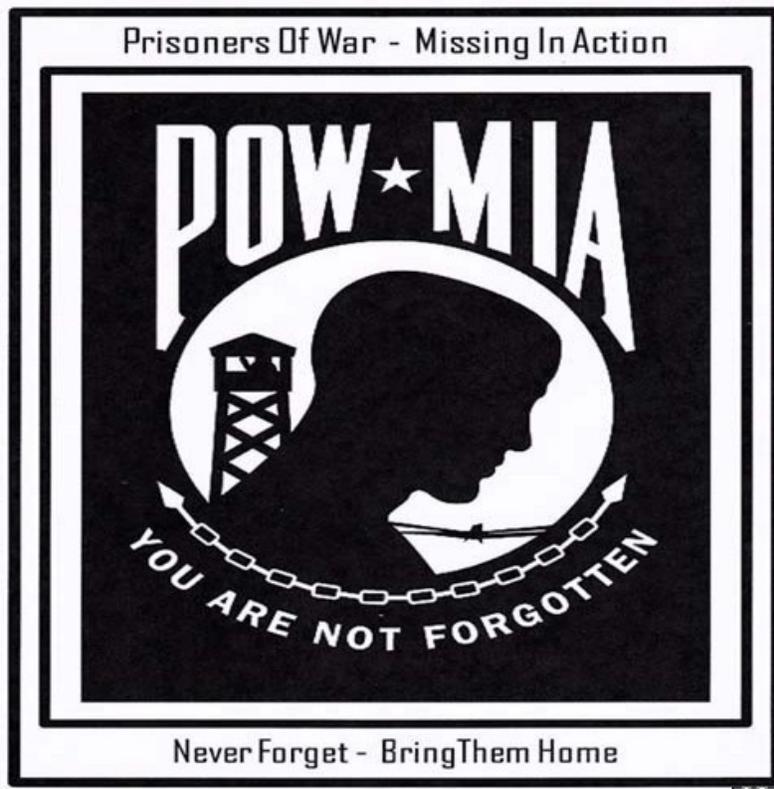


Join "Artificial Intelligence: How Algorithms Improve Veteran Lives," on February 16

VA Privacy Service is Celebrating 20 Years of Service. Join the Privacy in Action Speaker Series Event, 'Artificial Intelligence: How Algorithms Improve Veterans Lives,' on Wednesday, February 16, from 1:00 to 2:00 p.m. ET.

[Read More](#)





Connect with fellow women Veterans, learn about available Veteran and women-centered health care resources

If you're looking for women-centered health care, sign up for the VA Women's Health Reengagement Training (heaRT) so VA can support your health care needs.

[Read More](#)



Are you one of the fewer than half of all women Veterans not using VA?

Are you one of the fewer than half of all women Veterans not using the VA benefits and services you have earned? VA wants to hear from you.

[Read More](#)



In the mission to end intimate partner violence, VA is here to help

VA is committed to fostering Veterans' healthy relationships, and we're working to improve services to Veterans who've experienced domestic abuse, including intimate partner violence. VA's mission is to care for those "who shall have borne the battle" and for their families, caregivers and survivors.

[Read More](#)



Connect with Fellow Women Veterans, Learn About Available Veteran and Women-centered Health Care Resources

It's never too late to enroll in VA health care services. If you're looking for women-centered health care, sign up for the VA Women's Health Reengagement Training (heaRT) to gain a better understanding of how VA can support your health care needs.

[READ MORE](#)



Is Your DEERS Information Up to Date?

If it's been a while, take time to log in to DEERS and review your information.

[Read More](#)



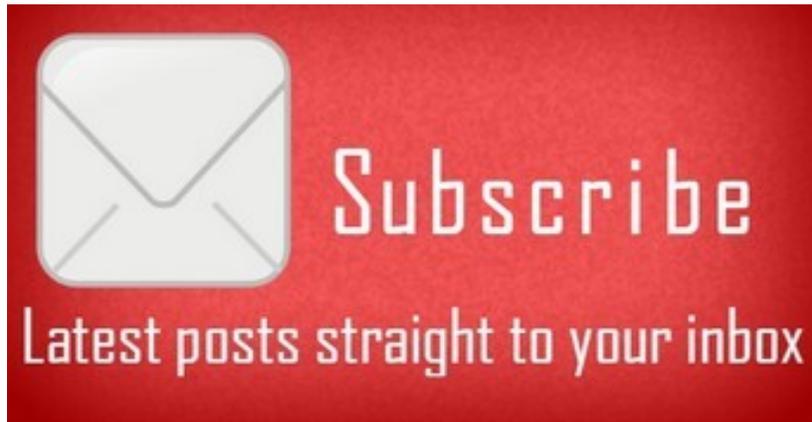
Health Equity Podcast Episode 8 – LGBTQ+ Veteran health

The Veterans Health Equity: Leave No Veteran Behind podcast turns a page on LGBTQ+ Veteran health.

[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.



CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER!



Help recognize VA's health care heroes

Help recognize VA's health care heroes. Have you seen a VA employee doing something noteworthy, in words or action, and making a positive difference to the Veterans we serve? If so, consider nominating them for an I CARE Award.

[Read More](#)



Chillicothe VA team's extra effort getting naloxone kits to Veterans

VA team responsible for distributing naloxone kits at Chillicothe VA identified a plan to best meet the needs of rural Ohio Veterans.

[Read More](#)



Black Army Veteran's historical stand paves way for changes

Just under 70 years ago, an Army Veteran's stand against racial injustice changed interstate transportation. Sarah Keys was a young, Black soldier serving at Fort Dix, New Jersey. She traveled on her way home to Washington, North Carolina, Aug. 1, 1952.

[Read More](#)



Setting an Intention from the Heart

The mind-body connection is very powerful, and research shows mind-body approaches can be used as part of a personal treatment plan for many physical health conditions.

[LEARN 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.

[Read More](#)



From opportunity to offer: Examining the VA application timeline

While looking at the steps in the hiring process, we tackle some of the most common questions about VA's application timeline.

In Case You Missed It: The Center for Minority Veterans is sharing recent news stories that may be of interest to minority Veterans, service members, and their supporters on a weekly basis.

[Read More](#)



Connect with fellow women Vets, learn about available Vet and women-centered health care resources

It's never too late to enroll in VA health care services. If you're looking for women-centered health care, sign up for the VA Women's Health Reengagement Training (heaRT) to gain a better understanding of how VA can support your health care needs.

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Live Whole Health #109: Setting an intention from the heart

Perhaps your New Year's resolutions have been forgotten, but it's never too late to set an intention. And you can do this every day! Your daily work and routine can be enhanced if you take just a few minutes every morning to start with noticing your breath and setting an intention to live out your day with ease, gratitude and joy.

[Read More](#)



Biloxi VA hosts blood drive – nearly 50 units donated

Blood drive part of VA-wide action supporting VA's "Fourth Mission," assisting the U.S. health care system in times of disaster.

[Read More](#)



Defense Advisory Committee on Women in the Service (DACOWITS) News [January 2022]

Get the Recruitment & Retention, Employment & Integration, Well Being & Treatment, Servicewomen in the News, Women Veterans, and Upcoming Events DACOWITS news from January 2022.

[Read More](#)



Wildland Firefighting, Filing a VA Claim, & VA's Hidden History

Check out The BLUF and learn how you can become a wildland firefighter, resources for filing a VA Claim, and where you can find out more about VA's hidden history.

[WATCH](#)



Tips for How to 'Train Right' and Avoid Injuries During Sports and PT

Sports, recreation and physical training are key to service members' health -- physical, mental, and spiritual. But those activities can also lead to one of the military's single biggest health problem: musculoskeletal Injuries.

[Read More](#)

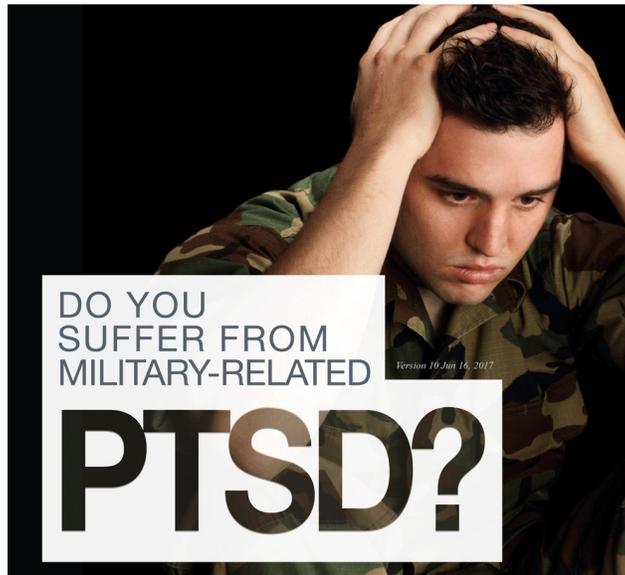


VA celebrates Black History Month

Black History Month: There are more than two million Black Veterans in the United States who have made great sacrifices for our country.

[Read More](#)





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



Navigating the COVID-19 pandemic: VA plays key role in identifying drugs to treat patients

To date, more than 60 VA medical centers have been involved in trials on COVID-19 therapeutics (see sidebar), including antiviral drugs such as remdesivir, monoclonal antibodies, convalescent plasma, and immunomodulators. Other therapeutics are in the pipeline for clinical trials, but only one has received FDA approval.

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Veterans shop big game savings at your local commissary

Veterans can shop big game savings at the commissary. Veterans with a 0% or more rating are eligible to shop at defense commissaries.

[Read More](#)



'Tactical Napping' and Other Tips to Sleep Well on Deployment

Getting enough sleep is always essential for optimal performance and functioning. But service members know that a full night's sleep is not always an option. On deployment, many things make sleep a challenge, including combat operations, long work days or 24-hour watch duty.

[Read More](#)



Borne the Battle: Rifle Drill to Red Carpet Interviews

"Adapt and overcome!" Marine Veteran Elysa Acosta-Millan discusses her service experience and her transition into journalism. She also talks about the advantage of Active Duty for Operational Support (ADOS), a program common to several military branches that allows reservists to serve in temporary positions while receiving all the benefits of active duty, including time accumulated toward retirement.

[Learn More](#)



Military Medical Units Support Civilian Hospitals Strained By COVID-19 Surge

"The impact we have on the patients, it's what makes being a nurse so rewarding," said one Air Force nurse. "We don't just pass out [medicine] but we hold their hands and help them through it all. We're emotional support as well."

[Read More](#)



Live Whole Health #110: Chair Yoga for heart health

Heart Health Awareness Month falls in February and is a great time to learn more about heart health. VA and the American Heart Association (AHA) want you to be aware of five important heart health numbers because they help providers determine your risk for developing cardiovascular disease.

[Read More](#)



Stayce Harris: Trailblazing and flying high

Stayce Harris was inspired by the Tuskegee Airmen and female pilots to serve in the Air Force. She later became the first African American woman to serve as a United States Air Force Lieutenant General. Stayce Harris was born in 1959 in Los Angeles, California. She was supported by her mother, who worked as a banker, and her father, who served in the Air Force. Harris was inspired to follow in her father's footsteps, feeling a duty to serve.

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Meeting the Omicron variant – Eastern Oklahoma VA rises to the challenge

How one VA health care system responded to the Omicron surge. From 136 positive patients to 1052 in one month. 30 cars lined up at 7:30 am

[Read More](#)



Five Reasons to Check Your Prescription on the TRICARE Formulary Search Tool

Do you have questions about your prescription drug? Check out the TRICARE Formulary Search Tool.



[Read More](#)



Vet Centers help with readjustment

Where do you go when you return from combat and need help readjusting to civilian life? Most Veterans find that Vet Centers help them the most.

[Read More](#)



Hey You, This is Your Heart Writing You a Letter...

If your heart could talk, would it be worried about your long-term health and wellness?

[Watch Video](#)



Borne the Battle #269: Air Force Veteran Larry Spencer

With 44 years of service under his belt, Air Force Veteran, four-star general and former Vice Chief of Staff of the U.S. Air Force Larry Spencer decided that he earned a well-deserved break and retired on a Friday in 2015. But that very following Monday, he went right back to work, promoting aerospace education in his new role as president of the Air Force Association.

[Read More](#)



America250: Coast Guard Veteran Vincent Patton III

This week's America250 salute is Coast Guard Veteran Vincent Patton III, who was the first African American Master Chief Petty Officer of the Coast Guard. Patton was the senior enlisted member of the Coast Guard and the principal advisor to the commandant on all enlisted personnel matters for members of the Cost Guard, both active and reserve, and their families.

[Read More](#)



2021 PIT Count data, updates on Veteran homelessness

Results of 2021 PIT Count, the annual effort to estimate the number of Americans, including Veterans, without permanent housing.

[Read More](#)



Does CSM Gragg Have COVID-19?

Watch the senior enlisted leader demonstrate how to use a COVID-19 home rapid test.

[Watch Video](#)



Late-life PTSD is real

One in 10 older Veterans experiences late-life PTSD. Talking Later is a podcast about PTSD and resilience, connection and making meaning in later life.

[Read More](#)



Women's Heart Attack Symptoms Can Differ from Men's: Know the Signs

When you are having a heart attack, minutes matter. Women often experience symptoms other than the classic crushing chest pain and left arm pain that typically afflict men having heart attacks.

[Read More](#)



Former VA medical director key to shaping agency's current health care system

Custis was born in Goshen, Indiana, on July 23, 1917. In 1939, he earned a bachelor's degree from Wabash College in Indiana, before being commissioned ensign in the U. S. Naval Reserve. While on inactive duty, he completed his medical degree at Northwestern University in Illinois in 1941.

[Read More](#)



MIA
Update

The logo for POW/MIA (Prisoners of War/Missing in Action) is located to the right of the text. It features a black silhouette of a soldier's head in profile, facing right, set against a white circular background. Above the silhouette, the words "POW MIA" are written in a stylized font. Below the silhouette, the phrase "YOU ARE NOT FORGOTTEN" is written in a curved banner. The entire logo is set within a black square.

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. Returning home for burial with full military honors are:

Navy Storekeeper 1st Class Harry E. Walker, 36, of San Diego, 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 Walker. He will be buried on March 15, 2022, in Verdes, California. [Read about Walker.](#)

Army Air Forces 1st Lt. Richard W. Horrigan, 24, of Chester, West Virginia, was assigned to 22nd Fighter Squadron, 36th Fighter Group, 9th Air Force. On April 19, 1945, the P-47D Thunderbolt fighter on which Horrigan was piloting was part of a reconnaissance mission to the Alt Lönnewitz Airfield and likely crashed as a result of anti-aircraft fire. Following the war, his remains could not be identified. He will be buried in his hometown. The date has yet to be determined. [Read about Horrigan.](#)

Navy Fireman 1st Class George F. Price, 23, 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 Price. Interment services are pending. [Read about Price.](#)



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Riverside County, CA

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Serving those who served!

Please pass on to all your Veteran Friends and Family!



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