



Veterans-*For*-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, February 22, 2015
Volume 6, Issue 08

This-N-That

The Department of Veterans Affairs (VA) Choice Card Program is a new, temporary benefit that will begin to cover non-VA care for eligible veterans already enrolled in VA health care.

However, we've been hearing for several weeks now that this solution is not a solution at all, and many who call to find out if they can use the card are not eligible or that they must go to the local VA Medical Center which in most cases has been much further away than finding local care.

We're asking all those who have attempted to use the Choice Card and have had problems, or been told you don't qualify, to please let us know.

We're trying to gather as much information as possible to send to a few select members of Congress to show them indeed that the cards sent out are worthless to most who need them!

While Tricare's future is still up in the air, and no one has a real clue what will happen, or even when, there are many proposals on the table right now, and the MOAA is asking everyone to participate in the survey, this information can be found further down in the newsletter and we also request that everyone participate.

This might be the only way we can get the information to the commission and help make a serious difference in what can or might happen in the future.

As we noted about three weeks ago, the increase in co-pays went up \$3.00, this has begun to impact Veterans and families already. This is something else we'd like to hear from you on as well.

For some this is a small added financial burden, for many others it's been a severe impact. And we'd like to gather as much information on this too so we know what direction we might take on your behalf.

As we mentioned a couple of weeks ago we've upgraded to a newer version of software and with that has come a few improvements on the User side of the system making it even more user friendly.

We've opened up 95% of the system so you don't have to subscribe except to use many of the forums that are era and gender specific and can only be seen and accessed once you subscribe.

We did add 1,167 new documents in various libraries and all the new documents have a "NEW" flag on them so they will be easily found! Hopefully we will be adding yet another 800-1,000 more in the next two weeks.

To help you better prepare Veterans-For-Change provides [Tax Deduction Finder & Problem Minimizer](#) you can download, print out and locate all the documents you need for tax preparation.

Have you lost a loved one, friend, buddy who served our Country? We'd like very much to honor them by placing their picture and what ever information you'd like to have others know in our memorial pages.

Visit today <http://veterans-for-change.org/gallery3/> and do let us know how we can best honor your loved one or friend.

If you're a member on Face Book, be sure to visit our Faced Book Page for Veterans-For-Change and like us, and spread the word! If you're a fan of Twitter, be sure to visit us there and follow us!

And if you have not been to or visited our website lately, take a visit today. It's 100% free. You do need to subscribe to view all the Forums, to post freely, and a few of the libraries which are restricted. Visit today: www.veterans-for-change.org

On behalf of the Board of Directors, Advocacy Group Members and Volunteers nationwide, we wish you and your family good health and everyone have a very Happy Valentine's Day!

Respectfully,
Jim Davis
Founder & CEO
Jim.Davis@Veterans-For-Change.org

Combat-Related Special Compensation

The [Air Force Combat-Related Special Compensation program](#) (CRSC) is managed by the USAF Physical Disability Division of the Air Force Personnel Center. The CRSC board is made up of former military and civilian personnel whose experiences include war-time duties, flying duties and medical training. The review board conducts a detailed analysis of your application to determine if in-service evidence exists to confirm your conditions were the direct result of a combat-related event or injury. If so, the board will authorize a special monthly payment to you called CRSC. For more information, visit the [Combat-Related Special Compensation webpage](#).

WWII Museum: Campaigns of Courage

From faltering first battles in North Africa to the bloody struggle at Germany's doorstep, the immersive galleries in *Road to Berlin* recreate actual battle settings and villages--complete with crumbling walls, bomb-torn rooftops, icy pathways, and a chillingly realistic soundscape. The result is a richly layered, multimedia journey that recreates the citizen soldier's experience with striking immediacy and impact: Visitors walking in the shadow of Normandy's brutally dense hedgerows can imagine the challenges that followed D-Day; attending a mission briefing with the Bomber Boys brings visitors inside America's all-important Air War strategy; seeing personal artifacts--cigarette boxes, photographs--scattered over real Normandy sand offers a touching perspective on the human cost of the war.

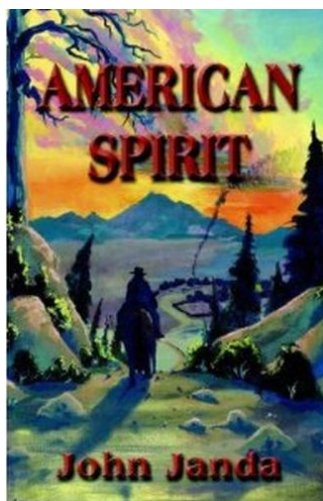
VA Patient Centered Care: The Story of Health for Life

Veterans Health Administration (VHA) is undertaking one of the most significant changes in the philosophy and practice of health care ever embarked upon by an organized health care system. The mission of VHA is "to honor America's Veterans by providing exceptional health care that *improves their health and well-being*." VHA declared its number one strategic priority to provide **whole health care** to Veterans that is personalized, proactive, and patient-driven.

To deliver this care, VHA is working to enhance both the experience and practice of health care. The foundation of an optimal "experience of care" is the healing relationship, where providers can use the power of their words and the strength of their caring to support healing, even when physical curing is not possible. The experience of care also includes physical environments with attention to making the spaces feel safe, comfortable, and peaceful. VHA

leaders across the country have made this cultural transformation a priority and national training programs that improve the way care is practiced and delivered. VHA's "practice" of care" model is personalized, beginning with the Veteran and exploring *their* values and goals and *their* vision of health.

To this end, the VHA Office of Patient Centered Care & Cultural Transformation has created the [Story of Health for Life](#). This narrative report details many achievements and aspects of how VA is improving the health care experience and practice for Veterans. You can explore more of what VA is doing by visiting the [VHA Office of Patient Centered Care & Cultural Transformation website](#).



We all suffer bumps in the road. True literary fiction has been known to help us face and overcome those struggles. American Spirit is a work of true literary fiction about a civil war veteran who makes full recovery from losses. Read it and you might find it will help you as well.

Arizonaterritory1878.com Academypressca.com

<http://www.amazon.com/American-Spirit-John-Janda/dp/1601450311/>

Free Tax Preparation for Veterans

Here are links to free tax preparation services for veterans: (1) IRS' [Volunteer Income Tax Assistance](#) (VITA) and [Tax Counseling for the Elderly](#) (TCE) programs are available to taxpayers that earned less than \$53,000 in 2014. To locate the nearest VITA or TCE site near you, use the VITA Locator Tool at irs.treasury.gov/freetaxprep/ or call 800-906-9887. MyFreeTaxes at www.myfreetaxes.com, operates the only free online tax preparation and filing assistance platform available in all 50 states and Washington D.C. for veterans who earned \$60,000 or less in 2014. For more information, read the VA VAntage Point Blog at www.blogs.va.gov/VAntage/16726/free-tax-return-preparation-for-veterans-military-members-and-their-families/.

Group Calls for Accurate Vet Portrayals

A group dedicated to the entertainment industry's realistic representation of veterans has announced a new seal of approval for portrayals of military men and women in films and television shows. Called "6 Certified," the program is launching with the support of First Lady Michelle Obama. The campaign seeks to shift perception of veterans in pop culture. Studios, producers and other content creators will be eligible for the certification badge if the work contains "a representative and balanced depiction of veterans" and fulfills at least one of six pledges. For more information, visit the Got Your 6 website at www.gotyour6.org/6-certified/.

Online tools provide hope, help for Veterans



There is a bit of good news here, at least in the sense that some aspects of PTSD treatment are moving in a positive direction. On the VA's blog they posted an article written by Burt Granofsky of the EDC. The EDC is a global non-profit organization that designs, implements, and evaluates programs to improve education, health, and economic opportunity worldwide.

"For some veterans, managing the symptoms of PTSD may seem like an overwhelming task. To assist in this process, the VA's National Center for PTSD is offering online tools that help veteran's manage symptoms anywhere anytime. The mental health needs of this population are simply larger than the clinicians' ability to address them," says Stoeckle. "There's a need for digital health tools that allow veterans to track their behaviors and manage their symptoms in between visits to their clinician. The online version was developed to reach veterans who do not have smart phones," says Cybele Merrick, associate director for education at the center. "We thought a lot about how to take something that was often done in a clinicians office and transfer it to an online environment where the patient is doing everything alone," says EDC's Athi Myint-U.

Stoeckle says, "Progress is seeing every veteran get the mental health care they need, when they need it. We are honored to help make that possible."

It's nice to see that an organization is trying to teach Veterans some skills to cope on their own but, what about the Veterans whom don't have computers, access to one, or who are homeless and completely unaware this even exists? It's like the professional community is just attacking this problem piece by piece, but never really attacking it head on in its entirety by getting to the root of the problem. To me, solving this issue is analogous to trying to get rid of a colony of ants (the PTSD). If you never get rid of the queen (ie., the root of the problem/trauma), you never really get rid of the ants (cure the PTSD). They (ie., PTSD) just keep coming back and you have to keep attempting to treat the problem instead of ending it once and for all.

Happy health!
Robert Serocki, Jr.
23rd Veteran
www.robertserocki.com



America's Veterans United

Is an advocacy group on Yahoo Groups developed to fight for the benefits, care, facilities, caring and compassionate fully licensed medical professionals, updated and properly operated VA Medical Facilities.

Are you sick and tired of the “business as usual” attitude, or the “delay, deny, until they die” attitude?

Are you able to give 30-60 minutes of your time per month to help develop and send letters to all 535 members of Congress each month in an attempt to force Congress into getting off their seats and actually doing something for Veterans vs. their usual lip service?

And are you sick and tired of all the other organizations who say they are fighting for you, but have shown decades of really not doing much for you?

Then join us, we do more than use membership numbers to fight, we actually have you working with us in the fight. Take control of your health and medical care and help us fight for you.

If interested, check out our page on Yahoo Groups:

https://groups.yahoo.com/neo/groups/Americas_Veterans_United/info

If you're not a member of any Yahoo Group, and not familiar with the system but want to join in the fight, you can do so via E-Mail as well:

americas_veterans_united-subscribe@yahoogroups.com

One really good thing about America's Veterans United, it won't cost you one thin dime, no membership dues, not postage costs, just your time and your computer.

Help us to help you and your fellow Veterans in the fight!

House Hearing on Transition Assistance

Dr. Susan Kelly, Director Transition to Veterans Program Office, recently testified before the U.S. House Committee on Veterans' Affairs regarding the Transition Assistance Program (TAP). The new TAP will help more than 1 million servicemembers transition from active duty in the next four years. The foundation of the redesigned TAP is a set of career-readiness standards that are verified for all transitioning servicemembers no later than 90 days prior to their separation from the military. If civilian career readiness standards are not met, servicemembers receive further training or are referred to inter-agency partners who ensure they receive post-separation assistance. A list of those testifying at the hearing is available on the House Committee on Veterans' Affairs website at veterans.house.gov/hearing/a-review-of-the-transition-assistance-program-tap-1.

Government Accountability Office (GAO) Reports

GAO: Summary of Performance and Financial Information Fiscal Year 2014.

<http://www.gao.gov/products/GAO-15-2SP>

Contingency Contracting: Contractor Personnel Tracking System Needs Better Plans and Guidance.

<http://www.gao.gov/products/GAO-15-250>

Improper Payments: TRICARE Measurement and Reduction Efforts Could Benefit from Adopting Medical Record Reviews. <http://www.gao.gov/products/GAO-15-269>

Identity and Tax Fraud: Enhanced Authentication Could Combat Refund Fraud, but IRS Lacks an Estimate of Costs, Benefits and Risks. <http://www.gao.gov/products/GAO-15-119>

Flood Insurance: Status of FEMA's Implementation of the Biggert-Waters Act, as Amended.

<http://www.gao.gov/products/GAO-15-178>

Defense Nuclear Facilities Safety Board: Improvements Needed to Strengthen Internal Control and Promote Transparency. <http://www.gao.gov/products/GAO-15-181>

Registration Open for Washington DC Job Fair

The American Legion's Veterans Employment & Education Division will host a series of events Feb. 19-20 at the Washington Hilton to help veterans, service members and spouses find meaningful careers in the civilian workforce. The events will take place in conjunction with the Legion's annual Washington Conference. On Thursday, Feb. 19, The American Legion will be hosting its Employment and Empowerment Summit from 8:30 a.m. - 5:00 p.m. This full day of workshops and educational sessions will include opportunities for one-on-one career coaching and resume review, corporate panels and benefits discussions. Additionally, programs tailored towards women veterans and spouses will be offered. For more details, see [this Military.com article](#).

CalVet, California State Library Announce Tulare Public Library Veteran Resource Center Opening

Sacramento – The California Department of Veterans Affairs (CalVet) and the California State Library announce the grand opening of a Veterans Resource Center in the Tulare Public Library, at 11:00 a.m. on Saturday, February 21, 2015. The library is located at 475 North M Street, Tulare, CA 93274, and the public is invited to attend the event.

"The expansion of the Veteran Resource Centers throughout California's libraries creates additional locations where our Veterans and their families learn about the state and Federal benefits earned through their military service," said Keith Boylan, CalVet Deputy Secretary for Veterans Services. "Making benefits information and assistance available in local libraries is a great way to reach our Veterans close to where they live and work."

"This is just another of the innovative partnerships that libraries like Tulare are creating all over California," said California State Librarian Greg Lucas. "We at the State Library are proud to be a partner with Tulare and CalVet in this investment, which is going to pay incredible dividends for everyone involved."

The grand opening in Tulare brings to 20 the number of grant-funded "Veterans Connect @ the Library" locations in the Golden State. Future resource centers are planned for Lancaster, Oakland, and Sacramento-Central libraries.

Veteran Resource Centers offer basic information and in depth support related to Federal and state Veterans benefits and local services available. The goal of the CalVet – State Library partnership is to increase the number of Veterans and family members aware of and obtaining services.

The program is funded by the U.S. Institute of Museum and Library Services through the California State Library with direction and volunteer staff training provided by CalVet and program administration provided by Pacific Library Partnership, an organization that works to consolidate library systems throughout the state to achieve efficiencies and economies of scale. For more information and a full list of partner library locations, go to <http://www.calibrariesforveterans.org/index.html>.

Sound Off on Pay and TRICARE Proposals

The Military Compensation and Retirement Modernization Commission offered [sweeping reforms to military pay and benefits](#). Let the Military Officers Association of America (MOAA) know what you think about some of the more controversial proposals. [Take MOAA's brief survey](#).

Special Monthly Compensation

The U.S. Department of Veterans Affairs (VA) Special Monthly Compensation (SMC) program may provide benefits in addition to, or instead of, disability compensation if there is loss (or loss of use of) a limb, sight, speech, hearing, mobility, sexual organ or functioning, or for certain other disabilities. There may be eligibility for SMC if the veteran is unable to leave the house or bed without help or is in need of regular help from another person in performing the basic tasks of everyday life, such as eating, bathing, dressing, toileting and transferring. Because VA's Special Monthly Compensation program is one of the most confusing and intricate programs that the VA offers, it is important that you seek assistance from an accredited veterans service officer.

Veterans fought for us; we continue to fight for our veterans!

TRICARE Increases Rx Copays

New copayments for prescription drugs covered by TRICARE went into effect February 1, 2015. Most pharmacy copays will increase by \$3. Drugs from military pharmacies and generic drugs from TRICARE Pharmacy Home Delivery still cost beneficiaries \$0. Copays at non-network retail pharmacies will also change, based on the changes to retail copays. For more details, visit the TRICARE pharmacy costs webpage at www.tricare.mil/pharmacycosts. These changes overrule previous rules that connected TRICARE pharmacy copays to the retiree cost of living adjustment (COLA).

VFC Website Update

If you've not visited our website, maybe you should visit today! Since going on-line on 10/28/12 we have been averaging between 2,800 and 5,000 visitors per day and have had **2,036,161** visitors to date.

Visit today and subscribe, it's 100% **FREE** of charge to all! Just be sure to use a valid E-Mail address so the system can send you an authentication E-Mail.

We have the largest One-Stop-Shop Veterans website available that is user friendly, offers a host of information on many topics, Several forums, Frequently Asked Questions and Answers, a massive Documents Library with more than 9,000 documents, various VA and DoD forms, over 4,000 articles which is updated at minimum every one to two days and more.

www.veterans-for-change.org

- Documents Library with over **130** different libraries and over **11,836+** documents
- FAQ's (**1,362** on-line now)
- Forums (with Licensed Mental Health Worker Moderator)
- Memorial Pages (**Updated 12/04/14**)
- News (Updated almost daily, **4,292** articles on-line)
- Sponsors
- Web Links (**1,579** Active Links)(**Updated 02/04/15**)

The documents library has many different categories and will eventually house more than 50 million pages of information and forms.

There are forums for all Eras of service and one just for Women Veterans, which we'll lock to use by women only. Another for Men Veterans which is also locked to men only.

In the documents and forums we provide information pertaining to women and the ability speak freely in the forums to other women about the same issues and problems you face.

The Memorial Pages are open, and if you have a loved one or a buddy you've lost and would like for them to be added to our Memorial Pages, please send a photo, First and Last Name, Rank, Branch of Service, DOB and DOD, and allow us 2-3 days to install on the proper page. (Send to: Jim.Davis@veterans-for-change.org)

You also have the ability to comment and rate all NEWS articles which would be very helpful for us so we know the types of information you'd like to see on our website.

There is **NO charge** to use the site, or to become a member. Members have full access where non- members will have limited access approximately 45%.



Are you seeking employment? Been looking forever and not found the right job?

Well Veterans-For-Change is working very hard to bring you more information on Job Fairs and Job Postings available across the country.

For a couple of weeks now we did a separate posting of jobs available, and now we've made a library on the Veterans-For-Change web site just for that purpose.

Click on the link below, and find all the jobs available, Job Fairs coming up, locations, details, etc.

<http://veterans-for-change.org/documents-library/category/167-job-fairs-job-postings>

If you have a job position open, and are willing to hire a Veteran, please send an E-Mail to: JIM.DAVIS@VETERANS-FOR-CHANGE.ORG there is never any fee involved, this is a 100% free service in order to help thousands of Veterans nationwide to gain full time employment.

VA Choice Card

The Department of Veterans Affairs (VA) Choice Card Program is a new, temporary benefit that will begin to cover non-VA care for eligible veterans already enrolled in VA health care. Veterans are eligible for Choice Card benefits if any of the following conditions apply: (1) they were told by their local VA medical facility that they need to wait more than 30 days from their preferred appointment date or the date medically determined by their physician; (2) their current residence is more than 40 miles to the closest VA health care facility; or (3) they face significant travel hardships to get to the nearest VA health care facility. For more information on the Choice Card Program, call 866-606-8198 or contact your county Veteran's service officer.

4 Dangers of Increasing Your Credit Card Limit

It can be quite flattering when your credit card company sends you a notification in the mail saying you are eligible for a credit line increase. Obviously, the company thinks you're doing a great job managing your credit card -- or, at the very least, you're paying the minimum balance. However, before you get too flattered by your credit card company's approval of a higher spending limit, figure out if it's the right decision for your finances. For more details, see [this Military.com article](#).

American Legion Hosts Workshops, Career Fair

The American Legion's Veterans Employment & Education Division will host a series of events Feb. 19-20 at the Washington Hilton to help veterans, servicemembers and spouses find meaningful careers in the civilian workforce. On Thursday, Feb. 19, The American Legion will be hosting its Employment and Empowerment Summit from 8:30 a.m. - 5:00 p.m. With workshops and educational sessions that include one-on-one career coaching, resume

review, corporate panels and benefits discussions. On Friday, Feb. 20, the Legion and Easter Seals will host a Resume Writing Workshop. A Hiring Our Heroes Career Fair will also be held that afternoon from 1-4 p.m. All of the events are free, and pre-registration is not required. For more information and to register, visit the U.S. Chamber of Commerce website at www.uschamberfoundation.org/event/american-legion-winter-convention-hiring-fair.

Veterans-For-Change on Facebook & Twitter

You can now track us, meet fellow vets and their families and friends on our [Veterans-For-Change](#) page, come "LIKE" us!



Come join us, follow us and friends, make new friends, share useful information and more!

Follow us on Twitter too: [@Veterans4Change](#)

Links to other Stories

- 1) [After MassLive investigation, state Veterans department orders increased benefits for some](#)
- 2) [Arizona Veterans get help at Mesa resource clinic](#)
- 3) [Connecticut Senate Democrats propose tax cut for Veterans](#)
- 4) [Department of Veterans Affairs releases new plan regarding Veteran homelessness in L.A.](#)
- 5) [Grant helping homeless Veterans](#)
- 6) [HABITAT FOR HUMANITY OF GREATER PLYMOUTH: Habitat awarded bid for Veterans housing](#)
- 7) [Improving mental health care for West Virginia Veterans](#)
- 8) [ND Senate OKs bill to fund burials for Veterans' spouses](#)
- 9) [New Veterans training program offers new skills for better job opportunities](#)
- 10) [Oakland Veterans Affairs Office Lost Nearly 14,000 Benefits Claims Since 1990](#)
- 11) [Renewing the Commitment to Our Nation's Veterans Facing Serious Illness](#)
- 12) [Retired admiral discusses survey of O.C. Veterans](#)
- 13) [Search and recovery: A story of hope for Portland's homeless Veterans](#)
- 14) [VA 'I CARE' slogan slammed by Veterans, employees as mockery of reform](#)
- 15) [VA scandal: Majority of calls to benefits hotline are blocked; don't get through to a representative](#)
- 16) [VA Secretary Strait Up Lied About Wait Time Firings](#)
- 17) [VA To Tap Disney For 'Disneyzation' Of Veterans Affairs?](#)
- 18) [VA's Veterans Crisis Line Saves Lives Every Day](#)
- 19) [Veterans Affairs commissioner wants benefits for thousands of female Veterans](#)
- 20) [Veterans are speaking; VA isn't listening](#)
- 21) [Veterans Find Comfort In Meditation Therapy](#)
- 22) [Veterans Lives, and All of our Lives, Made More Difficult and Painful Thanks to Government's War on Painkillers](#)
- 23) [Veterans organization looking to provide free homes for Veterans](#)
- 24) [Veterans who served in the Korean War reunite for first time in 60 years](#)

You can help Veterans-For-Change by reading the articles posted, and comment at the bottom and rank the article. If you don't have an account, sign-up today, it's **FREE**. Your comments and rankings help us to better determine the type of information you'd like most to see.

Check us out today: www.veterans-for-change.org

Upcoming Agent Orange Town Hall Meetings 2015

March 7, 2015
Davenport, Iowa
Time to be updated
Rogalski Center
St. Ambrose University Campus
518 W Locust St, Room 211
Davenport, IA 52803
(Lombard Street. Proceed to an alleyway for Visitor Parking Lot 7)
Contact: Greg Pauline
563-650-3055

March 24, 2015
Florida Highlands County
VVA Chapter 1097
More Details Upcoming
Contact : Rod Phillips 386-690-9553
Marvin Desselle 863-214-0601

GI Bill Likely To Change

The recent [Military Compensation and Retirement Modernization Commission](#) (MCRMC) report once again highlights the fact that the current, amazingly generous Post 9/11 GI Bill benefits aren't guaranteed to remain so glorious. Historically, educational benefits have shrunk during times of military downsizing, and we are in the middle of a serious downsize. Plus, I've said since day one that the current Post 9/11 GI Bill benefits are more than our country can afford to sustain. If you have earned the Post 9/11 GI Bill, and you think you have a plan to maximize the benefit to your family, then you might want to consider having a plan B. You might also need a plan C and a plan D. For more details, see this [Paycheck Chronicles post](#).

To Contact your Members of Congress

To Call your Representative:	202-225-2305
To call your Senator:	202-224-3841 or 202-224-3553
To call different members of Congress:	202-224-3121
Toll FREE Number:	866-272-6622

Commission Ideas Draw Bipartisan Praise on Capitol Hill

There is rising confidence across the Senate and House armed services committees that 2015 will be the year Congress passes legislation to modernize military compensation, with an alternative to traditional 20-year retirement and perhaps replacing the triple-option TRICARE health program. After decades of rejecting military compensation studies, whether from teams of Pentagon analysts or independent blue ribbon panels, Congress this year appears to be embracing the clever weave of proposals prepared by the Military Compensation and Retirement Modernization Commission. For more details, see this post on the [Military Advantage Blog](#).

Navy Warrior Transition Program

The Navy Warrior Transition Program (WTP) is the Navy's premiere post-combat deployment decompression site. Located in Sembach, Germany, near Ramstein Air Base, WTP has a lodging capacity for more than 400 people and is used to relieve stress associated with combat zone operations. Redeploying Sailors typically spend four days in Sembach where they attend workshops and participate in off-base reintegration activities that prepare them to return to family, friends, and society. For more information, visit the Navy Individual Augmentee Warrior

Transition Program webpage at www.public.navy.mil/ia/pages/wtp.aspx, the Navy LIVE website at navylive.dodlive.mil/2013/04/19/warrior-transition-program-reintegrates-returning-sailors/ and follow the Navy's Warrior [Transition Program on Facebook](#).

Suicide Intervention Training

Applied Suicide Intervention Skills Training (ASIST) is for everyone 16 or older -- regardless of prior experience -- who wants to be able to provide suicide first aid. The ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people have taken the workshop, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk. To get involved: (1) attend an ASIST workshop in your area, (2) organize or sponsor an ASIST workshop, or (3) learn how to become an ASIST trainer and provide workshops to others. For more information, visit the [ASIST website](#).

Retired Military Change of Address

Kate Horrell from the Paycheck Chronicles has received many questions about how to change an address on file with the Defense Finance and Accounting Service (DFAS). It is important that you keep your address up-to-date. It will make things a lot easier if you need to get a replacement document, or make any other changes to your account. There are four ways to change your address: through the myPay system, through the Fast Forms program, via the regular mail, or by fax. For more details, read the [Paycheck Chronicles article](#).

Veteran Careers in Manufacturing

As the U.S. manufacturing resurgence grows, veterans will play a critical role in strengthening the core of the manufacturing and technical service industries, which are poised to hire 230,000 workers over the next five years. Vet2Tech is a non-profit organization helping military veterans find employment in manufacturing and technical service careers. With the help of Military.com, Vet2Tech was able to train and employ numerous veterans this year. The goal for 2015 is to find great career opportunities for more than 150 veterans. For more details, see [this article](#).

VA to Host Entrepreneur Event

The Department of Veterans Affairs (VA) will host an "Opportunity Showcase" on Feb. 25 at The American Legion's Washington Conference for attendees of the Legion's Small Business Workshop. The event, hosted at the Washington Hilton, will welcome industry experts and successful veteran entrepreneurs from the public and private sectors to discuss best practices in working with VA and bidding for contracts from VA. Attendees will also receive free one-on-one guidance on the workshop topics. Lunch and networking sessions will also be provided. To register, email the names of the attendees and the business name to Doris Grooms at dgrooms@legion.org or visit the American Legion website at www.legion.org/washingtonconference/events.

If you received this Newsletter as a forward or as a Courtesy Copy and would like to continue to receive this FREE weekly newsletter, click on link below:

<https://app.expressemailmarketing.com/survey.aspx?sfid=121170>

Complete all information, and select the appropriate box at the bottom of the form. You will then receive an automated authentication E-Mail, follow the instructions and you will then be added to the weekly distribution list.

Or if you prefer you can sign up to the Yahoo Groups VFC-News page and receive our weekly newsletter by sending an E-Mail to: VFC-News-subscribe@yahogroups.com

Our mailing list is never sold, traded or shared with anyone ever, and is held in the strictest of confidence.

With your help, America's Veterans United and you can make a difference!

We Can Win!

Better benefits, care, facilities, medical professionals and equipment!

Unite with [America's Veterans United](#) today!

Veterans-For-Change Newsletter is a once weekly publication deadline for submission is 5:00 PM PST on Thursday!



Victory at all costs, victory in spite of all terror, victory however long and hard the road may be; for without victory, there is no survival.

~Winston Churchill~

Veterans-For-Change, Inc.

Riverside County, CA

Visit our website today

www.veterans-for-change.org

Serving those who served!

Please pass to all your Veteran friends and family!

Distribution	
Express Mail:	14,406
Face Book Pages:	11,575
Yahoo:	80
Twitter:	20
Linked-In:	18,346,339
Courtesy Copies:	3,500
	18,375,920