



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, January 12, 2020

Volume 11, Issue 02



This-N-That

With 2020 bringing us a new year many battles are not over and we will continue to fight, make you aware of all pending legislation and as always asking for your help to see to it that they all are brought to the floor, voted on and passed.

But there are still very serious concerns that may have been addressed by Congress or the VA, but addressing issues means absolutely nothing without far reaching and serious action.

- Equality of Benefits being Paid for Identical Claims Coast to Coast
- Equality of Care and Services Provided from VAMC to VAMC
- Homeless Veterans
- Medical Malpractice
- Short staffing of Licensed Nurses, Doctors and Clinicians
- Speed of Appeals Processing
- Speed of Claims Processing
- Un-Caring and Non-Compassionate Support Staff
- Un-qualified Doctors, Nurses and Clinicians
- Veteran Suicide

And this is just a short list of issues we've been or will be attacking this year and when we ask, we hope you will join us in the fight to make things better for all Veterans.

Each and everyone of you served our Country, writing a check to the citizens of America for an amount up to and including your life.

And when you returned home you were tossed aside, discarded like used equipment and

forgotten by those who asked you to do unimaginable jobs that most Americans can't or won't do, and protected our rights, our country and things most Americans take for granted daily. Some even having wasted their time protesting not knowing the real facts.

But there are many of us out there who know how you have been treated, tossed aside and forgotten and we are doing our level best to correct that and show you that you are indeed important, respected and honored.

All of us fighting daily know we're not able to accomplish the tasks, win the fights alone. And our one most important asset is you! We don't tout numbers of members, never using them to help in the fight, we actually come to you, provide the tools and methods needed and ask for your help.

It was with many of you that we managed to tear down the widow tax, run it through the shredder and had it corrected and although the fix was great, it was not perfect, but we still chalk it up to a win!

I've not received the statistics yet and I do hope they come in this coming week. And soon as they do I will pass them on.

I continue to add to the web site, and our Web Master will be starting on Monday to effect more repairs, make adjustments, then I can test them out, and if all goes well we will begin on possible new design and layout.

So please stop by the website, check the web links, news articles and the documents library under the benefits category, look for your state and see what you might be able to qualify for! Why not reach out and grab all you can, our country does owe you and not everything you might qualify for comes from the VA.

On behalf of our Volunteers nationwide and myself, we wish you and your family a very Happy New Year and good health!

Respectfully,

Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org



Blue Water Navy and the VA

When: February 1, 2020

Where: Marriott Tampa Westshore Hotel 1001 N.
Westshore Blvd,

Tampa Florida 33607

Hotel: Military-Veterans Advocacy has arranged for guest rooms at \$135 per night at the Marriott Tampa Westshore. Price does not include hospitality or other taxes. First come first served.

Cost: Attorneys - \$150.00

MVA: Members - \$35.00

Others: \$75.00

MVA has requested 3.0 hours of Continuing Legal Education credit from the State of Louisiana. For more information please contact John Wells, Director of Litigation at 985-641-1855 or John.Wells@madvocacy.org. To register go to <https://www.militaryveteransadvocacy.org/reception.html>



FCC Works to Create 988 Suicide Hotline

The Federal Communications Commission (FCC) has announced plans to make 988 the new, nationwide three-digit number for suicide prevention and mental health crises. The FCC official recommendation to create the three-digit hotline was originally made following a report that showed a three-digit number would improve access for those in crisis. The goal of the number's similarity to 911, is to significantly increase the hotline's effectiveness. For veterans, the hotline also provides access to specialized help, thanks to the FCC's coordination with the Department of Veterans Affairs (VA).

"This is absolutely our number one priority within VA - to prevent veteran suicide, to work with veterans and their families, and we are very grateful to the FCC and to Congress and everyone else who has worked on this national 988 proposal," said David Carroll, executive director of the Office of Mental Health and Suicide Prevention at the VA. "It's a terrific opportunity to provide ease of access and, as several speakers

have said, clarity in that moment of crisis so someone can easily reach out and get help. We look forward to the opportunities that this presents for us."

Just like the current suicide prevention hotline, veterans can press 1 after dialing 988 for specialized support and counseling including text and chat functions. That same line currently answers an average of 1,800 to 1,900 calls each day, or a total of 3.5 million calls since it was launched in 2007.



Links to Other Stories

1. [Cervical cancer screenings for women Veterans](#)
2. [As staff vacancies at VA rise, lawmaker wants answers why](#)
3. [Senators demand a VA crackdown on unqualified doctors](#)
4. [Local Veterans Affairs employee fired after bringing up agency issues](#)
5. [A heart-wrenching obituary of a Vietnam](#)

Veteran captures how the war haunted its soldiers long after it ended

6. Cancers strike Veterans who deployed to Uzbek base where black goo oozed, ponds glowed

7. Veterans Affairs secretary touts health care reforms after scathing audit

8. Are military members paid too much?

9. Navy Veteran took back her freedom

10. Former Sacramento-Area CEO Given 5 Years for VA Health Care Fraud

11. Impact of the Afghanistan Papers on Veterans

12. President Signs NDAA: What the Law Includes, and What's Next

13. VA introduces new direct deposit options for Veterans, beneficiaries

14. 2019: Big year with big changes ahead for VA loan program

15. Volunteers help refurbish home for Army Veteran living with multiple sclerosis

16. De Blasio official scolded ex-Veteran Services chief for criticizing ThriveNYC

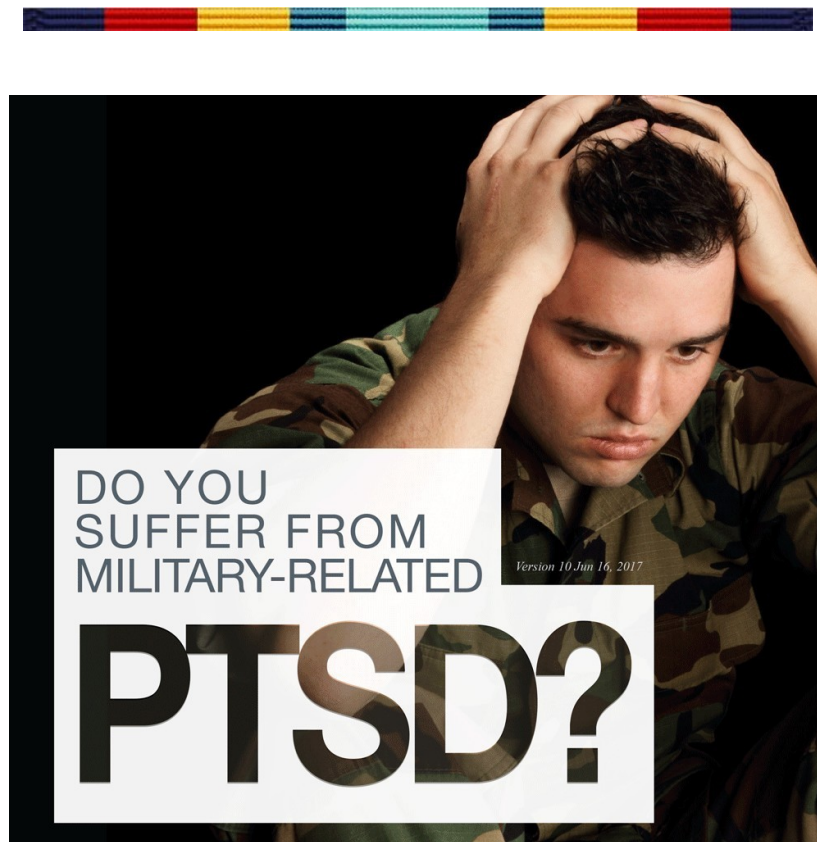
17. New 3-D mammogram option the next step in diagnosis, treatment

18. Fire Fighting Foam Contamination is Growing!

19. Congress orders VA to reveal plans to extend

benefits to more Agent Orange-exposed Vets
20. Veterans gain freedom, fuller lives under
foster home program

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



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

House Ranking Member Roe to Retire -- Moran is New Senate Veterans Affairs Committee Chairman

TREA has worked with former HVAC Chairman and current Ranking Member Phil Roe (TN-1) for many years on important issues like the MISSION Act and Forever GI Bill. After more than a decade in Congress, Roe announced that he will not seek reelection in November 2020. TREA thanks Roe for his leadership and dedication to improving benefits and services for veterans and active duty service members. For additional information, click the link to the news article below.

<https://www.nytimes.com/2020/01/03/us/politics/p-hil-roe-retirement-congress.html>

Sen. Jerry Moran of Kansas is the new Chairman of the Senate Veterans' Affairs Committee in January 2020. The panel oversees the programs and services of the Department of Veterans Affairs. Moran will succeed Sen. Johnny Isakson, of Georgia, who retired December 31, 2019, after serving four years as the Committee Chairman. Moran is and continues to be a supporter of

veterans and active duty service members.

Moran served on the Committee since he joined the Senate in 2011. Moran indicated he'll take a similar approach as Isakson and look to veterans nationally to help set the committee's agenda.

Moran said the top issues on his list are suicide prevention and assuring that veterans suffering from cancer and other illnesses due to toxic exposure get the care they deserve.

In addition to VA oversight, Moran will be leading the Committee when VA launches a new \$10 billion electronic health records system designed by Cerner, the Kansas City-based health care information company with offices in both Kansas and Missouri. Moran has pledged to make sure that VA and Cerner and the Department of Defense do their jobs well and that records will be crucial for assuring timeliness of care and even helping VA identify veterans at risk for suicide.

TREA has already reached out to SVAC officials to maintain a strong working relationship with Committee leadership and staff. Welcome Mr.

Chairman! TREA stands ready to work with you on protecting and improving veterans' benefits and services.



Veterans-For-Change Web Site

The Veterans-For-Change website has been around since 2009. The looks pretty much stay the same, but in the background constant improvement and change is being done to make our website the most user friendly “**One-Stop-Shop**” website to find almost everything you might have tried to find searching the internet.

Almost a hundred people have been involved; collecting web links to documents now houses on the VFC website, collecting thousands of web links for various issues, illnesses and benefits. Creating forums for all eras of service and two forums one just for men and one just for woman where you can go question, comment, share medical and personal concerns, what ever you'd like it to be.

We also have a forum with for Mental Health and are currently seeking a new Licensed Mental Health Worker, where you can seek help or just ask questions.

We average **3,406** hits per day, and downloads average **6,033** per day with a total **5,719,617** visitors as of Friday.

If you subscribe you will have full access to the entire website and best of all it's **FREE of charge!** You just need a valid E-mail address so the system can send you a confirmation E-Mail. Once received, click on the link to be authorized automatically.

www.Veterans-for-change.org

- Documents Library with over **18,424** documents in **171+** Libraries, added **94** documents on-line (Updated: 01/06/20)
- FAQ's on-line with **1,790** FAQ's on 101 topics! (Updated 08/29/19 - **128** NEW)
- Multiple Forums
 - o Afghanistan Veterans
 - o FMP - Foreign Medial Program

- o Gulf War & Desert Storm Veterans
- o Iraq Veterans
- o Korean Veterans
- o Men Veterans Forum
- o Mental Health for Veterans (Counselor Needed)
- o Political Issues
- o Suggestion Box
- o The Mess Hall
- o VA Hospitals and Medical Centers
- o Veteran Affairs
- o Vietnam Veterans
- o Welcome Mat
- o Women Veterans Forum
- o WW II Veterans
 - Job Postings
 - Memorial Pages (Updated: 10/30/18) (37 Added)
 - News (Articles On-Line: **9,330**)
 - Polls
 - Web Links, more than **6,616**, Added **294** New Links (Updated: 01/04/20)

If you have a submission for the memorial pages,
E-Mail: Jim.Davis@Veterans-for-change.org



What You Need to Know if You're New to TRICARE

If you're newly enrolled in TRICARE health or dental coverage, you're in good company. You now have access to a global network of military and civilian providers. Learning about your health care coverage now will help you maximize your benefit and take command of your health in 2020.

To learn more, [read the full article](#).



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!

You don't need to be Active Duty or a Veteran, in fact we ask all Veteran friends to also help!

1. Allow Active Duty to Sue Military for Medical Malpractice (H.R. 2422)
2. H.R. 1527, the Long-Term Care Veterans Choice Act
3. H.R. 303, the Retired Pay Restoration Act
4. H.R. 2359, the Whole Veteran Act
5. S. 514, the Deborah Sampson Act to Improve VA Services for Women Veterans
6. H.R. 445, Help Hire Our Heroes Act
7. S. 2022, Specially Adaptive Housing Improvement Act of 2019
8. H.R. 96, to Provide Dental Care for All Veterans Enrolled in Veterans Health Care
9. S. 555 and H.R. 1377, Mark Takai Atomic Veterans Healthcare Parity Act
10. H.R. 840, the Veterans' Access to Child Care Act
11. S. 179/H.R. 712, Legislation Calling for Clinical Trials to Evaluate the Effectiveness of Medical Cannabis for Chronic Pain and PTSD
12. S. 980, the Homeless Veterans Prevention Act of 2019
13. H.R. 2201, Include Military Installations in Thailand as exposed to Agent Orange
14. H.R. 444, Reduce Unemployment for Veterans of All Ages Act of 2019

15. S. 2216, Transparency and Effective Accountability Measures for Veteran Caregivers Act
16. H.R. 2200, the Keeping Our Promises Act
17. H.R. 553, Military Surviving Spouses Equity Act
18. Senate Bill Introduced to Protect Active Duty from Medical Malpractice
19. H.R. 1182, Veterans' Access to Acupuncture Services
20. S. 374/H.R. 1092, the Servicemembers and Veterans Empowerment and Support Act of 2019
21. H.R. 2568, the Vietnam Veterans Liver Fluke Cancer Study Act
22. Urge Congress to Pass the Retired Pay Restoration Act
23. Protect Bankrupt Disabled Veterans from Losing Benefits
24. S. 318, the VA Newborn Emergency Treatment Act
25. S. 785, the Commander John Scott Hannon Veterans Mental Health Care Improvement Act
26. H.R. 713, Provide Beneficiary Travel Funds to Veterans Seeking Specialized Treatment for Military Sexual Trauma
27. Urgent Action Needed to End "Widow's Tax"

28. S. 154, VA CLEAR Act of 2019
29. H.R. 663/S. 191, Burn Pits Accountability Act
30. S. 1392, the Support for Suicide Prevention Coordinators Act
31. S. 1881 and H.R. 3356, Veterans Expedited TSA Screening Safe Travel Act
32. H.R. 1963, Expanding Care for Veterans Act
33. NDAA and Spending Bills
34. H.R. 4137, Healthcare for Open Air Burn Pit Exposure Act
35. H.R. 2982, Women Veterans Health Care Accountability Act
36. H.R. 4451, Support Our Services (SOS) to Veterans Caregivers Act
37. H.R. 3036, Breaking Barriers for Women Veterans Act
38. S. 2950, the Veterans Burn Pits Exposure Recognition Act of 2019
39. H.R. 2200, Keeping Our Promises Act
40. HR 5028, Protect Individual Unemployability for Disabled Veterans
41. S. 1003, VET OPP Act to Reform VA Employment Programs



HVAC Ranking Member will Retire and New SVAC Chairman

Rep. Phil Roe, MD (Tenn.) announced he will not seek re-election this year. Rep. Roe was awarded FRA's 2018 Pinnacle award for his strong support of the Association's legislative agenda.

Congressman Roe is a veteran himself and served as the Chairman for the House Veterans Affairs Committee and currently is the Ranking Member in Congress. He served six years on HVAC and worked continuously to improve the lives and benefits for military retirees, veterans and active duty service members. He spearheaded efforts to pass the Agent Orange Blue Water legislation (H.R.299) in 2018, which passed the House unanimously. Even though the bill failed in the Senate Veterans Affairs Committee, it was enacted into law in 2019.

Congressman Roe successfully pushed for other FRA-supported bills such as the Quicker Veterans Benefits Delivery (H.R.1725), the Veterans Appeals Improvement and Modernization Act (H.R.2288) and the Harry W. Colmery Veterans Educational Assistance Act (H.R.3218) to become

law.

In related news, the Senate Republican majority announced that Sen. Jerry Moran (Kan.) will serve as Chairman of the Senate Veterans Affairs Committee (SVAC). He is replacing Sen. Johnny Isakson (Ga.), who resigned for health reasons this past December. Moran has served on the SVAC since 2011. In a statement, Moran said he is committed to "ensuring our veterans have the right resources at the right time to achieve success after service. There is no group of people I hold in higher regard than those who serve our nation, and I take seriously the responsibility of providing our veterans with the best our country has to offer. I have always relied on veterans to help drive policy decisions in Washington, and I will continue to look to those who have served for ideas and solutions to improve the lives of their fellow service members." Before being elected to the Senate, Moran served in the House of Representatives and was on the House Veterans Affairs Committee for 12 years.



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We hope you will join us on this new site.

VETERANS-FOR-CHANGE

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VETERANS-FOR-CHANGE**

AMVETS GROUP

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**{USAVET} SUPPORTING GOD & ALL WHO
SERVED OUR GREAT NATION**

AMERICANS FOR SOVEREIGNTY





Your Questions Answered: New Commissary Access for Vets and Caregivers

While some made their New Year's resolutions, about four million veterans and caregivers made shopping lists as they gained access to commissaries and exchanges on Jan. 1. After months of planning, the Department of Veterans Affairs and the Defense Department have worked out several of the challenges involved in letting these newly eligible customers on base to shop in 2020. Visit [here](#) to see the latest answers to veterans' and caregivers' questions.





FTC and University of Phoenix Announce Settlement

The Federal Trade Commission recently announced a legal settlement with the University of Phoenix that includes nearly \$200 million in repayment to students, many of which are veterans and military students. The FTC found UOP's advertising and marketing materials, that were targeted for active duty service members, veterans, and military spouses, were deceptive.

In 2015, the Department of Defense put the University of Phoenix on probation for six months because the company's misleading recruiting on military bases. The Department of Veterans Affairs (VA) is required to protect veterans from deceptive recruiting practices by predatory

colleges. On May 16, 2016, the FRA signed onto a letter to then VA Secretary Robert McDonald, along with 23 other organizations and again on February 14, 2019, onto a letter to VA Secretary with 34 other organizations, that urged the Secretary to provide more robust regulation to protect military and veteran students using the Post 9/11 GI Bill program. The FRA will continue to monitor the Post 9/11 GI Bill program and work to improve other education benefit programs while opposing the shifting of significant costs to active duty beneficiaries.



**CONTACT YOUR
MEMBERS OF CONGRESS!**

To Call your Representative:

202-225-2305

To Call your Senators:

202-224-3841 or 202-224-3553

To call Different Members of Congress:

202-224-3121

TOLL FREE: 866-272-6622

PLEASE... STOP Making Excuses!

www.veterans-for-change.org



Important military holidays and observances for 2020

The beginning of the New Year is a good time to look ahead at important military holiday dates in the upcoming months. There are many dates and observances set aside specifically to recognize military members and their families throughout the year.

While all of us at Homes For Our Troops believe in honoring Veterans and Servicemembers every day, we have compiled a list of significant military dates to mark on your calendar for 2020:

Feb. 3, 2020 – Four Chaplains Day – A day to remember the four U.S. Army chaplains who made the ultimate sacrifice when the USAT Dorchester sank during World War II.

Feb. 19, 2020 – Coast Guard Reserve Birthday

March 3, 2020 – Navy Reserve Birthday

March 13, 2020 K-9 Veterans Day – The date is the official birthday of the United States K9 Corps and a day to honor their service.

March 25, 2020 Medal of Honor Day – A holiday to honor the heroism and sacrifice of Medal of Honor recipients for the United States.

March 29, 2020 – Vietnam Veterans Day – A national holiday to recognize and honor Veterans who served in the military during the Vietnam War. [Learn more about Vietnam Veterans Day here.](#)

April 5, 2020 – Gold Star Spouses Day – A day dedicated to those whose spouses gave their lives while serving in the U.S. military or as a result of service-connected injuries or illness.

April 14, 2020 – Air Force Reserve Birthday

April 23, 2020 – Army Reserve Birthday

May 1, 2020 – Silver Star Banner Day – Per Congressional resolution, it is an “Official Day to honor wounded, ill, and injured Veterans”.

May 8, 2020 – Military Spouse Appreciation Day – This date recognizes the service and sacrifices of military spouses.

May 13, 2020 – Children of Fallen Patriots Day – A day to honor the children left behind by the brave men and women who gave their lives while defending our freedom.

May 16, 2020 – Armed Forces Day Observed on the third Saturday every May, this is a day dedicated to paying tribute to men and women currently serving in the U.S. Armed Forces.

May 25, 2020 – Memorial Day A solemn occasion

to honor the men and women who died while serving in the military. [Learn more about Memorial Day here.](#)

June 6, 2020 – Anniversary of the World War II Allied invasion in Normandy, France, now known as D-Day.

June 14, 2020 – Flag Day – A day to celebrate the adoption of the U.S. flag.

June 14, 2020 – Army Birthday

June 23, 2019 – Coast Guard Auxiliary Birthday

June 27, 2020 – National PTSD Awareness Day – A day to bring awareness about issues related to PTSD. [Find resources for PTSD here.](#)

July 4, 2020 – Independence Day

July 27, 2020 – Korean War Veterans Armistice Day

Aug. 4, 2020 – Coast Guard Birthday

Aug. 7, 2020 – Purple Heart Day – A time for Americans to pause to remember and honor the brave men and women who were either wounded on the battlefield or paid the ultimate sacrifice.

[Learn more about the Purple Heart.](#)

Aug. 29, 2020 – Marine Forces Reserve Birthday

Sept. 11, 2020 – Patriot Day – An annual observance to remember and honor those who were injured or killed during the Sept. 11, 2001

terrorist attacks.

Sept. 18, 2020 – Air Force Birthday

Sept. 27, 2020 – Gold Star Mother’s and Family’s Day – A day to honor the families of fallen Servicemembers.

Oct. 13, 2020 – Navy Birthday

Oct. 26, 2020 – National Day of the Deployed

Nov. 10, 2020 – Marine Corps Birthday

Nov. 11, 2020 – Veterans Day – This is the anniversary of the signing of the armistice treaty, which ended World War I and is also a day to thank military Veterans for their service.

Dec. 7, 2020 – Pearl Harbor Remembrance Day – The anniversary of the day Japan attacked Pearl Harbor, Hawaii, signaling the United States’ entrance into World War II. [Learn more about Pearl Harbor Day.](#)

Dec. 13, 2020 – National Guard Birthday

Dec. 19, 2020 – National Wreaths Across America Day

Significant Military Months

March – Month of the Military Caregiver

April – Month of the Military Child

May – National Military Appreciation Month

November – Military Family Month, Warrior Care

Month

Source: Paul Sutton



Emergency Procedures in Place Due to Earthquake in Puerto Rico

The governor of Puerto Rico has declared a State of Emergency. Emergency refill procedures are in place until January 17, 2020.

Learn more [here](#).



Office of Inspector General

1. VA Health Care: Opportunities Exist for VA to Better Identify and Address Racial and Ethnic Disparities
2. Health Care Workforce: Views on Expanding Medicare Graduate Medical Education Funding to Nurse Practitioners and Physician Assistants
3. Mental Health and Substance Use: State and Federal Oversight of Compliance with Parity Requirements Varies
4. VA Health Care: Opportunities Exist for VA to Better Identify and Address Racial and Ethnic Disparities
5. Veterans Health Care: Services for Substance Use Disorders, and Efforts to Address Access Issues in Rural Areas
6. VA Health Care: Opportunities Exist for VA to Better Identify and Address Racial and Ethnic Disparities
7. VA Vocational Rehabilitation and Employment: Additional Assessment Could Enhance Consistency among Counselors
8. Veterans Health Care: Services for Substance Use Disorders, and Efforts to Address Access Issues in Rural Areas



Arlington Cemetery Implements 100% ID Checks Amid Iran Fears

Arlington National Cemetery is tightening its security protocols and warning visitors to report suspicious activity in the wake of a U.S. strike that killed Gen. Qasem Soleimani, head of Iran's elite Quds force. In a series of tweets Jan. 3, Arlington staff announced that the cemetery, located by the Pentagon and across the Potomac from Washington, D.C., is implementing 100% identification checks at all entrances. Read more [here](#).



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In words and deeds, DynCorp International affirms our corporate belief in the value of veteran suppliers and veteran employees. We offer extraordinary opportunities and challenging assignments to people who share our commitment to quality and service. [Search jobs now.](#)



Sailor's Sister, NCIS Plead for Help Solving 40-Year-Old Murder Cold Case

Cathy Abbott remembers her brother, Kimberly Shawn Vaught, as a squared-away sailor and overall sweet person. The 21-year-old served as a hull maintenance technician on what was then the newly commissioned destroyer Moosbrugger. He was proud to serve, Abbott said, and planned to someday open a welding business with his best friend. But on Jan. 1, 1980, Vaught's body was found at the Holland St. and Bainbridge Ave. intersection on the now-closed Naval Base Charleston in South Carolina. He'd been strangled -- the heavy-gauge steel wire still around his neck -- when a pair of sailors found him just after noon that New Year's Day. Four decades have passed without answers. Naval investigators never determined a motive or found a suspect. Read more [here](#).





New Year, New You: Stay Healthy With TRICARE in 2020

Did you make a long list of resolutions this January? Consider one in 2020: taking better care of your health. TRICARE covers many preventive health care services with no out-of-pocket costs to you. However, the rules for how and where you get preventive care depends on your sponsor's status, where you live, and your TRICARE plan.

To learn more, [read the full article](#).





Military Services Wanted Major Health Care Personnel Cuts, New DHA Director Says

Integrating all the services' clinics and hospitals under a common agency has reduced the negative effects of cutting 18,000 medical billets, the head of the Defense Health Agency said Jan 2. Officials have said about 18,000 positions will be cut. That includes roughly 4,000 Air Force, 7,000 Army and 5,000 Navy billets, officials testified in a Dec. 5 House Armed Services subcommittee hearing. Army Lt. Gen. Ronald Place, who became the Tricare managing agency's director when Navy Vice Adm. Raquel Bono retired in August, said cutting the billets was not a novel idea suggested by the DHA. Read more [here](#).



New Survey Shows Which Military Members Get Scammed the Most

Bank and lender scams bilk troops and veterans out of the most money -- an estimated \$112 million since 2012 -- but job scams and identity theft are the most commonly reported, according to a new survey. Compiled by technology consumer review website Comparitech, the report also found that a little over half of the 1 million service members, veterans and military family members who have been scammed in the last seven years were affiliated with the Army. Read more [here](#).



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- Flu Prevention

Visit the [Multimedia Center](#) for this podcast and previous podcasts.



Your actions
could save a life.

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

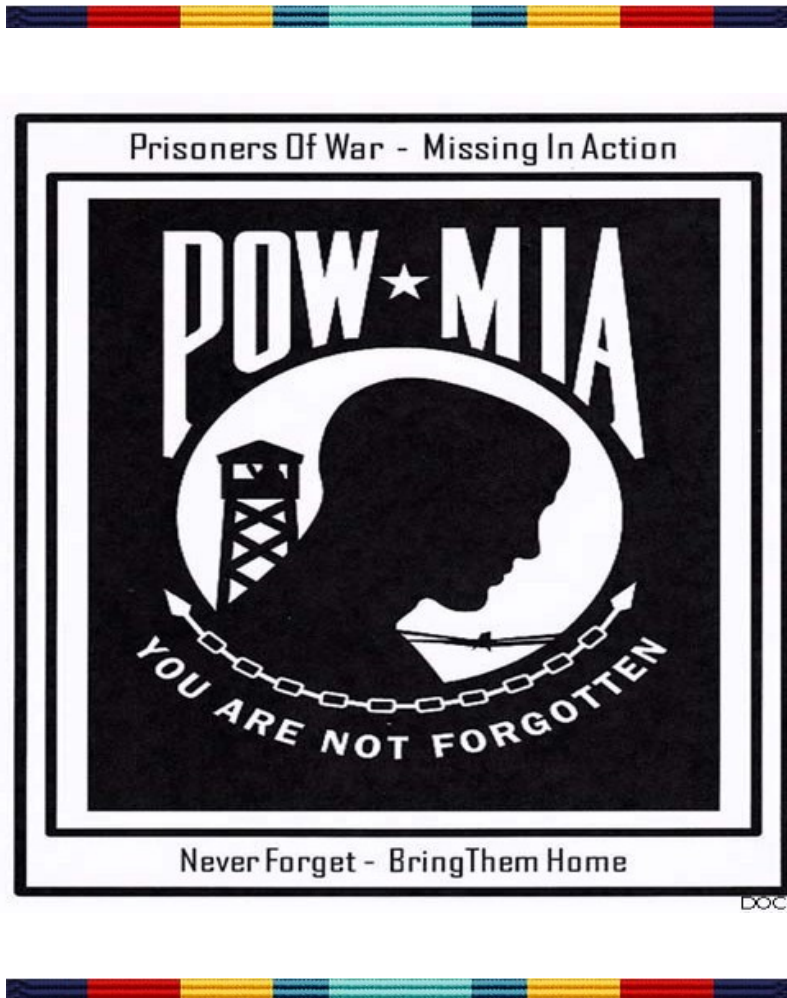
VeteransCrisisLine.net

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



**How Much Does the 2020 Military
Pay Raise Really Put in Your
Pocket?**

You may have heard that the military will be getting a 3.1% pay raise in 2020. But how much is that in real money? Read more [here](#).



**Tricare Now Covering Portable CPAP
Machines for Deployed Troops**

Tricare is now covering portable Continuous Positive Airway Pressure (CPAP) machines backdated to Jan. 24, 2019, if certain conditions are met, a Tricare official confirmed via email Dec. 30. If a service member has been diagnosed with Obstructive Sleep Apnea (OSA) and is being deployed or travels on official business at least three days a month, Tricare will cover the full cost of that active-duty member's respiratory sleep aid through the supplemental health care program. Read more [here](#).



The Top Cities for Veterans to Start Their Own Businesses

Entrepreneurship is one of the best ways for veterans to transition into civilian life. Veterans are already accustomed to the lifestyle small-business owners need to get their enterprises up and running: Long hours, hard work and attention to detail are ingrained in the mindset of American vets. The PenFed Foundation operates a kind of vet-owned business accelerator called the Veteran Entrepreneur Investment Program (VEIP), which can even help fund veteran startups. As part of the program, the VEIP conducted a study that determined the best places in America for veterans to start their businesses. Read more [here](#).



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 !](#)



FRA Launches 2020 Survey on Military, Veterans Benefits

YOU are an important component of FRA's Legislative Team! As part of our mission to fight for the concerns of enlisted personnel to Capitol Hill, FRA is conducting an online survey to determine which military and veterans' benefits are most important to active duty and Reserve personnel, retirees, veterans and their families. The brief survey is available [online](#).

It asks current and former members of the uniformed services and their spouses to rate the importance of various benefits and quality-of-life programs associated with their service to our nation.

The FRA shares the survey results with elected officials on Capitol Hill, key committee staff, and leaders within the Departments of Defense, Homeland Security and Veterans Affairs—ensuring these crucial decision-makers understand the enlisted sea service perspective.

[Visit the survey](#) to let FRA know which military and veteran benefits are most important to you!





Veterans-For-Change, Inc.

Riverside County, CA

Visit our website today

www.Veterans-For-Change.org

Serving those who served!

**Please pass on to all your Veteran Friends
and Family!**



**Please do not reply to this E-Mail,
this is an unattended E-Mail address,
please send all correspondence to:**

Jim.Davis@Veterans-for-change.org

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