



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, January 17, 2021

Volume 12, Issue 03



This-N-That

Good afternoon Jim,

Finally, in bits and pieces some Veteran news and information is coming out, but in small amounts but that's, in my opinion due to the battles in the House between their own members and they can't seem to find the time to conduct normal day to day business.

What has irritated me is that some of the news pieces we received alerts on, we'd click on the link, and poof all of a sudden, the article had been removed, why, makes absolutely no sense at all to me.

And I just don't foresee things changing much even after the 20th other than what I read, things will potentially get worse.

But we still continue to move forward and do what we're supposed to do for all our Veterans. Fight for benefits, care and services.

I do know what would help, some if only a little is for all our Veterans to use the numbers further down in this newsletter and call your Rep's in DC and request politely that they address all the Veteran legislation on the table, and to send out all the pre-written E-Mails under the "**TAKE ACTION**" section, also further down in this newsletter.

For some of our Veterans, they were counting on the \$2,000.00 COVID assistance to happen, and it ended up only being \$600.00 for most, and it's already been said the Senate will not pass any additional legislation. But we will continue to watch and report back to you if there are any changes.

Although a bit slower than I had planned we still continue to add to the website more articles and web links. And I've asked our webmaster to take a look at the forums as I had noticed it didn't look like it used to look which could have been caused by an update that automatically installs, or a line of code has an error in

it, but have asked he look and repair.

We're also trying to get Employers to advertise open positions since that sort of fell apart a year or so ago and we continually get requests for information.

I do still anticipate rolling out the new website version sometime in June, but I don't know where we are at this point as I've not been back to the temporary address the webmaster provided so I could look at what he'd done to that point.

We did put the databases on a temporary hold as those will be great to add to the new website vs. trying to add them now. But we're going to add a database for Veteran Service Officers, and another for Veteran Attorney's and possibly one more, but haven't decided what that will be for as of now.

With the decline in service, accounts being banned, locked out or even closed on Twitter and Facebook we have gained a fairly substantial number of new members over the past two weeks so this is a good sign as we had lost quite a few when I elected to shut down all pages there and move them over to MEWE.com.

And it does have a learning curve for Face Book users, but we feel within a week or so you will become

a pro and love it. So, join us there.

We still maintain our twitter account, at least for now, but currently I don't fear it being shut down as we pretty much refrain from political issues.

And I'd like to encourage everyone who can to help and support Military-Veterans Advocacy go to www.militaryVeteransadvocacy.org

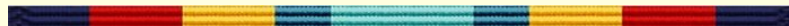
On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Respectfully,

Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org



**FRA Staff Meet with President-Elect
Biden's DoD Transition Team**

NED Chris Slawinski and DLP John Davis participated in a Zoom conference with key members of the President-elect's Department of Defense (DoD) Transition Team to discuss issues of concern. The FRA staff stressed that the DoD must sufficiently investigate and implement other options to make TRICARE more cost-efficient as alternatives to shifting costs to TRICARE beneficiaries.

Furthermore, the FRA asked for immediate payment of concurrent receipt of full, military retired pay and Veterans' disability compensation for all disabled retirees. Concern was also expressed about the recent increase in active-duty suicides. The association expressed concern over the delay in processing Reserve retired pay. These backlogs in the services' retirement administration office are leading to Reserve Component retirees waiting as much as one year after qualifying for receive their retirement pay.

The FRA appreciated the opportunity to discuss issues of mutual concern with the DoD transition team, which was provided the FRA 2021 Legislative Agenda. The agenda is [available online](#).



DIC for Military Families

If you're the surviving spouse, child, or parent of a service member or Veteran who died from a service-related injury or illness, you may be eligible for VA Dependency and Indemnity Compensation (DIC), a tax-free monthly financial benefit. [Learn about DIC eligibility criteria!](#)



Veterans in the 117th Congress

There are 91 members of the 117th congress with prior military service, making up 17% of the 117th Congress. This number has steadily declined compared from its peak in the 1970's when the Veterans' membership in congress was around 75 percent.

The Veterans in the 117th Congress by the numbers:

- 17 will serve in the Senate, 74 will serve in the

House.

- 28 are Democrats, 63 are Republicans.
- More than half (49) had overseas combat deployments.
- 15 are first-time lawmakers.
- 6 are female.
- 44 served in the Army, Army Reserve or Army National Guard.
- 15 served in the Air Force, Air Force Reserve or Air National Guard.
- 15 served in the Marine Corps or Marine Corps Reserve.
- 17 served in the Navy or Naval Reserve.
- None served in the Coast Guard.

The 117th Congress begins with Democrats taking control of both chambers of congress by holding the House and flipping the Senate affording Democrats a legislative advantage. The House currently stands at 222 Democrats and 211 Republicans, with two races still uncalled. Due to the recent defeat of 2 Republican incumbents in Georgia, the Senate now stands at 50 Democrats and 50 Republicans with a tie breaker coming from Vice President-elect Kamala Harris. This gives a majority control of the Senate to Democrats, although most controversial decisions will require 60 votes to pass.



MHS operational innovations continue in battle with COVID-19

Operational medicine performed by deployed military medical personnel has always driven innovation, and this was more important than ever in responding to the COVID-19 pandemic.

[Read More](#)



Links to Other Stories

1. Base Profile: Camp Pendleton Marine Corps Base
Camp Pendleton CA
2. Member of famed Tuskegee Airmen dies from coronavirus
3. 73-Year-Old Fayetteville Man Sentenced to 5 Years of Probation for Obtaining Almost \$1M in VA Benefits Through Fraud
4. Veterans Affairs Respiratory Therapist sentenced to prison for stealing and selling medical supplies
5. Apply now: Human resources managers sought at VA facilities nationwide
6. Veterans group members in Capitol riot to be purged from organizations
7. In tough times, call on VA for mental health support
8. Meditation may help Veterans with PTSD
9. MHS refractive surgery experts discuss warfighter readiness
10. How Do I Increase My VA Disability Rating?
11. Chiefs of staff needed to lead Veteran care at 10 VA medical centers



Young Veterans Experience Higher Suicide Rate

Veterans ages 18 to 34 experience a higher rate of suicide than all other age brackets of Veterans. The suicide rate for young Veterans increased by 76% from 2005 to 2017, according to the Department of Veterans Affairs' 2020 National Veteran Suicide Prevention Annual Report. A growing number of these Veterans never experienced combat. In 2017, President Donald Trump signed a bill that created the Recovery Engagement and Coordination for Health - Veterans Enhanced Treatment (REACH VET) program, which expands mental health resources for Veterans. The program screens all service members prior to leaving the military to help VA identify at-risk service members.

Nonprofit organizations and the VA are also collaborating to create a resource network to provide mental health services before and after service members leave the military. The FRA supports improvements and monitors the implementation of the VA and DoD suicide prevention programs that reduce the rate of suicide among Veterans and active-duty service members.



[Veterans-For-Change Web Site](#)

The Veterans-For-Change website has been around since 2009. The looks pretty much stay the same for now, but in the background our new webmaster has been working on a whole new look and feel, a facelift so-to-speak. And we're sincerely hoping to roll out the new website sometime this coming June.

Constant improvement and change are 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 **3,327** hits per day, and downloads average **4,391** per day with a total **7,043,842** 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 us a notification to approve your account. Once received, and we approve, the system will send you an E-Mail letting you know your account has been approved. Be sure to check your junk and spam folders just in case you don't receive it in your In-Box.

www.Veterans-for-change.org

- Documents Library with over **20,047** documents in 233+ Libraries, added **33** new documents on-line (Updated: 01/12/21)
- FAQ's on-line with **1,843** FAQ's on 104 topics! (Updated 05/30/20 - 46 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: 04/23/20) (3 Added)
- News (Articles On-Line: **10,156**)
- Polls
- Web Links, more than **7,895**, Added 86 New Links
(Updated: 12/29/20)

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



VFW Commemorates 30th Anniversary of Operation Desert Storm

Sunday, Jan. 17, 2021, marks the 30th anniversary of Operation Desert Storm. The operation lasted 43 days from Jan. 17 - Feb. 28, 1991, and involved several hundred thousand service members. The VFW and its Auxiliary members will always be thankful for the service and sacrifice of all Veterans who served during the Gulf War. Veterans who served in the Persian Gulf during Operation Desert Shield, Operation Desert Storm, Operation Iraqi Freedom, and Operation New Dawn are eligible to complete the Gulf War Registry health exam to identify possible long-term health problems that may be linked to their military service. Please contact your local [VA Environmental Health Coordinator](#) to schedule an exam. [Learn 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 12/31/20)

1. Support Veterans Economic Recovery Act!
2. NDAA Amendment to Provide Benefits to Vets Exposed to Agent Orange
3. Please Support Addition of Agent Orange Presumptive Diseases
4. Support Amendments That Add Diseases Caused by Agent Orange!
5. H.R. 6027, the Restore Veterans' Compensation Act
6. H.R. 5867, the STOP Veteran Suicide and Substance Abuse Act
7. H.R. 95, Legislation to Allow Homeless Veterans to Stay With Their Children While Receiving Services
8. H.R. 303, the Retired Pay Restoration Act
9. H.R. 553, Military Surviving Spouses Equity Act
10. H.R. 1527, the Long-Term Care Veterans Choice Act
11. S 179 and HR 712, VA Medicinal Cannabis Research Act of 2019
12. H.R. 1200, the Veterans' Compensation Cost-of-Living Adjustment Act of 2019
13. S. 785, the Commander John Scott Hannon Veterans Mental Health Care Improvement Act
14. H.R. 96, to Provide Dental Care for All Veterans

Enrolled in Veterans Health Care

15. H.R. 6590, DAV Supports Deferring Debt Collections during COVID-19 Crisis

16. H.R. 6933, the Caring for Survivors Act of 2020

17. Support S. 3761/H.R. 7443 to re-establish VSO review period on VBA decisions

18. Please Ask Your Member Of Congress To Support Tester/Harder Amendment In The Fy2021 National Defense

19. S. 2950, the Veterans Burn Pits Exposure Recognition Act

20. Tell Congress to Stand Up for Vietnam Veterans!

21. Ask Your Member of Congress to Support Tester/Harder Amendment in the Fy2021 National Defense Author



COVID-19 hinders blood donations during National Blood Donor Month

Getting people to donate a pint of their potentially life-saving blood has never been easy. And, like almost every aspect of modern life, COVID-19 has made it even harder.

[Read More](#)



**CONTACT YOUR
MEMBERS OF CONGRESS!**

To Call your Representative:

202-225-2305

To Call your Senators:

202-224-3841 or 202-224-3553

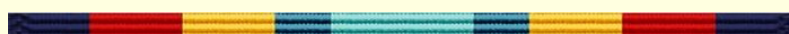
To call Different Members of Congress:

202-224-3121

TOLL FREE: 866-272-6622

PLEASE... STOP Making Excuses!

www.veterans-for-change.org



**Survey Seeks Women-Veteran
Participants**

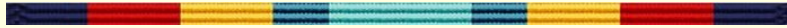
The University of Alabama is seeking women-Veteran participants in a survey about your health care experiences. The results of the survey are intended to help assess the needs of women Veterans. [Take the survey.](#)



**Partnerships, COVID-19 are catalysts for
enterprise virtual health**

In the pre-COVID-19 world, nearly all health care was delivered in person within brick-and-mortar facilities.

[Read More](#)



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

We hope you will join us on this new site.

[VETERANS-FOR-CHANGE](#)

[HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE](#)

[AMVETS GROUP](#)

[VETERANS SOCIAL GROUP](#)

[{USAVET} SUPPORTING GOD & ALL WHO SERVED OUR GREAT NATION](#)

[AMERICANS FOR SOVEREIGNTY](#)



"History is not there for you to like or dislike. It is there for you to learn from it. And if it offends you, even better. Because then you are less likely to repeat it. It is not yours to erase. It belongs to all of us."



VA Launches Fitbit Initiative

Eligible Veterans, caregivers, and VA staff who are Fitbit device users have until Jan. 25, 2021, to sign up to express interest in receiving a one-year free membership to Fitbit Premium. VA indicated it will initially provide up to 10,000 memberships. This expanded membership brings access to Fitbit Health Coaching, guided programs, workouts, mindfulness activities, and outcome platforms like a wellness report and a health metrics dashboard. [Read more.](#)



Office of Inspector General

1. Prescription Drugs: Department of Veterans Affairs Paid About Half as Much as Medicare Part D for Selected Drugs in 2017
2. Medicaid: Data Completeness and Accuracy Have Improved, Though Not All Standards Have Been Met
3. DHS Employee Morale: Some Improvements Made, but Additional Actions Needed to Strengthen Employee Engagement

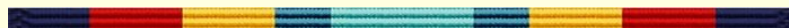


Elder abuse can happen to anyone

The mistreatment of older adults can happen in many places, including the person's home, a family member's house, an assisted living facility, or a nursing home. Learn how to recognize the signs of elder abuse so you can step in and help. You may notice that the person:

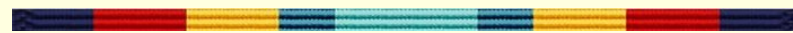
- Looks messy, with unwashed hair or dirty clothes
- Has unexplained bruises, burns, cuts, or scars
- Develops bed sores or other preventable conditions
- Lacks medical aids (glasses, walker, dentures, hearing aid, medications)
- Displays signs of insufficient care or unpaid bills despite adequate financial resources

If you think someone you know is being abused, contact the [National Center on Elder Abuse](#) to learn about how to report abuse and where to get help.



VFW National Home for Children

The National Home was founded in 1925 as a place where the families left behind by war could remain together. Today's families face different challenges, and the National Home has evolved over decades to meet those needs. The community is open to the families of active-duty military personnel, Veterans, and relatives of VFW and VFW Auxiliary members. Families can be one or both parents with one or more children. [Learn more.](#)



CLICK HERE TO FOLLOW US ON TWITTER !



TRICARE Provides New Coverage for Low Back Pain Physical Therapy

Do you have acute or chronic low back pain? If the answer is yes, you aren't alone. According to the Centers for Disease Control and Prevention, low back pain is the most common type of pain reported by patients. As of Jan. 1, 2021, if you need physical therapy for your low back pain, the [Defense Health Agency established a demonstration](#). With the demonstration, TRICARE will waive cost-shares for qualified beneficiaries for up to three physical therapy sessions in 10 states.

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



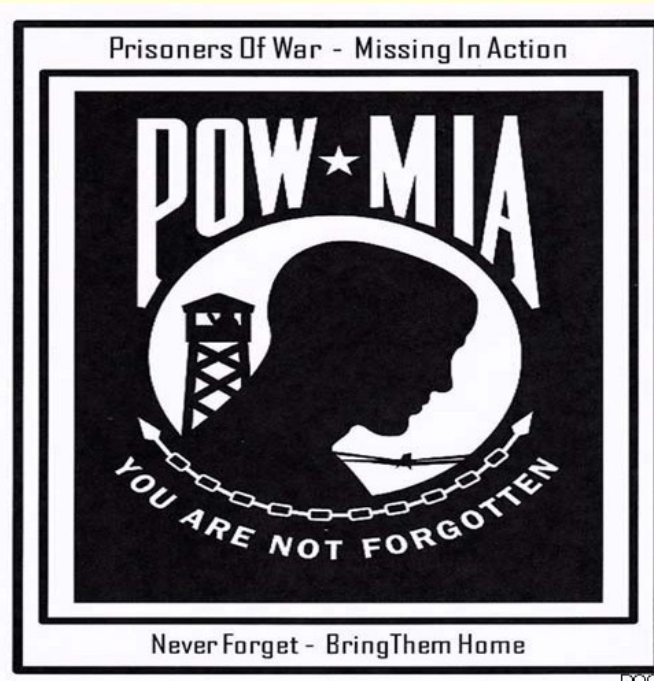
Feeling Stressed?

Ways to Improve Your Well-Being

These are stressful times. Learn ways to help you feel calmer and more relaxed.

Online extra: [Dr. Richard Davidson on Reducing Stress](#)





TRICARE Seniors 75 and Older Now Eligible for COVID-19 Vaccine



Adults age 75 and older should now receive the COVID-19 vaccine, as recommended by the Centers for Disease Control and Prevention (CDC). The Department of Defense and the Military Health System are now making the vaccine available to the 1.13 million beneficiaries who are age 75 or older. According to the CDC, adults age 75 and older are at eight times higher risk of hospitalization from COVID-19 infection than younger, healthy adults.

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



Staying Safe From Sepsis

Preventing Infections and Improving Survival

Many infections can cause this dangerous condition. It's important to know the symptoms and act fast.

[Read More](#)



- 
1. [FDA Releases Artificial Intelligence/Machine Learning Action Plan](#)
 2. [FDA Drug Shortages](#)
 3. [FDA Conditionally Approves First Oral Tablet to Treat Lymphoma in Dogs](#)
 4. [Dole Fresh Vegetables Announces Limited Voluntary Recall of Dole™ Sesame Asian Chopped Salad Kit Due to Undeclared Allergens](#)
 5. [Fresenius Kabi Issues Voluntary Nationwide Recall of Ketorolac Tromethamine Injection, USP Due to the Presence of Particulate Matter](#)
 6. [FDA Alert: Certain Lots of Sportmix Pet Food Recalled for Potentially Fatal Levels of Aflatoxin](#)

7. Coronavirus Disease 2019 (COVID-19) (01/15/21)
8. Accelerating the Adoption of Advanced Manufacturing Technologies to Strengthen Our Public Health Infrastructure
9. FDA updates vinca alkaloid labeling for preparation in intravenous infusion bags only
10. Federal judge enters consent decree against Washington state juice processor
11. FDA Warns Firms to Remove Unauthorized E-liquid Products from Market in First Letters Issued to Manufacturers that Did Not Submit Premarket Applications by Deadline
12. FDA Drug Shortages
13. COVID-19: Potency Assay Considerations for Monoclonal Antibodies and Other Therapeutic Proteins Targeting SARS-CoV-2 Infectivity
14. Pandemic Response, Pandemic Preparation
15. CBP, FDA Seize Counterfeit, Unauthorized E-Cigarettes
16. Boston Scientific Announces LOTUS Edge™ Aortic Valve System Voluntary Recall and Product Discontinuation
17. FDA Grants First Conditional Approval Under Expanded Authority to Control Seizures in Dogs with Idiopathic Epilepsy



Keep DEERS Updated as New Plan Year Begins

Did you or your family member experience a change last year that may qualify a DEERS update? As 2021 begins, be sure your and your family's information is up to date in the [Defense Enrollment Eligibility Reporting System](#), or DEERS. If you don't keep your family's information current in DEERS, it could delay their access to health care. Errors in DEERS can also cause delays with your claims and prescription delivery.

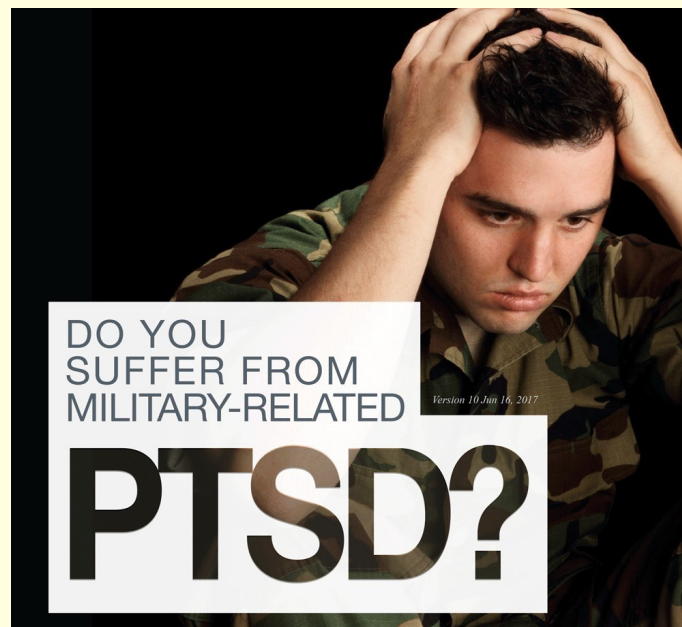
To learn more, [read the article](#).



Airborne Hazards and Burn Pits: What You Need to Know

Is a free, virtual class to help Veterans understand potential exposures and their health effects, the burn pit registry, how to manage common symptoms, and more. Join this class on Thursday, February 25, from 1:30 p.m. – 3:00 p.m. ET. You can attend through your personal computer, smart phone, or tablet.

To learn more and to register, go to the [class flyer here](#).



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



Get into fighting weight with the 2021 Total Force Fitness Challenge

Weight gain around the holiday season is common. However, this year's ongoing social distancing restrictions due to COVID-19 could present new challenges for those trying to stay in shape.

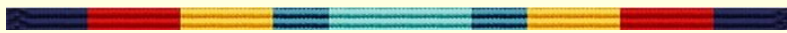
[Read more](#)



The mission of the National Center for PTSD is to help America's Veterans and others who have experienced trauma, or who suffer from PTSD.

To help us better carry out that mission, we invite you to take a brief survey to tell us how we can improve our communications.

[Take Survey](#)



SOUND OFF!

SHARE YOUR STORIES AND COMMENTS WITH US:

We know most Veterans have had issues both current and in the past with the Veterans Affairs, and we'd

really like to hear from you!

So now is your chance to voice your concerns, opinions, problems, compliments, advice, etc., anything you'd like to have heard.

We will be creating another category in the "NEWS" section of the website called "SOUND OFF" and instead of us continually sending this type of information in fax blasts to all 535 members of Congress, we will be adding to the website as we know many members of Congress do watch us, and this makes it a lot easier for us to track the number of people reading the issues.

In addition, it might even open the door for your fellow Veteran's to see they're not alone, and they too might voice their concerns.

Your story can be as long or as short as you'd like to express what you have to say, we can post as anonymous, or if you want we can post your name to the article, just tell us how you would like for us to post your story and we will adhere to your request.

We only ask that you keep it clean from foul language, and we will edit only to correct grammar, and if need be to edit out any foul language as that is an almost immediate cut off from Congress to pay attention.

Send your story to JIM.DAVIS@VETERANS-FOR-CHANGE.org and we will get it posted as quickly as we can. And if you have a title for your story that would be fantastic, as we will be providing the story title and link to Congress.



Benefits for Blue Water Navy Veterans

Did you know? VA provides benefits to Blue Water Navy Veterans who served as far as 12 nautical miles from the shore of the Republic of Vietnam or in the Korean Demilitarized Zone and who have [health conditions associated with herbicide exposure, such as Agent Orange](#).



The Defense POW/MIA Accounting Agency announced one new identification for a service member who has been missing and unaccounted-for from WWII. Returning home for burial with full military honors is:

Army Air Forces Tech. Sgt. Alfred F. Turgeon, 23, was a pilot assigned to the 344th Bombardment Squadron, 98th Bombardment Group (Heavy), 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Turgeon was serving as a radio operator crashed as a result of enemy anti-aircraft fire during Operation TIDAL WAVE, the largest bombing mission against the oil fields and refineries at Ploiesti, north of Bucharest, Romania. Interment services are pending. [Read about Turgeon.](#)



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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