



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, February 28, 2021

Volume 12, Issue 09



## **This-N-That**

Good evening Jim,

This week, seems we're back on track to getting more and more information and news regarding Veterans and Active-Duty Military. And three more pieces of legislation have been added to the TAKE ACTION section of the newsletter.

I won't say things are getting better, seems like Congress is more interested in stripping Americans of our Constitutional Rights that all of you have

served, fought and many have died to protect.

I also don't know if things are looking better yet within the VA Healthcare System as our new VA Secretary is just barely getting his feet wet and has attended several VA events and hints of promises being made to resolve a few issues.

Right now, it's only something we can hope for until we can see the proof in the pudding.

One of the things that Congress is doing or has done, I've not found out yet, is the new "COVID Relief" bill **cuts Medicare by \$36 BILLION** dollars, yet provides **Government Employees \$1,400.00 PER WEEK** and no where in the 300+ pages of the bill does it mention any **special relief for Veterans**, so if you're lucky you might see \$600.00 or you might see \$1,400.00 in total, not per week, not per month, in TOTAL.

We'd like to continue to remind everyone to please continue to practice safe practices like masks when out, keeping safe social distancing, steer clear of anyone sneezing or coughing to help protect yourself and your family.

We continue to gain momentum on [MEWE](#), and

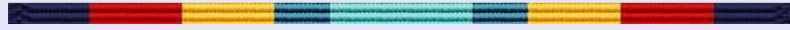
some of our followers that we'd lost when we migrated from Face Book over to [MEWE](#) are finding us again, and we're pleased to have them rejoin us. And we encourage all of our readers to join us there, links to all our pages are further down in this newsletter.

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

And I'd like to encourage everyone who can to help and support Military-Veterans Advocacy go to [www.militaryVeteransadvocacy.org](http://www.militaryVeteransadvocacy.org). They helped all our Blue Water Navy Veterans, and are still working on BWN and now many other issues, and I offer a hat off to them and Commander John Wells!

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

Respectfully,  
Jim Davis  
Founder



## **Marines, Sailors with PHIBRON 11, 31st MEU receive COVID-19 vaccine**

In a critical move for readiness, resiliency and safety, ships of Amphibious Squadron (PHIBRON) 11 received their first dose of the Moderna COVID-19 vaccine last weekend in Okinawa, Japan.

[Read More](#)



## **GLWACH prepares for new electronic health record – MHS Genesis**

General Leonard Wood Army Community Hospital is finishing preparations in anticipation of a switch to a new, modern electronic health record system.

[Read More](#)



## **Proper diet, sleep, exercise, and joy key to heart health**

A healthy heart is essential, particularly to service members facing high-stress jobs throughout their careers.

[Read More](#)



## **WRNMMC nurses recognized for work with Virtual Cardiac Rehab**

This week the medical community celebrates those who work in the field of cardiac health.

[Read More](#)

## **Top African American leaders in MHS share similar thoughts on**

## service

They are from different places geographically and followed different paths to get to where they are, but Army Lt. Gen. R. Scott Dingle and Army Command Sgt. Maj. Michael Gragg find themselves among the top leadership in the Military Health System.

[Read More](#)



## **Eating disorders hinder optimal health and TFF nutrition concept**

"Making weight," the informal term for the twice-yearly military assessments of body mass index and other markers of physical fitness, can spur stress that leads to disordered eating patterns including severe calorie restrictions, bingeing and purging, and excessively exercising.

[Read More](#)



Links to Other Stories

1. [Hospice](#)

Administrator  
Sentenced  
for  
Role  
in  
Hospice  
Fraud  
Scheme

2. WWII  
Navy  
Veteran  
finds  
home,  
thanks  
to  
Buffalo  
VA  
and  
HUD-  
VASH

3. Air  
Force  
Veteran  
Karla:  
Why  
I  
get  
my  
health  
care  
at  
VA

4. VA

Gulf  
Coast  
vaccinates  
10,000th  
Veteran

5. Adaptive  
Sports  
keep  
Veterans  
active  
during  
the  
pandemic

6. Coast  
Guard  
Veteran-  
VA  
employee  
always  
ready  
to  
deploy

7. VA's  
Whole  
Health  
proves  
life  
changing  
for  
Navy  
Veteran

8. Veterans  
to



see  
continued  
debt  
relief  
options  
during  
pandemic

9. From  
living  
in  
a  
tent  
to  
securing  
stable  
housing:  
Veteran  
thrives  
with  
VA  
assistance

10. Specially  
Adapted  
Housing  
changes  
help  
seriously  
disabled  
Veterans

11. Amazon  
donation  
helps  
connect

1,000+  
homeless  
Veterans

12. Emergency  
medicine  
physicians:  
VA  
needs  
your  
help

13. Listening  
to  
Veterans'  
experiences  
improves  
VBA  
appeals  
processes



## **DHA's TBI-focused Caregiver and Family Member Study continues at TBICoE**

For the family members of some service members or veterans with traumatic brain injuries (TBI), caregiving is a 24/7 job.

[Read More](#)



## Good oral care requires lifetime commitment

"The Primary Care Dentistry department has remained open for business during the COVID-19 pandemic, serving the urgent and emergent dental treatment needs of all DoD beneficiaries during normal business hours while prioritizing our in-person scheduled appointments on the readiness-related needs of the active duty population assigned to Naval Support Activity Bethesda and throughout the National Capital Region Market," stated Navy Capt. (Dr.) Rasha Welch, director of Dental Services at Walter Reed National Military Medical Center.

[Read More](#)



[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 **2,014** hits per day, and downloads average **2,618** per day with a total **7,137,279** visitors as of Friday evening.

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](http://www.Veterans-for-change.org)

- Documents Library with over **20,135** documents in 233+ Libraries, added **31** new documents on-line (Updated: 02/23/21)
- 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: **10,258**)
- Polls
- Web Links, more than **7,942**, Added 47 New Links (Updated: 02/03/21)

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



## **Order of Military Medical Merit presented to USU medical student**

Army 2nd Lt. Alex Villahermosa recently became the first Uniformed Services University medical student to ever receive the Order of the Military Medical Merit, or O2M3, presented by the Army Medical Department (AMEDD) for significant contributions to the regiment.

[Read More](#)



## **DHA Launches Pilot to Tackle Mental Health Effects of Sexual Trauma**

Sexual trauma can happen to anyone, and it can have long-term effects on your mental health. But it isn't something you have to deal with alone. If you're an active duty service member (ADSM) who has experienced sexual trauma at any time, you may be eligible to participate in the [Sexual Trauma Intensive Outpatient Program \(IOP\) Pilot](#).

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



## **Army hospital powers through record-breaking winter storms**

Brooke Army Medical Center immediately launched into action to ensure continuity of patient care despite the impending storms.

[Read More](#)





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

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

**(Updated 02/26/21)**

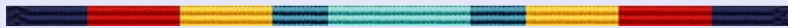
1. [Oppose TRICARE fee Increases](#)
2. [Veterans Economic Recovery Act Introduced](#)
3. [S. 134/H.R. 637, the Veterans](#)



Economic  
Recovery  
Act  
of  
2021

4. Please  
Support  
H.R.  
303,  
the  
Retired  
Pay  
Restoration  
Act
5. FRA  
and  
Others  
asks  
SecDef  
Not  
to  
Raise  
TRICARE  
Fees
6. Concurrent  
Receipt  
Legislation  
Introduced
7. Military  
Retiree  
Survivor  
Comfort  
Act

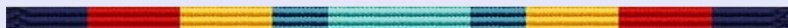
8. H.R.  
333,  
Disabled  
Veterans  
Tax  
Termination  
Act



## **How do you mend a broken heart? It usually fixes itself**

After Americans recently celebrated a COVID-19 version of Valentine's Day, with its accompanying isolation, video dating, and physical distancing, it's no wonder that the subject and the science of Broken Heart Syndrome is receiving renewed attention.

[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](http://www.veterans-for-change.org)



**VCE examines low vision with  
detection and care**

There are many types of low vision, ranging from small to life-changing issues," explained Dr. David Eliason, associate chief of the Department of Defense/Department of Veterans Affairs' Vision Center of Excellence.

[Read More](#)



**VFW Virtual March Legislative  
Conference**

Beginning March 1, the VFW will hold our annual

March Legislative Conference. Our National Legislative Committee members will lead their department delegations along with the VFW-SVA Fellows to present the [VFW's legislative priorities](#) to members of Congress and their staffers. Although the format will be virtual this year, rest assured that the VFW will still make sure that veterans' voices are heard by our legislators on Capitol Hill. The conference will kick off with a briefing on Monday, March 1 at 1:00 p.m. EST that VFW members can login and [watch live](#).

Monday, House Veterans' Affairs Disability Assistance and Memorial Affairs Subcommittee Chairwoman Elaine Luria hosted a virtual event on compensation and pension (C&P) exam delays. VA halted C&P exams in April 2020, due to the COVID-19 pandemic, and although exams have become available again, veterans report significant delays with the entire disability claims process. "These delays are adding to the ever-growing backlog of disability claims, unnecessarily prolonging veterans from receiving their benefits," said VFW National Legislative Service Associate Director Kristina Keenan. [Learn more](#).



# Call for abstracts open for Military Health System Research Symposium

Calling all military medical care providers and researchers.

MHSRS is just around the corner!

[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](#)

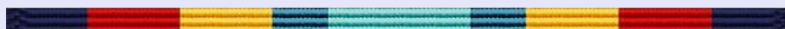
VETERANS SOCIAL GROUP

{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."**



## **Don't Face Challenges Alone**

No matter how you served or what you've experienced in military or civilian life, you may be facing challenges that affect your health, relationships, and life. You don't have to face them alone. VA is here to support you.

[Read More](#)



## Major Richard Star Act

This week, Sens. Jon Tester (D-MT), Mike Crapo (R-ID), and Jerry Moran (R-KS) introduced the VFW-supported [Major Richard Star Act](#). Rep. Gus Bilirakis (R-FL) along with 58 bipartisan original cosponsors have introduced the House companion bill. The bill would eliminate the unjust offset for Chapter 61 military retirees who suffered injuries in combat. The bill is named in honor of Maj. Richard Star who [lost his battle](#) with cancer on February 13, 2021. Maj. Star was a father, husband, and decorated war veteran who was medically retired as a result of his combat-related injuries.



## Office of Inspector General

1. [Low-Income Workers: Millions of Full-Time Workers in the](#)

Private  
Sector  
Rely  
on  
Federal  
Health  
Care  
and  
Food  
Assistance  
Programs

2. Southwest  
Border  
Security:  
Actions  
Are  
Needed  
to  
Address  
the  
Cost  
and  
Readiness  
Implications  
of  
Continued  
DOD  
Support  
to  
U.S.  
Customs  
and  
Border



Protection

3. Service

Acquisitions:

DOD's

Report

to

Congress

Identifies

Steps

Taken

to

Improve

Management,

But

Does

Not

Address

Some

Key

Planning

Issues



## **Black Veterans Find Support**

Building a support group around a shared history or cultural identity can create an atmosphere with understanding and honesty at its core. For this group of Seattle-based Black Veterans, it also brings fellowship and camaraderie.

[Read More](#)

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## VA Mental Health Apps Can Help

The road to recovery can start with you. These apps provide direct support to both you and the people in your support system.

[Explore VA Apps](#)



*CLICK HERE TO FOLLOW US ON TWITTER !*

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## Treating Anxiety

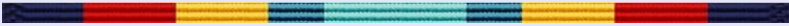
Anxiety can spur you to confront sources of stress in your life. But when persistent worries start affecting your activities, work, sleep, or relationships, it might be time to do something about it.

[Take the Next Step](#)



## **VA Secretary Participates in Caregiver Event**

Last Wednesday, the Elizabeth Dole Foundation held a virtual fireside chat with Secretary of VA, Denis McDonough where he introduced the new Senior Advisor to the Secretary for Families, Caregivers, and Survivors, Meg Kabat. The conversation highlighted the VA's priorities and vision to provide support, services, and resources to veterans, their families, caregivers, and survivors. [Watch the video.](#)

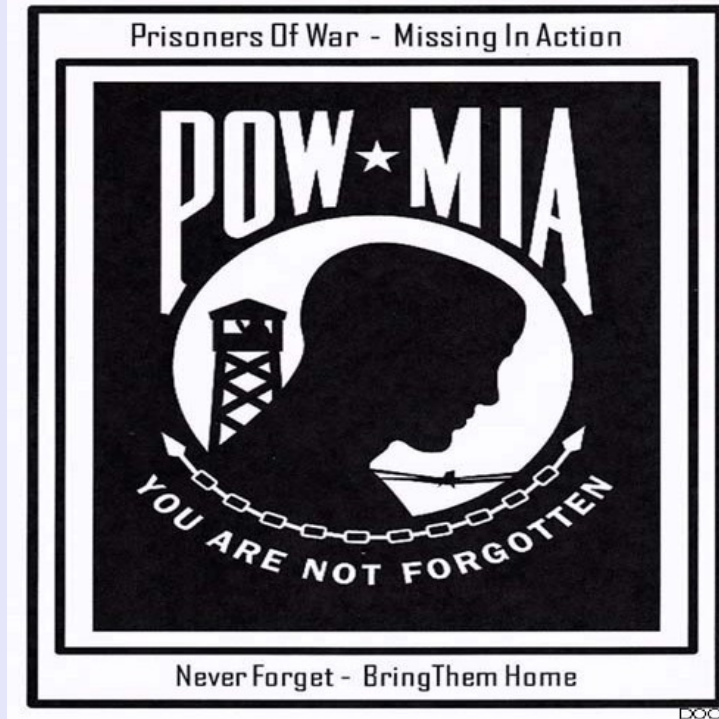


## **Trained military personnel ready to help with COVID-19 vaccinations**

The United States military stands ready to contribute its large-scale logistical and medical capabilities to support the government's COVID-19 vaccination efforts.

[Read More](#)





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## **A New Year Can Be a New Start.**

Whether you are still transitioning from the military or you served decades ago, the new year marks a time for thinking about fresh goals and healthy changes.

[Read What's New](#)

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## **COVID-19 Vaccine Q&A Session**

On March 3, 2021, RallyPoint will host a Veteran Experience Live question and answer session with VA, Centers for Disease Control and Prevention, and the Department of Health and Human Services

experts regarding the COVID-19 vaccine. Questions can be submitted before or during the session and will be answered live between 3-4 p.m. EST. [Learn more.](#)



1. Coronavirus  
(COVID-19)  
Update:  
FDA  
Allows  
More  
Flexible  
Storage,  
Transportation  
Conditions  
for  
Pfizer-  
BioNTech  
COVID-19  
Vaccine

2. Coronavirus  
(COVID-19)

Update:

FDA

Authorizes  
Monoclonal  
Antibodies  
for

Treatment  
of

COVID-19

(02/09/21)

3. Coronavirus  
(COVID-19)

Update:

FDA

Issues

Policies

to

Guide

Medical

Product

Developers

Addressing

Virus

Variants

4. Coronavirus  
(COVID-19)

Update:

FDA  
Issues  
Policies  
to  
Guide  
Medical  
Product  
Developers  
Addressing  
Virus  
Variants

5. Coronavirus  
(COVID-  
19)

Update:  
February  
26,  
2021

6. COVID-  
19  
Frequently  
Asked  
Questions

7. FDA  
Advises  
Parents  
and  
Caregivers  
to  
Not  
Make  
or  
Feed

Homemade  
Infant  
Formula  
to  
Infants

8. FDA  
Approves  
First  
Treatment  
for  
Molybdenum  
Cofactor  
Deficiency  
Type  
A

9. FDA  
Approves  
Targeted  
Treatment  
for  
Rare  
Duchenne  
Muscular  
Dystrophy  
Mutation

10. FDA  
Authorizes  
Marketing  
of  
Novel  
Device  
to  
Help



Protect  
Athletes'  
Brains  
During  
Head  
Impacts

11. FDA  
Drug  
Shortages

12. Hillrom  
Recalls  
Liko  
Multirall  
200  
Overhead  
Lift  
Due  
to  
Failure  
to  
Properly  
Attach  
Q-  
Link  
Strap  
Lock  
(Also  
Known  
as  
Q-  
Link  
1  
Strap

Lock)  
to  
S65  
Hook

13. Information  
about  
Nitrosamine  
Impurities  
in  
Medications

14. Market  
District  
Voluntarily  
Recalls  
Gourmet  
Chocolate  
Covered  
Pretzels  
Due  
to  
Undeclared  
Pecan  
Allergen

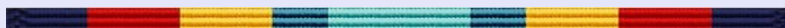
15. Medtronic  
Announces  
Voluntary  
Recall  
of  
Unused  
Valiant  
Navion™  
Thoracic  
Stent

Graft  
System

16. Outbreak  
Investigation  
of  
Listeria  
monocytogenes

–  
Hispanic-  
style  
Fresh  
and  
Soft  
Cheeses  
(February  
26,  
2021)

17. Urban  
Remedy  
Voluntarily  
Recalls  
Beverages  
with  
Undeclared  
Almond  
&  
Cashew  
Allergens



**Support for Student Veterans and**

## Faculty

VA offers a range of mental health and supportive services on and off campus for student Veterans. Explore our updated webpage for student Veterans and faculty.

[Read More](#)



### **DPAA Releases New Video Series**

The Defense POW/MIA Accounting Agency (DPAA) announced the release of the first videos in a series covering World War II battles and operations. These first videos highlight and give historical perspective on DPAA's Hürtgen Forest Project, Enoura Maru Project, and World War II European-Mediterranean Disinterments. [Watch the videos.](#)



**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.**



**Subscribe Now**

*CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER!*



## **Find a New Path**

Stephen didn't immediately recognize the toll that his military experiences took on his mental health. But once he returned from deployment, he spent his nights reliving the trauma of combat. He finally went to a VA facility and found a new path forward.

[Read More](#)



## **New to TDP? Get to Know Your TRICARE Dental Program Benefits**

Anytime is the perfect time to emphasize the importance of good oral health with your child. And part of this involves making sure they have dental coverage. That's where the TRICARE Dental Program can help.

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



## DOD participates in new COVID-19 antibody combination prevention trial

While the Military Health System continues to support the development and distribution of COVID-19 vaccines to counter the ongoing public health threat of the disease, it's investing in other efforts to counter the SARS-CoV-2 virus.

[Read More](#)



## Safe Storage for Lethal Means

For a Veteran facing hard times, your support can provide hope when it's needed most — and you already have what it takes to show you care. Take a few minutes to check in today.

[Read More](#)



## **TRICARE Overseas Program (TOP) Health Matters Newsletter, Issue 1 2021**

How much do you know about your TRICARE benefit? In this issue, you can learn how to find a provider, get care, and take command of your health. Here are some of the articles you can read in the latest issue of the [TOP Health Matters Newsletter](#):

- TRICARE Coverage of Breast Pumps and Supplies
- Cost Terms You Should Know
- Remember to Schedule Your Annual Exams
- Online Enrollment for Overseas Plans Now Available

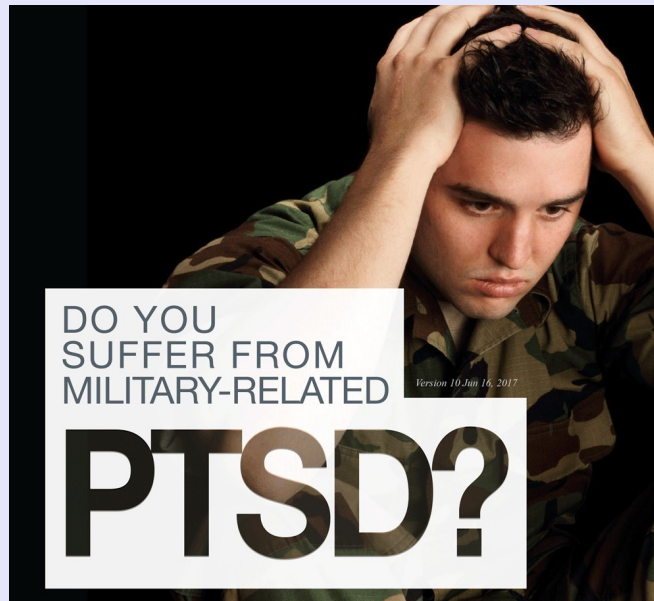


### **Drawing blood, saving life: Techs support medical readiness**

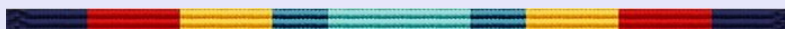
The Armed Services Blood Program is the military's only blood donor program for service members, their families, retirees, veterans, and local

communities worldwide, helping those in critical need.

[Read More](#)



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



## **Coast Guard Retirees Now Can Pay TRICARE Enrollment Fees by Allotment**

Group A retirees now pay enrollment fees to maintain their TRICARE Select or TRICARE Overseas Program Select coverage. If you're a U.S. Coast Guard, U.S. Public Health Service, or



National Oceanic and Atmospheric Administration (NOAA) retiree, you can now pay your enrollment fees by allotment. This will allow you to have your enrollment fees deducted automatically from your military retirement pay.

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



## **For VA recruiter, "best care anywhere" has whole new meaning**

After being an inpatient at a VA COVID unit, VA recruiter Dave Aragon shares his "best care anywhere" perspective on VA health care.

[Read More](#)



## **Training for a healthy heart can improve overall health**

Having a medically ready force means ensuring each service member is in optimum physical, mental, and spiritual health to perform at their best throughout their high-stress careers.

[Read More](#)



## 100-Year-Old Veteran loves VA telehealth

New technologies just for the young? Air Force Veteran Dr. Joseph Belshe, 100, has used telehealth technology for almost two years to receive care from VA. Receives his cardiac care using VA Video Connect.

[Read More](#)



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.

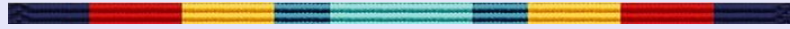
We will be creating another category in the "NEWS" section of the website called "SOUND OFF" and instead of us continually sending this type of information in fax blasts to all 535 members of Congress, we will be adding to the website as we know many members of Congress do watch us, and this makes it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

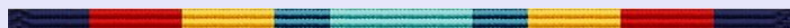
Send your story to [JIM.DAVIS@VETERANS-FOR-CHANGE.org](mailto:JIM.DAVIS@VETERANS-FOR-CHANGE.org) and we will get it posted as quickly as we can. And if you have a title for your story that would be fantastic, as we will be providing the story title and link to Congress.



## **VHA Diffusion of Excellence Base Camp begins spreading life changing programs**

From February 9–11, Diffusion Fellows met virtually during the VHA Diffusion of Excellence Base Camp for the first time with Implementing Facility Fellows.

[Read More](#)



## **Veteran caregivers fulfill Lincoln's 'borne the battle' charge, says SecVA**

Veteran caregivers completely fulfill President Abraham Lincoln's charge to care for those who have borne the battle, VA Secretary Denis McDonough said Feb. 24 at an online forum.

[Read More](#)



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

**Marine Corps Reserve Pfc. J.L. Hancock, 21,** was a member of Company B, 1st Battalion, 6th Marine Regiment, 2nd Marine Division, Fleet Marine Force, which landed against stiff Japanese resistance on the small island of Betio in the Tarawa Atoll of the Gilbert Islands, in an attempt to secure the island in November 1943. Over several days of intense fighting at Tarawa, approximately 1,000 Marines and sailors were killed and more than 2,000 were wounded, while the Japanese were virtually annihilated. Interment Services are

pending. [Read about Hancock.](#)



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