



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, April 11, 2021

Volume 12, Issue 15



This-N-That

Good evening Jim,

I'm really sort of thrilled this week, there is more and more legislation coming out and we so desperately need everyone's support of all of them. The more pressure we place on Congress, the better our chances are of getting them passed.

You can send these pre-written letters out at absolutely no cost, but a little time, and you don't have to be a Veteran or member of a Veterans

family, everyone can participate. And you can do this weekly and won't hurt either if you were to follow them up with a phone call to your Rep and Senators to ask for their support.

As you can see in this newsletter more and more information is coming out as well, and this makes me happy that we're able to pass this information along to you.

Every day, 22 veterans and active-duty military personnel commit suicide. However, I personally feel this number is still somewhat low, but most hang onto it as it's something everyone recognizes.

Further down in this newsletter as well as the last few we've posted information on how everyone can help to bring this number to zero.

Same applies toward all our homeless Veterans!

The VA continues to say 40k some agencies are saying 55k, and we're sure it's a lot closer to one million nationwide.

I've not checked with all my contact across the country now in a few weeks, but this coming week I will begin making the calls and sending out the E-

Mails, all these agencies for one reason or another seem to be forgotten and they are the ones on the front line trying to help solve the problem.

On April 7th the IRS began sending out the 3rd round of stimulus payments, and those who receive VA benefits, SSDI benefits, SSI Benefits, etc. will all receive a direct payment into your checking account or which ever account you've designated, so keep an eye out for them.

As is always the problem, getting claims approved quickly. Same applies to appeals hearings. The SSVAC and a Ranking Member are both pushing very hard to make this a reality. And yes I know this has been going on for way too long, and continually promised, but I do feel this time we actually be able to hear that it's happening and soon.

Please also pay attention to the links to information from the FDA as again there are more recalls in place, and we want to make sure all our Veterans and their families are safe.

If you've not visited our website, www.veterans-for-change.org or not visited in a while, please be sure to check often for updates on documents, web links, etc., we are a bit slow, but are moving as fast as we

can, yet not over-loading to put more work on our Webmaster when we get to the transition into the new look.

And I'd like to encourage everyone who can to help and support Military-Veterans Advocacy go to www.militaryVeteransadvocacy.org. They helped all our Blue Water Navy Veterans, and are still working on BWN and now many other issues, and Commander John Wells and his hard-working team continue to fight for all of our Veterans!

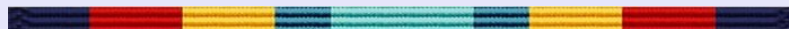
On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Respectfully,

Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org





Military Veterans Advocacy

Military Veterans Advocacy is offering some free memberships for those who are struggling to get their claims through, are having financial difficulties. Annual dues are \$25.00 per year. Our organization includes special sections, Blue Water Navy, Veterans of Southeast Asia, Central Pacific Islands, Veterans of Panama Canal Zone, and Okinawa. We have gift members available which can be paid by your fellow brother or sister Veterans. Gift members are kept confidential. Go to this link and help a Veteran.

https://www.militaryVeteransadvocacy.org/.../c2/yearly_dues

You may contact Robin at
robin.barr@mvadvocacy.org



IRS sending third round of stimulus payments

The IRS anticipates payments to be issued to Social Security recipients and other federal beneficiaries who do not normally file a tax return by April 7, 2021.

[Read More](#)



What is ECHO and How do I Enroll?

Are you an active duty service member who has a family member with special needs? Your family member may qualify for the [Extended Care Health Option](#), or ECHO. This option is for active duty family members who need services and supplies beyond what TRICARE plans offer.

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



#VeteranOfTheDay Army Veteran Joseph Godenzi

Today's #VeteranOfTheDay is Army Veteran Joseph Adrian Godenzi, who served during the Vietnam War and received a Purple Heart.

[Read More](#)



Solar Ready Vets Network looking for transitioning service members and Veterans

The Solar Ready Vets Network provides transitioning military service members and Veterans with career training, professional development and employment opportunities in the solar industry.

Service members participating in the Solar Ready Vets Fellowship Program are paid by the military, and Veterans can use their GI Bill benefits to cover the cost of tuition and materials.

[Read More](#)





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



Should You Hire a VA Disability Attorney? Factors to Consider

The history of legal help for veterans has been long and complicated. So, now that you can hire an attorney to help with your claim, should you? While the answer will vary case-by-case, there are a few questions to ask yourself when considering legal support.

Where are you in the claims process?

The decision of whether to hire an attorney starts with where you are in the claims process. If you're working on your initial claim, you likely don't need to hire a lawyer. Other support services are available to help you fill out the forms, write statements, and gather evidence.

However, if you've received your rating decision and are planning to file an appeal, you may consider hiring an attorney. Legal support is often more helpful at this stage, as you're dealing with the complex appeals process.

What other resources are available?

As mentioned above, lawyers aren't the only professionals who can help with your claim. Veterans services officers are available to help you file your claim. In fact, VSOs can often provide the help you need more quickly than an attorney could. And this means getting your claim in sooner.

How straightforward is your appeal?

While the appeals process is typically the right time to hire an attorney, this isn't always the case. It's important to consider the nature of your appeal. If you're already service connected and have a medical nexus from a doctor, but the VA made an error when assessing your claim, you may not need legal help for your appeal. A senior adjudicator will likely fix the error and move your appeal through.

A VA disability attorney can be a great resource when you're facing an appeal. However, you want

to make sure the investment is the right choice for you. If you're potentially interested in legal support for your claim, contact our firm for a [free case evaluation](#).



I'm Getting Divorced. What Happens to My TRICARE Benefit?

If you're getting divorced, the future may seem uncertain. One question in your mind may be whether you'll still be eligible for TRICARE. The answer depends on your sponsor status, length of your marriage, and other factors.

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



Fresh Focus #24: MOVE! and SMART

Follow along with Beth Blair, RDN, to see how you can set yourself up for success by being SMART with the MOVE! weight management program.

[Read More](#)



How to get a virtual hearing at the Board of Veterans Appeals

Virtual tele-hearings allow the Board to hold hearings for Veterans safely and efficiently from wherever the Veteran chooses. Best of all, the technology allows the Board to be more efficient and more productive, increasing the number of yearly hearings it can hold.

[Read More](#)



Find Support for Transitioning Service Members

Knowledge, coping skills, and social support can improve your outlook and increase your ability to handle life's uncertainties after military service. Don't hesitate to take advantage of the resources that are available to you and your loved ones.

[Read More](#)



4 WAYS TO HELP HOMELESS VETERANS

- 1 Encourage the Veteran or their families to visit the closest VA Medical Center or Community Resource and Referral Center for help.
- 2 Give the Veteran the phone number to the National Call Center for Homeless Veterans (1-877-424-3838).
- 3 Call the National Call Center for Homeless Veterans (1-877-424-3838) on behalf of the Veteran.
- 4 Explore www.va.gov/homeless to learn about VA programs for Veterans who are homeless and share that information with others.

NRD.GOV



Get Your VA travel pay faster

Eligible Veterans and caregivers, you can now file for travel related to your medical appointments from your PC, tablet or smart phone. With VA's launch of the Beneficiary Travel Self-Service System (BTSSS), you can enjoy fast payments, more convenience, and a new ability to track in-process reimbursement claims.

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Links to Other Stories

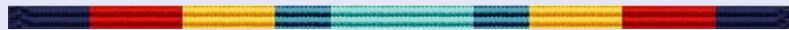
1. Proving Service Connection Without Service Treatment Records
2. Major report with 'urgent' data on Veteran homelessness missing, lawmakers say
3. How the VA Rates Sleep Apnea
4. Lawmakers relaunch landmark bill to create path to VA care for Veterans ill from toxic exposure
5. Veterans benefit from VBA computer systems innovation
6. VA's Maternal Health Services Would Improve Under Proposed Legislation
7. California Veteran, 102, brutally murdered at home in apparent random attack
8. WOMAN MARINE OF 34 YEARS LEAVES LASTING LEGACY
9. Veterans, Military Families Could Lead the Way in Making America Civil Again, Groups Say
10. DOD Announces New Discharge Appeal Review Board Option



Challenge America Veteran Arts Community, a new national arts initiative for Veterans

Challenge America Veteran Arts Community, CAVARTS.org, offers an inclusive community where Veterans with an interest in the arts can support each other.

[Read More](#)



Standing Ready #2: The Prosthetic Progression

Welcome to Standing Ready: An inside look at the histories and untold stories of VA's innovations. Join VA historian Katie Delacenserie and producer Shawn Spitler for this new series.

[Read More](#)



Combat Veteran Embraces Whole Health

One of the most successful battles of Combat Army Veteran, Ricardo Martinez's life was attacking the enemy of PTSD and isolation. Learn how he healed with Whole Health.

[Read More](#)



Brain Injury Awareness

Learn more about the causes and effects of traumatic brain injury and VA's treatment options during Brain Injury Awareness Month.

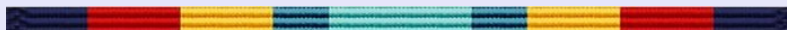
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Tele-mental health care brings options to Texas Veterans

"Our mental health department was ahead of the curve...we increased access to mental health care, medication management and counseling for patients who may not have otherwise had it."

[Read More](#)



Disabled Veterans, active duty can get adaptive equipment for automobiles

Veterans and active duty with a service-connected disability that prevents them from driving an automobile may qualify for a VA program to purchase a specially modified motor vehicle.

VA assists in paying for adaptive equipment, repairs, replacements, and reinstallations for automobile gear.

[Read More](#)



Suicide Prevention Resources for Military and Veterans

Military & Veterans Crisis Line

1-800-273-8255, Press 1
Text 838255, 24/7

Vets 4 Warriors

855-838-8255

InTransition

1-800-424-7877

Office of Warrior Care Policy

warriorcare.dodlive.mil/

Military One Source

1-800-342-9647

Tragedy Assistance Program for Survivors [TAPS]

1-800-959-8277



SVAC Chairman and Ranking Member Urge VA to Speed-up AO Claims Process

Senate Veterans' Affairs Committee (SVAC)

Chairman Jon Tester (Mont.) and Ranking Member Jerry Moran (Kan.) have dispatched a letter to the Department of Veterans Affairs (VA) Secretary Denis McDonough to implement provisions under the "Blue Water Navy Vietnam Veterans Act" (H.R.299-P.L. 116-23), which will quickly provide long-overdue benefits and care to veterans suffering from Agent Orange exposure.

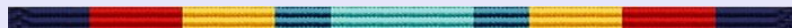
The FRA is thankful that the FY2021 National Defense Authorization Act added new presumptive conditions due to exposure to Agent Orange herbicide, such as bladder cancer, hypothyroidism, and Parkinsonism. The FRA is thankful to SVAC Chairman Jon Tester for his leadership on this issue. It has been estimated that this expansion will benefit 34,000 suffering veterans. The association also supports efforts to include hypertension in the list of presumption ailments.

The underlying law specifically affects Blue Water Navy Veterans who served offshore of Vietnam between Jan. 6, 1962, and May 7, 1975. The Act signed into law June 25, 2019, also applies to veterans who served in the Korean Demilitarized Zone (DMZ) between Jan. 1, 1967, and Aug. 31, 1971. These veterans can apply for disability compensation and other benefits if they have since

developed certain conditions that are presumed to be related to exposure to herbicides such as Agent Orange. Veterans no longer need to prove that they were exposed to herbicides.

The letter was generated after a SVAC hearing on the human consequences of war as it pertains to military toxic exposures. At that hearing a veteran living with three of the qualifying service-connected conditions, including Type 2 Diabetes and Ischemic Heart Disease, had to wait 14 months for the VA to take action on his claim.

The FRA will continue to monitor the claims backlog at the VA. A copy of the letter is [available online](#).



#VeteranOfTheDay Navy Veteran Joe F. Edwards Jr.

Today's #VeteranOfTheDay is Navy Veteran Joe Frank Edwards Jr., who served as a fighter pilot during the Persian Gulf War and a NASA astronaut.

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IRS third round of economic impact payments going out

The IRS anticipates the third round of economic stimulus payments to be issued by April 7th to Social Security recipients and other federal beneficiaries who do not normally file a tax return.

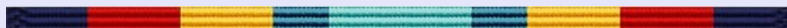
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MHS pushing to expand children's mental health care options

Resilience is a built-in characteristic of many children of military families, but the disruptions caused by the COVID-19 pandemic may have been the last straw for some of their mental health, a panel of experts suggested at Blue Star Families' presentation of its annual [Military Family Lifestyle Survey](#).

[Read More](#)



Sleep and Mental Health

While experts continue to explore the relationship between sleep and health, it's clear that restful shut-eye is an important piece of the wellness puzzle for Veterans and their health care providers.

[Read More](#)



Live Whole Health #65: Checking in with your body

We often forget about our bodies until something starts to hurt or stops working. Have you thought about the miraculous way that your body functions? You breathe 20,000 breaths a day, your heart beats 100,000 times and your body processes 2,000 gallons of blood in one day. The human body is an efficient, masterful machine.

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[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, whatever 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 **2,318** hits per day, and downloads average **3,245** per day with a total **7,248,467** visitors as of Saturday afternoon.

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 **19,535** documents in 237+ Libraries, added 235 new documents on-line (Updated: 03/18/21)
- FAQ's on-line with **1,843** FAQs 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: **10,391**)
- Polls
- Web Links, more than **8,016**, Added 74 New Links (Updated: 03/02/21)

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



VA health care referrals are getting easier than ever for Veterans

VA is using Referral Coordination Teams to simplify the process when a Veteran's health care provider refers them to another provider, whether in VA or in the community. "She called and made it easy."

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Complete the VFW's 2021 COVID-19 Health Survey

Last April the VFW tallied responses to our COVID-19 survey and used that data to advocate for veterans with Congress and VA. The VFW has developed a follow-up survey to evaluate your health care experiences, how your health care may have changed in the last 6 months, and your perceptions of your overall physical and mental health over the past 30 days. Your feedback is vital to our advocacy efforts and to compile a report on this important topic. Help the VFW hold VA and Congress accountable by taking this short survey regarding your experiences during the COVID-19 pandemic. [Take the survey.](#)



The women surgeons of Denver VA

Women surgeons make up 22 percent of all Denver VA surgeons, collectively providing care across 10 specialties for almost everything a Veteran patient would need from head to toe.

[Read More](#)



POW/MIA Flag to Fly Over White House Again

“As of today, April 9, the POW/MIA flag will, once again, fly over the White House,” said VVA National President John Rowan. “We are grateful to President Joe Biden for restoring the POW/MIA flag to its rightful place, where it is visible for the world to see. This flag symbolizes our Nation’s commitment to resolving the fates of those still listed as prisoner, missing, and unaccounted for from all conflicts.”

The POW/MIA flag had flown over the White House under the American flag since the 1990s. On June 14, 2020, Flag Day, Trump ordered the POW/MIA flag removed, despite having signed into law the National POW/MIA Flag Act on Nov. 7, 2019—a law that ensured the flag would forever be visible from all federal buildings, including the White House. President Biden chose April 9 as the appropriate day to restore the flag to its rightful place, as it is Former POW/MIA Day.

Created for the National League of Families of American Prisoners and Missing in Southeast Asia and officially recognized by the United States Congress, the POW/MIA flag stands for our Nation’s commitment to resolving, as fully as

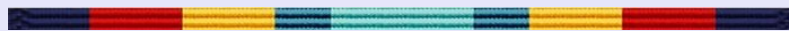
possible, the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia and elsewhere, thus ending the uncertainty for their families and the Nation.



Corpsman up! – Navy 'doc' reiterates importance of blood donations

Navy Hospital Corpsman 2nd Class Ashley Thompson not only advocates for the Armed Services Blood Program on a regular basis, she also participates whenever she can.

[Read More](#)



VA Mental Health Apps Can Help

The road to recovery starts with you. These apps provide tools to help you and the people in your life to support your well-being.

[Read More](#)



Joseph Demler: The Human Skeleton of World War II

World War II Veteran Joseph Demler became a Nazi prisoner of war and lived under miserable conditions. Even so, he remained positive throughout the experience.

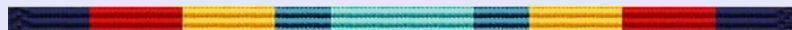
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Veteran's schedule COVID-19 vaccinations with VEText

Veteran Bruce Gardner was taken by surprise one day – in a good way: VA texted him asking if he'd like to be scheduled for a COVID vaccine at his local clinic in Colorado Springs. Within minutes of his reply, a second text arrived, inquiring about availability the following week. A few minutes later, a third text arrived.

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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 04/10/21)

1. HR 1014 - Furnish Hyperbaric Oxygen Therapy (HBOT) to a Veteran who has a Traumatic Brain Injury (TBI) or Post-Traumatic Stress Disorder (PTS)
2. HR 109 will establish an advisory committee on the implementation by the DVA of an electronic health record
3. Concurrent Receipt Legislation Introduced
4. Expand Concurrent Receipt
5. FRA and Others asks SecDef Not to Raise TRICARE Fees
6. H.R. 333, Disabled Veterans Tax Termination Act
7. H.R. 344, Support the Women Veterans TRUST Act
8. H.R. 914, the Dental Care for Veterans Act
9. Military Retiree Survivor Comfort Act
10. Oppose TRICARE fee Increases
11. S. 134/H.R. 637, the Veterans Economic

Recovery Act of 2021

12. S. 437, Take Action for Veterans Exposed to Burn Pits
13. S. 89, Ensuring Survivors Benefits during COVID-19 Act of 2021
14. STOP TRICARE Fee Increases
15. Support Bills to Expand Coverage for ChampVA and TRICARE Young Adults
16. Veterans Economic Recovery Act Introduced
17. Support Bipartisan Bill to Expanding COVID-19 Vaccine Access for Veterans and Families
18. H.R. 855, the Veterans Expedited TSA Screening (VETS) Safe Travel Act
19. HR 1355 and S 454. These companion bills will provide health care and benefits to Veterans who were exposed to toxic substances while serving as members of the Armed Forces at Karshi Khanabad Air Base, Uzbekistan.
20. Support Repeal of TRICARE Select Enrollment Fee
21. HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed
22. Please Support S. 344, the Major Richard Star Act
23. Support the Military Retiree Survivor Comfort Act

24. S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021

25. HR 109 Establish an Advisory Committee on Implementation by the DVA of an electronic health record

26. HR 2372 and S 952 will Provide for Presumption of Service Connection for certain diseases associated with exposure to toxins

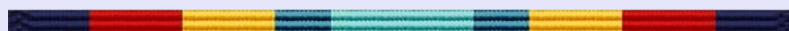
27. Please Ask you Senator to support S.952 the Warfighters Act



VA facility stores COVID-19 vaccine at ultra-low temperatures for use by Native Americans

The freezers, which are much larger than a standard household refrigerator, can each store about 40,000 vials. Every vial contains up to six doses of the vaccine. About 70,000 doses have been administered thus far.

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VA and NASDVA host listening session for women Veterans' care and concerns

The National Association of State Directors of Veterans Affairs (NASDVA) hosted an hourlong listening session earlier this month. In attendance were 12 women serving as state directors, commissioners or executives, the highest number in the organization's history.

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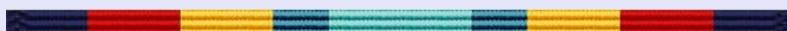


VA health care referrals are getting easier than ever for Veterans

VA is using Referral Coordination Teams to simplify the process when a Veteran's health care provider refers them to another provider, whether in VA or in the community. "She called and made it easy."

The post VA health care referrals are getting easier than ever for Veterans appeared first on Vantage Point.

[Read More](#)



Joining Forces Initiative Relunched

Last week, First Lady Jill Biden announced the priorities of the recently relaunched Joining Forces initiative. The focus will be on military spouse unemployment and underemployment, increasing access to health care, particularly mental health, and strengthening education for military children. "We must understand and account for the lifelong impact of service on military-connected children and ensure that children in veteran families, caregiving families and surviving families will also be included in the initiative's work," Biden said.

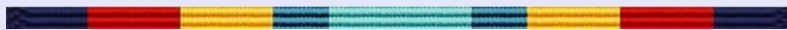
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Try Living in the Present

By learning ways to manage his PTSD symptoms and live in the present, Brian set a path toward a better future — for himself and his family.

[Read More](#)



**#VeteranOfTheDay Marine Corps Veteran
Dean Andrea**

Today's #VeteranOfTheDay is Marine Veteran Dean Andrea, who served as a captain during the Vietnam War and became a basketball coach.

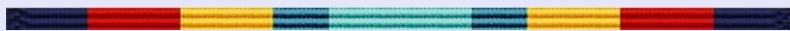
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#VeteranOfTheDay Marine Corps Veteran Shannon Teague

During Social Work Month, today's #VeteranOfTheDay is Marine Corps Veteran Shannon Teague, who served from 200-2004 and is now a VA social worker. Shannon Teague was born into a family of Veterans. Her father and grandfather both served in the Marine Corps before her.

[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



**New survey shows Veterans are optimistic
about homebuying, finances in 2021**

Guest post: After a booming home market in 2020, a new survey shows that Veterans are optimistic about homebuying and finances in 2021.

[Read More](#)



**#VeteranOfTheDay Navy Veteran Grace
Murray Hopper**

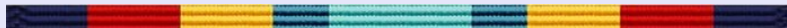
During Women's History Month, today's #VeteranOfTheDay is Navy Veteran Grace Murray Hopper, who was a mathematician and computer pioneer.

[Read More](#)



COVID-19 Funeral Expense Reimbursement

Due to the American Rescue Plan Act and other COVID-19-related legislation recently passed into law, FEMA will be able to provide financial assistance for COVID-19-related funeral expenses acquired after Jan. 20, 2020. Although applications are not yet being accepted FEMA anticipates beginning later this month and is working on establishing a toll-free phone number for applying for assistance. People who have incurred COVID-19-related funeral expenses are being advised to keep and gather documents, like an official death certificate that shows the death is COVID-19 related and funeral expense documents. FEMA will also need proof of funds received from other sources such as VA, to determine the amount of your benefit. BEWARE of scammers – FEMA will not contact people prior to them registering for assistance. [Learn more.](#)



**Live Whole Health #66: Lower body chair
yoga practice**

You may think of yoga as a practice only done by the young and flexible, but all of us can do it. After a recent knee surgery, I was unable to get around without crutches, but I was still able to do breathing practices, meditate, and even some yoga postures in a chair.

[Read More](#)



Keep Your Mental Health Appointments

You can keep your appointments — even while physically distancing — with VA video and phone telemental health options.

[Read More](#)



Improving Reproductive Health for Women with PTSD

Women's History Month is a time to reflect on the honor and service of women in the military. For generations, women paved the way for those who followed. We celebrate those gains as more women serve today than ever before.

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Why I get my health care at VA: Ken

National Guard Veteran Ken knows VA – he was a doctor there prior to his deployment. When he was injured in Iraq, he skipped private health care, and instead chose to trust his care to VA.

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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](#)

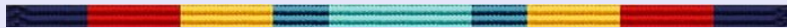
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[{USAVET} SUPPORTING GOD & ALL WHO
SERVED OUR GREAT NATION](#)

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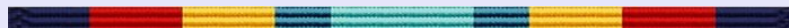
New ID Card for Retirees

The Department of Defense is abandoning the flimsy laminated paper-based ID cards for military retirees and dependents in favor of an all-new card system called the Next Generation Uniform Services Identification Card. This represents the first ID update for retirees since 1993, and will be more durable while more closely resembling the Common Access Cards, or CACs, used by active-duty troops and DoD civilians. These new ID cards are already in circulation. The military began issuing them to retirees, reservists and dependent military family members on July 31, 2020 at a few ID card facilities. "The new USID cards are enhanced with

an updated design and security features to deter counterfeiting and fraud," said Michael Sorrento, director of the Defense Manpower Data Center. All DoD USID card facilities were supposed to be set to offer the IDs by December 2020, according to the DoD release. The complete transition to new USID cards is targeted for Jan. 2026.

This transition does not affect current card expiration dates and does not change the populations who are eligible to get the current USID cards. More than 200,000 new cards have been issued as of Feb. 28, 2021.

For more information on this topic [go online](#).



Veterans unable to work due to service-connected disability can qualify for independent living assistance

Eligible Veterans can qualify for independent living services through the Independent Living track through VA's Veteran Readiness and Employment benefit program.

[Read More](#)



COPD rehabilitation in Veterans' homes bolstered by VA Video Connect

Louisiana Veterans with COPD can now receive pulmonary rehabilitation treatment in their homes with VA's Video Connect. Mary Labiche and Zina White started the program and hold weekly sessions.

[Read More](#)



VA believes in survivors of military sexual trauma

It can be very healing for survivors of any kind of trauma to feel heard, validated and supported as they recover. This can be especially true for survivors of military sexual trauma (MST), many of whom may be suffering alone – feeling ashamed, disconnected or unable to talk with anyone about their experience. That's why, during Sexual Assault Awareness Month this April, VA's message to MST survivors is this: We believe you – and we believe in you.

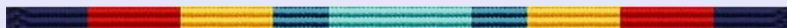
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Support a Veteran

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.

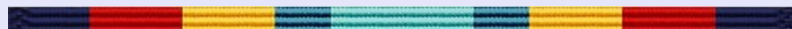
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Army National Guard Veteran Aubrey: Why I get my health care at VA

Aubrey served in the National Guard from 2002 to 2005. She deployed to Afghanistan, where she sustained a serious injury. We caught up with her at a previous National Disabled Veterans Winter Sports Clinic organized by VA and DAV.

[Read More](#)



Sign Up For COVID-19 Vaccine at VA

Veterans, spouses, caregivers, or CHAMPVA recipients need to [sign up](#) to let VA know you would like to receive a COVID-19 vaccine. Once signed up, you will be contacted by VA as soon as a vaccine is available for you. Be advised that availability will differ by location. VA encourages everyone to take the first opportunity you have to receive the vaccine.



Review of Community-Based Outpatient Clinics Closed Due to the COVID-19 Pandemic

The VA Office of Inspector General (OIG) reviewed community-based outpatient clinic (CBOC) closures that occurred due to the COVID-19 pandemic to

evaluate the impact on patient care. The OIG virtually interviewed Veterans Health Administration (VHA) staff at 140 facilities that oversaw the 1,031 CBOCs that were operational prior to the World Health Organization's pandemic declaration. Of these CBOCs, 173 were closed to face-to-face visits on or after February 1, 2020. Reasons for closure fell into four categories including (a) safety of patients and staff, (b) need for consolidation of resources, (c) lack of staff and personal protective equipment, and (d) small size of CBOC or proximity to other CBOCs or facilities. Clinicians of closed CBOCs triaged patients care needs and provided care options. The four most reported options used were telephone visit, VA Video Connect, rescheduled appointment for a later date, or an outpatient visit at the parent facility. Based on survey responses and interviews with facility leaders, the OIG concluded that, generally, patient care needs were not interrupted.

Facility personnel frequently noted several impacts of the COVID-19 pandemic on CBOC operations:

- Patient trust scores increased on the Veteran Signals survey.
- Patients voiced appreciation of available care options.

- Virtual care visits increased, which may positively affect patient access long-term.
- Process changes such as drive-through testing and care services for pharmacy, laboratory, immunizations, prosthetics, and audiology were implemented.

Other responses identified challenges encountered implementing virtual care and mitigating risk of patient and staff exposure to COVID-19, including problems with bandwidth and technical issues when using VA Video Connect at rural sites and limitations in housekeeping resources.

Insights gained and shared related to CBOC closures can provide valuable information for VHA to incorporate into contingency planning for future emergencies and facilitate long term changes in care delivery. The OIG made no recommendations.



AARP's free financial workbook helps Veterans and military caregivers plan future

AARP's free Financial Workbook for Veteran and Military Caregivers can help you get organized and take control of your future. It is designed to help manage the complex responsibilities of caregiving.

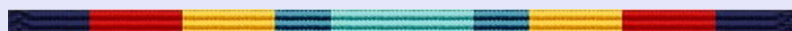
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VA Winterhaven Stand Down saved by generous support from community partners

For 26 years, the Washington DC Veterans Affairs Medical Center (DC VAMC) has opened its doors to Veterans experiencing or at risk of homelessness for the annual Winterhaven Homeless Veterans Stand Down.

[Read More](#)



Every Veteran, spouse and caregiver in America eligible for COVID-19 vaccine

About six million enrolled Veterans use VA health care, and VA has successfully given at least one dose of COVID-19 vaccine to more than two million of those Veterans, with more getting vaccinated every day. But there's still more to do: VA will vaccinate every Veteran and spouse and caregiver.

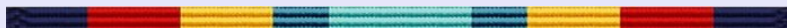
[Read More](#)



Get Ready for Retirement

Retirement can be a rewarding and fulfilling chapter in life, but it may also have unexpected downsides when it comes to mental health. A healthy lifestyle can help improve your overall well-being in your later years.

[Read More](#)



VA extends debt relief for Veterans

VA is extending debt relief for Veterans through September 30, 2021, due to the COVID-19 pandemic. VA will suspend collection of all Veteran benefit overpayments incurred between April 6, 2020, and September 30, 2021. No adverse actions or collection attempts will occur during this suspension period.

[Read More](#)



DPAA Remembrance Ceremonies

Last week, the Defense POW/MIA Accounting Agency hosted three remembrance ceremonies in three locations across the globe. The ceremonies marked the 20th anniversary of the April 7, 2001, helicopter accident that killed seven U.S. service members and nine Vietnamese service members while on a DPAA recovery mission in Vietnam. The ceremonies were held in Vietnam at the memorial site for the accident, in the POW/MIA Corridor at the Pentagon, and on the Heroes' Green at the DPAA facility in Hawaii. DPAA's sacred mission is not without risk and the VFW honors these amazing people who do this important work. [Learn more.](#)



Legal Help for Veterans: How the Laws Changed for VA Disability

The path to VA disability benefits can often be challenging. If you're facing the long path to benefits, you might be asking:

Should I hire a VA disability attorney?

While the answer isn't always simple, there are some factors you should consider before seeking legal help. We're here to help you make the best choice for your claim, no matter where you are in the process.

The ability of veterans to hire attorneys for their benefits claims hasn't always been straightforward. In fact, the history of disability attorneys dates back to Abraham Lincoln. In 1865, Lincoln signed a bill that allowed attorneys to help veterans process claims for \$5. The government raised that rate to \$10 in 1875.

And the rate remained the same for the next 125 years.

According to the law, attorneys could go to jail if they charged more than \$10 to assist a veteran with their claim. So, as you can imagine, this meant that

attorneys typically didn't represent veterans. While a 1988 law allowed attorneys to represent veterans before the BVA decision, a 2006 act took this a step further.

As of June 2007, attorneys could represent veterans in an appeal much earlier in the process and for a reasonable fee. Specifically, veterans could hire attorneys after they file the Notice of Disagreement. Before we continue, we recommend watching our short clip below where Attorney Matthew Hill talks about when to hire a lawyer for your VA claim.

Source: Hill & Ponton



**Live Whole Health #66: Lower body chair
yoga practice**

You may think of yoga as a practice only done by the young and flexible, but all of us can do it. After a recent knee surgery, I was unable to get around without crutches, but I was still able to do breathing practices, meditate, and even do some yoga postures in a chair.

[Read More](#)



VA Chief of Staff: Standing on the shoulders of women Veteran pioneers

I felt great pride when Secretary McDonough swore me in as VA chief of staff during this year's Women's History Month.

[Read More](#)



VA and NASDVA host listening session for women Veterans' care and concerns

The National Association of State Directors of Veterans Affairs (NASDVA) hosted an hourlong listening session earlier this month. In attendance were 12 women serving as state directors, commissioners or executives, the highest number in the organization's history.

[Read More](#)



Get Help

No matter what you are experiencing, there is support available. Use the tools below to find the resources for Veterans near you.

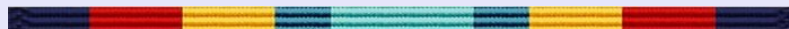
[Read More](#)



All Veterans, their spouses, caregivers can get COVID-19 vaccinations from VA

All Veterans, their spouses and caregivers can get COVID-19 vaccinations from VA under the SAVE LIVES Act signed into law March 24. Covered individuals can receive a vaccine from VA due to the ongoing COVID-19 public health emergency.

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#VeteranOfTheDay Army Veteran Diane Carlson Evans

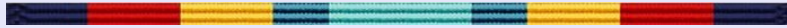
During Women's History Month, today's #VeteranOfTheDay is Army Veteran Diane Carlson, who served as a nurse during the Vietnam War. Diane Carlson Evans was born and raised in the small, rural farming town of Buffalo, Minnesota. Evans' family inspired her to join the military. Her aunt served in the Women Army Corps during World War II, her oldest brother joined the Army and her other brother served in Vietnam.

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Gold Star spouses eligible for special VA benefits

Gold Star Spouses are never forgotten. VA provides a variety of benefits that can help them navigate life after losing their spouse.

[Read More](#)



The future of STEM is Women Veterans

Women Veterans continue to make positive strides in education, career and entrepreneurship, with many turning to STEM fields for their career choices.

[Read More](#)



#VeteranOfTheDay Navy Veteran Grace Murray Hopper

Grace Murray Hopper was born in New York City in 1906. In 1928, she graduated from Vassar College with bachelor's degrees in mathematics and physics. In 1930, Hopper attended Yale University and received a master's degree in mathematics. She received her doctorate in mathematics and mathematical physics from Yale in 1934.

[Read More](#)



Videos: How patient education promotes VA's life-sustaining treatments

Veterans have the right to plan for their VA health care. Having discussions with your care team about your care preferences is important in case you lose the ability to communicate your preferences during a future care event.

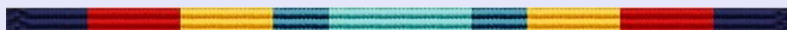
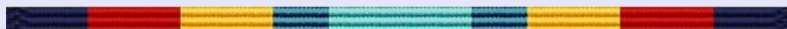
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Virtual events to honor National Former POW Recognition Day

April 9th is National Former POW Recognition Day, which remembers the 1942 surrender and beginning of the 85-mile Bataan Death March where thousands of American and Filipino troops died.

[Read More](#)



#VeteranOfTheDay Army Veteran Ramon Padilla Munguia

Today's #VeteranOfTheDay is Army Veteran Ramon Padilla Munguia, who served in Operation Iraqi Freedom and Operation Enduring Freedom.

[Read More](#)



Children's well-being contributes immeasurable to force readiness

Military service members are not the only ones serving their country.

[Read More](#)



VA Chief of Staff: Standing on the shoulders of women Veteran pioneers

I felt great pride when Secretary McDonough swore me in as VA chief of staff during this year's Women's History Month. It's been a little over a century since the 19th Amendment was ratified, granting American women the right to vote. Vice President Kamala Harris took her oath in January making her the first woman – and the first woman of color – to hold the second highest office in our country. And during the inauguration, Amanda Gorman – a remarkable young woman and poet – reminded us that "being American is more than a pride / we inherit, / it's the past we step into / and how we repair it."

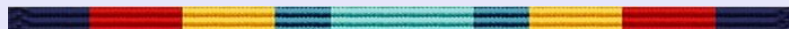
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**Register for April 15 Webinar on TRICARE
For Life**

Will you soon be eligible for Medicare and TRICARE For Life (TFL) coverage? If yes, be sure to join the TRICARE webinar, "TRICARE For Life: Coverage Basics, Eligibility, and Costs," on April 15, from 1 to 2 p.m. ET to learn important information on how TFL works. The webinar will include a presentation and Q&A. You must register if you want to participate.

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



**An update on the NIH BRAIN Initiative and
on the NIDCD's January advisory council
meeting**

When it comes to the BRAIN Initiative, there is a lot to be excited about—a new director, an array of transformative advances, and the start of a new phase. In this director's message, I describe this groundbreaking NIH program, which offers opportunities for support for the NIDCD neuroscience community. I have also provided a brief summary of topics discussed at our most recent National Deafness and Other Communication Disorders (NDCD) Advisory Council Meeting in January.

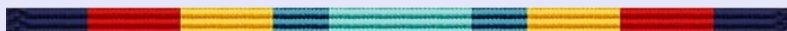
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Solar Ready Vets Network looking for transitioning service members and Veterans

Harnessing the power of the sun can dispel even the gloomiest economic outlook. That can lead to a bright career in clean energy for transitioning service members and Veterans, says Solar Ready Vets. The solar industry ranks as one of the fastest-growing sectors in the U.S. economy, due to federal policies, technological innovations, competitive installation costs, and increasing demand from the private and public sectors for clean electricity.

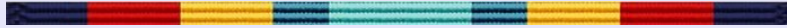
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1. [Development of Abbreviated New Drug Applications During the COVID-19 Pandemic – Questions and Answers Guidance for Industry](#)
2. [A-S Medication Solutions Issues Voluntary Nationwide Recall of Acetaminophen Extra Strength Tablets Contained in Health Essentials Kits Due to Mislabeling](#)

3. HI-TECH Pharmaceuticals Issues Allergy Alert on Various APS Isomorph 28 Products and iFORCE Nutrition Mass Gainz Dietary Supplements Due to Possible Undeclared Milk, Eggs, Wheat and Soy
4. FDA Drug Shortages
5. FDA Releases Investigation Report Following Fall 2020 Outbreak of E. coli O157:H7 Illnesses Linked to Leafy Greens
6. Coronavirus (COVID-19) Update: April 6, 2021
7. Coronavirus (COVID-19) Update: FDA Issues Emergency Use Authorization for the Symbiotica COVID-19 Self-Collected Antibody Test System
8. QMART Issues Voluntary Nationwide Recall of IMPERIAL Gold 2000, PremierZEN Extreme 3000, BURRO en PRIMAVERA 60000 & IMPERIAL Platinum 2000 Due to Presence of Undeclared Sildenafil and/or Tadalafil
9. Glutenui Bakery Issues Allergy Alert on Undeclared Milk in Goji Berries and Chocolate Cookies
10. FDA Releases Action Plan for Reducing Exposure to Toxic Elements from Foods for Babies, Young Children
11. Yolo Studio Issues Voluntary Nationwide Recall of PremierZEN Extreme 3000, PremierZEN Black 5000, & Triple SupremeZEN Plus 3500 Due to the Presence of Undeclared Tadalafil

12. COVID-19 Frequently Asked Questions



The magic that therapy dogs bring to Veterans

Army Veteran Cheryl Bann has seen first-hand the joy her therapy dog, Wilson, brings to Veterans at the Minneapolis VA Medical Center. Learn more about what the team does through VA's partnership with @petsforhealth.

[Read More](#)



Occupational Therapy Month highlights pros who give everyday help

April is Occupational Therapy Month, a chance to highlight a profession that helps people to accomplish the everyday tasks they need to do through the therapeutic use of daily activities.

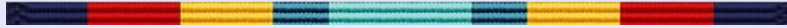
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The future of STEM is Women Veterans

According to the Department of Labor (DOL), there are almost two million women Veterans living in the United States. Women Veterans continue to make positive strides in education, career and entrepreneurship, with many turning to Science, Technology, Engineering and Math (STEM) fields for their career choices.

[Read More](#)



NIAID Begins Study of Allergic Reactions to Moderna, Pfizer-BioNTech COVID-19 Vaccines

A clinical trial is underway to determine whether people who are highly allergic or have a mast cell disorder are at increased risk for an immediate, systemic allergic reaction to the Moderna or Pfizer-BioNTech COVID-19 vaccines. A systemic allergic reaction to a vaccine occurs in one or more parts of the body beyond the injection site. If such an allergic reaction occurs in study participants, investigators will assess whether the reactions are more frequent in participants who are highly allergic or have a mast cell disorder than in participants with no allergic history. In addition, investigators will examine the biological mechanism behind the reactions and whether a genetic pattern or other factors can predict who is at most risk. Volunteers will be considered highly allergic if they previously had an allergic reaction related to food, insect stings or allergen immunotherapy that required treatment with epinephrine; or previously had immediate allergic reactions to a vaccine or to one or more drugs.

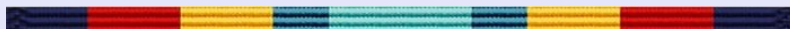
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Army Veteran a champion for health and research

Army Veteran Keisha Bellamy begins each day with a cup of coffee, opens her laptop and logs in to Zoom. She facilitates a six-week course on healthy living for Veterans, and on one particular morning, one woman in the group was struggling. The Veteran lives with post-traumatic stress disorder, and was feeling defensive, disrupting the group conversation.

[Read More](#)



Celebrating Autism Acceptance Month

To develop the Autism Acceptance Month this April, we have created a number of autism-related resources and information about events around the State! To develop the Autism Acceptance Month this April, we have created a number of autism-related resources and information about events around the State! A number of Zoom backgrounds and autism fact cards for social media were developed for use by all IIACC members for their own needs and to share with the wider community.

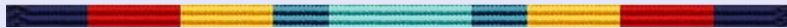
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If you received this newsletter as a courtesy or a forward from a friend or relative, you can sign up to receive in your E-mail every week.



CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER!



How to get a virtual hearing at the BVA

The Board of Veterans' Appeals (BVA) has held over 13,000 virtual tele-hearings. If you're waiting on an appeal decision, here's how to get one.

[Read More](#)



Dietetic interns train to better beneficiaries' nutrition, health

Registered dietitians, exercise therapists and other team members in the Nutrition Services Department (NSD) at Walter Reed National Military Medical Center, assist patients and staff in making informed food choices and developing healthy eating and physical activity habits.

[Read More](#)



Veteran women get a little love and a mammogram

Breast cancer diagnoses have dropped by more than 50% since the spring of 2020. That's not necessarily a good thing. Early in the pandemic, hospitals and community screening facilities closed. Many women had their routine mammograms postponed or canceled unless symptoms of cancer were present.

[Read More](#)



Beware of Tax Refund Theft

Did you know that Veterans and service members are more likely to be the target of online scams than civilians? This tax season be on the lookout for scammers, who use identity theft, impostor scams, and other deceptions, to commit fraud. Find out how to keep your information and money safe from scammers!

[Read More](#)



VHA IE Trailblazer: Dr. George Akingba is leveraging VA's Innovation Networks to improve surgical care

Dr. Ajibola Akingba is this month's VHA IE Trailblazer. When it comes to helping Veterans, he is always looking to push past the norm.

[Read More](#)



COVID-19 vaccine: I'm young and healthy. Do I need the vaccine?

Your COVID-19 questions answered. VA is listening to your questions about the COVID-19 vaccine and hosting a blog series on questions from Veterans. Tell us what you think.

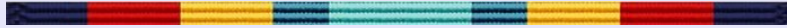
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Borne the Battle #236: Navy SEAL Veteran Mikal Vega, Actor, Founder of Vital Warrior

Mikal Vega is a SEAL, an accomplished actor, Kundalini Yoga teacher and founder of the nonprofit, Vital Warrior. He discusses the struggle of military transition, treating his PTSD without the use of pharmaceuticals, discovering alternative therapies, and founding a nonprofit with the goal of sharing what he has learned.

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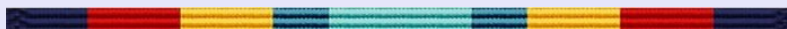


Blood donation could earn Indy 500 trip or \$1000 gift card from Red Cross

Those who give blood or platelets now through April 15th will automatically be entered to win a VIP trip for four to the 2022 Indianapolis 500®.

The Red Cross will also automatically enter all who come to give in April for a chance to win one of five \$1,000 e-gift cards to a merchant of choice.

[Read More](#)



Compare Colleges with VA

Planning to use your [GI Bill benefits](#) to fund your education? The GI Bill Comparison Tool can help you find the right school for you. The tool provides an estimate of your GI Bill benefits as well as information about each college's value and affordability.

[Read More](#)

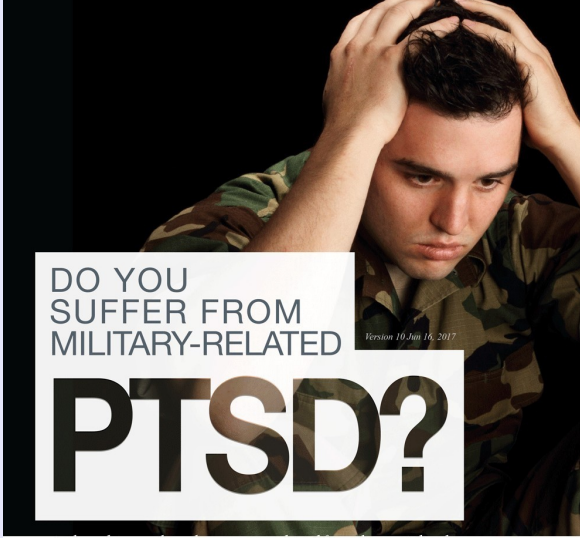


Online group therapy keeps Veterans connected

Virtual group therapy sessions help Veterans improve their mental health and well-being. Created by the VA CONNECT team, the program helps Veterans cope with the unique pandemic stressors.

[Read More](#)





DO YOU
SUFFER FROM
MILITARY-RELATED
PTSD?

Version 10 Jan 16, 2017

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



Gardening can lead to healthier lives

Research has shown that those who garden seem to have lower levels of stress, lower levels of chronic inflammation, which can lower risk for heart disease and other chronic conditions.

[Read More](#)



Military children qualify for a variety of VA benefits

Every April, the nation celebrates the Month of the Military Child. Dependents and surviving children of Veterans and service members may qualify for life insurance, education services and health care.

[Read More](#)



COVID-19 Vaccine: You Asked, We Answered – Part II

VA is listening to your questions about the COVID-19 vaccine. This blog series answers questions from Veterans. This entry is the second in a two-part series.

[Read More](#)



Faces of InnoVAtion: Kwynn Mason and Emily Hood

Faces of InnoVAtion is a regular series from the VHA IE focusing on VA employees who are working to change and save Veteran lives through innovation.

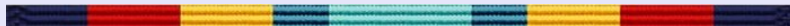
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Enhance Your VA Pension

If you receive a VA pension and require help with daily activities, or if you're housebound, you may be eligible for additional monthly payments. VA Aid and Attendance or Housebound benefits can help you pay for in-home care, assisted living, or a nursing home. Learn if you qualify and how to apply.

[Read More](#)



Advance your nursing career with financial support from VA

For Debbie Sommer, being a VA nurse has paid off, both personally and professionally. Throughout nursing school, Sommer always knew she wanted to work at VA. She happily realized that goal in 1999, when the Miami VA Healthcare System hired her as a registered nurse (RN) for its spinal cord injury (SCI) unit. With a National Nursing Education Initiative (NNEI) scholarship and mentor support from VA, Sommer, who graduated with an associate's degree in nursing, set out to advance her education and career. Two NNEI scholarships later, she had earned a Master of Science in nursing and now works as ...

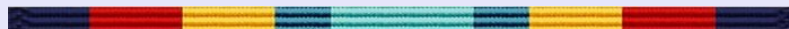
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Jackson VA receives braille flag

Blinded Veterans Association of Louisiana/Mississippi presented Jackson VA medical center with a Bronze Raised Relief Braille Flag. It honors World War II heroes of the Blinded Veterans Association.

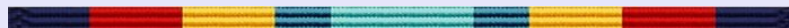
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Navy Veteran Mikal Vega is an accomplished actor and nonprofit founder.

Vega discusses his military career, decision to come home for family, the rewards of finding a purpose in creative pursuits, finding alternative methods to alleviate his PTSD without pharmaceuticals and helping others heal.

[Read More](#)

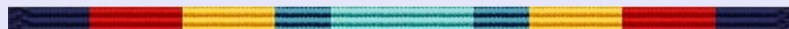


Improving Reproductive Health for Women with PTSD

PTSD affects many areas of a woman's life, including relationships, work, sleep and even reproductive health. Dr. Yael Nillni, a researcher with VA's National Center for PTSD, devotes her career to improving the lives of other women. Her work centers around understanding how trauma and PTSD affect both civilian and Veteran women.

Read about Dr. Yael Nillni's research and how it impacts women.

[Read More](#)



Virtual Veterans Experience Action Centers helps thousands

Virtual Veterans Experience Action Centers (V-VEACs) help improve outcomes for Veterans across the nation as a one-stop resource.

[Read More](#)



Tax & Credit Information



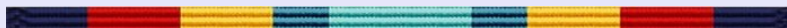
1. IRS YouTube channels have helpful videos on a variety of tax topics
2. IRS to recalculate taxes on unemployment benefits; refunds to start in May
3. More IRS materials and resources are now available in multiple languages
4. IRS, Treasury disburse more Economic Impact Payments under the American Rescue Plan; total tops 130 million with more to come
5. IRS provides guidance for employers claiming the Employee Retention Credit for first two quarters of 2021
6. Join the Taxpayer Advocacy Panel and help improve the IRS; apply by May 14
7. University students and staff should be aware of IRS impersonation email scam
8. IRS letters explain why some 2020 Recovery Rebate Credits are different than expected
9. IRS has refunds totaling \$1.3 billion for people who have not filed a 2017 federal income tax return
10. IRS issuing third Economic Impact Payments to non-filers and most federal beneficiaries



Veteran able to virtually attend son's funeral

Marine Veteran Jessie Barnes Sr. lost his son, Army Veteran Jessie Barnes Jr. A nursing home resident, he was not able to attend the funeral so the VA staff arranged for him to attend virtually.

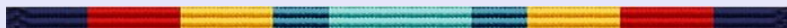
[Read More](#)



MST Survivors: VA Believes You — and VA Believes in You

April is Sexual Assault Awareness Month. This month and year-round, VA reminds Veterans and their supporters of our many resources to support the recovery of military sexual trauma (MST) survivors. Learn more about MST and VA's unique MST resources.

[Read More](#)



For Veterans with PTSD, pandemic 'feels a lot like wartime'

Dr. Anica Pless Kaiser from the Center's Behavioral Health Science Division talks with NBC about the effects of the pandemic on Veterans.

[Read More](#)



Watch VA Benefits News

Starting this month, watch the new VA Benefits News on YouTube! Each month, our senior leaders will discuss initiatives and updates to benefits and services that directly impact you and your family. Stay in-the-know with VBA by subscribing online today!

[Read More](#)



Pregnancy Check-Ups

Healthy Start for Mom and Baby

There are many things to do to do before a baby arrives. One of the most important is to see your doctor.

[Read More](#)



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

Navy Seaman 2nd Class Howard S. Magers, 18, of Merry Oaks, Kentucky, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Magers. He will be buried on May 29, 2021, in Smith's Grove, Kentucky. [Read about Magers.](#)

Navy Mess Attendant 1st Class Octavius

Mabine, 21, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Mabine. Interment Services are pending. [Read about Mabine.](#)



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