



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, May 16, 2021

Volume 12, Issue 20



This-N-That

Good evening Jim,

Well, some good news I think, not sure how well it will work, nor how quickly, but BVA will readjudicate all previously denied BWN claims as applied in *Nehmer vs. U.S. Department of Veterans Affairs*.

For more information on how this will apply to you directly, I recommend contacting your Veteran Service Officer, and if you don't have one, then contact the state or county Veteran Service Officer for assistance.

There are I think three different notices in this newsletter, all from different sources, so I would also recommend reading them all.

Family caregivers have also been somewhat ignored for a long time now, and there is legislation pending that we need your assistance in getting passed. Some caregivers get a stipend, others do not, and this legislation will help correct that, in addition to providing relief for caregivers.

I know how critical this is first hand as I was and am again a caregiver. First for my dad which was 24/7 and at the end of four days I was so exhausted I didn't think I could last a minute longer, by day six all I know is I had engrained into my head what needed to be done when a certain alarm would go off and the entire time I was sleeping on the floor next to his bed so I could act or react in seconds.

And I know many people who have or had it worse. While mine only lasted just barely 7 days, many others are going months, even years. Caregivers do need our help and our support. And if you know someone who is a caregiver, even simple kind words via a text message or leaving a voice message even sending an E-Mail can mean the world to them!

But more, much more is needed and with your help in supporting that legislation is what is truly needed right now!

Legislation is coming up Monday to be voted on, HR-711 which deals with amending the VA Land Leasing of VA property to outside businesses, etc.

I am not personally knowledgeable of the contents of this piece of legislation, but me personally am against anything to do with VA Land and civilian businesses especially when our homeless Veteran crisis is still not being dealt with, and leasing of VA land like this pushes them further to the rear of the line.

Those of you who have been with us for many years I'm sure remember our reporting of the weekly protest for many months at the West LA VAMC, the UCLA Lawsuit, etc. and they've still not fulfilled their promises.

This is just one of many reasons I'm opposed to HR-711, but if anyone knows more about this legislation, could you please drop me an E-Mail and tell me anything you can.

We've not needed anyone for a long time when it

comes to FMA, but once again we're in need of someone who specialized in FMA services and benefits for a Veteran, ASAP. Please do contact me via E-Mail if you'd be so kind enough to assist.

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.

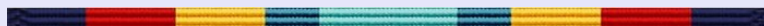
On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Respectfully,

Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org



SkillBridge program prepares medics, corpsmen for VA careers

David Renfro of the VA Palo Alto Health Care System discusses how military medics and corpsmen can complete residencies at VA through

SkillBridge.

[Read More](#)



#VeteranOfTheDay Army Veteran Deloris Ruddock

Today's #VeteranOfTheDay is Army Veteran Deloris Ruddock, who served in the 6888th Central Postal Directory Battalion during World War II.

[Read More](#)



SASC-P Discusses FY2022 DoD Personnel Budget

Despite that the Biden Administration has not released a FY2022 budget proposal, the Senate Armed Services Personnel Subcommittee held a hearing on Defense personnel programs. There was extensive discussion about pulling sexual assault cases from the chain of command and concerns about the lack of data on domestic abuse.

In addition, there was discussion about the need for adequate end strength for the services as well as the problem of active-duty suicide.

The EPA submitted a statement for the record in

The FRA submitted a statement for the record in conjunction with this hearing. The statement explains FRA's opposition to more TRICARE fee increases, the need to expand concurrent receipt, and the need for an increase in accountability of military privatized housing companies. In addition, the statement also recommends adequate active duty pay increase, improved BAH and USFSPA reform. To see a copy of the statement, [go online](#).



Blue Water Navy - Nehmer

The Department of Veterans Affairs (VA) announced it will readjudicate claims for Veterans who served in the offshore waters of the Republic of Vietnam during the Vietnam War.

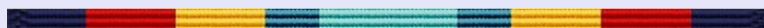
This review is part of the Veterans Benefits Administration's implementation of the November 5, 2020, U.S. District Court of the Northern District of California decision to readjudicate previously denied claims as applied in *Nehmer vs. U.S. Department of Veterans Affairs*.

Veterans who were previously denied service connection for an herbicide related presumptive condition due to lack of in-country Vietnam service will automatically have their claims readjudicated.

Readjudication means VA will review the evidence of record and provide replacement decisions in the cases of Veterans who were previously denied service connection for one or more herbicide related conditions on the basis that military service was not performed on the landmass of the Republic of Vietnam or on its inland waterways. This review will also apply to eligible survivors of deceased Vietnam era Veterans. VA is dedicated to ensuring all Veterans receive the benefits they have earned.

VA ensures that we have the proper resources in place to meet the needs of the Veteran community. Eligible survivors of deceased Veterans may also benefit from the policy and may be eligible for benefits based on the Veterans' service.

Veterans who have a condition caused by herbicide exposure during military service can learn more about Agent Orange exposure at this [website](#).

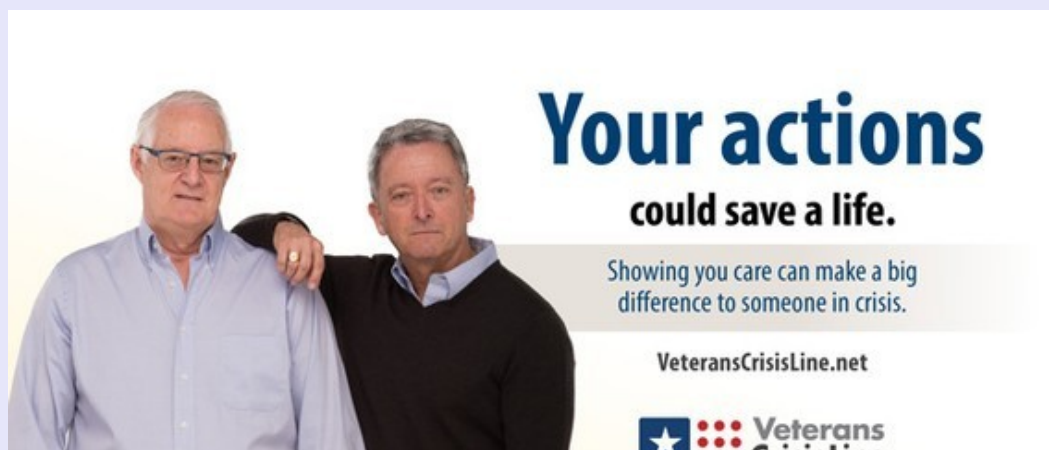
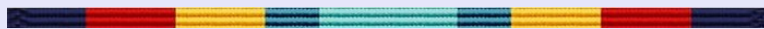


Military Veterans Advocacy

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_due


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



Your actions
could save a life.

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

VeteransCrisisLine.net

 Veterans
Crisis Line



Endoscopy services now available at Missouri VA Clinic

VA in Arkansas has begun endoscopy services at an outpatient clinic in Springfield, Missouri. Southwest area of Missouri has a large Veteran community and "they desperately needed this clinic."

[Read More](#)



Fresh Focus #25: National Nutrition Month

March is a special time of year where Dietitians (RD) spend an entire month talking about food. That is right 31 days of pure food bliss.

[Read More](#)



News Flash



VA to readjudicate Veteran and survivor claims for possible herbicide exposure

WASHINGTON — Veterans who were previously denied service connection for an herbicide-related

denied service connection for an herbicide related presumptive condition due to lack of in-country Vietnam service will have their claims automatically readjudicated by VA.

The department began readjudicating claims in April for Veterans who served in the offshore waters of the Republic of Vietnam during the Vietnam War but were denied for one or more herbicide related conditions, on the basis that military service was not performed on the land mass of the Republic of Vietnam or on its inland waterways.

“Readjudication means VA will review the evidence of record and provide replacement decisions in the cases of Veterans who were previously denied service connection benefits,” said Acting VA Under Secretary for Benefits Thomas Murphy. “We have the proper resources in place to meet the needs of our Veteran community and will ensure all eligible Veterans’ and their survivors’ claims are examined thoroughly and fairly.”

The review also applies to eligible survivors of deceased Vietnam-era Veterans and is part of the Veterans Benefits Administration’s implementation of the Nov. 5, 2020, U.S. District Court for the Northern District of California order in *Nehmer vs. U.S. Department of Veterans Affairs*, requiring VA

U.S. Department of Veterans Affairs, requiring VA to readjudicate previously denied claims. VA will determine if benefits for qualifying disabilities can now be paid retroactively to the date of previously denied claims.

The court's decision requires automatic readjudication in such cases without requiring a new claim, and potentially paying benefits to the survivors or estates of deceased beneficiaries. More information is available regarding VA disability benefits based on Agent Orange exposure.

[Source](#)



SVAC Reviews Disability Claims Process

The Senate Veterans Affairs Committee (SVAC) held a hearing to discuss and review the disability claims process at the Department of Veterans Affairs (VA). The hearing focused on claims processing during and after the COVID-19 pandemic. The SVAC also discussed the challenges the pandemic posed to the Veterans Benefits Administration (VBA), lessons learned, and efforts to make the disability compensation claims process more Veteran focused.

At the hearing, the VA announced the centralization

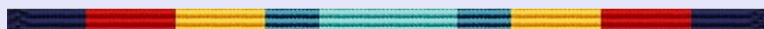
At the hearing, the VA announced the centralization of all military sexual trauma (MST) claims through five regional offices to help improve accuracy in claims decisions and better support survivors. There was discussion of lowering the evidentiary standards for MST claims, ensuring Veterans have direct contact information for their local MST coordinator, in VBA and VHA, and that they are made aware of the medical benefits that might be available to them.



3 Reasons Why You Should Get the COVID-19 Vaccine

Last month, every adult in the U.S. became eligible to get a COVID-19 vaccine. We've missed special moments of togetherness during the national response to COVID-19. But vaccination and other precautions offers the best path towards safely returning to normal life.

[Read More](#)



VA nurse's journey to treat his fellow Veterans

During nursing school, Matt Mason felt a connection with his fellow Veterans. He began volunteering and

with his fellow veterans. He began volunteering and became a VA nurse. "After experience as a patient and volunteer, I knew this is where I wanted to be."

[Read More](#)



Links to Other Stories

1. [Maryland Woman Sentenced to Prison for Defrauding Medicaid Program Out of Hundreds of Thousands of Dollars](#)
2. [AlixRx LLC agrees to pay \\$2.75](#)

million
to
resolve
allegations
that
it
improperly
dispensed
controlled
substances
at
long-
term
care
facilities

3. Dubuque
Care
Facility's
Owner
Agrees
to
Repay
Federal
Medicaid
Funds
to
Resolve
Allegations
Relating
to
COVID-
19
Screening
Procedures

4. University
of
Miami
to
Pay
\$22
Million
to
Settle
Claims
Involving
Medically
Unnecessary
Laboratory
Tests
and
Fraudulent
Billing
Practices

5. Former
Whitesville
Pharmacy
to
Pay
Civil
Monetary
Penalties
to
Resolve
Alleged
Violations
of
the
Controlled

Substances Act

6. Doctor
Charged
with
Illegally
Distributing
Opioids,
Defrauding
Health
Care
Benefit
Programs
7. Physician
Indicted
in
\$6
Million
Medicare
Fraud
Scheme
8. Three
Florida
Men
Charged
in
\$46
Million
Health
Care
Fraud,
Kickback,
and
Money

Laundering
Conspiracy

9. Neurosurgeon
and
Two
Affiliated
Companies
Agree
to
Pay
\$4.4
Million
to
Settle
Healthcare
Fraud
Allegations

10. Follow
the
West
Point
Class
of
1966
to
Vietnam
in
'The
Long
Gray
Line'

11. Can
Veterans
Affairs

officials
spot
another
serial
killer
hiding
in
their
midst?

12. WWII
uniform
jacket
with
2
Purple
Hearts
returned
to
daughter
of
Veteran
who
wore
it

13. VA
Benefits
for
Exposure
to
Jet
Fuel

14. VA
Serial
Killer

Case
Should
Get
the
Attention
of
All
Hospitals,
Inspector
General
Says

15. Caring
for
ill
husband,
woman
reveals
exhausting
reality
of
unpaid
caregivers

16. VA
overhauls
application
process
for
caregiver
support
program
after
court
ruling

17. NYC

Veterans
fume
over
parade
lockout
after
pot-
smokers
get
permit
to
march



VA to re-adjudicate some Veteran and survivor claims

VA announced it will re-adjudicate claims for Veterans who served in the offshore waters of the Republic of Vietnam during the Vietnam War.

[Read More](#)



Want to join VA's Digital Media Engagement Virtual Volunteer program?

VA's Office of Public Affairs' Digital Media Engagement (DME) team is expanding its Virtual Volunteer program to invite new volunteers to help create content that honors Veterans and helps them

learn more about their benefits. The Virtual Volunteer program will be open to currently enrolled college students and college graduates who have skills in various forms of digital content creation, social media management and accessibility.

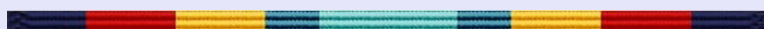
[Read More](#)



SecNav Nominee

Carlos Del Toro, a Naval Academy graduate and CEO of a tech consultancy, is expected to be the Biden administration's nominee for Navy Secretary. After coming to the United States as a child from Cuba in 1962, Del Toro would go on to become the first Hispanic to serve as the first Captain of an Aegis cruiser or destroyer. His career also included Middle East deployments during Operation Desert Storm.

The Navy remains the only service without a nominee for its civilian secretary, after the Biden administration nominated long-time Pentagon officials Christine Wormuth to lead the Army and Frank Kendall to run the Air Force.



VA Research Week honors pioneering work to help Veterans

The theme of this year's National VA Research Week, May 17–21, is "One Team, One Mission," reflecting the nationwide focus of VA researchers on improving Veterans' health care and quality of life.

VA researchers are making advances in areas ranging from TBI, heart disease and cancer to mental health and geriatric mobility.

[Read More](#)



Compassionate Contact Corps provides social support for Veterans

VA Compassionate Contact Corps is designed to offer additional social support to Veterans who may be experiencing loneliness or are socially isolated. A St. Louis VA employee honored for great job.

[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

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]

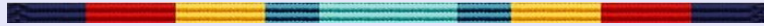
1-800-959-8277



Nine ways Veterans are using telehealth right now

Telehealth makes it easier for Veterans to connect with their VA care team. That's why more Veterans are turning to telehealth. Here are a few ways Veterans are using telehealth right now.

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Don Seki: Japanese American War Hero

Noboru "Don" Seki served as a member of the 442nd Regiment, an Army unit of Japanese American soldiers, during World War II.

[Read More](#)



Ask the Doc: Seeking Advice on Advice

A reader is ready to get the COVID-19 vaccine but isn't quite sure what to do next.

[Read More](#)



Veterans-For-Change Website

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

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 **2,907** hits per day, and downloads average **4,651** per day with a total **7,355,328** visitors as of Sunday 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

- 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: **10,515**)
 - Polls
 - Web Links, more than **8,094**, Added 78 New Links (Updated: 04/20/21)

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



#VeteranOfTheDay Army Veteran Robert Kassin

Today's #VeteranOfTheDay is Army Veteran Robert Kassin, a 10th Mountain Division soldier killed in action in Zabul province in Afghanistan.

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Expanding comprehensive assistance for family caregivers

A caregiver of a Vietnam-era Veteran says the newly expanded Program of Comprehensive Assistance for Family Caregivers makes in-home

care sustainable. Eva and Stanley are part of new caregiver population.


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Janssen COVID-19 vaccine returns to Military Health System

Doses of the Janssen COVID-19 vaccine are now available to those in the Military Health System eligible and authorized to receive COVID-19 vaccinations, said Air Force Col. Jennifer Garrison, DOD COVID-19 Vaccine Program Operation Team Lead for the Department of Defense.

[Read More](#)



Nine ways Veterans are using telehealth right now

When is telehealth right for a Veteran? Perhaps the Veteran lives far away from the closest VA medical center and would prefer to save on gas and the hassle of navigating traffic. Or they may feel safer or just more comfortable having their appointment from home. VA is leading the way in telehealth innovation so Veterans can access care when and

where they need it.

[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 **05/16/21**)

Please note, we've added **5** new items to the **TAKE ACTION** list.

1. [HR 1014](#)
-
[Furnish Hyperbaric Oxygen Therapy](#)

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

700
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

- 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

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
28. Support
Improving
VA

VA
Homelessness
Program

29. S.
976,
Caring
for
Survivors
Act
of
2021
30. H.R.
303,
the
Retired
Pay
Restoration
Act
31. H.R.
912,
American
Indian
and
Alaska
Native
Veterans
Mental
Health
Act
32. S.
976,
the
Caring
for
Survivors

Survivors

Act
of
2021

33. HR
2269
and
S
657
cover
herbicide
exposure
in
Thailand
34. Bipartisan
Bill
Introduced
to
Help
Military
Survivors
35. Legislation
asks
for
Study
of
Involuntary

Discharges
for
Women
36. H.R.
2436,
the
Veterans

veterans
Burn
Pit
Exposure
Recognition
Act

37. H.R.
958

—
the
Protecting
Moms
Who
Served
Act

38. HR
2127
and
S
927,
the
TEAM
bills
Veterans
Exposed
to
Toxic
Substances

39. Ask
your
Senator
to
Support
S.1520
Military

imentary
Justice
Improvement
Act

40. Ask
your
member
to
support
S.810
and
H.R.
1972
The
Fair
Care
for
Vietnam
Veterans
Act
of
2021


41. Ask
your
member
and
senator
to
support
HR
2580
and
S
1151
to

provide
for
a
presumption
of
service
connected
disability
for
certain
Veterans
who
served
in
Palomares,
Spain,
and
for
other
purposes

42. "Bold
New
Plan"
for
Veterans
Toxic
Exposure
(S.
927/H.R.
2127)

43. Ask
your
Senator
to

to
Support
S.1520
Military
Justice
Improvement
Act



Bringing partnerships and progress to Veteran health care

Suzanne Shirley is the Director of Fellowships & Community Engagement at VHA Innovation Ecosystem and Arthur S. Flemming Award recipient.

[Read More](#)



\$25 Million Grant Program Included for Veterans in Governor's California Comeback Plan

**The Veterans Support for Self Reliance Grant
Ensures Services for California's Most
Vulnerable Veterans**

SACRAMENTO – Along with historic investments in small businesses, housing, education, infrastructure and climate change, Governor Newsom's California Comeback Plan includes the establishment of the Veterans Support for Self Reliance grant program. Administered by CalVet, this funding will support California's most vulnerable Veteran population, including aging Veterans and Veterans with disabilities who have experienced chronic homelessness.

The Governor's plan, if approved, will provide a higher level of on-site supportive services, such as in-home support to help with habitability; peer specialists to encourage Veterans to engage in mental health care; and geriatric social workers to identify behavioral issues related to early onset dementia or similar cognitive issues.

"We are grateful for Governor Newsom's leadership regarding support for our most vulnerable Veterans. This program closes a crucial gap in care for Veterans who are in need of supportive services for daily living, yet do not meet the level of skilled nursing or assisted living," said CalVet Secretary, Dr. Vito Imbasciani.

Steve Peck, President of the California Association of Veterans Service Agencies said that supportive

services have always played a vital role in effectively serving Veterans and ensuring housing stability. "The California Association of Veterans Service Agencies applauds Governor Newsom for his investment in supportive services for Veterans' housing," added Peck. "This is an unprecedented opportunity to provide much-needed additional support."

The program is proposed as a three-year competitive grant that CalVet will administer to qualified grantees who serve Veterans through permanent supportive housing. The program will primarily target those projects supported by U.S. Department of Housing and Urban Development—VA Supportive Housing, also known as HUD-VASH.



VA continues to reduce opioid prescribing throughout the pandemic

The COVID-19 pandemic has increased concerns among health care professionals about the abuse of opioids by Americans. There is no doubt that the past twelve months have created significant stressors which may impact individuals who must use opioids for pain management and those with substance abuse issues. But Veterans and their families can be assured that VA is a leader in the

families can be assured that VA is a leader in the national effort to reduce opioid dependency and lower opioid prescribing.


[Read More](#)



Why I get my health care at VA: Army Veteran Angie

Angie was sexually assaulted while serving in the Army and for 10 years used alcohol and drugs to cope with the resulting PTSD. She sought help from VA and was in treatment within a week.

[Read More](#)



Service women: Plan for your future health care now

Service women, have you thought about how you'll get your health care after you separate from the military?

[Read More](#)



Can statins help 75-and-overs stay healthy?

"Should I be on a statin?" Doctors hear that question often. For older patients with no existing heart disease, the answer is not simple. Most research on statins—drugs used by millions to lower cholesterol—has focused on middle-aged people, not the elderly. Now, a major statin study focused on older people is under way. And 50 VA medical centers are taking part.

[Read More](#)



#VeteranOfTheDay Navy Veteran Eleanor Concepcion "Connie" Mariano

During Asian American Pacific Islander Heritage Month, today's #VeteranOfTheDay is Navy Veteran Eleanor Concepcion "Connie" Mariano, the Navy's first rear admiral of Filipino descent.

[Read More](#)



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MEMBERS OF CONGRESS!**
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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



My Life, My Story #11: Charlie: I don't want notoriety

For our last episode of the first season of the "My Life, My Story" podcast, we decided to record the story of the oldest Veteran we've ever interviewed. "Charlie" was nearly 108 when his story was written in the spring of 2020. That means he was old even for World War II Veterans. By the time he fought in the Battle of the Bulge, he was already 32.


[Read More](#)



How to access your health records through third party applications

Are you a Veteran with an upcoming health care appointment? Need to quickly check the date of your last tetanus shot? Need to remember what antibiotic you last took? Need to review your health records before your next visit? Finding what you need, when you need it, in your VA health care history can seem daunting. It doesn't have to be. One quick and easy solution is third-party applications.

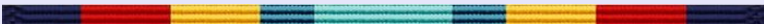
[Read More](#)



Support for victims of sexual violence, trauma continues year round

Bringing attention to and preventing sexual assault and military sexual trauma is an every-day, year-long goal.

[Read More](#)



Find your next job with help from an American Corporate Partners mentor

Nonprofit American Corporate Partners (ACP) works with post-9/11 Veterans to help them find meaningful employment with top companies after military service. The average starting salary for Veterans who utilized ACP was more than \$86,000, and more than 86% of Veterans are still at their same company one year later.

[Read More](#)

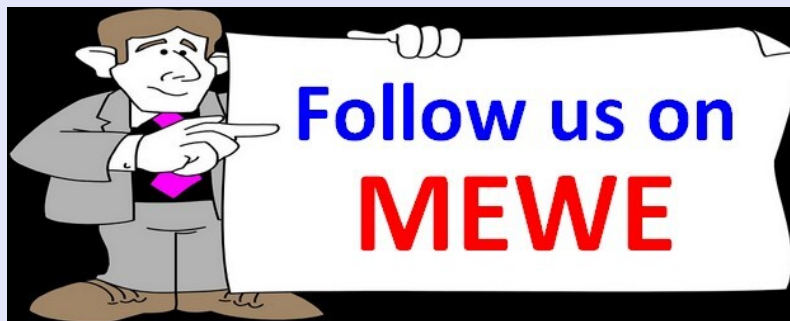


Eight unclaimed Veterans laid to rest with

honors in Texas

Six Army Veterans, one Navy Veteran and one Coast Guard Veteran whose remains were never claimed by family or friends received a proper burial at the Dallas-Fort Worth National Cemetery May 7.

[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](#)

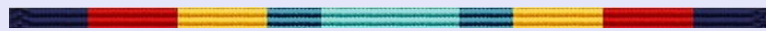
[HOMELESS HEROES PROGRAM OF
VETERANS-FOR-CHANGE](#)

AMVETS GROUP

VETERANS SOCIAL GROUP

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

AMERICANS FOR SOVEREIGNTY



Honoring Vets: Carry the Load partners with VA's national cemeteries

For the third year in a row, Carry The Load is partnering with VA's national cemeteries to honor and remember America's heroes during Memorial May.

[Read More](#)



Face of InnoVAtion: Francesca Zeringue

Face of InnoVAtion is a regular series from the VHA Innovation Ecosystem (VHA IE) focusing on VA employees who are working to change and save Veteran lives through innovation. This month meet Francesca Zeringue, medical support assistant at the VA Salt Lake City Health Care System (HCS)

the VA Salt Lake City Health Care System (HCS). Francesca Zeringue has a long history with both horses and Veterans. The VA Salt Lake City HCS caregiver, who speaks four different languages and is a first-generation American, comes from a family of Veterans, including her son who served as a U.S. Marine. She also has 18 years of experience with equine-assisted therapy, ...

[Read More](#)



TRIP initiative bridges the gap between TBI research, clinical care

Health care providers across the Department of Defense (DOD) must stay up-to-date with the latest modalities and research within their discipline.

[Read More](#)



Career success after service with Heroes Linked

Heroes Linked is a nonprofit employment program, completely free and online. Heroes Linked connects those serving, Veterans, their spouses and Gold Star families with a national network of volunteer

Advisors – many of whom are Veterans. They are professionals and experienced in their respective industries.

[Read More](#)



Office of Inspector General

1. Maternal Mortality and Morbidity: Additional Efforts Needed to Assess Program Data for Rural and Underserved Areas
2. COVID-19 Loans: SBA Has Begun to Take

Take
Steps
to
Improve
Oversight
and
Fraud
Risk
Management

3. COVID-
19:
Emergency
Financial
Aid
for
College
Students
under
the
CARES
Act

4. COVID-
19:
HHS
Should
Clarify
Agency
Roles
for
Emergency
Return
of
U.S.
Citizens
during

During

a

Pandemic

5. Behavioral Health: Patient Access, Provider Claims Payment, and the Effects of the COVID-19 Pandemic
6. COVID-19: Efforts to Increase Vaccine Availability and Perspectives on Initial Implementation
7. Defense Health Care: DOD Needs

Needs
to
Fully
Assess
Its
Non-
clinical
Suicide
Prevention
Efforts
and
Address
Any
Impediments
to
Effectiveness

8. VA
Health
Care:
Efforts
Needed
to
Ensure
Effective
Use
and
Appropriate
Staffing
of
Suicide
Prevention
Teams

9. Veterans
Affairs:
Ongoing


Ongoing
Financial
Management
System
Modernization
Program
Would
Benefit
from
Improved
Cost
and
Schedule
Estimating



#VeteranOfTheDay Army Veteran Eugene Ashley Jr.

Today's #VeteranOfTheDay is Army Veteran Eugene Ashley Jr., a Medal of Honor recipient killed in action during the Vietnam War.

[Read More](#)



VA Gerofit program expands with \$4.2 million research award

VA's Gerofit program was awarded \$4.2 million for research performed at the Durham VA Health Care System. The program that began over 35 years ago

is now in over 17 VA hospitals across the nation.

[Read More](#)



Despite a low profile, Commissioned Corps nurses are proud to serve

If most American citizens are unaware that the Commissioned Corps of the U.S. Public Health Service is one of the nation's seven uniformed services, it wouldn't come as a surprise to many of its nurses, who make up the largest contingent of the corps.

[Read More](#)



VetXL: Survivors Together Q & A on RallyPoint

Join us live on May 20th at 2PM ET for a Q&A session in support of Memorial Day for Survivors, Caregivers and Mental Health Awareness.

Day 1 of becoming a survivor may very well be the worst day of your life, what are the first steps survivors should take (or that we can take on their behalf) when a loved one is lost unexpectedly?

[Join the Conversation](#)



Helping Veterans live safely with food allergies

About 15 million Americans have food allergies. Each year, 30,000 require emergency medical attention. Here are the eight foods that account for most of these serious allergic reactions.

[Read More](#)



1. [Current and Resolved Drug Shortages and Discontinuations Reported to FDA](#)
2. [Arizona Nutritional](#)

Nutritional
Supplements
Issues
Allergy
Alert
on
Undeclared

Soy
Allergen
in
365
Everyday
Value
Whey
Protein
Powder
Natural
Vanilla
Flavor

3. Natural
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Recalls
Almond
Butter
Due
to
Undeclared
Peanuts

4. Bloommy,
Inc
Issues
Allergy
Alert
on
Undeclared

Undeclared
Fish
in
Bloommy
Biotin
Collagen
Keratin
Capsules

5. Coronavirus
(COVID-
19)
Update:
FDA
Authorizes
Pfizer-
BioNTech
COVID-
19
Vaccine
for
Emergency
Use
in
Adolescents
in
Another
Important
Action
in
Fight
Against
Pandemic

6. Novo
Nordisk
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Issues
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of
Levemir®,
Tresiba®,
Fiasp®,
Novolog®
and
Xultophy®
Product
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to
Improper
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Conditions

7. FDA
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FDA
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with
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Harmonized
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Drug
Products

8. Coronavirus
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(COVID-
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9. Yamtun7
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Tadalafil
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Sildenafil
10. Medtronic,
Inc.
Recalls
Instructions
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and
Patient

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HeartWare
HVAD
System
to
Update
Information
about
Carrying
Case,
Driveline
Cover,
and
Controller
Power-
Up
Issues

11. Recalls,
Outbreaks
&
Emergencies

12. Sara
Lee
Frozen
Bakery
Issues
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on
Undeclared
Peanuts
in
Desserts

Pecan

Pies

13. Dibar
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C.V.
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(Wood
Alcohol)

14. Medication
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15. Magnets
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and
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and
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Implanted
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Devices

16. Scentsational
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Recall
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Due
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Methanol
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Alcohol),

Benzene
and
Acetaldehyde

17. Global
Sanitizers
Issues
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Minded
Hand
Sanitizer
Due
to
Presence
of
Undeclared
Methanol

18. Abbott
(formally
known
as
“St.
Jude
Medical”)
Recalls
Assurity™
and
Endurity™
Pacemakers
for
Potential

Moisture
Ingress
Causing
Electrical
Short
and
Reduced
Battery
Life

19. Outbreak
Investigation
of
Listeria
monocytogenes

—
Hispanic-
style
Fresh
and
Soft
Cheeses
(February
2021)

20. Coronavirus
(COVID-
19)
Update:
May
14,
2021

21. BUBS
Naturals
of
Encinitas,

CA
Is
Voluntarily
Recalling
Certain
Lots
of
Its
MCT
Oil
Powder
Product
Due
to
Undeclared
Milk



Veteran finds housing stability through White River Junction VA and partners

Helping Veterans through the pandemic is one of White River Junction VA's primary missions. The Vermont medical center, and partners, recently helped several Veterans access their earned benefits, including helping one find housing stability.

[Read More](#)



Seven ways Armed Forces can start using VA benefits now

May 15 is Armed Forces Day, which celebrates soldiers, sailors, airmen, Marines, Guardians and Coast Guardsmen. Service members don't need to wait until separating to start using benefits they earned. Here are seven ways service members can start using VA.

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Navy certified nurse midwife epitomizes life of service

Of the approximately 30 certified nurse midwives in the Navy, there is only one with Asian American Pacific Islander heritage.

[Read More](#)



1 year Premium Free LinkedIn Accounts for Veterans, Caregivers and Fry Scholars

VA is excited to be partnering with [LinkedIn's Military and Veterans Program](#) to offer Veterans, Fry Scholarship recipients and family caregivers a 1-year free premium subscription to LinkedIn with networking, employment and learning opportunities.

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Women Veterans' care preferences key to preventing suicide

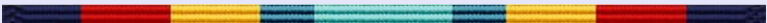
Women Veterans more than twice as likely to die by suicide compared to non-Veteran women. It's more important than ever that providers talk with women Veterans and understand their unique suicide risks.

[Read More](#)

Career success after service with Heroes Linked

Heroes Linked is an online career guidance and military transition program for Veterans, service members, mil spouses and Gold Star families.

[Read More](#)



Laughter really is among the best medicines, says Air Force nurse

Most people have heard the phrase "laughter is the best medicine," but Air Force Col. Jacqueline Killian has the scientific proof to back it up.

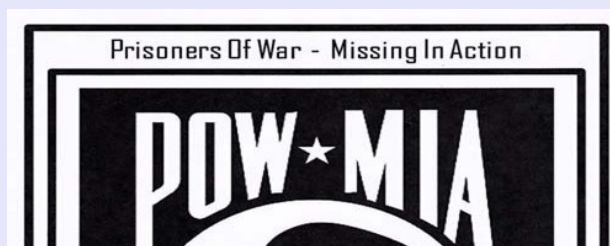
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Borne the Battle: Air Force Veteran Amanda Huffman, Author, Blogger, Podcast Host

Veteran Amanda Huffman served in Afghanistan as a civil engineer. She's also a military spouse, mother of two, blogger on women Veterans' issues, author of a book honoring military women, and host for the Women of the Military podcast. How has she managed to accomplish so much? Check out this week's episode of Borne the Battle to find out.

[Read More](#)





VHA IE Trailblazers: Eli Kaufman is bringing prosthetic and orthotic care home to Veterans

Eli Kaufman needed a custom-modified cargo van equipped with a purpose-built prosthetics workshop. To be more precise, the Mobile Prosthetic and Orthotic Care (MoPOC) program that Kaufman is helping to build into an enterprise-wide practice across the Veterans Health Administration (VHA) needed several of these vehicles. Kaufman and his team were creating a team of MoPOC units that travel to provide VHA's world-class care at VA Community-Based Outpatient Clinics (CBOCs) and in Veterans' homes. However, vehicle acquisition at VA isn't always easy. Vehicles are essential to MoPOC. Originally piloted as Mobile Orthotic & Prosthetic Services (Mobile OPS), MoPOC is a ...

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Culture of innovation: VA nurses receive excellence awards

Six VA nurses who went above and beyond the call of duty have received Excellence in Nursing awards from the VA Secretary.

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Two Munson nurses at forefront of COVID-19 vaccination tracking

Munson Army Health Center civilian nurses Ashley Woodruff and Erin Richter have been responsible for administering and charting 80% of the nearly 14,000 COVID-19 vaccinations given so far to service members, their families, and retirees at Fort Leavenworth, Kansas military medical treatment facility.

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Honoring Vets: Carry the Load partners with VA national cemeteries

Carry The Load provides an active way to honor and remember the fallen. During visits across the nation, people can join to hike or bike alongside

members.

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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!



#VeteranOfTheDay Army Veteran Karen Wagner

Today's #VeteranOfTheDay is Army Veteran Karen Wagner, who died in the Pentagon on 9/11 and is buried at Fort Sam Houston National Cemetery in Texas.

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Research Week honors pioneering work for Veterans

The theme of this year's National VA Research Week, May 17–21, is "One Team, One Mission,"

reflecting the nationwide focus of VA researchers on improving Veterans' health care and quality of life.

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USU nursing students saved lives, receive medal

On April 13, 2019, Army Maj. Crystal Kelley and Navy Lt. Christopher Bunag had stopped at a rest station on the side of Highway 62 in El Paso, Texas.

[Read More](#)



Catch Up on the Latest 'Get to Know TRICARE' Podcast Episodes

Do you have questions about your TRICARE benefits? If so, make sure you listen to "[Get to Know TRICARE](#)." It's a new podcast that helps service members and their families get the most out of their TRICARE coverage. You'll hear experts from across the Defense Health Agency break down important topics, like health care costs, preventive health, and COVID-19.

[Read More](#)



VA launches Veteran Rapid Retraining Assistance Program

For Veterans who have lost their jobs due to COVID-19, VA has launched the Veteran Rapid Retraining Assistance Program. Apply online now!

[Read More](#)

How to prepare for 2021's hurricane season

Last year's hurricane season was the most active on record with 30 named storms and 13 hurricanes, including six that were considered "major" (category three and higher). Now experts predict that the 2021 Atlantic hurricane season will be above average in terms of activity yet again.

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Research Week honors pioneering work for Veterans

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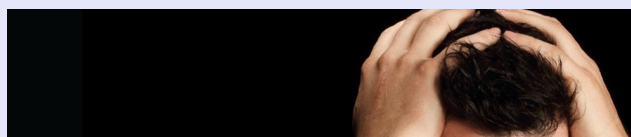
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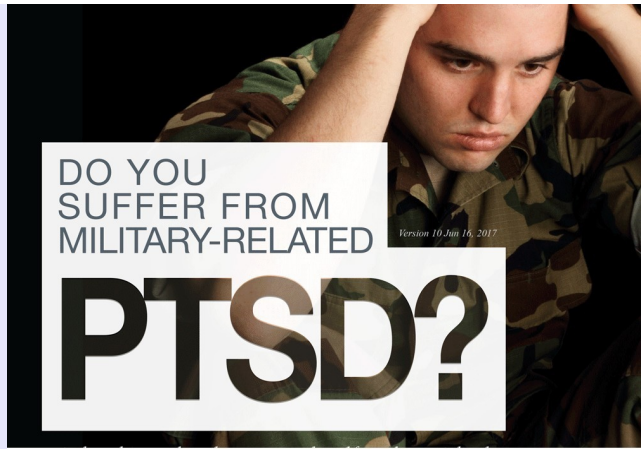


How to File Your TRICARE Medical Claims

In some cases, like when you see a non-network provider, you may have to pay for health care services up front and file your own claim to get reimbursed. It's important to know when you need to file a claim and how to do so.

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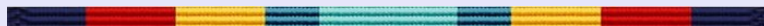
**Veterans Crisis Line:
1-800-273-8255 & Press 1
Ntl Call Center for Homeless Vets
1-877-424-3838**



Can statins help 75-and-overs stay healthy? PREVENTABLE trial will provide answers

Most research on statins—drugs used by millions to lower cholesterol—has focused on middle-aged people, not the elderly. Now, a major statin study focused on older people is underway. And 50 VA medical centers are taking part.

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For Military Appreciation Month, new members get \$10 off any purchase at ShopVCS.com

For Military Appreciation Month, get \$10 off any purchase at ShopVCS.com

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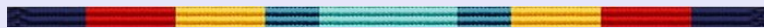
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Navy nurse steps into Jacksonville community for COVID-19 vaccinations

Navy Cmdr. Glenn "Pete" Bradford's COVID-19 vaccination mission exemplifies the Navy's unofficial mottos of "Always courageous" and "Not for self but for country."

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California Central Coast Veterans Cemetery now providing in-ground burials

SEASIDE – The award-winning California Central Coast Veterans Cemetery will take its next big step in serving California Veterans and their families when it begins offering in-ground burials on May 3, 2021.

Operated by the California Department of Veterans Affairs (CalVet) and opened in 2016, the cemetery is part of the old Fort Ord Army post and is located on 79 acres, just three miles northeast of downtown Seaside. Since its opening, the cemetery has

Seaside. Since its opening, the cemetery has provided interment of 1,500 cremains in its 5,000-niche columbarium.

In March 2020, construction began on Phase II, which now includes 1,845 pre-placed crypts, 1,079 in-ground cremains gravesites, and 80 memorial wall plaques, along with roads, landscaping, and supporting infrastructure.

"This much-needed expansion furthers CalVet's mission to serve our state's Veterans and their families, as well as provide the benefit of an in-ground burial to those who request it," said CalVet Secretary Dr. Vito Imbasciani.

The project represents a collaboration of community leaders: locally elected members of Congress, the California state senate and assembly, county supervisors, and local Veterans' organizations and foundations.

"This is the realization of a dream that started years ago and we're grateful to the local Veterans and community that partnered with us to make this happen." said Keith Boylan, CalVet deputy secretary for Veterans Services.

Phase II was funded through a federal grant of \$6.8

million, \$1.5 million in state funds, and \$839,000 in local donations. "It's finally come to fruition," said Richard Garza, president of the Central Coast Cemetery Foundation. "We're really pleased with the state's response to the need when it became apparent a full-service cemetery was a necessity here."

The cemetery, one of three operated by CalVet, received an Organizational Excellence Award from the USDVA in October 2019. The award goes only to the nation's very best Veteran's cemeteries.

The California Central Coast Veterans Cemetery is located at 2900 Parker Flats Road, Seaside, CA 93955. Questions may be directed to the cemetery office at (831) 393-9371. Click [here](#) to visit the cemetery's web page.



How to work a virtual job fair from Corporate Gray

Corporate Gray offers tips on what to do before, during and after a virtual job fair to land your next career.

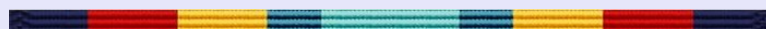
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Live Whole Health #71: Managing lower back pain with acupressure

Living with low back pain can affect every aspect of your daily life, and it is a common complaint among Veterans and the general population. Research shows that movement is essential for reducing most low back pain. Follow along with this acupressure video to help manage your pain.

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Diversity, flexibility of Nurse Corps members makes them stand out

Military nursing is an ever-evolving profession.

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Program offers free financial education to

Veterans

VA has teamed up with Prudential Financial to offer the monthly Wellness Wednesday Financial Education series to Veterans, service members and families.

[Read More](#)



Tax & Credit Information



1. More than 1.1 million additional Economic Impact Payments disbursed under the American Rescue Plan; payments total approximately 164

107
million

2. IRS announces use of Projected Contract Award Date web app that predicts when

contracts will be signed

3. Filing season reminder: An extension to file is not an extension to pay taxes

4. As

hurricane
season
news,
IRS
reminds
people
to
prepare
for
natural
disasters

5. Follow
the
IRS
on
social
media
and
sign
up
for
e-
news
subscriptions
for
the
latest
IRS
news

6. Tips
for
taxpayers
who
work

in
the
gig
economy

7. FAQs:
Partial
Terminations
Under
Section
209
of
the
Taxpayer
Certainty
and
Disaster
Tax
Relief
Act
of
2020
(Relief
Act)
8. Reminder
to
tax-
exempt
organizations:
990s,
other
forms
due
on
May

17;
information
and
tools
available
to
help

9. Common
but
costly
errors
employers
should
avoid
when
filing
taxes
or
claiming
credits


10. IRS
issues
guidance
on
taxability
of
dependent
care
assistance
programs
for
2021,
2022



What to Know About Applying for Medicaid and CHIP in Your State

Are you considering enrolling in Medicaid or the Children's Health Insurance Program (CHIP)? In this article, you will learn about the differences between each program, how to check your eligibility on Benefits.gov, and how and where to apply.


[Read More](#)



5 Questions About the Health Insurance Marketplace, Answered!

Open enrollment is the period within the year that people can enroll in a health insurance plan. Open enrollment for the Health Insurance Marketplace runs annually from early November to mid-December, with coverage starting in the New Year.

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Daughter of Mexican immigrants excels as Navy nurse

Navy Lt. Karen Jimenez Gudino, is not only a registered nurse in the Naval Hospital Twentynine

Palms (NHTP) Emergency Department at the Marine Corps Combat Development Command Twentynine Palms in California, she's also the daughter of Mexican immigrants.

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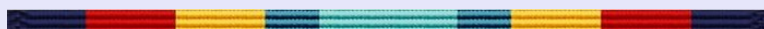
Riverside County, CA

Visit our website today

www.Veterans-For-Change.org

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