



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, May 23, 2021

Volume 12, Issue 21



## ***This-N-That***

Good evening Jim,

May is ALS Awareness and Arthritis Awareness Month. The medical name for ALS is amyotrophic lateral sclerosis also known as Lou Gehrig's Disease.

ALS, or amyotrophic lateral sclerosis, is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. A-myotrophic comes from the Greek language. "A" means

no. "Myo" refers to muscle, and "Trophic" means nourishment – "No muscle nourishment." When a muscle has no nourishment, it "atrophies" or wastes away. "Lateral" identifies the areas in a person's spinal cord where portions of the nerve cells that signal and control the muscles are located. As this area degenerates, it leads to scarring or hardening ("sclerosis") in the region.

It's probably one of the worst known diseases on the planet in my opinion and military and Veterans are 70% more likely to be diagnosed with this disease over civilians.

There is no real test for this disease, you need to almost be tested for everything under the sun till the doctors can arrive at this conclusion.

And having been through this first hand as caregiver to my dad who was diagnosed with ALS, it's a true nightmare you just can't make go away. But we were almost certain it was brought on by his several massive exposures to Agent Orange while in Vietnam.

If you're experiencing loss of muscle control, have difficulty swallowing, fall more often than not, please read up on this horrible disease, many pieces of

material can be found on our website, then check with your doctor.

Although dad didn't make it through the mortality expectancy, most who are diagnosed usually have about five years. Dads was so progressive he made it nine months.

Many pieces of legislation have passed in the House and are headed to the Senate, so please be sure to hit the **TAKE ACTION** list again this weekend and send everything out, even if it's a duplicate, that's from a different organization and means we get to hit them one additional time.

If you've been diagnosed with PTSD or any form of Mental Health issue, been sent to an outside provider and then attempted to make an appointment and were told "sorry, there are no funds", please to send me an E-Mail and let me know.

This was an issue that was brought to my attention about two weeks ago from an organization in Florida who is a contract provider who's had to turn away many Veterans over this excuse, and through my contact in Virginia, the VA has more than sufficient funds.

Also, if you know of a Veteran, or are a Veteran who was wrongly accused of benefits fraud and lost all benefits, I would also like to hear from people about this too!

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

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

Respectfully,

Jim Davis

Founder

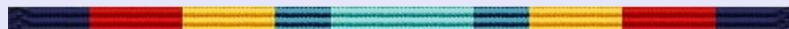
[Jim.Davis@Veterans-For-Change.org](mailto:Jim.Davis@Veterans-For-Change.org)



## **VHA invents reusable Personal Protective Equipment to protect providers**

A team of VA researchers from VHA developed universal, reusable Personal Protective Equipment Powered called the Air Purifying Respirator.

[Read More](#)



**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](https://www.militaryVeteransadvocacy.org/.../c2/yearly_dues)

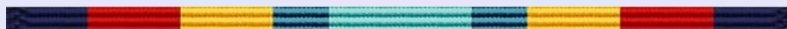
You may contact Robin at  
[robin.barr@mvadvocacy.org](mailto:robin.barr@mvadvocacy.org)



**Now is the time to get overdue  
mammograms rescheduled**

VA encourages women Veterans who became overdue for screenings like mammograms, pap smears, colonoscopies, or any other preventative testing, to get those scheduled or rescheduled as soon as possible.

[Read More](#)



## **Borne the Battle: Navy SEAL Veteran Al Kovach**

Al Kovach is a former SEAL, elite swimmer, Paralympian and 2X champion of the LA Marathon. He serves as the Immediate Past President of the Paralyzed Veterans of America and is a national advocate for Veterans and all people living with spinal cord injuries or diseases.

[Read More](#)



## **Veteran's Job Fairs and Recruitment Events**

Dress for Success Triangle NC is hosting virtual job fairs & recruitment events for women Veterans. Visit their website to learn more and register.

[Read More](#)



### **Pentagon's approach to countering sexual assault: 'All options are on the table'**

The Department of Defense is taking a multi-pronged approach to combatting sexual assault in the military. One initiative – the Independent Review Commission on Sexual Assault in the Military – is reaching out to service members, Veterans, experts and survivors to get it right.

[Read More](#)

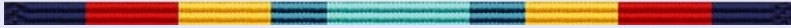


### **#VeteranOfTheDay Army Air Forces Veteran James Willard Doty**

Today's #VeteranOfTheDay is Army Air Forces Veteran James Willard Doty, who served as a bombardier in the Pacific during World War II.

[Read More](#)





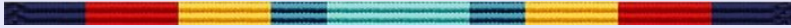
**Your actions**  
**could save a life.**

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

[VeteransCrisisLine.net](http://VeteransCrisisLine.net)



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



## VFW and Give an Hour

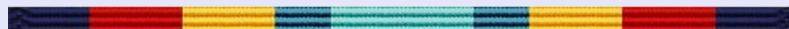
VFW partner, [Give an Hour](#), provides free mental health counseling for veterans and their families. VFW Commander-in-Chief Hal Roesch participated as a panelist on the “[Collective Impact: Communities Collaborating to Improve Mental Health](#)” webinar. The VFW calls on communities to reach out to veterans who may be experiencing mental health issues, especially during the COVID-19 pandemic. Give an Hour’s [Campaign to Change Direction](#) provides information such as the Five Signs of Emotional Suffering, which empowers people to recognize signs of emotional suffering and guides them to reach out for help. In addition, VA provides resources for veterans and those who are concerned for a veteran through its [Make the Connection](#) campaign.



**Chats with the Chief: Dr. Norman Hooten,  
from Black Hawk Down to VA pharmacist**

Join us for this week's Chats with the Chief. Jon Jensen, VHA chief of staff, is joined by Dr. Norman Hooten. Hooten is a VA pharmacist now, but you may have heard about his heroic efforts depicted in the movie Black Hawk Down.

[Read More](#)



## **TREA Launches Financial Assistance Program for Families in Need**

DENVER, COLORADO: TREA: The Enlisted Association, representing enlisted service members, veterans, retirees, and their families, has launched a financial aid program to assist those in need. 'TREA Gives' is a program designed to help enlisted service members who have served or are currently serving with emergency expenses like rent, utilities and food. It has been reported that COVID19 caused the loss of 17% of military spouse unemployment, this resulted in 7% of veteran's families to seek out emergency food assistance in the last 6 months, and 6% were unable to make payments on basic utilities and rent. This program goes beyond those affected by COVID19, it is to help fill the need from whatever is causing financial stress for those brave men and women who have

fought and are still fighting for our country. Any service member who is retired, honorably discharged, or actively serving in the United States Military, (including Guard & Reserve) are eligible to apply for financial assistance through TREA.

The application process is designed to be simple in nature with online fillable and forms (printed applications are available upon request). There are required documents: a DD-214 or equivalent showing discharge status, a statement of current financial status, a written explanation of the current situation, and a plan/process to regain control of the situation. Proof of current income and expenses is also required. The response time is typically 3-5 days, but immediate funds can be made available for emergency travel and shelter.

In addition to providing relief for rent, utilities, and food, TREA can also assist if you have been a victim of a natural disaster or if you are homeless and need a safe place to stay for the night.

To apply to TREA's Financial Aid Program, [\*\*CLICK HERE\*\*](#), where you can fill it out online and e-mail it back to us, or print it out, fill it in, and mail it back. Remember that if you opt for the online submission, your application may be received quicker, but it will

not be processed until we have all the required documentation.

If you have any additional questions, simply give TREA a call at 303-752-0660 / 800-338-9337 or email at [TREAHQ@TREA.ORG](mailto:TREAHQ@TREA.ORG).



## Know the Warning Signs

**It Matters.**

**Sometimes, a crisis may involve thoughts of suicide. Learn to recognize these warning signs:**

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

**The presence of the following signs requires immediate attention:**

- Thinking about hurting or killing themselves
- Looking for ways to kill themselves
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse

..... Confidential chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.net) or text to **838255** .....





## **VFW Testifies Before Senate on VA Disability Claims**

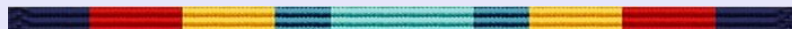
On Wednesday, the Senate Committee on Veterans' Affairs held a hearing on the state of the VA disability claims process during the COVID-19 pandemic. VFW National Veterans Service Director Ryan Gallucci testified on how VFW Service Officers have adapted during the pandemic to continue to assist veterans with their claims using various IT resources. Gallucci stressed ongoing problems at VA that contribute to the ever-growing claims backlog, explaining that VA is measuring success by how quickly claims are processed rather than focusing on accuracy and timely access to benefits. Claims processed with speed, but which result in inaccurate ratings result in veterans filing appeals and waiting longer for their benefits. "Since Secretary Shinseki set the 125-day goal, VA has seemed obsessed with the benchmark to the detriment of the veteran experience," said Gallucci. [Watch the hearing](#) or read the [testimony](#).



**How Minneapolis VA quickly reached Veterans for vaccine scheduling**

The Minneapolis VA attributes its success to multipronged approach in notifying Vets of vaccine opportunities. In addition to traditional methods, Minneapolis VA uses digital communication to spread the word.

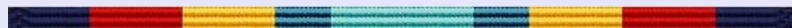
[Read More](#)



## **National Memorial Day Concert May 30**

The National Memorial Day Concert on May 30 will showcase Veterans and families that span multiple generations. The concert airs from 8-9:30 p.m. ET.

[Read More](#)



## ***Links to Other Stories***

1. [‘Bastards’ Road’ Reveals How One Marine Confronted His Demons and Took Responsibility](#)
2. [11 Stand-Up Comics Who Served in the Military](#)
3. [Alleged Fraudsters Charged with Bribing Patients and Fraudulently Billing Medicaid for Psychosocial Rehabilitation Services](#)

4. Army Veteran successfully runs multiple franchises for major pizza chain
5. Big Changes Coming for Military-Connected Students
6. Daughter helps WWII Vet visit beach one last time before passing away
7. Dentists to Pay \$3.1 Million to Resolve Allegations They Submitted False Claims for Services Not Provided to Underprivileged Children
8. Doctor's Employee Admits Role in \$24.8 Million Kickback Scheme
9. French Medical Device Manufacturer to Pay \$2 Million to Resolve Alleged Kickbacks to Physicians and Related Medicare Open Payments Program Violations
10. Georgia woman admits participation in scheme to obtain fraudulent reimbursements for medical equipment and genetic testing
11. 'He knew something': The 1962 flight of Army Rangers that vanished into thin air
12. Korean War Vet to Receive Medal of Honor for Harrowing 1950 Battle
13. Las Vegas Business Owner Sentenced to More Than 14 Years in Federal Prison for Orchestrating \$13 Million Fraud Upon the North Carolina Medicaid Program
14. Local Veterans work to clean and restore



## Veterans Wall

15. Louisville police investigate whether attack on Army Veteran at grocery store was racially motivated
16. Manager of Pain Clinic, Her Boyfriend, and Customers Facing Federal Charges for a Drug Distribution Conspiracy
17. Owner of Company Providing Prosthetics and Orthotics Materials to Walter Reed National Military Center Pleads Guilty to Federal Charges in Maryland For Paying Gratuities
18. Senator Demands Update on Upgrading 'Bad Paper Discharges' for Vets with PTSD, TBI
19. Starkville Physician Sentenced for Receipt and Distribution of Misbranded Drugs
20. U.S. Attorney's Office and HHS-OIG Advise COVID-19 Vaccine Providers Not to Charge Individuals Seeking COVID-19 Vaccines
21. University Researcher Sentenced to Prison for Lying on Grant Applications to Develop Scientific Expertise for China
22. Veteran who was harassed by Antifa over flag says riots have become part of Portland's landscape
23. Veterans call out Ted Cruz after senator says U.S. Army ad shows "woke, emasculated military"
24. Vets in Congress come together for Operation

Gratitude to thank deployed troops

25. [Vietnam Vets killed during secret Pacific mission get Maine memorial nearly 60 years later](#)

26. [World War II Veteran turns 103](#)



## **VFW Testifies on Transition Assistance Program**

On Wednesday, VFW National Legislative Director Patrick Murray testified before the House Veterans' Affairs Subcommittee on Economic Opportunity regarding the Transition Assistance Program (TAP). Murray highlighted the efforts of VFW Service Officers who helped deliver benefits briefings on military installations while the VA instructors were furloughed due to the COVID-19 pandemic. Murray stated, "We believe it is extremely important for TAP offices to integrate accredited VSOs into their operations, not as a third-party entity but as an integral part of the team." [Watch](#) the hearing or read the [testimony](#).



## **Memorial Day concert honors different Veterans, Gold Star families**

The National Memorial Day Concert May 30 will honor Veterans from different eras. Here's a preview of some of those stories.

[Read More](#)



## **Live Whole Health #72: Managing headaches with acupressure**

ough it or we go to our trusty pain reliever. But, what if there was a different way to manage headaches? Would you give it a try? Acupressure can be useful for all types of headaches, including tension headaches, sinus headaches and migraines.

[Read More](#)



## **Women Veterans confront obstacles to growth**

Virginia Senator Mark Warner, visits Veteran businesses at the AAFES Veterans Business Expo noting, "women servicemembers and Veterans have always had a steeper climb." Virginia Department of Veterans Services, Beverly VanTull, program manager of the Virginia Women Veterans Program said that since Governor of Virginia, Ralph Northam authorized the department to build an initiative around the needs of women Veterans, interest has grown.

[Read More](#)



### **Veterans hold key to ending pandemic**

The COVID-19 vaccine is now available to virtually everyone who wants it. Still, to date just 36% of the American public is fully vaccinated. Even with new variants of the disease on the rise, recent polling suggests that up to one quarter of society may choose not to be vaccinated. [From Vantage Point]

[Read More](#)



### **Ending gender-based harassment at VA facilities**

VA is rolling out a new campaign at VA health care facilities to remind everyone – patients, providers and staff – that VA has a zero-tolerance policy when it comes to harassment.

[Read More](#)



## **Piloting AI tools for radiologists to deliver the best care to Veterans**

Radiologists at the VA St. Louis HCS recently partnered with Aidoc to advance artificial intelligence and pilot AI software.

[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](http://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

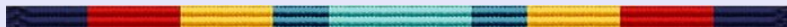
### Office of Warrior Care Policy

[warriorcare.dodlive.mil/](http://warriorcare.dodlive.mil/)

**Military One Source**  
1-800-342-9647

### Tragedy Assistance Program for Survivors [TAPS]

1-800-959-8277



## VFW-Supported Legislation Passes House

On Wednesday, the House passed VFW-supported, [H.R. 1448](#), PAWS for Veterans Therapy Act, and [H.R. 958](#), Protecting Moms Who Served Act. The PAWS for Veterans Therapy Act would provide a VA pilot grant program to cover the cost of pairing a service dog with an eligible veteran diagnosed with PTSD. Also, VA would maintain certain veterinary insurance coverage for each service dog provided the veteran continues to see their physician or mental health care provider every six months. The Protecting Moms Who Served Act would structure VA's maternity care coordination programs to provide community maternity care providers with training and support for veterans' unique pregnancy and postpartum needs. This legislation would also require a report on maternal mortality and severe maternal morbidity among veterans, infant mortality rates, and racial and ethnic disparities in maternal health outcomes.



## **How VA connected with older Veterans during the pandemic**

How did VA respond to the needs of older Veterans during the COVID-19 pandemic? Like so many, we started by expanding communications.

[Read More](#)

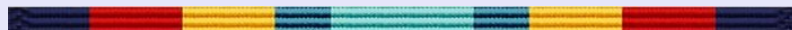


## **#VeteranOfTheDay Army Veteran Deloris Ruddock**

Today's #VeteranOfTheDay is Army Veteran Deloris Ruddock, who served in the 6888th Central Postal Directory Battalion during World War II. Deloris L. Ruddock spent the 73 years after her military service in relative anonymity.

We honor her service.

[Read More](#)



## **Women Veterans' care preferences key to preventing suicide**



Women Veterans are more than twice as likely to die by suicide compared to non-Veteran women. Women are the fastest growing Veteran group. So, it is more important than ever that providers talk with female Veterans and understand their unique suicide risks.

[Read More](#)



### **ICYMI: AMVETS and VA Facebook Live on the Million Veteran Program and future of medicine**

On May 12, VA and American Veterans (AMVETS) hosted a Facebook Live to talk about the Million Veteran Program (MVP), VA genetic research and why your help and involvement is key to making a difference in the future of medicine. Since launching in 2011, over 835,000 Veteran partners have joined this national research program to learn how genes, lifestyle and military exposures affect health and illness. [From Vantage Point]

[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 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 **3,516** hits per day, and downloads average **4,992** per day with a total **7,379,549** visitors as of Sunday 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](http://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: **10,542**)
- 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](mailto:Jim.Davis@Veterans-for-change.org)



**Walk-in COVID-19 Vaccines Available at VA**

Eligible veterans, spouses, and caregivers nationwide can walk into their local VA facility's vaccine clinic to receive their COVID-19 vaccines. Veterans not enrolled in VA care should [pre-register](#) online at least one hour before arrival to save time. The expanded access to the COVID-19 vaccine at VA is a result of the [SAVE LIVES Act](#). See the VA's answers to frequently asked questions regarding the COVID-19 vaccine in [Part I](#) and [Part II](#) for more information.



### **Veterans hold key to ending pandemic**

Join Team Rubicon and the Veterans Coalition for Vaccination May 19 at 7 p.m. ET for a town hall to answer your questions about the COVID-19 vaccine. Built by Veterans for Veterans.

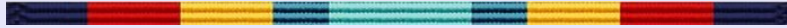
[Read More](#)



### **Fresh Focus #25: National Nutrition Month**

March is a special time of year where registered dietitians (RD) spend an entire month talking about food. That's right, 31 days of pure food bliss for National Nutrition Month, an annual campaign held in March where everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

[Read More](#)

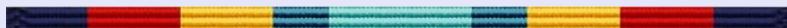


## **#VeteranOfTheDay Army Veteran Karen Wagner**

Today's #VeteranOfTheDay is Army Veteran Karen Wagner, who died in the Pentagon on 9/11 and is buried Fort Sam Houston National Cemetery in Texas. On Sept. 11, 2001, Army Veteran's Karen Wagner day at the Pentagon started as it always did with paperwork, telephone calls, and meetings with staff.

We honor her service.

[Read More](#)



## WWII Navajo Code Talker discusses legacy, VA care, COVID-19 vaccine

More than 400 qualified Navajo Code Talkers served during WWII and only four are still living. Marine Corps Veteran Peter MacDonald is one of those four. He continues to share his story and experience as a Navajo Code Talker.

[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 **05/23/21**)

Please note, we've added **1** new items to the **TAKE ACTION** list.

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
  28. Support Improving 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 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 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 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 Support S.1520 Military Justice Improvement Act

44. HR 855, VETS Safe Travel Act



**One Veteran's Pledge©**

When it was my time, I served. My sons served, because I shared with them the value and meaning of serving. I wear the badge of doing the right thing, but also the pain of sending my sons into harms way. Today I can justify that it still is right, but am troubled over the pain my son has and the pain of so many other sons and daughters and the pain of their loved ones, who, like myself, sent them off to war. So, today, I proudly serve our Veterans in the best ways I can. I am an activist for Veterans issues, I honor our standing military and I help with health and well being issues of our Veterans of all Era's and for the active duty military of today. This is the focus, this is our purpose, this is what we owe to our Veterans.

**2006 Richard G. Shuster**



## SUICIDE WARNING SIGNS

### TALK:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



### BEHAVIOR:

- Increased use of alcohol or drugs
- Looking for a way to end their lives
- Withdrawing from activities
- Isolating from people
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away possessions
- Aggression
- Fatigue

### MOOD:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement



## Standing Ready #4: The battlefields of bureaucracy

An insightful discussion with Acting Undersecretary of Health Dr. Richard Stone on the 75th Anniversary of the Veterans Health Administration.

[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 post-traumatic stress disorder. She sought help from VA and was in treatment within a week. She joined us to talk about her experience.

[Read More](#)



### **Barriers to PTSD treatment-seeking by women Veterans who experienced military sexual trauma ...**

Kelly UA. Barriers to PTSD treatment-seeking by women Veterans who experienced military sexual trauma decades ago: The role of institutional betrayal. *Nurs Outlook*. 2021 Apr 13;S0029-6554(21)00026-9. doi: 10.1016/j.outlook.2021.02.002. Online ahead of print. PMID: 33863545

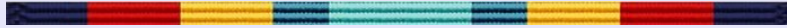
[Read More](#)



### **Live Whole Health #72: Managing headaches with acupressure**

Headaches can be a real, well, headache! When one comes along, we either try to muscle through it or we go to our trusty pain reliever. But, what if there was a different way to manage headaches? Would you give it a try? Acupressure can be useful for all types of headaches, including tension headaches, sinus headaches and migraines.

[Read More](#)



**CONTACT YOUR  
MEMBERS OF CONGRESS!**

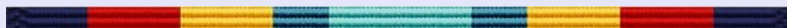
To Call your Representative:  
202-225-2305

To Call your Senators:  
202-224-3841 or 202-224-3553

To call Different Members of Congress:  
202-224-3121

TOLL FREE: 866-272-6622

**PLEASE... STOP Making Excuses!**  
[www.veterans-for-change.org](http://www.veterans-for-change.org)



**It's all about the Veterans: Why physicians  
choose VA**

It's all about the Veterans! VA physicians enjoy many perks and rewards, especially the chance to serve a unique patient population.

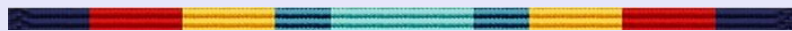
[Read More](#)



## **#VeteranOfTheDay Army Veteran Dillon Behr**

Today's #VeteranOfTheDay is Army Veteran Dillon Behr, who served in Iraq and Afghanistan, receiving a Silver Star and Purple Heart.

[Read More](#)



## **First virtual Oregon Women Veterans Conference announces guest speakers**

Oregon Department of Veterans' Affairs, Women Veterans Conference announces guest speakers. Visit the the KTVZ website to learn more about the event and registration.

[Read More](#)

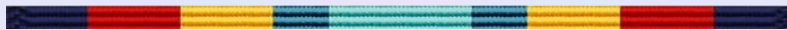




## **COVID-19 associated mortality and cardiovascular disease outcomes among US women Veterans**

Tsai S, Nguyen H, Ebrahimi R, Barbosa MR, Ramanan B, Heitjan DF, Hastings JL, Modrall JG, Jeon-Slaughter H. COVID-19 associated mortality and cardiovascular disease outcomes among US women Veterans. Sci Rep. 2021 Apr 19;11(1):8497. doi: 10.1038/s41598-021-88111-z. PMID: 33875764

[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. Deloris L. Ruddock spent the 73 years after her military service in relative anonymity.

We honor her service.

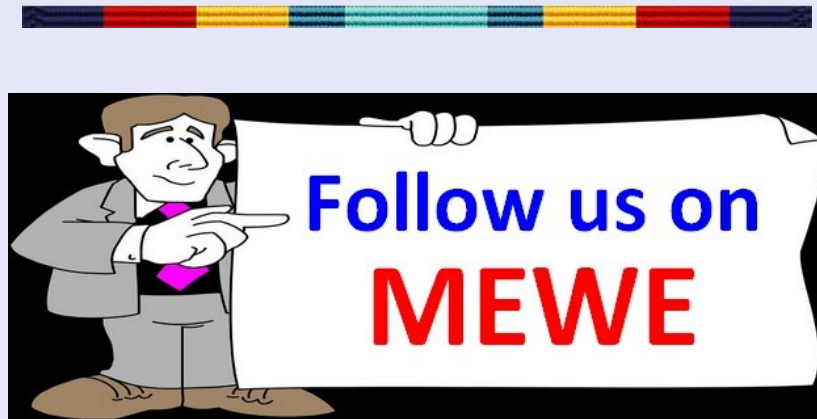
[Read More](#)



## VA partner Salesforce helps Air Force Veteran

VA and Salesforce have a partnership aimed at helping Veterans like Stephanie Brown access free training, education and job opportunities through Salesforce Military.

[Read More](#)



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

[AMVETS GROUP](#)

[VETERANS SOCIAL GROUP](#)

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

[AMERICANS FOR SOVEREIGNTY](#)



## **Happy Birthday America©**

Happy Birthday America, somehow it is, you continue to live, even after all of the times, you gave all you possibly could give.

Of your youngest and best, the promising rest, so many bodies and souls, standing their guard and in

battles reward, in the air, at sea and in foxholes.

Your sacrifices great, spread across the seas, and continents all around this Earth, under circumstances seemingly impossible, you did what you must, and suffered the dearth.

You have fought bravely against our enemies, both the domestic and the foreign, and continued proudly, with Old Glory out front, and refused all disdain and scorn.

A call for rights & liberties: and freedom & justice, sprung from New England's countryside; conceived, protected, birthed and nurtured; a gift from God Almighty, and reason for our pride.

America, as we celebrate your birthday again, in troubled and tragic times, with a new year squarely in our sights, we also celebrate your God given birthday gifts, the Declaration of Independence, the Constitution, and the Bill of Rights.

**Richard G. Shuster**



## **Masking guidance for employees, contractors and visitors in non-health care settings**

Masking requirements remain in place for both fully vaccinated and unvaccinated employees and visitors to VHA buildings providing health care.

[Read More](#)



## **Veteran met her goals through Women's Army Corps**

Diane Otto Watkins joined the Women's Army Corps & years later met her goal of becoming a musician. WAC was the only branch that had a band that allowed women.

[Read More](#)

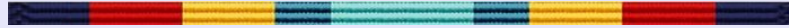


## **Nonsuicidal Self-Injury Disorder, Borderline Personality Disorder, and Lifetime History of**

...

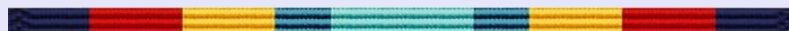
Cunningham KC, Aunon FM, Patel TA, Mann AJ, DeBeer BB, Meyer EC, Morissette SB, Silvia PJ, Gratz KL, Calhoun PS, Beckham JC, Kimbrel NA. Nonsuicidal Self-Injury Disorder, Borderline Personality Disorder, and Lifetime History of Suicide Attempts among Male and Female Veterans with Mental Health Disorders.

[Read More](#)



**Office of Inspector General**

1. COVID-19 Pandemic: VA Provides Health Care Assistance to Civilians as Part of the Federal Response
2. President's Emergency Plan for AIDS Relief: State Should Improve Data Quality and Assess Long-term Resource Needs
3. COVID-19 in Nursing Homes: Most Homes Had Multiple Outbreaks and Weeks of Sustained Transmission from May 2020 through January 2021
4. Medicare and Medicaid: COVID-19 Program Flexibilities and Considerations for Their Continuation
5. Medicaid: HHS's Preliminary Analyses Offer Incomplete Picture of Behavioral Health Demonstration's Effectiveness
6. Veterans' Growing Demand for Mental Health Services
7. Retirement Security: Debt Increased for Older Americans over Time, but the Implications Vary by Debt Type
8. Priority Open Recommendations: Department of Veterans Affairs



## **Headstones of Military Personnel**

While visiting cemeteries, you may notice coins on headstones of military personnel left by previous

visitors to the grave. A coin left on a headstone or at the grave site is meant as a message to the deceased Soldier's family that someone else has visited the grave to pay respect.

These coins have distinct meanings when left on the headstones of Veterans, especially those who gave their life while serving in America's military. These meanings vary depending on the denomination of coin. The tradition of leaving coins on the headstones of military personnel dates back to the Roman Empire.

Leaving a penny at the grave means simply that you visited. A nickel indicates that you and the deceased trained at boot camp together, while a dime means you served with him or her in some capacity. By leaving a quarter at the grave, you are telling the family that you were with the Soldier when he or she was killed.

According to tradition, the money left at graves in national and state Veterans Cemeteries is eventually collected, and the funds are put toward maintaining the cemetery or paying burial costs for indigent Veterans.





## **Live Whole Health #72: Managing headaches with acupressure**

What if there was a different way to manage headaches? Would you give it a try? Acupressure can be useful for all types of headaches, including tension headaches, sinus headaches and migraines.

[Read More](#)



## **Transform delivery of VA benefits as Under Secretary for Benefits**

Lead the VA benefits delivery revolution as the Under Secretary for Benefits (USB) at the Veterans Benefits Administration (VBA).

[Read More](#)



## **Sex-Related Disparities in Cardiovascular Health Care Among Patients With Premature**

...

Lee MT, Mahtta D, Ramsey DJ, Liu J, Misra A, Nasir K, Samad Z, Itchhaporia D, Khan SU, Schofield RS, Ballantyne CM, Petersen LA, Virani SS. Sex-Related Disparities in Cardiovascular Health Care Among Patients With Premature Atherosclerotic Cardiovascular Disease.

[Read More](#)



## **Fresh Focus #25: National Nutrition Month**

March is a special time of year where registered dietitians (RD) spend an entire month talking about food. That's right, 31 days of pure food bliss for National Nutrition Month, an annual campaign held in March where everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

[Read More](#)





1. Advancing FDA's Mission by Targeting Key Areas for Regulatory Science Investment and Innovation
2. Coronavirus Disease 2019 (COVID-19) (05/19/21)
3. Dash Xclusive Issues Voluntary Nationwide Recall of Imperia Elita Vitaccino Coffee Due to the Presence of Undeclared Sibutramine and Fluoxetine
4. Dibar Nutricional S. de R.L. De C.V. Issues Voluntary Nationwide Expanded Recall of Dibar Labs Hand Sanitizer Due to the Presence of Methanol (Wood Alcohol)
5. FDA approves new treatment for adults with serious rare blood disease
6. FDA Drug Shortages
7. FDA In Brief: FDA Provides Guidance on Master Protocols for Evaluating Prevention, Treatment Options for COVID-19
8. FDA receives HHS grant to expand CURE ID

platform for COVID-19 treatments

9. FDA Seeks Innovative Food Traceability Tools and Opens a Dialogue on Advancing Food Safety with Technology

10. Information Sheet Guidance for Sponsors, Clinical Investigators, and IRBs Frequently Asked Questions Statement of Investigator (Form FDA 1572) (Revision 1)

11. JOLLY TIME® Pop Corn Issues Allergy Alert on Undeclared Milk in Healthy Pop® Kettle Corn 100's (4 count)

12. Mammography Problems at Capitol Radiology, LLC, doing business as Laurel Radiology Services in Laurel, Maryland: FDA Safety Communication

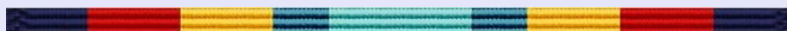
13. Manufacturing, Supply Chain, and Drug and Biological Product Inspections During COVID-19 Public Health Emergency Questions and Answers

14. Primary Colors Design Corp Issues Allergy Alert on Undeclared Egg on Peppa Pig Chocolate Chip Cookies Gable Box

15. Recall Expansion of Durisan Non-Alcohol Hand Sanitizer

16. Recommendations on Providing Clear Instructions to Patients Who Self-Collect an Anterior Nares (Nasal) Sample in a Health Care Setting for SARS-CoV-2 Testing - Letter to Health Care Providers

17. Statement on Leronlimab
18. Stop Using Certain Syringes and Needles with Needle Safety Devices Manufactured by HAIYOU – Letter to Health Care Providers
19. FDA Announces Seizure of Adulterated Dietary Supplements Containing Kratom
20. Boston Scientific Corporation Recalls VICI VENOUS STENT System and VICI RDS VENOUS STENT System for Potential of Stent Migration
21. Coronavirus (COVID-19) Update: May 21, 2021
22. Mammography Problems at Advanced Women Imaging in Guttenberg, NJ
23. FDA Approves First Targeted Therapy for Subset of Non-Small Cell Lung Cancer
24. Adjusting for Covariates in Randomized Clinical Trials for Drugs and Biological Products
25. Hi Tech Pharmaceuticals Issues Voluntary Recall on Lipodrene w/25mg Ephedra Extract Dietary Supplement Due to the Presence of 1,4-dimethylamylamine (DMAA)
26. Miracle8989 Issues Voluntary Nationwide Recall of PremierZen Gold 7000, PremierZen Platinum 8000 and MaxxZEN Platinum 12000, Due to Presence of Undeclared Sildenafil and Tadalafil



## **Now is the time to get overdue mammograms rescheduled**

VA encourages women Veterans who are overdue for screenings like mammograms, pap smears, colonoscopies, or any other preventive testing, to get those scheduled or rescheduled as soon as possible.

VA recommends that women who are 45 to 74 years old, and are at average risk for breast cancer, get a mammogram every two years. Women who are 40 to 49 years old should talk to their doctor about when to start and how often to get a mammogram.

[Read More](#)



## **#VeteranOfTheDay Air Force Veteran Aldo Stephen Panzieri**

Today's #VeteranOfTheDay is Air Force Veteran Aldo Stephen Panzieri, who served as a photographer and printer during the Vietnam War.

[Read More](#)



## **Hines VA's helmet getting results against COVID**

It may look like something from a science fiction movie, but the spacesuit-like respiratory helmets at Chicago's Edward Hines, Jr. VA Hospital represent the cutting edge in COVID-19 treatment.

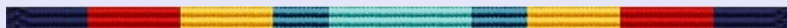
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## **Defense Advisory Committee on Women in the Service (DACOWITS) News [April 2021]**

Get the Recruitment & Retention, Employment & Integration, Well Being & Treatment, Servicewomen in the News, Women Veterans, and Upcoming Events DACOWITS news from April 2021.

[Read More](#)



## **Don Seki: Japanese American War Hero**

Don Seki served as a member of the 442nd Regiment, a unit of Japanese American soldiers, during World War II. Born in December 1922, Noboru "Don" Seki grew up in the Manoa Valley in Honolulu, where his parents worked as farmers on a sugar plantation.

[Read More](#)



## **Military Retiree Survivor Comfort Act Introduced in Senate**

Sens. Rob Portman (Oh.) and Elizabeth Warren (Mass.) have introduced the "Military Retiree Survivor Comfort Act" (S. 1669). An identical bill was introduced in the House in February at FRA's request by Rep. Jon Garamendi (Calif.). This legislation allows for the retention of the full final month's retired pay by the surviving spouse (or other designated survivor) of a military retiree for the month in which the member was alive for at least 24 hours.

Surviving spouses who are unaware that the Defense Finance and Accounting Services (DFAS) should be notified immediately on the death of the military retiree are surprised to learn of this



requirement. Those who had joint bank accounts, in which retirement payments were made electronically, gave little if any thought that DFAS could swoop down and recoup any overpayments of retirement pay from such accounts. This action could easily clear the account of any funds remaining, whether they were retirement payments or money from other sources. Instead of withdrawing the payment all at once, the bill would allow a gradual repayment over 12 months and give the Secretary of Defense the option to forgive the over payment.

Everyone is strongly urged to use the FRA Action Center to weigh in on this issue.

<https://www.votervoice.net/FRA/campaigns/62805/respond>



## **HAC Subcommittee Discusses Navy and Marine Corps Quality of Life Issues**

The House Appropriations Military Construction and Veterans Affairs Subcommittee (H.MilCon/VA) held an oversight hearing on Navy and Marine Corps Quality-of-Life issues. The Chairwoman Debbie Wasserman-Schultz noted that the Trump Administration re-directed \$3.6 billion from military

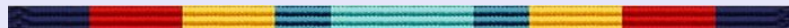
construction accounts that included 18 Navy and Marine Corps projects, for building the border wall. She explained that military construction includes Child Development Centers (CDC), security for military families, and good housing. The Chairwoman specifically noted concerns about Navy and Marine Corps CDC capacity and quality. Rep. Sanford Bishop (GA) noted the importance of improving employment opportunities for military spouses.

Master Chief Petty Officer of the Navy (MCPON) Russell Smith and Sergeant Major of the Marine Corps (SMMC) Troy Black, among others, testified at this hearing. This is a subcommittee long-standing tradition, to have senior enlisted testify on quality-of-life concerns. MCPON Smith noted enlisted concerns about childcare. SMMC added that the Marines are currently adding two new CDC locations.

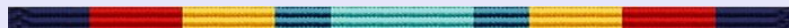
Witnesses were also asked about active-duty suicide, sexual assault, and the need for improvements to privatized military housing. At the hearing, the Department of Defense committed to fully implementing the Tenant Bill of Rights by June 1, 2021. FRA is working to ensure service members and their families have safe, quality homes and

communities. The Association is supporting an increase in the accountability of privatized housing companies by putting more oversight authority in the hands of local military leaders. Everyone is urged to weigh in on this issue by going to the FRA Action Center at:

<https://www.votervoice.net/FRA/campaigns/82487/respond>



*CLICK HERE TO FOLLOW US ON TWITTER !*

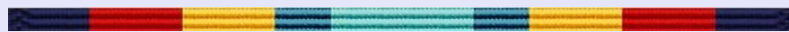


**WWII Navajo Code Talker recommends the  
COVID-19 vaccine for everyone**

More than 400 qualified Navajo Code Talkers served during WWII and only four are still living. Marine Corps Veteran Peter MacDonald is one of those four.

MacDonald recently received his COVID-19 vaccine and strongly recommends everyone get their vaccine as well. "Navajo is a very family related society," he said. "We miss one another, but if we follow these rules and get vaccinated, we will be able to see each other sooner and not spread the virus further."

[Read More](#)



## **VA Research Week: VHA's National Oncology Program delivers world-class cancer care**

The National Oncology Program's NPOP is guided by evidence-based best practices and substantiated by the latest innovative cancer research.

[Read More](#)



## **Pre-med student: Volunteer with over 1,000 hours**

From high school freshman to university pre-med student, youth volunteer Anit Tyagi has an ongoing dedication to serving Veterans with the emergency medical team at VA Eastern Colorado Health Care.

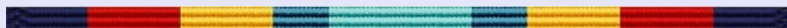
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## **Live Whole Health #71: Managing lower back pain with acupressure**

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 and can be the key to recovery. But how does one get over that it can be difficult to move when it hurts?!

[Read More](#)



**#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. On Feb. 7, 1968, Army Veteran Eugene Ashley Jr., a special forces intelligence sergeant who had previously fought in the Korean War, took his last breath on a remote battlefield in Vietnam.

We honor his service.

[Read More](#)



## **VA Will Review Blue Water Navy Claims for Vietnam Veterans**

The Department of Veterans Affairs has announced it will begin immediately re-adjudicating Blue Water Navy claims for veterans who served in the offshore waters of Vietnam following a push from Senate Veterans' Affairs Committee (SVAC). This review is part of the Veterans Benefits Administration's implementation of the U.S. District Court for the Northern District of California order to re-adjudicate previously denied claims, per the Nehmer vs. U.S. Department of Veterans Affairs consent decree.

"This review provides an entire generation of

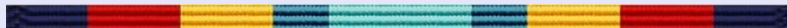
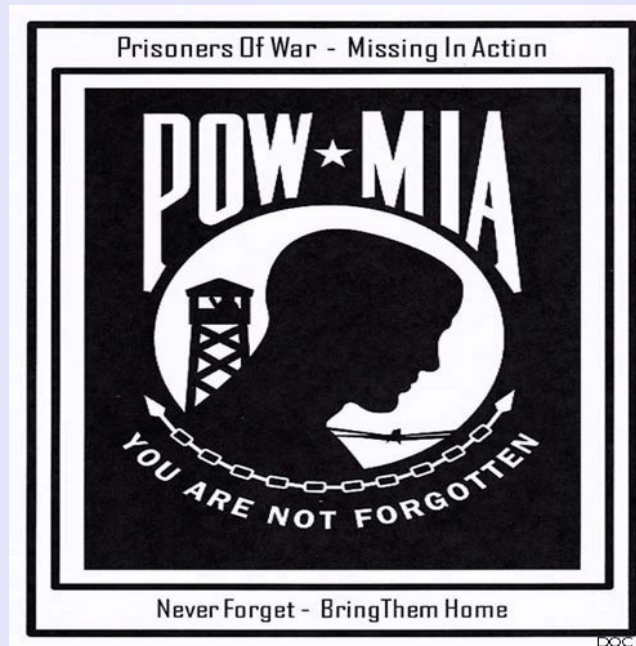
veterans with another shot at getting the health care and benefits they've earned. And it sends a clear message that VA is working to right a wrong perpetrated by a government that ignored their service and sacrifice for far too long." Said SVAC Chairman Jon Tester (Mt.). As of April 30, VA processed more than 45,000 Blue Water Navy claims and paid nearly \$900 million in retroactive benefit payments to disabled Blue Water Navy veterans.

In March, Tester sent a bipartisan letter asking VA Secretary Denis McDonough to provide the VA's estimated timeline for completing initial processing of Blue Water Navy Vietnam Veterans Act claims and the VA's plan to adhere to the *Nehmer v. U.S. Department of Veterans Affairs* consent decree.

The FRA-supported Blue Water Navy Vietnam Veterans Act guaranteed that veterans who served off the shores of Vietnam could access VA health care and benefits related to their exposure from Agent Orange. President Donald Trump signed the bill into law on June 25, 2019.

Vietnam veterans and their survivors who believe that VA has not assigned them the correct effective date for the award of benefits for their Agent

Orange-related disease can contact the National Veterans Legal Services Program (NVLSP) Nehmer team at the toll-free hotline number - 855-333-0677.



## **VA nurse's journey to treat his fellow Veterans**



An Iraqi battlefield is not where most people decide what to do with the rest of their lives. Matt Mason is not most people.

During nursing school, Mason was first treated at Hines VA Hospital for injuries sustained in the Army. Feeling a connection with his fellow Veterans, he began volunteering and soon considered becoming a VA nurse. "After getting experience as a patient and a volunteer, I knew this is where I wanted to be," he said.

[Read More](#)



## **WVA occupational therapy team connects virtually**

The occupational therapy team at the Martinsburg VA Medical Center uses VA Video Connect to connect with its Veterans virtually. "To give meaning and value to one's life when somebody can feel so isolated."

[Read More](#)



## **#VeteranOfTheDay Army Veteran Thomas Pesco Arbige**

Today's #VeteranOfTheDay is Army Veteran Thomas Pesco Arbige, who fought in the Battle of the Bulge and served as a military policeman in Europe.

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## **Borne the Battle #241: Air Force Veteran Amanda Huffman: Writer, Author, Podcast Host**

In this episode of Borne the Battle, Air Force Veteran Amanda Huffman – a military spouse, blogger and host of the Women of the Military podcast – discusses transitioning from active duty to diaper duty, Veteran women who deploy shortly after becoming mothers and what men should be conscious of about the female military experience.

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## **Grant Helps Veteran Survive 'Tricky' Time**

"I want to express my gratitude for the support ... It helped me get through a tricky part of my life that I never anticipated."

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## **House Passes Veterans Legislation**

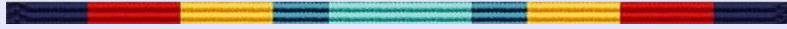
Over the past two weeks, the House passed 12 bills, assigned to the House Veterans Affairs Committee (HVAC) that uphold our promise and commitment to veterans and their families. With Memorial Day coming up, these bills - passed with strong bipartisan support - honor veterans with action by building equity for all veterans, strengthening oversight of the Department of veterans Affairs (VA) and COVID-19 relief funds, expanding mental health resources for veterans, and supporting veteran mothers. The HVAC bills passed out of the House this month include:

- H.R. 958 - Protecting Moms Who Served Act (Rep. Underwood)
- H.R. 1448 - PAWS for Veterans Therapy Act (Rep. Stivers)
- H.R. 2704 - Improving VA Accountability to Prevent Sexual Harassment and Discrimination Act

of 2021 (Rep. Pappas)

- H.R. 2788 - Equal Employment Counseling Modernization Act (Rep. Lamb)
- H.R. 2911 - VA Transparency and Trust Act of 2021 (Rep. Bost)
- H.R. 240 - Homeless Veterans with Children Reintegration Act (Rep. Brownley)
- H.R. 711 - West LA VA Campus Improvement Act of 2021, as amended (Rep. Lieu)
- H.R. 2167 - GI Bill National Emergency Extended Deadline Act, as amended (Rep. Sherrill)
- H.R. 2878 - Native Vet Success at Tribal Colleges and Universities Pilot Program Act, as amended (Rep. Gallego)
- H.R. 1510 - To direct the VA Secretary to submit to Congress a report on the use of cameras in the medical centers of the VA, as amended (Rep. McKinley)
- H.R. 2494 - To amend title 38, United States Code, to establish in the VA, the Veterans Economic Opportunity and Transition Administration, and for other purposes (Rep. Wenstrup)
- H.R. 2441 - Sgt. Ketchum Rural Veterans Mental Health Act (Rep. Axne)

These bills are now going to the Senate for further consideration.



**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.**



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**Veterans: Say yes to the hepatitis C test**

Did you know that all adults age 18-79 should be tested for hepatitis C at least once? And that Veterans have a higher rate of the disease than the general population? If you aren't sure if you've been tested, talk to your provider about it the next time you check in.

If you are diagnosed with hepatitis C, new treatments are able to cure most people in about 12 weeks. VA has cured more than 100,000 Veterans so far.

[Read More](#)



## **DHA director visits MCAGCC to hear from the 'Boots on the Ground'**

Change is inevitable. Everyone knows it. No one likes it.

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## **MHS quickly adapted to improve patient experience during pandemic**

Faced with the onslaught of the COVID-19 pandemic, the Military Health System (MHS) responded swiftly to fight the novel coronavirus and deliver necessary medical care, routine health care and services to maintain a medical ready force.

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### **Female Veterans Network seeking the names of local female Vets**

The Female Veterans Network is working on a list of women in Citrus County, FL who served in the military. [From Citrus County Chronicle]

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### **Annual VFW Youth Scholarship Competitions Open**

Entries must be received at a participating VFW Post by Oct. 31

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**Our values  
match yours.**



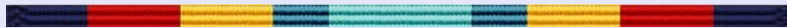
[www.veterans-for-change.org](http://www.veterans-for-change.org)



## **Hallways smart location for seniors' fitness programs**

Northport VA staff has a team approach that includes medical providers and staff who use the CLC hallways for Veteran's fitness programs.

[Read More](#)



## **Reducing the stigma and encouraging mental health care in the military**

In the military, the stigma of mental health is grounded in the cultural misperception that a service member must have "zero defects" to be mission ready.

[Read More](#)

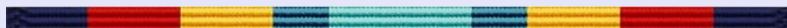




## **MHS leaders recognize BAMC civilians serving 45-plus years**

Last week, the Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston, held a Lifetime of Service award ceremony to honor the legacy of employees who have served 45 or more years in civil service.

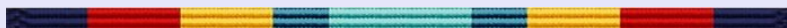
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## **Marines may take up to 5 months of leave after giving birth**

U.S. Marine Corps can take up to 5 months of leave after having a baby. [From Marine Corps Times]

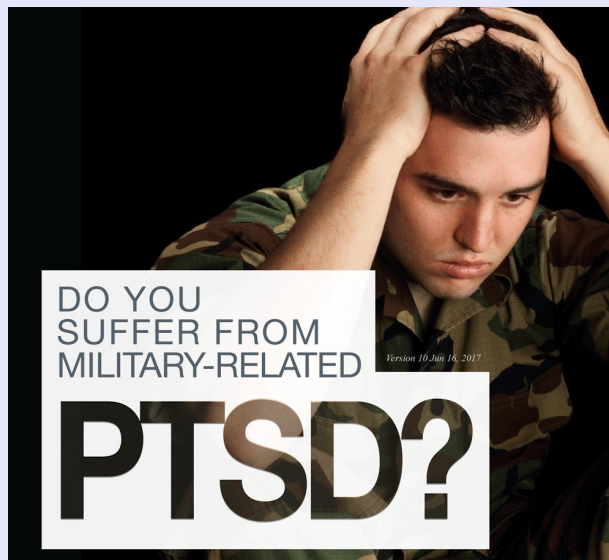
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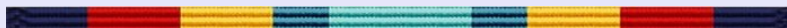
**‘You Can Do It’**

“The support has made this semester much easier on me and my family, especially, during these uncertain times with COVID-19.”

[Read More](#)



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



**Frank Wada: Which Side?**

People doubted Frank Wada's loyalties because he was Japanese-American. However, Wada readily volunteered to fight for his country when given the chance.

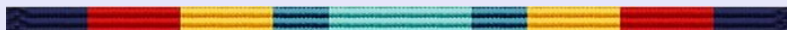
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### **Military medicine heroes recognized for COVID-19 pandemic response**

The COVID-19 pandemic will have a lifetime impact on how military medicine is conducted, Defense Health Agency Director Army Lt. Gen. (Dr.) Ronald Place told the Henry M. Jackson Foundation (HJF) for the Advancement of Military Medicine "Heroes of Military Medicine" awards ceremony May 6, in Washington, D.C.

[Read More](#)



### **Palliative care provides comfort to COVID-19 patients, families**

When COVID-19 was spreading across Italy in February 2020, all eyes at David Grant U.S. Air Force Medical Center, Travis Air Force Base, California were fixated on the unfolding pandemic, realizing their hospital may potentially be one of the first to be impacted.

[Read More](#)



## **Red Cross to honor 2 women who help mountain Veterans, loved ones in hospice care**

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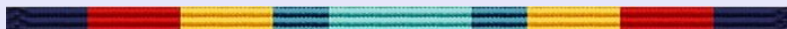
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## **Red Cross to honor 2 women who help mountain Veterans, loved ones in hospice care**

Red Cross will honor two women who founded The "No Veteran Dies Alone" Program. In Asheville at the Charles George VA Medical Center the two women volunteer in the VA's Hospice and Palliative Care team to support Veterans and their families.

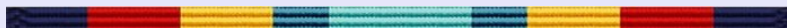
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### **3 Ways to Put Family First**

Balancing your loved ones' needs with supporting the organizations you care about does not have to be difficult. Discover the power of percentages.

[Read More](#)



### **VA nurse executive recognizes nurses' dedication and service**

Nurse executive Dr. Tracy Weistreich shares stories collected by the VA Office of Nursing Service about VA nurses who have demonstrated a commitment to Veterans' well-being over the past year.

[Read More](#)



## **#VeteranOfTheDay Army Veteran Vito Bertoldo**

Today's #VeteranOfTheDay is Army Veteran Vito Bertoldo, a Medal of Honor recipient who served from 1942 to 1946 during World War II.

[Read More](#)

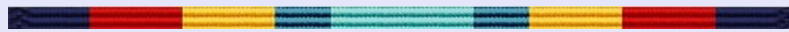
## **Q&A: What Are My COVID-19 Vaccination Options Overseas?**

The fight against COVID-19 isn't over yet. But we've seen major progress made along the way.



According to the Centers for Disease Control and Prevention, COVID-19 vaccination is an important tool to help us get back to a more normal way of life. And now more TRICARE families overseas are eligible to get the COVID-19 vaccine.

[Read More](#)



## **VetXL: Survivors Together Q & A on RallyPoint**

Join us May 20th at 2PM ET for a live 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? How can caregivers best prepare for services needed?

[Read More](#)



## **WWII Navy WAVES Veteran honored at 100th birthday celebration**

Happy 100th Birthday to Marjorie B. Harrison Thomas: Marjorie is a WWII Navy WAVES Veteran. [From Reading Eagle]

[Read More](#)



## **Arizona VA team accomplishes vaccine goals**

When it came time to prepare to administer the COVID-19 vaccine, Prescott VA staff stepped-up. A lot of planning, preparing, and traveling to ensure that five community based clinics were ready.

[Read More](#)



## **Tips on how to be successful at virtual job fairs**



Corporate Gray has outlined steps you should take before, during, and after a virtual job fair that will help you get the most out of your participation and lead to better opportunities.

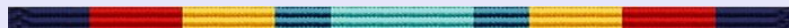
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## **Veterans can get tools, resources at Military OneSource**

The Military OneSource site provides tools and resources for Veterans, service members, their families, military academy cadets and designated Department of Defense civilians. Resources provided are free and vetted by the Department of Defense.

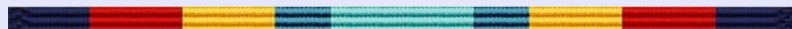
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## **Women Veteran Boot Camp Accelerator Program Partners with PenFed**

The partnership will support Women Veteran Boot Camp Accelerator designed to educate and empower women Veteran-owned small businesses in the government contracting space. [From Markets Insider]

[Read More](#)



## **Why I get my health care at VA: Army Reserve Veteran Josh**

After two tours as an IED hunter in Iraq, Josh returned to the states. He had a difficult time adjusting, and was always on high alert until he went through prolonged exposure therapy at VA.

[Read More](#)



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

**Navy Fire Controlman 2nd Class Harold F. Trapp**, 24, and **Navy Electrician's Mate 3rd Class William H. Trapp**, 23, of La Porte, Indiana, were 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 429 deaths, including the Trapp brothers. They will be buried on June 15, 2021, at the National Memorial Cemetery of the Pacific. [Read about the Trapp brothers.](#)

**Army Cpl. Eldert J. Beek**, 20, of Sibley, Iowa, was a member of Headquarters Company, 1st Battalion, 32nd Infantry Regiment, 7th Infantry Division. He was reported killed in action on Dec. 1, 1950, when his unit was attacked by enemy forces near the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered. Beek will be buried June 14, 2021, in George, Iowa. [Read about](#)

[Beek.](#)

**Navy Fireman 1st Class Paul E. Saylor**, 21, of Johnson City, Tennessee, 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 Saylor. He will be buried on Aug. 20, 2021, in his hometown. [Read about Saylor.](#)

**Army Pfc. James W. White**, 21, of Chester, Ohio, was a member of Company E, 2nd Battalion, 5307th Composite Unit (Provisional), also known as Merrill's Marauders. After taking the airfield in Myitkyina, Burma, from the Japanese on May 17, 1944, White's battalion was tasked with holding the airfield and taking part in the siege of Myitkyina. White was reported to have been killed during fighting on July 2, 1944. White will be buried June 12, 2021, in Long Bottom, Ohio. [Read about White.](#)

**Navy Fireman 1st Class Robert J. Harr**, 25, 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 Harr. Interment services are pending. [Read about Harr.](#)

**Navy Electrician's Mate 3rd Class Charles D. Brown**, 22, was assigned to the battleship USS West Virginia, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS West Virginia sustained multiple torpedo hits, but timely counter-flooding measures taken by the crew prevented it from capsizing, and it came to rest on the shallow harbor floor. The attack on the ship resulted in the deaths of 106 crewmen, including Brown. Interment services are pending. [Read about Brown.](#)

**Navy Fireman 2nd Class William K. Shafer**, 20, 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 Shafer. Interment

services are pending. [Read about Shafer.](#)



**Veterans-For-Change, Inc.**

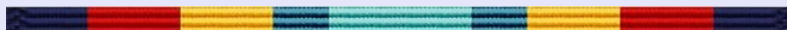
Riverside County, CA

Visit our website today

[www.Veterans-For-Change.org](http://www.Veterans-For-Change.org)

Serving those who served!

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



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[Jim.Davis@Veterans-for-change.org](mailto:Jim.Davis@Veterans-for-change.org)

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