



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, May 30, 2021

Volume 12, Issue 22



This-N-That

Good afternoon Jim,

Memorial Day is a holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2021 will occur on Monday, May 31.

Memorial Day is a day of remembrance for U.S. soldiers who died in military service. It was first observed in 1868, when flowers were placed on graves of Union and Confederate soldiers at

Arlington National Cemetery. It later changed from honoring the dead from the Civil War to honoring the dead from all American wars.

5 things not to do on Memorial Day

- Don't wish anyone a "Happy Memorial Day" This is not Christmas – Memorial Day was not founded in joy with the promise of bringing glee each year. ...
- Don't thank the current troops. ...
- Don't disregard its importance. ...
- Don't forget it exists. ...
- Don't let politics keep you from rendering respect.

What do you say on Memorial Day?

"There is nothing nobler than risking your life for your country." "Over all our happy country over all our Nation spread, is a band of noble heroes—is our Army of the Dead." "What I can do for my country, I am willing to do." "A hero is someone who has given his or her life to something bigger than oneself."

10 Things to Remember About Memorial Day

- IT STARTED WITH THE CIVIL WAR. ...
- GENERAL LOGAN MADE IT OFFICIAL. ...

- IT WAS FIRST KNOWN AS DECORATION DAY.
...
- THE HOLIDAY IS A FRANCHISE. ...
- IT WAS JAMES GARFIELD'S FINEST HOUR—
OR MAYBE HOUR-AND-A-HALF. ...
- NOT EVEN THE UNKNOWN SOLDIER CAN
AVOID MEDIA SCRUTINY THESE DAYS. ...
- VIETNAM VETS GO WHOLE HOG. ...
- MEMORIAL DAY HAS ITS CUSTOMS.

Consider one of these ways to pay your respects on Memorial Day:

- Attend a Memorial Day event. ...
- Place a flag for a hero. ...
- Volunteer with a local Veterans organization. ...
- Send a card or care package to soldiers. ...
- Share a personal reflection.

Memorial Day, which falls on the last Monday in May, honors the men and women who died while serving in the military. ... Veterans Day, observed every November 11, recognizes all who have served in the Armed Forces.

To all those whom we've lost and their families, we will **NEVER FORGET THEM!**

I do want to spend a moment just to say thank you to all those who wrote to me this past week regarding my father and ALS.

There almost isn't a day that goes by that when I hear the words ALS or Parkinson's that I don't cringe.

I know what their families are up against, and there is just nothing in the world you could ever say that would make anyone feel better.

Just know you can always reach out to me if the need ever arises. I'm far from an expert, but when I reached out to the local ALS Foundation office, I got to speak with the regional Director who was very kind and just told me she was going to be sending me a rather large box of materials and books, and that they would be there if I needed them.

When sitting in dad's room while he was sleeping, I used that time to read damn near every piece of literature and I think all but one book as well as all the research papers.

I probably learned much more than I ever needed to, but knowing one day soon I'd be dad's caregiver I wanted to know everything imaginable so I'd be

prepared and able to conceal my feelings so as not to alert dad or make him suffer any more fear than he had to.

For all our women Veterans, I'd like to remind you about annual mammograms and if you've not had one yet or even ever, please schedule and appointment today.

Catching early signs of any form of cancer can make all the difference in the world, and we want you all to stick around with us for a very long time!

Osteoporosis is concerning for women as well as men, so it's always a good idea to be checked for this too, and know that there is medication out there to treat it and help make life a little easier!

To the Procopio family we extend our deepest condolences for your loss.

For the Blue Water Navy Veterans numbering in the thousands all should be thankful for his courage, tenacity and assistance of his attorneys for winning his case.

This is one of the very reasons why I ask everyone to support all legislation noted in the **TAKE ACTION**

section of the newsletter. Any one piece might not help you, but it sure could help thousands of others, and you never know, new legislation could be presented that might help you and your family too, and they will be there for you too.

When it comes to fraud scams and schemes, there seems to be absolutely no limit to the imagination of some who have no problem taking advantage of you one way or another.

There are a couple of sections in this newsletter regarding scams and schemes, please take the time to read about them, be protected!

Additionally, we note in the “Links to Other Stories” quite a few federal cases, many are regarding Veterans and/or Veterans Affairs, we list and post those to the VFC Website to keep you further informed!

We’re still looking for someone who knows a lot about or was trained regarding FMA. 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.

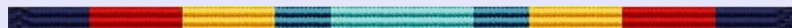
On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Respectfully,

Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org



Bone health information for Veterans

Osteoporosis is concerning for many women, especially post-menopause. It can also affect men later in life. It is not a normal part of aging.

Medication is the primary management tool for osteoporosis.

[Read More](#)



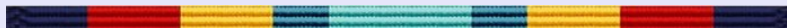
Military Veterans Advocacy



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

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



**Why I get my health care at VA: Army
Veteran Scott**

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](#)



BREAKING: VA plans expansion of benefits for disability claims for conditions related to certain toxic exposures

VA announced today two major decisions related to presumptive conditions associated with Agent Orange and particulate matter exposures during military service in Southwest Asia.

[Read More](#)



Veterans: Living in a foreign country? Get your COVID-19 vaccine reimbursed

Veterans eligible for the VA Foreign Medical Program can receive a COVID-19 vaccine in the country they reside and be reimbursed by VA. Here are the instructions, forms and information.

[Read More](#)



Military-Veterans Advocacy's 3rd Annual Rifle Raffle

Military-Veterans Advocacy's 3rd annual rifle raffle continues to be a hit, with a little over a month to go, has sold half of the 300 tickets printed, Last year we ran out of tickets prior to the drawing and this year the tickets are going fast. Our first prize this year, the Springfield M1A1 rifle is a collector's item as well as a fully functional firearm., Many of you carried that rifle in boot camp so there is a sentimental reason for the quick pace of ticket sales. Our second prize, the Smith and Wesson Model 686 7-shot revolver is also beautifully tooled and will be the envy of everyone at the range, And of course our third prize \$250. cash will always

come in handy.

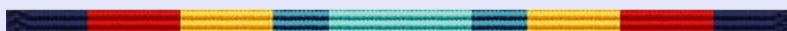
So please feel free to jump on our [web site](#) and purchase a ticket or tickets. And while you are on the website, if you are not a member please consider joining. Membership is \$25 per year.

Life memberships are also available [here](#). We have gift memberships for those who are having financial concerns. For more information contact robin.barr@mvadvocacy.org.

Drawing is June 26, you do not have to be present to win, but you must comply with all federal and state firearms laws. Tickets are \$45 apiece! We accept Master Card, American Express and Discover.

Please help our volunteer staff continue to litigate, legislate and educate on your behalf.

Commander J. B. Wells U. S. Navy (Retired)
Attorney at Law
Chairman
Military-Veterans Advocacy, Inc.



Here's some ground rules for this upcoming Memorial Day weekend

1. Don't wish me a Happy Memorial Day. There is nothing happy about brave men and women dying.
2. It's not a holiday. It's a remembrance.
3. If you want to know the true meaning, visit Arlington or your local VA, not freaking Disneyland.
4. Don't tell me how great any one political power is. Tell me about Sgt. Donald Lamar Jr., Chesty Puller, George Patton, John Basilone, Kyle Carpenter, Mitchell Paige, Ira Hayes, Chris Kyle and any other heroes too numerous to name. Attend a Bell Ceremony and shed some tears.
5. Don't tell me I don't know what I am talking about. I have carried the burden all too many times for my warriors who now stand their post for God.
6. Say a prayer... and then another.
7. Remember the Fallen for all the Good they did while they were here.
8. Reach out and let a Vet know you're there, we're losing too many in "peace".

Last but not least **“SPEAK THEIR NAMES”**

Courtesy: Paul Sutton





Your actions

could save a life.

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

VeteransCrisisLine.net

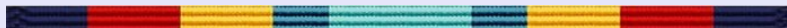


**Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**



VFW Memorial Day Remembrance

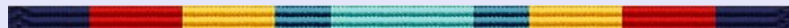
“Comrades, I would like to remind each and every one of you of the somber reason for Memorial Day,” said Hal Roesch, VFW Commander-in-Chief. “We must not forget the service members buried in hollowed grounds throughout the country and around the world. For many in our nation, this Memorial Day weekend will be like a breath of fresh air, as more and more of this past year’s restrictions are lifted across the U.S., marking a moment of needed relief for many of our fellow Americans. While there is an air of elation around us, let us take time to give pause, reflect and honor our fallen brothers and sisters, reminding everyone of the selfless sacrifices that secured the freedoms we enjoy. May we continue to honor their legacy, living lives worthy of those who laid down their lives for us.”



VA social worker furthers mental health care awareness in Arkansas

An Arkansas VA social worker and longtime mental health care advocate spearheaded the signing of Arkansas' proclamation of May as Mental Health Awareness Month by the state's governor.

[Read More](#)



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](https://www.VeteransCrisisLine.net) or text to **838255**

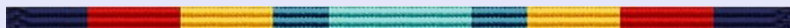




Women Veterans, work and a post-COVID world

The pandemic has changed how we work and has its drawbacks. Women bear primary responsibility for running their household and managing childcare, schooling and household upkeep, along with their jobs.

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Copayment refund notification letters mailed to Veterans

Veterans eligible for a refund due to passage of the American Rescue Plan will soon receive a letter from VA with specifics.

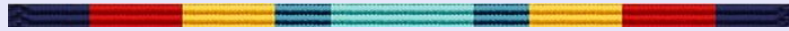
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#VeteranOfTheDay Army Veteran Arnold J. Braasch

Today's #VeteranOfTheDay is Army Veteran Arnold J. Braasch. who served as an artificer with the 25th Division during the Korean War.

[Read More](#)



Links to Other Stories

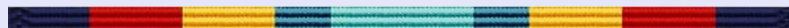
1. [‘A national outrage’: Lawmakers seek solutions to food insecurity in military, Veteran families](#)
2. [2022 Cost-of-Living Adjustment \(COLA\) Predicted to be 4.7%](#)
3. [A \\$10,322 Tab for A Sleep Apnea Study Is Enough to Wreck One Patient's Rest](#)
4. [Amid pressure, VA eyes speeding benefits for burn pit exposure illnesses](#)
5. [Baltimore Career Offender Sentenced to Life in Prison for Murdering a Baltimore Woman Believed to be a Witness in a Federal Case](#)
6. [Bills touted by Jon Stewart may help millions of Veterans get care for toxic exposure](#)
7. [Cardiologist Sentenced to Prison for Decade-Long Health Care Fraud Scheme](#)
8. [DOJ Announces Coordinated Law Enforcement](#)

Action to Combat Health Care Fraud Related to COVID-19

9. El Paso Doctor Indicted for Distributing Controlled Substances and Health Care Fraud Resulting in Five Deaths
10. Final Defendant Sentenced in \$80 Million Health Care Fraud Conspiracy
11. Former VA Employee Sentenced for Conspiring to Accept Bribes
12. Former VA Hospital Nursing Assistant Sentenced to Seven Consecutive Life Sentences for Murdering Seven Veterans and Assault with Intent to Commit Murder of an Eighth
13. Greensboro Physician and Pain Management Practice to Pay \$500,000 to Resolve Allegations of Health Care Fraud
14. Insurance Broker Sentenced for \$3.8 Million Fraud Scheme
15. Jackson Man Pleads Guilty to Wire Fraud Scheme Designed to Fraudulently Obtain GI Bill Funds from the U.S. Department of Veterans Affairs
16. Kerrville VA Medical Center Pharmacy Technician Arrested for Stealing Prescribed Narcotics from the U.S. Mail
17. Last Letters Home: Coram Air National Guard staff sergeant's impact, love still felt
18. Queens Pharmacy Owner Sentenced to 36

Months in Prison for Health Care Fraud and Narcotics Distribution

19. Rep. Crenshaw, Sen. Cotton launch whistleblower effort against military 'woke ideology'
20. SavaSeniorCare LLC Agrees to Pay \$11.2 Million to Resolve False Claims Act Allegations
21. Two Arkansas Physicians Sentenced to a Total of 150 Months in Federal Prison for Prescription Fraud
22. VA budget plan includes new office focused on preventing harassment, promoting diversity
23. VA Employee Sentenced to Prison for Stealing Veterans' Personal Information
24. VA to start processing Vietnam vets' claims for conditions newly linked to Agent Orange poisoning
25. VA's unreliable infrastructure estimates raise more questions about EHR's cost
26. Why Veterans Are Targeted by Radicals Online
27. World War II veteran travels to South Carolina to give a final salute to the man who saved his life



Navy Veteran's efforts to engage Veterans in advance care planning

Jennifer Vedral-Baron was a nurse in the Navy for 30 years. Today, she is using her experience to support and encourage other Veterans to express and document their wishes in an advance care directive.

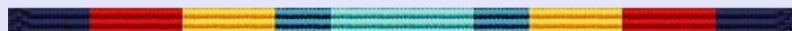
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Borne the Battle BONUS: COVID Update #9: Vaccine Acceptance Successes, Building Trust with the Minority Veteran Community

Veteran vaccine acceptance comes down to trust and truth, according to VA Office of Health and Equity's Dr. Ernest Moy. On this bonus episode, Dr. Moy provides updates on Veteran vaccination rates and vaccine acceptance.

[Read More](#)



VA National Cemeteries No Longer Restricting Gathering Sizes at Committal and Memorial Services

The U.S. Department of Veterans Affairs' (VA) National Cemetery Administration (NCA) today announced it would lift all restrictions on gathering sizes at committal and memorial services in VA national cemeteries starting on Wednesday, May 26, 2021.

Earlier this week, the NCA announced it had adjusted its rules for visitors and staff members in accordance with the CDC's new guidance, [Interim Public Health Recommendations for Fully Vaccinated People](#). Fully vaccinated persons are no longer required to wear masks and physically distance themselves while at a national cemetery.

Consistent with the new CDC guidance, NCA still requires persons who are not fully vaccinated to practice the safety procedures recommended by the CDC – such as wearing face coverings and maintaining physical distancing – while visiting a cemetery or attending a service.

For more information, please visit the NCA website, <https://www.cem.va.gov> or contact your local national cemetery.



Death of Alfred Procopio

In 1963, when 18-year-old Boston native Alfred Procopio Jr. joined the United States Navy, the war clouds were beginning to gather over Southeast Asia. Having just completed an electrical apprenticeship, Al Procopio saw an opportunity to expand his electrical knowledge while serving his country. Assigned as an electrician aboard the aircraft carrier USS Intrepid, Procopio served in the waters off both North and South Vietnam.

The Intrepid conducted air strikes and support missions throughout Vietnam in support of the war effort. Mr. Procopio did not suffer any visible wounds from shrapnel or burns, but unknown to him, an insidious killer entered his body. Agent Orange herbicide, discharged through Vietnamese rivers and washed off the land by the monsoon rain, entered the South China sea where the Intrepid was on station. The chemical was ingested into the ship's evaporation distillation system that converted salt water into potable drinking water. Although not known at the time, the distillation process did not remove the harmful dioxin - it enriched it.

Decades later, Mr. Procopio began to suffer from heart disease, diabetes and other herbicide related

diseases. He applied for benefits under the Agent Orange Act of 1991, but was denied. It seems that the Department of Veterans Affairs (VA) had decided that the toxic chemicals did not infiltrate into the South China Sea.

Mr. Procopio sought the assistance of Commander John B Wells, USN (retired) founder of the Slidell, Louisiana based Military-Veterans Advocacy (MVA) to pursue his case. Commander Wells and MVA applied the international law of the sea to successfully argue that the territorial sea of the Republic of Vietnam, was, for purposes of the Agent Orange Act, part of the sovereign territory of the Republic of Vietnam. Coupling Wells' nautical knowledge with the legal expertise of Melanie Bostwick, of the Washington DC based Orrick law firm, MVA challenged the VA before the Court of Appeals of the Federal Circuit sitting en banc. On January 29, 2019, the court issued their opinion, in *Procopio v. Wilkie*, 913 F.3d 1371, overruling existing precedent and extending the presumption of exposure to 90,000 Blue Water Navy Veterans.

"Al Procopio was a tiger who would not give up," mused Wells. "He was a dedicated sailor who fought hard to win the battle for himself and for other Navy Veterans. He was a true hero whose

efforts changed the lives of his fellow sailors for the better."

"In honoring our fallen this Memorial Day," Wells continued, ""please say a special prayer for Al Procopio and his wife Joan."

Using the Procopio case as a model, MVA continues to fight for benefits for Veterans throughout the United States and the world.

For more information on Military-Veterans Advocacy go to www.militaryVeteransadvocacy.org

For Interviews contact:

CDR John B Wells USN (ret)

Chairman, Military-Veterans Advocacy

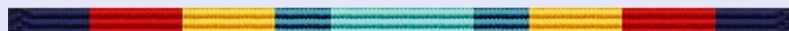


Veterans Toxic Exposure Bill Moves Forward with Hypertension for AO Claims

The Senate Veterans Affairs Committee (SVAC) approved the "Comprehensive and Overdue Support for Troops (COST) of War Act." This legislation, sponsored by SVAC Chairman Jon Tester, would allow for the first time all veterans who were at risk of toxic exposure, including 3.5

million Iraq and Afghanistan veterans, to obtain immediate and lifelong access to health care from the Department of Veterans Affairs (VA) - one of the largest expansions of health care eligibility in the VA's history. The bill would provide presumptive care for 11 conditions for veterans who were sickened by exposure to burn pits and other toxins. It would also establish a new science-based and veteran-focused process for the establishment of new presumptive conditions and would provide benefits to thousands of toxic exposure veterans who have been long-ignored or forgotten, including Agent Orange veterans suffering from hypertension. Although the bill passed unanimously, several SVAC members expressed concern about the cost.

FRA NED Christopher Slawinski participated in a virtual press conference expressing support for the measure. The still unnumbered bill now goes to the full Senate for further consideration. Everyone, please go to the [Action Center](#) to weigh in on this issue.



Concerns Over Tightened Eligibility & Delayed Roll-Out of VA Caregivers Program

Senate Veterans' Affairs Committee Chairman Jon Tester (Mont.) and Senator Patty Murray (Wash.) are expressing concerns over the Department of Veterans Affairs' (VA) tightened eligibility and delayed roll-out of its Caregivers Program.

Congress expanded the Caregivers Program to veterans of all eras under the FRA supported VA MISSION Act of 2018. Since the law's implementation the VA has reported more than 70,000 applications for the Caregivers Program, 27,000 of which were denied. Data shows that the highest percentage of denials were due to the activity of daily living (ADL) requirement and the 70 percent service-connection requirement. In a letter to VA Secretary Denis McDonough, the Senators pushed the VA to reconsider both the ADL and the 70 percent rule - requirements currently inhibiting caregivers' ability to receive the benefits they deserve. The Senators also laid out questions regarding denials and appeals for the Caregiver Program, and resources needed by the VA to appropriately implement Phase 2 of the program's expansion that provides critical benefits and services to deserving veterans and their caregivers.

A copy of the letter is [available online](#).



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

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



**Insurance fraud schemes impact everyone,
including Veterans**

Military Veterans and retirees reported \$66 million in fraud losses in 2020, according to Federal Trade Commission (FTC) data. Fraud is the second-most-costly white-collar crime in America. These crimes add up to billions of dollars in fraudulent insurance claims every year. Even if you haven't suffered a direct loss, you are still a victim of insurance fraud.

[Read More](#)



Office of Academic Affiliations expands nurse residencies to 28 new sites

VA post-baccalaureate RN and nurse practitioner residencies prepare highly qualified nursing professionals for VA and the nation. Of VA's 80,000 nurses, 55% are eligible for retirement.

[Read More](#)



Take advantage of protected training time through VA's nurse residency program

VA's nurse residency program helps newly licensed nurses get ready to address the unique health care needs of Veterans.

[Read More](#)



FRA NED Participates in Memorial Day Events

National Executive Director Chris Slawinski will speak at an event at the Navy Memorial in observance of Memorial Day, and later will attend a wreath laying ceremony at Arlington National Cemetery where President Joe Biden and the First Lady will lay a wreath at the Tomb of the Unknown Soldier.

The Department of Veterans Affairs Veterans (VA) and Arlington National Cemetery (ANC) are lifting Coronavirus restrictions for those fully immunized in time for Memorial Day observances. The VA announced that VA cemeteries will allow mass flag placements across the U.S. to commemorate Memorial Day. Volunteers wishing to place flags should contact their local national cemetery. In accordance with the Center for Disease Control (CDC), fully vaccinated people can resume many

normal pre-COVID-19 activities, the VA and the ANC announced that most vaccinated visitors to their cemeteries - as well as those attending funeral and memorial services - no longer will be required to wear masks or maintain an extended physical distance from others.

However, those who are not fully vaccinated or in states with more restrictive regulations still must practice the safety procedures recommended by local authorities or the CDC, including wearing face coverings and maintaining social distancing.

The VA Secretary Denis McDonough will preside over the wreath laying at Quantico National Cemetery in Virginia on Friday, May 28. In addition, all 155 VA national cemeteries will be open Memorial Day weekend from dawn to dusk. Cemeteries with full staffs will also hold brief wreath-laying ceremonies followed by a moment of silence and taps over Memorial Day weekend, but these will not be open to the public.

Shipmates and all Americans are reminded, on Memorial Day and every day that "freedom is not free." In observance of Memorial Day, the FRA National Headquarters will be closed on Monday, May 31.



Veterans-For-Change Website

The Veterans-For-Change website has been around since 2009. The look 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 **3,692** hits per day, and downloads average **5,902** per day with a total **7,401,935** visitors as of Saturday 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: **10,571**)
- Polls
- Web Links, more than **8,153**, Added **59** New Links (Updated: **05/26/21**)

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



VA to Review Previously Denied Blue Water Claims

As a result of a recent U.S. district court case, VA is automatically reviewing the cases of veterans who were previously denied service connection for one or more condition related to Agent Orange exposure. Previous denials based on military service not performed in the Republic of Vietnam or on its inland waterways will have the evidence of record reviewed and replacement decisions provided. These reviews will also apply to eligible survivors of deceased Vietnam-era veterans. We encourage affected veterans to [contact their VFW Department Service Officer](#) with any questions or concerns they may have or if they may be interested in filing a claim.



#VeteranOfTheDay Army Veteran Travis Bickford

Today's #VeteranOfTheDay is Army Veteran Travis Bickford, who served a year in Baghdad in support of Operation Iraqi Freedom.

[Read More](#)



May Is Mental Health Month

Every day, Veterans can take a step toward better mental health and well-being. No matter how big or small, One Step Today can make a difference. This Mental Health Month, explore the steps you can take to live a healthier life.

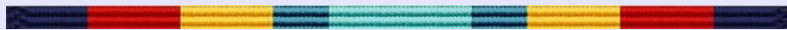
[Explore the Steps](#)



Now is the time to get overdue mammograms rescheduled

In the early months of the COVID-19 outbreak, medical facilities across the United States were forced to suspend annual preventative care screenings and elective procedures to preserve medical resources and prevent spread of the virus. VA was no different.

[Read More](#)



News Flash



VA plans expansion of benefits for disability claims for conditions related to certain toxic exposures

New evaluation process to be applied in identifying future presumptive conditions

The Department of Veterans Affairs announced today two major decisions related to presumptive conditions associated with Agent Orange and particulate matter exposures during military service in Southwest Asia.

Agent Orange

VA will begin implementing provisions of the William M. Thornberry National Defense Authorization Act for Fiscal Year 2021 (Public Law 116-283), adding three conditions to the list of those presumptively associated with exposure to herbicide agents, more commonly known as Agent Orange. Those conditions are bladder cancer, hypothyroidism and Parkinsonism.

“Many of our Nation’s Veterans have waited a long time for these benefits,” said VA Secretary Denis McDonough. “VA will not make them wait any longer. This is absolutely the right thing to do for Veterans and their families.”

VA will apply the provisions of court orders related to [Nehmer vs. U.S. Department of Veterans Affairs](#), which may result in an earlier date for entitlement to benefits for Veterans who served in the Republic of Vietnam during the Vietnam War. Vietnam War era Veterans and their survivors, who previously filed and were denied benefits for one of these three new presumptive conditions, will have their cases automatically reviewed without the need to refile a claim. VA will send letters to impacted Veterans and survivors.

Particulate Matter Exposures

The secretary recently concluded the first iteration of a newly formed internal VA process to review scientific evidence to support rulemaking, resulting in the recommendation to consider creation of new presumptions of service connection for respiratory conditions based on VA's evaluation of a National Academies of Science, Engineering and Medicine report and other evidence. VA's review supports initiation of rulemaking to address the role that particulate matter pollution plays in generating chronic respiratory conditions, which may include asthma, rhinitis, and sinusitis, for Veterans who served in the Southwest Asia theater of operations during the Persian Gulf War and/or after September

19, 2001, or in Afghanistan and Uzbekistan during the Persian Gulf War.

“VA is establishing a holistic approach to determining toxic exposure presumption going forward. We are moving out smartly in initiating action to consider these and other potential new presumptions, grounded in science and in keeping with my authority as Secretary of VA,” said McDonough.

VA is initiating rulemaking to consider adding respiratory conditions, which may include asthma, sinusitis, and rhinitis, to the list of chronic disabilities, based on an association with military service in Southwest Asia, Afghanistan and Uzbekistan during the covered periods of conflict. VA will conduct broad outreach efforts to reach impacted Veterans and encourages them to participate in the rulemaking process.

For more information, visit our website at [Airborne Hazards and Burn Pit Exposures - Public Health \(va.gov\)](#).

If you have questions send queries to VAPublicAffairs@va.gov.



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 **05/29/21**)

Please note, we've added **2** 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

45. HR 3368, the Guam, American Samoa, and Johnston Island bill

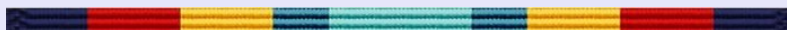
46. H.R. 2521, Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2021



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.

[Read More](#)



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



How Veterans can get moving without the gym

VA's National Center for Health Promotion and Disease Prevention supports Veterans' health and well-being with worksheets, workbooks and other information from VA's MOVE! Weight Management Program.

[Read More](#)



Veterans could be targets of pension poaching scams



If you currently receive VA pension or are thinking about applying for Veterans Pension, you could be the target of a scam known as pension poaching.

[Read More](#)



COVID-19 Vaccine at VA

All Veterans, their spouses and caregivers, and CHAMPVA recipients can now get a COVID-19 vaccine at VA.

[Learn More](#)



We Believe In You

Although Sexual Assault Awareness Month has ended, VA continues to provide services and support year-round for Veterans who have experienced military sexual trauma (MST).

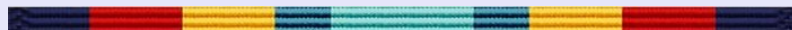
[Find Support](#)



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.

[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



VFW-Supported Legislation Passes House

On Tuesday, the House passed VFW-supported, [H.R.1510](#), the Veterans' Camera Reporting Act, [H.R. 2494](#), to establish a fourth administration in VA, and [H.R. 2441](#), the Sgt. Ketchum Rural Veterans Mental Health Act. H.R. 1510 would provide a review of VA's policies and procedures on camera placement, surveillance, equipment maintenance, data storage, and any gaps or barriers VA faces in providing a sense of security and trust to veterans, their families, and VA staff. H.R. 2494 would establish the Veterans Economic Opportunity and Transition Administration to oversee programs for vocational rehabilitation, employment, education assistance, veterans' housing loans, veteran-owned business, and the transition assistance program. H.R. 2441 would expand VA's Rural Access Network for Growth Enhancement (RANGE) program and assess the mental health needs of rural and highly rural veterans.



**Community providers: CCN improvements
help you care for our Veterans**

VA's Community Care Network makes it easier for providers to work with VA and care for Veterans. CCN offers a more streamlined relationship with VA and continues to get better as we refine it over time.

[Read More](#)



Regaining Control Through Mindfulness

Given Gus' family background and years of training and service, he never expected to have difficulty transitioning back into civilian life. But after his time in the Army, he says his mental health issues became evident in three ways.

[Read Gus' Story](#)



Be There

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

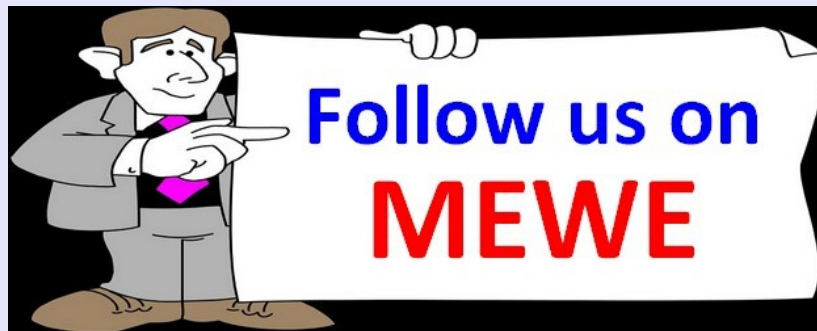
[Learn More](#)



Uniting US and the Military Women's Memorial Invite you to Summer with the Arts Exhibition Opening

Uniting US partners with Military Women's Memorial (MWM) to provide the Summer with the Arts programming. The Summer with the Arts exhibition runs from May 20 through September 7, 2021.

[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](#)

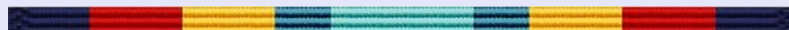
[HOMELESS HEROES PROGRAM OF
VETERANS-FOR-CHANGE](#)

[AMVETS GROUP](#)

[VETERANS SOCIAL GROUP](#)

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

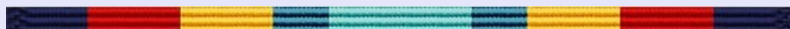
[AMERICANS FOR SOVEREIGNTY](#)



**NCA lifts restrictions on attendance at
committal services, adjusts COVID safety
precautions**

VA's National Cemetery Administration (NCA) last week announced it would lift all restrictions on gathering sizes at committal and memorial services in VA national cemeteries starting on Wednesday, May 26, 2021.

[Read More](#)



DAV volunteers clean, highlight American Veterans Disabled for Life Memorial

In a sign of pre-pandemic times, Disabled American Veterans volunteers met May 22 to clean the American Veterans Disabled for Life Memorial in Washington, D.C.

[Read More](#)



Poor Sleep Can Cause Mental Health Nightmares

Most people experience trouble sleeping occasionally — it's part of life. They might wake up feeling cranky or sluggish, or as if they're not firing on all cylinders. But for some individuals, the picture of poor sleep is much more challenging.

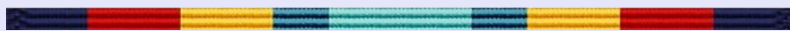
[Read the Blog](#)



All-women Veterans group finds help with PTSD at Heroes Haven

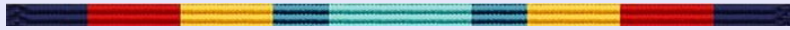
Heroes Haven is a program that helps veterans heal as they work out problems together. Six women Veterans are discovering that healing in Park City with the first all-women's group.

[Read More](#)



Office of Inspector General

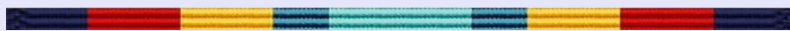
1. Domestic Abuse: DOD Needs to Enhance Its Prevention, Response, and Oversight
2. Employee Benefits Security Administration: Enforcement Efforts to Protect Participants' Rights in Employer-Sponsored Retirement and Health Benefit Plans



The Veterans Canteen Service is turning 75

VCS provides merchandise and services essential to the comfort and well-being of VA's Veterans, their families, and those who provide for their care in VA facilities.

[Read More](#)



Honor those who have borne the battle at VA

Memorial Day has special meaning at VA, where our patients and many of our employees served in the military.

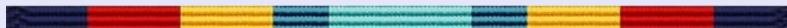
[Read More](#)



Veterans' Friends and Family

As a family member or friend of a Veteran, you can play an important role in providing support. People who are close to Veterans are often the first to notice that they are facing a mental health challenge. Let them know you're there for them.

[Show Support](#)

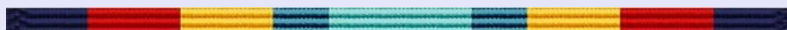


'We want to know who you are': Center for Women Veterans wants to recognize female Vets

Thank Her for Her Service! The Center for Women Veterans, Acting Director, Liz Estabrooks & the Military Womens Memorial's, Lacrisha Parker speak on women Veteran topics.

#BringWomenVeteransHome2VA

[Read More](#)





1. Coronavirus (COVID-19) Update: FDA Authorizes Additional Monoclonal Antibody for Treatment of COVID-19
2. Coronavirus (COVID-19) Update: May 28, 2021
3. Coronavirus Disease 2019 (COVID-19) (05/25/21)
4. Due to risk of serious liver injury, FDA restricts use of Ocaliva in primary biliary cholangitis (PBC) patients with advanced cirrhosis
5. Due to risk of serious liver injury, FDA restricts use of Ocaliva in primary biliary cholangitis (PBC) patients with advanced cirrhosis
6. FDA Approves First Targeted Therapy for Lung Cancer Mutation Previously Considered Resistant to Drug Therapy
7. FDA Approves First Targeted Therapy for Subset of Non-Small Cell Lung Cancer
8. FDA approves second PSMA-targeted PET imaging drug for men with prostate cancer
9. FDA Drug Shortages

10. FDA Seeks \$6.5 Billion to Further Investments in Critical Public Health Infrastructure, Core Food Safety and Medical Product Safety Programs
11. FDA, FTC Warn Five Companies Illegally Selling Dietary Supplements Claiming to Treat Infertility
12. Giant Eagle Voluntarily Recalls Chicken Street Taco Kit
13. Gilster-Mary Lee Corp. Issues a Recall for Undeclared Milk Allergen in Full Circle Organic Microwave Popcorn Salted
14. Hy-Vee Issues Allergy Alert on Undeclared Egg in Chicken Street Taco Kit Due to Reser's Fine Foods Recall
15. Medical Action Industries, Inc. 306 Recalls Medical Convenience Kits for Risk of Fungal (*Aspergillus Penicillioides*) Contamination
16. Medically Minded Hand Sanitizer– Nationwide Recall Expansion Due to The Presence of Undeclared Methanol
17. Ocaliva (obeticholic acid) by Intercept Pharmaceuticals: Drug Safety Communication - Due to Risk of Serious Liver Injury, FDA Restricts Use of Ocaliva in Primary Biliary Cholangitis Patients with Advanced Cirrhosis
18. Stop Using Lepu Medical Technology SARS-CoV-2 Antigen and Leccurate Antibody Tests: FDA

Safety Communication

19. Update: FDA Recommends Transition from Use of Non-NIOSH-Approved and Decontaminated Disposable Respirators - Letter to Health Care Personnel and Facilities

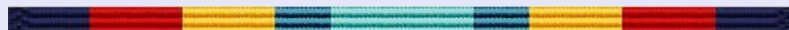
20. Watch Out for False Promises on Some Dietary Supplements



Reschedule Overdue Preventive Care Services

Due to the COVID-19 pandemic, many people postponed or canceled annual preventive care services appointments. As more and more individuals receive the COVID-19 vaccine and restrictions are lifted, veterans who are overdue for preventive care need to reschedule as soon as possible. Preventive services include primary and specialty care appointments, pneumonia and shingles vaccines, and screenings such as a colonoscopy, mammogram, or pap smear.

[Read More](#)



#VeteranOfTheDay Marine Veteran Tim Kao

During Asian American Pacific Islander Heritage Month, today's #VeteranOfTheDay is Marine Veteran Tim Kao, who served in Iraq and Afghanistan.

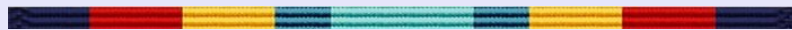
[Read More](#)



VA Mental Health Apps

Use your smartphone or tablet to access mental health support wherever you are, whenever you need it. VA's mental health apps can help you manage PTSD-related symptoms and stress, learn to practice mindfulness, cope with life's challenges, aid in addressing depression, support wellness, and more.

[Explore VA Apps](#)



Mental health matters, now more than ever

VA offers telemental health services through VA and community providers and other programs to support Veterans' mental health.

[Read More](#)



VA partner Salesforce helps Air Force Veteran

In March 2020, Stephanie Brown learned that the Detroit hotel where she worked full-time as a banquet chef was laying her off. She received no warning and no severance. Brown qualified for unemployment but she knew that wouldn't last forever.

[Read More](#)



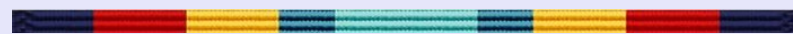
Fresh Focus #26: Personalize Your Plate

The Fresh Focus team feels that the best way to personalize your plate is by using a recipe from the Healthy Teaching Kitchen (HTK) program. The HTK is an educational resource within VHA Nutrition and Food Services (NFS) to promote nutrition and wellness.

[Read More](#)



CLICK HERE TO FOLLOW US ON TWITTER !



Mental health matters, now more than ever

VA offers telemental health services through VA and community providers and other programs to support Veterans' mental health.

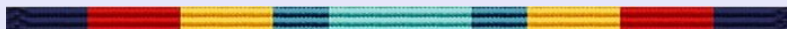
[Read More](#)



VA to hold "2021 Minority Summit" June 9

The 2021 Minority Summit will highlight VA clinical training opportunities, scholarships, loan programs and research grants. It aims to explore ideas and strategies to increase the diversity of VA's health workforce.

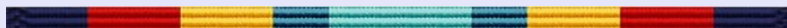
[Read More](#)



Veteran finds support in Whole Health

Army Veteran finds support in Whole Health after three cancer diagnoses. Setting a goal to ride her motorcycle, this female Veteran regained her strength and enthusiasm for life with the help of a Whole Health coach.

[Read More](#)



Maryland Women Veterans Virtual Conference

WomenVetEvent Join the MD #Veterans Program, to celebrate Maryland women Veterans. This event honors women Veterans for their contributions while serving in all branches of the service and everyone is invited to help us celebrate. Please complete the registration.

[Read More](#)

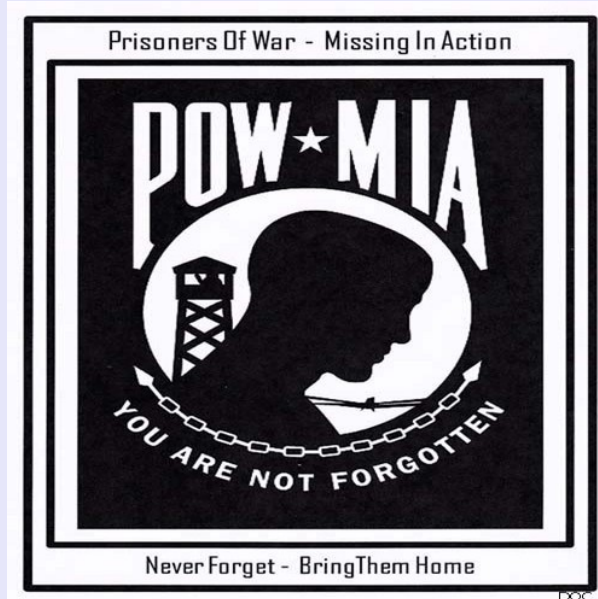


Previewing new Women's Facility at Overton Brooks VAMC

New women's Facility at Overton Brooks VAMC in Shreveport, LA. #BringWomenVeteransHome2VA

[Read More](#)





Veterans Legacy Memorial preserves Veterans' legacies to honor their service and sacrifice

The Veterans Legacy Memorial, our nation's first digital platform dedicated entirely to more than 3.7 million Veterans interred in VA's national cemeteries, provides a memorial page dedicated to preserving their legacy.

[Read More](#)



Acting Under Secretary Stone: Imperative we vaccinate as many people as possible as quickly as possible

Make no mistake, the end of this pandemic is not guaranteed without each of us continuing to take action. We haven't crossed the finish line yet and we must not get complacent.

[Read More](#)

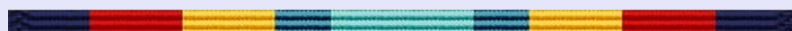


Run toward the fire: My journey through mental illness

Suicide has been a part of my Air Force journey. It took a conversation with someone I trust and respect greatly, who also happens to be a mental health professional, to realize that suicide came nearer to defining my own story than I'd been willing to admit.

"I'm going to give you one piece of advice," he said.

[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.

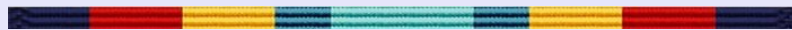
[Read More](#)



AmeriVet Announces New Co-CEOs, Hires Two Women Veterans

AmeriVet announced that Mercedes Elias, a U. S. Marine Corp Veteran, is one of the new Co-CEOs. In addition, Sidney Covington, a former medic in the U.S. Army and Jennifer McDonough, a U.S. Navy Reservist were hired. Women Veterans leading the way.

[Read More](#)



Free Housing while going through our HS Grooming Education, Certification and Job Placement Program!

WomenVetEvent: Women #veterans event in Shelbyville, KY. A day of working with horses, food, fellowship and fun. #VAWomenVets

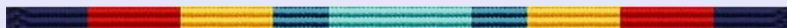
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**If you received this newsletter as a courtesy
or a forward from a friend or relative, you
can sign up to receive in your E-mail every
week.**



CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER!



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.



Live Whole Health #73: Time to rest and recharge

Our bodies need a break. We need to rest and recharge from too much time on computers, devices, driving, and sitting. These activities are causing our bodies to suffer from stress and fatigue.

[Read More](#)



Stress relief is an important element to mental health

Stress has become a common part of people's lives, especially in our fast-paced world where people try to balance work, family, and life to succeed in meeting goals and obligations.

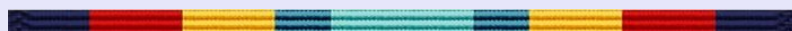
[Read More](#)



Sailors continue to receive COVID-19 vaccine

As the Navy pushes toward its return to normal, sailors assigned to Navy Recruiting enterprise in Millington, Tennessee continue to volunteer for the COVID-19 vaccine with high hopes it will benefit them.

[Read More](#)



Ending gender-based harassment at VA facilities

When women Veterans experience harassment at VA facilities, it can affect their health. A national survey of more than 1,300 randomly selected women Veterans at 12 different VA facilities found that one in four of them reported inappropriate or unwanted comments or behavior by male Veterans on VA grounds.

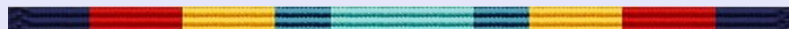
[Read More](#)



Veterans Justice Outreach Program offers hope and connectivity to justice-involved Veterans

After his release from incarceration for drug-related offenses, Army Veteran Reginald Newkirk found stable housing with assistance from the Veterans Justice Outreach Program and its resources for Veterans experiencing homelessness.

[Read More](#)



#VeteranOfTheDay Army Veteran Antonio Taguba

During Asian American Pacific Islander Heritage Month, today's #VeteranOfTheDay is Army Veteran Antonio Taguba, who served 35 years.

[Read More](#)



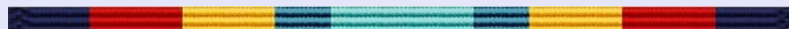
Eligible for TRICARE for Life? What This Means for Your Family's Coverage

Will you be turning age 65 this year? Your TRICARE For Life (TFL) coverage begins on the first



day you have both Medicare Part A and Part B. Here's a look at what you need to know about TFL and what happens to your family's TRICARE coverage once you become eligible for TFL benefits.

[Read More](#)

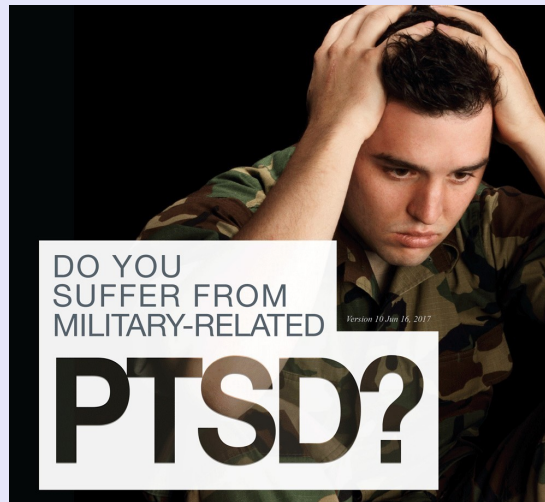


You Asked, We Answered: COVID-19 Vaccine: What do I need to know about variants?

You Asked, We Answered is a VA blog post series where VHA answers your questions regarding COVID-19.

[Read More](#)





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



Southwest VA clinics install pharmacy Omnicells

The West Texas VA Health Care System has installed Omnicell autonomous pharmacy management systems in their community clinics. It delivers the right dose to the right Veteran at the right time.

[Read More](#)



You Asked, We Answered: COVID-19 Vaccine: What do I need to know about variants?

Your COVID-19 questions answered. VA is listening to your questions about the COVID-19 vaccine and hosting a blog series providing answers.

[Read More](#)



TRICARE Beneficiaries Ages 12 and Older Now Eligible for COVID-19 Vaccine



On May 10, the U.S. Food and Drug Administration expanded its emergency use authorization for the Pfizer-BioNTech (Pfizer) COVID-19 vaccine. This means children ages 12-15 are now eligible for COVID-19 vaccination. It's the latest of several crucial steps taken by the federal government to end the pandemic.

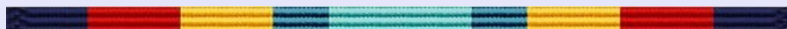
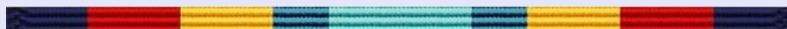
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Live Whole Health #73: Time to rest and recharge

Our bodies need a break. We need to rest and recharge from too much time on computers, devices, driving, and sitting. These activities are causing our bodies to suffer from stress and fatigue. Irritated eyes, trouble focusing, blurred or double vision, a pain in the neck and shoulders are all a result of the strain we are putting on our bodies in this modern world.

[Read More](#)



**Borne the Battle #243: Benefits Breakdown,
Veterans Legacy Memorial**

The Veterans Legacy Memorial website at <https://www.vlm.cem.va.gov/> memorializes the over 3.7 million Veterans interred in VA national cemeteries.

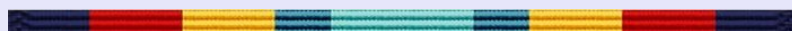
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Kansas City VA partners with community to vaccinate Veterans at homeless project

The Kansas City VA Medical Center staff joined forces with the Veterans Community Project to expand the reach and further vaccinate Kansas City area Veterans in a rapidly changing vaccination landscape.

[Read More](#)



Get the Mental Health Care Support You Need with TRICARE

When you sprain your ankle or notice a suspicious lump, you seek medical attention. But what if you notice yourself worrying a lot more than before, or you feel more stressed and irritable? If you think you or a family member may need mental health services, explore your options with TRICARE.



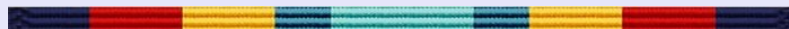
[Read More](#)



Young People Still Need to Get Vaccinated

Even if you're young and never get sick, getting the COVID-19 vaccine is the best way to protect yourself against severe disease, hospitalization, and death. Walter Reed Bethesda's expert immunologist Dr. LC Collins explains why.

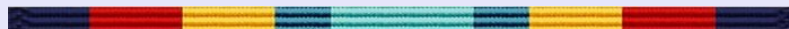
[Video](#)



**2,000 miles and three days to fulfill
Veteran's last wish**

Army Veteran Colonel Wallace Taylor served in World War II and the Korean War. When he passed away at the age of 96, friends knew he wanted to be buried alongside his mother. They made it happen.

[Read More](#)



#VeteranOfTheDay Navy Veteran Gordon Chung-Hoon

During Asian American and Pacific Islander Heritage Month, today's #VeteranOfTheDay is Navy Veteran Gordon Chung-Hoon, a World War II Navy Cross recipient.

[Read More](#)



3 Reasons Why You Should Get the COVID-19 Vaccine

In April, every adult in the U.S. became eligible to get a COVID-19 vaccine.

[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.

[Read More](#)



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

Army Chaplain (Capt.) Emil J. Kapaun, of Pilsen, Kansas, served in the Korean War with the 8th Cavalry Regiment, 1st Cavalry Division. On Nov. 2,

1950, his unit was near Unsan when they came under heavy fire from Chinese forces and received orders to withdraw. Approximately a quarter of the unit's soldiers made their way back to friendly lines. The others, including many wounded soldiers, became trapped. Kapaun volunteered to stay with the wounded and was soon captured and taken to a Chinese-run prison camp on the Yalu River's south bank known as Camp 5. Kapaun will be buried Sept. 29, 2021, in Wichita, Kansas. [Read about Kapaun.](#)

Navy Fireman 2nd Class Carl M. Bradley, 19, of Shelley, Idaho, 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 Bradley. He will be buried on June 26, 2021, in his hometown. [Read about Bradley.](#)

Navy Musician 2nd Class Charlton H. Ferguson, 19, of Kosciusko, Mississippi, 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 Ferguson. He will be buried on July 9, 2021, at the NMCP. [Read about Ferguson.](#)

Navy Fireman 1st Class William D. Tucker, 19, of Bedford, Iowa, 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 Tucker. He will be buried on June 30, 2021, in his hometown. [Read about Tucker.](#)

Naval Reserve Cmdr. Paul C. Charvet, 26, was the pilot of an A-1H Skyraider airplane assigned to Attack Squadron 215 aboard the USS Bon Homme Richard. During a mission near Thanh Hoa Province, Vietnam, his plane disappeared in an area of low cloud cover and fog a kilometer northeast of Hon Me Island. His remains were not recovered after a search of the area. On March 22, 1967, Radio Hanoi Broadcast reported an American aircraft was shot down the day before off the coast of Thanh Hoa Province. Charvet's plane was the

only U.S. aircraft loss in that area March 21. Charvet was considered missing in action until Dec. 2, 1977, when his status was changed to “Presumed Killed in Action.” Interment services are pending. [Read about Charvet.](#)

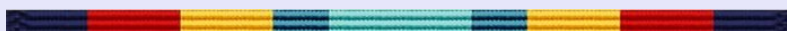
Navy Fireman 1st Class Robert J. Harr, 25, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Harr. Interment services are pending. [Read about Harr.](#)

Navy Fireman 1st Class Everett C. Titterington, 21, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Titterington. Interment services are pending. [Read about Titterington.](#)

Navy Electrician’s Mate 2nd Class Leaman R.

Dill, 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 Dill. Interment services are pending. [Read about Dill.](#)

Navy Seaman 2nd Class Raymond D. Boynton, 19, 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 Boynton. Interment services are pending. [Read about Boynton.](#)



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Family!**



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