



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, July 25, 2021

Volume 12, Issue 30



## **This-N-That**

Good evening Jim,

We have located through search, and items sent to us by your fellow Veteran. Some of the information is further down in the newsletter and I believe we did add one or two in the Other Article Links section as well.

We are still looking for more, we don't even know what kind of carcinogen it's making or even what kind of cancer(s) it's causing. For now, I know they have only had one case, but it's still strongly recommended to list your device with Philips, and if the VA is taking any back and replacing them, check with them as well.

I know there are a tremendous amount of really horrible people in this world who would go to any extent to steal, commit fraud, incorrectly prescribe or illegally prescribe narcotics, etc. in this world, and commit fraud against Medicare, Medicaid, Veterans Affairs, Tricare, Social Security etc., which I do try to post to the system for a few reasons.

We do have a rather large number of civilians who read our newsletter and I want them to see and be educated what many of our Veterans end up having to deal with which causes them delays, stoppages, you name it and not their fault.

But when it comes to a disabled Veteran committing fraud against the VA, it doesn't just anger me, it hurts me even though I'm not a Veteran, I know what many others go through and what can and has happened to them because of all this theft and fraud.

I'm sure I could file FOIA papers and find out how much, when and where VA Funds are re-directed, but that would not be a cheap effort, and I just can't afford to do that as much as I'd like to.

Frankly I'd like to see quarterly financials posted for all VAMC's as well as VA Clinics with comparison as to where they stand on their budget to date. And we have fought on several occasions to get that and were pretty much beat down.

Same with Monday Morning Workload Reports. We used to be able to get those like clockwork, then they of course changed the format so they were pretty much intelligible and finally stopped publishing them.

To most of you, you don't have a clue what I am referring to,

some understand, but for me and VFC it was a very useful tool to have.

There is an article listed in the Other News Links, I'd like everyone to pay attention to. It's about a young man who has made it his mission to raise as much as he can to help homeless Veterans get off the Streets.

Besides taking on a really massive goal as he has done so far, his eventual goal when he graduates high school is to go into the Service.

People clean out their homes at different times of the year, so if you're cleaning out now or in the next few months, PLEASE, consider donating to the DAV (Disabled American Veterans). They will take pretty much anything and most locations will come and pick up too!

They will take most anything, but gently used shirts, pants, shoes would be top priority to help homeless, and gently used appliances can be given to Veterans in need.

And in my humble opinion DAV has been the best by far to care for our Veterans in need.

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!

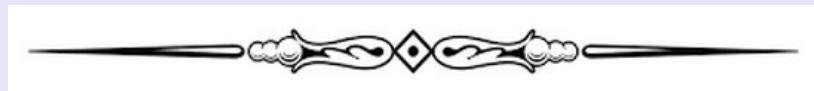
Respectfully,  
Jim Davis  
Founder  
[Jim.Davis@Veterans-For-Change.org](mailto:Jim.Davis@Veterans-For-Change.org)



## **Reminding maternity Veterans, they are not alone**

The Gulf Coast Veterans Health Care System's Women Veterans Program hosted a series of drive-thru baby showers at community-based outpatient clinics for currently pregnant women Veterans or those who have delivered in the past year.

[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)

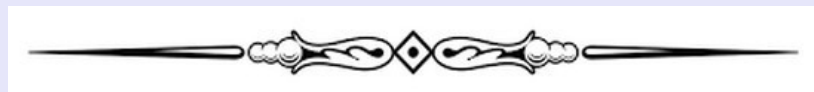
You may contact Robin Barr at [robin.barr@madvocacy.org](mailto:robin.barr@madvocacy.org)



## **Live Whole Health #80: Relaxation practice**

Did you ever think that relaxation would take practice? When we were young it was easy to relax: We simply rested our bodies and minds when we were tired. How did our adult minds get so busy and filled with thoughts that make taking those important breaks so hard to do? This relaxation practice can help.

[Read More](#)



## **Fighting Battles, Finding Peace: My Grandfather and Me**

James Seddon, a retired officer, describes his PTSD treatment, which his Veteran grandfather never had.

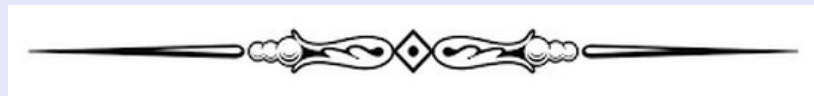
[Read More](#)



## **Live Whole Health #79: Gratitude to improve your life**

Many people are drawn to meditation to help manage those times when things seem down or out of our control. There are many different types of meditation, including visualization, compassion, gratitude, breath, mantra – and the list goes on. These meditations can improve your life by reducing stress and anxiety, and help you feel more grounded and at ease.

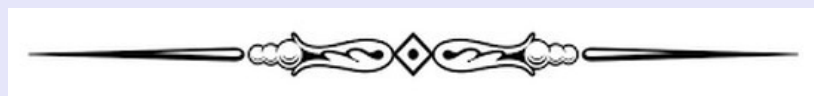
[Read More](#)



## **VA Pittsburgh to open Integrative Oncology Clinic**

Integrative oncology combines complementary practices like yoga and acupuncture with conventional cancer care. A primary goal is to help prevent or lessen side effects from chemotherapy and surgery.

[Read More](#)





# Your actions

could save a life.

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

VeteransCrisisLine.net



## Fresh Focus S6 #34: Caregiver Support Program

During a nutrition assessment, a registered dietitian nutritionist will ask your Veteran a lot of questions, but also to you, the caregiver. Being a caregiver comes with a unique set of challenges, and the Caregiver Support Program can help.

[Read More](#)



## Make Mental Health a Priority with Help From VA

No matter where you are or what's going on in your life, VA offers mental health appointments, telehealth services, mobile apps, self-help training, and other resources to improve your well-being.

[Read More](#)



## **JAVA to Commemorate 75th anniversary of President Truman's salute to WWII Nisei soldiers**

On July 15, 2021, at 12:00 p.m. EST, the Japanese American Veterans Association (JAVA) will commemorate the second annual Day of Affirmation at the World War II Memorial in Washington, D.C. This date marks the 75th anniversary of President Harry S. Truman's review of the returning 442nd Regimental Combat Team (RCT) on the White House Ellipse on July 15, 1946.

[Read More](#)



## **American Rescue Plan: Advance Child Tax Credit payments**

As part of the American Rescue Plan Act of 2021, qualified families with minor children started receiving their Child Tax Credit in July.

[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** .....



## **16 women Veterans who 'deserve our recognition': 100 Years of Heroes**

100 Years of Heroes: 16 women were recognized by the Pennsylvania Commission for Women.

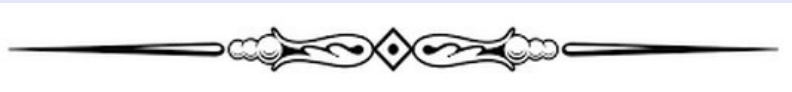
[Read More](#)



## Grace Is a Gift for Yourself

Whether you call it showing mercy, extending grace, or letting go of hard feelings, practicing forgiveness — for yourself and others — can be a powerful form of self-care. It took Robert more than 30 years to realize the importance of forgiving the fellow sailors who sexually assaulted him.

[Read More](#)



## #VeteranOfTheDay Army Veteran Robert Borrego

Born in November 1955 in Havana, Cuba, Robert Borrego left Cuba at nine years old and moved to Florida on his father's commercial fishing boat. While working on his trauma surgery and critical care fellowship in Miami, Borrego joined the Army Reserve in 1991.

We honor your service, Robert!

[Read More](#)



[Links to Other Stories](#)

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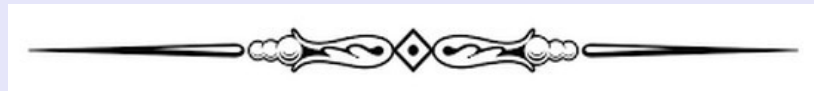
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## **Woman Veteran of the Week #LOCWW**

Every single woman who served has a story! You Story Matters. It is a piece of history that needs to be told. The Center for Women Veterans has partnered with the Library of Congress Veterans History Project to boost more WOMEN VETERANS to tell their story. Become a part of #Herstory - Tell your Story Now. #VAWomenVets Read about Staff Sergeant Eva Romero Jacques. She enlisted to serve in World War II in the Army Air Forces/Corps. She escaped disaster, when a plane on which she was to take on a tour of New Guinea crashed in the jungle.

[Read More](#)



## **You Are Not Alone**

No matter what you are experiencing, suicide is preventable, and there are proven resources and effective treatments for overcoming suicidal thoughts. You are not alone. Connect with care now.

[Read More](#)



## **Take the pledge to help us continue to raise awareness!**

PTSD Awareness Month aims to raise awareness about effective PTSD treatments and resources that are available to Veterans. There are many ways you can get involved and help spread the word, but one way to start is by taking the pledge.

[Take the pledge today](#) and tell us about your individual or organization's local, regional or national involvement in raising awareness. We've also provided a space for you to suggest ideas and community events you find beneficial to those living with PTSD.

Help make a difference in the lives of Veterans and other who have experienced trauma.

Are you ready?

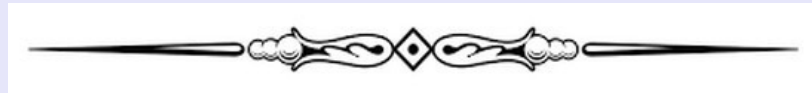
[Take The Pledge](#)



## **1st female sailor completes Navy special warfare training**

1st Woman to complete Navy Special Warfare Training.  
Congratulations to the U.S. Navy Sailor who has not yet been named. #Trailblazer

[Read More](#)



## Life after COVID-19: Veteran "thankful to be alive"

He began to feel sick in early March 2020. Thinking it was something simple, like a sinus infection, he visited a nearby urgent care physician. He would see a doctor on multiple trips and would receive sinus medication. Unfortunately, this sinus infection just would not go away.

[Read More](#)



### Suicide Prevention Resources for Military and Veterans

#### **Military & Veterans Crisis Line**

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

#### **Vets 4 Warriors**

855-838-8255

#### **InTransition**

1-800-424-7877

#### **Office of Warrior Care Policy**

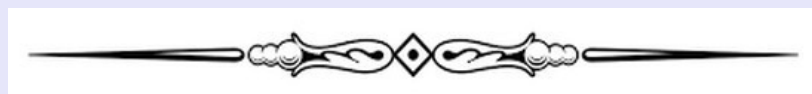
[warriorcare.dodlive.mil/](http://warriorcare.dodlive.mil/)

#### **Military One Source**

1-800-342-9647

#### **Tragedy Assistance Program for Survivors [TAPS]**

1-800-959-8277



## **'Women Veteran Boot Camp Accelerator' empowers entrepreneurs**

The Department of Veterans Affairs and the PenFed Foundation brought together 80 women Veteran entrepreneurs for a six-month accelerator program, July 13 that would prepare them for sustainability and growth in federal and commercial marketplaces.

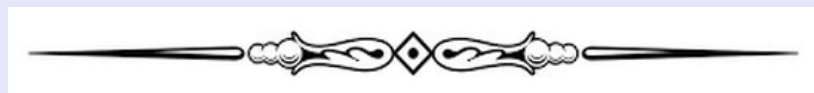
[Read More](#)



## **Online Group Therapy Keeps Veterans Connected**

The COVID-19 pandemic has left few lives untouched, including those of many Veterans who have experienced its impacts. VA is now offering virtual group therapy through several VA facilities. The therapy implements new guidelines to prevent COVID-19 infection while providing Veterans with the care they need.

[Read More](#)



## **Fresh Focus S6 #33: Caring for the mealtime giver**

Families and caregivers are the Veteran's support system. They help to prevent or manage chronic illness with healthy

eating at mealtime. So, whether you find yourself brand new in that caregiver role, or have been doing it for the last 15 years, we want to support you!

[Read More](#)



## **Veteran Therapy Highlight: VETMotorsports**

VETMotorsports is a Veteran Therapy founded by Peter Cline that uses motorsports to empower Veterans when returning to civilian life.

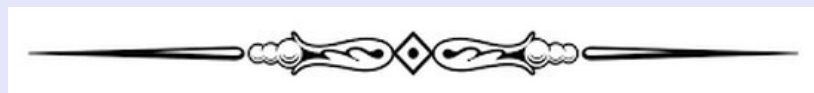
[Read More](#)



## **5 Notable Benefits for Military Veterans**

With Benefits.gov, military veterans can search and discover benefits they may be eligible to receive. Benefits.gov has a database of 1,000 benefits that citizens can search to find government assistance.

[Read More](#)



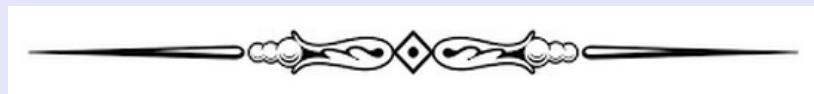
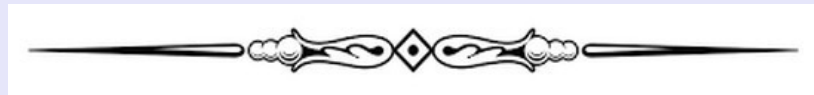
## **Patriot plaza: Okaloosa County's women's veteran memorial set to open on Veterans**



## Day

Okaloosa County, FL: Women Veterans memorial, eight bronze, life-sized statue set to open on Veterans Day.

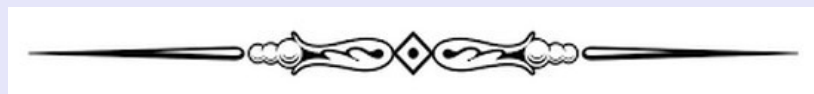
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## Coaching Into Care Helps Loved Ones Help Veterans

The most important conversations can be the most difficult. Imagine how much easier it would be to start those conversations if you had professional coaching to help you figure out what to say and how to say it. That's the idea behind Coaching into Care.

[Read More](#)

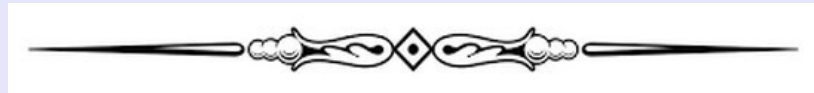


## **#VeteranOfTheDay Marine Veteran Antonio Flores Alvarado**

Today's #VeteranOfTheDay is Marine Veteran Antonio Flores Alvarado, who fought in the First Battle of Khe Sanh in Vietnam. Antonio Flores Alvarado was born in June 1946 in Atascosa, Texas, and grew up in a farming community.

We honor your service, Antonio!

[Read More](#)



## **#VeteranOfTheDay Air Force Veteran Dennis "Denny" Thompson**

Today's #VeteranOfTheDay is Air Force Veteran Dennis "Denny" Thompson, who was a bomber pilot flying missions in Europe during World War II.

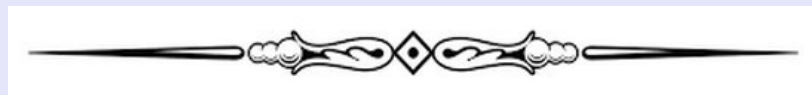
[Read More](#)



**Beware of VA Claim Sharks**

# SCAM ALERT

Last week, Senate Committee on Veterans' Affairs Chairman Jon Tester (D-MT) and Ranking Member Jerry Moran (R-KS) sent a [letter](#) to VA Secretary McDonough highlighting the continued need for VA to work with veterans service organizations to inform and protect veterans from predatory claims consultants. As the VFW reported in the June/July 2021 issue of the [VFW magazine](#), these predatory companies, referred to as "claim sharks," coach veterans in filing VA disability claims with promises of increasing their ratings while charging fees and taking a portion of the veterans' compensation. Accredited veterans service organizations like the VFW have service officers who provide claims assistance to veterans free of charge, as is the law. If you or someone you know have been charged fees for VA claims assistance, please contact the VFW at [vfw@vfw.org](mailto:vfw@vfw.org).



**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 **07/18/21**)

Please note, we've added **0** 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 \(PTSD\)](#)
2. [HR 109 will](#)

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27. Please  
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the  
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28. Support  
Improving  
VA  
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29. S.  
976,  
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Act  
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2021

30. H.R.  
303,  
the  
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Restoration  
Act

31. H.R.  
912,  
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Indian  
and  
Alaska  
Native  
Veterans  
Mental  
Health  
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32. S.  
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Survivors  
Act  
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2021

33. HR  
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34. Bipartisan  
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Survivors
35. Legislation  
asks  
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Study  
of  
Involuntary  
Discharges  
for  
Women
36. H.R.  
2436,  
the  
Veterans  
Burn  
Pit  
Exposure  
Recognition  
Act
37. H.R.  
958  
—  
the  
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- Moms  
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Act
38. HR  
2127  
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927,  
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to  
Toxic  
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39. Ask  
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Military  
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40. Ask  
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41. Ask  
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Veterans  
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42. "Bold  
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Veterans  
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(S.  
927/H.R.  
2127)

43. Ask  
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to  
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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



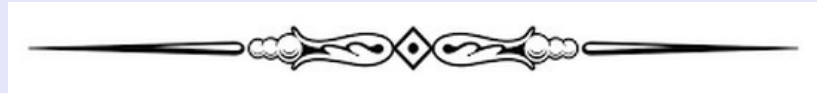
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(DOULA)  
for  
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Affairs  
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of  
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47. H.R.  
1273,  
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Fluke  
Cancer  
Study  
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48. H.R.  
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55. HR  
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TREAT  
PTSD  
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Stress  
Disorder  
(PTSD)  
Processing  
Claims  
Improvement
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Enhancement  
for  
MST  
Survivors  
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58. Please

Support  
H.R.  
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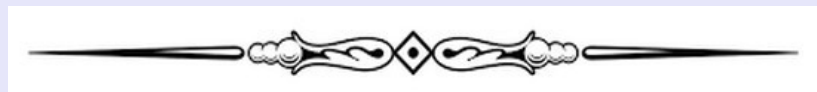
—  
Veterans  
Preventative  
Health  
Coverage  
Fairness  
Act



## **TRADOC Welcomes First Female Deputy Commanding General**

First woman Deputy Commanding General at U.S. Army Training and Doctrine Command. Congratulations U.S. Army Lt. Gen. Maria Gervais.

[Read More](#)



## **Stronger on the other side: Post-traumatic growth**

These Veterans developed PTSD from their military experiences. But they also share something extraordinary: They've come out the other side with a renewed sense of life and purpose.

How did they come out on the other side? It's called post-traumatic growth, when those with post-traumatic stress

disorder are transformed and find a new mission as part of their treatment.

Read more as three Veterans tell their stories of achieving post-traumatic growth.

[Read More](#)



## **#VeteranOfTheDay Navy Veteran James Martin Grace Jr.**

Today's #VeteranOfTheDay is Navy Veteran James Martin Grace Jr., who served as a linguist manager and deployed to Afghanistan.

[Read More](#)



## **Diversity, equity, inclusion – VA goals**

Diversity: Our country is stronger when our military and Veteran population reflects the diversity of our great nation. Our goal is to provide an inclusive, welcoming environment for all Veterans.

[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



## Women Veterans Resource Fair returns this Saturday to raise awareness, build bonds

The Stark County Veterans Service Commission will hold its Women Veterans Resource Fair to raise awareness and connect them with services.

[Read More](#)



## Manage community care appointments online

VA is making it easier for you to schedule medical

appointments with an in-network community provider if you are eligible for community care. VA Online Scheduling allows you to contact an in-network community provider to schedule an appointment.

The goal is to reduce scheduling delays by empowering you to coordinate your community care appointments.

[Read More](#)



## **#VeteranOfTheDay Army Veteran Jose A. Rosales**

Today's #VeteranOfTheDay is Army Veteran Jose A. Rosales, who served 25 years in the as a combat engineer and a civil affairs specialist. Jose A. Rosales was born in Fresno, California, to migrant workers.

We honor your service, Jose!

[Read More](#)



## **Immunotherapy treatment for Veteran battling leukemia**

Veteran John Ellis remains optimistic about beating his leukemia thanks to an innovative treatment. He is the first patient to be treated with this approach and has completed the

first phase of treatment.

[Read More](#)



## How do I apply for the WIC Program?

The WIC Program serves specific groups of women, infants, and children. To apply to be a WIC participant, you will need to apply through your state (or local agency) to set up an appointment.

[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)**





## **LA County Military Veteran Affairs resiliency program for women Veterans**

The L A County Dept. of Military and Veterans Affairs (MVA) and The Wolf Connection are partnering to provide women Veterans a free course in resiliency, especially for those affected by trauma.

[Read More](#)



### **Tips for caregivers to safely move your loved one**

There are several important factors that caregivers should consider when deciding whether to move or transfer their loved one from one physical position to another.

The first consideration is the physical position of the caregiver. Make sure you're standing so that you feel sturdy and in control. The second is your loved one's position. It's important that they are in a position that gives them the ability to use their resources to help in the move.

More helpful tips available when you read more.

[Read More](#)



### **Moving the body and calming the mind**

Veteran Larry Reese says, "Motion is lotion," which is a saying he picked up in a pain management class at the James A. Haley VA Medical Center in Tampa, Florida. "If you're sitting still, you're feeling the pain, but if you keep moving, it helps you to deal with it. It also helps if you understand pain, then you can learn to deal with it."

[Read More](#)



## **Veteran suicide prevention in New Jersey**

The Veteran community of southern New Jersey came together to call attention to joint efforts to end Veteran suicide. The joint event included the display of the Flags of Forgotten Soldiers.

[Read More](#)



## **Your Top Questions on the Post 9/11 GI Bill, Answered**

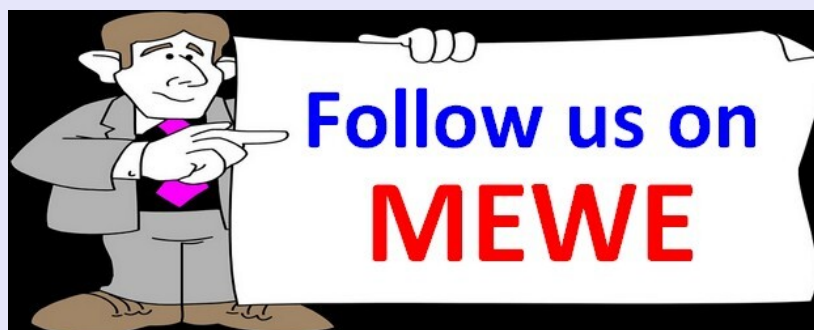
Are you a Veteran considering obtaining a degree or vocational training? In this article, you will learn how the Post-9/11 GI Bill can help with costs of tuition, housing, textbooks, school supplies, and occasionally relocation services if the recipient is from a rural area.

[Read More](#)



## VA Discontinuing My HealtheVet Advanced Accounts

As of September 2021, My HealtheVet Advanced accounts will be [discontinued and revert](#) to Basic, unless the accounts are upgraded to Premium. A Premium account allows access to request and track current VA prescriptions; view, download and print VA health information; send and receive secure online messages; and view, schedule, reschedule, and cancel VA appointments. [Upgrade today](#).



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](#)

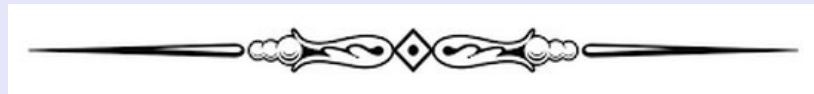
[HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE](#)

AMVETS GROUP

VETERANS SOCIAL GROUP

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

AMERICANS FOR SOVEREIGNTY



## **Portrait of success: Veteran pays it forward**

U. S. Navy Captain (Ret) Laura Hatcher, CWV 2021 Woman  
Veteran Trailblazer – Pays it forward.

[Read More](#)



## **VA upgrades travel pay portal**

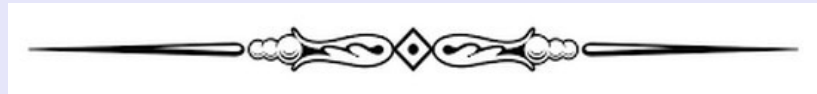
Based on your feedback, the Beneficiary Travel Self-Service System (BTSS) has been upgraded for faster claims processing and payment.

First, you'll see two new methods of logging into the portal. You now have the option to use an ID.me account or a MyHealthVet Premium User ID instead of a Level 2 DS-Logon.

Another important change is the accurate listing of the appointment facility. Previously, the appointment facility was

always set to a VA medical center. This change will result in more accurate claims and mileage calculations.

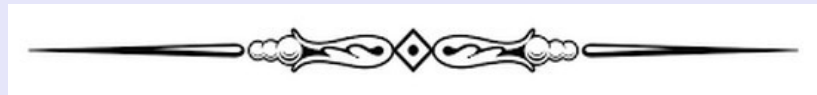
[Read More](#)



## **VA Tribal Veteran outreach throughout Indian country**

At the start of the pandemic, VA's Office of Tribal Government Relations knew it had to find ways to continue outreach and communication with Indian Country. Prior to COVID-19 disrupting face to face gatherings, the office was active with in-person outreach events.

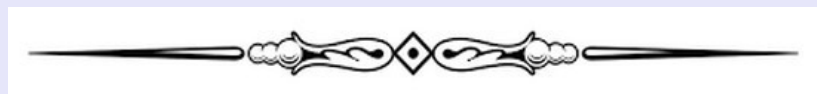
[Read More](#)



## **#VeteranOfTheDay Army Veteran Stephan David Cellucci**

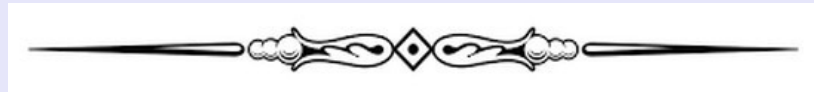
Today's #VeteranOfTheDay is Army Veteran Stephen David Cellucci, who served in Operation Iraqi Freedom and later as a Junior ROTC instructor.

[Read More](#)



# House Holds Hearing on VA Education Improvements

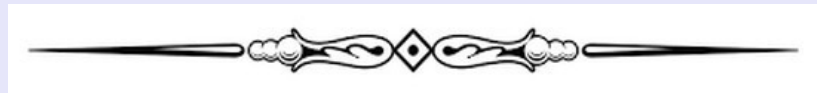
On Tuesday, the House Veterans' Affairs Subcommittee on Economic Opportunity held a hearing on VA's education programs. Executive Director of VA Education Service Charmain Bogue provided updates on the Department's education upgrades since the Johnny Isakson and David P. Roe, M.D. Veterans Health Care and Benefits Improvement Act of 2020 passed last year. Bogue and the subcommittee members discussed participation levels of critical VA training programs, and much needed IT upgrades that are currently underway. [Watch the hearing](#), which begins at the 3:10 mark.



## Office of Inspector General

1. COVID-19:  
Continued  
Attention  
Needed  
to  
Enhance  
Federal  
Preparedness,  
Response,  
Service  
Delivery,  
and  
Program  
Integrity
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of  
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2016  
through  
2018



## **#VeteranOfTheDay Navy Veteran Melissa Gregg**

Born in October 1981, Melissa Gregg grew up in Phoenix, Arizona. At the age of 18, she enlisted in the Navy because she wanted to travel and see the world.

We honor your service, Melissa!

[Read More](#)



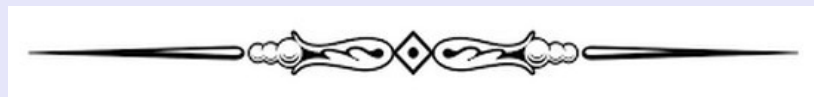
## **Important Changes to Rounding Out**

The practice of "rounding out" provides eligible GI Bill students in their last term with the option to take additional classes to bring their course load to full-time and receive a full-time

monthly housing allowance. In accordance with law, VA is only authorized to pay GI Bill benefits for classes that are part of an approved program of education and count toward completion of that approved program of education.

Beginning on Aug. 1, 2021, students can "round out" in their last term only if they are taking classes that are approved for their program of education. Classes approved for a program of education means those that can be used to satisfy the graduation requirements of the program as specified in the curriculum. Classes that have been previously completed cannot be used to round out the student's course load.

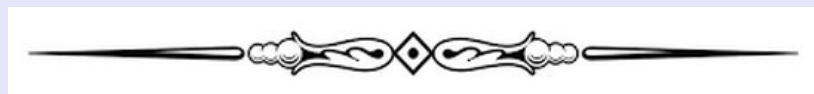
[Read More](#)



## **Fresh Focus S6 #34: Caregiver Support Program**

During a nutrition assessment, a registered dietitian nutritionist will ask your Veteran a lot of questions, but also to you, the caregiver. Being a caregiver comes with a unique set of challenges, and the Caregiver Support Program can help.

[Read More](#)



## **PTSD training at VA: The gold standard of care**



VA trains more psychology profession trainees than any health care system in the nation. The nation's leading provider of treatments for PTSD, VA offers hope of healing for the silent wounds of war.

[Read More](#)



1. [Accidental Exposures to Fentanyl Patches Continue to Be Deadly to Children](#)
2. [Alpha Male Plus Issues Voluntary Nationwide Recall](#)

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Alpha  
Male  
Plus  
Male  
Enhancer  
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Presence  
of  
Undeclared  
Tadalafil

3. Coronavirus  
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July  
20,  
2021

4. Coronavirus  
(COVID-  
19)  
Update:  
July  
23,  
2021

5. COVID-  
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6. FDA  
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7. FDA  
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11. FDA  
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12. FDA's  
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15. Outbreak  
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BrightFarms  
Packaged

Salad  
Greens  
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16. Outbreak  
Investigation  
of  
Salmonella  
Weltevreden:  
Shrimp  
(April  
2021)

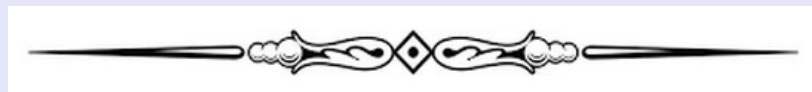
17. Pfizer  
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Frequently  
Asked  
Questions

19. Statins:  
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Statins  
During  
Pregnancy

20. Vero  
Biotech  
Recalls  
GENOSYL  
DS;  
Nitric  
Oxide  
Delivery  
System  
Due  
to  
Software  
Error



**Work at VA, join us in our mission to**

## support Veterans

VA Careers "Talk About It Tuesday" LinkedIn Live broadcast on July 27th features special guest Angie Weldon, Director, Human Capital Management Operations, Office of Information and Technology. Join our broadcast at noon to hear Ms. Weldon discuss IT Careers at VA.

The monthly [VA Careers Virtual Open House](#) will feature law enforcement careers on Wednesday, July 28. Participants can also meet with VA recruiters to learn about available nursing and physician careers. Seats are limited.

[Visit VA Careers](#)



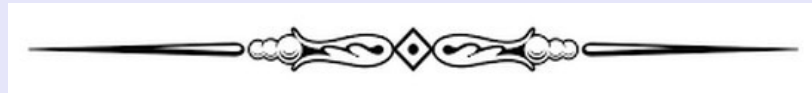
### **COVID-19 Debt Relief Expiring Soon**

COVID-19 Debt Relief Expiring – If you have been negatively impacted by the COVID-19 pandemic and have a VA debt, VA is offering help until September 30, 2021. To provide relief for Veterans, during the COVID-19 pandemic, VA paused collection on all VA benefit debts created between April 1, 2020, and September 30, 2021. VA also offered a pause on collection and repayment plans for debts created before April 1, 2020.

If you continue to face financial hardship and need assistance with repaying your VA debt after September 30, 2021, you can find out how to request help by visiting the [Manage your VA debt](#) webpage.



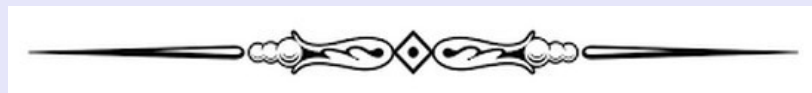
[Read More](#)



## **Why I get my health care at VA: Juan**

Air Force Veteran Juan served from 1962 to 1969. He didn't come to VA for health care until years later, and is very happy with the care he has received.

[Read More](#)



## **Consumer fraud alert: Tips for avoiding VA home loan scams**



These tips for spotting and avoiding VA home loan scams come from the Consumer Financial Protection Bureau. Many service members, Veterans and military spouses have been receiving fraudulent calls and mailers from companies who claim to be affiliated with the government, VA, or their home loan servicer.

[Read More](#)



## **NDAA Markup Begins**

The Senate Armed Services Committee and its subcommittees started consideration of the FY2022 National Defense Authorization Act (NDAA) behind closed doors, and as NewsBytes goes to press the text of the bill was not available. Based on discussion with staff and other sources the SASC FY2022 NDAA includes:

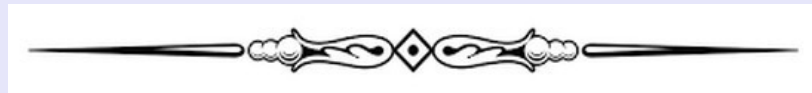
- No additional TRICARE fee increases;
- Active-duty annual pay increase that keeps pace with civilian pay increase (2.7 percent);
- Creating a new basic needs allowance to ensure service members do not suffer from food insecurity;
- Additional impact aid for school districts serving military children;
- Expanding Selective Service enrollment to all Americans at age 18, rather than just males; and
- Removing sexual assault investigations from the chain of command.

The Senate NDAA now goes to the full Senate for further consideration. The House Armed Services Committee and its subcommittees are scheduled to mark up their version of the FY2022 NDAA next week.





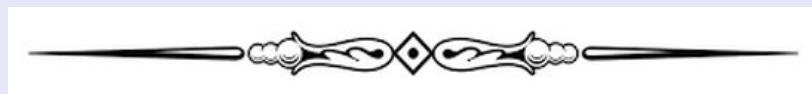
*CLICK HERE TO FOLLOW US ON TWITTER !*



## **American Forces Travel site now open to eligible Veterans**

The Department of Defense announced sixteen million honorably discharged Veterans will now be able to access the American Forces Travel website. On average, customers save 35-40% compared to commercial travel pricing by using AFT. This includes discounted rates on hotels (up to 60%), airfare, rental cars, vacation packages, event tickets and cruises.

[Read More](#)



## **Expanded Work Study Opportunities**

Do you work in a congressional office? Effective August 1, 2021, you may qualify for Work Study allowances depending on the type of outreach activities you perform.

To learn more and find out about other Isakson and Roe provisions that are being implemented, visit the Isakson and Roe guide.

[Read More](#)



## **Free seminar zeroes in on financial future of Veterans, service members**

VA and Prudential present the Wellness Wednesday Financial Education series, a free seminar, for Veterans and transitioning service members.

[Read More](#)



## **Dallas Vet Center offers women Veterans MST support**

Coping with Military Sexual Trauma - a new support group for military sexual trauma. It's psychoeducational basics and covers PTSD 101. Coping skills and different therapies to help Veterans.

[Read More](#)



## **VA Delays EHR Implementation**

The Department of Veterans Affairs (VA) has announced that it will completely overhaul their training and deployment

schedule for the VAs electronic medical records modernization project, acknowledging fundamental flaws in the work so far. At a recent Senate Veterans Affairs Committee (SVAC) hearing, Chairman Jon Tester (Mont.) expressed serious concerns about the cost of the program. "I for one, am fed up with the amount of taxpayer dollars we're spending on this program without any demonstrated benefits to veterans or VA medical staff," stated Tester

The FRA wants to ensure adequate funding for Department of Defense (DoD) and the VA health care resource sharing in delivering seamless, cost-effective, quality services to personnel wounded in combat and other veterans and their families. Some members of Congress have expressed concern about the cost and length of time to fully implement. With the cost and the long time for implementation notwithstanding, the FRA believes there is a tremendous opportunity with the two departments using the same EHR.





## **Free self development eCourse now available from Travis Manion Foundation**

Are you thriving? If not, now's the time. This is the perfect tool for Veterans looking to create actionable goals to achieve success in their careers and well-being.

[Read More](#)

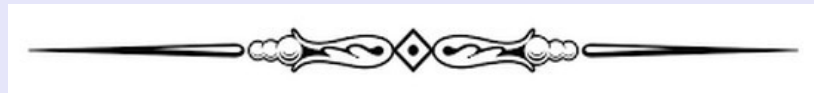


## **VA Expands Agent Orange Conditions**

VA's list of presumptive conditions related to Agent Orange exposure has expanded to include Parkinsonism, bladder cancer, and hypothyroidism. Previously denied herbicide

exposure claims will be reexamined. If you're a Vietnam Veteran or an eligible survivor with health problems potentially caused by Agent Orange exposure during military service, you may be eligible for disability compensation.

[Read More](#)



## **Faces of InnoVAtion: Chris Slatore**

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

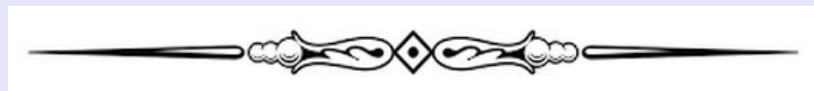
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## **Biloxi VA receives Mobile Medical Unit**

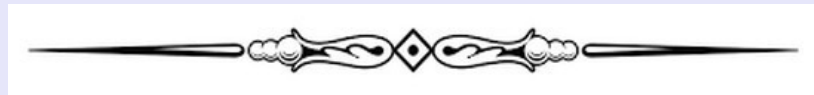
Biloxi's Mobile Medical Unit delivers primary care and other services to Veterans who have limited access to VA health care services due to low population density or limited local demand for specialized services.

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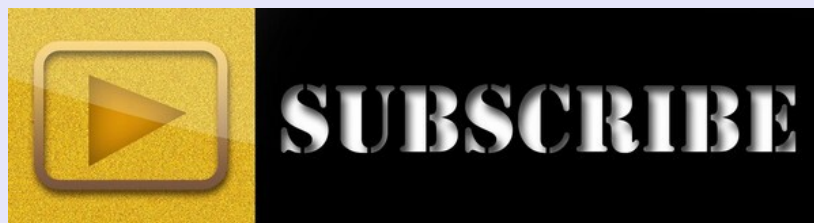


## **Crisis in Military Day Care**

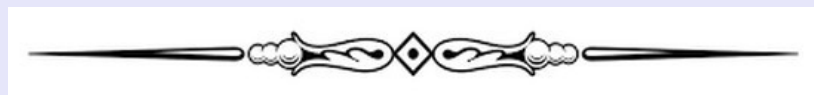
According to Rep. Jackie Speier (Calif.) taking care of the nation's 1.2 million children of active-duty military personnel isn't just a family issue, it is a matter of national security. Providing quality daycare for military families ensures that the troops can be ready to deploy at any time and be able to focus on the mission. The chair of House Armed Services Military Personnel Subcommittee is asking for \$5 billion in additional funding for Children Development Centers (CDC) on military installations. She claims that 135 CDCs are in poor or failing conditions, and 9,000 military families have kids on a waiting list for day care services. The FRA 2021 Survey of Military and Veterans Benefits indicates that 75 percent of active-duty members rate availability of childcare as very important (the highest rating)



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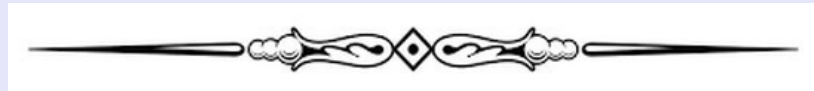


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## **5 inspiring stories honoring Veterans and their journeys, from AARP**

Not only does AARP provide practical news and information to help Veterans and military families stay healthy, avoid scams and find employment at [AARP.org/Veterans](https://www.aarp.org/Veterans), AARP also works to share unique stories of service. This month we are highlighting several stories about Veterans and their service experiences.

[Read More](#)



## **Expanding cancer clinical trial access at VA**

Cancer clinical trials are research studies that explore new ways to treat cancer and improve quality of life for patients.

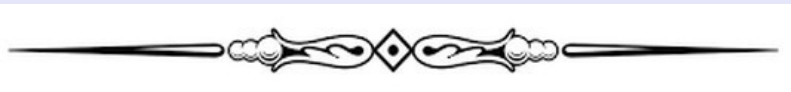
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## **#VeteranOfTheDay Navy Veteran Lee O. McKinnon Sr.**

Today's #VeteranOfTheDay is Navy Veteran Lee O. McKinnon Sr., who served as a steward on active duty before joining the Reserve.

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## **Borne the Battle: Marine and Emmy Award Winner Rick Robinson**

Listen to this episode to hear how Robinson went from being just another film student in Hollywood to working on some of the most popular films and touring with some of the biggest music stars of his time.

[Read More](#)



## **Live Whole Health #78 – Moving to the Beat**

When you hear music playing, do you automatically find yourself swaying, toe tapping, or bursting into dance? Well, you're not alone! Studies have shown that moving to the beat is built into our nervous systems.

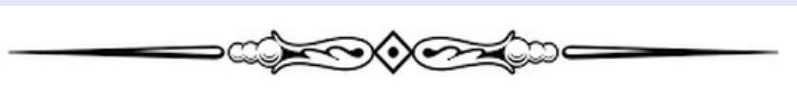
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## **Be involved in your health care: blood sugars**

Be involved in your health care. Play an active role when you visit your health care team. To get the most out of your visit, plan the questions you want to ask and the things you want to discuss.

[Read More](#)

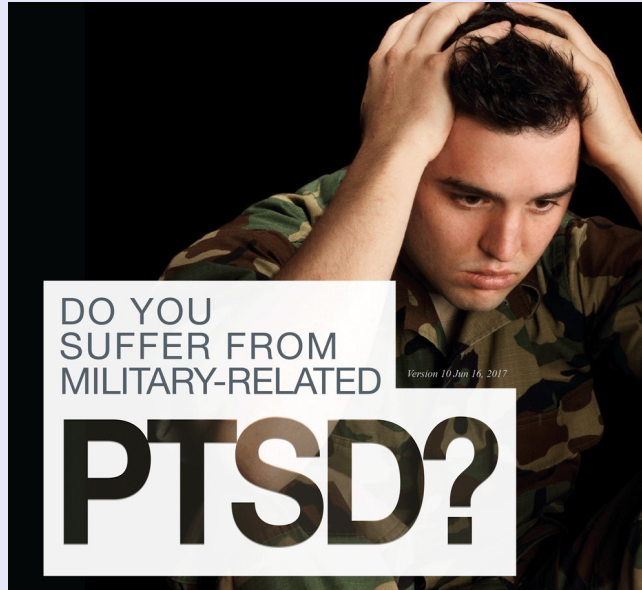


## **Veterans Canteen Service celebrates 75 Years with special deals**

Established Aug. 7, 1946, and staffing its first locations the following year, Veterans Canteen Service (VCS) has provided merchandise and services as a benefit to Veterans who are

hospitalized or domiciled in VA facilities.

[Read More](#)



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



## **Veteran Credits Whole Health for Return to Living**

NC Veteran gets back to the life he loves with Whole Health coaching. "When Mr. Morgan shared that he was again bowling and even made it to the championship as captain I could see that made him come alive."

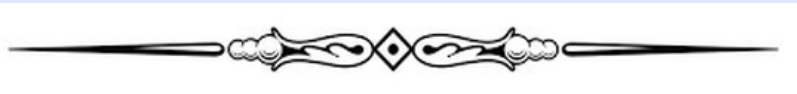
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## **Marvin Strombo: Saving Grace**

Marine Corps Veteran Marvin Strombo traveled 10,000 miles to Japan from his hometown in Montana to return a Japanese flag he had taken during World War II. Marvin Strombo grew up in Dixon, Montana. We honor his service.

[Read More](#)



## **Veteran Orientation Express increases understanding and enhances the Veteran experience**

Veteran Orientation Express is a web-based tool and series of videos that are designed to increase understanding of the VR&E program.

[Read More](#)



## **VA job fairs are helping Veterans find employment**

VA job fairs play a pivotal role in the future of military Veterans. Although "National Hire a Veteran Day" is only observed July 25, the department's goal is to provide training resources and

employment opportunities throughout the entire year to Veterans transitioning from military life.

[Read More](#)



## **June Was LGBTQ+ Pride Month**

If you are an LGBTQ+ Veteran who is facing a mental health challenge — no matter how big or small — you are not alone.

[Read More](#)



## **New VA tool uses artificial intelligence to predict COVID-19 patient mortality**

Tim Strebel is no stranger to the spirit of innovation. Currently a computer programmer focusing on health informatics at the Washington DC VA Medical Center, Strebel has been

recognized by VA for his ingenuity.

[Read More](#)



## **Online scheduling – manage community care appointments online at the click of a button**

Online scheduling from VA lets you contact an in-network community provider to schedule an appointment, helping minimize scheduling delays.

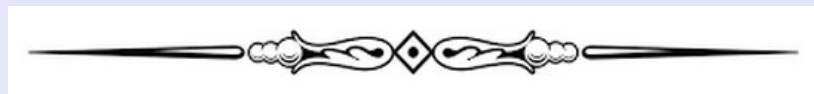
[Read More](#)



## **Every day is Hire a Veteran Day at VA**

This weekend marks the fifth annual Hire a Veteran Day, a national observance that encourages employers to hire those who once served in the military. Starting in 2017, Hiring Our Heroes set aside July 25 to celebrate the unique advantages of hiring Veterans. At VA, we already know what Veterans bring to the table. If [...]

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## COVID-19 Vaccine at VA

Many VA health facilities and clinics are offering COVID-19 vaccines to all Veterans, spouses, caregivers of Veterans, and recipients of CHAMPVA benefits.

[Read More](#)



### **#VeteranOfTheDay Army Veteran Juan E. Negrón**

During Caribbean-American Heritage Month, today's #VeteranOfTheDay is Army Veteran Juan E. Negrón, a Korean War Medal of Honor recipient. Born in Corozal, Puerto Rico, in 1929, Juan E. Negrón enlisted in the Army in March 1948. He served in the 65th Infantry Regiment, which was a segregated unit composed predominately of Puerto Ricans. Attached to the 3rd Infantry Division, the regiment went to Korea in 1950.

We honor his service.

[Read More](#)



### **#VeteranOfTheDay Army Veteran Jeffrey Dale Norred**

Today's #VeteranOfTheDay is Army Veteran Jeffrey Dale Norred, who served in Germany, Georgia, Honduras and



California during his career.

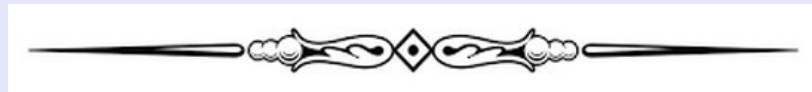
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## How Can I Apply to the Housing Choice Voucher Program (Section 8)

The Housing Choice Voucher Program, also known as Section 8, is the federal government's program for helping low-income families afford housing. Curious about Section 8 housing? Below are five fast facts to better understand the Housing Choice Voucher Program to help you on your path of finding government assistance.

[Read More](#)



The Defense POW/MIA Accounting Agency announced two burial updates and five new identifications for service members who have been missing and unaccounted-for from World War

II and Vietnam:

**Air Force Maj. Paul A. Avolese**, 35, of Jamaica, New York, was a radar navigator assigned to the 4133rd Bombardment Wing. On July 7, 1967, Avolese was part of the crew of a B-52D Stratofortress bomber conducting a bombing mission from Andersen Air Force Base, Guam, to a target in Vietnam. During a maneuver over the South China Sea, Avolese's bomber collided with another B-52, causing both aircraft to fall into the sea. Four of the crew members from his aircraft were rescued, but Avolese was never recovered. He was declared dead on July 24, 1967. He was buried July 24, 2021, in Springfield, Oregon. [Read about Avolese.](#)

**Air Force 1st Lt. Alva R. "Ray" Krogman**, 25, of Worland, Wyoming, was a pilot assigned to the 504th Tactical Air Support Group, 7th Air Force, on temporary duty with the 23rd Tactical Air Support Squadron operating out of Nakhon Royal Phanom Thai Air Force Base, Thailand. On Jan. 17, 1967, he was flying an O1-F Birdog aircraft on a reconnaissance mission in Savannakhet Province, Laos. Krogman's aircraft was hit by enemy fire and went down. Search and rescue operations began immediately, but were shut down within a few hours after one of the search and rescue aircraft was also shot down. Krogman was never recovered and was declared killed in action on Jan. 31, 1967. He was buried July 21, 2021, in his hometown. [Read about Krogman.](#)

**Army 1st Lt. James E. Wright**, 25, was assigned to Company F, 2nd Battalion, 11th Infantry Regiment, 5th Infantry Division. On the morning of Sept. 8, 1944, Wright's unit was part of a larger force ordered to cross the river and take up a position in the woods on the east side. The force held their position against relentless German attack, taking heavy losses. During

the night of Sept. 10 and into the morning of Sept. 11 most of the soldiers were able to retreat across the river. However, Wright was among the soldiers reported missing that night. His body was unable to be recovered. Interment services are pending. [Read about Wright.](#)

**Army Pfc. Bill Morrison**, 29, was assigned to Company G, 2nd Battalion, 110th Infantry Regiment, 28th Infantry Division. His unit was engaged in battle with German forces in the Raffelsbrand sector of the Hürtgen Forest, near Hürtgen, Germany, when he was reported killed in action on Nov. 8, 1944. His body was not able to be recovered. Interment services are pending. [Read about Morrison.](#)

**Army Air Forces 1st Lt. Alan E. Petersen**, 23, was assigned to the 345th Bombardment Squadron (Heavy), 98th Bombardment Group (Heavy), 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Petersen was serving as a bombardier crashed as a result of enemy anti-aircraft fire during Operation Tidal Wave, north of Bucharest, Romania. His remains were not identified following the war. Interment services are pending. [Read about Petersen.](#)

**Army Pvt. Stephen C. Mason**, 21, was assigned to Headquarters Co., 505th Parachute Infantry Regiment, 82nd Airborne Division. He was reported missing in action during Operation Market Garden after his patrol failed to return from a mission to the enemy lines near Beek, Netherlands, on Nov. 3, 1944. His body was unable to be recovered. Interment services are pending. [Read about Mason.](#)

**Army Pfc. Berton J. McQueen**, 20, was assigned to Company D, 1st Battalion, 141st Infantry Regiment, 36th Infantry Division. In August 1944, his unit landed on the

southern coast of France as part of Operation Dragoon. He was mortally wounded by German artillery shrapnel and taken to an aid station where he died Nov. 23, 1944. German troops withdrew from the area several days later, but McQueen's body was not found. Interment services are pending. [Read about McQueen.](#)



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