



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, August 01, 2021

Volume 12, Issue 31



## **This-N-That**

Good evening Jim,

We've been keeping our eyes and ears open regarding the Philips CPC recall alert, the latest is article #7 below this.

We're also diving into this new "Covid" virus, and there are a few pieces out there, most are denying the new name, declaring it the same as the flu virus and from all I've read over the last 10+ months, I'm still not seeing anything that made this Covid-19 any different than the everyday flu, other that it has been proven this version that has kept us all in lock-down mode was bio-engineered.

For our Veterans who occasionally, or think occasionally you're

having short- or long-term memory issues we suggest you make an appointment to discuss it with your primary, and find out if cognitive testing might be in order.

For any of our Veterans who had foreclosure or eviction bans which are due to expire anytime soon, down further in this newsletter there is a small piece that I would suggest reading the link and see how it might help you further.

One thing we don't need is another homeless Veteran!

Rose Solak of Chicago has donated more than 35,000 hours to help Veterans in memory of her brother! To me this is one tremendous gift to give and we thank her for her service and the loss of her brother.

Every week now we've posted a few pieces about Veteran choosing to use the VA. On occasion I do get E-Mails from Veterans telling me how bad a specific VAMC is, I'd like to all our Veterans to write to me and tell me good, bad, or indifferent your VAMC is, how their service is, wait times, anything you'd like to share as it would seem we need to go on the attack again and hopefully straighten out at least some of the problems.

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)



## **VA works to reduce benzodiazepines prescriptions**

VA is working to reduce the number of benzodiazepines (BZDs) prescribed to Veterans in the community, especially seniors aged 65 and older. BZDs are a class of drugs used to treat certain conditions, such as anxiety, with medications like Xanax and Ativan. The risk of these medications for older adults includes falls, confusion, or contributing to lethal overdoses.

This reduction is part of the Psychotropic Drug Safety Initiative, which began in 2013.

[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. Click [HERE](#) and help a Veteran.

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



## **Registration open for the 2021 VHA Innovation Experience Virtual Series**

The 2021 Veterans Health Administration (VHA) Innovation Experience (iEX) Virtual Series registration is open!

[Read More](#)

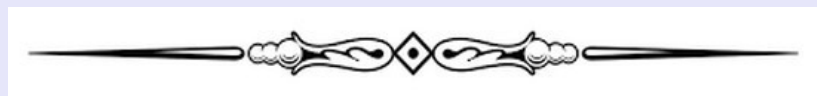


## **Stronger on the other side: Post-traumatic**

## **growth**

One Veteran was raped and anguished over the murder of her daughter. Another was confronted daily with racism and sexism. And another was using alcohol to dull his pain. Each of them 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.

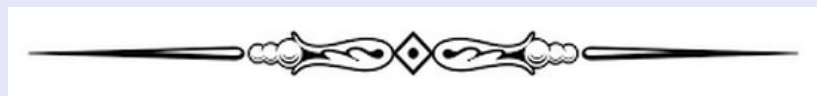
[Read More](#)



### **Innovation Working Group Strives to Enhance METC Training**

Experienced instructors, state-of-the-art classrooms and laboratories, and degree pathway programs are some of the many features that give the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston, Texas, an edge in producing highly-trained, military allied health professionals.

[Read More](#)

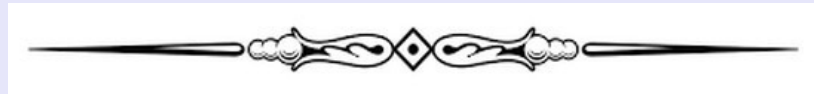


### **Get Ready for PCS Season with TRICARE**



Are you moving away this summer? If so, you aren't alone. Summer is a time of transition for military families with permanent change of station (PCS) orders, which means adjusting to new surroundings and new people. Whether you're moving to another state or relocating overseas, there are important steps you need to take to ensure a smooth PCS move.

[Read More](#)



## **Philips Recalls Specific Sleep and Respiratory Care Devices**



Philips has released a [recall notification](#) for several of their BiLevel PAP and CPAP devices, such as DreamStation. Potential health risks such as headaches, nausea, and cancer have been identified with the polyester-based polyurethane foam that reduces the machines' noise. Philips recommends that patients using BiLevel PAP and CPAP devices

discontinue use and consult their physicians. However, patients using life-sustaining mechanical ventilator devices should not discontinue use without consulting their physicians. [Read more.](#)



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

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

VeteransCrisisLine.net

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

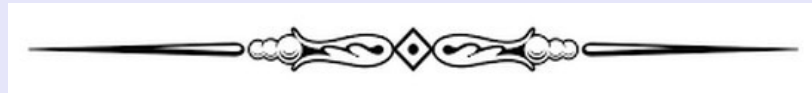
The advertisement features two men standing side-by-side. The man on the left is older, with white hair and glasses, wearing a light blue button-down shirt. The man on the right is younger, with grey hair, wearing a dark sweater over a light blue collared shirt. The background is a soft, light blue gradient. The text is in a clean, sans-serif font.

## **New screening improves early detection of memory loss**

North Florida/South Georgia VA has made improvements to its cognitive screening for Veterans with symptoms of memory loss. These new improvements are not only quicker and easier to administer, but patients can also obtain early access to resources, medication, and treatment.

The screening has also resulted in a cost-saving approach for those diagnosed with cognitive decline. "The new screening has shown to improve patient outcomes without significantly increasing workload," said nurse Jocelyn Almazan. "It has resulted in the decrease in treatment cost for patients."

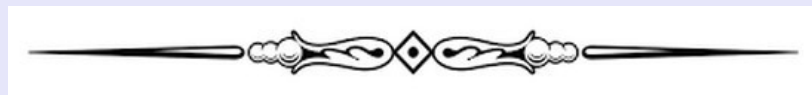
[Read More](#)



## **Patriot Boot Camp partners with Berkeley College to help future entrepreneurial leaders**

Patriot Boot Camp, a 501(c)3, is providing a 2-day virtual entrepreneur fall program presented by Berkeley College on October 14 - 15, 2021.

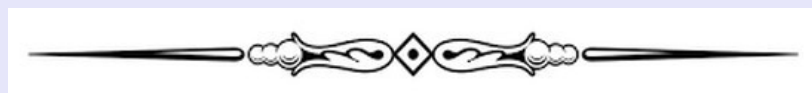
[Read More](#)



## **106-year-old Coast Guard veteran throws out first pitch at Royals game**

U.S. Coast Guard woman Veteran throws out the 1st pitch, by the way she is 106! We Honor your Service Mabel Johnson.  
#VAWomenVets

[Read More](#)



## **FDA Announces Recall of Certain Sleep and Respiratory Devices**

The Food and Drug Administration (FDA) has directed Philips



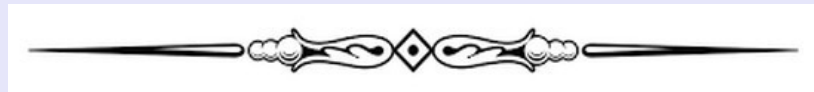
Respironics to recall millions of sleep and respiratory devices following concerns that foam in the devices may break into particles and enter the air hose of the device and be inhaled by the user. The FDA is closely monitoring reports of adverse health effects. To date, there have been a small number of symptomatic complaints.

[Read More](#)



## **House Hearing on VA Extended Care Program**

On Tuesday, the House Veterans' Affairs Subcommittee on Health conducted a hearing on access to VA's home and community-based services. Ideally, these services allow veterans to remain in their homes and receive support as they age. Executive Director, VA Office of Geriatrics & Extended Care Dr. Scotte Hartronft addressed VA's focus on expanding these services, as well as modernizing and improving systems for healthy aging including facility-based care, technological access, and geriatric expertise. [Watch the hearing.](#)



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** .....



## **VA provides fertility and infertility care**

VA is here to support you as you build your family. From infertility and fertility treatment to mental health counseling, we provide resources and support that can address your family planning needs.

If you or someone you know is experiencing fertility issues, know that it is more common than you may think. Talk to your

provider about the range of services that are available in VA, particularly if you have been trying to conceive for 12 or more months.

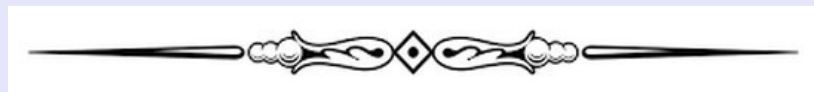
[Read More](#)



## **Veterans have options as foreclosure, evictions ban set to expire**

Temporary bans on evictions and other tenant and homeowner protections implemented during the pandemic are set to expire. Following are a list of resources for Veterans.

[Read More](#)



## **University of Alaska Anchorage: Creating Community for Women Veterans**

Pioneer of women's work and rights in the U.S. military, Mary Louise Rasmuson gets new community-based project named after her. Operation Mary Louise (OML), the project's "three-pronged" mission is to increase the visibility of women Veterans in Alaska, connect them with existing resources they may not know are available to them and create a community culture for women Veterans.

[Read More](#)



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

1. Audit:  
Military  
personnel  
unprotected  
from  
toxic  
chemicals
2. Biden  
calls  
reporter  
'pain  
in  
the  
neck'  
for  
question  
about  
Veterans  
Affairs  
COVID-  
19  
vaccine  
mandate
3. Dominican  
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5. Interface  
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Allegations
6. Man  
Facing  
Federal  
Charges  
for  
Allegedly  
Sending

Threatening  
Emails  
to  
Dr.  
Anthony  
Fauci  
and  
Dr.  
Francis  
Collins  
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the  
National  
Institutes  
of  
Health

7. North  
Carolina  
Man  
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Conspiring  
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Oxycodone,  
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Medications

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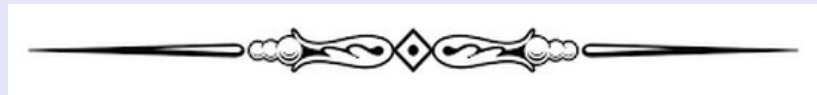
## **Volunteer gives 35,000 hours in honor of Veteran brother**

Rose Solak has volunteered to serve Veterans in the Detroit area for four decades—over 35,000 hours. She began volunteering in 1981 to honor her Marine Corps brother who passed away.

As a testament to her pride and passion, she's won the National VA Voluntary Service leadership award twice for her immense efforts.

"I just wanted to do something that makes me feel good," Solak said. "They served our country and now it's our time to serve them."

[Read More](#)



## **#VeteranOfTheDay Air Force Veteran Bradley Wall**

Today's #VeteranOfTheDay is Air Force Veteran Bradley Wall, who amassed over 3,300 flying hours as a C-130 flight engineer.

[Read More](#)





## Calling all Veteran job seekers!

VA is partnering with Microsoft Corporation for a Veterans' Virtual Career Fair on Friday, July 30, 2021.

The live event will feature 30+ top private and federal employers who are committed to hiring Veterans. Each participating employer will have multiple job openings nationwide to fill.

[Read More](#)



## TRICARE Autism Care Demonstration Evolves



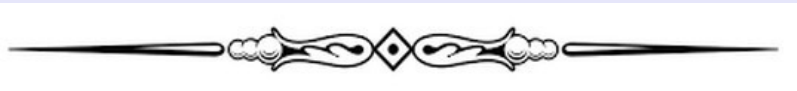
Do you have a child with a diagnosis of autism spectrum disorder? TRICARE is revamping your access to health and support services. The Defense Health Agency announced the [Autism Care Demonstration](#) (ACD) policy changes in late March. Here's a closer look at some of these ACD changes and what they mean for you.

[Read More](#)



## VA Answers FAQs about COVID-19 Delta Variant

The highly contagious Delta variant of the COVID-19 virus strain is rapidly sweeping across the United States. Studies have shown that fully vaccinated individuals have protection against the Delta variant. Under the [SAVE LIVES Act](#), veterans, caregivers, and spouses may receive the COVID-19 vaccine. Check with your local VA facility for vaccine clinic times. [Learn 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]

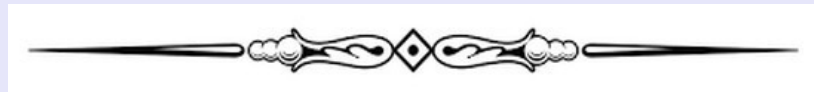
1-800-959-8277



## New screening improves early detection of cognitive decline

North Florida/South Georgia VA has made improvements to cognitive screening for Veteran patients with symptoms of cognitive deficits.

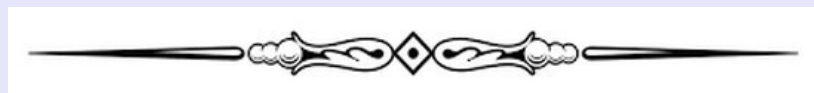
[Read More](#)



## **Veterans have options as foreclosure and eviction bans set to expire**

Temporary bans on evictions and other tenant and homeowner protections implemented during the pandemic are set to expire soon.

[Read More](#)



## **#VeteranOfTheDay Army Veteran William Cochrane**

Today's #VeteranOfTheDay is Army Veteran William Cochrane, who served in the 101st and 82nd Airborne Divisions during the Vietnam War.

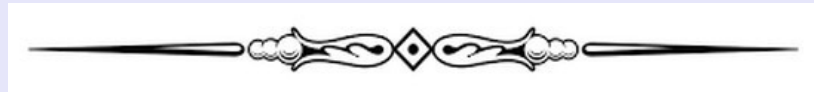
[Read More](#)



## **World Hepatitis Day 2021: VA leads the way**

VA has tested 85% of Veterans born 1945-1965 (at higher risk for hepatitis C) and more than 75% of Veterans age 18-79 for hepatitis C.

[Read More](#)

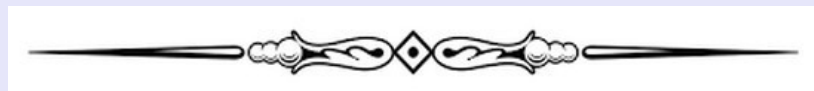


## **Bridge My Return opens to spouses and caregivers**

Bridge My Return (BMR) is now open to military and Veteran spouses and caregivers to help them find meaningful employment.

Work-from-home jobs are game-changing for military spouses, Veteran spouses and caregivers. Origin8, a tech startup, plans to hire up to 600 Veterans and spouses via the BMR platform; all from home with flexible hours.

[Read More](#)



**Jim**, below are links to all currently active pre-written E-Mails to many pieces of legislation. We ask that you go to each one,

and send the pre-written E-Mails, and to also call your Reps or Senators and ask for their support on a weekly basis!

**Jim** you don't need to be Active Duty or a Veteran, in fact we ask all Veteran friends to also help! (Updated **07/18/21**)

Please note, we've added **0** new items to the **TAKE ACTION** list.

1. HR  
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3. Concurrent  
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Legislation  
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4. Expand  
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7. H.R.  
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8. H.R.  
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10. Oppose  
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12. S.  
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20. Support  
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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

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28. Support  
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34. Bipartisan  
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42. "Bold  
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Veterans



Toxic  
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(S.  
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2127)

43. Ask  
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46. H.R.  
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Veterans  
Affairs  
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2021

47. H.R.  
1273,  
the  
Vietnam  
Veterans  
Liver  
Fluke  
Cancer  
Study  
Act
48. H.R.  
2968,  
the  
Military  
and  
Veteran  
Student  
Loan  
Relief  
Act
49. H.R.  
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VA  
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50. Comprehensive  
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52. Action  
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COST  
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Act  
and  
the  
Honoring  
our  
PACT  
Act!

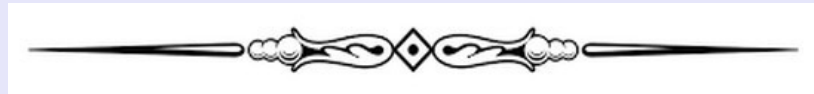
53. HR  
303  
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Pay  
Restoration  
Act

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Veterans  
Preventative  
Health  
Coverage  
Fairness  
Act



## **Today is National Hire a Veteran Day**

National Hire a Veteran Day is a great time to recognize and support Veterans with their employment needs.

[Read More](#)



## **Army Veterans launch podcast to amplify the realities of military service**

Mike Izzo and Pat McGinty have been friends for more than twenty years. They met at the United States Military Academy and were teammates on the Army West Point Men's Rugby Team. They attended the Infantry Officer Basic Course and Ranger School at the same time. Perhaps most significantly, they both deployed to Iraq with the 101st Airborne Division (Air Assault). Now the duo is launching a podcast to amplify the realities of military service, and they're looking for stories to share.

[Read More](#)



## Veterans Canteen Service celebrates 75 Years with special deals

All existing ShopVCS.com customer accounts will receive a \$10 credit in their existing account August 7, 2021. Don't have an account? Sign up for free at [www.ShopVCS.com](http://www.ShopVCS.com).

In addition to the \$10 credit, there will be bonus discounts applied in cart, Mega Deals with brands like Oakley, Ray-Ban, Danner Boots, Garmin and more and a \$15-off coupon code on a purchase of \$250 or more for ticket/travel deals.

[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





## **Live Whole Health #81: Managing sleep with acupressure**

Many things can affect the ability to fall asleep and stay asleep. Our sleep patterns can change as we age and not everybody requires the same amount of sleep. Some people may sleep through the night, but they do not feel refreshed when they wake up. Sometimes after several nights of poor sleep, people may begin to worry or feel anxious anticipating another night of struggle. Acupressure, along with your other medical care, may be useful to support your sleep.

[Read More](#)



## **#OperationSong Richard Stroud: Good Co-Pilot**

This #OperationSong spotlights "Good Co-Pilot," based on the experience of World War II and Korean War Veteran Richard Stroud.

[Read More](#)



**Veterans Memorial & Education Center  
Project**

By Diane Sherwood

We are working on a Veterans Memorial project in Luverne, Minnesota. In addition to a Vietnam Wall monument, monuments for 9/11, Iraq & Afghanistan and other conflicts, we will have an Education Center. The Education Center will house displays, dioramas, classrooms, videoconferencing, a chapel, restaurant, gift shop and more

The classes, programs and collaborations in the Education Center will make this a special and unique project. We have met with Dakota State University about a possible collaboration with their Cyber Security program for classes, coding and internships. We will also address PTSD, TBI, burn pits in Iraq & Afghanistan and more in the Education Center. We want to do the best job possible in the design/build process

There is information on our website and a military tribute video available at the link below

Have the volume on so you can hear the music: [CLICK HERE](#)





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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)**



**Moral Injury Group: A place of healing, a  
place of peace**

Veterans of the Iraq War and Iraqi War refugees collaborate in building a sanctuary called an Al-Mudhif. Building the structure provides a place of healing and peace.

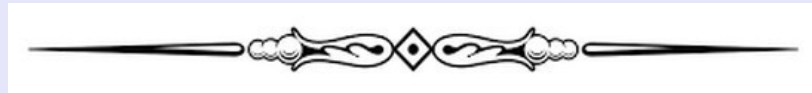
[Read More](#)



**#VeteranOfTheDay Army Veteran Thomas  
Scott McBriarty**

Today's #VeteranOfTheDay is Army Veteran Thomas Scott McBriarty, who served in the Vietnam War as a mechanic and flight engineer.

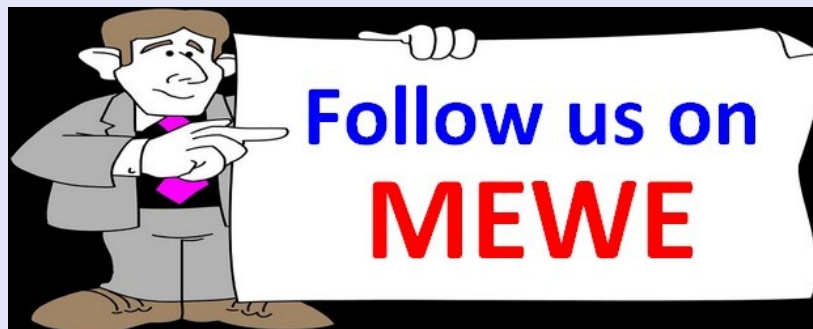
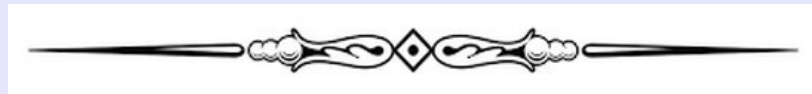
[Read More](#)



## **Airman Hears, "Protect Your Eyes," But What Does That Mean?**

What is some solid advice on the best options for eye protection? What should I be wearing at work or on the flight line?

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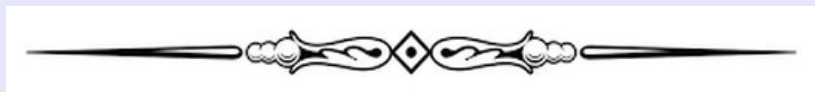
AMERICANS FOR SOVEREIGNTY



## **#VeteranOfTheDay Army Veteran Martin Gelb**

On the CIA's birthday, today's #VeteranOfTheDay is Army Veteran Martin Gelb, who worked in the Office of Strategic Services during WWII. Hailing from Brooklyn, New York, Martin Gelb enlisted the Army as a tool inspector on May 26, 1943, after attending the Eastern Signal Corps School in Fort Monmouth, New Jersey. He became...

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

Army Veteran Peter is a decorated Vietnam Veteran. He has debilitating conditions from exposure to Agent Orange. He gets all his care from VA.

[Read More](#)

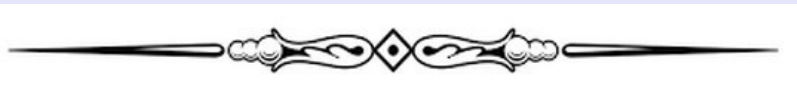


## **Military Laser Eye Surgery: Enhancing Vision Readiness**

Maintaining near perfect vision is vital to any warfighter.

While many service members wear contact lenses or glasses, other warfighters find glasses or contact lenses incompatible or difficult in austere environments.

[Read More](#)



## **Office of Inspector General**

1. Child Welfare: Pandemic Posed Challenges, but also Created Opportunities for Agencies to Enhance Future Operations
2. COVID-19 Contracting:

Actions  
Needed  
to  
Enhance  
Transparency  
and  
Oversight  
of  
Selected  
Awards

3. COVID-19  
Contracting:  
Opportunities  
to  
Improve  
Practices  
to  
Assess  
Prospective  
Vendors  
and  
Capture  
Lessons  
Learned
4. COVID-19  
Pandemic:  
Actions  
Needed  
to  
Improve  
Federal  
Oversight  
of  
Assistance  
to  
Individuals,  
Communities,  
and



## **VA provides fertility and infertility care**

VA is here to support you as you build your family. From infertility and fertility treatment to mental health counseling, we provide resources and support that can address your family planning needs.

[Read More](#)



## **75,000+ Veterans have switched to the Veterans Benefits Banking Program**

VA established the Veterans Benefits Banking Program (VBBP) in December 2019. Since then, more than 75,000 Veterans have signed up.

[Read More](#)

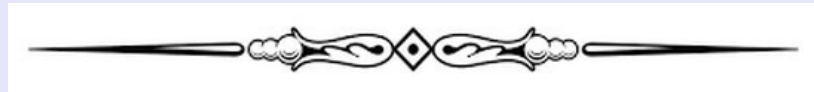


## **Vision Care Service Coordinators Support Ocular Care Management**

Eye injuries that impact readiness come in all shapes and

sizes – from minor shrapnel injuries, to getting hit with an object, to toxic chemicals splashed into the eyes.

[Read More](#)



1. Biosimilar  
and  
Interchangeable  
Biologics:  
More  
Treatment  
Choices
2. Clozapine  
Risk  
Evaluation  
and  
Mitigation  
Strategy  
(REMS)  
requirements  
will  
change  
on  
November  
15,  
2021

3. Coronavirus  
(COVID-19)  
Update:  
July  
30,  
2021
4. FDA  
alerts  
patients  
and  
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7. FDA  
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8. FDA  
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Ingredients

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10. My  
Dog  
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Cancer:  
What  
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Need  
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Know?



## **Veteran achieves liver health through nutrition**

A Veteran was interested in losing weight. Then his VA dietitian discovered he had non-alcoholic fatty liver disease (NAFLD). Here's what she did.

[Read More](#)



**Face of InnoVAtion: Lindsay Riegler**

Face of InnoVAtion is a regular series from the VHA Innovation Ecosystem (VHA IE) focusing on VA employees who are working to change and save Veteran lives through innovation. This month meet Dr. Lindsay Riegler, Research Speech-Language Pathologist, Innovation Specialist, and Certified Brain Injury Specialist. She works at the Cincinnati VA Medical Center (VAMC) providing...

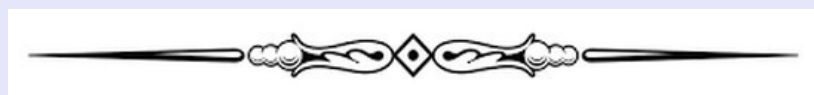
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## **Military Medical Research Leads to 18 New Cancer Drugs, other Devices**

In just the past year, they've been working on new, high-tech treatments for major health problems like cancer, severe hearing loss and genetic diseases like muscular dystrophy.

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## **VA Chief of Staff reaffirms commitment to ending Veteran homelessness**

VA Chief of Staff Tanya Bradsher visited the VA Greater Los Angeles Healthcare System's (VAGLAHS) West Los Angeles campus to reaffirm the commitment to ending Veterans homelessness.

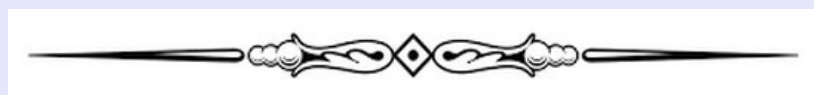
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## **Lead the Veteran care revolution as Under Secretary for Health**

Head the nation's largest integrated health care system as the VHA Under Secretary for Health (USH). At VHA, we're working to revolutionize the delivery of Veterans health care and social support services — and we're actively looking for the right individual to help lead that charge. You'll assure that we deliver timely, appropriate and cost-effective services to approximately 9...

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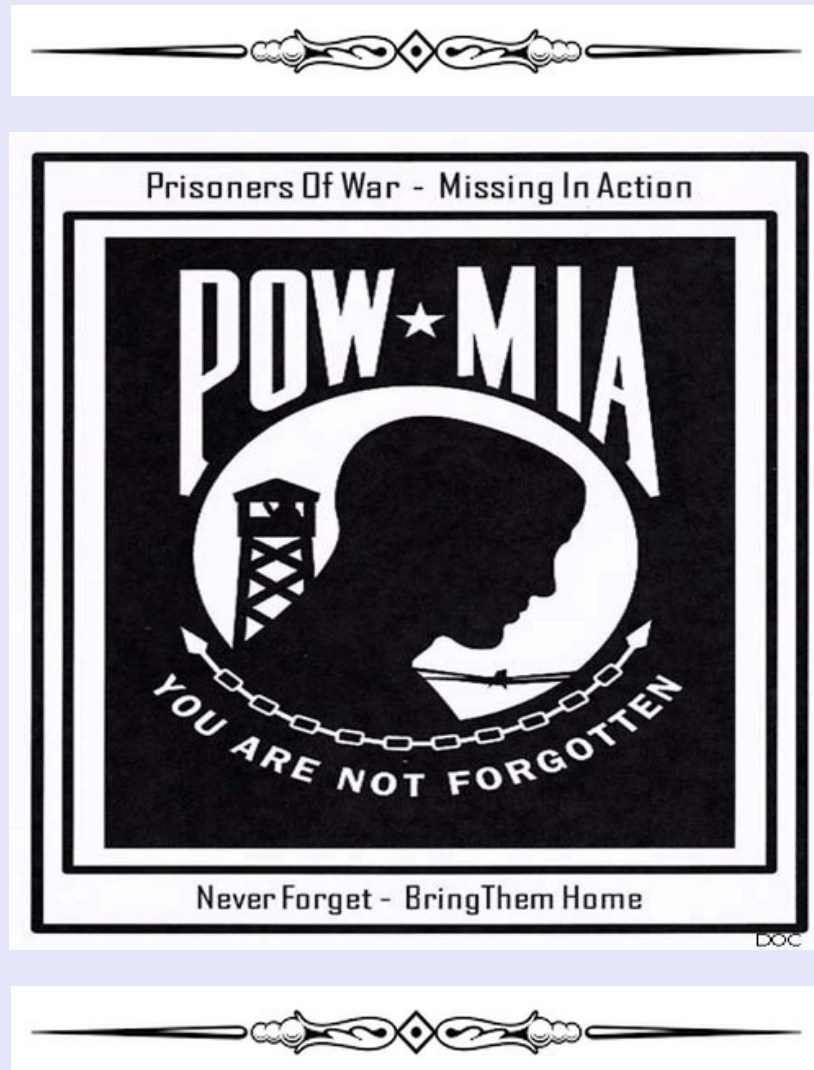


## **How COVID-19 Fast-tracked Innovation in the Military Health System**

In early 2020, as the Sars-CoV-2 virus was just beginning to spread across the United States, the Defense Health Agency

was already working to coordinate epidemiological data on the emerging threat.

[Read More](#)



## Ten times VA led the way in health innovation

Many groundbreaking methods, procedures, and diagnostic tools can trace their origins back to VA innovation.

[Read More](#)



## **VA hiring oncologists and hematologists for national teleoncology program**

VA is actively hiring oncologists and hematologists for telehealth positions that provide Veterans in rural areas with access to care.

[Read More](#)



## **Innovation Working Group Strives to Enhance METC Training**

Experienced instructors, state-of-the-art classrooms and laboratories, and degree pathway programs are some of the many features that give the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston, Texas, an edge in producing highly-trained, military allied health professionals.

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## **Saluting excellence in health professions education**

"These doctors are creating new and better ways to teach the next generation of health care providers to improve the care of patients."

[Read More](#)



## **Sarcoma cancer versus skin cancer**

Here's important sarcoma cancer information. Also read about cancer service-connected disability if exposed to Agent Orange in Vietnam.

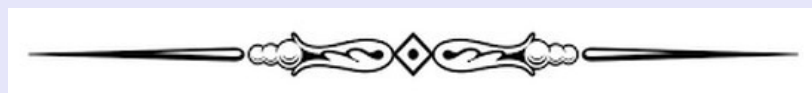
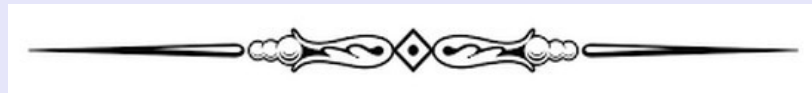
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## **New Markets, MHS Transformation and You: What Does it All Mean?**

The Military Health System's transformation is quickly accelerating as the Defense Health Agency launched 10 new markets in locations across the country on July 26.

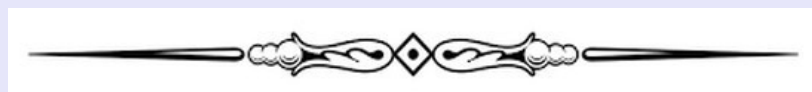
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## **#VeteranOfTheDay Marine Veteran Kathleen Ann Hanneken Sutphen**

Today's #VeteranOfTheDay is Marine Veteran Kathleen Ann Hanneken Sutphen, who served as a personnel administrator and stenographer.

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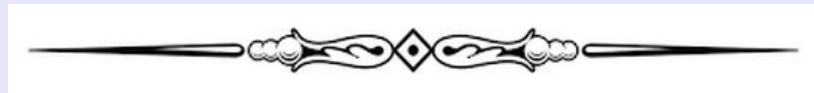




## **#VeteranOfTheDay Navy Veteran Leon Albert Edney**

Today's #VeteranOfTheDay is Navy Veteran Leon Albert Edney, who served in Vietnam, commanded USS Constellation and served as vice chief of Naval operations.

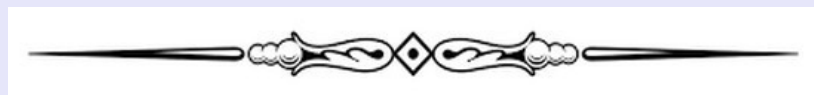
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## **San Antonio Market to Standardize, Optimize Local Healthcare**

After years of collaboration, San Antonio's military treatment facilities officially unified as a market with the Defense Health Agency during a ceremony at Brooke Army Medical Center at Joint Base San Antonio, Fort Sam Houston, Texas.

[Read More](#)



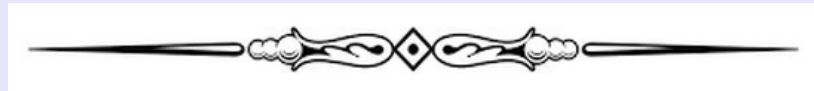
## **FRA participates in Speaker Pelosi's Veterans Roundtable**

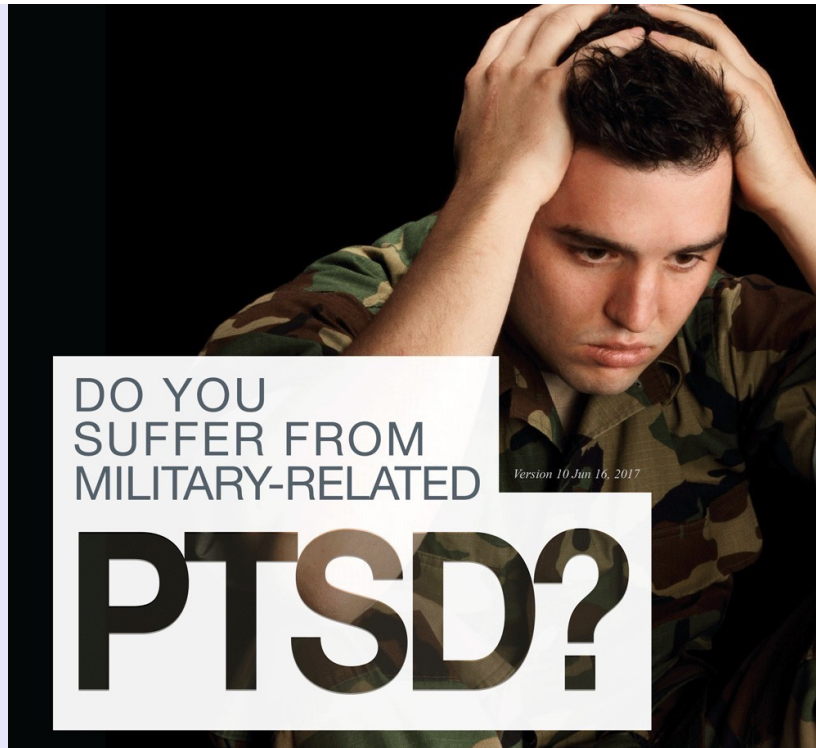
DLP John Davis and representatives from several other VSO/MSO associations met with Speaker of the House Nancy Pelosi, and House Veterans Affairs Committee (HVAC) Chairman Mark Takano to discuss various pending legislative issues. This is the first veteran's roundtable with the speaker since November 2019. Davis thanked HVAC Chairman

Takano for passing the Agent Orange Blue Water Navy bill in 2019. Davis noted that FRA supports Rep. Sanford Bishop's comprehensive concurrent receipt legislation (H.R.333) and the Major Richard Star Act (H.R.1282, S.344). Davis said that retired pay is for years of arduous military service paid by the Department of Defense while disability pay is for lifelong injury paid by the Department of Veterans Affairs. To reduce retirement, pay because of a disability is an injustice.

The legislators discussed the past accomplishments from the past session. They noted improvements to suicide prevention programs, VA education programs, programs for women veterans (Debra Sampson Act), and sexual assault programs. Speaker Pelosi noted the efforts to get every veteran vaccinated for COVID-19.

There was extensive discussion of the infrastructure needs of the VA. The HVAC Chairman claimed that the VA needs an infrastructure re-capitalization budget of \$100 billion.





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MILITARY-RELATED

Version 10 Jun 16, 2017

**PTSD?**

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



## **VA: Reduce BZD prescriptions from community providers**

VA wants to reduce BZD prescriptions to senior Veterans. A study shows the need to monitor the use of Medicare Part D prescriptions.

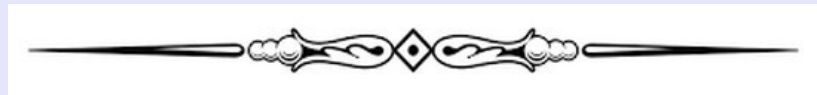
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## **Breast cancer screening saves lives and families**

Breast cancer had taken her nana. Then there was a suspicious finding on a mammogram. Now cancer free, read her advice for other women Vets.

[Read More](#)



## **Military Health System Transformation Will Improve Care & Innovation**

The restructuring of the Military Health System (MHS) will make it easier to spread medical innovation across the force and improve care for warfighters, families and retirees.

[Read More](#)



## **HASC-MP Approves FY2022 NDAA**

The House Armed Services Military Personnel Subcommittee marked up its portion of the House version of the FY2022 National Defense Authorization Act (NDAA-H.R.4350). Key provisions in the subcommittee markup include:

- No new TRICRE fee increases;
- Prohibiting any reduction or realignment of military medical staff at Military Treatment Facilities (MTF);

- Providing an annual active duty pay increase that keeps pace with civilian pay increases (2.7 percent);
- Establishing the Naval Community College as a degree granting institution for enlisted sailors;
- Requiring the Defense Department to pay basic needs allowance to a qualified service member;
- Expanding the in-home childcare pilot program providing financial assistance for in-home childcare;
- Directing DoD to notify survivors of sexual assault about the outcomes of any administrative action taken against their perpetrator; and
- Mandating violations of Civilian Protective Orders are punishable under UCMJ.

The FRA would also like to note that the HASC Readiness Subcommittee markup also contains a provision for DoD to provide a report on Childcare Development Centers (CDC) waiting lists and requires safety inspection for privatized housing and CDCs. The subcommittee markups now go to the full committee for consideration and then will be sent to the full House for further consideration.

The Senate Armed Services Committee approved its version NDAA and sent it to the full Senate earlier. Members can refer to the 7/23/21 NewsBytes for details on that bill. Once both chambers pass their version of the NDAA, a conference committee will be appointed to resolve the differences between the two Defense Authorization bills. The committee will write a final NDAA based on provisions of the two bills. When there is agreement on a final bill, it will be submitted to both the House and Senate for a final vote. If approved by both chambers, it will be sent to the president to be signed into law or be vetoed. The FRA is working to get floor amendments filed on concurrent receipt, and the "Military Retiree Survivor Comfort

Act" (H.R.2214, S.1669). Members should go to the Action Center ([www.fra.org](http://www.fra.org)) to weigh in on these and other issues.



## **VHA IE Trailblazers: Bringing Veterans to their VA health care**

VHA IE Trailblazers are leading the way in innovation at VA. Dr. Sandra Indal is bringing Veterans to their care.

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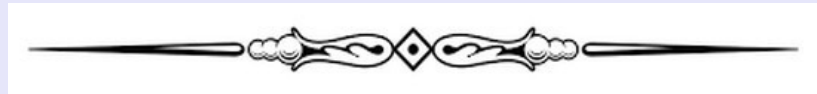


## **Questions about COVID-19 vaccine, "You Asked, We Answered"**

We've received questions from Veterans, family members and

caregivers about COVID-19 vaccines. Here's a compilation of our answers.

[Read More](#)



## **PTSD: Seeking Out Mental Health Care is the First Step to Wellness**

Service members, family members, and veterans who suffer from posttraumatic stress disorder (PTSD) may repeatedly re-experience their ordeal as nightmares, flashbacks or frightening thoughts, especially when exposed to events that remind them of their original trauma, according to the Centers for Disease Control and Prevention.

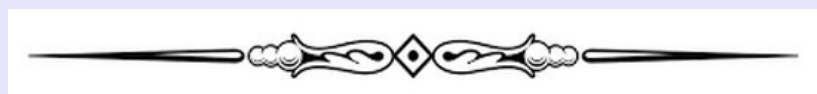
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## **Bridge My Return opens to spouses, caregivers**

Bridge My Return (BMR) opens to military spouses, Veteran spouses and caregivers to help them find meaningful employment.

[Read More](#)



## Alaska Navy Veteran finds help for PTSD at VA

Alaska Navy Veteran works hard to better his mental health with VA tools to help him handle his PTSD. Asking for help is a sign of strength.

[Read More](#)



## How COVID-19 Fast-tracked Innovation in the Military Health System

The urgent demands of the COVID-19 pandemic forced the MHS to adjust quickly by building out new capabilities, implementing new customer-care techniques, and launching massive new research efforts.

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The Defense POW/MIA Accounting Agency announced four burial updates and one new identification for service members who have been missing and unaccounted-for from World War II and Korea:

**Navy Fireman 1st Class Kenneth E. Doernenburg**, 23, of Antigo, Wisconsin, 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 Doernenburg. He will be buried on Sept. 25, 2021, in his hometown. [Read about Doernenburg.](#)

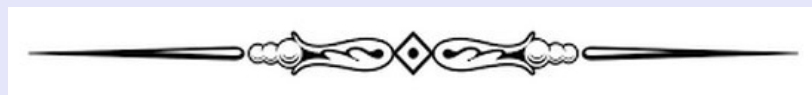
**Navy Radioman 3rd Class Irvin F. Rice**, 22, of Detroit, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Rice. He will be buried on Oct. 2, 2021. [Read about Rice.](#)

**Army Tech. Sgt. Arthur W. Countryman**, 37, of Plainfield, Illinois, was assigned to Company F, 12th Infantry Regiment, 4th Infantry Division. His unit was engaged in battle with German forces near Hürtgen, Germany, when he was reported killed in action on Nov. 20, 1944. His body was not recovered. He will be buried on Aug. 6, 2021, in his hometown. [Read about Countryman.](#)

**Army 1st Lt. Thomas J. Redgate**, 24, of Brighton, Massachusetts, was a member of Battery A, 48th Field Artillery

Battalion, 7th Infantry Division. He was reported missing in action on Dec. 11, 1950, when his unit was attacked by enemy forces near the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered. He will be buried on Sept. 17, 2021, in Bourne, Massachusetts. [Read about Redgate.](#)

**Navy Seaman 2nd Class Harold W. Lindsey**, 26, 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 Lindsey. Interment services are pending. [Read about Lindsey.](#)



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

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