



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, August 29, 2021

Volume 12, Issue 35



## **This-N-That**

Good evening Jim,

We've been paying close attention to hurricane Ida since it was first announced it was on it's way at a threat of a category 4.

I know it's difficult but those who can read this, please be safe as best you can! There has already been one death so far, we are sincerely hoping there won't be any more.

"Hurricane Ida is one of the strongest storms to ever hit Louisiana," a news release from the governor said. "It is our goal to assist our local agencies and the citizens of the state as quickly as possible, and we have pre-positioned search and rescue teams, boats and other assets to begin helping people

as soon as it is safe."

Ida is now tied with Hurricane Laura from last year and the Last Island Hurricane of 1856 as the state's most powerful storm ever.

The Louisiana Department of Transportation shut down about 22 miles of Interstate 10 because of fallen trees on the roadway. I-10 is a major thoroughfare connecting the eastern part of the state to the west.

So, please be as careful and as safe as you can be.

We are still staying on top of the CPAP equipment recall because it's a critical device to be without.

There is an article or two as well as a couple small blurbs throughout the newsletter.

There is another piece of legislation added to the TAKE ACTION section, so please be sure to get that one sent out quick as well as all the rest of them. I know it's a chore, but seriously we need to keep the pressure on Congress in order to get things passed.

I do have more, but I will get that uploaded to the website in the next 24 hours.

I know the VA's Crisis hotline has not been the best in more than a couple of months. And I personally don't see any relief to the over load coming anytime soon, but I do hope and pray they move faster than on most issues.

Many of us work so hard to reduce the numbers of suicides, but when the needed tools aren't available, or move too slowly,

well it is aggravating, frustrating, stressful and I'm sure a few more descriptive words. Some have buddies they work with, stick to them like glue.

I've sent a fax to the Congress, been on the phone calling several key people and doing the best I can from my end.

Keep pushing on all the **TAKE ACTION** items, the harder we push on a weekly basis, the better the changes of getting a few more passed soon!

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.

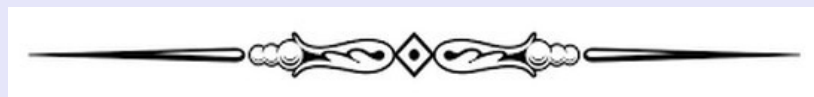
On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Respectfully,

Jim Davis

Founder

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



**Provider webinar: Traumatic Brain Injury  
Diagnosis and Management**

This webinar will discuss the unique aspects of Veterans with TBI and enhance provider's ability to develop an effective treatment plan.

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## 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

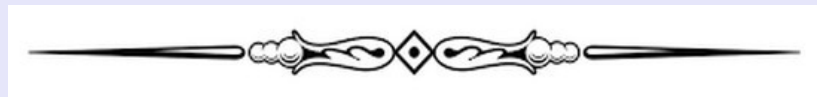
organization includes special sections, Blue Water Navy, Veterans of Southeast Asia, Central Pacific Islands, Veterans of Panama Canal Zone, and Okinawa. We have gift members available which can be paid by your fellow brother or sister Veterans. Gift members are kept confidential. Click [HERE](#) and help a Veteran.

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



## **Message from VFW National Commander to Veterans on Afghanistan**

With the recent turn of events in Afghanistan, the VFW wants the veterans of the war in Afghanistan to know we stand with you. Scores of VFW members know the anger, frustration, and sadness you are experiencing after hearing the troubling reports and seeing the disturbing images coming from lands where we sacrificed so much. Your service was not in vain. While we continue to watch events unfold in Afghanistan, we remind our brothers and sisters that we are beside you, arm-in-arm, ready to support you. You are not alone. Read [National Commander Mihelcic's statement](#).



## **AARP offers free resources for military caregivers grappling with stress, suicidal thoughts**

AARP has free resources to help military caregivers with stress, including a Facebook group for support and strategies developed with the Elizabeth Dole Foundation.

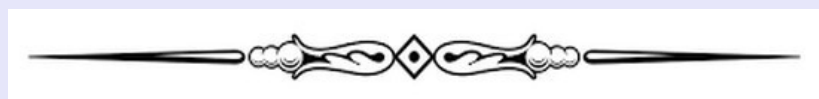
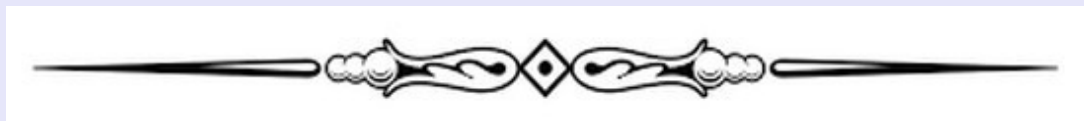
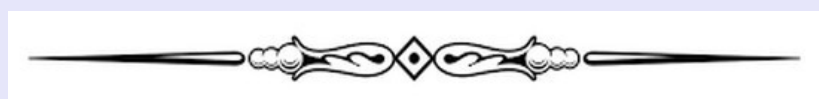
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## **Woman Veteran of the Week #LOCWW**

Every single woman who served has a story! Read about U.S. Army, Sergeant Major Mary Aurtrey. The Center for Women Veterans, U.S. Department of Veterans Affairs has partnered with the Library of Congress Veterans History Project to encourage more WOMEN VETERANS to tell their story. Become a part of #Herstory - Tell your Story Now. #VAWomenVets

[Read More](#)



## **Live Whole Health #85: Stillness in busy times with Yin meditation**

When our days feel overly busy or stressful it can be nice to slow down and find moments of stillness. There are many ways to do that throughout the day, even if just for a minute or two. Here are a few ideas.

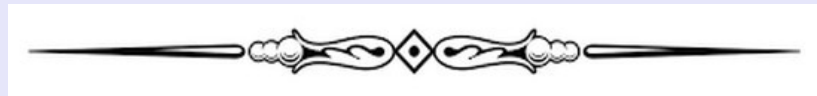
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## **Team RWB Old Glory Relay 2021: Veterans, supporters to carry American flag through 62-day journey**

The Team Red, White & Blue (RWB) Old Glory Relay returns this year after a two-year hiatus and supports America's Veterans by helping them find lasting fulfillment through social and physical activities.

[Read More](#)



## **Southeast NC Veterans Day Parade salutes women in the military**

Women are the fastest growing demographic in the United States military and among Veterans, according to the Veterans Affairs Dr. Lawrencina Pierce, acting executive director, Office of Transition & Economic Development. Southeast NC will hold a Veterans Day Parade to salute women in the military.

[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** .....

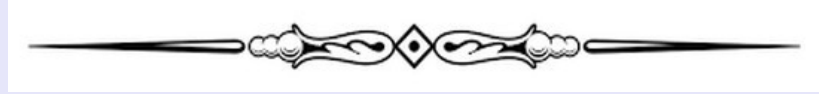


**#VeteranOfTheDay Navy Veteran Sanjeeta Reddy**



Today's #VeteranOfTheDay is Navy Veteran Sanjeeta Reddy, who served for nine years in the Navy as an operation specialist.

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## **Trailblazing female WWII pilot laid to rest in Colonia by family, veteran groups**

Kathleen Hilbrandt, WWII Trailblazing Veteran laid to rest. She was 96 years old. We honor your Service.

[Read More](#)



***[Links to Other Stories](#)***

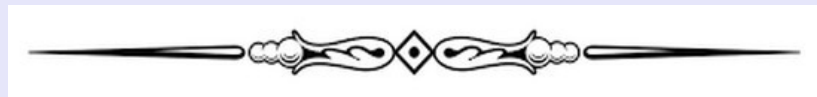
- 1) 'A real miracle': WWII Vet searches years for girl who wrote letter of thanks; finally gets wish in surprise of a lifetime
- 2) 97-year-old American WWII Vet reunites with Italians he saved as children
- 3) A Marine Vet Put His Uniform Back on and Rushed to Ground Zero. Here's His Story
- 4) Congress signals concern over uptick in Veteran crisis hotline calls after deadly Afghanistan withdrawal
- 5) Gold star father remembers son killed in Afghanistan
- 6) Husband and Wife Sentenced in Large-Scale Fraud and Bribery Scheme Involving Two South Florida VA Hospitals
- 7) Medical Device Recall Notification
- 8) More than 47,000 troops, Vets will see federal student loan fees waived
- 9) Navy Vet convicted in gruesome killing of 4 in North Dakota
- 10) Spring Hill Man Sentenced to Federal Prison for Theft of Government Funds
- 11) Three Area Kerrville Men Indicted for Distribution of Hydrocodone and Oxycodone
- 12) Veteran dies of treatable illness as COVID fills hospital beds, leaving doctors "playing musical chairs"
- 13) WWII pilot's remains found in Europe, to be buried in Maine



**We're Here for You: TRICARE Resources for  
Those Struggling with the Events in  
Afghanistan**

The news out of Afghanistan has affected many in our community. We know this may cause stress to some service members, military retirees, and their families. If you think you or a family member could benefit from mental health services, you're covered with TRICARE. There are resources that the Military Health System offers that you and your family can turn to.

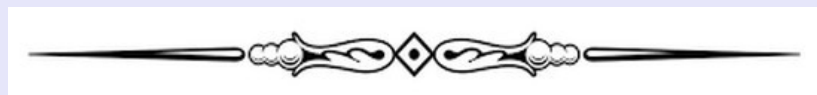
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## **Carolyn Dusty Pruitt: Preacher for equality**

Army Veteran Carolyn Dusty Pruitt served in the Women's Army Corps and later in the Army Reserve. While in the Reserve, she attended seminary school after feeling called to become a pastor. In 1983, Pruitt gave an interview to the Los Angeles Times about the "Gay, God conflict," and her commander in the Reserve began an investigation that resulted in Pruitt being discharged.

[Read More](#)



## **Women Veterans face obstacles adjusting to civilian life after service**

Women Vets Find a Community that Understands. Women Serve.

[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

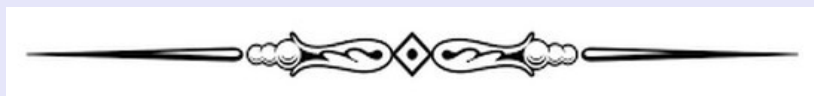
### **InTransition** 1-800-424-7877

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

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

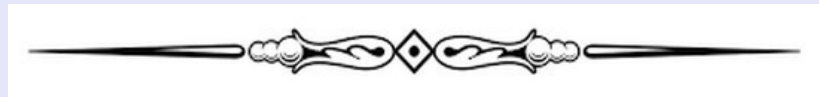
### **Military One Source** 1-800-342-9647

### **Tragedy Assistance Program for Survivors [TAPS]** 1-800-959-8277



## **Veteran Mental Health Support Resources**

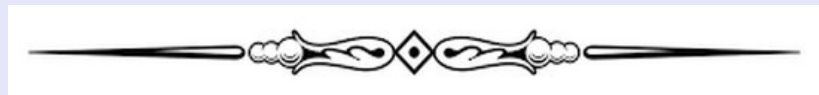
Through the VFW, VA, and other non-profit organizations, there are people you can talk to and resources available to help you cope during stressful times. VFW partner, *Give an Hour*, provides free mental health counseling for veterans and their families. All 166 VA Medical Centers offer [same-day mental health services](#) through in-person appointments, telephone calls, VA video connect, or secure messaging. [Vet Centers](#) provide counseling and other services for eligible veterans and their families. The Veteran Crisis Line is available 24 hours a day, 7 days a week by phone (1.800.273.8255, press 1), text (838255), or online chat by visiting [VeteransCrisisLine.net](#). Simply contacting a comrade, friend, or battle buddy to talk can also be helpful in managing stress and coping with difficult situations.



## **#VeteranOfTheDay Army Veteran Robert William Girardin**

Today's #VeteranOfTheDay is Army Veteran Robert William Girardin, who served two tours in Vietnam as a helicopter co-pilot and maintenance officer.

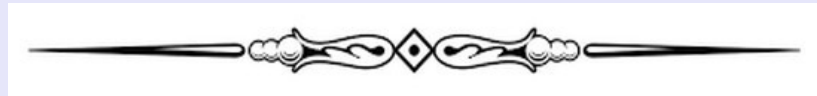
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## **Oklahoma Women Veterans HerStory Project**

Oklahoma HerStory Photo Session, Monday, September 6 (Labor Day Holiday) 8am-10am at Oklahoma Supreme Court Building, 2100 N Lincoln Blvd, OKC. Professional photographer providing a FREE digital image to women Veterans! In case of rain----photo shoot will be rescheduled. Thank you for supporting our efforts to create a Digital Library of the Oklahoma women who've served (or currently serving) in the US Military! Register now.

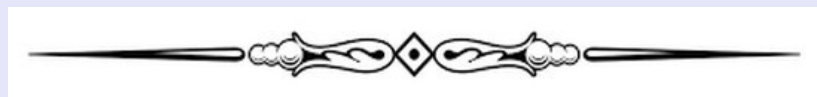
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## **Borne the Battle #253: Army Veteran James Stejskal, Special Forces Detachment A, historian, author, former CIA Operations Officer**

Army Veteran James Stejskal spent nine years in West Berlin during the Cold War, now talking about clandestine missions on Borne the Battle.

[Read More](#)



## **San Antonio VA's Simulation Center earns accreditation**

San Antonio VA's Simulation Center prepares staff to deliver safe, effective care when need arises. Most important objective: Patient safety.

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## **Post-9/11 GI Bill Benefits expanding for Veterans and service members**

The GI Bill® – and its derivatives like the Post-9/11 GI Bill – continues to help Veterans, service members, family members and dependents achieve their academic and vocational goals. Legislation such as the Isakson and Roe Act and the Colmery Act build on the GI Bill and expand educational benefits.

[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 **08/29/21**)

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

1. [HR 1014 - Furnish Hyperbaric Oxygen Therapy \(HBOT\) to a Veteran who has a Traumatic Brain Injury \(TBI\) or Post-Traumatic Stress Disorder \(PTS\)](#)
2. [HR 109 will establish an advisory committee on the implementation by the DVA of an electronic health record](#)
3. [Concurrent Receipt Legislation Introduced](#)
4. [Expand Concurrent Receipt](#)
5. [FRA and Others asks SecDef Not to Raise TRICARE Fees](#)
6. [H.R. 333, Disabled Veterans Tax Termination Act](#)
7. [H.R. 344, Support the Women Veterans TRUST Act](#)
8. [H.R. 914, the Dental Care for Veterans Act](#)
9. [Military Retiree Survivor Comfort Act](#)
10. [Oppose TRICARE fee Increases](#)
11. [S. 134/H.R. 637, the Veterans Economic Recovery Act of 2021](#)
12. [S. 437, Take Action for Veterans Exposed to Burn Pits](#)
13. [S. 89, Ensuring Survivors Benefits during COVID-19 Act of 2021](#)
14. [STOP TRICARE Fee Increases](#)
15. [Support Bills to Expand Coverage for ChampVA and TRICARE Young Adults](#)
16. [Veterans Economic Recovery Act Introduced](#)
17. [Support Bipartisan Bill to Expanding COVID-19 Vaccine Access for Veterans and Families](#)
18. [H.R. 855, the Veterans Expedited TSA Screening \(VETS\) Safe Travel Act](#)
19. [HR 1355 and S 454. These companion bills will provide](#)



health care and benefits to Veterans who were exposed to toxic substances while serving as members of the Armed Forces at Karshi Khanabad Air Base, Uzbekistan.

20. Support Repeal of TRICARE Select Enrollment Fee

21. HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed

22. Please Support S. 344, the Major Richard Star Act

23. Support the Military Retiree Survivor Comfort Act

24. S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021

25. HR 109 Establish an Advisory Committee on Implementation by the DVA of an electronic health record

26. HR 2372 and S 952 will Provide for Presumption of Service Connection for certain diseases associated with exposure to toxins

27. Please Ask you Senator to support S.952 the Warfighters Act

28. Support Improving VA Homelessness Program

29. S. 976, Caring for Survivors Act of 2021

30. H.R. 303, the Retired Pay Restoration Act

31. H.R. 912, American Indian and Alaska Native Veterans Mental Health Act

32. S. 976, the Caring for Survivors Act of 2021

33. HR 2269 and S 657 cover herbicide exposure in Thailand

34. Bipartisan Bill Introduced to Help Military Survivors

35. Legislation asks for Study of Involuntary Discharges for Women

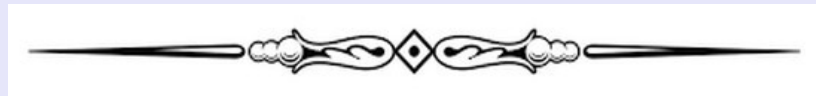
36. H.R. 2436, the Veterans Burn Pit Exposure Recognition Act

37. H.R. 958—the Protecting Moms Who Served Act

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

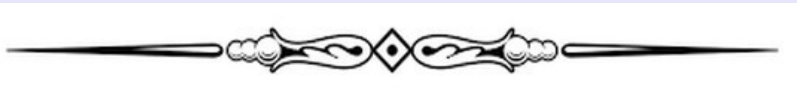
39. Ask your Senator to Support S.1520 Military Justice Improvement Act
40. Ask your member to support S.810 and H.R. 1972 The Fair Care for Vietnam Veterans Act of 2021
41. Ask your member and senator to support HR 2580 and S 1151 to provide for a presumption of service connected disability for certain Veterans who served in Palomares, Spain, and for other purposes
42. "Bold New Plan" for Veterans Toxic Exposure (S. 927/H.R. 2127)
43. Ask your Senator to Support S.1520 Military Justice Improvement Act
44. HR 855, VETS Safe Travel Act
45. HR 3368, the Guam, American Samoa, and Johnston Island bill
46. H.R. 2521, Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2021
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. 845, the VA Billing Accountability Act
50. Comprehensive Toxic Exposure Bill Introduced in House
51. S. 1031, Legislation Requiring a Study to Look at Disparities in VA Claims
52. Action Alert: Tell Congress to Support the COST of War Act and the Honoring our PACT Act!
53. HR 303 and S 1147 The Retired Pay Restoration Act
54. Ask Your Legislators to Support Concurrent Receipt Reform HR-1282
55. HR 1656 TREAT PTSD Act
56. S. 1664, the Post-Traumatic Stress Disorder (PTSD) Processing Claims Improvement

57. [H.R. 2724 — VA Peer Support Enhancement for MST Survivors Act](#)
58. [Please Support H.R. 3452 —Veterans Preventative Health Coverage Fairness Act](#)
59. [HR 2192, The Camp Lejeune Justice Act of 2021](#)
60. [Ask your member to support S.657 and H.R. 2269, the Agent Orange in Thailand Act](#)
61. [Ask your Senator and Congressman to support S 2189 and HR 1014 will direct the Secretary of Veterans Affairs to establish a pilot program to furnish hyperbaric oxygen therapy](#)
62. [HR 5026, The Panama Canal Zone Veterans Act of 2021](#)



## **Certain Veterans May Be Eligible for Education Benefit Refunds**

VA is looking for certain veterans who may be eligible for refunds from the Veterans Educational Assistance Program (VEAP). VA estimates 115,000 veterans may be entitled to a refund of this benefit. Eligible veterans must have entered active duty between Jan. 1, 1977 to June 30, 1985; completed their first period of service; contributed to VEAP while on active duty and before April 1, 1987; have unused contributions; and not have been dishonorably discharged. If you have unused VEAP funds, you should submit VA Form 22-5281 after completing sections 1-6, 14, 15, and 18. It will take 3-4 weeks to receive a response and/or refund via U.S. Treasury check. If you are unsure if you are eligible for a refund or whether you participated in VEAP, call the Education Call Center at 1.888.442.4551 domestically or 001.918.781.5678 overseas, Monday through Friday, 7:00a.m.– 6:00p.m. Central Time.



## **#VeteranOfTheDay Navy Veteran Andres Ortega**

Today's #VeteranOfTheDay is Navy Veteran Andres Ortega, who served as a Navy corpsman during Operation Desert Storm and in Somalia.

[Read More](#)



## **In vitro fertilization/assisted reproductive program helped this couple's dream come true**

VA provides fertility evaluation and several treatments to all enrolled Veterans under the VA medical benefits package. These include infertility counseling, laboratory blood testing, genetic counseling, sperm testing, ultrasounds, surgery, vasectomy reversal or tubal ligation, medication and other treatments.

[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



## Mind the resume gap: How to address employment breaks

Sometimes you just can't avoid a resume gap. Maybe you recently transitioned out of the military and found it's taken some time to land your first civilian job. Maybe you're a military spouse who's had your career interrupted by several moves. Or maybe life just took an unexpected turn. No matter the reason, you're probably [...]

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## Understanding VA's current claims backlog environment, future growth

VA defines backlog as the number of claims pending over 125 days. Two events have occurred that will, however, result in significant claims backlog increases in the near term.

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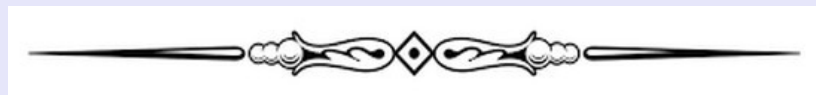


## **#VeteranOfTheDay Navy Veteran Stephanie J. Nearing**

Today's #VeteranOfTheDay is Navy Veteran Stephanie J. Nearing, who served as a boatswain's mate from 1988 to 1996. Stephanie J. Nearing is a native of Wabash, Indiana. Her father served in the Army and met her mother while on deployment in the Netherlands.

We honor your service, Sephanie!

[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)



**VeteranOfTheDay Army Veteran Lakesha  
Green**

Today's #VeteranOfTheDay is Army Veteran Lakesha Green, who helped with humanitarian relief after Hurricane Katrina.

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**Veteran moms benefit from community's  
generosity**

Knights of Columbus donates \$10,000 for supplies for mothers-to-be Veterans. Wisconsin American Legion Auxiliary gave another \$5,500.

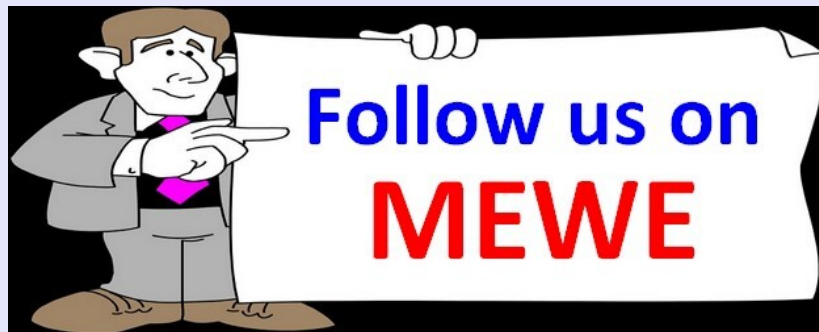
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## **Fly Girls: Ann Baumgartner**

United States Army Air Forces pilot Ann Baumgartner made history as the first American woman to fly the Bell YP-59A jet fighter during World War II. She was a member of the Women Airforce Service Pilots (WASP) program.

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We hope you will join us on this new site.

[VETERANS-FOR-CHANGE](#)

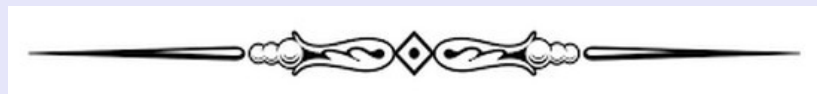
[HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE](#)

[AMVETS GROUP](#)

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

[AMERICANS FOR SOVEREIGNTY](#)



## **You Asked, We Answered: What COVID information can I rely on?**

There are so many different sources of information about COVID-19 and vaccination online and some say different things. How do I know what I can rely on?

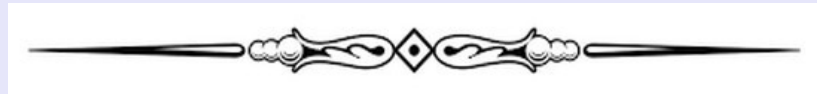
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## **VIDEO: Information technology career opportunities abound at VA**

Angie Weldon with VA's Office of Information and Technology discussed information technology careers on our Talk About It Tuesday broadcast.

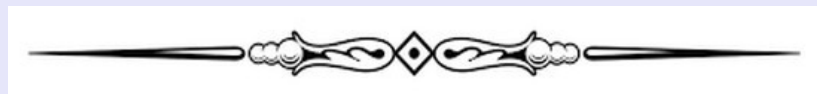
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## **Expecting a Baby? Here's How TRICARE Can Help**

You just learned you're going to be a mom. Congratulations—this is a happy and exciting milestone in your life. But you may also feel nervous about what comes next, and that's okay. TRICARE provides access to a wide range of maternity care services to help mothers and their babies get the care they need.

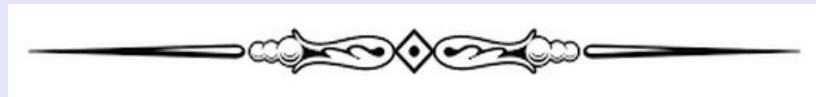
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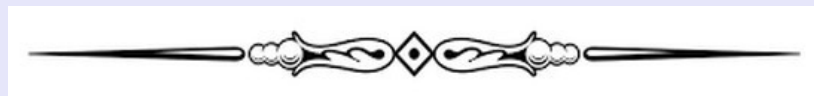
## **Why I get my health care at VA: Marine Corps Veteran Jon**

Marine Corps Veteran, Jon, injured in Iraq and medically discharged. With VA's help, Jon was able to carry the flag at the Paralympic Games.

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- 1) Resumption in Use and Distribution of Bamlanivimab/Etesevimab in Certain States
- 2) Public Health Alert Concerning Possible Listeria Contamination of Felix Custom Smoking Seafood Products
- 3) FDA Approves First-of-Its-Kind Stroke Rehabilitation System
- 4) FDA Denies Marketing Applications for About 55,000 Flavored E-Cigarette Products for Failing to Provide Evidence They Appropriately Protect Public Health
- 5) Jimbo's Kitchen, DBA New England Cupboard Issues Allergy Alert on Jimbo's Bloody Mary Mix
- 6) FDA Releases PFAS Testing Results from First Survey of Nationally Distributed Processed Foods
- 7) FDA Drug Shortages
- 8) Stop Using Certain N95 Respirators Manufactured by Shanghai Dasheng - Letter to Health Care Providers
- 9) Baxter Issues Urgent Medical Device Correction for All Spectrum IQ Infusion Pumps to Reinforce Important Safety Information Regarding Best Practices for Customer-Initiated IT Network Updates
- 10) Bio-Medical Equipment Service Co. Recalls Alaris Infusion Pump Module 8100 Bezel Due to Possible Cracked or Separated Bezel Repair Posts
- 11) COVID-19 Vaccines
- 12) Laboratory analysis of varenicline product
- 13) FDA and Mexican Counterparts Report Progress and Next Steps for Food Safety Partnership
- 14) FDA Approves First COVID-19 Vaccine
- 15) Coronavirus (COVID-19) Update: August 27, 2021



# **TREA Celebrates PAWS Act Being Signed into Law**

WASHINGTON: The Enlisted Association, representing servicemembers, veterans, retirees, and their families, commends President Biden for signing H.R. 1448, the [Puppies Assisting Wounded Service Members for Veterans Therapy Act](#) into law yesterday. The U.S. Senate unanimously passed the bill earlier this month after initially being passed by the U.S. House of Representatives in March.

This important bill requires the Department of Veterans Affairs (VA) to implement a five-year pilot program to assess the effectiveness of addressing post-deployment mental health and post-traumatic stress disorder through a method where veterans train service dogs for veterans with disabilities. The bill also authorizes the VA to provide service dogs to veterans with mental illnesses such as PTSD, regardless of whether they have a mobility impairment. The bill's comes on the heels of a recent VA study that showed warriors paired with a service dog had a 34.5% decrease in PCL-5 (PTSD Symptoms) from baseline to study completion.

"Now more than ever, veterans suffering from invisible wounds of war need access to trained service dogs which have been scientifically proven to help alleviate symptoms of post-traumatic stress, traumatic brain injuries, and military sexual trauma" said Justin Jump, National President of The Enlisted Association. "We thank President Biden for recognizing veterans need every possible option when seeking mental health treatments, and look forward to working with the Department of Veterans Affairs to implement this important program."

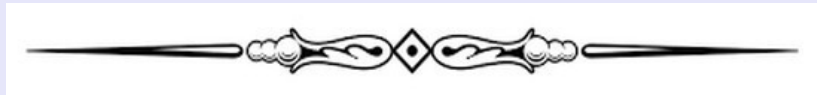
For a copy of the bill text, click [HERE](#).



## **#VeteranOfTheDay Army Veteran John P. Blechschmid**

Today's #VeteranOfTheDay is Army Veteran John P. Blechschmid, who served as a combat engineer during the Vietnam War.

[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:

[https://drive.google.com/file/d/1Ko5TNEI5WuNJ\\_L\\_c20Bghbl1b8TSZSPb/view?usp=sharing](https://drive.google.com/file/d/1Ko5TNEI5WuNJ_L_c20Bghbl1b8TSZSPb/view?usp=sharing)

[www.rememberrally.org](http://www.rememberrally.org)

Thanks

Diane

Remember Rally

Luverne, MN







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## **TREA President Issues Statement on Afghanistan**

It is with a heavy heart that I extend prayers and condolences on behalf of TREA: The Enlisted Association, its Board of Directors, Membership and staff to those surviving family, friends and loved ones of the servicemembers who made the ultimate sacrifice today in Kabul, Afghanistan. Their steadfast commitment and support of the mission to provide safe passage of Americans and Afghans evacuating Afghanistan will never be forgotten. TREA remains fully committed to support all servicemembers, veterans, and their families during these trying times.

If you are a veteran, military member, family service member, including National Guard and Reserves, caregiver or survivor, immediate help is available through numerous resources from the U.S. Department of Veterans Affairs, including:

- VHA mental health services, <https://www.mentalhealth.va.gov> including how family members can assist a Veteran in crisis.
- Veterans Crisis Line: Suicide Prevention Hotline at 1-800-273-8255, press 1.
- War Vet Call Center: 877-WAR-VETS. VA Mental Health Services | Veterans Affairs <https://www.va.gov/health-care/health-needs-conditions/mental-health/>

As always, please do not hesitate to reach out to us via our website <https://www.trea.org> or by phone at 1-800-554-8732.

Sincerely,  
Justin Jump

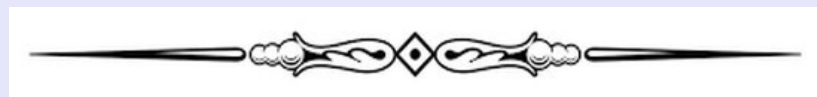


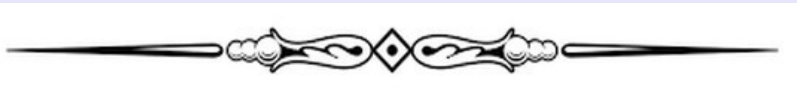
## You Asked, We Answered: What COVID information can I rely on?

There are so many different sources of information about COVID-19 and vaccination online. Here's how to know what sources to trust.

When reviewing media sources, consider whether the source provides the most accurate and trustworthy information about COVID-19. Then consider the reputation of the source, its journalistic standards, and whether it references reliable information from organizations like CDC and WHO. Also, consider whether the source is reporting facts or offering an editorial opinion.

[Read More](#)





## **Fly Girls: Nancy Love**

Nancy Love made a name for herself by doing what she loved best: flying. After earning a pilot's license, she sold airplanes on commission. Love later became a test pilot, participated in air races and secured her place in history as the first female pilot to serve in the United States military.

[Read More](#)



## **Veterans: Get your annual eye exams**

Annual eye exams are essential in preventing age-related blindness, particularly among senior Veterans. This is according to a VA joint study which shows promising results for preventing vision loss with routine eye exams.

Under VA health care benefits, eligible Veterans are covered for routine eye exams and preventive vision testing.

[Read More](#)



## **Are You Procrastinating Your Doctor's Visit? Don't Delay Any Longer**

About 41 percent of Americans say they have delayed or avoided some sort of medical care or preventive screening because of the coronavirus pandemic, according to a survey the Centers for Disease Control and Prevention conducted.

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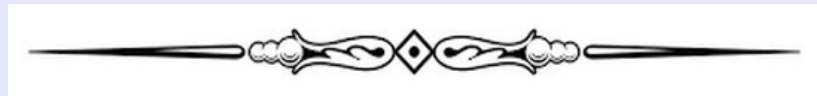
*CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER!*



**Concern Growing on EHR Implementation**

The House Veterans Affairs Committee Ranking Member Mike Bost (Ill.), Chairman Mark Takano (Calif.), and Subcommittee on Technology Modernization Chairman Frank J. Mrvan (Ind.) introduced the VA Electronic Health Record Transparency Act (H.R.4591) after a recent subcommittee hearing on the Department of Veterans Affairs (VA) Electronic Health Record Modernization (EHRM) project. This legislation will force the VA to account for all costs associated with the project and report those to Congress.

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.

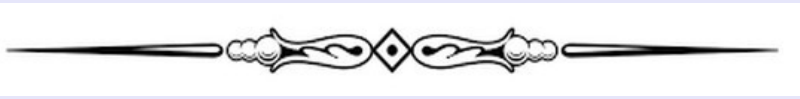


## **VA reunites 90-year-old Veteran with spouse**

90-year-old Army Veteran Donald Greenhaw visited the emergency department at Dallas VA medical center to receive treatment for an injury. Greenhaw didn't just get treated for his fall; he also received screenings for common geriatric issues.

The staff also made it possible for him to be placed in the same room in the same assisted living facility as his wife of 68 years.

[Read More](#)



## Protect Yourself from COVID-19 Variants

As scientists and health experts work to learn more about COVID-19, they're urging you to keep your guard up. The virus that causes COVID-19 continues to change through mutation.

[Read More](#)



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match yours.**

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

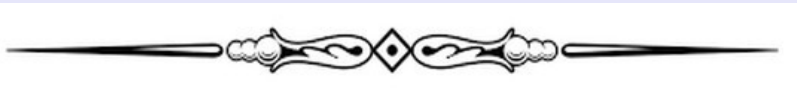
*CLICK HERE TO VISIT THE VFC WEBSITE!*



## #VeteranOfTheDay Air Force Veteran Patrick Peter Caruana

Today's #VeteranOfTheDay is Air Force Veteran Patrick Peter Caruana, who started enlisted and rose to lieutenant general.

[Read More](#)



## **VA trains student volunteers in life-saving skills**

Being prepared for medical emergencies is an important skill that 23 teenagers were privileged to learn as part of Columbia VA's Summer Student Program.

The training is designed to give young adults, 13 to 17 years old, an opportunity to learn about different health care career opportunities.

[Read More](#)



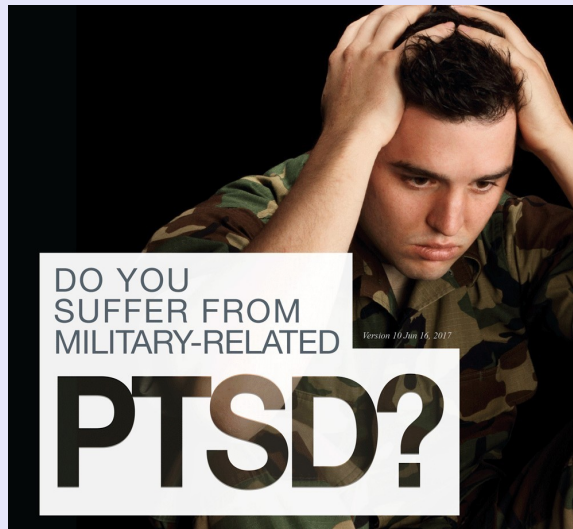
## **Do You Need a Medical Alert ID? It Could Save Your Life**

If you suffer from a severe allergy or have a known medical condition, wearing a medical alert identification device can be a life saver.

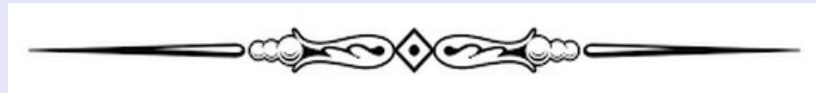
[Read More](#)







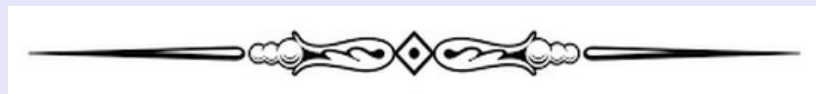
**Veterans Crisis Line:  
1-800-273-8255 & Press 1  
Ntl Call Center for Homeless Vets  
1-877-424-3838**



## **Dallas VA GERI-VET program reunited 90-year-old Veteran with spouse**

Dallas VA staff used a new GERI-VET program to reunite a Veteran and his wife of 68 years for their last days together.

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## **VA physical therapy prepares Veteran for new prosthetic**

After foot amputation, Veteran works with VA physical therapist to strengthen his amputated limb to support walking with his new prosthetic.

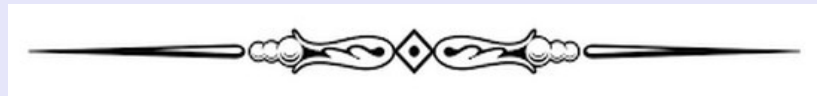
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## **New Markets, MHS Transformation and You: What Does it All Mean?**

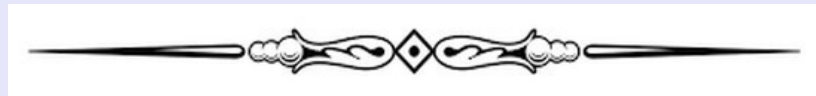
The Military Health System's transformation is quickly accelerating as the Defense Health Agency launched 10 new markets in locations across the country on July 26.

[Read More](#)



## **HVAC Subcommittee Reviews VA Cybersecurity**

The House Veterans Affairs Information Technology Subcommittee recently held an oversight hearing on the Department of Veterans Affairs (VA) information technology budget. The overall FY2022 VA budget is increased by 10 percent and the IT budget is increased by 13 percent. Although at the hearing many legislators expressed concern that funding for cybersecurity is insufficient. The subcommittee hearing also focused on a recent Government Accountability Organization report (GAO-20-256 T) that made 74 recommendations for VA IT security, and that 70 of them have been implemented. It was noted at the hearing that VA plans to hire 500 IT employees this year and 500 more next year. The VA also has incentives in place to retain cybersecurity employees due to the growing demand in the field. The VA is also looking to capitalize on remote work opportunities.



### **#VeteranOfTheDay Navy Veteran Sanjeeta Reddy**

Today's #VeteranOfTheDay is Navy Veteran Sanjeeta Reddy, who served for nine years in the Navy as an operation specialist. In September 1990, Sanjeeta Reddy was born in San Francisco. She enlisted in the Navy in 2011.

We honor your service, Sanjeeta!

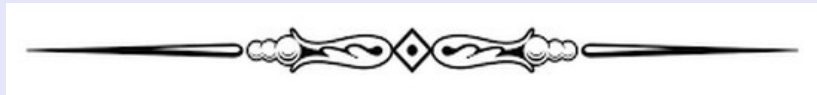
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## **#VeteranOfTheDay Marine Veteran Mario Blandini**

Today's #VeteranOfTheDay is Marine Veteran Mario Blandini, who served as a computer systems manager and engineer.

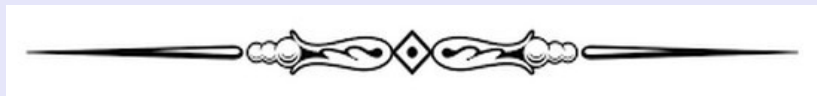
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## **The Role of the Defense Health Agency in the Military Health System Transformation**

Lt. Gen. Ron Place, director of Defense Health Agency, discusses the role of the Defense Health Agency in Military Health System transformation.

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## **Moving? Update DEERS for Uninterrupted TRICARE Coverage**

The Defense Enrollment Eligibility Reporting System (DEERS) wants to remind beneficiaries that change their location to update their information in the DEERS. Being able to use TRICARE depends on keeping DEERS up to date. DEERS is a database of active duty and retired service members, their family members, and others who are eligible for TRICARE. TRICARE eligibility shows up in DEERS based on the sponsor's status. Keeping your DEERS record up to date is key to getting timely and effective TRICARE benefits.

FRA members should make sure that DEERS has, correct address, duty status, phone numbers, and email addresses. This is especially true after permanent change of station, or PCS, moves and anytime you experience a Qualifying Life Event (QLE). A QLE can include getting married or divorced, giving birth or retiring. Also, check out what you need to do if you're moving. Remember, DEERS needs the beneficiaries Social Security number (SSN) and the SSN of each covered family members must be included in DEERS for TRICARE coverage to be accurate.

Beneficiaries changing their contact information in DEERS is easy, and there are several options. Beneficiaries can make changes online, by telephone, fax, mail or in person at the nearest ID card office. You can find an office near you using the [RAPID Sites Locator](#).



**Reba Whittle: POW who will not be forgotten**

During World War II, Reba Z. Whittle served in the United States Army Nurse Corps. After the aircraft she was aboard was shot down in September 1944, she became the first American female military prisoner of war in the European Theater.

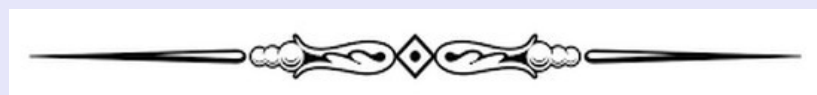
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## **Face of InnoVAtion: Dr. Anne Lord Bailey**

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 Anne Lord Bailey, PharmD, BCPS, Emerging Tech Clinical Specialist for VHA IE. The boundary-breaking work transforming VA has never been more crucial to former VHA Innovators [...]

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## **New Flag and Patch Symbolize Growth at the Defense Health Agency**

The Defense Health Agency unveiled a new organizational flag and seal along with a new patch to be worn by service members assigned to its joint medical billets.

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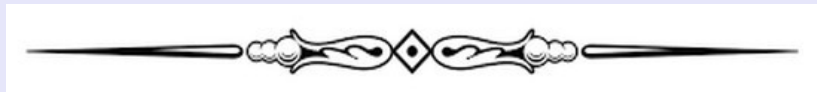
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