



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, September 05, 2021

Volume 12, Issue 36



## **This-N-That**

Good evening Jim,

Hello everyone, this is this week's newsletter and I do apologize for its lateness. Been a hectic and crazy week. News has been flowing in faster than a tidal wave and each piece needs to be read, then sadly I was called back to Texas due to the passing of one of my aunts passing from covid.

We're adding one TAKE ACTION item this week, and all the others above it are still active and need attention as well. Please do your best, we need all of them to pass!

Because Women Veterans are finally starting to see improvement in the VA Healthcare systems we're looking for

more and more information that pertains to you as a woman and a Veteran.

The one area of the website everyone should pay attention to are our WEBLINKS, if you scroll down to NIH you will find hundreds of links covering countless topics. But we have added quite a few to other categories.

Because it takes so long with PDF files for the library, many files have to be printed into another PDF to remove all locks, top page added, then secured. I am working to produce 100 new docs quick as I can!

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

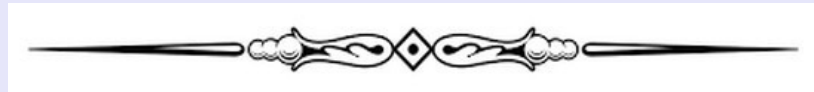
[Jim.Davis@Veterans-For-Change.org](mailto:Jim.Davis@Veterans-For-Change.org)



**U.S. pullout from Afghanistan: VA  
psychologist, post-9/11 combat Veteran on  
impact to Vets, service members**

"We as post-9/11 Veterans are very resilient and can make significant and positive contributions to society. But at the same time, our military service and the difficulties we face reintegrating to civilian life make us one of the highest-risk Veteran populations."

[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)



## **#VeteranOfTheDay Army Veteran Kenneth Ziemer**

Today's #VeteranOfTheDay is Army Veteran Kenneth Ziemer, who served as a pharmacy specialist during the Vietnam War.

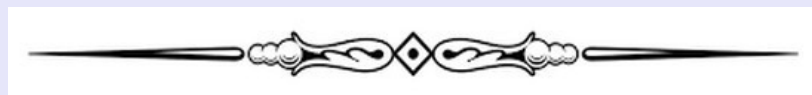
[Read More](#)



## **Volunteers can clean national cemeteries on National Day of Service**

Volunteers interested in cleaning headstones in national cemeteries can sign up for a National Day of Service to be held in 65 locations Sept. 10. All volunteers interested in participating in the "National Day of Service" should sign up at Carry the Load register.

[Read More](#)



## **Afghanistan: Resources available for PTSD**

While this series focuses on Afghanistan Veterans, options apply to all Veterans.

Active duty and Veterans should not be ashamed of getting the help they need, said Senior Enlisted Advisor to the Chairman Ramón "CZ" Colón-López. An Afghanistan Veteran himself who battled PTSD, Colón-López said seeking mental health help should be routine.

[Read More](#)



## **#VeteranOfTheDay Army Veteran Lakesha Green**

Today's #VeteranOfTheDay is Army Veteran Lakesha Green, who helped with humanitarian relief after Hurricane Katrina. Lakesha Green was born in Philadelphia, Pennsylvania in 1979 and grew up with two brothers.

We honor your service, Lakesha!

[Read More](#)



## **How to get your COVID-19 vaccine records online**

Whether you qualify for a third dose of COVID-19 vaccine and need to make an appointment or you're just trying to get into your favorite restaurant, there's a chance that you will need to prove your COVID-19 vaccination status.

While you can carry your CDC vaccination card (or a photo of it), here's how to get a copy of your VA COVID-19 vaccine records online.

[Read More](#)





# Your actions

could save a life.

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

VeteransCrisisLine.net



## Listen to your body – MSK conditions in women Veterans

Two years after injuries in Iraq, Elizabeth Jackson sought care at VA. Here is her story of treatment for musculoskeletal (MSK) conditions.

[Read More](#)



## Discover a rewarding nursing career with VA

Looking for a nursing career? VA's 12-month RNTTP program is designed to help new graduate RNs transition from the classroom to practice.

[Read More](#)



## **Borne the Battle Podcast**

Army Veteran and author James Stejskal shares his journey from Special Forces to the CIA.

Listen as he shares Detachment A's role in the heart of East Berlin during the Cold War.

[Read More](#)



## **Listen to your body – overuse injuries in women Veterans**

Military service is hard on the body. Overuse injuries are common in women Veterans, especially involving the hips, knees, and ankles.

Two years after injuries in Iraq, Elizabeth Jackson sought care at VA. Here is her story.

[Read More](#)



## **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?

[Read More](#)



## **2022 VFW-SVA Legislative Fellowship Application Process Now Open**

Applications are now being accepted for the 2022 VFW-SVA Legislative Fellowship. The program, which is in its eighth year, is for VFW members who attend an accredited institute of higher learning. Select student veterans will be chosen for the semester-long program that focuses on real policy issues faced by veterans, service members, and their families. The highlight of the program is participation in the VFW Legislative Conference, which in the past has included meetings at the White House and with senior officials from the Department of Veterans Affairs and members of Congress. Those selected also spend time with their VFW Department leaders on Capitol Hill pushing the VFW's legislative priorities. Alumni of the program have become more active at all levels of the VFW and have been instrumental in changing laws to improve care and benefits for veterans. [Learn more and apply for the fellowship.](#)





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** .....



## **Record pace for Board of Veterans Appeals hearings; reschedule options available**

With 20,000 hearings completed by August 2021, the Board of Veterans Appeals is on pace to best its previous record, smashing its historical average of 16,000 annually.

[Read More](#)



## **Veterans get resources, support, community through America's Warrior Partnership**

America's Warrior Partnership (AWP) is dedicated to ensuring community service providers are empowered to provide support and Veterans understand where and how they can access resources locally.

[Read More](#)



## **Watch Secretary McDonough address the American Legion Convention and speak to Afghanistan Veterans**

As the nation watched the military mission end in Afghanistan this week, VA Secretary Denis McDonough said VA is here for all Veterans who need help.

On Aug. 31 at the American Legion National Convention in Phoenix, the Secretary specifically addressed Afghanistan Veterans.

[Watch Video](#)



**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.

[Read More](#)



## Native American, rural Veterans connect with nurse

VA nurse practitioner Celessta Merrill provides tele-primary care to Native American and rural Veterans in remote areas.

"As soon as they find out I am also Native American, their tone changes toward me," she says. "Their outlook on care and treatment recommendations they have been declining for years has now changed. I love being able to impact them – even if it's just one Veteran."

[Read More](#)



## HASC Approves FY 2022 NDAA

The House Armed Services Committee (HASC) marked up and approved the FY2022 National Defense Authorization Act (NDAA-H.R. 4350). During the mark up Ranking Member Mike

Rogers (Ala.) offered an amendment to increase Defense spending by \$24 billion in FY2022 (\$37.5 billion more than FY2021.) that was adopted. The amendment increases health care spending by \$1.1 billion and \$3.8 billion for military construction. This amendment is similar to an amendment adopted in the Senate Armed Services Committee earlier. Other key provisions in the HASC markup include:

- No new TRICARE fee increases;

- Prohibiting any reduction or realignment of military medical staff at Military Treatment Facilities (MTF) until a review of medical manpower requirements by the GAO can be conducted;

- 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

- Removing the commander from decisions related to prosecution of sexual assault /harassment crimes and criminalizes sexual harassment under the Uniform Code of Military Justice.

The bill now goes to the House floor for further consideration. The Senate Armed Services Committee has already approved its version of the NDAA. Once both chambers review floor amendments and pass their bill a conference committee will be appointed to resolve the differences between the two bills. This

final bill must be approved by both chambers and then will be sent to the President to be signed into law or vetoed.



## Links to Other Stories

- 1) [Bend Resident and Affiliated Residential Care Company Agree to Pay \\$2.9 Million to Settle Health Care Fraud Allegations](#)
- 2) [Case of 76 in Veterans home who died of COVID lands in court](#)
- 3) [Central Valley Optometrist Indicted for Submitting over \\$1 Million in False Claims to Medicare](#)
- 4) [Connections Community Support Programs Agrees to Judgments of Over \\$15 Million to Resolve Health Care Fraud and Controlled Substances Allegations](#)
- 5) [Co-Owner of North Carolina Durable Medical Equipment Company Sentenced to Prison for Role in Defrauding Medicaid](#)
- 6) [Department Of Justice Reaches Million-Dollar Settlement with Van Andel Research Institute to Resolve Allegations of Undisclosed Foreign Ties to Nih Grants](#)
- 7) [Doctor Sentenced to More Than 15 Years in Prison for Conspiring to Distribute Thousands of Oxycodone Pills Illegally](#)
- 8) [Downey Company that Provides In-Home Respiratory Services Agrees to Pay Over \\$3.3 Million to Resolve Fraud Allegations](#)
- 9) [Eleven More Individuals Plead Guilty To Oxycodone Distribution Offenses Involving Montgomery Physician](#)
- 10) [Ex-President and CEO of Long Beach Substance Abuse Treatment Provider Sentenced to 7 Years in Prison for Health](#)

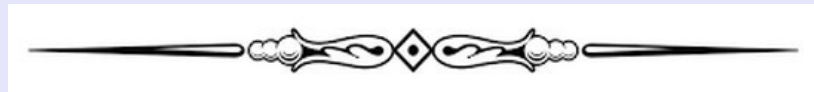
## Care Fraud

- 11) Former East Tennessee Clinic Owner Convicted of Unlawful Opioid Distribution
- 12) Former Madison County Pharmacy Owner Sentenced for Health Card Fraud
- 13) Former New Castle Anesthesiologist Sentenced for Illegally Prescribing and Distributing Oxycodone, Fentanyl, and Opana ER
- 14) Georgia psychotherapy services provider to pay \$2 million to resolve false claims allegations
- 15) Hospital to Pay More Than \$3 Million to Settle Whistleblower Suit
- 16) Louisiana Doctor Indicted for Illegally Dispensing Over One Million Doses of Opioids and for \$5.1 Million Health Care Fraud Scheme
- 17) Memphis Medical Sales Rep Admits Misleading FBI
- 18) Moderna vaccine creates twice as many antibodies as Pfizer: research
- 19) Pharmacy Operators, Patient Recruiter Charged in a Nearly \$800,000 Illegal Opioid Distribution Conspiracy
- 20) Physician Assistant Sentenced to Three Years in Federal Prison for Conspiring to Distribute and Dispense Oxycodone, Fentanyl, Methadone, and Alprazolam at a Pain Management Practice with Offices in Towson and Owings Mills
- 21) South Carolina Medical Provider Pleads Guilty to Federal Health Care Fraud
- 22) South Dakota Woman Sentenced for Health Care Fraud and Identity Theft
- 23) Southeast Missouri healthcare system agrees to pay \$1,624,957.67 to resolve allegations that physician wrote invalid prescriptions
- 24) U.S. Attorney Announces Criminal and Civil Enforcement Actions Against Medical Practitioners for Roles in

## Telemedicine Fraud Schemes

25) United States Files Suit Against UPMC, Its Physician Practice Group, and the Chair of Its Department of Cardiothoracic Surgery for Violating the False Claims Act

26) VA offering mortgage relief to thousands of Veterans at risk of foreclosure



## How to get your COVID-19 vaccine records online

Find out how to get a copy of your VA COVID-19 vaccine records online.

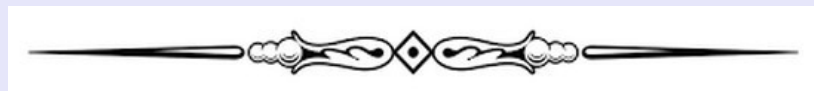
[Read More](#)



## Shreveport VA supports displaced Veterans after Hurricane Ida

Hurricane Ida response and recovery: Shreveport VA is supporting displaced Veterans with health care needs, cots, counseling and clothing.

[Read More](#)



**The Trees are Singing©**

Wait, shhhh, what is that? It sounds like singing.

Shhhh, there it is again. It is coming from the trees.

The trees are singing; the Birch, the Oak, the Aspen.

How can it be? I did not know that could happen.

Ah, yes, of course, the winds are choreographing

the Maple, the Cottonwood, the Sumac, the Pine.

All together the trees are singing, it's not only in my mind.

The branches and limbs, now join this woodland dance.

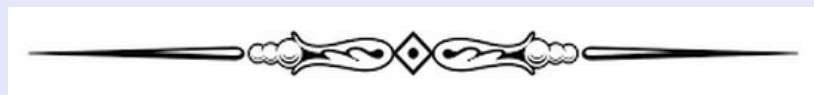
Leaves keeping time, as all nature joins joyously in their song

Their music, the singing of the trees, has put me in a trance.

Wait, shhhh, what is that? It sounds like singing.

Shhhh, there it is again. It is coming from the trees.

Richard G. Shuster, RandomlyRamblingRick, The Trees are  
Singing©



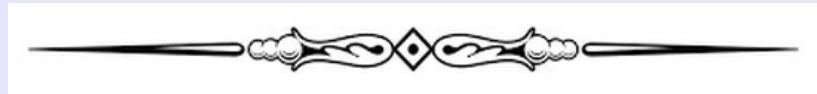
## **VA Family and Caregiver Resources**

Veteran caregivers face unique challenges with little or no medical and mental health training to support themselves and the Veteran in their care. These challenges can take an



emotional, financial and physical toll on caregivers and their families.

[Read More](#)



## **#VeteranOfTheDay Air Force Veteran John Aleman**

Today's #VeteranOfTheDay is Air Force Veteran John Aleman, who served as a courier in Asia during the Vietnam War. John Aleman was born in June 1940 in Waco, Texas. While attending La Vega High School, Aleman and his six siblings faced discrimination as Latinos.

We honor your service, John!

[Read More](#)



## **September is Suicide Prevention Month**

On average, twenty veterans die by suicide each day. To spotlight suicide prevention in September, VA is [providing guidance](#) for veterans who need support or for anyone to provide support to a veteran. VA's [Reach Out](#) campaign outlines five things we all can do now: reach out, hear veteran stories, be prepared, find resources, and spread the word. For any veteran in crisis, you are not alone. 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](http://VeteransCrisisLine.net).



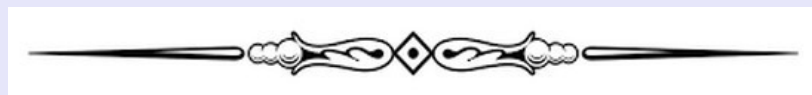
## **FRA Co-hosts Capitol Hill Forum on Gulf War Illness**

The FRA recently co-hosted the Capitol Hill Forum on Gulf War Illness (GWI) organized by the Veterans for Common Sense and the Institute for Neuro Immune Medicine. The forum explained new treatments being tested for GWI. Research has focused on neurological and neuropsychiatric disorders. Veterans of the 1991 Gulf War continue to experience chronic symptoms including fatigue, memory loss, loss of focus, muscle and joint pain, respiratory problems, headaches, and gastrointestinal problems know as Gulf War Illness (GWI). These symptoms could not be explained by established medical diagnoses or standard laboratory tests. It is believed that GWI stems from exposure to nerve chemicals. Illnesses are chronic in nature with very few recovery rates. Scientists are close to developing objective testing that would allow the Department of Veterans Affairs (VA) to quickly and efficiently award GWI claims.

The FRA has signed onto a letter to the Chairs and Ranking Members of the House and Senate Subcommittees on Defense Appropriations to provide funding for the treatment-focused Gulf War Illness Research Program (GWIRP), part of the Congressionally Directed Medical Research Program (CDMRP) within the Department of Defense (DoD). Peer-reviewed studies have consistently concluded that Gulf War Illness (GWI) affects approximately 25-32% of the veterans of

the 1990-91 Gulf War.

Members can use the Action Center to ask their legislators to support this provision in the FY 2022 funding for the Department of Defense by going the [FRA Action Center](#).



**Suicide Prevention Resources  
for Military and Veterans**

|  |  |
|--|--|
| <b>Military &amp; Veterans<br/>Crisis Line</b><br>1-800-273-8255, Press 1<br>Text 838255, 24/7 | <b>Office of Warrior<br/>Care Policy</b><br>warriorcare.dodlive.mil/             |
| <b>Vets 4 Warriors</b><br>855-838-8255   | <b>Military One Source</b><br>1-800-342-9647                                     |
| <b>InTransition</b><br>1-800-424-7877  | <b>Tragedy Assistance<br/>Program for Survivors<br/>[TAPS]</b><br>1-800-959-8277 |



## **This Suicide Prevention Month, Reach Out for support**

You don't have to go through anything alone. It's Suicide Prevention Month. Take a moment, Reach Out for support. Here are some ways you can.

[Read More](#)



## **#VeteranOfTheDay Army Veteran Robin Harder**

Today's #VeteranOfTheDay is Army Veteran Robin Harder, who served as a linguist in Afghanistan during Operation Enduring Freedom.

[Read More](#)



## **Were you inspired to join the military after the 9/11 attacks 20 years ago?**

Share your story with other Veterans and/or ask questions about VA care, benefits and services.

[View All Events](#)



## **Pension Benefits for Surviving Spouses**

If you're the surviving spouse or child of a deceased wartime Veteran, you may be eligible for VA's Survivor Pension. Find out how you can apply for tax-free pension payments as part of the program.

[Read More](#)



## **More Troops and Veterans will see Federal Student Loan Fees Waived**

As many as 47,000 service members and veterans will see some of their federal student loan debt reduced due to new policies implemented by the Department of Education. "Brave men and women in uniform serving our country can now focus on doing their jobs and coming home safely, not filling out more paperwork to access their hard-earned benefits," Federal Student Aid Chief Operating Officer Richard Cordray said in a statement announcing the change.

Currently, troops who are deployed to overseas combat zones and hostile fire areas could have interest on many federal student loans waived. The rules include student loans first paid out after Oct. 1, 2008. For some individuals, that extra interest can range from a few hundred to several thousand dollars. But until now, getting those additional fees waived required lengthy paperwork proving past military service and deployments. Department of Education officials said fewer than 5,000 service members and veterans requested the interest fees be waived in recent years. The new policy change shifts the burden from student veterans and troops to federal officials.

Loan recipients should see the changes appear automatically in their accounts. Individuals with questions can contact Department of Education officials with questions regarding the benefit. More information on the changes is available on the [Department of Education website](#).



## **VA family and caregiver resources**

Family members of Veterans are currently facing two challenges – supporting the Veteran they love with all they are thinking and feeling and coping with their own thoughts and feelings. VA has resources and information for both of these challenges.

[Read More](#)



## **Farmers Markets celebrate the season**

Farmers' markets are a great way for Veterans to support small businesses and engage with your community. Some are at VA locations.

[Read More](#)



## **VA Claims and Appeals**

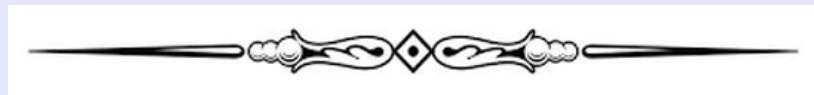
COVID-19 delays, benefits changes for Blue Water Navy and Agent Orange presumptives have added to the claim's workload and backlog.

Vietnam Veterans and their survivors who filed and were denied benefits for one of the three new presumptive

conditions, will have their cases automatically reviewed without the need to refile a claim.

If you filed a VA Form 10182 with the Board of Veterans Appeals between February 19, 2019, and March 23, 2021, and believe it may have been improperly rejected as untimely-  
[CLICK HERE](#)

[Read More](#)



## Reach Out to Prevent Veteran Suicide

If you are in crisis, or you know someone who is, VA has immediate resources available to support you or your loved ones. Learn how you can Reach Out during Suicide Prevention Month.

[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 **09/05/21**)

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

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39. Ask  
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40. Ask  
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41. Ask  
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Palomares,  
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42. "Bold  
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Veterans  
Toxic  
Exposure

- (S.  
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2127)
43. Ask  
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Justice  
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44. HR  
855,  
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Safe  
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45. HR  
3368,  
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Guam,  
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Johnston  
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46. H.R.  
2521,  
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(DOULA)  
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Veterans  
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- Act  
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2021
47. H.R.  
1273,  
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Vietnam  
Veterans  
Liver  
Fluke  
Cancer  
Study  
Act
48. H.R.  
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Loan  
Relief  
Act
49. H.R.  
845,  
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50. Comprehensive  
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51. S.  
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52. Action  
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our  
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53. HR  
303  
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1147  
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54. Ask  
Your  
Legislators

to  
Support  
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55. HR

1656  
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56. S.

1664,  
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Disorder  
(PTSD)  
Processing  
Claims  
Improvement

57. H.R.  
2724

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Support  
Enhancement  
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MST  
Survivors  
Act

58. Please  
Support  
H.R.  
3452

—  
Veterans

Preventative  
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Coverage  
Fairness  
Act

59. HR  
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60. Ask  
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61. Ask  
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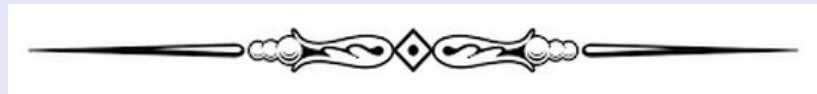


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63. HR  
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## **VETS helps Vets reach full potential in workplace**

On Labor Day, we honor America's workers and all they have achieved. At the Department of Labor Veterans' Employment and Training Service (VETS), it is our honor to serve and support you as you transition to the next stages of your working life.

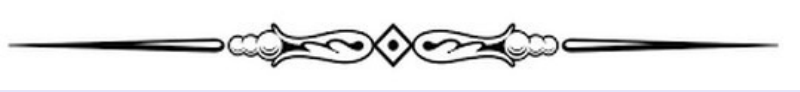
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## **#VeteranOfTheDay Marine Veteran Ted Darr**

Today's #VeteranOfTheDay is Marine Veteran Ted Darr, who served five years as a door gunner and avionics technician.

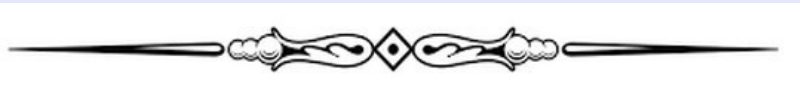
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## **Krispy Kreme offers two free doughnuts to vaccinated customers**

Now through 9/5, anyone who shows their Covid-19 Vaccination Record Card will receive TWO free doughnuts.

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## **Find Your VA Disability Ratings Online**

Your VA disability rating is used to determine how much compensation you'll receive each month, as well as your eligibility for other VA benefits. If you have multiple disability ratings, you can view both your combined VA disability rating and individual ratings online.

[Read More](#)



## **Thoughts Spoken ©**

It is often not the thoughts spoken,  
but the thoughts never expressed,  
that hurt others the most.



## 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



## WWII Army Veteran reflects on V-J day, offers advice on remembering

When then-Army 1st Lt. Jim Riffe was preparing for the invasion of Okinawa in April 1945, he kept a small, black book. In it were the names of the 29 men he commanded. Seven would be dead within weeks. Fourteen wounded. When the now 100-year-old retired colonel prepares to celebrate the 76th anniversary of Victory over Japan Day Sept. 2, he said the names in that small, black book are what he will remember. He said remembering those names is what honors those heroes, something he advised Afghanistan Veterans to do as they deal with the news of the pullout. "Remember the individuals you

served with," Riffe said.

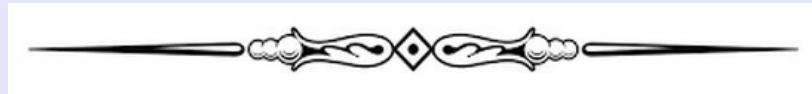
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## **Why I get my health care at VA: Air Force Veteran Leon**

After serving in Vietnam, Leon came to VA and gets all his health care at VA, including treatment for conditions linked to Agent Orange.

[Read More](#)



## **Veterans turn to farming with help from Farmer Veteran Coalition**

Veterans have an opportunity to use the land they fought to defend, getting assistance along the way from the Farmer Veteran Coalition, the nation's largest nonprofit organization assisting Veterans to embark on careers in agriculture.

[Read More](#)



## **GI Bill Benefits Increase**

Are you eligible for increased benefits under the Post-9/11 GI

Bill? VA pays education benefits at different levels based on your length of service. If you receive less than the 100% benefit level, VA has expanded the benefit level for those with fewer months of service.

[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!**

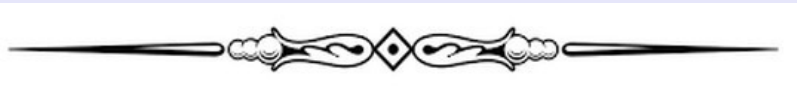
[www.veterans-for-change.org](http://www.veterans-for-change.org)



**Martinsburg VAMC takes its residents on  
virtual vacations**

Martinsburg VA's Serenity House – one of five community living centers – hosted the first in a series of "virtual" vacations for residents.

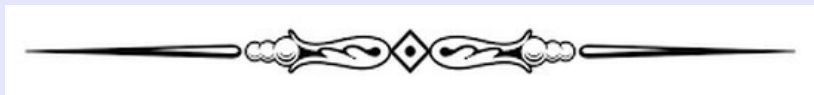
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## **VA researcher exploring meditation as a therapy for PTSD**

Today, Lang is the director of the Center of Excellence for Stress and Mental Health at the VA San Diego Healthcare System. She's also a professor at the University of California, San Diego. Her research and clinical work are focused on trauma-related disorders, including the use of complementary and alternative techniques, such as meditation, for treating PTSD.

[Read More](#)



## **Get a copy of your VA COVID-19 vaccine records online**

If you have a premium My HealtheVet account, you can download or share a copy of your vaccine records. This option works best on a desktop or laptop.

You can connect and share your VA health records to a non-VA connected (or third-party) health app. Once connected, you can access and share your records from the app on your mobile device.

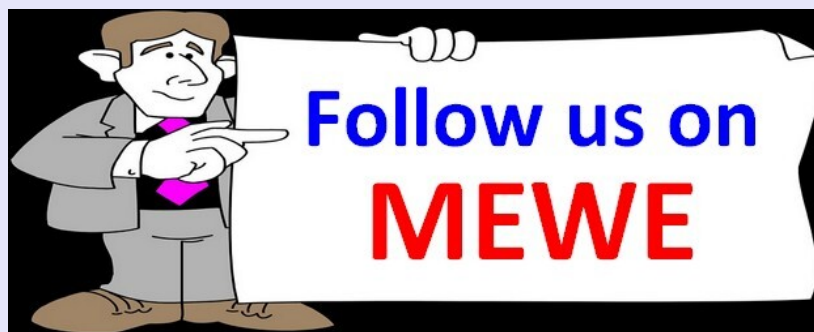
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## Life Insurance for Disabled Veterans

Service-Disabled Veterans Life Insurance (S-DVI) provides low-cost coverage to eligible service members. S-DVI offers coverage up to \$10,000, as well as supplemental coverage up to \$30,000. If you have a service-connected disability, find out how to apply for S-DVI.

[Read More](#)



Follow us on [MEWE](#)! The support staff at [MEWE](#) is responsive, open to suggestions and works very hard to protect your personal information.

We hope you will join us on this new site.

[VETERANS-FOR-CHANGE](#)

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

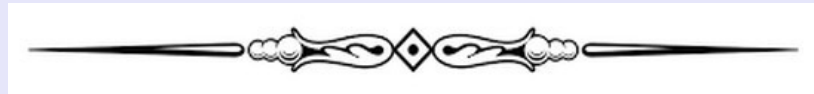
[AMVETS GROUP](#)



VETERANS SOCIAL GROUP

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

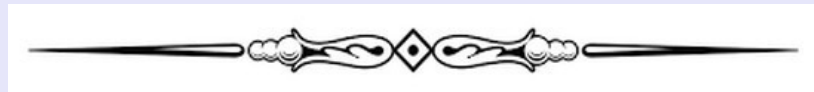
AMERICANS FOR SOVEREIGNTY



## **Painting helps breast cancer survivor express her fears and feelings**

Painting gave Air Force Veteran and breast cancer survivor Doreen Patrick an outlet to express her fears, feelings and anxiety.

[Read More](#)



## **Borne the Battle #255: Benefits Breakdown – HUD-VASH: Assistance for Veterans and their Families facing homelessness**

This episode of Borne the Battle, a benefits breakdown, features HUD-VASH, a collaborative program between HUD and VA that provides support to help homeless Veterans and their families – and those at risk of becoming homeless – to find and sustain permanent housing.

[Read More](#)



## **Borne the Battle Podcast**

What does it take to make a living out of playing video games? Quality assurance tester for The Elder Scrolls Online, Army Veteran and lifelong gamer Tommy Davis has that perspective.

[Read More](#)



## **Afghanistan Veterans Support**

Recent events in Afghanistan and the anniversary of Sept. 11, 2001, may have some Veterans questioning the meaning of their service and whether it was worth the sacrifices they made. If you're struggling, you're not alone. Learn about available support.

[Read More](#)



## **#VeteranOfTheDay Army Veteran Jonathan Benumof**

Today's #VeteranOfTheDay is Army Veteran Jonathan Benumof, who served as a doctor with a MASH unit during the Vietnam War.

[Read More](#)



## **Let's talk about Afghanistan, Resources for Veterans and their families**

Bottom line, support is available if you want it. Even if none of these resources appeal to you – get help. Talk about it with someone, try something new. If you are struggling, the worst thing you can do is nothing. Don't be afraid to lean on your Veteran community and please consider reaching out to VA if you would like to learn more about what is available. We're here for you.

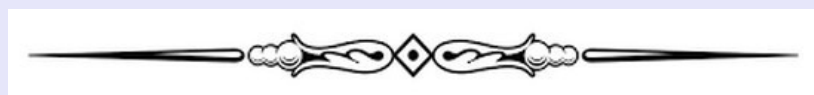
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## **Army Command Sgt. Maj. Michael Gragg, DHA's Senior Enlisted Leader, Shares His Personal COVID-19 Story**

CSM Gragg shares his personal story dealing with COVID-19 and the loss associated with it and urges all to take precautions.

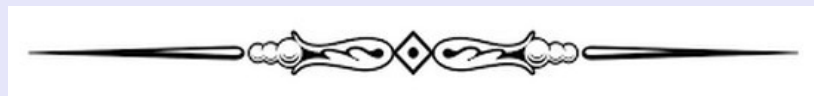
[Watch Video](#)



## Better Understand Your VR&E Benefits

Veteran Orientation Express is an online tool and video series designed to help Veterans gain a better understanding of their Veteran Readiness and Employment (VR&E) benefits. Find out how Veteran Orientation Express can enhance your VR&E experience!

[Read More](#)



- 1) [Competitive Generic Therapy Approvals](#)
- 2) [Coronavirus \(COVID-19\) Update: August 31, 2021](#)
- 3) [COVID-19 Frequently Asked Questions](#)
- 4) [FDA Drug Shortages](#)
- 5) [FDA requires warnings about increased risk of serious heart-related events, cancer, blood clots, and death for JAK inhibitors that treat certain chronic inflammatory conditions](#)
- 6) [FDA's National Center for Toxicological Research Celebrates Half a Century of Cutting-Edge Research](#)
- 7) [First-of-kind Pediatric ECG Data Warehouse for Use in Pediatric Product Development Programs and Prevention of Sudden Cardiac Death in the Young](#)
- 8) [Janus Kinase \(JAK\) inhibitors: Drug Safety Communication - FDA Requires Warnings about Increased Risk of Serious Heart-related Events, Cancer, Blood Clots, and Death](#)
- 9) [KBF Inc. Issues Allergy Alert on Undeclared Milk Allergens](#)

in Banoful Top Orange Biscuit

10) Lupus Therapies Continue to Evolve

11) Magellan Diagnostics, Inc. Expands Voluntary Recall of LeadCare® Test Kits

12) Physiologically Based Pharmacokinetic Modeling of Sertraline Dosing in Pregnancy

13) Rocky Top Farms Issues Allergy Alert on Undeclared Milk in “Cherry Butter”

14) Teligent Pharma, Inc.’s Issues Voluntary Recall of Lidocaine HCl Topical Solution 4% (Lot # 14218, Exp. 09/2022) Due to Super Potency

15) The Baking Institute Bakery Co. Issues Allergen Alert on Undeclared Walnuts, Coconuts and Milk in “Carrot Cake”

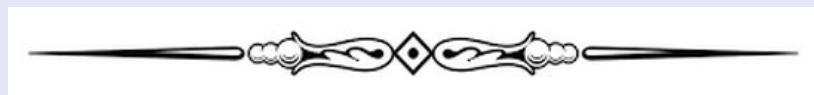
16) Weis Markets Issues an Allergy Alert for \$7 Crab Cake Meal Due to Undeclared Milk Allergen



## **Golden Age Game Veterans participate in 1,200-mile race**

Golden Age Veterans setting off on 1200-mile cycling race. Part of the virtual National Veterans Golden Age Games. Goal: "Fitness for Life"

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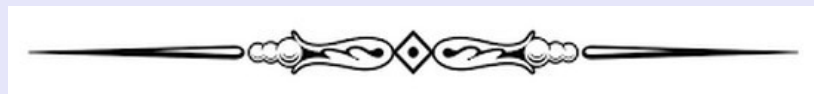


## **Afghanistan Veterans: How spouses and caregivers can support those with PTSD**

Senior Enlisted Advisor to the Chairman Ramón "CZ" Colón-López was one of those who deployed to Afghanistan. He battled PTSD for years before his wife, Janet, helped him realize he needed treatment. He said he's proof that a spouse or caregiver can help a Veteran.

"Don't let us get away with it," he said. "Do what Janet did and push us to get help. Hell, drive us to the damn clinic. Do yourself a favor and go ahead and make sure you seek the help that you need."

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## **Secretary of Defense Mandates COVID-19 Vaccinations for Service Members**

Secretary of Defense Lloyd J. Austin III issued a memorandum directing mandatory COVID-19 vaccinations for service members, a Pentagon official said Aug. 25.

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## **Get Your Vaccine at VA**

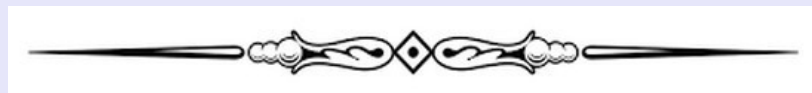
VA encourages you to get your COVID-19 vaccine as soon as you can. It's the best way to protect yourself, your family, and your community. This is especially important as new variants spread more quickly in the U.S. Find the nearest VA facility to

get your vaccine!

[Read More](#)



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## **Hep C positive organs safe and effective for most transplant recipients**

A recent VA Houston study published in Alimentary Pharmacology and Therapeutics found that hepatitis C positive organs are a safe and effective option for most transplant candidates. Newer antiviral drugs have made it possible for patients to be successfully treated for hepatitis C infections transmitted via organ transplant.

[Read More](#)



## **USPS is hiring nationwide, Veterans and families get preference**

More than 100,000 positions across the nation are available at the United States Postal Service such as: City and rural postal carriers, city carrier assistants, tractor trailer operators, sales and support, mail processors and mail handler assistants.

These positions are available full time, or just on weekends and holidays. Veterans, disabled Veterans, Reservists, spouses of disabled Veterans, widows or widowers of Veterans and mothers of Veterans all receive special preference for these USPS positions.

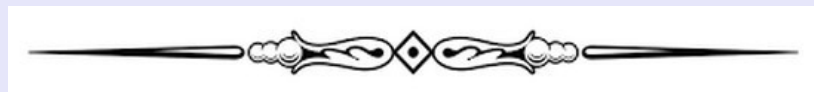
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## **Protect Yourself from COVID-19 Variants**

The virus that causes COVID-19 continues to change through mutation, which has caused new variants of the virus to appear in many places around the world.

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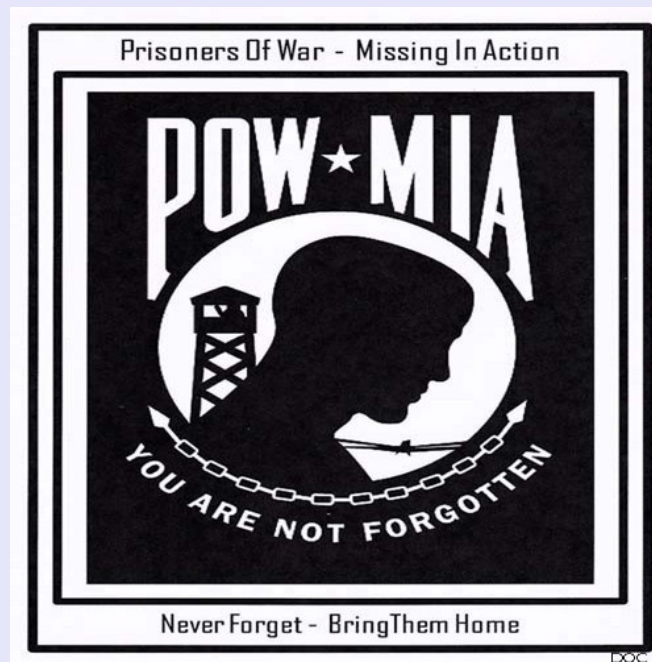
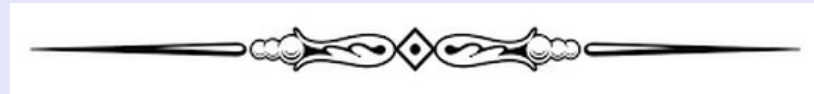
## **September Is Suicide Prevention Month**

Veterans are trained to carry the heavy stuff, but they don't have to go through anything alone. During Suicide Prevention Month take a moment and Reach Out for support. Reach Out is a new awareness campaign from VA. Big life moments – like transitioning from the military, starting or retiring from a job,



ending a relationship, or raising kids – can be overwhelming. Veterans can find help through VA resources or connecting with loved ones and fellow Veterans.

[Read More](#)



## **Medical instrument technicians offer important expertise in Veteran care**

Information is critical to diagnosing an illness. While advancements in science and technology offer many ways to get that data, it takes medical instrument technicians to manage the machines that provide this information. Without their expertise, the fight to heal Veterans would be much more complicated. This month, to celebrate VHA's 75th anniversary, we're turning [...]

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## **Army Veteran resupplies the International Space Station**

"Here at NASA, the cool-factor is the day-of launch, but watching the rocket lift-off into space only happens because of the coordination and integration that took place before the launch, and that's my job as project manager. That's what the military taught me, and other Veterans need to remember how valuable we are because of the skills we learned in service to our country," said Army Veteran Greg Cusimano.

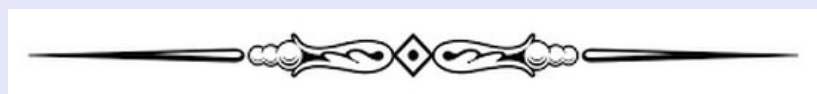
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## **Reform, COVID-19 Have Been Catalysts for Change in Military Medicine**

"We cannot forget that healthcare is about taking care of people, so no amount of change or innovation is ever sufficient if modernization does not lead to helping patients, delivering better outcomes, saving lives or helping healthcare providers deliver care," said Dr. Terry Adirim.

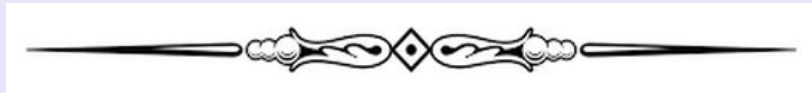
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## Coping With Current Events in Afghanistan

Veterans who served in Afghanistan may be experiencing a range of challenging emotions related to the U.S withdrawal from the country and the events unfolding now. Feeling distress is a normal reaction to negative events, especially ones that feel personal. It can be helpful to let yourself experience those feelings rather than try to avoid them.

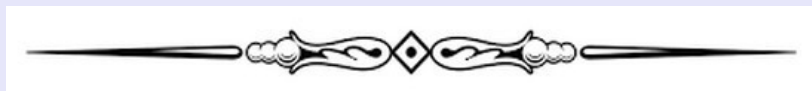
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**Orlando VA deploys Mobile Intensive Care Unit for COVID inpatient requirements**

Orlando VA Medical Center and VA Office of Emergency

Management deploys a Mobile ICU for non-COVID-19 and COVID-19 inpatient requirements.

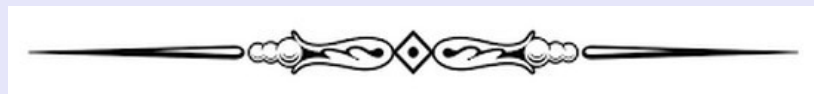
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## **Connect to opportunities with Fairstream**

Fairstream provides access to free events, jobs, and other learning opportunities for all communities including our Veterans, military spouses, families, and friends. Register for a free Veteran Tech event scheduled for Aug. 26 from noon-4 p.m. Eastern.

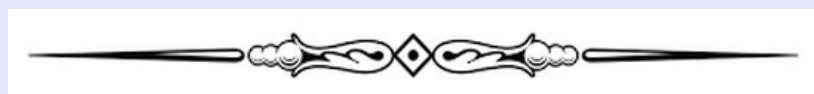
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## **Maintaining Mission Readiness During a Pandemic**

A massive COVID-19 outbreak aboard the USS Theodore Roosevelt last spring was a jarring wake-up call for many senior military leaders about the impact that the pandemic could have on military readiness.

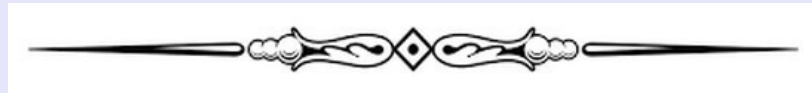
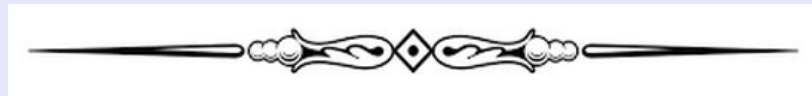
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## This Week Is Overdose Prevention Week

Overdose is the leading cause of accidental death in the U.S. Using opioids, whether prescribed or illegally, comes with a significant risk of overdose. Whether you are worried about your own substance use or that of someone you care about, VA has many options to help you take the next step.

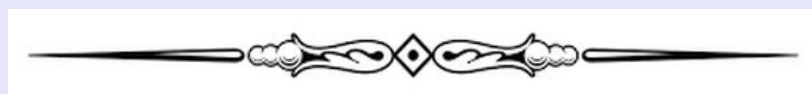
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## Food insecurity screenings connect Veterans, resources

VA's food insecurity component in homelessness screener ensures all Veterans seen at VA are screened for food insecurity and homelessness.

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## **Borne the Battle Podcast**

Marine Corps Veteran John Ligato is an author and former undercover FBI agent. He joins Borne the Battle to discuss days that are missing from Vietnam War records, fighting for a Medal of Honor and his time deep undercover with the mob.

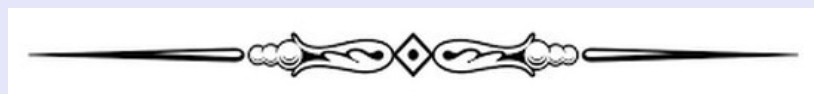
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## **Making IT Boring Again: The Quiet Success of DHA's Global Network**

It's been several years since the Defense Health Agency consolidated the Military Health System's network and information technology operations into a single, unified network infrastructure that can track health care operations around the world.

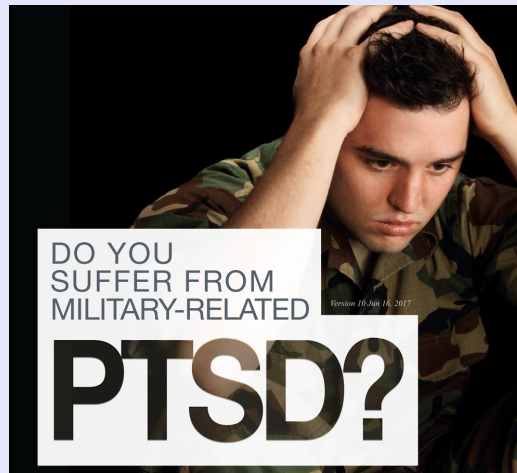
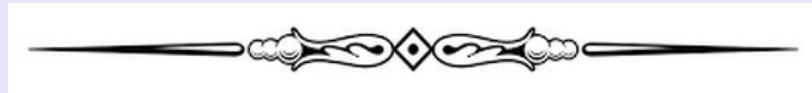
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## **Turning Grief into Giving Back**

As a U.S. Army Veteran, the wife of an Army Veteran, and the mother of a fallen Soldier, Lauri has experienced military life in a way that few others have. Now, she works directly with Veterans and their families as a county Veterans Service Officer, and her life experience earns her clients' trust right away.

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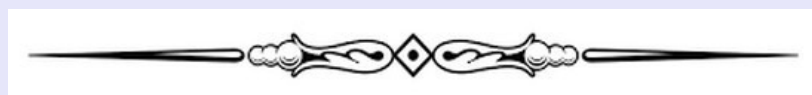
**Veterans Crisis Line:  
1-800-273-8255 & Press 1  
Ntl Call Center for Homeless Vets  
1-877-424-3838**



## **#VeteranOfTheDay Navy and Air Force Veteran Herman Ortiz**

Today's #VeteranOfTheDay is Navy and Air Force Veteran Herman Ortiz, who joined the service in 1978 and retired in 2015, serving in multiple roles.

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**Team RWB 62 Day Flag Relay**

Sixty-two days. Nine states. 2,500 miles. From Sept. 11 through Nov. 11, Veterans and supporters will run, walk, and hike side by side. They will carry an American flag from New York to Georgia in honor of our nation's Veterans.

Join Team RWB to run, walk, or hike with the flag in person or participate virtually from your community.

[Read More](#)

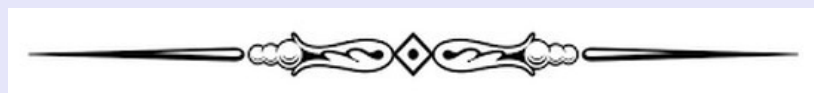


## How to get your COVID-19 vaccine records online



Whether you qualify for a third dose of COVID-19 vaccine and need to make an appointment or you're just trying to get into your favorite restaurant, there's a chance that you will need to prove your COVID-19 vaccination status. While you can carry your CDC vaccination card (or a photo of it), here's how to get a copy of your VA COVID-19 vaccine records online.

[Read More](#)

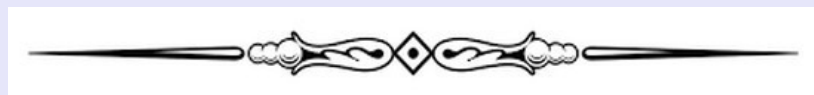




## Families and Friends Supporting Veterans

As a family member or friend of a Veteran, you can play an important role in providing support. People who are close to Veterans are often the first to notice that they are facing a mental health challenge. Letting a Veteran know you're there for them can help start a conversation. Your support could range from a small act of kindness to intervening in a crisis.

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## Disabled American Veterans take White Ribbon VA pledge

Veterans at the Disabled American Veterans' Women Veterans Seminar took White Ribbon pledge to end harassment and sexual assault.

[Read More](#)



## **Free help at home for Veterans from the Elizabeth Dole Foundation**

For Veterans who have a spouse, family member or friend who provides care and support at home and could use an extra set of hands, The Elizabeth Dole Foundation's Respite Relief Program provides free caregiving support, which can include: housekeeping, meal prep, transportation, companionship, medication reminders, bathing, exercise, mobility and grooming.

[Read More](#)



## **Live Whole Health #86: Tai Chi and physical movement**

Physical activity, whether done sitting or standing, uses your energy to move the large muscles in your body. Different activities produce different benefits: increasing strength, flexibility, endurance or mobility. But the benefits aren't only physical. Movement can help energize us while also helping to reduce stress, too.

[Read More](#)



## **Inspiring Stories from Coast Guard Veterans**

Hear the inspiring stories of four U.S. Coast Guard Veterans who found support to regain control of their lives.

[Read More](#)



## **As eviction moratorium ends, VA stands by to help Veterans**

If the end of the eviction moratorium affects you, VA can help.

A recent ruling by the Supreme Court ended the CDC's temporary ban on evictions. This could mean that millions of people who are behind on their rent could lose their homes, including Veterans and their families.

The good news: VA is ready to offer assistance to Veterans who need it.

[Read More](#)

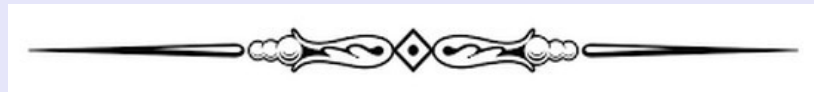


## **The National Endowment for the Arts, partners, rally to support military, Veterans, families and caregivers**

The National Endowment for the Arts, in partnership with the Mid-America Arts Alliance, is launching a new, national community arts grant program to expand support for military service members, Veterans, and their families and caregivers who have been exposed to trauma.

This national rally serves as a collective message from artists and community organizations across the country to our military brothers and sisters: "You've been there for us. We'll be here for you. Thank you for your service. It's our turn now."

[Read More](#)



## **Native American, rural Veterans connect with nurse**

Native American Celessta Merrill grew up in a matriarchal culture with many strong female family members to inspire her. Merrill was particularly motivated by her Aunt Freda to make a difference in her own way as a medical provider caring for the Native American population. Aunt Freda served on the board of education for the Navajo Nation.

[Read More](#)



## **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](#)



## Veterans and PTSD

Sometimes, when you experience a traumatic event — a car accident, an IED blast, military sexual trauma, or the death of a fellow Service member — that moment can continue to bother you weeks, months, and even years later. The symptoms and effects of posttraumatic stress disorder, commonly known as PTSD, can disrupt your everyday life. If you think you might have PTSD, there are resources to help you recover.

[Read More](#)



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

**Navy Steward's Mate 2nd Class Jesus F. Garcia**, 21, of Agana, Guam, 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 Garcia. He will be buried on Oct. 6, 2021, in San Diego. [Read about Garcia.](#)

**Navy Fireman 1st Class Walter S. Belt, Jr.**, 25, of Cleveland, Kansas, 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 Belt. He will be buried on Oct. 9, 2021, in Ellsworth, Kansas. [Read about Belt.](#)

**Army Air Forces 2nd Lt. Ernest N. Vienneau**, 25, of Millinocket, Maine, was a pilot assigned to the 340th Bombardment Squadron, 97th Bombardment Group, 15th Air Force, based out of Amendola, Italy. On Nov. 6, 1944, the B-17 Flying Fortress bomber on which he was serving as co-pilot came under heavy anti-aircraft fire while on a mission over Maribor, Yugoslavia, in present-day Slovenia. During the barrage, a piece of flak penetrated the cockpit and struck Vienneau in the head, mortally wounding him. He will be

buried on Oct. 9, 2021, in his hometown. [Read about Vienneau.](#)

**Navy Seaman 2nd Class Arthur R. Thinnes**, 17, of Milwaukee, 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 Thinnes. He will be buried on Oct. 15, 2021, in his hometown. [Read about Thinnes.](#)

**Navy Radioman 3rd Class Charles A. Montgomery**, 21, of Folcroft, Pennsylvania, 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 Montgomery. He will be buried in Drexel Hill, Pennsylvania. The date has yet to be determined. [Read about Montgomery.](#)

**Army Cpl. Charles E. Hiltibran**, 19, of Cable, Ohio, was a member of Headquarters Company, 1st Battalion, 32nd Infantry Regiment, 7th Infantry Division. He was reported missing in action on Dec. 2, 1950, when his unit was attacked by enemy forces near the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered. Hiltibran will be buried in Urbana, Ohio. The date has yet to be determined. [Read about Hiltibran.](#)

**Army Pvt. Stephen C. Mason**, 21, of Jersey City, New Jersey 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. He will be buried in North Arlington, New Jersey. The date has yet to be determined. [Read about Mason.](#)

**Army Sgt. Bernard J. Sweeney, Jr.**, 22, of Waterbury, Connecticut, was assigned to Company I, 330th Infantry Regiment, 83rd Infantry Division. His unit had been engaged in battle with German forces near Strass, Germany, in the Hürtgen Forest, when he was reported missing in action on Dec. 16, 1944. His body was not recovered. Interment services are pending. [Read about Sweeney.](#)

**Navy Seaman 1st Class Joseph C. Rouse**, 23, Rouse 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 Rouse. Interment services are pending. [Read about Rouse.](#)

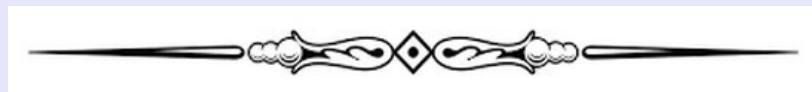
**Army Air Forces Sgt. Francis W. Wiemerslage**, 20, was assigned to the 549th Bombardment Squadron, 385th Bombardment Group, 8th Air Force, serving in Germany. He was the ball turret gunner on a B-17G Flying Fortress bomber during a mission over Dresden, on March 2, 1945. Enemy fighters attacked the bomber between Berlin and Leipzig, and the plane was shot down. Two of the nine crew members survived the incident, while the rest, including Wiemerslage, were killed. Interment services are pending. [Read about Wiemerslage.](#)



**Navy Seaman 2nd Class John G. Bock, Jr.**, 18, 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 Bock. Interment services are pending. [Read about Bock.](#)

**Marine Corps Cpl. Andrew Pellerito**, 22, was a member of Company K, 3rd Battalion, 2nd Marine Division, Fleet Marine Force, which landed against stiff Japanese resistance on the small island of Betio in the Tarawa Atoll of the Gilbert Islands. Over several days of intense fighting at Tarawa, approximately 1,000 Marines and sailors were killed and more than 2,000 were wounded, while the Japanese were virtually annihilated. Pellerito was killed on the first day of the battle, Nov. 20, 1943. Interment services are pending. [Read about Pellerito.](#)

**Navy Hospital Apprentice 1st Class Keefe R. Connolly**, 19, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Connolly. Interment services are pending. [Read about Connolly.](#)



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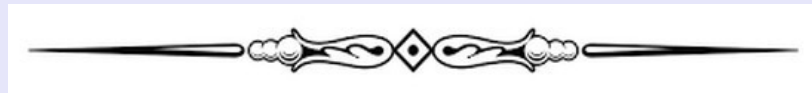
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