



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, October 17, 2021

Volume 12, Issue 42



This-N-That

Good evening Jim,

This week we have a few pieces regarding suicide, MST (Military Sexual Trauma) and other mental health topics. Please take time to read them, and if you need help, please uses the references and links to seek it out.

Someone forwarded a meme to me, and I couldn't have said it any better. "Suck it up", doesn't mean you can't ask for help!

Many of you have experience horrific experiences during your time of service, and nothing we or anyone could say will ever make them vanish, but asking for help and getting it is far more important than loss of life.

The Guard for the Unknown Soldier has had a first major changed in many years with an all-woman led Changing of the Guard.

The men and now woman have taken on one of the most serious of tasks stateside and I applaud them!

Finally, a decision on COLA (cost of living allotment) has been laid out and the final outcome is 5.9%. The largest increase in quite a number of years.

Some of you may be seeing this toward the end of the year, the rest will see it after January 1st.

We have added one more TAKE ACTION item to the ever-growing list and want to remind everyone, and I know this is getting to the point people are sick and tired of this, but please take action on all the items.

With the ever-on-going covid mess, congress seems to be too busy to address important issues, most are concerned with passing a three trillion-dollar budget and we need to drag their attention back to Veterans and their issues!

If you don't have an account on our website, please do create an account so you will have access to thousands more documents. Just please keep in mind to Provide at least a First name and Last initial, and don't use your E-Mail address as a user ID.

And allow me 24 hours to manually approve and notify you. We've developed another hiccup and since our webmaster is hard focused on the new design we're not making any repairs for now.

If you've not visited our website, www.veterans-for-change.org or not visited in a while, please be sure to check often for updates on documents, web links, etc., we are a bit slow, but are moving as fast as we can, yet not over-loading to put more work on our Webmaster when we get to the transition into the new look.

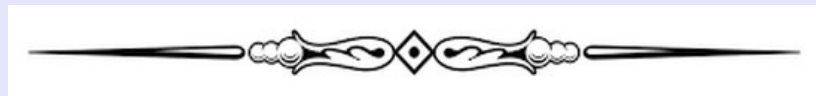
On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Respectfully,

Jim Davis

Founder

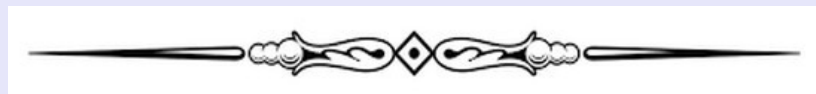
Jim.Davis@Veterans-For-Change.org



A sex-stratified analysis of suicidal ideation correlates among deployed post-9/11 Veterans

Hoffmire CA, Monteith LL, Denneson LM, Holliday R, Park CL, Mazure CM, Hoff RA. A sex-stratified analysis of suicidal ideation correlates among deployed post-9/11 Veterans: Results from the survey of experiences of returning Veterans.

[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.

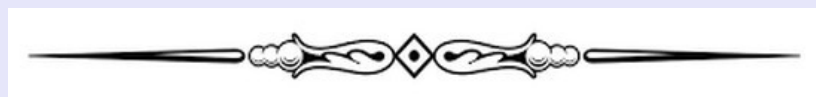
You may contact Robin Barr at robin.barr@mvadvocacy.org



Military Sexual Trauma and Adverse Mental and Physical Health and Clinical Comorbidity in Women

Sumner JA, Lynch KE, Viernes B, Beckham JC, Coronado G, Dennis PA, Tseng PA, Ebrahimi R. Military Sexual Trauma and Adverse Mental and Physical Health and Clinical Comorbidity in Women Veterans. Womens Health Issues.

[Read More](#)



Keeping Your Eyes Healthy With TRICARE

Do you think you need glasses or contact lenses? If so, you aren't alone. About 11 million Americans over age 12 need some form of vision correction, according to the



Centers for Disease Control and Prevention. Of course, the best way to find out if you need vision correction is by seeing your eye doctor. As a [TRICARE beneficiary](#), you may be eligible for vision coverage to help you do that.

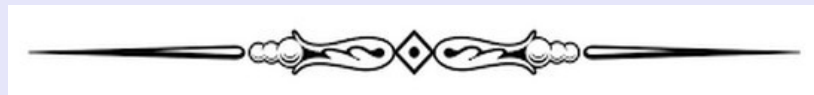
[Read More](#)



Insomnia Precipitating Events among Women Veterans: The Impact of Traumatic and Nontraumatic

Carlson GC, Kelly MR, Grinberg AM, Mitchell M, McGowan SK, Culver NC, Kay M, Alessi CA, Washington DL, Yano EM, Martin JL. Insomnia Precipitating Events among Women Veterans: The Impact of Traumatic and Nontraumatic Events on Sleep and Mental Health Symptoms. *Behav Sleep Med*.

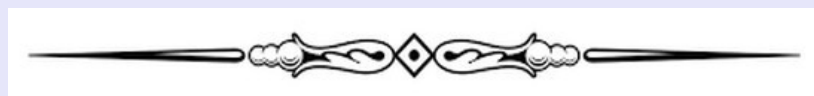
[Read More](#)



Neurotoxicant exposures and rates of Chronic Multisymptom Illness and Kansas Gulf War Illness

Krengel M, Sullivan K, Heboyan V, Zundel CG, Wilson C, Klimas N, Coughlin SS. Neurotoxicant exposures and rates of Chronic Multisymptom Illness and Kansas Gulf War Illness criteria in Gulf War deployed women Veterans.

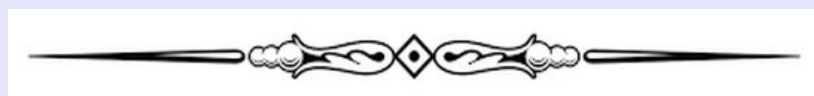
[Read More](#)



Pragmatic trial of brief warrior renew group therapy for military sexual trauma in VA primary care

Katz LS, Sawyer WN. Pragmatic trial of brief warrior renew group therapy for military sexual trauma in VA primary care.

[Read More](#)



Your actions
could save a life.

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

VeteransCrisisLine.net

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

The advertisement features two men on the left; one is older with glasses and a light blue shirt, the other is younger with a dark sweater. The text is on the right, with the main headline in large blue font. The logo at the bottom right consists of a blue square with a white star and a red grid of dots.



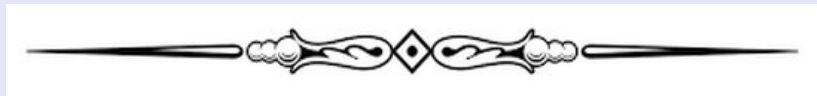
TRICARE Podcast Returns with Focus on TRICARE For Life



Are you ready to listen to a new season of "Get to Know TRICARE?" If so, we've got more episodes headed your way. "[Get to Know TRICARE](#)" is a podcast to

help you learn more about your TRICARE benefit. With this new series, we're taking a look at TRICARE For Life (TFL). The focus is to help retired service members or their eligible family members who will turn 65 soon understand their TFL benefits.

[Read More](#)

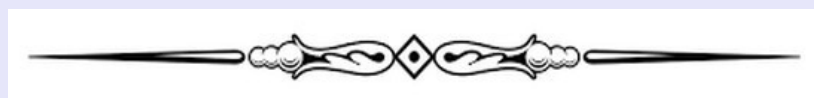


#VeteranOfTheDay Army Veteran Eduardo Cavazos Garza

During Hispanic Heritage Month, today's #VeteranOfTheDay is Army Veteran Eduardo Cavazos Garza, who served as a combat engineer during the Vietnam War. Eduardo Cavazos Garza spent his childhood years in the small town of El Indio, Texas. His mother was a craftsman, and his father worked hard to become one of the first Latino teachers in Texas.

We honor your service, Eduardo!

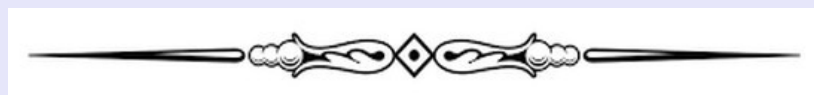
[Read More](#)



Army Veteran finds employment and housing in months thanks to HUD-VASH

Richard Felix was living in Fairbanks, Alaska, when he joined the Army at age 17. His service took him to many countries, including Germany, Korea, France and Greece. After leaving the military, Felix was ready to come full circle and returned to his home state, where his parents still lived. Housing was not a concern.

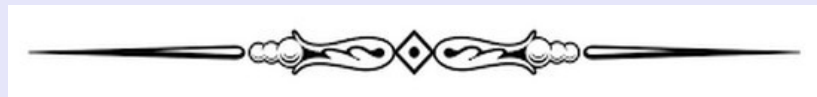
[Read More](#)



VA launching outreach and care networks for Long COVID

There are more than 240,000 Veterans that have tested positive for COVID-19, and that number is growing. The long-term effects of virus are still being understood, but one in ten people who have contracted it may suffer from what has become known as "Long COVID," which could threaten to become the next public health emergency that will challenge the Veterans Health Administration (VHA) system.

[Read More](#)

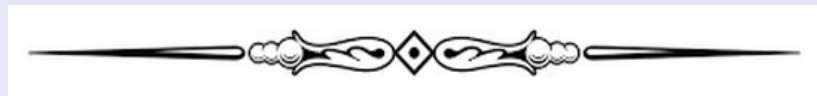


#VeteranOfTheDay Marine Corps Veteran Queta Rodriguez

During Hispanic Heritage Month, today's #VeteranOfTheDay is Marine Corps Veteran Queta Rodriguez, who served in Somalia and Afghanistan. Growing up in San Antonio, Texas, Queta Rodriguez's family came from modest circumstances. Her two older brothers had joined the Navy; one was a Navy corpsman, stationed with the Marines.

We honor your service, Queta!

[Read More](#)



All-women led guard change marks 1st for Tomb of the Unknown Soldier

For the 1st time Ever an all Women led Changing of the Guard. #Trailblazers

[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 Army Veteran José Antonio Dodier

During Hispanic Heritage Month, today's #VeteranOfTheDay is Army Veteran José Antonio Dodier who served in the Vietnam War. José Antonio Dodier was born to a military family in October 1946 in Laredo, Texas. During his childhood, he spent the summers on his family ranch in Zapata, Texas. At the entrance, there was a wall covered with photos in honor of his grandfather, who served in World War I, and his father, who served in World War II.

We honor your service, José!

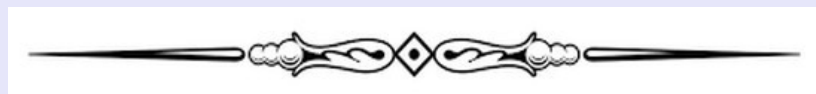
[Read More](#)



How the Coast Guard's 1st Black woman pilot helped give the next one her wings

Read about, Cmdr. Jeanine Menze, the Coast Guard's 1st Black woman pilot and how she paid it forward. Selfless acts of Kindness.

[Read More](#)



I Am Not Invisible - Barbara Torres-Colon

In Celebrations of National Hispanic Heritage Month we are highlighting Hispanic women Veterans who participated in the I AM NOT INVISIBLE (IANI) Campaign.

[Read More](#)



#VeteranOfTheDay Marine Corps Veteran Queta Rodriguez

During Hispanic Heritage Month, today's #VeteranOfTheDay is Marine Corps Veteran Queta Rodriguez, who served in Somalia and Afghanistan. Growing up in San Antonio, Texas, Queta Rodriguez's family came from modest circumstances. Her two older brothers had joined the Navy; one was a Navy corpsman, stationed with the Marines.

We honor your service, Queta!

[Read More](#)



Navy Veteran Ana Claudio on joining VA's genetic research program

Only 8.5% of the women enrolled in VA's genetic research, Million Veteran Program #MVP are Hispanic/Latina. Watch as U.S. Navy Veteran, Ana Claudio shares her story.
#BringWomenVeteransHome2VA

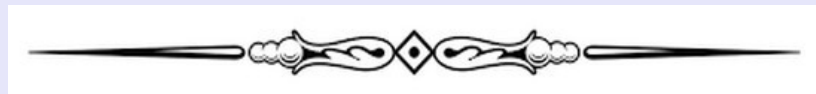
[Read More](#)



VA Cares! Intimate Partner Violence & LGBTQ Veterans Awareness (Sound on)

You put your life on the line for your country, you shouldn't have to risk it at home. If you don't feel safe, contact VA's Intimate Partner Violence Assistance Program or National DV Hotline: 800-799-7233 #DVAM2021

[Read More](#)



Links to Other Stories

- 1) 'Forever chemicals' detected in groundwater from 13 DoD sites in Gulf of Mexico
- 2) America's veterans hold a reserve of national security strength we should tap
- 3) Baton Rouge Laboratory Owner and Florida Woman Charged with Scheme to Pay and Receive Health Care

Kickbacks as Part of National Enforcement Action

- 4) Bristol, Tennessee Man Sentenced for Healthcare Kickback Scheme
- 5) Chevy Moves 95-Year-Old World War II Vet To Front Of Corvette Waitlist
- 6) Community gathers at burial to honor unaccompanied soldier
- 7) Doctor Licensed in the District of Columbia and Virginia Charged with Unlawful Distribution of Controlled Substances
- 8) Dominican National Sentenced for Social Security Misuse and Making False Statement
- 9) Georgia Genetic Testing Laboratory to Pay up to \$200,000 to Resolve Anti-Kickback Statute Claims
- 10) Georgia Man Is Charged with Conspiracy to Defraud The North Carolina Medicaid Program
- 11) Gloucester County Man Charged with Fraud for Role in Healthcare Conspiracy
- 12) Kitsap County, Washington man sentenced to prison for 20-year theft of brother's Social Security benefits
- 13) National Health Care Fraud Enforcement Action Results in Charges of Over \$308 Million in Intended Loss Against 52 Defendants in the Southern District of Florida
- 14) South Hills Pharmacist Pleads to Health Care Fraud Conspiracy, Fraudulently Obtaining Controlled Substances and Misbranding Drugs
- 15) Thousands of caregivers may lose monthly stipends under new VA review
- 16) Three medical professionals charged with distributing 'massive quantities' of controlled substances from 'pill mill'
- 17) Treatment Facility Owner Sentenced to Federal Prison for Health Care Fraud
- 18) VA zeroes in on gun safety as a way to reduce Veteran suicides

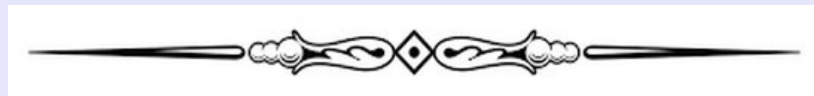
19) [Veterans could see big cost of living increase to their benefits this year. Here's why](#)



VA launching outreach and care networks for Long COVID

There are more than 240,000 Veterans that have tested positive for COVID-19, and that number is growing. The long-term effects of virus are still being understood, but one in ten people who have contracted it may suffer from what has become known as "Long COVID," which could threaten to become the next public health emergency that will challenge the Veterans Health Administration (VHA) system.

[Read More](#)



Afghanistan Response: The power of community

Across the nation, people are helping to support the resettlement of Afghanistan refugees and allies by sharing information on how to help, opening their homes, donating goods and services, and bringing greater awareness and advocacy for Special Immigrant Visas (SIVs).

[Read More](#)



You Asked, We Answered: What should I know about COVID-19 and vaccines if I'm pregnant?

Can I get a COVID-19 vaccine if I'm pregnant or have recently been pregnant? Find answers to this and other COVID-related questions.

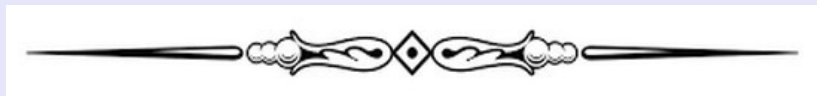
[Read More](#)



COVID-19 Booster Shots are Now Available – What You Need to Know

To become eligible for a booster shot, there is a six-month waiting period after the completion of the second dose of the Pfizer-BioNTech two-dose vaccine.

[Read More](#)



Teamwork, Adaptability, Service – MTFs Shine During COVID-19 Pandemic

Personifying the Defense Health Agency's mission to create a ready medical force to support a medically ready force, thousands of MHS personnel continue to withstand the test in myriad ways.

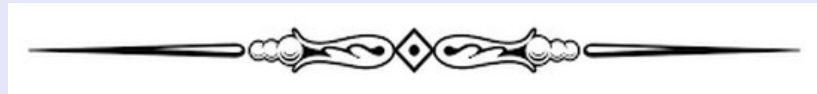
[Read More](#)



Compassionate Caring with COVID Vax Commitment

When pregnant patients have an appointment with Lt. Cmdr. Megan Northup at Naval Hospital Bremerton, they get more than a qualified and caring OB/GYN physician.

[Read More](#)



OWH launches partnership program to help women maintain healthy blood pressure levels at every age

The HHS Office on Women's Health (OWH) is excited to announce the [Self-Measured Blood Pressure \(SMBP\) Partnership Program](#). The new OWH program will create a network of public and private organizations focused on heart health with an emphasis on self-measured (self-monitored) blood pressure control. The collaborations will increase knowledge about hypertension and cardiovascular disease, expand access to SMBP resources, and encourage organizations to address heart health disparities, prevent hypertension, promote healthy blood pressures, and improve health equity on a community level.

[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/

Military One Source 1-800-342-9647

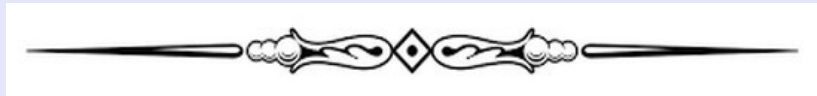
Tragedy Assistance Program for Survivors [TAPS] 1-800-959-8277



New Veterans Benefits Guide now available

VA partnered with Stars and Stripes to create a special edition insert for the publication called "The Veterans Benefits Guide." The print and digital publication, which highlights VA benefits and services available for transitioning service members and their families, is available now.

[Read More](#)



Team RWB Runners carry Old Glory through Virginia

Team RWB's Old Glory Relay, is an epic 62-day journey running, walking, and hiking the American flag from New York City, NY to Atlanta, GA. Today, the flag is moving through Richmond, VA, and will complete 1089 total miles moved. It's not too late to join the effort virtually or in person along the route.

"It was a humbling experience, thinking about this flag started in NYC and where it's going to end up. If you do just a small part of it, you are a small part of this big thing. It's amazing,"
Max. G.

[Read More](#)

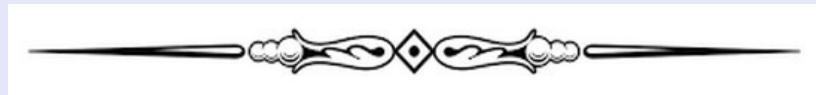


Amtrak offers Veteran, military member discounts

Veterans receive a 10% discount on the lowest available rail fare on most Amtrak trains.

Use the Fare Finder at the beginning of your search and select 'Military Veteran' for each passenger as appropriate to receive the discount.

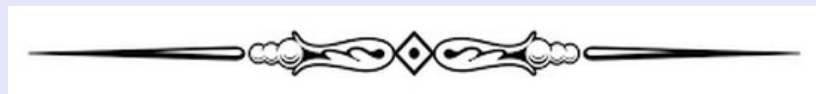
[Read More](#)



PTSD: Seeking Out Mental Health Care Is the First Step to Wellness

"Recognizing that you may have symptoms of PTSD and reaching out for treatment is a sign of strength," said Holly O'Reilly, a clinical psychologist at the Psychological Health Center of Excellence in Silver Spring, Maryland.

[Read More](#)



DHA's Mobile Apps Can Help You with Overall Wellness

Psychologists at the Defense Health Agency's Connected Health branch have developed a new mobile app to give frontline health care providers the tools to keep themselves emotionally healthy and productive as they serve our military communities.

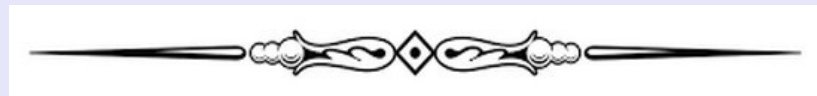
[Read More](#)



Reducing the Stigma and Encouraging Mental Health Care in the Military

Just as you would see your dentist to maintain oral health and a cardiologist to maintain heart health, seeking treatment for mental health concerns will help keep you in check to ensure you live a healthy, productive life.

[Read More](#)



Get the Mental Health Care Support You Need With TRICARE



It's important to know that treatment is out there, that treatment works, and relief is possible. If you think you or a family member may need mental health services, explore

your options with TRICARE.

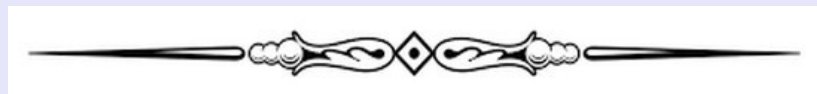
[Read More](#)



VA annual report shows decrease in Veteran suicides

New data included in the Department of Veterans Affairs 2021 National Veteran Suicide Prevention Annual Report notably shows a decrease from 2018 to 2019 in the total number of Veteran suicide deaths, and a decrease in the rate of Veteran suicides per 100,000.

[Read More](#)

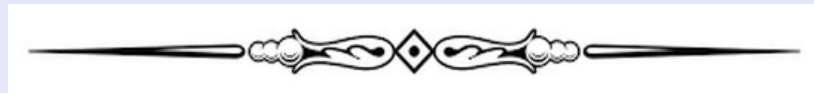


2022 COLA Announced

The Bureau of Labor Statistics (BLS) recently announced that the annual Cost of Living Adjustment (COLA) increase for 2022 will be 5.9 percent. This is the largest increase since 1981.

The new COLA rate is effective Dec. 1, 2021 and the adjustment will appear in the Dec. 30, 2021 payment. This increase pertains to military retirees, veterans receiving disability payments from the Department of Veterans Affairs, Social Security recipients and others.

By law, COLA is based on the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), which is a broad measure of consumer prices generated by the BLS from the third quarter of the previous year to the third quarter of the current year. It measures price changes for food, housing, clothing, transportation, energy, medical care, recreation and education. The COLA increase has averaged 1.65 percent for the past 10 years (2011-2020), and in 2009, 2010 and 2015 the increase was zero.



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 10/16/21)

Please note, we've added 1 new item 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

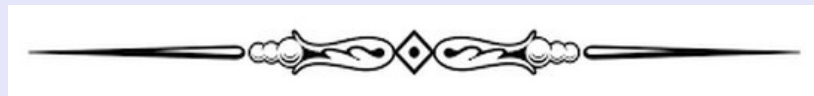
36. H.R. 2436, the Veterans Burn Pit Exposure Recognition Act

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

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

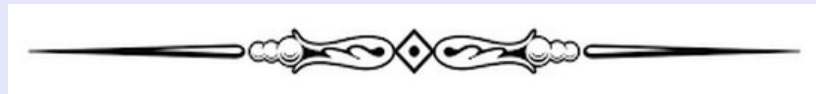
39. Ask your Senator to Support S.1520 Military Justice Improvement Act
40. Ask your member to support S.810 and H.R. 1972 The Fair Care for Vietnam Veterans Act of 2021
41. Ask your member and senator to support HR 2580 and S 1151 to provide for a presumption of service connected disability for certain 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. HR 5026, The Panama Canal Zone Veterans Act of 2021
61. HR 3368, HR 5026, HR 2269, S 657 are all Toxic Exposure Bills that need special attention and more pressure to get passed!
62. H.R. 4627, Veterans' Culturally Competent Care Act of 2021
63. S. 2172, Building Solutions for Veterans Experiencing Homelessness
64. H.R. 4571, the SERVICE Act of 2021
65. S. 796, Protecting Moms Who Served Act
66. H.R. 4732, Protect Individual Unemployability Benefit for All Disabled
67. S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021
68. S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act
69. HR 852 and S 221, United States - Israel PTSD Collaborative Research Act
70. Ask Congress to Preserve Arlington National Cemetery
71. HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021
72. HR 2963, the VOW to Hire Heroes Extension Act of 2021



Short Term Debt Suspension Passed

The House recently approved (S.1301) a short-term extension of the U.S. Government debt suspension until Dec. 3, 2021. The measure was earlier approved by the Senate. The suspension was signed into law by President Biden and will add approximately \$480 billion to the national debt. The U.S. Treasury had warned that an extension had to be approved by Oct. 18, 2021 to ensure the federal government can continue to pay its bills.

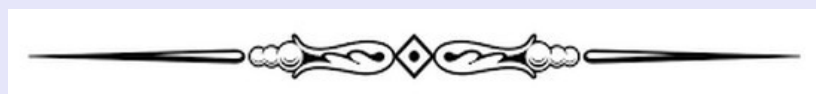


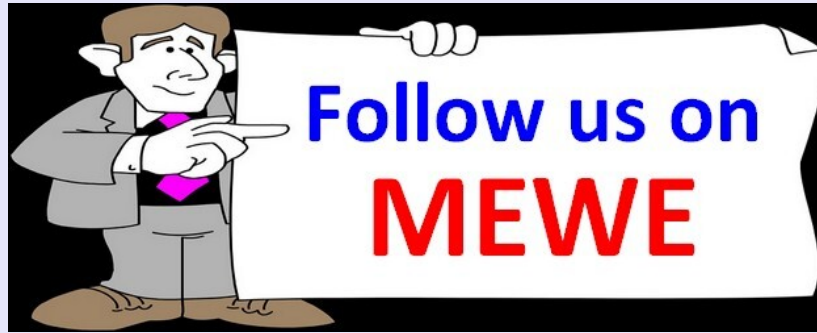
Bill Users Must Contact VA Every Month

The Department of Veterans Affairs implemented a new rule for [Post-9/11 GI Bill](#) users to verify their school attendance with the VA each month before receiving any payments. Starting this December, that requirement will be expanded to all Post-9/11 GI Bill recipients.

Users of all other GI Bill programs, such as the Montgomery GI Bill, have long been required to verify their school attendance each month. If they do not verify their attendance, they will not get their benefits.

GI Bill users who are attending a technical school, also known as a "non-college degree" or NCD school, must verify their school attendance with the VA each month in order to receive their Monthly Housing Allowance.





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](#)

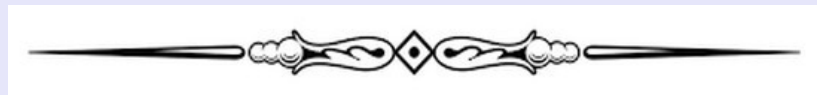
[HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE](#)

[AMVETS GROUP](#)

[VETERANS SOCIAL GROUP](#)

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

[AMERICANS FOR SOVEREIGNTY](#)



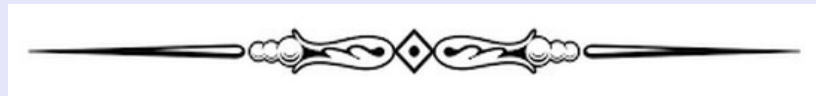
Office of Inspector General

1) COVID-19 Contracting: Indian Health Service Used Flexibilities to Meet Increased Medical Supply Needs

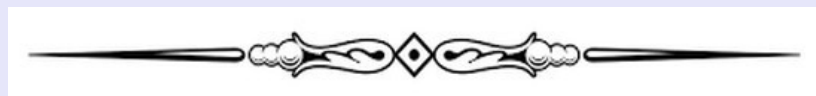


- 1) Abbott Molecular, Inc. Recalls Alinity m SARS-CoV-2 AMP Kit and Alinity m Resp-4-Plex AMP Kit for Potential False Positive SARS-CoV-2 Test Results
- 2) Coronavirus (COVID-19) Update: 10/15/21
- 3) Coronavirus (COVID-19) Update: October 12, 2021
- 4) Eating Too Much Salt? Ways to Cut Back...Gradually
- 5) FDA Drug Shortages
- 6) FDA In Brief: FDA Withdrawing Temporary Guidances for Alcohol-Based Hand Sanitizers
- 7) FDA Permits Marketing of E-Cigarette Products, Marking First Authorization of Its Kind by the Agency
- 8) FDA to Hold Advisory Committee Meeting to Discuss Merck and Ridgeback's EUA Application for COVID-19 Oral Treatment
- 9) FDA's Advanced Manufacturing Initiatives Helping to Provide Quality Human Drugs for Patients
- 10) Lupin Pharmaceuticals, Inc. Issues Voluntarily Nationwide Recall of All Irbesartan Tablets and Irbesartan and Hydrochlorothiazide Tablets Due to Potential Presence of N-nitrosoirbesartan Impurity
- 11) Nestlé Professional Issues Allergy Alert on Undeclared Peanuts in Nature's Heart 1.5 Ounce Products

- 12) Potential for Medication Overdose with ENFit Low Dose Tip Syringe: FDA Safety Communication
- 13) Simple Mills Issues Voluntary Recall on a Select Number of Lots of Fine Ground Sea Salt Almond Flour Crackers Due to the Presence of Undeclared Milk
- 14) Teligent Pharma, Inc.'s Issues Worldwide Voluntary Recall of Lidocaine HCl Topical Solution 4% Due to Super Potency
- 15) To Improve Nutrition and Reduce the Burden of Disease, FDA Issues Food Industry Guidance for Voluntarily Reducing Sodium in Processed and Packaged Foods
- 16) UPDATE: Potential Risk of Infection When Using Heater-Cooler Devices – Letter to Health Care Providers
- 17) Urgent Bean and Soy Sprout Voluntary Recall



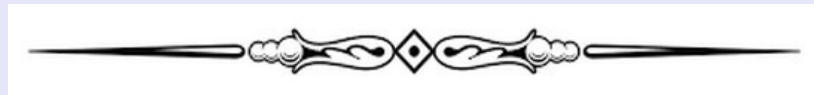
[CLICK HERE TO FOLLOW US ON TWITTER !](#)



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



CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER!



Tax & Credit Information

- 1) Draft Instructions for the Schedules K-2 and K-3 released to enhance reporting of international tax matters by pass-through entities
- 2) IRS 'Dirty Dozen' list warns people to watch out for tax-related scams involving fake charities, ghost preparers and other schemes
- 3) IRS extends tax relief for employer leave-based donation programs that aid victims of the COVID-19 pandemic
- 4) IRS wraps up its 2021 'Dirty Dozen' scams list with warning about promoted abusive arrangements
- 5) IRS: Families receiving monthly Child Tax Credit payments can now update their direct deposit information
- 6) Understanding the taxpayer's right to quality service



Veterans-For-Change, Inc.

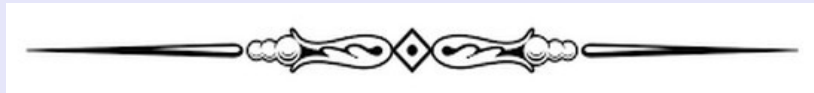
Riverside County, CA

Visit our website today

www.Veterans-For-Change.org

Serving those who served!

Please pass on to all your Veteran Friends and Family!



Please do not reply to this E-Mail, this is an unattended E-Mail address, please send all correspondence to:

Jim.Davis@Veterans-for-change.org

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®