



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, October 31, 2021

Volume 12, Issue 44



This-N-That

Good evening Jim,

We have uploaded a number of new documents under the category of “Medical Reports”. Our goal was 200+ and we fell short of that goal, but we have uploaded 165. In addition, we’ve opened up the “Medical Reports” to anyone with or without an account.

We are working on an additional 200+ documents, and an estimated 70+ more weblinks over this coming week.

So, do check often, you never know what you might find that could be useful to you, a family member or friend.

Secretary Denis McDonough talks about claims backlog,

homeless COVID-19 Vaccinations, but didn't offer much in real resolutions to backlog in claims or dealing with homelessness.

I know one of the worst areas is at the West Los Angeles VAMC.

Several years back the ACLU filed a lawsuit representing the homeless Veteran population and for the most part won, then the VA changed its policies on land leasing to private companies and for many years that rental income was not accounted for, and to my knowledge still hasn't been, nor has there been any investigation on where those funds went.

Not long after that we had the Mayor of Los Angeles, Barbara Boxer and two members of the House do a press conference on the WLA VAMC lawn promising to address the problem quickly and to this date some fourteen years later there has been absolutely zero action taken, zero resolution and matters only seem to be getting worse.

I know we presented the VAMC with a plan to not only resolve the problem, but also make it much easier for those Veterans who are homeless to be much closer to medical services as well as guidance and assistance into being integrated back into society.

Excluding buildings that are currently being leased out to Brentwood elites there are still a few hundred acres of land available to put up a rather large number of pre-fabricated mini homes, most range in cost from \$5k-\$7k which to me is rather cheap.

They come fully equipped with bedroom, mini-kitchen, stove, stacking washer/dryer, dish washer, bed and household

furniture they simply need to be delivered and connected to water, sewage, electricity, and phone line. And I'm sure if they contracted with a cable service at least minimal service could be provided as well.

All it would cost the VA is the cost of each unit, installing water, sewage, electrical and telephone lines. Additionally, they could build a small facility in the middle where they have medical staff, a visiting nurse who could do wellness checks, etc.

I simply don't understand how Congress and the VA could turn their backs on those who served and are in this position.

I understand that a number of homeless Veterans don't want this, but there are many who do need assistance and we should never turn our backs on them, ever!

I know we don't have any current legislation on the table to deal with Homeless Veterans, but we do have over 70 bills and why I push so hard for everyone to participate in the **TAKE ACTION** program.

There are countless Veterans who need help in many ways, can't get it because it's not on the books to cover them and why the legislation is presented, and some still on the table for discussion, but many are sitting dormant as we're not putting enough pressure on them to take action vs. trying to shove through a \$3.5 trillion "Infrastructure" plan that would in essence put our country into a \$29+ Trillion Dollar Deficit.

So, again I ask you to please, help us to help you by taking action on each and every item every week.

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.

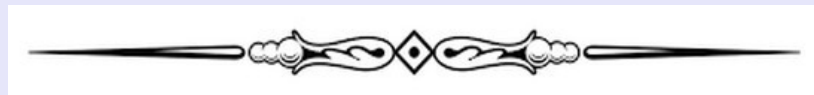
On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Respectfully,

Jim Davis

Founder

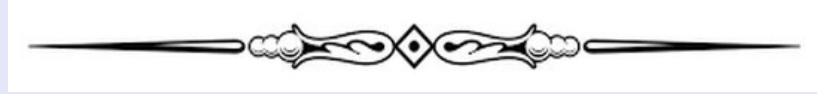
Jim.Davis@Veterans-For-Change.org



Making the most of your service: How Veterans' preference works for you

Want to work at VA? We help you break down the rules of Veterans' preference, which can help you secure federal employment.

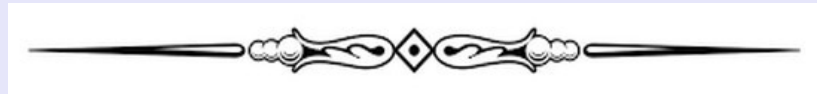
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Supported Employment study hopes to match Veterans with jobs based on their interests

The Tuscaloosa VA Research and Development Department's supported employment program, matched with primary care, studied how best to match Veterans with gainful employment.

[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.

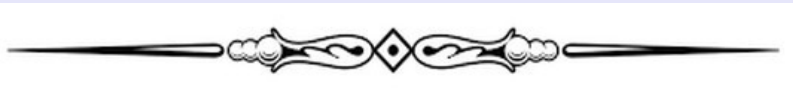
You may contact Robin Barr at robin.barr@mvadvocacy.org



VA secretary talks claims backlog, homelessness, COVID-19 vaccinations during press conference

Veteran disability claims, homelessness and COVID-19 vaccines were topics VA Secretary Denis McDonough spoke about during a press conference Oct. 20 in Washington D.C. More than 3,800 toxic exposure claims have been approved for Gulf War Veterans, and McDonough noted that this is the first time Veterans from that era received presumptive status on claims for asthma, sinusitis and rhinitis. Veterans have received millions of dollars in benefits so far at about a 62% approval rate.

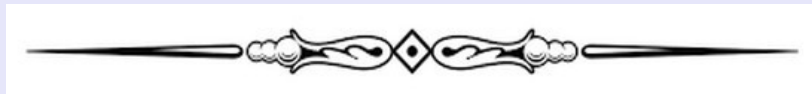
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Dr. Rachel Levine becomes nation's first transgender four-star officer

The nation's first transgender four-star officer, Dr. Rachel Levine was appointed to lead the Commissioned Corps of the U.S. Public Health Service. #DYK There are eight uniformed services in the United States, the Army, Navy, Coast Guard, Marines, Air Force, Space Force, the National Oceanic and Atmospheric Administration and the Public Health Service Commissioned Corps. Thank you for your service.

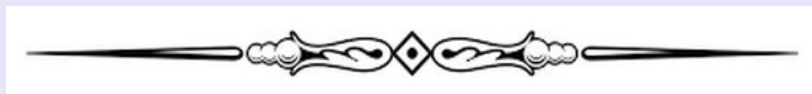
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Expanded Housing Grants for Disabled Veterans Now Available

The Department of Veterans Affairs is expanding the Specially Adapted Housing (SAH) grant program to include less seriously disabled veterans as well as increasing the limits on how many veterans may participate in the program.

[Read More](#)



LGBTQ+ Women Veterans Listening Session

HAVE YOU SERVED? Are you a lesbian, gay, bisexual, transgender, queer(LGBTQ+) Woman Veteran? You are cordially invited to join The U.S. Department of Veterans Affairs, Center for Women Veterans, LGBTQ+ Health Program, and Minority Veterans of America for a LGBTQ+ Women Veterans Listening Session on November 2, 2021, at 12 pm ET. Event number: 2764 589 2053. Join by phone: 14043971596 USA Toll Number Access code: 276 458 92053. We invite you to share your thoughts, questions and concerns about your VA experiences.

[Read More](#)

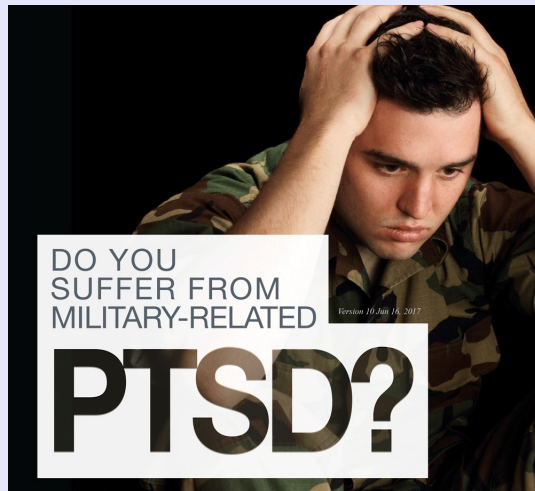


Same injury, different brain

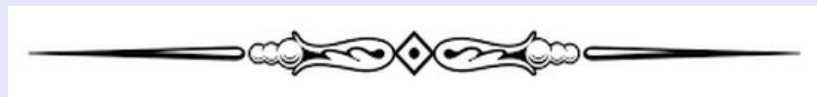
New research at the VA Palo Alto Health Care System found differences in the brain between men & women #Veterans with traumatic brain injury. Via Stanford Medicine. #VAResearch

[Read More](#)





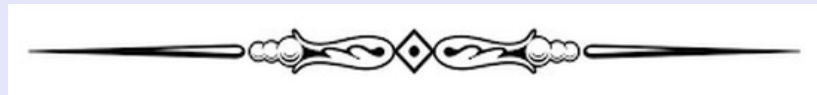
**Veterans Crisis Line:
1-800-273-8255 & Press 1
Ntl Call Center for Homeless Vets
1-877-424-3838**



Veterans Crisis Line

Take a moment to save the #VeteransCrisisLine number in your phone: 1-800-273-8255 and Press 1. Remember to Share it can save lives.

[Read More](#)



Breast cancer awareness: What can you do today to reduce your risk?

Breast cancer: A VA dietitian can help you find ways to adopt healthy habits like establishing a healthy meal plan or exercise routine.

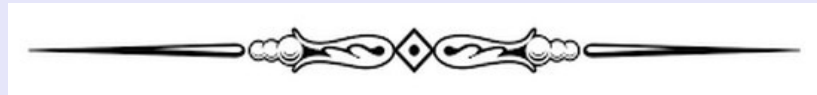
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G.I. Jobs celebrates 20th anniversary with new tools for Veterans

All of the functionality for everything we offer at G.I. Jobs is now available for free on your phone. Read the current magazine or look up a past issue. Register for a Get Hired Workshop or Virtual Career Expo. Look up articles regarding jobs, trends and tips. With this app, you can connect to civilian opportunities anywhere.

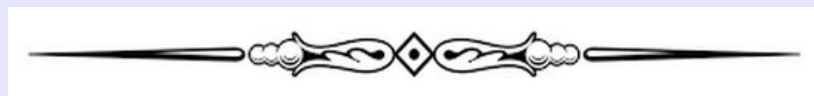
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U.S. Veterans & Families living in Mexico COVID-19 Vaccination Clinic [November 17, 2021]

U. S. Mexican Boarder at the El Paso Point of Entry (The Bridge of the Americas) – U.S. VETERANS LIVING IN MEXICO - Everyone receiving vaccinations must be registered in advance to attend the event. Anyone younger than 18 years old or family members not being vaccinated will not be permitted to the vaccination area. Please plan accordingly. You're invited to a Veterans and families COVID-19 vaccination clinic at the U.S./Mexico border. This event is exclusive for all Veterans who have served in the United States Military and their families/caregivers (18+), regardless of citizenship status. Your information will be used to verify your identify and give you access at the border crossing for this event. Please share this event with any other Veterans you know of, but all must register before attending. Call (915) 564-6150 or E-mail the following information to Vets-Experience@VA.gov: Name, Date of Birth, Place of Birth, Country of Citizenship, Alien Registration Number (not required), Branch of Military, Service Social Security Number, Phone Number, E-mail Address.

[Read More](#)

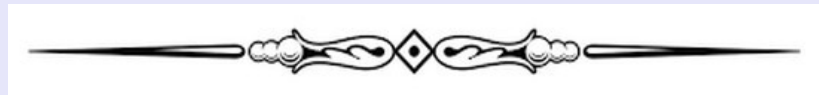


Cdr. Hannon legislation advances mental health care

Commander John Scott Hannon, a decorated Veteran who retired after a 23-year career with the Navy SEALs died by suicide at the age of 46. However, his life and service live on through the landmark legislation he inspired called the Hannon Act. Last year, VA began implementing additional mental health and suicide prevention services to help Veterans and their families lead healthier, more fulfilling lives.

If you are a Veteran – or a Caregiver – VA has a variety of mental health resources, information, treatment options, and more for you at mentalhealth.va.gov.

[Read More](#)



#VeteranOfTheDay Army Veteran Stanley C. Ashford

Today's #VeteranOfTheDay is Army Veteran Stanley C. Ashford, who served as a paratrooper and senior noncommissioned officer.

[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

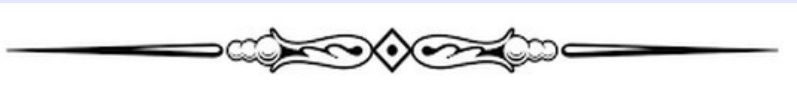
..... Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to **838255**



Salisbury VA's "awake" hand surgeries

Dr. Jeffrey Baker performed five "awake" hand surgeries in one day at Salisbury VA. "It really is a revolutionary thing that we're doing."

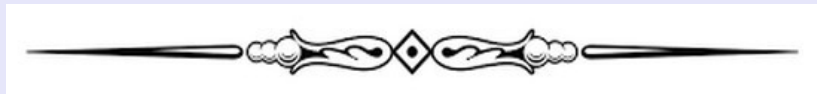
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Experience live events through Vet Tix with friends and family

Vet Tix is a national nonprofit organization that provides free event tickets to give something to those who gave. It's a way they can give back to our Veterans and service members, as a means to thank them for their service and sacrifices.

[Read More](#)

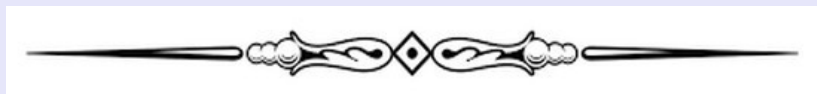


#VeteranOfTheDay Army Veteran Sharon Fogle

Today's #VeteranOfTheDay is Army Veteran Sharon Fogle, who served in personnel on active duty and the Reserve from 1984 to 2009. Sharon Fogle joined the Army in 1984 to serve her country and to prove to her father that she was military material. Her father had been in the Navy, but her brothers were in the Army, so she chose to follow in their footsteps.

We honor your service, Sharon!

[Read More](#)



Family Planning

There is no "best" method of birth control for every woman. The birth control method that is right for you and your partner family depends on many things, and may change over time. Learn more about your options here and talk to your provider.

[Read More](#)



Veterans Day 2021 Discounts

Veterans Day 2021 discounts, free meals, and services for Veterans nationwide.

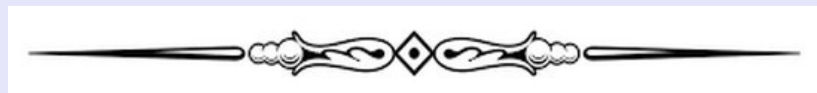
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#VeteranOfTheDay Marine Corps Veteran Jennifer Mascolo

Today's #VeteranOfTheDay is Marine Corps Veteran Jennifer Mascolo, who served as a field radio operator during Operation Iraqi Freedom.

[Read More](#)



Links to Other Stories

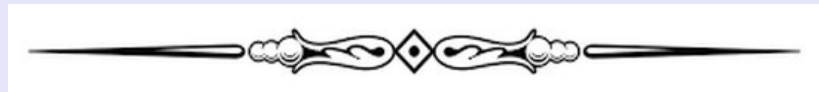
- 1) 6 Physical Therapists And 2 Acupuncturists Charged in Over \$20 Million Health Care Fraud Scheme
- 2) California Woman Sentenced in Multi-Million-Dollar Medicare Fraud Scheme
- 3) Center City Doctor Pleads Guilty to Illegally Distributing Controlled Substances and Filing False Tax Returns and Agrees to Pay \$4 Million to Resolve Civil and Related Allegations
- 4) Dominican National Sentenced for Trafficking Fentanyl, Health Care Fraud, ID Theft, Misuse of a Social Security Number
- 5) Ohio Woman Pleads Guilty to Conspiracy to Defraud the United States in Medical Kickback Scheme
- 6) Pain Doctor Convicted of Over \$100 Million Health Care Fraud Scheme
- 7) Pharmacy costs increasing Jan. 1 for active-duty families, retirees and others
- 8) Shelton Doctor Charged with Selling Prescriptions for Cash, Health Care Fraud
- 9) Suicide spikes 15% among US troops in 2020 from the previous year
- 10) Two Defendants Charged in Separate, Covid-19 Vaccination Record Card Frauds
- 11) United States Files Suit Against Tampa Doctor for Allegedly Taking Kickback Payments in Return for Fraudulent Fentanyl Spray Prescriptions
- 12) Virginia Doctor Pleads Guilty to \$1.8 Million Health Care Fraud Scheme



Cancer screenings help save lives. Schedule your VA preventive screening today

Cancer screenings catch cancer early which can help treatment outcomes. Screenings with best outcomes: lung, cervical, colon, and breast.

[Read More](#)



US Army Veteran Lives Whole Health Through Tai Chi

Years after suffering a stroke while in the military, US Army Veteran Dr. Gallimore has experienced positive changes in his physical appearance and overall well-being attending Tai Chi classes at his local VA.

[Read the full story](#)



Ultra-Endurance Military Athletes: What Motivates Them?

For some, sports are simply a way to stay fit, for others a way to de-stress. But for endurance athletes -- who push themselves to go faster and longer for events such as marathons, cycling races, cross-country skiing, triathlons, and long-course swimming -- it's a mental and physical challenge with themselves.

[Read More](#)



Ask the Doc: Am I Running Too Much?

Dear Doc: I'm about halfway through my military career, and if I have learned one thing, it's that we are all about running.

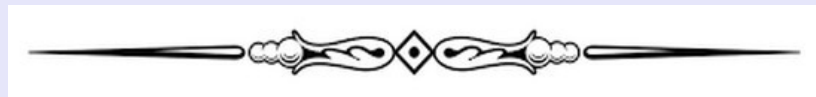
[Read More](#)



Live Whole Health #94 – Take a breath to remember Your MAP (Mission, Aspiration and Purpose)

Imagine visiting your health care team and instead of them asking you, "What is the matter with you today?" they ask, "What matters to you today?" Whole Health helps you create a Mission, Aspiration and Purpose – or MAP – that connects your health care goals with your life goals. When you know your MAP, you can set a goal and work with your team to reach it.

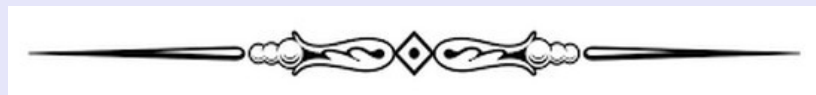
[Read More](#)



Fresh Focus S7 #37: Gardening: The more you grow, the healthier you eat

The Fresh Focus team consists of registered dietitian nutritionists from the Marion VA Health Care System. This episode is hosted by Registered Dietitian Nutritionist Loran Morris and features guest appearances from her grandparents. Their message for this post? Give gardening a try.

[Read More](#)



Why I get my health care at VA: Candace

In this installment of "Why I get my health care at VA," Air Force Veteran Candace talks about how she transitioned to civilian life after a deployment in Iraq, how she wasn't sure what life held in store for her afterward, but that she found passion at VA while helping to care for her fellow Veterans.

[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

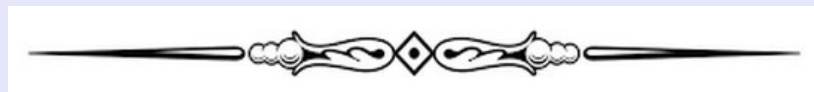
warriorcare.dodlive.mil/

Military One Source

1-800-342-9647

Tragedy Assistance Program for Survivors [TAPS]

1-800-959-8277

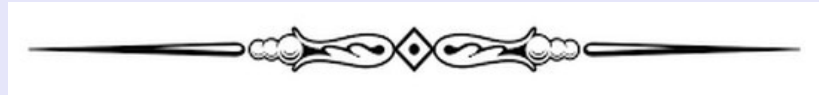


**#VeteranOfTheDay Army Veteran Stanley C.
Ashford**

Today's #VeteranOfTheDay is Army Veteran Stanley C. Ashford, who served as a paratrooper and senior noncommissioned officer. Stanley C. Ashford was born in Ventress, Louisiana, in an Army family. While his father and multiple uncles were Army Veterans, Ashford initially intended to go to college on a track scholarship rather than join the military. However, after graduating high school, Ashford felt the call to serve.

We honor your service, Stanley!

[Read More](#)



#VeteranOfTheDay Navy Veteran Israel "Izzy" Sanchez

Today's #VeteranOfTheDay is Navy Veteran Israel "Izzy" Sanchez, who served as a corpsman from 2002 to 2016 and deployed to the Middle East. Israel "Izzy" Sanchez joined the Navy as a corpsman in 2002. He initially wanted to serve as an aerospace medical technician, but he was inspired to become a nurse by Rear Adm. Rebecca McCormick Boyle at his first assignment at Great Lakes Branch Clinic at Naval Station Great Lakes.

We honor your service, Izzy!

[Read More](#)



LGBTQ+ Women Veterans Listening Session [November 2, 2021]

Virtual – HAVE YOU SERVED? Are you a lesbian, gay, bisexual, transgender, queer (LGBTQ+) Woman? You are cordially invited to join Center for Women Veterans, U.S. Department of Veterans Affairs, LGBTQ+ Health Program, and Minority Veterans of America for an LGBTQ+ Women Veterans Listening Session on November 2, 2021, at 12 pm ET. Event number: 2764 589 2053 Join by phone: 14043971596 USA Toll Number Access code: 276 458 92053. We invite you to share your thoughts, questions and concerns about your VA experiences. #BringWomenVeteransHome2VA #VAWomenVets

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VA firemen drive 1,000 miles for Veteran's last trip home

A terminally ill Veteran's dying wish was to be surrounded by his loved ones when he passes. The Chillicothe VA fire department made the eight hour drive with the Veteran to his home where he died peacefully.

"As a Veteran and as a human, having the ability and opportunity to make this Veteran's last moments easier for him and his family made the almost 24 hours on the road absolutely worth it. I would do it again right now without hesitation," said VA firefighter, Mike Menendez.

[Read More](#)



VA police chief helps struggling Veteran three years after they met

VA Providence Chief of Police, John Thibodeau gave a struggling Veteran his card three years ago. Fast forward three years later, the Veteran reached out to him.

"I had lost contact with him but he called me," said Thibodeau. "I could tell by his mental state that he was in distress."

Thibodeau convinced the young Veteran to get to the VA Tucson facility. There, he connected with the acting chief of police who got him the health care he needed.

[Read More](#)

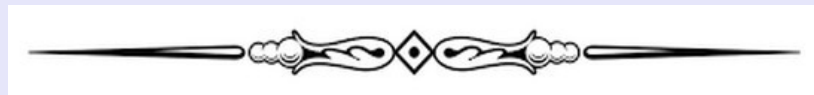


About the Caregiver Support Program

The mission of CSP is to promote the health and well-being of caregivers who care for our nation's Veterans with a focus on improving the quality of life for caregivers. CSP accomplishes this by providing support, helping caregivers navigate the VA health care system and linking caregivers to needed resources.

Below are some resources for caregivers available through VA, CSP, and our community partners:

- Building Better Caregivers:
<https://va.buildingbettercaregivers.org/cspweb/>
- Caregiver Support Program: www.caregiver.va.gov
- Elizabeth Dole Foundation Hidden Heroes:
<https://www.elizabethdolefoundation.org/hidden-heroes/>
- Reach Out: <https://www.va.gov/reach/spm/>
- Resources for Enhancing All Caregivers Health (REACH) VA:
https://www.caregiver.va.gov/REACH_VA_Program.asp
- Rosalynn Carter Institute Operation Family Caregiver:
http://www.operationfamilycaregiver.org/about_us/



Are You Prepared for Flu Season? Let TRICARE Help

Flu season is here once again. Are you prepared? With the COVID-19 Delta variant continuing to spread and our health care system overburdened, it's important for all of us to help combat the spread of flu. And the best way to do so is to get a flu shot. The Centers for Disease Control and Prevention recommends a yearly flu vaccine for everyone 6 months of age and older.



[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 10/24/21)

Please note, we've added 0 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
73. S 1970, The Clean Water for Military Families Act



A World War II Veteran Recalls Her Service in the Women's Army Corps at Age 100

WWII Veteran, Lorraine Vogelsang turns 100. Happy Birthday Lorraine and thank you for your service!

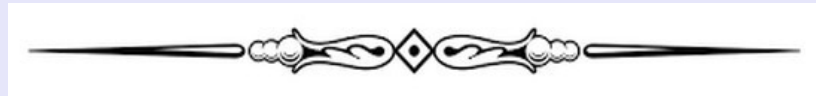
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King Arthur's sword wields power for women Veterans

King Authors Sword symbolizes women Veterans and helps them stand out in their group.

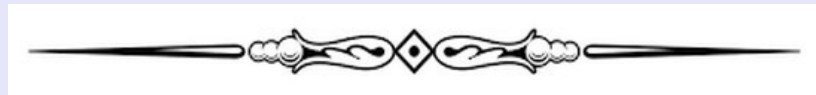
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Okaloosa County to unveil Women Veterans Monument this November

Unveiling of the Women Veterans Monument in Okaloosa Island, FL on November 11, 2021.

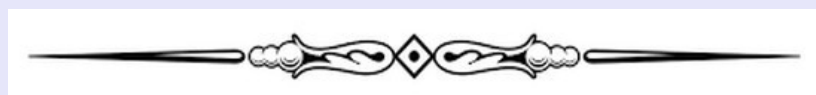
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Chats with the Chief: Dr. Eric Schoomaker, VHA's Whole Health Advisor on Why VA wants to know what matters to you

In this week's episode of Chats with the Chief, VHA Chief of Staff Jon Jensen talks "Whole Health" as the comprehensive approach to wellbeing with retired Army Lt. Gen. Eric Schoomaker, MD, PhD, VHA's Whole Health advisor.

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Veterans, families can donate blood to help critical shortage, receive \$10 Amazon gift card

Veterans and families who want to help the nation's critical blood shortage can also receive a \$10 Amazon gift card in the process by donating.

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SUICIDE WARNING SIGNS

TALK:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

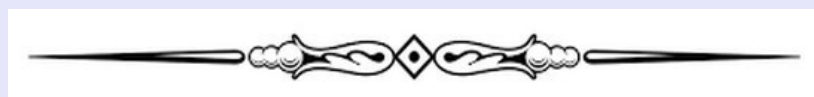


BEHAVIOR:

- 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



Sally Murphy: Trailblazer of the Skies

Sally Murphy was the first women to go through flight school. She went on to serve in the Army for 27 years

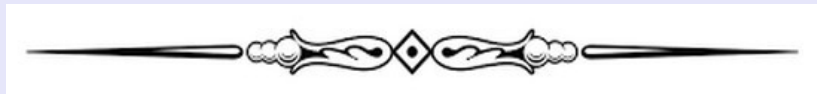
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#VeteranOfTheDay Army Veteran Howard Johnson II

Today's #VeteranOfTheDay is Army Veteran Howard Johnson II, who was one of the first casualties during Operation Iraqi Freedom.

[Read More](#)



Why I get my health care at VA: Army Reserve Veteran Josh

After multiple traumatic brain injuries in Iraq, Josh returned to the states and found everyday life a challenge. He came to VA for help.

[Read More](#)



America250: Navy Veteran Michael Monsoor

This week's America250 salute is Navy Veteran Michael Monsoor who served as a SEAL during Operation Iraqi Freedom and posthumously received a Medal of Honor for sacrificing his life to save his team.

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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



**VA extends presumptive period for Persian Gulf
War Veterans**

VA has extended the presumptive period for qualifying chronic disabilities resulting from undiagnosed illnesses in Persian Gulf War Veterans.

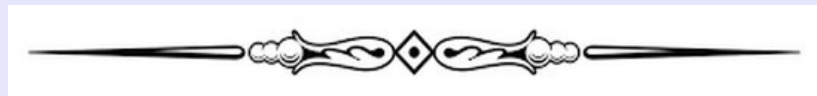
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TAC Talks: S2 #2: TAC engineering tech tips

In Series 2, Episode 2 of VA's Technology Acquisition Center (TAC) podcast, TAC Talks, we discuss TAC engineering tech tips.

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Why Air Force Veteran David got his care at VA: As told by his daughter

Brianne's father David served in Vietnam. Many years later, after having a series of strokes, he needed long term care. VA supplied 24-hour care to Brianne's father for the last five months of his life. She will never forget the respectful treatment he got.

"He had the best care, the best care you could possibly have around," said Brianne. "I can't tell you how much I appreciate the respect they gave him when he was passing and the way that they treated him every day."

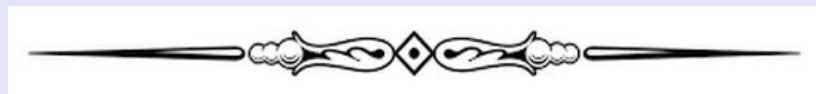
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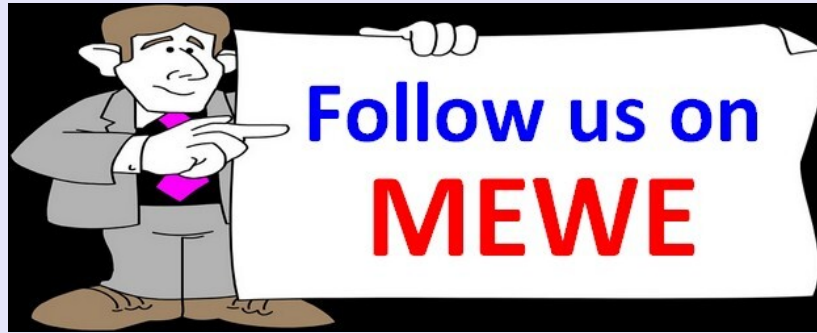


Pregnancy Health Alert: COVID-19 Vaccine is Strongly Recommended

If you are pregnant, recently pregnant or thinking about getting pregnant in the future, you should get the COVID-19 vaccination, the Centers for Disease Control and Prevention advised in a recent health advisory.

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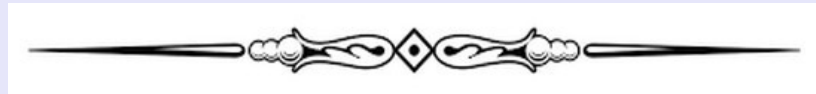


PCOS Is a Common Condition for Women, But It's Often Undiagnosed

Polycystic Ovarian Syndrome is experienced by about one in 10 women.

Yet the condition, known as PCOS, is often undiagnosed and misunderstood. What is it? How does it affect women? Can it be treated or cured?

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Expecting a Baby? Here's How TRICARE Can Help



You just learned you're going to be a mom. Congratulations! —this is a happy and exciting milestone in your life. But you may also feel nervous about what comes next, and that's

okay. TRICARE is here to help you every step of the way.

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Plastic Surgery Helps Mastectomy Patients

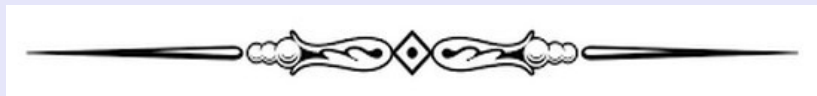
Breast cancer survival rates under the Clinical Breast Care Project-Walter Reed are better than national rates, according to retired Army Col. (Dr.) Craig D. Shriver, director of the center.

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Office of Inspector General

- 1) [COVID-19: Additional Actions Needed to Improve Accountability and Program Effectiveness of Federal Response](#)
- 2) [Disaster Recovery: Efforts to Identify and Address Barriers to Receiving Federal Recovery Assistance](#)
- 3) [Veterans Health Care: Addressing High Risk Concerns for Oversight and Accountability Are Key to Ensuring Quality of Care and Patient Safety](#)



Cancer Screenings Help Save Lives. Schedule Your VA Preventive Screening Today

"The earlier a cancer is diagnosed, the better the outcome." That's what Dr. Jason Dominitz, VA national director of Gastroenterology said. It's true: Screenings can catch cancer in an earlier stage before you notice symptoms, improving the chance treatment will be successful. VA recommends routine screenings for four cancers: lung, colon and rectal (colorectal), breast and cervical.

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Veterans, Families can Donate Blood to Help Critical Shortage, Receive \$10 Amazon Gift Card

Veterans and families who want to help the nation's critical blood shortage can also receive a \$10 Amazon gift card in the process by donating to the American Red Cross.

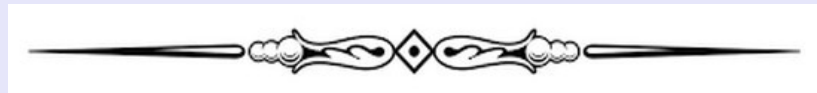
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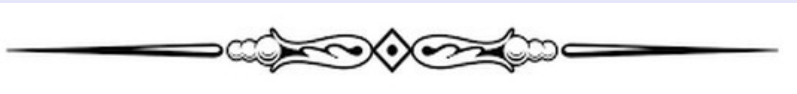
VA Extends Presumptive Period for Gulf War Veterans

The Department of Veterans Affairs has extended the presumptive period to Dec. 31, 2026 for qualifying chronic disabilities rated 10% or more resulting from undiagnosed illnesses in Persian Gulf War Veterans to ensure benefits established by Congress are fairly administered.

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- 1) FDA Drug Shortages
- 2) Wrinkle Treatments and Other Anti-aging Products
- 3) Coronavirus (COVID-19) Update: FDA Takes Additional Actions on the Use of a Booster Dose for COVID-19 Vaccines
- 4) Outbreak Investigation of Salmonella Oranienburg: Whole, Fresh Onions (October 2021)
- 5) FDA Strengthens Safety Requirements and Updates Study Results for Breast Implants
- 6) FDA, NIH, and 15 private organizations join forces to increase effective gene therapies for rare diseases
- 7) Windstone Medical Packaging dba Aligned Medical Solutions Issues Nationwide Recall of Cardinal Health's Monoject™ Flush Prefilled Saline Syringes Placed Into the Following Kits; AMS-9041CP Leaderflex Insertion Kit With Ultrasound, AMS-9046CP-1 Insertion Tray-RX, AMS8939A Universal Procedure Pack w/S
- 8) FDA Holds Workshop to Discuss the Safe Use of Benzodiazepines
- 9) Coronavirus (COVID-19) Update: October 26, 2021
- 10) Coronavirus (COVID-19) Update: October 29, 2021
- 11) FDA Authorizes Pfizer-BioNTech COVID-19 Vaccine for Emergency Use in Children 5 through 11 Years of Age
- 12) Outbreak Investigation of Salmonella Oranienburg: Whole, Fresh Onions (October 2021)
- 13) Should You Give Kids Medicine for Coughs and Colds?
- 14) Bobo's Issues a Voluntary Allergy Alert on Undeclared Peanuts in Almond Butter Bars
- 15) Cedar's Mediterranean Foods Issues Allergy Alert on Undeclared Pine Nut in 10 Oz. Organic Mediterranean Hommus



VFW Urges Navy to Honor Hero

VFW National Commander Matthew “Fritz” Mihelcic sent a letter urging Secretary of the Navy Carlos Del Toro to name the newest commissioned surface ship the “USS Telesforo Trinidad” after a sailor who earned the Medal of Honor for his heroic actions on Jan. 21, 1915. Fireman Second Class Telesforo de la Cruz Trinidad is the only Filipino in the U.S. Navy to have received this award. “The high honor of naming United States Navy ships is the prerogative of the Secretary of the Navy,” Mihelcic wrote, “and there is no ship in the United States Naval fleet with a name that recognizes the Asian Pacific Islanders legacy and their unique alliance forged in war and peace.” [Read more.](#)



House Holds Hearing on Pending Legislation

The House Veterans’ Affairs Subcommittee on Disability Assistance and Memorial Affairs held a hearing on pending legislation focused on survivor benefits, VA disability claims for military sexual trauma, and fiduciary program improvements. Included in the discussion was [H.R. 3402](#), the Caring for Survivors Act of 2021. This bill concerns a VFW priority issue and would increase the Dependency and Indemnity Compensation (DIC) to 55%, making it the same as what other federal survivor programs offer. [Read VFW testimony.](#)

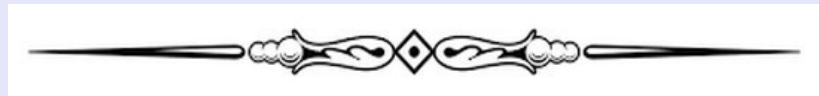


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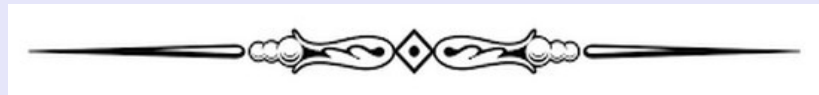
House Passes Bill to Give Medal to Service Members Killed in Afghanistan

The House unanimously passed a bill (H.R.5142) to posthumously award the Congressional Gold Medal to the 13 U.S. troops killed in a bomb blast outside the Hamid Karzai International Airport, Kabul. Eleven Marines, one Navy sailor and one Army soldier died from the explosion set off by a suicide bomber near the airport on August 26, 2021. In addition, 18 U.S. service members were injured. The bill sponsored by Rep. Lisa McClain (Mich.) will go to the Senate for further consideration.



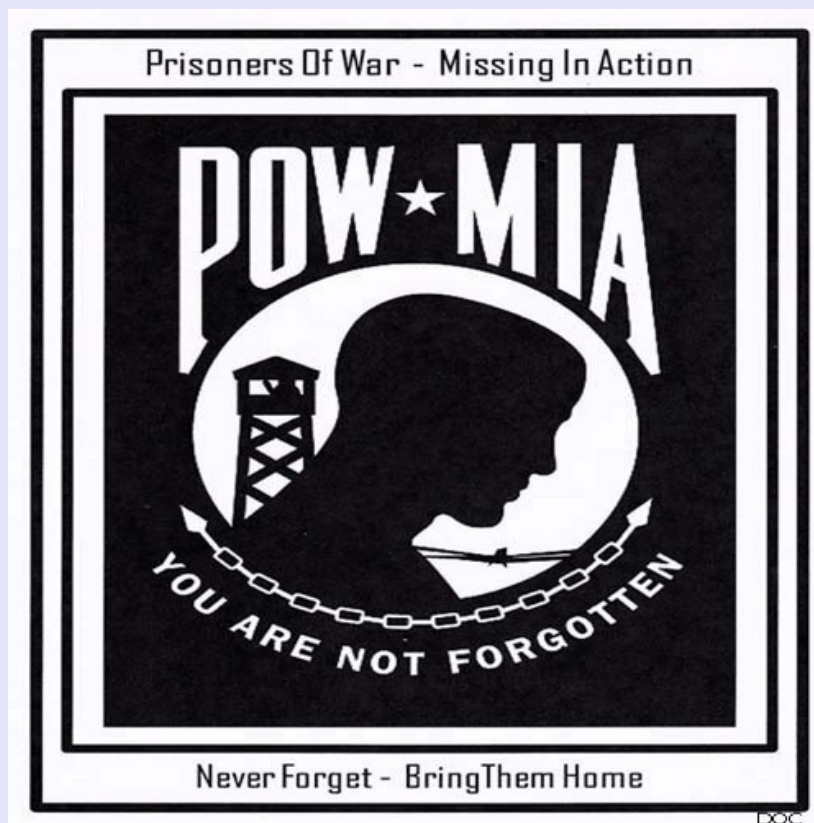
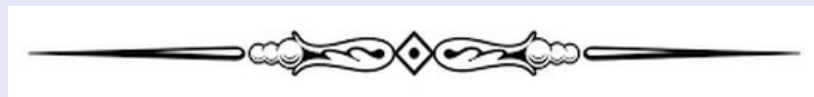
Changes Coming to TRICARE Pharmacy Network

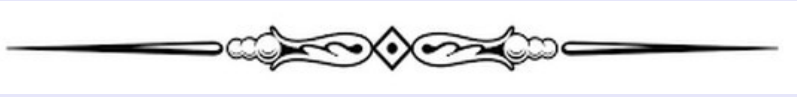
After three years, Walmart is leaving TRICARE's pharmacy network - a departure that pharmacy benefit manager Express Scripts Inc. says is a result of the retail giant's reluctance to offer "more highly competitive discounts" to military health beneficiaries. At the same time, CVS Pharmacy will return to the TRICARE network after a five-year pause. Also, effective Dec. 15, 2021, Sam's Club will no longer be a part of the TRICARE pharmacy network, and CVS will be included among the list of network retail pharmacies where TRICARE users can fill their prescriptions. There are more than 56,000 pharmacies in the retail TRICARE pharmacy network. For more information on the network [go online](#).



VA will Start Collecting Over-payment and Medical Co-pays

The Department of Veterans Affairs (VA) is restarting over-payment notices for new debts and debts that were paused during the COVID-19 pandemic from April 6, 2020, through Sept. 30, 2021. Although debt collections and collections on medical copayments restarted on Oct. 1, 2021, VA will not begin to deduct debts from benefits payments until January 2022. Options to request debt relief due to financial hardship will be included in debt notification letters that will be sent to veterans. For more information, read the press [statement online](#).





New 58-bed Tulsa VA hospital scheduled to open in 2024

New Tulsa hospital will expand services in Tulsa metro area and northeast Oklahoma. About 72% of area Veterans live in the Tulsa metro area.

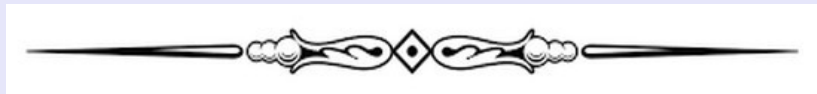
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#VeteranOfTheDay Army Veteran Bernadette Agnes Payla Miller

Today's #VeteranOfTheDay is Army Veteran Bernadette Agnes Payla Miller, who served as a nurse in a field hospital during the Vietnam War

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Caregivers have been overlooked, those days are over, VA secretary says

Caregivers have been overlooked by VA over the years, but those days are over, VA Secretary Denis McDonough said Oct. 29. Speaking at the Elizabeth Dole Foundation's Sixth Annual National Convening, McDonough said one of VA's most important jobs is to support caregivers.

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Million Veteran Program – 10 years, 850,000 Veterans and one dream to revolutionize health care

Million Veteran Program – After 10 years, nearly a million volunteer Veterans have joined VA scientists to change the future of health care.

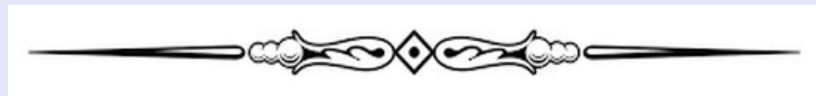
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Staying Warm this Winter with Government Assistance

Staying warm through cold weather is an essential need that may cause financial stress for families. However, there are government assistance programs designed to help. These programs can help you keep the heat on for you and your family while also managing the cost.

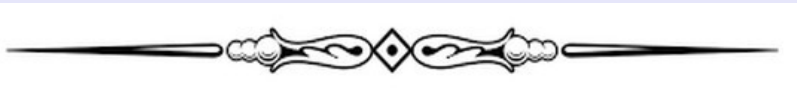
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Supporting Students and Teachers with Benefits.gov

Whether you are a student, parent, or teacher, Benefits.gov has information on resources to help you and your family succeed in the classroom.

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Cochlear Implant at New Orleans VA brings the gift of sound

Cochlear implant is improving the hearing of Army Veteran, 81, who was deafened for a week when his ears were punctured from gun explosives.

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#VeteranOfTheDay Navy Veteran Roy Voris

Today's #VeteranOfTheDay is Navy Veteran Roy Voris, who served as a fighter pilot during World War II and founded the Navy Blue Angels.

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The Defense POW/MIA Accounting Agency announced seven burial updates and three 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:

Army Staff Sgt. William R. Linder, 30, Piedmont, South Carolina, was assigned to Company E, 12th Infantry Regiment, 4th Infantry Division. He was reported missing in action on Nov. 16, 1944, after his unit was part of the Hürtgen Forest offensive, near Hürtgen, Germany. Following the battle, his remains could not be recovered. He will be buried Oct. 29, 2021, in Anderson, South Carolina. [Read about Linder.](#)

Army Pvt. Emmet W. Schwartz, 24, of Dover, Ohio, was assigned to Company F, 2nd Battalion, 121st Infantry Regiment, 8th Infantry Division. He was reported killed in action on Dec. 27, 1944, by an artillery blast while his unit was part of an effort to capture Obermaubach, Germany. Following the battle, his remains could not be recovered. He will be buried Nov. 18, 2021, in New Philadelphia, Ohio. [Read about Schwartz.](#)

Navy Fireman 1st Class James O. McDonald, 25, of Levelland, Texas, 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 McDonald. He will be buried Jan. 19, 2022, at the National Memorial Cemetery of the Pacific in Honolulu. [Read about McDonald.](#)

Navy Seaman 1st Class Walter C. Stein, 20, of Cheyenne,

Wyoming, 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 Stein. He will be buried on March 23, 2022, at Arlington National Cemetery in Arlington, Virginia. [Read about Stein.](#)

Army Cpl. Robert C. Agard, Jr., 19, of Buffalo, New York, was assigned to 2nd Platoon, 24th Reconnaissance Company, 24th Infantry Division. He was reported missing in action on July 19, 1950, while conducting a night recon patrol with his unit near Tejon, South Korea. Following the war, his remains could not be identified. He will be buried May 30, 2022, in Elmira, New York. [Read about Agard.](#)

Navy Mess Attendant 1st Class Octavius Mabine, 21, of Portsmouth, Virginia, 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 Mabine. He will be buried at Arlington National Cemetery in Arlington, Virginia. The date has yet to be determined. [Read about Mabine.](#)

Navy Ship's Cook 1st Class Rodger C. Butts, 47, of Portsmouth, Virginia, 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 Butts. He will be buried in Newton, Pennsylvania. The date has yet to be determined. [Read about Butts.](#)

Navy Fireman 2nd Class Edward E. Casinger, 21, 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 Casinger. Interment services are pending. [Read about Casinger.](#)

Navy Fireman 1st Class Hal J. Allison, 21, 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 Allison. Interment services are pending. [Read about Allison.](#)

Army Sgt. Howard R. Belden, 19, was assigned to Headquarters and Headquarters Company, 31st Infantry Regiment, 7th Infantry Division. He was reported missing in action on Dec. 1, 1950, when his unit was attacked by enemy forces near the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered. Interment services are pending. [Read about Belden.](#)



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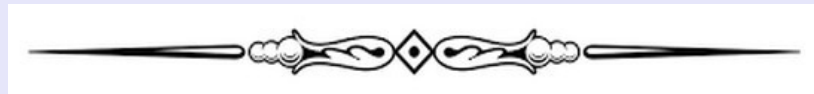
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