



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, November 21, 2021

Volume 12, Issue 47



This-N-That

Good evening Jim,

In this newsletter there are many articles to read regarding maternity, mental health, smoking, COVID, CPAP's, work therapy, employment, drug disorders, and Caregivers, etc., hope you find something of interest to you.

Those who have sleep apnea and use a CPAP machine and checked to see if their machine was on the list to potentially be replaced, finally the FDA has done an assembly plant inspection many months after Philips issued a nationwide recall.

I don't have any hard-core answers yet as to when our machines will be replaced, but I am among all of those who

need these machines and on the waiting list as well.

I will be contacting Philips this week to see if I can get answers, all I know at this point was that replacements had to be approved by the federal government and sadly that's all I know at this point.

In this newsletter there are also a few pieces on legislation currently being backed, as well as legislation that has passed, and I've edited out of the TAKE ACTION list items that have passed to help keep it current and up to date.

Holidays are just around the corner, and is the hardest time of year for many Veterans, especially our single Veterans, so, I'd like to ask that everyone do buddy checks on your fellow warriors who might be in need.

We need to reach out, make sure they're ok, offer assistance if needed, even invite to Thanksgiving dinner if you're able to.

Renewing connections can make all the difference in the world!

I've had to give a lot of thought about asking for help which I almost never do, but I've been covering all operational expenses out of my personal pocket to be able to continue to bring you the newsletter, maintain the website as well as the phone and fax line.

I've been doing this for many years now so I could continue to maintain and continue keeping my promise to dad to educate, provide information, documentation, etc., but, my personal health has been affected right along with many of you and I've had to greatly reduce the number of accounting clients I have

for not being able to sit at my desk 14+ hours a day.

Costs that I have been maintaining monthly are:

Newsletter: \$29.99

Website: \$49.99

Phone Line: \$49.95

Fax Line: \$49.95

I know the total isn't a huge amount only \$180.00 per month, but sadly I do need help in order to continue to provide all that people need.

I'm asking anyone who can help, this is NOT a charitable contribution, just a contribution toward operational expenses, and it's not tax deductible.

If you're able to provide any assistance, it would be tremendously appreciated. And you can do so by clicking on the link below:

[https://www.paypal.com/donate?
hosted_button_id=Q8CG7E6DL9R9W](https://www.paypal.com/donate?hosted_button_id=Q8CG7E6DL9R9W)

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.

If you choose to create an account to access more information, please keep in mind not to use your E-Mail address as a user ID, and that the system is case sensitive. Neither the

webmaster or myself have access to password information as it's 132-bit DoD level security encoded. But, if need be, we can change it for you.

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

Respectfully,

Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org



Legislative Updates

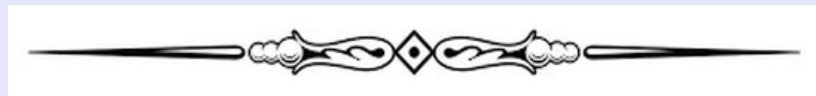
TREA has endorsed several pieces of important legislation over the past few weeks, including:

H.R.2196 - The Justice for Servicemembers Act: This bill will empower servicemembers and their families against the adverse practice of forced arbitration, a much too common dispute process that strips our servicemembers of their afforded rights under the Servicemembers Civil Relief Act (SCRA) and the Uniformed Services Employment and Reemployment Rights Act (USERRA). Forced arbitration is a one-sided, non-transparent process in which servicemembers have very little chance at achieving a favorable outcome when their rights and protections set forth under these federal laws are violated.

H.R. 3866 - The Hear Our Heroes: This bill will provide crucial health benefits for veterans that were injured during their

service for our country. Specifically, the legislation would help veterans suffering from tinnitus or hearing loss obtain medical care through the VA by providing a presumption of service-connection in certain veterans for purposes of wartime disability compensation. Currently, hearing loss and tinnitus are the fastest growing post-war disabilities among veterans, with over 3 million receiving benefits from VA.

H.R. 3321 - The Credit for Caring Act: This bill would create a new, non-refundable federal tax credit of up to \$5,000 that would help eligible working veterans, military, and other caregivers address the financial challenges of caregiving. This credit would provide critical financial relief to a broad population of hidden heroes that may or may not qualify for support for VA or the DOD but nevertheless incur personal expenses to provide care and support to those who depend on them.



VA updates disability rating schedules for genitourinary and cardiovascular systems

The latest update in the VA Schedule for Rating Disabilities (VASRD) at Title 38 Code of Federal Regulations is for genitourinary and cardiovascular regulations. The newest regulations take effect on Nov. 14.

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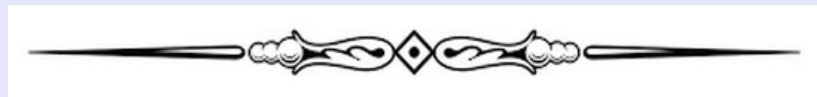


Military Veterans Advocacy

Military Veterans Advocacy is offering some free memberships for those who are struggling to get their claims through, are having financial difficulties. Annual dues are \$25.00 per year. Our organization includes special sections, Blue Water Navy, Veterans of Southeast Asia, Central Pacific Islands, Veterans of Panama Canal Zone, and Okinawa. We have gift members available which can be paid by your fellow brother or sister Veterans. Gift members are kept confidential. Click [HERE](#) and help a Veteran.



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



#VeteranOfTheDay Army Veteran Demetrius A. Ball

Today's #VeteranOfTheDay is Army Veteran Demetrius A. Ball, who served as a field artillery officer during Operation Iraqi Freedom.

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Veteran moms-to-be in Michigan learn about cooking healthy meals

Battle Creek VA offers program for new or expectant mothers to learn about cooking healthier and socializing with other expectant Veterans.

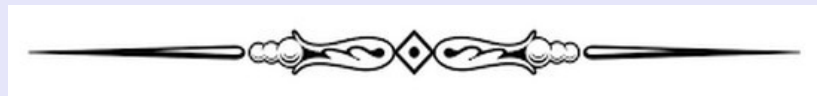
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Learn about careers caring for Veterans at these upcoming events

With the end of this year's recruitment season near at hand, our recruiters will be participating in a pair of upcoming events to recruit new members to our VA team.

[Read More](#)



Virtual events offer tangible results

The Department of Veterans Affairs continues to expand offerings to Veterans by working with partner organizations from state and local communities to host virtual events through Virtual Veterans Experience Action Centers or V-VEACs. And while these events are virtual, the impacts are very real to the Veterans, family members, caregivers, and survivors who benefit from [...]

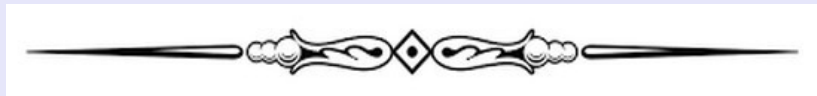
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Newborn Outcomes Among Veterans Utilizing VHA Maternity Benefits, 2016-2020

Kinney RL, Copeland LA, Kroll-Desrosiers AR, Walker L, Marteeny V, Mattocks KM. Newborn Outcomes Among Veterans Utilizing VHA Maternity Benefits, 2016-2020. Mil Med.

[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, one in a light blue shirt and glasses, and another in a dark sweater, standing together. The text is in blue and black, with a white background for the text area.

Posttraumatic Stress Symptom Severity Mediates the Relationship Between Military Sexual Trauma

...

Hannan SM, Thomas KB, Allard CB. Posttraumatic Stress Symptom Severity Mediates the Relationship Between Military Sexual Trauma and Tension Reduction Behaviors in Male and Female Veterans.

[Read More](#)



Sex differences in predictors of recurrent major depression among current-era military Veterans

Curry JF, Shepherd-Banigan M, Van Voorhees E, Wagner HR, Kelley ML, Strauss J, Naylor J, Veterans Affairs Mid-Atlantic MIRECC Women Veterans Work Group; Veterans Affairs Mid-Atlantic MIRECC Work Group. *Sex differences in predictors of recurrent major depression among current-era military Veterans.*

[Read More](#)



Sex-specific differences in physical health and health services use among Canadian Veterans: a

...

St Cyr K, Aiken AB, Cramm H, Whitehead M, Kurdyak P, Mahar AL. Sex-specific differences in physical health and health services use among Canadian Veterans: a retrospective cohort study using healthcare administrative data. *BMJ Mil Health*.

[Read More](#)



Suicide among Scottish military Veterans: follow-up and trends

Bergman BP, Mackay DF, Pell JP. Suicide among Scottish military Veterans: follow-up and trends.

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Veteran and DAV volunteer leader uses VA virtual tools to help fellow Veterans

Army Veteran overcame hurdles transitioning from military to civilian life. She is now a DAV volunteer leader in the Veteran community in Connecticut.

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#VeteranOfTheDay Air Force Veteran Tillie Smith

During National Native American Heritage Month, today's #VeteranOfTheDay is Air Force Veteran Tillie Smith, who served for six years as a mechanic.

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Know the Warning Signs **It Matters.**

Sometimes, a crisis may involve thoughts of suicide. Learn to recognize these warning signs:

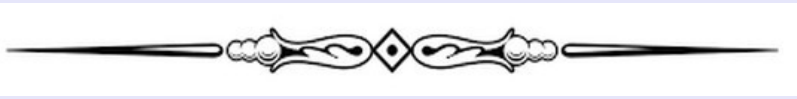
- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

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**

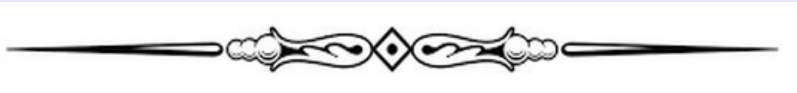




Farms and Gardens Program is therapeutic outlet for Wisconsin Veterans

The Farms and Gardens program at Madison VA encourages Veterans to use gardening as a productive outlet to help maintain a fulfilling life.

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#VeteranOfTheDay Navy Veteran Harry Beal

Today's #VeteranOfTheDay is Navy Veteran Harry Beal, who was one of the first Navy SEALs and served as an underwater demolition team instructor.

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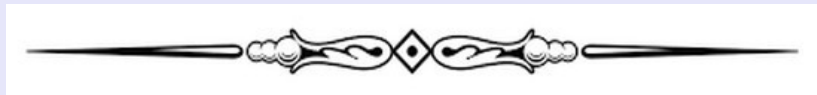




Unique opportunities: Five entry-level jobs at VA you might not know existed

While VA careers are often associated with clinical work, there are entry-level positions that fly under the radar. Is your next job among them?

[Read More](#)



#VeteranOfTheDay Comanche Code Talkers

Today's #VeteranOfTheDay honors the Comanche Code Talkers who served as communication specialists during World War II battles in Europe. Code Talkers were indigenous peoples who used their tribal languages to communicate across the battlefield. During World War II, the U.S. military recruited many different tribes to serve as Code Talkers for all branches of service.

We honor their service.

[Read More](#)



Live Whole Health #96: Turning off the autopilot

How much of your life is on autopilot? According to a study of people who were asked to keep daily diaries, up to 45% reported that their activities were habits they performed almost daily and usually in the same location. In other words, almost half of their lives occurred without them thinking about it.

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Study: Smoking increases risk of death for Veterans with COVID-19

COPD is a group of respiratory diseases that limit airflow and make it hard to breathe. It's usually linked to an abnormal inflammatory response in the lungs to noxious particles or gases, such as cigarette smoke.

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[Links to Other Stories](#)

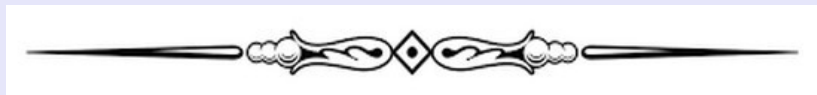
- 1) Philips CPAP recall gets FDA update following facility inspection
- 2) This State Has the Best Benefits for Veterans
- 3) A WWII Veteran's Purple Heart was returned to his sons 35 years after his death
- 4) Biden praises Vets; study set on service-tied toxins
- 5) 100-year-old WWII Veteran receives almost 800 birthday cards: 'It's been amazing'
- 6) Brooklyn neighborhood surprises World War II Veteran with tokens of appreciation
- 7) Cybersecurity education company touts 3 to 6 month program for unemployed Veterans
- 8) Home Depot Foundation surpasses \$400M investment in Veteran causes
- 9) Oklahoma Guard goes rogue, rejects COVID vaccine mandate after sudden change of command
- 10) WWII Vet, Who Was Among First to Free Prisoners at Concentration Camps, Turns 100
- 11) Pvt. Albert Hall died alone, his ashes unclaimed. He'll receive full military honors this week
- 12) Vets get a big jump in retirement pay to help fight inflation
- 13) US legislation banning 'forever chemicals' far from certain as Senate fight looms
- 14) Not Only a Golden Girl, Bea Arthur Was Staff Sergeant During World War II
- 15) The Wounded Warrior Experience: How Veterans are coping with the withdrawal from Afghanistan
- 16) Vietnam Veteran recognized for his service 50 years later
- 17) Marine Veteran pleads guilty to \$2 million fraud scheme involving bogus 'rescue ops'



VA woman Veteran author: Navy Veteran Dianna Good Sky

Author and Navy Veteran Dianna Good Sky wrote "Warrior Spirit Rising, a Native American Spiritual Journey" about love, faith, and forgiveness. This month's author is Navy Veteran Dianna Good Sky. She took an early retirement from the Navy in 1995, after serving 15 years. She wrote "Warrior Spirit Rising, a Native American Spiritual Journey," as part of her personal healing journey through PTSD from military sexual trauma.

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Joseph Medicine Crow: Bacheitche

Joseph Medicine Crow served with the U.S. Army during World War II. During his service, he fulfilled four war deeds and became the last Crow Nation war chief. Joseph Medicine Crow was born into a family of great Crow warriors in October 1913, on the Crow Indian Reservation in Montana. His grandfathers – White Man Runs Him and Medicine Crow – were his sources of early inspiration.

[Read More](#)

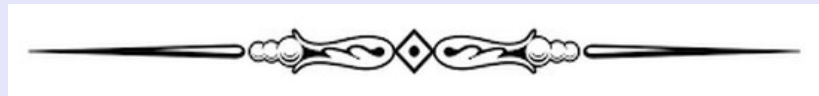


#VeteranOfTheDay Army Air Forces Veteran Gus Palmer Sr.

During Native American Heritage Month, today's #VeteranOfTheDay is Army Air Forces Veteran Gus Palmer Sr., a World War II B-17 waist gunner. Gus Palmer Sr. was born in Redstone, Oklahoma, and was a member of the Kiowa tribe. In April 1944, he enlisted and after basic training, went to the 413th Bomber Squadron as part of the 96th Bomber Group.

We honor his service.

[Read More](#)



A Compensated Work Therapy success story: From cleaning bathrooms to running a National Cemetery

Before Victor Vasquez became the cemetery director of Santa Fe and Fort Bayard National Cemeteries in New Mexico, he joined the Navy for adventure and travel. He enlisted as a hospital corpsman and was stationed with Marines most of the time.

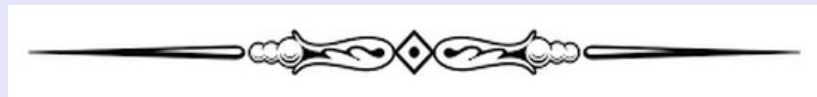
[Read More](#)



America250: Army Veteran Ernest Childers

This week's America250 salute is Army Veteran Ernest Childers, who was the first Native American to receive a Medal of Honor during World War II. Ernest Childers was a member of the Creek Nation who lived in Broken Arrow, Oklahoma. His father died when he was 12, and Childers learned to hunt to provide for his family, which helped him perfect his sharpshooting.

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#VeteranOfTheDay Army Veteran Woodrow W. Keeble

During National Native American Heritage Month, today's #VeteranOfTheDay is Army Veteran Woodrow W. Keeble, a Korean War Medal of Honor recipient. Woodrow Wilson Keeble was born May 1917, in Waubay, South Dakota, on the Sisseton-Wahpeton Sioux Reservation. He moved to Wahpeton, North Dakota, and attended the Wahpeton Indian School, now called the Circle of Nations School.

We honor his service.

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HUD-VASH program provides comprehensive care for aging Veterans facing homelessness

A chat with a Veteran at a food bank led this Marine Veteran to the HUD-VASH program. It improved his living conditions almost overnight.

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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

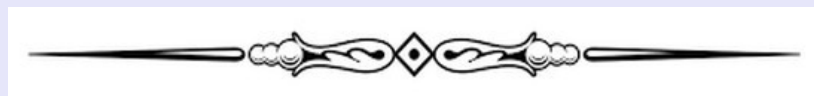
InTransition
1-800-424-7877

Office of Warrior Care Policy

warriorcare.dodlive.mil/

Military One Source 1-800-342-9647

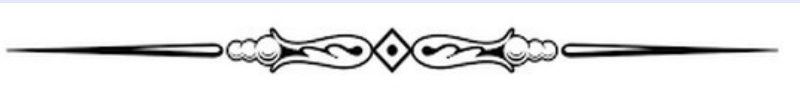
**Tragedy Assistance
Program for Survivors
[TAPS]**
1-800-959-8277



#VeteranOfTheDay Army Veteran Howard Knotts

Today's #VeteranOfTheDay is Army Veteran Howard Knotts, who became a prisoner of war after his plane was shot down during World War I.

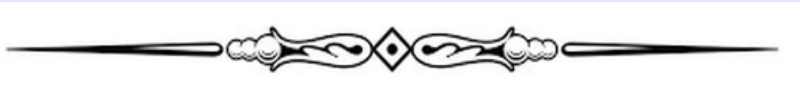
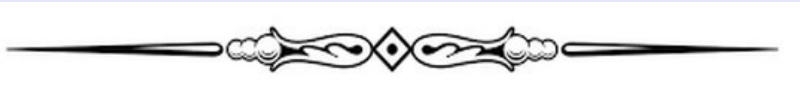
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Birmingham VA patient escort saves life, attributes his training and resilience

VA patient escort Ryan Davis performed emergency CPR on an unresponsive resident. Davis lost his wife earlier to COVID and felt her looking down.

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VHA Innovation Experience 2021 breaks boundaries with Veteran-impacting innovation

Want to know how the VHA Innovation Experience 2021 breaks boundaries with Veteran-impacting innovation?

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Free robotic companion pets for Veterans with dementia in the DC area

At this time only Veterans with dementia who live in the District of Columbia, Northern Virginia (Arlington County, Fairfax County, Loudoun County) and Maryland (Montgomery County, Prince Georges County) are eligible to receive a free companion robotic pet. Veterans suffering from dementia can now receive free companion robotic pets through Capital Caring Health. Families within Capital [...]

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Vets First Podcast S:2 E:5: Learning about drug use disorders from origin to treatment

In the fifth episode of season two of Vets First Podcast, hosts Levi Sowers and Brandon Rea discuss drug use disorders from origin to treatment.

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NDAAs Slow Down in Senate

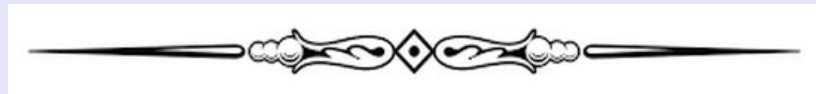
Progress on the National Defense Authorization Act (H.R.4350) slowed as Senate leaders attempted to expand the scope of the bill to include trade policy with China. There are 945 Senate floor amendments that have been filed for consideration. Votes on hundreds of amendments are expected to extend into the weekend. Several of these amendments are supported by FRA. The amendments include:

- Sen. Jon Tester's (Mont.) amendment with the provisions of the "Major Richard Star Act" (S.344) that expands concurrent receipt to include Combat-Related Special Compensation (CRSC) beneficiaries who are medically retired with less than 20 years of service;
- Sen. Rob Portman's (Ohio) amendment with provisions of the "Military Retiree Survivor Comfort Act" (S.1669) that would authorize the retention of the full final month's retired pay by the surviving spouse for the month in which the member was alive for at least 24 hours;
- Sen. Lankford's (Okla.) amendment repealing the 180-day delay for retirees applying for Defense Department civilian positions GS-13 and below;
- Sen. Richard Blumenthal (Conn.) amendment to require a joint report from DoD and the VA to designate the next national cemetery that affords full military honors as Arlington National Cemetery reaches capacity and directs DoD to not change ANC eligibility until after the report is submitted; and
- Sen. Richard Blumenthal (Conn.) amendment to prohibit forced arbitration provisions in financial contracts for service

members and re-employment disputes for reserve component members.

The House recently passed its version of the FY2022 National Defense Authorization Act (NDAA). Once both chambers pass their version of the NDAA a conference committee will be appointed to resolve the differences and create a final bill. This bill will be voted on by each chamber and if approved will be sent to the President to be signed into law or be vetoed.

Everyone is strongly urged to use the FRA [Action Center](#) to weigh in on these Senate amendments.



Share some cheer with a fellow Veteran for the Holidays

Veterans can share some cheer with a fellow Veteran this holiday season by sending a creative note letting them know they're not alone.

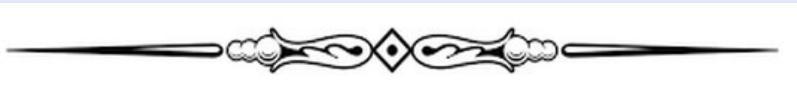
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Commander Ernest E. Evans: Down with the ship

Cmdr. Ernest E. Evans captained the USS Johnston which sank during the Battle of Leyte Gulf. For his actions, he was posthumously awarded the Medal of Honor.

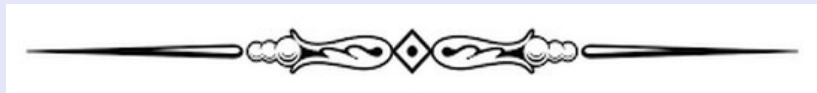
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#VeteranOfTheDay Navy Veteran Howard "Ken" Potts

Today's #VeteranOfTheDay is Navy Veteran Howard "Ken" Potts, who served on USS Arizona during the attack on Pearl Harbor Dec. 7, 1941.

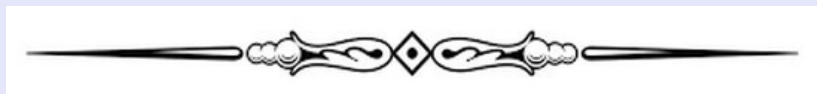
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Don't quit trying. Try quitting with VA – and staying smoke-free

The Great American Smokeout is Nov. 18. VA encourages Veterans to learn about its many resources to help them quit smoking.

[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 11/20/21)

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

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

Safe Travel Act

19. HR 1355 and S 454. These companion bills will provide health care and benefits to Veterans who were exposed to toxic substances while serving as members of the Armed Forces at Karshi Khanabad Air Base, Uzbekistan.
20. Support Repeal of TRICARE Select Enrollment Fee
21. HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed
22. Please Support S. 344, the Major Richard Star Act
23. Support the Military Retiree Survivor Comfort Act
24. S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021
25. HR 109 Establish an Advisory Committee on Implementation by the DVA of an electronic health record
26. HR 2372 and S 952 will Provide for Presumption of Service Connection for certain diseases associated with exposure to toxins
27. Please Ask you Senator to support S.952 the Warfighters Act
28. Support Improving VA Homelessness Program
29. S. 976, Caring for Survivors Act of 2021
30. H.R. 303, the Retired Pay Restoration Act
31. H.R. 912, American Indian and Alaska Native Veterans Mental Health Act
32. S. 976, the Caring for Survivors Act of 2021
33. HR 2269 and S 657 cover herbicide exposure in Thailand
34. Bipartisan Bill Introduced to Help Military Survivors
35. Legislation asks for Study of Involuntary Discharges for Women
36. H.R. 2436, the Veterans Burn Pit Exposure Recognition Act
37. H.R. 958—the Protecting Moms Who Served Act

38. HR 2127 and S 927, the TEAM bills Veterans Exposed to Toxic Substances
39. Ask your Senator to Support S.1520 Military Justice Improvement Act
40. Ask your member to support S.810 and H.R. 1972 The Fair Care for Vietnam Veterans Act of 2021
41. Ask your member and senator to support HR 2580 and S 1151 to provide for a presumption of service connected disability for certain Veterans who served in Palomares, Spain, and for other purposes
42. "Bold New Plan" for Veterans Toxic Exposure (S. 927/H.R. 2127)
43. Ask your Senator to Support S.1520 Military Justice Improvement Act
44. HR 855, VETS Safe Travel Act
45. HR 3368, the Guam, American Samoa, and Johnston Island bill
46. H.R. 2521, Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2021
47. H.R. 1273, the Vietnam Veterans Liver Fluke Cancer Study Act
48. H.R. 2968, the Military and Veteran Student Loan Relief Act
49. H.R. 845, the VA Billing Accountability Act
50. Comprehensive Toxic Exposure Bill Introduced in House
51. Action Alert: Tell Congress to Support the COST of War Act and the Honoring our PACT Act!
52. HR 303 and S 1147 The Retired Pay Restoration Act
53. Ask Your Legislators to Support Concurrent Receipt Reform HR-1282
54. HR 1656 TREAT PTSD Act
55. S. 1664, the Post-Traumatic Stress Disorder (PTSD) Processing Claims Improvement

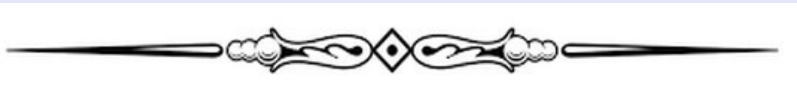
56. H.R. 2724 — VA Peer Support Enhancement for MST Survivors Act
57. Please Support H.R. 3452 —Veterans Preventative Health Coverage Fairness Act
58. HR 2192, The Camp Lejeune Justice Act of 2021
59. HR 5026, The Panama Canal Zone Veterans Act of 2021
60. HR 3368, HR 5026, HR 2269, S 657 are all Toxic Exposure Bills that need special attention and more pressure to get passed!
61. H.R. 4627, Veterans' Culturally Competent Care Act of 2021
62. S. 2172, Building Solutions for Veterans Experiencing Homelessness
63. H.R. 4571, the SERVICE Act of 2021
64. H.R. 4732, Protect Individual Unemployability Benefit for All Disabled
65. S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021
66. S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act
67. HR 852 and S 221, United States - Israel PTSD Collaborative Research Act
68. Ask Congress to Preserve Arlington National Cemetery
69. HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021
70. HR 2963, the VOW to Hire Heroes Extension Act of 2021
71. S 1970, The Clean Water for Military Families Act
72. Support S. 1198/H.R. 2819—the Solid Start Act of 2021
73. H.R. 3402/S. 976—Caring for Survivors Act of 2021
74. HR 3537 and S 1813, Accelerating Access to Critical Therapies for ALS Act
75. S. 2386/H.R. 4575, the Veteran Peer Specialist Act
76. H.R. 5721—the VIPER Act



America250: Army Veteran Tony K. Burris

This week's America250 salute is Army Veteran Tony K. Burris, who fought in the Korean War and posthumously received a Medal of Honor.

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Three ways VA is tackling the rural clinical workforce crisis

VA workforce initiatives drive providers and researchers' focus on rural Veteran health care. Rural counties experiencing employee shortages.

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Veterans stay connected with communications platform

CaringBridge helps Veterans, loved ones stay connected during health challenges with a free, easy-to-use and secure communications platform.

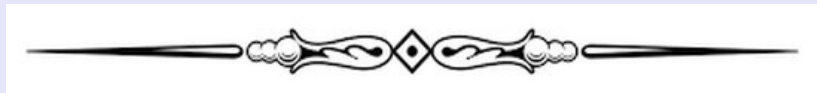
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Clarksburg VA seeks nurse managers to fill critical roles in Veteran care

The Louis A. Johnson VA Medical Center in Clarksburg, West Virginia, is actively recruiting nurse managers to fill staff vacancies.

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#VeteranOfTheDay Army Veteran Sidney C. Graves

Today's #VeteranOfTheDay is Army Veteran Sidney C. Graves, who was a two-time Distinguished Service Cross recipient in World War I.

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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



Providers: New to community care? This webinar is for you.

Are you a provider new to working with VA through its community care programs? This programs overview webinar is just for you.

[Read More](#)



Veterans, caregivers have new expanded opportunities to ask for review of PCAFC decisions

Program of Comprehensive Assistance for Family Caregivers (PCAFC) decision letters issued as of September 28, 2021, include a notice of updated review and appeal rights, VA Form 10-305: Your Rights to Seek Further Review of Program of Comprehensive Assistance for Family Caregivers (PCAFC) Decisions.

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How VA serves Native American Veterans

This November, VA celebrates Native American Heritage Month and recognizes Native American military Veterans. At VA, we are dedicated to ensuring Native American Veterans and members get the world-class benefits and services they have earned.

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Wellness Wednesday Financial Education series answers your money questions

The Wellness Wednesday Financial Education series returns on Nov. 17 to talk about taxes. The event is free, with multiple one-hour showings online.

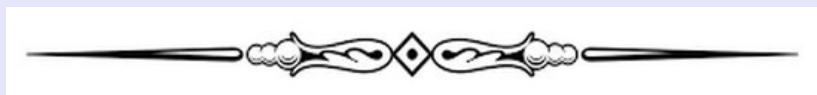
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Remains of North Texas sailor killed at Pearl Harbor laid to rest 80 years later

Harold William Lindsey joined the Navy from Waxahachie, a small town just south of Dallas, Texas. Originally from California, fate would place him on the USS Oklahoma on December 7, 1941, when the Japanese Empire attacked Pearl Harbor. Navy Seaman 2nd Class Lindsey was one of the battleship's 429 crewmembers killed in the attack. Almost 80 years later, the North Texas sailor finally returned to his family and friends.

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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!

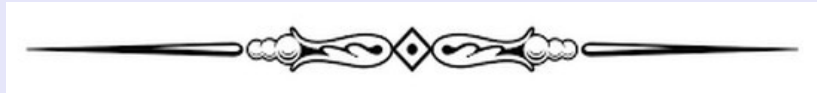
www.veterans-for-change.org



#VeteranOfTheDay Army Air Forces Veteran Jack L. Springer

Today's #VeteranOfTheDay is Army Air Forces Veteran Jack L. Springer who worked as a link trainer instructor during World War II.

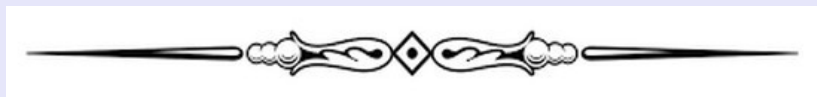
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Strength at Home: Helping Veterans communicate

The VA Strength at Home program helps Veterans who are struggling with anger in intimate relationships learn how to communicate effectively.

[Read More](#)



Veterans eligible for travel deals, airfare discounts

Veterans can now get exclusive travel deals and discounted rates through American Forces Travel. As of July 2021, all Veterans with a discharge status of honorable or general under honorable conditions are eligible to shop for a wide selection of discounted rates on hotels, air fare, rental cars, vacation packages, cruises and much more on [...]

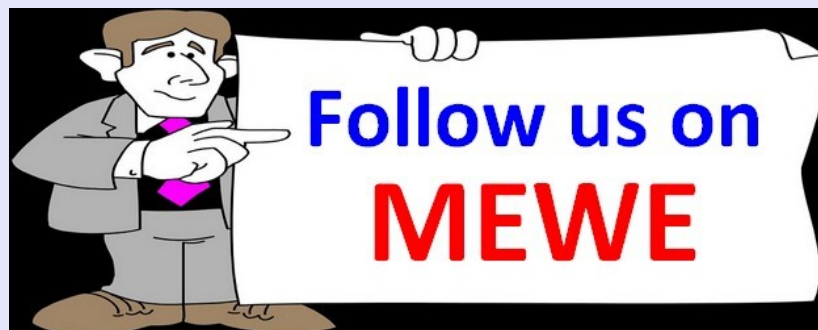
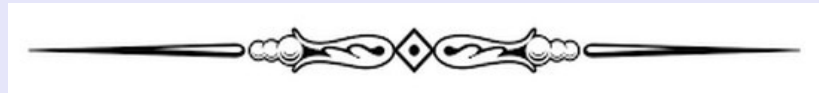
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Live Whole Health Blog #97: Loving Kindness Practice

With the holidays fast approaching, it is easy to get caught up in thinking about all the things in our lives that are just "not right."

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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.

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

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

[AMERICANS FOR SOVEREIGNTY](#)



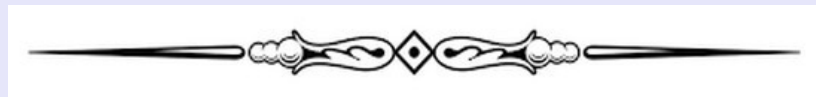
**Answering Your Questions About TRICARE
Explanation of Benefits**



Have you seen your doctor recently? If so, you should have access to an explanation of benefits (EOB). Your EOB is an itemized statement that shows the

action TRICARE has taken on claims filed by you or your provider. An EOB isn't a bill.

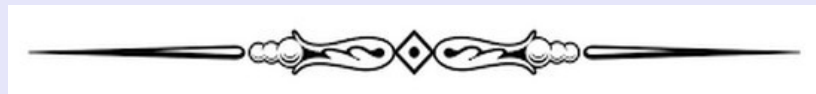
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COVID-19 Vaccine Is Now Available for Children 5 to 11

"This will help protect the whole family and slow the spread of COVID-19 in your community and household," said Amy Swarthout-Ebarb, a clinical nurse educator in San Antonio, Texas.

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MHS Administers 6 Million Doses of Vaccine Against COVID

The milestone comes as most service members and MHS beneficiaries have received at least one of the two-dose regimen required for immunization with the Pfizer-BioNTech and Moderna vaccines, or one dose of the Johnson & Johnson vaccine.

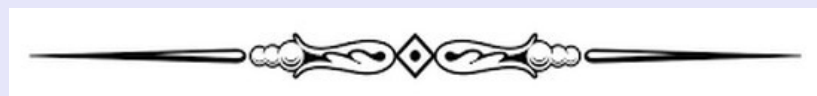
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Antibiotic Resistant Bacteria and How to Counter Them

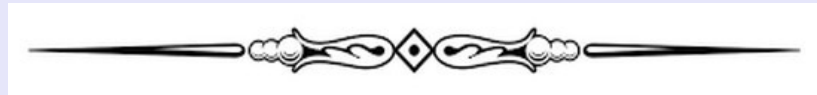
As use of life-saving antibiotics has increased around the world, some bacteria are becoming resistant to this type of medication. Those antibiotic-resistant bacteria can evolve into so-called superbugs, which can spread and become more dangerous.

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Office of Inspector General

- 1) [Drug Development: Pathway for Approving Antibacterial and Antifungal Drugs for Patients with Limited Treatment Options is Infrequently Used](#)
- 2) [VA Acquisition Management: Fundamental Challenges Could Hinder Supply Chain Modernization Efforts if Not Addressed](#)
- 3) [DOD and VA Health Care: Suicide Prevention Efforts and Recommendations for Improvement](#)
- 4) [Medicare: Information on the Transition to Alternative Payment Models by Providers in Rural, Health Professional Shortage, or Underserved Areas](#)
- 5) [Vaccine Development: Capabilities and Challenges for Addressing Infectious Diseases](#)



TRICARE Beneficiaries Ages 5-11 Now Eligible for COVID-19 Vaccine

On Nov. 2, the Centers for Disease Control and Prevention (CDC) endorsed the use of the Pfizer-BioNTech COVID-19 vaccine for

children ages 5-11. It's the latest of several important steps taken by the federal government to end the pandemic.



According to the CDC, the vaccine will reduce children's risk of severe disease, death, or long-term COVID-19 complications.

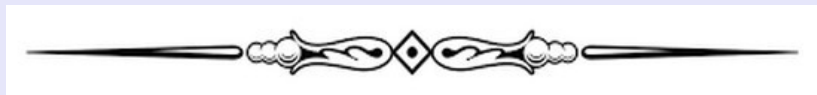
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How Maintaining Prosthetic Services Can Help Prepare for the Next Fight

"We've got to be ready for the next conflict," said John Shero, executive director of the Defense Department's Extremity Trauma and Amputation Center of Excellence. "During the period that we're in now, a time of reduced ground conflict, we've got to sustain our clinical skills in order to be able to take care of the next battlefield casualties."

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Tips for Caregivers – How to Take Care of Yourself and Avoid Burnout

More than five million people in the United States are currently serving as "informal" military caregivers.

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Their Courage, Strength and Resilience is Inspiring

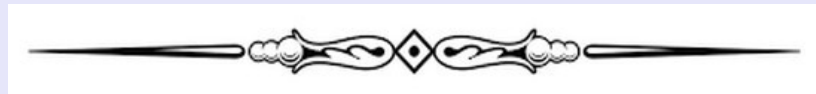
Wounded Warrior and caregiver support programs help service members, veterans, families and caregivers in rehabilitation and reintegration.

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- 1) [Coronavirus \(COVID-19\) Update: FDA Updates Test Policies to Help to Ensure Accuracy and Reliability of Tests and Increase Access to At-Home Tests](#)
- 2) [FDA Approves Treatment for Rare Blood Disease](#)
- 3) [ILG International Trading Inc. Issues Alert on Undeclared Sulfites in “Natural Delight Collection” Natural Dried Apricots](#)
- 4) [FDA Drug Shortages](#)
- 5) [Best Practices for Development and Application of Disease Progression Models](#)
- 6) [FDA Authorizes Marketing of Virtual Reality System for Chronic Pain Reduction](#)
- 7) [SterRx, LLC Issues Voluntary Nationwide Recall of Certain SterRx Products](#)
- 8) [Coronavirus \(COVID-19\) Update: November 16, 2021](#)
- 9) [What to Know About Breast Implants](#)
- 10) [Outbreak Investigation of E. Coli O157:H7 - Spinach \(November 2021\)](#)
- 11) [Ellume Recalls COVID-19 Home Test for Potential False Positive SARS-CoV-2 Test Results](#)

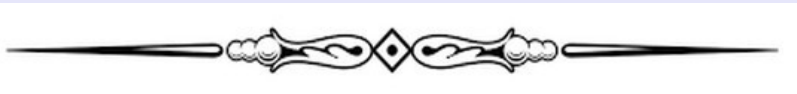
- 12) Leadless Pacing Systems: Risk of Major Complications Related to Cardiac Perforation During Implantation - Letter to Health Care Providers
- 13) FDA Pharmacists Help You Use Medicines Safely
- 14) Odor-Eaters® Issues Voluntary Nationwide Recall of Specific Lots of Odor- Eaters® Spray Powder and Odor-Eaters® Stink Stoppers® Spray Due to Benzene Contamination
- 15) Coronavirus (COVID-19) Update: FDA Expands Eligibility for COVID-19 Vaccine Boosters
- 16) FDA Approves First Drug to Improve Growth in Children with Most Common Form of Dwarfism
- 17) Spice 'N' More Corp. Issues Allergy Alert on Undeclared Peanuts in all Salma Natural Curry Powder, Salma Natural Jamaican Curry, Casablanca Natural Spices Curry Powder, and Casablanca Natural Spices Curry Jamaican
- 18) FDA is temporarily suspending certain Clozapine REMS program requirements to ensure continuity of care for patients taking clozapine



Army Recovery Care Coordinator Guides Veterans, Caregivers in Recovery

When it comes to supporting our nation's wounded service members, veterans, and their families/caregivers, Nadlyn Snape is someone you want in your corner.

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Giving Back Helps Veteran Caregiver Connect with Military Caregivers

Veteran caregiver Diane Hupko regularly volunteers to support other military caregivers and families in the Fort Drum, New York area.

[Read More](#)



Navy Wounded Warrior RSMs and Families are in Good Hands

Marine Corps veteran Dario Santana provides wounded, ill, and injured service members, with the resources to get through their recovery, rehabilitation, and reintegration with the help of Navy Wounded Warrior program.

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House Passes Veterans Legislation

The House passed several veteran's proposals that include:

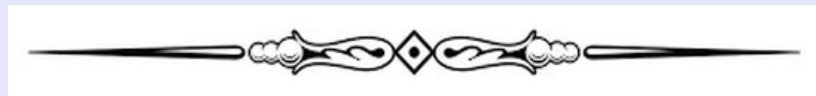
- The "Electronic Health Record Transparency Act" (H.R.4591) to require the Department Veterans Affairs (VA) to submit to Congress quarterly reports that evaluate the performance of Electronic Health Record (EHR);

- Legislation (H.R.5671) authorizing VA to furnish season flu shots to veterans;
- The "VITAL Assessment Act" (H.R.5516) to require VA to report on the Veterans Integration to Academic Leadership program and establish uniform best practices across VA medical centers for a support program for student veterans who struggle to adjust;
- The "Student Veterans Counseling Centers Eligibility Act" (H.R.4233) to require the VA to provide counseling services to veterans and service members who receive VA education benefits;
- The "Burn Pit Registry Enhancement Act" (H.R.2433) that requires VA to ensure it can record the cause of death for Iraq and Afghanistan veterans who may have been exposed to toxic chemicals from open-air burn pits;
- The "VA AIM Act" (H.R.4626) requires the VA to contract with one or more private sector entities, at least once every decade, to conduct independent assessments of VA's healthcare services;

- The "Protections for Student Veterans Act" (H.R.5603) would prohibit Academic institutions from penalizing service members who take a leave of absence or withdraw from a program due to military service and modify flight training benefits for veterans;
- The "Hire Veteran Health Hero's Act" (S.894) that requires VA to ask DoD to refer military healthcare workers to work at VA.
- Legislation (S.1031) requiring GAO to study disparities for VA benefits based on race;
- The "Protecting Moms Who Served Act" (S.796) would require a Government Accountability Office report on maternal mortality and health conditions among veterans;

- The "BRAVE Act" (H.R.147) that requires the Labor Department to provide information on registered apprenticeship programs to members of the armed services separating from active duty, and their spouses. The bill also would direct the department to coordinate with the VA to establish or update an existing public website with information on registered apprenticeship programs that are eligible for VA education benefits;
- Legislation (H.R.3730) to require the VA to establish an Advisory Committee on U.S. Outlying Areas and Freely Associated States to counsel the VA on serving veterans from U.S. territories and other insular areas. The committee would submit an annual report to the VA and Congress on recommendations for changes;
- The "VA Infrastructure Powers Exceptional Research Act" (H.R.5721) provides that the Veterans Health Administration's Office of Research and Development would be codified. The measure would also expand the VA's ability to contract for research and development and retain and recruit researchers.
- The "Tuition Fairness for Survivors Act" (S.1095) provides that under Post-9/11 GI Bill, public institutions of higher learning charge survivors the in-State tuition rate.

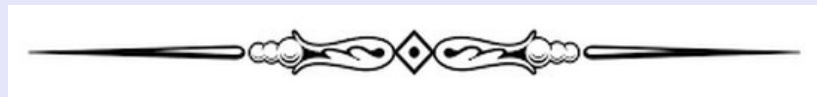
The above referenced Senate bills (S. 1095, S. 894, S.1031 and S.796) now go to the President to be signed into law. The House proposals now go to the Senate for further consideration.



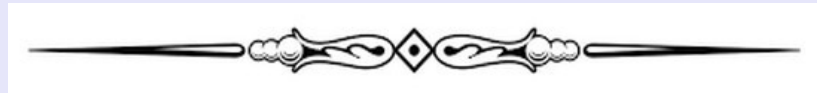
Live Whole Health Blog #97: Loving Kindness Practice

The loving kindness meditation is a practice that has shown to improve connections with others, reduce feelings of anger, and foster empathy and compassion. With the holidays fast approaching, it is easy to get caught up in thinking about all the things in our lives that are just "not right." The state of our wallets, the unfinished chores around the house, relationships that are strained. Life can be hard sometimes.

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**Veteran moms-to-be in Michigan learn about
cooking healthy meals**

From the time of the first positive pregnancy test through follow-up appointments, eligible Veterans receive full VA maternity care at their local clinic. Battle Creek VA now offers a fun new program for new or expectant mothers to learn about cooking healthier while socializing with other expectant Veterans.

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Holiday Overseas Mail Deadlines Approaching

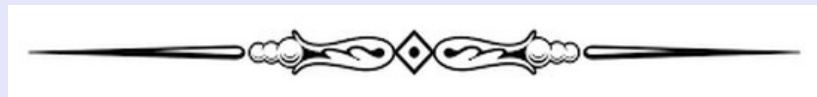
The U.S. Postal Service is preparing for more gifts to be mailed this year than usual as the COVID-19 pandemic continues to force many families to spend holidays apart. In order to ensure overseas packages are delivered before Dec. 25, it has provided the following deadlines: Dec. 9 for all Air/Army Post Office (APO), Fleet Post Office (FPO) and Diplomatic Post Office (DPO) addresses with AE Zip Codes using Priority Mail and First-Class Mail; and Dec. 16 for APO/FPO/DPO addresses using USPS Priority Mail Express (excluding ZIP 093). The Postal Service offers a free “military care kit,” which consists of the items most often requested by military families. [Read more](#) details on holiday shipping deadlines.



Veteran and DAV volunteer leader uses VA virtual tools to help fellow Veterans

Army Veteran and Disabled American Veterans (DAV) volunteer leader Juliet Taylor felt lost during the transition from military to civilian life. "I felt like I needed to jump right back into work," she said. "It was tough navigating the system." But seven years after being medically discharged from Army, Taylor is now a leader in the Veteran community in Connecticut.

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#VeteranOfTheDay Air Force Veteran Tillie Smith

During National Native American Heritage Month, today's #VeteranOfTheDay is Air Force Veteran Tillie Smith, who served for six years as a mechanic. Tillie Smith grew up in Minnesota as a member of the Fond du Lac Band of Ojibwe. As a child, she sought opportunities to spend time outside exploring nature. Smith joined the Air Force during her senior year of high school. She attended a recruitment meeting with her friend who was joining the military and wanted Smith there for moral support.

We honor your service, Tillie!

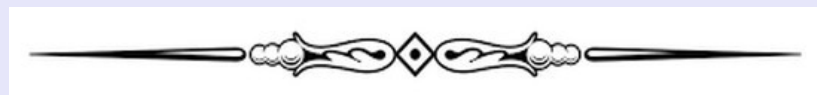
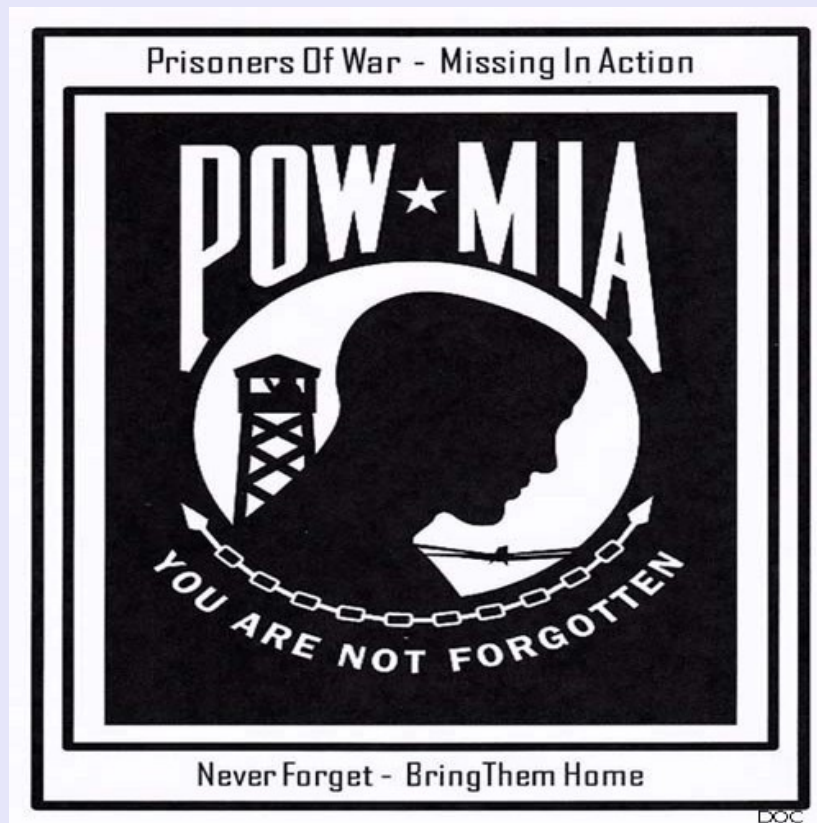
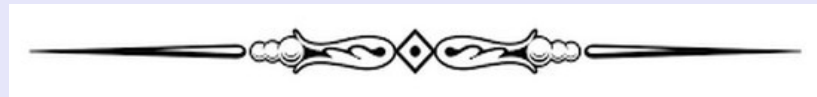
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VA creates older Veterans' social connections programs

Social isolation continues to be a challenge in the wake of COVID-19, especially for older Veterans. To lessen the risk factors, VA created the VA Connection Plans program.

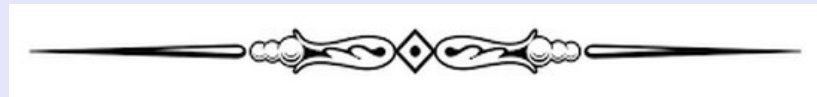
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Women on Guard – Protecting the Tomb of the Unknown Soldier

This year, Sgt. 1st Class Chelsea Porterfield became only the 5th woman to guard the Tomb of the Unknown Soldier. She was also the first woman Sergeant of the Guard. Learn more about the guard and Porterfield.

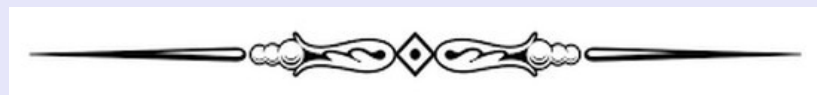
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Urgent Need for Blood Donations



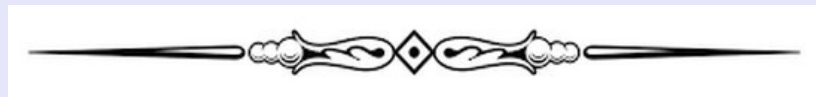
The American Red Cross has issued an emergency shortage alert and strongly urges healthy, eligible individuals who are feeling well to give blood, platelets, or plasma to help maintain a sufficient supply for those battling COVID-19, cancers, other infections, or trauma victims. Those who donate Nov. 24-28 will receive an exclusive pair of Red Cross holiday socks, while supplies last. Please schedule an appointment by using the Red Cross Blood Donor app, visiting [RedCrossBlood.org](https://www.redcrossblood.org), or calling 1.800.RED.CROSS (1.800.733.2767).



Together We Served launches new 'Veteran Finder' app for Veterans Day

Together We Served (TWS) is proud to offer all Veterans the opportunity to find and connect with people they served with using its new free 'Veteran Finder' app, which was specially designed for Android and Apple mobile phones. Based on its acclaimed "Veterans Roll of Honor" tribute website, TWS's app is a comprehensive directory of all 2.1 million Veteran members of its community website, Togetherweserved.com.

[Read More](#)



Free Tools for Veteran Job Seekers

From job placement to educational tools, GI Jobs is offering free resources to Veterans and military job seekers. Users can search for jobs, companies, schools or opportunities for entrepreneurship.

[Read More](#)



Free Career Tools for Spouses, Caregivers

Bridge my return provides transitioning service members, Veterans, their spouses and caregivers real-time matches to jobs with military-ready employers, real-world coaching advice, and a professional resume - all at no cost whatsoever.

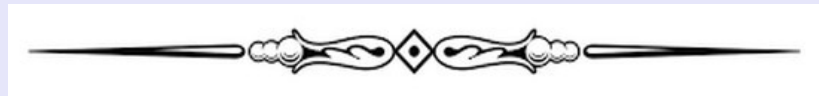
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If you received this newsletter as a courtesy or a forward from a friend or relative, you can sign up to receive in your E-mail every week.



CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER!



Veterans: Four steps to get your community flu shot

It's that time of year: flu season is here. With COVID-19 circulating in our communities, getting a flu shot is more important than ever.



In addition to your local VA medical facility, flu vaccines are available at no cost to eligible Veterans at more than 70,000 in-network community care providers nationwide.

[Read More](#)



Vets First Podcast: Two candid discussions about drug use disorders

Podcast hosts Levi Sowers and Brandon Rea interview Army Veteran Trever Siver, who candidly discusses trauma, mental health and substance use. Trever recounts his childhood, time in the Army as a cook, and his battle with addiction and journey to sobriety.

[Listen](#)



VA Women Veterans Survey

VA's Center for Women Veterans has released a women veterans' survey. It wants to hear from as many women who served as possible, regardless if they use or are enrolled for VA benefits and services. The survey takes less than five minutes. Spanish and Tagalog versions of the survey will be released in January.

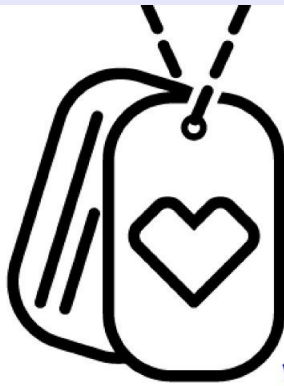
[Take The Survey](#)



How VA serves Native American Veterans

This November, VA celebrates Native American Heritage Month and recognizes Native American military Veterans. At VA, we are dedicated to ensuring Native American Veterans and members get the world-class benefits and services they have earned.

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**Our values
match yours.**



www.veterans-for-change.org

CLICK HERE TO GO TO THE VFC WEBSITE



Medicare Costs Increase in 2022

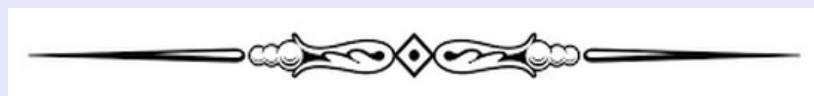
For 2022, Medicare premiums will increase an average of 14.5 percent. That means the average Medicare user will pay \$170.10 monthly, a \$21.60 increase from the 2021 average monthly premium of \$148.50.

Medicare is the federal government health insurance program for:

- People 65 years of age and older; and
- Some people with disabilities under age 65.

Members with TRICARE coverage are eligible for Medicare when they reach age 65. Beneficiaries must enroll for Medicare parts A and B before they turn age 65, even if they currently have TRICARE or some other insurance coverage. If a beneficiary does not enroll in Medicare when first eligible, they will have to pay penalties or higher rates when they do enroll.

When a TRICARE beneficiary enrolls in Medicare they are automatically enrolled in Tricare for Life, a no-cost Medicare wrap-around insurance package which pays for some things Medicare does not cover. TRICARE for Life also provides the option for beneficiaries to continue to use TRICARE's pharmacy program.

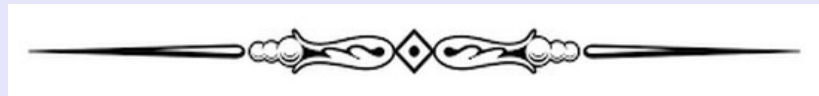


#VeteranOfTheDay Army Veteran Demetrius A. Ball

Today's #VeteranOfTheDay is Army Veteran Demetrius A. Ball, who served as a field artillery officer during Operation Iraqi Freedom. Demetrius A. Ball was born in 1979 in Ashtabula, Ohio, and was an avid football player growing up. After West Point scouts noted Ball's athletic ability, he was offered a spot on their football team and joined the military as a cadet in 1998.

We honor your service, Demetrius!

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Veteran and DAV volunteer leader uses VA virtual tools to help fellow Veterans

Army Veteran and Disabled American Veterans (DAV) volunteer leader Juliet Taylor felt lost during the transition from military to civilian life. "I felt like I needed to jump right back into work," she said. "It was tough navigating the system." But seven years after being medically discharged from Army, Taylor is now a leader in the Veteran community in Connecticut.

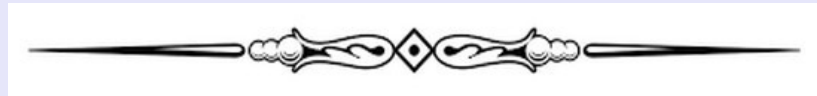
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Joseph James Clark: Native Hero

Joseph James "Jocko" Clark was born in 1893 in Pryor Creek, Cherokee Nation, as the oldest of 10 children. Clark's family owned a small farm and he spent much of his youth taking care of his siblings and the house after his mother died in childbirth. After attending classes at Halsell College in Vinita, Oklahoma, and Oklahoma Agricultural and Mechanical College, he was offered an appointment to the U.S. Naval Academy in 1913 and moved to Annapolis, Maryland. He served during both World Wars and the Korean War.

[Read More](#)

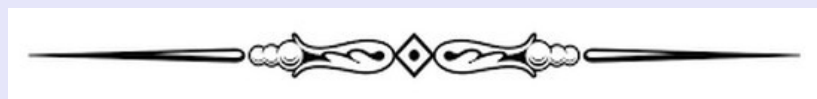


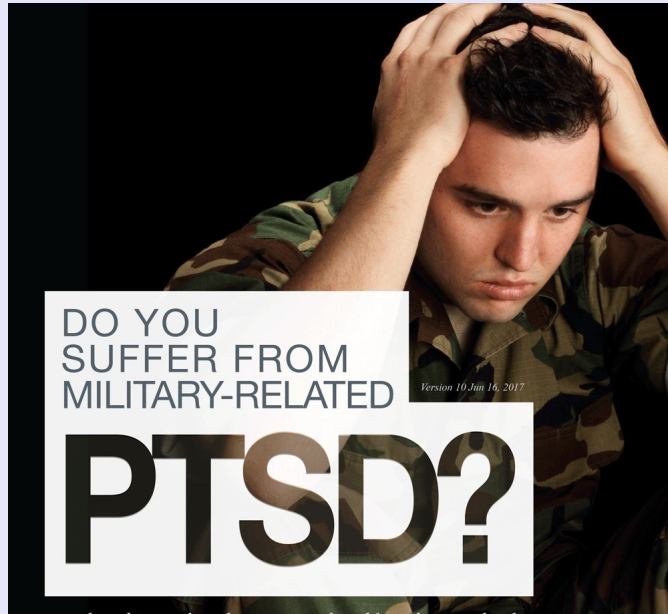
#VeteranOfTheDay Army Veteran Louis Levi Oakes

During Native American Heritage Month, today's #VeteranOfTheDay is Army Veteran Louis Levi Oakes, a Code Talker during World War II. Louis Levi Oakes was from St. Regis, Quebec, on the Canadian side of the Akwesasne Mohawk Nation. He quit school early in his life and went to work in a steel plant in Buffalo, New York. At age 18, he crossed the border into the U.S. to enlist in the Army.

We honor his service.

[Read More](#)



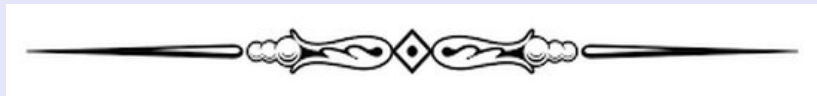


DO YOU
SUFFER FROM
MILITARY-RELATED

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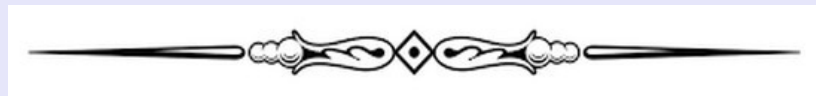
PTSD?

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



VFW Testifies Before House Subcommittees

The House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs, and Subcommittee on Health, held a joint hearing on disability claims related to military sexual trauma (MST). VFW National Legislative Associate Director Kristina Keenan testified on the need for VA to improve the quality of mental health compensation and pension exams, carefully weigh all evidence for incidents of MST, and increase resources for MST coordinators. "It is imperative that the Department of Veterans Affairs provides support for MST survivors and delivers benefits and services with dignity and respect at the forefront," said Keenan. She also stressed the need for mental health examiners to receive MST-specific training, as well as training on military culture. [Watch the hearing](#), which starts at the 03:10 mark or [read the testimony](#).



VA creates older Veterans' social connections programs

Social isolation continues to be a challenge in the wake of COVID-19, especially for older Veterans. To lessen the risk factors, VA created the VA Connection Plans program.

[Read More](#)



Unhoused to Housed: Veteran says to "Give VA a try. It works."

"Being homeless is like going to hell and back," said Warren Miller, an Army Veteran who experienced homelessness for many years until connecting with staff at the VA Greater Los Angeles Healthcare System's West Los Angeles campus. This is the story of how Miller went from unhoused to housed, thanks to a new and unique collaboration.

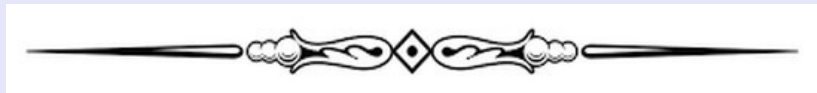
[Read More](#)



America250: Marine Corps Veteran Frederick C. Branch

Frederick C. Branch was born in Hamlet, North Carolina, as the fourth of seven brothers. He grew up in Mamaroneck, New York, and originally attended Johnson C. Smith University in Charlotte before transferring to Temple University in Philadelphia. While attending Temple University, Branch received an Army draft notice in May 1943.

[Read More](#)



Veteran Peers Help Others to Aim Toward their Goal

Using personal experiences and training to help other Veterans explore their personal goals that support what matters most, Peer Facilitators have great influence on their colleagues' Whole Health journey.

[Read More](#)



Strength at Home course helps Vets communicate

Veteran James "Groovy" Cocroft struggled with conflict and anger in intimate relationships until he took the Strength at Home course at Milwaukee VA.

"My home life is 180 degrees from where it was before," Cocroft said. "I'm able to communicate with my wife and kids. And I use the same skills interacting with other people as well. It helps me daily."

[Read More](#)

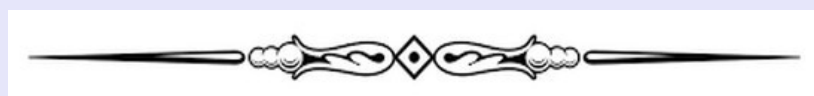


Veteran caregivers: you have more opportunities for review of PCAFC decision

Veterans and caregivers have new expanded opportunities to ask for review of the Program of Comprehensive Assistance for Family Caregivers or PCAFC decisions. If you received a PCAFC decision prior to September 28, 2021, VA will be mailing a letter notifying you of your Board appeal rights.

If you have questions about forms to request review of or appeal a PCAFC decision, call VA's Caregiver Support Line at 1-855-260-3274.

[Read More](#)



Veteran and DAV volunteer leader uses VA tools to help fellow Veterans

Seven years after Veteran Juliet Taylor was medically discharged from Army, she is now a Disabled American Veterans volunteer leader in Connecticut. Taylor draws from her experience of transitioning from military to civilian life to help Veterans navigate the VA system.

"It was tough navigating the system," she said. "I had a host of medical issues, mental health issues, and didn't know where to turn." With My HealthVet, "you can connect with your clinician and get a response in record time."

[Read More](#)



Try quitting with VA and staying smoke-free

It isn't easy to quit smoking and most people make several attempts before they're able to stop for good. But that's not a bad thing! No matter how many times it takes, VA has a range of treatment options for all Veterans who wish to quit smoking, available through all VA medical centers and community-based outpatient clinics.

Call, text, have an in-person appointment or schedule a telehealth visit with a provider for smoking cessation counseling.

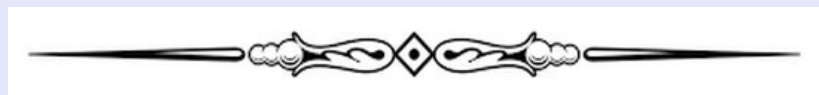
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Enjoying holiday meals – the mindful way

It is important for people with diabetes to know they can enjoy traditional holiday foods while keeping their blood sugar levels in check.

[Read More](#)



Tax & Credit Information

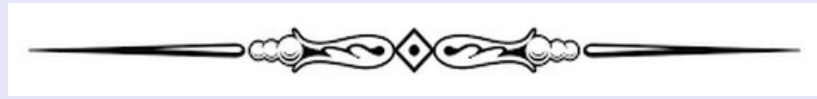


1) [Taxpayers should review disaster resources on IRS \(dot\)](#)

gov now in case they need help later

- 2) All taxpayers have the right to challenge the IRS's position and be heard
- 3) IRS grants dyed diesel fuel penalty relief in Louisiana due to Hurricane Ida
- 4) Taxpayers can find answers to questions about payments and penalties on IRS (DOT) gov
- 5) Understanding what happens after a disaster that leads to taxpayer relief
- 6) IRS: Deadline for third quarter estimated tax payments is Sept. 15
- 7) Treasury, IRS issue guidance for 2021 on reporting qualified sick and family leave wages
- 8) Tax pros: Watch for tell-tale signs of identity theft
- 9) IRS: Tax relief now available to Ida victims in New York and New Jersey; Oct. 15 deadline, other dates extended to Jan. 3
- 10) Reminder for extension filers: choose a tax preparer wisely
- 11) IRS highlights employer tax responsibilities and benefits during Small Business Week
- 12) IRS: Cost of home testing for COVID-19 is eligible medical expense; reimbursable under FSAs, HSAs
- 13) Understanding the tax responsibilities that come with starting a business
- 14) IRS recognizes Small Business Week: Resources available to help employers
- 15) IRS: Tax relief now available to Ida victims in Pennsylvania; Oct. 15 deadline, other dates extended to Jan. 3
- 16) Renewed tax credit can help employers hire workers; key certification requirement applies
- 17) New mailing address for some Western states as Fresno, California, paper tax return processing center closes
- 18) Small business owners should see if they qualify for the home office deduction

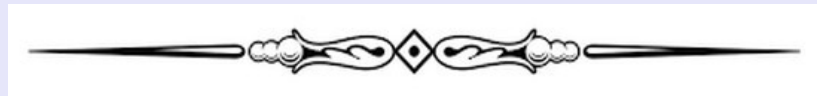
19) IRS reminds business owners to correctly identify workers as employees or independent contractors



#VeteranOfTheDay Marine Corps Veteran Steven Gonzalez

Today's #VeteranOfTheDay is Marine Corps Veteran Steven Gonzalez, who served for 12 years as a distribution management specialist and career planner.

[Read More](#)



Work that matters: Physician opportunities at VA

On VA's "Talk About It Tuesday" broadcast, Dr. Chad Kessler talked about physician opportunities and benefits of working as a VA physician.

[Read More](#)



VFW Testifies Before Senate

VFW National Legislative Director Pat Murray testified before the Senate Committee on Veterans' Affairs on pending legislation. Twenty-one bills were discussed, including expansions for Guard and Reserve troops, student veteran protections, VA claims improvements, and provisions to improve the Office of Inspector General. Murray stated, "Knowing which specific veterans are and are not utilizing VA would help inform stakeholders about any and all gaps in veterans' care." Many of the bills discussed at this hearing were supported by the VFW and we are hopeful they will be swiftly passed into law. [Watch the hearing](#), which starts at the 15:40 mark or [read the testimony](#).



Congress Passes Veterans Legislation

Congress passed four VFW-supported bills — [S. 796](#), [S. 894](#), [S. 1031](#), [S. 1095](#) — that would improve maternal health care, increase coordination for hiring veteran health professionals at VA, study racial and ethnic disparities in VA claims, and establish tuition fairness for those utilizing the Survivors' and Dependents' Education Assistance program. These bills were previously passed by the Senate and now head to the president's desk for signature.

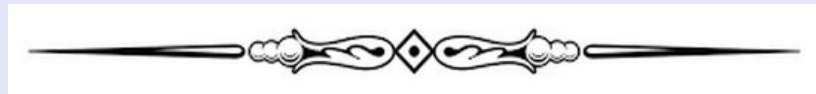


House Passes Several Veterans Bills



The House passed nine veterans bills, including three supported by the VFW. [H.R. 147](#), [H.R. 4233](#), and [H.R. 4626](#) would ensure services and benefits for separating service

members and veterans with respect to apprenticeship programs, require VA to furnish counseling including Vet Center access to those using specified DOD or VA educational assistance benefits, and require VA at least once every 10 years to enter into a contract for a private sector entity or entities to conduct an independent assessment of all medical services and care furnished by VA.



The Defense POW/MIA Accounting Agency announced three burial updates and two 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 Cpl. Leon E. Clevenger, 21, of Durham, North Carolina, was assigned to Company K, 3rd Battalion, 21st Infantry

Regiment, 24th Infantry Division. He was reported missing in action on July 11, 1950, while involved in combat operations against the North Korean People's Army in the vicinity of Chonui and Choch'iwon, South Korea. Following the battle, his remains could not be recovered. Clevenger will be buried on Dec. 11, 2021, in his hometown. [Read about Clevenger.](#)

Army Air Forces Staff Sgt. Charles McMackin, 26, of Boston, was assigned to 68th Bombardment Squadron, 44th Bombardment Group, 8th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which McMackin was serving as a bombardier crashed as a result of enemy anti-aircraft fire. Following the war, his remains could not be identified. McMackin will be buried on April 14, 2022, in Chestnut Hill, Massachusetts. [Read about McMackin.](#)

Army Sgt. Howard R. Belden, 19, of Hague, New York, 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. He will be buried at Arlington National Cemetery in Arlington, Virginia. The date has yet to be determined. [Read about Belden.](#)

Army Air Forces 1st Lt. John J. Heffernan, Jr., 24, was assigned to 490th Bomb Squadron, 341st Bomb Group, 10th Air Force. On Feb. 22, 1944, the B-25G Mitchell bomber on which Heffernan was serving as a navigator burst into flames and crashed near Letpadaung. Following the war, his remains could not be identified. Interment services are pending. [Read about Heffernan.](#)

Army Tech. Sgt. Ross H. Thompson, 50, was assigned to the Finance Department, U.S. Army Forces Far East, when Japanese forces invaded the Philippine Islands in December 1941. Intense fighting continued until the surrender of the Bataan peninsula in 1942. Thompson was among those captured and held at the Cabanatuan POW Camp, where he reportedly died on Dec. 10, 1942, and was buried. Interment services are pending. [Read about Thompson.](#)



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