



# Veterans-For-Change Newsletter

*A Voice of the Veterans*

Week Ending Sunday, November 28, 2021

Volume 12, Issue 48



## This-N-That

Good afternoon Jim,

We do hope many if not all of you had a good Thanksgiving Holiday!

When dad was still alive, we always had huge Thanksgiving and Christmas holidays, dad would invite between 8 and 20 people from the base who were not able to go home or had no where to go for the holidays. So, I'm so used to making big dinners, I still do it to this day.



We did have 9 last year over to the house to have dinner with mom and I from Pendleton, this year neither of us were in any

shape to entertain, but I do hope and look forward to Christmas dinner this year in our new home and already set plans in motion to invite several from Pendleton again to join us.

This has been a short week news wise, mostly due to the Thanksgiving holiday.

I do want to say thank you to Bruce for his never-ending support and friendship, providing many of the links to articles we post on the VFC Website and provide links in the newsletter.

I also want to thank Ray and Judy for their many years of support and friendship. Always there to just talk, share ideas, just really fantastic people.

I truly do thank those who provided financial support for continued operations of the website, newsletter and phone lines. Means the world to me personally, and I will be sending thank you E-Mails in the next couple of days.

Although we missed our projected deadline of rolling out the new look of the website, it is coming.

Our webmaster was almost ready, but ran into a snag trying to find a single code in the millions and millions of pages of code that was done in error.

We're adding two new items to the TAKE ACTION section of the newsletter, cleaned out others that had passed, but we still have quite a number still needing action, so I'm asking everyone to help put the pressure on our elected officials in DC and let's see can we motivate them to move forward and

stop stalling.

Military Sexual Assault Reforms is a very important issue and has been for quite sometime now, and although we don't have a pre-written E-Mail to shoot off, congress has chosen to drop from the Defense Bill and this has me very worried.

So, I would like to ask everyone to please, pick up the phone this week and call your Rep and Senators and ask for their support to make it included in the Defense Bill.

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

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.

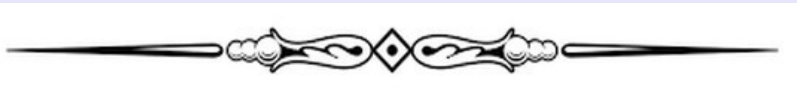
On behalf of our Volunteers nationwide and myself, we wish you and your family good health and a Very Merry Christmas!

Respectfully,

Jim Davis

Founder

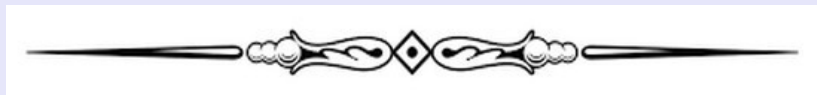
[Jim.Davis@Veterans-For-Change.org](mailto:Jim.Davis@Veterans-For-Change.org)



## **Parkinson's disease awareness: Answering 9 most popular Parkinson's questions from Veterans**

Parkinson's disease (PD) is the second-most common neurodegenerative disease after Alzheimer's in the U.S. One million Americans live with Parkinson's today — and of those approximately 110,000 Veterans with PD receive Parkinson's treatment through VA.

[Read More](#)



## **Future Patient Health Education Portal Will Be 'Source of Truth'**

The Defense Health Agency is prototyping a new Virtual Education Center to provide Military Health System patients with a slate of personalized, vetted, and timely medical information to address questions that arise between appointments.

[Read More](#)



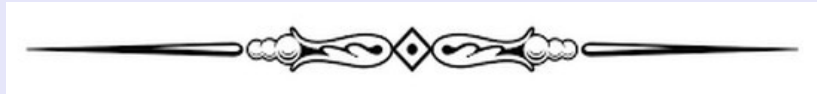
**Military Veterans Advocacy**



Military Veterans Advocacy is offering some free memberships for those who are struggling to get their claims through, are having financial difficulties. Annual dues are \$25.00 per year. Our organization includes

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

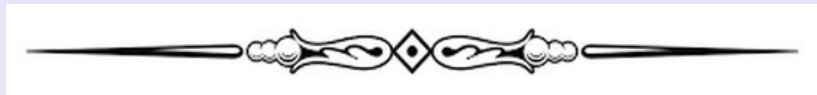
You may contact Robin Barr at [robin.barr@mvadvocacy.org](mailto:robin.barr@mvadvocacy.org)



## **#VeteranOfTheDay Navy and Army Veteran Dylan Perez**

Today's #VeteranOfTheDay is Navy and Army Veteran Dylan Perez, who served as a Reservist and electronics technician from 1992 to 2016.

[Read More](#)



## **New MHS Video Connect Increases Convenient Access to Care for Patients**

The Military Health System's new MHS Video Connect allows patients to meet with their military health provider virtually through live video.

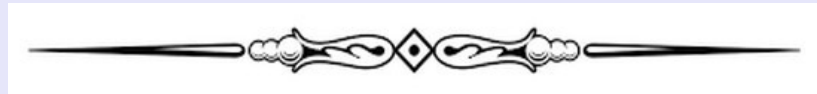
[Read More](#)

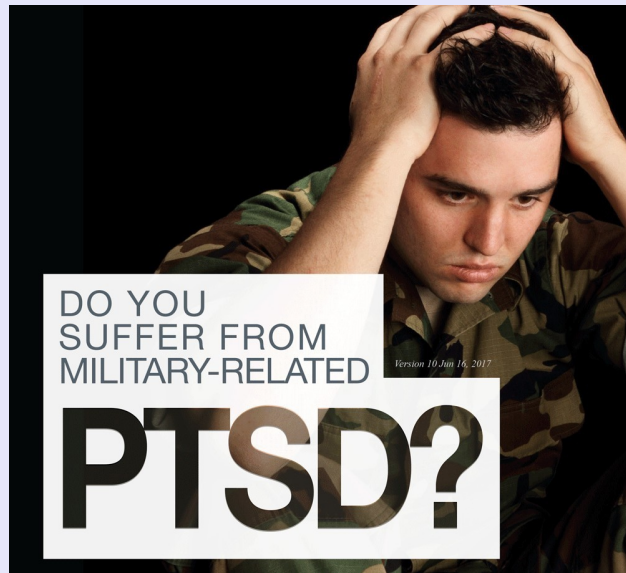


### **Caregivers get help from VA**

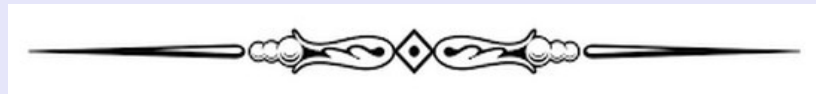
When Vietnam Veteran Melvin Phillips was diagnosed dementia, his wife Vicki turned to the local Veteran Community Partnership for help. If you're a caregiver, you can too.

[Read More](#)





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



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

VA was there for Larry when a heart condition threatened his life. His doctor read a scan and brought him in for a pacemaker same day.

[Read More](#)



## **Opioid Prescriptions Decline Across the Military Health System**

The decline in prescriptions for opioid medications – like morphine and oxycodone – highlights the success of the Defense Health Agency's training and education programs aimed at reducing the risks linked to opioid medications.

[Read More](#)



### **From shaky ground to securing stable housing**

While in line at a local food bank, Marine Veteran Gerard McCarthy struck up a conversation with another Veteran who gave him a phone number for the HUD-VASH program. He is now in stable Veterans' housing.

Veterans who are homeless or at immediate risk of becoming homeless can call or visit their local VA or call 1-877-4AID-VET (1-877-424-3838).

[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** .....



**#VADidThat: Translating science into personalized diabetes treatment**

VA has spent three decades assisting Veterans in managing their diabetes. Here's two Veterans who have taken control of their diagnosis.

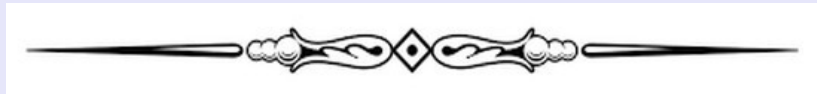
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## **For Many Wounded Warriors, Not All Damage is Visible or Combat-Related**

Alex Pate is a 'wounded warrior,' but the former Air Force Staff Sergeant never saw combat in his military career. His battle was against cancer and the toll that the treatment took on his body.

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## ***Links to Other Stories***

- 1) [In interview with Jon Stewart, Veterans Affairs chief says he's 'frustrated' over slow pace of burn pit benefits](#)
- 2) [Tuskegee Airman Honored with Hero's Welcome By His Hometown High School In Pennsylvania](#)
- 3) [Greensburg woman turns 103, recalls World War II service](#)
- 4) [Changes to VA's community care program raise concerns about Vets' health care access](#)
- 5) [Dwayne Johnson gifts Veteran his custom truck in early](#)

## Christmas surprise

- 6) 5 more military COVID-19 deaths as active-duty force inches toward 100% vaccination
- 7) Army general who commanded in Iraq dies of cancer at age 67
- 8) VA investigating employee accused of posting medical information about Vet's genital surgery online as a joke
- 9) Lubbock leaders encouraging Veterans to reach out after 15% rise in military suicides
- 10) Scientists Find Link between Obstructive Sleep Apnea and Blood Triglyceride Levels
- 11) Alabama students raise awareness for Veteran suicide in march from Tuscaloosa to Auburn
- 12) Biden signs VA hospital camera bill into law
- 13) Crossroads Hospice Agrees to Pay \$5.5 Million to Settle False Claims Act Liability
- 14) Kentucky Physician Sentenced for Unlawful Kickback Conspiracy
- 15) South Carolina Chiropractor Pleads Guilty and Agrees to \$9 Million False Claims Act Consent Judgment
- 16) Edgerton Doctor Sentenced to 54 Months for \$13 Million Scheme to Defraud Medicare
- 17) Home health agency to pay \$4.2 million to settle False Claims Act allegations
- 18) Seattle Doctor Found Guilty of Fraudulently Obtaining Millions of Dollars from COVID-19 Relief Programs
- 19) Two Florida Men Indicted in Multimillion-Dollar Health Care Fraud Schemes
- 20) Vets groups worry military sexual assault reforms will be dropped from Congress' defense bill plans
- 21) Story of a Fort Hood soldier left stranded for Thanksgiving has a happy ending
- 22) 'It destroyed me': Woman hurls the N-word at elderly Black

Veteran after he makes a simple request

23) Navy sailors forced to take out loans after being shorted on pay



## **Social Determinants of Health – Veteran Health Equity podcast episode 1**

VA's Office of Health Equity champions the advancement of health equity and the reduction of health disparities in Veterans.

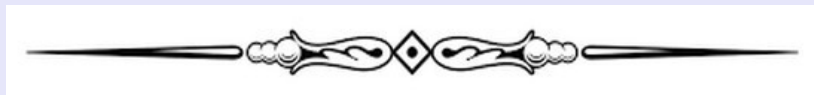
[Read More](#)



## **How Health Care for New Mothers is Improving Across the MHS**

The ongoing focus on maternal health care in the MHS has already pushed the rates of maternal and infant mortality down much lower than the United States overall.

[Read More](#)



## **"Pops" celebrates 100th birthday at Martinsburg VA**

"Pops" Rook landed on Omaha Beach on the second day of the invasion of Normandy. He later earned Purple Heart in the Battle of the Bulge.

[Read More](#)



## Suicide Prevention Resources for Military and Veterans

### **Military & Veterans Crisis Line**

1-800-273-8255, Press 1  
Text 838255, 24/7

### **Vets 4 Warriors**

855-838-8255

### **InTransition**

1-800-424-7877

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

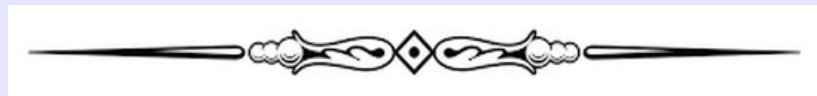
[warriorcare.dodlive.mil/](http://warriorcare.dodlive.mil/)

### **Military One Source**

1-800-342-9647

### **Tragedy Assistance Program for Survivors [TAPS]**

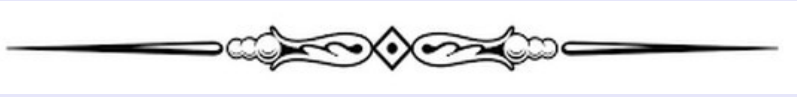
1-800-959-8277



## **Veterans needed to serve as youth mentors**

Veterans are needed to serve as youth mentors and help develop character and leadership skills in young adults in their communities.

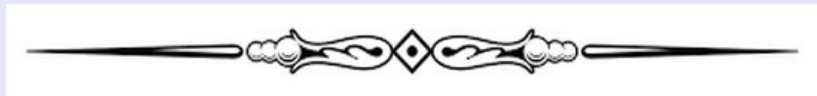
[Read More](#)



## **MHS GENESIS**

MHS GENESIS, the new electronic health record for the Military Health System, has been launched at many facilities across the military. It provides enhanced, secure technology to manage your health information.

[Read More](#)



## **#VeteranOfTheDay Army Veteran Lunsford B. Brown II**

Today's #VeteranOfTheDay is Army Veteran Lunsford B. Brown II, who served as an electronic intelligence interceptor and analyst in Iraq.

[Read More](#)



## **Call center available for Veterans, Afghans in need of assistance due to Afghanistan withdrawal**

The Independence Line is a call center available for Veterans and Afghans in need of assistance due to the Afghanistan withdrawal.

[Read More](#)



## **Living Overseas? Here's a Handbook to Help You Explore Your TRICARE Coverage**

Have you and your family recently moved overseas? If so, you're likely adjusting to new people and new surroundings. You may also have questions about how your TRICARE



coverage works overseas. The good news is that the [TRICARE Overseas Program Handbook](#) highlights helpful information and resources, so that you can get the care you need.

[Read More](#)



## **MIT Catalyst Program welcomes new VHA Innovation Ecosystem Fellows**

The MIT Catalyst program, VHA IE, and Massachusetts Institute of Technology are collaborating to improve Veteran care.

[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 11/26/21)

Please note, we've added 2 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) H.R. 855, the Veterans Expedited TSA Screening (VETS) Safe Travel Act
- 18) 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.
- 19) Support Repeal of TRICARE Select Enrollment Fee
- 20) HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed
- 21) Please Support S. 344, the Major Richard Star Act
- 22) Support the Military Retiree Survivor Comfort Act
- 23) S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021
- 24) HR 109 Establish an Advisory Committee on Implementation by the DVA of an electronic health record
- 25) HR 2372 and S 952 will Provide for Presumption of Service Connection for certain diseases associated with exposure to toxins
- 26) Please Ask you Senator to support S.952 the Warfighters Act
- 27) Support Improving VA Homelessness Program
- 28) S. 976, Caring for Survivors Act of 2021
- 29) H.R. 303, the Retired Pay Restoration Act
- 30) H.R. 912, American Indian and Alaska Native Veterans Mental Health Act
- 31) S. 976, the Caring for Survivors Act of 2021

- 32) HR 2269 and S 657 cover herbicide exposure in Thailand
- 33) Bipartisan Bill Introduced to Help Military Survivors
- 34) Legislation asks for Study of Involuntary Discharges for Women
- 35) H.R. 2436, the Veterans Burn Pit Exposure Recognition Act
- 36) H.R. 958—the Protecting Moms Who Served Act
- 37) HR 2127 and S 927, the TEAM bills Veterans Exposed to Toxic Substances
- 38) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 39) Ask your member to support S.810 and H.R. 1972 The Fair Care for Vietnam Veterans Act of 2021
- 40) 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
- 41) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 42) HR 855, VETS Safe Travel Act
- 43) HR 3368, the Guam, American Samoa, and Johnston Island bill
- 44) H.R. 2521, Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2021
- 45) H.R. 1273, the Vietnam Veterans Liver Fluke Cancer Study Act
- 46) H.R. 2968, the Military and Veteran Student Loan Relief Act
- 47) H.R. 845, the VA Billing Accountability Act
- 48) Comprehensive Toxic Exposure Bill Introduced in House
- 49) Action Alert: Tell Congress to Support the COST of War Act and the Honoring our PACT Act!
- 50) HR 303 and S 1147 The Retired Pay Restoration Act

- 51) Ask Your Legislators to Support Concurrent Receipt Reform HR-1282
- 52) HR 1656 TREAT PTSD Act
- 53) S. 1664, the Post-Traumatic Stress Disorder (PTSD) Processing Claims Improvement
- 54) H.R. 2724 — VA Peer Support Enhancement for MST Survivors Act
- 55) Please Support H.R. 3452 —Veterans Preventative Health Coverage Fairness Act
- 56) HR 2192, The Camp Lejeune Justice Act of 2021
- 57) HR 5026, The Panama Canal Zone Veterans Act of 2021
- 58) HR 3368, HR 5026, HR 2269, S 657 are all Toxic Exposure Bills that need special attention and more pressure to get passed!
- 59) H.R. 4627, Veterans' Culturally Competent Care Act of 2021
- 60) S. 2172, Building Solutions for Veterans Experiencing Homelessness
- 61) H.R. 4571, the SERVICE Act of 2021
- 62) H.R. 4732, Protect Individual Unemployability Benefit for All Disabled
- 63) S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021
- 64) S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act
- 65) HR 852 and S 221, United States - Israel PTSD Collaborative Research Act
- 66) Ask Congress to Preserve Arlington National Cemetery
- 67) HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021
- 68) HR 2963, the VOW to Hire Heroes Extension Act of 2021
- 69) S 1970, The Clean Water for Military Families Act
- 70) Support S. 1198/H.R. 2819—the Solid Start Act of 2021

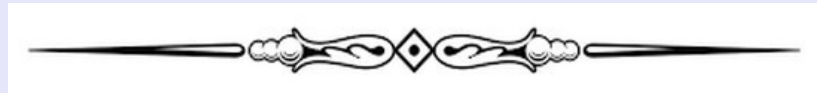
- 71) H.R. 3402/S. 976—Caring for Survivors Act of 2021
- 72) HR 3537 and S 1813, Accelerating Access to Critical Therapies for ALS Act
- 73) S. 2386/H.R. 4575, the Veteran Peer Specialist Act
- 74) H.R. 5721—the VIPER Act
- 75) H.R. 5607, Justice for ALS Veterans Act
- 76) HR 2601 and S 1188, SFC Heath Robinson Burn Pit Transparency Act



### **Veterans, communities connect through art, writing workshops**

Community Building Art Works helps Veterans connect with their communities through free online art and writing workshops.

[Read More](#)



### **Don Herbert: Mr. Wizard**

Army Air Force Veteran Don Herbert served in WWII as a B-24 Bomber Pilot. Later, his TV show, "Mr. Wizard," inspired a generation of kid scientists.

[Read More](#)



## TAC Talks S2 E5: Program Management in acquisition

In Series 2, Episode 5 of VAs TAC Talks podcast, the hosts discuss program management in acquisition. The application of program management best practices within the acquisition framework increases transparency, empowers business owners and stakeholders to drive key decisions, and enhances VA's efforts to efficiently and effectively acquire goods and services within the established cost, schedule and scope of the procurement.

[Read More](#)



### SUICIDE WARNING SIGNS

#### TALK:

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

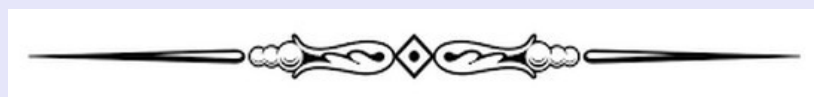


#### BEHAVIOR:

- Increased use of alcohol or drugs
- Looking for a way to end their lives
- Withdrawing from activities
- Isolating from people
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away possessions
- Aggression
- Fatigue

#### MOOD:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement



**#VeteranOfTheDay Army Veteran Rodger Pinto**

Today's #VeteranOfTheDay is Army Veteran Rodger Pinto, who served as an 82nd Airborne infantry paratrooper in Iraq and Afghanistan.

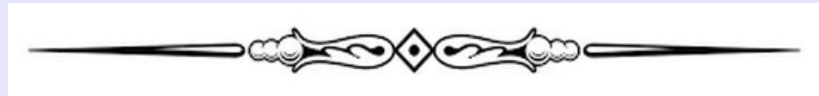
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### **#VeteranOfTheDay Army Veteran Janis Nark**

Today's #VeteranOfTheDay is Army Veteran Janis Nark, who served as a nurse during the Vietnam War and Operation Desert Storm.

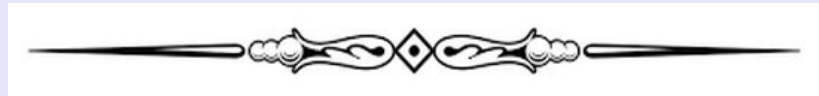
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### **Harvey Pratt: The Warrior Artist**

Harvey Pratt served in the Marine Corps during the Vietnam War. He later designed the National Native American Veterans Memorial on the National Mall in Washington, D.C.

[Read More](#)



**CONTACT YOUR  
MEMBERS OF CONGRESS!**

To Call your Representative:

202-225-2305

To Call your Senators:

202-224-3841 or 202-224-3553

To call Different Members of Congress:

202-224-3121

TOLL FREE: 866-272-6622

**PLEASE... STOP Making Excuses!**

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



**VA and Heroes Foundation create employment  
opportunities for Veterans**

The Heroes Foundation partnership educates corporate employers about VA resources that can help improve Veterans' health and wellbeing.

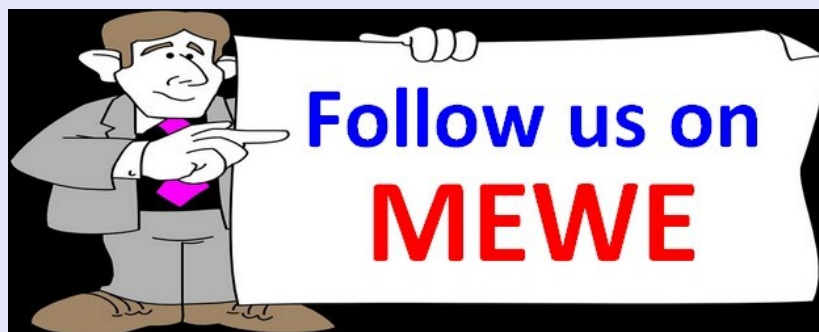
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**Thanksgiving in interesting times – Veteran  
reflects on why he's thankful**

Veteran Danielson, describing the reasons he's thankful, remembers when he left his wife worrying on the end of a frightening phone call.

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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.

[VETERANS-FOR-CHANGE](#)

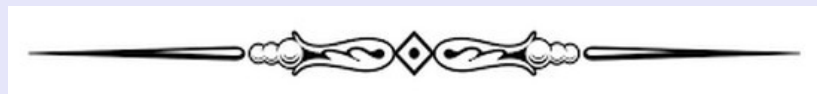
[HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE](#)

[AMVETS GROUP](#)

[VETERANS SOCIAL GROUP](#)

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

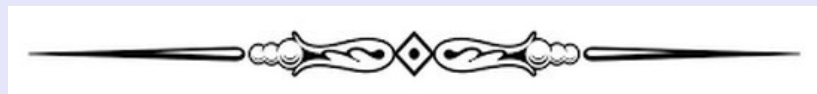
[AMERICANS FOR SOVEREIGNTY](#)



## **Four reasons to be thankful at VA this Thanksgiving**

With the arrival of Thanksgiving, we look back on some of the things we're thankful for every day at VA.

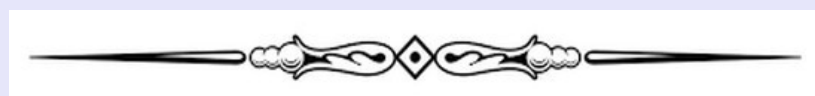
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**America250: Ola Mildred Rexroat**

This week's America250 salute is Army Air Forces Veteran Ola Rexroat, the only Native American to serve as a Women's Airforce Service Pilot.

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### **Secretary McDonough answers Veterans' questions**

VA Secretary Denis McDonough answered questions on COVID, wait times, medical marijuana, inflation, and more during a Veteran townhall.

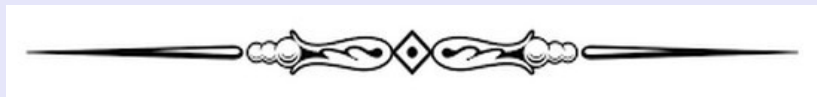
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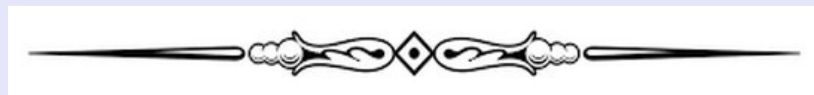
## **Live Whole Health #98: Season of gratitude**

In this season of gratitude, we can go beyond saying "thank you" by acknowledging all that has kept us going during a time of pandemic.

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- 1) American Screening LLC issues a Voluntary Nationwide Recall of American Screening Hand Sanitizer Packaged in 8 oz Bottles Because They Resemble Beverage Containers
- 2) Sagent Pharmaceuticals, Inc. Issues Voluntary Nationwide Recall of Levetiracetam Injection, USP Due to Lack of Sterility Assurance
- 3) FDA Drug Shortages
- 4) All Ultrasound Gels and Lotions Manufactured by Eco-Med Pharmaceutical, Inc. Recalled Due to Risk of Bacteria Contamination
- 5) Cargill voluntarily recalls 469, one-pound bags of Wilbur Dark Chocolate Triple Covered Malted Milk Balls due to possible peanut allergen presence
- 6) TaDah! Foods of Springfield, VA is Voluntarily Recalling Two Batches of Production of Spicy Brown Sugar Harissa Hummus Due to an Undeclared Milk Allergen
- 7) The Spice House Issues Allergy Alert on Undeclared Sesame in Sichuan Chili BBQ Rub
- 8) Coronavirus (COVID-19) Update: November 23, 2021
- 9) FDA Approves First Treatment for Common Type of Post-Transplant Infection that is Resistant to Other Drugs
- 10) P&G Issues Voluntary Recall of Specific Old Spice and Secret Aerosol Spray Antiperspirants and Old Spice Below Deck Aerosol Spray Products Due to Detection of Benzene
- 11) FDA Approves First Treatment for Common Type of Post-Transplant Infection that is Resistant to Other Drugs



**Caregiver turns to unique partnership for guidance on long-term care in pandemic**

When her husband was diagnosed dementia, she turned to the local Veteran Community Partnership for help to learn more.

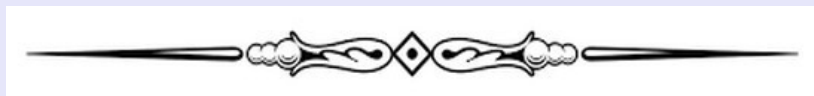
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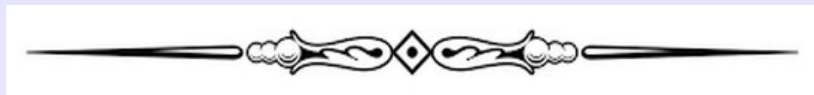
## **VA and IHS collaborate to serve American Indian and Alaska Native Veterans**

VA and the Indian Health Service signed an interagency agreement to improve health care for American Indian and Alaska Native Veterans.

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**Retail pharmacies, urgent care providers: How to provide flu shots to eligible Veterans this flu season**

Help keep Veterans healthy and well during flu season. Steps for community providers to provide a flu shot to eligible Veterans this season.

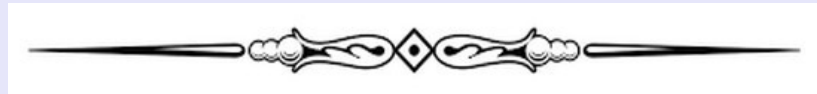
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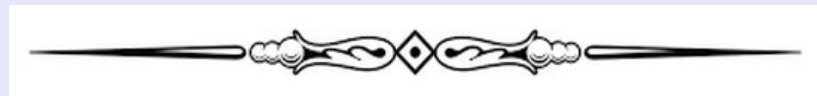
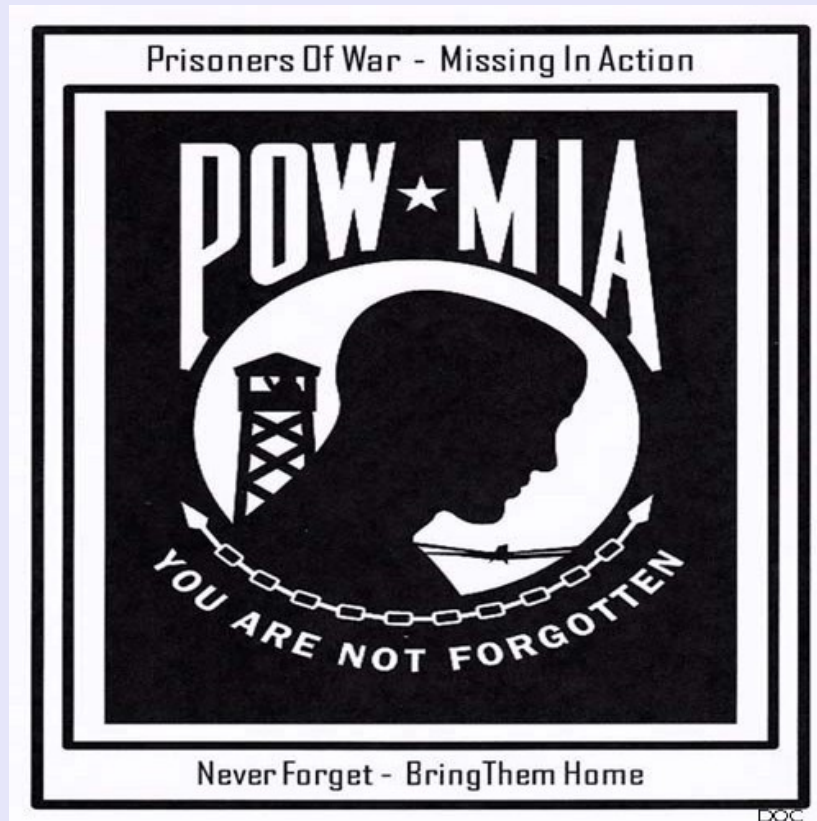


## **#VeteranOfTheDay Air Force Veteran Jamie Fox**

During Native American Heritage Month, today's #VeteranOfTheDay is Air Force Veteran Jamie Fox, who served as an aircraft crew chief.

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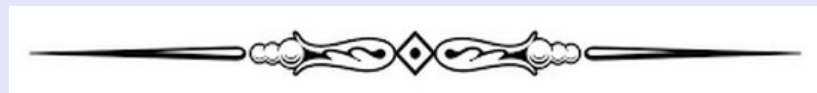




## **#VeteranOfTheDay Air Force Veteran Ben Nighthorse Campbell**

During Native American Heritage Month, today's #VeteranOfTheDay is Air Force Veteran Ben Nighthorse Campbell, who later became a U.S. senator.

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## **Not all heroes wear capes: Michelle Lord prefers scrubs**

VA dental hygienist Michelle Lord created a plan to significantly reduce the rate of hospital-acquired pneumonia infections.

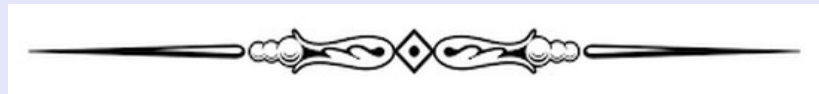
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### **VA assists justice-involved Veterans through free provider consults and resources**

The VA Suicide Risk Management Consultation Program is a free resource designed to support providers as they assist justice-involved Veterans.

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**Help VA spread awareness about lung cancer symptoms and screening**



Almost 8,000 Veterans are diagnosed and treated with lung cancer every year at VA. You may be eligible for lung cancer screening.

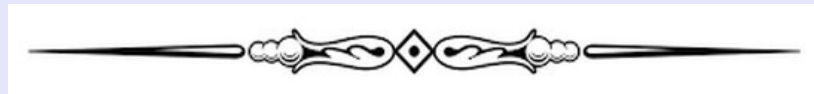
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**Our values  
match yours.**

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

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## **Veterans Health Administration at 75 years: A legacy of service, and the future of care**

VHA proudly invites you to join us in celebration of 75 years of historic service to America's Veterans. And take a look at the future of care.

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**Columbia VA provides 140 Thanksgiving meals to area Veterans**

Columbia VA acquired over 1,000 pounds of Thanksgiving food donations from local charities, churches, businesses and Veteran service organizations.

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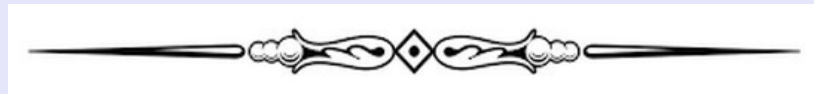


**Your actions**  
**could save a life.**

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 standing side-by-side. The man on the left is older, with white hair and glasses, wearing a light blue button-down shirt. The man on the right is younger, with grey hair, wearing a dark sweater over a light blue shirt. The man on the right has his arm around the man on the left's shoulder. The background is a plain, light color.

## **Columbia VA summer student volunteers receive Tammy M. Finney Youth Scholarship**

Two former high school student volunteers were the first to receive the Psi Zeta Phi Military Sorority's Tammy M. Finney Youth Scholarship.

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## **You Asked, Benefits.gov Answers: Fast Facts on SNAP**

The Supplemental Nutrition Assistance Program (SNAP) is the largest federal nutrition assistance program, serving an average of 12% of the 79 million families in the U.S., according to the U.S. Department of Agriculture (USDA). SNAP is a supplementary program to help an individual or family buy nutritious food.

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## **#VeteranOfTheDay Army Veteran David Steven Gardin**

Today's #VeteranOfTheDay is Army Veteran David Steven Gardin, who served as a radar operator near the DMZ in Korea from 1966 to 1967.

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## **What You Need to Know About WIC**

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) protects the health of low-income women, infants, and children up to age five who are at nutrition risk. WIC provides nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

[Read More](#)



## **Tax & Credit Information**



- 1) Updated Procedures Related to Direct Contact in the Determination Process
- 2) Here are some key reminders for extension filers
- 3) Expanded tax benefits help individuals and businesses give to charity during 2021; deductions up to \$600 available for cash donations by non-itemizers
- 4) Highlights from National Small Business Week 2021
- 5) Renewed work opportunity tax credit can help employers hire workers
- 6) IRS: New contracts awarded to private collection agencies; taxpayers may be contacted by one of three groups
- 7) IRS launches new webpage to assist taxpayers with refunds subject to Joint Committee on Taxation review
- 8) All taxpayers have the right to appeal an IRS decision in an independent forum
- 9) IRS: Drought-stricken farmers, ranchers have more time to replace livestock
- 10) Starting Oct. 28, new \$67 user fee applies to estate tax closing letters; IRS reminds executors of free transcript option
- 11) Expanded tax benefits help individuals and businesses give to charity in 2021
- 12) Taxpayers who aren't eligible for the child tax credit should look into the credit for other dependents



**For Wounded Warriors, Adaptive Sports Bring  
Camaraderie and Confidence**

People often talk about sports as an entertaining diversion. But at the Wounded Warrior level, sports that bring together veterans and can be adapted to accommodate disabilities are literally saving lives.

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### **VA can help you get back to work**

If you're a Veteran who is looking for work or needs training to qualify for a job, VA's Veteran Readiness and Employment program might be able to help.

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**Veterans-For-Change, Inc.**

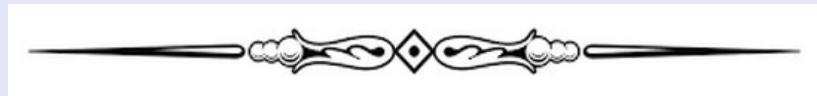
Riverside County, CA

Visit our website today

**[www.Veterans-For-Change.org](http://www.Veterans-For-Change.org)**

Serving those who served!

**Please pass on to all your Veteran Friends and Family!**



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

**[Jim.Davis@Veterans-for-change.org](mailto:Jim.Davis@Veterans-for-change.org)**

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