



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, December 05, 2021

Volume 12, Issue 49



This-N-That



Good afternoon Jim,

With Christmas just around the corner I'm sure everyone is running around doing last minute shopping, planning dinner, etc.

I know many have varying feelings toward the holidays, traditions you carry out every year, but I would like to ask two

favors of everyone.

First, when you begin to set your dinner table for family and guests, please if you can set one table setting which won't be used in memory of those whom we've lost aka the Missing Man setting/table.

In next weeks newsletter I will post information about this tradition and should you choose to set a single small table, I will also post a picture of what it would look like.

My second favor to ask, if you're comfortable with it, would be contact the local base and invite one or more who aren't able to go home for Christmas, or who have no family.

I can tell you from past experiences, they would be forever grateful to you for thinking of them and will be a memory you will never forget.

We will be having between 4 and 6 Marines from Pendleton coming, and between 4 and 6 Veterans who will all be here for Christmas day and dinner.

Dad has started this tradition in our family many moons ago and at that time we lived in a small apartment on base. Then when dad was moved into NCO quarters, we kept the tradition going and it continued even after he retired.

We did stop the tradition about a year before dad became real sick, and this year mom and I are bringing it back.

We are deeply indebted to those who are serving today, and those who served in the past, and its our way of simply saying Thank You!

It's not as big a gathering as we used to do, but since dad's passing mom and I have downsized twice, thankfully this last time was our last time, so having a total of 14 is about out limit to host. We did do Thanksgiving this year, and it was amazing!

But do please give it some thought!

This week we've added three more pieces of legislation to the **TAKE ACTION** items list, and I know I harp on this every single week, but we've had some pieces of legislation pass and are headed toward Biden's desk to be signed into law.

This shows, your actions do mean something, and your voices are being heard! We just need to keep it up and fight as best we can to continue to have our voices heard and more action being taken for all our Veterans!

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 Merry Christmas!

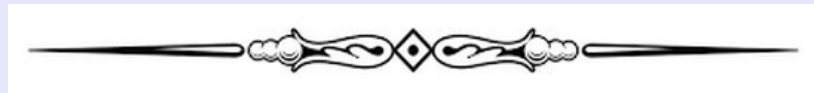
Respectfully,
Jim Davis
Founder
Jim.Davis@Veterans-For-Change.org



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. Growing up in Blanchard, Oklahoma, Tony K. Burris was a member of the Choctaw Nation. When Burris decided to enlist in the Army in July 1950, it came as a surprise to his family.

[Read More](#)



Veterans, families, caregivers can boost blood supply, get \$10 Amazon.com gift card

Veterans, families and caregivers can help with lowest blood supply in more than a decade at this time of year and receive a gift card. As a result of low blood donor turnout in recent months, the Red Cross is heading into the holidays with its lowest blood supply in more than a decade at this time of year.

[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



Nebraska Veteran Rex Gruber honors Omaha VA staff for "saving his life"

Veteran Rex Gruber, shot three times in the Korean War, loves the staff at Omaha VA. "I wouldn't be here if it weren't for these people."

[Read More](#)



'I Am Not Invisible': New Milwaukee War Memorial Center exhibit highlights local female Veterans

'I Am Not Invisible': New Milwaukee War Memorial Center exhibit. IANI is part of a nationwide U.S. Department of Veterans Affairs initiative to honor, increase awareness and spark dialogue about women Veterans and their service.

#VAWomenVets

[Read More](#)



VA's PRIDE program – this week's Veteran health equity podcast

Explore how VA's PRIDE program has expanded in this health equity podcast. An Army combat Veteran of 28 years shares her transgender story.

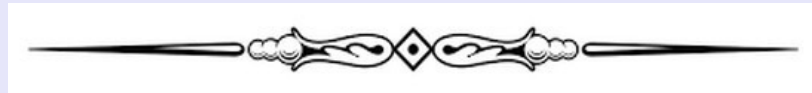
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Wreaths Across America

On Saturday, December 18, Wreaths Across America will remember and honor our fallen heroes by coordinating wreath-laying ceremonies at more than 2,500 locations in all 50 U.S. states, at sea, and abroad. Learn how you can sponsor a wreath or volunteer online.

[Read More](#)



Veterans Legislation Signed into Law

VFW National Veteran Service Director Ryan Gallucci was in attendance when President Biden signed into law four VFW-supported bills. The [Protecting Moms Who Served Act of 2021](#) will structure VA's maternity care coordination programs to provide community maternity care providers with training and support for veterans' unique pregnancy and postpartum needs. The [Hire Veteran Health Heroes Act of 2021](#) will create alternative pathways for veterans to attain gainful employment after leaving active duty. The [Colonel John M. McHugh Tuition Fairness for Survivors Act of 2021](#) will finally close the loophole for survivors using their Chapter 35, Survivors' and Dependents' Educational Assistance (DEA) tuition benefits and ensure institutions charge in-state tuition to these students. Lastly, [S. 1031](#) will require a study on disparities associated with race and ethnicity with respect to certain benefits administered by VA.





Your actions

could save a life.

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

VeteransCrisisLine.net



Celebrate National Patient Ambassador Day Nov. 29

VA celebrates National Patient Ambassador Day November 29, to recognize Red Coat Patient Ambassadors across the country.

[Read More](#)



'I cried because I was so relieved': Military organization helps support female Veterans

Woman Veteran wants others to know, "It is ok to ask for help."

[Read More](#)





NAUGHTY...NAUGHTY...NAUGHTY
I TOLD YOU SANTA CHECKS HIS LIST

GUNFREEZONE.NET



VA psychologists help Veterans take charge of their mental health

Mental health care at VA empowers Veterans to take charge of their well-being and pursue fuller lives, and VA psychologists are a major part of that effort.

[Read More](#)

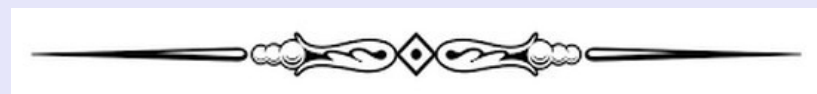


Free Bystander Intervention Training

VA's new Bystander Intervention Training for Veterans provides tools and techniques on how to respond if you witness harassment or sexual assault. The free online training takes about 30 minutes to complete. All are invited to take this

training to help VA maintain a safe environment.

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Remembering Our Fallen at Pearl Harbor

On the 80th anniversary of the attack on Pearl Harbor, the VFW solemnly honors the men and women who died in the devastating attack on Dec. 7, 1941. VFW National Commander Matthew “Fritz” Mihelcic, along with VFW Auxiliary National President Jean Hamil, will travel to Pearl Harbor on Tuesday to lay a wreath in remembrance of the 2,008 sailors, 109 Marines,

218 soldiers, and 68 civilians tragically lost without warning. Additionally, Mihelcic will attend a private interment service for a group of 33 sailors recently identified from the USS Oklahoma. We ask every American to take a moment to remember and pay respects to these patriots who made the ultimate sacrifice. [Learn more or watch the ceremony.](#)



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**



Why I get my health care at VA: Army Veteran Shelby

Shelby knew he was overweight, but didn't realize he had diabetes before coming to VA. VA helped him completely

change his lifestyle.

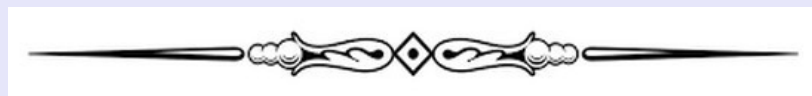
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'People don't recognize you as a Veteran': Why we can make women Veterans 'feel invisible'

U.S. Army Veteran Emily Hernandez wants to see other women Veterans "participating in events and being visible."

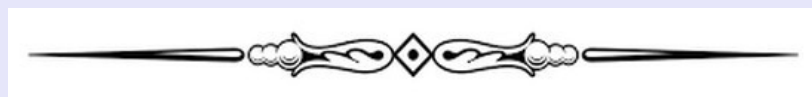
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#VeteranOfTheDay Marine Corps Veteran Jose M. Soto

Today's #VeteranOfTheDay is Marine Corps Veteran Jose M. Soto, who served in Vietnam for 13 months during the war.

[Read More](#)



Check Out Latest TRICARE For Life Podcast Series

Have questions about TRICARE For Life (TFL)? The "[Get to Know TRICARE](#)" podcast launched a new series, "Getting Care With TRICARE For Life." This new series will continue to

provide helpful conversations about important TFL topics. New episodes take a look at covered services, out-of-pocket costs, and filing claims.

[Read More](#)



Caregiver Wife's Support Was Instrumental to Wounded Warrior's Recovery

After nine deployments, this retired Air Force tech sergeant found life-changing support from the Air Force Wounded Warrior Program.

[Read More](#)



TRICARE Open Season Closing Soon



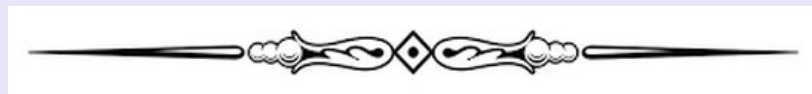
TRICARE Open Season will close on Dec. 13, 2021. This is the last week for beneficiaries to enroll in or change their health care, dental, and vision coverage. Any changes will go into effect on Jan. 1, 2022. If you are satisfied with your current plan then your coverage will continue automatically for 2022, as long as you remain eligible. Beneficiaries should verify their information is up to date and those making benefit changes

need to set up an allotment with their regional contractors for enrollment coverage to begin Jan. 1, 2022. Individuals who do not set up their allotment by the deadline will be unenrolled due to nonpayment. Learn more [or find TRICARE contact information](#).



Links to Other Stories

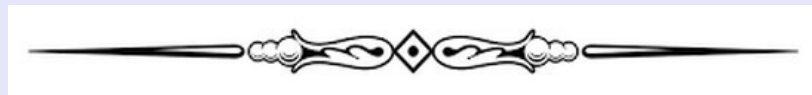
- 1) [Area dentist champions program supporting Veterans' long-term needs](#)
- 2) [Mark D'Amico pleads guilty to \\$400,000 GoFundMe scam about helping homeless Vet Johnny Bobbitt](#)
- 3) [A disabled Veteran, mother of 2 dies of a heart attack. Now, her husband is continuing on with her podcast legacy](#)
- 4) [Former Certified Registered Nurse Anesthetist at Ann Arbor VA Hospital Sentenced to 3-Years' Probation on Drug Charges](#)
- 5) [Federal Indictments Charge Department of Veterans Affairs Employees with Pocketing Cash from Vendors](#)



Veteran helps family, then discovers HUD-VASH program to get back on his feet

Army Veteran quit his job to help his daughter then needed help himself. HUD-VASH program found him a home...and an air conditioner.

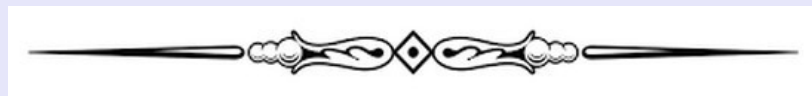
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Julia Kabance, Oldest Known Woman Veteran of World War II, Dies at 111

Woman Veteran, Julia Kabance, dies at 111. We Honor your Service! RIP Sister.

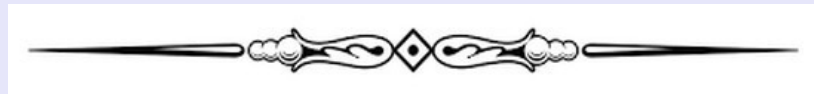
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COVID-19 Booster Shots: Check Your Eligibility

Are you wondering if you're eligible for a [COVID-19 booster shot](#)? The answer is yes, if you're age 18 or older. The Centers for Disease Control and Prevention recently expanded eligibility for COVID-19 vaccine booster shots. Here are some Q&As to help you or a family member learn if you're eligible for a booster shot, why you need it, and where you can get it.

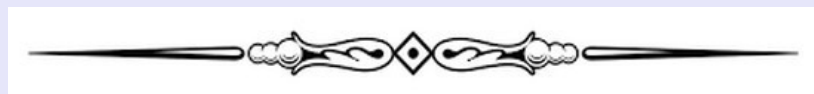
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Wounded Warriors and Caregivers Online Resources

Here's a list of resources from the Defense Health Agency's Recovery Coordination Program for the care of wounded, ill, and injured service members.

[Read More](#)



Vietnam Veterans of America, November 30, 2021

As the Senate continues to debate the NDAA FY22 bill, which requires only 60 votes for passage. Senators are holding out votes requesting amendments be included in the bill.

Hopefully, the bipartisan legislation will not break tradition and be signed into law by Christmas.

The continuing resolution is set to expire on Friday December 3, 2021 to avoid a government shutdown. House and Senate lawmakers have hinted at introducing a CR to fund the government through February or March 2022.

On Tuesday, November 30, 2021, the President signed into law:

S. 796, the “Protecting Moms Who Served Act of 2021,” which codifies the Department of Veterans Affairs’ current maternity care coordination program,

Thank you to Senators Warnock, Moran, Menendez, Murray, Blumenthal, Murphy, Leahy, Lujan, and Tester and Representatives Takano and Bost for their leadership;

S. 894, the “Hire Veteran Health Heroes Act of 2021,” which requires the Department of Veterans Affairs and the Department of Defense to identify separating members of the Armed Forces with a health care occupation for potential employment with the Department of Veterans Affairs,

Thank you to Senators Braun, Hassan, Tester, and Moran and Representatives Latta, Kathleen Rice, Katko, Takano, and Bost for their leadership;

S. 1031, which requires the Government Accountability Office to conduct a race and ethnicity study regarding certain Department of Veterans Affairs benefits,

Thank you to Senators Moran, Tester, Sullivan, Sinema, and

Hassan and Representatives Moore, Trone, Takano and Bost for their leadership; and

S. 1095, the “Colonel John M. McHugh Tuition Fairness for Survivors Act of 2021,” which requires the Department of Veterans Affairs to disapprove any course of education offered by public institutions of higher learning that do not charge the in-State tuition rate to individuals using education benefits under the Survivors’ and Dependents’ Educational Assistance Program,

Thank you to Senators Duckworth and Collins and Representatives Underwood and Bilirakis for their leadership.

<https://www.whitehouse.gov/briefing-room/statements-releases/2021/11/30/bills-signed-bills-signed-s-769-s-894-s-1031-and-s-1095/>

On Tuesday, November 23, 2021, the President signed into law:

H.R. 1510, which requires the VA to report to Congress on the use of cameras in VA medical facilities,

Thank you to Representatives McKinley, Trone, Mooney, Miller, Reschenthaler, and Bost and Senators Capito, Manchin, Boozman, Braun, and Sinema for their leadership; and

S. 108, which authorizes the Seminole Tribe of Florida to convey interests in certain off-reservation land owned by the Tribe,

Thank you to Senators Rubio and Rick Scott and Representative Soto for their leadership.

<https://www.whitehouse.gov/briefing-room/statements-releases/2021/11/23/bills-signed-h-r-1510-and-s-108/>



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



Transgender Veteran finds himself through yoga and community

Veteran Jay Cambridge joined the Air Force as a woman. Today, he is transgender, a yoga instructor and connected to his body and spirit.

[Read More](#)



People of color, women & those with health conditions among Veterans at high risk of food insecurity

Findings suggest people of color, women and those with health conditions are at higher risk of food insecurities. "There are a number of resources within the V.A. and in the community to help address food insecurity, but we can't offer these resources if we don't know that a veteran is in need."

[Read More](#)



How to Choose Between TRICARE Prime and TRICARE Select

TRICARE Open Season is your yearly opportunity to review your current benefits. It's a time to make changes to your health plan based on your personal needs. Dec. 13 marks the end of [open season](#), so it's important to make your decisions now. But which plan will best meet your needs in the new year?

[Read More](#)



Meet the Matriarch of Wounded Warrior Caregivers at Walter Reed

"With me, the caregivers know that I know what they're going through. I've been through the struggles," said Linda Rasnake,

the family readiness support assistant at Walter Reed National Military Medical Center.

[Read More](#)



Government Shutdown Looming

As NewsBytes goes to press, the Senate and House are still working to approve a stopgap funding measure, known as a Continuing Resolution (CR) to prevent the U.S. government from partially shutting down. The House started work on a CR to keep the government open until Feb. 18, 2022. While passage in the House looks certain, it is unclear if the Senate will pass it before midnight Friday, Dec. 3, 2021, to avoid a government shutdown.

Earlier, Congress passed a CR (H.R.5305) at the start of the new fiscal year (Oct. 1). This CR kept the government open at current spending levels until Dec. 3, 2021. This was supposed to give Congress time to approve appropriations (spending) bills and to be signed into law by the president. Unfortunately, Congress has made little if any progress on passing spending bills for FY2022.

In the event of a government shutdown, active-duty military personnel will be paid because they are considered "essential workers." Retirees will continue to be paid because funding for their benefits are not required to be appropriated by Congress (mandatory funding). TRICARE benefits also will continue if there is a shutdown. Those receiving veterans' benefits will continue to get benefits because the Department of Veterans

Affairs (VA) has two-year funding (an FRA supported initiative) and already has funding for FY2022.



iEX Talk Series: Engaging the VSO and Veteran non-profit community in improving VA care through the Resource Acquisition Clinic

This week dive into the iEX Talk on how engaging the VSO and Non-Profit Community through a Resource Acquisition Clinic can improve VA Care.

[Read More](#)



Seahawks Utilize Microsoft Teams for Pregame Huddle with Women in The Military for Salute to Service

Women Veterans honored during #SalutetoService game with the Seattle Seahawks.

[Read More](#)





Families and Friends

As a family member or friend of a Veteran with mental health challenges, you can be an important source of support. Letting a Veteran know you're there can help start a conversation about seeking treatment. Explore VA's robust resources created specifically for Veterans' families and friends.

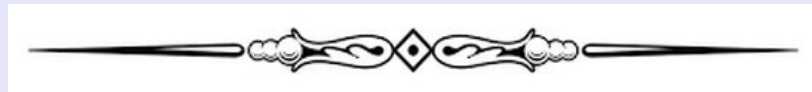
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Ultra-Endurance Military Athletes: What Motivates Them?

For endurance athletes – who push themselves to go faster and longer for events such as marathons, cycling races, cross-country skiing, triathlons, and long-course swimming – it's a mental and physical challenge with themselves.

[Read More](#)



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 12/06/21)

Please note, we've added 3 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
- 77) S. 3017, Veterans Dental Care Eligibility Expansion and Enhancement Act
- 78) H.R. 4794 and S. 2533, the Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act
- 79) HR 1361 and S 444, AUTO for Veterans Act



Can you retrain your brain?

VA researchers are studying many different cognitive training programs to determine which programs are best for which Veterans and why.

[Read More](#)



Vista nonprofit campaigns for California's first woman veteran license plate

California needs to receive 50 applications for the new woman veteran decal license plate to produce them.

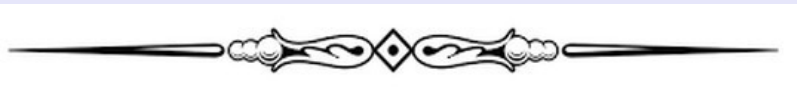
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VA Creates Older Veterans' Social Connections Program

The unexpected period of isolation during the past year and a half has made it difficult to maintain existing social connections, much less create new ones. Physical distancing has meant a solitary existence for many, especially older adults, who were at an increased risk of loneliness before distancing began. To decrease social isolation and the associated risk factors, VA created a program to help older Veterans practice behaviors that can enhance their physical, mental, and social well-being.

[Read More](#)



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



The [TRICARE Overseas Program Handbook](#) highlights helpful information and resources, so that you can get the care you need if you and your family recently moved overseas.

[Read More](#)



Senate Consideration of NDAA

Negotiations in the Senate on passage of the National Defense Authorization Act (NDAA H.R.4350) have come to an impasse after behind-the-scenes negotiations failed to reach an agreement on what amendments should be considered on the Senate floor. Several of these Senate floor amendments are supported by the FRA and include:

- Sen. Jon Tester's (Mont.) amendment with the provisions of the "Major Richard Star Act" (S.344) that would expand 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 that would repeal the

180-day delay for retirees applying for Defense Department civilian positions GS-13 and below;

- Sen. Richard Blumenthal's (Conn.) amendment that would require a joint report from the 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's (Conn.) amendment that would prohibit forced arbitration provisions in financial contracts for service members and re-employment disputes for reserve component members.

Members are strongly urged to use the FRA Action Center to ask their Senators to support these important amendments.

The House recently passed its version of the FY2022 National Defense Authorization Act (NDAA). Once the Senate passes its version of the NDAA, a conference committee will be appointed to resolve the differences between the two bills. That final bill will be submitted to the House and Senate for a vote. If approved by both chambers the bill will go to the president to be signed into law or be vetoed.



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



Women Veterans, Including Those Who Served In World Wars I And II, Honored At Central Park Ceremony

Women Veterans honored at Central Park at a memorial grove of 26 trees and a flagstaff that were conceptualized in 1925 in Central Park as a tribute to American women who died overseas. The memorial had been forgotten about, until it was rediscovered three years ago.

[Read More](#)



Ceremony recognizes service and sacrifices

Women Veterans presented the service flags during a ceremony honoring the communities Service and Sacrifice.

[Read More](#)



VA Resources

Veterans may experience difficult life events or challenges after leaving the military. We're here to help no matter how big or small the problem may be. VA has resources to address the unique stresses and experiences that you face — and we're just a click, call, text, or chat away.

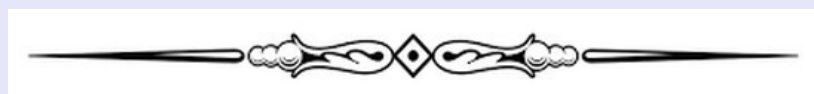
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Naval Medical Center Camp Lejeune is First Navy Medicine Satellite Site to Treat Service Members Living With HIV

Generating a medically ready force means identifying gaps in care and filling those needs -- one of those gaps being the sexual health of active-duty personnel.

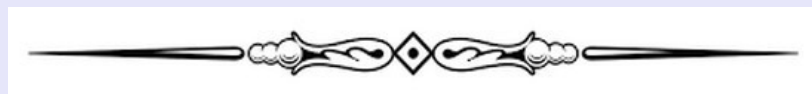
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IG Report on DoD Screening for Suicide

A recently released Inspector General (IG) report indicates that the Department of Defense (DoD) screened only about one-third - 34 percent in 2020 and 30 percent in 2019 - of troops transitioning to civilian life, who face an overall risk of suicide three times higher than active-duty service members. DoD was supposed to screen 100 percent beginning in 2018. The lack of transition screenings for those at higher risk of taking their lives may have impaired DoD and the Department of Veterans Affairs (VA) ability to predict health care needs and provide benefits at discharge, and may have jeopardized the safety of veterans, according to the IG report. Veteran suicide rates have been rising for two decades, and since 2005 have climbed faster than non-veteran suicide rates in the U.S., according to the Rand Corp.

Many more veterans and active-duty troops have committed suicide over the past 20 years (30,177) than were killed in Post-9/11 wars (7,057), according to research by Brown University's Costs of War Project.



**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

[CLICK HERE TO GO TO THE VFC WEBSITE](http://www.veterans-for-change.org)



**The iEX Demos Celebrate Employee-Driven
Innovation at VA**

At the celebratory 2021 VHA Innovation Experience, iEX Demos provided VHA employees a platform to share their innovations.

[Read More](#)



John Farritor: I'm no hero

John Farritor was among the first Marines to ever step foot in Camp Pendleton in September 1942. On his 100th birthday in 2019, the spirit of Camp Pendleton remains by his side.

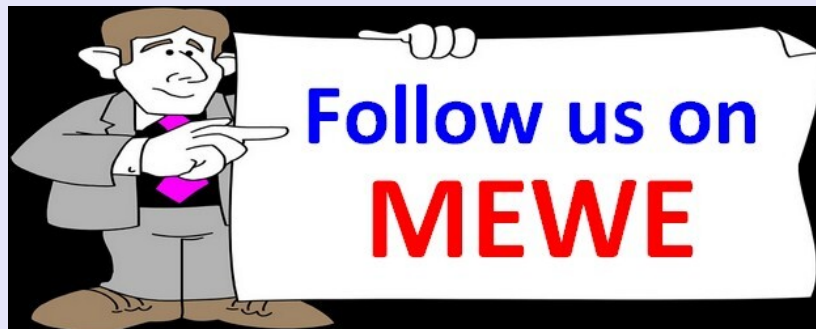
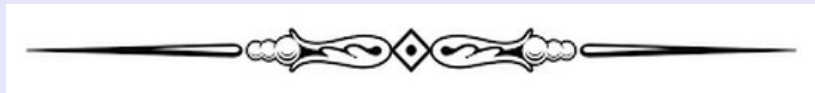
[Read More](#)



Teacher Helps a Veteran Heal

When Joseph was 10 years old, his schoolteacher gave him a lifelong gift: a love of science. Years later, that love inspired Joseph to study robotics when he entered the U.S. Navy. After he transitioned out of the military, the same teacher gave him a new gift: healing.

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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](#)

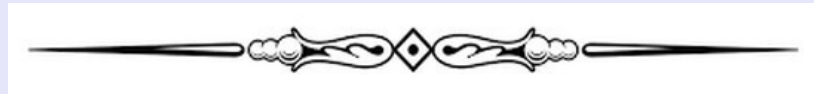
[HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE](#)

[AMVETS GROUP](#)

VETERANS SOCIAL GROUP

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

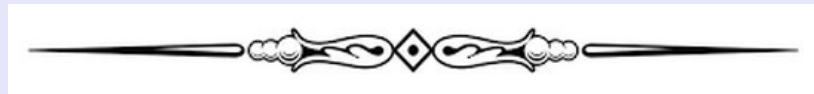
AMERICANS FOR SOVEREIGNTY



Live Whole Health #99: Self care

Self-care can be anything that helps you manage your stress and promote your own whole health and well-being.

[Read More](#)



Team approach helps older Veterans reduce risk of falls at home

Idaho VA physical therapist and multidisciplinary Home-Based Primary Care team work together to provide treatment for older rural Veterans.

[Read More](#)



Schizophrenia

Are you having trouble thinking clearly or speaking coherently?

Do you sometimes suspect you're hallucinating sights or sounds? These symptoms can be scary, especially at first, but they're worth looking into, as they may be signs of a mental illness called schizophrenia.

[Read More](#)



Office of Inspector General

- 1) [VA Real Property: Enhanced Communication and Performance Measurement Could Improve Capital Asset Management](#)
- 2) [Black Lung Benefits Program: Continued Inaction on Coal Operator Self-Insurance Increases Financial Risk to Trust Fund](#)
Statement of Thomas M Costa, Director, Education, Workforce, and Income Security



iEX Talks Series: VHA Extended Reality Network, a growing community

This week dive into the iEX Talk about the VHA Extended Reality (XR) Network to learn about how VHA is better serving our nation's Veterans

[Read More](#)



America250: Navy Veteran Jimmy Carter

This week's America250 salute is Navy Veteran Jimmy Carter, who served as a naval radar officer before becoming the 39th president of the U.S.

[Read More](#)

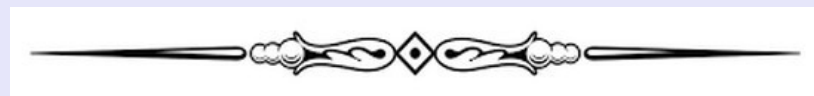


Anxiety

It is natural to worry and feel anxious about various things, like that work presentation, your growing to-do list, or a relationship. Anxiety can help you address the stressors in your life, and for many people, the feeling motivates them and doesn't last long. But when persistent worries start affecting your activities relationships, sleep, or workday, it may be time to do something about it.

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- 1) [Real-World Data: Assessing Registries to Support Regulatory Decision-Making for Drug and Biological Products Guidance for Industry](#)
- 2) [FDA Approves New Imaging Drug to Help Identify Ovarian Cancer Lesions](#)
- 3) [FDA Drug Shortages](#)
- 4) [Coronavirus \(COVID-19\) Update: FDA Actively Working to Investigate, Address Potential Impacts of Omicron Variant; Urges Vaccination and Boosters](#)
- 5) [Coronavirus \(COVID-19\) Update: November 30, 2021](#)
- 6) [It's a Good Time to Get Your Flu Vaccine](#)

- 7) Teleflex Incorporated Announces Worldwide Recall of Arrow-Trerotola™ Over-The-Wire PTD® Kit Percutaneous Thrombolytic Device: 7FR
- 8) UPDATE: Potential Biocompatibility Concerns with NuVasive Specialized Orthopedics' Precice Devices - Letter to Health Care Providers
- 9) Pregnant? Breastfeeding? FDA Aims to Improve Drug Information
- 10) Sandoz, Inc. Issues Nationwide Recall of One Lot of Enoxaparin Sodium Injection, USP 40mg/0.4 mL Due to Temperature Excursion During Shipping
- 11) 50 Years of Progress in Treating Patients with Cancer
- 12) Outbreak Investigation of E. Coli O157:H7 - Spinach (November 2021)
- 13) FDA Expands Authorization of Two Monoclonal Antibodies for Treatment and Post-Exposure Prevention of COVID-19 to Younger Pediatric Patients, Including Newborns



Ending the HIV and AIDS epidemic: equitable access, everyone's voice

On this 40th anniversary of World AIDS Day, we are in a critical position to make a big impact on ending HIV, especially among our Veterans.

[Read More](#)

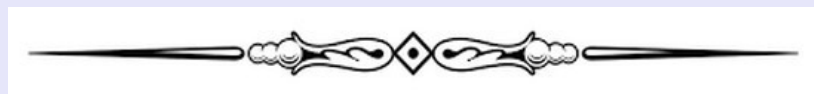


Veterans in Puerto Rico, surrounding islands

receive updates on benefits and service improvements

Veterans living in Puerto Rico or surrounding islands have can gain employment opportunities and learn more about their benefits during a virtual Economic Development Initiative (EDI) event on Dec. 10 and 11.

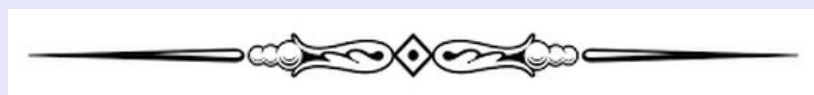
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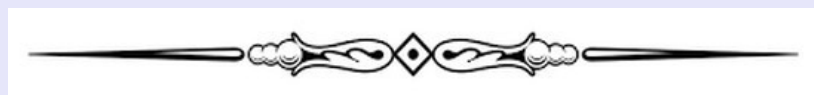
VA helps Veterans with Parkinson's disease

If you're a Veteran with Parkinson's disease, VA has specialized medical care and financial assistance for you. Your caregivers can get help and support through the VA Caregiver Support Program. And you may also be eligible to participate in clinical trials and other research opportunities.

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VHA Innovators Network Incubator Series unleashes innovation to impact Veteran lives

Innovators Network Incubator Series weaves innovation into the fabric of VA, creating a more agile and creative workforce.

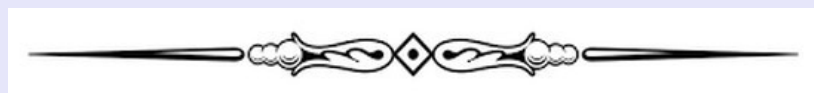
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Community providers: Please tell Veterans about easy, no-cost flu shot options through VA

Important information for providers to share with Veterans about no-cost flu shots available to eligible Veterans this 2021-2022 flu season.

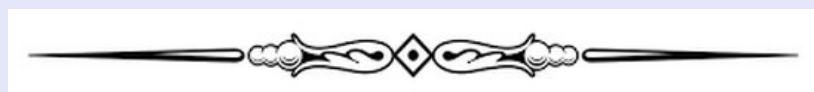
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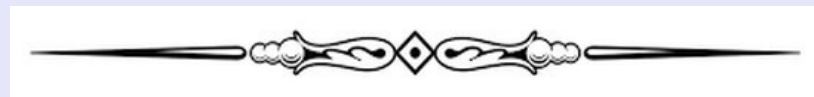
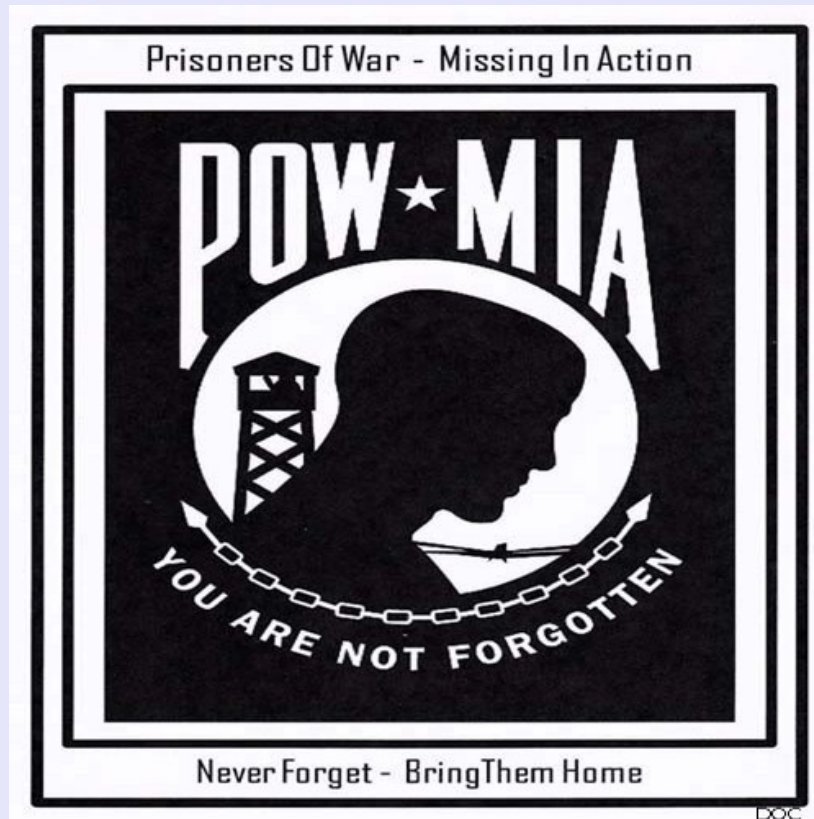


Lung cancer screening can save your live

Lung cancer may not cause symptoms until it spreads to other parts of the body, making it more difficult to treat. If you are 50 to 80 years old, smoke tobacco or quit within the past 15 years, or smoked the equivalent of a pack a day for 20 years, you may qualify for a screening in VA.

[Read More](#)

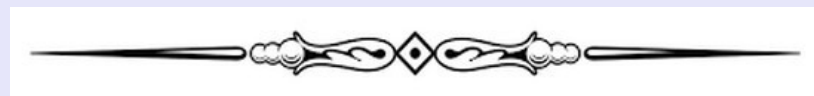




VA committed to being place free of harassment, assault for all Veterans

The following letter from VA Secretary Denis McDonough is VA's annual distribution about anti-harassment and sexual assault.

[Read More](#)



Puerto Rico bound: Vet Center mobile health unit will provide mental health services

The Vet Center Mobile Health Clinic is headed to Puerto Rico. The mobile clinic staff will provide services to rural Veterans all

over the island.

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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!



Heroes Foundation held training workshop to help Veterans prepare for hiring event

The Heroes Foundation, VA partner helping Veterans find work, held workshop for Veterans before 10th annual "Hiring Red, White & You!" event.

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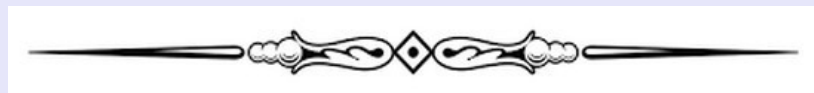


Army Veteran creates two Halls of Heroes to honor local Veterans

Carey Bolt, an Army Veteran and Veterans Service Officer, has created two Halls of Heroes to honor local Veterans and

educate his community.

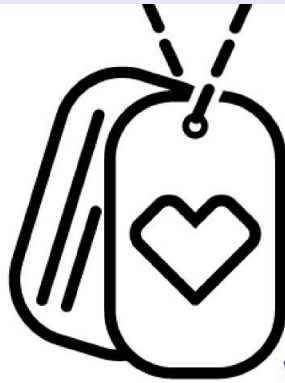
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Veterans with HIV/AIDS find help at VA

Did you know that more than 31,000 Veterans with HIV receive care from VA? They can get the best medications to keep their viral load undetectable. If you've never been tested for HIV, ask your provider about it at your next appointment.

[Read More](#)



**Our values
match yours.**



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How to make the most of our interview questions and your answers

VA uses performance-based interview questions to explore candidate compatibility. Learn what we're looking for and how to make your responses shine.

[Read More](#)



Wait times for custom foot orthotics reduced from 8-12 weeks to 5-7 days

A 10,000-square-foot, cutting edge facility for orthotics and prosthetics in VA Northern Indiana is cutting wait times from weeks to days.

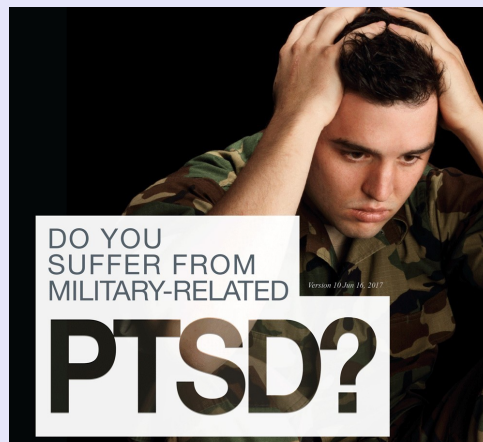
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Your VA Benefits Annual Increase

As the cost of living goes up, VA ensures your benefit rates do too. As of December 1, all compensation benefits rates increased by 6% to match adjustments made to Social Security benefits. If you receive VA compensation benefits, take a look at your new rates.

[Read More](#)



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



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. For Harvey

Pratt, art and military service have both been part of his family's history. His older brother Charles was a talented artist, and Pratt wanted to live up to his brother's skills.

[Read More](#)



Vets First Podcast S:2 E:6: The ongoing battle: Josh Marino, Rob Otto share about PTSD, depression, suicide

In episode six, podcast hosts Levi Sowers and Brandon Rea interview two Vets to talk about mental health issues, including TBI and PTSD.

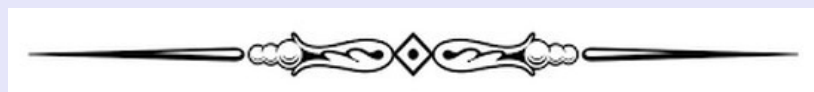
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#VeteranOfTheDay Army Veteran Charles Munske

Today's #VeteranOfTheDay is Army Veteran Charles Munske, who worked in civil affairs during World War I, World War II and the Korean War.

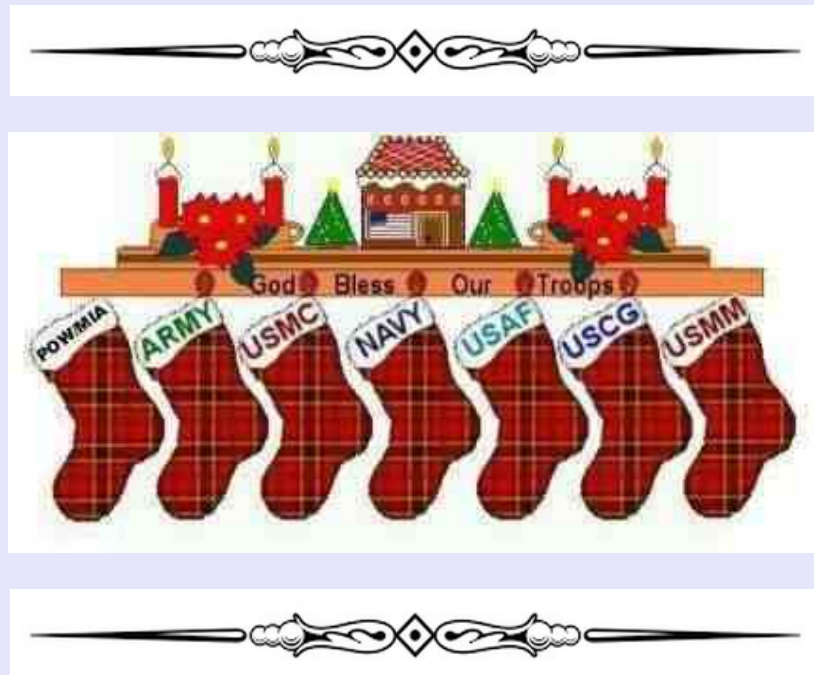
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Find Military Discounts this Holiday Season

Save money this holiday season with a variety of discounts. Enjoy deals on clothing, electronics, fitness, food, and more—all available to Veterans, service members, as well as their families and caregivers. Check out these year-round discounts before your next purchase.

[Read More](#)



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. For nearly 145,000 American Indian and Alaska Native (AI/AN) Veterans, accessing quality health care can be an uphill battle. Studies show that AI/AN Veterans experience a variety of health conditions.

[Read More](#)



#VeteranOfTheDay Army Veteran Irving Thaler

Today's #VeteranOfTheDay is Army Veteran Irving Thaler, who served in Frankfurt, Germany, as a military policeman during World War II.

[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. From Henderson, North Carolina, Lunsford B. Brown II attended Northern Vance High School. He was a football player known for his hard work and determination on and off the field.

We honor his service.

[Read More](#)



After months in ICU battling COVID, Veteran returns to say thank you

A Vietnam Veteran spent six weeks in intensive care in an induced coma. Later, he and his wife returned to thank the

Richmond VA staff.

[Read More](#)



#VeteranOfTheDay Army Air Forces Veteran Josephine Bogdanich

Today's #VeteranOfTheDay is Army Air Forces Veteran Josephine Bogdanich, a 105 year old who served as a mail clerk during World War II.

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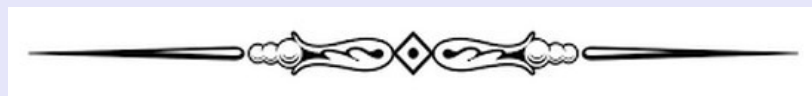


#VeteranOfTheDay Air Force Veteran Ben Nighthorse Campbell

During Native American Heritage Month, today's #VeteranOfTheDay is Air Force Veteran Ben Nighthorse Campbell, who later became a U.S. senator. Ben Campbell was born in Auburn, California, in April 1933. Campbell had a difficult childhood; he had an absent father and a mother who was frequently hospitalized with tuberculosis.

We honor your service, Ben!

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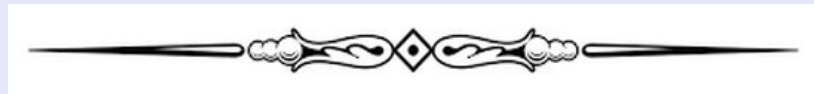


#VeteranOfTheDay Marine Corps Veteran Steven Gonzalez

Today's #VeteranOfTheDay is Marine Corps Veteran Steven Gonzalez, who served for 12 years as a distribution management specialist and career planner. Steven Gonzalez joined the Marine Corps in 2003. He worked as a distribution management specialist and career planner, serving through administrative work in the fields of logistics and human resources.

We honor your service, Steven!

[Read More](#)



#VeteranOfTheDay Marine Corps Veteran George Bartlett

Today's #VeteranOfTheDay is Marine Corps Veteran George Bartlett, who served in Vietnam, Korea and World War II during a 36-year career.

[Read More](#)



#VeteranOfTheDay Army Veteran Charlotte Edith Anderson Monture

During Native American Heritage Month, today's #VeteranOfTheDay is Army Veteran Charlotte Edith Anderson

Monture, a Canadian Mohawk who served as a nurse during World War I.

[Read More](#)



#VeteranOfTheDay Navy Veteran James E. Williams

During National Native American Heritage Month, today's #VeteranOfTheDay is Navy Veteran James E. "Willie" Williams, a Vietnam War Medal of Honor recipient.

[Read More](#)



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

33 USS Oklahoma Sailors Identified from World War II were

assigned to the battleship, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including these 33 sailors. These group remains will be buried at the National Memorial Cemetery of the Pacific in Honolulu on Dec. 7, 2021, the 80th anniversary of the attack on Pearl Harbor.

[Read the names.](#)

Navy Seaman 1st Class Buford H. Dyer, 19, of Barberton, Ohio, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Dyer. He will be buried on April 11, 2022, in Seville, Ohio. [Read about Dyer.](#)

Army Sgt. James N. Stryker, 20, of West Nanticoke, Pennsylvania, was assigned to Company L, 3rd Battalion, 23rd Infantry Regiment, 2nd Infantry Division. He was reported missing in action on May 18, 1951, when the enemy attacked his unit near Han'gye, South Korea. Following the battle, his remains could not be recovered. Stryker will be buried in San Antonio. The date has yet to be determined. [Read about Stryker.](#)

Army Master Sgt. James L. Quong, 30, of Norman, Oklahoma, was assigned to Company D, 1st Battalion, 32nd Infantry Regiment, 7th Infantry Division. He was reported missing in action on Dec. 2, 1950, when his unit was attacked by enemy forces near the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered.

Quong will be buried at Arlington National Cemetery in Arlington, Virginia. The date has yet to be determined. [Read about Quong.](#)



Veterans-For-Change, Inc.

Riverside County, CA

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Serving those who served!

Please pass on to all your Veteran Friends and Family!



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Jim.Davis@Veterans-for-change.org

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