



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, December 19, 2021

Volume 12, Issue 51



## **This-N-That**

Good evening Jim,

I know from personal experience, experience of friends, family, and many of our Veterans that 2021 has not been the best possible year we've had in a very long time!

We've all experienced the COVID pandemic, many have lost family and friends to it. We've had a declining economy, store supply shortages, gas price hikes and most likely a lot of things I've not mentioned.

From the bottom of my heart, from my family, and our volunteers, we do very sincerely wish you all a very Merry Christmas!

We have added one new piece of legislation to the TAKE ACTION list, which seems to be an ever growing showing (my opinion only) that Congress is still on a spiraling downhill path. But we do need to continue to put the pressure on them.

I know it's a bit early, but better to be prepared and not rushing around to gather all the information you might need to have your income taxes prepared. So, if you click [HERE](#), you will be taken to a download screen for a tax planning guide!

As a reminder while out shopping, keep your wallets in an inside pocket, and be sure to close up your purse and hold it close to you, don't leave it in the shopping cart. It only takes seconds for that one horrible person to rip you off and we don't want anyone's Christmas to be ruined.

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

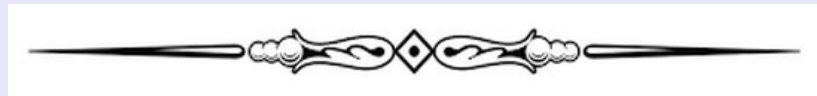
[Jim.Davis@Veterans-For-Change.org](mailto:Jim.Davis@Veterans-For-Change.org)



## **Alaska VA chiropractor gets Veterans "out of pain"**

After a Veteran injured his shoulder and neck, he found relief from pain thanks to adjustments from his chiropractor.

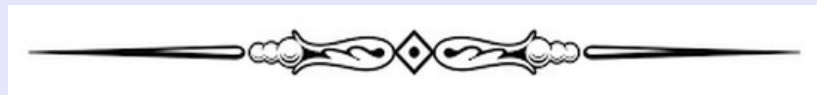
[Read More](#)



## **America250: Army Veteran Leslie MacDill**

This week's America250 salute is Army Veteran Leslie MacDill, the namesake of MacDill Air Force Base who is considered one of aviation's early pioneers.

[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@madvocacy.org](mailto:robin.barr@madvocacy.org)



### **Unmet needs of homeless U.S. Veterans by gender and race/ethnicity: Data from five annual surveys**

Tsai J, Mitchell L, Nakashima J, Blue-Howells J. Unmet needs of homeless U.S. Veterans by gender and race/ethnicity: Data from five annual surveys.

[Read More](#)



### **Congress Passes FY 2022 NDAA**


The House and Senate passed the National Defense Authorization Act for Fiscal Year 2022 (NDAA). This includes a 2.7 percent pay raise for service members, updates to the Uniform Code of Military Justice regarding sexual assault, and authorization to locate a Global War on Terrorism Memorial on the National Mall. Other important VFW-supported provisions included preservation and update of the Chaplains Memorial at Arlington National Cemetery, the Troops to Teachers Program, the VET Rent Act, an ILER Study improvement, and the establishment of the U.S. Naval Community College. The NDAA now goes to the president's desk for signature.



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

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

VeteransCrisisLine.net

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

The advertisement features two men, one with his arm around the other's shoulder, set against a white background. The text is in blue and black, with the logo featuring a blue star and red dots.

**Veterans shop holiday savings at your local commissary**

Veterans can shop for savings at their local commissary this holiday season. The commissary benefit is a huge money saver and can be a vital resource for Veterans and their families.

[Read More](#)



## **HR expert answers your top VA application questions**

On VA's "Talk About It Tuesday" broadcast, HR specialist Kendra Wilson-Hudson gave advice for those applying to VA jobs.

[Read More](#)



## **TRICARE Pharmacy Network Changes and TRICARE For Life**

CVS Pharmacy is joining the TRICARE retail pharmacy network on Dec. 15. At the same time, Walmart, Sam's Club, and some community pharmacies are leaving the network. If you're a [TRICARE For Life](#) beneficiary, you may be wondering how these changes affect the coverage of your current drugs.



[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** .....



**Sponsorship program has positive impact for transitioning service members**



An Army Veteran says the ETS Sponsorship Program "fills a gap for service members transitioning back into civilian life. We're all working together."

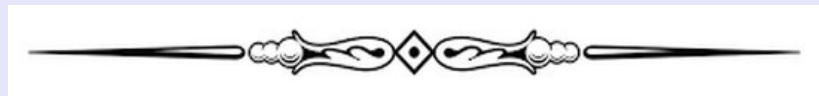
[Read More](#)



### **'Bringing Benefits Home' campaign event held for tribal Veterans in Lawton, OK**

A "Bringing Benefits Home" event held in Lawton, OK, helped Tribal Veterans learn about disability claims and speak to a VA claims expert.

[Read More](#)



### **Student Veteran Bill Passes Congress**

Congress passed [H.R. 5545](#), the REMOTE Act, which would extend the COVID-19 protections for students using VA education benefits. These protections, which were scheduled to expire on Dec. 21, 2021, include allowing students to continue to receive resident Monthly Housing Allowance even if their courses have temporarily shifted online during the pandemic. Additionally, this legislation would allow students to "round out" during their final term and take additional courses using their VA education benefits to maintain full-time status. The bill now heads to the president's desk for signature.



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

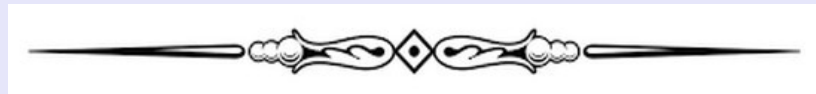
- 1) Folds of Honor CEO on 'Fox & Friends': Military families are getting help this holiday season
- 2) Sudan soldier killed during Korean War accounted for
- 3) VA Home Loan Program That Is Popular Among Veterans Gets a Bad Rep from Sellers
- 4) Florida Veteran faked being blind to VA and was seen driving, hunting and more, DOJ says
- 5) A Marine Veteran was denied his disability benefits for 40 years. He sued the VA and won
- 6) 'Veterans here are tired of being guinea pigs': New health record system still causing problems at Spokane VA hospital after a year
- 7) NY Veteran honored for heroism during Japanese attack on Pearl Harbor in 1941
- 8) Biden signs bill to promote health care careers for Vets
- 9) B-17 Pilot Colin Kelly: Remembering a Fallen American WWII Hero



**VA to lead new national initiative to improve effectiveness of pre-clinical brain research**

The initiative is called the Interagency Resource Coordinating Center for Preclinical TBI Research (IRCC). It will focus on making the most of federal investments in pre-clinical TBI, with scientists working together to identify the preclinical models that best represent TBI in humans and sharing data in more uniform ways.

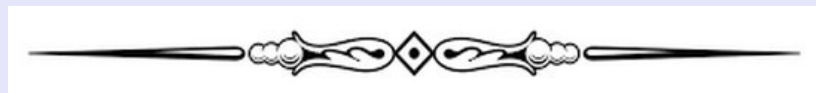
[Read More](#)



## **Higher education support services available for Veterans with disabilities**

As we come to the end of another year, many of us are making resolutions for 2022, including many Veterans who are resolving to return to the classroom to prepare for future careers outside of the military. Student Veterans come from a variety of backgrounds and experiences, and some may have disabilities associated with their [...]

[Read More](#)



## **Senate Committee Advances VA Nominee and 25 Veterans Bills**

The Senate Committee on Veterans' Affairs voted to confirm Kurt D. DelBene for the position of VA Assistant Secretary for Information and Technology. The committee also passed numerous VFW-supported bills to the Senate floor. These legislative proposals address the VA claims process, health care, education, and burial benefits.

[Read More](#)



## Suicide Prevention Resources for Military and Veterans

### Military & Veterans Crisis Line

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

### Vets 4 Warriors

855-838-8255

### InTransition

1-800-424-7877

### Office of Warrior Care Policy

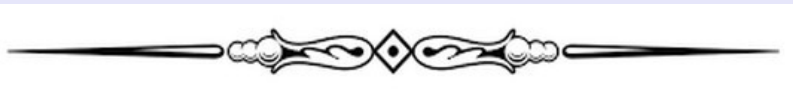
warriorcare.dodlive.mil/

### Military One Source

1-800-342-9647

### Tragedy Assistance Program for Survivors [TAPS]

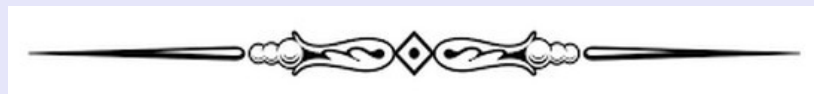
1-800-959-8277



## Free entrepreneurial training available to Veterans

Have you ever wanted to launch your own business but weren't sure where to begin? The Veterans Launching Ventures (VLV) certificate course could be the start. Offered by Fairleigh Dickinson University's Rothman Institute of Innovation and Entrepreneurship, the VLV program provides essential training for Veterans and their families looking to open or grow a business. [...]

[Read More](#)



**Show Your Stripes campaign to focus on Veterans**

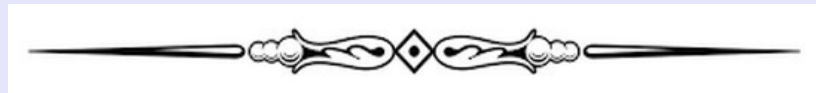
iHeartRadio's new Show Your Stripes social impact campaign will focus on issues facing Veterans today.

[Read More](#)



## **FRA Provides Navy Leg. Fellows a Leg. Process Brief**

DLP John Davis gave a legislation process brief to the CY2022 Navy Legislative Fellows at FRA NHQ. This was the first legislative process brief since the pandemic. The Navy Congressional Fellowship Program offers participants the opportunity to work in the legislative branch for one year. The program consists of three components: (1) training and education through the Government Affairs Institute at Georgetown University, (2) work on Capitol Hill in the personal office of a Senator or member of Congress, and (3) a two-year utilization tour immediately upon completion of the fellowship. The FRA has provided both the Marine and Navy Legislative Fellows their legislative process brief in recent years.





## **Remember Me in Your Heart**

To the living, I am gone,

To the sorrowful, I will never return,

To the angry, I was cheated,

But to the happy, I am at peace,

And to the faithful, I have never left.

I cannot speak, but I can listen.

I cannot be seen, but I can be heard

So, as you stand upon the shore gazing at a beautiful sea...

As you look upon a flower and admire its simplicity....

Remember me.

Remember me in your heart

Your thoughts, and your memories.

Of the times we loved,

The times we cried,

The times we fought,

The times we laughed.

For if you always think of me,

I will never have gone.

Author: Unknown



## **Veterans can create a will free of charge**

Veterans can create a will free of charge with GoodTrust.

[Read More](#)

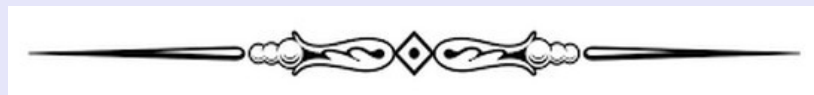


**Spread joy, not flu this season: Free flu shot at VA  
or 70,000+ network providers**



Veterans enrolled in VA health care who have received care from either VA or community provider within the past 24 months are eligible for a free flu shot.

[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 12/19/21)

Please note, we've added 1 new item to the **TAKE ACTION** list.

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

80) H.R. 4880 and S. 2720, the Veterans' Prostate Cancer Treatment and Research Act

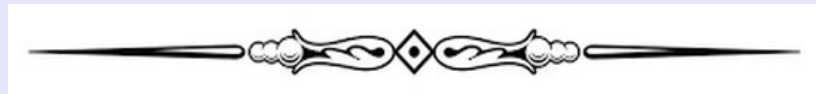
81) HR 2800, the WINGMAN Act



### **Vet Center: Veteran Sandra Hardy no longer suffering in silence**

Although Vet Centers offer unlimited counseling appointments, U.S. Army Veteran Sandra Hardy had it set in her mind she would only need a couple of visits. Three years later, she's still going.

[Read More](#)



### **Vets First Podcast S:2 E:7: Perseverance through care, routine**

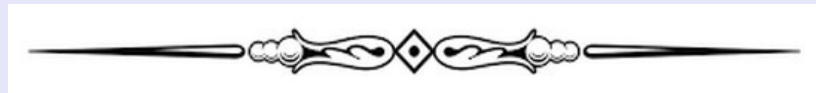
Episode seven of Vets First Podcast discusses studies on functional impairment and depression in Veterans and Veteran suicide factors.

[Read More](#)



### **FRA and Others Request No More CRs**

The FRA signed onto a letter with other members of The Military Coalition (TMC) who sent to Speaker of the House Nancy Pelosi, Senate Majority leader Chuck Schumer (N.Y.), Senate Minority leader Mitch McConnell (Ky.) and House Minority leader Kevin McCarthy (Calif.) urging them to pass the Fiscal Year (FY2022) Defense Appropriations and Military Construction, Veterans Affairs, and Related Agencies appropriations bills before funding expires on Feb. 18. Congress recently passed a Continuing Resolution (CR) to keep the government funded at current levels until Feb. 18. As noted in the letter: "A CR damages the uniformed services' ability to equip and train the total force. The services would be prevented from starting new programs that commanders need and instead, devote funds to lower priorities. During CRs resources tighten, procurement programs languish, and taxpayer dollars are spent ineffectively. Casualties of an additional CR could include mission-critical training (inclusive of vital reserve component training) and required maintenance. Military families could suffer from inadequate maintenance and upgrades to military installations, and significant delays in household moves. They deserve better, and their care is crucial to the readiness and retention of service members."





## 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







## **Operational Stress Control critical to organizational health**

Staff stress during a pandemic is inevitable. The Salisbury VA hospital has a stress control program to help staff continue to care for Veterans.

[Read More](#)



## **Veterans: vaccinated by a community provider or pharmacy? It's in your record!**

If you get a vaccination from an in-network community provider or retail pharmacy, it's now automatically entered into your VA health record—you don't have to provide VA documentation.

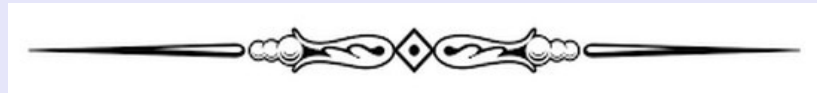
[Read More](#)



## **Report on Veterans Homelessness**

The Department of Housing and Urban Development (HUD) recently released its [annual report](#) on Homelessness with critical data on veterans experiencing homelessness. Each year, HUD releases a "Point-in-Time" count of unhoused people, including veterans. HUD conducted its annual count in January 2020, but never released its report-a major resource for Congress in making decisions about how to legislate and allocate resources to respond to veteran homelessness.

The 2020 report found a less than one percent increase overall in veteran homelessness since 2019-the first increase in over a decade. Data also revealed that while women veterans comprise less than ten percent of homeless veterans, they are more likely to be caring for dependents. One third of homeless veterans are African American despite representing ten percent of all veterans nationwide. Members can weigh in on this issue by going to the [FRA Action](#) Center.





**Merry Christmas**



**CONTACT YOUR  
MEMBERS OF CONGRESS!**

To Call your Representative:  
202-225-2305

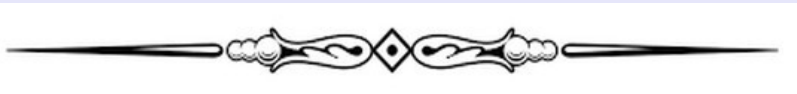
To Call your Senators:  
202-224-3841 or 202-224-3553

To call Different Members of Congress:  
202-224-3121

TOLL FREE: 866-272-6622

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

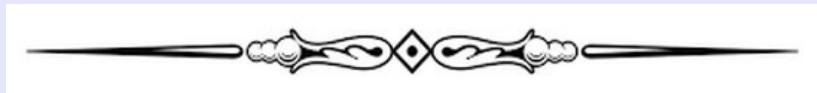
**[www.veterans-for-change.org](http://www.veterans-for-change.org)**



## **ETS program helps with military-to-civilian transition**

"We're all working together to help that service member before, during, and after their transition," says Army Veteran Rick Kelling.

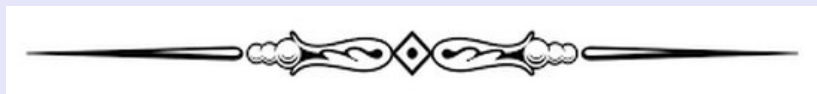
[Read More](#)



## **Aly the "diva" poodle brings comfort and smiles to Veterans**

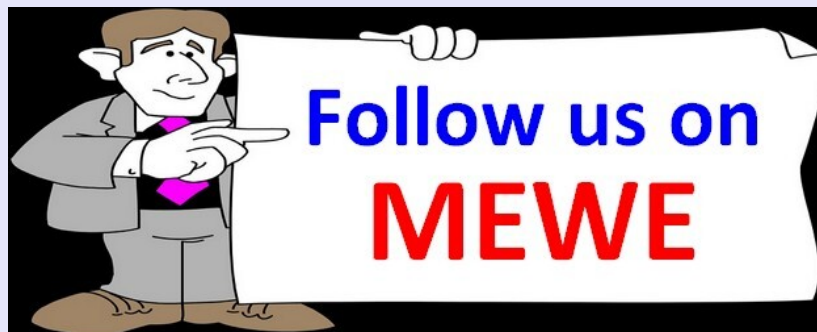
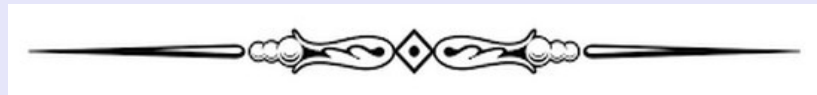
Aly was just what residents at the Reno VA nursing home needed to bring life into the halls.

[Read More](#)



## **BAH Rates for 2022**

The Department of Defense (DoD) released the Basic Allowance for Housing (BAH) rates for 2022. The BAH rates will increase an average of 5.1 percent when the new rates take effect Jan. 1, 2022. An estimated \$25.6 billion will be paid to approximately one million service members. The DoD temporarily authorized increases in the 2021 BAH rates for 56 housing markets (commonly referred to as Military Housing Areas, or MHAs) across the United States. Uniformed service members who incurred increased housing costs above their current BAH may be eligible to apply and receive BAH at the temporarily higher rate. The increased BAH rates for affected active-duty members in these MHAs took effect Oct. 1, 2021, and will expire on Dec. 31, 2021. Service members can calculate their BAH payment by using the [online calculator](#).



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](#)

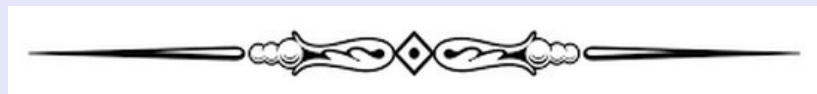
[HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE](#)

[AMVETS GROUP](#)

[VETERANS SOCIAL GROUP](#)

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

[AMERICANS FOR SOVEREIGNTY](#)



### **Roll up your sleeve and donate blood**

One way you can make a difference this year is to donate blood at your VA to help fight the shortage. Contact your local VA medical center to learn more.

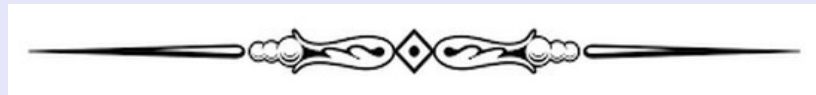
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## Veterans Get Free Premium Membership to LinkedIn

The pandemic has changed the employment landscape as companies adapt to constant change. To help navigate the job market, LinkedIn is offering Veterans some helpful tips in their employment search.

[Read More](#)



**Office of Inspector General**

- 1) [COVID-19: Agencies Are Taking Steps to Improve Future Use of Defense Production Act Authorities](#)
- 2) [COVID-19: Selected States Modified Meal Provision and Other Older Americans Act Services to Prioritize Safety](#)
- 3) [Military Child Care: Potential Costs and Impacts of Expanding Off-Base Child Care Assistance for Children of Deceased Servicemembers](#)



### **5-Minute Survey to Help Women Veterans**

Are you a woman Veteran who is NOT using the benefits and services you earned by serving? If so, the Center for Women Veterans would love to hear from you. Our new survey gives you the chance to share your thoughts in less than five minutes and is completely anonymous. Please share with your networks, family, friends.

[Begin Survey](#)



### **Free Entrepreneurial Training for Veterans**

Have you ever wanted to launch your own business but weren't sure where to begin? The Veterans Launching Ventures (VLV) certificate course could be the start.

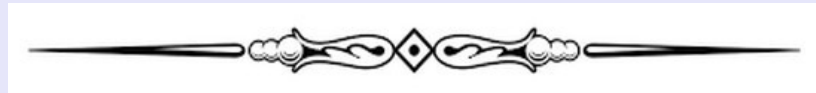
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- 1) CDER Conversation: CDER Creates New Biosimilars Resources for Educators, Teaching Facilities
- 2) Coronavirus (COVID-19) Update: December 14, 2021
- 3) Coronavirus (COVID-19) Update: December 17, 2021
- 4) Cybersecurity
- 5) Efficient Laboratories, Inc. Expands Voluntary Nationwide Recall to Consumers to Include Twelve Additional Lots of Rompe Pecho CF, Rompe Pecho EX, Rompe Pecho MAX, and Rompe Pecho DM Sold in 2019 Due to Microbial Contamination Concerns
- 6) Exploiting Real-World Data to Optimize the Use of Antibiotics
- 7) FDA approves drug to treat sickle cell disease in patients aged 4 up to 11 years
- 8) FDA approves first drug to decrease urine protein in IgA nephropathy, a rare kidney disease
- 9) FDA Approves First Drug to Prevent Graft Versus Host Disease
- 10) FDA Drug Shortages
- 11) FDA is temporarily exercising enforcement discretion with respect to certain Clozapine REMS program requirements to ensure continuity of care for patients taking clozapine
- 12) Getinge/Datascope/Maquet Recalls Cardiosave Hybrid and Cardiosave Rescue Intra-Aortic Balloon Pump (IABP) Due to Reports of Fluid Leaks

- 13) Gilead Issues A Voluntary Nationwide Recall of Two Lots of Veklury® (Remdesivir) Due to Presence of Glass Particulates
- 14) Improving Dose Selection In Children through Better Estimates of Renal Function
- 15) Inspection of Injectable Products for Visible Particulates
- 16) P&G Issues Voluntary Recall of Aerosol Dry Conditioner Spray Products and Aerosol Dry Shampoo Spray Products
- 17) SARS-CoV-2 Viral Mutations: Impact on COVID-19 Tests
- 18) Voluntary Recall of Howling Cow Butter Almond Ice Cream Due to Undeclared Soy and Wheat



## **Higher Education Support Available for Veterans with Disabilities**

Student Veterans or those interested in going back to school, check out these informational courses designed to assist student Veterans with their academic journey.

[Read More](#)



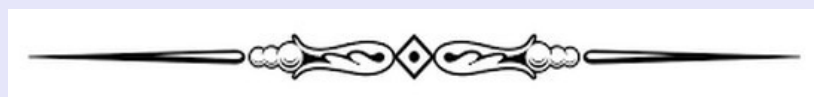
## **Show Your Stripes Campaign to Focus on Veterans**

iHeartRadio's Show Your Stripes campaign connects Veterans and their families with communities, businesses, resources, programs and nonprofits that support their overall wellbeing.

[Read More](#)



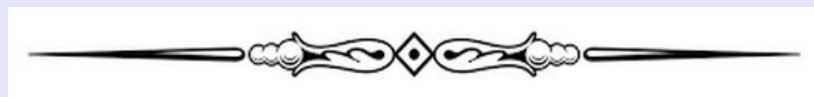
*CLICK HERE TO FOLLOW US ON TWITTER !*



## **The Military is Reporting Far Fewer Hearing Problems**

Hearing loss across the military continues to decrease for service members and civilians enrolled in hearing conservation programs, according to a recent report from the Defense Health Agency Hearing Center of Excellence.

[Read More](#)

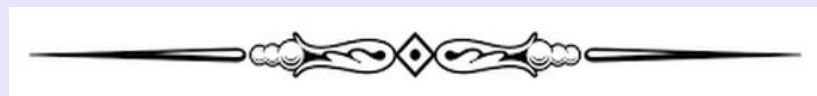
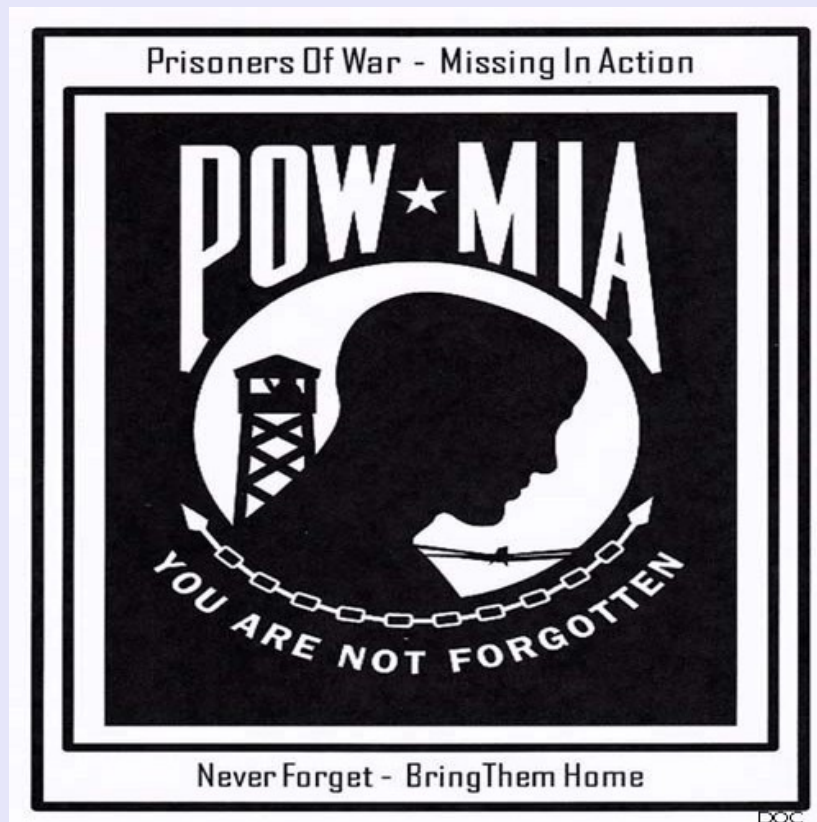


## **What You Need to Know About New TRICARE Pharmacy Network Options**



As of Dec. 15, CVS Pharmacy is a part of the TRICARE retail pharmacy network. At the same time, Walmart, Sam's Club, and some community pharmacies are no longer a part of the TRICARE network.

[Read More](#)



**Medical Heroes from Pearl Harbor**

After the attack that drew the U.S. into World War Two, medical crews worked around the clock treating second- and third-degree burns, shock as well as shrapnel and machine gun wounds, and other injuries.



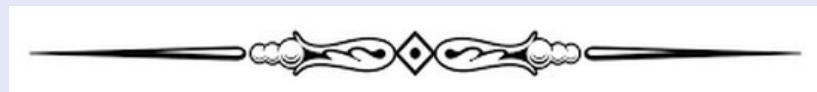
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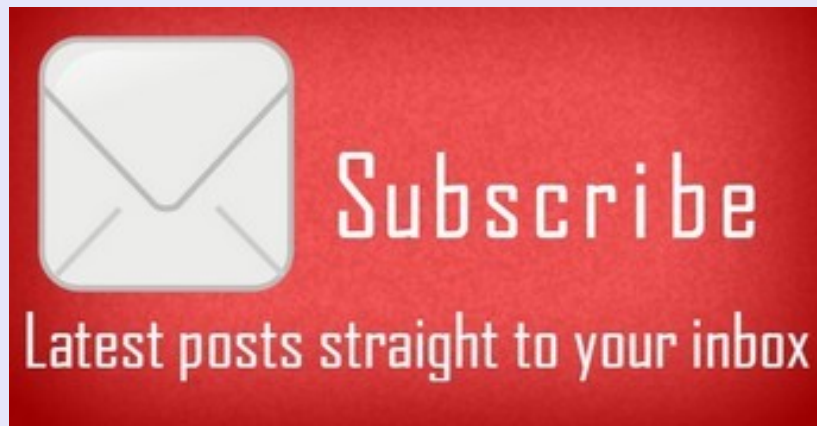
## **Military Medical Research Leads to 18 New Cancer Drugs and other Devices.**

In just the past year, they've been working on new, high-tech treatments for major health problems like cancer, severe hearing loss and genetic diseases like muscular dystrophy.

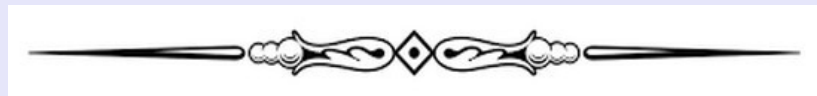
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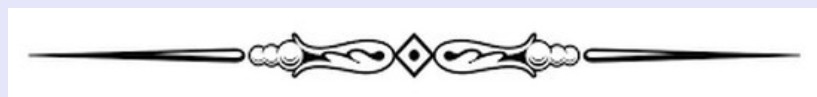
*CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER!*



## **Military Health System Marks One Year for COVID Vaccinations**

A year later, the MHS has distributed more than 6.4 million doses of COVID-19 vaccine and reports 90.1% of active duty service members are fully vaccinated against COVID-19, with an additional 6.4% partially vaccinated.

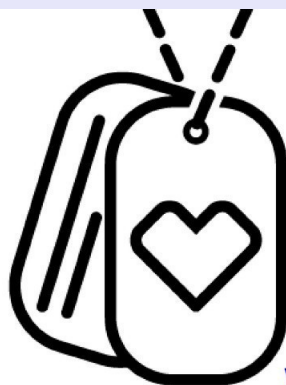
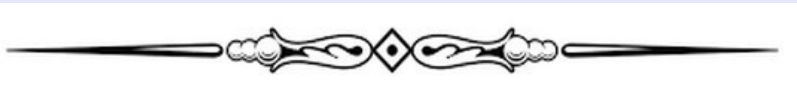
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## **Meet the First Coast Guard-Sponsored USU Medical Student**

U.S. Coast Guard Academy graduate, Ensign Elyse Bobczynski has the distinction of being the first USCG-sponsored student to attend medical school at the Uniformed Services University in Bethesda, Maryland.

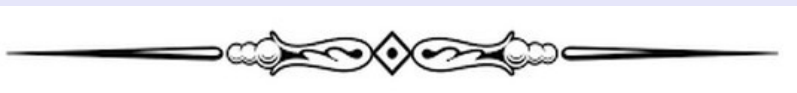
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## **Ask the Doc: How Do I Get Rid of the 'Dark Cloud' Over My Holidays?**

What can I do to help myself feel better? Should I talk to someone? Are there online resources? I would really like to shake these feelings. Thanks in advance, Doc!

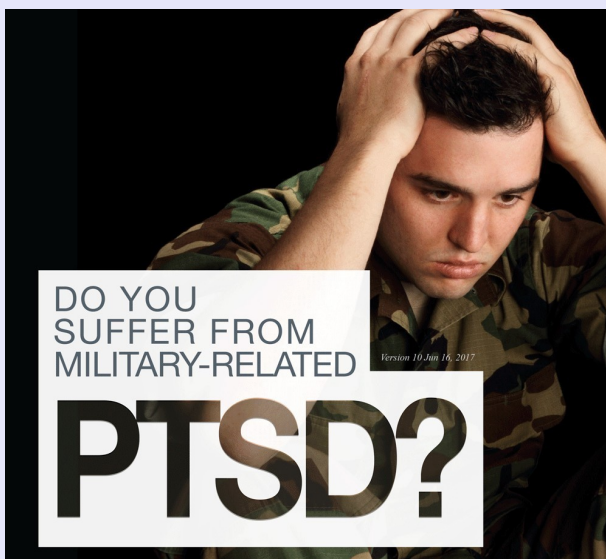
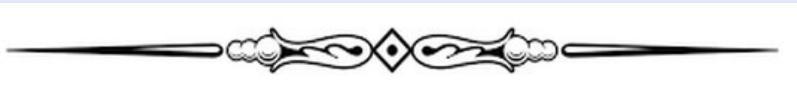
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## **Mindfulness-based training for women Veterans with chronic pain: A retrospective study**

Okvat HA, Davis MC, Mistretta EG, Mardian AS. Mindfulness-based training for women Veterans with chronic pain: A retrospective study.

[Read More](#)



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



## **Post-9/11 Veterans' heart disease knowledge, self-perceived risk, and prevention beliefs and ...**

Gaffey AE, Haskell SG, Brandt CA, Bastian LA, Meadows JL, Burg MM. Post-9/11 Veterans' heart disease knowledge, self-perceived risk, and prevention beliefs and behaviors.

[Read More](#)



## **Prospective mental health effects of intimate partner stalking among women Veterans**



Davin KR, Dardis CM, Barth MR, Iverson KM. Prospective mental health effects of intimate partner stalking among women Veterans.

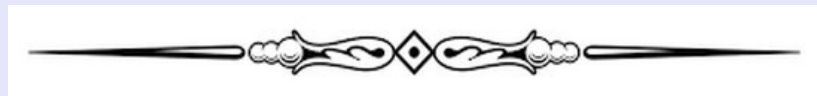
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## **#VeteranOfTheDay Army Veteran Christian Gutierrez**

Today's #VeteranOfTheDay is Army Veteran Christian Gutierrez, who served as an intelligence officer during Operation Iraqi Freedom.

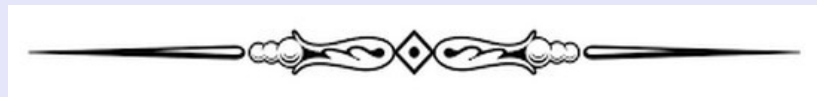
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## **The Risks, Invisibility, and Health Issues Facing Women Veterans Who Are Homeless**

Conard PL, Keller MJ, Armstrong ML. The Risks, Invisibility, and Health Issues Facing Women Veterans Who Are Homeless. Nurs Womens Health.

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# Tax & Credit Information



- 1) Here's what tax professionals should do after a data theft or loss
- 2) Here's how a taxpayer's custody situation may affect their advance child tax credit payments
- 3) ABLE accounts: A valuable financial solution for people with disabilities
- 4) Understanding taxpayer rights: The right to finality
- 5) Give tax withholding a fresh look as 2021 year-end nears
- 6) Non-traditional families may qualify for advance child tax credit payments
- 7) IRS announces 2022 Tax Counseling for the Elderly and Volunteer Income Tax Assistance Program Grants
- 8) 2021 IRS Nationwide Tax Forum seminars now available online
- 9) IRS updates process for frequently asked questions on new tax legislation and addresses reliance concerns



## **#VeteranOfTheDay Army Veteran Michael Siegel**

Today's #VeteranOfTheDay is Army Veteran Michael Siegel, who served in Operation Joint Guard in Bosnia and Operation Enduring Freedom in Afghanistan.

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## **#VeteranOfTheDay Army Veteran Mary-Margaret "Maggie" Brandt**

Today's #VeteranOfTheDay is Army Veteran Maggie Brandt, who served in the Army Reserve Medical Corps as a doctor for 21 years.

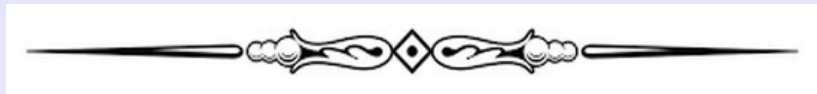
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## **#VeteranOfTheDay Public Health Service Veteran Thomas Bender**

Today's #VeteranOfTheDay is Public Health Service Commissioned Corps Veteran Thomas Bender, who served during the Exxon Valdez oil spill.

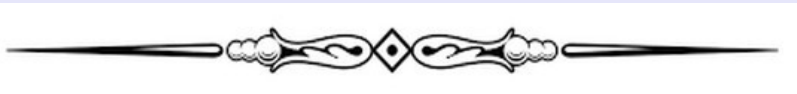
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## **#VeteranOfTheDay Army Veteran Susan O'Neill**

Today's #VeteranOfTheDay is Army Veteran Susan O'Neill, who served as a nurse in three hospitals during the Vietnam War.

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## **#VeteranOfTheDay Marine Corps Veteran Howard A. Requardt**

Today's #VeteranOfTheDay is Marine Corps Veteran Howard Requardt, who served in the Pacific theater during World War II.

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The Defense POW/MIA Accounting Agency announced three burial updates and four new identifications for service members who have been missing and unaccounted-for from World War II and Korea. Returning home for burial with full military honors are:

**Army Pfc. Jimmy Rowland**, 19, of Baldwyn, Mississippi, was assigned to Heavy Mortar Company, 19th Infantry Regiment, 24th Infantry Division. He was reported missing in action on July 16, 1950, while fighting North Korean forces along the

Kum River north of Taejon, South Korea. Following the battle, his remains could not be recovered. Rowland will be buried in his hometown on Jan. 15, 2022. [Read about Rowland.](#)

**Army Cpl. Marvin D. Actkinson**, 18, of Sudan, Texas, was assigned to Company B, 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. Actkinson will be buried in Colorado City, Texas. The date has yet to be determined. [Read about Actkinson.](#)

**Navy Lt. Cmdr. Hugh R. Alexander**, 43, of Potters Mills, Pennsylvania, 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 Alexander. He will be buried in San Diego. The date has yet to be determined. [Read about Alexander.](#)

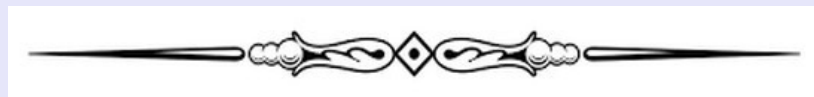
**Navy Fire Controlman 1st Class Hubert P. Clement**, 30, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Clement. Interment services are pending. [Read about Clement.](#)

**Navy Seaman 2nd Class Tceollyar Simmons**, 18, was assigned to the battleship USS California, which was moored

at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS California sustained multiple torpedo hits, which caused it to catch fire and slowly flood. The attack on the ship resulted in the deaths of 104 crewmen, including Simmons. Interment services are pending. [Read about Simmons.](#)

**Navy Electrician's Mate 1st Class Edward L. Conway, 29,** 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 Conway. Interment services are pending. [Read about Conway.](#)

**Navy Seaman 1st Class Wilbur F. Newton, 29,** 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 Newton. Interment services are pending. [Read about Newton.](#)



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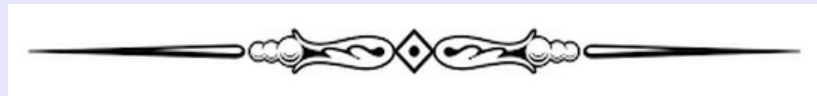
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