



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, December 26, 2021

Volume 12, Issue 52



## **This-N-That**

Good evening Jim,

Christmas has come and gone, the hustle and bustle is finally over and now we bring in the New Year, with high hopes, strong desires and hopefully many bills for all our Veterans will be voted on and passed, then signed into law!

My main concern right now and moving into 2022 will be the funding for the Veterans Administration to ensure that our Veterans can get the care and treatments needed.

I don't have all the information, or details to pass on yet, but I will continue to monitor Denis McDonough's actions, comments, etc. to get as much as I can to pass onto you.

In regard to Covid-19, I still can't recommend anything, it needs to be a personal decision. Personally, having read and continuing to read as much information that comes out, I still will refuse the vaccine, "pills", etc.

There have just been too many who have had ill effects, some minor, some major, some lasting the rest of your life, and in some cases death.

I am not trying to scare anyone into making a decision either way, just voicing personal feelings.

I do know now that there are more than 150 studies proving the "mask mandates" are useless. Masks have been proven in effective and useless.

But, for me personally, I will still use a mask when I leave the house and enter any business as my immune system still remains compromised.

We have added two new pieces of legislation to the **TAKE ACTION** list. But we still do need to continue the pressure on them.

As I mentioned in the previous newsletter tax season is just around the corner! If you're not sure what is and isn't deductible, here is a link to a check list 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!

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.

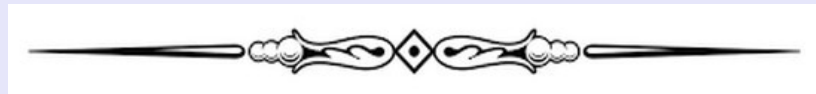
On behalf of our Volunteers nationwide and myself, we wish you and your family good health and a Happy New Year!

Respectfully,

Jim Davis

Founder

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



### **Homeless man has his own apartment after she asked, "Are you a Veteran?"**

A VA peer support specialist asked a homeless man if he was a Veteran. Days later, he was enrolled in VA health care and in his own apartment.

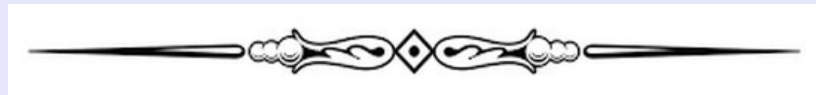
[Read More](#)



## #Live Whole Health #102: Nourishment for self-care

Self-care takes many forms, including nourishment, which makes us think of healthy food and drink. Have you considered other ways that you nourish your body such as vitamins and nature?

[Read More](#)

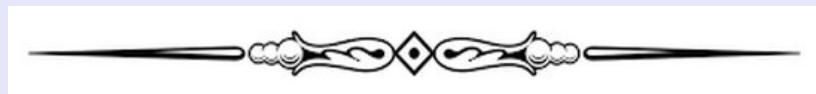


### Military Veterans Advocacy



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

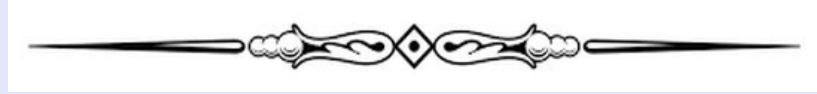
You may contact Robin Barr at [robin.barr@mvadvocacy.org](mailto:robin.barr@mvadvocacy.org)



**America250: Army Veteran Ralph Puckett Jr.**

This week's America250 salute is Army Veteran Ralph Puckett Jr., a Ranger who received a Medal of Honor for his actions in the Korean War.

[Read More](#)

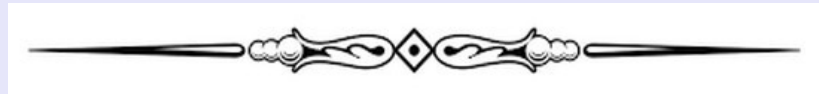


**HolidayBoost campaign helps you talk about  
COVID-19 boosters with those you care about this  
holiday season**

The HolidayBoost campaign provides suggestions for having constructive, compassionate conversations with those you care about regarding getting the COVID-19 booster or vaccine.

[Read More](#)





**Your actions**  
could save a life.

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

VeteransCrisisLine.net

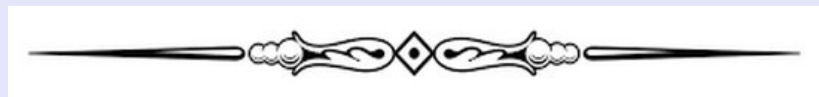
 **Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**



**Nursing residency program is a way to give back to Veterans**

VA's 12-month RNTTP Residency Program is designed to help new graduate RNs transition from the classroom to practice. Learn how the program can support your nursing career.

[Read More](#)



## **Why I get my health care at VA: Three women Veterans**

What experiences do women have when they get their health care at VA? Hear what three women think and why they get their care through VA.

[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** .....

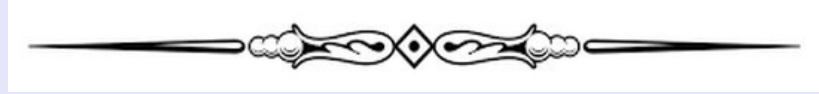


**Student volunteer awarded Knights of Columbus  
Volunteer of the Year**



Caitlin Golson has given nearly 1,000 hours in volunteer time to VA and charities. She is her local Knights of Columbus Volunteer of the Year.

[Read More](#)



### **Filing a VA claim for disability compensation**

VA disability compensation is a monthly, tax-free payment to Veterans who were injured, sustained a long-term illness or experienced a worsening medical condition during their military service.

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***[Links to Other Stories](#)***

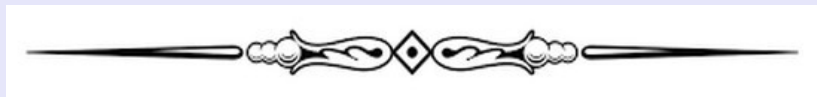
- 1) Arnold Schwarzenegger donates 25 tiny homes to homeless California Veterans
- 2) Chicago Woman Sentenced to 56 months for Home Health Care Fraud
- 3) Federal Indictment Returned Against Nursing Director for Producing Fraudulent COVID Vaccine Cards and Lying to Federal Investigators
- 4) Federal Jury Convicts Pharmacy Owner for Role in \$174 Million Telemedicine Pharmacy Fraud Scheme
- 5) Florida Woman Sentenced in Multi-Million Dollar Medicare Fraud Scheme
- 6) Former Albany Physician Pays \$125,000 for Overprescribing Opioids
- 7) Greensburg Doctor Sentenced to Nearly Five Years in Prison for Accepting Kickbacks in Exchange for Prescribing Fentanyl
- 8) Kentucky Marine Veteran raises thousands and donates Christmas surprise to storm victims
- 9) Lack of a federal budget deal endangers Veterans, VA secretary warns
- 10) Medical Director at Bridgeville Suboxone Clinic Sentenced for Unlawful Dispensing of Controlled Substances
- 11) Pittsburgh Resident Sentenced to More Than Five Years in Prison for Conspiracy, Health Care Fraud, and Aggravated Identity Theft
- 12) Two Novus Doctors Sentenced to Combined 23 Years in Prison for Healthcare Fraud
- 13) Two San Antonians Sentenced to Prison for Health Care Fraud Schemes
- 14) York County Nurse Charged with Stealing Prescription Drugs from A Hospice Patient



## **#VADidThat: A lifetime of service to Veterans**

VA has a rich history of volunteerism. Jeannette and her late husband, Edward Feldman, were among the longest-serving VA volunteers.

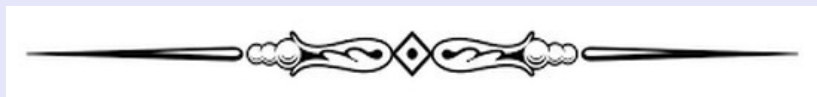
[Read More](#)

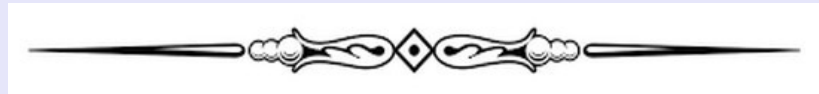


## **Live Whole Health #100: Mindful holiday season**

The holiday season brings joy, happiness and often stress. There is no better time to practice mindfulness so that you can be present to manage the ups and downs of this busy season. Mindful awareness is at the heart of Whole Health, and it can help you to be more present to living your life more fully.

[Read More](#)





## **Suicide Prevention Resources for Military and Veterans**

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

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

**Vets 4 Warriors**  
855-838-8255

**InTransition**  
1-800-424-7877

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

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

**Military One Source**  
1-800-342-9647

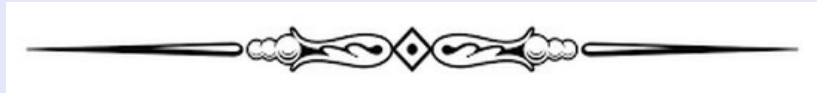
**Tragedy Assistance  
Program for Survivors  
[TAPS]**  
1-800-959-8277



## **Ask these six questions to find the workplace culture for you**

Finding a culture that fits with your work style and attitude makes a huge difference. Consider whether VA's workplace culture is the best fit for you.

[Read More](#)



## **In 2003, Ce-Ce Mazyck's parachute got tangled with another soldier's; today she's a voice for disabled**

Despite growing up in a tumultuous environment that included being the daughter of drug addicts, suffering abuse at the hands of a family member, and surviving a suicide attempt, Centra "Ce-Ce" Mazyck did not let her trauma define her future.

[Read More](#)



## **Bootcamp is revolutionizing the frontline to improve Veteran care**

Over 100 VA employees joined the VA Innovators Network at a bootcamp for employees who use innovation to improve Veteran health care.

[Read More](#)



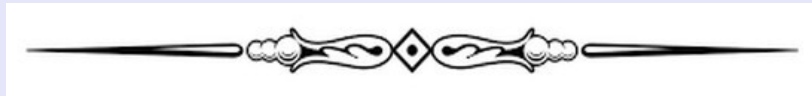
## **Researchers carry out the first head-to-head comparison of the Pfizer and Moderna COVID-19 vaccines**

However, the Moderna vaccine was found to offer an increased level of protection, including a 21% lower risk of documented infection and 41% lower risk of hospitalization, according to the research team, whose findings were published on December 1, 2021, in the New England Journal of Medicine.

[Read More](#)



*CLICK HERE TO GO TO THE VFC WEBSITE*



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 12/26/21)

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

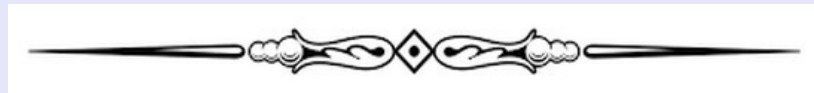
65) HR 852 and S 221, United States - Israel PTSD Collaborative Research Act

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
- 82) H.R. 5944, Veterans Administration Backlog Accountability Act of 2021
- 83) HR 3400, VA Emergency Transportation Act



## **Christmas at VA medical centers**

VA employees at medical centers deliver Christmas gifts and good cheer to Veterans living in their Community Living Centers (nursing homes) and elsewhere.



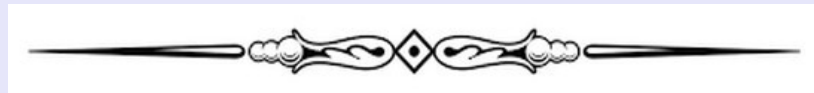
[Read More](#)



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

A Charlotte Vet Center Mobile Health Clinic recently made a stop at the Charlotte VA Health Care Center en route to Puerto Rico. During its stop, leaders from Salisbury VA Health Care System and Charlotte Vet Center talked partnerships, goals and how VA and Vet Centers benefit one another. Vet Centers, which began in 1979, serve combat Veterans. Its staff see Veterans in their brick-and-mortar facility, but much of its work is done inside the community.

[Read More](#)



# SUICIDE WARNING SIGNS

## TALK:

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

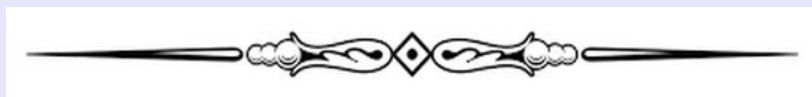
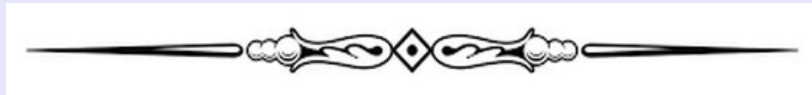


## BEHAVIOR:

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

## MOOD:

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



**Wrapping for America's Warriors – Alabama kids  
"give back" to Veterans**

Cherokee Bend Elementary School collected and wrapped a present through Wrapping for Warriors for every inpatient Veteran at the Birmingham VA.

[Read More](#)



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

Ed Coleman called it. He said he would return to meet and thank the staff who cared for him. Although everyone hoped this would come true, the odds at times were stacked against him. Coleman's return to where he spent six months battling COVID-19 was as therapeutic for the clinicians as it was for he and his wife Charlene.

[Read More](#)



**CONTACT YOUR  
MEMBERS OF CONGRESS!**

To Call your Representative:

202-225-2305

To Call your Senators:

202-224-3841 or 202-224-3553

To call Different Members of Congress:

202-224-3121

TOLL FREE: 866-272-6622

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

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



**Face of InnoVAtion: DJ Cole, Richmond VA  
radiologic technologist**

Face of InnoVAtion blogs focus on VA employees who are working to change and save Veteran lives through innovation. This month, meet DJ Cole.

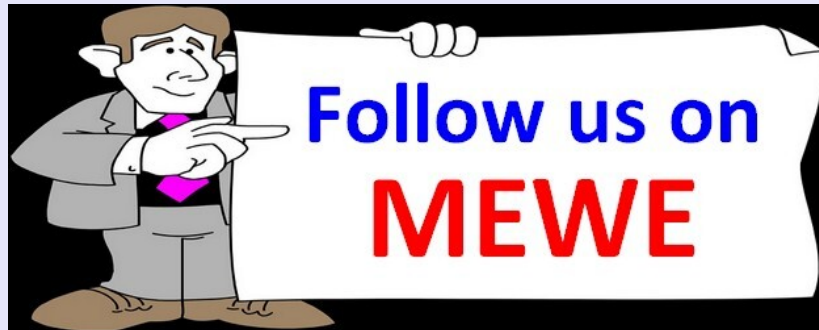
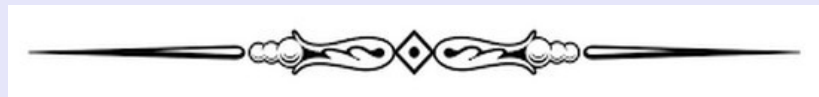
[Read More](#)



**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. The EDI is a free, two-day event that will connect transitioning service members, military spouses, Veterans, their families and caregivers with health care, education, employment and benefits resources.

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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](#)

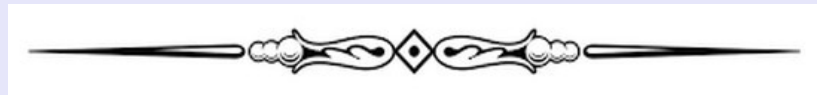
[HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE](#)

[AMVETS GROUP](#)

[VETERANS SOCIAL GROUP](#)

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

[AMERICANS FOR SOVEREIGNTY](#)



## **Harry Shoup: The Santa Colonel**

Air Force Veteran Harry Shoup, the "Santa Colonel," started the Christmas tradition of NORAD tracking Santa Claus.

[Read More](#)



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

The Department of Veterans Affairs recognizes that Veterans are a diverse group who served and sacrificed on behalf of this great Nation. We all have a responsibility to ensure every Veteran who receives treatment, benefits, or services at a VA facility is treated with dignity and respect. VA is committed to ensuring our community is safe, welcoming, and a place that is free of harassment for all Veterans, their caregivers, volunteers, visitors, and employees.

[Read More](#)



**Your Guide to Unemployment Insurance Benefits**

Have you recently become unemployed through no fault of your own? Are you looking for temporary financial assistance while searching for new employment opportunities? In this article, you will learn about how Unemployment Insurance may help you, how to check your eligibility on Benefits.gov, where to apply, and more.

[Read More](#)



## **24 Hour Veterans Crisis Line**

If you're a Veteran in crisis or concerned about one, connect with our caring, qualified Veterans Crisis Line responders for confidential help. Many of them are Veterans themselves. This service is private, free, and available 24/7.

To connect with a Veterans Crisis Line responder anytime day or night:

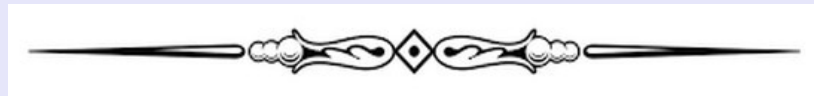
**Call 800-273-8255, then select 1.**

More info: <https://www.va.gov/health-care/health-needs-conditions/mental-health/suicide-prevention/>



- 1) ASPR pauses allocation of bamlanivimab and etesevimab together, etesevimab alone, and REGEN-COV
- 2) Bosket Bread Company Issues Allergy Alert on Undeclared Soy, Wheat, Milk, Sesame, Egg in Bread
- 3) Coronavirus (COVID-19) Update: December 21, 2021
- 4) Coronavirus (COVID-19) Update: December 23, 2021
- 5) Coronavirus (COVID-19) Update: FDA Authorizes Additional Oral Antiviral for Treatment of COVID-19 in Certain Adults
- 6) Coronavirus (COVID-19) Update: FDA Authorizes First Oral Antiviral for Treatment of COVID-19
- 7) Digital Health Technologies for Remote Data Acquisition in Clinical Investigations
- 8) FDA approves add-on therapy to lower cholesterol among certain high-risk adults
- 9) FDA approves drug to treat, help prevent types of blood clots in certain pediatric populations
- 10) FDA Approves First Injectable Treatment for HIV Pre-Exposure Prevention
- 11) FDA approves maintenance treatment for severe asthma
- 12) FDA Approves New Treatment for Myasthenia Gravis
- 13) FDA Authorizes Marketing of Tobacco Products that Help Reduce Exposure to and Consumption of Nicotine for Smokers Who Use Them
- 14) FDA Drug Shortages
- 15) FDA Urges Manufacturers to Develop Solutions for iPLEDGE REMS Website
- 16) Flowers Foods Issues Voluntary Recall of a Limited Quantity of Nature's Own Honey Wheat Bread Sold in Six States Due to the Presence of Undeclared Milk
- 17) Fulfilling Essential Public Health Needs in 2022
- 18) Getinge's Maquet/Datascope IABP Devices: Update on Device Failure – Letter to Health Care Providers
- 19) Joy's International Foods Issues Allergy Alert on

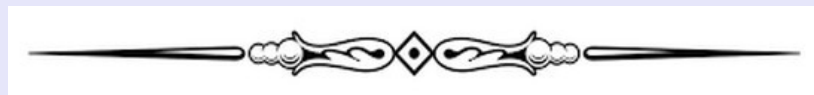
- Undeclared Soy & Fish in Joy's Gourmet Bloody Mary Mix
- 20) Local Fixe LLC Issues Allergy Alert on Undeclared Wheat in Classic Lasagna Sheets, Soup Noodles, Dinner Rolls, Pie Dough, Squid Ink – Fettucine, and Fresh Flour Tortillas
- 21) Looking Ahead to 2022 as FDA's Center for Devices and Radiological Health Manages a Sustained Increase in Workload
- 22) Outbreak Investigation of *Listeria monocytogenes*: Dole Packaged Salad (December 2021)
- 23) Possible False RPR Reactivity with BioPlex 2200 Syphilis Total & RPR Test Kit Following a COVID-19 Vaccine - Letter to Clinical Laboratory Staff and Health Care Providers
- 24) SARS-CoV-2 Viral Mutations: Impact on COVID-19 Tests



## **Resources for College Students**

Benefits.gov hosts information on over 1,000 state and federal benefit programs – but how can Benefits.gov help college students? On Benefits.gov, students can find information on several programs and check their eligibility.

[Read More](#)



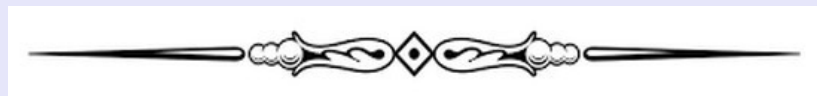
**VA strengthens care for Veterans impacted by intimate partner violence and sexual assault**

VA recently initiated a pilot program to improve services for Veterans who have experienced or are experiencing intimate partner violence or sexual assault.

[Read More](#)



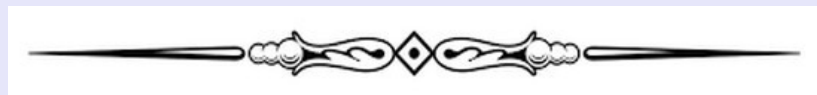
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## **#Live Whole Health #102: Nourishment for self-care**

Self-care can take many forms, but it needs nourishment. Did you ever consider how mind and body are connected? A healthy thought is likely to stimulate positive well-being behaviors. Physical activity, good sleep and preventative care practices produce healthy bodies and minds.

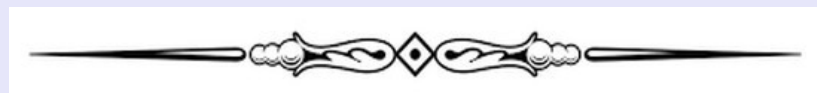
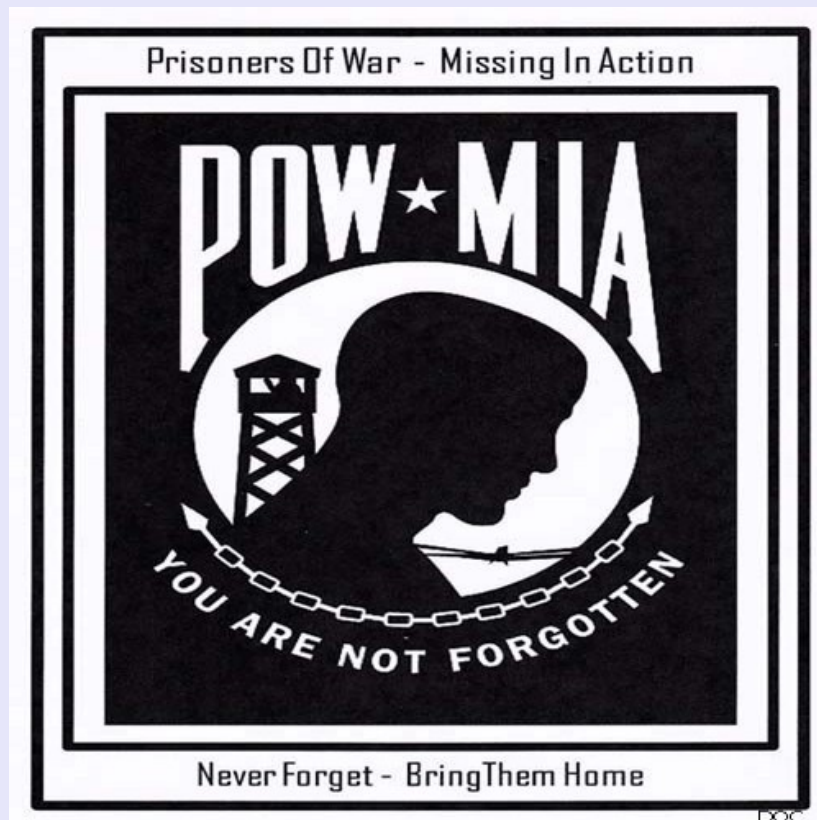
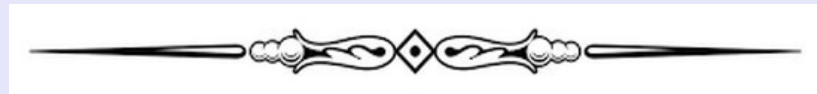
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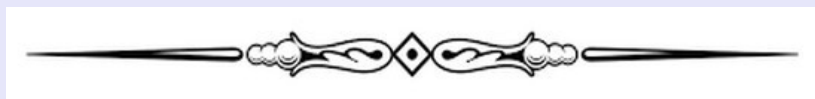


## #VeteranOfTheDay Army Veteran Jasmine Walker Motupalli

Today's #VeteranOfTheDay is Army Veteran Jasmine Walker Motupalli, who served in Operations Iraqi Freedom and Enduring Freedom.

[Read More](#)





## **HolidayBoost campaign helps you talk about COVID-19 boosters with those you care about this holiday**

The holiday season is a time of giving, sharing and caring. VA's "HolidayBoost" encourages Veterans to reach out to their Veteran friends and families, as well as those they care about, during the holidays with some suggestions for having constructive, compassionate conversations regarding getting the COVID-19 booster (and/or vaccine).

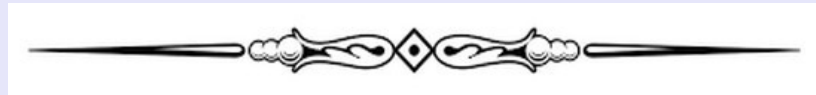
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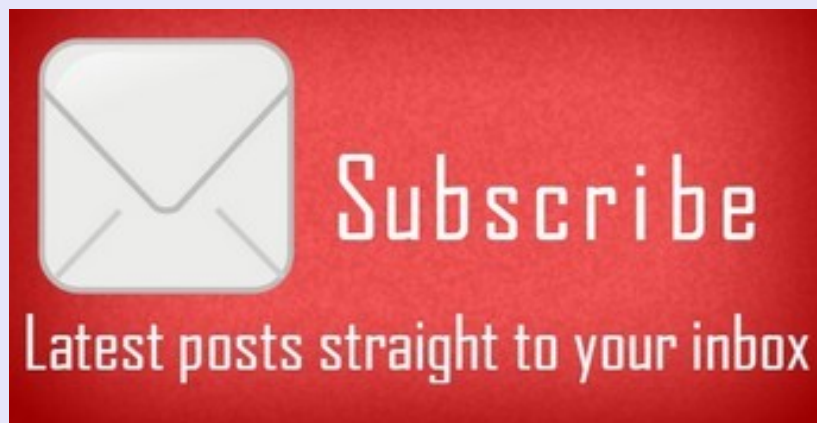
## **Congress Passes FY 2022 NDAA**



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.



**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.**



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

Ten years after hanging up her uniform, Air Force Veteran DeAnn Nibbs LeBeau attended a "Bringing Benefits Home" event in Lawton, Okla., to learn more about enrolling in VA health care and filing a disability claim for the first time. VA partnered with Lawton Indian Health Service and Fort Sill Apache Tribe of Oklahoma to host the one-day event to identify and assist Veterans across the Southern Plains Region of Oklahoma who may have presumptive disabilities from their military service.

[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.





**Our values  
match yours.**



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

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## **Live Whole Health #101: Exploring your values**

During your time in the military, understanding your mission was critical to your unit's success. In Whole Health, you're asked to consider your "Mission, Aspiration or Purpose" when setting health goals. What you want your health for helps to guide the choices you and your health care team make. Exploring your values helps to define your Whole Health journey's success.

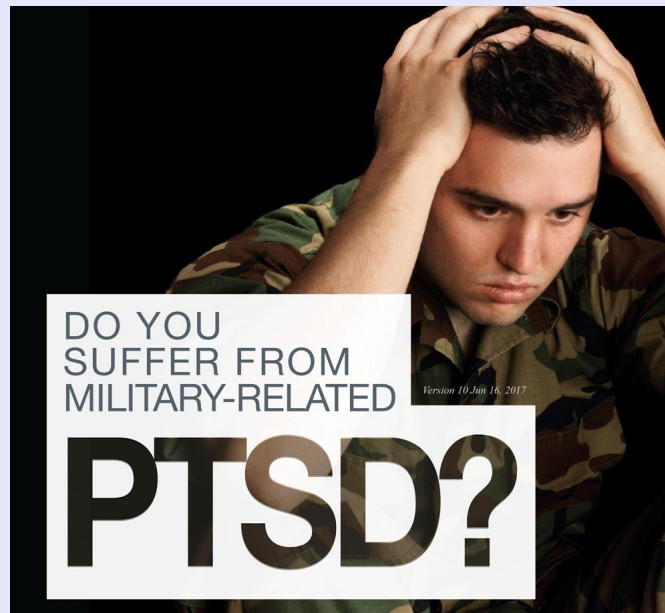
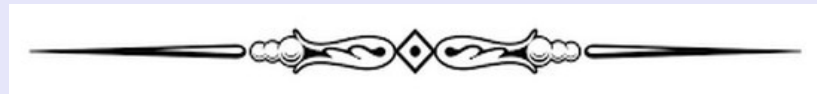
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## **Senate Committee Advances VA Nominee and 25 Veterans Bills**

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](#)



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



**Register to compete in virtual adaptive fitness event**

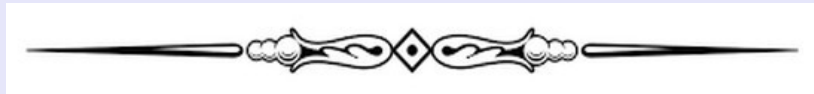
Register for the Sports4Vets Throwdown, a virtual adaptive fitness event.

[Read More](#)

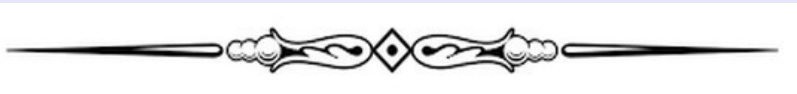


## Critical Need for Blood Donations

The American Red Cross is experiencing the worst blood shortage in over a decade. The dangerously low blood supply levels have forced some hospitals to postpone major surgeries, including organ transplants. Your donation is desperately needed this holiday season. Please schedule an appointment by using the Red Cross Blood Donor app, visiting [RedCrossBlood.org](http://RedCrossBlood.org), or calling 1.800.RED.CROSS (1-800-733-2767).



*[CLICK HERE TO GO TO THE VFC WEBSITE](http://www.Veterans-For-Change.org)*



## **Helpful advice for handling holiday stress**

For some, holidays are reminders of trauma and grief. Here are some tips from Pittsburgh VA on how to manage added stress this time of year.

[Read More](#)



## **#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. Jose Soto was born in December 1947, and during his childhood in Laredo, Texas, he had a passion for sports. He specifically enjoyed football in high school and wished he could play professionally. His athleticism influenced him to join the Marine Corps, which he expressed during an interview with Liliana Rodriguez: "I always wanted to join the Marine Corps because of the unique form and because of all the propaganda that they only take the best.

We honor your service, Jose!

[Read More](#)



## **#VeteranOfTheDay Army Veteran James Pierce**

Today's #VeteranOfTheDay is Army Veteran James Pierce, who served in Iraq and Afghanistan before joining the National Park Service.

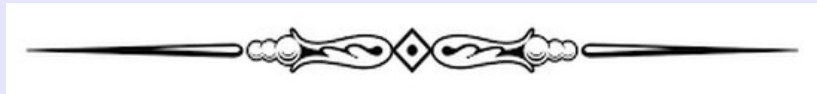
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## **#VeteranOfTheDay Air Force Veteran Kemberlee Ann Scott**

Today's #VeteranOfTheDay is Air Force Veteran Kemberlee Ann Scott, who served in Operation Enduring Freedom in Afghanistan.

[Read More](#)



## **#VeteranOfTheDay Coast Guard Veteran Bruce Melnick**

Today's #VeteranOfTheDay is Coast Guard Veteran Bruce Melnick, a rescue and test pilot who later became a NASA astronaut.

[Read More](#)



## **#VeteranOfTheDay Navy Veteran Frank Willis Ault**

Today's #VeteranOfTheDay is Navy Veteran Frank Willis Ault, who led the creation of the U.S. Navy Fighter Weapons School, also known as TOPGUN.

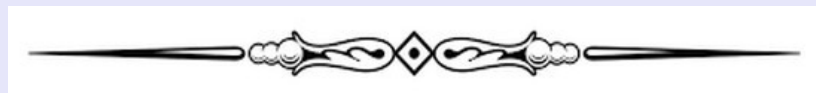
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## **#VeteranOfTheDay Marine Veteran William Bordelon**

Today's #VeteranOfTheDay is Marine Veteran William Bordelon, who received a Medal of Honor for his actions in Tarawa during World War II.

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## **#VeteranOfTheDay Army Veteran Joan Furey**



Today's #VeteranOfTheDay is Army Veteran Joan Furey, who served as a nurse in Vietnam and pioneered a PTSD program working for VA.

[Read More](#)



## **#VeteranOfTheDay Air Force Veteran Kemberlee Ann Scott**

Today's #VeteranOfTheDay is Air Force Veteran Kemberlee Ann Scott, who served in Operation Enduring Freedom in Afghanistan. Born in May 1965 in Ohio, Kemberlee Ann Scott enlisted in the Air Force in 1985 while in college at Wright State University in Dayton, Ohio. She joined the service to help finance her education and because her university had an Air Force Reserve Officers' Training Corps.

We honor your service, Kemberlee!

[Read More](#)





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.](#)

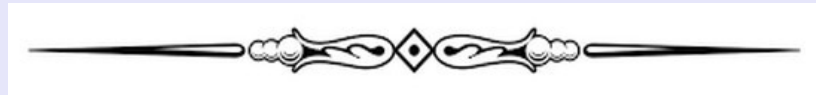
**Navy Fire Controlman 1st Class Hubert P. Clement, 30,** was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. 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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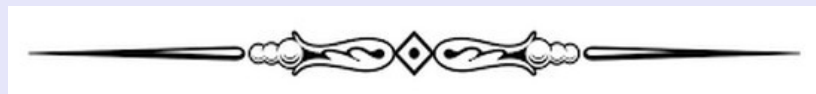
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**Please pass on to all your Veteran Friends and Family!**



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

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

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