



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, January 16, 2022

Volume 13, Issue 03



This-N-That

Good evening Jim,

West Los Angeles VAMC is still one of my hot buttons when it comes to our Homeless Veterans in Los Angeles.

Many years ago, we had a couple of Congressmen and state assembly people, the city mayor all in front of this facility on live TV commit to and promise that our Veterans would be taken care of!

The city did purchase abandoned motels and renovated them and placed some, not many homeless Veterans in the facilities, but in all honesty, it was nothing more than a band aid and didn't last very long at all.

The former facility director erected a multi-million-dollar iron fence around the property to prevent homeless from coming on the land and camping out. In addition, she added a lot more security to her payroll.

To add insult to injury she leased our VETERAN Land and buildings to the Brentwood Elitists which included a private school, dry cleaners for the various hotels in the area, a car rental business, offices for a bus company, a dog park Brentwood Elitists and the list goes on and on.

We have thousands of homeless Veterans in the Los Angeles area, and so far, they've only house approximately 705 homeless Veterans which to me is a disgrace and disrespectful.

California's former Governor, Arnold Schwarzenegger made a donation of \$250,000.00 to an organization here in California which covered 25 new mini homes, and this matches what I had proposed not only to the former director, but to Congress as well. Those mini homes came to an individual cost of \$10,000.00.

And back when I not only submitted plans, but costs involved they could have put up more than 1,000 mini homes, plus a facility for a housing director, counselors and would be next door to the hospital should any of the Veterans need day to day medical care or emergency medical care.

Although I very much appreciate those in the private sector for all their actions to help our Veterans, to me this is a Veterans Affairs issue and should be handled as such and in a timely manner.

Makes me wonder, how many of our Homeless Veterans had applied for benefits and healthcare were turned down, and how many didn't even bother to apply knowing it would take forever and possibly end up in a denial.

In working with three different cities in two counties, I've seen first-hand and learned the individual stories of many of our homeless, at best it truly does anger me as most have tried, got denied and knowing how difficult it can be and is to fight the VA just gave up.

Thankfully, the people I've had the pleasure of meeting and working with have been able to help a large number, and to this day this program continues on which thrills me to no end.

I'd like to encourage everyone to contact your local VSO and see what program(s) they offer and how you can help.

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

I've mentioned in the past few newsletters 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 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.

With an account, you will be able to access thousands more documents, be able to comment on the various articles we post and share with you, and more.

Once your account is approved, you will receive notice of approval, be sure to check your spam folder as they do end up there once in a while.

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!

Respectfully,

Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org



National Human Trafficking Awareness Day – Jan.

11

The pandemic has led to increased human trafficking by more than 40%. These changes increase the risk of exploitation in the Veteran community.

[Read More](#)



Laser Eye Surgery Provides Clarity for Active Duty Service Members

Annually, more than 4,000 graduates of the U.S. military academies begin their service to the nation. About 1,000 of these individuals will have laser vision correction eye surgery before they step into their leadership roles.

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Military Veterans Advocacy

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



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



Community Partnership Challenge winner helps reduce the risk of suicide

Public private partnerships help improve care coordination and address the risk for suicidal behaviors and deaths by suicide.

[Read More](#)



The three E's: How to get your VA application to rise to the top

Recruiters must sift through a number of applications, so focus on the things that make your application stand out.

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Evidence Brief: Prevalence of Intimate Partner Violence/Sexual Assault among Veterans

Research: Intimate partner violence (IPV) includes physical violence, sexual violence including sexual assault (SA), stalking, and psychological aggression by a current or former intimate partner (i.e., spouse, dating partner, or sexual partner). Individuals of all ages, gender identities, sexual orientations, educational backgrounds, and socioeconomic status may experience IPV/SA.

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HASC-Readiness Holds Hearing on Pearl Harbor Fuel Leak

The House Armed Services Readiness Subcommittee held a hearing on the recent jet fuel leak at Hawaii's Joint Base Pearl Harbor-Hickam. More than 9,000 military families in Hawaii have been stuck in hotels through the holidays after jet fuel from underground storage tanks at the Red Hill Bulk Storage Facility leaked into a well that supplies water to their on-base homes.

Rear Admiral Blake Converse and Vice Admiral Yancy Lindsey testified at the hearing and assured subcommittee members that the Navy will work to get the families back into their housing with safe drinking water. "The Navy caused this problem. We own it, and we're going to fix it," said RADM. Converse, deputy commander of U.S. Pacific Fleet. The Navy pledged to work with Hawaii state agencies, and the U.S. Environmental Protection Agency (EPA) on cleaning up the leakage. The Center of Disease Control (CDC) has begun surveying residents about the health impact of the leaks. The FRA wants to ensure service members and their families have safe, quality homes and communities.





Your actions

could save a life.

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

VeteransCrisisLine.net



An Examination of Stalking Experiences During Military Service Among Female and Male Veterans

...

Lucas CL, Cederbaum JA, Kintzle S, Castro CA. An Examination of Stalking Experiences During Military Service Among Female and Male Veterans and Associations with PTSD and Depression. J Interpers Violence.

[Read More](#)



Alabama Nurses Association honors VA nurse

Nurses Association honors VA Nurse Cindy Jones for making the ultimate sacrifice. She passed away from COVID-19 in 2020.

[Read More](#)



Defense Advisory Committee on Women in the Service (DACOWITS) News [December 2021]

Get the Recruitment & Retention, Employment & Integration, Well Being & Treatment, Servicewomen in the News, Women Veterans, and Upcoming Events DACOWITS news from [December 2021](#).

[Read More](#)



House Passes Two Veteran Bills

The House approved the Guard and Reserve GI Bill Parity Act (H.R.1836) sponsored by Rep. Mike Levin (Calif.), which would allow National Guard and Reserve members to count time spent in training toward their Post-9/11 GI Bill benefits. The House also passed a bill (H.R.4673) sponsored by Rep. Mark Takano (Calif), Chairman of the House Committee on Veterans' Affairs, that would require qualifying veterans to be automatically enrolled in the VA's health benefits after they separate from the service - there would be the ability to opt out. Republicans expressed concerns about both bills' long-term costs when they were marked up last year in the House Committee on Veterans' Affairs. Both bills now go to the Senate for further consideration.





Benefits of Cognitive Behavioral Therapy for Insomnia for Women Veterans with and without ...

Carlson GC, Kelly MR, Mitchell M, Josephson KR, McGowan SK, Culver NC, Kay M, Alessi CA, Fung CH, Washington DL, Hamilton A, Yano EM, Martin JL. Benefits of Cognitive Behavioral Therapy for Insomnia for Women Veterans with and without Probable Post-Traumatic Stress Disorder. Womens Health Issues.

[Read More](#)



#VADidThat: A weight management program that's so much more

MOVE! is a weight management and health promotion program designed to improve the lives of Veterans like this Marine and Vietnam War Veteran.

[Read More](#)



Tackling Concussions: NCAA-DOD CARE Consortium Battles Brain Injuries

"Over the past several years, there's been a real paradigm shift in the care of individuals with brain injury, and we hope that the knowledge gained from this study will help inform service members and athletes at all levels, whether playing varsity sports, club sports, or at the high-school or 'pee-wee' level,"

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CFPB Warning Letters

The Consumer Financial Protection Bureau (CFPB) and Department of Justice (DOJ) issued two joint letters regarding important legal housing protections for military families. One letter was sent to landlords regarding protections for military tenants. A second letter was sent to mortgage servicers regarding military borrowers who have already exited or will be exiting COVID-19 mortgage forbearance programs in the coming weeks and months.

The letter to landlords and other housing providers reminds property owners of the important housing protections in place for military tenants. While military families enjoy the same legal protections and privileges afforded to all other homeowners and tenants, they also have additional housing protections under the Servicemembers Civil Relief Act (SCRA), which is enforceable by the DOJ and service members themselves. The letter to mortgage servicers comes in response to complaints from military families and veterans about a range of potential mortgage servicing violations, including inaccurate credit reporting, misleading communications to borrowers and required lump sum payments for reinstating their mortgage loans. These complaints are being reviewed for compliance by the CFPB with the Coronavirus Aid Relief and Economic Security (CARES) Act.



Links to Other Stories

- 1) [‘The military is much more entrepreneurial than people](#)

think’—How 2 Veterans are helping other former service members transition to civilian life

2) VA denies Veteran's claim, says heart attack is not an ‘emergency’

3) World War II Veteran celebrates 102nd birthday: 'Blessed' and 'grateful' for community support

4) New in 2022: When will all burn pit victims finally get Veterans benefits?

5) A letter from an American soldier has been delivered to his family — 76 years after he mailed it

6) Commissary shelves are ‘consistently empty’ customers say

7) Navy Veteran trooper sues over landing on cop blacklist, seeks monetary damages

8) Retired fighter pilot vividly recalls combat missions in Vietnam

9) Central Medical Systems, LLC, Alan Trent Harley and Joan Harley Agree to Pay \$600K to Settle False Claims Act Liability

10) Diabetic Shoe Company Agrees to Pay \$5.5 Million to Resolve False Claims Act Allegations Regarding “Custom” Shoe Inserts

11) Lab Owner Pleads Guilty to \$6.9 Million Genetic Testing & COVID-19 Testing Fraud Scheme

12) Metro East Woman Pleads Guilty to Health Care and Public Housing Scams

13) NC Pharmacy Operator Pleads Guilty to Conspiracy to Fraudulently Bill Medicare, Medicaid and Private Insurance Companies

14) North Carolina Physician Indicted for Adulterating Medical Devices for Reuse on Patients, Fabricating Records, and Other Charges

15) Ohio home healthcare provider agrees to pay \$500,000 as part of False Claims Act settlement

16) Owner Of Telemedicine Company Pleads Guilty to Health

Care Fraud Conspiracy

- 17) Pain Clinic and Ambulatory Surgery Center Agree to Pay \$836K to Resolve Allegations of Overbilling
- 18) Surgery Centers and Medical Offices in New Jersey Settle Allegations of Federal Health Care Fraud
- 19) UC San Diego Health Pays \$2.98 Million to Resolve Allegations of Ordering Unnecessary Genetic Testing
- 20) United States Attorney Announces Flint, MI, Man Sentenced to Federal Prison for Aggravated Identity Theft



Clinical Complexity in Women Veterans: A Systematic Review of the Recent Evidence on Mental ...

Creech SK, Pulverman CS, Crawford JN, Holliday R, Monteith LL, Lehavot K, Olson-Madden J, Kelly UA. Clinical Complexity in Women Veterans: A Systematic Review of the Recent Evidence on Mental Health and Physical Health Comorbidities.

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Los Angeles VA exceeds Secretary's promise to house 500 homeless Veterans

Hundreds of homeless Veterans are now off the street in Los Angeles. Between October and December, LA VA and partners housed 705 Veterans.

[Read More](#)



How to Avoid 'Fad Diets': Safe and Effective Weight Loss for 2022

If you're resolving to lose weight in 2022, make sure to do it safely by avoiding crash and yo-yo diets. Talk to your doctor to make a plan for the safest and most effective way for you to manage a healthy weight in 2022.

[Watch Video](#)



Central Virginia Teletherapy services: "VA saved my life."

Central Virginia VA offers wide range of virtual services for enrolled Veterans. VA Telehealth Services since the pandemic up by 1,200%.

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Suicide Prevention Resources for Military and Veterans

Military & Veterans Crisis Line

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

Vets 4 Warriors 855-838-8255

InTransition 1-800-424-7877

Office of Warrior Care Policy

warriorcare.dodlive.mil/

Military One Source 1-800-342-9647

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



Mobilizing embedded research and operations partnerships to address harassment of women ...

Dyer KE, Hamilton AB, Yano EM, Moreau JL, Frayne SM, Carney DV, Golden RE, Klap R. Mobilizing embedded research and operations partnerships to address harassment of women Veterans at VA medical facilities.

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Vets First Podcast S:2 E:9: Supporting our active duty military, Veterans, first responders: Jim Ravella, Gary Sinise Foundation

In this episode, podcast hosts Levi Sowers and Brandon Rea welcome Jim Ravella, Vice President of Programs at the Gary Sinise Foundation.

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How the Military Medical Forces Supported the Afghanistan Evacuation

During the evacuation of Afghanistan last summer, military medical forces played a vital role in both providing urgent medical care for those fleeing the country as well as supporting the mental health of Afghanistan war veterans back home.

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New to TRICARE? Check Out TRICARE 101



Are you a recent TRICARE enrollee, newly eligible to enroll, or even a seasoned user? If you have any questions about your TRICARE benefits, you should

first check out the [TRICARE 101](#) page. Here, you can find information and resources to help answer questions about TRICARE and your coverage.

[Read More](#)



Post-traumatic Stress Disorder in Older U.S. Military Veterans: Prevalence, Characteristics, and

...

Moye J, Kaiser AP, Cook J, Pietrzak RH. Post-traumatic Stress Disorder in Older U.S. Military Veterans: Prevalence, Characteristics, and Psychiatric and Functional Burden. Am J Geriatr Psychiatry.

[Read More](#)



Jack Lucas: American Hero

Jack Lucas became the youngest Medal of Honor recipient since the Civil War when he jumped onto two grenades to save his fellow Marines at age 17.

[Read More](#)



In the National Guard or Reserve? Learn About Your Health Care Options

Are you a National Guard or Reserve member? Check out the TRICARE Choices for National Guard and Reserve Handbook. You can refer to this handbook to learn about your health care options, whether you're activated, deactivated, or retired.

[Read More](#)



Answered: Can a Veteran Work While Receiving VA Service-Connected Compensation?

In this episode of the SITREP, learn about which groups of Veterans receiving VA Service-Connected Compensation are endorsed to earn extra income.

[Watch](#)



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 01/15/21)

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](#)
- 84) [HR 2992, TBI and PTSD Law Enforcement Training Act](#)
- 85) [HR 6260, the Casualty Assistance Reform Act of 2021](#)
- 86) [H.R. 6064, VA Compensation and Pension exams for claims related to military sexual trauma](#)



Temporal Sequencing of Mental Health Symptom Severity and Suicidal Ideation in Post-9/11 Men and ...

Lawrence KA, Vogt D, Nigam S, Dugan AJ, Slade E, Smith BN. Temporal Sequencing of Mental Health Symptom Severity and Suicidal Ideation in Post-9/11 Men and Women Veterans Who Recently Separated from the Military.

[Read More](#)



Martinsburg VA proud to care for two Greatest Generation Veterans

The Martinsburg VA has over 37,000 Veterans enrolled. About 1,000 are part of the Greatest Generation, having served in World War II. Here's a brief glimpse at two Purple Heart heroes.

[Read More](#)



Critically ill COVID Patient Delivers Baby While on Heart-Lung Bypass

A Marine Corps spouse and mother of five was 28 weeks pregnant when she caught a "mild case" of COVID-19. She had no idea she and her baby were about to embark on a month-long battle for their survival.

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Debt Relief Options Available to Veterans for VA Copayments

Copayment collections and statements for medical care and pharmacy services might seem overwhelming, especially this time of year, but we want to remind Veterans that debt relief programs are available and accessible.

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SUICIDE WARNING SIGNS

TALK:

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



BEHAVIOR:

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

MOOD:

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



Toward Reduced Burden in Evidence-Based Assessment of PTSD: A Machine Learning Study

Jiang T, Dutra S, Lee DJ, Rosellini AJ, Gauthier GM, Keane TM, Gradus JL, Marx BP. Toward Reduced Burden in Evidence-Based Assessment of PTSD: A Machine Learning Study. Assessment.

[Read More](#)



America250: Marine Corps Veteran Marion Carl

This week's America250 salute is Marine Corps Veteran Marion Carl, who became the first Marine Corps ace in World War II.

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How Standing Up Regional Markets is Improving Access to Military Health Care

The modernizations set in motion in 2021 will optimize care and sharing of medical resources across services and the entire Military Health System.

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Relax and Reduce Stress with Paced Breathing

Did you know that we take 12-20 breaths per minute on average? Learn paced breathing and how to thrive simply by taking mindful, deep full breaths throughout the day.

[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

CLICK HERE TO GO TO THE VFC WEBSITE



Healthy Weight Week promotes a healthier you!

The MOVE! program can help you find a healthier lifestyle this Healthy Weight Week and always. Ditch the diet & choose a healthy lifestyle instead.

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**Chats with the Chief: What innovation means and
how it can help Veterans**

VHA chief of staff Jon Jensen sits down with Dr. Ryan Vega, chief officer of the Office of Healthcare Innovation and Learning.

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The British 'Limeys' Were Right: A Short History of Scurvy

Scurvy was the scourge of sailors for thousands of years. An estimated 2 million sailors died of the disease between the 16th and 18th centuries alone, often decimating entire ship crews.

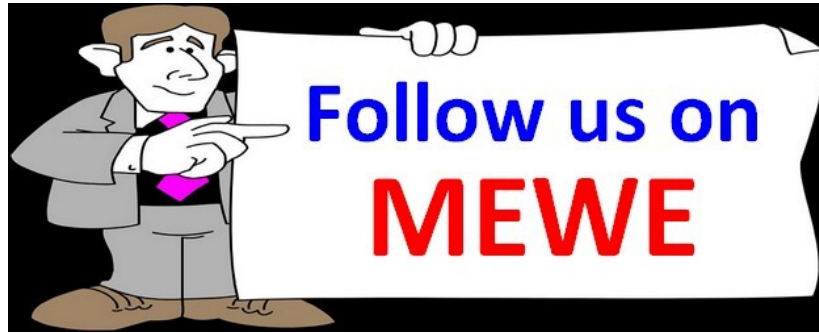
[Read More](#)



Learn What to Do if You Witness Harassment or Assault

Bystander Intervention Training for Veterans provides guidance on what you can do if you witness sexual harassment or assault. Spend 30 minutes in this online training to learn more on recognizing a hostile situation, how to respond to it, and how to get help.

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Follow us on [MEWE](#)! The support staff at [MEWE](#) is responsive, open to suggestions and works very hard to protect your personal information.

We hope you will join us on this new site.

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

[AMVETS GROUP](#)

[VETERANS SOCIAL GROUP](#)

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

[AMERICANS FOR SOVEREIGNTY](#)



How to File a Disability Claim

VA disability compensation benefits are 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.

[Read More](#)



Women and Money: Taking control of your financial future

The next free seminar in the Wellness Wednesday Financial Education series, Jan. 19, looks at women and money. There are two, hour-long sessions at noon and 3 p.m. Eastern Time (9 a.m. and noon Pacific Time).

[Read More](#)



New Electronic Health Record Rollout Will Hit Major Milestone in 2022

A major milestone for the Defense Health Agency in 2021 was to advance the successful rollout of MHS GENESIS, the new electronic health record system deploying to military hospitals and clinics around the world.

[Read More](#)



Chats with the Chief: What Innovation Means and How it Can Help Veterans

How does VA create health care innovations that improve the lives of Veterans and all Americans? Listen to this week's chat with VHA Chief of Staff Jon Jensen as he sits down with Dr. Ryan Vega. As leader of the VA Office of Health Care Innovation and Learning, Vega supports health care innovations that will improve the treatment of Veterans in VA.

[Read More](#)



Office of Inspector General

- 1) [VA Mental Health Care: Improvements Needed in Tracking and Overseeing Partnerships with Nongovernmental Entities](#)
- 2) [Veterans Community Care Program: VA Should Strengthen Its Ability to Identify Ineligible Health Care Providers](#)
- 3) [Opioid Use Disorder: Opportunities to Improve Assessments of State Opioid Response Grant Program](#)



Intention Setting for the New Year

Despite the many hardships of the past two years, or perhaps even more so because of them, it can be helpful to reflect on the positive events and successes of the year, no matter how small they may seem.

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VA helps Army Veteran find stable housing, medical care

From working with surface-to-air missiles to sleeping in his car, Army Veteran found help, health care and a home thanks to VA services.

[Read More](#)



Need Help Finding a TRICARE Network Provider?

The new year has begun. It's a great time to renew focus on your health. Did you put off seeing a doctor in 2021? If so, now is your time to act. Regular checkups are critical to screening for diseases and preventing future health problems. And TRICARE is here to help you find the right doctor.



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Advance Child Tax Credit Payments Letter Can Help People get Remainder of 2021 Credit

If you receive letters from the IRS about your advance Child Tax Credit payments or the third Economic Impact Payment, don't throw them away. These letters can help you prepare your tax return accurately, avoid refund delays.

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- 1) [Cardiovascular Systems, Inc Recalls WIRION Embolic Protection Device Due to Complaints of Filter Breakage During Retrieval](#)
- 2) [Moor Herbs Recalls “Angel Formula” Infant Formula Because of Possible Health Risk](#)
- 3) [FDA warns about risks of dental problems associated with buprenorphine medicines dissolved in the mouth to treat opioid use disorder and pain](#)
- 4) [FDA Drug Shortages](#)
- 5) [FDA Newsroom](#)
- 6) [Stop Using LuSys Laboratories COVID-19 Tests: FDA Safety Communication](#)
- 7) [FDA Roundup: January 14, 2022](#)

- 8) iPLEDGE Risk Evaluation and Mitigation Strategy (REMS)
- 9) Many Important Drugs Approved in 2021 as COVID-19 Pandemic Continues
- 10) Update on Risk of Type III Endoleaks with Use of Endologix AFX Endovascular AAA Graft Systems – FDA Safety Communication
- 11) FDA Releases Federal Interagency Working Group Scientific Opinions on Testing Methods for Asbestos in Talc-Containing Cosmetic Products
- 12) FDA Approves Novel Treatment to Control Pain in Cats with Osteoarthritis, First Monoclonal Antibody Drug for Use in Any Animal Species
- 13) Lohxa LLC Issues Voluntary Nationwide Recall of Senna Syrup 8.8mg/5mL Due to Microbial Contamination
- 14) Oscor Inc. Issues Voluntary Worldwide Recall of Destino Twist Steerable Guiding Sheath Due to the Risk of the Device Hub Cap and Seal on the Proximal End of the Device Handle Detachment During Use
- 15) Viona Pharmaceuticals Inc., Issues Voluntary Nationwide Recall of Metformin HCl Extended- Release Tablets, USP 750 mg, Due to the Detection of N-Nitrosodimethylamine (NDMA) Impurity
- 16) Buprenorphine: Drug Safety Communication - FDA warns about dental problems with buprenorphine medicines dissolved in the mouth to treat opioid use disorder and pain



**Salesforce Military Training for Veterans Helps
Develop Skills**

Salesforce Military and the Veterans Health Administration have partnered to help Veterans learn more about the benefits and services they may be eligible for and to help connect Veterans to skill development, career advancement, and employment resources.

[Read More](#)



Introducing the history of VA in 100 objects

If you wanted to create an album of your family's history but were limited to 100 items, what would you put in and what would you leave out? These were the questions that the VA History staff asked in compiling the History of VA in 100 Objects virtual exhibit.

[Read More](#)



Copayment debt relief available to Veterans

Collection of copayments for VA medical and pharmacy services resumed on Oct. 1, 2021. If this is a concern for you, VA has debt relief programs available. Think about applying as soon as possible.

[Read More](#)



Need Help Finding a TRICARE Network Provider?



The new year has begun. It's a great time to renew focus on your health. Did you put off seeing a doctor in 2021? If so, now is the time to act. Regular checkups are critical for screening for diseases and preventing future health problems. And TRICARE is here to help you find the right doctor.

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**Semper Fi and America's Fund Dedicated to
Serving Combat Wounded, Ill, Injured**

Semper Fi & America's Fund is dedicated to assisting combat wounded, critically ill and injured service members, Veterans and military families by providing vital financial and program support.

[Read More](#)



Enhance care for women Veterans with your VA career

With ongoing investments in hiring and support, VA is addressing the need to better serve women Veterans head-on.

[Read More](#)



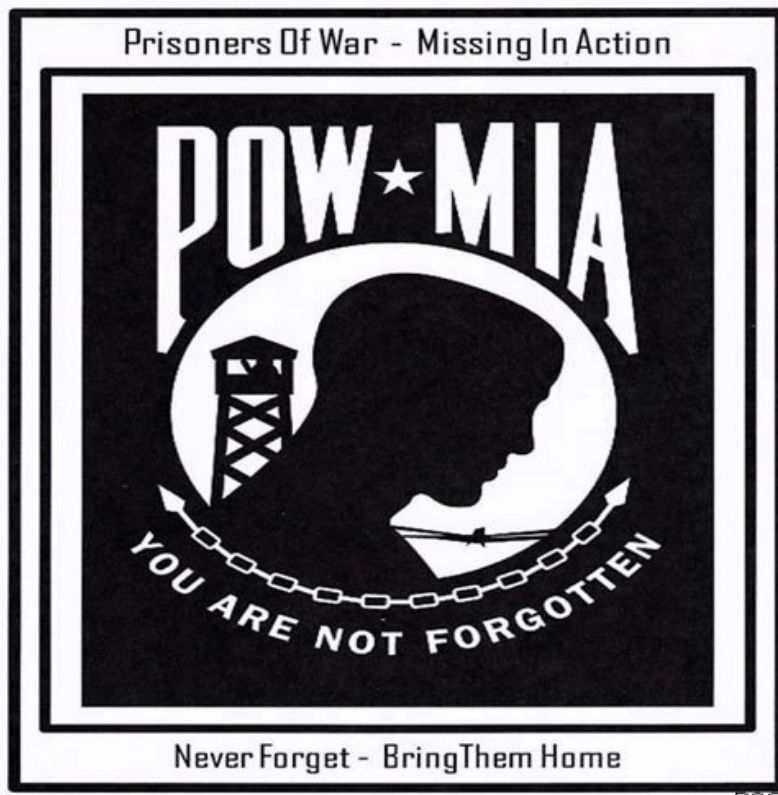
Why is the booster important right now?

As COVID-19 cases rise, it's more important than ever to make sure you're up to date on your vaccinations. Do it to protect yourself, your family, and your community.

Visit your local VA facility or community care provider to get your free vaccination or booster.

[Read More](#)





Vets First Podcast: Exploring Treatment of PTSD, Headache, Depression

In this episode, podcast hosts Levi Sowers and Brandon Rea, along with expert Dr. Erik Won, dive into Transcranial Magnetic Stimulation (TMS), a treatment for depression, PTSD, and headache.

[Read More](#)



Copayment debt relief options available to Veterans

Copayments for medical care and pharmacy services resumed in October after 18 months. Expansive debt relief options available for Veterans.

[Read More](#)



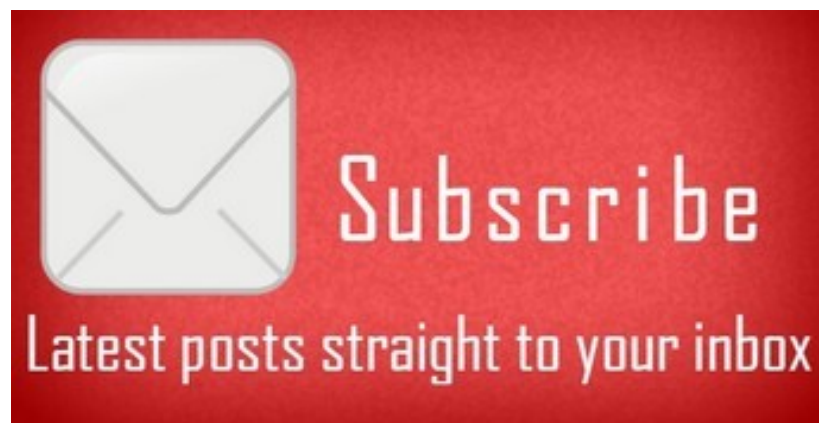
Better sleep can help Veterans with PTSD

PTSD and sleep are so closely linked that treating sleep issues can make PTSD treatment more effective.

[Read More](#)



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!



Eight Tips to Get Better, More Restful Sleep

Ideally, doctors say, adults should get between seven and eight hours of sleep each night. But, according to one national survey, about one in three American adults say they sleep far less than that most nights.

[Read More](#)



Live Whole Health #105: Paced breathing

Did you know that we take 12-20 breaths per minute on average? It's amazing to think that we have the natural powers to thrive simply by taking deep full breaths throughout our day. This is called paced breathing, which is slowing your breath down mindfully to focus on the length of the breath.

[Read More](#)



Try paced breathing to relieve stress and anxiety

Paced breathing has the potential to calm your mind and body when you're feeling overly exerted, anxious, or distressed.

[Read More](#)





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CLICK HERE TO GO TO THE VFC WEBSITE



Winter Safety

The Military Health System reminds service members, family members, and veterans to take precautions to stay safe and healthy during the winter season.

[Video](#)



Milwaukee VA employee is Wisconsin Woman Veteran of Year

VA employee Darcie Greuel, also a lieutenant colonel in the Army Reserves, was honored by Gov. Tony Evers as Woman Veteran of the Year. Caring. Advocating. Motivating. Inspiring. Mentoring. Those are just some of the words that describe Darcie Greuel. "Those are all things that are near and dear to my heart. They are things I'm constantly trying to get better at and what I help others aspire to as well."

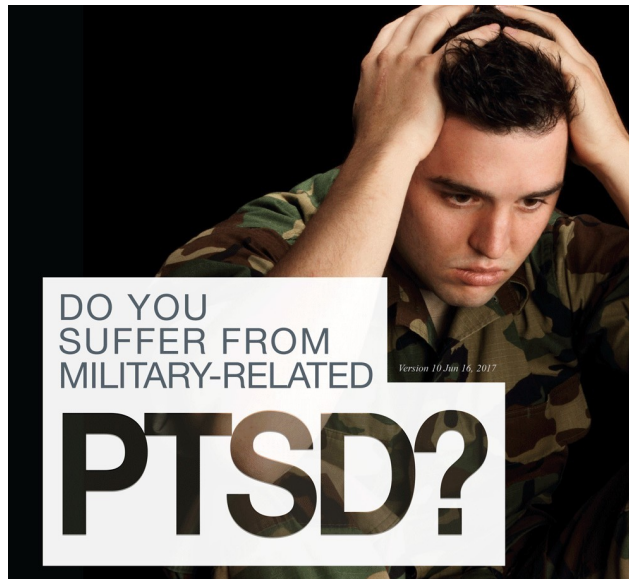
[Read More](#)



House Passes Guard and Reserve Equity Bill

The VFW Action Corps community has done it again! Thanks to your efforts, [H.R. 1836](#), the Guard and Reserve GI Bill Parity Act of 2021 has passed the House, and National Guard and Reserve members are one step closer to receiving the education benefits they deserve for their time in service. This bill would expand the types of duty for National Guard and Reserve members to earn eligibility toward the Post-9/11 GI Bill and ensure their increasingly frequent activations count as time toward this education benefit, regardless of the length of time of the activation. Now this bill is headed to the Senate.





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



Ask the Doc: What is the Patient Portal and What Does it Mean to Me?

I have a few friends in the military medical community and I keep hearing them talking about this "MHS GENESIS Patient Portal" thing. What I would really like to know is what it means to me as a patient.

[Read More](#)



Lee Ingrid Papanek Lane Woman Veteran of the Week #LOCWW

Every single woman who served has a story! Learn more about U.S. Army CWO2 Lee Lane, she was the first woman helicopter pilot in her Illinois National Guard unit. The Center for Women Veterans has partnered with the Library of Congress Veterans History Project to lift more WOMEN VETERANS to tell their story.

[Read More](#)



Renew Your ID Cards Now

ID cards for retirees and their dependents have changed to the Next Gen USID cards which are being issued now. To reduce the risk of exposure during the COVID-19 pandemic, DOD electronically extended the expiration dates of ID cards. DOD has requested that retirees and their dependents who were extended under the above conditions renew their cards before they expire on Jan. 31, 2022. Extensions of ID cards for dependents of active-duty service members, and Reserve and National Guard service members and their dependents expired on Oct. 31, 2021. DOD will not issue any further extensions, so [schedule your appointment](#) today! [Read more.](#)





Why Less Sunlight in the Wintertime Can Put You at Risk of Depression

During winter months at Fort Wainwright in Alaska, the sun comes up around 10 a.m. and sets a little bit before 3 p.m. Along with the frigid weather, the extended darkness creates an increased risk of depression and other mental health problems.

[Read More](#)



These women Vets were ready for civilian life. It was harder than they thought.

Women veterans who thought they were ready for civilian life, realize it was harder than they thought. Is gender a factor?

[Read More](#)



#VeteranOfTheDay Marine Corps Veteran Julia E. Hamblet

Today's #VeteranOfTheDay is Marine Corps Veteran Julia E. Hamblet, who served as the director of the Women's Reserve from 1953 to 1959.

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#VeteranOfTheDay Army Veteran D'Lorz Inez Haynes

Today's #VeteranOfTheDay is Marine Corps Veteran Julia E. Hamblet, who served as the director of the Women's Reserve from 1953 to 1959.

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#VeteranOfTheDay Army Veteran D'Lorz Inez Haynes

Today's #VeteranOfTheDay is Army Veteran D'Lorz Inez Haynes, who served as the 10th director of the Army Nurse Corps. D'Lorz Inez Haynes was born in June 1909, in Paint Rock, Texas, to Floyd and Lola Rampey Haynes. She grew up in a farming family around San Angelo, Texas, with her three brothers and sister.

We honor her service.

[Read More](#)

Betty White dies at 99

Betty White, former member of the American Women's Voluntary Services and legendary comedian, dies at 99. We Honor your Service!

[Read More](#)



**Tax & Credit
Information**



- 1) [IRS announces 401\(k\) limit increases to \\$20,500](#)
- 2) [Taxpayer Advocate Service: Helping taxpayers navigate their IRS issues or concerns](#)
- 3) [Get ready for taxes: Easy steps taxpayers can take now to make tax filing easier in 2022](#)
- 4) [Here's how businesses can deduct startup costs from their federal taxes](#)
- 5) [IRS updates 2021 Child Tax Credit and Advance Child Tax Credit Payments Frequently Asked Questions](#)
- 6) [IRS provides tax inflation adjustments for tax year 2022](#)
- 7) [Families can now report income changes using the Child Tax Credit Update Portal](#)
- 8) [IRS provides tax inflation adjustments for tax year 2022](#)
- 9) [IRS Financial Report available on IRS \(dot\) gov](#)
- 10) [Why it's important that taxpayers know and understand their correct filing status](#)



#VeteranOfTheDay Army Air Forces and Navy Veteran Richard Ernest Anderson

Today's #VeteranOfTheDay is Army Air Forces and Navy Veteran Richard Ernest Anderson, who served during World War II, Korea and Vietnam.

[Read More](#)

#VeteranOfTheDay Navy Veteran Joseph Charles Plumb Jr.

Today's #VeteranOfTheDay is Navy Veteran Joseph Charles Plumb Jr., who served as a pilot during Vietnam and was captured as a POW.

[Read More](#)

#VeteranOfTheDay Army Veteran Julie Butner

Today's #VeteranOfTheDay is Army Veteran Julie Butner, who served as a commander during Operation Desert Shield and Operation Desert Storm.

[Read More](#)

#VeteranOfTheDay Air Force Veteran Clarence "Bud" Anderson

On his 100th birthday, today's #VeteranOfTheDay is Air Force Veteran Clarence "Bud" Anderson, a World War II triple ace fighter pilot.

[Read More](#)

#VeteranOfTheDay Army Veteran Humbert Roque Versace

Today's #VeteranOfTheDay is Army Veteran Humbert Roque Versace, who served as a special forces advisor during the Vietnam War.

[Read More](#)



MIA
Update

The logo for POW/MIA (Prisoners of War/Missing in Action) is located to the right of the text. It features a silhouette of a soldier's head in profile, facing right, set against a circular background. Above the silhouette, the words "POW MIA" are written in a stylized font. Below the silhouette, the phrase "YOU ARE NOT FORGOTTEN" is written in a curved banner. The entire logo is set within a dark square.

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

Army Cpl. R.B. Cherry, 19, of Dallas, was assigned to Company G, 2nd Battalion, 24th Infantry Regiment, 25th Infantry Division. He was reported missing in action on Nov. 27, 1950, near Anju, North Korea. Cherry had been a POW in Camp 5 and his remains were declared non-recoverable after the war. He will be buried in his hometown. The date has yet to be determined. [Read about Cherry.](#)

Navy Seaman 1st Class Biacio Casola, 26, of the Bronx, New York, 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 Casola. He will be buried on April 20, 2022, at the National Memorial Cemetery of the Pacific (Punchbowl) in Honolulu. [Read about Casola.](#)

Navy Reserve Cmdr. Paul C. Charvet, 26, of Grandview, Washington, was assigned to Attack Squadron 215 aboard the USS Bon Homme Richard. On March 21, 1967, the A-1H Skyraider airplane on which Charvet was piloting, was shot down near Thanh Hoa Province, Vietnam. Following the war, his remains could not be identified. Interment services are pending. [Read about Charvet.](#)



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Please pass on to all your Veteran Friends and Family!



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