



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, March 13, 2022

Volume 13, Issue 11



This-N-That

Good evening Jim,

Often when I talk to people, they don't realize that when someone serves in the Military, their families serve too!

Husband (or wife) served and the spouse serves as well for the duration. Then if there are children, they too serve.

Most times the spouse and children walk away with no harm, no foul, but when they are exposed to contaminated water on military bases or many of the hundreds of chemicals on a military base the spouse and children are at high risk of exposure.

Even since the bill passed for Water Contamination at Camp

LeJeune dependents have all but been forgotten and even with that piece of legislation it's super difficult to get approved on any claim.

Almost three years ago I was diagnosed with Squamous Cell cancer, underwent surgery and a year later was told I was cancer free. Sad to say it's back again and all the treatments start over again.

Both my mother and sister were diagnosed with a different form of cancer, but thankfully both have been cancer free for ten plus years now.

MCAS El Toro was closed and sold off as one of the most badly contaminated bases in the country, and our being so close to that base (where dad retired) I often wonder when and how many civilians will become sick from living on that land as it was never "cleaned-up!" But, I'm sure in time we will start seeing clusters of cancers coming from there.

I still haven't seen or heard of many cases or claims coming from those who served at MCAS Cherry Point yet, but that doesn't mean they don't exist.

I do know word has come out that the VA is covering two areas of point for Squamous Cell, but I sincerely wished they'd have given it a blanket coverage, in my case was two entirely different areas, neither were what the VA has said it would cover. I truly hope now one ever gets it, but be on the look out for unusual growths and see your doctor right away for a biopsy to find out.

If you have not registered for an account on our website, please do so, it will give you access to thousands more

documents a non-subscriber doesn't see.

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.

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



Myth-busting: Countering the claim that VA only hires from within

In our mission to serve Veterans, our goal is to hire the best candidates, no matter where they come from. Time for some myth-busting.

[Read More](#)



Navy Veteran heart happy after special procedure

Navy Veteran Walter Meekins recently reunited with his Houston VA cardiologists one year after undergoing a life-saving heart procedure.

[Read More](#)



How to Get Urgent Care Under Your TRICARE Health Plan

Emergency room or urgent care?

If you have an injury or illness that isn't quite serious enough for a trip to the emergency room, you might need to go to an urgent care center. Most TRICARE beneficiaries can go to an urgent care center whenever they need to. Make sure you know the urgent care rules for your health plan, so you know where to go if you need care.

[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



Don't Ignore those Lumps, Bumps and Weird Moles on Your Skin

Beware of lumps and bumps. When it comes to your skin, anything out of the ordinary is a potential cause for concern. Keep an eye out for moles that are changing or growing in size. Maybe it's just acne. But it also could be skin cancer.

[Read More](#)



VA's THRIVE center supports Veterans settling into new neighborhoods

Enter THRIVE. That's shorthand for a center that VA has created to help Veterans bloom within their communities—by finding work, engaging recreation, making friends, and keeping in contact with family.

[Read More](#)

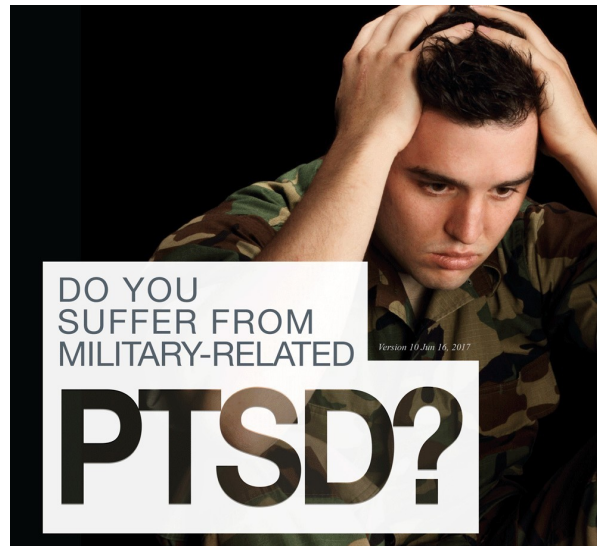


Women's History Month: Meet the women making cancer history at VA

As we celebrate Women's History Month, learn about the women of VA's National Oncology Program, who are blazing new trails.

[Read More](#)





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



A Retired Navy SEAL Talks About His TBI

Retired Navy SEAL Edward Rasmussen discusses his Traumatic Brain Injury, and urges others to seek treatment if they have symptoms.

[Watch Video](#)



Veteranswers



My name is Jack Bosma and I would like to welcome you to our events(s). <https://www.crowdcast.io/e/veteranswers> Simply save my spot and follow. Our Crowdcasts are designed to promote our personal and professional content. Many of our participants will also have the added opportunity of participating as a content creator, for the first time and learning a new skill. We welcome military veterans globally.

Helping veterans by helping veterans!

<https://www.facebook.com/Veteranswers-331983490234727>



Colorectal Screening Options Starting at Age 45

West Region

When it comes to colorectal cancer, early detection saves lives. Starting at age 45, TRICARE covers colorectal cancer screening with no out-of-pocket costs when you see a network provider. Learn about your screening options today.

[Read More](#)



Marine Corps Veteran co-leads prostate cancer education group

After Marine Corps Veteran Joe Gallo was diagnosed with prostate cancer, he and two others created a virtual support group for prostate cancer patients.

[Read More](#)



Live Whole Health #113: 3-minute breathing space

Your mind and emotions play a key role in your health. Through mindful awareness and self-care tools, you can take charge of your health and well-being to live your life to the fullest. Breathing space is one area of mindful awareness that can help you become fully aware and tuned in to what is going on right now, in the present moment, and without judgement.

[Read More](#)



News Flash



President Biden Announces Key Nominees

WASHINGTON – Today, President Joe Biden announced his intent to nominate the following individuals to serve as key leaders in his administration:

Shereef Elnahal, Nominee for Under Secretary for Health, Veterans Health Administration, Department of Veterans Affairs

Ray Jefferson, Nominee for Under Secretary for Benefits, Veterans Benefits Administration, Department of Veterans Affairs

Rita Landgraf, Nominee for Assistant Secretary for Aging, Department of Health and Human Services

Roselyn Tso, Nominee for Director of the Indian Health Service, Department of Health and Human Services

Patrick Murphy, Nominee for Chair of the Asset and Infrastructure Review Commission, Department of Veterans Affairs

Jonathan Woodson, Nominee for Vice Chair of the Asset and Infrastructure Review Commission, Department of Veterans Affairs

William Blake, Nominee for Member of the Asset and Infrastructure Review Commission, Department of Veterans Affairs

Michael Blecker, Nominee for Member of the Asset and Infrastructure Review Commission, Department of Veterans Affairs

Christine Hill, Nominee for Member of the Asset and Infrastructure Review Commission, Department of Veterans Affairs

Joyce Johnson, Nominee for Member of the Asset and Infrastructure Review Commission, Department of Veterans Affairs

Lucretia McClenney, Nominee for Member of the Asset and Infrastructure Review Commission, Department of Veterans Affairs

José Ramos, Nominee for Member of the Asset and Infrastructure Review Commission, Department of Veterans Affairs



Honoring Women Who Have Served

Faces of the Fallen: Women Who Proudly Served. This week, the portraits will be shown as a part of an exhibit featuring veteran artists at Ronald Reagan Washington National Airport, and they will be part of my presentation on Art and Activism at the Office of Veterans Affairs Town Hall on Inclusion and Diversity on March 8. The collection will be also be part of a Veteran Artist exhibit at the Library of Congress in June.

[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**



Paving the Way for Women in Military Medicine: Dr. Mary Edwards Walker

Dr. Mary Edwards Walker is the only woman to have received the Medal of Honor, the highest and most prestigious military decoration.

[Read More](#)



VA researcher, former White House policy advisor, leads panel recommending solutions to the opioid crisis

Experts believe the precipitous rise was driven by abuse of the synthetic opioid fentanyl, as well as the COVID-19 pandemic, which has left many drug users feeling isolated and unable to get treatment or other support. Fentanyl is believed to be much more potent than heroin and morphine.

[Read More](#)



Women's History Month: Meet the women making cancer history at VA

The women of VA's National Oncology Program are blazing new trails in how VA treats cancer. As we celebrate Women's History Month, these leaders are working to close health disparities, increase access to best-in-class cancer care, and are standing shoulder to shoulder with Veterans throughout their cancer journeys.

[Read More](#)



[Links to Other Stories](#)

- 1) New Orleans mom, Iraq war Vet pulls gun on man trying to enter her car: 'Locked and loaded'
- 2) VA tops 20,000 COVID deaths in less than two years
- 3) Medal of Honor recipient says he's been spoofed by scammers 'over 100' times
- 4) Judge temporarily exempts Air Force officer from vaccine mandate in religious freedom case
- 5) Changes to VA caregiver programs being reconsidered amid complaints
- 6) VA to Overhaul Disability Evaluations for Mental Health, Other Conditions
- 7) Pakistani Man Sentenced for Health Care Fraud and Money Laundering Conspiracy
- 8) Lawton Hospital and Physicians Pay \$550,000 to Settle Civil Penalty Claims Involving Controlled Substance Prescriptions
- 9) Associate Medical Director of Baltimore County, Maryland Pain Management Practice Sentenced to Federal Prison for Accepting Kick-Backs
- 10) Fort Dodge Man Sentenced to Federal Prison for Misappropriating Social Security Benefits of Severely Disabled Nursing Home Resident
- 11) Ten Florida Residents Indicted for \$67 Million Health Care Fraud, Wire Fraud, Kickback, and Money Laundering Scheme



Telemedicine Options to Support Your Mental Health

East Region

Getting care for your mental health shouldn't be difficult. Telemedicine options give you the flexibility to get certain mental health care services online through video technology. Learn how Doctor On Demand and Telemynd can help you care for your health.

[Read More](#)



New device invented by VA nurse makes using eyedrops easier

VA Nurse Terri Ohlinger noticed many patients were having trouble using eyedrops correctly, so she designed a device called "DropEase."

[Read More](#)



Celebrate International Women's Day with I am Not Invisible 3.0 panel

In honor of International Women's Day, VA's Center for Women Veterans (CWV) collaborated with the Library of Congress Veterans History Project (VHP) for the "I Am Not Invisible 3.0" panel discussion and oral history donation. In honor of International Women's Day, VA's Center for Women Veterans (CWV) collaborated with the Library of Congress Veterans History Project (VHP) for the "I Am Not Invisible 3.0" panel discussion and oral history donation.

[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



**Women's Heart Attack Symptoms Can Differ from
Men's: Know the Signs**

Heart disease and heart attacks are the number one global killer of both men and women. But women often experience symptoms other than the classic crushing chest pain and left arm pain that typically afflict men having heart attacks.

[Read More](#)



VA nursing leadership makes new hires a top priority

VA nursing leadership assesses the needs of new hires to properly set them up for success.

[Read More](#)



Bertha Harrison Dupre and Elizabeth Barker Johnson: Sisters in arms

This is the story of Bertha Harrison Dupre and Elizabeth Barker Johnson, sisters in arms for the "Six Triple Eight." Bertha Harrison Dupre and Elizabeth Barker Johnson served together in Company C of the the 6888th Central Postal Directory Battalion during WWII. When they returned home from the war, each used the G.I. Bill and launched careers as teachers, administrators, government employees and volunteers.

[Read More](#)



What's the Difference Between Enrollment Billing and Claims Billing?

West Region

Do you have questions about your health care bill? Are you unsure of which costs qualify as enrollment billing and which qualify as claims billing? Let's review the difference.

[Read More](#)



#OperationSong Summer Elmer

Army Veteran Summer Elmer served in the military for five years, in which she was stationed in Honolulu, Hawaii, and Fort Hood, Texas.

[Read More](#)



Louise C. Wilmot: First woman to command a naval base

Louise C. Wilmot was the highest-decorated woman in the military and was one of the first women to pioneer the early steps into integrating and recruiting women in all branches of the military. Wilmot began her career in the Women Officer's Candidate School that orientated women training in the military by other women.

[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 03/13/21)

Please note, we've added two new items to the **TAKE ACTION** list.

- 1) [HR 1014 - Furnish Hyperbaric Oxygen Therapy \(HBOT\) to a Veteran who has a Traumatic Brain Injury \(TBI\) or Post-Traumatic Stress Disorder \(PTS\)](#)
- 2) [HR 109 will establish an advisory committee on the](#)

- implementation by the DVA of an electronic health record
- 3) Concurrent Receipt Legislation Introduced
 - 4) Expand Concurrent Receipt
 - 5) H.R. 333, Disabled Veterans Tax Termination Act
 - 6) H.R. 344, Support the Women Veterans TRUST Act
 - 7) H.R. 914, the Dental Care for Veterans Act
 - 8) Military Retiree Survivor Comfort Act
 - 9) S. 134/H.R. 637, the Veterans Economic Recovery Act of 2021
 - 10) S. 437, Take Action for Veterans Exposed to Burn Pits
 - 11) S. 89, Ensuring Survivors Benefits during COVID-19 Act of 2021
 - 12) STOP TRICARE Fee Increases
 - 13) Support Bills to Expand Coverage for ChampVA and TRICARE Young Adults
 - 14) Veterans Economic Recovery Act Introduced
 - 15) H.R. 855, the Veterans Expedited TSA Screening (VETS) Safe Travel Act
 - 16) 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.
 - 17) Support Repeal of TRICARE Select Enrollment Fee
 - 18) HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed
 - 19) Please Support S. 344, the Major Richard Star Act
 - 20) Support the Military Retiree Survivor Comfort Act
 - 21) S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021
 - 22) HR 109 Establish an Advisory Committee on Implementation by the DVA of an electronic health record
 - 23) HR 2372 and S 952 will Provide for Presumption of Service

Connection for certain diseases associated with exposure to toxins

- 24) Please Ask you Senator to support S.952 the Warfighters Act
- 25) Support Improving VA Homelessness Program
- 26) S. 976, Caring for Survivors Act of 2021
- 27) H.R. 303, the Retired Pay Restoration Act
- 28) H.R. 912, American Indian and Alaska Native Veterans Mental Health Act
- 29) S. 976, the Caring for Survivors Act of 2021
- 30) HR 2269 and S 657 cover herbicide exposure in Thailand
- 31) Bipartisan Bill Introduced to Help Military Survivors
- 32) Legislation asks for Study of Involuntary Discharges for Women
- 33) H.R. 2436, the Veterans Burn Pit Exposure Recognition Act
- 34) H.R. 958—the Protecting Moms Who Served Act
- 35) HR 2127 and S 927, the TEAM bills Veterans Exposed to Toxic Substances
- 36) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 37) Ask your member to support S.810 and H.R. 1972 The Fair Care for Vietnam Veterans Act of 2021
- 38) 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
- 39) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 40) HR 855, VETS Safe Travel Act
- 41) HR 3368, the Guam, American Samoa, and Johnston Island bill
- 42) H.R. 2521, Delivering Optimally Urgent Labor Access

- (DOULA) for Veterans Affairs Act of 2021
- 43) H.R. 1273, the Vietnam Veterans Liver Fluke Cancer Study Act
 - 44) H.R. 2968, the Military and Veteran Student Loan Relief Act
 - 45) H.R. 845, the VA Billing Accountability Act
 - 46) Comprehensive Toxic Exposure Bill Introduced in House
 - 47) HR 303 and S 1147 The Retired Pay Restoration Act
 - 48) Ask Your Legislators to Support Concurrent Receipt Reform HR-1282
 - 49) HR 1656 TREAT PTSD Act
 - 50) S. 1664, the Post-Traumatic Stress Disorder (PTSD) Processing Claims Improvement
 - 51) H.R. 2724 — VA Peer Support Enhancement for MST Survivors Act
 - 52) Please Support H.R. 3452 —Veterans Preventative Health Coverage Fairness Act
 - 53) HR 2192, The Camp Lejeune Justice Act of 2021
 - 54) HR 5026, The Panama Canal Zone Veterans Act of 2021
 - 55) HR 3368, HR 5026, HR 2269, S 657 are all Toxic Exposure Bills that need special attention and more pressure to get passed!
 - 56) H.R. 4627, Veterans' Culturally Competent Care Act of 2021
 - 57) S. 2172, Building Solutions for Veterans Experiencing Homelessness
 - 58) H.R. 4571, the SERVICE Act of 2021
 - 59) H.R. 4732, Protect Individual Unemployability Benefit for All Disabled
 - 60) S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021
 - 61) S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act

- 62) HR 852 and S 221, United States - Israel PTSD Collaborative Research Act
- 63) Ask Congress to Preserve Arlington National Cemetery
- 64) HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021
- 65) HR 2963, the VOW to Hire Heroes Extension Act of 2021
- 66) S 1970, The Clean Water for Military Families Act
- 67) Support S. 1198/H.R. 2819—the Solid Start Act of 2021
- 68) H.R. 3402/S. 976—Caring for Survivors Act of 2021
- 69) HR 3537 and S 1813, Accelerating Access to Critical Therapies for ALS Act
- 70) S. 2386/H.R. 4575, the Veteran Peer Specialist Act
- 71) H.R. 5721—the VIPER Act
- 72) H.R. 5607, Justice for ALS Veterans Act
- 73) HR 2601 and S 1188, SFC Heath Robinson Burn Pit Transparency Act
- 74) S. 3017, Veterans Dental Care Eligibility Expansion and Enhancement Act
- 75) H.R. 4794 and S. 2533, the Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act
- 76) HR 1361 and S 444, AUTO for Veterans Act
- 77) H.R. 4880 and S. 2720, the Veterans' Prostate Cancer Treatment and Research Act
- 78) HR 2800, the WINGMAN Act
- 79) H.R. 5944, Veterans Administration Backlog Accountability Act of 2021
- 80) HR 3400, VA Emergency Transportation Act
- 81) HR 2992, TBI and PTSD Law Enforcement Training Act
- 82) HR 6260, the Casualty Assistance Reform Act of 2021
- 83) H.R. 6064, VA Compensation and Pension exams for claims related to military sexual trauma
- 84) H.R. 5819, Autonomy for Disabled Veterans Act

- 85) [HR 3596, the Lawrence J. Hackett, Jr. Vietnam Veterans Agent Orange Fairness Act](#)
- 86) [H.R. 2327 – to Remove Delimiting Dates for Survivors and Dependents' Educational Assistance](#)
- 87) [S. 2513/H.R. 4772, Improved VA Clothing Allowance Benefit for Disabled Veterans](#)
- 88) [S. 3293, the Post 9-11 Veterans Mental Health Care Act of 2021](#)
- 89) [HR 6402 and S 1725, will grant a Federal charter to the National American Indian Veterans, Incorporated](#)
- 90) [HR 6659 and S 3541, the Health Care for Burn Pit Veterans Acts](#)
- 91) [Ask your member to support S.810 and H.R. 1972 the Fair Care for Vietnam Veterans Act of 2021](#)
- 92) [H.R. 6543, Restore Veterans Compensation Act](#)
- 93) [H.R. 3967, Honoring Our PACT Act Going to House Floor for a Vote](#)
- 94) [H.R. 2916/S. 1467, the VA Medicinal Cannabis Research Act of 2021](#)
- 95) [S. 3483, Justice for ALS Veterans Act](#)



Need Help Finding a TRICARE Network Provider?

Did you put off seeing a doctor last year? Remember, regular checkups are critical to screening for diseases and preventing future health problems. Your TRICARE contractor has an established provider network in your region. Learn how you can find a network provider near you.

[Read More](#)



The importance of maintaining kidney health

Many people with kidney disease don't have symptoms until kidney damage is very advanced. Blood and urine tests confirm kidney disease.

[Read More](#)



VA honors women on the front lines

During March, VA celebrates the women on the front lines whose commitment to service embodies the national 2022 Women's History theme: "Women Providing Healing, Promoting Hope." This recognition includes those who served during this pandemic, either on active duty or as Veterans. It also includes the VA employees who continue to serve Veterans in person, at remote locations, over the phone and via telehealth.

[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



Daughter of Mexican Immigrants Excels as Navy Nurse

Navy Lt. Karen Jimenez Gudino is a registered nurse in the Naval Hospital Twentynine Palms Emergency Department in California. She's also the daughter of Mexican immigrants.

[Read More](#)



VA research spells out COVID's down-the-road risks for cardiovascular and mental health

Al-Aly heads up both the Clinical Epidemiology Center and the Research and Development Service at the VA St. Louis Health Care System. He is also a nephrologist—a doctor who specializes in kidney disease—and a clinical epidemiologist with expertise in big data. His group analyzes huge data sets too complex for conventional computer software.

[Read More](#)



Defense Advisory Committee on Women in the Service (DACOWITS) News [February 2022]

Get the Recruitment & Retention, Employment & Integration, Well Being & Treatment, Servicewomen in the News, Women Veterans, and Upcoming Events DACOWITS news from February 2022.

[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



**What You Need to Know About TRICARE
Qualifying Life Events**



Will 2022 be a year of big changes for you?

It isn't uncommon for military families to experience lots of change. That's why TRICARE allows you to enroll in, or change your TRICARE coverage after certain events, known as Qualifying Life Events.

[Read More](#)



Dr. Leigh Hochberg, pioneer in brain-computer technology, receives 2022 VA Magnuson Award

Hochberg is a researcher at the Providence VA Medical Center in Rhode Island, with more than 17 years' expertise. He is director of the BrainGate clinical trials—conducted by leading laboratories in neuroscience and neuroengineering—which are focused on developing and testing intracortical brain-computer interfaces (BCI).

[Read More](#)



Live Whole Health #113: 3-minute breathing space

Your mind and emotions play a key role in your health. Through mindful awareness and self-care tools, you can take charge of your health and well-being to live your life to the fullest. Breathing space is one area of mindful awareness that can help you become fully aware and tuned in to what is going on right now, in the present moment, and without judgement.

[Read More](#)





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](#)



PCOS is a Common Condition for Women, But it's Often Undiagnosed

Polycystic Ovarian Syndrome is experienced by about one in 10 women. Yet the condition, known as PCOS, is often undiagnosed and misunderstood. What is it? How does it affect women? Can it be treated or cured?

[Read More](#)



Coping when current events bring up past trauma

When armed conflict arises, Veterans can experience a range of emotions. VA can help Veterans manage their responses to events in Ukraine.

[Read More](#)



New program aims to improve care for Native American Veterans

As part of our continued commitment to reducing health care inequalities, VA is creating a new umbrella office to manage health care for Native American Veterans. We're also expanding a recent program to help Native American Veterans in rural areas access VA health care more easily.

[Read More](#)



Office of Inspector General

- 1) Indian Health Service: Information on Third-Party Collections and Processes to Procure Supplies and Services
- 2) DHS Annual Assessment: Most Acquisition Programs Are Meeting Goals Even with Some Management Issues and COVID-19 Delays
- 3) Medicare: Information on Geographic Adjustments to Physician Payments for Physicians' Time, Skills, and Effort



5 Reasons to Check Your Prescription on the TRICARE Formulary Search Tool

Have questions about your prescription drugs?

Maybe you don't know where you can fill your new prescription, or how much it will cost. Use the TRICARE Formulary Search Tool to search for information on specific drugs to see whether they're available through the TRICARE pharmacy benefit.

[Read More](#)



TeleOncology keeps Veteran connected with VA Care

The National TeleOncology service provides access to specialized cancer care across the country to Veterans who need it.

[Read More](#)



Why I get my health care at VA: Navy Veteran Kenneth

Homeless, Kenneth came to VA for help. His journey of recovery began with a VA residential treatment program for drug and alcohol abuse. When he hit bottom, Navy Veteran Kenneth came to VA. Homeless, struggling with drug and alcohol addictions, he entered a residential treatment program. That was just the beginning of a life-changing journey.

[Read More](#)



- 1) Cybersecurity
- 2) FDA Drug Shortages
- 3) FDA Makes Low-Risk Determination for Marketing of Products from Genome-Edited Beef Cattle After Safety Review
- 4) FDA Roundup: March 8, 2022
- 5) Fresenius Kabi Issues Voluntary Recall of Sodium Acetate Injection, USP Due to the Presence of Particulate Matter
- 6) Medtronic Recalls TurboHawk Plus Directional Atherectomy System Due to Risk of Tip Damage During Use
- 7) Outbreak Investigation of *Listeria monocytogenes*: Fresh Express Packaged Salad (December 2021)
- 8) Tennessee Technical Coatings Corp Issues Nationwide Voluntary Recall of Hand Sanitizer Isopropyl Alcohol Antiseptic 75% Due to Presence of Methanol
- 9) FDA Investigation of *Cronobacter* Infections: Powdered Infant Formula (February 2022)
- 10) FDA Roundup: March 11, 2022
- 11) FDA Orders Philips Respironics to Notify Patients Regarding the Recall of Certain Breathing Assistance Machines
- 12) Olympia Pharmacy Issues Voluntary Nationwide Recall of Seven Compounded Products Due to Being Out-of-Specification
- 13) FDA Orders Philips Respironics to Notify Patients Regarding the Recall of Certain Breathing Assistance Machines



Are You Eligible for the GI Bill Tutoring Benefit?

If you're having trouble in a required subject and need a tutor, you can be reimbursed by the GI Bill® for up to \$100 a month and a maximum of \$1,200 annually. You're eligible if you're studying 51% or more of full time. Full time for an undergraduate student is typically 12 credits or hours, while it will vary for graduate students.

[Read More](#)



#VetResources Check-In videos provide resources for mental health, coping strategies

Veterans can view the #VetResources Check-In video series with information to support mental health, resiliency, and coping strategies.

[Read More](#)



Bertha Harrison Dupre and Elizabeth Barker Johnson: Sisters in arms

This is the story of Bertha Harrison Dupre and Elizabeth Barker Johnson, sisters in arms for the "Six Triple Eight." Bertha Harrison Dupre and Elizabeth Barker Johnson served together in Company C of the the 6888th Central Postal Directory Battalion during WWII. When they returned home from the war, each used the G.I. Bill and launched careers as teachers, administrators, government employees and volunteers.

[Read More](#)



CLICK HERE TO FOLLOW US ON TWITTER !



Keeping Your Eyes Healthy With TRICARE



The best way to find out if you need vision correction is by seeing your eye doctor. And as a TRICARE beneficiary, you may be eligible for vision coverage to help you do that. Take a closer look at your vision benefits and explore options for you and your family.

[Read More](#)



Free career transition services for Veterans

Purepost offers free career transition services, including a variety of guidelines and tools to help Veterans find their next job.

[Read More](#)

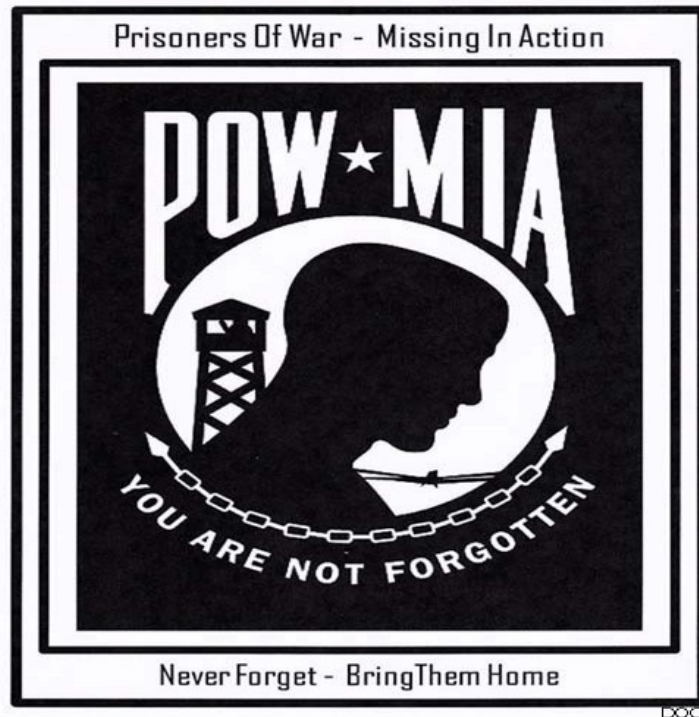


Get paid work experience through VA's National Diversity Internship Program

Take a look inside a career at VA – and get paid to do it. If you're a student interested in working at VA, or just looking for some real-world experience, consider our National Diversity Internship Program (NDIP). This paid internship program lets undergraduate and graduate students from diverse backgrounds and cultures explore career options at VA.

[Read More](#)





Happy heart, happy life

Navy Veteran Walter Meekins recently reunited with his Houston VA cardiologists one year after undergoing a life-saving special heart procedure.

"At my age, I didn't want to have open heart surgery," Meekins said. "My VA doctors found another way to help me."

[Read More](#)



It's your move: How transfers work within VA

Moving? Transfers within VA can be complicated, but we'll help you figure out how to make moving to a new facility as easy as possible.

[Read More](#)



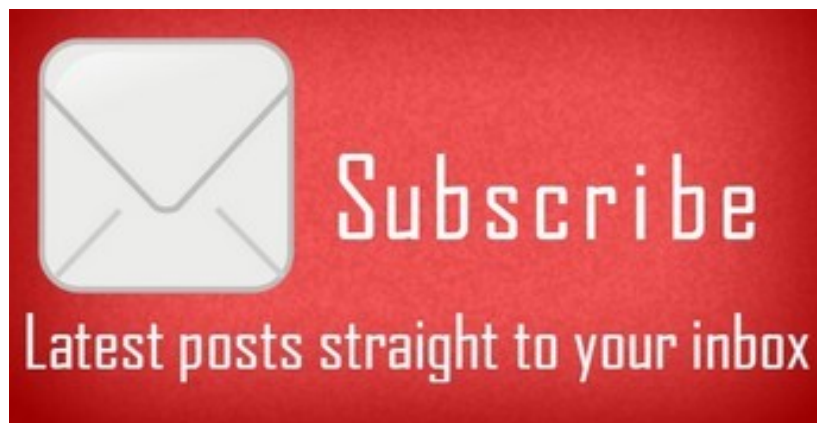
Emlen Tunnell: Unknown War Hero

Emlen Tunnell was a talented and accomplished football player. Beginning in the 1940s, he played in the NFL for 14 years. However, until a chance discovery in 2008, little was known about his service during World War II.

[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!



Diabetic and amputee Veteran receives VA support

Dangerous blood sugar levels and a severe infection led Veteran William Shockey to have his foot amputated. His VA team worked with him to make sure he had the necessary tools and equipment to make his transition easier.

[Read More](#)



VA scientist dedicates career to cure Alzheimer's

As a result of her grandmother's death from Alzheimer's disease, a would-be fourth generation farmer embarked on a different career path.

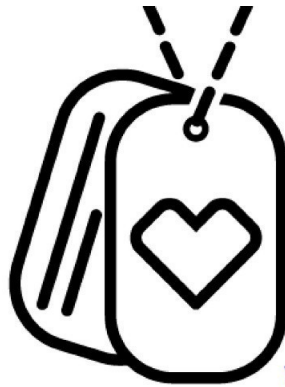
[Read More](#)



Why I get my health care at VA: Veterans speak on Vet Centers

Where do you go when you return from combat and need help readjusting to civilian life? These Veterans found that Vet Centers – VA's storefront centers staffed by combat Veterans who understand what it's like to transition – helped them the most. There, they got connected to community resources, VA benefits and services, and found someone to listen to their experiences.

[Read More](#)



**Our values
match yours.**



www.veterans-for-change.org

CLICK HERE TO GO TO THE VFC WEBSITE



Maintaining a healthy kidney

Kidney disease means kidneys are damaged and can't filter blood like they should. Many people don't have symptoms until kidney damage is very advanced.

Talk to your doctor about getting tested today!

[Read More](#)



Community dentists helping Veterans smile with innovative VA dental program

VETSmile program connects VA enrolled Veterans to local dentists for dental services at a reduced cost or free, depending on resources in each state.

[Read More](#)



Congress Passes Government Funding Legislation with Veteran Provisions

The House and Senate passed a government funding omnibus package that includes 12 appropriations bills for fiscal year 2022, supplemental funding to support Ukraine, and three VFW-supported provisions that would affect Veterans. The first provision would increase the maximum rate of basic pay for VA nurses and physician assistants, allowing VA to offer more competitive salaries. The second provision would permit VA's National Cemetery Administration to grant individual states the ability to decide who is interred in their state Veterans cemeteries and to open their application process, ensuring all National Guard and Reserve members can be buried with fellow service members. The third provision would increase funding for VET TEC from \$45 million to \$125 million to meet the high demand for the program and enable its operation through the end of the fiscal year. The bill now heads to the president for signature. [Read more.](#)



Your actions

could save a life.

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

VeteransCrisisLine.net



Fresh Focus episodes #55-57: Celebrating National Nutrition Month

March is National Nutrition Month and the VA dietitians with the Fresh Focus podcast encourage us to "Celebrate a World of Flavors."

[Read More](#)



VA earns honors as one of "America's Best Employers" for 2022

An independent survey of best employers featured VA among top 500 large employers in America.

[Read More](#)



Brain Injury Awareness Month

According to the Traumatic Brain Injury Center of Excellence, TBI has been diagnosed in more than 449,000 service members since 2000. VA has screened 1.5 million veterans for potential mild TBI in the last 14 years. The [Military Health System](#) and [VA](#) have events planned for the month of March to increase brain injury awareness and education. A Brain Injury Awareness Day on Capitol Hill virtual briefing will be held by the Congressional Brain Injury Task Force on March 16. [Register now.](#)



Vets First Podcast S2 bonus: Learning about COVID-19 impact with Dr. Alejandro Pezzulo

In this episode of the Vets First Podcast, hosts Levi Sowers and Brandon Rea interview Dr. Alejandro Pezzulo, a pulmonologist, and assistant professor of Internal Medicine at the University of Iowa. This episode was recorded in August 2021 during the height of the pandemic's Delta wave. We think this is an interesting look into COVID-19 with a critical care provider.

[Read More](#)



Public Service Loan Forgiveness Waiver

Many individuals with outstanding federal student loans may be eligible for Public Service Loan Forgiveness (PSLF), including eligibility from time served on active duty. Due to the COVID-19 pandemic, the Department of Education is offering a limited-time waiver to allow borrowers to receive credit for past periods of repayment on loans that would otherwise not qualify for PSLF. Individuals must have been working full time for a qualifying employer. This waiver is available through October 31, 2022. [Learn more and check your eligibility.](#)



**Tax & Credit
Information**



- 1) National Tax Security Awareness Week: Tax pros, taxpayers can use secure online account and digital signature options
- 2) Small security measures that make a big difference when it comes to online safety
- 3) National Tax Security Awareness Week, Day 5: Security Summit partners remind businesses to tighten security; be aware of steps to help prevent, protect data loss
- 4) Highlights from 2021 National Tax Security Awareness Week
- 5) IRS issues guidance regarding the retroactive termination of the Employee Retention Credit
- 6) New online identity verification process for accessing IRS self-help tools
- 7) Get ready for taxes: What's new and what to consider when filing in 2022
- 8) IRS seeks applications for the Electronic Tax Administration Advisory Committee
- 9) Security tip for tax pros: Remember to safeguard EFINs
- 10) Most retirees must take required minimum distributions by Dec. 31
- 11) Tax benefits of making a business accessible to workers and customers with disabilities
- 12) IRS joins leading nonprofit groups to highlight special charitable tax benefit available through Dec. 31
- 13) For Kentucky tornado victims, IRS extends 2021 tax-filing deadline, other deadlines to May 16



Veterans report positive impact with VA Whole Health

Veterans involved in Whole Health System report greater improvements in the experience and engagement of their care and overall well-being.

[Read More](#)



Postvention: Provider support for the healing journey

Suicide loss touches many including providers. Suicide Risk Management Consultation Program provides postvention support on healing journey.

[Read More](#)



VA Women Veterans Health Podcast

Women veterans have unique health care needs, which is the focus of VA's podcast [She Wears the Boots](#). Reproductive, pelvic, musculoskeletal, and mental health issues, as well as infertility and menopause are among the topics discussed. The podcast also provides information on VA resources and services for women veterans. [Read more.](#)





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

Army Air Forces Pfc. Edward H. Benson Jr., 22, of Roanoke, Virginia, was assigned to the 1562nd Army Air Force Base Unit on Biak Island, part of the modern-day Republic of Indonesia. On March 22, 1945, Benson and 39 other service members were killed during a Japanese air raid of Sorido Airstrip. Three individuals, including Benson, could not be identified or accounted for after the attack. He will be buried on May 14, 2022, in his hometown. [Read about Benson.](#)

Navy Water Tender 1st Class Oliver K. Burger, 26, of San Pedro, California, 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 Burger. He will be buried on Aug. 31, 2022, at the National Memorial Cemetery of the Pacific (Punchbowl) in Honolulu. [Read about Burger.](#)

Army Pvt. Edward M. Ryan, 33, of New York City, was a member of Headquarters Company, 1st Battalion, 105th Infantry Regiment, 27th Infantry Division, which occupied defensive positions along the northwest coast of Saipan as part of a larger operation to secure the Mariana Islands. On July 7, 1944, the commanding general of the Japanese forces ordered a mass suicide charge of his remaining soldiers into the 105th's line. Ryan was killed during the attack, and posthumously awarded the Bronze Star. Following the war, his remains were declared non-recoverable. He will be buried at Arlington National Cemetery in Arlington, Virginia, on a date yet to be determined. [Read about Ryan.](#)

Army Staff Sgt. Casimir P. Lobacz, 25, was assigned to Company E, 11th Infantry Regiment, 5th Infantry Division. On Sept. 27, 1944, Lobacz's unit was part of the ground attack on Fort Driant near Metz, France. He was reported to have been killed during the first wave of the assault and his body was unable to be recovered. [Read about Lobacz.](#)

Army Air Forces 1st Lt. Newell F. Mills Jr., 21, was assigned to the 354th Fighter Squadron, 355th Fighter Group. On April 7, 1945, Mills was piloting a P-51D Mustang fighter escorting a formation of B-24 Liberator bombers to a target in Geesthacht, Germany. When the formation encountered German fighters near Bremen, he and the other escort pilots engaged the Germans. Following the mission, Mills and his wingman never returned to base or were reported as prisoners of war. The War Department issued an administrative Finding of Death on April 8, 1946. [Read about Mills.](#)





Veterans-For-Change, Inc.

Riverside County, CA

Visit our website today

www.Veterans-For-Change.org

Serving those who served!

Please pass on to all your Veteran Friends and Family!



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

Jim.Davis@Veterans-for-change.org

©2022 Veterans-For-Change.org | CA 92584-8870

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®

