



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, March 27, 2022

Volume 13, Issue 13



This-N-That

Good morning Jim,

As you know, for over a year now those who have sleep apnea and used Philips Dream Station I our machines have been under recall, and Philips was saying up to two years to replace them which is just not acceptable.

I just finished my second sleep study which is required by the insurance company in order to get a brand-new machine and thankfully I was approved, but the problem now is estimated time of delivery which my pulmonology supply company told me is about 3 weeks provided their delivery includes all machines ordered.

They did ask me if I had received a replacement component which I had not, but they said it will be coming and I had to explain to

them that refurbished medical equipment is not acceptable to me and that I still expect a new machine as the insurance had approved payment in full.

I did call Philips, they informed me either a new machine would be shipped out or the replacement component and they couldn't tell me which one, it all depended on specific model number and I attempted to give the number to the person and the call was cut short.

So, I have no idea on specifically which models are being replaced, and which will receive a replacement component. I do wish I had more information to share, but for now, this is all I have.

Tuesday, the 29th is Welcome Home Vietnam Veterans Memorial Day and I'd like to say to all those who served during this time, a very well-earned WELCOME HOME! You were never respected, never treated well, fought like hell here at home for benefits and medical care and more, and I personally want to apologize that you were forced to battle our own government just to be taken care of properly and with dignity and respect.

I've actually been able to add another 99 new documents to the website, along with an added 62 more weblinks.

When signing up for an account, please be sure to complete all information EXCEPT any personal address or phone number, be sure not to use an e-mail address for log in ID and choose a password you won't forget easily. Then the system will send me a notification of your account which I will approve and you will then have 100% access to everything except admin areas.

You do need to log in at minimum once a year in order to maintain your account. The system is setup to auto delete any account exceeding 13 months without a log in.

If you don't currently follow us on [MEWE](#) , please be sure to do so. Or you can follow us on Twitter, or sign up for the newsletter if you don't already receive in your E-mail.

We're still in a battle with Congress and need everyone's help! We have almost 100 pieces of legislation we need Congress to pass and sent on to POTUS to sign into law, but we can't get it done without your help to push and push so please be sure to visit the "TAKE ACTION" section of the newsletter and send each one of the pre-written E-Mails to your Reps and Senators asking for their vote to passage.

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



**Data Registry Helps Improve Research and
Treatment for Eye Injuries**

The Defense Health Agency is expanding its capability for researching and treating eye injuries and vision problems to improve care for service members and veterans.

[Read More](#)



Provider webinar for Veterans with burn pit, other airborne hazard exposures

A March 24 provider webinar will discuss Veteran health concerns related to exposure to burn pits and other airborne hazards.

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MOH recipient: Get involved in Vietnam Veteran events

As Vietnam War Veterans Day approaches March 29, an era Medal of Honor recipient said Veterans should participate in events. Barney Barnum is a retired Marine Corps colonel who served two tours in Vietnam. He said Vietnam War Veterans Day is an opportunity for Vietnam Veterans to show pride in their service. He also said the day is a chance for the public to thank Vietnam Veterans.

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Live Whole Health #114: Tai Chi seated cloud hands

The Tai Chi cloud hands movement form is a common postural exercise to relax the neck and shoulders, and increase blood flow within the body.

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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@madvocacy.org



Treating Veterans with lingering "Long COVID"

Pittsburgh VA has established a multi-specialty clinic to treat post-COVID conditions. Symptoms that linger are known as "Long COVID."

[Read More](#)



Borne the Battle #273: Navy Veteran Linda Maloney, Author and Entrepreneur

One of the first females to fly in a combat zone, Navy Veteran Linda Maloney, shares her journey in the Navy and her desire to honor Woman Veterans through Proudly She Served.

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For Colon Cancer Patients, Military Health System Shows Better Results

Colon cancer patients in the Military Health System had significantly higher survival rates compared to patients in the general population, according to a study the Uniformed Services University of the Health Sciences (USU) in Bethesda, Maryland conducted.

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Passion to learn. Power to heal. Health Professions Education Week

During Health Professions Education Week, VA honors the 70% of physicians who train at VA through partnerships with academic institutions.

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When current events bring up past trauma, VA can help

Veterans who may be experiencing reactions in response to current events in Ukraine can connect with VA professionals to help manage those feelings.

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New Master Chief Petty Officer of the Navy

Chief of Naval Operations, Admiral Mike Gilday, has selected Fleet Master Chief James Honea to become the 16th MCPON. Honea, who currently serves as the Fleet Master Chief for U.S. Pacific Fleet, will take on the new job Sept. 8, 2022. He enlisted in the Navy in 1987 and advanced through the ranks as a boatswain's mate. Honea will replace MCPON Russell Smith, who took on the job in August 2018.

Honea served as the Command Master Chief at Naval Support Activity South Potomac as well as Command Master Chief, U.S. Naval Forces Korea, U.S. Naval Forces Central Command, U.S. Fifth Fleet. His personal awards include the Legion of Merit Medal, Meritorious Service Medal (five awards), Navy and Marine Corps Commendation Medal (three awards), and Navy and Marine Corps Achievement Medal (four awards) as well as numerous unit, and campaign awards. He's a graduate of the U.S. Air Force Senior Non-Commissioned Officer Academy, Command Master Chief Course and Senior Enlisted JPME Keystone Course from the National Defense University.



Your actions

could save a life.

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

[VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)





Viruses called bacteriophages eat bacteria – and may thereby treat some health problems

Called bacteriophages, or phages, these viruses cannot infect human cells. Phages are incredibly diverse and exist everywhere in the environment, including in our bodies; in fact, humans contain more phages than human cells.

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Fayetteville VA named one of Arkansas' best hospitals

The Veterans Health Care System of the Ozarks was recently named as one of Arkansas' best hospitals for patient experience by Becker's Hospital Review.

[Read More](#)



Q&A: How to Get TRICARE Coverage for Your New Child

Welcoming a new child into the family is a joyous event. But there's also much to do, and much to learn, especially for first-time parents. How will you handle your new child's health care coverage? As a TRICARE beneficiary, what's the best way to extend your coverage to your baby?

[Read More](#)



Virtual hiring event to connect Veterans, others, to job opportunities with Service King

Heroes Foundation hiring event March 16. Connecting Veterans and others to employment opportunities with Service King Collision Repair.

[Read More](#)



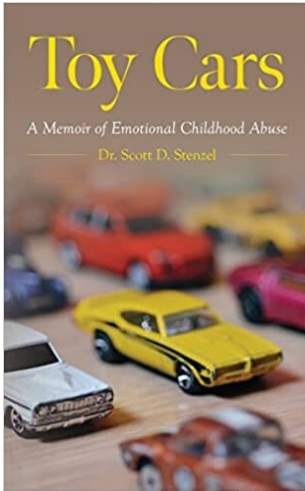
Proposed Changes to the Disability Rating Schedule

In February, VA published in the Federal Register, proposed changes to the VA Schedule for Rating Disabilities (VASRD), specifically for conditions related to the respiratory, auditory, and mental disorders body systems. The proposed updates to the rating schedule for these conditions will enable VA to incorporate modern medical data and terminology to provide Veterans with more accurate and consistent decisions. Learn more about what the schedule change may mean for you.

[Learn More button](#)



Toy Cars



As a child and adolescent, Scott D. Stenzel suffered from emotional abuse at the hands of his adoptive parents, primarily his adoptive father. Belittled and manipulated, Scott endured humiliation and isolation as a result of his father's maniacal temperament. For years, Scott lived with shame and guilt over his unhappy childhood - until the day he chose to forgive his parents and found the confidence to move on. Having reclaimed his

life, Scott revisits his painful past and reflects on the traumatic experiences he endured while living in an emotionally abusive home as well as his struggles throughout multiple deployments in this moving memoir. A compelling series of vignettes and short stories depicting the psychological impact of emotional abuse, *Toy Cars* challenges us to counter emotional abuse by learning how to recognize it and urges adult victims to confront their abuse in order to move forward.

Raised in Delaware, Scott D. Stenzel is a U.S. Air Force veteran who served four tours in Iraq and Afghanistan. He holds a doctorate degree in public administration and is an adjunct professor at Liberty University. He lives in Denver with his wife and son.

[Toy Cars: A Memoir of Emotional Childhood Abuse: Stenzel, Dr Scott D: 9781685153434: Amazon.com: Books](#)

The first five veterans that contact Scott can receive a free book. please email him at: sstenz130@gmail.com



SVAC Holds Oversight Hearing on VA Caregivers Program

The Senate Veterans Affairs Committee (SVAC) held an oversight hearing on the Department of Veterans Affairs (VA) Caregiver Program. Legislation was approved in the last Congress (116th) to expand the VA's Program of Comprehensive Assistance for Family Caregivers to veterans of all eras - successfully including language in the bipartisan VA MISSION Act that was signed into law in June 2018 (P.L.115-182, S.2372). Since the law's implementation, the SVAC has continuously raised concerns and called on Department of Veterans Affairs Secretary Denis McDonough last year to reconsider the Department's tightened eligibility and delayed roll-out of the Caregivers Program. Only 20 percent of new applicants have been accepted and as many as 6,700 current caregivers would become ineligible. In response, the VA announced a pause and "reassessment" of the caregiver support program. The FRA's concern about the tightened eligibility was noted in the statement provided to the SVAC and the House Veterans Affairs Committee earlier.



DoD Starts Military Suicide Prevention Study Group

Secretary of Defense Lloyd Austin announced the establishment of the Suicide Prevention and Response Independent Review Committee (SPRIRC), which will address and prevent suicide in the military, pursuant to the National Defense Authorization Act for Fiscal Year 2022. The SPRIRC will review relevant suicide prevention and response activities, as well as the immediate actions underway that were directed by the secretary on addressing sexual assault and recommendations of the Independent Review Commission on Sexual Assault in the Military, to ensure SPRIRC recommendations are synchronized with current prevention activities and capabilities.

The Under Secretary of Defense for Personnel and Readiness will issue a memorandum identifying the members of the SPRIRC, the timeline for installation visits, and the SPRIRC charter that will outline the approach to the Department's comprehensive and collective efforts within 60 days of the memorandum. The SPRIRC will start working no later than May 14, 2022 and will begin installation visits no later than August 1, 2022. By Dec. 20, 2022, the SPRIRC will send an initial report to Secretary Austin for review - in advance of sending a report of findings and recommendations to Congress by Feb. 18, 2023.



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**



Live Whole Health #115: Mobility with movement

Spring has sprung! Are you looking forward to getting outside, into the garden, onto your bike, or out for a walk or roll in nature? Maybe your mind is ready but your body says, "Hold on a minute." If your body needs a little warming up for spring, you may want to practice some mobility exercises.

[Read More](#)



VA is growing! Plans to modernize VA will lead to growth and better care for Veterans

VA is growing! The much-anticipated Asset and Infrastructure Review (AIR) report details plans for a great deal of growth and expansion as we look to modernize care for Veterans throughout the country. Work on the report began in January with a nationwide review of facilities to determine how to better invest our resources for our Veterans. [...]

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Helping Veterans dispel myths about VA health care: Part 1

Many eligible Veterans don't get their health care through VA. This two-part blog dispels myths and helps Veterans understand the VA health care they deserve.

[Read More](#)



Earthquake preparedness: Drop, cover and hold on

Earthquakes and aftershocks can happen anywhere without warning and at any time of the year. All 50 states, five U.S. territories and the District of Columbia are at some risk. The info below can help you build out your earthquake preparedness kit and plans before the next one strikes.

[Read More](#)



Serving Women Veterans

Do you receive all VA benefits you're eligible for? Women Veterans often underutilize VA care and services, despite being eligible for the same benefits as male Veterans. From benefits like pension or support for small businesses, to VA health care and mental health services, [learn more about benefits available to you](#)



Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act

Yesterday, as a result of your support, the U.S. Senate unanimously passed bipartisan, bicameral legislation to expand veterans' access to high-quality breast cancer screening and lifesaving cancer care. This legislation now moves to the House of Representatives for consideration and we need your help once

again to urge lawmakers to pass this important legislation for women veterans into law.

One of every eight women will have invasive breast cancer during her lifetime. Companion legislation, H.R. 4794 and S. 2533, the Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act, would improve breast health programs and services available to veterans enrolled for Department of Veterans Affairs (VA) health care. Because women veterans are a minority population within the Veterans Health Administration (VHA), they must often rely on community partners for gender-specific health services including their breast health. In 2020, one third of all gender-specific cancer treatment and screening for women veterans using VHA took place in the community, and VA does not expect that proportion of care to change in the near future.

Breast health is essential to a woman's overall health, yet there are often barriers to accessing these vital services. According to the VA's most recent budget summary fewer than half of VA's women patients received gender-specific care in fiscal year 2020—these numbers are particularly low (13%) for senior women veterans who are at the highest risk of certain gender-specific cancers, including breast cancer. In addition, only about 79% of VA's medical centers had a full or part-time breast health coordinator, which can hamper access to community mammography services. Anecdotal research also indicates that women receiving care in the community often report dissatisfaction with communication about eligibility for services, scheduling of timely appointments and getting results of completed diagnostic work. These findings suggest the need for a more strenuous breast health effort in VA.

The MAMMO Act would improve mammography services for veterans by requiring the VA to develop a strategic plan for breast

imaging services and establishing a tele-mammography pilot program in states without VA mammography services and in locations where the provision of such services is not feasible. The bill would also require VHA to upgrade all mammography equipment to three-dimensional imaging and to study the availability of genetic testing for the breast cancer gene for veterans. These requirements, in addition to studies and increased partnerships with designated providers within the National Cancer Institute network and the Department of Defense should help improve access to high-quality breast cancer care for all women veterans.

DAV supports the MAMMO Act in accordance with DAV Resolution No. 015, which calls for enhanced medical services, including gender-specific care, and benefits for women veterans.

Please urge your House Representative to support this important legislation.

Thank you for your support of our nation's women veterans.

TAKE ACTION



News Flash



Senate Veterans Affairs Committee

The Senate Veterans Affairs Committee, Chairman, Jon Tester (MT) and Ranking Member Jerry Moran (KS) will host a hearing on March 23, 2022 at 3:00 pm entitled Honoring Our Commitment: Improving VA's Program of Comprehensive Assistance for Family Caregivers.

Panel One

Beth Taylor, MD, Assistant Under Secretary for Health, Patient Care Services and Chief Nursing Office, Veterans Health Administration, Department of Veterans Affairs

Accompanied by:

Colleen Richardson, PhD, Executive Director, Caregiver Support Program

Panel Two

- Steve Schwab, Chief Executive Officer, Elizabeth Dole Foundation
- Caira Benson, Caregiver of Post-9/11 Army veteran
- Jim Marszalek, National Service Director, Disabled American Veterans
- Andrea Sawyer, Advocacy Navigator, Quality of Life Foundation
- Sarah Verardo, Chief Executive Officer, The Independence Fund
- Statement for the Record submitted by
- Charles Byers, Chair, VVA Health Care Committee

The Senate Veterans Affairs Committee, Chairman, Jon Tester (MT) and Ranking Member Jerry Moran (KS) will also host a hearing on March 29, 2022 at 3:30 pm entitled Honor our PACT Act, H.R. 3967.



Links to Other Stories

- 1) [A Rolling Tribute to Vietnam Veterans: 'Thank You for Your Service'](#)
- 2) [Arrington defends 'No' vote on Veterans health care bill](#)
- 3) [Medal of Honor recipient on urban warfare facing Russian forces: 'Should scare the hell out of Putin'](#)
- 4) [Tuskegee airman honored for win that was ignored during his service](#)
- 5) [Veteran shoots himself in front of VA medical center](#)



VA celebrates LGBTQ+ Health Week

VA recognizes March 21-25, 2022, as "Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) Health Awareness Week." VA takes seriously its charge to provide care for all Veterans, including LGBTQ+ Veterans.

[Read More](#)



Veterans are teaching VHA how to be a learning organization

VA's Office of Discovery, Education and Affiliate Networks (DEAN) partners with Veterans to create innovative healthcare solutions.

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Veteran getting COVID shot surprises nurse, native of Kosovo

Nurse Shpresa Islami grew up in Kosovo and fled her country as a small girl. She had an emotional surprise while giving a COVID vaccine.

[Read More](#)



Borne the Battle 272: Navy Veteran Andrew Bliss, Bad Robot Entertainment

In the Navy, Andrew Bliss served as a military journalist. Today, he puts his passion for storytelling to use for Bad Robot Productions.

[Read More](#)



VetXL Women Veterans Together Q&A Chat

Join us LIVE on March 23 from 1-2 p.m. ET for a Q&A focused on women Veterans. Visit the link to learn more and participate in the discussion about women Veteran health benefits and services.

[LEARN 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



**Borne the Battle #273: Navy Veteran Linda
Maloney, Author and Entrepreneur**

One of the first females to fly in a combat zone, Navy Veteran Linda Maloney, shares her journey in the Navy and her desire to honor Woman Veterans through Proudly She Served. At age 17, Linda Maloney knew that she wanted more. Her parents were divorced and couldn't afford to send her to college. Looking to take control of her life, she joined the Navy.

[Read More](#)



VA social workers: More than advocates for Veterans

Social workers are important to VA health care, providing support to and advocacy for Veterans and their families.

[Read More](#)



Research roundup: E-cigs aren't safe

As substantiated in the review, a convincing body of evidence exists that confirms e-cigarettes cause lung inflammation and injury, as well as negative health effects in multiple organs. Crotty Alexander says e-cigarettes come with far more dangers than even she expected.

[Read More](#)



Kansas City VA teams up with community partners for PIT count

Kansas City VA and community coalition did a PIT count and distributed hygiene and essentials to unhoused residents in the Kansas City metro.

[Read More](#)



National Veterans Summer Sports Clinic, Cancer Prevention, and Late Life PTSD

In this episode of The BLUF we look at the National Veterans Summer Sports Clinic, cancer prevention and late life PTSD.

[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 03/19/21)

Please note, we've added one 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) [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](#)
- 96) [H.R. 6273 and S.3397, the VA Zero Suicide Demonstration Project Act of 2021](#)



Lubbock VA celebrates first newborn of 2022

Amarillo VA's Women Veterans program celebrated its first newborn baby in 2022 during a celebration with the family at the Lubbock clinic Feb. 28. Wade Augustus Spearing entered the world at 6 pounds and 10 ounces. The clinic staff honored the newborn, who was born New Year's day, and his mother, Army Veteran Amanda Spearing.

[Read More](#)



VRRAP helps Veterans return to the workforce

VRRAP provides up to 12 months of tuition and fees and a monthly housing allowance to eligible Veterans who are training towards employment in a high-demand occupation.

[Read More](#)



Why I get my health care at VA: Polytrauma helps Veterans survive multiple traumas and injuries

Hear from Veterans who have survived multiple serious injuries and how VA is helping them in the Polytrauma program.

[Read More](#)



Northport VA surgeons perform first da Vinci robotic surgery at medical center

Northport VA surgeons launch state-of-the-art robotic surgical system with urological procedure on Veteran's prostate. Some patients home the same day.

[Read More](#)



History of VA in 100 Objects

The History of VA in 100 Objects explores the history of the nation's efforts to honor and reward Veterans for their service by spotlighting individual objects that tell key parts of the VA story. To join the journey through VA's past, visit the 100 Objects Gallery where new entries are posted each week.

[VISIT THE GALLERY](#)



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



Fresh Focus episodes #58-60: Celebrating National Nutrition Month

March is a whole month dedicated to promote the profession of Nutrition Services, as well as delivering nutrition education to the public. A registered dietitian nutritionist (RDN) can help you improve your overall health and wellness.

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Eligible Veterans can shop at Defense commissaries

In 2020, commissary shopping extended to disabled Veterans, Purple Heart recipients, former Prisoners of War, and caregivers of Veterans.

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Carmelita Vigil-Schimmenti: Caring is good medicine

Carmelita Vigil-Schimmenti was the first Hispanic woman to reach the rank of brigadier general.

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Center for Women Veterans Book Corner: Coast Guard Vice Admiral Sandra Stosz (Ret)

Each month, VA's Center for Women Veterans profiles a different woman Veteran author as part of their Women Veteran Authors Book Corner. This month's author is Coast Guard Veteran Vice Admiral (ret) Sandra Stosz.

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Celebrate National Nutrition Month

"Celebrate a World of Flavors" during National Nutrition Month in March. Learn more about eating healthy, savory meals.

[LEARN MORE](#)



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**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

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Carmelita Vigil-Schimmenti: Caring is good medicine

Carmelita Vigil-Schimmenti was the first Hispanic woman to reach the rank of brigadier general. Carmelita Vigil-Schimmenti grew up in Albuquerque, New Mexico. She lived with her family on a pinto bean farm, land that her grandfather received through a homestead.

[Read More](#)



Benefits, resources available to Veterans of OIF, Southwest Asia Theater of Operations

If you served in OIF, and have a disability or illness as a result, you may be eligible for VA benefits and services.

[Read More](#)



Texas VA celebrates women Veterans' achievements

Texas VA holds 30th Annual Salute to Women Veterans to "Recognize them for their bravery, tenacity and achievements."

[Read More](#)



VA supports Marine Veteran through health issues and homelessness

Divorce, cancer, and homeless. Faced with crushing challenges, Marine Veteran is helped by new Act providing Veterans with life-changing resources.

[Read More](#)



Loan Forgiveness, National Vietnam Veterans Day, and COVID Self-Test Kits

In this episode of The BLUF, we look at student loan forgiveness for Veterans, National Vietnam Veterans Day, and how Veterans can order COVID self-test kits for free.

[WATCH](#)



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Texas VA celebrates women Veterans' achievements

While honoring and celebrating their achievements in a special way, women Veterans of the Texas Hill Country and surrounding areas joined forces at the Kathleen C. Cailloux Theater in Kerrville during the 30th Annual Salute to Women Veterans. Sponsored by the Women's Health program at South Texas VA, many employees and volunteers worked to ensure this event was exceptional, especially after COVID-19 canceled last year's event.

[Read More](#)



How Referrals Work with Your TRICARE Prime Plan



Are you enrolled in a TRICARE Prime plan? Then you have a primary care manager (PCM) to handle your basic primary health care services. But what if you need specialty treatment, like from a cardiologist or dermatologist? In that case, your PCM needs to submit a referral for you to see a specialist.

[Read More](#)



VA's progress on treating cancer since 2016

Every year, VA diagnoses and treats about 43,000 Veterans with new cases of cancer; VA currently treats 400,000 Veterans with cancer. Here is VA's progress on treating cancer.

[Read More](#)



Live Whole Health #114: Tai Chi seated cloud hands

What would it feel like to touch the clouds and then gather its energy in your hands? Tai Chi is a mindful movement that pairs breathwork with a meditative movement that can be relaxing, restoring and energizing. The Tai Chi cloud hands movement form is a common postural exercise that uses dynamic movement to develop the back muscles, relax the neck and shoulders, and increase blood flow and the movement of "qi" (energy) within the body.

[Read More](#)



2022 GI Bill Summit: Q&A with VA - April 14

The 2022 GI Bill Summit will feature a Q&A with Education Service Acting Executive Director, Mary Glenn, highlighting various topics, including GI Bill modernization, enrollment verification requirements, and COVID-19 protection of monthly housing allowance benefits. Submit your GI Bill questions by March 18.

[LEARN MORE](#)



Office of Inspector General

1) [Food Program: DOD Should Formalize Its Process for Revising Food Ingredients and Better Track Dining Facility Use and Costs](#)



What women Veteran-owned business entrepreneurs need to know

Opportunities for women Veteran-owned small businesses are growing exponentially. There are programs specifically geared toward positioning women Veteran-owned small businesses in level playing fields in the federal marketplace.

[Read More](#)



Answering Questions About Your Child's Oral Health Coverage

Taking care of your child's oral health can be a stressful task. The decisions you make can affect their oral health for a lifetime. The TRICARE Dental Program is here to help you make the right decisions about your child's oral health care. If you have questions, here are some Q&As about your child's dental coverage

[Read More](#)



What women Veteran-owned business entrepreneurs need to know

There are programs specifically geared toward positioning women Veteran-owned small businesses in level playing fields in the federal marketplace.

[Read More](#)



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

March is National Nutrition Month and is a chance to celebrate eating healthy. National registered dietitian nutritionist day is also in March and is a chance to showcase dietitians as the food and nutrition experts. Each year we celebrate with a new theme and for 2022 the theme is "Celebrate a world of Flavors."

[Read More](#)



Coping When Current Events Bring Up Past Trauma

When armed conflict arises — no matter where in the world it happens — Veterans can experience a range of challenging emotions as events unfold. This can be especially true for combat Veterans who may be reminded of their own deployment experiences.

[LEARN MORE](#)



- 1) [Adamis Pharmaceuticals Corporation Issues Nationwide Voluntary Recall of SYMJEPI® \(Epinephrine\) Injection for Potential Manufacturing Defect](#)
- 2) [Albanese Confectionery Group, Inc. Recalls Dark Chocolate Espresso Bean 9 Oz. Tub Because of Undeclared Peanut Allergen](#)
- 3) [Cavendish Farms Issues Allergy Alert on Undeclared Wheat in Original Hash Brown Patties](#)
- 4) [Coronavirus \(COVID-19\) Update: FDA to Hold Advisory Committee Meeting on COVID-19 Vaccines to Discuss Future Boosters](#)
- 5) [Fairmont Foods, Inc. Issues Recall of Spinach and Artichoke Dip Product Due to Misbranding and Undeclared Soy and Wheat Allergens](#)
- 6) [FDA approves Pluvicto for metastatic castration-resistant prostate cancer](#)
- 7) [FDA Drug Shortages](#)
- 8) [FDA Investigation of Cronobacter Infections: Powdered Infant Formula \(February 2022\)](#)
- 9) [FDA Issues Decisions on Additional E-Cigarette Products](#)
- 10) [FDA Roundup: March 22, 2022](#)
- 11) [FDA Roundup: March 25, 2022](#)
- 12) [FDA Statement on Medical Device User Fee Amendments \(MDUFA\)](#)
- 13) [FDA updates Sotrovimab emergency use authorization](#)
- 14) [Improving Nutrition to Turn the Tide on Diet-Related Chronic](#)

Disease

- 15) Kao USA Conducts Voluntary Recall of Jergens® Ultra Healing Moisturizer
- 16) Pfizer Voluntary Nationwide Recall of Lots of ACCURETICTM (Quinapril HCl/Hydrochlorothiazide), Quinapril and Hydrochlorothiazide Tablets, and Quinapril HCl/Hydrochlorothiazide Tablets Due to N-Nitroso-Quinapril Content
- 17) Philips Respironics Recalls Certain V60 and V60 Plus Ventilators for Expired Adhesive that May Cause Ventilator to Stop Working With or Without an Alarm
- 18) Prefilled Saline Flush Syringe Conservation Strategies - Letter to Health Care Personnel
- 19) Sandoz, Inc. Issues Nationwide Recall of 13 Lots of Orphenadrine Citrate 100 mg Extended Release Tablets Due to Presence of a Nitrosamine Impurity
- 20) St. Benoit Creamery Issues Allergy Alert on Undeclared Egg in French Vanilla Yogurt
- 21) Stutzman Farms Issues a Voluntary Recall of its Einkorn Products for an Undeclared Wheat Allergen
- 22) The Salsa Texan Issues Allergy Alert on Undeclared Wheat Contamination in “Gluten Free Coconut Flour Tortillas”
- 23) Use and Store At-Home COVID-19 Tests Properly to Avoid Potential Harm: FDA Safety Communication



President Biden Signs Rep. Levin's Bill to Rename San Diego VA After Woman Vet

In legislation signed yesterday by President Biden, the VA San Diego Healthcare System will be renamed after U.S. Army Veteran, Capt. Jennifer M. Moreno. This is the first time that a VA medical facility has been named for a woman Veteran of color.

[Read More](#)



How COVID-19 Made the Military Medical Community Stronger

The international responses to the COVID-19 pandemic led to a host of changes and lessons learned across the Military Health System that will be valuable in preparing for the next crisis - whether that's another pandemic, a new conflict or natural disaster.

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VA and faith leaders address rural Veteran mental health crisis

VA Office of Rural Health and VA's National Chaplain Service join forces to connect rural Veterans to important mental health resources.

[Read More](#)



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](#)



Find Your Next Job with Free Career Transition Services

Military service and the skills Veterans have acquired or enhanced through their service are precisely what employers say they need. Purepost offers free career transition services to help Veterans find their next job.

[READ MORE](#)



House Hearing on Health Care Workforce

The House Committee on Veterans' Affairs conducted a hearing to address VA health care workforce recruitment and retention challenges. VA highlighted steps it is taking to attract and retain employees, such as maximizing bonuses, increasing opportunities to advance, and investing in programs like VHA Reduce Employee Burnout and Optimize Organizational Thriving (REBOOT) to ensure employee well-being. [Watch the hearing.](#)



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Treating Veterans with lingering "Long COVID"

While everyone is looking forward to the end of the COVID-19 pandemic, Pittsburgh VA clinicians have their eye on a long-term issue with the disease – a health condition known as "long COVID." In January, Pittsburgh VA opened a clinic for Veterans who have recovered from the acute stage of COVID but who continue to have debilitating symptoms of the disease.

[Read More](#)



Five Clinical Tools to Help Assess and Treat TBI

Traumatic Brain Injury, or TBI, is a major health concern for the military. Over the past two decades, nearly 450,000 service members have suffered a first-time TBI. While some occur in a deployed setting, the majority happen closer to home – during training, sports, recreation, car accidents, or slips and falls.

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Third-party payer precertification education for community providers

This article discusses the importance of precertification and how community providers can identify services that require precertification.

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Blue Star Families Survey: How Are You?

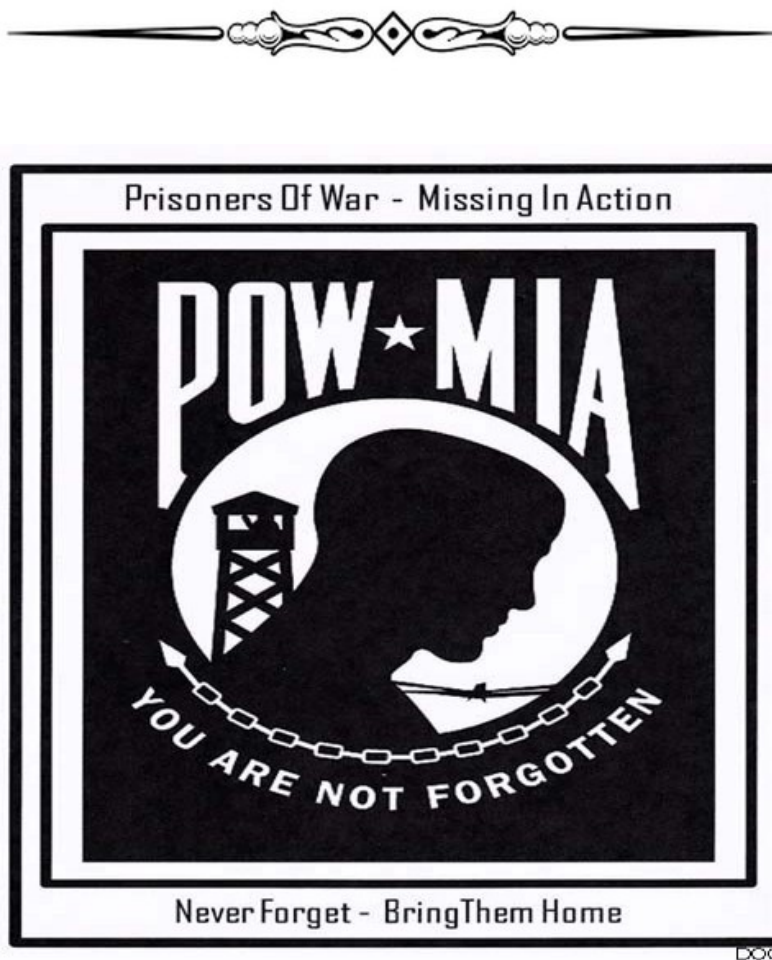
From Afghanistan to Ukraine, events shaping our world today are likely to bring complicated emotions to the surface for many of us. Blue Star Families is here to help and is working with their network of partners to mobilize support for Veterans. Please consider taking this short and confidential Pulse Check poll to share thoughts and let Blue Star Families know how they can best serve Veterans and their families during this challenging time. Take the Pulse Check today.

[TAKE THE SURVEY](#)



House Hearing on Pending Economic Opportunity Legislation

The House Veterans' Affairs Subcommittee on Economic Opportunity held a hearing to review legislation regarding education, employment, transition, and housing. Proposals included creating permanent policies to protect VA education benefits in cases of national emergency, expanding eligibility of the self-employment track within Veteran Readiness and Employment (VR&E), and making it easier for veterans facing housing insecurity to receive rental assistance. In a statement submitted for the record, VFW National Legislative Associate Director Emily DeVito commented, "The COVID-19 pandemic's massive impact on higher education and training, including unforeseen closures and rapid changes to modalities, brought to the forefront the urgent need for permanent legislation that would direct VA in these times of crisis." [Watch the hearing](#) or [read the testimony](#).



Live Whole Health #115: Mobility with movement

Spring has sprung! Are you looking forward to getting outside, into the garden, onto your bike, or out for a walk or roll in nature? Maybe your mind is ready but your body says, "Hold on a minute." If your body needs a little warming up for spring, you may want to practice some mobility exercises.

[Read More](#)

Ask the Doc: Can a Concussion Affect Hearing and Vision?

It is not uncommon to have hearing, vision, and balance related symptoms after a concussion. Symptoms can vary during the acute phase (right after a concussion) from person to person. The good news is that the typical headache and other symptoms from a concussion can resolve completely on their own over time.

[Read More](#)



Teasing out the effects of blast exposure on mental health

Dr. Sarah Martindale, a research scientist at the W.G. (Bill) Hefner VA Medical Center in Salisbury, North Carolina, and a member of VA's Mid-Atlantic MIRECC (Mental Illness Research Education and Clinical Center), led the study. Dr. Jared Rowland, Dr. Anna Ord, and Lakeysha Rule, all of whom are also affiliated with the Salisbury VA and the Mid-Atlantic MIRECC, co-authored the paper.

[Read More](#)



Center for Women Veterans Book Corner: Coast Guard Vice Admiral Sandra Stosz (Ret)

Each month, VA's Center for Women Veterans profiles a different woman Veteran author as part of its Women Veteran Authors Book Corner. This month's author is Coast Guard Veteran Vice Admiral (ret) Sandra Stosz. Stosz served on active duty from 1982-2018. In her 40-year career, she broke ice and glass as the first woman to command an icebreaker on the Great Lakes, and was the first woman to lead a U.S. armed forces service academy.

[Read More](#)



Do You Hear a Ringing in Your Ears? It Might Be a Sign of Hearing Loss.

James Valentine is one of many veterans who suffer from tinnitus. It's a symptom of hearing loss that causes people to hear a constant noise – typically described as a ringing or buzzing – even in the quietest settings.

[Read More](#)

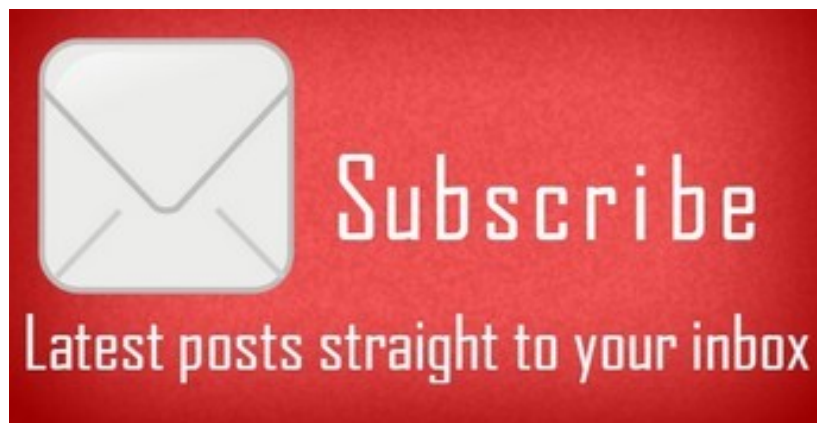


House Hearing on Pending Health Legislation

The House Veterans' Affairs Subcommittee on Health held a hearing to discuss pending health care legislation. VA representatives responded to questions on its policies and procedures regarding non-VA emergency care reimbursement, long-term care alternatives, lactation stations, and an increase in the structural alterations amount for disabled veterans. In a statement submitted for the record, VFW National Legislative Deputy Director Tammy Barlet commented on [H.R. 5754](#), the Patient Advocate Tracker Act, which stemmed from a proposal by 2021 VFW-SVA Legislative Fellow Cameron Zbikowski. [Watch the hearing](#) or [read the testimony](#).



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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Fresh Focus episodes #58-60: Celebrating National Nutrition Month

March is a whole month dedicated to promote the profession of Nutrition Services, as well as delivering nutrition education to the public. A registered dietitian nutritionist (RDN) can help you improve your overall health and wellness.

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Innovation Revolutionary: Giving Veterans tools to take charge of their health

Innovation revolutionary Jade Brooks continues to optimize cancer care and save lives nationwide using mobile applications to improve care.

[Read More](#)



COVID-19 Responses Underscore Importance of Patient Safety

While every day is a patient safety day across the MHS, a unique spotlight shines on this issue during Patient Safety Awareness Week, an international education and awareness-building campaign at the local level.

[Read More](#)



Ranking Member Holds Mock Hearing with Student Veteran Fellowship Class

House Veterans' Affairs Committee Ranking Member Mike Bost (R-Ill.) held a mock hearing with this year's VFW-SVA Legislative Fellows. Each fellow had the opportunity to testify on their proposal and answer questions. Topics included work-study parity, preventing toxic exposure, ensuring non-VA health care provider awareness of veterans, VA health care services, and extending the Forever GI Bill to include all veterans who left service after Dec. 2001. [Read more about the fellowship](#)



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**Injured by TBI and suffer from insomnia? This
USU study could help you catch some ZZZs**

A potential solution for a good night's sleep for military members struggling with insomnia is currently being studied by the Uniformed Services University's Center for Neuroscience and Regenerative Medicine (CNRM).

[Read More](#)



PTSD Bytes #5: Prolonged Exposure and treatments for PTSD

In this episode of PTSD Bytes, Dr. Carmen McLean talks about prolonged exposure and the mobile app "PE Coach."

[Read More](#)



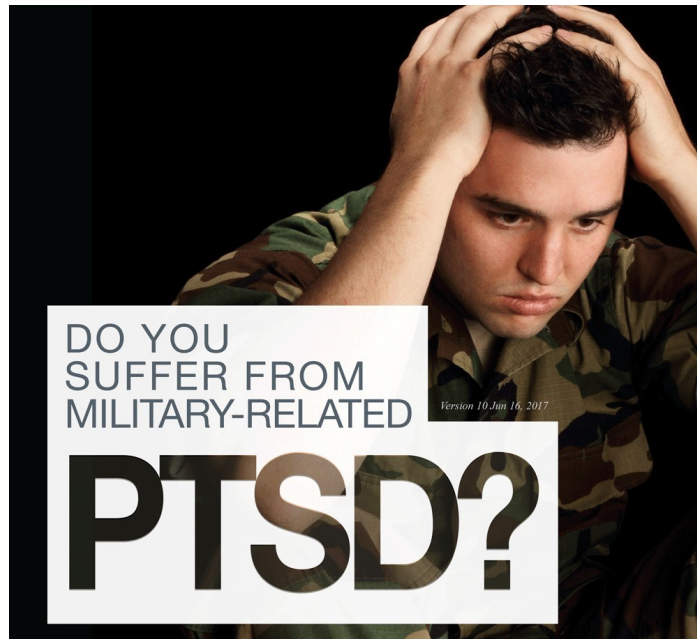
TRICARE Pharmacy Home Delivery: A Safe, Convenient Way to Get Your Prescriptions

Are you regularly filling a prescription? If so, choosing the right pharmacy option can save you a great deal of time and money. The cheapest, most convenient option may be TRICARE Pharmacy Home Delivery.



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Ntl Call Center for Homeless Vets
1-877-424-3838**



Benefits for Senior Citizens

Benefits.gov can help you find benefits you are eligible for, including resources for seniors. Learn more about benefits for senior citizens.

[Read More](#)



My VA Images improves outcomes with prosthetic services

The orthopedic and prosthetic services clinic in Orlando used My VA Images to design a custom brace to treat a Veteran's paralysis.

[Read More](#)



Tackling Concussions: NCAA-DOD CARE Consortium Battles Brain Injuries

The Department of Defense and the NCAA are working together as part of the NCAA-DOD Concussion Assessment, Research and Education (CARE) Consortium. It's the largest research study of its type to better understand the effects of concussions and repetitive head impact exposure on the brain health of student-athletes.

[Read More](#)



Los Angeles VA cardiologists never miss a heart beat

A telehealth program from Los Angeles VA lets Veterans with cardiac arrhythmias connect with their doctors and share heart readings virtually.

[Read More](#)



VA physician spreads the word that patience is often key following diagnosis of low-risk prostate cancer

While active surveillance sounds like a logical approach for men with low-risk prostate cancer, especially given that prostate removal and radiotherapy can lead to urinary, bowel, and sexual dysfunction, convincing patients to buy into it can be a challenge all its own.

[Read More](#)



Patience: key to treating low-risk prostate cancer

When treating low-risk prostate cancer, VA physicians may recommend active surveillance rather than treatment.

"Active surveillance is not the same as ignoring the cancer or walking away from it. It's a very engaged proactive process where you are closely monitoring the person."

[Read More](#)



Six Immediate Health Benefits You Will See If You Lose a Little Weight

Did you know that dropping just 10 pounds of body weight takes 40 pounds of pressure off your knees? That's equivalent to not carrying around a cinder block. Losing even a little weight now can have a major impact on your health and quality of life.

[Read More](#)



Get Involved in National Vietnam War Veterans Day Events - March 29

As Vietnam War Veterans Day approaches, Vietnam Veteran and Medal of Honor recipient Barney Barnum says the day is an opportunity for Vietnam Veterans to show pride in their service and a chance for the public to thank Vietnam Veterans.

[READ MORE](#)



Tax & Credit Information



- 1) Families will soon receive their December advance Child Tax Credit payment; those not receiving payments may claim any missed payments on the upcoming 2021 tax return
- 2) Get ready for taxes: Here's what's new and what to consider when filing in 2022
- 3) Hurricane Ida tax relief extended to Feb. 15 for part or all of 6 qualifying states
- 4) IRS issues information letters to Advance Child Tax Credit recipients and recipients of the third round of Economic Impact Payments; taxpayers should hold onto letters to help the 2022 Filing Season experience
- 5) IRS makes Tax Exempt Organization Search primary source to get exempt organization data
- 6) IRS Revising Form 1024 to Allow for Electronic Submission
- 7) Publications help taxpayers get ready and stay ready for tax filing season
- 8) Required Minimum Distributions: Age 72 (or 70 ½)
- 9) Tips to help taxpayers choose a reputable tax return preparer



**Check Out the DHA Director's Professional
Reading List for Your Next Read**

Defense Health Agency Director Lt. Gen. (Dr.) Ronald Place recently released his professional reading list. The list includes an array of books that Place recommends for military and health professionals to support their mission.

[Read More](#)



Wellness Wednesday: What you should know about life insurance

The next free seminar in the Wellness Wednesday Financial Education series, March 16, focuses on life insurance. There are two, hour-long sessions at Noon and 3 p.m. Eastern Standard Time (9 a.m. and Noon, Pacific Standard Time).

[Read More](#)



My VA Images app helps Veteran stay on the job

When a Veteran who lived far away needed a custom shoulder brace, he and his VA provider used the My VA Images app to adjust the brace for the best fit and function so the Veteran could keep working.

[Read More](#)



VA Seeks Input on Challenges to Veteran Voter Registration

As part of VA's "whole health" approach to care, we believe it is part of our duty to ensure Veterans and their families are able to exercise the right to vote, a right you fought and served to protect. Click below to learn more and share your voice on how VA can best assist Veterans like you in registering to vote.

[TAKE THE SURVEY](#)



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

Army Staff Sgt. Grady H. Canup, 30, of Greenwood, South Carolina, was assigned to Company C, 12th Infantry Regiment, 4th Infantry Division. He was reported killed in action on Nov. 14, 1944, when enemy artillery fire hit near his foxhole during the Hürtgen Forest offensive in Germany. Following the battle, his remains could not be recovered. Canup will be buried in Anderson, South Carolina, on April 10, 2022. [Read about Canup.](#)

Army Air Forces Staff Sgt. Richard G. Salsbury, 19, of Canaan, Maine, was assigned to 345th Bombardment Squadron, 98th Bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Salsbury was a gunner crashed as a result of enemy anti-aircraft fire. Following the war, his remains could not be identified. Salsbury will be buried in his hometown. The date has yet to be determined. [Read about Salsbury.](#)



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