



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, April 03, 2022

Volume 13, Issue 14



This-N-That

Good evening Jim,

I hope everyone had a good week, were able to go out and enjoy the relatively decent weather, and I'm sure we're all ready for summer time.

Although I don't personally know each and every one of our members, those I do know we've managed to build our relationships and even though most of us communicate via E-Mail, or the occasional phone call, and a few via text messages I still feel like all of you are my extended family.

It may take me more than a few days to respond to E-Mails, but feel free to write me any time, even if only just to say hello, or you have a claim or appeal problem or issue. I may not have the answer or solution I do have many contacts nationwide or know

who to send you to so that you can find the assistance you need.

Sadly, about three weeks ago one of my Vet friends passed on and it's taken me all this time to be able to deal with his passing, remembering all that he and I shared, the education he helped to provide me, all the advice, and just the occasional phone conversation.

It's been 18 months since we moved to our new location and I still have half the boxes still unpacked and put away, but I remember he sent me a copy of the book he had written and I was trying to recall the name of the book, but I found it extremely useful when it came to the rainbow chemicals that those who served especially in Vietnam.

I'm currently looking for a note pad that had a detailed list of things to keep safe for your family should anything ever happen, but for now it's not to be found, and as soon as I find it, I will create a document and get it uploaded to the website and put a link to it in the newsletter.

But for now, here is a short list:

Picture of Military ID

Copy of DD214

Copies of any citations

Copy of benefits & statements

This is nowhere near as detailed, but it's a start, and all these documents should be placed in a large envelope or a file folder and tucked away in a safe. I actually found a document already prepared, so I uploaded to the VFC Website for you to download. The file is called "[The Paper Safe-2022](#)", feel free to download or prints and keep safe.

There is an article in the “Links to Other Stories” I strongly suggest all male Veterans who are diabetic and take the Diabetic medication call METFORMIN. I think the information contained in this article might either explain or at least provide you good information.

For all our Veterans who suffer from Sleep Apnea and need to use a CPAP and your unit is on recall, please, take a moment to E-Mail me an update on your recall status.

I’m still getting rather conflicting information, so before I open my mouth and say anything good or bad, I’d like to hear from you regarding your equipment.

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



VFW to Testify at Senate Hearing on Toxic Exposure

The VFW and Secretary of Veterans Affairs Denis McDonough will testify on Tuesday, March 29, at 3:30 p.m. EDT, before the Senate Committee on Veterans' Affairs on [H.R. 3967](#), Honoring our PACT Act of 2021. VFW National Legislative Associate Director Kristina Keenan will testify for the VFW on the urgent need to pass this comprehensive toxic exposure bill as it would help millions of toxic-exposed veterans, and ensure VA has the appropriate staff and resources to implement this legislation. [Watch the hearing.](#)



VA Seeks Input on Challenges to Veteran Voter Registration

Help VA best assist Veterans like you in registering to vote! As part of VA's "whole health" approach to care, we believe that it is part of our duty to Veterans and their families to ensure that you are able to exercise the right to vote that you fought and served to protect. Click [here](#) to learn more and take the survey to share your voice.

[TAKE THE SURVEY](#)



Healthier kidneys through your kitchen

Dietitians with Lexington VA developed a Healthier Kidneys Through Your Kitchen program with medical nutrition therapy to slow disease progression.

[Read More](#)



A Vietnam Veteran's search for the Corpsman who saved his life, pt.1

A sick Marine Corps Vietnam Veteran reached out to VA to help find Gregory Williams, a Navy Corpsman buddy who saved his life in Vietnam.

[Read More](#)



Military Veterans Advocacy



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

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



Disability Compensation and Benefits Available to Vietnam War Veterans

With an estimated 6 million Vietnam Veterans currently living in the U.S. or abroad, VA remains dedicated to serving all Veterans of the Vietnam Era, along with their family members and caregivers.

[LEARN MORE](#)



VA Advisory Committee on Women Veterans gets four new members

The Secretary of Veterans Affairs (VA) appointed four new members to serve on VA's Advisory Committee on Women Veterans (Committee) in early March.

[Read More](#)



Prestigious VA scientific honor bears name of former VA medical director

Today, the William S. Middleton Award (Middleton Award) is the highest honor presented by the Biomedical Laboratory Research and Development Service in VA's Office of Research and Development. Established in 1960, the annual award honors senior VA biomedical research scientists for their outstanding achievements in biomedical and bio-behavioral research relevant to the health care of Veterans.

[Read More](#)



Your actions

could save a life.

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

VeteransCrisisLine.net





Routine Prenatal Ultrasound May Identify Early Signs of Autism

According to a new study from Israel, a routine prenatal ultrasound can identify early signs of autism spectrum disorder (ASD). To arrive at this intriguing conclusion, researchers surveyed data from hundreds of prenatal ultrasound scans from the fetal anatomy survey, which is typically taken at the 20th week of pregnancy. The study's authors found anomalies in the heart, kidneys, and head in 30% of fetuses who later developed ASD. This percentage is three times higher than typically developing fetuses from the general population and twice as high as the participants' typically developing siblings.

Surprisingly, these anomalies were found more often in girls than in boys. As expected, the severity of the anomalies corresponded with the severity level of autism. The study's authors point to previous research which demonstrated that children born with congenital diseases, primarily those involving hearts and kidneys had a higher risk of developing autism. In the future, the team hopes that doctors will use signs found in ultrasounds to evaluate the probability of a fetus later developing ASD. Additionally, their wish is for physicians to recognize that certain types of autism involve other organ anomalies which begin and can be detected in utero.

[Read More](#)



Adaptive Winter Sports Instruction Event Provides Challenges, Hope for Disabled Veterans

The 36th National Disabled Veterans Winter Sports Clinic (WSC) is underway in Snowmass, Colo. The event, hosted by VA and DAV, allows disabled Veterans to challenge themselves through winter sports. Learn more from Gayle-Jayne Allyson, a Coast Guard and Army Veteran, who shares her WSC experience and how it reminds her that "a disability doesn't define us, it is just a part of us."

[LEARN MORE](#)



Veteran finds employment, financial success with Combined Arms

Combined Arms supports service members, Veterans, and their families with employment opportunities, education, housing assistance, and more.

[Read More](#)



Introducing the Benefits.gov Chatbot

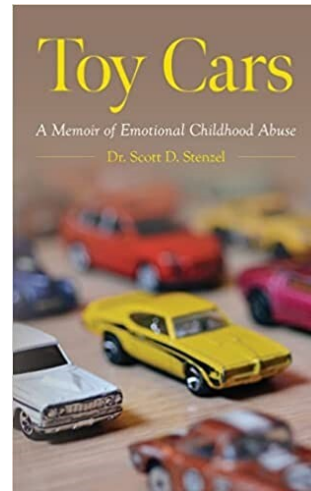
Since 2002, Benefits.gov has improved access to benefit information and eligibility requirements to help citizens find government assistance. We understand that navigating benefit information can be confusing, and that you may have questions that need answers fast. We have listened to your feedback and recently developed a new self-service help tool called a "chatbot."

[Read More](#)



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



OTH Mental Health Services, Learning Through Simulation, & Snacks for a Healthy Heart

In this episode of The BLUF we look at benefits for service members separated with "Other Than Honorable" discharges, how VA uses simulation-based learning to increase clinical capabilities, and edible snacks for a healthier heart.

WATCH



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**





Immediate Testing: How the Military Evaluates Risk For Brain Injuries

The United States military uses a standardized assessment tool to quickly evaluate for possible concussion. Testing ASAP is crucial because early detection and treatment are the keys to preventing long-term effects.

[Read More](#)



How Safety Eye Protection Can Save Your Vision

Each year thousands of active duty military personnel injure their eyes. Eye injuries can result in both short- and long-term effects on vision, and have mission impacts.

[Read More](#)



Single sign-in eases Veteran access to VA websites

My HealthVet is joining VA.gov and My VA Health in offering a consistent sign-in experience, which also adds a layer of security.

[Read More](#)



VA honors Alwyn Cashe on National Medal of Honor Day

March 25 is National Medal of Honor Day. The Medal of Honor is the Nation's highest military commendation and it recognizes members of the armed forces who have distinguished themselves through extraordinary bravery and valor in combat.

[Read More](#)



[Links to Other Stories](#)

- 1) All-Black female WWII unit will receive Congressional Gold Medal
- 2) Rare genital defects seen in sons of men taking major diabetes drug
- 3) South Dakota Veteran Jerry Somsen denied benefits after exposure to toxic burn pits
- 4) Survey Results: One Third of Autism Caregivers Use ABA Therapy
- 5) Veterans Affairs eyes relaxed hiring rules as staff turnover slowly worsens
- 6) Veterans unemployment drops to lowest level in three years
- 7) Woman Charged with Posing as Wounded Marine Corps Veteran
- 8) Women leaving the military face extra challenges — but they don't have to do it alone



Congressional Action on Toxic Burn Pits Would Also Help US Pacific Veterans

U.S. Veterans who were exposed to toxic chemicals decades ago in the Pacific are one step closer to getting access to funding to cover their medical care.

The U.S. House passed a bill last week that would make it much easier for Veterans who were exposed to Agent Orange on Guam and American Samoa, and radiation from nuclear testing in the Marshall Islands, to qualify for disability compensation. The measure goes next to the Senate.

U.S. Rep. Mark Takano of California introduced the measure, which has 100 co-sponsors including Reps. Michael San Nicolas of Guam and Gregorio Sablan of the Northern Mariana Islands. The bill incorporates the text of a separate measure introduced by San Nicolas that aimed to provide health care for Guam Veterans sickened by Agent Orange.

Takano's bill is a broad effort to help Veterans who were exposed to toxic substances worldwide, including those who got sick from burn pits in the Middle East and those who helped with radiation cleanup in Spain.

[Read More](#)



**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.

[Read More](#)



#VADidThat: Million Veteran Program leads way to medical discoveries, one Veteran at a time

The Million Veteran Program is a national research project learning how genes and military experiences and exposures affect health and illness.

[Read More](#)



#OperationSong Tom Spooner

In his song "The Cry of the Wounded," Army Veteran Tom Spooner reflects on his struggles with PTSD and offers hope to others.

[Read More](#)



An Updated Guide to Benefits.gov Resources

Benefits.gov was launched by the U.S. Department of Labor in April 2002, creating the U.S. government's official benefits website. Our mission is to increase citizen access to benefit information while reducing the difficulty of interacting with the government.

[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



VA Women Veterans Breakfast

VFW National Legislative Deputy Director Tammy Barlet attended a women Veterans breakfast at VA headquarters in honor of Women's History Month. In attendance were VA Secretary Denis McDonough, VA Deputy Secretary Donald Remy, VA Chief of Staff Tanya Bradsher, and other women Veterans from various organizations. Toxic exposure, reproductive health, mental health, and access to benefits were among the discussion topics to improve VA women Veterans' services, programs, and research. [Read more.](#)



How Referrals Work with Your TRICARE Prime Plan

Here's what you need to know if you need specialty treatment, like from a cardiologist to evaluate a possible heart problem or a dermatologist to check a mole that's changed.

[Read More](#)



Virtual care opens doors to more TBI treatment options for Veterans

Virtual care means Veterans with TBI have access to specialized polytrauma and TBI clinical services no matter where they live.

[Read More](#)





West Virginia VA a one stop solution for sleep-related disorders

Sleep studies are offered at home or in a sleep lab. Clarksburg VA's in-lab sleep study is state of the art and supervised by sleep experts.

[Read More](#)



VA woman Veteran author: Army Veteran M.B. Dallocchio

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 Army Veteran M.B. Dallocchio, who served from 1998 to 2006.

[Read More](#)



Veterans Experience Office shares information with state Veterans Affairs national conference

VA recently participated in the National Association of State Directors of Veterans Affairs 2022 Midwinter Conference

[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 03/27/21)

Please note, we've not added any 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

96) H.R. 6273 and S.3397, the VA Zero Suicide Demonstration Project Act of 2021



Veteran Mammography Bills Pass Senate

The Senate passed VFW-supported [S. 2102](#), Dr. Kate Hendricks Thomas Supporting Expanded Review for Veterans In Combat Environments (SERVICE) Act of 2021, and [S. 2533](#), Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act. The SERVICE Act would require VA to provide mammography screenings to Veterans who served in known toxic exposure locations. The MAMMO Act would require VA to carry out a mammography telescreening pilot program, upgrade VA mammography suites to 3-D digital screening, and develop a breast imaging strategic plan for Veterans.





Treating Veterans with long COVID

Pittsburgh VA has established a specialty clinic to treat long COVID.

[Read More](#)



Veteran gets TBI treatment at home

Navy Veteran Conan O'Rourke lives with long-term traumatic brain injury. Thanks to VA telehealth, he receives treatment from the comfort of his own home

[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



EPA Updates Superfund National Priorities List to Clean Up Pollution, Address Public Health Risks, and Build a Better America

WASHINGTON (March 17, 2022) – Today, the U.S. Environmental Protection Agency (EPA) announced that it is adding 12 sites Superfund National Priorities List (NPL) and is proposing to add another five. These are sites where releases of contamination pose significant human health and environmental risks. Cleaning up contaminated sites is important for the health, safety, and revitalization of communities.

“No community deserves to have contaminated sites near where they live, work, play, and go to school. Nearly 2 out of 3 of the sites being proposed or added to the priorities list are in overburdened or underserved communities,” said EPA Administrator Michael S. Regan. “EPA is building a better America by taking action to clean up some of the nation’s most contaminated sites, protect communities’ health, and return contaminated land to safe and productive reuse for future generations.”

[Read More](#)



Top Military Health Care Leader Looks to the Future of Medicine

Years ago, surgeons removed patients' gall bladders by making a large incision and cutting through abdominal muscles. Thanks to new medical technology, today most gall bladder patients can go home the same day of their surgery.

[Read More](#)



America250: Navy Veteran Ann Agnes Bernatitus

This week's America250 salute is Navy Veteran Ann Agnes Bernatitus, a World War II nurse who was the first Legion of Merit recipient.

[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



Military Housing Feedback Tool Bill Introduced

Reps. Glenn Thompson (R-PA) and Salud Carbajal (D-CA) introduced bipartisan legislation to create a housing feedback tool for use by members of the armed forces and their spouses to identify, rate, and compare housing conditions. For those plagued by ongoing military housing-related health and safety problems such as mold, this bill would provide an urgently needed platform to voice concerns and seek resolution.



**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](#)



Helping Veterans overcome misconceptions about VA health care: Part 2

Because of misconceptions, many eligible Veterans don't get their health care through VA. This blog helps Veterans understand VA health care.

[Read More](#)



Follow us on

MeWe

Veterans-For-Change.org

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](#)



Make Sure Your Midwife Service Is Covered by TRICARE Overseas



Many families choose to hire a midwife to help them through the childbirth process. There are several types of certified midwives. The type of certified midwife you choose will determine if TRICARE can cover the services.

[Read More](#)



Dear Fellow Caregivers

Dear Fellow Caregivers -

I hope this letter finds you filled with hope. When I became the caregiver of my son 11 years ago, hope was all I had to hold on to. Back then, I hoped that my son would return to the person he was, that our lives would become normal again, and that one day, he'd no longer need a caregiver. Now, my hope is that all caregivers of Veterans know that they are not alone, that they have a community, and that joy can be found throughout this journey.

My experience as a caregiver has been mind-blowing. My son is a United States Army Veteran who served in Iraq. He's living with Post Traumatic Stress Disorder and Paranoid Schizophrenia. I joined the Caregiver Support Program (CSP) because his behaviors were far beyond what I could comprehend. I was stressed, lonely, and felt guilty. I saw myself as a bad mother and a failure. I often thought, "Where was the version of my son who I'd dropped off at college all those years ago?" I was ashamed and blamed myself for not having done a good job in his life. CSP helped me work through these feelings.

The most powerful resources for me were related to self-care, "taking care of me", and connecting with my fellow caregivers. I now know that I have to be healthy to be able to take care of someone else. I have information of who, when, and what to do if I need help. I know the importance of wellbeing, and of eating right and exercising more. With resources, I am less lonely, isolated, judgmental of myself, guilty, depressed, anxious, and distressed. I possess the sense of belonging and knowing that I am not alone. I am empowered because I know who to call for advice in a

situation. CSP broadened my learning scope, knowledge, and understanding of expectations. I have learned better caregiving skills that help me protect my son and keep him safe and healthy. With [CSP's resources](#), I consider myself a professional caregiver and advocate. I can advise and mentor others. I know how to handle my stress, my emotions, and I know when and who to reach out to for help.

My biggest accomplishment as a caregiver, is learning to love the role I play. For me, loving my role as a caregiver was the only way to succeed. I had to love the process of becoming more compassionate, communicative, empathetic, observant, and patient. But with all things, it's easier said than done.

My fellow caregivers, I know that what we've been called to do is challenging. All of us experience feelings of loneliness throughout the process. Please know, you are not alone. Through CSP, you have professionals and other caregivers willing to help you through your journey. There are resources available to you that can get you through some of your hardest moments. Resources like self-care courses, the [Peer Support Mentoring program](#), and respite care, can help you become the best version of yourself, physically, emotionally, and mentally. We all know that being a caregiver requires stamina – stamina we can only have when we learn to take care of ourselves as we care for our Veterans.

Take care of yourselves, my fellow caregivers. And know that we are all in this together.

Signed,

A loving mom and caregiver



#OperationSong Gloria Savage

This #OperationSong spotlight is on "Peacemaker" by Veteran Gloria Savage, who served in the United States Air Force for 20 years.

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VA pharmacists prescribe wellness for Veterans

As valuable members of the VA team, pharmacists play a critical role in Veteran care, as well as serve as mentors and leaders in their fields.

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Office of Inspector General

- 1) [COVID-19: Information on HHS's Public Education Campaign](#)
- 2) [Defense Health Care: DOD Expects New IT System Capabilities to Improve Other Health Insurance Processing](#)
- 3) [Indian Health Service: Relief Funding and Agency Response to COVID-19 Pandemic](#)
- 4) [Medicaid: CMS Should Assess Effect of Increased Telehealth Use on Beneficiaries' Quality of Care](#)
- 5) [Mental Health Care: Access Challenges for Covered Consumers and Relevant Federal Efforts](#)
- 6) [Military Health Care: Preliminary Observations on DOD's Monitoring of Provider Qualifications and Competence](#)
- 7) [Privatized Military Housing: Update on DOD's Efforts to Address Oversight Challenges](#)
- 8) [Veterans Community Care Program: VA Should Improve Its Ability to Identify Ineligible Health Care Providers](#)
- 9) [Veterans Health Care: Efforts to Hire Licensed Professional Mental Health Counselors and Marriage and Family Therapists](#)



ATLAS Update

Rep. Mike Kelly (R-PA) and Erie VA Medical Center Director John Gennaro visited the [ATLAS site at VFW Post 7842](#) in Linesville, Pennsylvania . This location offers the convenience of telehealth appointments and eliminates the need to drive to the Erie VA Medical Center for appointments, providing relief from travel in treacherous winter weather conditions. VFW Post 2487 in Los Banos, California, is featured in a [VA video](#) to demonstrate the functionality of the ALTAS site, and includes many of the local Veterans who use it.



Five ways to access VA care virtually during and after COVID-19 pandemic

Throughout the COVID-19 pandemic, VA has helped Veterans get care virtually. Here are five ways to access VA virtual care.

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Winter Clinic: "A disability doesn't define us. It is just a part of us."

Army, Coast Guard, Veteran amputee Gayle-Jayne Allyson completed her first Winter Clinic run in a bi-ski at Snowmass Village in Colorado.

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Air Force Veteran leads suicide prevention program at Iowa City VA

Finding out what is truly important to you at your core and what you are good at are keys to success. However, this is not easy. Failure is part of that process. But once you find something that clicks, it's an amazing feeling, and opportunities appear when you least expect them.

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- 1) [Coronavirus \(COVID-19\) Update: FDA Authorizes Second Booster Dose of Two COVID-19 Vaccines for Older and Immunocompromised Individuals](#)
- 2) [FDA Drug Shortages](#)
- 3) [FDA Investigation of Cronobacter Infections: Powdered Infant Formula \(February 2022\)](#)
- 4) [FDA recommends thyroid monitoring in babies and young children who receive injections of iodine-containing contrast media for medical imaging](#)
- 5) [FDA recommends thyroid monitoring in babies and young children who receive injections of iodine-containing contrast media for medical imaging](#)
- 6) [FDA Roundup: April 1, 2022](#)
- 7) [FDA Roundup: March 29, 2022](#)
- 8) [FDA Seeks \\$8.4 Billion to Further Investments in Critical Public Health Modernization, Core Food and Medical Product Safety Programs](#)
- 9) [FDA updates Sotrovimab emergency use authorization](#)
- 10) [FDA warns patients and health care professionals not to use sterile products from North American Custom Laboratories LLC, dba FarmaKeio Superior Custom Compounding](#)
- 11) [FDA's Technology and Data Modernization in Action in 2022](#)
- 12) [Federal judge enters consent decree against New Jersey raw animal food manufacturer](#)
- 13) [Give Your Community a Boost: Combatting Misinformation Through Communication and Research](#)

- 14) Iodine-Containing Contrast Media: Drug Safety Communication - FDA Recommends Thyroid Monitoring in Babies and Young Children Who Receive Injections of Iodine-Containing Contrast Media for Medical Imaging
- 15) Kao USA Conducts Expanded Voluntary Recall of Jergens® Ultra Healing Moisturizer
- 16) Magellan Diagnostics Recalls LeadCare II, LeadCare Plus, and LeadCare Ultra Blood Lead Tests Due to Risk of Falsely Low Results
- 17) Plastikon Healthcare Issues Voluntary Nationwide Recall of Milk of Magnesia Oral Suspension 2400 mg/30 mL, Magnesium Hydroxide 1200mg/Aluminum Hydroxide 1200mg/Simethicone 120mg per 30 mL, and Acetaminophen 650mg/ 20.3mL, Unit Dose Cups, Due to Microbial Contamination
- 18) Teva Issues Voluntary Nationwide Recall of One Lot of IDArubicin Hydrochloride Injection USP 5 mg/5 mL Due to the Presence of Particulate Matter
- 19) Unilever Issues Voluntary Nationwide Recall of Suave 24-Hour Protection Aerosol Antiperspirant Powder and Suave 24-Hour Protection Aerosol Antiperspirant Fresh Due to Presence of Slightly Elevated Levels of Benzene
- 20) Wilton Industries, Inc. Issues Allergy Alert on Undeclared Milk in Ready to Build Chocolate Cookie Bunny Hutch Kit



How to Prevent and Treat Traumatic Brain Injuries

According to the Traumatic Brain Injury Center of Excellence, nearly half a million service members have been diagnosed with a first-time traumatic brain injury (TBI) since 2000. Head injuries can happen anywhere. In fact, most TBIs happen when service members are in non-deployed settings. Here's how you can be ready, and resources to help you prevent or recover from a brain injury.

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Find a VA career at April recruiting events

Interested in a VA career? Meet up with VA recruiters at four in-person recruiting events this April.

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High need for geriatrics professionals as number of aging Veterans rises

With VA planning to expand several programs that allow aging Veterans to stay in their homes or live in home-like settings, positions with our geriatrics and extended care teams have more value than ever. While there's something to be said for the ability to stay in your own home and maintain your independence, we also [...]

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Veteran suicide prevention: New Jersey and Bergen County distribute gun locks

Helping Veterans, service members, and their families have better storage practices, gun locks, to help make their homes safe and save lives

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The FRA Weighs in on Veterans Toxic Exposure at SVAC Hearing

National Executive Director (NED) Christopher Slawinski testified before a Senate Veteran Affairs Committee (SVAC) hearing on veteran toxic exposure legislation. Slawinski told the SVAC that FRA supports all the toxic exposure bills. He noted that the association is a member of the Toxic Exposures in the American Military (TEAM) Coalition and wants to ensure that no veteran who suffered exposure to burn pits or other environmental toxins goes without access to VA health care benefits. Slawinski thanked the SVAC for their support of the Agent Orange Blue Water Navy Act that passed in 2019.

Slawinski reminded the committee that the FRA is supporting the "Veterans' Prostate Cancer Treatment and Research Act" (S.2720, H.R.4880), which expands treatment and research of prostate cancer to help diagnose and treat veterans through the VA. This is the number one cancer diagnosed by the Veterans Health Administration. Recent studies have reported more than 500,000 veterans are living with prostate cancer and receiving treatment within the VHA. There are over 16,000 of those with metastatic disease and there are more than 15,000 new diagnoses annually. The need to standardize treatment across the VHA with the introduction of a comprehensive system-wide Prostate Cancer Clinical Pathway should be implemented.

Studies have shown that prostate cancer develops more frequently in men who were exposed to Agent Orange so the VHA has established it is a presumptive condition, thus qualifying exposed veterans for full disability benefits. New data supports a link between prostate cancer and exposure to jet fuel (JP-8), cadmium, and aircraft component cleaning solvents. Slawinski noted that he served on an aircraft carrier and was exposed to jet fuel fumes, and he currently has prostate cancer.



PTSD Bytes #6: Treatments for PTSD 4: Cognitive Processing Therapy

Clinical psychologist Pearl McGee-Vincent discusses cognitive processing therapy with Dr. Shannon Wiltsey Stirman, National Center for PTSD.

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Protect those who matter most with VA life insurance

VA Life insurance is a benefit that can protect your loved ones with income replacement, end of life costs, and financial flexibility.

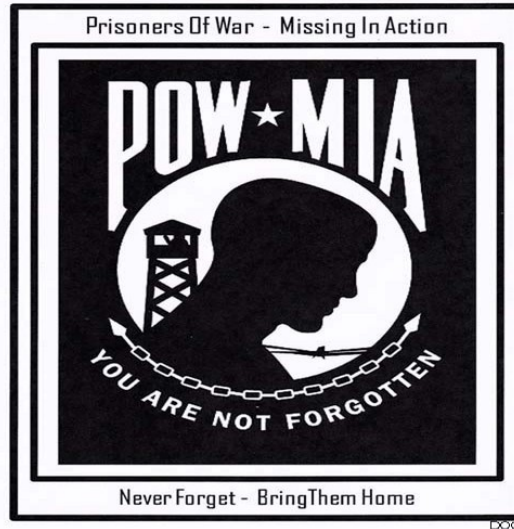
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VA seeks nominations for Advisory Committee on Homeless Veterans

Want to contribute to the VA Advisory Committee on Homeless Veterans? Here is information for qualifications and how to submit nominations.

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FY2023 Budget Released

President Joe Biden sent a \$5.8 trillion FY2023 budget proposal to Congress that calls for \$813 billion for defense that compares to \$782 billion for defense in the current fiscal year (FY2022). Those figures include a proposal to increase federal pay for military and civilian employees by 4.6 percent. The document projects a fiscal 2023 deficit of nearly \$1.2 trillion, or 4.5 percent of Gross Domestic Production (GDP). The budget request does not include any new TRICARE fee increases.

The Navy budget would be increased by five percent and the Marine Corps budget would increase 1.8 percent over the current FY2022 budget. The Navy would reduce end strength by 10,000 over the next five years and would add nine new ships while it decommissions 24 ships.

The Department of Veterans Affairs (VA) would receive \$135 billion under the proposal, an increase of \$30.7 billion, or a 23 percent increase. The VA has experienced substantial budgetary increases for many years. However, the fiscal 2023 request represents a major new influx of money for the VA. The budget provides large increases in outpatient care services (\$29.6 billion, up 32 percent), mental health care programs (\$8.5 billion, up 15 percent), prosthetics care (\$4 billion, up 8 percent) and caregivers support stipends (\$1.8 billion, up 35 percent).

The caregivers' program has been a source of contention in recent months, as the FRA and other VSO groups have expressed concern that longtime participants will be ineligible for the program when updated eligibility guidelines take effect. VA officials announced they would pause all dismissals from the program amid concerns that the changes were affecting too many families.



Protected: Public Schedule – March 30th

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From medication to meditation – Whole Health changes lives

Two Veterans want to spread the word about how Whole Health has changed their view of VA health care and also their lives.

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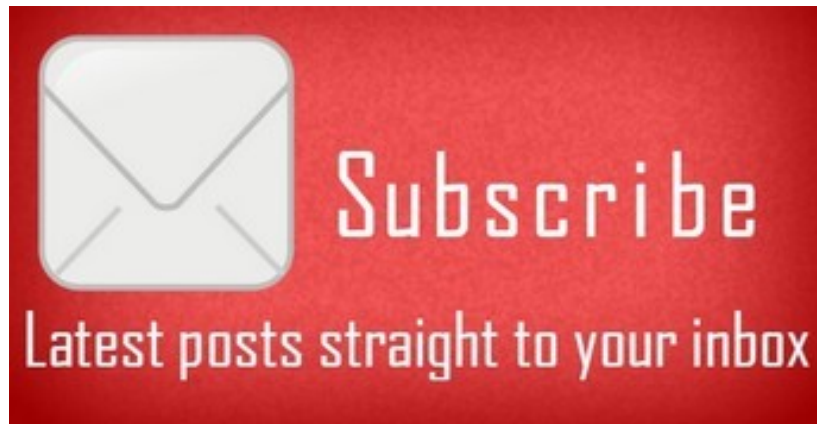
"Six Triple Eight" women to receive Congressional Gold Medal

On March 14, President Joe Biden signed the Six Triple Eight Congressional Gold Medal Act of 2021 into Public Law 117-97. The legislation awards the Congressional Gold Medal to the 855 members of the Women's Army Corps, who were assigned to the 6888th Central Postal Directory Battalion – the "Six Triple Eight" – during World War II.

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House Passes Coast Guard Authorization Bill

The House approved (378-46) the "Don Young Coast Guard Authorization Act" (H.R.6865), which was renamed in the late Alaskan Congressman's honor. The two-year measure would extend current authorizations for military strength and average training levels - including 44,500 active-duty personnel - through fiscal 2023. The Coast Guard, within 180 days of the bill's enactment, would work to promote the representation of women and minorities. The measure also would:

- Allow the end strength of the Selected Reserves to be varied by as much as 3 percent;
- Let the Coast Guard designate certain officers with critical skills to remain on active duty after their designated retirement date;
- Increase the number of commissioned officers on the active-duty promotion list, starting with 7,100 officers in fiscal 2022 and reaching 7,400 by fiscal 2025; and
- Direct the Coast Guard to establish a behavioral health policy equivalent to a Defense Department policy.

It also incorporates a House-passed bill (H.R.4996) to update federal maritime shipping law and address supply chain backlogs. The bill now goes to the Senate for further consideration.



Survey uncovers family perceptions on end-of-life care for Veterans

When asked about the overall quality of care HBPC-enrolled Veterans received during the last 30 days of life, 53% of family members gave an overall rating of "excellent," using the Bereaved Family Survey (BFS).

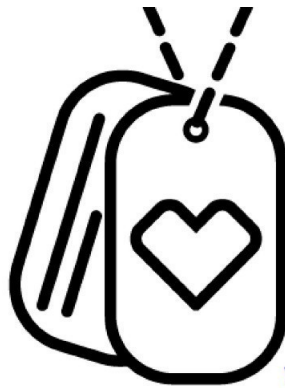
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Women vital to historic Tuskegee medical center

Women's key role in the history of Tuskegee Campus of the Central Alabama VA Health Care System, one of the most historic medical centers in America.

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Five ways you can get VA care virtually

Throughout the COVID-19 pandemic, VA has helped Veterans get care virtually. Here are five ways to access VA virtual care.

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Disability compensation and benefits available to Vietnam War Veterans

On this National Vietnam War Veterans Day, VBA discusses the compensation and benefits available to Vietnam War Veterans.

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Live Whole Health #116: Importance and confidence

When considering a change in life, no matter what it is, we start by asking ourselves two questions: Is it worth it? (importance), and Can I do it? (confidence). Whole Health begins with a focus on your mission, aspiration and purpose, often referred to as your MAP.

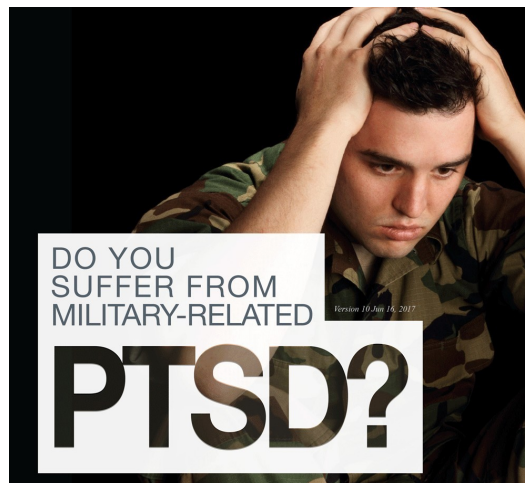
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Buffalo HUD-VASH partners with assisted living facility to help older Veteran

Army Veteran lived with no heat in Buffalo for two decades after home flooded. HUD-VASH program found her a home. "VA very open for helping."

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



Winter Sports Clinic: "A disability doesn't define us. It is just a part of us."

Army/Coast Guard Veteran amputee Gayle-Jayne Allyson completed her first National Disabled Winter Sports Clinic run in a bi-ski at Snowmass Village in Colorado.

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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.

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Save the date - Virginia Veteran Engagement Event [April 26-28, 2022]

Virtual – We're inviting you to a Veterans Experience Action Center event in Virginia for personalized 1-on-1 assistance. A registration link will be available the week of March 28, 2022.

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From medication to meditation – Whole Health changes lives

Two Veterans want to spread the word about how Whole Health has changed their view of VA health care and also their lives.

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Women Veterans Program Monthly Virtual WV Network [April 14, 2022]

Virtual – Join us at 1:30 p.m. to learn about a new resource and network with other women Veterans.

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Christopher Carver, Purple Heart Veteran, VA hospital's Employee of the Year

Christopher Carver is an IED survivor and Purple Heart recipient. His experiences have helped earn him Spokane's Employee of the Year honors.

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How VA and partners helped a Vietnam Veteran find Corpsman Williams, pt.2

Part 2 of the story on how VA and partners came together to help a sick Marine Corps Veteran search for the buddy who saved his life in Vietnam.

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Tax & Credit Information



- 1) IRS issues standard mileage rates for 2022
- 2) IRS reminder to many: Make final 2021 quarterly tax payment by Jan. 18; avoid surprise tax bill, possible penalty
- 3) IRS reminder: For many employers and self-employed people, deferred Social Security tax payment due Jan. 3
- 4) IRS revises Form 1024, used by most types of organizations to apply for exempt status, to allow electronic filing
- 5) IRS sending information letters to recipients of advance child tax credit payments and third Economic Impact Payments
- 6) IRS updates Topic G FAQs for 2020 Unemployment Compensation Exclusion
- 7) Tax filing step 1: Gather all year-end income documents
- 8) Taxpayers can visit IRS(.)gov anytime for answers to tax questions
- 9) The Taxpayer Bill of Rights: Protection for all taxpayers



The Search for Corpsman Williams

In 2019, a dying Marine reached out to VA and Together We Served to find the Navy Corpsman who saved his life in Vietnam. Read this incredible three-part story and watch a video published this week in honor of Vietnam War Veterans Day.

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Honor Women's History Month by making Veteran homelessness history

Women comprise roughly 10% of the total Veteran population but also account for 10% of the Veterans in America experiencing homelessness.

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Gulf Coast VA observes Women's History Month

The Gulf Coast Veterans Health Care System Women's History Month observance highlights the increasing role of women Veterans in VA.

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

Navy Fireman 2nd Class Hal J. Allison, 21, of Paducah, Kentucky, 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 Allison. He will be buried in his hometown on April 8, 2022. [Read about Allison.](#)

Navy Coxswain Paul L. Boemer, 21, of St. Louis, 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 Boemer. He will be buried in his hometown on May 3, 2022. [Read about Boemer.](#)

Army Cpl. Donald L. Menken, 21, of Whitesburg, Kentucky, was assigned to Company K, 3rd Battalion, 15th Infantry Regiment, 3rd

Infantry Division. He was reported missing in action after being wounded on June 10, 1953, while his unit was guarding Outpost Harry on the main road to Seoul. Following the battle, Menken could not be located and no remains were recovered. He will be buried in Ermine, Kentucky, on May 14, 2022. [Read about Menken.](#)

Army Air Forces 2nd Lt. Eugene P. Chauvin, 25, of Spokane, Washington, was assigned to the 95th Troop Carrier Squadron, 440th Troop Carrier Group. On Sep. 17, 1944, the C-47 Skytrain aircraft he was piloting was shot down over Belgium. The four-person crew, including Chauvin, and five paratroopers died in the crash. Following the war, his remains could not be identified. He will be buried in his hometown in July 2022. [Read about Chauvin.](#)

Navy Water Tender 1st Class Milo E. Phillips, 26, of Pierce, Colorado, 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 Phillips. He will be buried at the National Memorial Cemetery of the Pacific (Punchbowl) in Honolulu, on Aug. 4, 2022. [Read about Phillips.](#)

Army Pvt. Pearl F. Barrow, 36, of Wichita, Kansas, was assigned to Company F, 12th Infantry Regiment, 4th Infantry Division. He was reported killed in action on Nov. 20, 1944, when his unit was engaged in battle with German forces near Hürtgen, Germany. Following the battle, his remains could not be recovered. Barrow will be buried in his hometown on a date yet to be determined. [Read about Barrow.](#)



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