



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, April 17, 2022

Volume 13, Issue 16



This-N-That

Good evening Jim,

Surprise, we're still here! And a belated Happy Easter!

The general VA Website has tons of information, is currently being re-vamped as well is the Women Veterans division being re-vamped.

While I can only boast that we too have a ton of information documentation, etc., I do believe we're far better organized than the VA's site. Their search engine is old, tired, and in my opinion useless which I'm sure anyone who had attempted and moderate to intense search will attest to, you get so much in options as far as a search response, you'd end up wasting hours and hours looking for the one thing you need most or something that would truly optimize your chances on appeal.

I can't even begin to give an idea in the beginning as well as currently how many hours I've wasted looking for things. And I can't even imagine who is behind the wheel on their search engine idea, but not much has changed in 15+ years.

If you're searching on our site, yes you get choices but those choices don't fall into the thousands, maybe 40 or 50 choices, but I think our search engine, although it's being changed too and will allow more in-depth choices, ours can search on key word(s), phrases, etc., so give it a try!

If you don't find what you're looking for, send me an E-Mail with a brief description and if you by chance know how the document is labeled, or has a key phrase and we will do our best to help you save some time.

But do explore what the VA's site has to offer, benefits, services, locations, etc., they do offer quite a bit and if you use any of the services, programs, etc., we'd like to hear your take on them whether good, bad or indifferent.

A reminder, to download and make sure you have all the necessary documents in a folder or large envelope and stored in your safe. 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.

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



VA and partners discuss sexual assault and sexual harassment prevention and response

VA Deputy Secretary Donald M. Remy was a plenary speaker at the National Discussion on Sexual Assault and Sexual Harassment at America's Colleges, Universities, and Service Academies held on April 6.

[Read More](#)



Air Force Veteran Stacy Colussy: "Unbelievable strides in women's care at VA."

Air Force Veteran Stacy Colussy has been using VA health care for almost 20 years. She currently receives her primary care at the Michael A. Marzano VA Clinic in Hermitage, PA. "VA has made unbelievable strides in women's care," Colussy said.

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Dr. Jay Montgomery Details Importance of the Immunization Healthcare Division

Montgomery helps address vaccine and immunization questions and concerns, both clinical and administrative.

[Read More](#)



Buying a Home with VA

Buying a home is a big milestone, but it can be intimidating when you're not sure what to expect. VA-backed home loans make purchasing a home easier than ever with little to no down payment. Get step-by-step instructions for [buying a home through the VA home loan program](#).



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



VA telehealth makes VA care accessible to women Veterans

Dr. Margaret Carrico (former Army Medical Corps) provides care to Women Veterans every day via telehealth and in-person visits.

[Read More](#)



WomensHealth.VA.gov website revamped

Women Veterans, womenshealth.va.gov is your guide to women's health care at VA. This newly refreshed website has been updated to better meet your needs. Each page details health concerns specific to you and gives you clear guidance on how to access care and services at VA.

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Meet Sgt. Grover: A New Facility Dog at USU

The Uniformed Services University is the only medical school in the country that has facility dogs to serve their medical students and staff.

[Watch Video](#)



VA Life Insurance for Disabled Veterans

Service-Disabled Veterans' Insurance (S-DVI) provides life insurance to Veterans with service-connected disabilities with basic coverage up to \$10,000 and supplemental coverage up to \$30,000. Interested Veterans should apply for S-DVI by December 31, 2022. S-DVI enrollees may also consider VA Life Insurance (VALI), a new program taking effect in January 2023. [Learn about S-DVI eligibility requirements and how to apply.](#)



SVAC Roundtable on VA Dental Benefit

Senate Veterans' Affairs Committee Chairman Jon Tester (Mont.), Ranking Member Jerry Moran (Kans.), and Senator Bernie Sanders (Vt.) hosted a bipartisan roundtable with the Department of Veterans Affairs (VA) officials to discuss enhancing veterans' access to dental care. The VA currently provides dental care services to a fraction of veterans who are enrolled in the VA health care system, including veterans with a 100 percent service-connected disability, veterans with service-connected dental conditions, former prisoners of war, and homeless veterans. According to the VA, only six percent of the almost nine million VA enrollees receive VA dental care.

At the roundtable, the Senators engaged Assistant Under Secretary for Health for Dentistry Patricia Arola in various topics, such as, expanding the VA's capacity to provide in-house dental care to more veterans, expanding rural veterans' access to dental services and increasing research on veterans' dental health programs.



New MCPOCG and MCPOCGR Announced

Master Chief Petty Officer Heath Jones will serve as the next Master Chief Petty Officer of the Coast Guard (MCPOCG) and Master Chief Petty Officer Timothy A. Beard as the next Master Chief Petty Officer of the Coast Guard Reserve (MCPOCGR). Jones will relieve MCPOCG Vanderhaden and Beard will relieve MCPOCGR George M. Williamson at a change of watch ceremony scheduled for May 19, 2022, at Training Center Cape May, New Jersey.

Jones enlisted in the Coast Guard in May 1995. He has served as Command Master Chief of Coast Guard Pacific Area, of the Eighth Coast Guard District, and Coast Guard Sector Hampton Roads. He served as officer in charge of Coast Guard Cutter Sea Horse, Station Pensacola, Coast Guard Cutter Bollard, and Station Cape Charles. He assumed the duties as the Deputy Commandant for Mission Support Command Master Chief in June 2021. Jones is a graduate of the Coast Guard Chief Petty Officer Academy Class 124, the Coast Guard Senior Enlisted Leadership Course Class 48 and is a Keystone 18-1 Fellow. Jones holds Bachelor and Master of Arts Degrees in Organizational Management with a specialty in Human Resource Management.

In December 1998, Beard enlisted in the Coast Guard Reserve. He has served as the Command Master Chief of the Thirteenth and Eleventh Coast Guard Districts, Port Security Unit 312, and Coast Guard Sector Columbia River. Beard assumed the duties as Coast Guard Pacific Area Reserve Command Master Chief in August 2018. Beard holds a Bachelor of Science Degree in Criminal Justice. He recently retired from his civilian occupation as a patrol sergeant with the Clackamas County Sheriff's Office in Oregon.





Your actions

could save a life.

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

VeteransCrisisLine.net



Veteran Henry Howard recounts supportive VA services on road to recovery

Veteran Henry Howard was "hiding things" until he called the VA Crisis Hotline. He tells how a VA team, "Transformed me into a new person."

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

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

[Read More](#)



Tinnitus: Ringing in Your Ears Might Be a Sign of Hearing Loss

James Valentine, a retired tech sergeant who spent 22 years in the Air Force, has a constant ringing in his ears. He's one of many service members and veterans who suffer from tinnitus, 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.

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Fresh Focus

"Fresh Focus" is a podcast by dietitians from the Marion VA Health Care System, delivering evidenced based, and consistent bites of nutrition information to Veterans and their families.

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HVAC Hearings

The House Veterans Affairs Committee (HVAC) held an oversight hearing to discuss the Department of Veterans Affairs (VA) health care workforce recruitment and retention challenges. The VA health care system has about 50,000 vacancies across the country right now. The VA healthcare system also has about 40,000 employees who have requested an exemption to the vaccine mandate. VA staff who testified at the hearing discussed steps the VA is taking to attract and retain employees, such as maximizing bonuses, increasing opportunities to advance, and invest in programs like VHA Reduce Employee Burnout and Optimize Organizational Thriving (REBOOT).

The HVAC Subcommittee on Economic Opportunity held a hearing to review legislation regarding education, employment, transition and housing. Some proposals include 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.

The HVAC Subcommittee on Health also convened a hearing to discuss pending health care legislation. VA staff replied to questions about 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.





VA offers Navy Veteran Ken Swartz, other amputees, innovative treatment

Navy Veteran Ken Swartz is standing, walking and driving better these days thanks to Osseointegration, an innovative amputee treatment option.

[Read More](#)



Special tribute: Houston Veteran names new calf after his VA doctor

Veteran Roy Cadwalder named his newest calf after his primary care doctor, Barbara Trautner, to thank her for 20 years of excellent care.

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Tax Day is April 18: File for Free Using IRS Free File

The IRS Free File Program is a public-private partnership between the IRS and many tax preparation and filing software industry leaders who provide their brand-name products for free.

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Navy to Review Certain OTH Discharges

Navy and Marine Corps veterans who were experiencing trauma, were involuntarily separated, and later tried but failed to have discharges upgraded will have their cases re-evaluated. This action is a result of a settlement from the class action lawsuit (Manker v. Del Toro) in which the Navy agreed to review certain discharges with Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI) and other conditions. The Navy will automatically review Other Than Honorable (OTH) discharges from March 2, 2012, to February 2022. The Government Accountability Office (GAO) estimates as many as 25 percent of OTH discharges are a result of PTSD, TBI and other mental conditions.



[Links to Other Stories](#)

- 1) Airmen are pissed that an entire C-17 crew except for the maintainer received a Distinguished Flying Cross
- 2) Defendant Who Stole Money from Veterans and Social Security Beneficiaries Headed to Federal Prison
- 3) Federal jury convicts two Texas men on federal fraud and false statements charges
- 4) Port Clinton Physician Sentenced to Prison for Prescribing Controlled Substances Without Medical Necessity and Health Care Fraud
- 5) Republicans slam Biden admin for 'deeply troubling' possibility VA docs could go to border for expected surge
- 6) Rhode Island Woman Charged with Falsifying Military Service; Fraudulently Collecting Hundreds of Thousands of Dollars in Charitable Contributions Earmarked for Wounded and Other Veterans
- 7) Santa Paula Doctor and Lancaster Patient Recruiter Arrested in Hospice Fraud Scheme that Received Over \$30 Million from Medicare



More than just a game: Tulsa-based golf program helps Veterans

PGA HOPE is free to Veterans and funded by PGA REACH with a mission to positively impact the lives of youth, military, and diverse populations through golf.

[Read More](#)



Arkansas Veterans' chair yoga helps with mobility, attitude

Yoga classes increase Veterans' range of motion, improve blood circulation and muscle strength, increase flexibility and improve balance.

[Read More](#)



From Medication to Meditation – Whole Health Changes Lives

VA's Whole Health program is helping Veterans discover how meditation can help manage chronic pain. Whole Health means thinking about and approaching your health in a new way.

[READ MORE](#)



VFW National Home for Children

The National Home was founded in 1925 as a place where the families left behind by war could remain together. Today's families face different challenges, and the National Home has evolved over decades to meet those needs. The community is open to the families of active duty military personnel, veterans, and relatives of VFW and VFW Auxiliary members. Families can be one or both parents with one or more children.

[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



Dr. Ana Alfaro: A voice for senior Veterans at VA... and in the Senate

VA psychologist Dr. Ana Alfaro is combining her love for senior adults with an opportunity to change policy to impact their lives.

[Read More](#)



Learn the Difference Between SNAP and WIC Programs

The Supplemental Nutrition Assistance Program (SNAP) and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) are federally funded health and nutrition programs. SNAP and WIC help low-income families and their children.

[Read More](#)



VA Believes in MST Survivors

April is Sexual Assault Awareness Month. This month and year-round, VA works to raise awareness of its many resources and care options to help military sexual trauma (MST) survivors heal. No matter how long it's been since the MST occurred, VA is here to support you.

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Delivering equity through VA

For VA, equity means intentionally committing to consistent and systematic fair, just and impartial treatment of all individuals and a just distribution of tools and resources to give veterans, including veterans who are members of underserved communities, what is required to enjoy a full, healthy life.

[Read More](#)



Your Guide to Food and Nutrition Assistance Programs

The Supplemental Nutrition Assistance Program (SNAP), also known as food stamps, is federally funded, and managed by the U.S. Department of Agriculture's Food and Nutrition Service. SNAP provides nutrition benefits to help support families in need.

[Read More](#)



VA Seeks Nominations for Advisory Committee on Homeless Veterans

VA remains committed to making sure all Veterans and their families are able to secure a safe, stable place they can call home. VA cannot do this work alone and is calling for dedicated individuals to be a part of the Advisory Committee on Homeless Veterans.

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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 04/17/21)

Please note, we've added three 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
- 97) HR 7050, Ernest Peltz Accrued Veterans Benefits Act
- 98) S. 3851/H.R. 7089, the Veterans Exposed to Toxic PFAS Act
- 99) S. 3854/H.R. 6823, the Elizabeth Dole Home Care Act

Randolph Bresnik: 2nd generation aviator

Randolph Bresnik served in the Marine Corps during Operations Southern Watch and Iraqi Freedom. In 2004, he was selected to become a National Aeronautics and Space Administration (NASA) astronaut.

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**Veterans Creative Arts Festival recognizes
Veterans' progress and recovery**

VA facilities add creative arts to therapy programs to advance rehabilitation. Annual competition recognizes recovery made through therapy.

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VA has IDEAs about kidney health

One in six Veterans has chronic kidney disease—but many don't know it. People of color are especially at risk. When it comes to preventing and treating kidney disease, VA advocates for inclusion, diversity, equity and access (IDEA).

[Read More](#)



How Health IT Upgrades are Transforming the Military Health System

Speaking at the Health Information Management Systems Society conference in Florida, Dr. Barclay Butler, the Defense Health Agency's assistant director of management, spoke about the intricacies of institutional transformation, especially standardization and consolidation.

[Read More](#)



Parkinson's Disease Awareness

According to VA, it provides health care for approximately 400,000 veterans with Parkinson's disease. Risk factors for Parkinson's disease are: male, 60 years or older, familial connection to the disease, and exposure to herbicides or pesticides. Symptoms include but are not limited to tremors, rigid or still muscles, balance issues, change in speech, and reduction of automatic movements like blinking or smiling. VA established six Parkinson's Disease Research, Education and Clinical Centers that provide clinical care, education, and research.

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SUICIDE WARNING SIGNS

TALK:

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



BEHAVIOR:

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

MOOD:

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



Golden retriever, Honor, makes a special visit to Muskogee VA

Golder retriever Honor proudly holds the position of Facility Dog. Recently, she was able to visit for the first time since the pandemic began.

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VA is here to help in your parenthood journey

Are you and your partner thinking about having a baby? VA has resources, including comprehensive health, mental health and fertility care.

[Read More](#)



Veterans choose holistic treatments

Many Veterans are choosing treatments like hypnosis, acupuncture, yoga, tai chi, and chiropractic care as alternatives to medication.

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Wellness Wednesday in April: Social Security benefits

The next Wellness Wednesday Financial Education series covers Social Security benefits for Veterans and their families.

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Veteran rediscovers joy of cooking and more with adaptive hands

Occupational therapists at Minneapolis VA helped this Veteran get his life back after amputation through assistive technology.

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TBI Puts Veterans at Risk for Aphasia

Years before actor Bruce Willis was diagnosed with Aphasia, veterans with TBI have struggled with the devastating condition that can render people unable to read and write, or understand gestures from other people.

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**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



**Begin your journey to a healthy pregnancy with
VA**

Thinking about having a baby can be exciting and overwhelming. Talk with your VA health care provider about ways to have a healthy pregnancy.

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Free Upgrade to My HealtheVet Premium

A My HealtheVet Premium account provides Veterans with more tools and information for managing their health care. Along with the features available to basic users, premium accounts allow Veterans to access VA health records and information, communicate with their care team and VA staff, manage appointments, refill VA medications and more.

[READ MORE](#)



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 since 2000. Head injuries can happen anywhere. In fact, most TBIs happen when service members are in non-deployed settings.

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Always



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We hope you will join us on this new site.

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

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Chats with the Chief – Monica Diaz

This Chats with the Chief video episode explores VA's progress toward ending Veteran homelessness and the collaborative partnerships involved.

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VetServe 2022 National Day of Service - April 21

National Volunteer Week is April 17 – 23, 2022. VetServe 2022 is a campaign to strengthen volunteer capacity across the nation and invites Veterans to volunteer on a national day of service April 21, 2022. Share success stories and join the movement today.

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Concussion Care Pathway Streamlined for Better Results

The Defense Health Agency has developed a comprehensive clinical care program to manage concussions based on the military medical community's many years of experience with injured service members.

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From hypnosis to acupuncture, holistic approach works for Veterans

Research has shown a holistic approach to be effective for chronic pain, post-traumatic stress, depression, anxiety and more

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July 4th Veterans Art Competition Now Accepting Submissions

Operation Gratitude and Challenge America are inviting Veteran artists to honor the service and sacrifice of active-duty service members, Veterans and first responders by participating in the National July 4th Veterans Art Competition. To learn more and to submit artwork, visit the link below and click "request to join."

[LEARN MORE](#)



Finding Balance as a Nurse, Wife and Mother of Six

When she was young, Air Force 1st Lt. Kristin Bland dreamed of helping others. Now, her dreams are coming true.

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- 1) Coronavirus (COVID-19) Update: FDA Authorizes First COVID-19 Diagnostic Test Using Breath Samples
- 2) FDA and DEA Warn Online Pharmacies Illegally Selling Adderall to Consumers
- 3) FDA Drug Shortages
- 4) FDA Roundup: April 12, 2022
- 5) FDA Roundup: April 15, 2022
- 6) FDA Roundup: April 8, 2022
- 7) Intended Use of Imaging Software for Intracranial Large Vessel Occlusion - Letter to Health Care Providers
- 8) Medicines for your pet
- 9) Mylan Pharmaceuticals Inc., a Viatris Company, Conducting Voluntary Nationwide Recall of One Batch of Insulin Glargine (Insulin glargine-yfgn) Injection, 100 units/mL (U-100), Due to the Potential for a Missing Label in the Batch
- 10) Snak King Corporation Issues Recall and Allergy Alert on Undeclared Milk Allergen in O Organics Sea Salt Organic Popcorn
- 11) Tova Industries; LLC. Issues Allergy Alert on Undeclared Milk in Carbquik Mug Cake Double Chocolate Chunk OU-Dairy
- 12) Van Law Food Products, Inc. Issues Allergy Alert on Undeclared Soy and Wheat in Product



PTSD Bytes #7: Treatments for PTSD 4: Medications

Psychologist Pearl McGee-Vincent discusses medications for PTSD with Dr. Paul Holtzheimer, psychiatrist at the National Center for PTSD.

[Read More](#)



Connect with Fellow Women Veterans, Learn About Available Veteran and Women-centered Health Care Resources

VA's Office of Women's Health has pioneered 30 years of health research and programming for women Veterans. Now, the office has launched a new program – the VA Women's Health Reengagement Training (heaRT). This program will help you understand what VA health care services are available and how to access them.

[LEARN MORE](#)



Make Sure Your Midwife Service Is Covered by TRICARE Overseas

Childbirth is one of the most beautiful moments in a person's life. It can also be one of the most stressful. Midwife services are an important part of the medical culture in many places overseas.



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American Kidney Fund: Diversity and inclusion for Veterans

Estimate: Chronic kidney disease affects one-in-six Veterans. There are currently approximately 500,000 Veterans diagnosed with CKD.

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How to Create a VA.gov Account Using ID.me

VA.gov offers more than just information. Veterans can use VA.gov to access and manage VA education benefits and health care. To unlock these additional features, you'll need to create a secure VA.gov account.

[WATCH](#)

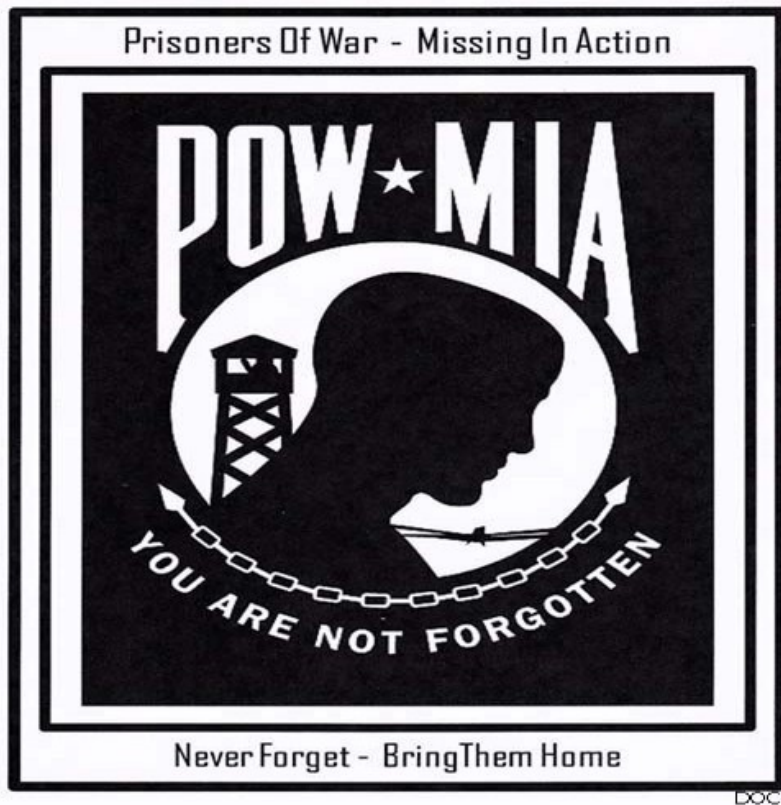


Suicide Prevention and Mental Health Resources Provide Help: You Are Not Alone

Life is full of ups and downs. But sometimes life events, like financial strain, relationships, isolation, emotional or sexual abuse, and misuse or abuse of alcohol or drugs, can lead to depression, anxiety, and thoughts of suicide. It's important to remember you are not alone.

If you or a loved one need immediate help, call the Military Crisis Line at 1-800-273-8255 and choose option 1. The crisis line is free and available 24/7.

[Read More](#)



Army colonel shares what it's like as a physician assistant at VA

On VA's "Talk About It Tuesday" broadcast, Col. Randolph "Scott" Harrison shared his perspective on being a physician assistant and working with VA.

[Read More](#)



Explore the History of VA

Explore the "History of VA in 100 Objects." The virtual exhibit spotlights objects that illuminate the Nation's historical efforts to honor and reward Veterans from 1776 to the present. Objects 21 "Bonus Army" and 22 "Veterans' Bureau Medical Bulletin" are now featured on virtual display.

[VIEW THE EXHIBIT](#)



Manage Your TRICARE Dental Program Coverage With 'My Account'



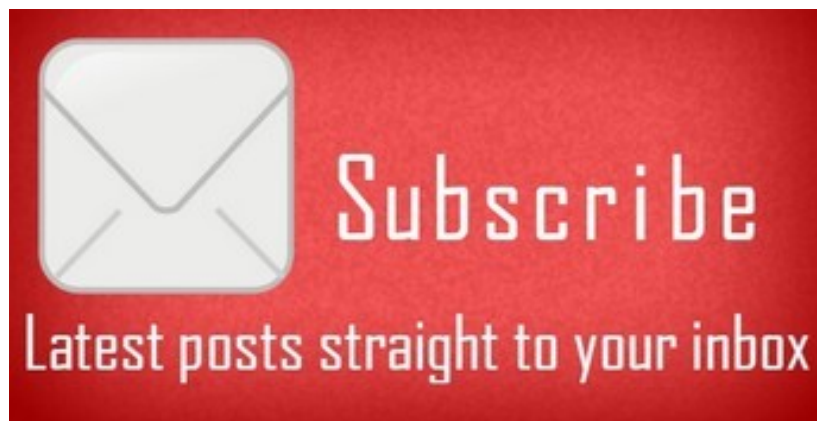
Don't let managing your dental coverage be confusing. If you're enrolled in the TRICARE Dental Program (TDP), there's an easy way to access, review, and manage your TDP

benefit online. It's called My Account.

[Read More](#)



If you received this newsletter as a courtesy or a forward from a friend or relative, you can sign up to receive in your E-mail every week.



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'Treat everyone like they're a man': Stakeholder perspectives on the provision of health and ...

Godier-McBard LR, Gillin N, Fossey MJ. 'Treat everyone like they're a man': Stakeholder perspectives on the provision of health and social care support for female Veterans in the UK. Health Soc Care Community.

[Read More](#)



Why I Give Blood: Travis Mills' Story

Wounded Warrior Travis Mills, a quadruple amputee, talks about his battlefield injuries and why he donates blood to the Armed Services Blood Program.

[Watch Video](#)



Do You Need All 4 Parts of Medicare for TRICARE For Life?

Do you have Medicare, or will soon be eligible to enroll? Medicare has four parts: A, B, C, and D. It's important that you understand how each part differs and which parts you'll need for TRICARE For Life.



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Military sexual trauma in the United States: Results from a population-based study

Nichter B, Holliday R, Monteith LL, Na PJ, Hill ML, Kline AC, Norman SB, Pietrzak RH. Military sexual trauma in the United States

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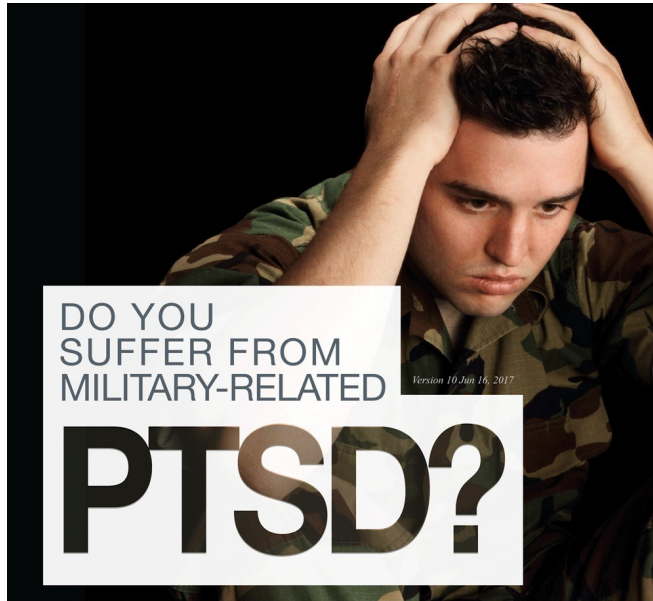
New, Expanded Childbirth and Breastfeeding TRICARE Benefits



TRICARE is now providing more options to those who are planning to expand their family.

[Read More](#)





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



Postdeployment mental health concerns and family functioning in Veteran men and women

Zelkowitz RL, Archibald EA, Gradus JL, Street AE.

Postdeployment mental health concerns and family functioning in Veteran men and women. Psychol Trauma.

[Read More](#)



New App Addresses Service Women's Health Care Needs

The Deployment Readiness Education for Service Women app provides a one-stop resource for the most common questions before, during, and after deployment.

[Read More](#)



Track Your VA Claim or Appeal Status

Going online is the easiest way to check the status of your VA claim or appeal! Use VA's online tool to review the status of claims, appeals, and decision reviews for education benefits, compensation, health care, and more. Find out how to track your status online.

[Learn More](#)



Live Whole Health #118: Connecting Mind & Body session 1

Mind & Body connection is so important for health and well-being. Being connected to your body, your surroundings, the people in your life, your pets and your life overall creates a sense of well-being and health.

[Read More](#)



Access to TRICARE Online Patient Portal Materials Just Got Easier

The patient portal gives registered users access to online health care information and services at military hospitals and clinics.

[Read More](#)



Transfer Your Unused Education Benefits

Active-duty service members can transfer unused Post-9/11 GI Bill benefits to their spouse or dependent children, including a ward or foster child. Once the transfer is approved, dependents can apply for the benefits through VA. [Find out if you are eligible to transfer your GI Bill entitlement.](#)



Stand up to stop harassment – take the White Ribbon pledge

VA wants everyone to feel safe and welcome at all VA facilities, and the department remains dedicated to the zero-tolerance policy for sexual harassment and sexual assault. VA has partnered with White Ribbon USA and the National Association of Social Workers to implement the White Ribbon VA initiative.

[Read More](#)



DHA Director Outlines Vision for Health Care Readiness

Army Lt. Gen. (Dr.) Ron Place, the Director of the Defense Health Agency, spoke recently about the vital role that communications and data systems can play in supporting the Military Health System.

[Read More](#)



Back Pay for VA Disability

VA disability back pay is the compensation owed to Veterans from the effective date of their claim to the date they were granted those benefits. The amount of back pay you receive depends on the effective date of your claim, and the disability rating you're granted from VA. Watch theSITREP podcast's episode on back pay to learn how much VA will cover.

[Watch](#)



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

Army Air Force Lt. Col Addison Baker, 36, was commander of the 328th Bombardment Squadron, 93rd bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Baker was piloting crashed as a result of anti-aircraft fire during Operation Tidal Wave. Following the war, his remains could not be identified. He was posthumously awarded the Medal of Honor. Interment services are pending. [Read about Baker.](#)



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Riverside County, CA

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Please pass on to all your Veteran Friends and Family!



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