



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, May 15, 2022

Volume 13, Issue 20



## **This-N-That**

Good afternoon Jim,

Seems like every time I blink or turn my head something new is happening in our country and for the life of me, I can't seem to find meaning or purpose to.

One example is recent, where the Biden administration is pulling funds from the Veterans Affairs to send to the border.

Or why pallets and pallets of baby formula are being confiscated and sent to the border.

So, who, to this administration is truly important? To take funds from Veteran Affairs which would go to benefits and medical care away from those who have stood tall and protected us against all enemies foreign and domestic, many in desperate need and

shoved to the back of the line?

Maybe I am missing something, I honestly don't know, but I rather doubt it.

Then for Marjorie Taylor Greene to say that those who enlist are throwing their lives away, even more frustrating. Again, those who stood tall to protect and defend us, our constitutional rights are the very same who provided this woman with her right to spew idiotic things as she did.

I know personally from having visited many of the local grocery stores how each has more and more bare shelves and it's certainly not getting better, in fact getting worse.

I know I am not alone, but there are certain things I can and can't have due to having diabetes and cancer and I live in a retirement community where many of my fellow neighbors are in the same boat and not able to find what we need, so I can only imagine how difficult it is for those with families to care for.

I know I've been harping every single week for quite a long time how important it is we push our legislators to pass all the legislation in the TAKE ACTION list and many of you do, maybe you pick and choose which has been ok, but I would like to ask a special favor to each and every one of you to please, take the time this week to send out each and every one of the over 100 pre-written E-Mails to your reps.

My line of thinking which I know works from past experience, if can literally flood their offices with E-Mails of requests we can and would get their attention and do as they've done to Americans for too long, distract their attention from all other petty issues and force them to focus on Veterans, Military and families.

If you've not visited our website, [www.veterans-for-change.org](http://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](mailto:Jim.Davis@Veterans-For-Change.org)

**PS:** *If you like what we're doing, have found the newsletter and website useful, please help us keep the site, newsletter and phone/fax lines operational so we can continue to provide in my humble opinion the best there is to offer Veterans. Click here to contribute what you can, please keep in mind this cannot be used as a tax deduction, it's merely a contribution in support.*

<https://www.paypal.com/donate/?>

[hostedbuttonid=AV4LA42UMXUMS](https://www.paypal.com/donate/?hostedbuttonid=AV4LA42UMXUMS)



**Pass the PACT Act Now**

The Honoring our PACT Act would help millions of veterans by providing VA health care access for exposed veterans. It would create a concession of exposure for burn pits and airborne hazards, establish a list of presumptive conditions, and a framework for assessing future presumptive conditions linked to any toxic exposure, foreign or domestic, past, present, and future. This bill is supported by more than 60 veteran organizations. We urge the Senate to pass the Honoring our PACT Act. Contact your senators and tell them to vote YES when the Honoring our PACT Act is brought to the Senate floor. Toxic-exposed veterans cannot afford to wait any longer for health care and benefits. [We must act now!](#)



## **New TRICARE Dental Program Premiums Effective May 1**

Are you enrolled in the TRICARE Dental Program (TDP)? If you are, you should know that the [TDP monthly premiums](#) changed on May 1. The new premium rates are in effect for the TDP plan year, which runs from May 1, 2022 through April 30, 2023.

[Read More](#)



## **FCC Program Offers Affordable, Low-cost Internet Access to Eligible Households**

If you or a Veteran you know is struggling to afford internet service, a Federal Communications Commission program may put fast and reliable internet service within financial reach.

[Learn More](#)



## Learn About Anxiety and Treatment Options

It is natural to feel worried or anxious from time to time about various things, like a work presentation or your to-do list. But when persistent worries start affecting your activities, relationships, sleep, or work, it may be time to do something about anxiety.

[Learn 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](mailto:robin.barr@madvocacy.org)



## **VFW Testifies Before House Subcommittee**

The House Veterans' Affairs Subcommittee on Health held a hearing on improving VA infrastructure and operational efficiency. VFW National Legislative Director Pat Murray testified on the need to upgrade aging infrastructure to increase the quality of care for veterans. "The CHIP IN program is not an everyday solution to VA infrastructure issues, but whenever an opportunity arises to accept donated facilities, VA must be able to accept any facility at any value if they are in VA's best interest," said Murray. [Watch the hearing](#) or [read the testimony](#).



## **SimLEARN Fellow uses EMT experience to enhance Veteran care**

Each month, SimLEARN will highlight one VA Interprofessional Advanced Fellowship in Clinical Simulation (IAFCS) fellow (SimLEARN Fellow).

[Read More](#)



## **Participate in an Academic Boot Camp to Excel in College**

Attend an on-campus or virtual Warrior-Scholar Project academic boot camp at a top college or university this summer. The courses are completely free and include a \$500 stipend for travel costs.

[Read More](#)



## **Evidence-Based Therapy from VA Can Help**

Evidence-based therapies (EBTs) have been shown to treat a variety of mental health conditions and improve overall well-being. These treatments are tailored to each Veteran's needs, priorities, values, preferences, and goals for therapy. EBTs often work quickly and effectively, sometimes within a few weeks or months, depending on the nature or severity of your symptoms. Work with your VA provider to choose the treatment options that work best for you.

[Learn More](#)







# Fourth Annual Military-Veterans Advocacy

**“Rif-Raf”**

**Rifle Raffle**

**“Rif-Raf”**

**Tickets on sale now for \$40  
Visit [militaryveteransadvocacy.org](http://militaryveteransadvocacy.org) to  
purchase your tickets today!**

First prize: Remington Model 870 shotgun with  
a box of shells



Second prize: Model 1911 .45 caliber pistol with  
box of ammo



Third prize: Steel shooting target



Fourth prize: \$250.00



Scan here for  
Breakfast with the  
Best tickets



Scan here for Rifle  
Raffle tickets

**Winners  
must  
comply with  
all federal  
and state  
firearm  
laws.**

**Drawing will  
take place on  
May 21, 2022 at  
Breakfast with  
the Best.  
Not required to  
be present to  
win.**

MVA is a non-profit tax exempt organization. Please follow us on Facebook, LinkedIn, Twitter (@MVAadvocacy), and Instagram (@MVAadvocacy).  
If you have any questions, please contact Chandra Klein at (504) 701-3671 or [chandra.klein@madvocacy.org](mailto:chandra.klein@madvocacy.org)  
Images of prizes are examples, real prize may look different



**Veterans Health Equity Podcast Season 2**



VA's Office of Health Equity's unique podcast series reviews VA programs, initiatives, and Veteran experiences within the past year.

[Read More](#)



**Your actions**  
**could save a life.**

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

VeteransCrisisLine.net



**Veterans  
Crisis Line**  
1-800-273-8255 PRESS 1

The advertisement features a photograph of two men. The man on the left is older, with white hair and glasses, wearing a light blue button-down shirt. The man on the right is younger, with grey hair, wearing a dark sweater over a light blue shirt. The man on the right has his arm around the man on the left's shoulder. The background is a soft, light-colored gradient.

**Armed Forces Day 2022**

On May 21, 2022, millions of Americans will pay tribute to the men and women of the U.S. Armed Forces for their service in support of our nation. First observed on May 20, 1950, Armed Forces Day was intended to not only give thanks for those who keep our nation safe, but also to educate the public about the various roles of our six branches of the military and the roles that those branches play in our community. In keeping with that theme, many DOD installations such as Joint Base Lewis-McChord and Dover Air Force Base will hold events that are open to the public to highlight our nation's military capabilities, as well as the men and women who proudly wear the uniform. Additionally, many VFW posts will participate in local parades and host events to garner community awareness and support for our men and women in uniform.



### **Video Blood Pressure Visits a virtual alternative**

The Video Blood Pressure Visits program offers Veterans a virtual alternative to in-person blood pressure follow-up evaluations.

[Read More](#)



### **Help VA Serve Women Veterans**

Women Veterans not using your earned VA benefits and services, VA would love to hear from you. Take a brief, anonymous survey to help us serve you better.

[TAKE SURVEY](#)



## **Small Steps Lead to Big Changes for Senior Veteran**

Small steps lead to big changes for this Veteran. "It's never too late to get active," says Marine Corps Veteran Fratarelli. Fratarelli and his Whole Health Coach, worked together to achieve his goals.

[Read More](#)



## **VA's services for those impacted by intimate partner violence**

Every 68 seconds, a sexual assault occurs in the United States. More than one in three women and nearly one in four men have experienced sexual violence involving physical contact during their lifetimes.

[Read More](#)



## Know the Warning Signs

**It Matters.**

**Sometimes, a crisis may involve thoughts of suicide. Learn to recognize these warning signs:**

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

**The presence of the following signs requires immediate attention:**

- Thinking about hurting or killing themselves
- Looking for ways to kill themselves
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse

..... Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to **838255** .....



**VFW Welcomes Visitors from the French War College**

The VFW welcomed 20 officers from the French War College — known as the École de Guerre — for a presentation on the VFW's legislative efforts in Washington, D.C. The group consisted of officers from all branches of the French military making the shift from tactical level command to operational and strategic levels of command. Discussion focused on the VFW's long history of legislative advocacy and the priority goals for legislation today, as well as similarities and differences between the U.S. and French militaries and government support for veterans.



## **Preventing stroke: Many are at risk and don't know it**

Many Americans are at risk for heart disease and stroke. Many of the major risk factors for these problems can be prevented and controlled.

[Read More](#)



## **New Digital Health Tools Support Military Kids**

Mobile apps may be a great way to keep younger patients engaged with their treatment. With younger patients less hesitant to use digital health tools, providing mobile applications may be a great solution to keep them healthy.

[Read More](#)



## **Limb Loss: DHA's Three Advanced Rehab Centers Provide Holistic Care**

Three Advanced Rehabilitation Centers throughout the country providing the most cutting-edge medical care and address the complex needs of individuals with severe limb dysfunction and loss.

[Read More](#)



## **Benefits for Veterans' Children with Birth Defects**

Did You Know? Biological children of women Veterans who served in Vietnam at any time during the period beginning on Feb. 28, 1961, and ending on May 7, 1975, may be eligible for certain benefits because of birth defects associated with the mother's service in Vietnam that resulted in a permanent physical or mental disability.

[Read More](#)



***[Links to Other Stories](#)***

- 1) 17 Vets die every day from suicide – and Biden's VA won't act
- 2) 23 things Veterans may carry for life
- 3) DOD identifies remains of WWII pilot and Medal of Honor recipient Addison Baker
- 4) Gary Sinise moves foundation from California to Nashville, says he looked at all 'no-tax' states
- 5) New Master Plan for VA's West L.A. Campus Will Provide Over 1,000 Units of Housing Veterans
- 6) Tricare Facebook post provokes ire of military families with autistic members
- 7) VA Adds 9 Respiratory Cancers to List of Conditions Related to Post-9/11 Burn Pit Exposure
- 8) Veterans and lawmakers blast 'idiot' Rep. Greene for saying joining US military is 'throwing your life away'



**Ask Congress to Get Its Work Done on Time**



The current fiscal year appropriations package (FY2022) was signed into law March 15, 2022. The FY2022 budget started on Oct. 1, 2021. This nearly 6-month delay resulted in flat-line funding for many current government programs. Too frequently Congress fails to pass spending bills on time. The federal government has partially closed 18 times since 1976 because one or more appropriations bills were not signed into law on time. In 2018-19, the shutdown lasted 35 days.

When the spending bills do not pass, Congress has to pass a Continuing Resolution (CR) to keep the government open. CRs are an awful way to fund the federal government because they generally continue funding at prior year levels, with no regard to the value of the individual programs. They continue to fund those programs that have outlived their usefulness or badly need reform, and they fail to expand successful programs that need a boost. In other words, Congress fails to make any of the important budgeting decisions that are its job.

Everyone is urged to use the [FRA Action Center to ask your legislators](#) to pass the FY 2023 budget (appropriations and Defense Authorization) before Oct. 1, 2022, online.



## **Advanced diabetes technology aids Veterans**

A continuous glucose monitor is a tiny sensor inserted under the skin. It sends data to the Veteran's patients' smartphone or tablet.

[Read More](#)



## **Military Nursing Career Path Offers Many Opportunities to Learn, Serve**

Air Force Col. Dianne Stroble recalls her original plans to serve in the reserve component. But after talking to a recruiter, she decided to accept a commission and enter the active duty force when she was 33 and married with three children.

[Read More](#)



## **Reducing the Stigma and Encouraging Mental Health Care in the Military**

In the military, the stigma of mental health is grounded in the cultural misperception that a service member must have "zero defects" to be mission ready.

[Read More](#)



## **VHA Assault and Harassment Prevention Office**

VA & Community Resources. 24 Hour Senior Help Line. This helpline provides non-emergency services and information for employment, finances and benefits, housing and homelessness, physical health, and family and social support. Contact Information: 1-602-264-4357

[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/](http://warriorcare.dodlive.mil/)

### **Military One Source**

1-800-342-9647

### **Tragedy Assistance Program for Survivors [TAPS]**

1-800-959-8277



## **DoD Halts Incineration of PFAS Chemicals**

In compliance with FRA-supported provisions in the FY2022 National Defense Authorization Act (NDAA; P.L.117-81) the Department of Defense (DoD) temporarily halted its incineration of firefighting foam and other materials containing PFAS, pledging it will soon issue disposal guidance. The Pentagon said it is banning incineration of aqueous film forming foam (AFFF), a specialized type of firefighting foam that contains perfluoroalkyl and polyfluoroalkyl substances, or PFAS, used for jet fuel and other fires on liquids. Congress set the moratorium after the DoD failed to issue disposal guidance that complied with criteria lawmakers specified in the fiscal 2020 NDAA (P.L.116-92).

Criteria Congress specified included that "all incineration is conducted at a temperature range adequate to break down PFAS chemicals while also ensuring the maximum degree of reduction in emission of PFAS, including elimination of such emissions where achievable." PFAS are known as "forever chemicals" because some of them do not break down through natural forces of sun, weather.



## **VA study: Screening for thoughts of suicide can identify missed chances to save lives**

She led a case review that highlighted missed opportunities to screen a Veteran for suicidal ideation—thoughts of taking one's own life—and to provide appropriate follow-up care during an emergency department (ED) visit. The case review, part of a larger study on ED care, appeared in the Journal of Emergency Nursing in November 2021.

[Read More](#)



## **Two caregiver programs you should know about**

The Program of General Caregiver Support Services offers resources that sharpen caregivers skills and services. The Program of Comprehensive Assistance for Family Caregivers offers enhanced clinical support to family caregivers of eligible Veterans who have a serious injury and require in-person personal care services.

[Read More](#)



## **How Does TRICARE Change When You Retire from Active Duty?**

If you retire from the uniformed service, you and your family will still qualify for TRICARE. But, you must actively enroll into a TRICARE health plan if you want coverage for civilian care. Learn about the TRICARE health plans available to retirees and their family members now.

[Read More](#)



## **Post-9/11 GI Bill Enrollment Verification**

Veterans receiving Post 9/11 GI Bill housing payments are required to verify enrollment to the VA by the end of each month. Students may opt-in to text message verification to ensure seamless receipt of their Monthly Housing Allowance (MHA) payments. Enrollment verification is a new requirement for Post-9/11 GI Bill students to verify that they have remained enrolled in the same courses or training every month. Student veterans who receive MHA payments will have their payments withheld if they fail to verify or report that they are no longer enrolled in their courses or training.

This requirement is only for Post-9/11 GI Bill and does not impact other benefit programs, such as the Montgomery GI Bill (MGIB), Veteran Employment Through Technology Education Courses (VET TEC), Survivors' and Dependents' Educational Assistance (DEA), or Veterans Rapid Retraining Assistance Program (VRRAP). This requirement also does not currently apply to GI Bill students in on-the-job, apprenticeship, flight, or correspondence training. For more information [go online](#).



## **Prevent stroke with the ABCS**

Many Americans are at risk for heart disease and stroke. The good news is many of the risk factors can be prevented and controlled by remembering your ABCs.

[Read More](#)



## **New MHS GENESIS Capabilities Deployed at BAMC and LACKLAND**

Earlier this year, Wave BAMC and Wave LACKLAND simultaneously deployed the new federal electronic health record, MHS GENESIS. This means six more military hospitals and clinics deployed MHS GENESIS, including Brooke Army Medical Center, Naval Air Station Corpus Christi, Dyess Air Force Base, Goodfellow AFB, Lackland AFB, and Laughlin AFB.

[Read More](#)



## **Veterans' Group Life Insurance (VGLI)**



You may be able to keep your life insurance coverage after you leave the military for as long as you pay the premiums. Find out if you qualify.

[Read More](#)



# ACTION ALERT!



## VVA Call in Day on the Hill

### Call (202) 224-3121

Give the operator your state or zip code, and he/she will connect you with your elected officials' office. Make it clear that you are calling as a constituent, asking for their support of *H.R. 3967, the Honoring our PACT Act.*





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 05/08/21)

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

- 1) [HR 1014 - Furnish Hyperbaric Oxygen Therapy \(HBOT\) to a Veteran who has a Traumatic Brain Injury \(TBI\) or Post-Traumatic Stress Disorder \(PTS\)](#)
- 2) [HR 109 will establish an advisory committee on the implementation by the DVA of an electronic health record](#)
- 3) [Concurrent Receipt Legislation Introduced](#)
- 4) [Expand Concurrent Receipt](#)
- 5) [H.R. 333, Disabled Veterans Tax Termination Act](#)
- 6) [H.R. 344, Support the Women Veterans TRUST Act](#)
- 7) [H.R. 914, the Dental Care for Veterans Act](#)
- 8) [Military Retiree Survivor Comfort Act](#)
- 9) [S. 134/H.R. 637, the Veterans Economic Recovery Act of 2021](#)
- 10) [S. 437, Take Action for Veterans Exposed to Burn Pits](#)
- 11) [S. 89, Ensuring Survivors Benefits during COVID-19 Act of 2021](#)
- 12) [STOP TRICARE Fee Increases](#)
- 13) [Support Bills to Expand Coverage for ChampVA and](#)

## TRICARE Young Adults

- 14) Veterans Economic Recovery Act Introduced
- 15) H.R. 855, the Veterans Expedited TSA Screening (VETS) Safe Travel Act
- 16) HR 1355 and S 454. These companion bills will provide health care and benefits to Veterans who were exposed to toxic substances while serving as members of the Armed Forces at Karshi Khanabad Air Base, Uzbekistan.
- 17) Support Repeal of TRICARE Select Enrollment Fee
- 18) HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed
- 19) Please Support S. 344, the Major Richard Star Act
- 20) Support the Military Retiree Survivor Comfort Act
- 21) S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021
- 22) HR 109 Establish an Advisory Committee on Implementation by the DVA of an electronic health record
- 23) HR 2372 and S 952 will Provide for Presumption of Service Connection for certain diseases associated with exposure to toxins
- 24) Please Ask you Senator to support S.952 the Warfighters Act
- 25) Support Improving VA Homelessness Program
- 26) S. 976, Caring for Survivors Act of 2021
- 27) H.R. 303, the Retired Pay Restoration Act
- 28) H.R. 912, American Indian and Alaska Native Veterans Mental Health Act
- 29) S. 976, the Caring for Survivors Act of 2021
- 30) HR 2269 and S 657 cover herbicide exposure in Thailand
- 31) Bipartisan Bill Introduced to Help Military Survivors
- 32) Legislation asks for Study of Involuntary Discharges for Women
- 33) H.R. 2436, the Veterans Burn Pit Exposure Recognition Act
- 34) H.R. 958—the Protecting Moms Who Served Act
- 35) HR 2127 and S 927, the TEAM bills Veterans Exposed to

## Toxic Substances

- 36) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 37) Ask your member to support S.810 and H.R. 1972 The Fair Care for Vietnam Veterans Act of 2021
- 38) Ask your member and senator to support HR 2580 and S 1151 to provide for a presumption of service connected disability for certain Veterans who served in Palomares, Spain, and for other purposes
- 39) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 40) HR 855, VETS Safe Travel Act
- 41) HR 3368, the Guam, American Samoa, and Johnston Island bill
- 42) H.R. 2521, Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2021
- 43) H.R. 1273, the Vietnam Veterans Liver Fluke Cancer Study Act
- 44) H.R. 2968, the Military and Veteran Student Loan Relief Act
- 45) H.R. 845, the VA Billing Accountability Act
- 46) Comprehensive Toxic Exposure Bill Introduced in House
- 47) HR 303 and S 1147 The Retired Pay Restoration Act
- 48) Ask Your Legislators to Support Concurrent Receipt Reform HR-1282
- 49) HR 1656 TREAT PTSD Act
- 50) S. 1664, the Post-Traumatic Stress Disorder (PTSD) Processing Claims Improvement
- 51) H.R. 2724 — VA Peer Support Enhancement for MST Survivors Act
- 52) Please Support H.R. 3452 —Veterans Preventative Health Coverage Fairness Act
- 53) HR 2192, The Camp Lejeune Justice Act of 2021
- 54) HR 5026, The Panama Canal Zone Veterans Act of 2021
- 55) HR 3368, HR 5026, HR 2269, S 657 are all Toxic Exposure

Bills that need special attention and more pressure to get passed!

- 56) H.R. 4627, Veterans' Culturally Competent Care Act of 2021
- 57) S. 2172, Building Solutions for Veterans Experiencing Homelessness
- 58) H.R. 4571, the SERVICE Act of 2021
- 59) H.R. 4732, Protect Individual Unemployability Benefit for All Disabled
- 60) S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021
- 61) S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act
- 62) HR 852 and S 221, United States - Israel PTSD Collaborative Research Act
- 63) Ask Congress to Preserve Arlington National Cemetery
- 64) HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021
- 65) HR 2963, the VOW to Hire Heroes Extension Act of 2021
- 66) S 1970, The Clean Water for Military Families Act
- 67) Support S. 1198/H.R. 2819—the Solid Start Act of 2021
- 68) H.R. 3402/S. 976—Caring for Survivors Act of 2021
- 69) HR 3537 and S 1813, Accelerating Access to Critical Therapies for ALS Act
- 70) S. 2386/H.R. 4575, the Veteran Peer Specialist Act
- 71) H.R. 5721—the VIPER Act
- 72) H.R. 5607, Justice for ALS Veterans Act
- 73) HR 2601 and S 1188, SFC Heath Robinson Burn Pit Transparency Act
- 74) S. 3017, Veterans Dental Care Eligibility Expansion and Enhancement Act
- 75) H.R. 4794 and S. 2533, the Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act
- 76) HR 1361 and S 444, AUTO for Veterans Act
- 77) H.R. 4880 and S. 2720, the Veterans' Prostate Cancer Treatment and Research Act
- 78) HR 2800, the WINGMAN Act

- 79) H.R. 5944, Veterans Administration Backlog Accountability Act of 2021
- 80) HR 3400, VA Emergency Transportation Act
- 81) HR 2992, TBI and PTSD Law Enforcement Training Act
- 82) HR 6260, the Casualty Assistance Reform Act of 2021
- 83) H.R. 6064, VA Compensation and Pension exams for claims related to military sexual trauma
- 84) H.R. 5819, Autonomy for Disabled Veterans Act
- 85) HR 3596, the Lawrence J. Hackett, Jr. Vietnam Veterans Agent Orange Fairness Act
- 86) H.R. 2327 – to Remove Delimiting Dates for Survivors and Dependents' Educational Assistance
- 87) S. 2513/H.R. 4772, Improved VA Clothing Allowance Benefit for Disabled Veterans
- 88) S. 3293, the Post 9-11 Veterans Mental Health Care Act of 2021
- 89) HR 6402 and S 1725, will grant a Federal charter to the National American Indian Veterans, Incorporated
- 90) HR 6659 and S 3541, the Health Care for Burn Pit Veterans Acts
- 91) Ask your member to support S.810 and H.R. 1972 the Fair Care for Vietnam Veterans Act of 2021
- 92) H.R. 6543, Restore Veterans Compensation Act
- 93) H.R. 3967, Honoring Our PACT Act Going to House Floor for a Vote
- 94) H.R. 2916/S. 1467, the VA Medicinal Cannabis Research Act of 2021
- 95) S. 3483, Justice for ALS Veterans Act
- 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
- 100) HR 4601 and S 2405, Commitment to Veteran Support and

## Outreach Act

- 101) [S. 3304/H.R. 5754, the Patient Advocate Tracker Act](#)
- 102) [Please Support H.R. 7369, VENTURE Act](#)
- 103) [Please support of HR 7524, the ACES Act](#)



## **Two programs, one mission for Veterans' caregivers**

VA's Caregiver Support program offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system.

[Read More](#)







## **Happy Birthday Navy Nurse Corps**

The United States Navy Nurse Corps was officially established by Congress on May 13, 1908; however, unofficially, women had been working as nurses aboard Navy ships and in Navy hospitals much earlier, as far back as 1861. The Corps was all-female until 1965.



## **Bladder Cancer and Veterans: What You Need to Know**

Approximately 3,200 Veterans are diagnosed with bladder cancer every year. VA's National Oncology Program is here for them.

[Read More](#)



## **Hepatitis B: The other vaccine you should know**

Hepatitis B vaccination is now recommended for adults age 19 – 59. Talk to your doctor about whether you should be vaccinated.

[Read More](#)



## **DHA Director Outlines Vision for Health Care Readiness at HIMSS**

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](#)



# 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



## Is TRICARE Young Adult Right for Your Child?

Though your child loses regular TRICARE coverage upon turning age 21 or age 23 if enrolled full time at an approved college, many young-adult children can continue to get medical and pharmacy benefits up until age 26 through TRICARE Young Adult.



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## **FCC program offers affordable, low-cost internet access to eligible households**

If you or a Veteran you know is struggling to afford internet service, a Federal Communications Commission (FCC) program may put fast and reliable internet service within financial reach.

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## **Bladder cancer prevention**

Signs of bladder cancer can be embarrassing to discuss. But talking to your doctor about your symptoms early is important for successful treatment and recovery.

[Read More](#)





## **The Battleship in Building One**

How 65 tons of the USS Indiana, a World War 2 battleship, found its home at the Edward Hines Jr. VA Hospital.

[Read More](#)



## **Early VA research uncovered knowledge vital to transplanting a pig's heart into a human being**

VA-funded research starting in the 1990s helped uncover knowledge that proved to be key—along with findings by many other groups—to establishing the technique of transplanting a pig's heart into a person. The researcher leading this work at VA was Dr. Richard Pierson, a specialist in thoracic and cardiac surgery who is now with Massachusetts General Hospital and Harvard University.

[Read More](#)



## **Resources for American Indian and Alaska Natives**

Benefits.gov recognizes the needs of American Indian and American Native individuals and families vary based on unique cultures, languages, and practices. Benefits.gov can help you find information on government services to get the assistance you need.

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**To Call your Senators:**

**202-224-3841 or 202-224-3553**

**To call Different Members of Congress:**

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**TOLL FREE: 866-272-6622**

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**HR expert offers insight into VA's Travel Nurse  
Corps program**



Visiting our "Talk About It Tuesday" broadcast, San Juanita George shared with viewers the potential perks of working with the Travel Nurse Corps.

[Read More](#)



## **VA helped Veteran Kevin Rumley. Now he helps others.**

VA helped Veteran Kevin Rumley with his second chance. "Every person at VA cared for me deeply as a Veteran and as a person."

[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.

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## **Top Military Health Care Leader Looks to the Future of Medicine**

Health care has come a long way in recent years, thanks to technology, innovation and unexpected challenges like the COVID-19 pandemic.

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## **Hepatitis B: The other vaccine you should know**

New hepatitis B vaccination recommended for adults aged 19-59. New, expanded recommendation will protect adults from the hepatitis B virus.

[Read More](#)



**Resources help Veterans with education,  
employment opportunities**

VA offers education and employment programs for Veterans interested in jump starting their college and career goals.

[Read More](#)



## **Texas Docs Research Links Onset of Gulf War Illness in Some Vets to Sarin Gas**

As reported May 12 by Rose L. Thayer for Stars and Stripes, new research from a Texas doctor has linked the onset of Gulf War illness in some veterans to exposure to the deadly nerve gas sarin. “Our findings prove that Gulf War illness was caused by sarin, which was released when we bombed Iraqi chemical weapons storage and production facilities,” said Dr. Robert Haley, professor of internal medicine and director of the Division of Epidemiology at the University of Texas Southwestern Medical Center. “There are still more than 100,000 Gulf War veterans who are not getting help for this illness, and our hope is that these findings will accelerate the search for better treatment. Haley, a medical epidemiologist who studies disease outbreaks in groups of people, has been investigating Gulf War illness for 28 years and used a genetic study that found some people have a stronger natural ability to fight the deadly chemical.

[Read More](#)



## **The New Public Health Director Talks about His Goals for Force Readiness**

Rear Adm. Brandon Taylor talks about how he is approaching his new role, his goals for Public Health within the Defense Health Agency, and the importance of Public Health to a medically ready force and a ready medical force.

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- 1) [COVID-19: Current and Future Federal Preparedness Requires Fixes to Improve Health Data and Address Improper Payments](#)
- 2) [COVID-19: FDA Took Steps to Help Make Tests Available; Policy for Future Public Health Emergencies Needed](#)
- 3) [Military Suicide: Preliminary Observations on Actions Needed to Enhance Prevention and Response Affecting Certain Remote Installations](#)
- 4) [Native American Veterans: Improvements to VA Management Could Help Increase Mortgage Loan Program Participation](#)
- 5) [Nutrition Assistance Programs: Federal Agencies Should Improve Oversight and Better Collaborate on Efforts to Support Veterans with Food Insecurity](#)
- 6) [Suicide Prevention: DOD Should Enhance Oversight, Staffing, Guidance, and Training Affecting Certain Remote Installations](#)
- 7) [VA Financial Management System: Additional Actions Needed to Help Ensure Success of Future Deployments](#)
- 8) [VA Health Care Facilities: Leveraging Partnerships to Address Capital Investment Needs](#)



## **Make 'em sweat: In clinical training, details matter**

It is important for clinical Veteran caregivers to understand how to work with patients with heavy sweat. Simulation helps.

[Read More](#)



## **New technology helps VA answer the call for Veteran families in need**

VA's National Cemetery Administration (NCA) and Office of Information and Technology (OIT) are partnering on a four-pronged infrastructure modernization effort—one of which is upgrading the telephony that underlies NCA's telephone systems.

[Read More](#)



## **Massachusetts Settles With Families of Holyoke Soldiers' Home Victims**

As reported May 12 by Mark Pratt for the Associated Press, Massachusetts has agreed to pay \$56 million to settle a class-action lawsuit brought by the families of veterans who died or became sick after contracting COVID-19 at a state-run veterans' care center during one of the deadliest outbreaks at a long-term care facility in the U.S., officials said Thursday. The families of 84 veterans who died during the outbreak at the Holyoke Soldiers' Home will receive a minimum of \$400,000 each, while 84 veterans who contracted the disease and survived will receive a minimum of \$10,000 under terms of the settlement that still requires a federal judge's approval.

[Read More](#)



## **Why I Donate Blood: A Conversation with Purple Heart Veteran Sgt. Russ Himmelberger**

Command Sgt. Maj. Michael Gragg, DHA's senior enlisted leader, sit downs with retired Sgt. Russell Himmelberger, to talk about his service, his injury while serving in Iraq, and why he donates blood to the Armed Services Blood Program.

[Watch Video](#)



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- 2) [CDER Launches New Accelerating Rare disease Cures \(ARC\) Program](#)
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- 9) [FDA Roundup: May 10, 2022](#)
- 10) [FDA Roundup: May 13, 2022](#)
- 11) [FDA Takes Important Steps to Improve Supply of Infant and Specialty Formula Products](#)
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- 15) [Mesa Biotech, Inc., Recalls Certain Accula SARS-CoV-2 Tests for Risk of False Positives Caused by Contamination](#)
- 16) [Natural Organics, Inc. Issues Nationwide Voluntary Recall on Four Lots of NaturesPlus Keto Living Sugar Control, 90 Capsules Due to Possible Health Risk](#)
- 17) [New Seasons Market Issues Allergy Alert on Undeclared Peanuts in Matiz Valencia Almonds](#)
- 18) [Queen Bee LLC Voluntary Recall](#)



## **Gulf Coast VA proud of medical laboratory professionals**

Laboratory professionals' invaluable contributions directly impact clinical and public health. While often unseen, they play critical role.

[Read More](#)



## **Bill Blass: Fashion designer and member of the Ghost Army**

Bill Blass was a world-renowned fashion designer who put his career on hold to join the Ghost Army during WWII.

[Read More](#)



## **Families Alleging Harm from Tainted Water at Hickam File Legal Claims Against Navy**

As reported May 9 by Patricia Kime for Military Times, more than 100 families have filed claims against the government for illnesses and out-of-pocket expenses they say are related to drinking fuel-tainted water in their homes at Pearl Harbor, Hawaii. A November fuel spill forced thousands from their homes at Joint Base Pearl Harbor-Hickam and other military housing neighborhoods near Honolulu. Attorneys announced Friday that 102 families are looking for compensation for health conditions and financial harm caused by the spills at the U.S. Navy's Red Hill fuel storage facility.

[Read More](#)



## **Pandemic Spotlights the Vital Role of Military Lab Workers**

Clinical labs across the Military Health System – and the staff who operate them – play a vital role in early detection of illnesses, diagnosis and treatment of diseases like cancer, diabetes or heart disease.

[Read More](#)







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## **Know How to Self-Screen for PTSD**

June 27th is PTSD Screening Day. On this day, we ask that everyone spread the word about the importance of self-screening. Self-screening is an important first step for those who may be experiencing PTSD to receive the treatment they need.

The self-screen takes only a few minutes to complete and can help you find out if your feelings and behaviors may be related to PTSD. Your responses are private and secure, they are not collected or shared. This tool is a terrific way to help get you on the path to treating PTSD.

During PTSD Awareness month we want to help as many people as possible. If you are concerned that someone you care about might be experiencing PTSD, please share this screen with them and encourage them to take it. Become an advocate of PTSD awareness by knowing the signs and sharing what you've learned with others.

[Take a Self-Screen](#)



## **Benefits Available to Veterans of OIF**

Those who served in Operation Iraqi Freedom (OIF), or the Southwest Asia Theater of Operations and other locations, may now be entitled to compensation for medical conditions presumed to be related to exposure to fine particulate matter. If you served in OIF, and have a disability or illness as a result, you may be eligible for VA benefits and services.

[Learn More](#)



## **DOD-VA Health Record Modernization Not Hitting Targets, Watchdogs Say**

As reported May 9 by Adam Mazmanian for FCW, the new multibillion dollar electronic health records programs covering the military and veteran patient populations, aren't achieving the levels of interoperability promised by officials, according to an oversight report released on Thursday. In a joint oversight report, inspectors general at DoD and VA say that some legacy health data isn't being migrated to new electronic health records systems. DoD and the VA separately contracted to use the Cerner Millennium electronic healthcare system to cover more than 18 million individuals. DOD tapped Leidos to serve as integrator of the Cerner system in 2015, and VA contracted separately with Cerner in 2018. Together, the projects are estimated to cost more than \$20 billion – and the true price tag is expected to be much higher.

[Read More](#)



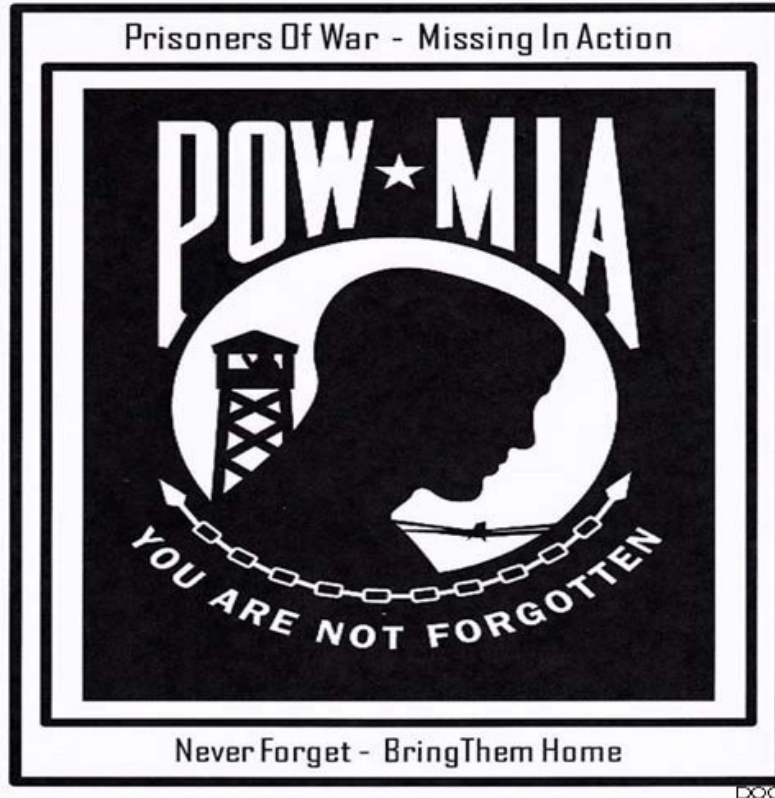
## 10 TRICARE Health Care Terms You Should Know



Health care coverage is full of terms you may not know. To help you better understand your TRICARE benefit, here's a list of commonly used health care terms and

definitions.

[Read More](#)



## What to Expect at Your C&P Exam

VA compensation and pension (C&P) exams, which are sometimes also called claim exams, are an important part of your claims process. C&P exams help VA rate your disability, which affects how much disability compensation you'll receive.

[Watch Video](#)



## **Benefits Delivery at Discharge**

If you have an illness or injury that was caused or worsened by your active-duty service, you can apply for the Benefits Delivery at Discharge (BDD) program 90 to 180 days before your discharge from active duty. Find out how to file a claim through BDD to speed up your claim decision process and get your benefits sooner.

[Read More](#)



## **Culture Shift Needed to Combat Patient Safety Failures at VA, Watchdog Says**

As reported May 12 by Patricia Kime for Military Times, the murder of seven veterans at a West Virginia VA hospital and thousands of missed diagnoses by a pathologist who was drunk on the job at a Fayetteville, Arkansas, facility are signs that the Veterans Health Administration has significant leadership and cultural problems, according to the VA's top watchdog. VA Inspector General Michael Missal said Wednesday that such egregious events should not be treated as "one-offs" but should be used as painful lessons to transform the culture at the department's medical centers, with many working well but others staffed by employees who are "complacent and disengaged. ... Incidents in Fayetteville, Arkansas, and Clarksburg, West Virginia, serve as devastating examples of the most catastrophic consequences of disengaged leadership and the dangerous culture that is fostered when leaders are not attentive to and invested in their staff and the veterans they serve," Missal told members of the Senate Veterans Affairs Committee during a hearing on patient safety Wednesday.

[Read More](#)



### **Exhibit inspired by her mother wins gold medal**

"When life gets too crazy, I just go and do my crafts," said Marine Corps Veteran Catherine D'Angelo. "Nothing else matters. It really helps me to focus and calm myself." D'Angelo recently received a gold medal in the National Veterans Creative Arts competition that secured her participation in this year's festival.

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## **Find Your Next Job with a Mentor From ACP**

Whether you're looking for a higher-paying job or seeking a promotion, an American Corporate Partners (ACP) mentor can help guide you toward great jobs. ACP works with Post-9/11 Veterans to help them find meaningful employment after military service. Learn more about ACP's free mentor program.

[Read More](#)



## **Housing Grants for Disabled Veterans**

Veterans and service members with certain service-connected disabilities can receive housing grants from VA to buy, build, or modify a home to meet their needs and live more independently. Find out if you're eligible for a disability housing grant and how to apply.

[Learn More](#)



## **Influx of Calls to Suicide Prevention Hotline Could Test Some States**

As reported May 10 by Daniela Altimari for Route Fifty, 988, the new, three-digit number for mental-health emergencies, is set to roll out nationally in about nine weeks, but some states still aren't ready to handle what experts predict could be a crush of calls. The federally mandated 988 system will strengthen and expand the existing 10-digit National Suicide Prevention hotline. It's meant to make it easier for people in crisis to get the help they need without routing their calls through 911 public safety dispatchers. The phone line has widespread support among mental health advocates, but funding for comprehensive mental health services has lagged for years. And some are worried that a surge in calls when the 988 system goes online won't be met with a corresponding increase in services to people once the immediate crisis is over.

[Read More](#)



## VA supports parents and expecting mothers across America

Many VA medical centers will be offering baby showers to support expecting mothers with essential baby items and vital health information. Whether you are a mom, want to be a mom, or are about to become a mom, VA supports you on Mother's Day and every day. No matter where you are in your journey, we provide health care every step of the way to and through motherhood.

[Read More](#)



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## VA Pension for Survivors



This Memorial Day, as we honor the men and women who died while serving in the U.S. military, we also remember the families they left behind. If you're the surviving spouse or child of a deceased wartime Veteran, you may be eligible for VA's Survivor Pension program.

[See if Eligible](#)



## **The 2022-2023 tuition and fees rates for Post-9/11 GI Bill are available**

Hey! Are you planning your Fall 2022 term course load, but not sure how much your Post-9/11 GI Bill benefits will pay? The maximum tuition and fees rates for the 2022-2023 academic year are now available. Use this resource to find out what your benefits will cover.

[Resource](#)



## **Healing doesn't look the same for everyone**

These Veterans are sharing their mental health stories and individual journeys that connected them to treatment and recovery resources.

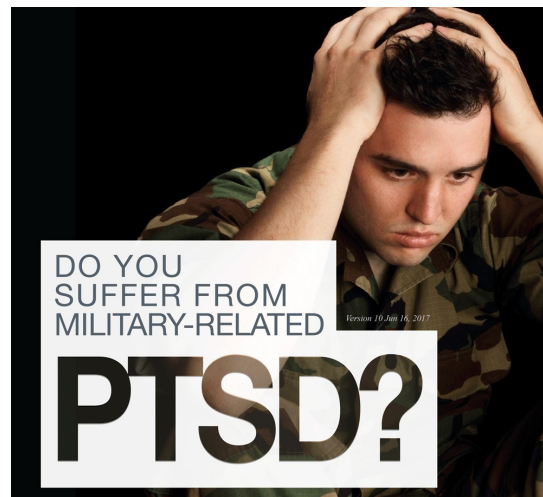
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## Defense Advisory Committee on Women in the Service (DACOWITS) News [April 2022]

Get the Recruitment & Retention, Employment & Integration, Well Being & Treatment, Servicewomen in the News, Women Veterans, and Upcoming Events DACOWITS news from [April 2022](#).

[Read More](#)



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



**Cancer Moonshot Initiative: A Marine with  
Leukemia Shares His Story**

Marine Sgt. Michael Christian was diagnosed with B-Cell Leukemia while deployed in Saudi Arabia.

[Watch Video](#)



## **'I Love the Intensity' – One Nurse Recalls Three COVID-19 Deployments**

Air Force 1st Lt. Tiffany Parra, an ICU nurse, was one of thousands of military nurses that the Military Health System relied on throughout the pandemic.

[Read More](#)



## **Resources for MST**

During SAAM and year-round, VA works to raise awareness of its resources for survivors of military sexual trauma (MST). VA believes in MST survivors, and we believe there are many paths to healing.

[Learn More](#)



## **Live Whole Health #121: Yoga ball**

There are many ways that you can incorporate mindful movement into your daily routine, and the yoga ball is one fun way to do it. According to the National Center for Complementary and Integrative Health, there are many benefits of yoga.

[Read More](#)



## **Heroes of Military Medicine Awards Highlight Outstanding Service**

The Henry M. Jackson Foundation for the Advancement of Military Medicine recognizes several heroes of military medicine each year for their outstanding contributions to the field and to enhancing patients' lives.

[Read More](#)



## **DOD Cancer Research Program Aims to 'End Cancer as We Know It Today'**

The effort marks a significant expansion of a program that began in 2016, when the DOD, Department of Veterans Affairs, and the National Cancer Institute created the Applied Proteogenomics Organizational Learning and Outcomes (APOLLO) Network.

[Read More](#)



## **Transitioning From Service**

Regardless of where you served, how long you served, your discharge status, or your service branch, VA is here for you.

[Learn More](#)



## **Center for Women Veterans Book Corner, May: Army Veteran Mari K. Eder**

This month's Women Veteran Authors Book Corner author is U.S. Army Veteran Mari K. Eder, who served for 36 years from 1977-2013. Before retiring, Mari K. Eder published a strategic communications primer, "Leading the Narrative." Her latest book is called, "American Cyberscape, detailing the unraveling of trust and truth in American institutions."


[Read More](#)



### **Help Recognize VA's Health Care Heroes**

Have you seen a VA employee doing something noteworthy, in words or action, and making a positive difference for Veterans? If so, you can recognize these heroes by nominating them for an I CARE Award.

[Read More](#)



### **Veterans Experience Live (VetXL): Survivors Together Memorial Day Q&A with VA and Community Partners**

The Department of Veterans Affairs and community partners—including state VA, Tragedy Assistance Program for Survivors, American Red Cross Military Veteran Caregiver Network, Blue Star Families and the Elizabeth Dole Foundation—will answer questions about survivor resources, benefits, caregiver support, memorial affairs and mental wellness during a live VetXL Q&A event May 26th at 1p.m. ET. Ask your questions now!

[Learn More](#)



## **Suicide Prevention Grant Applications Now Available**

The new Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program (SSG Fox SPGP) will enable VA to provide resources toward community-based suicide prevention efforts to meet the needs of Veterans and their families through outreach, suicide prevention services, and connection to VA and community resources. The application is now available on the website along with additional information.

[Learn More](#)



## **Oklahoma's Montgomery VA medical center named LGBTQ+ top performer**

The Jack C. Montgomery VA Medical Center has been named a top performer for LGBTQ+ health care in the Human Rights Campaign Foundation's 15th anniversary edition of the Healthcare Equality Index (HEI). It received an evaluation of 95 out of 100 and the designation of "LGBTQ+ Healthcare Equality Top Performer."

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The Defense POW/MIA Accounting Agency announced two 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 Seaman 1st Class John R. Melton**, 23, of Liberty, Mississippi, was assigned to the battleship USS West Virginia, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS West Virginia sustained multiple torpedo hits, but timely counter-flooding measures by the crew kept it from capsizing. The attack on the ship resulted in the deaths of 106 crewmen, including Melton. He will be buried in Glister, Mississippi, on July 9, 2022.

[Read about Melton.](#)

**Army Cpl. Lawrence L. Brown**, 21, of Baton Rouge, Louisiana, was assigned to Company M, 3rd Battalion, 9th Infantry Regiment, 2nd Infantry Division. He was captured on Nov. 26, 1950, after his unit was attacked by the Chinese People's Volunteer Forces.

Brown was reported as a POW in Camp #5, but his exact date of death could not be determined at that time. He will be buried in Prairieville, Louisiana, on a date yet to be determined. [Read about Brown.](#)



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