



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, June 05, 2022

Volume 13, Issue 23



## ***This-N-That***

This-N-That

Good evening Jim,

I was really surprised this past week when I read an article about the VA having \$3 million dollars to pay anyone who can come up with a solution to prevent Veteran Suicide.

In my humble opinion, the solution is staring them right in the face. Process claims faster, provide the much-needed psychiatric care needed quickly, staff the hotline with well-educated people to handle emergency calls, work with family members to teach them the signs to look for to be able to assist their warrior in a time of need.

This might be a simplistic, maybe even a stupid thought, but that's

how I see the solution. And if a VAMC isn't able to provide this care then contract with an outside psychiatric firm who can and will provide the needed care.

This week two new items have been added to the TAKE ACTION section of the newsletter. One is in fact a piece of legislation needing a push on, the other is a secondary e-mail to further push on Honoring our Pact Act.

Not taking any piece of legislation lightly, they all need a weekly push at least from our readers! I know it's time consuming especially since there are over 100 pieces of legislation on the table, none-the-less each one needs a push weekly so we can clear the decks for more which is coming. And please believe me when I say I sincerely appreciate all you can do to help in this area!

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!

Kindest regards,

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. [CLICK HERE](#)*



## **How Health Care Providers Can Avoid Burnout**

"Health care providers are very good at rescuing others. We train for it and practice it daily. Unfortunately, we often do so at the expense of our own health and wellness."

[Read More](#)



## **Support Comes in Many Forms**

Even though Mental Health Month is over, VA has mental health resources all year round. Family members, friends, fellow Veterans, clergy members, co-workers, and counselors can all provide support to Veterans going through a tough time. But no matter who provides it, one thing is clear: Everybody needs support sometimes.

[Read Now](#)



**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.

We are offering free lifetime memberships to widows/widowers of Veterans who died of service connected diseases? Please contact Robin Barr for more information.

Click [HERE](#) and help a Veteran.

You may contact Robin Barr at [robin.barr@madvocacy.org](mailto:robin.barr@madvocacy.org)



## **Facility Dogs Play a Vital Role in Recovery for Patients Across the MHS**

The Defense Department's first facility dog program began back in 2005, when then-Army Sgt. Harvey Naranjo saw the positive impact that man's best friend can have on troubled soldiers.

[Read More](#)



**It's hurricane season... are you prepared?**

Dangerous storms and hurricanes can lead to devastation. But there are ways you can prepare for and mitigate damage to your home and remain safe during the storm.

[Read More](#)



## Virtual Reality therapy helps treat PTSD and cognitive impairment

Virtual reality therapy helps Veterans with PTSD and cognitive impairments improve relaxation techniques and range of motion

[Read More](#)



## Your actions could save a life.

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

VeteransCrisisLine.net



## Get the Latest on COVID-19 Boosters and Treatment

Are you continuing to protect yourself against COVID-19?  
Research shows that COVID-19 vaccines and booster doses are effective in protecting people.

[Read More](#)



## **June 27 is PTSD Screening Day**

"Screening is an important first step, but it's just the beginning," says Dr. Paula Schnurr, executive director of the National Center for PTSD. "Anyone can get PTSD. And everyone can get treatment for PTSD."

[Read More](#)



## **VA seeking nominees for Veterans' Rural Health Advisory Committee**

VA is seeking a diverse background and expertise of nominees for the Veterans' Rural Health Advisory Committee.

[Read More](#)





## **Learning How to 'Stop the Bleed'**

Uncontrolled bleeding is the No. 1 cause of preventable death from trauma. In San Antonio, there is an ongoing effort to train as many people as possible on how to control bleeding to increase the chances for patient survival.

[Read More](#)



**VA serves all who served**

If you are a Veteran who identifies as LGBTQ+, VA wants you to know we see you, hear you, and appreciate your service.

[Read More](#)



## **TeleEye Screening focuses on preventative care – Part Two**

TeleEye enables an eye specialist to screen patients for diabetic retinopathy through photographs taken at the primary medical care home.

[Read More](#)



## ***Links to Other Stories***

- 1) [CMS rolls out changes to Medicare website aimed at usability](#)
- 2) [On Armed Forces Day, Honor Flight Network receives stunning donation from Mission BBQ](#)
- 3) [Preserving the history of America's 'secret war' in Laos](#)
- 4) [Senators reach deal to advance sweeping military toxic exposure legislation](#)
- 5) [The VA Has \\$3 Million in Cash for Anyone Who Can Solve the Veteran Suicide Crisis](#)
- 6) [Tinnitus Seems to Be Somehow Linked to a Crucial Bodily Function, Studies Hint](#)





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

Rear Adm. Brandon Taylor, the newly appointed director for the Defense Health Agency's Public Health directorate, discusses his new role and goals, and the importance of Public Health to a medically ready force and a ready medical force.

[Read More](#)



## **Managing illness and loss one breath at a time**

Whole Health Coaching helped Army Veteran Elaine Knowles cope during her late husband's treatment and hospice care.

[Read More](#)



## **Navy Veteran donates flag stand in son's memory**

Vietnam Veteran's gift honors fallen soldier son killed in Iraq.  
"Matthew stood for everything good and you can't forget good soldiers."

[Read More](#)





## **TRICARE: Finding the Dental Plan That's Right for You**

It's important to know the difference between your dental coverage plan and TRICARE's medical coverage. The TRICARE Dental Options Fact Sheet can help you understand what each dental plan offers and whether you qualify.



[Read More](#)



**VA neurologist, a pioneer in medical imaging,  
made advancements in brain research**

Oldendorf was a VA scientist who had served in the U.S. Navy as a medical officer. He is best remembered for playing a role in developing computed tomography—commonly known as the CT scan—and magnetic resonance imaging (MRI).

[Read More](#)



## **Center for Women Veterans Book Corner: Army Veteran Tamara D. Files**

This month's Women Veteran Authors Book Corner author is U.S. Army Veteran Tamara D. Files, who served from 1989-to 1993.

[Read More](#)





## **Joint Health Information Exchange Allows Access to Vital Information**

If you get sick or injured, your past medical records may contain critical information that could help a doctor save your life. Full access to medical histories – like allergies, lab results, or drug prescriptions – is essential for doctors to be able to provide top-notch health care.

[Read More](#)



**Remembering the fallen who died in service to our country**

Memorial Day, a sacred day for America, is a time to solemnly remember the fallen who devoted themselves to the cause of liberty.

[Read More](#)



## **Help Veterans reclaim their independence as an occupational therapist**

With numerous specialties and fields of focus, your career as an occupational therapist at VA offers unmatched rewards.

[Read More](#)



## **After Leading Through the Pandemic, TRICARE Pharmacy Chief Retires**



At the start of the pandemic in 2020, Air Force Col. Markus Gmehlin faced a massive and urgent task: adapting the TRICARE Pharmacy system to ensure that everyone could get access to their medications.

[Read More](#)



## **Five brain surgeries, two combat tours, now recipient of Nursing Excellence award**

A VA nurse who has accomplished much before joining VA is now the recipient of an award for nursing excellence.

[Read More](#)



## **Coast Guard Change of Command Ceremony**

VFW Director of Operations Bob Jackson and VFW National Legislative Deputy Director Tammy Barlet attended the Coast Guard change of command held at the US Coast Guard Headquarters in Washington, D.C. Admiral Linda Fagan, the first female officer in charge of a U.S armed forces branch, took command as commandant of the Coast Guard from Admiral Karl Schultz. In her comments, Admiral Fagan shared she was wearing the shoulder boards of the late Admiral Owen Siler who allowed women to attend the Coast Guard Academy. The event was attended by many distinguished guests, including President Biden.

[Read more.](#)



Jim, below are links to all currently active pre-written E-Mails to many pieces of legislation. We ask that you go to each one, and send the pre-written E-Mails, and to also call your Reps or Senators and ask for their support on a weekly basis!

Jim you don't need to be Active Duty or a Veteran, in fact we ask all Veteran friends to also help! (Updated 06/04/22)

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) Please Support H.R. 3452 —Veterans Preventative Health Coverage Fairness Act
- 52) HR 2192, The Camp Lejeune Justice Act of 2021
- 53) HR 5026, The Panama Canal Zone Veterans Act of 2021

- 54) HR 3368, HR 5026, HR 2269, S 657 are all Toxic Exposure Bills that need special attention and more pressure to get passed!
- 55) H.R. 4627, Veterans' Culturally Competent Care Act of 2021
- 56) S. 2172, Building Solutions for Veterans Experiencing Homelessness
- 57) H.R. 4571, the SERVICE Act of 2021
- 58) H.R. 4732, Protect Individual Unemployability Benefit for All Disabled
- 59) S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021
- 60) S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act
- 61) HR 852 and S 221, United States - Israel PTSD Collaborative Research Act
- 62) Ask Congress to Preserve Arlington National Cemetery
- 63) HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021
- 64) HR 2963, the VOW to Hire Heroes Extension Act of 2021
- 65) S 1970, The Clean Water for Military Families Act
- 66) Support S. 1198/H.R. 2819—the Solid Start Act of 2021
- 67) H.R. 3402/S. 976—Caring for Survivors Act of 2021
- 68) HR 3537 and S 1813, Accelerating Access to Critical Therapies for ALS Act
- 69) S. 2386/H.R. 4575, the Veteran Peer Specialist Act
- 70) H.R. 5721—the VIPER Act
- 71) H.R. 5607, Justice for ALS Veterans Act
- 72) HR 2601 and S 1188, SFC Heath Robinson Burn Pit Transparency Act
- 73) S. 3017, Veterans Dental Care Eligibility Expansion and Enhancement Act
- 74) HR 1361 and S 444, AUTO for Veterans Act
- 75) H.R. 4880 and S. 2720, the Veterans' Prostate Cancer Treatment and Research Act
- 76) HR 2800, the WINGMAN Act
- 77) H.R. 5944, Veterans Administration Backlog Accountability Act

of 2021

- 78) HR 3400, VA Emergency Transportation Act
- 79) HR 2992, TBI and PTSD Law Enforcement Training Act
- 80) HR 6260, the Casualty Assistance Reform Act of 2021
- 81) H.R. 5819, Autonomy for Disabled Veterans Act
- 82) HR 3596, the Lawrence J. Hackett, Jr. Vietnam Veterans Agent Orange Fairness Act
- 83) H.R. 2327 – to Remove Delimiting Dates for Survivors and Dependents' Educational Assistance
- 84) S. 2513/H.R. 4772, Improved VA Clothing Allowance Benefit for Disabled Veterans
- 85) S. 3293, the Post 9-11 Veterans Mental Health Care Act of 2021
- 86) HR 6402 and S 1725, will grant a Federal charter to the National American Indian Veterans, Incorporated
- 87) HR 6659 and S 3541, the Health Care for Burn Pit Veterans Acts
- 88) Ask your member to support S.810 and H.R. 1972 the Fair Care for Vietnam Veterans Act of 2021
- 89) H.R. 6543, Restore Veterans Compensation Act
- 90) H.R. 3967, Honoring Our PACT Act Going to House Floor for a Vote
- 91) H.R. 2916/S. 1467, the VA Medicinal Cannabis Research Act of 2021
- 92) S. 3483, Justice for ALS Veterans Act
- 93) H.R. 6273 and S.3397, the VA Zero Suicide Demonstration Project Act of 2021
- 94) HR 7050, Ernest Peltz Accrued Veterans Benefits Act
- 95) S. 3851/H.R. 7089, the Veterans Exposed to Toxic PFAS Act
- 96) S. 3854/H.R. 6823, the Elizabeth Dole Home Care Act
- 97) HR 4601 and S 2405, Commitment to Veteran Support and Outreach Act
- 98) S. 3304/H.R. 5754, the Patient Advocate Tracker Act
- 99) Please Support H.R. 7369, VENTURE Act

- 100) Please support of HR 7524, the ACES Act
- 101) HR 7589, Remove Copays Act
- 102) Support Concurrent Receipt Bills
- 103) S. 3025 and H.R. 5666, the Servicemembers and Veterans Empowerment and Support Act of 2021 to Improve the Claims Process for MST Survivors
- 104) Support S. 4156, the VA Workforce Improvement, Support, and Expansion (WISE)
- 105) Making Advances in Mammography and Medical Options (MAMMO) for Veterans
- 106) They must pass the Honoring our PACT Act NOW
- 107) HR 7048, Protect Lifesaving Anesthesia Care for Veterans Act of 2022



## **TRICARE Answers Your Questions About Baby Formula**

Here's some information on infant formula coverage to help you understand what TRICARE does and doesn't cover.



[Read More](#)



## **Secretary Denis McDonough's Memorial Day 2022 speech**

While visiting a cemetery yesterday, Secretary McDonough recalled the story of a Marine that exemplifies what Memorial Day is all about.

[Read More](#)



## Bystander Intervention Training for Veterans

VA is offering [free online training](#) to teach veterans the skills needed to contribute to a safe and welcoming environment at all VA facilities. This training provides practical techniques that veterans can use to recognize, respond, and prevent situations of harassment or sexual assault. You do not need to register, and the training takes approximately 30 minutes to complete. [Read more.](#)



## **Tips for Talking to Your Kids About Current Events**

For military children, current events can cause stress and anxiety. Talking to them openly and honestly about the events they see and hear about in the media can help validate their feelings and make them feel reassured that they are safe and loved.

[Read More](#)



## **Veterans Crisis Line helps identify, support Veterans in crisis**

The Veterans Crisis Line (1-800-273-8255) continues to expand and evolve to find the most effective ways to serve.

[Read More](#)



## **Comprehensive Veterans Toxic Bill to be Debated in Senate**

The House amended and passed (256-174) the "Honoring Our PACT Act" (H.R.3967). The bill will be amended in the Senate to authorize the setup 31 major medical clinics across America and hire thousands more claims processors and health care staff. The bill would allow for the first time all veterans who were at risk of toxic exposure, including 3.5 million Iraq and Afghanistan veterans, to obtain immediate and lifelong access to health care from the Department of Veterans Affairs (VA) - one of the largest expansions of health care eligibility in the VA's history.

The bill would establish a presumption of service connection for 23 respiratory illnesses and cancers related to the smoke from burn pits, used extensively in Afghanistan and Iraq to dispose of various types of waste, many of them toxic. Further, the bill also provides for new benefits for veterans who faced radiation exposure during deployments throughout the Cold War, adds hypertension and monoclonal gammopathy to the list of illnesses linked to Agent Orange exposure in the Vietnam War, expands the timeline for Gulf War medical claims and requires new medical exams for all veterans with toxic exposure claims. Veterans who served in Thailand, Laos, Cambodia and Guam during the Vietnam War era would be covered for the first time under the same Agent Orange presumptive policies as those who served in Vietnam itself.

VA staff would be granted "the authority to determine that a veteran participated in a toxic exposure risk activity when an exposure tracking record system does not contain the appropriate data," a stark distinction from the science-only system in use at VA currently. Veteran advocates have complained that in many cases, veterans with serious illnesses obviously connected to their service have been turned away by the VA because irrefutable data showing chemical exposure during their service does not exist. The measure that passed the House is estimated to cost more than \$200 billion over 10 years and would potentially affect as many as one in five veterans living today.

Everyone is strongly encouraged to use the Action Center to ask their Senators to support this important legislation by [going online](#).



# 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



## This Eye Treatment is Saving Military Careers

The Food and Drug Administration has approved corneal collagen cross-linking to stop the progression of Keratoconus, an eye condition causing blurred vision and irregularity which had been a disqualifying condition in the military.

[Read More](#)



**It's hurricane season... again! Are you ready?**



Whether the prediction is for a mild or active hurricane season, testing preparation plans and Being Prepared, Being Ready, is prudent.

[Read More](#)



## The FRA Coin Bill



Representatives Gus Bilirakis (Fla.) and John Garamendi (Calif.) introduced legislation (H.R.6663) that will create a 100th anniversary commemorative coin for the Fleet Reserve Association. This bipartisan legislation would direct the Department of Treasury to mint a coin to commemorate the centennial of the foundation and charter of the FRA in 1924, all at no cost to American taxpayers.

"For one century, the FRA has served as a strong voice in Washington," said Congressman Gus Bilirakis. "The organization has been instrumental in advocating for Sea Service Members and their families, including successfully fighting back against proposed cuts to benefits and supporting enhanced eligibility and benefits for veterans. The organization has been a valued partner in my fight to rectify the injustice of concurrent receipt. Together, I am optimistic that we will be able to ensure all veterans finally receive the full benefits they've earned and deserve. I am honored to help commemorate this prestigious organization's tireless work and legacy of success."

Everyone is strongly urged to [ask their Representative](#) to co-sponsor this legislation.





## **Food allergy is associated with lower risk of SARS-CoV-2 infection: NIAID study**

A NIAID-funded study has found that people with food allergies are less likely to become infected with SARS-CoV-2, the virus that causes COVID-19, than people without them. In addition, while previous research identified obesity as a risk factor for severe COVID-19, the new study identified obesity and high body mass index (BMI) as risk factors for SARS-CoV-2 infection. In contrast, the study determined that asthma does not increase SARS-CoV-2 infection risk. These and other findings were published today in the Journal of Allergy and Clinical Immunology.

[Read More](#)



## **Black Veterans receive equal, or superior, lung cancer care in VA**

Black Veterans with lung cancer receive comparable care, with equivalent, if not superior, treatment outcomes as white Veterans at VA, according to a study by VA St. Louis researchers. VA cancer care appears to be more equitable than care received in the private sector, where significant racial disparities exist.

[Read More](#)



## **For Mom's with small Children**

We know the situation with being able to purchase baby formula has been a nightmare and doesn't look like it will be getting any better anytime soon.

So, I took time this week to not only call my personal physician, but several pediatricians to find what homemade formula would be the best to use as a replacement during this time of crisis.

Below is the formula I found, and presented to all doctors I spoke with (totaling 11) and each one approved this version over many others.

I do hope this helps all mom's during this time!

### **Homemade Emergency Baby Formula Recipe**

This recipe, based on World Health Organization guidelines and physician studies through the early twentieth century, is an excellent stop-gap option for when your baby is hungry and you have no other feeding options. It is meant for short-term use only.

## Equipment

1 quart-sized canning jar with a tight-fitting lid OR a blender

Ingredients

## FOR THE FORMULA:

- 1 13-ounce can (354 mL) full-fat evaporated milk
- 2  $\frac{1}{3}$  cups (19 fluid ounces // 562 mL) clean water, preferably slightly warm
- 2 tablespoons blackstrap molasses

## TO GIVE SEPARATELY AS A NUTRITIONAL SUPPLEMENT:

- 1 dose multi-vitamin for infants, given daily (follow the dosage instructions on the multivitamin bottle)

Instructions

## Instructions

**Mix the formula.** Place all ingredients in a clean, quart-sized jar with a tight-fitting lid or in a blender. Shake or blend until well-mixed. (If you're using granulated sugar, be sure to mix until it has been dissolved.)

**Feed the baby.** Pour into clean bottles and give to baby immediately or store in the refrigerator for up to three days. Discard any unused formula after three days.

**Give a multivitamin supplement, if available.** Give one dose of multivitamin to your baby at least once a day.

## How many batches of formula do I need?

1 batch will likely last you approximately 1 day, give or take a few hours.

Follow your child's hunger cues – these values are simply average guidelines.

- 0-2 months: 2-3 ounces every 2-3 hours (approximately 24 oz per day)
- 2-3 months: 4-5 ounces every 3-4 hours (approximately 32 oz per day)
- 4-5 months: 4-6 ounces every 3-4 hours (approximately 32-36 oz per day)
- 6+ months: 6-8 ounces every 4-5 times a day (approximately 32-40 oz per day)

If you have multivitamin drops, give them separately from the formula to make sure your child gets the entire dose.

### **Why is there sugar in this recipe?**

Sugar is used to bring the evaporated milk up closer to the level of natural sugars in human breast milk. We're calling for blackstrap molasses as the sugar because it also contains iron, sodium, and potassium.

### **What can I use instead of molasses?**

If you do not have blackstrap molasses, you may substitute an equal amount of brown sugar, granulated sugar, dark corn syrup (preferably GMO-free) OR maple syrup.

**DO NOT USE** sweetened condensed milk, as it contains FAR too much sugar.

**DO NOT USE HONEY** as a sugar substitute if your baby is under 12 months old.



**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](http://www.veterans-for-change.org)**



**TRICARE Fact Sheet Helps You Find Your Right  
Dental Plan**



Check out the TRICARE Dental Options Fact Sheet to learn about dental options for you and your family. TRICARE dental options are separate from TRICARE health care options. Depending on your beneficiary category, you'll be eligible for different dental programs.

[Read More](#)



**VALife insurance program coming January 2023  
for Veterans with service connection**

In January 2023, VA will launch a new life insurance program called Veterans Affairs Life Insurance (VALife), which provides guaranteed acceptance whole life insurance coverage to Veterans age 80 and under, with any level of service-connected disability. Some Veterans age 81 and older may also be eligible.

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**[Veterans-For-Change.org](https://www.veterans-for-change.org)**



Follow us on [MEWE](#)! The support staff at [MEWE](#) is responsive, open to suggestions and works very hard to protect your personal information.

We hope you will join us on this new site.

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

[AMVETS GROUP](#)

[VETERANS SOCIAL GROUP](#)

[{USAVET} SUPPORTING GOD & ALL WHO SERVED OUR GREAT NATION](#)

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## **How to Use TRICARE and Other Health Insurance at the Pharmacy**

Do you have other insurance in addition to the TRICARE? TRICARE calls this other health insurance (OHI). Some OHI includes a prescription drug benefit that can be used with the TRICARE Pharmacy Program.

[Read More](#)



## **VA modernizing networks to support NCA cemeteries, sites, services to Veteran families**

NCA's new fiber optic networks better serve Veterans and their loved ones at NCA's cemeteries and offices.

[Read More](#)



## **Office of Inspector General**

1) [Private Health Insurance: Limited Data Hinders Understanding of Short-Term Plans' Role and Value During the COVID-19 Pandemic](#)

2) [Priority Open Recommendations: Department of Health and Human Services](#)



## **Guaranteed Acceptance for Life Insurance**

In January 2023, VA will launch a new life insurance program called Veterans Affairs Life Insurance, which provides guaranteed acceptance whole life insurance coverage to Veterans age 80 and under, with any level of service-connected disability.

[LEARN MORE](#)



## VA celebrates Pride Month by serving all who served

During Pride Month, VA's LGBTQ+ Health Program office engages, educates, and raises awareness of essential services and resources.

[Read More](#)



- 1) [Atrium Medical Corporation Recalls iCast Covered Stent for Potential Balloon or Catheter Hub Separation That May Cause Patient Harm](#)
- 2) [California Firm Issues Voluntary Product Recall Due to Undeclared Wheat and Egg in Trader Joe's Lemony Arugula Basil Salad Kit](#)
- 3) [FDA approval of lymphoma medicine Ukoniq \(umbralisib\) is withdrawn due to safety concerns](#)
- 4) [FDA Drug Shortages](#)
- 5) [FDA Infant Formula Update: June 2, 2022](#)
- 6) [FDA Infant Formula Update: June 2, 2022](#)
- 7) [FDA Infant Formula Update: June 3, 2022](#)
- 8) [FDA Infant Formula Update: June 3, 2022](#)
- 9) [FDA Launches New Dietary Supplement Education Initiative for Consumers, Educators, and Healthcare Professionals](#)
- 10) [FDA Roundup: May 31, 2022](#)
- 11) [FDA's Center for Devices and Radiological Health's Continued Efforts to Return to Normal: Reopening for All Pre-Submissions](#)

- 12) Henkel Corp. Voluntarily Recalls Alterna® Bond Repair Leave-in Heat Protection Spray Due to Possible Health Risk
- 13) Illumina Cybersecurity Vulnerability May Present Risks for Patient Results and Customer Networks: Letter to Health Care Providers
- 14) Leonard Novelty Bakery Announced a Recall Involving Carrot Cake Squares Due to Undeclared Walnuts
- 15) Outbreak Investigation of Hepatitis A Virus: Strawberries (May 2022)
- 16) Outbreak Investigation of Hepatitis A Virus: Strawberries (May 2022)
- 17) Ukoniq (umbralisib): Drug Safety Communication - FDA Approval of Lymphoma Medicine is Withdrawn Due to Safety Concerns
- 18) UPDATE: FDA Updates Recommendations for the Use of Renuvion/J-Plasma Device for Certain Aesthetic Procedures: FDA Safety Communication
- 19) Walmart Inc. Issues Voluntary Nationwide Recall of Various Artri Ajo King Joint Supplements Due to Potential Hidden Drug Ingredients



## **Exclusive DIRECT-HIRE Event for Veterans**

VA is hosting a virtual career fair during June for military-experienced job seekers to meet employers across the country who have direct hire opportunities and other employment initiatives. Meet with federal and corporate employers, including DHS, Raytheon, Apple, Cisco, Department of Energy and Northrop Grumman.

[LEARN MORE](#)



## **Employment extravaganza during June hosted by Veteran Readiness and Employment**

Veteran Readiness and Employment (VR&E) is hosting a virtual employment extravaganza during June for military-experienced job seekers.

[Read More](#)



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## **Food Assistance for Veterans**

Soldiers' Angels helps fight hunger in the Veteran community through the Veteran Food Distribution program. Every month, Soldier's Angels hosts food distributions in six cities across the country: Atlanta, Charleston, Denver, Detroit, Orlando and San Antonio.

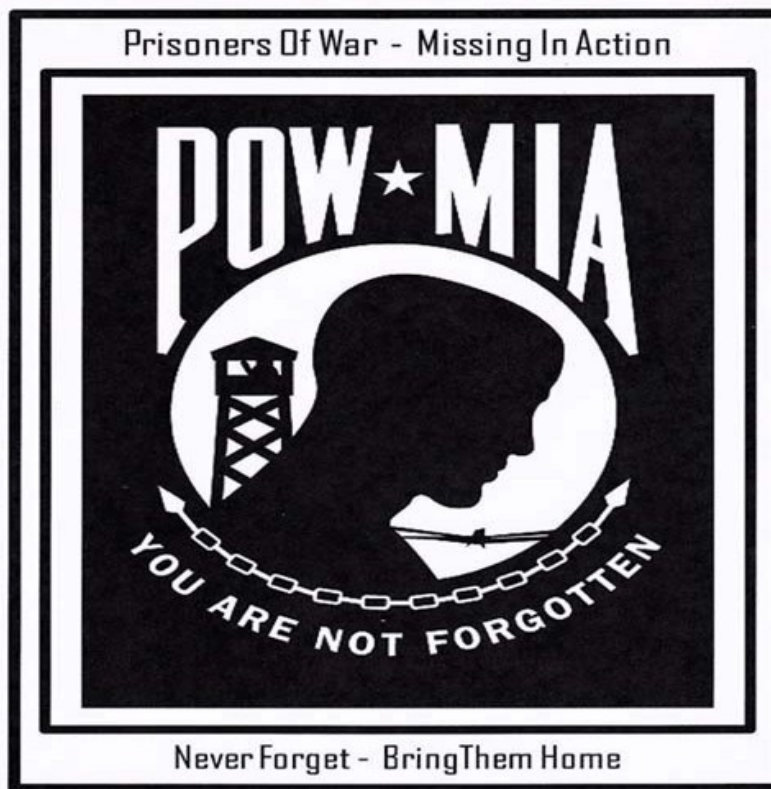
[LEARN MORE](#)



## VA and Rosalynn Carter Institute for Caregivers launch partnership

VA is partnering with Rosalynn Carter Institute for Caregivers to take care of those who care for our nation's Veterans.

[Read More](#)



**Make the Pledge to Raise PTSD Awareness**

June is PTSD Awareness Month. Help spread the word that effective PTSD treatments are available. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life.

[LEARN MORE](#)



### **Effects of harassment on mental health**

When harassment is repeated and recurrent, it can be tough on the body. It adds up over time and can affect wellbeing. VA provides support.

[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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## **Veterans Crisis Line is Here for You**

Each year, millions of Americans struggle with mental illness. Veterans and their families are no different, which is why the Veterans Crisis Line (1-800-273-8255) continues to expand and evolve to find the most effective ways to serve.

[READ MORE](#)



## **David Ross Brower: American Environmentalist**

David Brower not only fought for environmentalism and the national parks system, he also fought for the U.S. Army during World War II.

[Read More](#)







**Our values  
match yours.**



[www.veterans-for-change.org](http://www.veterans-for-change.org)

*CLICK HERE TO GO TO THE VFC WEBSITE*



## **Free, Virtual Resources and Support for Family Caregivers**

Rosalynn Carter Institute for Caregivers' Operations Family Caregiver and Caregiver Support are free, virtual programs that provide support and resources to family caregivers.

[READ MORE](#)

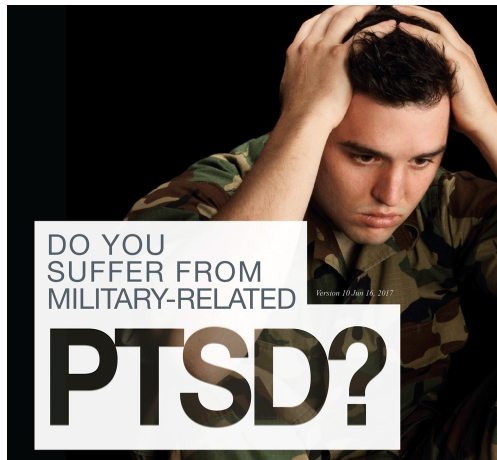


## **Virtual visits provide follow up care without trip to emergency room**

Trips to the emergency room or clinic used to be necessary for all wound care follow-ups. VA now has multiple virtual visits as an option.

[Read More](#)





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



## **Transitioning Veterans Consultation**

Transitioning Veterans is a free Military OneSource specialty consultation designed for service members returning to civilian life. You may be eligible for this personalized support if you are planning to separate or retire from service in the next 12 months or you are within 365 days of your last day of service. Through a series of sessions, a professionally trained consultant can help you identify goals and navigate benefits and resources. Call 800-342-9647 or start a live chat to schedule an appointment. OCONUS/International? [Click here](#) for calling options.

[Learn More](#)



**PTSD Screening Day: Knowing is the first step**

National Center for PTSD is launching PTSD Screening Day, encouraging Veterans who experienced trauma to start a conversation about recovery.

[Read More](#)



## **Tobacco and Health Resources**

World No Tobacco Day was May 31, and the Tobacco and Health program is continuing to encourage Veterans learn how VA can help them reach their goals. Create a plan to become tobacco-free year-round.

[Learn More](#)



## **Innovation Revolutionary: Beta Lactam assessments saving lives**

Beta Lactam antibiotics can provide Veterans with more effective care, cut costs, and improve future care delivery.

[Read More](#)



## Tax & Credit Information



- 1) [An overview of the credit for other dependents](#)
- 2) [EITC Awareness Day: Important changes mean more people qualify for credit that helps millions of Americans](#)
- 3) [How a taxpayer's filing status affects their tax return](#)
- 4) [IRS Free File now accepting 2021 tax returns](#)
- 5) [IRS issues 2021 Filing Season frequently asked questions, information to help taxpayers preparing their 2021 returns](#)
- 6) [IRS provides revised answer for 2020 Recovery Rebate Credit on tracing payments](#)
- 7) [IRS revises FAQs for 2021 Child Tax Credit and Advance Child Tax Credit Payments](#)
- 8) [Tax Time Guide: Important considerations before filing a 2021 tax return](#)
- 9) [Taxpayers beware: Tax season is prime time for phone scams](#)
- 10) [Understanding taxpayer rights: The right to pay no more than the correct amount of tax](#)
- 11) [Why taxpayers should have their tax refund direct deposited](#)



## Resources for Stimulant Use Disorder

Alcohol and other drugs are often used in response to stress, anxiety, depression, and other mental health challenges. Despite the temporary relief a substance may seem to provide, increased substance use can lead to long-term negative consequences.

[Learn More](#)



## VA takes bold steps to improve support for caregivers

As part of the VA MISSION Act of 2018, VA's Caregiver Support Program (CSP) has undergone improvements to enhance the program and increase access to Veterans and their caregivers.

[Read More](#)



# **Veterans-For-Change**

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**Visit our website today**

**[www.Veterans-For-Change.org](http://www.Veterans-For-Change.org)**

**Serving those who served!**

**Please pass on to all your Veteran  
Friends and Family!**

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