



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, June 19, 2022

Volume 13, Issue 25



This-N-That

Good afternoon Jim,

Happy belated Father's, Grandfather's and Great Grandfathers Day! Truly hope you had a terrific day with family and friends.

This week I learned that the VA is now reviewing outside providers, services and costs and may very well close down many of those contracts to save a buck!

Many of the VAMC's do have space to open such clinics, but then comes into play equipment and staffing, overhead costs and most likely more, so is this move or will this move if done be actually cost effective?

And for those Veterans who live a rather large distance from the nearest VAMC, how will this affect them and their health?

I understand our economy is in the dumper, but to me sacrificing any medical care providers is not the answer and never would be, unless of course they were to construct more facilities, but after the last two disasters on budget over-runs in massive amounts, chances are they won't look at that possible solution.

I truly dislike weeks I bring bad news, but this time it's both bad and good, so please read the following article from Commander Wells of Military Veterans Advocacy regarding a bill.

I am still way behind in getting more documents prepped and uploaded, and have a ton of web links to be uploaded and approximately 8-9 questions to add to the polls.

Cancer treatments have slowed me down drastically, but slowed down is all, not stopped.

For those who may or may not have browsed our website I encourage you to do so. And if you haven't subscribed, please do so you can view thousands of other documents on the system. Just be sure to complete the enrollment form as much as possible, excluding address and phone number. Once you do that it notifies me you've subscribed and I can go authorize as quickly as I can.

If you've not visited our website, www.veterans-for-change.org or not visited in a while, please be sure to check often for updates on documents, web links, etc., we are a bit slow, but are moving as fast as we can, yet not over-loading to put more work on our Webmaster when we get to the transition into the new look.

On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Kindest regards,
Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org



SENATE PASSES SFC HEATH ROBINSON PACT ACT



Military-Veterans Advocacy (MVA) today praised the United States Senate for their passage of important veterans legislation supported by the Slidell, Louisiana based veterans organization.

The Senate by a vote of 85-15 voted to pass the Sergeant First Class Heath Robinson Honoring Our PACT Act. The legislation will provide presumptive benefits for 23 diseases and disabilities suffered by veterans exposed to open air burn pits in Southwest Asia. The bill will also cover radiation veterans in Eniwetok, Palomares Spain and Uzbekistan. Additionally it will provide coverage for those veterans who served during the Vietnam Era in Guam, American Samoa, Johnston Island, Thailand, Laos and Cambodia.

As well as providing long overdue compensation and medical benefits, it provides a framework for the Department of Veterans Affairs to use in determining other presumptive disabilities caused by military toxic exposure.

"MVA has supported the PACT Act concept for years," said Commander John B Wells, USN (ret), Chairman of Military-Veterans Advocacy. "In our visits to the Hill over the last few years, we have championed the need for comprehensive legislation," Wells continued. "While this bill does not cover all toxic exposures, it is a huge step in the right direction."

Wells praised bill sponsor Rep. Mark Takano, D-CA for "his leadership and foresight in drafting this important legislation." He also congratulated Senators Jon Tester (D-MT) and Jerry Moran (R-KS) for their hard work in reworking and improving the House passed bill. "Their joint efforts," noted Wells, "were critical to resolving differences and ensuring the bill's passage. It goes to show that the two parties can work together, at least on important veterans benefits."

Louisiana Senators John Kennedy and Bill Cassidy also were complemented by Wells. "Initially, both Louisiana Senators had reservations," Wells noted. "MVA reached out to them and were able to convince them to support this effort. I appreciate their consideration of our input and their support of veterans efforts."

The bill now goes back to the House where swift passage is expected. President Biden has indicated that he will sign the bill. It will take effect October 3, 2022.

Commander J. B. Wells U. S. Navy (Retired)
Attorney at Law
Chairman
Military-Veterans Advocacy, Inc. ®

VA provides a different approach to treating chronic headaches

"The headaches were so severe I used to close myself in a dark, quiet room to get relief," remembers TBI survivor and Navy Veteran JL. She finally found relief thanks to her VA care team.

[Read More](#)

Military Veterans Advocacy

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



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



Veterans forum to address VA health care, benefits, questions from Veterans

VA and Together We Served to host free, virtual Veterans forum. Experts will address VA health care and benefits, among other topics.

[Read More](#)



Vietnam Veteran's dream fulfilled with Honor Flight

Vietnam Veteran David Bartlett, diagnosed with terminal lung disease, joined the Kansas Honor Flight to visit memorials in Washington, DC with help from the Dream Foundation.

[Read More](#)



Veterans Forum to Address VA Health Care, Benefits, Questions from Veterans

VA and Together We Served will host a free, virtual Veterans forum June 23, 2022, from 1-2 p.m. ET on a variety of topics, including VA benefits and health care, mental health and PTSD.

[JOIN](#)



VA Implements COVID-19 Protection Levels

To ensure patient safety, VA has introduced COVID-19 Health Protection Levels to provide clear and accommodating guidelines regarding community spread. Low, medium, and high levels based on the local CDC's community transmission rate are monitored and updated weekly. Notifications will be placed at all facility entrances, and on the local facility website and social media channels. [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, one with his arm around the other's shoulder. The text is in a clean, sans-serif font. The logo includes a blue star and red dots.

VA nurse develops first chest pain triage protocol for urgent care

Lorilea Johnson pioneered a protocol for providers to assess the risk of a cardiac event occurring in patients experiencing chest pain.

[Read More](#)



Shining a spotlight on loneliness

Loneliness can be a risk factor for dementia, stroke and heart disease. VA's Compassionate Contact Corps matches Veterans with trained volunteers, who connect with them via phone or video.

[Read More](#)



Medallion of Strength: Celebrating Women Veterans

A tangible way to identify and acknowledge women Veterans that celebrate their identity and contributions of service to the nation. Download yours today!

[DOWNLOAD](#)



Beware of Predatory Loans

Interest rates as high as 189% are impacting military-connected consumers and families who are using certain loans to pay for auto repairs and even pets. In some cases, loan terms appear to violate or sidestep existing laws like the [Military Lending Act](#) (MLA), which caps many consumer loan interest rates at 36% for those serving on active duty. All consumers are reminded to exercise caution when making financial choices. [Read more.](#)



VA and Volunteers of America help Veteran Robert Irvin go from homeless to home

Vietnam Veteran Airman Robert Irvin used a VA benefit to become a truck driver. A crash flipped his truck over and VA helped him again.

[Read More](#)



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](#)



We Want to Hear from You

Are you a Woman? Did you serve in the U.S. military? Are you NOT using your EARNED VA benefits and services? Make your voice count and take our survey today. It takes 5 minutes, is completely anonymous and is offered in English, Spanish and Tagalog.

[TAKE THE SURVEY](#)



Senate Amends and Approves Veterans Toxic Exposure Bill

The Senate amended and approved the veteran's toxic exposure bill (H.R.3967) that 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 \$281 billion over 10 years and would potentially affect as many as one in five veterans living today.

The Senate amendment would authorize the setup of 31 major medical clinics across America and hire thousands more claims processors and health care staff. Since the bill was amended in the Senate, it must now go back to the House for approval of the Senate amendment before being sent to the president to be signed into law.

Everyone can use the [FRA Action Center](#) to urge their Representative to approve the Senate amendment and send the bill onto the President to be signed into law online.



Specialty Education Loan Repayment Program offers aid to new VA physicians

Specialty Education Loan Repayment Program offers aid to new VA physicians with a VA residency and a commitment.

[Read More](#)



Oklahoma ladies make quilts for chemotherapy patients

Karin Carrick and Sherry Langguth deliver homemade quilts to Tulsa Clinic for Veterans receiving chemotherapy. "Showing our appreciation."

[Read More](#)



Find Health Care Resources on Women Veterans Health Website

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

[LEARN MORE](#)



NDAAs Move forward in the Senate

As NewsBytes goes to press, the Senate Armed Services Personnel Subcommittee marked up its portion of the FY 2023 National Defense Authorization Act (NDAA) and sent it to the SASC full committee to markup in a closed session. Details are not available until the committee work is complete. Committee staff has informed the FRA Legislative Team that the bill includes:

- No new TRICARE fee increases;
- Prohibiting reductions in military medical staff until there is an impact assessment provided to Congress;
- Provisions to improve access to mental health counseling;
- No concurrent receipt reform;
- An active-duty 4.6 percent pay increase; and
- \$50 million in impact aid to schools with military families.

The House Armed Services Military Personnel Subcommittee marked up its version of the FY2023 NDAA (H.R.7900) last week (See the June 10 NewsBytes for details) and is scheduled to be marked up in the full committee (HASC) on June 22. Once approved by the full committees the bills will go to the floor of their respective chamber to consider floor amendments and be approved. After both chambers approve their version of the NDAA a conference committee will be appointed to resolve the differences between the two bills. Once the differences are resolved the final bill will be submitted to the House and Senate for approval. If approved by both chambers the bill will be sent to the president to be signed into law or be vetoed.





"C" what VA recruiters can do for you with these three steps

When you contact, communicate and coordinate with our VA recruiters, a career at VA can be at your fingertips.

[Read More](#)



Kansas City VA raises the Pride flag

"This flag will fly through the end of the month in support of greater unity, visibility, and equality for our LGBTQ+ Veterans and employees."

[Reqaad More](#)



Veterans Receive Tickets to Live Concerts, Events with Vet Tix

Vet Tix provides free event tickets to give something to those who gave. Vet Tix supports Veterans and service members by honoring their service and providing positive family and life experiences during and after their years of service to our country.

[READ MORE](#)



Key Spending Bills Move Forward

Six of the 12 House appropriations subcommittees marked up and passed their portion of the federal annual budget. These subcommittees include Defense, and Military Construction-VA. House Democrats chose to move ahead with spending bills despite the lack of a bicameral, bipartisan agreement on top-line spending. These still unnumbered bills will move to the House Appropriations Committee to be approved and sent to the House floor for further consideration. They plan to hold floor votes in July. The FRA monitors the appropriation process to ensure adequate funding for various programs that impact members, with special focus to ensure adequate funding and staffing for Department of Defense (DoD) and Department of Veterans' Affairs (VA) health care.

The Defense subcommittee rejected efforts to increase defense spending three to five percent above the current rate of inflation. Also, the size and funding of the annual active duty pay increase is expected to be hotly debated.

The current fiscal year appropriations package (FY2022) was signed into law March 15, 2022. FY2022 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.



Suicide Prevention Resources for Military and Veterans

Military & Veterans Crisis Line

1-800-273-8255, Press 1
Text 838255, 24/7

Vets 4 Warriors
855-838-8255

InTransition
1-800-424-7877

Office of Warrior Care Policy

warriorcare.dodlive.mil/

Military One Source
1-800-342-9647

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

1-800-959-8277



VA telehealth services through the Digital Divide Consult

Digital divide: The gap between people who do and do not have access to the internet or internet devices. VA Digital Divide Consult can help.

[Read More](#)



VA nurse saves life using CPR

A VA nurse used his CPR skills help save the life of a fellow athlete. "My adrenaline kicked in. My main thought was please don't die on me."

[Reqaad More](#)



Bridge My Return, National Veterans Creative Arts Competition, Veterans Crisis Line New Number

In this episode of The BLUF, we explore Bridge My Return, the National Veterans Creative Arts Festival and the Veterans Crisis Line's new number (988, Press 1).

[WATCH](#)



VA Suspends Eligibility Reassessments for Care Giver Program

The Department of Veterans Affairs (VA) has suspended all ongoing eligibility reassessments of veterans enrolled in its family caregiver program while it reviews the program's qualification requirements. This announcement comes after the VA announced it would suspend dismissals from the caregiver program after a VA review found that most post-9/11 veteran families participating in the program would be removed following a 2018 change to eligibility criteria. Although the dismissals were stopped, reassessments and subsequent dismissal notifications continued, leading to confusion among veterans and caregivers regarding their status and options to appeal.

The caregiver program provides health care and benefits, including a stipend, to individuals who devote their time providing oversight of veterans who need assistance and supervision and cannot live independently. The stipends vary based on location, but range from roughly \$1,800 to \$3,000 a month, depending on the level of care required. Under the suspension, the VA also will not reduce stipends based on a recent reassessment, and as previously announced, is not discharging anyone from the program until the review is complete.

The FRA raised alarm over the VA family caregiver program's expansion was not being properly implemented in its testimony before a joint hearing of the House and Senate Veterans affairs Committees in March 2022. Despite objections from the FRA and other VSO organizations, the VA's revised regulation tightened the eligibility criteria substantially beyond what is required by law. As the VA's regulation substantially changes the program's eligibility criteria, the process to determine a veteran's "need" for assistance, and the entire methodology and basis for the stipend paid to the caregiver. The FRA is concerned that many caregivers will be unable to obtain assistance, which was the intent of the 2018 Act.



Veterans can now file an appeal online with the Board of Veterans' Appeals

The Board of Veterans' Appeals (BVA) is modernizing. Veterans can now file an appeal online at the BVA website. Here's how.

[Read More](#)



Live Whole Health #125: Grounding exercise and connecting with our senses

Life unfolds in this present moment. It does not exist in the future or the past, nor does it live in our minds. It lives and unfolds in the here and now. This grounding exercise practice will help you connect with it.

[Repad More](#)



Explore the History of VA

Explore the "History of VA in 100 Objects," a virtual exhibit showcasing objects from 1776 to the present that illuminate the Nation's historical efforts to honor and reward Veterans. Learn more about the historical significance of Objects 29 "National Cemetery 'General' Headstone" and 30 "Lincoln's Second Inaugural Address" that were recently added to the virtual display.

[LEARN 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 06/12/22)

Please note, we've added no 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



Maj. Gen. Tammy Smith: Live Authentically

Tammy Smith struggled to hide her sexuality while serving in the Army. She became the highest-ranking openly gay officer after DADT was repealed in 2011.

[Read More](#)



Veterans forum to address VA health care, benefits, questions from Veterans

VA and Together We Served (TWS) will be hosting a free, virtual Veterans forum on June 23, 2022, from 1-2 p.m. ET on the following topics: VA benefits and health care; Mental health and PTSD; Your military stories and VA experiences.

[Read More](#)



Free Career Support with Google's VetNet Career Week

The Google Veterans Network (VetNet) is hosting the 2nd annual Google VetNet Career Week, June 21-23, a virtual three-day event offering Veterans, transitioning service members and military spouses/partners the tools, support and advice needed to establish and advance your career.

[LEARN MORE](#)



Relief for chronic post-traumatic headaches

Navy Veteran suffered post-traumatic headaches, severe TBI and anxiety. She found relief at VA's Polytrauma System of Care in Virginia.

[Read More](#)



VA and Volunteers of America help Veteran Robert Irvin go from homeless to home

Airman Robert Irvin was busy equipping B-52 planes to carry nuclear weapons to Vietnam. When Irvin returned to civilian life in 1975, the war was over. America was tired, tense and unwilling to offer a warm reception to Vietnam Veterans. "No one said, 'Thank you for your service,'" Irvin recalls, hiding his Veteran status from the public.

[Requid More](#)

Virtual Hiring Event for Skilled Traders, Construction, Manufacturing

Military community job seekers from around the globe will meet, network and interview with skilled trades, construction and manufacturing industry employers at this interactive virtual hiring event June 23, 2022, from 1-4 p.m. ET.

[LEARN MORE](#)



**“We Proudly Support our
Military Personnel & Families”**



The National TeleOncology Service is hiring. Apply today!

National TeleOncology Service is looking for talented academic hematologists or oncologists who are licensed to practice in the United States

[Read More](#)



VA homeless programs enable bright future for Army Veteran Ronald Scott

After the Boston Marathon bombing, the city adopted the motto "Boston Strong." At the same time, the Army's motto was "Army Strong." Army Veteran and Bostonian Ronald Scott embodies both... and shows us what true strength means.

[Requid More](#)



Live Whole Health #125: Grounding exercise and connecting with our senses

This brief 3-minute grounding exercise will guide you through a simple process of slowing down, breathing, and connecting with your senses.

[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.



Myth-busting: You don't have to be a Veteran to work at VA

In our mission to serve Veterans, our goal is to hire the best candidates, no matter their background. We're back with more myth-busting.

[Read More](#)



Start online to make the most of your health care visit

When you show up for an appointment with your health care specialist – face-to-face or virtually – time is critical. You want to talk about what's on your mind, not spend valuable minutes answering a bunch of basic questions. That's where the award-winning eScreening tool comes in.

[Reqad More](#)



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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



**VA supports experiencers' path of recovery,
resilience**

Your path of recovery is yours. Find your resilience and seek help after an incident of sexual assault or harassment.

[Read More](#)



**Q&A: Understanding the Updated Autism Care
Demonstration**

Since 2014, the Comprehensive Autism Care Demonstration (ACD) has provided Applied Behavior Analysis (ABA) services to TRICARE beneficiaries diagnosed with Autism Spectrum Disorder (ASD). The ACD has gone through many updates over the years. Here are Q&As about some of the most recent ACD updates.

[Read More](#)



'I'm Alive Because People Care, Because People Donate Blood'

In April 2012, a "normal day at work turned ugly" for Army Staff Sgt. Travis Mills. Without a massive infusion of new blood, he said, he probably would not have made it home.

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PTSD: When someone shares a trauma

You may not know what to say when someone you care about shares a PTSD trauma story. Learn tips to have a conversation that offers support.

[Read More](#)



Continuous Glucose Monitors Now Available as a TRICARE Pharmacy Benefit

The TRICARE Pharmacy Program now covers two brands of continuous glucose monitors (CGMs): the Abbott FreeStyle Libre 2 and the Dexcom G6. Previously, CGMs were only available as durable medical equipment (DME) under the TRICARE medical benefit.

[Read More](#)



Blood Needed: Armed Services Blood Program Urges Donors to Step Up

The Armed Services Blood Program is encouraging volunteers to step up and donate blood to replenish the supply.

[Read More](#)



Office of Inspector General

- 1) Priority Open Recommendations: Internal Revenue Service
- 2) Priority Open Recommendations: Social Security Administration
- 3) Drug Policy: Preliminary Observations on the 2022 National Drug Control Strategy
- 4) Public Health Preparedness: Medical Countermeasure Development for Certain Serious or Life-Threatening Conditions



Fresh fruit and vegetables – One small change at a time

These four Veterans added fruit and veggies to achieve their health goals. VA dietitian Courtney Reynolds describes how they did it.

[Read More](#)



Apply for a Specially Adapted Housing Grant for Veterans

VA offers housing grants for service members and Veterans with certain service-connected disabilities to buy or change a home to meet their needs and live more independently. Changing a home may involve installing ramps or widening doorways. Find out if you're eligible and learn how to apply for a disability housing grant.

[LEARN MORE](#)



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

CSM Michael Gragg, DHA Senior Enlisted Leader, talks to retired Sgt. Russell Himmelberger, about his service, his injury during OIF, and why he donates blood to the Armed Services Blood Program.

[Watch Video](#)



Research opportunities abound at VA

Dr. Daphne Friedman joined VA as an oncologist at the right time for her career. After doing research at Duke University, she transitioned to VA as a clinician specializing in blood cancers. While she originally joined to focus on patient care locally at the Durham VA, she has benefited from the wealth of research opportunities [...]

[Read More](#)



Learn How Home, Work Environment Support Your Health

For most people, there is a strong connection between where they are and how they feel. Your breathing, heart rate, blood pressure, stress levels and brain chemicals are all affected by your environment. Discover how home and work environments can support your Whole Health.

[READ MORE](#)



How Military Medicine Is Preparing for the Next Conflict

As the Pentagon prepares today's force for a "near-peer" fight against a large military adversary, the Military Health System is challenged to provide life-saving support for large-scale and dispersed operations.

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An Update on the Healthy Soldier Effect in U.S. Veterans

Sullivan-Baca E, Rehman R, Haneef Z. An Update on the Healthy Soldier Effect in U.S. Veterans. Mil Med. 2022

[Read More](#)



Step Up for PTSD Awareness

June is PTSD Awareness Month. Complete 30 minutes of exercise at any time during the month of June in the PTSD Awareness Virtual Walk and help spread the word that effective PTSD treatments are available.

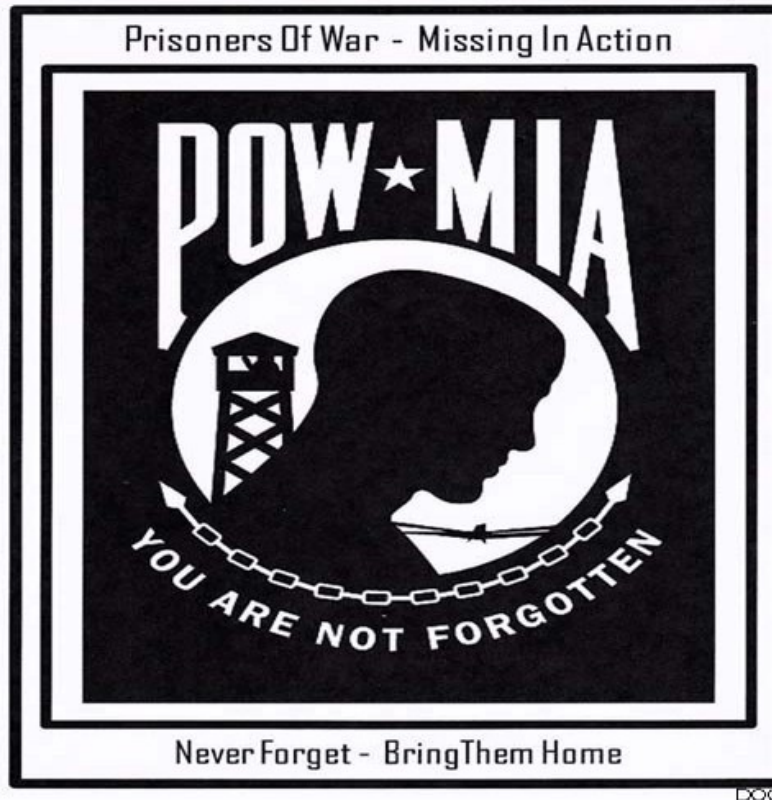
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Disasters Don't Wait, Donate Blood Today

When a disaster strikes, blood is needed immediately, there is no time to wait for donations. Donate today, to prepare for tomorrow.

[Read More](#)



Longing for sleep after violence: The impact of PTSD symptoms, avoidance, and pain on insomnia...

Mahoney CT, Shayani DR, Iverson DR. Longing for sleep after violence: The impact of PTSD symptoms, avoidance, and pain on insomnia among female Veterans.

[Read More](#)



VA Makes it Easier to Buy a Home on Tribal Land

The Native American Direct Loan program is a direct loan provided to eligible Native American Veterans by VA in which the Department originates, underwrites, funds, and services the loan over time.

[LEARN MORE](#)



Blood Donations Remain Vital for Service Member Care

When it comes to the need for donated blood, soldiers on the battlefield understand. The Armed Services Blood Program is the military's only blood donor program for service members, their families, retirees, veterans, and local communities worldwide, helping those in critical need.

[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.



CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER!



Self-service appointment check-in at your fingertips

Beginning this summer, some VA facilities will allow Veterans to start their check-in process up to seven days in advance of the appointment and/or check in at the clinic using their smartphone on the day of the appointment.

[Read More](#)



Pet Preparedness, Presumptive List Additions and MOVE! Coach

In this episode of The BLUF we explore Pet Preparedness Month, additions to the Presumptive List, and the MOVE! Coach App.

[WATCH](#)



Dr. Jonathan Woodson Tapped to Lead Uniformed Services University

Woodson, a vascular surgeon and former Assistant Secretary of Defense for Health Affairs, will lead the nation's only federal health sciences university as its new president.

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[CLICK HERE TO GO TO THE VFC WEBSITE](http://www.veterans-for-change.org)



Virtual wound care visits now available

VA Video Connect is a tool that can reduce stress and worry for Veterans and their family members after surgery.

[Read More](#)



VA Seeks Input on Challenges to Veteran Voter Registration

With primary season upon us, VA wants to learn more about the Veteran voter registration experience and how you participate in our nation's democratic process. Please complete this survey to help us understand how we can best assist Veteran voters exercise the right that they fought to defend. Click here to learn more and take the survey to share your voice.

[TAKE THE SURVEY](#)

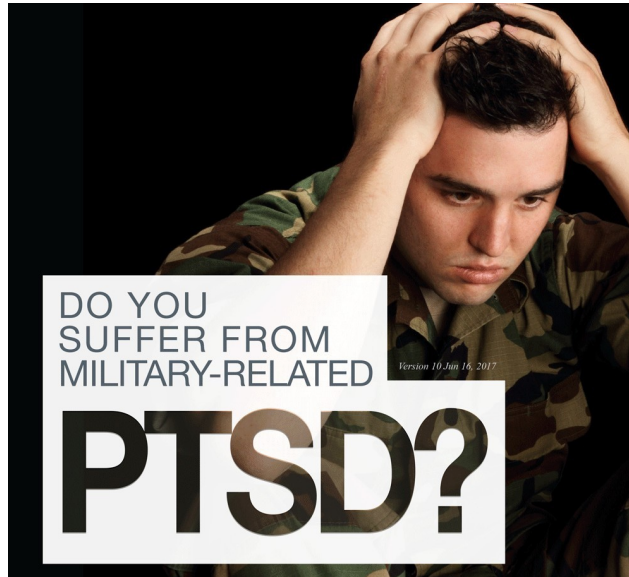


Ask the Doc: All This Noise is Giving Me Headaches

Hi, Doc -- I've worked in a Navy ship nearly my entire career. But as I get older, I've become more sensitive to the constant noise and mechanical humming.

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



VA nurse's pneumonia prevention adopted hospital-wide

North Texas VA Clinical Nurse Maria Cielo Borrinaga created a portable ventilator and an oral care process that helped prevent pneumonia in patients.

[Read More](#)



**Update Your Address and Contact Information
Online**

Are you moving, currently receiving benefits or prescriptions, or enrolled in VA health care and want to know how to change your address? You can update your personal contact information anytime, anywhere through VA.gov. Log in or create a free VA.gov account today!

[UPDATE](#)



Doctors Recommend Sunscreen for All Skin Complexions

The dangers of too much sunlight – from sunspots to skin cancer – are real risks for everyone regardless of skin complexion, doctors say.

[Read More](#)





Talking about your trauma story

Sharing your experience of trauma with someone you trust is an important decision that can help you recover.

[Read More](#)



VR5: Women Veteran Resources

In honor of Women Veterans Recognition Day, VA's Center for Women Veterans shares what their team does for Women Veterans and how to get involved.

[WATCH](#)



TRICARE Covers Vasectomies

TRICARE covers vasectomies but not reversals unless the reversal is medically necessary.



[Watch Video](#)



- 1) Coronavirus (COVID-19) Update: FDA Authorizes Moderna and Pfizer-BioNTech COVID-19 Vaccines for Children Down to 6 Months of Age
- 2) FDA Drug Shortages
- 3) Coronavirus (COVID-19) Update: FDA Authorizes Moderna and Pfizer-BioNTech COVID-19 Vaccines for Children Down to 6 Months of Age
- 4) 888 Food Company Issues Allergy Alert on Undeclared Egg In Various Ho King and Gai Phat Products
- 5) FDA approves treatment for weight management in patients with Bardet-Biedl Syndrome aged 6 or older
- 6) FDA's Ongoing Evaluation and Continued Monitoring of Reports of Nontuberculous Mycobacteria Infections Associated with Water-Based Heater-Cooler Devices
- 7) Latin Foods Market Issues Voluntary Nationwide Recall of Artri King Reforzado Con Ortiga Y Omega 3 Due to the Presence of Undeclared Diclofenac and Dexamethasone
- 8) FDA Approves First Systemic Treatment for Alopecia Areata
- 9) FDA Approves First Systemic Treatment for Alopecia Areata
- 10) Gourmondo Cafes and Catering Co. Issues Allergy Alert on Undeclared Egg in Asparagus and Feta Sandwich
- 11) FDA Roundup: June 14, 2022
- 12) FDA Infant Formula Update: June 15, 2022
- 13) FDA Infant Formula Update: June 17, 2022
- 14) FDA Roundup: June 17, 2022



VA can help you get internet access to your provider

If you would benefit from video telehealth services but do not have internet access or a video-capable device, your VA care team can help.

[Read More](#)



Question and Answer Session with VA Experts About the Benefits and Resources for Women Veterans

VA and community experts will be available to answer your questions on benefits and claims June 28, from 1-2 p.m. ET.

[LEARN MORE](#)



MHS Video Connect Improves Provider Productivity, Patient Readiness

MHS Video Connect, the Defense Health Agency's new comprehensive telehealth platform, is convenient, secure, and easy to use. This new web-based interface empowers patients to meet with their military health provider virtually through live video on any internet-connected device.

[Read More](#)



Boating Safety is Important

When operating a boat, the possibility of injuries and fatalities are very real. It's important to know your boat and where you're headed on your trip.

[Read More](#)



The Defense POW/MIA Accounting Agency announced four burial updates and two new identifications for service members who have been missing and unaccounted-for from World War II.

Returning home for burial with full military honors are:

Army Pfc. Sanford K. Bowen, 26, of Ashland, Ohio, was assigned to Company I, 157th Infantry Regiment, 45th Infantry Division. He was reported killed in action on Jan. 20, 1945, when Company I and four other companies were engaged in battle with German forces near Reipertswiller, France. Bowen could not be recovered because of the ongoing fighting. He will be buried in Shiloh, Ohio, on July 22, 2022. [Read about Bowen.](#)

Marine Corps Gunnery Sgt. Arthur B. Summers, 27, of Poplar, Montana, was assigned to Company I, 3rd Battalion, 6th Marine Regiment, 2nd Marine Division, Fleet Marine Force, which landed against a stiff Japanese resistance on the small island of Betio in

an attempt to secure the island. Over several days of intense fighting at Tarawa, approximately 1,000 Marines and sailors were killed and more than 2,000 were wounded, while the Japanese were virtually annihilated. Summers was reported killed on the fourth day of the battle, Nov. 23, 1943. He will be buried in East Wenatchee, Washington, on a date yet to be determined. [Read about Summers.](#)

Army Tech. Sgt. Ross H. Thompson, 50, of Maryville, Tennessee, was assigned to the Finance Department, U.S. Army Forces Far East, when Japanese forces invaded the Philippine Islands in December 1941. Intense fighting continued until the surrender of the Bataan peninsula in 1942. Thompson was among those captured and held at the Cabanatuan POW Camp, where he reportedly died on Dec. 10, 1942, and was buried. He will be buried in Kent, Washington, on a date yet to be determined. [Read about Thompson.](#)

Army Staff Sgt. Casimir P. Lobacz, 25, of Kenosha, Wisconsin, was assigned to Company E, 11th Infantry Regiment, 5th Infantry Division. On Sept. 27, 1944, Lobacz's unit was part of the ground attack on Fort Driant near Metz, France. He was reported to have been killed during the first wave of the assault and his body was unable to be recovered. He will be buried in Arlington National Cemetery in Arlington, Virginia, on a date yet to be determined. [Read about Lobacz.](#)

Army Pvt. Carl G. Dorsey, 19, was assigned to Company I, 3rd Battalion, 22nd Infantry Regiment, 4th Infantry Division. He was reported missing in action on Dec. 4, 1945, when his unit was engaged in battle with German forces near Grosshau, Germany. He was declared killed in action Dec. 5, 1945. Interment services are pending. [Read about Dorsey.](#)

Army Pfc. David N. Owens, 27, was assigned to Company E,

2nd Battalion, 12th Infantry Regiment, 4th Infantry Division. He was reported missing in action on Nov. 22, 1944, when his unit was engaged in battle with German forces near Hürtgen, Germany. He was declared killed in action Nov. 23, 1945. Interment services are pending. [Read about Owens.](#)



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***Please pass on to all your Veteran
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