



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, July 03, 2022

Volume 13, Issue 27



## **This-N-That**

Good evening Jim,

Tomorrow, we celebrate Independence Day, also known as July 4th. Many will go to the beach, have a BBQ, visit memorial sites, shoot off or attend fireworks shows.

What is celebrated on Independence Day?

Happy birthday, America! July 4th – also known as Independence Day – marks the day in 1776 when the Second Continental Congress unanimously adopted the Declaration of Independence, signaling the official separation of the 13 original colonies from Great Britain amid the Revolutionary War.

Independence Day, also called Fourth of July or July 4th, in the United States, the annual celebration of nationhood. It

commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. Independence Day is celebrated on Monday, July 4, 2022 in the United States.

On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on, the 4th became the day that was celebrated as the birth of American independence.

Sadly, many of our fellow Americans have completely forgotten the meaning, let alone when it was enacted, but for me, I am very thankful for my freedom's which all of you laid down your lives to protect and defend.

You wrote a check payable to the United States of America for an amount up to and including your lives, all gave some, many gave their all. And every single day that passes I am reminded daily and thankful daily for all I have and am able to do, all because of all of you who served to protect and defend against all enemies foreign and domestic.

This week we've added one new piece of legislation to the ever-growing list. And I do know it is asking a lot of each reader, but please try and send out as many as you can of the pre-written E-Mails as you can.

If we don't keep up the push, each piece will lay on a table or desk somewhere and be ignored and we can't afford to have even one piece ignored.

I receive so many submissions for articles to be posted to our website, and we've had to limit ability to comment because of spammers and bots, so if you're not a subscriber you won't be able to comment and I do watch for comments so I know what

types of articles most are interested in.

So become a subscriber today, it also opens doors for access to many other documents not open to visitors,

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 as well as being able to comment on all the various articles. 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.

Please do visit 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.*

<https://www.paypal.com/donate/?hostedbuttonid=Y6X86GAXYHN56>



## **Celebrate Independence Day with VA Careers**

Learn about how you can celebrate Independence Day by applying to work at VA.

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## **HVAC Subcommittee Reviews Suicide Prevention Efforts**

The House Veterans Affairs Committee's Subcommittee on Economic Opportunity held a hearing to review President Biden's strategy to reduce veteran suicide by addressing economic risk factors. Increasingly, the public health approach to suicide prevention in the U.S. has widened to address a person's entire set of circumstances, beyond simply looking at it as a mental health issue.

Subcommittee Chairman Rep. Levin (Calif.) cited recent research showing that directly addressing food insecurity can decrease suicidal ideation. Another study reveals that raising the minimum wage by \$1 can decrease the suicide rate across a population. Veterans with legal problems are at an elevated risk of suicide, but research examining these issues has been limited.

Subcommittee ranking member Rep. Moore (Ala.) said stressors on all Americans are growing, and veterans are not immune. The suicide rate among veterans in his state is higher than the rest of the country, and significantly higher than among civilians. The Alabama Department of Veterans Affairs created a talent initiative

to combat the stigma related to mental health needs. They provided information about obtaining help, as well as employment opportunities through things such as job fairs.

He called upon the VA and other agencies to re-examine every economic program they administer to ensure they are meeting veterans' needs in a time of rising inflation. He expressed disappointment that the written testimony submitted by witnesses simply regurgitated the programs currently offered. He wants hard evidence that these programs are actually reducing rates of suicide. Moore called for reducing the stigma against asking for mental health care and help. "It is really okay not to be okay," he said.

The FRA supports improvements of VA and Defense Department suicide prevention programs to reduce the rate of suicide among veterans and active-duty service members. The Department of Veterans Affairs recently released its 2021 National Veteran Suicide Prevention Annual Report. The report shows a decrease from 2018 to 2019 in the total number of veteran suicide deaths (6 percent) and a decrease in the rate of veteran suicides. Specifically, the VA reported that there were 6,261 veteran suicide deaths in 2019 - 399 fewer than in 2018. Of the 17 veterans who died by suicide per day on average in 2019, approximately ten of them had no recent interaction with the VA health care system. The data also revealed that the female veteran suicide rate decreased by almost 13 percent, which is the largest rate decrease for female veterans in 17 years.

Veterans ages 18 to 34 experience a higher rate of suicide than all other age brackets of veterans. The suicide rate for young veterans increased by 76 percent from 2005 to 2017, according to the Department of Veterans Affairs' 2020 National Veteran Suicide Prevention Annual Report. A growing number of these veterans never experienced combat.



## 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@mvadvocacy.org](mailto:robin.barr@mvadvocacy.org)



## Hunter Girl turns Veteran stories into songs

Hunter Girl, American Idol 2022, helps Veterans as a volunteer with Freedom Sings USA which pairs award winning songwriters with Veterans.

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## **Teams working to care for Veterans exposed to burn pits**

Follow multidisciplinary team efforts to diagnose and treat Marine Veteran exposed to burn pits in Iraq. "Veterans want and deserve answers."

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## **Better outcomes and better treatment: Equity in oncology for Black Veterans**

What does equity in oncology mean? The positive impact of VA's focus on health equity can be seen in the cancer care treatment outcomes of Black male Veterans. Prostate cancer is one of the most common diagnoses for the Veteran community.

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## **Veteran carves special "sign" of thanks for Houston VA cardiologists**

After by-pass surgery, Army Veteran Carl Haaland, avid woodworker, wanted to give his Houston VA cardiothoracic team a sign of his gratitude.

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## Your actions

**could save a life.**

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

VeteransCrisisLine.net



## Innovation revolutionary: Diversity and inclusion at the point of care

Pamela Black has developed a Diversity and Inclusion Advocate program to educate staff and provide support for Veterans at the point of care.

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## Blind Veteran grateful to Houston VA Low Vision Clinic



"I was impressed with how detail oriented they were with my assessments. Some staff members were blind, which gave me motivation and hope."

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## **VA provides hope to Navy Veteran David Burris, who was facing homelessness**

Ohio holds the designation as "the birthplace of aviation" in America as Wilbur and Orville Wright were born in the Buckeye State. Astronaut Neil Armstrong was born in Dayton, Ohio. Inspired by his home state's heroes, Veteran David Burris continued their legacy. For the Iraq invasion in 2003, Burris was a plane captain in the Navy. For two years, he ensured his crew's safety by examining their planes before each flight, meticulously monitoring any discrepancies or issues that could jeopardize a mission.

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## **From Homelessness to good jobs: DoL's Homeless Veterans' Reintegration Program changes lives**

At the Department of Labor's Veterans' Employment and Training Service, we're working to support Veterans experiencing homelessness through our Homeless Veterans' Reintegration Program, a competitive grant program focused on reintegrating individuals into the workforce and building strong systems to address the challenges veterans experiencing homelessness routinely face.

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**Veterans can find new career as bank examiner**

Veterans wanting a challenging career that ensures the safety and soundness of the federal banking system can find it as a national bank examiner. The Office of the Comptroller of the Currency (OCC) charters, regulates, and supervises all national banks and federal savings associations (collectively, banks) as well as federal branches and agencies of foreign banks. The OCC is an independent bureau of the U.S. Department of the Treasury.

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## **Height may be risk factor for multiple health conditions**

Height is not typically considered a risk factor for diseases. But past research has shown correlations between how tall someone is and their likelihood of experiencing a number of health conditions. What isn't well understood is whether this correlation has a biological basis or is due to other factors.

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## **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. After graduating from high school in Oakland, Oregon, Tammy Smith could not afford to pay for college and decided to become an agricultural journalist instead. She was selected by the Oregon Future Farmers of America (FFA) chapter to be its state reporter.

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## **VA Homelessness Program**

At a recent press conference, the Department of Veterans Affairs (VA) Secretary McDonough discussed efforts to eliminate veteran homelessness. VA Secretary McDonough stated, "no veteran should ever be homeless," and thanked the Department of Housing and Urban Development (HUD) for the \$365 million package of resources recently released.

Monica Diaz, Executive Director of the VA's Homeless Programs Office, reported that veteran homelessness has declined by nearly 50 percent since 2010, and the VA has helped more than 950,000

veterans and their family members become permanently housed. "Our strategies are working," she said, thanks to the dedication of VA employees and veterans' resiliency. Diaz explained the VA takes a "housing first" approach to the issue. This means the veteran does not need to be "ready" for housing or enter treatment before being housed. Instead, VA provides a home, then wraps treatment and other support services around the veteran.

She described the various VA programs to help veterans. However, she said, every citizen can play a role in combating veterans' homelessness. She asked the media to spread the word those services exist, and to encourage veterans to reach out for help. Diaz also called upon employers to open their doors and to give veterans a chance. The VA's goal is to place at least 38,000 veterans into permanent housing by the end of this year. That is almost the total number of veterans who were reported as homeless in the 2020 Point in Time count.

When asked, McDonough said he is "enthusiastic" about the PACT Act, which is expected to pass the House soon. The Secretary stressed the importance of providing service presumptions to make it easier for veterans to gain access to health care and benefits. McDonough said the new legislation, which now goes to the President to be enacted into law, provides a "generational opportunity to increase access to VA benefits and to VA care."



## **Kansas City VA annual Salute to Women Veterans**

The Kansas City VA's annual Salute to Women Veterans at Kansas City VA recognizes service and challenges of women Veterans.

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### **Live Whole Health #127: Connecting Mind and Body Session 3: Sensation of grounding**

What does it mean to feel grounded? For me, grounding is a sensation of being fully connected to myself, and in the present moment. When I feel grounded, I feel more stable in my mind and body. Grounding can come from different things. For me, being in nature and taking in the feeling of the ground beneath me, the feeling of a gentle breeze, the smell of the flowers or trees, can all be very grounding.

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### **Center for Women Veterans Book Corner, July: Army Veteran Tanya R. Whitney**

This month's Women Veteran Authors Book Corner author is U.S. Army retired Master Sergeant Tanya R. Whitney, who served from 1983-2010.

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## **Better outcomes and better treatment: Equity in oncology for Black Veterans**

The positive impact of VA's focus on health equity in oncology can be seen in the cancer care treatment outcomes of Black male Veterans.

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## **Standing Ready: Examine the past, present and future of VA innovation**

Standing Ready highlights the significant contributions – past, present and future – of the VA health care system through a historical lens.

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## **Woman Veteran recommends VA health care safe space**

Have you wondered what women's health care is like at VA? Women Veterans can get holistic care they can trust at women's health clinics in VA medical centers. Enrolling in VA health care gives eligible women Veterans access to comprehensive women's care services like primary care, including immunizations and screening; reproductive health care, including breast and gynecological care; family planning, prenatal and maternity care, menopausal management, and mental health care.

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## **PBS' A Capitol Fourth will be broadcasting live from Washington, D.C. on July 4**



Capital Concerts has announced the all-star cast of the 42nd annual edition of "A CAPITOL FOURTH" on PBS, airing live on July 4.

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## **Woman Veteran recommends VA health care safe space**

Air Force Operation Enduring Freedom Veteran tells other women Veterans how VA women's health care "Changed the whole trajectory of my life."

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**Fresh Focus "Heart to Home" episodes: #61-63**

In each episode of this six-episode Heart to Home series on the Fresh Focus podcast, VA dietitians are dishing out heart health tips from hospital discharge to home.

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## **Hunter Girl turns Veteran stories into songs**

You may have heard of Hunter Wolkonowski, or better yet Hunter Girl, for her time on American Idol 2022. Prior to reaching success on the popular singing competition, Hunter Girl, a native of Winchester, Tennessee, impacted the lives of Veterans at the Chattanooga Vet Center, Central Arkansas Veterans Healthcare System and various retreats as a volunteer with Freedom Sings USA.

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## **VA helps headache sufferers**

VA's Headache Center of Excellence program focuses on treating Veterans through a holistic approach, including physical therapy, exercise, diet and nutrition changes, Botox injections, medications and other advanced therapies.

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*CLICK HERE TO GO TO THE VFC WEBSITE*



## **This Pride Month, VA is proud of all LGBTQ+ Veterans**

Pride Month - Saluting our LGBTQ+ Veterans who volunteered to defend our freedom. It is our responsibility to help defend theirs.

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## **VA History 100 Objects-Object 31: Serving in Silence**

VA Nurse and LGBTQ activist, Margarethe Cammermeyer, who was discharged from the Army National Guard in 1992 for freely admitting she was gay. She waged a successful legal battle and was reinstated at her former rank. Her story inspired an award-winning television movie released in 1995 starring Glenn Close.

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### **America250: Air Force Veteran Margaret Witt**

This week's America250 salute is Air Force Veteran Margaret Witt, a flight nurse instrumental in the repeal of "Don't Ask, Don't Tell." She logged nearly 2,000 hours as a flight nurse and received an Air Force Commendation Meda. In 2010, the Air Force reinstated her, and Witt's case resulted in a new rule known today as the "Witt standard."

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### **User-friendly apps give Veterans more data control**

Army Veteran Gabriel Villegas talks about the value he gets from mobile apps that connect directly to his VA.gov profile.

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

Jim you don't need to be Active Duty or a Veteran, in fact we ask all Veteran friends to also help! (Updated 07/01/22)

Please note, we've added one new item 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
- 108) HR 1476, PFC Joseph P. Dwyer Peer Support Program Act
- 109) S. 4223 and H.R. 7846, the Veterans' Compensation Cost-of-Living Adjustment (COLA) Act of 2022



## **House NDAA Prohibits Chinese Products in Commissaries and Exchanges**

The House Armed Services Committee (HASC) markup of the FY2023 National Defense Authorization Act (NDAA-H.R.7900) was amended to prohibit commissaries and exchanges from selling products made in China. Rep. Mark Green (Tenn.), the amendment sponsor believes it "makes sense" to not sell products made in China in military commissaries and exchanges. He argued that this should be done not just because they are a major economic and military adversary, but China is also guilty of human rights abuses.

HASC Chairman Adam Smith (Wash.) and others said they understand the sentiment behind the amendment. However, they said, it is simply not practical to remove everyday items from the shelves because so much is produced in China. This would have an especially detrimental impact upon service members and families based in remote areas where off-base shopping opportunities are sparse.

Rep. Jackie Speier (Calif.) argued that consumer products and food are more safely made in the United States. She cited melamine found in baby formula as well as lead in children's toys. The amendment passed on a voice vote.



## **How Drones Will Transform Battlefield Medicine – and Save Lives**

One of the best ways to save lives during combat operations is to provide blood products to forward deployed medics and corpsmen as soon as possible.

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## **Provider webinar: LGBTQ+ Veteran Health Care – June 23**

Did you know that LGBTQ+ Veterans have unique health needs? Learn more and help strengthen care outcomes for LGBTQ+ Veterans by joining our next webinar entitled LGBTQ+ Veteran Health and Care Coordination on Thursday, June 23, 2022, at 1:00 p.m. ET.

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## **Why you should stay up to date with your COVID-19 vaccination?**

In addition to getting your initial COVID-19 vaccine, you're best protected when you stay up to date with your boosters too.

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### **Podcast: Ending Veteran homelessness**

Podcasts will introduce Veterans to new benefits and program innovations and tell how VA will continue to prevent Veteran homelessness.

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### **Ask the Doc: Heat Stroke vs. Heat Exhaustion – What's the Difference?**

Heat-related illness refers to a spectrum of conditions that worsen as the body's core temperature rises due to environmental heat or metabolic heat.

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## Columbia VA's special "I Care 4 Her" program

The Columbia VA team of medical professionals in the Women's Health program aim to ensure every female Veteran who receives care there feels empowered, comfortable and treated with dignity. "I've taken care of women for more than 30 years. I'm a dad of two daughters and have been married for about 35 years," said Women's Health Medical Director Kahlil Demonbreun.

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## Veterans in their 80s stay active with home exercise program

VA employees launched a home exercise program to improve quality of life for older Veterans.

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HOME *of the* FREE  
BECAUSE *of the* BRAVE

*Honoring those who served*



## **National Insurance Awareness Day: Are you and your family covered?**

Knowing the importance of life insurance coverage and what the common types are helps Veterans and their families secure a financial future.

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## **Safety Tips for the 101 Critical Days of Summer**

The 101 Critical Days of Summer have begun. Follow these safety tips to make your vacation journey a safe and happy one.

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## **Live Whole Health Episode 126: Introduction to Qigong**

"What is all that noise down there?!" my teenage daughter shouted from her bedroom, as I was tidying up the kitchen. I often find myself in that state of frenzy, trying to complete a task and not really thinking about anything but my agitation.

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## Dear Fellow Caregivers

Dear Fellow Caregivers –

Our story of love and dedication began nearly 30 years ago. We were both older adults, returning to college, seeking a degree in computer science. One evening, I was on my way to the computer lab, and he asked if I needed help with my computer program. That was a standard "pick-up" line, and I learned to "just say no" and keep moving. However, it was something different about him, and I said, "yes"! He was handsome, smart, witty, and made me laugh. I had no idea he would be my forever guy... our connection was instant, and we were inseparable.

My Vet had just recently retired after 25 years in the military, and we were together for eight years before we decided to marry. We never looked back, through the challenges of life. Our love and commitment were lasting. I remember the day he asked me if I wanted to jump on his train as it was moving. We both had shattered dreams; we were firstborns and fighters. So, I jumped on that moving train, and even today, we both look back with no regrets.

We loved traveling and cruising - it was on a cruise ship at the very top of the boat where he proposed to me. We roller-skated, fished, camped, and built computers; my Vet was a small aircraft pilot, and we would go on short-distance flights. We had a wedding photography business which kept us quite busy.

Soon, we decided to settle down and buy a home. We found an article stating there was an urgent need for people to open their homes to foster abused and neglected children. We both were on



board, and shortly afterward, we became foster parents. For 13 years, over 100 children stayed in our home. Eventually, God made plans for us to adopt. We received a call to pick up a two-day-old baby girl at the hospital. We fell in love with that bundle of joy at first sight.

My Vet was diagnosed with type 2 diabetes several years before retiring from the military. We never fully understood the toll this disease takes on the body. He was also diagnosed with high blood pressure and an enlarged heart valve. He looked and felt great outside; however, his kidneys were slowly failing inside. There was no warning or preparation for what we would face and how this disease would change our lives.

As the years passed, my Vet began having trouble keeping his blood sugars (BS) and blood pressure in range. They were always high to the point he would say, "I feel better being 'high' than low." His doctor suggested that he transition to insulin. After several years on insulin, the doctors struggled to find the proper medication to lower his BS numbers. His kidneys were quietly shutting down, and his body began to show the effects.

One day, I noticed a bruise on his face and asked what had happened. He said he blacked out in the bathroom and bumped against something. I noticed he began to tire quickly and was noticeably irritated. While visiting a neighbor, he stated he felt faint and could barely make it home. The next day, we went to VA urgent care, and they sent him to the nearest hospital in an ambulance. He received a defibrillator. He never fully recovered; a couple of years later, we were informed he was in stage IV kidney failure. I did not know about the kidney disease and felt he was keeping this from me. I vowed to go to all his appointments to be his eyes and ears, primarily advocating for him.

He was assigned a nephrologist, who told him his current and

long-term options. He had already decided that dialysis would never be an option; therefore, we began finding and preparing for a kidney transplant. Meanwhile, as each month passed, his health deteriorated rapidly. My Vet could barely walk and was no longer able to perform daily personal grooming. He could barely get to the bathroom and stopped having meals at the table because he no longer had an appetite and was wasting away.

He was not in pain; it was me who was hurting, confused, afraid and alone. I was hurting because my Vet was dying slowly, and no one seemed to care. I was confused and afraid because I thought the VA would take my Vet away to a nursing home if I didn't figure out how to take care of him. I was alone because no one had any answers to my questions or returned my calls for help.

He asked me to take him to VA urgent care; my daughter and I almost needed to carry him to the car; he was so weak. I just knew he was never coming home again; my heart was breaking into pieces. When I thought I was at the end, God turned that entire situation around and gave me hope. The doctor walked in, assessed the problem, and asked me to step outside the room. He told me he planned to get my Vet the help he would need by admitting him to the hospital. He assured me he would get the help he desperately needed. While waiting to be transferred to the hospital, a social worker tracked me down to let me know she would be talking to me later. I couldn't believe what was happening.

After a few days, they released my Vet from the hospital. A member of the Caregiver Support Program (CSP) contacted me, and I was on the phone with this God-send angel for over two hours. She listened to me, understood my pain, and promised to speak to the necessary people to get us help. She followed up with me, stayed in touch and explained how CSP could help ME. She signed me up for a couple of programs. I never thought about

myself in this process; I only focused on my Vet and his well-being. I was so overwhelmed with caring for my Vet I did not want to commit too much, still not realizing they were there to help, not to pressure me.

I began getting random text messages from "Annie," a tool sending encouragement and affirmations. I signed up for a few classes through Caregivers FIRST and began learning about self-care, how to alleviate stress through breathing, setting goals and tips and ideas to get my Vet to change or improve behaviors. CSP also matched me with a Peer Mentor from the Peer Support Mentoring program. Let me tell you; my mentor is the perfect match for me! She's a gift from God!

We soon began to get the right equipment that my Vet needed to stay in our home and help me better manage his care. I can't begin to express my gratitude for CSP's resources. My wish is to increase awareness and funding for this amazing program.

In closing, my fellow caregivers, the struggle is real. So are the feelings of abandonment we experience when no one seems to care and those thoughts of just giving up. Hang on! There's a fantastic group of individuals in CSP that are there for us! They will throw you a lifeline and not let go!

I'm blessed to be connected to this amazing group of individuals!

Sincerely,  
Kathy Parker





## **For Mom's with small Children Needing Baby Formula**

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.



## **TRICARE Active Duty Dental Program Helps Ensure Dental Readiness**

The Active Duty Dental Program is available worldwide via United Concordia Companies, Inc. You can contact United Concordia for all your ADDP civilian dental care needs.



[Read More](#)



## **Kansas City VA raises the Pride flag**

In May 2022, VA Secretary Denis McDonough authorized and encouraged VA facilities to fly the rainbow Pride flag for the duration of the month of June. This makes a clear statement to all Veterans that VA welcomes them and is committed to facilitating an inclusive health care environment. Kansas City VA took action to secure a flag, invite the public, and schedule the occasion to raise the flag in early June 2022. Veterans and employees gathered around the center flagpole in front of the main building.

[Read More](#)



**Achieve your health goals from your kitchen**

These four Veterans added fruits and vegetables to achieve their health goals. Find out how they did it.

[Read More](#)



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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!**

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**DoD Responding to Chemical Contamination**

The Environmental Protection Agency (EPA) recently updated drinking water health advisories for PFOA and PFOS, also known as "forever chemicals." Based on new science indicating even the tiniest levels of these chemicals in drinking water can cause health problems, the new levels are "near zero," according to an EPA statement.

Perfluorooctanoic acid (PFOA) and perfluorooctane sulfonic acid (PFOS) have been linked with a variety of health effects, including



decreased birth weights, suppressed vaccine response in children (by lowering the concentration of serum antibodies), increased breast and other cancer incidence, and other issues.

The Department of Defense (DoD) has been dealing with PFOA/PFOS contamination at military installations around the country, including National Guard and Reserve installations. Military-grade firefighting foam, until recently, used both chemicals. In recent years, Congress has required DoD to stop using those foams and to find alternatives.

HASC chair Rep. Adam Smith (Wash.) released a statement that the EPA move "underscores just how dangerous" these chemicals are for local communities as well as those in the military and their families. He stressed the importance of Congress conducting "rigorous oversight" of DoD's response.

The FY2023 National Defense Authorization Act (NDAA-H.R.7900) has several provisions concerning cleaning up the chemicals around military installations. There is also a call for all medical providers caring for DoD beneficiaries to be trained on the health effects of these chemicals. HASC chairman Rep. Smith (WA) released a statement that the EPA move "underscores just how dangerous" these chemicals are for local communities as well as those in the military and their families. He stressed the importance of Congress conducting "rigorous oversight" of DoD's response. The FY 2023 Defense appropriations bill approved by the House Appropriations Defense Subcommittee (HAC-Def) includes \$15 million for a study to assess the health effects of these chemicals in drinking water.



## **Tips for Enjoying Outdoor Activities as Summer Arrives**

With summer officially arriving, it's time to get outside. There are many safe ways to stay active, maintain readiness, and enjoy the outdoors.

[Read More](#)



## **Women Veterans Program Monthly Women Veterans Networking Meeting [July 14, 2022]**

Virtual – Join us every 2nd Thursday of the month at 1:30PM to learn about a new resource and network with other women Veterans.

[Read More](#)



## **Surviving cancer starts at screening**

If you are diagnosed with cancer, choose VA for your cancer care and survivorship.

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# Always



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[AMVETS GROUP](#)

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[AMERICANS FOR SOVEREIGNTY](#)



## **Leader profile: Sterling Akins is dedicated to diversity at VA**

Akins' belief in being a servant leader shapes his approach to VA's LGBTQ+ community, Veterans' concerns.

[Read More](#)



## **What Should I Eat After a Workout?**

Ever wonder how to fuel up post-workout to maximize recovery and support your fitness? Check out these tips.

[Watch Video](#)



## **America's 1st National Veteran Women in Agriculture Conference [July 7, 2022]**

Oklahoma City, OK – Agricultural Education/Information classes and hands-on technical training (including farm animal educational training).

[Read More](#)



## When tells you about a trauma

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

[Read More](#)



## Office of Inspector General

- 1) [Electronic Health Information: HHS Needs to Improve Communications for Breach Reporting](#)
- 2) [Medicaid: State Directed Payments in Managed Care](#)
- 3) [Medicare Advantage: Continued Monitoring and Implementing GAO Recommendations Could Improve Oversight](#)
- 4) [Military Child Care: Coast Guard is Taking Steps to Increase Access for Families](#)



## Live Whole Health #127: Connecting Mind and Body Session 3: Sensation of grounding

What does it mean to feel grounded? For me, grounding is a sensation of being fully connected to myself, and in the present moment. When I feel grounded, I feel more stable in my mind and body.

[Read More](#)



## **Make Sure Your Child Takes the Right TRICARE Plan to College**



Your child's TRICARE coverage will stay with them in college if enrolled full-time and meeting eligibility requirements.

[Read More](#)



## **America's 1st National Veteran Women in Agriculture Conference [July 6, 2022]**

Oklahoma City, OK – Agricultural Education/Information classes and hands-on technical training (including farm animal educational training)

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1) [FDA Drug Shortages GE Healthcare Recalls CARESCAPE R860 Ventilator Due to Early Failure of Backup Batteries that May Cause Unexpected Ventilator Shut Down](#)

- 3) Do Not Use Baby Neck Floats Due to the Risk of Death or Injury: FDA Safety Communication
- 4) FDA Introduces Innovative Proposal to Advance Consumer Access to Nonprescription Drugs
- 5) Office of New Drugs (OND) | Annual Reports
- 6) FDA approves treatment for chronic weight management in pediatric patients aged 12 years and older
- 7) FDA Introduces Innovative Proposal to Advance Consumer Access to Nonprescription Drugs
- 8) Generic Drugs Undergo Rigorous FDA Review
- 9) Information Regarding Medically Necessary Specialty Infant Formulas: Notice to Health Care Providers
- 10) Loud Muscle Science, LLC Issues Voluntary Recall of Launch Sequence Capsules Due to the Presence of Undeclared Tadalafil in United States and Canada
- 11) Medtronic HeartWare Ventricular Assist Device (HVAD) System
- 12) Investigation of Adverse Event Reports: French Lentil & Leek Crumbles (June 2022)
- 13) Copiktra (duvelisib): Drug Safety Communication - FDA Warns about Possible Increased Risk of Death and Serious Side Effects
- 14) FDA warns about possible increased risk of death and serious side effects with cancer drug Copiktra (duvelisib)
- 15) Bryant Ranch Prepack Inc. Issues Voluntary Nationwide Recall of Morphine Sulfate 30 mg Extended Release and Morphine Sulfate 60 mg Extended-Release Due to Label-Mix Up
- 16) FDA authorizes revisions to Evusheld dosing
- 17) Blount Fine Foods Voluntarily Recalls a Limited Amount (a Single Lot) of Southwest Corn Chowder Due to Undeclared Wheat Allergen
- 18) FDA Roundup: June 24, 2022
- 19) FDA Infant Formula Update: June 27, 2022
- 20) FDA Roundup: June 28, 2022
- 21) FDA Infant Formula Update: June 28, 2022
- 22) FDA Infant Formula Update: June 30, 2022



**Your COVID-19 questions answered. We're listening to your questions about COVID-19 vaccines and hosting blogs on questions from Veterans.**

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**Tips for Military Parents Planning PCS Moves with Children**

Moving can be hard on military families, especially on children. Yet there are things that service members can do to prepare for a smoother permanent change of station for the kids.

[Read More](#)

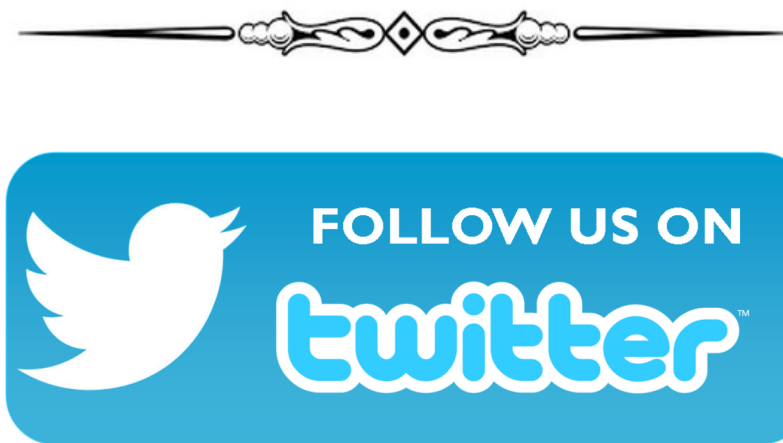


**Q&A Session About Benefits, Resources for Women Veterans**

Join the Veterans Experience Live Women Veterans Q&A June 28, from 1-2 p.m. ET where VA and community experts will be available to answer your questions on benefits and claims.

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## **Helping Veterans with migraines and headaches**

Mission of Headache Center of Excellence is to provide quality headache care to Veterans. Holistic approach includes advanced therapies.

[Read More](#)



## **Have TRICARE Prime? Point-of-Service Option May Offer Some Flexibility**

With TRICARE Prime, there's another way to seek care from a specialist without a referral. It's called the point-of-service option. Before you use it, here are some features you should know.



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## Free Online Hub to Help Veterans Fight Fraud

AARP recently launched its Veterans Fraud Center, a new education and resource hub to help protect Veterans, service members and their families.

[LEARN MORE](#)



## Halt to VA's Asset and Infrastructure Review Process

The Independent Budget Veterans Service Organizations (IBVSOs) — the Veterans of Foreign Wars (VFW), DAV (Disabled American Veterans), and Paralyzed Veterans of America (PVA) — supported the VA MISSION Act of 2018, which established the Asset and Infrastructure Review (AIR) process, including the independent AIR Commission. We have testified numerous times about our concerns with the AIR process and the need for oversight. Success would depend upon complete buy-in and full transparency. The IBVSOs believe the best course of action is to stand down the process rather than to proceed with a half-measured attempt at a major overhaul of VA's infrastructure. While the AIR process appears over, it spotlighted the urgent need to prioritize VA facilities. This reenergized conversation cannot be allowed to crumble apart, like too many of the VA buildings this commission was meant to address.



**Two continuous glucose monitors are now available through our network of pharmacies.**

As of April 20, 2022, the Dexcom G6 and Freestyle Libre 2 continuous glucose monitors (CGMs) became available at some military pharmacies, TRICARE retail network pharmacies, and through TRICARE Home Delivery. While these CGMs are now available through pharmacies, they will also remain available through the Durable Medical Equipment channel.

Getting either prescribed CGM at participating military pharmacies remains the lowest cost option for most TRICARE beneficiaries at zero copay. Copayments apply if you pick up a CGM through the TRICARE retail pharmacy network and if ordered through home delivery. If you're prescribed either CGM, you should contact your pharmacy for availability of the device.

[Read More](#)



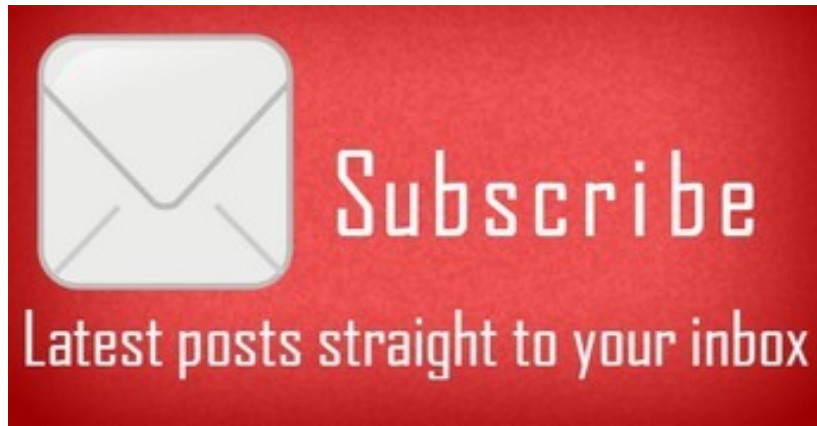
## **Explore Job Opportunities for Disabled Veterans**

AbilityLinks, home to an online community of job seekers, inclusive employers and supportive service providers, helps disabled Veterans gain meaningful employment.

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**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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## **Helping transgender Veterans find their voice**

For Veterans in gender transition, finding their voice can be enhanced with the help of specially trained speech-language pathologists.

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## **New to TRICARE? Handbook Helps You Learn Your Health Plan Options**



Whether you're on active duty, separating from service, retiring, or a family member, the TRICARE Choices in the United States Handbook can help you learn about your stateside health plan options. It also describes your pharmacy, dental, and vision coverage options.

[Read More](#)

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## Digital Divide Consult Supports Veteran Telehealth

If you would benefit from video telehealth services but don't have internet access or a video-capable device, your VA care team can help through the Digital Divide Consult.

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## David Petteys: A hero of "Marine Helo"

Marine Corps Veteran David Petteys grew up during WWII and served in the Vietnam War. His exceptional flying skills led to an incredible rescue.

[Read More](#)



## **Live Whole Health Episode 126: Introduction to Qigong**

"What is all that noise down there?!" my teenage daughter shouted from her bedroom, as I was tidying up the kitchen. I often find myself in that state of frenzy, trying to complete a task and not really thinking about anything but my agitation.

[Read More](#)

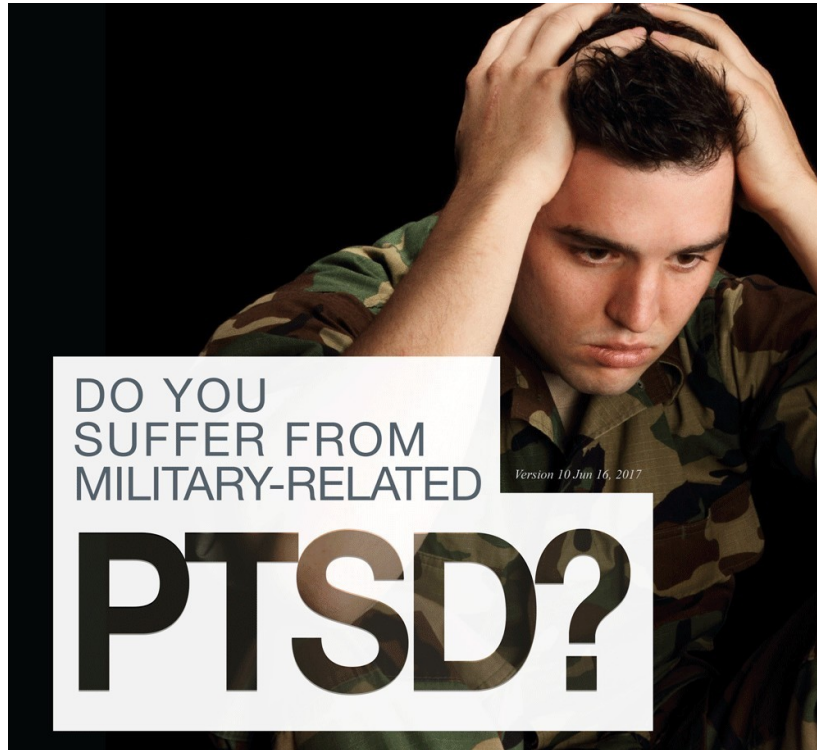


## **Stay Connected, Stay Active with Team RWB**

Since its inception in 2010, Team Red, White & Blue (Team RWB) has helped Veterans stay active, connect to their new communities and develop a resilient mindset. Today, Team RWB is more than 200,000 members strong, with chapters across the country. Learn more about RWB, the nearly 40,000 events they host annually and the opportunities they provide to Veterans.

[LEARN MORE](#)





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



## **#VADidThat: Caring for Veterans' Whole Health**

Navy Veteran Tammy D'Alesandro shares her life-changing experience participating in VA's Whole Health program. "This program saved my life."

[Read More](#)



**VA nurse saves life using CPR**



In the game of basketball, quick decisions can mean the difference between a win or a loss. At a recent community-based league, a VA nurse made a decisive move to help save the life of a fellow athlete. Kelvin Allen, Army Veteran and licensed practical nurse at Central Virginia VA, had finished a game and was watching the next game to see who his team would be playing in the championship. Allen heard a commotion and a referee blowing a whistle, stopping the action. A crowd quickly formed around a man on the gym floor.

[Read More](#)



## **Life Insurance: Are You and Your Family Covered?**

Beginning Jan. 1, 2023, VA will offer a new guaranteed acceptance whole life insurance program called Veterans Affairs Life Insurance (VALife). If you're considering purchasing life insurance, make sure you understand the difference between whole life and term life insurance.

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## **Veterans in their 80s stay active with home exercise program**

Multidisciplinary team launched home exercise program combining strength-based training with education on the benefits of physical activity.

[Read More](#)



## **More benefits claims support available to Native American Veterans**

Veterans who are members of the Navajo Nation now have more options when it comes to support for pursuing VA benefits claims. As of May 2, the Navajo Nation Veterans Administration is the first tribal organization recognized by VA to assist Native American Veterans with their benefits claims. The recognition request was initiated through VA's Tribal Representation Expansion Project aimed at expanding access to competent, qualified representation for Native American Veterans.

[Read More](#)



## **#LiveWholeHealth: Connecting Mind & Body**

Being connected to your mind, body, surroundings, friends, loved ones and pets is so important for health and well-being. Learn how to create connections in your life.

[LEARN MORE](#)



**Tax & Credit  
Information**



- 1) IRS resources to help taxpayers through all stages of the filing process
- 2) IRS announces an update to the Form 14457 – Voluntary Disclosure Practice Preclearance Request and Application
- 3) IRS updates FAQs for Higher Education Emergency Grants
- 4) Check the status of a refund in just a few clicks using the Where's My Refund tool
- 5) Tax Time Guide: Make IRS (.gov) the first stop for tax help
- 6) Latest spearphishing scams target tax professionals
- 7) IRS provides further details on additional relief for certain partnerships preparing schedules K-2 and K-3 for 2021
- 8) IRS reminds those with farming, fishing businesses of March 1 tax deadline



### **Fraud Alert Issued by VA**

The VA Office of Inspector General (OIG) has issued a [fraud alert](#) regarding VA being billed for care veterans did not receive. This alert advises veterans and their representatives to help detect health care fraud by carefully reviewing benefit explanations and bills they receive from VA. If you see potential evidence of fraud or have concerns about patient care, please contact the VA OIG office at [va.gov/oig/hotline](http://va.gov/oig/hotline) or 800.488.8244. [Read more.](#)



### **Live Whole Health #127: Connecting Mind and Body Session 3: Sensation of grounding**

What does it mean to feel grounded? For me, grounding is a sensation of being fully connected to myself, and in the present moment. When I feel grounded, I feel more stable in my mind and body. Grounding can come from different things. For me, being in nature and taking in the feeling of the ground beneath me, the feeling of a gentle breeze, the smell of the flowers or trees, can all be very grounding.

[Read More](#)



## **Take Charge of Your Health Care and VA Benefits with Mobile Apps**

Stay connected with your VA benefits and health care using VA-approved connected apps and mobile apps developed by VA directly, including the official VA Health and Benefits Mobile app and apps that support mental health, PTSD, efforts to stop smoking and drinking and whole health.

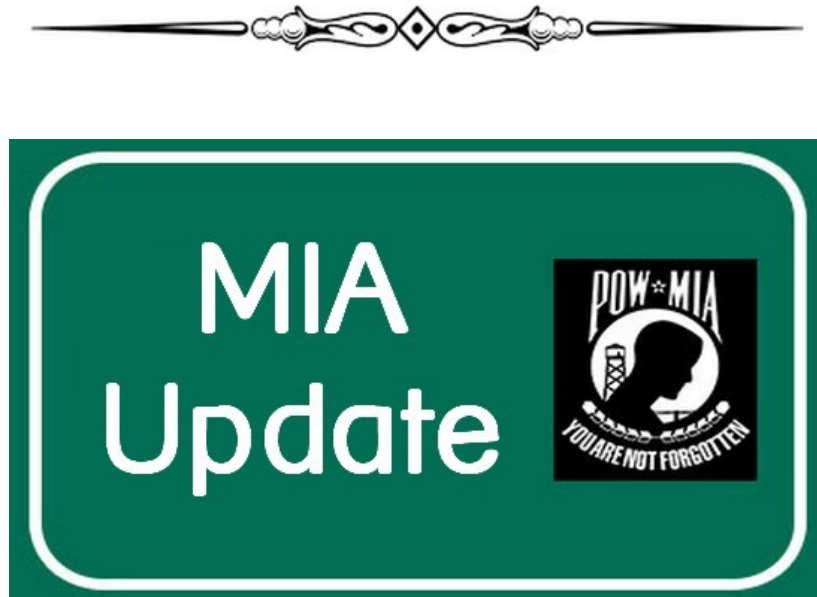
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## **Q&A Session About Benefits, Resources for Montana Veterans**

Join the Veterans Experience Live Montana Veterans Q&A June 30, from 12-1 p.m. MST where VA and Montana community experts will be available to answer questions on benefits and claims.

[LEARN MORE](#)



The Defense POW/MIA Accounting Agency announced three burial updates and eight new identifications 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 Shopfitter 3rd Class Francis L. Hannon**, 20, of Middletown, Indiana, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Hannon. He will be buried at the National Memorial Cemetery of the Pacific (Punchbowl) in Honolulu, on Oct. 13, 2022. [Read about Hannon.](#)

**Navy Fire Controlman 3rd Class Robert T. Stout**, 21, of El

Reno, Oklahoma, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Stout. He will be buried in Cottonwood, California, on a date yet to be determined. [Read about Stout.](#)

**Army Air Forces Staff Sgt. William O. Wood**, 25, of Valdosta, Georgia, was assigned to 328th Bombardment Squadron, 93rd Bombardment Group, 8th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Wood was a gunner crashed as a result of anti-aircraft fire during Operation Tidal Wave. Following the war, his remains could not be identified. He will be buried in Tallahassee, Florida, on Aug. 1, 2022. [Read about Wood.](#)

**Army Pfc. Robert L. Alexander**, 27, was assigned to 105th Infantry Regiment, 27th Infantry Division. On July 7, 1944, Alexander was killed when the Japanese general on Saipan ordered his forces into a mass suicide attack against the 105th's lines. Interment services are pending. [Read about Alexander.](#)

**Army Air Forces Staff Sgt. George B. Walker**, 25, was assigned to 369th Bombardment Squadron, 306th Bombardment Group, 8th Air Force. On Feb. 3, 1944, the B-17G Flying Fortress bomber on which he was serving as an engineer and turret gunner experienced general mechanical failure following anti-aircraft fire while part of a bombing mission near Oldenburg, Germany. While the crew bailed out over water, several were captured by German forces, including Walker who was sent to Stalag Luft 6, prisoner of war camp in Heydekrug, Germany. He died on April 28 when he was shot while trying to escape. Interment services are pending. [Read about Walker.](#)

**Army Pfc. Worley D. Jacks**, 21, was assigned to 232nd Infantry

Regiment, 42nd Infantry Division. His unit was engaged in battle with German forces near Lichtenberg, France, when he was wounded and reported missing. With no body recovered and the Germans never reporting him as a prisoner of war, on Oct. 4, 1945, the War Department declared Jacks killed in action. Interment services are pending. [Read about Jacks.](#)

**Army Pfc. Francis P. Martin**, 25, was assigned to Company D, 1st Battalion, 157th Infantry Regiment, 45th Infantry Division. His unit was engaged in battle with German forces near Lichtenberg, France, when he was wounded and reported missing. With no body recovered and the Germans never reporting him as a prisoner of war, on Jan. 17, 1946, the War Department issued a finding of death. Interment services are pending. [Read about Martin.](#)

**Marine Corps Sgt. Arthur B. Ervin**, 22, was assigned to Company A, 1st Battalion, 24th Marine Regiment, 4th Marine Division. His unit was part of the invasion force when American forces participated in the battle for Saipan, which was part of a larger operation to secure the Mariana islands. On July 5, 1944, Ervin was shot and killed by a sniper while trying to assist a wounded comrade. His body was unable to be recovered due to the ongoing battle. Interment services are pending. [Read about Ervin.](#)

**Army Pfc. Lowell D. Smith**, 24, was assigned to Company F, 157th Infantry Regiment, 45th Infantry Division. On Jan. 21, 1945, he was part of a Browning Automatic Rifle squad when his company attacked German forces near Reipertswiller, France. Smith was missing following the unit withdrawal. In May that year, captured German records included a death report for the date he went missing. [Read about Smith.](#)

**Army Pfc. Edward J. Reiter**, 17, was assigned to Company K,



3rd Battalion, 34th Infantry Regiment, 24th Infantry Division. He was reported missing in action on July 7, 1950, after his unit sustained heavy casualties while defending against the North Korean army near Ch'onan, South Korea. With no body or remains found, the Army declared him non-recoverable and issued a presumptive finding of death after the end of the war in January 1956. Interment services are pending. [Read about Reiter.](#)

**Army Pfc. Donald M. Born**, 19, was assigned to Company G, 2nd Battalion, 19th Infantry Regiment, 24th Infantry Division. On July 30, 1950, Born went missing while his unit was attacked by the North Korean People's Army near Chinju at the southern end of the Korean peninsula, but he was not officially reported missing until a month later. He was never listed as a prisoner of war, and the Army issued a presumptive finding of death on Dec. 31, 1953. Interment services are pending. [Read about Born.](#)



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