



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, August 07, 2022

Volume 13, Issue 31



This-N-That

Good afternoon Jim,

I sincerely apologize for having missed publication last Sunday, but the cancer treatments caught up to me finally and kept me in bed for a solid week. Thankfully that part is almost over.

Was not my first time at the rodeo, but I'd still never wish it on my worst enemy.

This week we're jam packed full of information to provide to you, a little something for almost everyone.

At one place in this newsletter it talks about calculating benefits so if you click on the next line you will be taken to an excel spreadsheet that has been programmed to help you figure your benefits percentage out.

VA Disability Rating Calculator

I am still looking for stories about treatment in the VA Healthcare system both good and bad, and the strictest confidentiality is and will be maintained. Your letters will help me address members of Congress on both the good and bad even ugly situations that persist nationwide.

Please do visit 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

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. [Contribute](#)



**VETERANS GROUP SURPRISED AT FAILURE OF
TOXIC EXPOSURE BILL IN SENATE**

Leaders of the Slidell, Louisiana-based organization Military-Veterans Advocacy (MVA) expressed dismay that the Sgt. First Class Heath Robinson Honoring Our PACT Act did not pass the cloture threshold in the Senate on July 27. A substantially similar bill passed the Senate 84-14 last month, but was returned to the House due to a technical glitch. The repackaged bill then passed the House 342-88 on July 13.

"We understand that this is a speed bump," said MVA Chairman Commander John B. Wells, USN (ret). "Apparently there are some cost and amendment issues that need to be resolved before the bill moves to the Floor. I spoke with one senator who voted no, who assured me that the bill will be passed."

The cloture vote failed 55-42. The Majority Leader moved for a reconsideration vote which will occur after the outstanding issues are resolved. Both Louisiana Sens. John Kennedy and Bill Cassidy voted no.

"This bill benefits 3.5 million veterans who were exposed to toxic burn pits, radiation and Agent Orange herbicide," Wells said. "It is a culmination of years of effort by organizations such as MVA, Burn Pits 360, Veterans Warriors, the National Association of Atomic Veterans, Wounded Warriors and other veterans groups. Many of these folks are volunteers who have dedicated their lives to passing this and similar legislation. I am happy with the assurances I am getting from the Senate, but this bill must not fail."

Anyone wishing to show support for this bill to their Senators can do so at MVA's web site [click here](#) For more information about MVA, or to donate or join, go [here](#).



Demand Senate Passes PACT Act

There is no more time for further delays or amendments. Every day that passes without this bill becoming law is another day sick veterans die. Instead of voting to advance the PACT Act to the president's desk, 25 senators changed their votes and no longer support toxic-exposed veterans. The PACT Act is the same bill 84 senators voted in favor of in June. No more delays! No more games! The Senate must pass the PACT Act now! Help us help veterans by immediately contacting your senators via our [Demand the PACT Act Passes action alert](#).

Senators whose votes changed to NO:

Barrasso (R-WY); Blackburn (R-TN); Blunt (R-MO); Braun (R-IN); Cassidy (R-LA); Cornyn (R-TX); Cotton (R-AR); Cramer (R-ND); Cruz (R-TX); Ernst (R-IA); Fischer (R-NE); Hagerty (R-TN); Hawley (R-MO); Hyde-Smith (R-MS); Inhofe (R-OK); Johnson (R-WI); Kennedy (R-LA); Marshall (R-KS); McConnell (R-KY); Portman (R-OH); Sasse (R-NE); Scott (R-FL); Scott (R-SC); Sullivan (R-AK); and Young (R-IN)



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



Press Conference on Senate Failure to Advance PACT Act

VFW Associate Legislative Director Kristina Keenan spoke at a press conference following a failed procedural vote by the Senate to advance the Honoring our PACT Act. "The VFW has made our priorities clear. Pass the PACT Act now! No senator should leave for the August recess, for their vacations, or their campaigns, until the PACT Act has passed," said Keenan. Speakers included congressional leadership and representatives from veteran and military organizations, toxic-exposed veterans, and veteran advocate Jon Stewart. [Watch the press conference.](#)



5 Health Care Checkups for Your Child Before School Starts

It's almost back-to-school season, so don't forget your child's school-related health checklist. Now is the time to schedule appointments and beat the rush. TRICARE provides several clinical preventive services for children.

[Read More](#)



Updated Access to Care Website Gives Veterans More Tools to Manage Their VA Health Care

Veterans have a more user-friendly, streamlined information tool to make it easier to plan their VA health care visits. The updated Access to Care website offers new search tools and information, including average appointment wait times at the nearest facility or other VA medical centers in the network.

[LEARN MORE](#)



A solution to prosthetic socks management

Innovation Specialist Billie Slater has developed a toolkit to help amputees and clinicians use prosthetic socks better.

[Read More](#)





Your actions

could save a life.

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


VeteransCrisisLine.net



VVA Applauds Passage of PACT Act of 2022

(Washington, D.C.) — “This evening, the Senate voted and passed the Sergeant First Class Heath Robinson Honoring Our PACT Act, and while this bill is not perfect, it is the long-overdue action we have needed which will allow veterans of so many generations to receive the care and treatment for the toxic wounds of war without having to endure the mistrust and denials that the Vietnam generation of veterans were forced to endure,” said Jack McManus, National President, Vietnam Veterans of America. “Now we must ensure that the law is implemented in a quick and just manner.

“For over 40 years, VVA has steadfastly advocated for veterans living with chronic illnesses resulting from toxic exposures during their service,” said McManus. “All veterans have earned the comprehensive relief this bill offers them. For our aging Vietnam veterans, the speedy passage of this bill is especially important, not only for the care they desperately need, but as an acknowledgement the country recognizes and honors their service.



Are you an active duty service member looking for health care in the private sector?

Make sure you get a referral or authorization before agreeing to any services.

A referral from your primary care manager makes sure that you get proper and appropriate care. The referral also ensures that your claims will be processed. If you submit a claim without a referral or authorization, your claim may be denied.

Note that certain health services from private sector providers aren't covered. These non-covered services include, but aren't limited to: elective treatments, cosmetic services, unauthorized experimental procedures, and care resulting from actions outside of the line of duty.

[Read More](#)



State-level VA Departments Deliver Crucial Benefits and Resources

The National Association of State Directors of Veterans Affairs is an organization with a history dating back to 1946. From reduced or exempted state taxes, to education benefits and direct bonuses for war time Veterans, these state-level programs offer significant benefits to Veterans.

[READ MORE](#)



Cooking class teaches Veterans simple healthy meals

A partnership between VA, University of Arkansas Extension and Fayetteville Public Library offers cooking classes to Veterans.

[Read More](#)



FRA Meets with The Speaker

DLP John Davis participated in a VSO/MSO roundtable with Speaker of the House Nancy Pelosi (Calif.) and Rep. Mark Takano (Calif.), Chairman of the House Veterans Affairs Committee. Other legislators that attended the off-the-record meeting include Reps Debbie Wasserman Schultz (Fla.), Raul Ruiz (Calif.), Chris Pappas (N.H.), Matt Cartwright (Pa.), Mike Levin (Calif.), Julia Brownley (Calif.) Ed Case (Hawaii) Frank Mrvan (Ind.) and Collin Allred (Texas).

The meeting focused on the pending veteran's toxic exposure bill (H.R.3373). The bill would allow for the first time all veterans who were at risk of toxic exposure, including 3.5 million Iraq and Afghanistan veterans, to obtain immediate and lifelong access to

health care from the Department of Veterans Affairs (VA) - one of the largest expansions of health care eligibility in the VA's history. The bill would provide presumptive care for numerous conditions for veterans who are sickened by exposure to burn pits and other toxins. This bill would also establish a new science-based and veteran-focused process for the establishment of new presumptive conditions and would provide benefits to thousands of toxic exposure veterans who have been long-ignored or forgotten, including Agent Orange veterans suffering from hypertension.

DLP Davis told the Speaker about the need for concurrent receipt reform. FRA supports comprehensive concurrent receipt legislation (H.R.333) and the Major Richard Star Act (H.R.1282, S.344). The FRA argues that retired pay is for years of arduous military service paid by the Department of Defense while disability pay is for lifelong injury paid by the Department of Veterans Affairs (VA). To reduce retirement pay because of a disability is an injustice.

At the meeting concern was expressed about eligibility standards for the VA Caregiver Act, and that the VA needs more funding for mental health. There was some discussion about cost overruns with implementing the MISSION Act. There was some discussion about veteran suicide and the new 988 Crisis Line (see story below). The Speaker announced that the Veterans Women Taskforce will be extended another six months.

Following the meeting Davis provided the Speaker's staff with point papers on concurrent receipt and the Military Retiree Survivor Comfort Act (H.R.2214) and information on the military postal system ending privileges for overseas military retirees.

Everyone can weigh in on the [veterans toxic exposure](#), and the [concurrent receipt issue](#). Everyone can also ask their legislators to support the [Military Retiree Survivor Comfort Act](#) (H.R.2214).



Have TRICARE For Life Costs Questions? Find Answers Here

A good understanding of how Medicare and TRICARE For Life (TFL) work together is important. Here are Q&As to help you better understand costs associated with TFL.

[Read More](#)



Watch the Cancer Cabinet Community Roundtable Conversation

Cancer experts and Veterans discuss improvements in the treatment of prostate cancer and other genitourinary cancers, among the most commonly diagnosed cancers for Veterans.

[WATCH](#)



Concussion Linked to Depression, Anxiety and PTSD, Studies Show

Recent research shows mounting evidence of a link between mild traumatic brain injury and mental health conditions like depression, anxiety, and posttraumatic stress disorder.

[Read More](#)



New 988 Suicide and Crisis Lifeline

The nationwide 988 Suicide and Crisis Line is now operational.

This means that, theoretically, a person can be connected with local suicide prevention resources anywhere in the country by dialing only three digits, rather than the current 10-digit, toll-free hotlines in use. It has been referred to as the 911 emergency system for mental health help. The 988 crisis line is not aimed specifically at veterans, but advocates are hopeful that the resource will provide an easier venue for veterans and military members facing mental health emergencies. Veterans and active-duty military will be instructed to dial 1 once connected to the crisis line. The Department of Veterans Affairs' (VA) Veterans Crisis Line (VCL) is part of the switch.

The VA says they have been planning for the switch, and for the expected increase in the volume of calls. The VA projects a five to 13 percent increase in calls once the switch occurs. The number of calls is expected to continue to grow, with a potential 40 to 60 percent increase in the second year, and 150 percent increase throughout the first three years. Some of this increase consists of existing trends. However, said Miller, more people are likely to call simply because it is easier to remember a three-digit phone number in a time of crisis than a ten-digit phone number. The VA has been preparing for the switch, with a 56 percent increase in hiring and improvements in the technology to support those workers.

Callers to the VCL not only receive immediate assistance and advice, they can also elect to have a local suicide prevention coordinator from the VA reach out to them in the days after the call. The VA has also hired peer support counselors to call crisis line callers back. These counselors can engage with callers as peers to identify challenges and needs, and to help them engage with available resources. The 988 switch applies only to phone calls. Those wishing to engage with the VCL through text messages should still text 838255 to reach a counselor.



Learn the Most Recent Age Requirements for COVID-19 Vaccines and Boosters

The COVID-19 virus hasn't gone away. The best way to prevent the spread of COVID-19 and reduce your risk of becoming severely ill if you get COVID-19 is to get your vaccines and booster shots.

[Read More](#)



Rest and Recharge is an Important Part of Your Whole Health

Taking a vacation could save your life. In a study of more than 12,000 men who were at risk for heart disease, participants were asked about taking vacations. Men who did not take a vacation each year were more likely to die from any cause during the nine years they were studied.

[READ MORE](#)



Mind-Body Mental Fitness

The lifestyle of active-duty service members and their families comes with unique stressors that can often be compounded by living overseas.

[Read More](#)





**Our values
match yours.**



www.veterans-for-change.org

CLICK HERE TO GO TO THE VFC WEBSITE



HVAC Hearing on VA EHRM

The House and Senate Veterans Affairs Committee recently held separate oversight hearing on the Department of Veterans Affairs (VA) Office of Inspector General (OIG) report revealing serious issues with the deployment of VA's new Electronic Health Record Modernization (EHRM) program. The FRA has been monitoring the implementation of the EHR and wants to ensure adequate funding for Department of Defense (DoD) and the VA health care resource sharing in delivering seamless, cost-effective, quality services to personnel wounded in combat and other veterans and their families.



#Live Whole Health #129: Soft belly breathing

Breathing slowly and deeply in through the nose and out through the mouth with a soft and relaxed belly can increase the body's exchange of oxygen. This technique also stimulates the body's rest and relaxation response. It quiets the areas of the brain that register fear and anger.

[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](#)



Genetic testing may help patients with depression

Patients who underwent genetic testing had more positive outcomes compared with patients in usual care.

[Read More](#)





It's almost time for cooler weather and fall colors!



Military-Veterans Advocacy is excited to announce our first ever military history/fall foliage vacation raffle! Enjoy a chance at a beautiful trip to New England in late October to witness the Fall foliage while visiting historic and military sites. Visit the cradle of our Republic's foundation while enjoying the beautiful vista of Autumn in New England.

Six winners, plus their choice of one guest each, will join three MVA representatives for a five-day, four-night military history and fall foliage trip from October 23 to October 27, 2022. This includes stays in Rhode Island and Boston, Massachusetts. Winners, along with their guests and MVA representatives, will spend the first two nights in the Wyndham Hotel in Middletown, Rhode Island and enjoy a tour of Newport, Breakers Mansion, Newport Waterfront, and the Naval War College Museum before enjoying a group

dinner at LaForge Restaurant. The final two nights will include a stay at a hotel in the Boston area. During the days in Boston, the winners, their guests, and the MVA representatives will visit Battleship Cove, take a tour of Lexington/Concord, tour the Freedom Trail concluding at the Bunker Hill Monument, enjoy a Boston city tour, and a scheduled group dinner. Motorcoach transportation is also included for all five days and two meals will be provided. Airfare is not included.

Tickets are available for \$100 now through September 4, 2022. You can purchase tickets by scanning the QR code below or on our web site

https://www.flipcause.com/secure/cause_pdetails/MTUyMjky The drawing will take place on Labor Day (Sept. 5, 2022). We will mail raffle ticket stubs after your purchase, so you have it for your records. You do not have to be present to win. Drawing will be live-streamed on the Military-Veterans Advocacy Facebook page on September 5, 2022, between noon and 2pm Central Daylight Time.

BUT WAIT! We are not through. We are also offering an opportunity to win tickets to each Saints Home game! One winner for each game will win two end zone terrace level tickets for that week's Saints home game, preseason and regular season. Each game will have its own drawing so be sure to buy raffle tickets for each game you want to see!

You can purchase tickets by scanning the QR code below or on our [web site](#).

The seats for every game will be in Section 626 Row 11 Seats 7-8. Drawings will take place every Wednesday prior to Saints home games and streamed live on the MVA Facebook Page. You are not required to be present to win.

Please feel free to copy and post the attached flyers and help us promote these raffles.

MVA is a non-profit tax-exempt organization. Please follow us on Facebook, LinkedIn, Twitter (@MVAdvocacy), and Instagram.



Faces of Service immortalizes Veterans and their stories

A diverse group of 160 Veterans who served in every place and significant conflict dating back to World War II stopped by to have their photograph professionally taken, share their experiences and join in on the fellowship. Faces of Service aims to show the faces and tell the stories of true sacrifice and service. It says that our Veterans' stories and experiences are unique, notable, and worthy of celebration and documentation.

[Read More](#)



VA Secretary's Statement on the Passage of the PACT Act

"Veterans who were exposed to toxic fumes while fighting for our country are American heroes, and they deserve world-class care and benefits for their selfless service. The bipartisan PACT Act will help VA deliver for those Veterans—and their survivors—by empowering us to presumptively provide care and benefits to Vets suffering from more than 20 toxic exposure-related conditions.

To those Veterans, their families, caregivers, and survivors: you can apply for PACT Act benefits by filing a claim at [VA.gov](https://www.va.gov), and you can learn more about the PACT Act at [VA.gov/PACT](https://www.va.gov/PACT) or by calling us at 1-800-MyVA411. VA will be communicating with you every step of the way to make sure that you and your loved ones get the benefits you've earned.

I couldn't be more grateful to President Biden, who made this day possible by fighting like hell for our nation's Veterans. Once the President signs this bill into law, VA will implement it quickly and effectively, delivering the care these Veterans need and the benefits they deserve." – VA Secretary Denis R. McDonough



PACT Act Update

The PACT Act will provide benefits to 3.5 million veterans exposed to burn pits, herbicide, and radiation who are currently not covered by the VA. For the past two weeks we have been advocating hard for the passage of this bill. Two weeks ago, we went to Washington to meet with a number of Congressional staffs. This past week we have been burning up the phone lines. We are being assured that last week's cloture vote was a speed bump and that the bill will pass.

That being said, we need to keep the pressure up on the Senate. You can help by using the Military-Veterans Advocacy Bill of the Week program [HERE](#) The impact of these emails and all of the telephone calls is being felt. Keep up the pressure.

When calling the office of a Senator, remember that the person who answers the phone is not at fault. You can get your message across by being civil and polite. Rants really do not help and you tie up the phone so others cannot get through. The folks answering the phones keep tally sheets and the results get to the boss. So please ask the Senator to support S 3373 and give someone else a chance to relay their views.

We believe that this bill will pass! This is a cost of war folks. We send people over to fight - we must take care of them when they get back. It must pass! Please send an email today! And don't forget your spouse and family members can sign in and send an email too. It only takes a minute.

Commander John Wells (USN, Ret.)



Korean era Veteran leaves behind a legacy of service

From his service in Korea to his final battle, Marine Veteran William Nyman's bravery reminds us of what it means to be a hero.

[Read More](#)



VA to host naturalization outreach, help prevent future deportations of Veterans

In February 2022, VA requested non-citizen service member data from the Department of Defense. VA received the data in June 2022, and it will begin targeted naturalization outreach to Veterans this month under VA's Solid Start Program.

[Read More](#)



AARP Provides Valuable Resources to Veterans

Nearly 4 million AARP members are people who have served in the military. And, many of the issues AARP focuses on for people 55 and older intersect with the critical needs of Veterans and their families, as nearly two-thirds of all Veterans are over the age of 55.

[LEARN MORE](#)



Veterans Comprehensive Toxic Exposure Bill Sent to President's Desk to be Enacted

The veteran's toxic exposure bill (S.3373) passed the Senate (86-11) when the Senate approved a House amendment to the bill. The bill, that had earlier stalled on the Senate floor will be sent to the president to be signed into law.

The bill would establish a presumption of service connection for 23 respiratory illnesses and cancers related to the smoke from burn pits. Further, the bill also provides 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 under the same Agent Orange presumptive policies as those who served in Vietnam itself.

The 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 the VA currently. The measure is estimated to cost \$270 billion over 10 years and would potentially affect as many as one in five veterans living today. The bill would authorize the setup of 31 major medical clinics across America and hire thousands more claims processors and health care staff.

The FRA wants to thank the thousands of members that weighed in on this issue. Your efforts helped pass this important legislation.





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 07/24/22)

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

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

TRICARE Young Adults

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

Toxic Substances

- 36) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 37) Ask your member 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
- 38) HR 855, VETS Safe Travel Act
- 39) HR 3368, the Guam, American Samoa, and Johnston Island bill
- 40) H.R. 2521, Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2021
- 41) H.R. 1273, the Vietnam Veterans Liver Fluke Cancer Study Act
- 42) H.R. 2968, the Military and Veteran Student Loan Relief Act
- 43) H.R. 845, the VA Billing Accountability Act
- 44) Comprehensive Toxic Exposure Bill Introduced in House
- 45) HR 303 and S 1147 The Retired Pay Restoration Act
- 46) Ask Your Legislators to Support Concurrent Receipt Reform HR-1282
- 47) HR 1656 TREAT PTSD Act
- 48) S. 1664, the Post-Traumatic Stress Disorder (PTSD) Processing Claims Improvement
- 49) Please Support H.R. 3452 —Veterans Preventative Health Coverage Fairness Act
- 50) HR 2192, The Camp Lejeune Justice Act of 2021
- 51) HR 5026, The Panama Canal Zone Veterans Act of 2021
- 52) HR 3368, HR 5026, HR 2269, S 657 are all Toxic Exposure Bills that need special attention and more pressure to get passed!
- 53) H.R. 4627, Veterans' Culturally Competent Care Act of 2021
- 54) S. 2172, Building Solutions for Veterans Experiencing Homelessness
- 55) H.R. 4571, the SERVICE Act of 2021
- 56) H.R. 4732, Protect Individual Unemployability Benefit for All

Disabled

- 57) S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021
- 58) S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act
- 59) HR 852 and S 221, United States - Israel PTSD Collaborative Research Act
- 60) Ask Congress to Preserve Arlington National Cemetery
- 61) HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021
- 62) HR 2963, the VOW to Hire Heroes Extension Act of 2021
- 63) S 1970, The Clean Water for Military Families Act
- 64) Support S. 1198/H.R. 2819—the Solid Start Act of 2021
- 65) H.R. 3402/S. 976—Caring for Survivors Act of 2021
- 66) HR 3537 and S 1813, Accelerating Access to Critical Therapies for ALS Act
- 67) S. 2386/H.R. 4575, the Veteran Peer Specialist Act
- 68) H.R. 5721—the VIPER Act
- 69) H.R. 5607, Justice for ALS Veterans Act
- 70) HR 2601 and S 1188, SFC Heath Robinson Burn Pit Transparency Act
- 71) S. 3017, Veterans Dental Care Eligibility Expansion and Enhancement Act
- 72) HR 1361 and S 444, AUTO for Veterans Act
- 73) H.R. 4880 and S. 2720, the Veterans' Prostate Cancer Treatment and Research Act
- 74) HR 2800, the WINGMAN Act
- 75) H.R. 5944, Veterans Administration Backlog Accountability Act of 2021
- 76) HR 3400, VA Emergency Transportation Act
- 77) HR 2992, TBI and PTSD Law Enforcement Training Act
- 78) HR 6260, the Casualty Assistance Reform Act of 2021
- 79) H.R. 5819, Autonomy for Disabled Veterans Act
- 80) HR 3596, the Lawrence J. Hackett, Jr. Vietnam Veterans Agent Orange Fairness Act

- 81) H.R. 2327 – to Remove Delimiting Dates for Survivors and Dependents' Educational Assistance
- 82) S. 2513/H.R. 4772, Improved VA Clothing Allowance Benefit for Disabled Veterans
- 83) S. 3293, the Post 9-11 Veterans Mental Health Care Act of 2021
- 84) HR 6402 and S 1725, will grant a Federal charter to the National American Indian Veterans, Incorporated
- 85) HR 6659 and S 3541, the Health Care for Burn Pit Veterans Acts
- 86) H.R. 6543, Restore Veterans Compensation Act
- 87) H.R. 3967, Honoring Our PACT Act Going to House Floor for a Vote
- 88) H.R. 2916/S. 1467, the VA Medicinal Cannabis Research Act of 2021
- 89) S. 3483, Justice for ALS Veterans Act
- 90) H.R. 6273 and S.3397, the VA Zero Suicide Demonstration Project Act of 2021
- 91) HR 7050, Ernest Peltz Accrued Veterans Benefits Act
- 92) S. 3851/H.R. 7089, the Veterans Exposed to Toxic PFAS Act
- 93) S. 3854/H.R. 6823, the Elizabeth Dole Home Care Act
- 94) HR 4601 and S 2405, Commitment to Veteran Support and Outreach Act
- 95) S. 3304/H.R. 5754, the Patient Advocate Tracker Act
- 96) Please Support H.R. 7369, VENTURE Act
- 97) Please support of HR 7524, the ACES Act
- 98) HR 7589, Remove Copays Act
- 99) Support Concurrent Receipt Bills
- 100) S. 3025 and H.R. 5666, the Servicemembers and Veterans Empowerment and Support Act of 2021 to Improve the Claims Process for MST Survivors
- 101) Support S. 4156, the VA Workforce Improvement, Support, and Expansion (WISE)
- 102) Making Advances in Mammography and Medical Options

(MAMMO) for Veterans

103) They must pass the Honoring our PACT Act NOW

104) HR 7048, Protect Lifesaving Anesthesia Care for Veterans Act of 2022

105) HR 1476, PFC Joseph P. Dwyer Peer Support Program Act

106) S. 4223 and H.R. 7846, the Veterans' Compensation Cost-of-Living Adjustment (COLA) Act of 2022

107) HR 7158, Long-Term Care Veterans Choice Act

108) H.R. 3950, the Veterans Medical Legal Partnerships Act

109) HR 7158 and S 2852 Long-Term Care Veterans Choice Act

110) Honoring our PACT Act

111) S. 4308—Veterans Marriage Recognition Act of 2022



Kansas City VA and community celebrate green infrastructure project

A new park's infrastructure controls the flow of water down from a VA hospital into the city drains and serves as Veteran healing garden.

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A new, easier-to-remember Veterans Crisis Line number

If you're a Veteran having thoughts of suicide or concerned about one, reach 24/7 crisis support through the new Veterans Crisis Line (VCL) number: Dial 988, then Press 1. This shorter, three-digit number provides an easier-to-remember way to access the VCL. We're working to make sure all Veterans and their supporters know about the new number. Below are answers to some questions you might have about this change.

[Read More](#)



Should Veterans Sign Up for Medicare Part D?

Do Veterans who have VA health care, TRICARE, and other forms of health care coverage need to sign-up for Medicare Part D? In this episode of theSITREP, learn about Medicare Part D policy and who to reach out to for help.

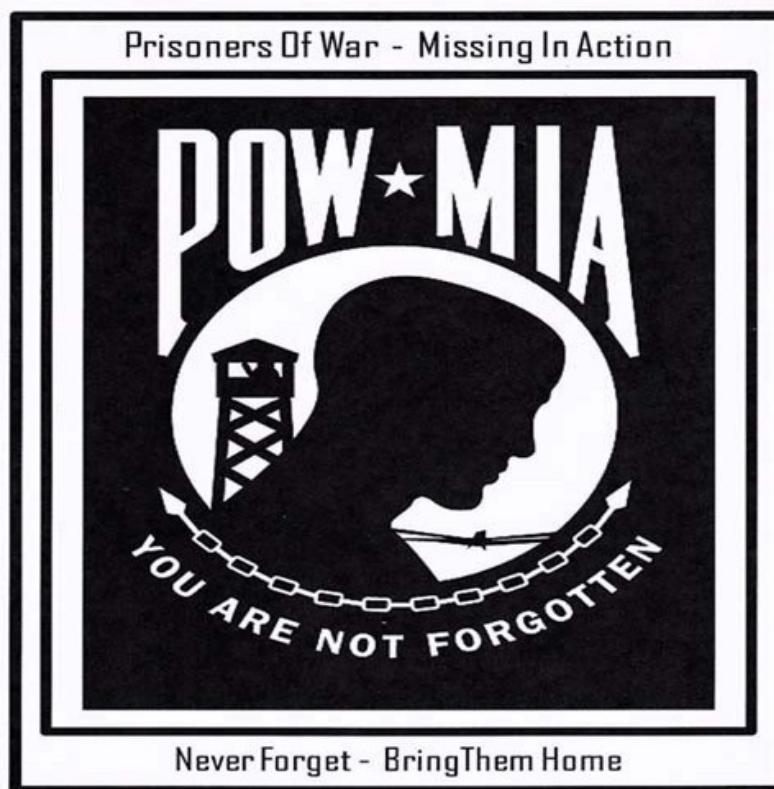
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Legislation Introduced for GI Bill Reporting Simplification for Schools

The Chairman and Ranking Members of the House and Senate Veterans Affairs Committees Rep. Mark Takano (Calif.), Rep. Mike Bost, Sen. Jon Tester (Mont.) and Sen. Jerry Moran (Kan.) respectively have introduced the "Ensuring the Best Schools for Veterans Act" (H.R.8198, S.5548). The legislation would simplify the reporting process for colleges and universities to make GI Bill paperwork requirements easier and more straightforward. This will allow schools to focus on ensuring student veterans get the education they have earned without additional red tape.

The GI Bill, enacted in 2008, has made it possible for thousands of veterans to pursue a college degree after their military service. This legislation will make it easier for colleges and universities that serve student veterans to have a standard and simplified process to enroll students using the GI Bill and help them get their earned benefits.



DOC



Finding Devine intervention in ending Veteran homelessness

Eileen Devine, national director of Health Care for Homeless Veterans, discusses the power of outreach and what you can do to help

[Read More](#)



#VADidThat: Leading America in Long COVID care

VA has diagnosed more than 620,000 Veterans with COVID-19. Of this group, between 4% and 7% may have developed Long COVID symptoms. While there is no universally agreed-upon definition of Long COVID, the Centers for Disease Control and Prevention (CDC) defines it as long-term health problems following infection with the virus that causes COVID-19.

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Mental Health Resources Help Veterans, Families

In partnership with VA, Salesforce is offering a new training module on its free online learning platform, to give Veterans and their families access to mental health resources and information.

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Abortion in the Military



The House Armed Services Committee's Subcommittee on Military Personnel met to discuss how access to reproductive health services impacts service members' readiness. The hearing comes in the wake of the Supreme Court's repeal of Roe v. Wade. The Pentagon released a memorandum stating that DoD medical facilities will continue to perform abortions when the life of the mother is in danger or the pregnancy results from rape or incest. Federal law continues to cover those services.

The memorandum also made clear that active-duty service members and civilian employees may continue to receive emergency sick leave to obtain an abortion for themselves or a loved one. Such leave may extend to time needed to travel to obtain those services. DoD will continue to pay for travel related to a legally covered abortion.



SUICIDE WARNING SIGNS

| TALK: | BEHAVIOR: | MOOD: |
|---|---|--|
| <ul style="list-style-type: none">• Killing themselves• Feeling hopeless• Having no reason to live• Being a burden to others• Feeling trapped• Unbearable pain | <ul style="list-style-type: none">• Increased use of alcohol or drugs• Looking for a way to end their lives• Withdrawing from activities• Isolating from people• Sleeping too much or too little• Visiting or calling people to say goodbye• Giving away possessions• Aggression• Fatigue | <ul style="list-style-type: none">• Depression• Anxiety• Loss of interest• Irritability• Humiliation/Shame• Agitation/Anger• Relief/Sudden Improvement |





Innovation revolutionary: A solution to prosthetic socks management

Innovation Specialist Billie Slater has developed a toolkit to help amputees and clinicians use prosthetic socks better.

[Read More](#)



New Veterans Crisis Line number – Dial 988 then Press 1

The Veterans Crisis Line's new number—Dial 988 then Press 1—gives Veterans in crisis a shorter, easier-to-remember way to get support as quickly as possible. You don't need to be an expert to make a difference in the life of a Veteran. Anyone can spread the word. Start by making sure all the Veterans in your life know about this new number.

[Read More](#)



New Feature Expands Veterans' Ability to Customize VA Profile

Every patient's preference about what information they'd like to share with VA frontline staff is unique. That's why VA recently added features to VA.gov profile to give Veterans the option to share their preferred name and gender identity.

[READ MORE](#)





Emergency Preparedness Simulations: Functional exercises test durability of VA health systems

In this four-part series on VA Emergency Preparedness Simulation efforts, learn how simulation and emergency preparedness at VA work.

[Read More](#)



Live Whole Health #130: Body Scan with Loving Kindness Phrases

When was the last time you stopped to think about and thank your body? It's easy to be critical, annoyed or bothered by your perception of your body's limitations. Whether from aches and pains or movements that you used to be able to do with ease—but now struggle with—we tend to notice our body's limitations more than we notice its abilities.

[Read More](#)



Does Your Combat and Service Experience Make You a Better Caregiver?

I was not unlike many other military caregivers in being largely unprepared for this new role and this journey.

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CONTACT YOUR MEMBERS OF CONGRESS!

To Call your Representative:

202-225-2305

To Call your Senators:

202-224-3841 or 202-224-3553

To call Different Members of Congress:

202-224-3121

TOLL FREE: 866-272-6622

PLEASE... STOP Making Excuses!

www.veterans-for-change.org



Find your career at VA through the Military Spouse Employment Partnership

As a military spouse, your resiliency and adaptability make you a great fit for VA, and the Military Spouse Employment Partnership can pave the way.

[Read More](#)



Cancer screening leads to better outcomes and healthier Veterans

U.S. Navy Veteran Renee Brawner of Pittsburgh was always diligent about her annual breast cancer screening mammogram. This year, her mammogram discovered a lump that was quickly determined by biopsy to be cancer. "It was a blessing, when they found it," said Brawner.

[Read More](#)



VA hospital reduces heart attack deaths for Veterans

"This work is groundbreaking, with other health care organizations wanting to learn how VA is leading the way in resuscitation efforts."

[Read More](#)





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

We hope you will join us on this new site.

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

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George Coker: A story of perseverance

Navy Veteran George Coker served as a bombardier before becoming a prisoner of war during the Vietnam War.

[Read More](#)



Veterans receive free access to online small business library

Veterans have free access to a new digital library of employment and small business resources and accessible skills training. Syracuse University's D'Aniello Institute for Veterans and Military Families (IVMF) and Syracuse University Libraries and the School of Information Studies (iSchool) recently launched the IVMF Digital Library.

[Read More](#)



Cincinnati VA helps Veterans with neurodegenerative conditions

"I feel back where I belong now that I can be up with my wife again," said one 92-year-old Veteran with Parkinson's disease.

[Read More](#)



Office of Inspector General

- 1) [Defense Health Agency: Oversight Needed to Better Ensure That Children Are Screened, Tested, and Treated for Lead Exposure](#)
- 2) [Older Adults and Adults with Disabilities: Federal Programs Provide Support for Preventing Falls, but Program Reach is Limited](#)
- 3) [Sexual Harassment: Opportunities Remain for VA to Improve Program Structure, Policies, and Data Collection](#)
- 4) [Statement of Thomas M Costa, Director, Education, Workforce, and Income Security](#)
- 5) [Military Service Academies: Actions Needed to Better Assess Organizational Climate](#)



New Veterans Crisis Line number – Dial 988 then Press 1

Spread the word: New Veterans Crisis Line number. Dial 988 then Press 1. A shorter, easier-to-remember way to get support quickly.

[Read More](#)



Move your body through music

Try this music and movement exercise designed to improve your core, lower body strength, endurance and motor control.

[Read More](#)





**U.S. FOOD & DRUG
ADMINISTRATION**

- 1) [Baxter Healthcare Corporation Recalls Abacus Order Entry and Calculation Software for Risk of Medication Label Errors](#)
- 2) [Covidien, LLC \(Medtronic\) Recalls Palindrome and Mahurkar Hemodialysis Catheters Due to Catheter Hub Defect](#)
- 3) [Distributor RFR, LLC, Voluntary Nationwide Recall of Sangter Energy Supplement Due to Presence of Undeclared Sildenafil](#)
- 4) [Edgewell Personal Care Issues Voluntary Nationwide Recall of Banana Boat Hair & Scalp Sunscreen Due to the Presence of Benzene](#)
- 5) [FDA Approves First Targeted Therapy for HER2-Low Breast Cancer](#)
- 6) [FDA Continues Efforts to Support Innovation in Medical Device Sterilization](#)
- 7) [FDA Drug Shortages](#)
- 8) [FDA Infant Formula Update: August 5, 2022](#)
- 9) [FDA Infant Formula Update: July 29, 2022](#)
- 10) [FDA Provides Update on Agency Response to Monkeypox Outbreak](#)
- 11) [FDA Recognizes National Immunization Awareness Month](#)
- 12) [FDA Roundup: August 2, 2022](#)
- 13) [FDA Roundup: August 5, 2022](#)
- 14) [FDA Roundup: July 26, 2022](#)
- 15) [FDA Roundup: July 29, 2022](#)
- 16) [FDA Seeks to Improve Patient Communication on LASIK Benefits and Risks Through Issuance of Draft Guidance](#)
- 17) [Generic Drug Cluster – One-Year Progress Report](#)
- 18) [H-E-B Issues Recall for H-E-B Creamy Creations Light Mint Chocolate Chip Ice Cream Due to Mislabeling](#)
- 19) [How Gene Therapy Can Cure or Treat Diseases](#)

- 20) Investigation of Adverse Event Reports: French Lentil & Leek Crumbles (June 2022)
- 21) Loud Muscle Science, LLC Issues Voluntary Recall of Launch Sequence Capsules Due to the Presence of Undeclared Tadalafil in United States and Canada
- 22) Loud Muscle Science, LLC Issues Voluntary Recall of Launch Sequence Capsules Due to the Presence of Undeclared Tadalafil in United States and Canada
- 23) Lyons Magnus Voluntarily Recalls 53 Nutritional and Beverage Products Due To The Potential For Microbial Contamination
- 24) Nature's Sunshine Products Inc. Issues Allergy Alert on Undeclared Milk in AIVIA Whey Protein + Power Herbs Meal Replacement Shakes
- 25) North American Diagnostics Recalls Oral Rapid SARS-CoV-2 Rapid Antigen Test Kits That Are Not Authorized, Cleared, or Approved by the FDA
- 26) Outbreak Investigation of Listeria monocytogenes: Ice Cream (July 2022)
- 27) Outbreak Investigation of Salmonella: Peanut Butter (May 2022)
- 28) Plastikon Healthcare Expands Voluntary Nationwide Recall of Milk of Magnesia Oral Suspension and Magnesium Hydroxide /Aluminum Hydroxide /Simethicone Oral Suspension Due to Microbial Contamination
- 29) Ultra Supplement LLC Issues Voluntary Nationwide Recall of Sustango Due to the Presence of Undeclared Tadalafil
- 30) Vaccines Protect Children From Harmful Infectious Diseases
- 31) Vi-Jon, LLC Expands Voluntary Nationwide Recall of All Flavors and Lots Within Expiry of Magnesium Citrate Saline Laxative Oral Solution Due to Microbial Contamination
- 32) Voluntary Recall of Certain Over-the-Counter Products
- 33) Wilbur's of Maine Chocolate Confections Issues Allergy Alert on Undeclared Almonds in Chocolate Covered Blueberries
- 34) Wismettac Asian Foods Issues Allergy Alert on Undeclared



Live Whole Health #130: Body Scan with Loving Kindness Phrases

When was the last time you stopped to think about and thank your body? It's easy to be critical, annoyed or bothered by your perception of your body's limitations. Whether from aches and pains or movements that you used to be able to do with ease—but now struggle with—we tend to notice our body's limitations more than we notice its abilities.

[Read More](#)



As You Support the Veteran in Your Life, VA Is Here to Support You

As a family member or friend of a Veteran with a mental health challenge, you can play an important role in their recovery. People who are close to a Veteran are often the first to notice that they are facing a mental health challenge. Letting the Veteran know you're there for them can help start a conversation about their well-being.

[Learn How](#)





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Cincinnati VA's innovative approach to TeleRehabilitation therapies

Cincinnati VA Medical Center expands TeleRehabilitation program offerings to Veterans with neurodegenerative conditions.

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Veterans receive free access to online small business library

Veterans have free access to a new digital library of employment and small business resources and accessible skills training. Syracuse University's D'Aniello Institute for Veterans and Military Families (IVMF) and Syracuse University Libraries and the School of Information Studies (iSchool) recently launched the IVMF Digital Library.

[Read More](#)



Learn About PTSD and Treatment Options

The experience of a traumatic event — such as a car accident, an IED blast, military sexual trauma, or the death of a fellow Service member — may continue to trouble you weeks, months, and even years later. The symptoms and effects of posttraumatic stress disorder, commonly known as PTSD, can disrupt your everyday life. If you think you might have PTSD, know that there are resources to help you recover.

[Find Resources](#)



Staff doing much more for Veterans

Two Iowa VA employees knew Veterans were probably sick of looking at that scruffy patch of weeds outside. So, they did something about it.

[Read More](#)

VA Disability 2023 Increase?

Is VA disability compensation going up in 2023? In this episode of the SITREP, hear how current Cost of Living projections could mean a significant increase for Veterans and their dependents.

[WATCH](#)



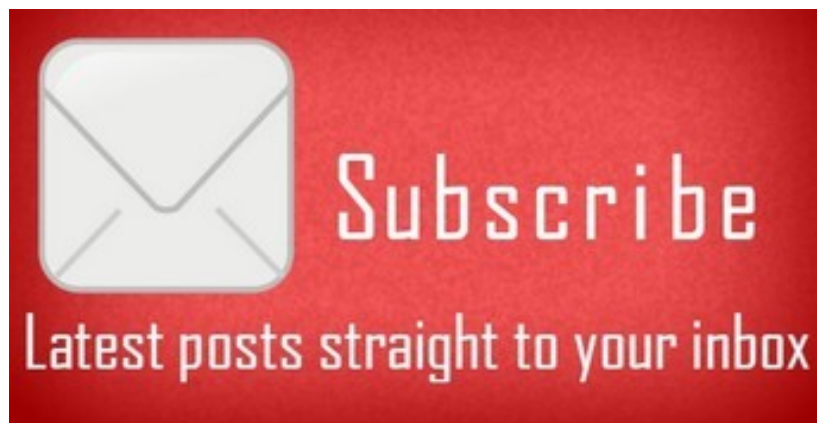
Your Health Is Our Mission

The Military Health System provides comprehensive women's health care, including reproductive health care and gender-specific care associated with cardiovascular health, mental health, musculoskeletal injuries, and more. Prepping for deployment? Check out the Deployment Readiness Education app. Looking for more information on contraceptive options? Download the Decide + Be Ready app. Scroll down for more.

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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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Learn About Opioid Use and Naloxone

Overdose is the leading cause of accidental death in the U.S. Using opioids, whether as prescribed or illegally, comes with a significant risk of overdose. If you or a family member uses opioids, you should have naloxone on hand. Naloxone is a medication designed to rapidly reverse an opioid overdose. When used immediately after an overdose, naloxone can block the effects of the opioids and help prevent death.

[Learn How To Get Naloxone](#)



Veterans Canteen Service \$1,000 Giveaway

Sign up for your FREE ShopVCS.com account, and you could win \$1,000 to spend on summer essentials.

[SHOP VCS](#)



Decide+Be Ready App Can Help You Consider Your Options

This app provides an interactive way for service members to learn about birth control options and help think through what is important to them about the method they choose.

[Read More](#)





**Our values
match yours.**



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Learn About Bipolar Disorder and Treatment Options

Veterans with bipolar disorder can experience a range of symptoms, including noticeable swings in energy, mood or hours of sleep needed. Bipolar disorder involves distinct periods of unusually high energy lasting for at least several days, often accompanied by an overly good mood; these episodes are often followed by longer periods of feeling low or depressed. No matter what you are experiencing, helpful treatments and resources are available at VA.

[Learn More](#)



Donate Food at Commissaries to Help Feds Feed Families

The Defense Commissary Agency is on a mission to collect food donations for families in need through the annual Feds Feed Families food drive, and it's calling on customers, including eligible Veterans, to make it a success.

[LEARN MORE](#)

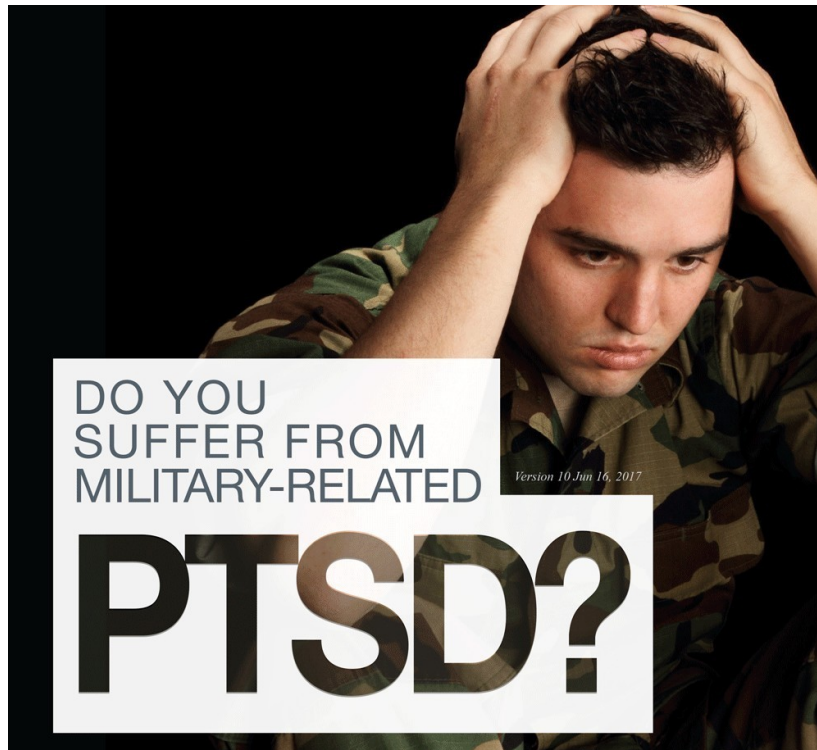


Army Public Health Center Women's Health Portal

The Women's Health Portal is designed to provide service members, leaders and family members health-related information tailored to meet the unique needs of our female service members.

[Read More](#)





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



Maintain Your Mental Health and Well-Being During the COVID-19 Pandemic

It's normal to experience stress, fear, anxiety or feelings of depression in difficult times, and it's likewise important to take care of yourself, including your mental health. There are things that you can do to manage your stress and anxiety, such as taking breaks from the news and participating in activities you enjoy. For resources on managing stress and anxiety related to COVID-19, connect with VA providers through telehealth options.

[See More Guidance](#)



Pension Poaching: Learn to Spot Scammers and Who You Can Trust for Support

Pension poaching is a financial hoax used by scammers to defraud Veterans, survivors and their families who are potentially eligible for VA pension benefits. If you currently receive a VA pension or are thinking about applying for one, learn how to spot and avoid poachers.

[READ MORE](#)



Navy Marine Corps Public Health Center: Women's Health

As a female warfighter, it's critical to maintain your health, fitness, and wellbeing to optimize mission readiness. This site provides female warfighters information on health, fitness, and wellbeing to optimize mission readiness.

[Read More](#)



VA Can Help You Improve Your Mental Health

As a Veteran, you may have experienced difficult life events or challenges since leaving the military. We're here to help no matter how big or small the problem is. VA has resources to address the unique stressors that Veterans may face — and we're just a click, call, text or chat away.

[Get Help](#)



VA Digital Media is Looking for College Interns. Apply now!

Interested in helping create articles, blogs and social media content for VA? VA's Digital Media Engagement team is looking for college interns. Learn more about this opportunity and apply now.

[LEARN MORE](#)



Veteran Hopes to Pay It Forward

Veteran Adam Douglas turned to the VFW Unmet Needs Program for assistance. The easy and timely help allowed him to catch up when “life happens” and consider passing the favor on. “Our veterans need to be taken care of,” he said.

[Read More](#)



Report recommends testing for those exposed to 'forever chemicals' often found at military sites

Roughly 2,854 locations in the United States are contaminated to some degree by PFAS, and about a quarter of those sites are linked to military installations, according to a report.

[Read More](#)



Military OneSource's Transitioning Veterans Consultation

Transitioning Veterans is a free Military OneSource specialty consultation designed for service members returning to civilian life. Whether you are 12 months out from separation or within 365 days of your last day of service, you are eligible for this personalized transition support. Through a series of sessions, a professionally trained consultant will help you identify goals and navigate benefits and resources.

[Learn More](#)



How to Calculate Your % Disability

Ever wonder how VA calculates a Veteran's percentage of disability? Watch this explanation with a step-by-step breakdown that's easy to follow.

[WATCH](#)



Korean era Veteran leaves behind a legacy of service

From his service in Korea to his final battle, the bravery of Marine Veteran William Nyman reminds us of what it means to be a hero.

[Read More](#)



Senate approves bill to help veterans exposed to burn pits and other toxins

Veterans and advocates who watched and waited on the steps of the U.S. Capitol building through heat and rain can now stand down after the Senate passed legislation that will expand eligibility for health care and benefits for veterans exposed to burn pits and other toxins.

[Read More](#)



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