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Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, September 11, 2022

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This-N-That

Good afternoon Jim,

Today marks the 21st anniversary of 9/11 a day which I hope everyone will never forget. We needlessly lost thousands of innocent lives on that day.

I can only imagine the horrors that first responders witnessed firsthand during their time spent rescuing and recovering.

My thoughts and prayers go out to all the families and first responders today. Please take a moment to remember all of them.

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](#)



VA supports your transition from active duty

The transition to civilian life can feel daunting. VA has services and resources to help you on your journey beyond military service.

[Read More](#)



Why women Veterans should consider VA healthcare

VA provides gender-specific services to women Veterans, including routine check-ups, cancer screenings, birth control, mammograms and more.

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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



Telehealth helps rural Veterans

Rural Veterans: telehealth helps break down the barriers of cost, time, and distance by connecting you to the VA care you need without you having to leave home.

[Read More](#)



**Have TRICARE For Life Questions? Register for
September 29 Webinar**



Join the TRICARE webinar, "How to Get Started With Medicare and TRICARE," on Sept. 29, from 1 to 2 p.m. ET. This webinar will help you learn the basics of TRICARE For Life (TFL) and the steps to take to get TFL coverage.

[Read More](#)



Back from the Brink: One Marine's Recovery from Suicidal Thoughts

Retired Marine Sgt. John Peck lost both legs and both arms when he was hit by an improvised explosive device on patrol in Afghanistan in 2010. Coming home and facing life as a quadriplegic was hard.

[Read More](#)



Suicide Awareness Month Reminder: Seek Help for PTSD

PTSD is especially common among veterans, who may encounter a number of traumatic experiences while serving in the military.

[Read More](#)





Your actions

could save a life.

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

VeteransCrisisLine.net



Mental Health: What You Can Expect at a Therapy Appointment

You don't have to wait until you're in crisis to see a mental health professional. Therapists are ready and trained to assist with issues such as grief over a loss, strain in your relationships, depression, anxiety, insomnia, and other issues.

[Read More](#)



Suicide Prevention: One Mother's Story

Virginia Cooper's son, Joshua Jaymes Wood, a veteran of the U.S. Marine Corps, was 30 years old when he took his life on November 7, 2021. This is her story.

[Watch Video](#)



Ask the Doc: I've Got a Friend I'm Worried About – What Should I Do?

A close friend of mine had a difficult childhood and he's seen a rough deployment or two. But it never seemed to bother him in the past and he still never talks about it. I honestly don't know what happened. What should I do to help?

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Suicide Prevention: A Message from CSM Gragg

"I want you to know there are free and confidential resources available if you need mental health services," said Army Command Sergeant Major Michael Gragg, the DHA's top enlisted leader.

[Watch Video](#)

Complete VFW's Fall 2022 Health Survey

The VFW regularly surveys our members and supporters in order to best inform Congress and VA. We have developed a quick survey for you to evaluate your physical and mental health over the past 30 days. Your feedback is vital to our advocacy efforts. Help us hold VA and Congress accountable by [taking this short survey](#).



VA Extends Hardship Suspension for Benefit Debts

VA has extended its financial hardship suspension on benefit debts through Dec. 31, 2022. This relief option was established to help veterans through the COVID-19 pandemic and was set to expire on Sep. 30. Beginning this month, VA will mail debt notification letters to affected veterans advising them of the extended hardship suspension option, as well as extended debt repayment plans, waivers, or compromises. This includes debts related to disability compensation, non-service-connected pension, and education benefits. Veterans and beneficiaries can manage their debt [online](#) or call 800.827.0648 with questions regarding benefit overpayments. For information about medical care and pharmacy copayment debt, contact the Health Resource Center at 866.400.1238. [Read More](#).



GAO finds fault with VA's system for dealing with claims for ailments linked to Agent Orange

The GAO found that of the 130,000 veterans submitting claims for those conditions during the 18-year period, only 11,000 were granted benefits.

[Read More](#)



Navy veteran builds, launches smartphone game inspired by life at sea

When Christian Fager ended his naval career, he created a smartphone game based on his six years as a Navy petty officer aboard guided-missile destroyers.

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match yours.**



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Bruce Springsteen, Jon Stewart to support veterans with return to Stand Up for Heroes

Bruce Springsteen and former “Daily Show” host Jon Stewart will return to Lincoln Center to once again help headline the Stand Up for Heroes fundraiser supporting wounded, ill and injured veterans and their families.

[Read More](#)



Vietnam veteran and Medal of Honor recipient honored with historical marker in his Kentucky hometown

Marine Lance Cpl. Joe C. Paul and his platoon suffered heavy fire in Chu Lai, Vietnam, on Aug. 18, 1965. With five comrades wounded, Paul placed himself between them and the Viet Cong so that the wounded could be evacuated.

[Read More](#)



Oregon veterans find community, therapy in beekeeping class

The "Bee Heroes America Program" teaches veterans a new skill while providing recreational therapy for those dealing with recovery from a slew of issues such as PTSD.

[Read More](#)



VA makes all toxic-exposure conditions presumptive immediately following signing of PACT Act

The VA had planned to phase in the system, under which specific health conditions likely resulting from exposure to toxins are recognized as service-related, over the next few years.

[Read More](#)



Confederate-linked assets at West Point and US Naval Academy cited for renaming, removal

The Naming Commission identified a dozen assets named for Confederate leaders and sympathizers at the U.S. Military Academy at West Point and three assets at the U.S. Naval Academy, according to a report the group submitted to Congress.

[Read More](#)



Fort Bragg moves 100 soldiers from mold-plagued barracks, plans to move 1,000 more by month's end

The Army has now moved about 204 soldiers out of uninhabitable barracks in the installation's Smoke Bomb Hill area.

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Congress Works on CR

Congress returned from their summer recess to begin work on a Continuing Resolution (CR) to allow government to remain open after September 30, 2022, the end of the current Fiscal year. The urgency of passing the CR has delayed Senate consideration of the FY2023 National Defense Authorization Act (NDAA S.4543).

When the spending bills do not pass, Congress has to pass a CR to keep the government open. CRs are a terrible way to fund the federal government because they generally continue funding at prior year levels, with no regard to the value of the individual programs. They continue to fund those programs that have outlived their usefulness or badly need reform, and they fail to expand successful programs that need a boost.



FRA Endorses Suicide Prevention Effort

The FRA and 45 other veteran service organizations signed onto a letter urging Congress to approve a resolution recognizing Nov. 13, 2022, as "National Warrior Call Day". The letter notes that leaders in the U.S. Senate are set to introduce a resolution imminently - timed in conjunction with suicide prevention month and the anniversary of the September 11 terrorist attacks.

The National Warrior Call Day is a national suicide prevention effort aimed at reaching veterans and service members who may be dangerously disconnected from others. The campaign stresses daily connection through calls and unites behind a single day - the Sunday after Veterans Day - to create a groundswell of action from all Americans to "make a call, take a call and be honest". Congressional backing increases visibility for the initiative and serves to extend the message to the local level.

Lawmakers introduced a similar resolution in 2021 and added it to the National Defense Authorization Act, but it failed to move forward. Sens. Jeanne Shaheen (N.H.) and Tom Cotton (Ark.) spearheaded the effort and will do so again this year on a bipartisan basis. Both members serve on the Senate Armed Service Committee and are consistent leaders in supporting the nation's troops and veterans.





IG Report: VA Mishandled LeJeune Water Contamination Cases

A recent report from the Department of Veterans Affairs (VA), Office of Inspector General (IG) concludes that the VA mishandled more than one-third of all Camp Lejeune water contamination disability claims, possibly cheating as many as 21,000 veterans out of financial compensation. The IG report found that errors in claim effective dates and retroactive payments alone affected nearly 4,000 veterans and totaled about \$14 million, but that accounts for only a small portion of the mistakes. Most of the errors impacting more than 17,000 veterans' cases when VA staff prematurely denied claims without requesting additional evidence of injury. The IG review of more than 57,000 Camp Lejeune, North Carolina, cases handled by VA staff between March 2017 and March 2021, however, the VA inspector general found that many cases not related to the established presumptive conditions were summarily rejected, instead of requesting more information on their conditions. The presumptive conditions were created by FRA-supported legislation that was signed into law in 2012.



#Live Whole Health #135: Relationships and mindfulness appreciation practice

Relationships support our quality of life and contribute to our whole health. Relationships can affect our emotional, mental, and physical health and well-being. Connections to family, friends, community, and even animals can help reduce stress and improve physical and emotional well-being.

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Everything you need to know about monkeypox

Monkeypox is a contagious viral disease that is closely related to the one that causes smallpox, but the disease is generally less severe and less contagious. Unlike the COVID-19 virus, which was a virus that was not known until 2020, monkeypox is a well-known illness that was first recognized in research animals in 1958.

[Read More](#)



Veteran Army medic finds healing at Summer Sports Clinic

Nathaneal Jackson has always cared for others, but it wasn't until he joined the Army in 1969 as a medic that he earned his nickname, "Doc." His army career brought him through two tours of Vietnam from 1969-71, and he continued as a medic through his service in the Army Reserve. [From VA News]

[Read More](#)



988 Veterans Crisis Hotline

Veterans now have the option to Dial 988 then Press 1 to connect with caring, qualified responders for 24/7 crisis assistance. "During a crisis, every second counts," said VA Secretary Denis McDonough. "This new, shorter number makes it easier for veterans and those who care about them to reach lifesaving support without having to be enrolled in VA benefits or health care." While [Dial 988 then Press 1](#) is a new option for contacting the Veterans Crisis Line, the original number, 1.800.273.8255 and press 1, remains available, and individuals can make contact via chat at VeteransCrisisLine.net/Chat or by texting 838255.



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 09/02/22)

Please note, we've added NO new items to the **TAKE ACTION** list.

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

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

- 34) H.R. 958—the Protecting Moms Who Served Act
- 35) HR 2127 and S 927, the TEAM bills Veterans Exposed to Toxic Substances
- 36) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 37) Ask your member 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
- 112) HR 6647 will make certain improvements relating to the eligibility
- 113) S. 4580, the Lactation Spaces for Veteran Moms Act
- 114) HR 7337, Access for Veterans to Records Act
- 115) HR 8736, the GUARD Act





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Office of Inspector General

- 1) Homelessness: VA Provides Support to the Most Vulnerable Women Veterans and Has Taken Steps to Improve Services



- 1) FDA Drug Shortages
- 2) Monkeypox Update: FDA Takes Significant Action to Help Expand Access to Testing
- 3) CDER and CBER accept first submission to IStand Pilot Program
- 4) Fluorouracil and Pet Safety
- 5) FDA Advises Parents and Caregivers Not to Buy or Give Mother's Touch Formula to Infants
- 6) Certain Philips Respironics Masks for BiPAP, CPAP Machines Recalled Due to Safety Issue with Magnets That May Affect Certain Medical Devices: FDA Safety Communication
- 7) FDA Roundup: September 6, 2022
- 8) Food Co. Issues Allergy Alert on Undeclared Coconut in Product
- 9) Formulating Drug Products for Optimized Absorption: Elucidating Amorphous Solid Dispersions

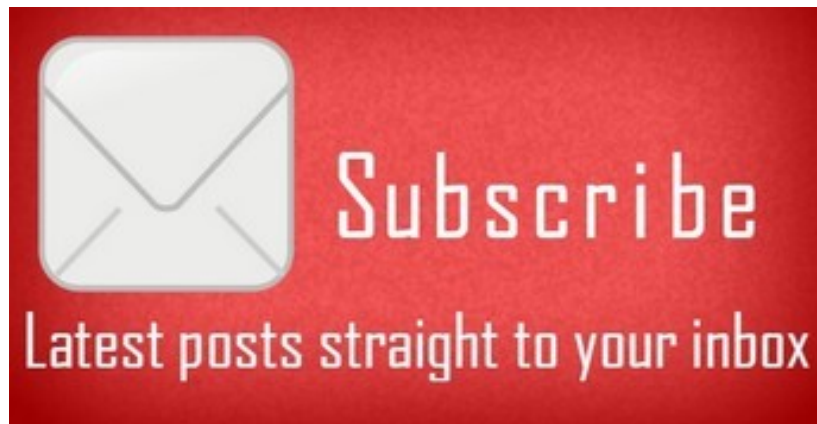




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