



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, September 18, 2022

Volume 13, Issue 37



## **This-N-That**

Good evening Jim,

Finally, we've had a great week for news and information. Nearly filled this week's newsletter and although it takes a bit of time to compose, I couldn't be happier to bring all this news and information to you.

I know I incessantly push to have everyone participate in the "TAKE ACTION" section, and even though each bill is important and would help many Veterans, the one bill I am truly pressed to get passed is the Concurrent Receipt bill. Then passed on to the Senate for passage there and onto the POTUS to be signed into law.

Too many people suffer from what the VA calls double dipping between DIC and Retirement. The difference is Retirement is for

time served and is earned. DIC is compensation for the loss of the loved one who served and was receiving disability benefits. Two entirely different forms of income.

So even if you don't take action on all the legislation listed, please take action on the Concurrent Receipt legislation, a decade is more than sufficient time to have read and voted to pass. Please help all the widows/ers who have been being penalized to the tune of about \$1,200.00 per month.

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. [Contribute](#)




**Concurrent Receipt Update**

The FRA signed onto a letter from The Military Coalition (TMC) urging House and Senate leadership to fast track pending concurrent receipt legislation in the House (H.R.1282), and an amendment to the Senate National Defense Authorization Act (NDAA S.4543). The FRA is a founding member of The Military Coalition, which is comprised of 35 organizations representing more than 5.5 million members of the uniformed services--active, reserve, retired, survivors, veterans--and their families.

The coalition letter notes that currently, combat-injured (and often seriously disabled) veterans are subject to a cost-saving offset where their retirement pay is reduced for every dollar of VA disability received. Retired pay is for completed years of service paid by DoD, while disability compensation is for lifelong injury paid by the VA. These two benefits, established by Congress for entirely different reasons, are nonetheless subject to an unjust statutory offset. To reduce retirement pay because of a combat disability is an injustice.

Everyone can [weigh in on this issue online](#).



## **A Checklist to Help You Prepare for 2022 TRICARE Open Season**

TRICARE Open Season starts Nov. 14 and ends Dec. 13, 2022. Open season is the time when most TRICARE families can make changes to their TRICARE health care coverage for next year. Preparing for open season now can help you make the best selection later.

[Read More](#)





## **Military Veterans Advocacy**

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

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

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

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



## **‘That’s him’: Nephew of WWII Marine casualty witnesses remains recovery on Okinawa**

Larry Paleno, 61, had never been outside the United States, but he dropped everything and flew to Okinawa on Friday after learning that a team of volunteers may have discovered the remains of his uncle lost in World War II.

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## **Commissary reminds veterans about expanded access to on-base shopping, other services**

A Defense Department agency wants specific categories of veterans to know they have access to tax-free recreational activities, retail shopping and grocery stores on U.S. bases.

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## **Federal labor union starts petition urging VA secretary to replace chief negotiator**

A labor union representing federal workers has begun a campaign and petition urging the Department of Veterans Affairs secretary to replace its chief negotiator after the union accused the agency of delaying negotiations.

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## **Sailor killed at Pearl Harbor is laid to rest, at last**

Herbert "Bert" Jacobson was laid to rest at Arlington National Cemetery more than 80 years after he was killed in the Japanese attack on Pearl Harbor.

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**Your actions**  
**could save a life.**

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

VeteransCrisisLine.net

 **Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**



## **Q&A: What You Need to Know for Federal Benefits Open Season**

The Federal Benefits Open Season starts Nov. 14 and ends Dec. 12, 2022. This is for dental and vision coverage through the Federal Employees Dental and Vision Insurance Program (FEDVIP). Review the Q&A to see if you're eligible for FEDVIP and more.

[Read More](#)



## **Six More States Exempt or Partially Exempt Retired Pay from Taxation**

This year six states exempted, or partially exempted, military retirement pay from state their income tax. According to Military.com state legislators in New Mexico, Oklahoma, Rhode Island, South Carolina, Vermont, and Virginia passed laws giving retirees in those states tax breaks based on their military service. These tax changes include:

- New Mexico: Beginning in 2022, up to \$10,000 of military retirement is tax free. That amount increases to \$20,000 in 2023, and to \$30,000 until at least 2026.
- In Oklahoma, Rhode Island, and South Carolina military retirement income is fully tax-free beginning in 2022.
- Vermont: Beginning in 2022, up to \$10,000 in retirement income is tax free for those with a gross income less than \$50,000 for single filers or \$65,000 for joint filers.
- Virginia: In 2022, up to \$10,000 in retirement pay is tax free for retirees ages 55 and older. That amount increases by \$10,000 each year until 2025, when up to \$40,000 is deductible.

This leaves only California and the District of Columbia fully taxing military retirement income.



## **Be Prepared This Hurricane Season**

To get ready for hurricane season, it's important to know what resources are available to you and where to find them. Benefits.gov is here to help you find emergency and disaster relief in the event of a disaster.

[Read More](#)



**Seek Mental Health With TRICARE**

Mental health problems can affect your thoughts, mood and behavior. Watch TRICARE's latest video on how to take care of your mental health.

[Watch Video](#)



## **Horse Therapy Helps Wounded Service Members Find "New Normal"**

Equine therapy is one way Fort Campbell, Kentucky, supports wounded service members to help them in their journey toward recovery.

[Read More](#)

## **Your Relationship with Prescribed Medications**



Prescription medication misuse amongst the general population continues to be a significant concern in the United States.

[Read More](#)



## **Your Pain on a Scale of 1-10? Check Out a New DOD Way to Evaluate Pain**

The Military Health System is rolling out a new pain management strategy known as the Defense and Veterans Pain Rating Scale, or DVPRS.

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## **The Latest in Military Health Care Technology**

The U.S. Army Medical Materiel Development Activity showcased the prototype of the Army's only Joint Light Tactical Vehicle Ambulance and other technologies designed to improve automation, compliance, efficiency, and data analytics at this week's Military Health System Research Symposium in Kissimmee, Florida, Sept. 12-15.

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**Our values  
match yours.**



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

*CLICK HERE TO GO TO THE VFC WEBSITE*



## **A Checklist to Help You Prepare for 2022 TRICARE Open Season**

Do you want to change your TRICARE health plan for next year?

TRICARE Open Season is the time when most families can make changes to their TRICARE health care coverage for next year. Preparing for open season now can help you make the best selection for you and your family later. TRICARE Open Season starts Nov. 14 and ends Dec. 13.

[Read More](#)



## **New MCPON**

As first reported in the March, 25 NewsBytes, Chief of Naval Operations Admiral Mike Gilday selected Fleet Master Chief James Honea to become the 16th Master Chief Petty Officer of the Navy (MCPON). Honea, a sailor for 35 years, previously served as the Fleet Master Chief for U.S. Pacific Fleet. He was sworn in on Sept. 8, 2022. Honea enlisted in the Navy in 1987 and advanced through the ranks as a boatswain's mate. Honea will replace MCPON Russell Smith, who took on the job in August 2018.

Honea served as the Command Master Chief at Naval Support Activity South Potomac as well as Command Master Chief, U.S. Naval Forces Korea, U.S. Naval Forces Central Command and U.S. Fifth Fleet. His personal awards include the Legion of Merit Medal, Meritorious Service Medal (five awards), Navy and Marine Corps Commendation Medal (three awards), and Navy and Marine Corps Achievement Medal (four awards) as well as numerous unit, and campaign awards. He's a graduate of the U.S. Air Force Senior Non-Commissioned Officer Academy, Command Master Chief Course and Senior Enlisted JPME Keystone Course from the National Defense University.



## **Make Sure You Understand Recent TRICARE Telehealth Policy Changes**

At the start of the COVID-19 pandemic, the Defense Health Agency (DHA) made several temporary updates to the TRICARE benefit regarding telehealth.

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## **People Come First in Suicide Prevention**

The 2021 Suicide Prevention Month theme, "Connect to protect: Support is within reach," is focused on people first, a theme centered on recognizing behavioral changes that may only be seen after knowing and understanding people at a different level.

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## **Moving through life despite chronic pain**

Veteran Larry Reese says, "Motion is lotion," which is a saying he picked up in a pain management class at the James A. Haley, VA Medical Center in Tampa, Florida. "If you're sitting still, you're feeling the pain, but if you keep moving, it helps you to deal with it," he says. "It also helps if you understand pain, then you can learn to deal with it."

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## **VA's Veteran Directed Care lets you hire your own caregivers**

"If it wasn't for this program, I don't know where I would be," said Navy and Army Veteran Caren Scalla. "I could end up in a nursing home. Shannon and Michael are my caregivers and without this program, I just don't know where I would be."

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## **An infantry soldier's overdose recovery journey**

"I didn't know there were so many resources for me at VA for Veterans struggling like I was."

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## **VA is offering flexible debt collection relief**

Here are five ways VA is offering to make repaying a VA debt less stressful during these difficult times.

[Read More](#)



## Suicide Prevention Resources for Military and Veterans

### **Military & Veterans Crisis Line**

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

### **Vets 4 Warriors** 855-838-8255

### **InTransition** 1-800-424-7877

### **Office of Warrior Care Policy**

warriorcare.dodlive.mil/

### **Military One Source** 1-800-342-9647

### **Tragedy Assistance Program for Survivors [TAPS]** 1-800-959-8277



## Help ease patient pain during Sickle Cell Awareness Month

During Sickle Cell Awareness Month in September, the American Red Cross emphasizes the importance of a diverse blood supply to help meet the needs of those with sickle cell disease—the most common inherited blood disorder in the U.S. Sickle cell disease impacts more than 100,000 people across the country, most of whom are of African descent.

[Read More](#)



**#LiveWholeHealth #136: Motion is lotion (for the joints!)**

Have you ever heard that saying, "motion is lotion?" Moving our bodies lubricates our joints with nutrient rich fluid. Mobility exercises can help maintain healthy joints and increase or maintain range-of-motion and flexibility; these support our daily routines and athletic activities.

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## **"Sugar Boy" celebrates 103rd birthday**

Exiting the air-conditioned car, the heat was like a slap to the face. Even at 10 a.m., the late July sun was showing no mercy in Longview, Texas. Army Veteran Hosea "Sugar Boy" McCain sat relaxing in his rocking chair on his newly screened-in porch. Still elated from his birthday bash the weekend before, the 103-year-old was still smiling.

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## **#Live Whole Health #137: Connecting mind and body #6**

Connecting mind and body is important for your overall whole health. Your body responds to the way you think, feel, and act and this is often called the "mind-body connection."

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## **Home telehealth program for COVID-19 patients**

At the beginning of the COVID-19 pandemic in 2020, medical centers across the globe worked tirelessly to revamp processes and protocols to ensure the safety of both patients and facility staff. Telehealth is one of those options.

[Read More](#)



## **Got a VA question? Use the new virtual chatbot 24/7**

Got a question about your VA benefits, health care, eligibility? You might want to check VA's website, where you can access a new interactive chatbot to ask questions—24 hours a day, seven days a week.

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## **Women Veterans health care: Reasons to consider VA**



If the last time you visited VA was many years ago, or if you have never visited us, we invite you to come see why more and more women Veterans are turning to VA for their health care. Currently, women make up about 30% of all new VA patients.

[Read More](#)



## Defense Advisory Committee on Women in the Service (DACOWITS) News [August 2022]

Get the Recruitment & Retention, Employment & Integration, Well Being & Treatment, Servicewomen in the News, Women Veterans, and Upcoming Events DACOWITS news from August 2022.

[Read More](#)



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

Jim you don't need to be Active Duty or a Veteran, in fact we ask all Veteran friends to also help! (Updated 09/17/22)

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
- 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

116) [H.R. 8398, the DRIVE Act](#)

117) [H.R. 6961, the Dignity for MST Survivors Act](#)



## **VA Chaplain observes future Veterans on aircraft carrier**

A VA chaplain's experience aboard a Navy aircraft carrier gives her additional tools to provide comfort, support, counsel and education to the nearly 200,000 enrolled Veterans at the Dallas VA. Chaplain Patricia Roberts' two-day Distinguished Visitor invitation gave her a unique perspective of the modern-day active military force, their duties, sacrifice, and how to contribute to their needs as future Veterans and users of VA health care.

[Read More](#)



## **Center for Women Veterans Book Corner: Army Veteran Jessica Pekari**

Each month, VA's Center for Women Veterans profiles a different woman Veteran author as part of its Women Veteran Authors Book Corner. This month's author is Army Veteran Jessica Pekari, who served from 2006-2010.

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## **VA will offer abortion counseling and-in certain cases-abortion to Veterans and VA beneficiaries**

Last night, the Department of Veterans Affairs submitted to the Federal Register an interim final rule that will allow VA to provide access to abortion counseling and - in certain cases - abortions to pregnant Veterans and VA beneficiaries. Specifically, VA will provide access to abortions when the life or health of the pregnant Veteran would be endangered if the pregnancy were carried to term, or when the pregnancy is the result of rape or incest. VA beneficiaries enrolled in CHAMPVA will also have access to this care.

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## 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.







## **Characterizing differences in psychiatric profiles between male and female Veterans with ...**

Sullivan-Baca E, Weitzner DS, Choudhury TK, Fadipe M, Miller BI, Haneef Z. Characterizing differences in psychiatric profiles between male and female Veterans with epilepsy and psychogenic non-epileptic seizures.

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## **Accelerating Generation and Impacts of Research Evidence to Improve Women Veterans' Health and**

...

Yano EM, Tomoyasu N. Accelerating Generation and Impacts of Research Evidence to Improve Women Veterans' Health and Health Care.

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## **Barriers and facilitators to mental healthcare for women Veterans: a scoping review**

Godier-McBard LR, Wood A, Kohomange M, Cable G, Fossey M. Barriers and facilitators to mental healthcare for women Veterans: a scoping review.

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## **Effects of Intimate Partner Violence During COVID-19 and Pandemic-Related Stress on the Mental ...**

Iverson KM, Dardis CM, Cowlshaw S, Webermann AR, Shayani DR, Dichter ME, Mitchell KS, Mattocks KM, Gerber MR, Portnoy GR. Effects of Intimate Partner Violence During COVID-19 and Pandemic-Related Stress on the Mental and Physical Health of Women Veterans.

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## SUICIDE WARNING SIGNS

### TALK:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



### BEHAVIOR:

- Increased use of alcohol or drugs
- Looking for a way to end their lives
- Withdrawing from activities
- Isolating from people
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away possessions
- Aggression
- Fatigue

### MOOD:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement



## Exploring the Acceptability of Expanded Perinatal Depression Care Practices Among Women Veterans

Kroll-Desrosiers A, Kinney RL, Marteeny V, Mattocks KM.

Exploring the Acceptability of Expanded Perinatal Depression Care Practices Among Women Veterans.

[Read More](#)



## Factor Structure of the Suicide Cognitions Scale in a National Sample of Female Veterans

Holliday R, Schneider AL, Miller C, Forster JE, Monteith LL. Factor Structure of the Suicide Cognitions Scale in a National Sample of Female Veterans.

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## **Family-Involved Mental Health Care Among OEF/OIF Veterans With and Without PTSD Using VHA ...**

Harper KL, Thompson-Hollands J, Keane TM, Marx BP. Family-Involved Mental Health Care Among OEF/OIF Veterans With and Without PTSD Using VHA Administrative Records.

[Read More](#)



## **Gender Differences in Guideline-Directed Medical Therapy for Cardiovascular Disease Among Young Vets**

Dhruva SS, Dziura J, Bathulapalli H, Rosman L, Gaffey AE, Davis MB, Brandt CA, Haskell SG. Gender Differences in Guideline-Directed Medical Therapy for Cardiovascular Disease Among Young Veterans.

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## **Getting Connected: a Retrospective Cohort Investigation of Video-to-Home Telehealth for Mental ...**

Lindsay JA, Caloudas A, Hogan J, Ecker AH, Day S, Day G, Connolly SL, Touchett H, Weaver KR, Amspoker AB. Getting Connected: a Retrospective Cohort Investigation of Video-to-Home Telehealth for Mental Health Care Utilization Among Women Veterans.

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## **Gonorrhea and Chlamydia Testing and Case Rates Among Women Veterans in the Veterans Health ...**

Keddem S, Maier M, Gardella C, Borgerding J, Lowy E, Chartier M, Haskell S, Hauser RG, Beste LA. Gonorrhea and Chlamydia Testing and Case Rates Among Women Veterans in the Veterans Health Administration.

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## **Gynecologist Supply Deserts Across the VA and in the Community**

Friedman S, Shaw JG, Hamilton AB, Vinekar K, Washington DL, Mattocks K, Yano EM, Phibbs CS, Johnson AM, Saechao F, Berg E, Frayne SM. Gynecologist Supply Deserts Across the VA and in the Community.

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## **Impact of a Mindfulness-Based Stress Reduction Program on Psychological Well-Being, Cortisol, ...**

Saban KL, Collins EG, Mathews HL, Bryant FB, Tell D, Gonzalez B, Bhoopalam S, Chroniak CP, Janusek LW. Impact of a Mindfulness-Based Stress Reduction Program on Psychological Well-Being, Cortisol, and Inflammation in Women Veterans.

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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**

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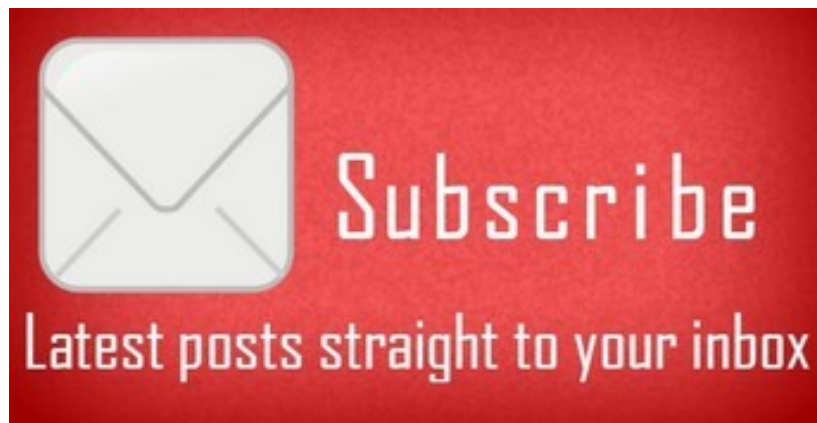
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