



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, October 09, 2022

Volume 13, Issue 40



This-N-That

Good afternoon Jim,

Monday is Columbus Day, and many will enjoy a three-day weekend! And we do hope all enjoy the day!

News this week is sparse again as the VA continues internal programming and many of the pieces are coming through but in largely different formats so it's going to be a little time to adjust.

Suicide, Homelessness, Mental Health and General Healthcare are all areas in which I've been receiving a lot of complaints on, and frankly I'm not surprised.

I believe I posted an article to the [VFC Website](#) where one woman Veteran had called to obtain urgent care and was told they were SIX MONTH OUT. This is absolutely insane! They're a hospital,

it's not like they laid off half their medical staff due to not getting the COVID vaccine where a hospital on the east coast did, then had to explain to investors how they lost 2.1 billion dollars in revenue.

I don't know that this is good or bad advice, but if you need medical care and especially if it's an urgent need, please, don't wait on the VA. Your health and life depend on proper medical care in a timely fashion, so go to the nearest civilian hospital.

I know here in CA no hospital and turn anyone away by law. They can however, provide what urgent care is needed, stabilize you and transfer you to a county hospital. And in all the years I worked in civilian hospital trauma units, I only witnessed that happening one time.

I also worked with a Veteran a few years ago where they got verbal approval to go to civilian hospital for emergency surgery (thankfully the call was recorded) and ended up staying 7-days in the hospital, then got a boat load of bills for services rendered.

The VA had obligated themselves to coverage, then law was passed during Trump era forcing the VA to pay, and of course they did.

My point is regardless of what fears you might have about a ton of bills, don't surrender and get the medical care needed no matter where it comes from.

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.

When subscribing to the website, try to complete as much as

possible, then it will alert me of a new subscriber, once I approve it will send you a notification E-Mail and you're good to go, but some E-Mail programs will throw the notification into a SPAM or JUNK folder, so be sure to check there too.

And being a subscriber will open up access to thousands more files and documents, will also allow you to comment on all the various articles which non-subscribers don't even see.

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](#)*



TRICARE Pharmacy Network Shrinking



The Defense Health Agency (DHA) has announced that beginning Oct. 24, 2022, thousands of community pharmacies will leave the TRICARE network. Express

Scripts Inc. (ESI) is the TRICARE pharmacy contractor with oversight of home delivery, military pharmacy and civilian contract facilities. Walmart and Sam's Club pharmacies are among those leaving the network. It is recommended that beneficiaries contact their pharmacy to see if it will remain in network. DHA estimates that almost 400,000 beneficiaries, or roughly 4 percent of the TRICARE-eligible beneficiaries, will be impacted by the change.

Impacted beneficiaries will receive a letter from ESI with a list of alternative in-network pharmacies. Walgreens, Rite Aid, and CVS will remain in the network as will many grocery store pharmacies and smaller chains. Network pharmacies also can be found using this [online search tool](#). DHA notes that beneficiaries can file a claim for a partial reimbursement for the cost of their medication when filling at a non-network pharmacy. For more information, [go online](#).



Troops and Veterans Can Get More Life Insurance Soon

The House recently passed the "Supporting Families of the Fallen Act" (S.2794), which will allow service members and veterans to increase their maximum life insurance coverage by \$100,000. Earlier, the bill sponsored by Sen. Tommy Tuberville (Ala.) passed the Senate unanimously. The FRA-supported bill will go to President Joe Biden's desk and is expected to be signed into law. The legislation will boost maximum coverage for both the Servicemembers' Group Life Insurance plan and the Veterans' Group Life Insurance plan for the first time since 2005. Both programs are administered by the Department of Veterans Affairs and, while neither is free, they offer service members and veterans a low-cost option for life insurance.

Service members and veterans who choose the new \$500,000 coverage will pay about \$6 more per month for their premium than under the \$400,000 plan. The \$400,000 coverage is \$25 per month for service members and ranges anywhere from \$28 per month for veterans 29 years or younger to \$1,800 per month for veterans 80 years or older. In an interview with Military.com, Tuberville said, "An increase in coverage is particularly important now as inflation drives up the cost of living."

The Servicemembers' Group Life Insurance automatically enrolls qualified troops, including all active-duty military, and certain members of the Reserve Component. Troops can choose to decline the coverage. The Defense Department reimburses the premium when a service member is in a combat zone.



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



House Hearing on Suicide Prevention

The House Committee on Veterans' Affairs conducted a hearing on VA programs for suicide prevention, intervention, postvention, and VA-sponsored research and community efforts. VFW National Legislative Deputy Director Tammy Barlet provided a statement for the record that outlined the VFW's priority to end veteran suicide, concerns regarding VA's [2022 National Veteran Suicide Prevention Annual Report](#), and results from VFW's Fall 2022 Health Survey. "The VFW is working to ensure a way forward in the collective mission to end veteran suicide once and for all," said Barlet. [Watch the hearing](#) or [read the testimony](#).



TRICARE Network Pharmacy Changes Coming Soon



TRICARE has announced that beginning on Oct. 24, 2022, thousands of community pharmacies will leave the network. Express Scripts is the TRICARE pharmacy contractor with oversight of home delivery, military pharmacy, and civilian contract facilities. Walmart and Sam's Club pharmacies are among those impacted by this change. It is recommended that you contact your pharmacy to see if it will remain in network. Find a [participating pharmacy](#) near you. [Read more.](#)



VA Health Care Open Enrollment Period Begins

As of Oct. 1, 2022, VA is expanding health care eligibility for certain veterans as directed by the recent passage into law of the Honoring our PACT Act. A one-year open enrollment period will be available for eligible Vietnam veterans, Gulf War veterans, and Post-9/11 veterans. Eligibility is based on dates and locations of service, regardless of disability claim status. Once the open enrollment period has closed, veterans from these groups will be eligible for VA health care as part of a phased process depending on discharge date. Learn more about your [eligibility](#) and [apply today](#).



Vet experience with VA's health, benefit administrations is missing piece of suicide data, Veteran advocate says

An organization that challenged the accuracy of a recent veteran suicide report from the Department of Veterans Affairs told House lawmakers that the agency's data is missing a key piece: the veteran's experience with the VA's health and benefits administrations.

[Read More](#)



'I have friends who are dying:' Photographer's project created to raise awareness of breast cancer, honor vets impacted by the disease

Photographer Charise Isis' latest exhibit featuring portraits of female veterans impacted by breast cancer is now on display at the Military Women's Memorial at Arlington National Cemetery, Va., and Isis said she hopes it will raise awareness of the disease.

[Read More](#)

Marine Veteran gets probation in fraud spawned by fake tale of 20-buck bailout of stranded motorist

Johnny Bobbitt Jr., of Philadelphia, had pleaded guilty to a charge of conspiracy to commit money laundering in a case stemming from a GoFundMe campaign established by two others on his behalf in 2017.

[Read More](#)



VA to open caregiver program to all veterans Saturday

The Department of Veterans Affairs will open eligibility for one of its caregiver programs to veterans starting Saturday.

[Read More](#)



107-year-old World War II Veteran receives Silver Star

Harold Nelson, who was first recommended for a Silver Star by his commanding officer in the 1940s, received the medal at Fort Carson.

[Read More](#)



Don't suffer in silence because
'no one wants to hear about your
depression." I'd rather hear about
your depression, anxiety, stress, etc.
than hear about your death.

I LOVE YOU.

LET'S FIGHT THIS SHIT.



Honor Flight will bring Michigan Veterans to DC

The trip will constitute the 14th mission of the Mid-Michigan Honor Flight, a nearly annual event designed to provide aging veterans of foreign wars the opportunity to visit the national monuments dedicated to them.

[Read More](#)



**Medical debt relief application now available
online**

If you are concerned about your medical copayment debt and want to seek relief, apply online at VA's new online debt access page.

[Read More](#)



Women Veterans: manage your chronic pain

Talk with your VA provider about an individualized pain management plan.

[Read More](#)



Suicide Prevention Is a Year-Round Effort

Suicide Prevention Month may have ended, but there are ways you can help other Veterans all year long. Visit the link below to find resources for building networks of support among you and your loved ones, community-based organizations, Veterans Service Organizations, health care providers, and other members of your community that can strengthen protective factors for Veterans.

[Learn More](#)



[Links to Other Stories](#)

- 1) [Expanding benefits to Veterans: MCVSO updates on PACT Act changes, new VA clinic](#)
- 2) [House of Prayer, a Church Accused of Squeezing Veterans for Benefits, Stripped of GI Bill Eligibility](#)
- 3) [Kerrville VAMC welcomes its newest centenarian in style](#)
- 4) [Vets may be missing out on money for STEM degrees](#)
- 5) [Women Veterans and chronic pain](#)
- 6) [WWII Glider Pilots celebrating 50th annual reunion in Lubbock](#)



VA's 2022 National Veteran Suicide Prevention Annual Report Is Now Available

This year's report shows that, in 2020, the number of Veteran suicides decreased for the second year in a row. Fewer Veterans died by suicide in 2020 than in any year since 2006. As part of VA's comprehensive efforts to end Veteran suicide, VA also announced the grantees for the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program, a first-of-its-kind program that provides VA funding for local suicide prevention programs, and the finalists for Mission Daybreak, a suicide prevention grand challenge.

[Read](#)



VA Supports LGBTQ+ Veterans

VA is dedicated to being a leader in providing high-quality health care for LGBTQ+ Veterans. VA also helps all Veterans manage mental health challenges in a sensitive, respectful environment. Learn more about how various challenges you may be facing can affect your health and how to talk about them with your doctor.

[Find Resources](#)



Learn About Treatment for Stimulant Use Disorder

Stimulant use disorder is the continued use of stimulants despite harm to the user. Stimulants include cocaine, amphetamine, methamphetamine, MDMA (also known as ecstasy or molly) and prescription drugs such as Adderall and Ritalin. VA offers many types of evidence-based therapies that can effectively treat stimulant misuse.

[Explore Treatment Options](#)

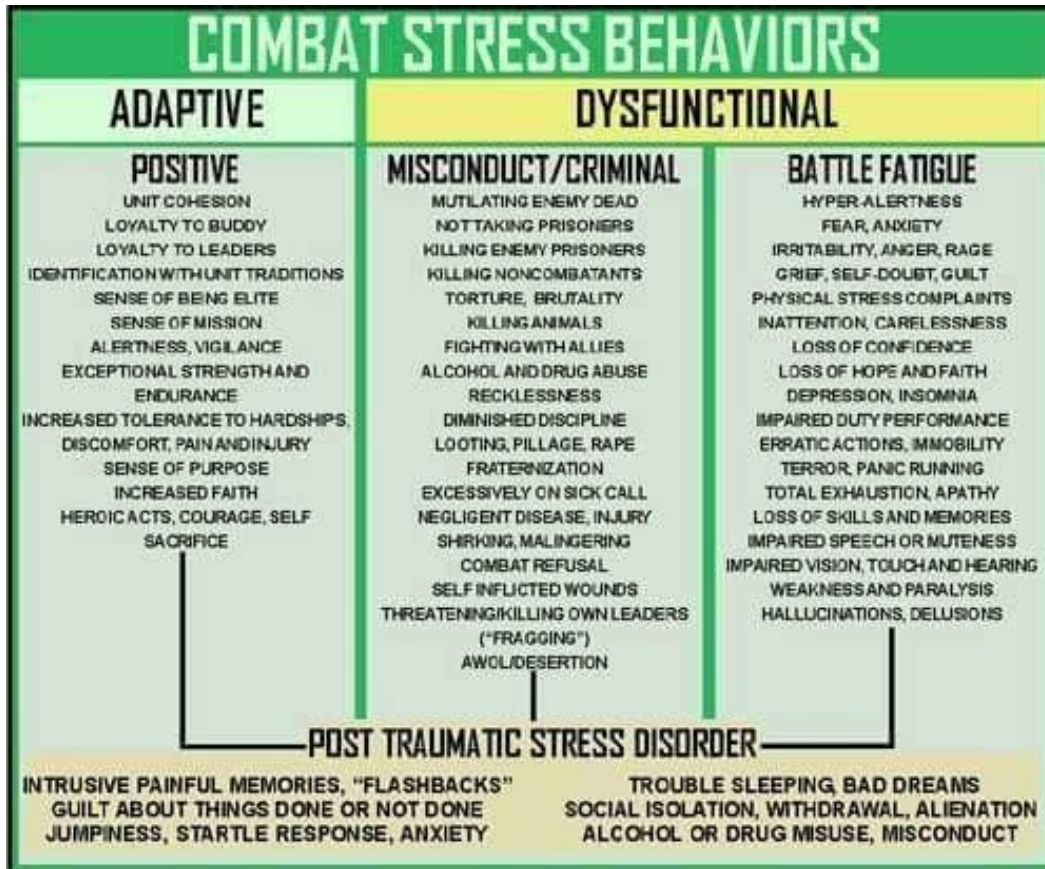


Trauma, Transitioning and Treatment

Stephen didn't consider getting VA help with his transition out of the Army because he felt that other Veterans were more deserving of support. But when Stephen's adjustment to student life proved difficult, VA counselors helped him get the tools and resources he needed to succeed in his new mission.

[Read Stephen's Story](#)





Essential Women's Health Care Services

Get answers for our most-asked questions about contraceptive care and women's health.

[Read More](#)



Video: TRICARE Contraceptive Care



Learn more about the copayment and cost-share changes for long-acting contraceptives and other contraceptive care.

[Watch Video](#)



DOD Officials: Women's Health Care Unchanged by Supreme Court Decision

The Supreme Court decision on Dobbs v. Jackson Women's Health Organization meant that each state is responsible for its abortion laws. However, the DOD stated they will not change reproductive health care in the military, allowing service members to continue receiving the same care as before.

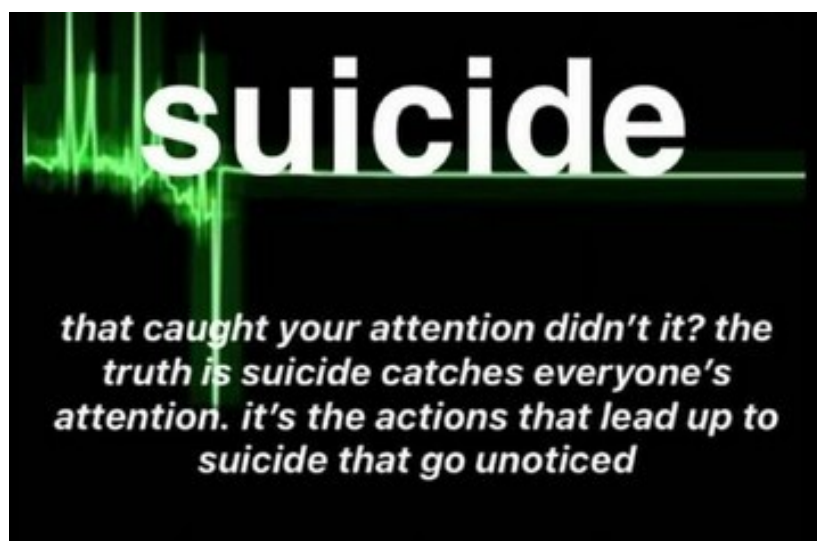
[Read More](#)



Deployment Readiness Education for Service Women App

Deployments can complicate contraceptive care and family planning. DRES helps you with information and resources before, during, and after you deploy.

[Read More](#)





#Live Whole Health #140: Acupressure for head and neck

Do you have "text neck?" This problem comes from having our necks bent forward looking at our devices for long periods of time. This can cause pain and fatigue in the head and neck and shoulders.

[Read More](#)



Join the fight to end domestic violence

Intimate partner violence—also called domestic violence—is a significant public health issue among Veterans and civilians. It includes physical violence, sexual violence, stalking, and psychological aggression by a current or former intimate partner.

[Read More](#)



Golden Age Games a lifeline for Houston Veteran

For Houston Veteran Rena Dugat, the Golden Age Games are as much about love and remembrance as they are competition. It December 2004 when Dugat's world came crashing down, as her daughter Tina, a mother to four children, was diagnosed with ovarian cancer.

[Read More](#)



CWV Book Corner, October: Air Force Veteran Amanda Huffman

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 Air Force Veteran Amanda Huffman, who served from 2007-2013.

[Read More](#)



Virtual and in-home care a win for housebound Veterans

Housebound Veterans from the Coatesville VA are learning everyone can be a winner when they combine virtual and in-person health care visits. Susan Gallagher is a Navy Veteran who served from 1977 until 1983 in Virginia and Pennsylvania. She has been receiving hybrid care, both virtual and in-person, since coming to Coatesville VA through Home Based Primary Care (HBPC) more than five years ago.

[Read More](#)



Spread the word about PACT Act health care eligibility

You've likely already heard about how the PACT Act could impact your care and benefits, but did you know it also expands health care eligibility for many Veterans? When President Biden signed the PACT Act Aug. 10, 2022, it initiated one of the largest expansions of VA benefits in history.

[Read More](#)



How the PACT Act is Already Helping Veterans

The PACT Act is a historic new law that will help VA provide health care and benefits to millions of toxic-exposed Veterans and their survivors. Since President Biden signed the PACT Act into law on August 10, VA has been hard at work implementing this landmark bipartisan legislation—and Veterans have already begun to apply for the benefits they've earned and deserve.

[Read More](#)



VA Health and Benefits mobile app – six essential facts

The VA Health and Benefits mobile app has more than 821,000 users since VA launched it a year ago. More than 36,000 users have reviewed the app since launch, giving it a rating of 4.8 out of 5 stars on the Apple App Store and 4.6 out of 5 on the Google Play Store.

[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 10/08/22)

Please note, we've added ONE new item to the **TAKE ACTION** list.

- 1) [HR 1014 - Furnish Hyperbaric Oxygen Therapy \(HBOT\) to a Veteran who has a Traumatic Brain Injury \(TBI\) or Post-Traumatic Stress Disorder \(PTS\)](#)
- 2) [HR 109 will establish an advisory committee on the implementation by the DVA of an electronic health record](#)
- 3) [Concurrent Receipt Legislation Introduced](#)

- 4) Expand Concurrent Receipt
- 5) H.R. 333, Disabled Veterans Tax Termination Act
- 6) H.R. 344, Support the Women Veterans TRUST Act
- 7) H.R. 914, the Dental Care for Veterans Act
- 8) Military Retiree Survivor Comfort Act
- 9) S. 134/H.R. 637, the Veterans Economic Recovery Act of 2021
- 10) S. 437, Take Action for Veterans Exposed to Burn Pits
- 11) S. 89, Ensuring Survivors Benefits during COVID-19 Act of 2021
- 12) STOP TRICARE Fee Increases
- 13) Support Bills to Expand Coverage for ChampVA and TRICARE Young Adults
- 14) Veterans Economic Recovery Act Introduced
- 15) H.R. 855, the Veterans Expedited TSA Screening (VETS) Safe Travel Act
- 16) HR 1355 and S 454. These companion bills will provide health care and benefits to Veterans who were exposed to toxic substances while serving as members of the Armed Forces at Karshi Khanabad Air Base, Uzbekistan.
- 17) Support Repeal of TRICARE Select Enrollment Fee
- 18) HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed
- 19) Please Support S. 344, the Major Richard Star Act
- 20) Support the Military Retiree Survivor Comfort Act
- 21) S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021
- 22) HR 109 Establish an Advisory Committee on Implementation by the DVA of an electronic health record
- 23) HR 2372 and S 952 will Provide for Presumption of Service Connection for certain diseases associated with exposure to toxins
- 24) Please Ask you Senator to support S.952 the Warfighters Act
- 25) Support Improving VA Homelessness Program
- 26) S. 976, Caring for Survivors Act of 2021

- 27) H.R. 303, the Retired Pay Restoration Act
- 28) H.R. 912, American Indian and Alaska Native Veterans Mental Health Act
- 29) S. 976, the Caring for Survivors Act of 2021
- 30) HR 2269 and S 657 cover herbicide exposure in Thailand
- 31) Bipartisan Bill Introduced to Help Military Survivors
- 32) Legislation asks for Study of Involuntary Discharges for Women
- 33) H.R. 2436, the Veterans Burn Pit Exposure Recognition Act
- 34) H.R. 958—the Protecting Moms Who Served Act
- 35) HR 2127 and S 927, the TEAM bills Veterans Exposed to Toxic Substances
- 36) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 37) Ask your member 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
- 118) H.R. 8686, Wounded Warrior Research Enhancement Act
- 119) S. 4700, the Equal Access to Contraception for Veterans Act
- 120) H.R. 4993/S. 2692, the Veterans Emergency Care Reimbursement Act



Live Whole Health #139: Lightening the load

How often do you make things harder than they must or should be? My guess is more often than you realize. This week's episode of #LiveWholeHealth is a progressive muscle relaxation to reduce stress and lighten your load.

[Read More](#)



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!

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- 1) Higher Education: VA Could Improve Support for Veterans Pursuing STEM Degrees
- 2) Homelessness: VA Provides Support to the Most Vulnerable Women Veterans and Has Taken Steps to Improve Services
- 3) Military Naturalizations: Federal Agencies Assist with Naturalizations, but Additional Monitoring and Assessment Are Needed
- 4) VA Acquisition Management: Actions Needed to Better Manage the Acquisition Workforce
- 5) VA Acquisition Management: Actions Needed to Improve Program Oversight and Acquisition Outcomes
- 6) VA Disability: Clearer Claims Processing Guidance Needed for Selected Agent Orange Conditions
- 7) Veteran Suicide: VA Efforts to Identify Veterans at Risk through Analysis of Health Record Information



- 1) [Biosimilars | Science and Research](#)
- 2) [FDA Advises Consumers to Avoid Potentially Contaminated Raw Oysters from Oyster Kings in New Brunswick, Canada](#)
- 3) [FDA Food Code](#)
- 4) [FDA Launches AATD Pre-Consortium Partnership with the Critical Path Institute](#)
- 5) [FDA Outlines Work Underway to Ensure the Safety of Imported Produce](#)
- 6) [FDA releases important information about risk of COVID-19 due to certain variants not neutralized by Evusheld](#)
- 7) [FDA Roundup: October 4, 2022](#)
- 8) [FDA Takes Steps to Further Harmonize Clinical Research Regulations with HHS Common Rule](#)
- 9) [New Data Show More Than 2.5 Million U.S. Youth Currently Use E-Cigarettes](#)
- 10) [Outbreak Investigation of Listeria monocytogenes: Brie and Camembert Soft Cheese Products \(September 2022\)](#)
- 11) [Retail Food Protection](#)
- 12) [Treating and Preventing Head Lice](#)
- 13) [Whole Foods Market Issues Allergy Alert for Zerto Fontal Cheese Sold in Connecticut, New Jersey, and New York](#)



Five Reasons to Switch to TRICARE Pharmacy Home Delivery

Want your prescriptions delivered to your front door? TRICARE Pharmacy Home Delivery can help. Take a minute to see how getting your prescription drugs delivered may be right for you.



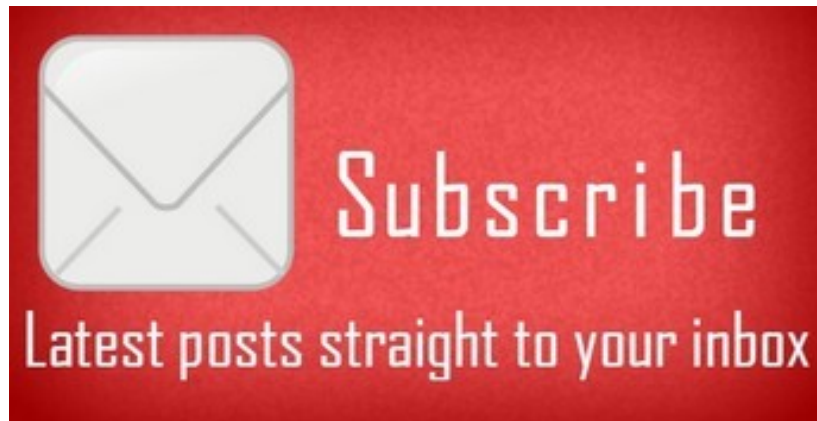
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The Defense POW/MIA Accounting Agency announced five burial updates and seventeen new identifications for service members who have been missing and unaccounted-for from World War II and Korea. Returning home for burial with full military honors are:

Army Pfc. Melvin J. Little Bear, 21, of Standing Rock, South Dakota, was assigned to A Battery, 15th Field Artillery Battalion, 2nd Infantry Division. On Feb. 13, 1951, he was reported missing in action after his unit was attacked by the Chinese People's Volunteer Forces near Changbong-ni, South Korea. Little Bear had been captured and was a prisoner of war at POW Camp No. 1. Subsequent reports and information from the Chinese and North Korean forces indicated he died in captivity on or about July 21, 1951. He will be buried on Sept. 30, 2022, in McLaughlin, South Dakota. [Read about Little Bear.](#)

Army Pfc. John L. Ferguson, 20, of Flanagan, Illinois, was assigned to the 28th Material Squadron, U.S. Army Air Forces, when Japanese forces invaded the Philippine Islands in December 1941. Intense fighting continued until the surrender of the Bataan peninsula in 1942. Ferguson was among those captured and held at the Cabanatuan POW Camp, where he reportedly died on Dec. 10, 1942, and was buried. He will be buried on Oct. 1, 2022, in Gridley, Illinois. [Read about Ferguson.](#)

Navy Seaman 2nd Class Pete Turk, 20, of Scammon, Kansas, was assigned to the battleship USS California, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS California sustained multiple torpedo hits, which caused it to catch fire and slowly flood. The attack on the ship resulted in the deaths of 104 crewmen, including Turk. He will be buried on Oct. 17, 2022, in Manhattan, Kansas. [Read about Turk.](#)

Army Air Forces Staff Sgt. Moses F. Tate, 23, of Seneca, Kansas, was assigned to the 415th Bombardment Squadron, 98th Bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Tate was a gunner crashed as a result of anti-aircraft fire during Operation Tidal Wave. Following the war, his remains could not be identified. He will be buried on Oct. 27, 2022, in Springfield, Missouri. [Read about Tate.](#)

Army Air Force Staff Sgt. Roy Carney, 20, of Electra, Texas, was assigned to the 345th Bombardment Squadron, 98th Bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Carney was a gunner crashed as a result of anti-aircraft fire during Operation Tidal Wave. Following the war, his remains could not be identified. He will be buried at Arlington National Cemetery in Arlington, Virginia, on a date yet to be determined. [Read about Carney.](#)

Army Air Forces 2nd Lt. Wayne L. Dyer, 22, was assigned to the 569th Bombardment Squadron, 390th Bombardment Group, 13th Bombardment Wing, 3rd Air Division. On May 29, 1944, the B-17G Flying Fortress bomber on which Dyer was serving as the navigator was shot down by enemy fighters northeast of Leipzig, Germany. His body was not recovered, nor was there evidence of him surviving or being a prisoner of war. A finding of death was issued a year after the crash. Interment services are pending. [Read about Dyer.](#)

Army Air Forces 1st Lt. Melvin B. Meyer, 25, was assigned to the 569th Bombardment Squadron, 390th Bombardment Group, 13th Bombardment Wing, 3rd Air Division, 8th Air Force. On May 29, 1944, the B-17G Flying Fortress bomber on which Meyer was serving as bombardier was shot down by enemy fighters northeast of Leipzig, Germany. His body was not recovered, nor was there evidence of him surviving or being a prisoner of war. A finding of death was issued a year after the crash. Interment services are pending. [Read about Meyer.](#)

Army Air Forces 1st Lt. Carl D. Nesbitt, 23, was assigned to the 569th Bombardment Squadron, 390th Bombardment Group, 13th Bombardment Wing, 3rd Air Division, 8th Air Force. On May 29, 1944, the B-17G Flying Fortress bomber on which Nesbitt was piloting was shot down by enemy fighters northeast of Leipzig, Germany. His body was not recovered, nor was there evidence of him surviving or being a prisoner of war. A finding of death was issued a year after the crash. Interment services are pending. [Read about Nesbitt.](#)

Army Pvt. Robert R. Gruwell, 20, was assigned to Company G, 3rd Battalion, 517th Parachute Regimental Combat Team. On Aug. 15, 1944, his unit landed on the southern coast of France as part of Operation Dragoon. Gruwell's unit landed near Callian in the early morning, and he went missing sometime that day between Callian and LeMuy. He was never reported as a prisoner of war and no remains were recovered. His status was changed to killed in action on May 15, 1945. Interment services are pending. [Read about Gruwell.](#)

Army Air Forces 2nd Lt. Francis V. Montemurro, 25, was assigned to the 345th Bombardment Squadron, 98th Bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Montemurro was serving as navigator crashed as a result of anti-aircraft fire during Operation Tidal

Wave. His remains could not be identified following the war. Interment services are pending. [Read about Montemurro.](#)

Army Air Forces Tech Sgt. James M. Howie, 24, was assigned to the 345th Bombardment Squadron, 98th Bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Howie was serving as radio operator crashed as a result of anti-aircraft fire during Operation Tidal Wave. His remains could not be identified following the war. Interment services are pending. [Read about Howie.](#)

Army Cpl. Franklin H. Bennett, 20, was assigned to the 54th Signal Maintenance Company when Japanese forces invaded the Philippine Islands in December 1941. Intense fighting continued until the surrender of the Bataan peninsula in 1942. He was among those captured and held at the Cabanatuan POW Camp, where he reportedly died on July 19, 1942, and was buried. Interment services are pending. [Read about Bennett.](#)

Army Cpl. Joe A. Vinyard, 23, was assigned to Company A, 774th Tank Battalion, as a crewmember on an M4 Sherman Tank. In December 1944, his unit was engaged in battle with German forces near Gey, Germany, in Hürtgen Forest, when his tank was hit by an 88-mm round. The crew bailed out of the tank, but when they regrouped a few minutes later, Vinyard was missing. He was never reported as a prisoner of war and no remains were recovered. A presumptive finding of death was issued in April 1946. Interment services are pending. [Read about Vinyard.](#)

Army Cpl. Clark E. Worline, 20, was assigned to Company C, 2nd Chemical Mortar Battalion, 8th U.S. Army. On Nov. 26, 1950, he was reported missing in action after fighting against the Chinese People's Volunteer Forces near Sinjang, North Korea. Interment services are pending. [Read about Worline.](#)

Army Air Forces 2nd Lt. Theodore F. Scarborough, 21, was assigned to the 345th Bombardment Squadron, 98th Bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Scarborough was serving as bombardier crashed as a result of anti-aircraft fire during Operation Tidal Wave. His remains could not be identified following the war. Interment services are pending. [Read about Scarborough.](#)

Army Air Forces Tech Sgt. Ralph E. Richardson, 21, was assigned to the 329th Bombardment Squadron, 93rd Bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Scarborough was serving as radio operator crashed as a result of anti-aircraft fire during Operation Tidal Wave. His remains could not be identified following the war. Interment services are pending. [Read about Richardson.](#)

Army Air Forces Staff Sgt. Ralph D. Kolb, 19, was assigned to the 343rd Bombardment Squadron, 98th Bombardment Group, 9th Air Force. On Aug. 1, 1943, the B-24 Liberator aircraft on which Scarborough was serving as radio operator crashed as a result of anti-aircraft fire during Operation Tidal Wave. His remains could not be identified following the war. Interment services are pending. [Read about Kolb.](#)

Army Pfc. Clinton P. Koloski, 21, was assigned to Company A, 36th Engineer Combat Regiment. On Jan. 14, 1945, his unit was on patrol near Obermuhlthal, France, when it encountered German soldiers in fortified positions. Koloski was killed during the fighting and his body was unable to be immediately recovered. Interment services are pending. [Read about Koloski.](#)

Army Sgt. Thaddeus S. Matuszak, 31, was assigned to Company K, 11th Infantry Regiment, 5th Infantry Division. In September 1944, his unit was part of a larger force ordered to

cross the Moselle River near Dornot and take up a position. They held their position against German attacks. The unit was allowed to retreat on the night of Sept. 10 into the morning of the Sept. 11. Matuszak was reported missing that night and his body was unable to be recovered. Interment services are pending. [Read about Matuszak.](#)

Army Pfc. Mark P. Wilson, 20, was assigned to Company A, 1st Battalion, 112th Infantry Regiment, 28th Infantry Division. On Nov. 8, 1944, his unit was tasked with holding the town of Kommerscheidt, Germany, in the Hürtgen Forest, when he was reported missing in action. Wilson was never reported as a prisoner of war and no remains were recovered. He was declared killed in action following the war. Interment services are pending. [Read about Wilson.](#)

Army Cpl. Joseph H. Gunnoe, 21, was assigned to Company G, 112th Infantry Regiment, 28th Infantry Division. On Nov. 6, 1944, he was likely killed as his unit was driven from Vossenack, Germany, in the Hürtgen Forest, by a German attack. Gunnoe was never reported as a prisoner of war and no remains were recovered. He was declared killed in action following the war. Interment services are pending. [Read about Gunnoe.](#)

Army Pfc. Ithiel E. Whatley, 19, was assigned to Company M, 3rd Battalion, 21st Infantry Regiment, 24th Infantry Division. On July 12, 1950, he was reported missing in action after his unit was engaged in a fighting withdrawal south of Chochi'won, South Korea, toward the Kum River. Whatley was never reported as a prisoner of war and no remains were recovered. The Army issued a presumptive finding of death on Jan.4, 1954. Interment services are pending. [Read about Whatley.](#)



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