

Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, January 29, 2017

Volume 8, Issue 05

This-N-That

President Trump has only been in office a week now, and he has accomplished more in one week than any prior President on fulfilling their campaign promises.

However, what I'd like to know is when will Veterans be taken care of, the problems addressed, and the problems fixed or removed?

There has been a Federal Employee Hiring Freeze, and yes this would affect the VA, however, their union has said they don't want "outsiders" hired, so the question now is, if they don't hire from the outside, where are they going to get staff to till the positions that have been empty for a month and some as long as a year or more.

I also do not see any action so far from Dr. Shulkin, the appointee for Secretary of the VA, and to my knowledge he has not been confirmed as of yet, or I've not seen it, but still, no actions as of yet.

More foul-ups come to attention within the VA system, this time with the Rhode Island Veterans Cemetery where up to 20 bodies have been buried in the wrong plots.

Something as simple as this and this too gets screwed up?

Then it comes to light that the law passed in 2014 aimed at immediate termination of VA employees was not enforced and we find out now we have criminals working in the VA.

In fact, it's almost impossible to fire Veterans Affairs' employees.

"It is outrageous and unconscionable that the VA is choosing to blatantly ignore all of the accountability reforms set in place by the Veterans Choice Act," Sen. Johnny Isakson, R-Ga., chairman of the Senate Committee on Veterans' Affairs, said in a released statement.

So again I'm asking, what does it take to get Veterans involved in their own healthcare?

You can't rely on the nationally chartered organizations to fulfill their missions, stand tall for those whom they represent. And Veterans it would seem have far more excuses to not get involved than I've ever heard from any one group.

While I agree that a few Veterans calling reps in DC and demanding action will not produce results, imagine what we could accomplish with 4 to 5 million Veterans, flooding their offices with calls, faxes and E-Mails.

We'd be stopping politicians from what they do best, **LINING THEIR POCKETS!**

Once that is accomplished, honestly do you think they'd not stop, listen, and do what is needed just so they could hush you up again and get back to what they do best, **LINING THEIR POCKETS**?

It doesn't take much time, and for most who have unlimited long distance, can fax or call often, and of course most have internet, so logging into your Reps websites to send a message from there as well

doesn't cost anything but a little time.

As I've said over and over in the past, now is the time that WE THE PEOPLE need to really come together, to make it a point to voice expectations, desires and demands on those whom we put in office as Senators and Congressmen.

If you have a story to tell, I'd still like to hear from you! Anything you tell me will be held strictly confidential unless you authorize my use of your story. And in the case of your providing authorization, personal information would be redacted to further protect your identity.

On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Respectfully,
Jim Davis
Founder
Jim.Davis@Veterans-For-Change.org

Support Blue Water Vietnam Veterans

Rep. David Valadao (Calif.) has introduced the "Blue Water Navy Vietnam Veterans Act" (H.R. 299) that would clarify that service members serving off the coast of the Republic of Vietnam during the Vietnam conflict have a presumption for filing disability claims with the Department of Veterans Affairs (VA) for ailments associated with exposure to the Agent Orange herbicide. FRA believes Congress should recognize that so-called "Blue water" veterans were exposed to Agent Orange herbicide and authorize presumptive status for VA disability claims associated with this exposure.

Please use the Action Center to ask your Representative to support this important legislation.

Click HERE to send your message!

TRICARE Coverage reporting requirements to the IRS

The Department of Defense recently released the following information concerning the need to report TRICARE coverage when you file your income taxes this year. This is required by the Affordable Care Act, and although President Trump and the majority party in Congress have pledged to repeal the act, it is still in effect and reporting your TRICARE coverage will still be required.

Affordable Care Act mandates reporting minimum essential health care coverage

TRICARE Health Program

As tax season approaches, Defense Department civilians, military members and retirees, nonappropriated funds employees and their families will need to validate their minimum essential health care coverage as reported to the Internal Revenue Service, the Pentagon's top health official said in a phone interview Dec. 23, 2016.

Dr. Karen S. Guice, the principal deputy assistant secretary of defense for health affairs, performing duties as assistant secretary for health affairs, said the Affordable Care Act, which became law in 2010, extends the availability of health care insurance to ensure people are covered through health insurance market places or employers. The Supreme Court upheld the law after it was challenged in 2012, she added.

"The relevance to us is the requirement to report minimal essential coverage to the IRS," Guice said. "It's important for us to review all of the rules as we move into tax season."

Guice explained that DoD members and employees will receive a Form 1095, designated B or C. Service members and DoD civilians will use the 1095-B or 1095-C to answer health coverage questions on their federal tax returns. These forms are used for TRICARE, the continued health care benefit program, and the federal employee health benefits plans.

"Any one of our DoD families, active duty military, retirees, civilians or contractors may see a mixture of these, depending on how the people in their household are covered by health insurance," Guice said. "It's a way for individuals in the household who are covered by insurance to validate the information and correct erroneous information through the entity that sends the 1095 form.

Guice emphasized that the 1095 form is not intended to be filed with taxes, but rather is used as a validation of information that the IRS already has received from DoD. "It's really important for everyone to look at this information and validate it as correct, because that's the information that the IRS will act on."

DoD offers the 1095 form in various ways, Guice said. Those who receive the forms by mail from a uniformed services pay center, NAF employers and contractors should receive them by Jan. 31, she added. Defense Finance and Accounting Service and U.S. Coast Guard Pay and Personnel Center users can download their forms on Jan. 17.

Failure to Report

Lacking the minimal health care requirements or failure to report can bring a cost penalty, Guice said.

"The Affordable Care Act expectation is that every citizen will have health insurance or they will pay an individual shared responsibility payment," she said. "If you've elected not to have minimal essential coverage, you may face a payment requirement which is based on a percentage of your income or a fixed amount, depending on the individual's or family's circumstances."

"Each individual is going to have to double check and make sure their information is correct," Guice said. "Otherwise, once you submit all

your tax forms, it's a little bit harder to pull some of those back from the IRS."

For questions about how obtain the 1095 form or to inquire about the information It contains, contact servicing pay centers or visit this TRICARE webpage. For questions about the Patient Protection and Affordable Care Act's individual coverage mandate and potential tax penalty following a lack of health care coverage, visit this IRS webpage or the nearest IRS service center.

Source: TREA

State of Emergency in Georgia due to Tornadoes

The governor of Georgia has declared a State of Emergency in several counties due to tornadoes. Emergency refill procedures are in place from 1/24/17 through 2/23/17.

Go to the TRICARE website for more information.

Establishment of HMD's Office of Military and Veterans Health

This month, the Health and Medicine Division (HMD) of the National Academies of Sciences, Engineering, and Medicine established the Office of Military and Veterans Health. This office now serves as a point of contact for anyone seeking information on our current or past work in military and veterans health or who has an inquiry about future work. It builds on our past studies and activities in this area, which were previously housed under the now-dissolved Board on the Health of Select Populations. It also coordinates the efforts of our Medical Follow Up Agency, Air Force Health Study activities, and our Twins Registries.

David A. Butler is the Director of and point of contact for this new office, and in his role he collaborates with Julie Pavlin, Director of HMD's Board on Global Health.

To learn more about work on military and veterans health as carried out by HMD and, previously, by the Institute of Medicine, visit our Military and Veterans Health topic page.



Behind the Hill's Swift Reforms of Military Compensation

Over decades Congress has considered numerous studies on reforming different aspects of military compensation, from retirement and basic pay tables to healthcare benefits (TRICARE) and on-base discount stores. That pattern of incremental change was shattered the past two years as Congress, frustrated by budget caps in wartime and spurred by findings of the Military Compensation and Retirement Modernization Commission, approved major alterations to retirement, healthcare and commissaries. Michael Higgins, an influential member of the commission, this month gave a frank assessment of recent congressional actions to a group of current and retired military compensation experts.

AF Debuts New Disability Evaluation Process

A new email notification system rolls out this month for the Air Force's Disability Evaluation System (DES). Instead of Airmen calling their physical evaluation board liaison officer or the Air Force Personnel Center, they will get automatic email notifications when their case progresses through the DES process. There are four main phases under DES: the Medical Evaluation Board phase, the Physical Evaluation Board (PEB) phase, the transition phase and the reintegration phase. The email notification process begins when the Airman's disability case is submitted to AFPC Physical Disability Operations. The notification emails, sent through myPers to each Airman processing through the DES, further explain each particular step in the PEB process.

To Contact your Members of Congress

To Call your Representative: 202-225-2305

To call your Senator:202-224-3841 or 202-224-3553

To call different members of Congress: 202-224-3121

Toll FREE Number:866-272-6622

Ten Things About The Military's New Blended Retirement System

While it doesn't come into effect until 1 January 2018, there are plenty of reasons to learn about the new blended retirement system (BRS) now. For a breakdown of 10 distinct facts about the BRS, see this Paycheck Chronicles article.

Exchange Welcomes Veteran Shopping Online

The Army & Air Force Exchange Service (AAFES) will offer online shopping privileges to all honorably discharged veterans beginning Veterans' Day, November 11. Through the new Veterans Online Shopping Benefit (VOSB), honorably discharged veterans will be able to shop on the Exchange website at ShopMyExchange.com.

Operation Mail Call

Never Forgotten



Never Enough Thanks for Your Sacrifices

Operation Mail Call needs your help! We need cards and letters to send to our troops currently serving on foreign soil.

Our men and women in uniform often go months without hugging their children, walking through the park with a significant other or enjoying Mom's home-cooked Sunday dinners.

Ask them where they'd go if they had a free plane ticket anywhere in the world, and the overwhelming majority would say, "home."

Of course, we can't replace the hugs, the love or the secret family chili recipe – but with your help, we can provide them a connection to their fellow Americans who are grateful for their service.

Now, we're hoping you'll take your support to the next level by sending more cards and letters. Hand made cards by your children, or class mates are a terrific means of putting smiles on their faces even if only for a moment.

Cards and Letters of encouragement to help boost moral and let them know we sincerely appreciate the job they are doing and look forward to they day they are all brought home. Your card or letter will show your appreciation and help thousands more American heroes feel connected to the people they love and the country they serve.

Please help us to make a powerful expression of how much their fellow Americans care about them.

Thank you so much for all you're doing to show our service men and women they are appreciated missed and loved.

If you're a school teacher, please contact me at my E-Mail address at the top, our troops love to hear from kids too!

For more information, visit: http://veterans-for-change.org/5439-operation-mail-call-2

Save at a Military Pharmacy

Military pharmacies can fill prescriptions written by a military or civilian provider for up to a 90-day supply of most drugs. Check with the pharmacy first to make sure they carry your drug. You can find the military pharmacy closest to you on the TRICARE website. Military pharmacies do accept electronic prescriptions from civilian providers. If you call the military pharmacy and they can't fill your prescription, you have other choices, including TRICARE Pharmacy Home Delivery and retail network pharmacies. For more information, visit the TRICARE Military Pharmacies webpage.



Government Accountability Reports

Federal Health Care Center: VA and DOD Need to Develop Better Information to Monitor Operations and Improve Efficiency. http://www.gao.gov/products/GAO-17-197

Medicare Advantage: Limited Progress Made to Validate Encounter Data Used to Ensure Proper Payments. http://www.gao.gov/products/GAO-17-223

Veterans Health Administration: Management Attention Is Needed to Address Systemic, Long-standing Human Capital Challenges. http://www.gao.gov/products/GAO-17-30

Southwest Border Security: Additional Actions Needed to Better Assess Fencing's Contributions to Operations. http://www.gao.gov/restricted/restricted_reports

2020 CENSUS: Additional Actions Could Strengthen Field Data Collection Efforts. http://www.gao.gov/products/GAO-17-191

Border Security: CBP Aims to Prevent High-Risk Travelers from Boarding U.S.-Bound Flights, but Needs to Evaluate Program Performance. http://www.gao.gov/products/GAO-17-216

How a New Military Child Abuse Law Protects Kids

A new law aims to make a dent in the problems surrounding military child abuse and neglect. The measure, known as "Talia's Law," was named after Talia Williams, a 5-year-old military kid who was beaten to death after being tortured by her Army father and step-mother while stationed in Hawaii. Included in the 2016 National Defense Authorization Act, the law makes it mandatory for anyone employed by the Defense Department to report to their base Family Advocacy Program "credible information" or "a reasonable belief" that there has been an incident of child abuse or neglect. For more details, see this Spousebuzz post.



VA to Provide Fertility Counseling and Treatment for Certain Veterans and Spouses

WASHINGTON - The Department of Veterans Affairs (VA) announced today that it is amending its regulation regarding fertility counseling and treatment available to eligible Veterans and spouses. VA currently provides certain infertility services other than in vitro fertilization (IVF) services to Veterans as part of the medical benefits package. This interim final rule authorizes IVF for a Veteran with a service-connected disability that results in the inability of the Veteran to procreate without the use of fertility treatment. It also states that VA may provide fertility counseling and treatment using assisted reproductive technologies (ART), including IVF, to a spouse of a Veteran with a service-connected disability that results in the inability of the Veteran to procreate without the use of fertility treatment.

As part of the medical benefits package, VA provides many different types of fertility treatments and procedures to Veterans. These include infertility counseling, laboratory blood testing, surgical correction of structural pathology, reversal of a vasectomy or tubal ligation, medication, and various other diagnostic studies or treatments and procedures.

Full implementation of this regulation requires that VA utilize and optimize existing capabilities for care in the community and develop internal processes that will provide Veterans with a seamless path to receiving ART services. Veterans can immediately schedule appointments with their local health care system for eligibility determinations, clinical evaluation and consultation, and initial treatment as we work to build this structure.

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Source: TREA

Veteran Crisis Resources

Veterans Crisis Line 1-800-273-8255 and Press 1
Military Crisis Line 1-800-273-TALK (8255)
National Call Center for Homeless Veterans
1-877-4AID-VET (424.3838)
VA Caregiver Support Line 1-855-260-3274

New Commissaries Nutrition Guide Program

Commissaries worldwide will debut their new nutrition guide program (NGP) in January. The new program catch phrase is 'Dietitian Approved! We Did the Work for You!' Through color-coded shelf tags, customers will find it easy to spot products featuring one or more of five popular nutritional attributes such as low sodium, no-added sugar and high fiber. The labels also highlight organic products. Some NGP labels will have a "Thumbs Up" icon, which means the products align closely with the green category (high nutrition quality/high performance foods) of the Department of Defense's Go for Green program. For more information on the NGP, including the color code guide and frequently asked questions, visit the Nutrition Guide Program webpage.

Sansone Program Helps At-Risk Veterans

The Sansone Military Assistance Program has provided numerous employment opportunities and referrals into veterans programs for atrisk, incarcerated veterans. Jobs available through the program include in-person and Internet sales, IT and social media, work in the parts department, accounting and clerical positions, maintenance, security and technicians. At least 90 percent of the jobs involve onthe-job training. For more information, visit the Sansone Military Assistance Program webpage.

Veterans-For-Change Web Site

The Veterans-For-Change website has been under construction since day one back in 2009 and every day since then. The looks pretty much stay the same, but in the background constant improvement and change is being done to make our website the most user friendly "One-Stop-Shop" website to find almost everything you might have tried to find searching the internet.

Almost a hundred people have been involved; collecting web links to documents now houses on the VFC website, collecting thousands of web links for various issues, illnesses and benefits. Creating forums for all eras of service and two forums one just for men and one just for woman where you can go question, comment, share medical and personal concerns, what ever you'd like it to be.

We also have a forum with a licensed Mental Health Worker, again where you can seek help or just ask questions.

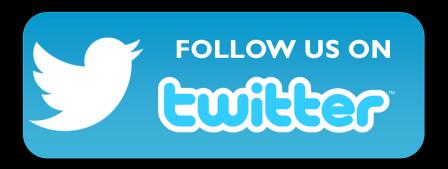
We average 1,700 hits per day, and downloads average 1,000 per day with a total 3,153,345 visitors as of Friday.

If you subscribe you will have full access to the entire website and best of all it's FREE of charge! You just need a valid E-mail address so the system can send you a confirmation E-Mail. Once received, click on the link to be authorized automatically.

www.veterans-for-change.org

- Documents Library with over 15,905 documents on-line (Updated: 12/12/16)
- FAQ's with more than 1,600 FAQ's and answers
- Multiple Forums
- o Afghanistan Veterans
- o FMP Foreign Medial Program
- o Gulf War & Desert Storm Veterans
- o Iraq Veterans
- o Korean Veterans
- o Men Veterans Forum
- o Mental Health for Veterans
- o Political Issues
- o Suggestion Box
- o The Mess Hall
- o VA Hospitals and Medical Centers
- o Veteran Affairs
- o Vietnam Veterans
- o Welcome Mat
- o Women Veterans Forum
- o WW II Veterans
- Job Postings
- Memorial Pages (Updated: 10/10/16)
- News (Articles On-Line: 6,317)
- Polls
- Web Links, more than 3,541, Added 46 New Links (Updated: 12/28/16)

If you have a submission for the memorial pages, E-Mail: Jim.Davis@veterans-for-change.org



https://twitter.com/Veterans4Change

Links to Other Stories

- 1) America's secret war in Laos
- 2) Army manual contradicts current V.A. mindset for Agent Orange benefits
- 3) Lawmakers push to kick cockroaches out of Veterans Affairs kitchens
- 4) Millions of Veteran health care records are being used to train this startup's artificial intelligence
- 5) Rhode Island Veterans Affairs apologizes for cemetery errors
- 6) VA leaving navy veterans adrift in sea of Agent Orange
- 7) Veterans' Affairs' Criminal Employees Are a Major Problem in Some Hospitals
- 8) Who will suffer from a government hiring freeze? Veterans.
- 9) Will Healthcare for Veterans Improve Under President Trump?
- 10) Woman says RI cemetery made even more grave mistakes

You can help VFC by reading articles posted and commenting at the bottom and rate the articles. If you don't have an account, sign up today, it's FREE. Your comments and rankings tell us what type of information you want most.

Check us out today: www.veterans-for-change.org

VA researcher working to improve HIV care for rural Veterans

Telehealth option connects rural Veterans with HIV specialists

WASHINGTON – Dr. Michael Ohl of the Department of Veterans Affairs' (VA) Iowa City VA Health Care System is creating a model titled Telehealth Collaborative Care to improve the quality of care for Veterans who live far from specialty clinics. Telehealth Collaborative Care uses videoconferencing to connect rural Veterans with human immunodeficiency virus (HIV) with VA specialists.

HIV is a chronic condition that can result in serious outcomes for patients lacking access to quality treatment. The illness attacks the body's immune system and can cause acquired immune deficiency syndrome, or AIDS, a potentially life-threatening disease.

Approximately 18 percent of the 26,000 Veterans under VA care for HIV live in rural areas. These Veterans have limited access to high-quality, HIV specialty clinics.

"Veterans should have easy access to HIV testing and state-of-the-art HIV care regardless of where they live," said Ohl, an infectious disease specialist. "We know that compared to their urban counterparts, rural Veterans with HIV enter care with more advanced illness, are less likely to receive the latest advances in HIV treatment, and have lower survival rates. We want to change that."

Ohl's study explores rural Veterans' interest in using video telehealth at close-by, VA community-based outpatient clinics, (CBOCs) to maintain their ongoing care. CBOCs serve as satellite clinics for large VA medical centers. Veterans can telecommunicate, via video at CBOCs, with an HIV specialist at the larger facility.

HIV pharmacists, psychologists, and nurse-care managers may also be included in videoconferences. A nurse onsite with the Veteran at the outpatient clinic can administer treatment if prescribed by the specialist. Veterans can also meet with their primary care physician onsite. The primary care clinic and specialty care clinic can then

communicate to determine how best to co-manage the Veteran's care.

The coordinated process lifts a major travel burden off rural Veterans. In 2010, rural Veterans with HIV were an average of 86 minutes by car from the closest infectious disease clinic versus 23 minutes on average for urban Veterans. Rural Veterans were also less likely than their urban counterparts to use specialty care.

The Telehealth Collaborative Care study, which involves approximately 800 Veterans, is focusing on rural areas near San Antonio, Houston, Dallas and Atlanta, each of which has a VA hospital with an HIV specialty clinic. Veterans with HIV who live closer to a primary care clinic or CBOC than to a specialty clinic and who have at least a 90-minute drive to one of these cities are being offered the telehealth option.

Through interviews with the Veterans, Ohl and his team are finding that most of those offered telehealth are choosing to take advantage of the option. VA offers close to 50 telehealth specialties. During fiscal year 2016, more than 700,000 Veterans completed approximately 2 million telehealth appointments.

For more information about VA's work in HIV and AIDS, visit http://www.hiv.va.gov/patient/index.asp. Information about Ohl's study may be found at

http://www.hsrd.research.va.gov/research/abstracts.cfm? Project_ID=2141702405.



Are you seeking employment? Been looking and not found the right job?

Well Veterans-For-Change is working hard to bring you more information on Job Fairs and Job postings available across the country.

http://veterans-for-change.org/documents-library/category/167-job-fairs-job-postings

If you're an employer and have a job to post, send and E-Mail to: Jim.Davis@veterans-for-change.org

Project Healing Waters

Project Healing Waters, a national nonprofit initiative based out of Maryland, assists in the physical and emotional rehabilitation of disabled military veterans through fly fishing, classes and outings. Project Healing Waters and the corresponding classes are free to any disabled veteran. For more information, visit the Project Healing Waters website.

Study Looks at Prescriptions

A new study has found that after a national initiative took aim at high opioid doses and potentially dangerous drug combinations, the number of veterans receiving such prescriptions dropped. The study looks at the effect of the Opioid Safety Initiative (OSI), which the Veterans Health Administration rolled out in late 2013 to promote safer opioid prescribing. The study examines implementation of the OSI across all of the nation's 141 VA hospitals. Over a two-year period, high-dose opioid prescribing declined by 16 percent, and very-high-dose opioid prescribing dropped by 24 percent. An abstract of the study is available in the journal Pain. A summary of the study is available on the Science Daily website.



Parrots for Patriots

Nearly 100 disabled veterans have gained new meaning in life by taking in abandoned birds that have been trained and donated by Parrots for Patriots. The program matches unwanted or abandoned parrots with any veteran desiring companionship and something to care for. It is a new chance for happiness for both the veterans and the parrots. To qualify for a bird through Parrots for Patriots, veterans pay a \$25 application fee and agree to home visits and a training session before their adoptions are approved. For more information, visit the Parrots for Patriots website.

"We Proudly Support our Military Personnel & Families"

Wounded Warrior Safe Harbor for Navy and Coast Guard

Navy Wounded Warrior-Safe Harbor is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors, and Coast Guardsmen and providing resources and support to their families. Through proactive leadership, the program provides individually-tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities. For more information, visit the Navy Wounded Warrior website.

DVDs4VETs

DVDs4Vets officially started on Veteran's Day, 2006. With increasing reports of severely wounded soldiers returning home from Iraq, many of them, due to physical hardships were unable to easily obtain some of the basic entertainment most civilians take for granted.

When it became known many returning Vets had suffered Traumatic

Brain Injuries (TBI) and other serious wounds, Dr. Richard Landis of Westport, CT wanted to help any way he could. Having returned from a two week visit to Afghanistan with a group of surgeons, Dr. Landis helped organize a remote hospital and rehabilitation center for wounded civilians.

During a social event over the Christmas Holiday, he met with James F. Nicholson of Greenwich, CT who upon hearing of the visit to Afghanistan, suggested putting together another project that would allow our returning Vets to receive donated DVDs while in rehabilitation.

Once having Dr. Landis interested, James then turned to friends and those he served with during the Korean conflict and in a matter of days, brought together a group of dedicated people interested in participating. One of those contacted was Laurance Baschkin. Having known Larry during fundraising for Greenwich Hospital, James learned of his recent assistance in sending DVDs to active duty personnel serving in Iraq. Larry not only offered to help, but provided office space as well. As a result, Larry agreed to become Executive Director of DVDs4Vets and his tremendous efforts have been graciously appreciated.

Other long time friends contacted included Robert Bruder, who donated the use of a warehouse located in Stamford, CT. Before long, more than 20 individuals would pledge time and financial help to launch DVDs4Vets

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NY. Having known Larry during fundraising for Greenwich Hospital, James learned of his recent assistance in sending DVDs to active duty personnel serving in Iraq. Larry not only offered to help, but provided office space at his family's business as well. As a result, Larry agreed to become Executive Director of DVDs4Vets and his tremendous efforts have been graciously appreciated.

Other long time friends contacted included Robert Bruder, who donated the use of one of his warehouses located in Stamford, CT as a collection point. Before long, more than 20 individuals began pledging time and financial help to launch DVDs4Vets.

As the project has grown substantially, we have added two volunteer positions, including Scott Bowers of Mamaroneck, NY who provides Media Relations and Emily Meyer who coordinates donation deliveries.

For more information click HERE.

If you received this newsletter as a courtesy or a forward from a friend or relative, you can sign up to receive in your E-mail every week.

https://gem.godaddy.com/signups/193302/join



Veterans-For-Change, Inc.

Riverside County, CA

Visit our website today

www.Veterans-For-Change.org

Serving those who served!

Please pass on to all your Veteran Friends and Family

Distribution						
Express Mail	144,709					
Boston	74,410					
Courtesy Copies	3,500					
Department of VA	12,805					
DoD	27,916					
Face Book Pages	3,454					
Google	26,055					
Los Angeles	133,574					
Microsoft	5,524					
National Guard	3939					
New York	150,626					
Other Social Media	40,545					
San Francisco	77,083					
Twitter	37					
US House of Reps & Staff	984					
US Senators & Staff	104					
University of So. California	4,920					
US Air Force	22,946					
US Army	63,523					
US Marines	26,987					
US Navy	34,366					
Veterans	19,076,490					
Washington DC	138,744					
Yahoo	134					
	20,073,375					

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