



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, October 20, 2019

Volume 10, Issue 42



## **This-N-That**

I want to start off with a little good news. We've found a very reasonably priced hosting service for our website, and we're in negotiation with a web master.

We're hoping the transition takes place within the next 30 days, and right now I don't know if there will be any down time or not, but if so, hoping it's no more than 24 hours.

The closer we get the better information I will have to pass on to you, but in the past 24 hours we've added 70+ new web links to the site and I do hope this coming week I can get back to work on adding more documents to the site.

We do have 39 action links in this weeks newsletter. So as a reminder, please send out all those pre-written E-Mails. Activity has been real low, and we can't expect any of these to pass if we don't push and push hard!

October is Breast Cancer Awareness Month. And I'd like to remind all our women Veterans as well as Veteran spouses to please get your annual mammograms! Life is too precious not to be proactive in your own health!

I'd also like to take this time to remind everyone, please be very cautious about what web sites you visit, many are phishing sites that once you visit infect your computer with all sorts of things like key loggers allowing the hacker to gain access to your bank account and credit card account information.

One site pretended to be a job site for Veterans, and article has been posted and link provided, take the time to read it, learn more and protect yourself! I recommend for security programs both AVG and Malwarebytes. You can run both simultaneously and feel as comfortable as can be. No program is 100%, but these two combined do provide tons of protection! And you can get them both for free or subscribe and get even more protection!

The VA has done a study which has shown 6,000 Veteran Suicides annually over the past decade! I personally blame the VA in misdiagnosis and failure to approve claims so those Veterans could have received the medical attention they needed, not to mention the benefits to help their family.

And this is nothing new, it still continues on to this day, and the VA is still touting 17 Suicides per day, but many Veteran Suicides are not reported to the VA as those Veterans never were receiving benefits or care, and add to that the number of active duty military suicides, brings that number to an estimated 25+ per day.

I continually bring up some of the same issues and topics repeated because I want everyone to be informed, and their families to be informed as to what signs to look for to help prevent more.

On our website if you dig just a little you will find many links and documents to download and read and become better aware of what can be done to prevent even more!

If you think we're missing anything, or have a link to more information, documents you can share, please do let me know!

We're also getting more information as well as we're in constant communication with Hill & Ponton, a law firm dedicated to helping Veterans with their claims and appeals.

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](mailto:Jim.Davis@Veterans-For-Change.org)



## **Blue Water Navy Vietnam Veterans Act H.299 is now Public Law 116-23**

H.R. 299, the Blue Water Navy Vietnam Veterans Act was passed into law on June 25, 2019 and Blue Water Navy Vietnam Veterans are now entitled to a presumption of service connection for illnesses related to Agent Orange exposure beginning on January 1, 2020. The VA will pay retroactive benefits based on the time a claim was filed and it was denied based on the new law. VA has provide an explanation page on how to apply for these benefits go to

<https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/navy-coast-guard-ships-vietnam/>

To view a copy of the law go to:

<https://www.congress.gov/116/plaws/publ23/PLAW-116publ23.pdf>

**NOTE:** Oral argument 10 am Nov 8 at Court of Appeals for the Federal Circuit 717 Madison PL NW Washington DC and anyone in area is welcome to attend.



## **Caring on the Home Front**

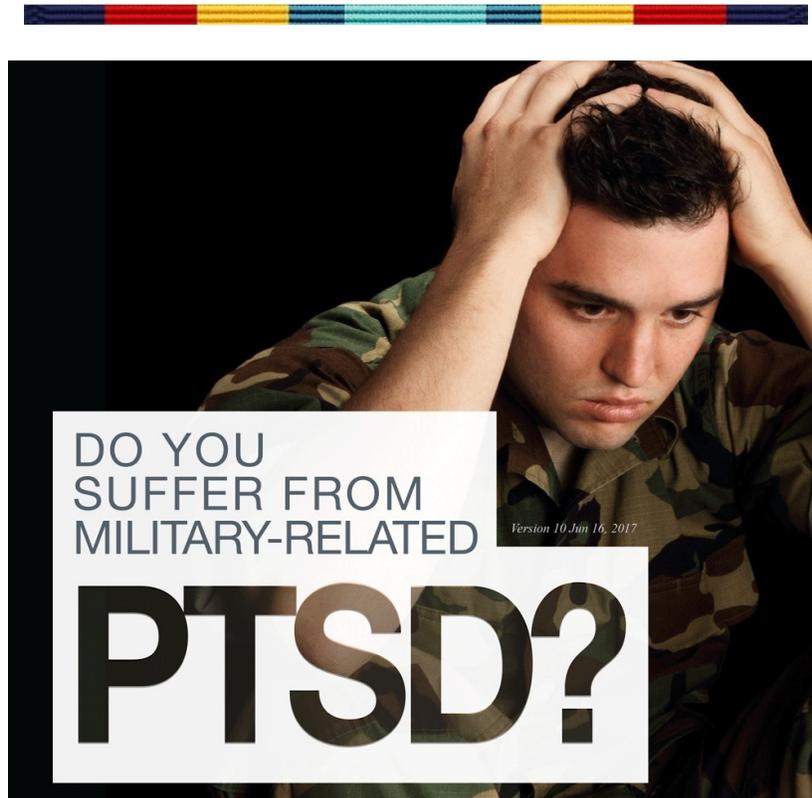
The Director, Legislative Programs John Davis and Assistant Director, Veterans Programs Brian Condon attended a panel discussion titled Caring on the Homefront, which discussed the difficulties and priorities of military caregivers. The panel was comprised of representatives from the Department of Veteran Affairs, the National Military Family Association (NMFA), the RAND Corporation and the Elizabeth Dole Foundation. There are approximately 5.5 million caregivers in the United States and an overwhelming majority of them are women. It is estimated that more than half of the post-9/11 caregivers do not have a sufficient support system. The VA representative Deputy Chief Patient Care Services, Lisa Page

acknowledged that the implementation of the MISSION Act, which in part, expands the caregivers act, has been delayed until the summer of 2020. She noted that the VA needs partners from the VSOs, MSOs and other organizations, to ensure success with the caregiver program.

NMFA wants to ensure that there is help for not only the caregiver but also support for the family of the caregiver. Often times it is a group effort to care for those injured and family members often give up career opportunities and time with their own children. There is a significant financial and emotional commitment to caring for an injured service member. The Elizabeth Dole Foundation spokesperson, Jennifer Mackinday, wants the veteran community to be aware of caregiver burnout. The stress that caregivers can endure will take its toll over the years. It was pointed out that a service member may sign a contract for a four-year commitment, but a caregiver may have to sign up for a forty-year commitment.

Proper care for an injured service member will take a combined effort of many people. The

panelists also discussed expanding the Family Medical Leave Act to include caregivers. It was noted that there are employer tax credits for hiring military spouses, veterans and disabled veterans, but no tax credits for hiring a caregiver.



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

**Disabled Veterans with VA Home  
Loans will get Refunds**

As a follow-up to the Aug. 23, 2019 NewsBytes story, the Department of Veterans Affairs (VA) has refunded more than \$400 million in VA home loan funding fees to tens of thousands of veterans who were improperly assessed extra costs when applying for VA home loans.

Auditors found it "troubling" that senior Veterans Benefits Administration officials were aware in October of 2014, that thousands of exempt veterans were owed refunds, but didn't take adequate action to issue refunds. The auditors estimated nearly 73,000 exempt veterans were incorrectly charged an estimated \$286 million in funding fees for their VA home loans from 2012 through 2017. During that period, the VA issued approximately \$97 million in refunds to 19,700 of the veterans-leaving an estimated 53,200 who may be eligible for refunds. Based on a sample of 200 home loans made from 2012 to 2017, auditors found overcharges that averaged \$4,483.

VA officials said they consider their review of the issue now complete, but veterans who believe they may be entitled to a refund for mistaken fees can contact the department's regional loan center

office at 877-827-3702 or visit the [VA's website](#) for more information.



## Veterans-For-Change Web Site

The Veterans-For-Change website has been around since 2009. 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 for Mental Health and are currently seeking a new Licensed Mental Health Worker, where you can seek help or just ask questions.

We average **3,748** hits per day, and downloads average **4,334** per day with a total **5,510,031** 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](http://www.Veterans-for-change.org)

- Documents Library with over **17,905** documents in 149+ Libraries, added **37** documents on-line (Updated: 09/19/19)
- FAQ's on-line with **1,790** FAQ's on **101** topics! (Updated 08/29/19 - 128 NEW)
- 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 (Counselor Needed)
- 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: 10/30/18) (37 Added)
  - News (Articles On-Line: **9,089**)
  - Polls
  - Web Links, more than **5,374**, Added **74** New Links (Updated: 10/16/19)

If you have a submission for the memorial pages,  
E-Mail: [Jim.Davis@Veterans-for-change.org](mailto:Jim.Davis@Veterans-for-change.org)



## TRICARE Website Expands to Include Military Hospital Sites

The TRICARE website is growing. As of Oct. 1, TRICARE welcomed several military hospitals and clinics to its website. This change comes as part of a larger Military Health System transformation. The Department of Defense is transforming the MHS to improve the health care provided to service members, retirees, and their families.

Read the [full article](#).



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

You don't need to be Active Duty or a Veteran, in fact we ask all Veteran friends to also help!

1. Allow  
Active  
Duty  
to  
Sue  
Military  
for  
Medical  
Malpractice  
(H.R.  
2422)
2. H.R.  
1527,  
the  
Long-  
Term  
Care  
Veterans  
Choice  
Act
3. Action  
Alert:  
Tell  
Congress  
to  
End  
the  
Widow's  
Tax  
Now!

4. H.R.  
303,  
the  
Retired  
Pay  
Restoration  
Act
5. H.R.  
2359,  
the  
Whole  
Veteran  
Act
6. S.  
514,  
the  
Deborah  
Sampson  
Act  
to  
Improve  
VA  
Services  
for  
Women  
Veterans
7. H.R.  
445,  
Help  
Hire



Our  
Heroes  
Act

8. S.  
2022,  
Specially  
Adaptive  
Housing  
Improvement  
Act  
of  
2019

9. H.R.  
96,  
to  
Provide  
Dental  
Care  
for  
All  
Veterans  
Enrolled  
in  
Veterans  
Health  
Care

10. S.  
555  
and  
H.R.



1377,  
Mark  
Takai  
Atomic  
Veterans  
Healthcare  
Parity  
Act

11. H.R.  
840,  
the  
Veterans'  
Access  
to  
Child  
Care  
Act

12. S.  
179/H.R.  
712,  
Legislation  
Calling  
for  
Clinical  
Trials  
to  
Evaluate  
the  
Effectiveness  
of

Medical  
Cannabis  
for  
Chronic  
Pain  
and  
PTSD

13. S.  
980,  
the  
Homeless  
Veterans  
Prevention  
Act  
of  
2019

14. H.R.  
2201,  
Include  
Military  
Installations  
in  
Thailand  
as  
exposed  
to  
Agent  
Orange

15. H.R.  
444,

Reduce  
Unemployment  
for  
Veterans  
of  
All  
Ages  
Act  
of  
2019

16. S.  
2216,  
Transparency  
and  
Effective  
Accountability  
Measures  
for  
Veteran  
Caregivers  
Act

17. H.R.  
2200,  
the  
Keeping  
Our  
Promises  
Act

18. H.R.  
553,

Military  
Surviving  
Spouses  
Equity  
Act

19. Senate  
Bill  
Introduced  
to  
Protect  
Active  
Duty  
from  
Medical  
Malpractice

20. H.R.  
1182,  
Veterans'  
Access  
to  
Acupuncture  
Services

21. Support  
SBP/DIC  
Offset  
Repeal  
(S.  
622/H.R.  
553)!

22. S.

374/H.R.  
1092,  
the  
Servicemembers  
and  
Veterans  
Empowerment  
and  
Support  
Act  
of  
2019

23. H.R.  
2568,  
the  
Vietnam  
Veterans  
Liver  
Fluke  
Cancer  
Study  
Act

24. Urge  
Congress  
to  
Pass  
the  
Retired  
Pay  
Restoration

- 
- 
- Act
25. Protect  
Bankrupt  
Disabled  
Veterans  
from  
Losing  
Benefits
26. S.  
318,  
the  
VA  
Newborn  
Emergency  
Treatment  
Act
27. S.  
785,  
the  
Commander  
John  
Scott  
Hannon  
Veterans  
Mental  
Health  
Care  
Improvement  
Act
28. Blue

Water  
Navy  
Veterans  
Need  
Your  
Help

29. H.R.  
713,  
Provide  
Beneficiary  
Travel  
Funds  
to  
Veterans  
Seeking  
Specialized  
Treatment  
for  
Military  
Sexual  
Trauma

30. Urgent  
Action  
Needed  
to  
End  
"Widow's  
Tax"

31. S.  
154,

VA  
CLEAR  
Act  
of  
2019

32. H.R.  
663/S.  
191,  
Burn  
Pits  
Accountability  
Act

33. S.  
1392,  
the  
Support  
for  
Suicide  
Prevention  
Coordinators  
Act

34. S.  
1881  
and  
H.R.  
3356,  
Veterans  
Expedited  
TSA  
Screening



Safe  
Travel  
Act

35. H.R.  
1963,  
Expanding  
Care  
for  
Veterans  
Act

36. NDAA  
and  
Spending  
Bills

37. H.R.  
4137,  
Healthcare  
for  
Open  
Air  
Burn  
Pit  
Exposure  
Act

38. H.R.  
2982,  
Women  
Veterans  
Health  
Care



Accountability

Act

39. H.R.  
4451,  
Support  
Our  
Services  
(SOS)  
to  
Veterans  
Caregivers  
Act



## Happy Birthday Navy!

The FRA, this week, saluted the U.S. Navy's 244th birthday on October 13th.

The United States established its Continental Navy Oct. 13, 1775, with the procurement,

manning and dispatch of two armed vessels assigned to interrupt munitions shipments to the British Army in America. Over the course of the Revolutionary War, the Continental Navy amassed 50 ships, with approximately 20 active warships at its maximum strength.

The FRA acknowledges all sailors for their important role in our nation's history and their ongoing devotion to the Navy's core values of honor, courage and commitment.



## House Passes Legislation to Expand the Veterans Legacy Program

On Wednesday, the House passed VFW-

supported H.R. 2385, which would permit VA to establish a grant program to conduct cemetery research and produce educational materials for the [Veterans Legacy Program](#) (VLP). Under the current program, the VLP awards contracts to universities, colleges, and institutions to develop educational programs to teach students and others about the veterans interred in the National Veterans Cemeteries in their communities. Transitioning to a grant-based program would broaden the reach of the VLP beyond large universities to smaller groups that wish to engage with VA in memorializing veterans. The VFW applauds all the members of the House who showed their support for this important program that promotes civic engagement and fosters respect for service and sacrifice. Now it is time for the Senate to do the same and send it to the president's desk. Learn more about the [Veterans Legacy Program](#).



**~ Follow us on MEWE ~**

Follow us on [MEWE](#)! The support staff at [MEWE](#) is responsive, open to suggestions and works

very hard to protect your personal information.

We hope you will join us on this new site.

**VETERANS-FOR-CHANGE**

**AMVETS GROUP**

**VETERANS SOCIAL GROUP**

**{USAVET} SUPPORTING GOD & ALL WHO  
SERVED OUR GREAT NATION**

**AMERICANS FOR SOVEREIGNTY**



# Links to Other Stories

1. VA  
receives  
highest  
accolades  
for  
service  
from  
J.D.  
Power
2. VA  
launches  
groundbreaking  
training  
program  
to  
fully  
leverage  
new  
electronic  
health  
record  
solution
3. Former  
Union  
Treasurer  
Sentenced  
To

2  
Years  
In  
Federal  
Prison  
For  
Embezzling  
At  
Least  
\$82,000  
In  
Union  
Funds

4. PTSD  
Treatment  
Basics

5. Blue  
Water  
Veterans  
Now  
Get  
Agent  
Orange  
Rights

6. Top  
six  
reasons  
VA  
denied  
my

claim

7. Mefloquine  
Toxicity?

8. VA  
says  
Veteran  
suicide  
rate  
is  
17  
per  
day  
after  
change  
in  
calculation

9. VA  
concedes  
its  
debt  
collection  
systems  
leave  
Veterans  
confused,  
frustrated

10. More  
high-  
blood  
pressure

medication  
recalled  
over  
carcinogen  
concerns

11. Afghanistan  
War  
Veterans,  
still  
waiting  
for  
a  
peace  
deal,  
ask:  
Was  
the  
sacrifice  
worth  
it?

12. Walk-  
in  
flu  
clinic  
protects  
Veterans,  
employees,  
against  
seasonal  
influenza

virus

13. VA  
treatment  
should  
be  
based  
on  
evidence,  
not  
political  
pressure

14. 6,000  
Veterans  
have  
committed  
suicide  
each  
year  
for  
a  
decade,  
VA  
finds

15. 'People  
don't  
respect  
the  
park':  
Vandalism  
at

Veterans  
Memorial  
Park  
prompts  
outcry  
in  
Las  
Cruces

16. VA  
under  
pressure  
to  
ease  
medical  
marijuana  
rules

17. New  
Tricare  
Breastfeeding  
Benefits  
Lead  
to  
Reimbursement  
Fiascos

18. Fake  
Employment  
Site  
Created  
to  
Target

Veterans  
With  
Malware

19. Advocates  
demand  
White  
House  
speed  
up  
timeline  
for  
'blue  
water'  
Vietnam  
Veterans  
benefits

20. VA  
settles  
with  
Navy  
Vet  
for  
\$150G  
in  
malpractice  
lawsuit:  
report

21. Vet  
arranges  
flag

honor  
for  
doc's  
life-  
saving  
work

22. TEAM:  
Agent  
Orange  
Offspring?  
Soldiers  
were  
exposed  
at  
Fort  
Gordon.  
Their  
kids  
and  
grandkids  
could  
be  
affected  
too

23. Experimental  
diabetes  
drug  
may  
lower  
blood

sugar  
and  
reduce  
obesity

24. New  
plan  
would  
dramatically  
expand  
GI  
Bill  
family  
transfer  
rules  
for  
troops,  
Veterans

Check us out today: [www.Veterans-for-change.org](http://www.Veterans-for-change.org)





## **Veteran Bills Advanced for House Vote**

This week, the House Committee on Veterans' Affairs advanced six bipartisan pieces of legislation to the full House for a vote. The six bills covered a wide range of veteran benefits and protections to include improvements for homeless veterans, student veterans, veteran-owned small businesses, and improved reporting transparency within VA. These six bills are just some of the important work the Veterans' Affairs Committee has worked on this session, and they have shown a commitment to work for veterans in a bipartisan manner. Now, the bills will be up for a vote by the full House of Representatives in the coming weeks. [Read the bills.](#)



## **VA Observes Breast Cancer Awareness Month in October**

October is Breast Cancer Awareness Month. The VFW and VA encourage women veterans to take advantage of the valuable resources for breast

cancer education and early detection. VA has adopted the American Cancer Society's [breast cancer screening guidelines](#), which suggests women get yearly mammograms as early as age 40. Veteran patients can sign into My [HealthVet](#) and send a secure message to your health care team. [Learn 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!**

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



**TRICARE Health Matters Newsletter  
Issue 3**

This fall, prepare for open season by learning about your TRICARE benefit. Here's what you can look forward to in the latest issue of the

## TRICARE Health Matters Newsletter:

- Make 2020 Enrollment Changes During TRICARE Open Season
- Beneficiary Web Enrollment Available Through milConnect
- Enroll in Optional Dental or Vision Coverage During Federal Benefits Open Season
- Defense Health Agency Assuming Responsibility for Military Hospitals and Clinics
- Retiring? You Must Make an Enrollment Choice
- What is a TRICARE Qualifying Life Event?
- TRICARE Resources to Help You Make the Most of Your Benefit

Download the latest TRICARE East Region or TRICARE West Region newsletter [here](#).



## **Defense Health Agency Realignment of TRICARE**

Since October 2018, The Defense Health Agency (DHA) has been undergoing a realignment of the TRICARE system and new medical retirement changes. DHA began integrating all military

treatment facilities (MTFs) under their command. This integration will also combine TRICARE and Operational Medicine into one single medical command called the Military Healthcare System (MHS). By October 2021, DHA will have direct authority over all MTFs and will give local medical leaders the authority to effectively move funds and people in order to responsibly coordinate patient-centered care. [Learn more.](#)



## **TRICARE Open Season (Update)**

TRICARE Open Season will run from Nov. 11 to Dec. 9. It is important to note that new retirees have only one year to enroll for TRICARE Prime. If they forget to enroll in TRICARE Prime, individuals are no longer going to be automatically enrolled into TRICARE Select and will have to wait for the next Open Season enrollment period.

If an individual is already enrolled they can change their TRICARE coverage, if eligible. If you want to stay in your current TRICARE plan, you do not need to do anything. [Learn more.](#)

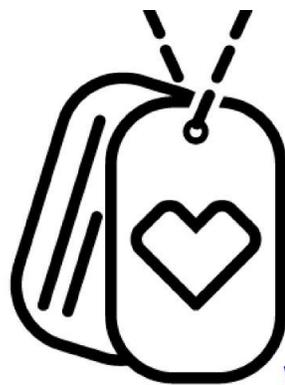


## **Holiday Overseas Mail Deadlines Approaching**

Military and U.S. Postal Service officials have issued suggested mailing deadlines for holiday packages and letters to military locations overseas in time for Christmas. To get them there in time for Hanukkah, which starts on Dec. 22 this year, subtract 3 days from the deadlines.

According to Military Times, the deadlines for various methods of shipping are the same for most APO/FPO/DPO (diplomatic post office) zip codes, with the exception of some mail going to

APO/FPO/DPO Zip Code 093, which covers overseas contingency areas. The Postal Service has also created a “military care kit,” which consists of the items most often requested by military families and it is free. [Learn more](#) about mailing deadlines.



**Our values  
match yours.**



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

## **Here's Your 2020 Military Retiree, VA and Social Security Pay Bump**

Military retirees, those who receive disability or other benefits from the Department of Veterans Affairs, federal retirees and social security recipients will see a 1.6% increase in their monthly checks for 2020. The annual Cost Of Living Allowance (COLA) is smaller than the 2.8% increase from last year but in line with the historical increases seen over the last ten years.

Read more [here](#).



## **Build Your Future with Us: CRH is Hiring Veterans Now**

We are committed to hiring veterans and providing the tools and support you need to succeed in your civilian career. As the largest building materials company in North America, we provide access to leading edge technologies and equipment.

[\*\*Search jobs now!\*\*](#)



## VA Not Doing Enough to Protect Veterans from Scams, GAO Finds

A report issued Oct. 3, 2019 by the Government Accountability Office (GAO) says that the Department of Veterans Affairs needs to do more to protect veterans, especially older ones, from fraud. It also said the VA needs to work with other government agencies to help track and prosecute those who prey on the most vulnerable veterans. The report also noted that the VA, as a steward for public funds, has a responsibility to both veterans and taxpayers to work in the best interest of both groups. Read more [here](#).



---

## Just What Is Open Season and Why Should You Care?

You may have heard about Open Season or Open Enrollment for your Tricare or Federal Employees Dental and Vision Insurance Program (FEDVIP) coverage. But what exactly is it? Open season (also known as open enrollment) is the time each year when you can make changes to your Tricare and FEDVIP dental and vision coverage for the following year. Federal employees can also make changes to their health insurance during this time period. Read more [here](#).



---

## New Graphic Novels Honor Hero

## Medal of Honor Recipients

The Association of the United States Army Oct. 11 announced the release of two new graphic novels, created by legendary comic book artists, in its series designed to pay tribute to Medal of Honor recipients. "Medal of Honor: Audie Murphy" and "Medal of Honor: Sal Giunta" will be featured in a new book -- which includes two previously released graphic novels on Staff Sgt. Roy Benavidez and Sgt. Alvin York -- at AUSA's Annual Meeting and Exposition in Washington, D.C., according to an AUSA press release. Read more [here](#).



## Enter Your Pet in This Exchange Halloween Costume Contest

If your pet looks especially adorable in costume, you could win a \$1,000 Army and Air Force Exchange Services (AAFES) gift card. One authorized shopper who enters their pet's photo in the contest will win a \$1,000 gift card, while eight others will win a \$500 gift card, according to a release. Entries must include the entrant's legal

first name and last name, mailing address, email address, phone number and local Exchange location. Limit one entry per person. Winners will be notified on or around Nov. 15. Shoppers can enter through Oct. 31 can submitting a photograph of their pet dressed in their Halloween best at [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes).



*CLICK HERE TO FOLLOW US ON TWITTER!*

## **Commissary Curbside Shopping Expands to Fort Belvoir**

The Defense Commissary Agency's (DeCA) online shopping and curbside pick-up program, CLICK2GO, opened its newest location at Fort Belvoir, Virginia late last month, officials said in a release. The service, which is set to expand to more stores over the next several months, is free for patrons over its initial 30-day roll-out period,

but then costs \$4.95 per use, the release said. Shoppers choose items from an online selection, pick a visit time and then collect their groceries from a designated delivery area at the store.



**Your actions**  
could save a life.

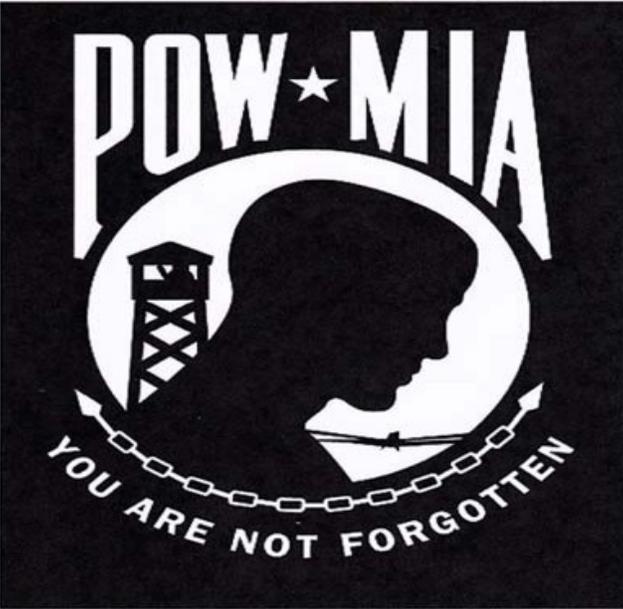
Showing you care can make a big difference to someone in crisis.

VeteransCrisisLine.net



Prisoners Of War - Missing In Action

**POW \* MIA**



**YOU ARE NOT FORGOTTEN**

Never Forget - Bring Them Home

DOC



# Office of Inspector General

1. VA  
Health  
Care:  
Actions  
Needed  
to  
Ensure  
Provider  
Qualifications  
and  
Competence



## **TRICARE Overseas Program (TOP) Health Matters Newsletter Issue 3**

This fall, prepare for open season by learning about your TRICARE benefit. Here's what you can look forward to in the latest issue of the TOP Health Matters Newsletter:

- Make 2020 Enrollment Changes During TRICARE Open Season
- Activated Guard and Reserve Members Eligible for TRICARE Overseas Benefit
- Enroll in Optional Dental or Vision Coverage

During Federal Benefits Open Season

- Electronic Health Records Bring Innovation to the Military Health System
- Retiring? You Must Make an Enrollment Choice
- What is a TRICARE Qualifying Life Event?

Download the latest Overseas Region newsletter [here](#).



**“We Proudly Support our  
Military Personnel & Families”**



## **New Podcast - Listen to TRICARE Beneficiary Bulletin #523**

Listen to the latest podcast to hear about:

- 2019 TRICARE and FEDVIP Open Seasons
- TRICARE Publications
- Oct. 24 TRICARE Webinar

Visit the Multimedia Center for this podcast and previous podcasts [here](#).





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

1. Viatrexx  
Bio  
Incorporated  
Issues  
Voluntary  
Nationwide  
Recall  
of  
Sterile  
Injectables  
due  
to  
a  
Lack  
of  
Sterility  
Assurance
2. Samurai,  
Inc.  
Issues  
Allergy  
Alert  
On  
Undeclared  
Fish  
In

Furikake  
Popcorn  
5oz.  
Package

3. Mical  
Seafood  
Inc.  
Voluntarily  
Expands  
Tuna  
Recall  
for  
Possible  
Scombroid  
Poisoning

4. Important  
Drug  
Information  
-  
Humate-  
P  
[Antihemophilic  
Factor/von  
Willebrand  
Factor  
Complex  
(Human)]

5. Peekay  
International  
Inc.

Issues  
Alert  
on  
Undeclared  
Sulfites  
in  
“KESHAV  
Dry  
Apricot”



## **Women Veterans to be Honored by Calvet**

\_2019 Women Veterans Reception, “Empowering  
Women Veterans: \_

*Achieving Equality Through Education”*

**WHO:** California Department of Veterans Affairs (CalVet) in partnership with California State University, Sacramento.

**WHAT:** Three women veterans, including two from Sacramento will be honored during the Women Veterans Reception, “Empowering Women Veterans: Achieving Equality Through Education.”

**WHEN:** Tuesday October 15, 2019, 5:30-8 p.m.

**WHERE:** California State University, Sacramento – the University Union, Redwood Room. 6000 J Street Sacramento, CA 95819 ([campus map/directions](#)).

**EVENT:** In partnership with the [Sacramento State Veteran’s Success Center](#), CalVet will host its 2019 Women Veterans Reception, “Empowering Women Veterans: Achieving Equality Through Education.” During the reception, three women veterans will be recognized for their leadership and noteworthy impact on their communities with the annual CalVet Trailblazer Award. The 2019 Awardees are Elizabeth L. Hillman of Oakland,

Frances Palu of Sacramento, and Martine Wilson of Sacramento.

**EXPECTED TO ATTEND:** CalVet Secretary Vito Imbasciani MD, Sacramento State Vice President for Student Affairs Dr. Ed Mills, Assemblymember Kevin McCarty, award recipients, women and student veterans, and members of the public. The reception is free and open to the public; it will include light appetizers and refreshments. Pre-registration for the reception is required. Please register for the event at [www.calvet.ca.gov/womenvets](http://www.calvet.ca.gov/womenvets) or call 916-653-1402.

**BACKGROUND:** California is home to nearly 143,000 women who served in our U.S. military. They are veterans, family members, friends, business owners, professionals, community leaders, and advocates. The mission of the CalVet division for Women Veterans Affairs is to provide information, advocacy, outreach, and support to women veterans and their families. For more information on CalVet's Women Veterans Affairs visit the website [here](#).



# Tax & Credit Information



1. Threat  
Spotlight:  
Sodinokibi  
ransomware  
attempts  
to  
fill  
GandCrab  
void
2. What  
should  
a  
US  
federal  
data  
privacy  
law  
ideally  
include?
3. 5  
Rules  
to  
Avoid  
Being  
a

'Stupid'  
Investor

4. 2 million ITINs set to expire in 2019; to avoid refund delays apply soon
5. The End of the Year is a Great Time to Review or Update Your



Financial  
Plan

6. IRS  
selects  
nine  
new  
members  
for  
the  
Electronic  
Tax  
Administration  
Advisory  
Committee

7. IRS  
celebrates  
military  
families  
during  
National  
Work  
and  
Family  
Month

8. People  
can  
help  
improve  
communities  
and



learn  
new  
skills  
as  
IRS-  
certified  
volunteer



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.



*[CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER !](#)*



## MIA Update

The Defense POW/MIA Accounting Agency announced two new identifications, and six burial updates for service members who have been missing and unaccounted-for from WWII and the Korean War. Returning home for burial with full military honors are:

**Marine Corps Pfc. Quentin W. McCall**, 22, of Union Church, Miss., was a member of Company I, 3rd Battalion, 6th Marine Regiment, 2nd Marine Division, Fleet Marine Force. McCall landed on the island of Betio in the Tarawa Atoll of the Gilbert Islands. Over several days of intense fighting at Tarawa, approximately 1,000 Marines and sailors were killed, including McCall on the fourth day of the battle, Nov. 23, 1943. Interment services are pending. [Read about McCall.](#)

**Army Air Forces 2nd Lt. Earl F. Ferguson**, 26, of Minneapolis, Minn., was a pilot assigned to the 329th Bombardment Squadron, 93rd Bombardment Group (Heavy), 8th Air Force. Ferguson was the co-pilot of a B-24 aircraft on Aug. 1, 1943, when it crashed as a result of

enemy anti-aircraft fire during Operation Tidal Wave, the largest bombing mission against the oil fields and refineries at Ploiesti, north of Bucharest, Romania. His remains were not identified following the war. Interment services are pending. [Read about Ferguson.](#)

**Navy Seaman 2nd Class Hubert P. Hall**, 20, of Floyd County, Ky., whose identification was initially announced in August, will be buried in the spring of 2020 at the National Memorial Cemetery of the Pacific, in Honolulu. Hall was stationed aboard the USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma was hit multiple times which caused it to capsize quickly and caused the deaths of 429 crewmen, including Hall. [Read about Hall.](#)

**Army Sgt. Billy J. Maxwell**, 19, of Hogansville, Ga., whose identification was initially announced in August, will be buried Nov. 9, in his hometown. Maxwell was a member of Heavy Mortar Company, 3rd Battalion, 31st Infantry Regiment, 7th Infantry Division. He was reported missing in

action on Nov. 30, 1950, when his unit engaged against enemy forces near the Chosin Reservoir, North Korea. His remains could not be recovered following the battle. [Read about Maxwell.](#)

**Army Pfc. Donald E. Mangan**, 26, of Elkton, S.D., whose identification was initially announced in August, will be buried Oct. 22 in Gig Harbor, Wash. Mangan was a member of Company C, 1st Battalion, 112th Infantry Regiment, 28th Infantry Division. He was reported missing in action on Sept. 17, 1944, after his unit was attacked by enemy forces near Wettlingen, Germany. His remains could not be recovered after the attack. [Read about Mangan.](#)

**Army Cpl. Robert L. Bray**, 18, of Chillicothe, Ohio, whose identification was initially announced in June, will be buried Nov. 6 in Bainbridge, Ohio. Bray was a member of Company C, 1st Battalion, 34th Infantry Regiment, 24th Infantry Regiment. He was reported missing in action on July 20, 1950, when he could not be accounted for following his unit fighting in a defensive action against enemy forces near Taejon, South Korea. The Army declared him deceased on Dec. 31,

1953. [Read about Bray.](#)

**Army Cpl. Ysabel A. Ortiz**, 19, of El Monte, Calif., whose identification was initially announced in August, will be buried Oct. 28 in Riverside, Calif. Ortiz was a member of Battery D, 15th Anti-aircraft Artillery Automatic Weapons Battalion, 7th Infantry Division. He was reported missing in action on Dec. 2, 1950, when enemy forces attacked his unit near the Chosin Reservoir, North Korea. His remains could not be recovered following the attack. [Read about Ortiz.](#)

**Army Sgt. David A. Feriend**, 23, of Fife Lake, Mich., whose identification was initially announced in August, was buried Oct. 13 in Kingsley, Mich. Feriend was a member of Headquarters Company, 3rd Battalion, 31st Infantry Regiment, 7th Infantry Division. He was reported missing in action on Dec. 6, 1950, in the vicinity of the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered. [Read about Feriend.](#)





**Veterans-For-Change, Inc.**

Riverside County, CA

Visit our website today

[www.Veterans-For-Change.org](http://www.Veterans-For-Change.org)

Serving those who served!

**Please pass on to all your Veteran Friends  
and Family!**



**Please do not reply to this E-Mail,  
this is an unattended E-Mail address,  
please send all correspondence to:**

[Jim.Davis@Veterans-for-change.org](mailto:Jim.Davis@Veterans-for-change.org)

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by  
**GoDaddy Email Marketing**®