



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, March 19, 2017

Volume 8, Issue 12

This-N-That

Once again legislation has been presented to make it easier to terminate VA employees based on misconduct or poor performance.

Last time former President Obama vetoed stating it was "unfair!" But word is, once it passes both the House and Senate, President Trump is more than willing and eager to sign it so it would make it a lot easier to help clean up the VA situations!

It won't be the answer to all prayers, but it is indeed a good start even if it is from the bottom of the ladder!

So I am asking all our readers to please call your Congressmen and ask that they please support H.R. 1259 the VA Accountability First Act of 2017.

Although I strongly feel this bill is a good move, I am however disappointed it still allows for and protects bonuses which in my personal opinion was the major factor involved in all problems in the VA healthcare system, but the bill does address the ability to recoup all bonuses, moving expenses and reductions in pension allowances.

And finally the House has moved to make it much easier to hire Doctors and Nurses for the VA with the passage of the bill with a vote of 412 to 0. Now it's time to pass it on to the Senate and I feel very good that this bill will also pass the Senate with flying colors.

All through this newsletter there are several "ACTION" items where we need you to click on the link and send off the pre-written E-Mail asking for support on various bills. Again WE NEED YOU to help ALL Veterans!

And again we'd like to ask that you either forward this newsletter to friends and family or copy and paste the action items into a E-Mail and ask all of them to please help by sending off the prewritten E-Mails as well, and maybe if they would also do the same and forward to their address book as well.

This is how we make things go viral, and get many others to help in the fight for better care, better and more benefits for ALL Veterans!

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



Help Blue Water Vietnam Vets Exposed to Agent Orange

The “Blue Water Navy Vietnam Veterans Act” has been introduced in both the House and Senate (H.R. 299 & S. 422 respectively). These proposals 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 legislators to support this important legislation.

Women Veterans Needed for Research

It has been difficult for Department of Veterans Affairs (VA) researchers to recruit enough women to get statistically valid results in biological and medical research. Women veterans are needed to participate in the Million Veteran Program (MVP). The goal of MVP is to enable genomic discoveries that can translate to improvements in the healthcare of Veterans. So far, only 8 percent of MVP enrollees are women. The goal is to increase the number to at least 11 percent in order to have enough women involved for the results to be statistically valid. Enrolling is simple. Visit the [interactive map](#) of all VA sites that are currently enrolling and then either schedule an appointment by calling 866-441-6075 or just walk in to a local MVP clinic to participate. For more information, read the VA Vantage Point [Blog](#) and visit the MVP [webpage](#).

VETERANS ADVOCACY GROUP PRAISES CONGRESSIONAL HEARING FOR "BLUE WATER NAVY" VETERANS

Military-Veterans Advocacy, a Louisiana based veterans advocacy group, announced that the House Veterans Affairs Committee has scheduled a Legislative Hearing to review proposed legislation that would restore Agent Orange benefits for up to 90,000 veterans who served in the bays, harbors and territorial seas of the Republic of Vietnam.

In 2002 the VA stripped the presumption of exposure from these veterans, known as Blue Water Navy Veterans, and have refused to restore them. This is despite the fact that toxic levels of Agent Orange were confirmed in Nha Trang Harbor 20 years after the war and there were plausible pathways for the dioxin to have entered the territorial seas. Several Institute of Medicine Reports have confirmed that the presence of the dioxin in those waters was generally accepted. A 2015 court decision by the Court of Appeals for Veterans Claims found the VA exclusion irrational, arbitrary and capricious - yet the VA refuses to change their policy. Additionally, recent evidence showed that potable water barges serving ships at anchor in Da Nang Harbor used dioxin contaminated water from the heavily sprayed Monkey Mountain reservoir.

Studies by the University of Queensland and the Institute of Medicine have confirmed that the distillation process in use at the time, which converted salt water to drinking water, did not remove the dioxin but enriched it. After years of resistance, the VA finally conceded this principle in September 2015.

"For six years we have walked the halls of Congress seeking justice for these veterans," said Military-Veterans Advocacy Executive Director Commander John B. Wells, USN (Retired). "We currently have 226 supporters in the House and 34 in the Senate and the list is growing daily. We are certainly happy that Chairman (Phil) Roe (R-TN) has scheduled a hearing."

"Chairman Roe has been a supporter in the past," Wells noted. "We believe that he will give the Blue Water Navy issue a fair hearing and work with us to resolve any questions. He and the Ranking Member, Congressman Tim Walz D-MN have pledged to work together despite the toxic political environment. Both are good men who are trying to help veterans. The stumbling block has been the cost."

The Congressional Budget Office (CBO) estimates that restoration of the benefits would cost \$1.104 billion over ten years. Proposed offsets for the score, required by the Pay As You Go Act of 2010, have been killed by Vermont Senators Sanders and Leahy. "These Senators require us to find

offsets and then they shoot them down," Wells noted. "We have tried to comply with all the laws, regulations and rules, but we have been stymied at every step by the cost issue."

"Frankly I don't give a damn how they pay for it," Wells continued. "There was plenty of money to send them to war, they need to find the money to pay for their war related injuries."

"We are not going away!" Wells promised. "Military-Veterans Advocacy will continue the fight. We have an appointment with new VA Secretary David Shulkin on April 21 to discuss the issue. We also have a court suit pending to force the VA to grant some or all of the coverage. Recently we initiated a petition on the White House web site to ask President Trump to intervene."
<https://petitions.whitehouse.gov/petition/compel-va-give-blue-water-navy-veterans-their-presumptive-agent-orange-rights>.

The Legislative Hearing has been scheduled for April 5, 2017.

Source: Commander John Wells, USN (Ret.)



VA Secretary Supports Expanding Caregivers to All Generations

In testimony to the House Veterans' Affairs Committee last week the Secretary of the Department of Affairs, Dr. David Shulkin, said he supports caregiver benefits to families of veterans of all eras.

Currently many benefits of the program are available only to families of post-9/11 veterans.

The VA has begun a review of the costs and procedures for expanding the program and will bring a plan to Congress in the next few months.

Currently, VA caregiver programs provide a monthly stipend, travel expenses, access to health insurance, mental health services, training and respite care for designated caregivers of injured or infirm veterans.

It has been estimated that only about one-fifth of the 5.5 million family members providing home care for veterans are covered.

Last year legislative efforts to expand the caregiver programs ran out of steam because of cost estimates of roughly \$10 billion over the next five years. Shulkin estimated that the program would cost closer to \$4 billion, but also said that doesn't take into account other savings the expanded benefit could have.

"I believe that's not an accurate reflection on the true cost because I believe we are going to save money by not institutionalizing people," he said.

TREA: The Enlisted Association fully supports expanding the Caregivers program to veterans of all generations and has been lobbying for the program's expansion for several years.

Source: TREA



Support SBP/DIC Offset Repeal Legislation

Senator Nelson (FL) has introduced legislation (S. 339) and Congressman Joe Wilson (SC) has introduced identical legislation in the house (HR 846) that repeals the SBP/DIC offset for survivors, sometimes referred to as the "Military Widows Tax.". Please use this action center contact your legislators to ask them to support this important legislation.

[Take Action!](#)

Veterans and Multiple Sclerosis

March is National Multiple Sclerosis (MS) Education and Awareness Month. The Department of Veterans Affairs (VA) MS Centers of Excellence are committed to serving the health care needs of veterans with MS. Through partnerships with Veterans, caregivers, and health care providers, the centers hope to minimize disease impairment and increase the quality of life for veterans with MS. To learn more, read the VA VAntage Point [Blog](#) and visit the VA Multiple Sclerosis Centers of Excellence [website](#).

VA Studies Aspirin's Cancer Benefits

Researchers know of aspirin's benefits in preventing certain ailments — from cardiovascular disease to most recently colorectal cancer. But while the link to those two conditions was made, researchers also questioned how and if aspirin could work to ward off other types of cancers. Thanks to a team led by a VA Department of Veterans Affairs researcher, new studies verify their theory of cancer-prevention benefits based on aspirin's effects on platelets, the blood cells that form clots to stop bleeding. An abstract of the study appears in the February 2017 issue of [Cancer Prevention Research journal](#). For more information about VA research on cancer, visit the VA Office of Research and Development [website](#).

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



S. 423, CHAMPVA Children's Protection Act

On February 16, 2017, Senator Jon Tester introduced S. 423, which would extend the eligibility of children under the CHAMPVA program.

Under the Affordable Care Act, Congress and the Administration made a decision to cover every adult child on their parents' policies until they reach age 26, except for those who could be covered under CHAMPVA. This situation is unfair and unacceptable.

To address this inequity, National Convention delegates representing the 1.3 million members of the DAV endorsed national resolution 128 supporting legislation to extend the eligibility of a qualifying veteran's child for CHAMPVA coverage to age 26 under the same conditions of adult children covered by private health plans.

DAV believes dependents of severely disabled veterans and survivors of veterans who paid the ultimate sacrifice for our nation should not be penalized or otherwise not allowed to enjoy the same rights and privileges as other citizens of a grateful nation.

Please use the prepared e-mail, or draft your own message, to request that your Senators support this important bill and ask that it be brought to the floor for a vote and passed as soon as possible.

Click [HERE](#) and send your message.

Lawmaker to Services: Feed Troops Better

An Ohio congressman wants to know why there's so much junk food served on base -- all while the military is losing thousands of troops a year who can't meet height and fitness standards. At a House Appropriations subcommittee hearing Wednesday about quality of life in the military, Rep. Tim Ryan, a Democrat, grilled Sergeant Major of the Army Daniel Dailey and Chief Master Sergeant of the Air Force Kaleth Wright about the challenge of finding healthy options on base. For more details, see this [article](#).

National Brain Injury Awareness Month

March is National Brain Injury Awareness Month. Traumatic brain injury (TBI) is caused by a bump, blow, or jolt to the head, or a penetrating head injury which disrupts the normal function of the brain. Physical signs and symptoms of TBI can include loss of consciousness, state of being dazed, headache, fuzzy or blurry vision, nausea or vomiting, dizziness, sensitivity to light, balance problems, or feeling tired or having no energy. To learn more about brain injury awareness, visit the Centers for Disease Control (CDC) [website](#), the Defense Centers of Excellence [website](#), the Defense and Veterans [Brain Injury Center](#), and the Naval Center COSC [website](#).

Operation Mail Call

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, click [HERE](#).

Recovery Methods Used to Treat PTSD

Post-traumatic stress disorder (PTSD) can feel like a loosely defined group of symptoms similar to those of grief, fear, anxiety and insecurity. Fortunately, veterans today can receive many types of treatment to address this condition. Although the personal struggles are different, many addiction therapies have been found to help PTSD patients. In addition to non 12-step recovery methods like [cognitive behavioral therapy](#) and exposure therapies, new approaches to PTSD treatment, like mindfulness, [eye movement desensitization](#) and reprocessing, sensory experiencing and sensorimotor therapy show great promise. For more information, read the VA Vantage Point [Blog](#).

Several VA bills are marked up and sent on to be voted on by the full House

Last Wednesday the full House VA Committee marked up several bills, passed them out of committee and sent them on to the full House of Representatives for its consideration. TREA's Washington Executive Director attended the unusually long markup session. All the bills considered, H.R. 369, H.R. 1181, H.R. 1259, H.R. 1367 and H.R. 1379, passed.

H.R. 369 would eliminate the sunset provision of the Veterans Choice Program and therefore the VA could continue to use what was left of the originally appropriated \$1 billion for contracted healthcare for veterans in the community. H.R. 1181 changes the federal law to require that a veteran receiving mental health treatment from the VA will not be disqualified from processing a firearm unless a Judge from the proper jurisdiction and authority rules the veteran "is a danger to himself or herself or others." H.R. 1259 would create an expedited process for the VA to fire, demote, or suspend incompetent employees. While H.R. 1367 would direct the VA to expand its efforts to "recruit, hire, train promote" and thus retain good employees. And H.R. 1367 would make recipients of the Purple Heart qualified to receive educational benefits through the Post 9/11 GI Bill.

All the bills passed through Committee (the only fight was over H.R. 1259 which several Committee members argued took away employees protections and due process rights).

H.R. 1181, H.R. 1259 and H.R.1367 are all going to be voted on by the full House of Representatives this week.

Source: TREA



House Committee OKs Bills on VA Choice Program, Accountability

The House Veterans Affairs Committee approved bills Wednesday to extend and expand the Department of Veterans Affairs' Choice Program and provide for more accountability of VA managers. "Whether it's creating a culture of accountability at VA, expanding access to quality care or protecting the rights entrusted to our nation's heroes, these bills will improve the lives of America's veterans and build a better VA," said Rep. Phil Roe, a Tennessee Republican and the committee's chairman. The proposed legislation now goes to the full House for passage. Similar bills are working their way through the Senate. For more details, see this [article](#).

Commissary March to Savings

Here are some of the savings promotions coming to your local military commissary during March: (1) from March 27 to April 9, select commissaries will have a chance to win a ProCamp for their installation thanks to a P&G products promotion; (2) from March 1 to 26, Kraft Heinz will offer coupon deals for \$5 off five items on many of its brands; (3) throughout March, General Mills will offer in-store coupons as well as premium giveaways; and (4) from March 22 to July 9, the Nathan's, Smithfield and Eckrich's Mobile Sampling Tour will be offering high-value coupons and gift-for-purchase promotions. To find more savings, visit the Commissaries.com website.



U.S. Government Accountability Office Reports

- 1) [Army Corps of Engineers: Factors Contributing to Cost Increases and Schedule Delays in the Olmsted Locks and Dam Project.](#)
- 2) [Bioforensics: DHS Needs to Conduct a Formal Capability Gap Analysis to Better Identify and Address Gaps.](#)
- 3) [Bioforensics: DHS Needs to Conduct a Formal Capability Gap Analysis to Better Identify and Address Gaps.](#)
- 4) [Border Security: Additional Actions Needed to Strengthen Collection of Unmanned Aerial Systems and Aerostats Data.](#)
- 5) [Border Security: DHS Has Made Progress in Planning for a Biometric Air Exit System and Reporting Overstays, but Challenges Remain.](#)
- 6) [Critical Infrastructure Protection: Additional Actions by DHS Could Help](#)

- Identify Opportunities to Harmonize Access Control Efforts.
- 7) Cybersecurity: Actions Needed to Strengthen U.S. Capabilities.
 - 8) Cybersecurity: DHS's National Integration Center Generally Performs Required Functions but Needs to Evaluate Its Activities More Completely.
 - 9) Cybersecurity: DHS's National Integration Center Generally Performs Required Functions but Needs to Evaluate Its Activities More Completely.
 - 10) Department of Homeland Security: Important Progress Made, but More Work Remains to Strengthen Management Functions.
 - 11) Depot Maintenance: Executed Workload and Maintenance Operations at DOD Depots.
 - 12) DOD Financial Management: Significant Efforts Still Needed for Remediating Audit Readiness Deficiencies.
 - 13) DOD Financial Management: Significant Efforts Still Needed for Remediating Audit Readiness Deficiencies.
 - 14) Drug-Free Communities Support Program: Agencies Have Strengthened Collaboration but Could Enhance Grantee Compliance and Performance Monitoring.
 - 15) Electronic Health Records: HHS Needs to Improve Planning and Evaluation of Its Efforts to Increase Information Exchange in Post-Acute Care Settings.
 - 16) Federal Disaster Assistance: FEMA's Progress in Aiding Individuals with Disabilities Could Be Further Enhanced.
 - 17) Food Safety: A National Strategy Is Needed to Address Fragmentation in Federal Oversight.
 - 18) Government Purchase Cards: Little Evidence of Potential Fraud Found in Small Purchases, but Documentation Issues Exist.
 - 19) Health Information Technology: HHS Should Assess the Effectiveness of Its Efforts to Enhance Patient Access to and Use of Electronic Health Information.
 - 20) Joint Exercise Program: DOD Needs to Take Steps to Improve the Quality of Funding Data.
 - 21) Medicaid Managed Care: Improved Oversight Needed of Payment Rates for Long-Term Services and Supports.
 - 22) Medicaid: CMS Needs Better Data to Monitor the Provision of and Spending on Personal Care Services.
 - 23) Medicaid: Program Oversight Hampered by Data Challenges, Underscoring Need for Continued Improvements.
 - 24) Medical Devices: Cancer Risk Led FDA to Warn Against Certain Uses of Power Morcellators and Recommend New Labeling.

- 25) Military Compensation: Additional Actions Are Needed to Better Manage Special and Incentive Pay Programs.
 - 26) Sexual Assault: Better Resource Management Needed to Improve Prevention and Response in the Army National Guard and Army Reserve.
 - 27) Southwest Border Security: Additional Actions Needed to Better Assess Fencing's Contributions to Operations and Provide Guidance for Identifying Capability Gaps.
 - 28) Union Activities: VA Could Better Track the Amount of Official Time Used by Employees.
 - 29) Union Activities: VA Should Improve the Way It Tracks the Amount of Official Time Used by Its Employees.
 - 30) VA Health Care: Actions Needed to Ensure Medical Facilities' Controlled Substance Programs Meet Requirements.
 - 31) VA Health Care: Actions Needed to Ensure Medical Facility Controlled Substance Inspection Programs Meet Agency Requirements.
 - 32) Veterans Affairs Information Technology: Management Attention Needed to Improve Critical System Modernizations, Consolidate Data Centers, and Retire Legacy Systems.
 - 33) Veterans' Health Care: Limited Progress Made to Address Concerns That Led to High-Risk Designation.
-

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

VA Could Add to List of Agent Orange Ailments

Last week Tom Philpott reported that the VA Secretary was working on his 2017 priorities. Included in the list were reforming the 'Choice' program and the possibility of adding new ailments to the list of service-connected illness associated with 'Agent Orange.' Read the [full article](#) to learn more about the VA's 2017 priorities.

VA Seeks to Reduce Cost of 'Choice' Reforms

VA Secretary (Dr.) David J. Shulkin used congressional testimony Tuesday and recent meetings with veterans' service organizations to preview new steps the Department of Veterans Affairs might test for containing costs as it reforms the Choice program to smooth access to VA-paid private sector healthcare. Read full [article](#)!

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 3,211,986 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: 6,377)
- Polls
- Web Links, more than 3,542, Added 1 New Links (Updated: 03/01/17)

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) [BREAKING: House Casts A Vote FOR Veterans In HUGE Way- Trump Ready To Sign!](#)
- 2) [Drug and alcohol problems linked to increased Veteran suicide risk, especially in women](#)
- 3) [Legislation Reintroduced in Congress to Make It Easier to Fire VA Employees](#)
- 4) [The \\$92 Billion VA Still Doesn't Have Its Act Together](#)
- 5) [The House has unanimously passed legislation designed to speed up the hiring of doctors and nurses at the Department of Veterans Affairs](#)
- 6) [Undercover Boss Discovers Worker Is A Vet, Then Sits Down To Reveal His Identity](#)
- 7) [VA Hospital With Highly Publicized 20 Transgender Patients, Provided Very Poor Care For Other 111,000 Veterans](#)
- 8) [Veterans Fight for the Right to Free Marijuana](#)

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



Support Caregiver Expansion

We applaud Senators Patty Murray, Susan Collins, and Representative Jim Langevin for introducing the "Military and Veteran Caregiver Services Improvement Act" on March 9, 2017.

DAV has worked diligently for several years as a part of a larger coalition of veterans organizations that promoted the advent of family caregiver support services for severely injured and ill veterans. Congress finally responded by enacting Public Law 111-163, the Caregivers and Veterans Omnibus Health Services Act of 2010. However, that law limited services and supports to family caregivers of veterans who were injured or became severely ill in military service only on or after September 11, 2001. That omission left thousands of veterans' families without the level of caregiver support and services they have needed because those veterans' health challenges, many from war injuries, occurred before that effective date.

If enacted, the Military and Veteran Caregiver Services Improvement Act would responsibly and finally address these families' needs on the same basis as those of veterans injured after September 11, 2001. Ultimately, when fully implemented, the bill would improve the lives of tens of thousands of veteran families, and will save the federal government a significant amount of resources that otherwise would need to be spent to provide institutional solutions to these veterans' health challenges and health maintenance. This bill is both beneficial to these families and a taxpayer-friendly measure.

Please write your elected representatives to urge co-sponsorship and support of passage of S. 591 and H.R. 1472. A letter has been prepared for this purpose or you may write your own to express your views. As always, thank you for your support.

Click [HERE](#) and send your message!

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



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.

Click [HERE](#) to see all job postings!

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



AF Focuses on Mental Wellness

Recognized as one of the four domains of Comprehensive Airman Fitness, the Air Force describes mental wellness as 'the ability to effectively cope with unique mental stressors and challenges needed to ensure mission readiness.' While the mental domain is one of four, each domain is directly tied to the other three. Also, master resilience trainers teach four main principles that impact mental resilience: awareness, decision making, adaptability and positive thinking. More information about the four domains of Comprehensive Airman Fitness can be found on the [Air Force Portal](#) or through your unit's master resilience trainer.

**~We Proudly Support our
Military Personnel & Families~**

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	144,726
Boston	74,725
Courtesy Copies	3,500
Department of VA	12,474
DoD	29,376
Face Book Pages	3,494
Google	28,257
Los Angeles	134,477
Microsoft	9,519
National Guard	4015
New York	151,923
Other Social Media	41,639
San Francisco	77,423
Twitter	39
US House of Reps & Staff	986
US Senators & Staff	105
University of So. California	5,066
US Air Force	25,168
US Army	64,707
US Marines	27,768
US Navy	36,962
Veterans	19,079,106
Washington DC	140,513
Yahoo	134
	20,096,102

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please send all correspondence to: Jim.Davis@veterans-for-change.org

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