



# Veterans-For-Change Newsletter

## *A Voice of the Veterans*

Week Ending Sunday, August 06, 2017

Volume 8, Issue 32



### **This-N-That**

One of the many important programs within the VA Healthcare System, VA Caregiver Support is finally now back in full swing and all operations have been resumed. The resumption follows an April 17 decision to temporarily suspend certain clinical revocations from the program to conduct a strategic review aimed at strengthening the program.

Personally I am hoping they do some serious improvements to the program to better enhance services available as well as benefit to Caregivers. But time will tell how much they intend on improving this much needed program.

The VA announced that now Veterans who have been diagnosed with prostate cancer have a much better choice for treatment now at the McGuire VA.

Thanks to the nationwide scope of the Veterans Health Administration,

a national referral program has allowed Veterans from around the country to descend on the McGuire VA Medical Center in Richmond for treatment of moderate to aggressive forms of prostate cancer.

Senator McCain has been diagnosed with brain cancer, and not sure why, but it seems to have spurred more serious interest in the Agent Orange connection.

And I'm far from being a fan of McCain, but if it does open doors, allow for more coverage of many other illnesses which still to this date are not approved and covered by the VA, I will be quite happy with that.

I've had too many Veterans or their spouses contact me over Glioblastoma and either ask for help in getting VA Medical Care or how the widow could qualify for DIC benefits.

This type of tumor grows and spreads rapidly, often creating pressure.

Symptoms include headache, nausea, drowsiness, blurred vision, personality changes, and seizures.

Treatments include radiation, chemotherapy, and surgery.

This is another illness which makes me wonder if this isn't like ALS (Lou Gehrig's Disease) or Parkinson's where those who have served are 70% more likely than those who never served are diagnosed with.

But at this time I don't think there have been any real correlation studies done to show this as of yet.

I have removed all but one call for your assistance in getting legislation passed. But I have moved them to one location where you can see them all at a glance and not take up a lot of space in the newsletter.

Please go to [Legislation for Veterans NEEDS Your Support](#) and send out all the pre-written E-Mails listed, and lets all chip in and help all Veterans. There are to letters pertaining to BWN (Blue Water Navy)

and I strongly urge you to send those out. Maybe copy the link to the page and send in an E-Mail to your entire mailing list and ask each of them to send out the E-Mails then forward on to their lists.

All of the legislation being push is critical, but, in my humble opinion there are two very critical issues, WIDOWS and BLUE WATER NAVY.

So if you could also see the one action item listed below and send that out and do the same action as mentioned above and send to your emailing list.

Widows have literally been being stolen from and this bill would correct it and return any where from \$1,200.00 per month to maybe as much as \$1,700.00 per month!

Members of Congress have been promising this for going on twelve years now, enough is enough we need to remember and help our Widows of today and days gone by as well as protect all those of the future.

We continue to receive more stories and have been blast faxing to all members of Congress since twelve weeks ago Sunday non-stop.

It's not too late, so if you'd like to share your story and help put faces on the problems that you face in your everyday life in dealing with the VA, please send them on to my e-mail address.

Only rules are no last names, no social security numbers, no phone numbers, only first name, city and state. All other information would be redacted and isn't needed so we can insure the protections of everyone.

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

Respectfully,  
Jim Davis  
Founder

## **House First Rejects, Then Finally Passes Bill to Continue Funding for VA Choice Program**

In response to the horror stories in the press in 2014 about veterans not being able to get VA health care and even dying because they couldn't get care, Congress passed legislation that was meant to provide health care outside the VA in limited circumstances. The program allows veterans to seek health care from private doctors if they live more than 40 miles from a VA facility and can't get care from the VA within 30 days of asking for an appointment.

While the program has had glitches and received criticism, it was considered successful enough that the VA is asking for it to continue. Earlier this year Congress was warned that the program would expire on August 7 because the original bill that authorized the program said it would end after that date. It was also in danger of running out of money.

As a result, Congress passed and the President signed legislation in April to extend the program's authorization by removing the August 7 end date.

However, the money problem remains.

On Monday of last week, the House failed to pass legislation that would have funded the Choice Program for six more months. Because of certain rules governing the passage of the legislation, it needed a two-thirds majority to pass instead of the usual simple majority.

Extending the program was controversial because of the fear that it was a step toward privatizing VA health care, which has been advocated by some members of Congress. However, on Friday the House did manage to pass the funding legislation after making some changes to the bill. It now goes back to the Senate for action. When

the Senate will get to the bill is uncertain but it needs to act soon before the program runs out of money, which is projected to be mid-August.

Source: TREA

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## House Votes Unanimously to Extend VA Choice Program for 6 Months

After [failing in the first try](#) earlier last week, the House unanimously passed a \$3.9 billion bill Friday to extend the Veterans Choice Program on private care for six months. The 419-0 vote on the emergency spending measure came after the Senate worked out a deal with House negotiators to add an amendment to the bill on the leasing of 28 new VA facilities in 17 states to overcome the objections of the veterans service organizations (VSOs). For more details, see [this article](#).

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## Medal of Honor Awarded Today

Today (Monday, July 31st) at the White House, President Donald J. Trump will award the Medal of Honor to former Specialist Five James C. McCloughan, U.S. Army. McCloughan will receive the Medal of Honor for distinguished actions during 48 hours of close-combat fighting against enemy forces near Don Que, Vietnam, from May 13 to 15, 1969. McCloughan, then 23 years old, voluntarily risked his life on nine separate occasions to rescue wounded and disoriented comrades. He suffered wounds from shrapnel and small arms fire on three separate occasions, but refused medical evacuation to stay with his unit, and continued to brave enemy fire to rescue, treat, and defend wounded Americans.

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## 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!](#)

Please, even if you have already sent this pre-written E-Mail, do it again, and forward the link to your friends, family, etc via an E-Mail and ask them too, to please sign and forward on to their address book.

We need to take care of our widows too! Current, past and future!

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## Trump Announces Transgender Ban for the Military

President Donald Trump last week announced a ban on transgender people from serving in the U.S. military. In a series of [tweets](#), the president said, "After consultation with my Generals and military experts, please be advised that the United States Government will not accept or allow ... Transgender individuals to serve in any capacity in the U.S. Military." For more details, see this [article](#).

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## House Passes New 'Forever' GI Bill

Without a single vote in opposition, the U.S. House of Representatives passed a bill last week to expand the [post-9/11 GI Bill](#) and eliminate the 15-year time limit on the use of education benefits for new recruits. For more details, see this [article](#).

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## House Passes Bill to Enhance GI Bill Educational Benefits

While the Senate wrestled with health care legislation last week, the House was busy passing veteran-related bills. One of the big ones was a bill to improve educational opportunities under the post- 911GI Bill.

The House Veterans Affairs Committee released the following information concerning the legislation:

### **Harry W. Colmery Veterans Educational Assistance Act of 2017**

As higher education continues to evolve, the ways students are learning and the courses they are pursuing in modern-day society differs from even a decade ago. Although the GI Bill has been

enhanced since its enactment in 1944, there are still many types of training and education programs that are still not accessible to student veterans through the GI Bill. Furthermore, recent data has shown that student veterans are succeeding at a higher rate than their non-veteran peers, and it is in the country's best interest to continue to invest in these veterans and servicemembers.

The Harry W. Colmery Veterans Educational Assistance Act of 2017, named for the principal architect of the original GI Bill, would improve and extend GI Bill benefits granted to veterans, their surviving spouses and dependents. This bipartisan, bicameral package is budget neutral and includes provisions that have been proposed and prioritized by Veterans Service Organizations.

This bill would remove time restrictions to use the GI Bill, enabling future eligible recipients to use their GI bill benefits for their entire lives, as opposed to the current 15-year timeline. It would also simplify the benefit for future servicemembers by consolidating the GI Bill into a single program over time, which would reduce VA's administrative costs. The legislation provides significant increases in GI Bill funding for Reservists and Guardsmen, dependents, surviving spouses and surviving dependents. It also provides 100% GI Bill eligibility to Post 9/11 Purple Heart recipients. In addition, this bill restores eligibility for servicemembers whose school closes in the middle of a semester and creates a pilot program that would pay for veterans to take certain high technology courses.

Source: TREA

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## **The Impact of VA Choice Funding and the Transgender Ban**

This week saw two major events in the nation's capital that will have repercussions for veterans and active service members: the extension of funding for the VA choice program and a ban on transgenders serving in the military. For a detailed analysis by military benefits

expert Tom Philpott, or more details, see this [article](#).

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U.S. Government Accountability  
Office Reports

- 1) [Air Ambulance: Data Collection and Transparency Needed to Enhance DOT Oversight.](#)
  - 2) [DOD Excess Property: Enhanced Controls Needed for Access to Excess Controlled Property.](#)
  - 3) [Federal Contracting: Improvements Needed in How Some Agencies Report Personal Services Contracts.](#)
  - 4) [Federal Emergency Management Agency: Additional Actions Needed to Improve Handling of Employee Misconduct Allegations.](#)
  - 5) [National Mall: Actions Needed to Better Manage Physical Security Risks.](#)
  - 6) [Refugees: Actions Needed by State Department and DHS to Further Strengthen Applicant Screening Process and Assess Fraud Risks.](#)
  - 7) [Refugees: State and Its Partners Have Implemented Several Antifraud Measures but Could Further Reduce Staff Fraud Risks.](#)
  - 8) [Social Security Numbers: OMB Actions Needed to Strengthen Federal Efforts to Limit Identity Theft Risks by Reducing Collection, Use, and Display.](#)
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One ringy dingy, two ...



## Veterans call the President. Whose VA is it?

We need everyone to call The President's VA Hotline @ **855-948-2311** 8:00AM till 5:30PM ET and tell them about the Veterans plight with the VA denying presumption of exposure to Agent Orange and various other illnesses related to Agent Orange. Tell them your story.

This would also apply to Veterans from Korea, Gulf War, Iraq and Afghanistan as well.

This is YOUR CHANCE to get the message through to the President . Be patient and wait for the operator to talk to you .

The line is being manned by military spouses, parents and veterans. All are volunteers. Please show them the respect they deserve.

And if you have not written your story and sent it to me, please do keep them coming. We're not stopping the attack from the side of Congress either!

Send your stories to: [Jim.Davis@Veterans-For-Change.org](mailto:Jim.Davis@Veterans-For-Change.org)

Just please keep in mind, no last names, street addresses, social security numbers or phone numbers. Just First Name, City and State.

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## The First Steps For Transitioning Military



by Doris Appelbaum

1) Prepare a "keyword searchable" resume: today's companies and recruiters use databases for information storage and retrieval. This is quite different from the non-electronic filing of past recessions. If an appropriate position isn't available immediately, the right words in your resume will find you in a later search.

2) Create quality cover letters: state positions and industries desired and preferred locations. Do not include salary information for letters going directly to companies, but definitely include it for placement services and recruiters. It is a critical piece of their placement puzzle, and they will want to know up-front.

3) E-mail your information to every recruiting firm in your niche: research online to find firms dealing with what you do (from administrative and clerical employment agencies to retained executive search firms). There are headhunters for every level and discipline, and it's completely FREE for job seekers. If you're considering temporary work (even as a high-level executive), be sure to include appropriate staffing firms.

4) Now you can temporarily forget about recruiters.. You have given them everything they need to determine their ability (or inability) to help you. Try not to take it personally if you don't get called. Call to confirm receipt of your information if you like. If, at some point, you are contacted, begin to evaluate not only the opportunities presented, but whether or not this recruiter might become a lifetime career partner. So, whether or not they land an immediate position for you, keep these individuals updated. It is better to cultivate long-term relationships than to start over every time you need help.

5) Hire a professional to write your resume. Post your resume on all the free job boards/sites available: start with the biggies like [Monster.com](http://Monster.com), [HotJobs.com](http://HotJobs.com), [CareerBuilder.com](http://CareerBuilder.com), [Headhunter.net](http://Headhunter.net), but look beyond these into even more specialized niche sites related to your field. Get the word out about your availability in every way possible. For a fee, you can post to more "exclusive" sites, or have your resume "blasted" to thousands of recipients.

6) Network and become a self-promoter. Treat your job search like a new job. Make sure that your friends, family, and neighbors know you're on the lookout for a new job. Send an e-mail outlining your qualifications and desires, and ask them to forward it to anyone they think might be interested.

7) Organize your life around your new job - finding a job: Get up in the morning as usual, exercise/eat and/or perform your duties on the same schedule. Plan everything in-between for landing your next position. You'll stay sane, and be more effective, by keeping your other life structures consistent.

Doris Appelbaum is Founder and President of Appelbaum's Resume Professionals, Inc. She is an international career consultant, resume writer, educator, speaker, and trainer. Doris can be reached at (414) 352-5994. Visit her company's website for career advice:

<http://www.appelbaumresumes.com>.

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**CONTACT YOUR  
MEMBERS OF CONGRESS!**

**To Call your Representative:  
202-225-2305**

**To Call your Senators:  
202-224-3841 or 202-224-3553**

**To call Different Members of Congress:  
202-224-3121**

**TOLL FREE: 866-272-6622**

**PLEASE... STOP Making Excuses!**

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

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**House of Representatives Passes Several  
Veterans Bills**

Among the veterans bills passed by the House of Representatives last week are the following:

[H.R. 2781: Ensuring Veteran Enterprise Participation in Strategic Sourcing Act](#)

The Ensuring Veteran Enterprise Participation in Strategic Sourcing Act, introduced by Rep. Dunn, directs VA to work with GSA to increase the number of Service-Disabled Veteran and Veteran-Owned Small Businesses represented on the contracts, or else stop using the contracts, thereby closing the loophole that is denying veterans the opportunities the Supreme Court ruled they are entitled to in *Kingdomware v. US*.

[H.R. 2749: The Protecting Business Opportunities for Veterans Act of 2017](#)

The Protecting Business Opportunities for Veterans Act of 2017, introduced by Oversight and Investigations Subcommittee Chairman Jack Bergman and Ranking Member Anne Kuster, would require participants in the Vets First Program to certify that they are performing the required percentage of work and directs VA to refer suspected violators to the Office of the Inspector General for investigation.

#### [H.R. 2006: The VA Procurement Efficiency and Transparency Act](#)

The VA Procurement Efficiency and Transparency Act, introduced by Rep. Mike Coffman, would encourage efficiency and transparency in VA's procurement processes by mandating high level parameters for how the department calculates its savings from encouraging competition when awarding procurement contracts.

#### [H.R. 1848: Veterans Affairs Medical Scribe Pilot Act of 2017](#)

The Veterans Affairs Medical Scribe Pilot Act of 2017, introduced by Chairman Phil Roe, M.D., would create a two-year medical scribes pilot program within VA.

#### [H.R. 1690: The Department of Veterans Affairs Bonus Transparency Act](#)

The Department of Veterans Affairs Bonus Transparency Act, introduced by Rep. Tenney, would enhance the transparency of high-dollar bonuses being provided to senior executives at VA by requiring VA submit an annual report to Congress on senior VA leadership bonus awards.

#### [H.R. 1058: The VA Provider Equity Act](#)

The VA Provider Equity Act, Introduced by Rep. Wenstrup, would make podiatrists equal to their physician peers in terms of pay and eligibility for promotion and leadership positions.

## H.R. 282: The Military Residency Choice Act

The Military Residency Choice Act, introduced by Rep. Stefanik, would amend the Service members Civil Relief Act (SCRA) to permit the spouse of a service member to elect to use the same residence as the service member for purposes of taxation and voting, regardless of the date that they were married.

All of these bills now move to the Senate for action.

Source: TREA



## Veterans: Career Exploration & Planning

August 07th, 2017 12:00 pm Mountain

Where: VFW Post #1 Denver, CO AND Farmers Insurance 5555 Tech Center Dr. Suite 110, Colorado Springs, CO AND

Community Writing Center, SLCC, 210 E 400 S – Suite 8, Salt Lake City, UT

Online: <https://cc.readytalk.com/r/xzj6z82ff0hq&eom>

Need a change but don't know what's your best next career? This free workshop is for you! Exploring your options is the first step toward winning a fulfilling and lasting career. Let's dramatically speed up the process. Experts will show you how to use R2W's innovative tools to quickly zero in on jobs matching your career goals, while increasing your interviews and job offers. You might find the perfect job during the class. You will also learn how to get additional training and one-on-one support from caring counselors. Applying for the right job could last a

lifetime. It's worth exploring! Signup for a mentor! "Workshops are comprised of a 20 minute overview online. FAST! It results in an Action Plan used by Mentors who make a big commitment to you." Services for the disabled as well.

Gregory Holt, Employee Specialist  
Project: Return To Work Inc. (R2W)

[Greg.Holt@return2work.org](mailto:Greg.Holt@return2work.org)

[www.return2work.org](http://www.return2work.org)

720-359-1541

<http://www.bfound.net/loginBox.aspx?Cold=65&rq=2>

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## **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 2,200 hits per day, and downloads average 1,000 per day with a total 3,429,447 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 16,034 documents on-line (Updated: 5/19/17)
- 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: 6,607)
- Polls
- Web Links, more than 3,591, Added 6 New Links (Updated: 06/21/17)

If you have a submission for the memorial pages, E-Mail:

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

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## TRICARE Expands Mental Health and Substance Abuse Treatment

TRICARE has expanded [mental health and substance use disorder \(SUD\) services](#), adding [intensive outpatient programs](#) and expanding options for [opioid treatment](#). There are no limits for the number of times beneficiaries can get SUD treatment, smoking cessation counseling and outpatient treatment per week. Also, lower copayments and cost-shares continue from last year. For more information on the updated services and expanding treatment options for mental health and SUD, visit the [Mental Health Carewebpage](#) on the TRICARE website.

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## Upcoming Tricare Change Could Hurt Families

A short sentence buried in a series of major [Tricare](#) reforms passed by Congress in 2016, set to roll out late this year, is causing alarm among military family advocates. They worry that the measure will block Tricare beneficiaries from accessing the healthcare they need. For more details, see this news [article](#).

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## Commissaries Offer Their Brand

The era of the commissary brand has started with private label products now on stateside shelves and beginning to flow to overseas stores. Varieties of commissary brand products will differ from store to store depending on store size and location. The Defense Commissary Agency's (DeCA's) goal is for its commissary brand products to be equal to or lower in price compared to commercial grocery store brands. Store brand products, also known as private label, are offered by retailers under their own, in-house brand or under a brand developed by their suppliers. For more information, visit the [Commissary Brands FAQ webpage](#).

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## New PTSD and Stress Guidelines Issued

A panel of experts from the Department of Veterans Affairs (VA) and the Department of Defense (DoD) has developed the latest guideline for managing PTSD and acute stress disorder. The [2017 Clinical Practice Guideline](#) (PDF) includes the most effective treatments for PTSD, rated both for the quality of the clinical studies and the strength

of the recommendations. There are a number of treatment options including psychotherapy (talk therapy) and/or medication. But, studies have shown that in general, trauma focused psychotherapy is more effective than medications. Use the [PTSD Treatment Decision Aid](#) to help you compare PTSD treatment options.

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## **Sidewalk Sales at the Commissaries**

Worldwide 'Back to School' sidewalk sales are coming to commissaries in August and September, offering patrons significant savings on breakfast, lunch and afternoon snack items. The 'Back to School' sales event will occur in lieu of the commissaries' traditional fall Customer Appreciation Case Lot Sale. Patrons can check for the date and times for their locally held sidewalk sale by visiting the Back to School Sidewalk Sale [webpage](#). Throughout August, the Defense Commissary Agency's (DeCA's) industry partners are collaborating with commissaries to offer discounts beyond everyday savings.

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## **Commissaries Update Website**

The Commissaries.com website will have a new look, come early

August, with an updated and mobile-friendly design that aims to give patrons easier access to benefit information and sales events from their smartphone or tablet. Enhancements to the website include: (1) improved store pages that use your location to find your nearest store; (2) a new 'Savings Center' that shows all deals and events; (3) a new 'Healthy Living' section, featuring guest articles; and (4) recipes that be searched by type, main ingredient or category. For more information, visit [Commissaries.com](http://Commissaries.com).

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## 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**

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## Links to Other Stories

- 1) [64 years on: Veterans reflect on Korean War and honor the fallen](#)
- 2) [A Life of Challenge and Adventure: 11 Facts About Service Woman Cathay Williams](#)
- 3) [Agent Orange/Blue Water Offset - Survey](#)
- 4) [Army Veteran becomes first woman to lead big three Veterans service organization](#)
- 5) [County Commission preview: Could public-private partnership pave the way for VA clinic?](#)
- 6) [Farewell to a Hero](#)

- 7) [Largest Federal Union “Encouraged” by Steps to Invest in the VA](#)
- 8) [McCain’s Brain Cancer Draws Renewed Attention to Possible Agent Orange Connection](#)
- 9) [Shulkin to VFW: We want Veterans to get the right care at the right place](#)
- 10) [Statement From Secretary Shulkin on Agreement Reached on Funding to Increase Veterans Access to Health Care and Strengthen VA Workforce](#)
- 11) [Tell Congress It’s Time to Boost Social Security Benefits](#)
- 12) [U.S. Air Force Stalling, Withholding Information About Assault Of Veteran, First Liberty Lawsuit Alleges](#)
- 13) [VA Caregiver Support Program Resumes Full Operations](#)
- 14) [Veterans Affairs Secretary David J. Shulkin Statement on House Passage of S. 114, the VA Choice and Quality Employment Act](#)
- 15) [Veterans Find Prostate Cancer Cure at McGuire](#)

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

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## **Student Loan Forgiveness**

The first forgiveness of student loan balances under the Public Service Loan Forgiveness Program goes into effect for government employees October 2017. The program offers forgiveness for remaining balances due on William D. Ford federal direct loans after employees have made at least 120 loan payments after Oct. 1, 2007, while employed full-time by certain public service employers. Loan forgiveness is available only for direct loans; however, loans made under other federal student loan programs may become eligible for the program if they are consolidated into a direct consolidation loan. For more information, visit the Federal Student Aid [website](#).

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## Paycheck Chronicles: Understand & Negotiate Your Lease Before Signing

We often hear from both landlords and tenants about some way that they are unhappy with their landlord-tenant relationships. No matter which side of the equation you are on, that's no fun. Tenants shouldn't have to live in poor conditions or feel like they are "getting screwed" by their landlord. Landlords, many of whom have no interest in being landlords, are understandably worried about their biggest investment and whether they'll be able to pay the bills next month. Thankfully, there is a tool that can help both tenants and landlords: a well-written lease. [Here are some tips for both landlords and tenants.](#)

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## Featured Discount: Military Mondays at Old Navy

Every Monday is "Military Monday" at Old Navy. Receive 10% off your entire purchase when you provide a military ID at checkout. In-store offer only. Active duty military, retirees and reservists (and their family members) are eligible for this discount. Click [here](#).

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## Eligibility for Veterans Choice

To be eligible for the Veterans Choice program (VCP), you must be

enrolled in Department of Veterans Affairs (VA) health care and must also meet at least one of the following criteria: (1) you are told by your local VA medical facility that you will need to wait more than 30 days for an appointment; (2) your residence is more than a 40 mile driving distance from the closest VA medical facility; (3) you need to travel by air, boat, or ferry to the VA medical facility; (4) you face an unusual or excessive burden in traveling to the closest VA medical facility; or (5) you reside in a State or a United States Territory without a full-service VA medical facility and reside more than 20 miles from such a VA medical facility. To verify eligibility and set up an appointment, call the VCP Call Center at 866-606-8198 or visit the Veterans Choice Program [website](#).

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

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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.

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Serving those who served!

Please pass on to all your Veteran Friends and Family!

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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)

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## Distribution

Express Mail	144,967
Boston	75,689
Courtesy Copies	3,500
Department of VA	12,936
DoD	30,334
Face Book Pages	3,568
Google	28,977
Los Angeles	136,189
Microsoft	9,793
National Guard	4273
New York	153,853
Other Social Media	44,310
San Francisco	79,518
Twitter	45
US House of Reps & Staff	991
US Senators & Staff	109
University of So. California	5,347
US Air Force	26,605
US Army	67,690
US Marines	29,025
US Navy	38,602
Veterans	19,091,166
Washington DC	143,682
Yahoo	135
	20,131,304

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