



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, July 04, 2021

Volume 12, Issue 27



This-N-That

Good evening Jim,

I hope everyone had or is still having a terrific July 4th, Independence Day!

This week we've added three new pieces of legislation, and I did spend time calling my Rep and Senators in DC to give a personal request for their support, then followed that up with a fax blast to both Houses giving more attention and requesting full support and co-sponsorship.

This coming week we will be sending a fax blast to both Houses requesting support and co-sponsorship on all standing legislation with a request they all be brought to the floor for

passage.

I know this weekend is a holiday weekend, but I would like to ask everyone please give attention to the **TAKE ACTION** section of the newsletter maybe on Monday or Tuesday.

The more we all put our two cents worth in, the more chances of passage which will help countless Veterans. And if you have the time, maybe give an added push and give them all a call.

I'm rarely ever vocal in our newsletter regarding anything that is political related, but what I have been reading the last couple of weeks truly does have me irritated to be polite.

The government is now mandating all active duty military be COVID vaccinated, and from all I can find and read and I could also be very wrong, but the Nuremberg trials and Nuremberg Code prevents any human testing of any vaccine or drug.

I did read an article, that pertain to the United States, but is still noteworthy. 30,000 people in Sweden who received the vaccination all had severe to fatal reactions. I also know here in the United States we've had nearly triple that if not more.

I would like to hear from anyone who has an opinion, idea, anything if I've not heard from you yet. And if you have any documentation you could provide to me, I would deeply appreciate that as well.

As for me personally, I am an anti-vaxer mainly because I do not trust it, and secondly because my Oncologist has strongly advised against it as well since I remain having a compromised immune system.

I've not updated the Polls on the website yet, but I will make every single effort to get a Poll put up on take or do not take, and that way people can't remain anonymous.

Still looking to hear from any of our Vets who have been approved for mental health and live a distance from your VA Medical Center and could go to a local clinic, but then have been denied access to the local clinic and told to come to the VA, or been given a financial issue excuse.

Mike G. sent me two articles I will read which pertain to the Philips CPAP machine recall. Thank you!

And this too is a serious issue for all those who are like me and have bad sleep apnea are require the use of a CPAP. Here is the link to what we published on the VFC Website: [Philips recalls sleep apnea machines, ventilators over possible cancer risk](#)

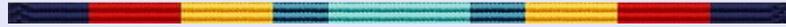
If you've not visited our website, www.veterans-for-change.org or not visited in a while, please be sure to check often for updates on documents, web links, etc., we are a bit slow, but are moving as fast as we can, yet not over-loading to put more work on our Webmaster when we get to the transition into the new look.

I do apologize for some duplicates in this newsletter.

I got a little stupid late at night and instead of saving my work, I closed and didn't save, so we did the best to recover everything lost and ended up getting a few duplicates.

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



Is Your Prescription Covered? Find Out Using TRICARE Formulary Search Tool



It's no secret that taking your medications as prescribed is one of the keys to staying healthy. For you, that could be blood pressure medication. For a family member, it could be medication to treat an allergy. But how do you know if the prescription your doctor wrote for you is something that TRICARE covers? You can find out by looking it up on the [TRICARE Formulary Search Tool](#).

[Read More](#)



Military Veterans Advocacy



Military Veterans Advocacy is offering some free memberships for those who are struggling to get their claims through, are having financial difficulties. Annual dues are \$25.00 per year. Our organization includes special sections, Blue Water Navy, Veterans of Southeast Asia, Central Pacific Islands, Veterans of Panama Canal Zone, and Okinawa. We have gift members available which can be paid by your fellow brother or sister Veterans. Gift members are kept confidential. Go to this link and help a Veteran.

https://www.militaryVeteransadvocacy.org/.../c2/yearly_dues

You may contact Robin at robin.barr@madvocacy.org



Delivering Readiness: The Evolution of TRICARE



Ever wonder about the people behind the curtain at TRICARE? Maybe you imagine policy gurus or bureaucrats with little

connection to military service. If so, you may be surprised to learn that's not true. The halls of the Defense Health Agency Headquarters are filled with men and women in uniform, military retirees, dedicated civil servants, and contractors. They understand and care about the mission and the people they serve.

[Read More](#)



A Capitol Fourth: Vanessa Williams to host Independence Day celebration on PBS

The 41st annual A Capitol Fourth Independence Day celebration will be hosted by Vanessa Williams and broadcast from Washington, D.C., on PBS.

[Read More](#)



You Asked, We Answered: What do I need to know about the Delta variant of COVID-19?

What do I need to know about the Delta variant of COVID-19? You asked, we're answering.

[Read More](#)



#VeteranOfTheDay Army Veteran Kathy Ann C. Baptiste-Jones

Today's #VeteranOfTheDay is Army Veteran Kathy Ann C. Baptiste-Jones who helped start the 440th Civil Affairs Battalion at Fort Carson, Colorado.

[Read More](#)



Your actions
could save a life.

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

VeteransCrisisLine.net



**Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

Summer Plans? Have Fun, Stay Safe with Tips from TRICARE



Are you vaccinated and excited for summer sun, fun, and travel? You aren't alone. While you get back out there to enjoy all the joys of summer, TRICARE encourages you to do your part to prevent health emergencies. Take the time to review safety tips and resources to help you enjoy your summer plans.

[Read More](#)



Wishing you a safe and happy 4th of July weekend



Celebrating Independence Day is commonly associated with

fireworks, parades, barbeques, and large crowds. While these activities are fun, Veterans, especially combat Veterans living with Post Traumatic Stress Disorder (PTSD), may need support to manage potential triggers.

Visit the [National Center for PTSD's website](#) for information that can help Veterans, their families and/or caregivers this Fourth of July holiday, as well as every day throughout the year.

Convenient resources like [VA apps](#) offer support and guidance for both IOS and Android Devices.



VHA Diffusion Academy supports the spread of more promising practices

The Diffusion Academy brings employees with mature practices together from across VHA IE portfolios to train and support them.

[Read More](#)

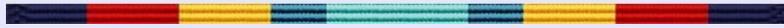


Oklahoma Tribal Women's Summer Sessions: Intimate Partner and Domestic Violence [July 13, 2021]

Virtual – Register for [2021 OK Tribal Women Veterans Events](#). Multiple activities: (1) Virtual Summit - 3 Events; (2) Virtual VBA Claims Clinic-Connect with a women only team of federal and state service officers; (3) Virtual Roundtable with VA Center for Women Veterans-Talk with VA leaders, ask your

questions about benefits and services. Choose one event or choose them All!! More Information will be provided, after registration. Any questions-email okwomenvets@odva.ok.gov or telephone 405-523-4020.

[Read More](#)



Borne the Battle #248: Air Force Veteran Marti Moore

This week's episode of Borne the Battle features Air Force Veteran Marti Moore, who discusses her military career and she became group vice president of technology implementation at Spectrum Charter Communications. Moore served 11 years in the Air Force and Air Force Reserve as a systems engineering chief, and developed software for satellite tracking systems at Cheyenne Mountain Complex in Colorado.

[Read More](#)



Know the Warning Signs

It Matters.

Sometimes, a crisis may involve thoughts of suicide. Learn to recognize these warning signs:

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The presence of the following signs requires immediate attention:

- Thinking about hurting or killing themselves
- Looking for ways to kill themselves
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse

..... Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to **838255**

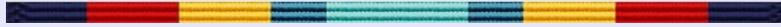


Army Veteran finds purpose in Adaptive Sports – and a new career

After a quadriplegic C-spine injury left her in a wheelchair, Army Veteran Desiree Emilio-Duverge reinvented herself by embracing change, learning adaptive sports and becoming her

own boss.

[Read More](#)



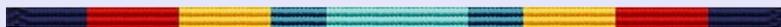
What do I need to know about the Delta variant of COVID-19?

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How can I protect myself against the Delta variant?

Will other variants like the Delta variant continue to spread in the future?

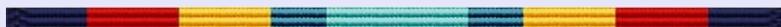
[Read More](#)



VA funds Specially Adapted Housing Assistive Technology to help Veterans, service members modify homes

VA is announcing awards totaling nearly \$800,000 in grants to develop new, Specially Adapted Housing technology for Veterans and service members.

[Read More](#)



Vet Centers: 42 years of serving Veterans

Vet Centers were established to support the significant number of Vietnam-era Veterans who were not accessing VA services. They provide readjustment counseling and many other services.

[Read More](#)



Links to Other Stories

1. [Former Exeter Hospital Employee's Request for Compassionate Release From 39-Year Sentence Denied](#)
2. [Operator of Residential Nursing Facility Sentenced for Health Care Fraud](#)
3. [California's Second-](#)

Largest
Skilled
Nursing
Facility
Operator
Pays
\$450,000
to
Resolve
False
Claims
Act
Allegations

4. Surgical
Care
Affiliates
and
Orlando
Surgery
Center
Agree
To
Pay
\$3.4
Million
To
Settle
False
Claims
Act
Liability

5. Owner
of
Two
Pharmacies
Pays
\$300,000
to
Resolve
Controlled

Substances
Act
Violations

6. Connecticut
Addiction
Medicine
Provider
Pays
\$1
Million
to
Settle
Improper
Billing
Allegations

7. Texas
Tech
named
in
Military
Times
2021
Best
for
Vets:
Colleges
list

8. Why
You
Should
Get
a
Veterans
Designation
on
Your
Driver's
License

9. Wounded
Iraq

War
Veteran
gets
custom-
built
home
through
Gary
Sinise's
charity

10. 77
years
later,
a
WW2
Marine
is
laid
to
rest



Abilene Vet Center celebrates Women Veterans Day

Women Veterans in their early 20s to their 70s walk through the doors at the Abilene Vet Center each week to receive services, but on June 11 they were recognized for their military service with a special event. June 12 was Women Veterans Day and the anniversary of when the Women's Armed Services Integration Act was signed into law.

[Read More](#)

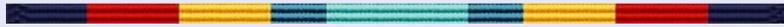


#VeteranOfTheDay Army Air Corps Veteran

Robert Sharp

Today's #VeteranOfTheDay is Army Air Corps Veteran Robert Sharp who flew bombing missions in France and Germany during World War II.

[Read More](#)



Instant Loan Approval for insurance loans is here

VA provides life insurance for service members, Veterans and their families and instant loan approval on those policies is now available. Veterans with permanent insurance plans have the option to borrow up to the reserve (cash) value of their policy less any indebtedness.

[Read More](#)



Donors urgently needed: Red Cross still facing severe blood shortage

The American Red Cross continues to experience a severe blood shortage that is negatively affecting blood product availability across the country. Donors of all blood types – especially type O and those giving platelets – are urged to make an appointment to give now and help ensure hospital shelves are stocked with blood products over the Fourth of July holiday and beyond.

[Read More](#)



Fresh Focus S6 #32: Lack of focus while eating

If you have ever been distracted while eating, you know how easy it can happen to any one of us. But when we're concerned when a loved one may not be eating enough, we want to focus on how to help them reduce distracted eating.

[Read More](#)



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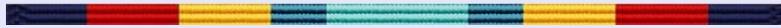
Convenient resources like [VA apps](#) offer support and guidance for both IOS and Android Devices.



#VeteranOfTheDay Navy Veteran Cristie Rimmel

Today's #VeteranOfTheDay is Navy Veteran Cristie Remmel, who served as a corpsman for field Marine force during Operation Desert Storm.

[Read More](#)



Suicide Prevention Resources for Military and Veterans

Military & Veterans Crisis Line

1-800-273-8255, Press 1
Text 838255, 24/7

Vets 4 Warriors

855-838-8255

InTransition

1-800-424-7877

Office of Warrior Care Policy

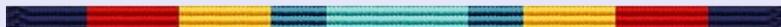
warriorcare.dodlive.mil/

Military One Source

1-800-342-9647

Tragedy Assistance Program for Survivors [TAPS]

1-800-959-8277



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Today's #VeteranOfTheDay is Army Veteran Kathy Ann C. Baptiste-Jones who helped start the 440th Civil Affairs Battalion at Fort Carson, Colorado.

[Read More](#)



Johnnie Jones, civil rights icon, gets Purple Heart 77 years after World War II wounds

101 year old Veteran Johnnie Jones can still see the German sniper who tried to kill him as he came ashore Omaha Beach on D-Day.

"I remember it all," he said. "Sometimes reminiscing is a terrible thing. I lay down at night and as soon as I close my eyes, I relive the whole D-Day invasion." Jones received his Purple Heart this past Saturday.

[Read More](#)



Live Whole Health #77: Brain Break – Breathing and movement to calm the mind

If sitting meditation is not for you, yet you want the benefits that come from these practices, you may want to try a gentle movement practice such as "Brain Break."

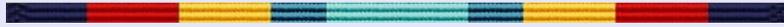
[Read More](#)



Protect your benefits by reporting scams and fraud

A few bad people are seeking to take advantage of Veterans and VA during this challenging time through scams and other illegal or unethical activities, including fraud, waste and abuse.

[Read More](#)



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Veterans-For-Change Website

The Veterans-For-Change website has been around since 2009, We've been around since May 2006. The looks pretty much stay the same for now, but in the background our new webmaster has been working on a whole new look and feel, a facelift so-to-speak. And we're sincerely hoping to roll out the new website sometime this coming July.

Constant improvement and change are 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, whatever 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 **2,824** hits per day, and downloads average **4,236** per day with a total **7,500,659** visitors as of Sunday afternoon.

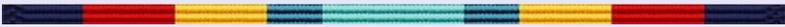
If you subscribe you will have full access to the entire website and best of all it's **FREE of CHARGE!** You just need a valid E-mail address so the system can send us a notification to approve your account. Once received, and we approve, the system will send you an E-Mail letting you know your account has been approved. Be sure to check your junk and spam folders just in case you don't receive it in your In-Box.

www.Veterans-for-change.org

- Documents Library with over **19,536** documents in 237+ Libraries, added 1 new documents on-line (Updated: 06/27/21)
- FAQ's on-line with **1,843** FAQs on 104 topics! (Updated 05/30/20 - 46 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: 04/23/20) (3 Added)
- News (Articles On-Line: **10,687**)
- Polls
- Web Links, more than **8,192**, Added 39 New Links (Updated: 06/25/21)

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



Fresh Focus S6 #32: Lack of focus while eating

If you have ever been distracted while eating, you know how easy it can happen to any one of us. But when we're concerned when a loved one may not be eating enough, we want to focus on how to help them reduce distracted eating.

[Read More](#)



Give blood, get a gift card

Donors of all blood types – especially type O and those giving platelets – are urged to make an appointment to give now. Those who give July 7-31 receive a \$10 Amazon gift card and could win gas for a year.

[Read More](#)



Dangerous heat wave across the west

Statistics show that heat kills more people, on average, than any other weather-related hazard. Please be mindful of you and your loved one's safety (that includes the 4-legged members of your family).

[Read More](#)



#VeteranOfTheDay Navy Veteran Alfred Daniel Barnett

Today's #VeteranOfTheDay is Navy Veteran Alfred Daniel Barnett, who served as a motor machinist's mate in the Pacific theater during World War II.

[Read More](#)





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

Jim you don't need to be Active Duty or a Veteran, in fact we ask all Veteran friends to also help! (Updated **07/03/21**)

Please note, we've added **1** new items to the **TAKE ACTION** list.

1. [HR 1014 - Furnish Hyperbaric Oxygen Therapy \(HBOT\) to a Veteran who has a Traumatic Brain Injury \(TBI\) or Post-Traumatic](#)

Stress
Disorder
(PTS)

2. HR
109
will
establish
an
advisory
committee
on
the
implementation
by
the
DVA
of
an
electronic
health
record
3. Concurrent
Receipt
Legislation
Introduced
4. Expand
Concurrent
Receipt
5. FRA
and
Others
asks
SecDef
Not
to
Raise
TRICARE
Fees
6. H.R.
333,

Disabled
Veterans
Tax
Termination
Act

7. H.R.
344,
Support
the
Women
Veterans
TRUST
Act
8. H.R.
914,
the
Dental
Care
for
Veterans
Act
9. Military
Retiree
Survivor
Comfort
Act
10. Oppose
TRICARE
fee
Increases
11. S.
134/H.R.
637,
the
Veterans
Economic
Recovery
Act
of
2021

12. S.
437,
Take
Action
for
Veterans
Exposed
to
Burn
Pits
13. S.
89,
Ensuring
Survivors
Benefits
during
COVID-
19
Act
of
2021
14. STOP
TRICARE
Fee
Increases
15. Support
Bills
to
Expand
Coverage
for
ChampVA
and
TRICARE
Young
Adults
16. Veterans
Economic
Recovery
Act

Introduced

17. Support Bipartisan Bill to Expanding COVID-19 Vaccine Access for Veterans and Families
18. H.R. 855, the Veterans Expedited TSA Screening (VETS) Safe Travel Act
19. HR 1355 and S 454. These companion bills will provide health care and benefits to

Veterans
who
were
exposed
to
toxic
substances
while
serving
as
members
of
the
Armed
Forces
at
Karshi
Khanabad
Air
Base,
Uzbekistan.

20. Support
Repeal
of
TRICARE
Select
Enrollment
Fee

21. HR
1585
&
S
565-
Provide
for
the
treatment
of
Vets
who

participated
in
the
cleanup
of
Enewetak
Atoll
as
Radiation
Exposed

22. Please
Support
S.
344,
the
Major
Richard
Star
Act

23. Support
the
Military
Retiree
Survivor
Comfort
Act

24. S.
810
&
H.R.
1972,
the
Fair
Care
for
Vietnam
Veterans
Act
of
2021

25. HR
109
Establish
an
Advisory
Committee
on
Implementation
by
the
DVA
of
an
electronic
health
record

26. HR
2372
and
S
952
will
Provide
for
Presumption
of
Service
Connection
for
certain
diseases
associated
with
exposure
to
toxins

27. Please
Ask
you
Senator

to
support
S.952
the
Warfighters
Act

28. Support
Improving
VA
Homelessness
Program

29. S.
976,
Caring
for
Survivors
Act
of
2021

30. H.R.
303,
the
Retired
Pay
Restoration
Act

31. H.R.
912,
American
Indian
and
Alaska
Native
Veterans
Mental
Health
Act

32. S.
976,
the

Caring
for
Survivors
Act
of
2021

33. HR
2269
and
S
657
cover
herbicide
exposure
in
Thailand
34. Bipartisan
Bill
Introduced
to
Help
Military
Survivors
35. Legislation
asks
for
Study
of
Involuntary
Discharges
for
Women
36. H.R.
2436,
the
Veterans
Burn
Pit
Exposure
Recognition

- Act
37. H.R.
958
—
the
Protecting
Moms
Who
Served
Act
38. HR
2127
and
S
927,
the
TEAM
bills
Veterans
Exposed
to
Toxic
Substances
39. Ask
your
Senator
to
Support
S.1520
Military
Justice
Improvement
Act
40. Ask
your
member
to
support
S.810
and

H.R.
1972
The
Fair
Care
for
Vietnam
Veterans
Act
of
2021

41. Ask
your
member
and
senator
to
support
HR
2580
and
S
1151
to
provide
for
a
presumption
of
service
connected
disability
for
certain
Veterans
who
served
in
Palomares,
Spain,

and
for
other
purposes

42. "Bold
New
Plan"
for
Veterans
Toxic
Exposure
(S.
927/H.R.
2127)
43. Ask
your
Senator
to
Support
S.1520
Military
Justice
Improvement
Act
44. HR
855,
VETS
Safe
Travel
Act
45. HR
3368,
the
Guam,
American
Samoa,
and
Johnston
Island
bill

46. H.R.
2521,
Delivering
Optimally
Urgent
Labor
Access
(DOULA)
for
Veterans
Affairs
Act
of
2021
47. H.R.
1273,
the
Vietnam
Veterans
Liver
Fluke
Cancer
Study
Act
48. H.R.
2968,
the
Military
and
Veteran
Student
Loan
Relief
Act
49. H.R.
845,
the
VA
Billing
Accountability

- Act
50. Comprehensive
Toxic
Exposure
Bill
Introduced
in
House
51. S.
1031,
Legislation
Requiring
a
Study
to
Look
at
Disparities
in
VA
Claims
52. Action
Alert:
Tell
Congress
to
Support
the
COST
of
War
Act
and
the
Honoring
our
PACT
Act!
53. HR
303

and
S
1147
The
Retired
Pay
Restoration
Act

54. Ask
Your
Legislators
to
Support
Concurrent
Receipt
Reform
HR-
1282

55. HR
1656
TREAT
PTSD
Act

56. S.
1664,
the
Post-
Traumatic
Stress
Disorder
(PTSD)
Processing
Claims
Improvement



**Protect your benefits by reporting scams
and fraud**

A few bad people are seeking to take advantage of Veterans and VA during this challenging time through scams and other illegal or unethical activities, including fraud, waste and abuse.

[Read More](#)



#VeteranOfTheDay Army Veteran Clayvonne Antonnette Davis

Today's #VeteranOfTheDay is Army Veteran Clayvonne Antonnette Davis, who served during the Iraq and Afghanistan wars during a 25-year career. Clayvonne Antonnette Davis was born in November 1973 and grew up in North Carolina.

We honor your service, Clayvonne!

[Read More](#)



#VeteranOfTheDay Air Force Veteran Louis Curdes

Today's #VeteranOfTheDay is Air Force Veteran Louis Curdes, who was a World War II ace over North Africa and a prisoner of war.

[Read More](#)



Woman Veteran of the Week #LOCWW

In 1944, Frances Wills Thorpe, a young African American social worker from Pennsylvania, became one of the first two African American officers in the Navy's #WAVES (Women Accepted into Volunteer Emergency Service) program. Along with Harriet Pickens, she trained at Smith College, and then was sent to Hunter Naval Training Station in the Bronx, teaching Naval history to incoming recruits. For Thorpe, integrating the WAVES carried with it a sense of isolation that persisted throughout her time in the service. She recalls her Navy days in her memoir, which describes a life filled with achievement and adventure, including experiences such as befriending the poet Langston Hughes, living as an ex-patriot in Paris, and counseling battle-scarred veterans after the war. Frances' story can be found at her Library of Congress Veteran History Project page.

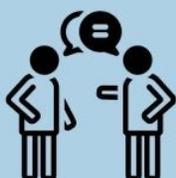
[Read More](#)



SUICIDE WARNING SIGNS

TALK:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



BEHAVIOR:

- Increased use of alcohol or drugs
- Looking for a way to end their lives
- Withdrawing from activities
- Isolating from people
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away possessions
- Aggression
- Fatigue

MOOD:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement





#VeteranOfTheDay Navy Veteran Alfred Daniel Barnett

Today's #VeteranOfTheDay is Navy Veteran Alfred Daniel Barnett, who served as a motor machinist's mate in the Pacific theater during World War II.

[Read More](#)



Borne the Battle: USAF Veteran Marti Moore, VP Spectrum Charter Communications

Marti Moore knows first-hand the value that Veterans bring to a company. She currently leads a company program that provides mentorship and professional growth opportunities to over 1,000 Veteran employees.

[Read More](#)



Vet Centers: 42 years of serving Veterans

Vet Centers were established to support the significant number of Vietnam-era Veterans who were not accessing VA services. They provide readjustment counseling and many other services.

[Read More](#)



Tai Chi provides Veterans unique and dynamic experience

Tai Chi improves aerobic capacity, strength, stress management, quality of life and pain management. Two Veterans explain how it has helped them.

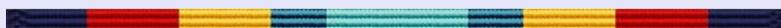
[Read More](#)



Instant Loan Approval for insurance loans is here

VA provides life insurance for service members, Veterans and their families and instant loan approval on those policies is now available. Veterans with permanent insurance plans have the option to borrow up to the reserve (cash) value of their policy less any indebtedness.

[Read More](#)



**CONTACT YOUR
MEMBERS OF CONGRESS!**

To Call your Representative:

202-225-2305

To Call your Senators:

202-224-3841 or 202-224-3553

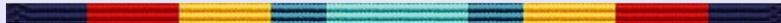
To call Different Members of Congress:

202-224-3121

TOLL FREE: 866-272-6622

PLEASE... STOP Making Excuses!

www.veterans-for-change.org



**National 9/11 Veterans Art Competition now
accepting submissions**

Calling all Veteran artists and poets! The National 9/11 Veterans Art Competition is now accepting submissions.

Enter your submission of 2D art and/or poetry reflecting the theme "Standing United" by July 9th.

[Read More](#)



**#VeteranOfTheDay Air Force Veteran Louis
Curdes**

Today's #VeteranOfTheDay is Air Force Veteran Louis Curdes, who was a World War II ace over North Africa and a prisoner of war.

[Read More](#)

VA researchers use novel approach to gain insight into suicide risk factors

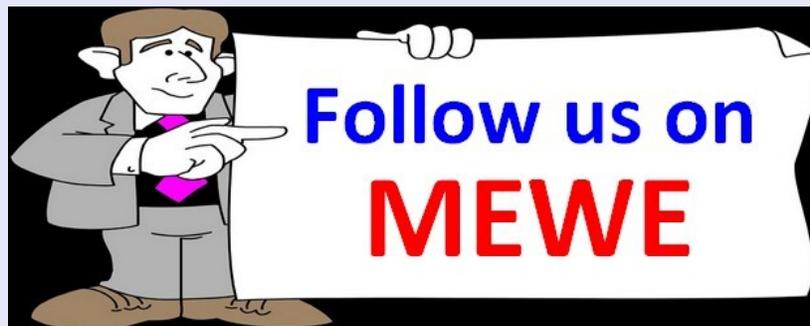
Graziano and his team found suicidal ideation to be strongly related to depression, with small connections to past suicide attempts and anger. Previous suicide attempts were strongly related to the history of childhood trauma and weakly related to illegal drug use and PTSD.

[Read More](#)

You Asked, We Answered: What do I need to know about the Delta variant of COVID-19?

What do I need to know about the Delta variant of COVID-19? You asked, we're answering.

[Read More](#)



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

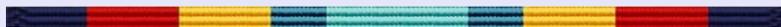
HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE

AMVETS GROUP

VETERANS SOCIAL GROUP

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

AMERICANS FOR SOVEREIGNTY



Health Care Professionals Webinar: Caring for LGBTQ+ Veterans

June is Pride Month and the theme allows us to reflect on the contributions of the LGBTQ+ community in the workforce and society. This observance month also allows us to highlight the health care challenges and barriers LGBTQ+ individuals experience within the health care system to receive culturally and clinically competent care.

[Read More](#)



Office of Inspector General

1. Veterans Affairs: Systems Modernization, Cybersecurity, and IT Management Issues Need to Be Addressed
2. COVID-19: Implementation and Oversight of Preparedness Strategies at Veterans Affairs Medical Centers
3. Servicemember Rights: Stakeholders Reported Servicemembers Have Limited Understanding about Waivers of Their Consumer Rights

and
Protections

4. Cybersecurity:
HHS
Defined
Roles
and
Responsibilities,
but
Can
Further
Improve
Collaboration

5. Veterans
Community
Care
Program:
VA
Took
Action
on
Veterans'
Access
to
Care,
but
COVID-
19
Highlighted
Continued
Scheduling
Challenges



VA Modernizes GI Bill Platform

The Department of Veterans Affairs (VA) is modernizing the Post-9/11 GI Bill platform, that will provide students with easier

access. The digital GI Bill will enable the VA to call, email, text and chat with GI Bill beneficiaries. It also will allow the VA to instantaneously respond to questions from schools.

"We are in the beginning stage of implementing a multi-year, joint undertaking with select vendors working together to deliver a modern, integrated solution our GI Bill students," said acting VA Undersecretary for Benefits Thomas J. Murphy. "Throughout implementation, VA will seek feedback from students, schools, and partners to ensure we are meeting their needs effectively as they pursue their academic and vocational goals."



1. [Coronavirus \(COVID-19\) Update: June 29, 2021](#)
2. [Bazzini LLC Voluntarily Recalls Trader](#)

Joe's
Dark
Chocolate
Almond
Butter
Cup
2-
Pak

3. Assessment
of
the
Use
of
Patient
Experience
Data
in
Regulatory
Decision-
Making
4. FDA
Drug
Shortages
5. Smiths
Medical
Recalls
Jelco
Hypodermic
Needle-
Pro
Fixed
Needle
Insulin
Syringes
for
Skewed
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Marks
on
Syringe

Barrel
That
May
Cause
Insulin
Overdose
or
Underdose

6. Ardil
Comercial
Issues
Voluntary
Nationwide
Recall
of
Limar
Hand
Sanitizer
Packaged
in
4
oz
Bottles
Because
They
Resemble
Drink
Containers
7. Coronavirus
(COVID-
19)
Update:
July
2,
2021
8. COVID-
19
Frequently
Asked
Questions

9. Ensuring
the
Rigor
of
Regulatory
Science:
CDER
Conducts
Laboratory
and
Clinical
Studies
to
Investigate
Reports
of
NDMA
Production
from
Ingested
Ranitidine
Products

10. FDA
alerts
health
care
professionals
and
patients
to
a
voluntary
recall
of
varenicline
(Chantix)
to
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11. FDA
Approves
Component
of
Treatment
Regimen
for
Most
Common
Childhood
Cancer

12. FDA
Provides
Update
on
Ongoing
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to
Better
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the
Occurrence
of
PFAS
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13. Magellan
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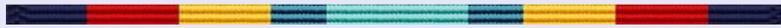
Falsely

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14. Medtronic
Vascular
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Angiographic
Guidewire
Component
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to
Being
Non-
sterile

15. Teva
Initiates
Voluntary
Nationwide
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of
One
Lot
of
Topotecan
Injection
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mg/4
mL
(1
mg/mL)
Due
to
Presence
of
Particulate



Veterans Legacy Memorial

The Department of Veterans Affairs (VA) has recently debuted new features on the [Veterans Legacy Memorial](#) site. Originally launched in 2019, VLM contains a memorial page for each of the nearly four million veterans and service members interred in a VA national cemetery where visitors can leave written tributes. VLM will now permit online visitors to submit photos and biographical summaries of a veteran's life, along with historical documents such as award citations, letters, and newspaper clippings. Another feature will allow visitors to follow their veteran's page and receive email alerts when new content is posted.



[CLICK HERE TO FOLLOW US ON TWITTER !](#)



3D tactile maps improve Veteran mobility

Imagine walking into a large room, eyes closed, using only a cane and your hands to navigate. The room includes a hallway, a set of stairs and a reception desk in the center of the floor. Everything is new and feels like an obstacle. For Veterans with blindness or low vision, this experience is a daily

reality.

Now, with 3D printing, VA clinicians are able to quickly print tactile maps to help Veterans develop new skills in mobility and orientation.

[Read More](#)



VA deploys Mobile Vet Center to Surfside community following condo collapse

VA has deployed a Mobile Vet Center to Surfside, Florida, to support individuals impacted by the events of the Champlain Towers South condo collapse. The Mobile Vet Center will provide free, easily accessible mental health resources and counseling to individuals in crisis.

[Read More](#)



Both Youngest and Oldest Secretary of Defense Dies at age 88

Donald Rumsfeld first took the oath of office for Secretary of Defense at age 43 with limited experience in Defense policy. Although he enlisted in the U.S. Navy during World War II and did serve as a naval aviator in the 1950s and served in the Naval reserve for many years later. His first tenure as the youngest Secretary of Defense lasted only 14 months near the end of President Ford's Administration. His focus was on modernizing each component of the nuclear triad (MX missile, Trident submarine and missile, and B-1 bomber).

Rumsfeld became the oldest secretary when he was nominated by President George W. Bush in 2001. He was inside the Pentagon on Sept. 11, 2001, when a hijacked jet airliner crashed into the Pentagon. He stayed at the Pentagon throughout the day overseeing rescue efforts from the attack that killed 189 passengers and people in the building. He vowed that the Pentagon would be open for business the next day, and he fulfilled his pledge. Rumsfeld became a central figure in developing and implementing the Global War on Terror including the invasion of Afghanistan and Iraq. His efforts were not without criticism. Opponents accused him of advocating for the torture of suspected terrorists and engineering the invasion of Iraq in search of weapons of mass destruction that his critics claimed he knew probably did not exist. After the Democrats gained control of Congress in the 2006 election, Rumsfeld submitted his resignation.

Despite his critics, he had a large number of supporters who admired his work ethic, intelligence and impatience with those who failed to share his sense of urgency to get things accomplished.



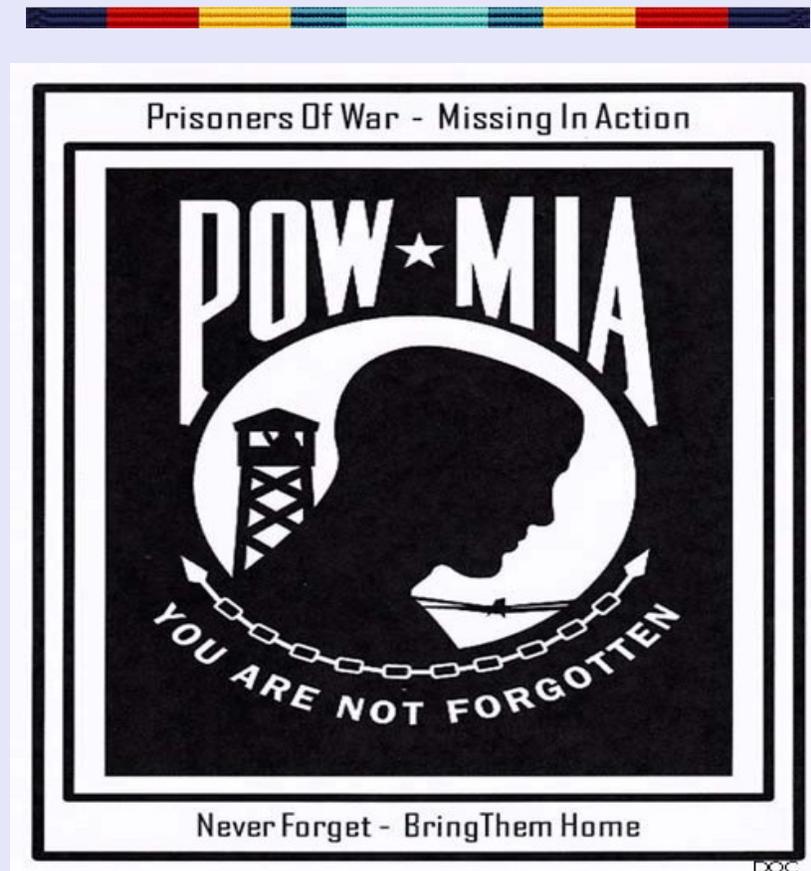
Gerofit – Supervised exercise program for Veterans

Gerofit is a supervised exercise program that promotes health and wellness for Veterans. Participants have shown improved health, physical function and well-being. Gerofit is now open to all Veterans.

To be eligible for the program, you must be enrolled in VA health care and your overall health should be stable and

sufficient for you to participate without needing continuous assistance. Talk to your primary care provider about joining Gerofit.

[Read More](#)



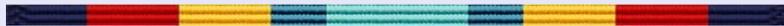
#VeteranOfTheDay Army Veteran Juan E. Negrón

During Caribbean-American Heritage Month, today's #VeteranOfTheDay is Army Veteran Juan E. Negrón, a Korean War Medal of Honor recipient.

[Read More](#)

Rural Mental Health Bill Becomes Law

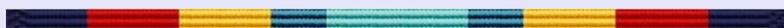
On Wednesday, the president signed into law VFW-supported [S.1468](#), the Sgt. Ketchum Rural Veterans Mental Health Act of 2021. Sgt. Brandon Ketchum served in the Marine Corps, completing tours in both Afghanistan and Iraq. In his first tour alone, he cleared 92 roadside bombs in 7 months – service that earned him a Combat Action Ribbon. In 2016, Sgt. Ketchum died by suicide after he was denied access to mental health services at a VA facility in Iowa, related to his battle with post-traumatic stress disorder. This law will require VA to report an assessment of health needs for rural and highly rural veterans and provide an account of VA's outpatient mental health care, residential programs, and VA's Rural Access Network for Growth Enhancement (RANGE) program cost savings.



Live Whole Health #76: Are you sitting down?

When we work towards improving our health and well-being, we often focus on making substantial lifestyle changes, such as eating more fruits and vegetables, becoming more active, dedicating time to meditation or yoga, or building our social support system. While all of these are valuable, we can also improve our health through smaller actions, like sitting down.

[Read More](#)

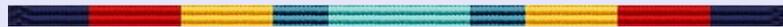


If you received this newsletter as a courtesy

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!



Why I get my health care at VA: Charles

Navy Veteran Charles served in World War II. He came to VA after his eyesight began failing. The staff at the VISOR Center helped Charles continue living independently, despite his condition.

[Read More](#)



Take charge of your health – one text at a time

VA has a way for Veterans to take charge of their health, one text message at a time. The Annie program for Veterans sends you text messages with health information and reminders.

[Read More](#)



National Park Access for Veterans Bill Introduced

On Thursday, Rep. Miller-Meeks introduced the VFW-supported Veterans in Parks Act, which would provide free access to national parks and public lands for service members, veterans, and their families. This bill would codify the existing benefits of the annual [America the Beautiful Pass](#), ensuring that those who qualify for the pass would have a lifetime of free access to more than 2,000 of our nation's parks and federal recreation areas. [Read more.](#)



Marvin Strombo: Saving Grace

Marine Corps Veteran Marvin Strombo traveled 10,000 miles to Japan from his hometown in Montana to return a Japanese flag he had taken during World War II.

[Read More](#)

Veterans with visual impairments benefit

from 3D printing technology at VA

With VA's Blind and Visual Impairment Rehabilitation Continuum of Care, Veterans with visual impairments are achieving independence.

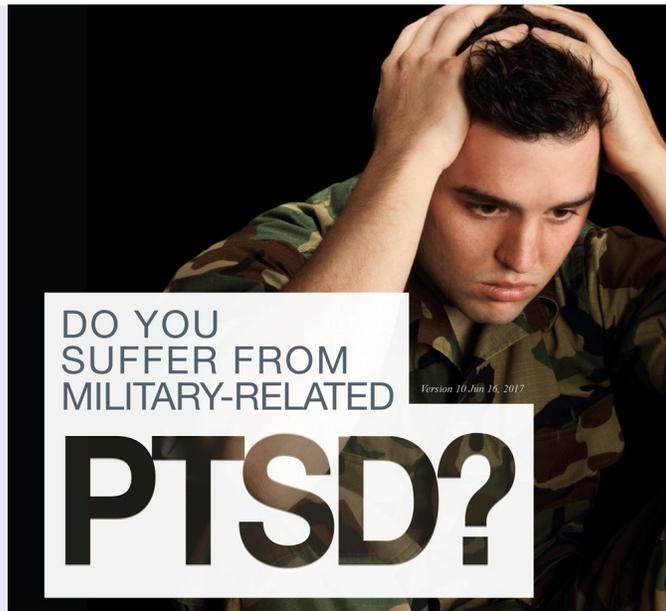
[Read More](#)



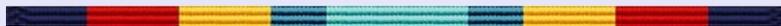
Women Veterans Needed for Million Veteran Program

The world's largest medical research biobank, Million Veteran Program, is [seeking women veterans](#). There are 2 million women veterans in the United States, but only 75,000 have participated in the Million Veteran Program so far. In general women are often under-represented in biomedical research which can leave gender-specific health questions unanswered. By contributing a blood sample to the biobank, women veterans can help ensure that the research is more comprehensive. [Sign up today](#).





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



#VeteranOfTheDay Army Veteran Dempsey Bruton

Today's #VeteranOfTheDay is Army Veteran Dempsey Bruton, who served in the occupation of post-World War II Germany in a field artillery battalion.

[Read More](#)



Blood Donation Need Still Critical

The American Red Cross currently has a severe shortage alert in regards to lifesaving blood products. Hospital demand continues to outpace donations, so the Red Cross strongly urges healthy, eligible individuals who are feeling well to give

blood, platelets, or plasma to help maintain a sufficient supply for those battling COVID-19, cancers, other infections, or trauma victims. Those who donate July 7-31, 2021, will receive a \$10 Amazon gift card via email and be automatically entered for a chance to win gas for a year. Please schedule an appointment using the Red Cross Blood Donor app, visiting [RedCrossBlood.org](https://www.redcrossblood.org), or calling 1.800.RED.CROSS (1-800-733-2767).



Veterans in Spinal Cord Injury Unit take on 50-foot rock wall

VA Medical Center Spinal Cord Injury Unit returns to using its 50 feet rock wall as therapy for Veterans. Two Veterans share their experience.

[Read More](#)

New VA tool uses artificial intelligence to predict COVID-19 patient mortality

Now, in what Strebel calls the "most significant" work in his seven-year VA career, he's developed a tool that uses artificial

intelligence to calculate the risk of a COVID-19 patient dying within 120 days of diagnosis. The hope is that clinicians can use those predictions to improve the treatment of their patients.

[Read More](#)



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

Marine Corps Sgt. Donald D. Stoddard, 22, of Boulder, Colorado, was a member of Company B, 1st Battalion, 6th Marine Regiment, 2nd Marine Division, Fleet Marine Force, which landed against stiff Japanese resistance on the small island of Betio in the Tarawa Atoll of the Gilbert Islands, in an attempt to secure the island. Over several days of intense fighting at Tarawa, approximately 1,000 Marines and sailors were killed and more than 2,000 were wounded, while the Japanese were virtually annihilated. Stoddard died on the third day of battle, Nov. 22, 1943. He was buried June 26, 2021, in

his hometown. [Read about Stoddard.](#)

Navy Electrician's Mate 3rd Class Alphard S. Owsley, 23, of Paris, Kentucky, was assigned to the battleship 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 sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Owsley. He will be buried Aug. 5, 2021, in his hometown. [Read about Owsley.](#)

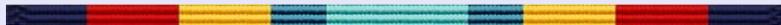
Navy Pharmacist's Mate 3rd Class George L. Paradis, 23, of Yelm, Washington, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 1941. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Paradis. He will be buried on Oct. 7, 2021, at the National Memorial Cemetery of the Pacific. [Read about Paradis.](#)

Navy Electrician's Mate 3rd Class George M. Gooch, 22, of Laclede, Missouri, was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft on Dec. 7, 2021. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Gooch. He will be buried Oct. 9, 2021, in his hometown. [Read about Gooch.](#)

Marine Corps Reserve Pfc. J.L. Hancock, 21, was a member of Company B, 1st Battalion, 6th Marine Regiment, 2nd Marine

Division, Fleet Marine Force, which landed against stiff Japanese resistance on the small island of Betio in the Tarawa Atoll of the Gilbert Islands, in an attempt to secure the island. Over several days of intense fighting at Tarawa, approximately 1,000 Marines and sailors were killed and more than 2,000 were wounded, while the Japanese were virtually annihilated. Hancock died on the third day of battle, Nov. 22, 1943. Interment services are pending. [Read about Hancock.](#)

Army Cpl. Walter A. Smead, 24, was a member of Battery A, 57th Field Artillery Battalion, 7th Infantry Division. He was reported missing in action on Dec. 6, 1950, after his unit was attacked by enemy forces as they attempted to withdraw near the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered. Interment services are pending. [Read about Smead.](#)



Veterans-For-Change, Inc.

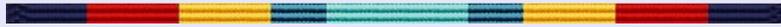
Riverside County, CA

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www.Veterans-For-Change.org

Serving those who served!

Please pass on to all your Veteran Friends and Family!



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Jim.Davis@Veterans-for-change.org

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