



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, November 07, 2021

Volume 12, Issue 45



This-N-That

Good afternoon Jim,

We'd like to wish all our Veterans a Happy Veterans Day, and also to wish a happy birthday to the Marine Corps.

It's also the 100th anniversary of the Tomb of the unknown Soldier. Special events as well as a fly over will be on the 11th.

This is also Breast Cancer Awareness Month for both men and women, and we suggest getting routine check-ups in order to catch any signs as far in advance as possible.

The military, DoD and VA have adopted a whole new stance regarding the COVID-19 vaccine.

Originally, they were saying they might discharge with an other than honorable discharge, or might courts martial anyone who refused the vaccine.

Now they are either threatening, or have possible enacted already the removal of VA benefits and potentially retirement benefits all in an effort to force the issue.

Personally, I find this very appalling at best, possibly unconstitutional and sends a signal to all those who might enlist and could change their mind as they are against the vaccine.

From way back in the day when I worked as a trauma nurse, if anyone refused medical care of any kind, we had to respect that decision. And I had been referred to the Nuremberg trials against forced experimentation on human beings, and I'm certainly not any kind of a legal expert, but after having read that document and knowing what I was taught years ago, I just can't see how anyone for could or would force and medical care or vaccine on anyone.

I have read so many articles and scientific papers on the Vaccine, I personally will not subject myself to the vaccine, and risk any harmful side effects.

I don't think the CDC or this administration has been honest or forthright with statistics on ill side effects up to and including death, I do know I have been in contact with personal friends in Sweden, and I read two major articles where they had 30,000 vaccinated and all 30,000 had ill side effects ranging from blood clots, to paralysis to death.

I also do not feel there has been sufficient research on the

vaccine from any of the producers, and I say this only because I care deeply for all our Veterans and their families and your health is the most important thing to protect.

So, I will only say, the choice is and should be your choice and not forced upon you.

I'd like to remind everyone to please, help us to help you by taking action on each and every item every week in the TAKE ACTION section of the newsletter.

If you don't have an account on our website, please do create an account so you will have access to thousands more documents. Just please keep in mind to Provide at least a First name and Last initial, and don't use your E-Mail address as a user ID.

And allow me 24 hours to manually approve and notify you. We've developed another hiccup and since our webmaster is hard focused on the new design, we're not making any repairs for now.

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.

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

Respectfully,
Jim Davis

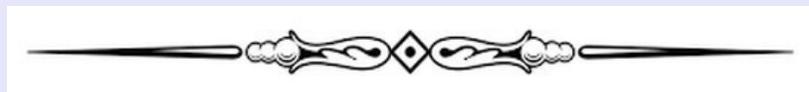
Founder

Jim.Davis@Veterans-For-Change.org



Veterans Day Events

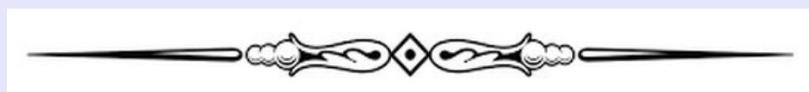
This year, events to commemorate Veterans Day will be in person and virtual. A Tomb of the Unknown Soldier Centennial Commemoration Public Flower Ceremony will take place on Tuesday, Nov. 9, and Wednesday, Nov. 10, from 9 a.m. to 4 p.m. EST. [Learn more](#) about attendance requirements. On Veterans Day, Nov. 11, at 9 a.m., the public is invited to [watch or attend](#) the full honors procession, joint service flyover, and laying of the wreath at Arlington National Cemetery. The Vietnam Veterans Memorial Fund will host a commemoration ceremony at The Wall on Nov. 11 at 1 p.m. [Read more](#) for ticket information.



Telehealth improves heart care for Veterans

At the Los Angeles VA, a team of providers collaborated with home telehealth care coordinators to improve care for Veterans with heart failure.

[Read More](#)

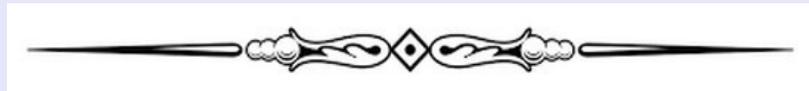


Military Veterans Advocacy



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. Click [HERE](#) and help a Veteran.

You may contact Robin Barr at robin.barr@mvadvocacy.org



VA study: Moderate alcohol use linked to lower rates of hospitalization, death

The study's principal investigator, Dr. Dan Blalock, says one possible explanation for the finding is that healthier patients in the study sample liked to drink in moderate amounts.

[Read More](#)



#VeteranOfTheDay Marine Corps Veteran Gregory

"Pappy" Boyington

During National Native American Heritage Month, today's #VeteranOfTheDay is Marine Corps Veteran Gregory Boyington, a World War II Medal of Honor recipient.

[Read More](#)



VA life insurance milestone: FSGLI has provided for millions of military families

Nov. 1, 2021, is the 20th anniversary of FSGLI. Since 2001, VA has paid nearly \$1.7 billion in claims to 8.9 million service member dependents.

[Read More](#)



#Live Whole Health #95 – Acupressure for getting into the flow

What does it feel like getting "into the flow?" You know, those times when you don't feel you're swimming upstream, but instead you're just moving freely in your life? Inside of you, there are natural flows of energy that can help you feel good – or that can contribute to you feeling stuck.

[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



New "Ask VA" portal allows anyone to contact VA securely

Do you want to find more information on VA benefits and services? Do you have a question, concern, recommendation, or compliment for VA?

[Read More](#)



Sally Murphy: Trailblazer of the Skies

In mid-twentieth century Kansas, girls were expected to grow up to be teachers and wives. But Sally Murphy, who was born in Wichita in January 1949, was not like most girls. During her childhood, she was a tomboy who was drawn to the combat, helicopters and aviation shown in Vietnam War photographs.

[Read More](#)

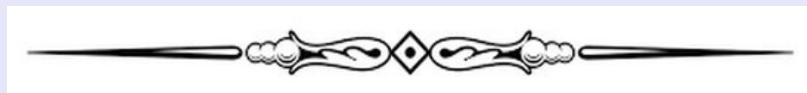


#VeteranOfTheDay Army Veteran Bernadette Agnes Payla Miller

Today's #VeteranOfTheDay is Army Veteran Bernadette Agnes Payla Miller, who served as a nurse in a field hospital during the Vietnam War. Bernadette Agnes Payla Miller originally joined the Army Nurse Corps at the age of 21 because they offered to help pay for her education. Her main memories of basic training at Fort Sam Houston involve the heat.

We honor your service, Bernadette!

[Read More](#)



Breast cancer awareness: What can you do today to reduce your risk?

Breast cancer is the second most common cancer in women and can also affect men. The National Cancer Institute (NCI) estimates that 281,550 people will be diagnosed with breast cancer this year alone.

[Read More](#)



#Live Whole Health #95 – Acupressure for getting into the flow

Acupressure is a tool that you can use to help the energy in your body to get "unstuck," or into the flow when you feel sluggish or stressed.

[Read More](#)



#VeteranOfTheDay Marine Corps Veteran Jennifer Mascolo

Today's #VeteranOfTheDay is Marine Corps Veteran Jennifer Mascolo, who served as a field radio operator during Operation Iraqi Freedom. After graduating high school, Jennifer Mascolo thought she needed a source of discipline in her life. When her friend recommended the military, Mascolo joined the Marine Corps. She attended boot camp at Parris Island and then served with the 8th Communications Battalion, 24th Marine Expeditionary Unit.

We honor your service, Jennifer!

[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**



What's food got to do with it? Tina Turner tune leads to thoughts of healthy food

Tina Turner tune took VA dietitian back to a basic question: What's food got to do with the many benefits of a healthy lifestyle?

[Read More](#)



New "Ask VA" portal allows anyone to contact VA securely

Do you want to find more information on VA benefits and services? Do you have a question, concern, recommendation, or compliment for VA? Then use the new "Ask VA" portal!

[Read More](#)



#VeteranOfTheDay Army Veteran Jefferson E. Keel

During National Native American Heritage Month, today's #VeteranOfTheDay is Army Veteran Jefferson E. Keel, a Vietnam Veteran.

[Read More](#)



Borne the Battle #262: Air Force Veteran DJ Vanas, Best-Selling Author of Finding Your Warrior Spirit

D.J. Vanas travels around the country speaking at conventions packed with audience members, giving motivational presentations that teach people how to find the unique warrior spirit deeply embedded within them.

[Read More](#)



Experience Live Events Thanks to VetTix

Attending live events, such as concerts, sports, performing arts and family themed events is how many of us relax with entertainment. These experiences are especially significant to Veterans and those who serve our country in uniform.

[Read More](#)



Links to Other Stories

- 1) [Caring about what Veterans care about: The 2021 Best for Vets Employers](#)
- 2) [Changes Coming to TRICARE Retail Network Pharmacies](#)
- 3) [Fighter jet pilots at greater risk of certain cancers, study concludes](#)
- 4) [Former U.S. soldier POW Jessica Lynch shares her story with women Veterans here](#)
- 5) [Homeless Veterans prepare for move onto VA grounds in West Los Angeles](#)
- 6) [Lawmakers Warn Time is Running Short to Get 2022 NDAA Passed](#)
- 7) [Man misused over \\$100k of brother's VA benefits, bought Harley, diamond ring and pickup](#)

- 8) [New White House budget threatens access to Veteran benefits](#)
- 9) [The Mission Act is supposed to help US Veterans get health care outside the VA. For some, it's not working.](#)
- 10) [The Number of Homeless Veterans Is Staggering](#)
- 11) [Troops who refuse COVID vaccines won't be guaranteed Veterans benefits, officials warn](#)
- 12) [Two-Thirds of Staff at VA Medical Center Considering Quitting After One Year with New HER](#)
- 13) [Veterans harmed by Agent Orange hope Congress will hear them](#)
- 14) [White House announces new Veteran suicide project: gun control and more](#)



Don't wait. Reach out.

Life has its challenges. As a Veteran you don't have to solve them alone.

[Read More](#)



Public Can Approach Tomb, See Native American Honor Guard

For the first time in nearly 100 years, and as part of the Tomb of the Unknown Soldier Centennial Commemoration, the public will be able to walk on the Tomb of the Unknown Soldier Plaza and lay flowers in front of the Tomb on Nov. 9 and 10, 2021.

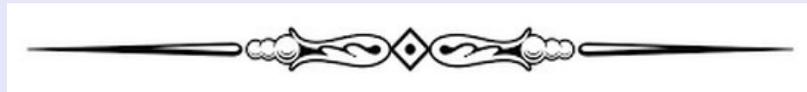
[Read More](#)



VA Secretary Underscores Support for Caregivers

Speaking at the Elizabeth Dole Foundation's Sixth Annual National Convening, VA Secretary Denis McDonough said one of VA's most important jobs is to support caregivers.

[Read More](#)



Self-care: Learn acupressure for stress relief

Acupressure is a self-care tool that you can use to help the energy in your body get "unstuck" when you are feeling sluggish or having pain or stress. In addition to acupressure, VA offers acupuncture by licensed clinicians for conditions where it can be effective.

[Read More](#)



Team RWB Runners Carry Old Glory Through Tennessee

Team RWB's Old Glory Relay, is an epic 62-day journey running, walking, and hiking the American flag from New York City, NY to Atlanta, GA. Today, the flag is moving through

Elkton, TN, and will complete 2,090 total miles moved. It's not too late to join the effort virtually or in person along the route. Learn more at teamrwb.org/ogr.

"As I think about the 2,500-mile journey this flag will travel, I'm reminded of the strength of the American spirit and I think about how impossible a journey like this would be if you were to try to take it on by yourself," said U.S. Air Force Brig. Gen. John Quintas (Ret.), Managing Director of Amazon's Global Military Affairs.

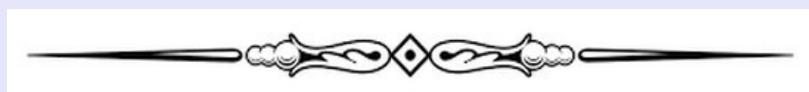
[Read More](#)



Recent Updates Provide More Help for New Autism Care Demonstration Enrollees

Are you and your family new to the [TRICARE Autism Care Demonstration](#) (ACD)? If you are, TRICARE is assigning an autism services navigator (ASN) to every ACD participant who entered the program on or after Oct. 1, 2021. The ASN's role is to be the primary point of contact for your family. If you entered the ACD before Oct. 1, you still have access to case management services through several resources.

[Read More](#)



Getting Help for a Balance Disorder

Balance problems can make you feel like you're moving,

spinning, or floating. Find out what may be causing you to feel off-balance.

[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



Changes Coming to TRICARE Retail Network Pharmacies



There are changes coming soon to the TRICARE retail pharmacy network. Starting Dec. 15, 2021, CVS Pharmacy will

join the TRICARE network. At the same time, Walmart, Sam's Club, and some community pharmacies will leave the network.

[Read More](#)



Protecting Yourself and Others

Face masks protect against COVID-19 for a few reasons. Learn how they help keep you and your family safe.

[Read More](#)



A new Cohort of Innovation Fellows are leading VA care into the future

Three new Veterans Affairs employee innovators are joining their fellow Trailblazers as VHA Innovation Ecosystem Innovation Fellows.

[Read More](#)



#VeteranOfTheDay Air Force Veteran James Jabara

Today's #VeteranOfTheDay is Air Force Veteran James Jabara, who flew during World War II and became the first

American jet ace during the Korean War.

[Read More](#)



VA compensated work therapy program saved Veteran Terry Tisdale when he was "lower than low"

Compensated Work Therapy program starts new life for Army Veteran of 15 years. "They should call it compassionate work therapy."

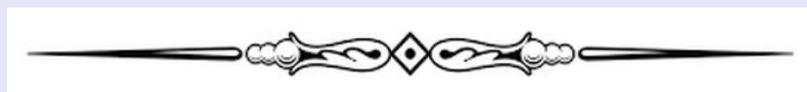
[Read More](#)



SECVA: Innovation, it's what VA's about

VA has a long, well-recognized history of innovation driven by our unceasing focus on delivering the best outcomes for the Veterans we serve.

[Read More](#)



Win the job search race with these 4 effective habits

A job search is like a marathon. And just like a runner in

training, you need to develop a regimen, building new habits to help you toward your goal. Whether you're transitioning out of the military to your first civilian career or hunting for a new challenge, finding a new job — and the right [...]

[Read More](#)



Sharing health care Innovation, VHA IE Diffusion Marketplace now open to the public

VHA IE is taking the next step forward in promoting and collaborating with innovation by announcing the Diffusion Marketplace is now public.

[Read More](#)



#VeteranOfTheDay Marine Corps Veteran Gregory "Pappy" Boyington

During National Native American Heritage Month, today's #VeteranOfTheDay is Marine Corps Veteran Gregory Boyington, a World War II Medal of Honor recipient. Gregory Boyington was born in Coeur d'Alene, Idaho, in December 1912 and had a familial connection to the Brule Sioux tribe. During his childhood, he took his first flight with Clyde Pangborn, who later became the first pilot to fly over the Pacific Ocean non-stop.

We honor his service.

[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 11/07/21)

Please note, we've added 3 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

57. H.R.
2724
—
VA
Peer
Support
Enhancement
for
MST
Survivors
Act

58. Please
Support
H.R.
3452
—
Veterans
Preventative
Health
Coverage
Fairness
Act

59. HR
2192,
The
Camp
Lejeune
Justice
Act
of
2021

60. HR
5026,
The
Panama
Canal
Zone
Veterans
Act
of

2021

61. HR
3368,
HR
5026,
HR
2269,
S
657
are
all
Toxic
Exposure
Bills
that
need
special
attention
and
more
pressure
to
get
passed!

62. H.R.
4627,
Veterans'
Culturally
Competent
Care
Act
of
2021

63. S.
2172,
Building
Solutions
for
Veterans
Experiencing

Homelessness

64. H.R.
4571,
the
SERVICE
Act
of
2021
65. S.
796,
Protecting
Moms
Who
Served
Act
66. H.R.
4732,
Protect
Individual
Unemployability
Benefit
for
All
Disabled
67. S.
1937,
the
Delivering
Optimally
Urgent
Labor
Access
(DOULA)
for
Veterans
Act
of
2021
68. S.
2283

and
H.R.
5073

—
the
Crisis
Hotline
REACH
for
Veterans
Act

69. HR
852

and
S
221,
United
States

-
Israel
PTSD
Collaborative
Research
Act

70. Ask
Congress
to
Preserve
Arlington
National
Cemetery

71. HR
4949

and
S
692,
the
Hello
Girls
Congressional

Gold
Medal
Act
of
2021

72. HR
2963,
the
VOW
to
Hire
Heroes
Extension
Act
of
2021

73. S
1970,
The
Clean
Water
for
Military
Families
Act

74. Support
S.
1198/H.R.
2819
—
the
Solid
Start
Act
of
2021

75. H.R.
3402/S.
976
—

Caring
for
Survivors
Act
of
2021

76. HR
3537
and
S
1813,
Accelerating
Access
to
Critical
Therapies
for
ALS
Act



#Live Whole Health #95 – Acupressure for getting into the flow

What does it feel like getting "into the flow?" You know, those times when you don't feel you're swimming upstream, but instead you're just moving freely in your life? Inside of you, there are natural flows of energy that can help you feel good – or that can contribute to you feeling stuck.

[Read More](#)



Public can approach Tomb, see Native American Honor Guard

The public will be able to walk on the Tomb of the Unknown Soldier Plaza and lay flowers in front of the Tomb on Nov. 9 and 10, 2021. The flower ceremony will start at 8 a.m. Nov. 9 with representatives from the Crow Nation placing flowers at the Tomb. They will recite a prayer in honor of Chief Plenty Coups, who served as a scout for the U.S. Army.

[Read More](#)

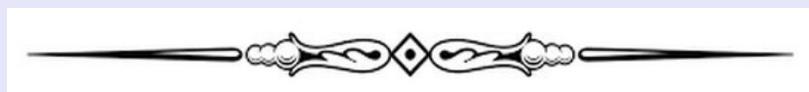


#VeteranOfTheDay Army Veteran Jefferson E. Keel

During National Native American Heritage Month, today's #VeteranOfTheDay is Army Veteran Jefferson E. Keel, a Vietnam Veteran. Jefferson E. Keel is originally from Tishomingo, Oklahoma. Keel attended Tishomingo High School and during his senior year in 1966, when he was 16 years old, he joined the Oklahoma Army National Guard. Three years later, he enlisted in the Army.

We honor your service, Jefferson!

[Read More](#)



New "Ask VA" portal allows anyone to contact VA securely

Do you want to find more information on VA benefits and services? Do you have a question, concern, recommendation, or compliment for VA? Then use the new "Ask VA" portal!

[Read More](#)



Borne the Battle #262: Air Force Vet DJ Vanas, Best-Selling Author of Finding Your Warrior Spirit

If there is anyone who knows what it means to be a warrior, it is Air Force Veteran D.J. Eagle Bear Vanas. D.J. Vanas travels around the country speaking at conventions packed with audience members, giving motivational presentations that teach people how to find their unique warrior spirit.

[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 Army Veteran Howard Johnson II

Howard Johnson II was born in January 1982 in Mobile County, Alabama, to Reverend Howard Johnson and private school educator Gloria Johnson. Johnson was part of the JROTC program at LeFlore High School. Following his graduation in 2001, he originally enrolled at Mobile's Southeast College of Technology to study computers.

We honor his service.

[Read More](#)



#VeteranOfTheDay Army Veteran Woodrow W. Keeble

During National Native American Heritage Month, today's #VeteranOfTheDay is Army Veteran Woodrow W. Keeble, a Korean War Medal of Honor recipient.

[Read More](#)



DAV state commander connects Veterans with VA telehealth

The state commander of the Oklahoma DAV eagerly tells Veterans about the services VA offers. She knows because she and her husband use them.

[Read More](#)



VA joins alliance to boost access to 'decentralized' clinical trials

Well-designed and rigorous clinical trials are the gold standard for providing evidence of a medical treatment's safety and effectiveness. They are the basis for FDA approval of new drugs and medical devices.

[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



**Human resources specialists attract, retain quality
candidates to serve Veterans**

Millions of Veterans rely on VA for health care – and in turn, we rely on human resources (HR) professionals to recruit and support the professionals who care for them. HR specialists tackle a variety of duties each day, making them some of the most in-demand positions we have throughout our system. "VA service begins [...]"

[Read More](#)



Joseph Medicine Crow: Bacheitche

Joseph Medicine Crow served with the U.S. Army during World War II. During his service, he fulfilled four war deeds and became the last Crow Nation war chief.

[Read More](#)



#VeteranOfTheDay Army Air Forces Veteran Gus Palmer Sr.

During Native American Heritage Month, today's #VeteranOfTheDay is Army Air Forces Veteran Gus Palmer Sr., a World War II B-17 waist gunner.

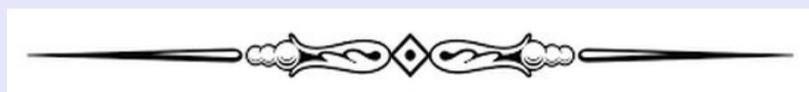
[Read More](#)

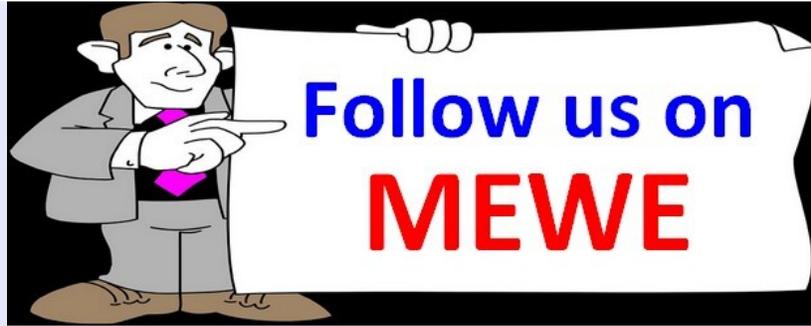


A Compensated Work Therapy success story: From cleaning bathrooms to running a National Cemetery

Victor Vasquez, the director of two National Cemeteries got his start in VA's Compensated Work Therapy Program. Read his story.

[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](#)

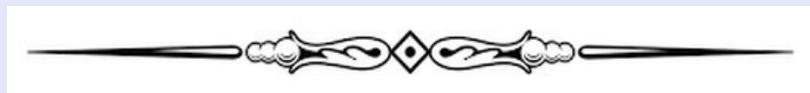
[HOMELESS HEROES PROGRAM OF VETERANS-FOR-CHANGE](#)

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[{USAVET} SUPPORTING GOD & ALL WHO SERVED OUR GREAT NATION](#)

[AMERICANS FOR SOVEREIGNTY](#)



America250: Army Veteran Ernest Childers

This week's America250 salute is Army Veteran Ernest Childers, who was the first Native American to receive a Medal of Honor during World War II.

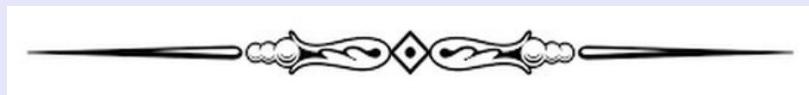
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VET TEC student Veterans poised to join the fast-growing tech industry

Since 2019, the Veteran Employment Through Technology Program has helped over 1,400 VET TEC student Veterans transition to high-tech careers.

[Read More](#)



#VeteranOfTheDay Army Veteran Marwan Sameh Ghabour

Today's #VeteranOfTheDay is Army Veteran Marwan Sameh Ghabour, who served as a UH-60 helicopter pilot in Task Force Sinai.

[Read More](#)



Peer specialist's struggles lead to helping Veterans overcome obstacles

Veteran and certified peer specialist Heather King shares personal experiences with Veterans, earning her Peer Specialist of the Year award.

[Read More](#)



Office of Inspector General

- 1) [COVID-19: Lessons Learned from Interior and Treasury's Administration of CARES Act Funds Could Improve Federal Emergency Relief to Tribes](#)
- 2) [Social Security and Medicare: Improving the Timeliness of Trust Fund Reports](#)
- 3) [COVID-19: HHS Agencies' Planned Reviews of Vaccine Distribution and Communication Efforts Should Include Stakeholder Perspectives](#)



Brain images of healthy middle-aged adults aid in predicting progression of early memory loss

In a secondary analysis, Kremen and his colleagues looked at brain images while controlling for the effects of general aging. They observed that the Alzheimer's-related brain regions remained as significant predictors, suggesting that the effect was not simply due to general aging.

[Read More](#)

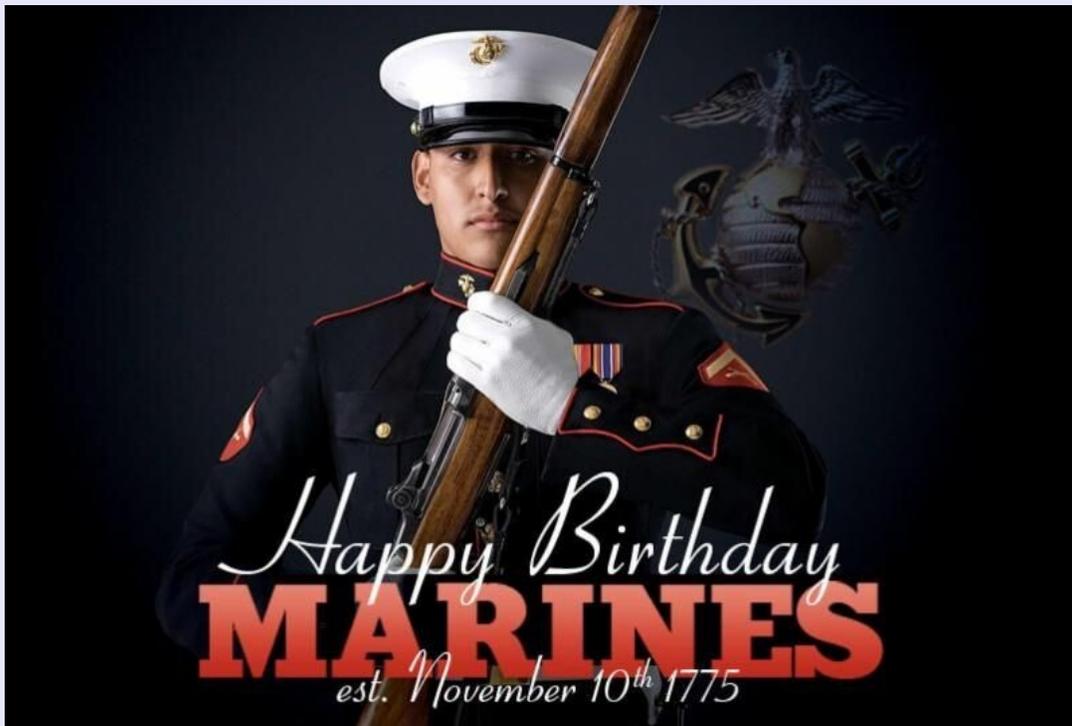


Vets First Podcast S:2 E:4: Two candid

discussions about drug use disorders

In this episode of Vets First Podcast, hosts Levi Sowers and Brandon Rea discuss drug use disorders with two recovered Army Veterans.

[Read More](#)



Vets' Day/FRA 97th Birthday/USMC 246th Birthday/Tomb of Unknowns 100 Years Old

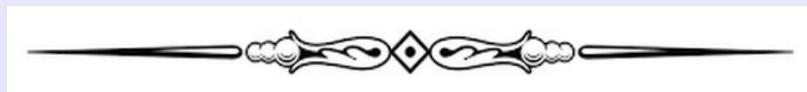
This Thursday will mark the 103rd anniversary of the armistice ending the First World War on Nov. 11, 1918, now recognized as Veterans Day. It is a long-standing tradition for many FRA shipmates to participate in Veterans' Day ceremonies across the country. This November 11th also marks FRA's 97th

anniversary. FRA National President James W. Campbell and LA FRA President Pat Suckow will participate in the ceremonies at Arlington National Cemetery and the special wreath-laying ceremony at the Tomb of the Unknowns.

This year also marks the 100th anniversary of the Tomb of the Unknown Soldier. For the first time in nearly 100 years, and as part of the Tomb of the Unknown Soldier Centennial Commemoration, the public will be able to walk on the Tomb of the Unknown Soldier Plaza and lay flowers in front of the Tomb on Nov. 9 and 10, 2021.

DLP John Davis and ADLP Theo Lawson have been invited to participate in Mack's Marines celebration of the 246th Birthday of the Marine Corps. Facing the challenges of COVID and social distancing requirements, this year's birthday celebration will be a virtual event.

The FRA thanks members for their service in defending our nation, and for their continued membership. Please note the FRA National Headquarters will be closed Thursday, November 11 in observance of Veterans' Day.



- 1) [FDA Drug Shortages](#)
- 2) [artnaturals® Issues Voluntary Recall of Limited Batches of 8oz Bottles of Scent Free Hand Sanitizer Due to Presence of](#)

Impurities

- 3) [Frequently Asked Questions | Clozapine REMS Modification](#)
- 4) [Datascope/Getinge/Maquet Recalls Cardiosave Hybrid/Rescue Intra-Aortic Balloon Pump Battery Packs Due to Risk of Battery Failure](#)
- 5) [Zimmer Biomet Recalls ROSA One 3.1 Brain Application Due to Error in Software](#)
- 6) [FDA warns that getting alcohol-based hand sanitizer in the eyes can cause serious injury](#)
- 7) [Alcohol-based Hand Sanitizer: Drug Safety Communication - Getting in the Eyes Can Cause Serious Injury](#)
- 8) [Outbreak Investigation of Salmonella Oranienburg: Whole, Fresh Onions \(October 2021\)](#)
- 9) [Coronavirus \(COVID-19\) Update: November 2, 2021](#)
- 10) [Medical Gloves for COVID-19](#)



VFW Speaks at GWOT Memorial Press Conference

VFW National Veterans Service Director Ryan Gallucci spoke at a press conference on S. 535, the Global War on Terrorism (GWOT) Memorial Location Act. This bill would allow the GWOT Memorial, approved by Congress in 2017, to be constructed on the National Mall in Washington, D.C. “A Global War on Terrorism memorial belongs on the mall, where all current and future service members, veterans, families, survivors, and all Americans can come to honor and remember those who volunteered to serve in our country’s longest war,” said Gallucci. [Read more.](#)



Veterans Day Discounts and Freebies

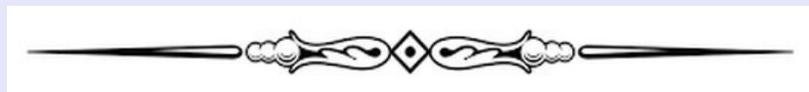
As a display of gratitude and appreciation, community partners have joined together for Veterans Day, Nov. 11, to honor service members, veterans, and their families for their sacrifice and dedication to our nation. Participating [Sport Clips locations](#) will be offering free haircuts to active duty service members and veterans. Read about other [Veterans Day discounts](#) being offered for a variety of restaurants, retailers, and services.



TRICARE Open Season Begins Today



TRICARE Open Season will run from Nov. 8 to Dec. 13, 2021. This is your chance to enroll or change your health care plan for the next year. If you are satisfied with your current plan then your coverage will continue automatically for 2022, as long as you remain eligible. It is important to note that new retirees have only one year to enroll for TRICARE Prime. Enrollment in TRICARE Prime or Select is not automatic for retirees. [Learn more.](#)

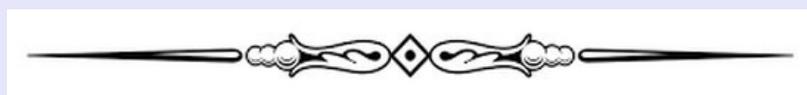


GET your FLU SHOT

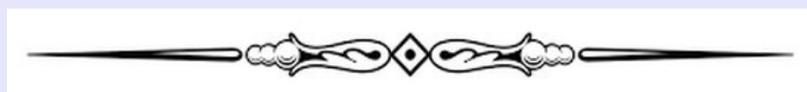


Flu Season is Here

VA has expanded flu vaccine availability to more than 70,000 in-network community providers. Eligible veterans can now receive at no cost a standard, high dose, or preservative-free flu shot at their local VA health care facility, in-network community retail pharmacy, or an urgent care location without prior authorization. If you are eligible, you need to present a valid, government-issued ID at a covered location. [Learn more](#) about eligibility and location options.



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Prostate Cancer Threat to Veterans

FRA, a member of the Toxic Exposures in the American Military (TEAM) Coalition, has signed onto a joint letter supporting, the Veterans' Prostate Cancer Treatment and Research Act (H.R.4880). The letter notes that prostate cancer is the number one cancer diagnosed in the Veterans Health Administration (VHA). Recent studies have reported more than 500,000 veterans are living with prostate cancer and are receiving treatment within VHA. Over 16,000 of those have metastatic disease with more than 15,000 new diagnoses annually. The need to standardize treatment across the VHA by implementing a comprehensive system-wide prostate cancer clinical pathway.

Studies have shown that prostate cancer develops more frequently in men exposed to Agent Orange. The VHA has established it is a presumptive condition thus qualifying exposed veterans for full disability benefits. New data supports a link between prostate cancer and exposure to jet fuel (JP-8), cadmium, and aircraft component cleaning solvents.

The need to enhance research for this disease is clear as the number of diagnosed veterans continues to rise. The legislation requires the VHA to establish a clinical pathway for prostate cancer and to expand VHA research efforts related to screening, diagnosis and treatment options. The VHA must promote veteran prostate cancer awareness, standardization of diagnosis and treatment, expanded educational resources and continued research.

Everyone is urged to go to the [FRA Action](#) center to ask their Representative to support this legislation.



VA Extends Gulf War Presumption

The Department of Veterans Affairs has extended the presumptive period to Dec. 31, 2026, for qualifying chronic disabilities rated 10 percent or more, resulting from undiagnosed illnesses in veterans from the Persian Gulf War. This is meant to ensure the benefits established by Congress are fairly administered.

If an extension of the current presumptive period was not implemented, service members whose conditions arise after Dec. 31, 2021, would be substantially disadvantaged compared to service members whose conditions manifested at an earlier date.

Limiting entitlement to benefits due to the expiration of the presumptive period would be premature given that current studies remain inconclusive as to the cause and time of onset of illnesses suffered by Persian Gulf War veterans.

The VA presumes certain medically unexplained illnesses are related to Persian Gulf War service without regard to cause, including, chronic fatigue syndrome, fibromyalgia, functional gastrointestinal disorders. Also included are undiagnosed illnesses with symptoms that may include but are not limited to abnormal weight loss, cardiovascular disease, muscle and joint pain, headache, menstrual disorders, neurological and psychological problems, skin conditions, respiratory disorders, and sleep disturbances.

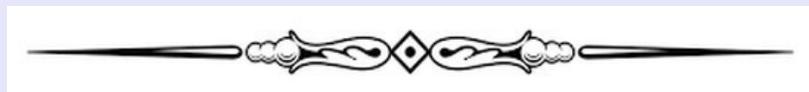
Persian Gulf War veterans who are experiencing any of the symptoms listed above and other unexplained medical issues

are encouraged to [file a claim](#).



President Biden Nominates Navy Admiral to Be the Next Vice Chairman of the JCS

Admiral Christopher Grady has been nominated to be the next Vice Chairman of the Joint Chiefs of Staff. The admiral is currently serving as commander, U.S. Fleet Forces Command, Norfolk, Virginia. The current Vice Chair, General John Hyten is due to retire November 20, likely leaving a gap on the Joint Chiefs of Staff until the Senate confirms Grady. Previously, Grady served as the commander of Naval Striking and Support Forces NATO, deputy commander of United States Naval Forces Europe-Naval Forces Africa, commander of United States Sixth Fleet, and Joint Force Maritime Component Commander Europe. Grady was born in Portsmouth, Virginia and raised in Newport, Rhode Island. He is a graduate of Notre Dame University and was commissioned an ensign through the Naval Reserve Officers Training Corps program in 1984. He currently holds the title "Old Salt," conferred upon the longest-serving surface warfare officer on active duty in the U.S. Navy.

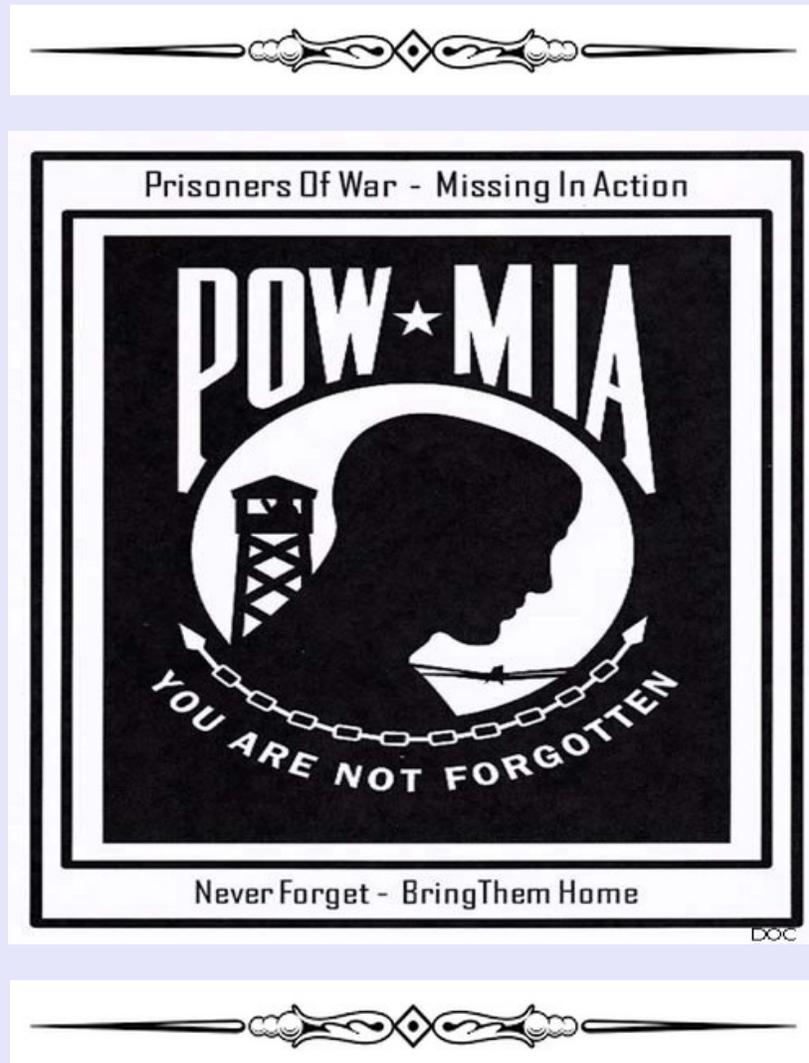


Aquatic therapy helps Veterans overcome physical and cognitive challenges

Aquatic therapy helps Veterans overcome physical and cognitive challenges. Sixty-minute sessions are offered for

patients in a heated swimming pool at Malcom Randall VA Medical Center in Gainesville Florida.

[Read More](#)



#VeteranOfTheDay Navy Veteran Richard "Dick" Best

Today's #VeteranOfTheDay is Navy Veteran Richard "Dick" Best, who served as a dive bomber during the Battle of Midway during World War II.

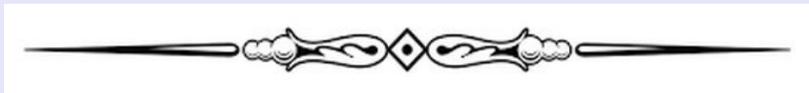
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VA woman Veteran author: Navy Veteran Dianna Good Sky

Author and Navy Veteran Dianna Good Sky wrote "Warrior Spirit Rising, a Native American Spiritual Journey" about love, faith, and forgiveness.

[Read More](#)



Organizations offer national-level 2021 Veterans Day virtual events

VA and several national level organizations are hosting 2021 Veterans Day virtual events due to the current COVID-19 pandemic.

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Elizabeth Dole Foundation offers free help for caregivers

Caregivers can receive 35 hours of free help with support through the Respite Relief program – so you can take care of you.

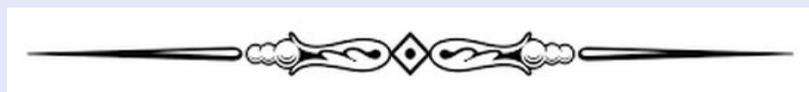
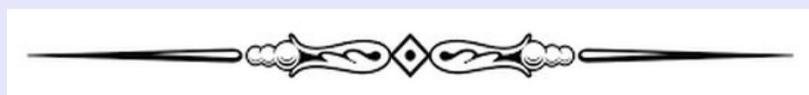
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Home Based Primary Care offers Veterans unique services

For Veterans who may not be able to visit VA facilities directly, Home Based Primary Care (HBPC) provides solutions.

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VA employees return World War II Veteran's Shadow Box

VA employees drove seven hours to deliver items found in abandoned storage locker. A shadow box contained a Purple Heart medal and campaign medals.

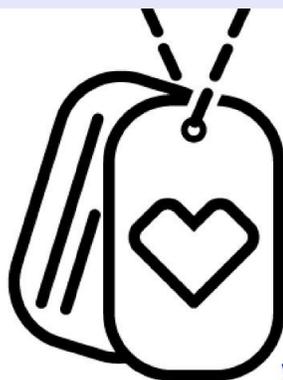
[Read More](#)



#VeteranOfTheDay Army Veteran James R. Hecox

Today's #VeteranOfTheDay is Army Veteran James R. Hecox, who served with the 104th Infantry Division in Europe during World War II.

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**Our values
match yours.**



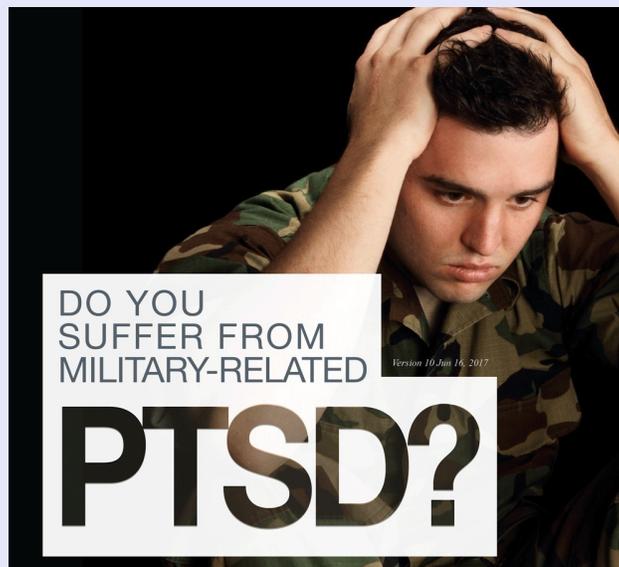
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World War II Veteran, Texas VA patient, celebrates 102nd birthday

Surrounded by family members, friends and staff, World War II Marine Veteran William Turner celebrated his 102nd birthday Oct. 26.

[Read More](#)



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



Tax & Credit Information



- 1) A tip for teachers: Some educator expenses may be tax deductible
- 2) IRS improves services to taxpayers with digital authorizations and launch of new Tax Pro Account
- 3) Employers should choose their payroll service provider carefully to protect against fraud
- 4) Here's what taxpayers need to know about higher education tax credits
- 5) More than 2.2 million additional Economic Impact Payments disbursed under the American Rescue Plan
- 6) Multilingual resources help families see if they qualify for advance child tax credit payments
- 7) Here's why taxpayers should have an IRS online account
- 8) Tax tips for students working summer jobs
- 9) Security Summit: Tax pros should encourage clients to obtain IP PINs to protect against tax-related identity theft
- 10) IRS cautions taxpayers about fake charities and scammers targeting immigrants
- 11) IRS continues unemployment compensation adjustments, prepares another 1.5 million refunds
- 12) Taxpayers and tax pros should be ready to verify their identity when calling the IRS
- 13) IRS announces 2021 Supplemental Application Low Income Taxpayer Clinic grant recipient
- 14) Extension filers: IRS Free File, other resources available until Oct. 15 for 2020 tax returns
- 15) Treasury, IRS provide additional guidance to employers claiming the employee retention credit, including for the third

and fourth quarters of 2021

16) Security Summit: Tax Pros can help clients battle identity theft risk related to unemployment



The Defense POW/MIA Accounting Agency announced four burial updates 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:

Army Pvt. Stephen C. Mason, of Jersey City, New Jersey, was assigned to Headquarters Company, 505th Parachute Infantry Regiment, 82nd Airborne Infantry Division. He was reported killed in action while trying to destroy an enemy machine-gun position near Beek, Netherlands, on Nov. 3, 1944. Following the battle, his remains could not be recovered. He was buried in North Arlington, New Jersey on Nov. 3, 2021. [Read about Mason.](#)

Marine Corps Cpl. Andrew Pellerito, 22, of Grand Rapids, Michigan, was assigned to Company K, 3rd Battalion, 2nd Marine Division, Fleet Marine Force, which landed against a stiff Japanese resistance on the small island of Betio 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. Pellerito was reported killed on the first day of the battle, Nov. 20, 1943. He will be buried on Nov. 30, 2021, in Augusta, Michigan. [Read about Pellerito.](#)

Marine Pfc. Walter L. Collier, 20, of Burbank, California, 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 Collier. He will be buried on Dec. 8, 2021, at the National Memorial Cemetery of the Pacific, Honolulu. [Read about Collier.](#)

Army Pfc. Michaux Turbeville, 31, of Dillon, South Carolina, was assigned to Headquarters and Headquarters Company, 3rd Battalion, 31st Infantry Regiment, 7th Infantry Division. He was reported missing in action on Dec. 1, 1950, after a fighting withdrawal near the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered. He will be buried at Arlington National Cemetery, Arlington, VA. The date has yet to be determined. [Read about Turbeville.](#)



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