



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, April 24, 2022

Volume 13, Issue 17



This-N-That

Good evening Jim,

Other than the VA often pushing off or “forgetting” Veterans, it’s nice to see that the VA is honoring their 25,000 Volunteers nationwide. Without these volunteers’ things in most VAMC’s would be a lot worse than they are, or could be. So, congratulations and thank you!

We now have 100 pieces of legislation listed in the TAKE ACTION section of the newsletter and we could use all the help we can get in getting much of this legislation passed, signed into law and made effective. But we can’t do it without you!

And for those who receive our newsletter, who are not active duty or a Veteran, you need not be either to help those who served and their families.

All links lead to a pre-written E-Mail and all you need to do is complete your name, address and in some cases a phone number. Then click send!

West Los Angeles VA Medical Center has finally begun renovations, repairs and construction to actually take care of and address the Homeless Veterans in Los Angeles. I don't know how long the project is going to take, but it's the first real serious move we've seen in well over a decade.

I have an article I will be posting regarding this sent to me by Commander Wells, and if you follow us on Twitter or have joined us on MEWE you will get first notification.

But I am very thankful to see real action being taken to address the problem and not just with "mini homes" that look more like converted storage units.

Now is we can get this kind of action nationwide, then that will more than prove to me they are addressing the problems on a nationwide level vs. where the squeaky wheel gets the most attention.

Periodically, Veterans-For-Change needs help too just to cover over-head/operational expenses which I've done my level best to keep as low as possible, and we find ourselves in a little need for assistance again. If you like what we're doing, have found the newsletter and website useful, please help us keep the site, newsletter and phone/fax lines operational so we can continue to provide in my humble opinion the best there is to offer Veterans. Click here to contribute what you can, please keep in mind this cannot be used as a tax deduction, it's merely a contribution in support. https://www.paypal.com/donate/?hosted_button_id=AV4LA42UMXUMS

As a continued reminder, to download and make sure you have all the necessary documents in a folder or large envelope and stored in your safe. I uploaded to the VFC Website for you to download. The file is called "[The Paper Safe-2022](#)", feel free to download or prints and keep safe.

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



Alcohol Misuse Awareness

Alcohol is the third leading preventable cause of death in the United States. VA research indicates that veterans with PTSD who are over the age of 65 and have a drinking problem or depression are at a higher risk of suicide. Substance use disorder, commonly known as addiction, is a disease with which an individual cannot control the use of alcohol and/or drugs. VA offers a variety of both inpatient and outpatient care treatment options. [Read more](#) or [take the next step](#) if you need help for yourself or a loved one.



Begin your journey to a healthy pregnancy with VA

Thinking about having a baby can be exciting and overwhelming. You want to have all the information you need – before your pregnancy – to make the best decisions for your future family. That's where VA can help. VA has a number of resources, including comprehensive health, mental health and fertility care to help you as you plan for pregnancy.

[Read More](#)



Live Whole Health #119: Mindful moment

The average person has more than 6,000 thoughts in a single day. That's a lot of thinking! There are so many distractions in our lives. Even with the chaotic pace of our days, there are quick and simple ways to remind yourself to be mindful.

[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@madvocacy.org



**Ask Senate to Pass the "Honoring Our PACT Act"
Now!**

The House has passed the "Honoring Our PACT Act" (H.R.3967) sponsored by the House Veterans Affairs Committee (HVAC) Chairman Mark Takano (Calif.). Now the Senate needs to pass it. The bill would allow for the first time all veterans who were at risk of toxic exposure, including 3.5 million Iraq and Afghanistan veterans, to obtain immediate and lifelong access to health care from the Department of Veterans Affairs (VA) - one of the largest expansions of health care eligibility in the VA's history. The bill would provide presumptive care for numerous conditions for veterans sickened by exposure to burn pits and other toxins. This bill (H.R.3967) would also establish a new science-based and veteran-focused process for the establishment of new presumptive conditions and would provide benefits to thousands of toxic exposure veterans who have been long-ignored or forgotten, including Agent Orange veterans suffering from hypertension. Members are urged to use the FRA Action to contact their Senators to ask them to [support this bill](#).



Eastern Oklahoma VA thankful for volunteers

Air Force Veteran Rod Ramsell has enjoyed volunteering at the Jack C. Montgomery VA Medical Center in Oklahoma for the past six years.

[Read More](#)



Webinar to cover impact Parkinson's disease has on mental health

VA and Parkinson's Foundation to highlight mental health resources available in upcoming webinar for Veterans living with the disease.

[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



Gold Star Family Day Bill Introduced

U.S. Senators Elizabeth Warren (Mass.) and Joni Ernst (Iowa), members of the Senate Armed Services Committee, introduced the "Gold Star Families Day Act" (S.3734), that would dedicate the last Monday in September as a federal holiday in observance and recognition of sacrifice that all Gold Star Family members make when a father, mother, brother, sister, son, daughter or other loved one dies in service to the nation.

"Gold Star Families make incredible sacrifices for our country, and that's why I'm introducing Gold Star Families Day Act with Senator Ernst - to honor and respect the painful sacrifice that continually lives with the families of our fallen heroes," said Warren.

"For the countless American families spanning generations who have given and sacrificed so much to defend our nation and protect our freedoms and way of life, our country is eternally grateful to you. As a combat veteran, I'm honored to join with my colleague Senator Warren in leading the Senate on this measure to recognize the sons, daughters, mothers, fathers, brothers, and sisters of the fallen who solemnly and proudly display the Gold Star," said Ernst.

Everyone can weigh in on this issue with the [FRA Action Center](#).



Service dog Dante part of Veterans' brain injury therapy

Facility dog Dante used in therapy to improve patients' gait, balance, range of motion, strength, coordination, cognition and participation.

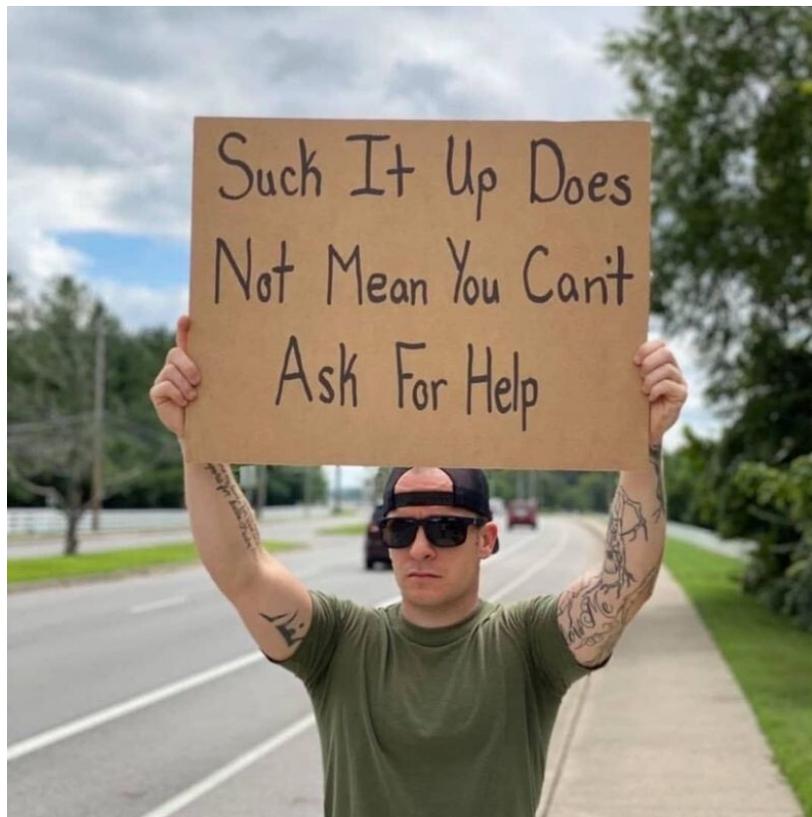
[Read More](#)



VA salutes our 25,000 volunteers this National Volunteer Week

National Volunteer Week: VA recognizes and honors our volunteers who significantly enhance the quality of services provided to our Veterans.

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Future GWOT Memorial will be Located on Capitol Mall

The enacted FY2022 National Defense Authorization Act (P.L.117-81) authorizes that the future Global War on Terror (GWOT) memorial to be placed in Washington D.C. on the National Mall, which is a unit of the United States National Park System. It is located near the downtown area of Washington, D.C. and is administered by the National Park Service of the U.S. Department of the Interior. The memorial will be dedicated to the 2.7 million troops who served since Sept. 11, 2001. In 2017, then President Trump approved the "Global War on Terrorism War Memorial Act" that exempted this memorial from the law that requires a 10-year wait after an official end of the war for building a memorial on the Capitol Mall.



Are you prepared for a flood?

A flood can occur within minutes or hours of a heavy rainfall, and waters can rise as high as 30 feet or more. Are you prepared?

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VA's 2022-28 Strategic Plan, Goal 1: Customer Experience

VA proudly presents the FY 2022-28 Strategic Plan, the culmination of a rigorous, two-year process that included interviews with hundreds of experts from VA and external stakeholders, including Veterans Service Organizations, members of Congress and other federal agencies. This feedback enabled VA to identify several consistent themes that were important to Veterans, and these were incorporated into the plan's four strategic goals.

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Tips to help with diabetes distress

If you are living with diabetes, here are some tips to help you cope.

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Veterans Canteen Service offers unique way to join VA family

Veterans Canteen Service needs enthusiastic staff — from cooks to sales associates to managers — to work at locations across the country.

[Read More](#)



Navy Veteran places in national poetry competition for third time

Veteran Richard Lundy won 3rd place in poetry at the Creative Arts competition. His third win! "My English teacher would be shocked!"

[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



**Carry your vaccine and health records with
CLEAR app**

To help make life easier for Veterans and family members vaccinated against COVID-19, the CLEAR Health Pass app stores and displays your mobile vaccine cards.

[Read More](#)



Tragedy assistance program seeks service members, Veterans to serve as mentors to grieving military children

The Tragedy Assistance Program for Survivors is looking for Veterans to serve as supportive mentors to children of America's fallen military.

[Read More](#)



Live Whole Health #118: Connecting Mind & Body session 1

Mind & Body connection is so important for health and well-being. Being connected to your body, your surroundings, the people in your life, your pets and your life overall creates a sense of well-being and health.

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Veteran turns to VA for mental health supportive services

Army Veteran Henry Howard turned to Atlanta VA after losing his health coverage and experiencing mental health issues.

"I got to a point where I said, 'I am done.' Then a voice told me to call the Crisis Hotline and that kind of got the ball rolling."

[Read More](#)



Robin Olds: The assertive innovator

Robin Olds, known for his brash personality, became an endearing figure thanks to his leadership, forward-thinking in aerial warfare and love for fellow Air Force pilots.

[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 04/20/21)

Please note, we've added one new item 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) [H.R. 333, Disabled Veterans Tax Termination Act](#)
- 6) [H.R. 344, Support the Women Veterans TRUST Act](#)
- 7) [H.R. 914, the Dental Care for Veterans Act](#)
- 8) [Military Retiree Survivor Comfort Act](#)
- 9) [S. 134/H.R. 637, the Veterans Economic Recovery Act of 2021](#)
- 10) [S. 437, Take Action for Veterans Exposed to Burn Pits](#)
- 11) [S. 89, Ensuring Survivors Benefits during COVID-19 Act of 2021](#)

- 12) STOP TRICARE Fee Increases
- 13) Support Bills to Expand Coverage for ChampVA and TRICARE Young Adults
- 14) Veterans Economic Recovery Act Introduced
- 15) H.R. 855, the Veterans Expedited TSA Screening (VETS) Safe Travel Act
- 16) 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.
- 17) Support Repeal of TRICARE Select Enrollment Fee
- 18) HR 1585 & S 565- Provide for the treatment of Vets who participated in the cleanup of Enewetak Atoll as Radiation Exposed
- 19) Please Support S. 344, the Major Richard Star Act
- 20) Support the Military Retiree Survivor Comfort Act
- 21) S. 810 & H.R. 1972, the Fair Care for Vietnam Veterans Act of 2021
- 22) HR 109 Establish an Advisory Committee on Implementation by the DVA of an electronic health record
- 23) HR 2372 and S 952 will Provide for Presumption of Service Connection for certain diseases associated with exposure to toxins
- 24) Please Ask you Senator to support S.952 the Warfighters Act
- 25) Support Improving VA Homelessness Program
- 26) S. 976, Caring for Survivors Act of 2021
- 27) H.R. 303, the Retired Pay Restoration Act
- 28) H.R. 912, American Indian and Alaska Native Veterans Mental Health Act
- 29) S. 976, the Caring for Survivors Act of 2021
- 30) HR 2269 and S 657 cover herbicide exposure in Thailand
- 31) Bipartisan Bill Introduced to Help Military Survivors
- 32) Legislation asks for Study of Involuntary Discharges for Women
- 33) H.R. 2436, the Veterans Burn Pit Exposure Recognition Act

- 34) H.R. 958—the Protecting Moms Who Served Act
- 35) HR 2127 and S 927, the TEAM bills Veterans Exposed to Toxic Substances
- 36) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 37) Ask your member to support S.810 and H.R. 1972 The Fair Care for Vietnam Veterans Act of 2021
- 38) 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
- 39) Ask your Senator to Support S.1520 Military Justice Improvement Act
- 40) HR 855, VETS Safe Travel Act
- 41) HR 3368, the Guam, American Samoa, and Johnston Island bill
- 42) H.R. 2521, Delivering Optimally Urgent Labor Access (DOULA) for Veterans Affairs Act of 2021
- 43) H.R. 1273, the Vietnam Veterans Liver Fluke Cancer Study Act
- 44) H.R. 2968, the Military and Veteran Student Loan Relief Act
- 45) H.R. 845, the VA Billing Accountability Act
- 46) Comprehensive Toxic Exposure Bill Introduced in House
- 47) HR 303 and S 1147 The Retired Pay Restoration Act
- 48) Ask Your Legislators to Support Concurrent Receipt Reform HR-1282
- 49) HR 1656 TREAT PTSD Act
- 50) S. 1664, the Post-Traumatic Stress Disorder (PTSD) Processing Claims Improvement
- 51) H.R. 2724 — VA Peer Support Enhancement for MST Survivors Act
- 52) Please Support H.R. 3452 —Veterans Preventative Health Coverage Fairness Act
- 53) HR 2192, The Camp Lejeune Justice Act of 2021

- 54) HR 5026, The Panama Canal Zone Veterans Act of 2021
- 55) HR 3368, HR 5026, HR 2269, S 657 are all Toxic Exposure Bills that need special attention and more pressure to get passed!
- 56) H.R. 4627, Veterans' Culturally Competent Care Act of 2021
- 57) S. 2172, Building Solutions for Veterans Experiencing Homelessness
- 58) H.R. 4571, the SERVICE Act of 2021
- 59) H.R. 4732, Protect Individual Unemployability Benefit for All Disabled
- 60) S. 1937, the Delivering Optimally Urgent Labor Access (DOULA) for Veterans Act of 2021
- 61) S. 2283 and H.R. 5073—the Crisis Hotline REACH for Veterans Act
- 62) HR 852 and S 221, United States - Israel PTSD Collaborative Research Act
- 63) Ask Congress to Preserve Arlington National Cemetery
- 64) HR 4949 and S 692, the Hello Girls Congressional Gold Medal Act of 2021
- 65) HR 2963, the VOW to Hire Heroes Extension Act of 2021
- 66) S 1970, The Clean Water for Military Families Act
- 67) Support S. 1198/H.R. 2819—the Solid Start Act of 2021
- 68) H.R. 3402/S. 976—Caring for Survivors Act of 2021
- 69) HR 3537 and S 1813, Accelerating Access to Critical Therapies for ALS Act
- 70) S. 2386/H.R. 4575, the Veteran Peer Specialist Act
- 71) H.R. 5721—the VIPER Act
- 72) H.R. 5607, Justice for ALS Veterans Act
- 73) HR 2601 and S 1188, SFC Heath Robinson Burn Pit Transparency Act
- 74) S. 3017, Veterans Dental Care Eligibility Expansion and Enhancement Act
- 75) H.R. 4794 and S. 2533, the Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act
- 76) HR 1361 and S 444, AUTO for Veterans Act
- 77) H.R. 4880 and S. 2720, the Veterans' Prostate Cancer

Treatment and Research Act

- 78) HR 2800, the WINGMAN Act
- 79) H.R. 5944, Veterans Administration Backlog Accountability Act of 2021
- 80) HR 3400, VA Emergency Transportation Act
- 81) HR 2992, TBI and PTSD Law Enforcement Training Act
- 82) HR 6260, the Casualty Assistance Reform Act of 2021
- 83) H.R. 6064, VA Compensation and Pension exams for claims related to military sexual trauma
- 84) H.R. 5819, Autonomy for Disabled Veterans Act
- 85) HR 3596, the Lawrence J. Hackett, Jr. Vietnam Veterans Agent Orange Fairness Act
- 86) H.R. 2327 – to Remove Delimiting Dates for Survivors and Dependents' Educational Assistance
- 87) S. 2513/H.R. 4772, Improved VA Clothing Allowance Benefit for Disabled Veterans
- 88) S. 3293, the Post 9-11 Veterans Mental Health Care Act of 2021
- 89) HR 6402 and S 1725, will grant a Federal charter to the National American Indian Veterans, Incorporated
- 90) HR 6659 and S 3541, the Health Care for Burn Pit Veterans Acts
- 91) Ask your member to support S.810 and H.R. 1972 the Fair Care for Vietnam Veterans Act of 2021
- 92) H.R. 6543, Restore Veterans Compensation Act
- 93) H.R. 3967, Honoring Our PACT Act Going to House Floor for a Vote
- 94) H.R. 2916/S. 1467, the VA Medicinal Cannabis Research Act of 2021
- 95) S. 3483, Justice for ALS Veterans Act
- 96) H.R. 6273 and S.3397, the VA Zero Suicide Demonstration Project Act of 2021
- 97) HR 7050, Ernest Peltz Accrued Veterans Benefits Act
- 98) S. 3851/H.R. 7089, the Veterans Exposed to Toxic PFAS Act

- 99) S. 3854/H.R. 6823, the Elizabeth Dole Home Care Act
100) HR 4601 and S 2405, Commitment to Veteran Support and Outreach Act



Chair yoga helps Veterans with mobility

Veterans enrolled in VA have many options for their care and well-being—such as yoga.

[Read More](#)





Message From Monica Diaz, Executive Director, VHA Homeless Programs Office

At VA, we believe every Veteran who has served their nation deserves a safe place to call home, and we believe this goal is obtainable when we all work together.

I am thrilled to announce that we are about to take a major step toward achieving this goal. As part of VA Secretary Denis McDonough's new goals to end Veteran homelessness announced in February, VA has issued a national challenge to permanently house 38,000 Veterans in 2022. Please keep an eye out for more information on this exciting initiative. I could not be more confident that the people who comprise the VHA Homeless Programs will play an important role in fulfilling this challenge.

As we work to help every Veteran exit homelessness, we must also continue preventing Veterans from entering homelessness by acknowledging the underlying risks unique to the military and Veteran population.

[Read Monica's full message](#)



**We believe you and we believe in you: Resources
for homeless Veterans**

Veterans experiencing sexual assault or intimate partner violence are at greater risk of being homeless. We believe you, and believe in you.

[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



HPO Fact of the Month

Did you know that VA can pay certain benefits to Veterans who are incarcerated in a Federal, State, or local penal institution?

It's important that justice-involved Veterans are familiar with VA benefits, including which ones they may still be eligible to receive. The amount VA can pay depends on the type of benefit and reason for incarceration.

Learn more about how incarceration affects eligibility for [VA benefits here](#).



America250: Army Air Forces Veteran Henry "Hap" Arnold

This week's America250 salute is Army Air Forces Veteran Henry "Hap" Arnold, who led the flying arm during World War II.

[Read More](#)





Gulf War Veterans

Gulf War Exposures & Health Concerns is a free, virtual class to help Gulf War Veterans understand potential exposures and health effects, steps to manage symptoms, research findings, and available resources. Join this class on Thursday, May 12, from 1:30 p.m. – 3:00 p.m. ET. You can attend through your personal computer, smart phone, or tablet.

To learn more about the class and to register, see the class flyer [HERE](#).



Upcoming webinar to inform new suicide prevention grant program applicants

The Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program (SSG Fox SPGP) focuses on reducing Veteran suicide through community-based prevention.

[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



A Heart for Service

Volunteer offers Tai Chi to Veterans; teaching them how to move in their bodies the way they were designed to move. Tai Chi can be very beneficial for physical and mental challenges Veterans face.

[Read full Story](#)



Veterans' Creative Arts Festival April 20-25

The creative arts are a form of rehabilitative treatment to help Veterans recover from and cope with physical and emotional disabilities.

[Read More](#)



Follow us on

MeWe

Veterans-For-Change.org

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](#)



7th Annual National Convening

On May 18 at 10 a.m. ET, the Elizabeth Dole Foundation and the U.S. Department of Veterans Affairs will host the 7th Annual National Convening. Join us for this virtual event as we seek to improve the military caregiver experience in America and address priorities to cultivate a hopeful future for our nation's hidden heroes, Veterans, survivors, and their families.

[Learn More](#)



Chats with the Chief: Brynn Cole

In this week's episode of Chats with the Chief, VHA Chief of Staff Jon M. Jensen sits down with Brynn Cole, Director of Design and Storytelling with VHA Innovation Ecosystem.

[Read More](#)



Bacteria Eating Viruses, Returning to the Workforce, and OIF Resources

In this episode of The BLUF we look at bacteria eating viruses, how Veterans can get paid to learn a new trade, and OIF resources for Veterans entitled to compensation for medical conditions presumed related to fine particulate matter exposure.

[Learn More](#)



Innovation revolutionary: Dr. Mark Walker

Dr. Mark Walker, innovation revolutionary, is interested in more than just the diagnosis of dizziness and balance disorders.

[Read More](#)



- 1) FDA Considers New Approach to Improve Safe Disposal of Prescription Opioid Analgesics, Decrease Unnecessary Exposure to Unused Medication
- 2) FDA Considers New Approach to Improve Safe Disposal of Prescription Opioid Analgesics, Decrease Unnecessary Exposure to Unused Medication
- 3) FDA Drug Shortages
- 4) FDA Roundup: April 19, 2022
- 5) FDA Roundup: April 22, 2022
- 6) FDA Takes New Steps Regarding Evaluating Public Health Importance of Additional Food Allergens
- 7) FDA warns consumers not to purchase or use Artri and Ortiga products, which may contain hidden drug ingredients
- 8) FDA warns consumers not to purchase or use Artri and Ortiga products, which may contain hidden drug ingredients
- 9) FDA Warns of Risks Associated with Non-Invasive Prenatal Screening Tests
- 10) FDA works to protect consumers from potentially harmful OTC skin lightening products
- 11) Genetic Non-Invasive Prenatal Screening Tests May Have False Results: FDA Safety Communication



**Share Your Voice, Improve Government
Performance**

Whether searching for vaccine safety information, claiming retirement benefits, receiving health insurance, passing through a security checkpoint, or checking a farm loan application status, Americans expect government services to be responsive. Share your voice, provide feedback on your life experiences, and help solve issues impacting Veterans and their families.

[Share Feedback](#)



National July 4th Veterans Art Competition now accepting submissions

Calling all Veteran visual artists! The National July 4th Veterans Art Competition is now accepting submissions. Operation Gratitude and Challenge America are inviting Veteran artists to honor the service and sacrifice of active-duty service members, Veterans and first responders by participating in the National July 4th Veterans Art Competition. The art competition offers Veteran artists [...]

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Updates on the Family Caregiver Program for Legacy Participants and Applicants

As of March 22, 2022, VA is reviewing and examining the current Program of Comprehensive Assistance for Family Caregivers (PCAFC) eligibility criteria. Learn more about what Family Caregivers of Legacy Participants and Legacy Applicants can expect during this time.

[Read More](#)

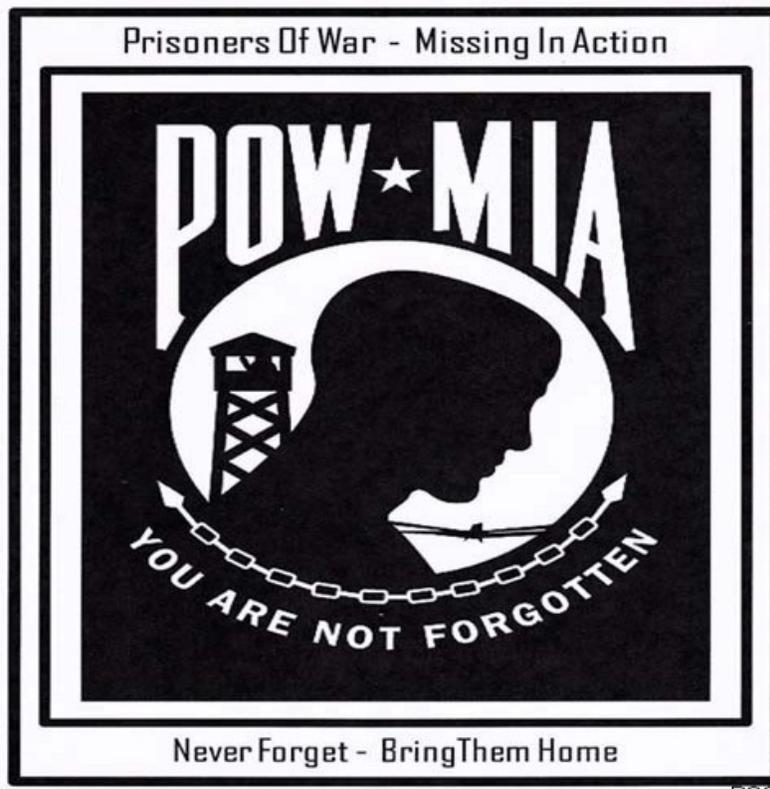


Updates on the Family Caregiver program for legacy participants and applicants

VA is reviewing and examining the Program of Comprehensive Assistance for Family Caregivers eligibility criteria. Here's what legacy participants and applicants should know.

[Read More](#)





Pharmacy Benefit Questions? Check Out TRICARE Handbook

Do you want to learn more about your prescription drug coverage? The TRICARE Pharmacy Program Handbook is a helpful resource to learn how your TRICARE pharmacy benefit works and what it covers.



[Read More](#)

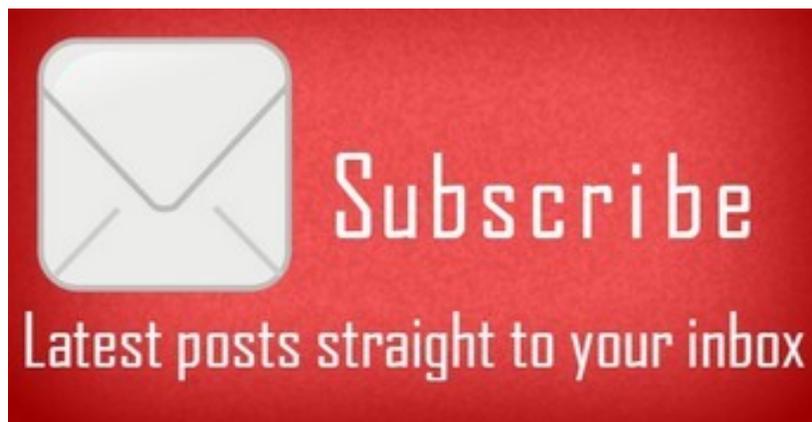
Team RWB to engage Veterans, supporters through Marching Orders movement challenge

Team Red, White & Blue (RWB) is challenging supporters to take on their own movement goal beginning April 18 as part of its 7-day annual Marching Orders event.

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If you received this newsletter as a courtesy or a forward from a friend or relative, you can sign up to receive in your E-mail every week.



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



Pre-Authorization and Medical Necessity for Prescription Drugs: What You Need to Know



TRICARE has procedures to make sure you get the right prescription drug to treat your condition. You must sometimes work with your doctor to get approval for coverage of certain drugs. Two examples of this are pre-authorization and medical necessity.

[Read More](#)



Your military service leads the way with Veterans' Recruitment Appointment

Under the Veterans' Recruitment Appointment, agencies like VA can move qualified Veterans to the front of the line for certain positions.

[Read More](#)



**Our values
match yours.**



www.veterans-for-change.org

CLICK HERE TO GO TO THE VFC WEBSITE



VA and partners discuss sexual assault and sexual harassment prevention and response

VA Deputy Secretary Donald M. Remy was a plenary speaker at the National Discussion on Sexual Assault and Sexual Harassment at America's Colleges, Universities, and Service Academies held on April 6. Hosted by the Department of the Navy and Howard University, this event rotates between Military Service Academies and their community academic partners to highlight advances in sexual assault and sexual harassment prevention and response across organizations and share promising practices.

[Read More](#)

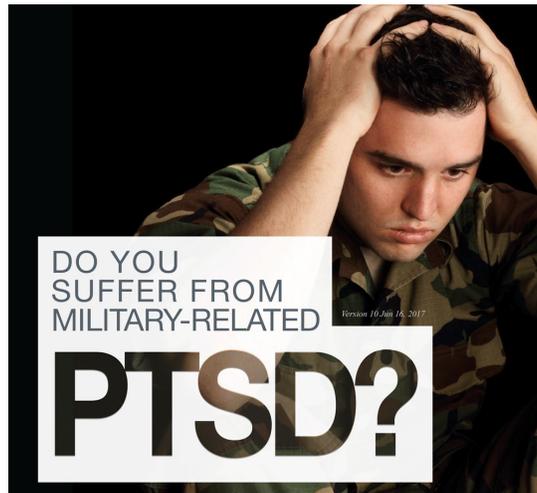


Tips to help with diabetes distress

Veterans are 2.5 times more likely than non-Veterans to have diabetes. If you suffer from diabetes distress, VA can help you cope.

[Read More](#)





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



VA telehealth makes VA care accessible to women Veterans

VA is dedicated to bringing the best health care to women Veterans. VA telehealth ensures that Veterans can receive the care they need even when they are far from their VA facilities. Veterans can use an internet-connected device to access care from any location, even in remote areas, at home or in a clinical setting.

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VA services build hope after sexual assault

VA wants everyone who has experienced sexual assault to know services are available to support healing...with a variety of options to choose from.

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Listen: Transforming Care for Women at Veterans Affairs

Did you know: The number of women Veterans has TRIPLED in the last 20 years? Learn more about the ways VA continues to expand its health care services for this growing population from VA's Chief Officer for Women's Health, Dr. Patricia Hayes, and Director of Women's Reproductive Health, Dr. Amanda Johnson, in a new podcast episode.

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CLEAR app lets Veterans carry their vaccine and health records anywhere

Like millions of Americans vaccinated against COVID-19, you might find yourself digging for your vaccine card to enter restaurants, shops, concerts and other venues. To help make life easier for Veterans and family members, VA accepted onto its list of available third-party mobile apps the CLEAR Health Pass app—which stores and displays mobile vaccine cards.

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Not utilizing U.S. Department of Veterans Affairs (VA) health care? It's never too late to enroll.

It's never too late to enroll in VA health care services. Sign up for the VA Women's Health Reengagement Training (HeaRT) to gain a better understanding of how VA can support your health care needs. Are you a woman who served in the military but never enrolled in VA Health Care? If so, this program is for you. The U.S. Department of Veterans Affairs (VA), Office of Women's Health (OWH) is providing unenrolled Veteran women with a training program to help you understand what VA health care services are available and how to access them. The best part? All training sessions are designed, developed, and delivered by women Veterans, for women Veterans! Through the VA Women's Community Health Outreach and Reengagement Training (heaRT), you will have the opportunity to connect with fellow Veteran women in your community and learn what Veteran-and women-centered VA health care services are available to you: Preventive care and wellness; Women's health services; Whole health & mental health services; How to determine VA care eligibility and enroll in VA. The virtual training will be a women-only, one-time, 4-hour session. To register, visit https://bit.ly/womens_heart. You are welcome to register for any session. Both virtual and in-person sessions are available. Please contact info@WomensheaRT.info with any questions.

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