

VA



U.S. Department
of Veterans Affairs



[#VetResources](#) - for Veterans, their Families, Caregivers and Survivors

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VA Podcast: [Army Veteran Terrance Hayes: Focused on Communications](#)

[VNN: Applying for Government Jobs, VA's Clothing Allowance, & More](#)

Instagram: [Get Moving! Find Out How to Add More Movement to Your Life](#)



Ensuring No One Goes Hungry

Struggling with having enough food for your family is a difficult topic. VA is here to help. VA's [Nutrition and Food Services](#) (NFS) and the Department of Agriculture's (USDA) Food and Nutrition Service are working together to address Veterans' access to adequate and nutritious food options. Find out more about resources available to Veteran families for nutrition care and screening for delivery of food.

[LEARN MORE](#)



Ask questions now on benefits and services for Minority Veterans and Tribal Communities

Join us live on August 13th from 3-4PM ET for a live Q&A focused on Minority Veterans on RallyPoint. You can ask questions to the VA Center for Minority Veterans, Tribal Relations, and State VA (NASDVA). Ask a question now to ensure an answer.

[ASK A QUESTION](#)

C&P Exams Resume: What to Expect

In-person Compensation & Pension (C&P) exams for Veterans' disability claims are resuming at select locations after briefly being paused due to social distancing.

C&P exams help VA determine whether a disability claimed is related to military service. Find out where in-person C&P exams are being conducted, what they cover, how to schedule one, and answers to other C&P questions.



[LEARN MORE](#)

[Helpful Tips on Successfully Transitioning Your Military Career to a VA Career](#)

VA Expands Veterans' Caregivers Assistance



Those who serve those who served play a vital role in Veterans' health and well-being. VA is improving and expanding its Program of Comprehensive Assistance for Family Caregivers (PCAFC) to cover more Veterans and their caregivers.

Find out if you are eligible as a Veteran's caregiver, what services are offered, and how to apply.

[LEARN MORE](#)

[VA publishes final regulation for its Program of Comprehensive Assistance for Family Caregivers](#)

[VA, Elizabeth Dole Foundation to offer respite relief for Veteran caregivers](#)

[VA Develops COVID-19 Risk Assessments](#)

Most Unique or Newest Veterans State Benefits



State representatives share some of the most **unique** or **newest** benefits available to Veterans.

Find local benefits available to you, in alphabetical order by state.

[FIND YOUR STATE](#)

[Mental Health Treatment Options at VA](#)

Carbohydrate Questions: Find Out What's Best

The third episode of VA's *Fresh Focus* podcast series is focused on carbohydrates: whole grains and fiber. Learn healthy tips on adding the healthiest carbohydrates to your plate for energy and nutrition!



[LISTEN NOW](#)

[Learn About VA's "Fourth Mission" Response to COVID-19](#)

Free Online Yoga Classes Support Well-being



Yoga has numerous benefits for your health and well-being. The Veterans Yoga Project has partnered with VA, Vet Centers, Veterans Service Organizations, and universities to bring these benefits to you.

Join daily, **free**, live, online yoga classes to build up your emotional, physical, and spiritual well-being.

[LEARN MORE](#)

[VA Expands Care for Women Veterans](#)

Free Books and Reading Mobile App for Veteran Families

Once upon a time, social distancing made some daily routines more difficult, such as reading books together.

United Through Reading has made story time for Veteran families easier, with **free** books and a **free**, secure phone app that allows Veterans to record themselves reading a book. Children can watch the recordings whenever they want, so Veteran families can enjoy together-time even when they can't be together in-person.



[LEARN MORE](#)

[VA Begins Clinical Trial for COVID-19 Treatment](#)

Vets First Podcasts: VA's Research into What Matters to YOU

VA focuses its research on what matters to Veterans. Join VA for a series of podcasts to learn more about what VA is exploring in its efforts to better serve its Veterans. This week's episode is on treatment of post-traumatic headache. Also check out previous podcasts.

[LEARN MORE](#)



[VA Works to Protect Older Veterans from COVID-19 Complications](#)

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Army Veteran Terrance Hayes: Director of VFW Communications and Public Affairs



Army Veteran Terrence Hayes is the new National Director of Communications for the Veterans of Foreign Wars (VFW). Hayes discusses why it is important to support VSOs and shares what he has learned since starting his position, particularly VFW's little-known benefits available to members and nonmembers.

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[LISTEN](#)

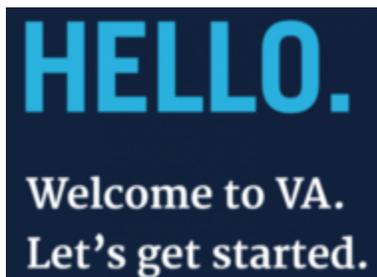


[Vantage Point](#)

- [Acting VA deputy secretary thanks Vietnam Veterans during ceremony](#)
- [How VA Helps Veteran business owners](#)
- [Adrenaline on ice: Veterans excel at Para bobsled](#)
- [Live Whole Health: Self-care episode #42 – Are You Listening?](#)
- [Respiratory therapists return from two-week deployment](#)
- [Ministering to spiritual needs on the front lines of COVID-19](#)
- [Recreation Therapy staff keeps Veterans busy](#)
- [Celebrating the Year of the Nurse: April Conway is a VA nurse and an innovator for SCI services](#)
- [VA works to protect older Veterans from COVID-19 complications](#)
- [Youth volunteer steps up during pandemic](#)
- [Remembering Fort Gratiot's July 1832 cholera victims](#)
- [Remembering the USS Indianapolis \(CA 35\) on its 75th Anniversary](#)

VA News Releases

- [VA reduces prescription opioid use by 64% during past eight years](#)
- [VA survey to collect customer feedback on education benefits](#)
- [VA publishes final regulation for its Program of Comprehensive Assistance for Family Caregivers](#)
- [VA, America's Adopt A Soldier partner to help Veterans at risk of or experiencing homelessness stay connected](#)



Find a VA Facility near you.

[FACILITY LOCATOR](#)

Not sure where to start?

[VA WELCOME KIT](#)

No Veteran Should Be Without a Place to Call Home

Free Help for Homeless Veterans Dial 1-877-4AID-VET (1-877-424-3838) for 24/7 access to VA services for homeless and at-risk Veterans

[Homeless Veteran Chat](#) Confidential, 24/7 online support for homeless Veterans and friends

<https://www.va.gov/homeless> for more information

Are You a Veteran in Crisis or Concerned About One?

Did you know that VA offers same day services in Primary Care and Mental Health at 172 VA Medical Centers across the country? [Make the Connection Resource Locator](#)

Contact the [Veterans Crisis Line](#) ([1-800-273-8255](tel:1-800-273-8255) and press 1, [Chat](#), or Text 838255.)

Want to receive this newsletter or other VA updates?



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Please remember the only secure way to ask personal questions is at <https://iris.custhelp.com>.



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