

Media Report 31 March 2023

This weeks media reports will cover and answer great questions veterans are still asking and local Media Articles and An illness or injury can have an impact on your ability to adjust to life after service. We all need healthcare services. The Treatment benefits program provides coverage for a variety of benefits and services to help you get—and stay healthy

The Public Service Health Care Plan

You may have heard that as of 1 July 2023, Canada Life will become the new administrator of the Public Service Health Care Plan (PSHCP). All plan members who have coverage through VAC should follow the instructions for each provider below to ensure a smooth transition. There are important steps to take to avoid coverage cancellation.

Please note that the change in contractor will not impact the benefits available to members and their families, nor the Public Service Health Care Plan premiums. Until 30 June 2023, claims should continue to be sent to Sun Life.

Sun Life

- It is important that you keep your personal information up to date with Sun Life by signing into the [Sun Life PSHCP](#) Members Services site.
- Confirm your address and dependent information (if applicable).
- If you prefer to make updates on paper, call the Sun Life Call Centre at 1-888-757-7427 (toll free in North America).

Canada Life

- In March 2023, Canada Life will be sending enrolment packages to all members. You should return your forms using the postage paid return envelope by 30 April, 2023. This will allow time to process and avoid coverage termination.
- If you have not received the package by early April 2023, please contact Canada Life at 1-855-415-4414.

Visit [Canada Life's PSHCP](#) Member Services site to learn more.

The SMSRC invites you to an event on its programs, services and initiatives
The Sexual Misconduct Support and Resource Centre (SMSRC) is pleased to invite you to attend a live event.

Date: Tuesday, April 11, 2023

Time: 12:00 pm to 1:30 pm (Eastern Time)

Join on Zoom

Sexual Misconduct Support and Resource Centre (SMSRC) - invitation to live event // Centre de soutien et de ressources sur l'inconduite sexuelle (CSRIS) - invitation à un événement en direct

This is an opportunity for the Defence Team community to get updates on existing SMSRC programs, services, and initiatives as well as new ones to come and ask questions about the following:

The Independent Legal Assistance Program

The Community Support for Sexual Misconduct Survivors Grant Program

The Military Sexual Trauma Peer Support Program

The Restorative Engagement Program

The expansion to our existing support services

Future engagement opportunities

The event will be held on Zoom (not accessible on the DWAN). The platform has been carefully selected to ensure the anonymity of all participants is protected. The event will be in both official languages with simultaneous interpretation and sign language interpretation (ASL/LSQ) available.

We hope that these new opportunities for services and support will be a positive step forward as we continue to consult, improve, and expand to better meet the needs of people affected by sexual misconduct.

We encourage you to share this invitation with anyone you think might like to attend. If you are not available to attend, the event will be recorded and made available for those who wish to view it on our website in the weeks following the event.

Le CSRIS vous invite à un événement sur ses programmes, services et initiatives

Le Centre de soutien et de ressources sur l'inconduite sexuelle (CSRIS) a l'immense plaisir de vous inviter à assister à un événement en direct.

Date : le mardi 11 avril 2023

Heure : 12 h 00 à 13 h 30 (heure de l'Est).

Joignez-vous sur Zoom

C'est l'occasion pour la communauté de l'Équipe de la Défense d'obtenir des mises à jour sur les programmes, services et initiatives existants du CRSIS ainsi que sur les nouveautés à venir et de poser des questions sur ce qui suit :

Le Programme d'assistance juridique indépendante

Le Programme de subventions pour le soutien communautaire pour les personnes

survivantes d'inconduite sexuelle

Le Programme de soutien par les pairs pour les traumatismes sexuels dans le cadre du service militaire

Le programme de Démarches réparatrices

L'expansion de nos services de soutien existants

Les futures possibilités d'engagement

L'événement sera tenu sur Zoom (non disponible sur le RED). Cette plateforme a été soigneusement sélectionnée pour garantir le maintien et la protection de l'anonymat de toutes les personnes participantes. L'événement sera offert dans les deux langues officielles avec de l'interprétation simultanée et l'interprétation en langues des signes (ASL/LSQ) sera disponible.

Nous espérons sincèrement que ces nouvelles possibilités de services et de soutien constitueront un pas en avant positif alors que nous continuons à vous consulter, à améliorer et à développer nos services pour mieux répondre à vos besoins.

Nous vous encourageons à partager cette invitation avec toute personne qui, selon vous, voudrait participer à cet événement. Si vous ne pouvez pas y être, nous enregistrons l'événement et le mettrons à la disposition des personnes qui souhaitent le visionner sur notre site Web dans les semaines qui suivront l'événement.

Rehabilitation Program Updates

[Rehabilitation Program](#) Participants,

We continue participant migration to our rehabilitation services contractor, Partners in Canadian Veterans Rehabilitation Services (PCVRS). As a reminder:

- Participant files continue to migrate weekly to PCVRS.
- Your Case Manager will make contact prior to your file being migrated and provide support through the migration process.
- Once you migrate to PCVRS you will be contacted by a Rehabilitation Service Specialist (RSS) who will work collaboratively with you, your Case Manager, and any existing service providers during your rehabilitation journey.

As a reminder, we have updated how we deliver the Rehabilitation Program to better serve you and support our case managers.

Rehabilitation Program improvements include:

- Industry proven rehabilitation best practices to enhance the level of care you will receive.
- Continued support from your Case Manager as well as an RSS.
- Access to a Participant rehabilitation portal that provides a place to submit your claims, manage appointments, communicate with your RSS and access training.
- Scheduled participant check in's that will give you an opportunity to give feedback on the program.

You can get more information about the updates to the Rehabilitation Program including the [phased migration process](#) by reading our [FAQs](#). Check out the [PCVRS Participant Guide](#) for more information on how rehabilitation services will be delivered by PCVRS.

If you have any questions please reach out to your Case Manager by calling 1-866-522-2122 or through My VAC Account.

Each month, VAC, Salute! provides news about:

- benefits and services available to Veterans and their families and tips on accessing them;
- remembrance and commemoration activities in Canada and abroad; and
- other events, including public discussions.

You will also see stories about today's Veterans, their challenges and successes, and how they contribute to their communities after leaving the military.

In this edition:

News

- [Release of report into allegations of inappropriate conversations with Veterans about Medical Assistance in Dying \(MAiD\)](#)

On March 10, we released a report on the investigative process to the Parliamentary Standing Committee on Veterans Affairs. The report provides an overview on what we found and the steps taken to ensure this situation does not happen again.

- [In-person appointments at VAC field offices](#)

You can now book in-person appointments with VAC staff at field offices, as well as virtual in-person appointments.

Programs and services

- [Taking care of oneself while supporting a loved one: videos help the](#)

[caregivers](#)

Laryssa knows that being a military spouse is not for everyone. In this video from the Atlas Institute for Veterans and Families, she describes her strong identity as a military family member—as a daughter, spouse, and mother to currently serving and former CAF members.

- [The Most Painful Podcast explores chronic pain's link to mental health](#)

The second season of The Most Painful Podcast explores the impacts mental health can have on chronic pain. Part of a series from the Chronic Pain Centre of Excellence, the podcasts cover all aspects of chronic pain by providing a deeper understanding of recent research and better insight into chronic pain.

- [Making the connection between food and mental health](#)

Do you see links between your eating and drinking habits and your mood? Healthy eating can have a positive impact on your overall wellness and mental health. During March, Nutrition Month, observe your eating—you may find what and how you eat affects how you feel.

- [Faster processing times for hearing loss claims](#)

Veterans who have applied for Hearing Loss and Tinnitus (HTL) claims will begin to see reduced wait times for decision making, and will receive benefits sooner.

Veterans' stories

- [Daphne McFee: It's not 'cuz of me](#)

Daphne McFee, a 30-year RCMP Veteran, was looking to support her family as they navigated her husband's, Ret. RCMP Corp Paul Woods, diagnosis of severe, complex PTSD and depression.

Commemoration

- [Canadian peacekeeping in the Congo](#)

Colonel (Ret'd) Charles Hamel and CWO (Ret'd) Rob Knapton left their mark in the Congo. This month, we proudly feature the stories of these two Canadian Veterans on our website.

- [Canadian students enjoy work in France at Canada's First World War memorials](#)

It's an exciting time at the Canadian National Vimy Memorial and the Beaumont-Hamel Newfoundland Memorial sites, as the 2023 winter session is well underway.

- [March 8: International Women's Day](#)

Each year on March 8, the contributions and achievements of women around the world are observed, recognized, and celebrated. This year's theme is Embrace Equity.

- [International Day for the Elimination of Racial Discrimination](#)

Every year on March 21, we observe the International Day for the Elimination of Racial Discrimination. Originally proclaimed by the United Nations General Assembly in 1966, the global community stands in solidarity with those who face racism and racial discrimination.

- [Preserving Canada's legacy overseas](#)

On a recent visit to France and England from February 28 to March 2, the Honourable Lawrence MacAulay met with local authorities and Juno Beach Centre representatives.

- [Commemoration calendar](#)

Engagement

- [2022 VAC National Client Survey Results](#)

Most Veterans Affairs clients and their families are satisfied with VAC's programs and services, while certain groups report being less satisfied than the average. These are the key findings of the VAC National Client Survey.

- [Help us help homeless Veterans](#)

No Veteran should be without a place to live—especially during our cold Canadian winters. If you know someone who served in the CAF or RCMP who is homeless or at risk of becoming homeless, please help us help them.

- [2023 Women and 2SLGBTQI+ Veterans Forum concludes](#)

Women, men, and gender diverse people have different needs when it comes to VAC's policies, programs and other initiatives. The 2023 Women and 2SLGBTQI+ Veterans Forum was held recently to better understand and address the unique needs of these underserved communities.

Please share Salute! with your friends and contacts so they can keep up on issues that matter to Veterans and their families.

Let us know what you think about Salute! [by emailing us](#).

Learn more about Salute!

IN THE MEDIA

[Ottawa must 'recapitalize' the Canadian Armed Forces, Anand says ahead of budget](#)

[Liberals announce \\$1.4 billion investment in Ottawa's Dwyer Hill Training Centre](#)

[Décarboner les opérations militaires: une mission complexe](#)

[Military expecting to save \\$30 million per year with targeted housing benefit for](#)

[troops](#)

[Veteran who took part in D-Day embodied value of putting duty before self](#)

[Au moins 250 M\\$ pour les manèges militaires de Sherbrooke](#)

[Forging ahead: How blacksmithing is helping first responders and veterans with healing](#)

Base/Wing — Newspaper

14 Wing Greenwood — [The Aurora](#)

22 Wing North Bay — [The Shield](#)

4 Wing Cold Lake — [The Courier](#)

CFB Esquimalt — [The Lookout](#)

CFSU Ottawa — [The Guard](#)

CFB Shilo — [The Shilo Stag](#)

19 Wing Comox — [The Totem Times](#)

8 Wing Trenton — [The Contact](#)

CFB Petawawa — [The Petawawa Post](#)

17 Wing Winnipeg — [The Voxair](#)

CFB Halifax — [The Trident](#)

CFB Edmonton — [The Western Sentinel](#)

CFB Valcartier — [The Adsum](#)

CFB Kingston — [Garrison News](#)

CFB St Jean — [The Servir](#)

3 Wing Bagotville — [The Vortex](#)

CFB Borden — [The Citizen](#)

Base Gagetown — [Gagetown Gazette](#)