

## Media Report 15 March 2024

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'

### PRESIDENTS MESSAGE TO NVOC MEMBERS 15 MARCH 2024

Veterans who are members of the National Association of Federal Retirees receive the magazine “Sage” which often includes information of interest to the Veteran community. When I released twenty years ago, the release clerk of the day had me sign on to join this retiree organization and my membership continues. The CF ceased having the option to join upon release a decade or so ago? Membership is \$4.66 a month (\$55.92 a year). [federalretirees.com](http://federalretirees.com)

In this month’s edition there is an article “**When veterans become patients**”. A brief summary: *A new program aims to help health-care practitioners with the unique physical and mental health challenges faced by veterans. Veterans and their families can consult it, too.*

There’s a new tool to help veterans navigating the health-care system— the My Patient is a Veteran Program. It’s a series of videos that are also podcasts, designed for health-care providers to understand the specific needs of veterans. Veterans are a unique group in that their careers took place in a culture that promoted never showing weakness, says Jeffrey Puncher, administrative director of family medicine at the University of Ottawa. “They could have a lot of underlying trauma that a civilian doctor or civilian emergency department might not be equipped to deal with on an emergency basis,” Puncher says. Incomplete health records, an internal health system blind to sex- and gender- based differences and service-related injuries and illnesses that show up after release add to the complexity of veteran health care during and after release from the military. With the scarcity of health care in general these days, many veterans, like many Canadians, don’t have a family doctor, or may have difficulty finding one given the unique conditions and care needs they may have. The My Patient is a Veteran program hopes to inform health practitioners who have veterans and their families as patients, as well as those who treat them in on-demand facilities, that while veterans may have different physical and mental health challenges, that shouldn’t discourage doctors from taking them on as patients.

The project was jointly developed by uOttawa’s department of family medicine, Queen’s University and the City of Ottawa’s veterans task force. It was launched in October 2023. The seven-part video series explores the foundations of veteran health and well-being, as well as engaging with this patient population. “If you look in the last 10 to 15 years, there’s been a very big focus on mental health in the

services,” Puncher says. “[But] 20 years ago, you didn’t bring this up, you hid it away and you suffered silently. Now there is not so much of a stigma.”

The series also contributes to improved and more equitable outcomes in veteran health care by considering the needs of women veterans, including in a standalone module for this group, which features Women Veteran Research and Engagement Network members Maj. (ret’d) Karen Breeck and professor Maya Eichler. The series notes that “sex-and gender-specific military hazards that have real-life impacts on servicewomen and women veterans are under- researched and underappreciated.” “For a long time, people had assumed that a one-size-fits-all-approach to military and veteran research and care was adequate,” Eichler says. “But increasingly, as the military population becomes more diverse, we’re beginning to understand that approach isn’t working for everyone. Veterans are best served by recognizing them as individuals with various intersectionalities.” Eichler notes the importance of trauma awareness and effective screening for women who are veterans.

Krisi Adamo, a uOttawa health sciences professor, reviews scientific findings on the sex-based differences in musculoskeletal injuries and health conditions experienced by women veterans. The findings inform not only health care, but preventive measures including evidence-informed policy change.

While the program is designed for health-care professionals, veterans and their families can explore the material and share it with their health-care providers.

According to Veterans Affairs Canada (VAC), as of March 2020, there were an estimated 629,300 veterans in Canada, which translates to approximately one in 50 Canadians, aged 15 years or older. About 32,100 of those are war service veterans from the Second World War or Korean War. The remaining 597,200 served after Korea. VAC provides services to 187,101 veterans, including war service veterans, Canadian Armed Forces veterans, RCMP veterans and survivors.

The program is available online. Search YouTube.com for My Patient is a Veteran. [https://www.youtube.com/results?search\\_query=My+Patient+is+a+Veteran](https://www.youtube.com/results?search_query=My+Patient+is+a+Veteran).

## **Veterans Independence Program for survivors**

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### Quick links

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2. [Do you qualify?](#)
3. [How to apply](#)

4. [Additional information](#)
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Could home care services help you remain independent in your own home? The Veterans Independence Program for survivors provides annual funding to help cover the cost for services such as grounds maintenance and housekeeping.

## About this program

The Veterans Independence Program for survivors provides annual tax-free funding to help cover the cost for services such as grounds maintenance and housekeeping.

This program does not replace other federal, provincial or municipal programs. Instead, it is intended to work with those programs to help meet your needs.

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## Do you qualify?

To qualify, your deceased spouse must have been:

- a Second World War or Korean War Veteran, and
- was receiving or eligible to receive a Disability Pension or the War Veterans Allowance.
- And was not receiving services through the Veterans Independence Program (VIP). If they were receiving VIP services, you need to apply as a primary caregiver.

In addition, at the time they died, you must:

- have been primarily responsible for ensuring their care for at least one year, and
- not receiving a wage to provide that care.

If all of these conditions are true, you should apply for the Veterans Independence Program for survivors if you:

- are low-income (and receive the [Guaranteed Income Supplement](#)); or
- are disabled (and receive the [Disability Tax Credit](#)); and
- have a health-related need for these services, and
- currently live in Canada.

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## How to apply

### Apply online

If you are registered for My VAC Account, you can submit your application for this benefit online. If you aren't registered, you can [register now](#).

[My VAC Account](#)

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### Mail or in person

Download the application form. Then, drop it off at a [VAC office](#) or at any [Service Canada office](#). You can also mail your completed form directly to the address listed on the form.

[Go to form](#)

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### Get help with your application

The staff at any [VAC office](#) can assist you, or call us at **1-866-522-2122**.

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## Additional information

## Find out more

See [current maximum rates payable](#) for these services.

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## Related programs

[Veterans Independence Program](#): Payments for home and health care services that you need to remain independent at home.

[Veterans Independence Program for caregivers](#): Helps the spouse or survivor of a Veteran remain in their home and community.

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## Frequently asked questions

### What is the fastest way to apply for VIP services?

The fastest way to apply is by using [My VAC Account](#). Other methods are also available, see '[How to Apply](#)' for more information.

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### I am currently living outside of Canada, can I still receive my VIP benefits?

Unfortunately, Veterans Independence Program payments can only be provided to you when you are residing in Canada.

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### Can I choose any provider of services?

You may obtain services from the provider of your choice.

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## How is my housekeeping/grounds maintenance grant calculated?

The housekeeping and grounds maintenance grants are calculated based on your level of need and the going rate for these services in your area, up to the allowable maximum amount. These rates are determined by a review of costs for these services across the country, including the labour market index. This national rate table shows the going rates payable by geographic area.

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## Where can I find the policies for this program?

Read the [Veterans Independence Program policies](#).

## **IN THE MEDIA**

### [Extended Invitation: Cyprus 2024](#)

CMEA

Cyprus 2024 is the 60th anniversary of Operation SNOWGOOSE, plus the 50th anniversary of a forgotten war. Led by "those who were there", this pilgrimage will reunite Veterans of Cyprus and their families. The program includes: speakers, exhibits, site visits, cultural excursions, interaction with Cypriots who lived through the conflict, and camaraderie. [Read More](#)

### [Invitation prolongée : Chypre 2024](#)

CMEA

Chypre 2024 marque le 60e anniversaire de l'opération SNOWGOOSE et le 50e anniversaire d'une guerre oubliée. Dirigé par "ceux qui y étaient", ce pèlerinage réunira les anciens combattants de Chypre et leurs familles. Le programme comprend : des conférenciers, des expositions, des visites de sites, des excursions culturelles, des échanges avec des Chypriotes qui ont vécu le conflit, et de la camaraderie. [Lire Plus](#)

## [Appointments: COs and RSMs](#)

CMEA

On 17 December 2023, Canadian Army Commander LGenl Jocelyn Paul announced the Canadian Army Reserve Commanding Officer and Regimental Sergeant Major appointments for the 2024 active posting season (APS). [Read More](#)

## [Sgt Gaëtan Lefebvre \(Ret'd\) receives a Quilt of Valour](#)

CMEA

On March 1st, at the Legion in Lancaster, Ontario, Dan Larouche presented Sergeant (ret'd) Gaëtan Lefebvre, with his Quilt of Valour. Gaëtan served for 22 years, in the Canadian Army, as a Combat Engineer. A marking event in his career, was to be deployed from CFB Val Cartier, in response to the 1970 October crisis in Québec, (FLQ). [Read More](#)

## [Le Sgt Gaëtan Lefebvre \(ret\) reçoit une courtepointe de vaillance](#)

CMEA

Le 1er mars, à la Légion de Lancaster, en Ontario, Dan Larouche a le plaisir de remettre au Sergent (à la retraite) Gaëtan Lefebvre sa courtepointe de vaillance. Gaëtan a servi pendant 22 ans dans l'Armée canadienne à titre de génie de combat. Un événement marquant dans sa carrière sera son déploiement à partir de la BFC Val Cartier, en réponse à la crise d'octobre 1970 au Québec (FLQ). [Lire Plus](#)

## [Evolution on the Battlefield — The Rise of Combat Sports in the Canadian Armed Forces](#)

CMEA

Exercise STRONG CONTENDER (Ex SC) is an annual exercise led by 1 Canadian Mechanized Brigade Group (1CMBG) in Edmonton. It brings all units together with the purpose of building team cohesion through sports competition. Besides traditional sports, such as hockey, soccer, and powerlifting, Canadian Armed Forces (CAFs) have embraced a new Combat Sport which is not readily known to many. [Read More](#)

### **[Chronicles from Vedder — Part 5 Hinterland Unlocked](#)**

CMEA

At the end of Chronicle 4, I stated that there were a lot of topics, beyond fishing, that might interest members of the Corps that had served or trained at the Home Station in Vedder Crossing. So, again, this chronicle may seem more of a tourist travel log than a historical meandering of things RCE, but I hope that I hit a couple of memory buttons. That is, herein there may be items of interest to those planning to visit the Greater Chilliwack Area (GCA) or mayhaps move "back to the Wack." [Read More](#)

### **[Celebrating Excellence Awards — DM/CDS Regional Achievement Award — Safety Compliance Program RPOU\(W\)](#)**

CMEA

The Celebrating Excellence Awards (CEAs) represent one of the highest expressions of recognition within the Defence Team. This year, eighty[LW1]-seven military and civilian award recipients across DND received such honour for their outstanding performance. The ceremony was conducted in a hybrid format, with award recipients both attending virtually and in person. The Deputy Minister and Chief of the Defence Staff attended in person to mark the significance of the awards. [Read More](#)

### **[Cyprus '74 — The Sapper Story Part 2 — Kyrenia](#)**

CMEA

On arrival in theatre, the Diving Section of 1 Airborne Field Squadron fulfilled the role of



Defence and Employment Section for CANCON HQ at Wolseley Barracks on the outskirts of the old city in Nicosia. On a rotational basis, two members of the Section were detached to Kyrenia, in the Finnish Battalion's area of responsibility, to operate the unofficial CANCON Boathouse and provide recreational diving and waterborne opportunities to the contingent. [Read More](#)

### **Combat Divers return to Metchosin waters**

Lookout Newspapers

After a four-year hiatus, Exercise Roguish Buoy returned to Metchosin on Jan. 29 for two weeks, allowing 65 Army Combat Divers from Canada and worldwide to test their teamwork skills. Working in the tides and currents of the Strait of Juan de Fuca provided a new dynamic as Combat Divers normally work in inland waterways and bodies of fresh water, said Lieutenant-Colonel (LCol) Cindy Legarie, Canadian Forces School of Military Engineering (CFSME) Commandant. [Read More](#)

### **First 2024 iteration of Canada's signature arctic sovereignty exercise begins**

Government of Canada

The Canadian Armed Forces (CAF) will be hosting Operation NANOOK-NUNALIVUT, from March 1 to 17, 2024, in and around Resolute, Nunavut and Yellowknife, Northwest Territories, to demonstrate our resolve and ability to operate in the Arctic. Over 300 CAF members will work alongside approximately 50 armed forces members from the United States, Belgium, Germany, and France. CAF members will be conducting activities including joint long-range patrols, austere logistics, and below-ice diving, with support from local and regional partners specializing in Arctic terrain, Arctic infrastructure, and Arctic logistics support. [Read More](#)

## [Début de la première édition de 2024 du plus important exercice de souveraineté dans l'Arctique du Canada](#)

Gouvernement du Canada

Les Forces armées canadiennes (FAC) mèneront l'opération NANOOK-NUNALIVUT du 1er au 17 mars 2024 à Resolute, au Nunavut, et à Yellowknife, dans les Territoires du Nord Ouest, ainsi que dans les environs de ces emplacements, pour démontrer notre détermination et notre capacité à opérer dans l'Arctique. Plus de 300 membres des FAC travailleront aux côtés d'environ 50 membres des forces armées de l'Allemagne, de la Belgique, des États Unis et de la France. Les membres des FAC participeront à des activités comme des patrouilles interarmées à long rayon d'action portée, de la logistique dans des conditions austères et des plongées sous la glace avec le soutien de partenaires locaux et régionaux spécialisés dans le terrain, l'infrastructure et le soutien logistique arctiques. Lire Plus

## [Ukrainian ground drone and 'Baba Yaga' air drones drop anti-tank mines on the Russians](#)

Daily Mail via YouTube

A Ukrainian ground drone equipped with an anti-tank mine was used to blow up a Russian trench, giving a glimpse into the future of warfare. Video taken at an undisclosed location shows the small robot driving towards a tree-line where Russian soldiers are sheltering, where it embeds itself. The Ukrainians then detonate it, blowing a hole in the fortifications. [Watch Video](#)

## [Three new polls suggest a growing number of Canadians want more money spent on defence](#)

CBC

Three new public opinion surveys suggest Canadians are growing more concerned about the state of the country's military — and about Republican presidential frontrunner Donald Trump's threats to abandon allies who don't invest in defence. The Angus Reid Institute released new data Tuesday showing a larger share of Canadians — 29 per cent — are choosing military preparedness and the country's place on the world stage as their top political priority. Almost a decade ago, that figure was just 12 per cent. [Read More](#)

## ['Non-combat' military trainers could return to Ukraine — but not yet: Blair](#)

Global News

Canada will consider sending military trainers back to Ukraine if "certain conditions" are met, but those conditions "do not yet exist," Defence Minister Bill Blair says. Any Canadian military members would only be sent in "non-combat" roles, he added. Blair made the comments during a news conference at Canadian Forces Base Edmonton. [Read More](#)

### **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 —

17 Wing Winnipeg — [The Voxair](#)

CFB Halifax — [The Trident](#)

CFB Edmonton — [The Western Sentinel](#)

CFB Valcartier — [The Adsum](#)