

630241- **in our post home >>>**

VVnW Commander, Phil Davis
814-282-9737

1st Vice-Commander, Del Preston
814-853-2915

2nd Vice-Commander, Tom Burbidge

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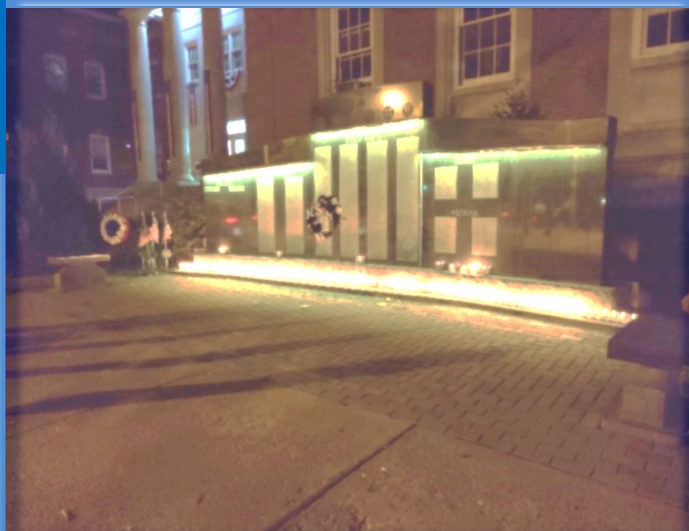
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Street Address: 13240 Dunham Road, Meadville

2024

NOVEMBER



POST 52'S NEWS

A Publication of VVnW Jack Greer Memorial Post 52



Our Troops >>>

Project Support our Troops

UPCOMING PACKING:

- **Tuesday,**
- **November 13th –**
5:30 PM

Visit us at:

<https://www.facebook.com/pages/Project-Support-Our-Troops/>

**We are accepting
stateside names and
addresses, in
addition to those
deployed! Reach
out to your friends
and neighbors and
let's get as many
soldiers boxes as we
can.**

Please Contact:

**Kim Lengling at (814)
724-9099**

OR

**Laurie Davis at (814)
853-8145**

Commander's Comments

It has been a very nice autumn so far. I hope everyone has been able to get ready for the winter months that are just around the corner.

Due to a lack of color guard, we were not able to participate in the Meadville Halloween parade this year. This is the first time since 1988. Color Guard members are needed. Give me a call if you are interested.

We have also been asked if we are able to attend Veterans Day activities at the schools this year as well as the flag raising ceremonies Active Aging. All these activities have been traditional things we have been able to attend over the past 36 years and I am sorry to say we may not be able to attend in the future. Post #52 and VFW #2006 have been the only active color guard units in recent years and the way it is going it will not be long before there is no one to perform these duties.

We have been able to support our veterans, their families, our soldiers, and the community through the strength of our membership and the support of the community. Hopefully we will be able to continue for many years to come.

I know I have asked before and I am asking again, if you are able to help the post in any way, please let us know. If it is with Project Support Our troops, helping in the kitchen / dining room, helping with color guard, helping with our fund raisers, working the Fair booth, helping with election day dinner, etc.

We are still able to help the veterans, their families, our soldiers, and the other organizations we support as well as our community through our many Projects we have set aside for this purpose.

We continue to build wheelchair ramps. The benevolent fund is active helping veterans that need a hand up as well as sending packages all around the world to our soldiers. We have received many Thank You's from our soldiers serving in Combat Zones around the world.

Thank you for your continued support.

Yours In Brotherhood,

Phil 814-282-9737

VETERANS DAY



HONORING ALL WHO SERVED

NOVEMBER 2024 MENU

Open for dine-in or Take-Out 4 pm - 7 pm
Homemade Dinners are open to the public

Gift Certificates available

Featured dinners change weekly

NOTE: We are closed for major holidays

CARRY OUT AVAILABLE - CALL 814-807-1661



Served EVERY Week:

Deep fried haddock, Baked haddock, Spaghetti and Shrimp basket served every week.

See below for weekly feature

Beer Battered Fried Fish

\$15

Deep fried haddock served with choice of fresh cut French fries or baked potato. Served with side salad, veggie and dessert included.

Lemon Pepper Baked Haddock

\$15

Haddock seasoned with lemon pepper seasoning, freshly baked served with choice of fresh cut French fries or baked potato. Served with side salad, veggie and dessert included.

Shrimp Basket

\$15

8 pieces of golden fried butterfly shrimp served with choice of fresh cut French fries or baked potato. Also served with side salad and dessert included.

Spaghetti

\$10

Post 52 homemade spaghetti meat sauce. Served with side salad, bread and dessert included.

Feature dinner November 2, 2024

STUFFED PEPPERS

\$12

Stuffed pepper served with mashed potatoes, veggie, side salad and dessert.

Feature dinner November 9, 2024

BAKED CHICKEN

\$12

Chicken breast served with mashed potatoes, veggie, side salad and dessert.

Feature dinner November 16, 2024

WINGS

\$1+

Wing flavors are BBQ, Dry Ranch, Butter & Garlic, Mild, Hot or Dry Cajun.

Upgrade to a meal add \$5. Includes fresh cut French fries, side salad and dessert.

Feature dinner November 23, 2024

HOT ROAST BEEF SANDWICHES

\$12

served with mashed potatoes, veggie, side salad and dessert.

NO DINNER NOVEMBER 30TH ~ Happy Thanksgiving

Feature dinner December 7, 2024

BEEF TIPS OVER NOODLES

\$12

Served with veggie, side salad and dessert.

Details and Dates.....

Election Day dinner Hot Roast Beef Sandwiches November 5th. Serving 11 am to 7 pm. **Help needed starting at 9 am – 8pm. Please call Phil to schedule your time 814-282-9737.** Only a handful are needed for each time slot – however, we have a lot of hours to cover.

Color Guard – 7:30AM Veterans Day at Community Center, Park Avenue, Meadville.

VETERANS DAY – free lunch to Post 52 veteran member and 1 guest. **November 11th – 11:00 am – 2:00 pm.** See enclosed flyer.

November 12th -- Decorate the Post for Christmas **9:00 am.** If you can help just come!

Troops packing: Boxes with Christmas snacks will be packed **Wednesday, November 13th, at 5:30pm.** There will not be any other packings this year The packings are being set much earlier than normal due to the amount of time it is taking packages to reach their destination.

You can keep up-to-date on information at www.post52.com.

Lions dinner: Thursday, November 14th. 3:00 – 6:00 PM. If you can help, please call Charlie Manning 814-333-2519.

Post Meetings:

All Post monthly meetings are scheduled for the 3rd Monday of the month at 7:00 PM.

NEXT MEETINGS – November 18th / NO meeting in December / January 20th

December 3rd, 9:00 am. Pack gifts for Soldiers and Sailors Home. Visit to Soldiers and Sailors Home date is pending; watch next month's newsletter for details. If you can help, just come to the post.

December 13th – 6 PM. Set up the building for the Post Christmas Party.

Post Christmas party – December 14th. Please RSVP by December 5th. Call Laurie 814-853-8145. See enclosed flyer.

Membership:

Dues are due December 31st.

\$20 annual

\$200 life membership

Pay Dues

RENTALS of the POST HOME

Use of Building Only:

- Member Rental Fee - \$75
- Non-Member Rental Fee - \$100

Use of Kitchen with Building:

- Member Rental Fee – \$125
- Non-Member Rental Fee -- \$150

Renter is responsible for set up of building prior to event and clean up after event. Thank you!

Thanks for all you do every day of every month!

Commander: Phil Davis

1st Vice: Del Preston

2nd Vice: Tom Burbidge

Master Sgt-at-Arms: Jack Sheets

Trustee: Ken Novosel

Quarter Master: Laurie Davis

Secretary: Marsha Manning



The paper edition of Post 52's News is a quarterly publication.

The email (e-Edition) is issued monthly.

If you wish to receive a monthly copy, please send your email address to: post52snews@gmail.com

Paper Edition/Copy Schedule (subject to changes / extra editions): March, June, September, December.

Email Edition Schedule: January, February, March, April, May, June, July, August, September, October, November, December.

Submission Deadline for the Post 52 Newsletter is the 28th of each month. Items received after the 28th will be held for future issues, printed as time and space permit, and as appropriate.

Lion's Club dinners are listed on our calendar so that members are aware of when we need additional kitchen help; our Post caters the dinners for the Lion's Club. Stop in, lend a hand, and thank the Lion's Club members for their community work!

It's OKAY to Ask for Help!

Please utilize this link to sign up and receive updates from the Veterans Administration via email and/or text messages:

<https://public.govdelivery.com/accounts/USVA/subscriber/new/>

CRISIS LINE – Crawford County 800-315-5721

and Erie County 800-300-9558

Suicide Hotline 800-273-8255 IF IMMEDIATE DANGER, CALL 911

National Resource Directory- www.nrd.gov – online directory to services and resources for wounded troops, veterans and their families.

AGENT ORANGE REGISTRY INFORMATION – 412-822-1707 OR

<https://www.publichealth.va.gov/exposures/agentorange/benefits/registry-exam.asp>

Herbicide Storage Location Link (OUTSIDE of Vietnam):

<https://www.publichealth.va.gov/exposures/agentorange/locations/index.asp>

CRAWFORD COUNTY VETERANS SERVICES OFFICE

814-333-7314 (phone) OR website information:

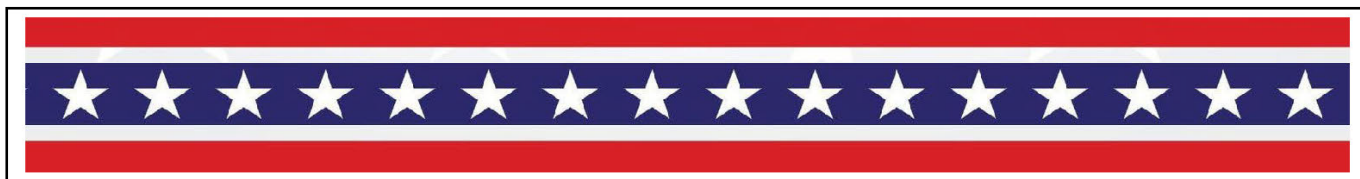
<https://www.crawfordcountypa.net/VeteransServices/Pages/home.aspx>

There is help available 24 hours a day, seven days a week:

The Veterans Crisis Line — Call (800) 273-8255, then press 1. You can also text and chat online at 838255.

Dial 988 then Press 1 for crisis support 24/7!

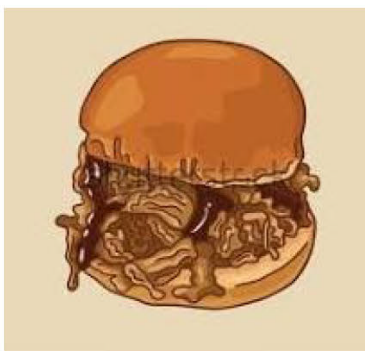
Also available is the Women Veterans Call Center, which provides U.S. Department of Veterans Affairs services and resources to women veterans, their families and caregivers. You can also chat online anonymously with a call center representative. Call (855) VA-Women (855-829-6636) 8 a.m. to 10 p.m. on weekdays and 8 to 6:30 Saturdays. Use the same number to text.



YOU ARE INVITED

FREE VETERANS DAY LUNCH

FOR POST 52 VETERAN MEMBERS AND 1 GUEST



**Menu is pulled pork sandwich, side of coleslaw, macaroni & cheese,
homemade soup and homemade dessert.**

Reservations helpful, but not required

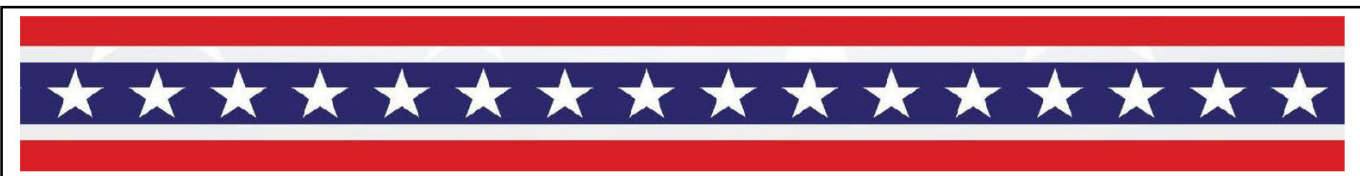
Please RSVP by November 4th

Call Theresa at 814-382-6363

November 11th

11 AM – 2 PM

13240 Dunham Road, Meadville, PA 16335





FROM the VA

Veterans Day



HONORING ALL WHO SERVED

November 11, 2024

www.va.gov





PTSD Bytes – PTSD and chronic pain Understanding chronic pain

October 21, 2024

***Catherine Tang,
Virtual Student Federal
Service Intern***

In this episode of the PTSD Bytes podcast, host Dr. Colleen Becket-Davenport discusses PTSD and chronic pain with Dr. Jennifer Murphy, national director of [VA's Pain Management program](#) and lead author for the VA's [Cognitive Behavioral Therapy for Chronic Pain \(CBT-CP\)](#) initiative and Dr. Katie Hadlandsmyth, clinical pain psychologist and health services researcher at Iowa City VA and the University of Iowa.

Understanding chronic pain

When we think of pain, we often think of acute pain, which is typically short-term, caused by a specific injury and resolves within a few months. Chronic pain, on the other hand, lasts longer than three months and often extends years or decades. About one in four people in the U.S. have chronic pain and the prevalence is even higher among the Veteran population.

Pain is not only physical, but can also affect other aspects of life, such as how you interact with your family, your mood and your participation in personal interests. Psychologists who specialize in working with people who experience chronic pain can be helpful. Pain psychologists will listen to the person with pain and offer advice on ways to manage and respond to the pain so it doesn't interfere as much with your life.

Most of us avoid activities if we think it will cause us more pain. However, too much avoidance can be counterproductive in the long run, because it could lead to greater pain or make us more susceptible to injury. Pain psychologists can help you better understand your own pain, what you can do to manage it most effectively and live the best life possible.

PTSD and chronic pain

PTSD and chronic pain are often linked. Fifty percent of Veterans with PTSD also report suffering from chronic pain. The reasons for this are complex. Some research shows that a history of trauma can alter how the nervous system processes pain, making individuals more sensitive to it. Children exposed to trauma may develop pain sensors that are more attuned to discomfort, increasing the risk of chronic pain in adulthood. The symptoms of PTSD and chronic pain tend to magnify each other.

Like PTSD, chronic pain is often misunderstood because its symptoms are not always visible. People with chronic pain often do not feel heard or believed, and this can make it difficult for individuals to seek help.

Treatment for both PTSD and chronic pain

Treatment for people who experience both chronic pain and PTSD typically includes multiple approaches with multiple types of health care providers. It is common for people to get their PTSD treatment through mental health specialists and pain care either through primary care, specialty pain clinics or rehabilitative services.

This is most effective if the different health care services are working together to coordinate care. Another approach—and this is becoming increasingly available at VA—is combined treatment.

This means a Veteran could go to a single provider or team to treat their chronic pain and PTSD simultaneously.

Outside of treatment, there are also many helpful non-pharmacological and self-management approaches geared toward empowering individuals, helping them achieve their goals and providing them with ideas for how to make changes they desire despite the pain.

One helpful self-management tool is VA's [Pain Coach mobile app](#), which offers a broad range of tools and videos to help with pain management and other areas impacted by pain, such as sleep. The app includes education and resources, such as activity pacing and relaxation techniques, in addition to customizable daily check-ins that are linked to helpful tools.

Additional links

- Learn more about [chronic pain and PTSD](#).
- VA's [research overview on chronic Pain and PTSD](#) (from 2022).
- Resources for [Veterans experiencing chronic pain](#).
- Learn more about [VA mental health apps](#).
- Find [mental health treatment at VA](#).
- Find [mental health treatment outside of VA](#).
- More [PTSD Bytes episodes](#).

If you are a Veteran who is experiencing a crisis or supporting a loved one who is, call 988 and press 1 for immediate assistance, or chat online at [VeteransCrisisLine.net/chat](https://www.veteranscrisisline.net/chat).

https://www.sharedfedtraining.org/Podcasts/PTSDBytes_EP43.pdf

FROM the VA

Care and research for Alzheimer's and related dementias *VA provides care for Veterans with Alzheimer's and related dementias*

October 23, 2024, Matthew Davio and Kassara Kneeland, Acting Communications Director, Office of Research and Development; Social Worker, St. Cloud VA

Veterans with posttraumatic stress disorder (PTSD), spinal cord injuries and traumatic brain injuries (TBI) may face a heightened risk of Alzheimer's disease and related dementias (ADRD).

Research shows that chronic stress from PTSD can accelerate brain aging while certain injuries to the spine can disrupt brain signals, both of which increase vulnerability to neurodegenerative conditions like ADRD. Veterans who have experienced these conditions may face cognitive decline earlier than expected, making timely diagnosis and support crucial for their overall well-being.

Warning signs of dementia include:

- Repeatedly asking the same questions.
- Becoming disoriented in familiar places.
- Difficulty following directions.
- Confusion about time, people and places.
- Challenges with self-care such as nutrition, bathing or maintaining personal safety.

Given that other conditions can mimic dementia symptoms, it is essential that Veterans—especially those



with PTSD, TBI or spinal cord injuries—undergo a thorough medical evaluation if exhibiting any of the above symptoms.

After an Alzheimer’s disease and related dementias diagnosis

VA understands that receiving an ADRD diagnosis can be overwhelming. Many Veterans and their families feel a mixture of fear, sadness or anger. Understanding the diagnosis and planning for the future can empower Veterans and their loved ones. While ADRD can impact daily living, staying active both mentally and physically can help manage some symptoms.

If you are diagnosed with ADRD, VA offers several services that can support you in maintaining your quality of life:

- [Home-based primary care.](#)
- [Skilled home health care.](#)
- [Homemaker and home-health aid.](#)
- [Home telehealth.](#)
- [Respite care for caregivers.](#)

“Accurate diagnosis of ADRD often requires collaborative, team-based conversations among all the experts. This involves more extensive diagnostic evaluation and more complex management plans to fully address the Veteran’s cognitive, behavioral and physical symptoms. VA supports these types of multidisciplinary team-based collaborations to ensure Veterans the best possible care,” said Dr. Sophia Wang, geriatric psychiatrist and medical director for the Neurodegenerative Disorders Clinic at the [Roudebush VA](#).

Support for caregivers

Colleen McCarty Gould cares for her Veteran husband Dale and relies on VA’s caregiver support services. When Dale was diagnosed with Parkinson’s disease, Colleen was unaware that Parkinson’s could lead to dementia. Participation in her local VA Caregiver Support Program opened her eyes to the complexities of the disease.

“The online program was invaluable. It was a game changer for me,” she said. It also showed Gould that she is not alone in this experience. “We see what others are going through and how we can handle the common threads like memory loss, anger and the difficulty around processing information,” she added.

[Caregivers](#) play an essential role in helping Veterans manage the complexities of ADRD. VA offers extensive resources for caregivers through the Caregiver Support Program, including access to Caregiver Support clinicians at every facility who can connect families to both VA and community services.

To locate the Caregiver Support Program at your facility, you can call the VA Caregiver Support Line (1-855-260-3274) or check out the Caregiver Support Program website.

Get more information on [VA resources for Veterans with ADRD and their caregivers](#). We also encourage caregivers to explore VA’s [dementia caregivers video series](#).

VA’s role in research

VA has advanced understanding of the [relationship between PTSD, TBD, spinal cord injuries, genetics and ADRD](#) by leveraging the power of [clinical research](#). The Million Veteran Program (MVP), one of VA’s ongoing studies into ADRD, is one of the most diverse genetic databases in the world with over a quarter of its participants representing a racial or ethnic minority. The program’s diversity helps researchers identify unique differences in populations and tailor their findings to improve care for all Veterans.

“By using these large databases, VA researchers have done epidemiologic studies that suggest that a diagnosis of PTSD, moderate or severe TBI and Agent Orange exposure increase Veterans’ risk of ADRD,” Wang added.

You can [learn more about MVP](#) and make an appointment at a participating VA facility by calling 866-441-6075.

An ADRD diagnosis is difficult but Veterans and their caregivers do not have to face it alone. VA is here to support Veterans and their loved ones with world-class care and resources.

What's Happening at Post 52 and around the Globe

November 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 SATURDAY NIGHT DINNER 4-7PM
3 Daylight Saving Time Ends	4	5 Election Day Post 52 serving dinner, help needed (see pg. 3)	6	7	8	9 SATURDAY NIGHT DINNER 4-7PM
10 A.B.A.T.E. meeting 11:30am at Post 52 <i>Ride after meeting!</i>	11 Veterans Day 7:30am Color Guard at Community Center 11am-2pm lunch at the post (see pg.3 & flyer)	12 9:00am Decorate the Post for Christmas	13 Troops Packing at 5:30pm	14 Lions Club Dinner, help needed (see pg 3)	15	16 SATURDAY NIGHT DINNER 4-7PM
17	18 Post 52 meeting 7pm	19	20	21	22	23 SATURDAY NIGHT DINNER 4-7PM
24	25	26	27	28 Thanksgiving Day	29	30 NO Saturday Night Dinner

December 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 9:00am Packing for Soldiers & Sailors Home	4	5	6	7
8	9	10	11	12	13 6:00pm Set up for Christmas Party	14 Post 52 Christmas Party! Social Hour 6pm Dinner 7pm BYOB
15	16 NO MEETING this month	17	18	19	20	21 Start of Winter (Winter Solstice)
22	23	24	25 Christmas	26	27	28
29	30	31 Membership Dues due date				

