

in our post home >>>

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2025

FEBRUARY



POST 52'S NEWS

A Publication of VVnW Jack Green Memorial Post 52



Our Troops >>>

**Project
Support
our Troops**

**UPCOMING
PACKING:**

➤ **Tuesday, February
11, 2025 at 5:30pm**

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

Happy January / February!

I hope everyone had a good Christmas and New Years.

So far, we have been having a winter like we used to have, it's good for killing all the nasty germs and bugs, including ticks. I hope this newsletter finds everyone well, however we do have some friends and family members that are having some health problems. Please send prayers where they are needed.

We are still looking for anyone interested in joining our color guard, even if you can only help with funeral details or anything non marching. Post 52 and VFW 2006 are about the only color guards available. Thank you to Marshall Lillie for recently joining and taking the position of color guard Pastor.

Dinners are going well, still able to pay the bills to keep the building going. Thank you for your continued support.

Project Support Our Troops continues to send packages all around the world every month as we have done for the past 24 years. To my knowledge we are the only organization anywhere that sends packages every month including Christmas.

We are always looking for new members. All Veterans with an honorable discharge are eligible for membership.

Yours In Brotherhood,

Phil 814-282-9737

February



FEBRUARY 2025

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



FISH, SHRIMP, & SPAGHETTI SERVED EACH WEEK

Beer Battered Fried Fish

\$15

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

Spaghetti

\$10

Post 52 homemade spaghetti meat sauce. Served with choice of coleslaw or applesauce, bread and dessert included.

Feature dinner February 1, 2025

HAM DINNER

\$12

Served with mashed potatoes, choice of coleslaw or applesauce, veggie and dessert.

Feature dinner February 8, 2025

BEEF TIPS OVER NOODLES

\$12

Slow cooked tender tips served over bed of noodles topped with homemade beef gravy. Served with choice of coleslaw or applesauce, veggie and dessert.

Feature dinner February 15, 2025

WINGS

\$1+

Choice of BBQ, Hot, Mild, Cajun or dry ranch. Served with choice of fresh cut French fries or baked potato, side salad and dessert. **Upgrade to meal add \$5**



Feature dinner February 22, 2025

HAM LOAF

\$12

Homemade ham loaf served with baked sweet potato, choice of coleslaw or applesauce, veggie and dessert.

Details and Dates.....

Troops packing 2/11/2025 – starts promptly at 5:30 pm

Lions dinner – 2/13/2025

Next meeting 2/17/2025 – 7 pm



Membership Dues – if you have not paid your membership dues, they are now past due. This newsletter is the last you will receive until renewal is paid.

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

Post Meetings:

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

NEXT MEETINGS – February 17, March 17, April 21



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

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!

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/chat 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.

FROM the VA



Veterans get more time to transition to new online login system

For immediate release, January 31, 2025, 10:43 am

WASHINGTON — The U.S. Department of Veterans Affairs today announced it will provide Veterans additional time to transition to a new online login system that lets them more quickly and securely access information about their VA health care and benefits.

In July, VA announced a [phase out of My HealtheVet and DS Logon sign-in options](#), in favor of two new options, Login.gov and ID.me, which will help the department offer stronger protections for Veterans, families and caregivers.

With today's announcement, VA is extending the final deadline by which veterans and beneficiaries can log in to VA.gov, VA mobile applications and other VA online services using their My HealtheVet username and password from Jan. 31, 2025, to March 4, 2025. The deadline to switch from DS Logon to ID.me or Login.gov remains Sept. 30, 2025.

Most VA beneficiaries are already using Login.gov and ID.me to access My HealtheVet and other VA digital services, but VA will use this additional time to ensure as many Veterans and beneficiaries as possible make the switch before the old My HealtheVet username and password system is retired March 4. In addition, VA is increasing outreach to Veterans who have yet to make the switch and will provide in-person assistance at VA Medical Centers across the nation.

All VA beneficiaries are encouraged to visit [Prepare For VA's Secure Sign-In Changes | Veterans Affairs](#) to learn more.

FROM the VA

VA raises the bar on care for Women Veterans

Results of the study for barriers to care

December 6, 2024, Veterans Health Administration



[The Barriers for Women Veterans to VA Health Care 2024](#) report examines the input of over 7,000 women Veterans and shows that women are happier with VA health care than ever before. This comprehensive study provides crucial insights into your experiences, and it highlights both our successes and areas where we can do better.

Key highlights from the survey results

- Safety and comfort: 83% of women Veterans who use VA feel safe and comfortable at VA facilities.
 - Since 2014, we've made notable strides to improve VA facilities, resulting in a significant satisfaction increase from women Veterans: facility cleanliness and equipment are up by 10%, accessible parking by 17%, safe parking by 8%, privacy at check-in by 8%, and welcoming waiting areas by 9%.
- Provider satisfaction: 82% of women Veterans who use VA are pleased with their VA provider and feel respected by their primary care providers, specialists, nurses and office staff.
 - Most notably, satisfaction with general medical knowledge has risen from 79% in 2014 to 86% in 2024, likely due to the success of our VA Women's Health Mini-Residency Program. VA has trained over 11,500 VA providers specifically in women Veteran's care. Through this training, providers are able to better serve women Veterans with gender-specific care, including reproductive health, gynecology, breast health and cancer screening, maternity care and more.
- Sense of belonging: 74% of women Veterans who use VA feel a strong sense of belonging at VA.
 - Women Veterans' strong sense of belonging is a positive reflection of VA's commitment to creating an inclusive environment and increasing women-specific communications over the past 10 years. VA women's health care-related campaigns and materials consider the diverse needs of women Veterans and emphasize that VA provides personalized health care to meet each woman's individual needs. This includes access to trauma-informed care and options in how they receive their care, such as requesting a provider of a certain gender, private waiting rooms, telehealth options, chaperones during appointments and more.
 - Additionally, communications continue to include culture change campaigns to highlight VA's approach and services around topics important to women Veterans, including gender-based harassment, suicide prevention, diversity and inclusion, Women's History Month and more.

While these results are encouraging, we recognize that there are still areas where we need to focus our efforts. You identified several barriers to care, which we are actively addressing and improving.

- Understanding benefits and health care: 37% reported not understanding benefits and 27% reported not having enough information on how to use VA health care.
 - VA is committed to empowering you with information regarding your health care options. Our monthly health and culture change campaigns, [Women Veterans Call Center](#), and the [Center for Women Veterans' newsletters](#) are designed to keep you informed and engaged. Additionally, local VA facilities offer specialized support through [Women Veterans Program Managers](#), [Maternity Care Coordinators](#) and [LGBTQ+ Care Coordinators](#).
- Expanded access to care: About one in four women have switched to a non-VA provider due to limited hours, and over half of those of you who use VA say extended hours would be helpful.
 - We understand the importance of convenient care options. Many [VA facilities](#) have extended weekday and weekend hours. For added flexibility, we encourage the use of telehealth appointments to make it easier to receive care without the need for travel.
- Family needs: For those of you with children needing care, 40% said it was difficult to find childcare and

46% had canceled a medical appointment in the past 12 months because of this.

○ Recognizing the challenges of balancing childcare with medical appointments, VA is enhancing support through the [Deborah Sampson Act of 2021](#), ensuring additional childcare support to help you manage family responsibilities while accessing essential health care services.

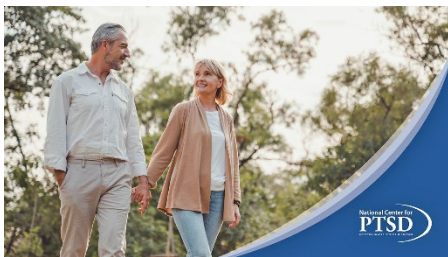
Our commitment to you

We are committed to making significant improvements to ensure that you have the support you need and more options than ever before. Our services and resources continually expand each year. Enhanced women Veterans' health care includes:

- Expanded services: Increased availability of extended hours, childcare, telehealth, home care, medical equipment, mail-order prescriptions and transportation.
- Comprehensive care: Access to personalized services, such as [primary care](#), [gynecology](#), [reproductive health](#), [maternity care](#), [mental health](#), specialty care and cancer screenings.
- Women providers: Enhanced access to women's health providers and women-only clinics, with options to request a specific gendered provider.
- Safety and respect: A respectful environment with practices like medical chaperones and accommodating specific requests to ensure safety and comfort.
- Mental Health support: Access to Women's Mental Health Champions, counseling, support groups and 24/7 confidential support through the Veterans Crisis Line (dial 988 and press 1).
- Increased communication: Improved access to information via the [Women Veterans Call Center](#) (1-855-VA-WOMEN), the [Center for Women Veterans' newsletters](#), [womenshealth.va.gov](#), [Veteran Service Organizations](#), and direct messaging with VA health care teams.

Thank you to the thousands of women Veterans who provided feedback. You are helping VA shape the future of women's health care. Visit the [Women's Health webpage](#) or call 1-855-VA-WOMEN for personalized assistance with eligibility, enrollment and VA women's health care and benefits.

FROM the VA



PTSD treatment works: Resources from the National Center for PTSD

Learn how PTSD treatment can help you

January 25, 2025, Drew Buchanan, Communications Consultant, National Center for PTSD

Some people who've lived through a traumatic event—such as combat, a serious accident, sexual assault, or a natural disaster—will develop posttraumatic stress disorder (PTSD). Symptoms of PTSD, like flashbacks or avoiding certain places or people that remind you of the event, can make daily life challenging.

After experiencing a traumatic event, it's normal to feel stressed, anxious or even scared. If those feelings don't go away or start interfering with your life, it's time to talk to a health care provider.

If you or someone you care about is experiencing symptoms like these, or have recently been diagnosed with PTSD, you probably have questions. What does treatment look like? Why should I get treatment? [VA's National Center for PTSD](#) can help you find answers, learn about PTSD and find the treatment that works best for you or your loved one.

What is PTSD treatment like?

PTSD treatment helps you process trauma, reduce symptoms and improve your quality of life. "PTSD treatment has been transformative," said [Marine Corps Veteran Jeremiah Civil](#). "It has helped me regain a sense of control

over my life.”

The National Center for PTSD recommends [trauma-focused talk therapy](#) or therapy that focuses on your memory of the traumatic event and what it means to you. During 8-16 sessions, you’ll meet with a licensed provider (either in person or online) and learn ways to work through your trauma by visualizing, talking or thinking about the traumatic event until it becomes less upsetting. You may also focus on changing unhelpful beliefs about the trauma or feelings you’ve had since the trauma happened.

Talk therapy options include:

- **Prolonged Exposure (PE):** Teaches you to gradually approach trauma-related memories, feelings and situations you’ve been avoiding.
- **Cognitive Processing Therapy (CPT):** Teaches you to change upsetting thoughts or feelings about your traumatic experience.
- **Eye Movement Desensitization and Reprocessing (EMDR):** Helps you process and make sense of your trauma while paying attention to a back-and-forth movement or sound like a light or a tone.

When it comes to PTSD treatment, you have options. You can choose in-person talk therapy or treatment through secure telehealth. VA offers [treatment programs](#) at VA medical centers, community clinics, specialized PTSD programs and Vet Centers across the country. Apps like PTSD Coach provide additional support that you can use anytime, anywhere, to track progress and manage symptoms, though they are not a replacement for PTSD treatment.

Why should I get treatment for PTSD?

Everyone’s reason to start treatment for PTSD is different, but for many people it’s a chance to take back control of their lives. PTSD can affect both your mental and physical health, impacting relationships, work, sleep quality, your experience with drugs or alcohol and more. PTSD treatment is a way to take care of yourself and those around you. It provides you with tools to help you change how you think about trauma and how it affected you, manage symptoms, and rebuild connections with loved ones.

“I was able to talk to my family about things that I had never been able to talk to them about before,” [shared](#) Army Veteran Andrew Reeves, reflecting on the impact of PTSD treatment on his relationships.

How do I get started?

Deciding to get treatment for PTSD can feel like a big step, but there are resources available to help you find the support you deserve:

- [Take a self-screen](#): Answer five questions to see if your feelings or behaviors might be related to PTSD.
- [Talk to a provider](#): Speak with a primary care or mental health provider or find a VA PTSD treatment program near you.
- [Explore treatment options](#): Use the PTSD Treatment Decision Aid to learn about evidence-based therapies.

Does PTSD treatment work?

No matter what you’ve experienced and whether it’s been months or decades since your trauma, PTSD treatment can help. Asking for help can feel challenging, but it’s a step that shows strength. “It was hard to admit I needed help,” said [Army Veteran Ron Whitcomb](#), “but it was the most courageous thing I ever did.”

Seeking treatment for PTSD is self-care; it’s a commitment to your health and happiness.

If you’re a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don’t have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, chat online at [VeteransCrisisLine.net/Chat](#), or text 838255.



What's Happening at Post 52 and around the Globe

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SATURDAY NIGHT DINNER 4-7PM
2 Groundhog Day	3	4	5	6	7	8 SATURDAY NIGHT DINNER 4-7PM
9 Super Bowl	10	11 Troops Packing, 5:30pm	12	13 Lions Club Dinner, help needed	14 Valentine's Day	15 SATURDAY NIGHT DINNER 4-7PM
16	17 Presidents Day Post 52 Monthly Meeting 7:00pm	18	19	20	21	22 Washington's Birthday SATURDAY NIGHT DINNER 4-7PM
23	24	25	26	27	28	

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SATURDAY NIGHT DINNER 4-7PM
2	3	4	5 Ash Wednesday	6	7	8 Int'l. Women's Day SATURDAY NIGHT DINNER 4-7PM
9 Daylight Saving Begins	10	11	12	13 Lions Club Dinner, help needed	14	15 SATURDAY NIGHT DINNER 4-7PM
16	17 St Patrick's Day Post 52 Monthly Meeting 7pm	18	19	20 Start of Spring (Spring Equinox)	21	22 SATURDAY NIGHT DINNER 4-7PM
23	24	25	26	27	28	29 Earth Hour SATURDAY NIGHT DINNER 4-7PM
30	31					

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 SATURDAY NIGHT DINNER 4-7PM
6	7	8	9	10 Lions Club Dinner, help needed	11	12 SATURDAY NIGHT DINNER 4-7PM
13	14	15 Tax Day (Taxes Due)	16	17 Holy Thursday	18 Good Friday	19 NO Saturday Night Dinner - Happy Easter!
20 Easter	21 Post 52 Monthly Meeting 7pm	22 Earth Day	23 Administrative Professionals	24	25 Arbor Day	26 SATURDAY NIGHT DINNER 4-7PM
27	28	29	30			