

in our post home >>>

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2024
JULY



POST 52'S NEWS

A Publication of VVnW Jack Greer Memorial Post 52



Our Troops >>>

**Project
Support
our
Troops**

**UPCOMING
PACKING:**

➤ **Tuesday, July
23rd – 5:45 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

I hope everyone is enjoying their summer. We already had the Dog Days of August and a couple of Tornado sightings. It has been good weather for mowing lawns too.

The Post has been staying busy with Saturday night dinners, which are going very well for this time of year. We are still looking for anyone who is able to help in the kitchen and or dining room. With summer, we have been short-handed. Please call if you can help. Just a reminder, this is how we pay the bills so we can continue to help the community, our veterans in need and our soldiers.

Project Support Our Troops continues to send packages all around the world to our soldiers. As you know our local Stryker unit is deployed to Africa along with the other soldiers we send to.

Color guard is staying busy with ceremonies and other details. Thank you to Norm for keeping on top of phone calls to our members.

Don't forget we will be needing your help manning the Crawford County Fair booth next month.

Thank you to everyone that showed up for the Sound Bath. It was wonderful way to start the day. Thank You Ms. Leslie for sharing her energy and singing bowls with us.

Thank you to everyone for their continued support.
Remember our motto, We Are People Who Care.

Yours In Brotherhood,
Phil 814-282-9737



Post 52 Saturday Night Dinner Menu

JULY 6TH - NO DINNER. HAVE A SAFE HOLIDAY!

Served EVERY Week: Beer Battered Fried Fish, Lemon Pepper Baked Haddock, Spaghetti, and Shrimp Basket.



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.

Spaghetti

\$10

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

Feature dinner July 13, 2024

BEEF TIPS OVER NOODLES

\$12

Slow cooked, tender beef tips served over egg noodles, smothered in gravy. Served with veggie, side salad and dessert.

Feature dinner July 20, 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 July 27, 2024

POT ROAST DINNER

\$12

Slow cooked rib roast with potatoes, carrots, onions and celery in homestyle beef gravy. Includes side salad and dessert.

Details and Dates.....

Troops packings: Next Troops packing is Tuesday, June 23rd at 5:45pm!

Items needed most for July 23rd Packing:

Peanut Butter, canned fruit, powdered drink mix (such as Propel), beef jerky and neck coolies are the most needed items for the upcoming July packing. All items listed below are being accepted. We are accepting donations of both snack items and personal hygiene items. The perfect size for personal hygiene items is 3 to 8 ounces. NO sample/hotel sizes please.

The weather the soldiers are enduring daily is hot and dry. Items such as sunscreen, hand lotions and eye drops and bug repellent are desperately needed. Bug repellent and sunscreen should either be lotion (wipes) or pump spray. The post office does not permit shipping of aerosol cans, so any aerosol items will be donated to a local charity.

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

Lions dinner: June 13th. 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 – July 15th at 7:00pm / September 16th at 7:00pm

(No meeting in August)

Save the Dates for Later in 2024!

- **2024 POW/MIA Vigil – Friday September 20th**
- **2024 Ride for Freedom – Saturday September 21st**
- **2024 Christmas party – Saturday, December 14th**

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!

Do you have a special prayer request?

Let us know! We'll add you to our list!

Do you know a veteran in need?

Let us know! We have a benevolent fund!

Do you have a suggestion for the post?

Let us know! We are listening!

Do you have a special story or memory from your time in the military, when you were returning home, or since you've been home? Is there a special moment when the ugliness of war was overshadowed by a moment of beauty or some small joy? Was there a moment when you felt that humanity still cared? Has there been a recent experience that surprised you with a good memory?

Would you like to share that with your fellow post members? Perhaps you'd like to leave a softer legacy with those who didn't serve, but support you and love you?

Feel comfortable in sending that short story to: post52snews@gmail.com . We promise to treat your short story (250-750 words) with dignity and care.

(Don't stress over word count, the sharing is the important part. You may make a difference in a fellow veteran's life.)

FROM the VA

VA Leading the Way: Screening, treatment can improve the lives of Veterans with PTSD *VA sponsors PTSD Awareness Month and PTSD Screening Day in June*

June 17, 2024, Dr. Shereef Elnahal, VA Under Secretary for Health

Since 2014, VA has sponsored PTSD Awareness Month to educate the public on the mental health condition that affects an estimated 6 out of 100 Americans and 7 out of 100 Veterans.

PTSD is a mental health condition that some people develop after experiencing or witnessing a life-threatening or traumatic event. PTSD can cause distress and interfere with functioning, making everyday routines—like going to the grocery store, pumping gas, watching fireworks, or even hugging a friend—seem impossible. PTSD presents itself in many ways, but common symptoms include flashbacks, nightmares, detachment, avoidance and feeling keyed up or on guard.



If you find yourself struggling with thoughts about suicide, the 988 (press 1) call line is there to help. You can also text 838255 or chat online with the Veterans Crisis Line. This free, confidential resource offers support from trained professionals when you need it.

Having PTSD can lead to a sense of isolation and hopelessness. But there is hope for Veterans—PTSD is a treatable disorder, and VA providers can help. VA offers a variety of evidence-based therapeutic treatment options.

- Cognitive Processing Therapy (CPT)—one of the most effective treatments for PTSD—focuses on teaching people to reframe negative thoughts about the trauma. People may believe they are to blame for what happened or that the world is a dangerous place. These kinds of thoughts keep people stuck in their PTSD and cause them to miss out on things they used to enjoy. CPT teaches people more helpful ways to think about their trauma. The therapy takes place once a week over about 12 weeks, but can also be done daily.
- Prolonged Exposure (PE)—one of the most effective treatments for PTSD—teaches people how to gain control by facing their fears and talking through the trauma. People with PTSD often try to avoid memories and activities that remind them of the trauma. This can help them feel better in the moment, but not in the long term. Avoiding these feelings and situations actually keeps people from recovering from PTSD. By talking about the trauma and confronting safe situations that have been avoided, people can decrease their PTSD symptoms and regain more control of their life. The therapy takes place once a week over 8-15 weeks, but can also be done daily.
- Eye Movement Desensitization and Reprocessing (EMDR)—one of the most effective treatments for PTSD—focuses on helping people process their trauma. Processing the trauma can allow them to start to heal. In EMDR, people will pay attention to a back-and-forth movement or sound while they call to mind the trauma and any thoughts or physical feelings that come with it. The back-and-forth movement helps people to stay in the present while allowing the brain to process information from the past and bring in new ways of feeling about the event. The therapy takes place once a week over 12-18 weeks, but can also be done daily. These therapies have been proven successful in decreasing PTSD symptoms in Veteran patients so the symptoms no longer interfere with Veterans' everyday lives. These treatments are available to Veterans at locations across the country.

Additional studies

VA is committed to high-quality research that safely promotes the health of our nation's Veterans. In line with this goal, as [announced in January](#), VA plans to conduct additional studies under stringent protocols at various facilities to evaluate if psychotherapy—in combination with compounds such as MDMA and psilocybin—are effective for treating Veterans with post-traumatic stress disorder and other mental health conditions. VA may provide agency research funding to larger studies investigating these novel therapies, including those that involve novel ways of administering the therapy with the intent of achieving maximum benefit to Veterans, while minimizing risks.

Get Screened: National PTSD Screening Day is June 27

June 27 is National PTSD Screening Day. This is a day to spread awareness about the importance of self-screening. But screening is available year-round. If you or someone you love may have PTSD, take an online PTSD self-screen anytime [on the VA website's screen tool](#).

After the screening, Veterans can contact a health care provider to further discuss results and next steps.

PTSD resources

If you or someone you care about may have PTSD, access help and available resources from the [National Center for PTSD](#).

I encourage Veterans to visit their local VA Medical Center or VA clinic and seek treatment for PTSD. VA health care providers are not only experts in PTSD, but they know and understand PTSD symptoms in Veterans.

FROM the VA

Celebrate 80 years of the G.I. Bill

What have you achieved with yours?

June 21, 2024, Craig Coleman, Navy Veteran and Public Affairs Specialist, Veterans Benefits Administration



Many of VA's benefits or services can be traced back to June 22, 1944. That's when President Franklin D. Roosevelt signed the Servicemen's Readjustment Act (SRA) of 1944, otherwise known as the G.I. Bill of Rights.

"This generation," said Roosevelt, "has a rendezvous with destiny." More than [16 million](#) Americans served in World War II. Nearly [300,000](#) died in battle. Many were returning home to uncertain futures.

But these Veterans had determined allies.

Harry Colmery was a World War I Veteran, a former national commander of the American Legion and a former Republican National Chairman. He and the committee of legionnaires he led had a plan: a law that would assist new Veterans in their transition from military service.

Colmery wrote the original language of the bill that would eventually be sponsored by U.S. Representative Edith Norse-Rogers (R-Mass.), who eventually chaired the House Committee on Veterans' Affairs.

The SRA provided WWII Veterans funds for college, unemployment insurance and housing benefits. By the end of the World War II-era in 1956, roughly 8 million out of 16 million WWII Veterans had used their G.I. Bill benefit for some kind of training.

“With the signing of this bill a well-rounded program of special Veterans’ benefits is nearly completed,” Roosevelt said. “It gives emphatic notice to the men and women in our armed forces that the American people do not intend to let them down.”

The G.I. Bill put tools and resources into the hands of young Americans looking to create a better life for themselves and their families, helping to create and strengthen the American middle class.

The G.I. Bill also had important social impact. It played a role in the promotion of the American Dream—owning a home, getting a good education and achieving upward mobility.

Observe the 80th Anniversary of the G.I. Bill

Upon its passage 80 years ago, not all Veterans benefitted equally. Racial and gender disparities made it difficult for all Veterans to access and use the benefits they earned. While VA cannot tell this story without including this truth, today, equity and access have become part of VA’s top priorities. VA remains committed to supporting America’s Veterans of every generation as they strive to realize their own American Dreams.

In the coming days, we’ll be publishing more news stories about the benefits derived from the SRA, including employment and training benefits available to some disabled Veterans, the origin of the Veteran Readiness and Employment, and more info on VA’s home loan benefits.

In the meantime, we want to know, how have you used yours? Let us know in the comments below.

FROM the VA *National Insurance Awareness Day: Understanding VA Life Insurance options*

June 28, 2024, Veterans Benefits Administration



National Insurance Awareness Day, on June 28, 2024, is the perfect time to think about coverage and discover how VA life insurance can secure you and your family’s future.

Veterans with service-connected disabilities may find it difficult to obtain affordable life insurance coverage in the private sector. VA offers life insurance that allows Veterans, service members and their families to plan through a variety of life insurance programs tailored to fit their financial needs—at any stage of life.

VA offers a guaranteed acceptance whole life insurance program called [Veterans Affairs Life Insurance \(VALife\)](#). If you’re considering purchasing life insurance, it is important to understand the difference between whole life and term life insurance.

Term Life versus Whole Life programs

The two most common types of life insurance coverage are term life and whole life. Each one can be tailored to the unique financial needs of the individual or family purchasing the policy. Term life covers a specific term or time frame to protect against specific financial responsibilities, whereas whole life provides lifelong coverage with a savings component.

Protection

Term life provides protection for a set period, such as 10, 15 or 20 years. Whole life offers lifelong coverage as long as premiums are paid.

Cash value

Term life does not accumulate cash value. Due to an investment component, whole life builds cash value over the life of the policy.

Premiums

At the younger ages, term life premiums are typically less expensive compared to whole life. Term life premiums are set for a fixed term but will increase if the policyholder decides to renew for another term. Whole life premiums are generally higher and fixed for the life of the policy.

Benefits

Term life provides death benefits only. Whole life provides death benefits as well as the cash value that builds during the life of the policy.

Advantages of buying Whole Life Insurance

Whole life insurance programs offer a variety of advantages, especially if you are buying at a younger age. For example, if you purchase whole life insurance in your 20's or 30's you can:

- Lock in a price that you'll keep for the rest of your life.
- Set aside some savings each month by putting money toward a whole life insurance policy that builds cash value over time to help pay for life's expenses.
- Plan for your family's future and know that your parents, spouse or other loved ones will not have to struggle financially to pay for your funeral and other final expenses.

Understanding VA Whole Life coverage

VALife is a program that provides guaranteed acceptance whole life insurance coverage to Veterans aged 80 and under with any level of service-connected disability—even 0%.

Guaranteed acceptance is a type of whole life coverage that does not require the applicant to answer health questions or get a medical exam for enrollment. Due to the absence of medical requirements with guaranteed acceptance, there is typically a set waiting period for full coverage to take effect. For VALife, that period is two years. Rates are best the earlier you sign up. Once locked in, premiums will never increase.

By providing guaranteed acceptance, VALife meets the needs of service-connected Veterans who may not have previously qualified for life insurance with VA and offers the following benefits:

- All service-connected Veterans aged 80 and under with 0-100% VA disability ratings are eligible.
- Coverage in increments of \$10,000, up to a maximum of \$40,000 per Veteran.
- No health questions or medical exam for enrollment.
- Convenient online application and enrollment with instant approvals.
- Cash value that builds over the life of the policy after the first two years of enrollment.

Please note: Veterans who are enrolled in Service-Disabled Veterans Insurance (S-DVI) and apply for VALife must decide which policy to keep before their full VALife coverage takes effect, two years after enrollment, and the S-DVI ends. Once S-DVI terminates, it cannot be reversed. S-DVI closed for new enrollments on 12/31/2022.

Learn more

The VA [Life Insurance Needs Calculator](#) is a helpful tool for determining an appropriate amount of coverage. VA offers quality life insurance coverage at competitive rates to Veterans, service members and their families.

Don't wait! Protect those who matter most. To learn more about VALife and whether it's the right choice for you and your family, please visit the [VALife webpage](#).

To learn more about how VA can assist with end-of-life planning, please visit [End-Of-Life Benefits | Veterans Affairs \(va.gov\)](#).

Warning! There are disreputable companies that may offer you life insurance in a fraudulent manner or are trying to steal your personal information or money. To learn more about protecting yourself from fraud, please visit, www.va.gov/VSAFE.

FROM the VA

PBS' A Capitol Fourth to host Independence Day Celebration live

June 26, 2024, Capital Concerts

The 44th annual edition of "A CAPITOL FOURTH," broadcast live from the West Lawn of the U.S. Capitol on PBS, welcomes back iconic actor Alfonso Ribeiro to host and perform on America's National Independence Day celebration with all-star musical and patriotic performances from pop, country, R&B, classical and Broadway artists. Our country's 248th birthday party will be capped off with a spectacular fireworks show over our nation's capital.

The program will also include the following featured segment:



"A Salute to American Heroes Past and Present," celebrating the brave Americans from 1776 to today who made our 248 years of freedom possible as—time and time again, in peace and in war—generation after generation of Americans have proudly served in our nation's Armed Forces. The segment will also honor those of the "Greatest Generation" and welcome two heroic Americans representing all those who served here at home and overseas during the Second World War: a WWII Veteran from D-Day and an original "Rosie the Riveter": Mae Krier who, in April of 2024, received the Congressional Gold Medal on behalf of all the Rosies who served during the World

War II era. Active-duty service members will also be honored on stage. The segment will culminate with a special performance by The U.S. Army Chorus of the patriotic classic, “This Is My Country.”

“A CAPITOL FOURTH” airs on PBS Thursday, July 4, 2024 from 8:00 to 9:30 p.m. E.T., as well as to our troops serving around the world on American Forces Network. The program will be streaming on YouTube and www.pbs.org/a-capitol-fourth, and will be available as Video on Demand for a limited time only, July 4 to July 18, 2024.

FROM the VA

Food is medicine

Who knew you could learn to love beets?

June 19, 2024, Maureen Dyman. Communications Director, Michael E. DeBakey VA

Food is Medicine” is a produce prescription program being tested by [Michael E. DeBakey VA](#) in Houston. In addition to \$100 on a special debit card to purchase fresh produce, Veteran participants also receive nutrition education and on-going coaching.



Army Veteran Herman Johnson struggled with his weight for years. His health suffered, his mobility suffered and even his relationships suffered. But last year, his life began to change when he enrolled in a VA pilot program aimed at increasing healthy food access and improving health outcomes for Veterans.

Johnson, a longtime Houston VA patient, says he is seeing better results than he could have ever dreamed of since enrolling in the program last February.

“I have lost 35 pounds and gained a whole new perspective on eating. Before, I wasn’t going to spend my money on vegetables, I was more into soul food. Once I started eating fresh produce recommended by the program, I became much more open-minded about changing my eating habits. I am now hooked on greens and other healthy food, and have even taken up juicing,” Johnson shared.

250 Veterans enrolled

Houston was chosen as one of two VA sites nationwide to pilot the [Food is Medicine](#) program through a partnership between VA and the Rockefeller Center. Almost 250 Veterans are now enrolled and the initial results look positive.



Dr. Zachary Decatur and Johnson

“Over the past six months, we have seen Veterans in the Food is Medicine program just blossom,” said Registered Dietician Amanda Slover, assistant chief of nutrition. They are losing weight and seem very open to making dietary changes and improving their health. Some of the Veterans, including Mr. Johnson, have even started gardens in their backyards so they can grow their own produce.”

Johnson says the Food is Medicine program has done more than help him lose weight. It has helped improve his life. As a facilitator in a prison ministry, an active volunteer, a grandfather and a great-grandfather, he is often out and about in the community.

“I am much more active now and I just feel better overall. I’m now eating to live, rather than living so I can eat. Who knew that I would learn to love beets?” he joked.

Johnson’s VA primary care physician, Dr. Zachary Decatur, is also impressed with the results of the program. “Mr. Johnson’s healthy eating is really paying off for him. His overall health, including weight, blood pressure and blood sugars, are improving. It’s really great to see him take charge of his health and get such great results.”

VA extensive research on Veterans and obesity

One study reported 86% of Veterans were overweight or obese at their first visit to a VA while [another](#) showed the prevalence of diabetes is at least 5% higher among Veterans than the general population. Expanding programs like Food is Medicine at VA could address the impact of diet-related disease and food insecurity among Veterans while evaluating their impact for building the case to embed these programs into a fully integrated healthcare delivery system.

“At VA, we know comprehensive and innovative nutrition programs like Food is Medicine help Veterans maintain healthy lives and achieve food security,” Slover said. “We are committed to going above and beyond to care for our Veterans and helping them create healthy habits. This is a powerful way for us to assist Veterans through a Whole Health lens.”

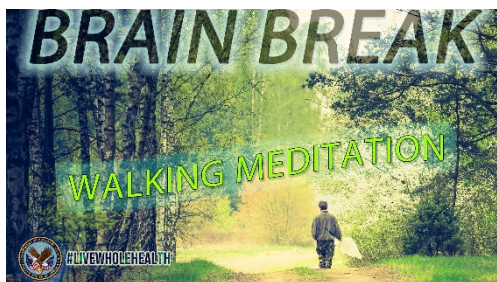
According to Johnson, his health journey is far from over. He wants to achieve a healthy Body Mass Index by his 65th birthday and is now eating a mostly plant-based diet.

“I still have a little weight to lose, and I’m not going to stop. My knees are feeling better, and I’m having fun gardening and learning more about healthy eating. I’m very grateful.”

FROM the VA

Live Whole Health #228: Walking meditation, mindfulness for busy lives

July 1, 2024. Hang Ruan, LICSW, Senior Social Worker with the VA Northwest Healthcare Network (VISN 20) Clinical Research Hub



Studies show that mindfulness meditation can promote physical, emotional and social well-being. Perhaps you have done some mindfulness before and even found it helpful. But the challenge is often in keeping up the practice when we have so little time.

We all have busy lives. Our schedules are filled with tasks and appointments. Although we know that taking the time to pause and breathe can be helpful, we sometimes think we just can’t find the time!

Well, here’s the good news: You don’t actually need to take extra time from your busy schedule to take a break and do some mindfulness meditation.

More than one way to meditate

When we think about meditation, we often think of sitting cross-legged in a quiet, peaceful place. But sitting meditation is only one type of meditation. Another very powerful and effective mindfulness meditation practice is walking meditation. Mindfulness is just paying attention to this moment, to whatever we’re doing and

experiencing in this moment. With walking meditation, we bring our attention to the experience of walking. It can be just as grounding as sitting meditation (no pun intended)!

In this video, Jon Macaskill, a retired Navy SEAL Commander and now a Mindfulness and Meditation teacher, discusses the benefits of walking meditation and guides us through a brief experiential exercise. We learn to slow down and completely be with each step, as we allow the breath to flow through us.

When we practice walking meditation regularly, we may find that even with all of our daily activities we can center and ground ourselves when we are walking from one place to another. Even the simple experience of walking from the living room to the kitchen can be a “session” of walking mindfulness meditation, giving your brain the break that it needs. It is literally mindfulness in action!



Power of the mind

The mind affects our body just as our body affects our mind, even more than we often realize. Interested in learning more about finding peace in life’s daily moments? Check out these [Power of the Mind handouts, audio, and videos](#) or browse through our [#LiveWholeHeath Series archives](#) for more mindfulness in minutes!

FROM the VA

Prosthetic options for women Veterans

We know that size and appearance matter

July 1, 2024, Dr. Sally Haskell, Acting Chief Officer, Office of Women’s Health



Women Veterans deserve the best prosthetic and sensory aids designed to fit their lifestyle and body based on their unique health care needs.

VA offers comprehensive and advanced prosthetic devices, sensory aids and rehabilitation services. We know that size and appearance matter. We’re further enhancing options so you can choose items that meet your personal style and body type.

“Prosthetic” means any device that replaces loss of a body part or function.

Our gender specific options:

- Maternity items: VA supports soon-to-be mothers with a wide range of essentials like nursing bras, breast pumps and even support belts. Your [Maternity Care Coordinator](#) can help you get the items you need.
- Post-mastectomy items: Navigate the emotional and physical challenges of breast cancer recovery with our offerings, including breast prosthesis, bathing suits, surgical implants and more.
- Wigs: Hair loss can be an incredibly stressful experience for women. If you have alopecia or you have recently undergone chemotherapy, you may be eligible to receive wigs through VA health care. Your VA health care team can help you decide whether a wig could be beneficial, especially with your mental health.
- Pelvic floor physical therapy (PT) equipment and devices: Find relief from menopause or other health conditions with items such as vaginal dilators or other pelvic floor PT equipment and devices. Don’t be shy about asking your VA health care team for help.

- Long-acting reversible contraceptives: Access a variety of birth control options, including contraceptive implants or intrauterine devices (or IUDs).

Outside of these gender-specific examples, VA provides many options for prosthetic and sensory aids, ranging anywhere from mobility aids, hearing aids, glasses, communication or assistive devices, custom limbs, diabetic shoes and orthotic inserts, recreational and rehab equipment, adaptive equipment and much more.

You may also be eligible for rehabilitation services and treatments, including sports programs, creative arts and physical therapy through [VA's Rehabilitation and Prosthetic Services](#).

Accessing Prosthetic and Sensory Aids Service

To be eligible, you must be [enrolled in VA health care](#) and have a medical need or referral from a provider for a prosthetic service or device. Additional eligibility criteria may apply for certain programs.

The best place to start is with your VA health care team or primary care provider. Once they determine the items or devices that can support your treatment plan, they will connect you to VA Prosthetic and Sensory Aid Service. You can also contact the Women Veterans Program Manager at your [nearest VA medical center](#) to discuss your eligibility and options and they can help coordinate your care. To learn more about what VA can offer, visit the [VA Office of Women's Health Prosthetics page](#) or call 1-855-VA-WOMEN to speak with a real person and get connected to care. You can also visit the [VA Prosthetic and Sensory Aids Service](#).

FROM the VA

A healthy history of MyPlate food guide The Food Pyramid was replaced with MyPlate June 20, 2024, Laura Krebs-Holm, Outpatient Dietitian, Central Texas VA

For many, the Food Pyramid was our first introduction to thinking about diet, nutrition and making healthy food choices.

The earliest food guides for Americans are over 100 years old, and studying them today shows a fascinating history reflecting on the challenges and concerns of nutrition at the time. These food guides evolved from basic recommendations to address nutritional needs during difficult times, like the Great Depression and or when the wars led to wartime shortages; modern guides simplify healthy eating for an environment currently filled with a plethora of food choices.



- In the 1940s, specific dietary recommendations were established for calories, protein and certain vitamins and minerals.
- The Basic Seven food guide was published in 1943 to help families plan meals with limited access to certain food supplies during World War II.
- In 1956, the Basic Four was released to focus nutrition recommendations on four large food groups: milk, meat, produce, and grains.
- By the 1970s, emphasis shifted from encouraging the public to eat enough nutrients toward limiting overconsumption of fat, sugar and sodium.
- In 1984, the Food Pyramid was first released by the U.S. Department of Agriculture. The Food Pyramid visually represented the recommended daily intake of different food groups.
- The Food Pyramid was replaced in 2011 with [MyPlate](#) to simplify dietary recommendations and serve as a visual reminder to consumers to choose a variety of foods.

An easy way to think about food patterns

Designers switched from the pyramid to the plate shape to grab consumers' attention. The MyPlate guide is not intended to provide specific messages or strict directives. Rather, it offers an easy way to think about food patterns on your plate at home or when dining out.

The visual of a plate was tested and found to be a familiar mealtime symbol for many Americans. The use of the word "My" was chosen to continue the idea of personalization that was born with MyPyramid.

For more guidance on how many servings of each food group to eat, as well as serving sizes of common foods, you can access the [MyPlate Plan](#).

There are many resources available for eating a healthier diet. [Start Simple with MyPlate](#) and the [MOVE! Coach app](#) are both free apps that are available on all smart phone platforms. For healthy recipes and cooking tips, check out the [VA Healthy Teaching Kitchen YouTube channel](#).

Finally, if you're interested in learning more about MyPlate or another nutrition-related topic, contact your local VA to speak with a registered dietitian.

FROM the VA



Embrace our ICARE values in a unique way with VA Police

A career of commitment

July 2, 2024, VA Careers

[VA Police](#) officers serve as an active federal police force in and around our facilities. Despite working outside the typical clinical duties performed at VA facilities, VA Police are an integral and unique part of the care we provide Veterans.

"VA Police is very unique. We have a model of policing that they ingrain from when you go into the academy," said Maj. Mark Moran, a senior physical security specialist who works in the New Jersey VA Healthcare System. "The model is to demonstrate the core values of the agency, and to act that way toward Veterans. That's the ICARE model."

These core values—integrity, commitment, advocacy, respect, and excellence—define how everyone at VA, including VA Police officers, fulfill our mission to care for Veterans. These 5 ideals describe our culture and serve as the foundation for the way we interact with both our Veterans and our fellow employees.

"It's being committed," Moran explained, "and knowing that you're coming here to serve Veterans, to make their lives better, however we can, while working as a law enforcement officer at VA."

Work at VA: Head over to [VA Careers](#) now to hear more from Maj. Mark Moran and learn about how VA Police support our mission to care for Veterans.

CONNEAUT LAKE

FREEDOM FLOAT



**4TH OF
JULY**

11:00AM LINEUP

SILVER SHORES RESTAURANT

DECORATE YOUR BOAT

RED ★ WHITE ★ BLUE

DJ LOBY WILL BE PLAYING THE TUNES
BRYAN LEPLY WILL BE PARACHUTING
IN WITH OLD GLORY AT NOON
POST 52 WILL BE FIRING SALUTE

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.



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!



2024

POW/MIA VIGIL

FRIDAY, September 20, 2024

6 pm - Midnight

We will honor all POW/MIA's from all wars at the Candle lighting Ceremony in Diamond Park beginning at 8 PM. Reading of the names of those still missing from Pennsylvania will be read followed by the lighting of the candles. Vigil ends at Midnight.

RIDE FOR FREEDOM

SATURDAY, September 21, 2024

Staging for the Ride at The Goat Bar (formerly Tursky's Tavern), 11780 Route 618, Conneaut Lake, PA. 11:00 am – 2:00 pm. Bikes depart promptly at 2 pm and proceed to Diamond Park, Meadville, PA. A short ceremony will immediately following arrival of the bikes.

Food & drink available

Ride shirts available at the Crawford County Fair, Post 52 and at staging before departure

Sponsored by Veterans of the Vietnam War, Post 52

What's Happening at Post 52 and around the Globe

July 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Indep. Day	5	6 NO DINNER Have a Safe 4 th of July weekend!
7	8	9	10	11 Lions Club Dinner, help needed	12	13 SATURDAY NIGHT DINNER 4-7PM
14 A.B.A.T.E. meeting 11:30am at Post 52 Ride after meeting!	15 Post 52 meeting 7pm	16	17	18	19	20 SATURDAY NIGHT DINNER 4-7PM
21	22	23	24	25	26	27 SATURDAY NIGHT DINNER 4-7PM
28	29	30	31			

August 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 SATURDAY NIGHT DINNER 4-7PM
4	5	6	7 Cochranon Fair Parade	8 Lions Club Dinner, help needed	9	10 SATURDAY NIGHT DINNER 4-7PM
11 A.B.A.T.E. meeting 11:30am at Post 52 Ride after meeting!	12	13	14	15	16	17 SATURDAY NIGHT DINNER 4-7PM
18 CRAWFORD COUNTY FAIR	19 NO MEETING in August CRAWFORD COUNTY FAIR	20 CRAWFORD COUNTY FAIR	21 CRAWFORD COUNTY FAIR	22 CRAWFORD COUNTY FAIR	23 CRAWFORD COUNTY FAIR	24 SATURDAY NIGHT DINNER 4-7PM CRAWFORD COUNTY FAIR
25	26	27	28	29	30	31 NO DINNER Have a Safe Labor Day weekend!

September 2024						
	Mon	Tue	Wed	Thu	Fri	
1	2 Labor Day	3	4	5	6	7 SATURDAY NIGHT DINNER 4-7PM
8 A.B.A.T.E. meeting 11:30am at Post 52 Ride after meeting!	9	10	11 Patriot Day	12 Lions Club Dinner, help needed	13	14 SATURDAY NIGHT DINNER 4-7PM
15	16 Post 52 meeting 7pm	17	18	19	20 POW / MIA VIGIL	21 RIDE for FREEDOM
22 Start of Fall (Autumnal Equinox)	23	24	25	26	27	28 SATURDAY NIGHT DINNER 4-7PM
29	30					