

in our post home >>>

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2024

MAY



POST 52'S NEWS

A Publication of VVnW Jack Greer Memorial Post 52



MEMORIAL DAY

REMEMBER OUR
FALLEN



Our Troops >>>

Project Support our Troops

UPCOMING PACKING:

➤ Tuesday May 28th – 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 think Spring has finally sprung? Hopefully we will have wonderful summer, and everyone is able to get out and enjoy.

As usual the Post continues to be busy with helping Veterans and their families when needed. We have built several wheelchair ramps for Veterans as well as helped from the benevolent fund.

With the deployment of our local National Guard Unit, we have added several hundred names to our packing list and supplies are needed. Thank you to everyone going out to collect donations as well as funds to pay for postage.

Saturday night dinners continue to be steady, and help is always needed. Please call and schedule a time you can work.

Please remember, Post # 52 is an all-volunteer organization and we do a lot of things in and for the community. There are many things we are asked to do to help in many different areas and every once in a while, we need a day off. Please do what you can do to call ahead and let us know when you can help.

Thanks for your continued support.

Yours In Brotherhood,

Phil 814-282-9737

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!

Post 52 Saturday Night Dinner Menu

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.

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 May 4, 2024

MEATLOAF **\$12**

Homemade meatloaf served with mashed potatoes, side salad, veggie, bread and dessert included.

Feature dinner for May 11, 2024

HAM & SCALLOPED POTATOES **\$12**

Served with veggie and side salad. Dessert included.

Feature dinner May 18, 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.



Closed May 25, 2024.
Have a safe holiday!



Details and Dates.....

Troops packings: Next Troops packing is Tuesday, May 28th at 5:45pm!

Again, everything we collect is needed. Sunscreen is needed in large amounts, along with body lotion, hand lotion, men's deodorant, body powder, foot powder, eye drops, toothpaste and toothbrushes, We have over 100 soldiers who are in need of personal hygiene items. If you have some to donate, please do not wait until this packing to deliver those. We are shipping personal hygiene as soon as they are received. You can keep up-to-date on information at www.post52.com.

Lions dinner: - May 9th. If you can help please call Charlie Manning 814-333-2519

May 19th – placement of flags at the Crossingville Cemetary – 9 AM. Meet at the cemetary or meet at the Post at 8:30 am to caravan.

Post Meetings:

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

NEXT MEETING – May 20th, 7pm

Bike Blessing: Sunday, May 26th, 1pm at Post 52 (see flyer included in this newsletter)

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



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!



FROM the VA

What you need to know about the Change Healthcare cyber breach

VA took swift action to disconnect from all affected systems and protect Veterans

April 24, 2024

Hans Petersen, VHA News Editor and Air Force Veteran

You may have heard in the news about the recent Change Healthcare (CHC) [cybersecurity incident](#), which impacted many health care institutions across America. We at VA want to provide an update on what this incident could mean for you.

CHC is one of VA's vendors, and as soon we became aware of the breach we took swift action to disconnect from all known systems with CHC; we have confirmed that there is no malicious activity or irregularities in our system.

However, CHC [announced this week](#) that "a substantial portion of the people in America" could have had some protected health information leaked as a result of this incident. While there is no confirmation that Veteran data was leaked as a result of this incident, we want to provide you with all of the information that you could need to protect yourself.

Here's what you need to know:

- CHC is offering credit monitoring for all impacted individuals. CHC will provide two years of free credit monitoring and identity theft protections for those impacted. You can call 1-866-262-5342 or visit [the dedicated UHG/CHC website](#) at <http://changeybersupport.com> to learn more.
- VA has general fraud protection information available to you. There are always steps that you can take to protect yourself against fraud and identity theft, and VA has resources available to you. General information on how to protect yourself from fraud is available at [Protecting Veterans From Fraud | Veterans Affairs \(va.gov\)](#). This includes a [fraud protection toolkit](#), frequently asked questions, information about how to be vigilant about scams, and much more.
- The federal trade commission also offers resources to help protect your identity. For additional information about other precautions available to you, visit [the Federal Trade Commission website](#) at <http://www.consumer.ftc.gov/features/feature-0014-identity-theft>.
- VA health care operations are not impacted. While we work through this issue, we want you to know that VA remains fully open for business—and there is no known adverse impact on VA patient care or outcomes to date. Please do not hesitate to come to us for all of your health care needs, as usual.

At this time, we cannot confirm that any Veteran data has been compromised, so we cannot answer specific questions as to whether your data is involved. But if it is determined that Veteran data was included in the data breach, we will ensure that you are notified and full support is provided.

Protecting your personal health information is—and always will be—one of our top priorities. We will continue to monitor this incident closely and provide updates whenever possible.

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FROM the VA

VA to expand health care coverage to Veteran family members and caregivers through CHAMPVA

April 29, 2024

Veterans Health Administration

VA will soon expand coverage for medical services, including mental health care, for family members and primary family caregivers participating in the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA). Starting at the end of May, these beneficiaries will have new coverage for audio-only telehealth, extended mental health care and contraceptive services.

“Our mission is to provide world-class care to our nation’s heroes, which includes care provided through CHAMPVA to eligible family members and caregivers of Veterans,” said VA Under Secretary for Health Shereef Elnahal. “The extension of these additional services is part of VA’s continuing efforts to ensure CHAMPVA beneficiaries can access high value care where they need it, when they need it.”

Here’s what this means for CHAMPVA beneficiaries:

- Access to audio-only telehealth. With audio-only telehealth coverage, beneficiaries will have expanded access to care, which is particularly important for rural beneficiaries. The coverage will also be retroactive; providers and beneficiaries who received audio-only telehealth services on or after May 12, 2020, will have until Nov. 26, 2024, to file claims for reimbursement of covered care.
- Elimination of caps on visits for mental health and substance use visits. CHAMPVA beneficiaries will no longer be limited in the number of visits for mental health and substance abuse services. Additionally, beneficiaries and providers will no longer need pre-authorizations for outpatient mental health visits in excess of 23 visits per calendar year and/or for more than two sessions per week.
- Eliminating deductibles and cost sharing for certain necessary contraceptive services. VA is also eliminating deductibles and cost sharing for contraceptive services or contraceptive products approved, cleared or granted by the Food and Drug Administration.

Currently, there are more than 737,500 CHAMPVA beneficiaries. [CHAMPVA](#) is a health care program for certain spouses, surviving spouses, children and primary family caregivers of eligible Veterans. Through CHAMPVA, VA shares the cost of medically necessary health care services and supplies with eligible beneficiaries. This includes mental health services, inpatient and outpatient services, prescription medications, transplants, ambulatory surgery, family planning and maternity care, and more.

To learn more and apply for CHAMPVA care today, visit our [CHAMPVA website](#).

FROM the VA

Innovative clinic treats PTSD with acupuncture

Veteran: “It works. Try it and then decide.”

April 29, 2024

Hannah Sentenac, Senior Communications Specialist,
Greater Los Angeles VA

When it comes to the ancient Chinese art of acupuncture, all that’s old is new again.

Acupuncture, which involves the placement of tiny needles into key points on the body, is now being used in a groundbreaking new PTSD teaching clinic on the [West Los Angeles VA](#) campus, as well as the emergency department and other clinical settings.



When Navy Veteran Johnny Theissen first started coming to the clinic seven months ago, he was using a walker and struggling with a variety of other issues. Since then, he's undergone a "transformation" and speaks glowingly of how acupuncture has been a catalyst.

"A lot of the treatments I get at neurology and other clinics, they're great, but here it just seems like they pinpoint a certain area and it gives me relief, physically and mentally. It helps me in all aspects of everything I've been doing. It's amazing," he recalled.

Dr. Jeremiah Krieger, [Greater Los Angeles VA's](#) first full-time doctor of Chinese medicine, created the clinic a year ago. Theissen is just one of many Veteran participants who credit Krieger and other acupuncture providers for helping them heal.

What is acupuncture?

While acupuncture is most commonly known for treating pain, it's also been applied to a wide array of other conditions, from gastrointestinal issues to PTSD to reproductive health. The practice dates back about 3,000 years.

"It's safe, not painful and has really good results."

In 2018, [VA published a standard](#) that permitted licensed acupuncturists to be hired at VA Medical Centers. Krieger and Dr. Kirsten Tillisch, who's been chief of integrative medicine since 2013, have been at the forefront of acupuncture's growth within the system.

How do tiny needles help heal the body? Scientists are still learning how and why acupuncture works, explained Krieger, but there is evidence that shows it causes the body to release anti-inflammatory cytokines, immune modulators, endorphins and endogenous opiates.

"It improves blood flow to injury sites. It calms the brain centers involved in pain and trauma, promotes neuroplasticity and helps the brain to create new, healthier pathways," Krieger said.

Earlier this year, physicians at [Long Beach VA](#), along with other researchers, published "[Acupuncture for Combat-Related Posttraumatic Stress Disorder, A Randomized Clinical Trial](#)," which found acupuncture to be effective in treating PTSD symptoms.

Soothing symptoms

A year ago, Krieger launched the Tuesday afternoon PTSD clinic where acupuncture doctoral trainees from Santa Monica-based [Emperors College](#) come to West LA VA Medical Center to treat Veterans.

There, a large room became a soothing sanctuary, complete with calming sounds, comfortable chairs, tables to lie on and compassionate staff.

Krieger has witnessed incredible results during these clinics and in other settings. He and Dr. Thomas Blair, deputy chief of the emergency department, collaborated to initiate a program where acupuncture is used in the ED.

There, Krieger has seen patients endure kidney stones without pharmaceutical relief, regain the ability to breathe normally despite early heart failure, and deal with metastatic cancer pain after breaking through their opiates, all thanks to the ancient practice.

"It's safe, not painful and has a really good clinical result. It's a great way of trying to help health problems, and it's healing and gentle on the body versus harsher treatment options like surgeries or medications," he said.

Acupuncture's expansion

The PTSD clinic and the emergency department are just a couple of the ways acupuncture is being used. Friday's walk-in battlefield acupuncture clinic for pain is well-attended by Veteran patients.

[Dr. Beverly Haas](#), mental health lead for the Domiciliary Mental Health Residential Rehabilitation Treatment Program at West LA VA, has seen the effects of acupuncture firsthand in the Veterans she works with.

“They really like going there. They always look forward to going back and they feel like it helps a lot with lowering their stress, lowering their anxiety and also their pain,” Haas said. In a letter she submitted to VA leaders, she reported that many of the Veterans describe the treatment as “a game-changer.”

Krieger’s clinic is booked two months in advance. He hopes to see the use of acupuncture continue to expand, particularly in the realm of mental health.

“If a Veteran knows you care and you’re giving them your best, they are the most grateful, loyal, awesome and appreciative group of people I’ve ever worked with. It’s hugely rewarding. Good medicine mixed with kindness, that’s the stuff of miracles,” he added.

Many Veterans report acupuncture can seem intimidating at first but that keeping an open mind is key, said Theissen. “Really just listen to what they have to say.”

“Give acupuncture a chance,” added Army Veteran Bradley Griffin, another attendee at the clinic. “It’s weird, but it works. Try it for yourself first and then decide.” Griffin is pictured in the top photo during an acupuncture treatment.

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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



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.)

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!

Bike Blessing

Sunday,

May 26, 2024

at 1:00pm

Post 52

13216 Dunham Rd.
Meadville PA

*Light
refreshments
will be available
for those
attending*

*Hosted & Sponsored by
Veterans of the Vietnam War
Jack Greer Memorial Post 52*

*Co-sponsored by
Crawford County Chapter,
A.B.A.T.E. of PA*

PRAYER
CHANGES THINGS



What's Happening at Post 52 and around the Globe

May 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 SATURDAY NIGHT DINNER 4-7PM
5 Cinco De Mayo	6	7	8	9 Lions Club Dinner, help needed	10	11 SATURDAY NIGHT DINNER 4-7PM
12 Mother's Day A.B.A.T.E. meeting 11:30am at Post 52	13	14	15	16	17	18 Armed Forces Day SATURDAY NIGHT DINNER 4-7PM
19 Crossingville Cemetery Annual Flag Placement	20 Post 52 meeting 7pm	21	22	23	24	25 NO DINNER Have a Safe Memorial Day!
26 Bike Blessing 1pm at Post 52	27 Memorial Day	28	29	30	31	

June 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SATURDAY NIGHT DINNER 4-7PM
2	3	4	5	6	7	8 SATURDAY NIGHT DINNER 4-7PM
9 A.B.A.T.E. meeting 11:30am at Post 52 /	10	11	12	13 Lions Club Dinner, help needed	14 Flag Day	15 SATURDAY NIGHT DINNER 4-7PM
16 Father's Day	17 Post 52 meeting 7pm	18	19 Juneteenth	20 Summer Solstice (Summer Begins)	21	22 SATURDAY NIGHT DINNER 4-7PM
23	24	25	26	27	28	29 SATURDAY NIGHT DINNER 4-7PM
30						

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	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			