

in our post home >>>

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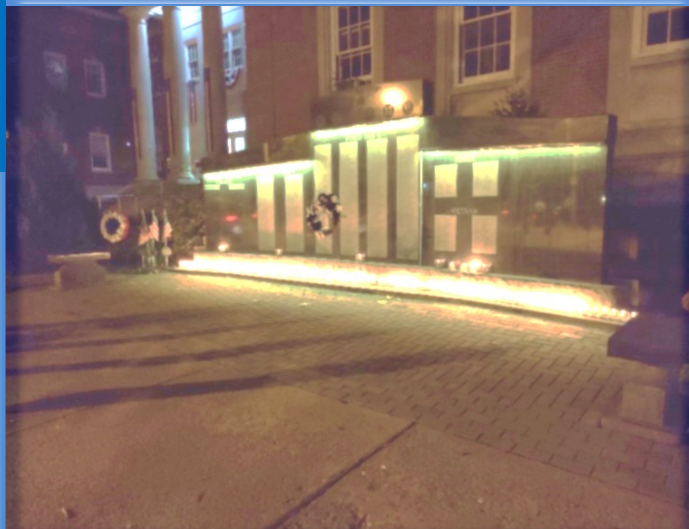
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2024

SEPTEMBER



POST 52'S NEWS

A Publication of VVnW Jack Greer Memorial Post 52



Our Troops >>>

Project Support our Troops

**UPCOMING
PACKINGS:**

- **Tuesday,**
September 3rd –
5:30 pm AND
- **October 1st – 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

Well, it's Labor Day and summer is about over. Thanks to everyone for all their help over the summer with all of the Post activities. It takes a village to do all the things we do to help our Veterans, their families, our soldiers and to spread out as we often have to do to get things done.

I know that you know this, but I like to remind everyone once in a while of all the things we are able to accomplish. We are an all-volunteer Veterans organization with 100% of all our proceeds going to help veterans. Our Motto is "We Are People Who Care" and the fantastic teamwork of everyone shows that on a regular basis.

We had a successful week at the Crawford County Fair. The goal is to talk to people and bring in new members so we can continue to do the good things. Thank you to everyone who took a few hours to help. It took over 25 people to cover the week of the Fair and everyone did a fantastic job.

Our POW/MIA Vigil is just around the corner. The Vigil is September 20th, and the Ride for Freedom is September 21st. This is another event that the organization was founded on. When we were formed in the early days of VVnW, our Mission was to Never Forget our POW/MIA's and demand the fullest accounting of what happened to them. Please help us continue this mission.

Thank you to everyone who helps out in any way, so we are able to take care of our soldiers in harm's way, protecting us from all the bad things the media and our government don't tell you about. Keep them safe.

Yours In Brotherhood,

Phil 814-282-9737



SEPTEMBER 2024 MENU / PRICE LIST

Open for dine-in or Take-Out 4 pm - 7 pm

Dinners are open to the public

Gift Certificates available

Homemade dinners served each Saturday 4:00 pm- 7:00 pm. 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 September 7, 2024

PORK CHOPS

\$12

Slow cooked, tender pork chops served with choice of fresh cut French fries or baked potato, veggie, side salad and dessert.

Feature dinner September 14, 2024

BBQ COUNTRY STYLE RIBS

\$12

Tender boneless ribs topped with BBQ sauce, served with choice of fresh cut French fries or baked potato, veggie, side salad and dessert.

NO dinner September 21, 2024 DUE to Annual Ride for Freedom

Feature dinner September 28, 2024

HOMEMADE LASAGNA

served with side salad and dessert.

\$12





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

2024 Ride Shirts AVAILABLE NOW!



T-shirts, long-sleeve Tees, Hoodies!

Details and Dates.....

Troops packings: Tuesdays 5:30 PM, September 3rd. AND October 1st – 5:30 PM

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

Lions dinner: Thursday, September 12th. 3:00 – 6:00 PM. If you can help please call Charlie Manning 814-333-2519.

ANNUAL VIGIL and RIDE for FREEDOM:

- 2024 POW/MIA Vigil – Friday September 20th 8:00PM – SEE ENCLOSED FLYER
- 2024 Ride for Freedom – Saturday September 21st FOR DETAILS

Post Meetings:

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

NEXT MEETINGS –September 16th at 7:00pm / October 21st at 7:00pm / November 18th at 7:00pm

SEPTEMBER 16TH MEETING: *The Executive Board is asked to be at the Post at 6:00 PM for business that needs taken care of prior to the general meeting.*

Save the Dates for Later in 2024!

- 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

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!

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!

FROM the VA



VA improves access to claims information

August 21, 2024, Automated Benefits Delivery, Veterans Benefits Administration

VA's Claim Status Tool allows Veterans to view the status of their VA claims online using their VA.gov login. This tool displays which claims are in process and identifies any actions Veterans need to take. It also [gives Veterans the ability to review recent claim activity](#).

Claim Status Tool enhancements

VA recently enhanced the Claim Status Tool to improve your digital, self-service experience. The tool now shows a breakdown of the eight-step disability claims process, making it easier to understand where your claim currently is. The steps include:

- Step 1: Claim received
 - VA receives your claim in its system.
- Step 2: Initial review
 - VA reviews your claim for basic information (e.g., name, Social Security Number).
- Step 3: Evidence gathering
 - VA reviews your claim to ensure it contains all necessary information. VA may ask for more evidence at this step of the claims process. Additional evidence could include a claim-related medical exam or medical records from a VA or non-VA provider.
- Step 4: Evidence review
 - VA reviews all collected evidence for a claim.
- Step 5: Rating
 - VA decides your claim and determines the disability rating.
- Step 6: Preparing decision letter
 - VA prepares the decision letter. Though this letter cannot be viewed in VA.gov until Step 8, it will identify if you are eligible for additional benefits. This letter will include details such as disability ratings, amount of monthly payments and when payments begin.
- Step 7: Final review
 - A senior reviewer from VA will conduct a final review of the claim and decision letter.
- Step 8: Decision letter available
 - You can view and download your decision letter for the claim on the Status page of the Claim Status Tool.

More about the Claim Status Tool

The Claim Status Tool contains three main tabs:

- Status: The Status tab tells you what actions you can take to support your claim and lists requests for third parties.
 - Files: The Files tab displays information requests to you, a button for uploading files and a list of supporting documents you have submitted to VA.
 - Overview: The Overview tab provides you with a description of the claims process, spotlights each step, and explains the process may return to a previous step if more information is needed.
- You no longer have to contact a call center or regional office for claims information. The claim status tool allows you to access important claim information when you need it. This tool is another step forward in VBA's ongoing mission to support Veterans and their families. To learn more about using the claim status tool, please visit [the Claims Status page](#).

FROM the VA *Beware: Claims predators want to prey on your benefits -- August 9, 2024, Veterans Benefits Administration, Office of Communication (continues on next page)*



(cont'd from previous page)

Have you noticed advertisements from companies offering to help with the VA claims and appeals process? Do their services seem too good to be true, leaving you wondering whether to trust them? If so, you are not alone. More Veterans are getting VA health care and benefits than ever before, which also presents opportunities for scammers to commit fraud against Veterans and their families. These increased benefits have led to a rise in shady companies and individuals that are not accredited by VA, offering claims assistance services and charging hefty fees when they do. This expansion of benefits has also attracted individuals and companies who are misleading Veterans to think it is okay to exaggerate disability symptoms in order to get higher disability ratings. VA refers to these companies and individuals as “claims predators”; these claims predators are not accredited by VA. They are known to aggressively prey on Veterans’ benefits through various channels such as mail, telephone or online platforms. They try to take advantage of Veterans and their beneficiaries by using high-pressure tactics, sharing misleading information and making false promises to convince Veterans to sign up for their services. Unfortunately, these services usually come at a high cost to Veterans, with little to no actual benefit.

To avoid falling victim to claims predators, Veterans and their loved ones must be cautious when seeking assistance with their VA claims and appeals. It’s crucial to always verify the legitimacy of the individual or company before providing any information. VA strongly advises against working with unaccredited companies and individuals. Instead, VA recommends seeking help from [VA accredited](#) claims agents, attorneys and Veterans Service Organizations (VSOs). These individuals and organizations are recognized by VA, having established the good character and competence necessary to navigate the VA benefits system, ensuring Veterans and their beneficiaries receive the benefits they have rightfully earned.

It’s important that Veterans and their families know they should never pay a fee to file an initial claim for benefits. In fact, it’s unlawful for anyone to charge a fee for preparing an initial claim. Only [VA accredited attorneys, claims agents and VSO representatives](#) can lawfully assist Veterans with their initial benefits claims.

Only accredited attorneys and claims agents may charge a fee to:

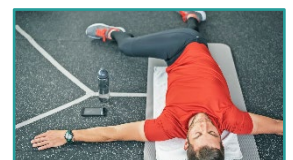
- Consult or advise VA claimants seeking review of or to appeal their claims.
- Collect evidence for a supplemental claim or an appeal.
- Prepare and file a supplemental claim.
- Submit requests for higher level review.
- [Submit an appeal](#) to the Board of Veterans Appeals.

VA remains committed to educating Veterans about these fraudulent schemes by claims predators while providing the necessary [resources and tools](#) to help Veterans pursue their VA benefits claims safely. To learn more about fraud scams and how to safeguard your benefits, [visit the Protecting Veterans from fraud website](#). If you suspect a representative acted unlawfully or unethically while assisting you in filing a VA benefits claim, file a report and learn more at [VSAFE.gov](#) or call 1-833-38V-SAFE (1-833-388-7233), a new government-wide website and call center designed to protect Veterans, service members, and their families from fraud and scams. These tools will inform Veterans and their families about common fraud schemes and help protect themselves, and provide an outlet for reporting and further assistance.

Remember, you earned your benefits, don’t let claims predators prey on you. Work with a VA recognized representative to receive the support you deserve.

FROM the VA

Busy Marine Veteran uses TeleMOVE! to maintain a healthy lifestyle -- “This program helps to keep me accountable.”
August 21, 2024, Treva Lutes, Communications Specialist, Digital Health Office



It's no secret that maintaining a healthy lifestyle has many benefits. Being physically active can help reduce risk of disease, improve brain health and lower blood pressure. However, it can be difficult to prioritize your health when life gets busy. Marine Veteran Theo Deuel can attest to that.

Deuel had always enjoyed an active lifestyle. He was a member of the wrestling team in high school and then joined the Marines where he followed a strict fitness routine. While in the Marines, he trained and

completed Ironman triathlons and became a martial arts instructor.

After leaving the Marines, he gained 55 pounds. Juggling a full-time job and being a full-time student, Deuel felt like he no longer had time for a healthy, active lifestyle.

The MOVE! program fit in with his busy schedule. "I realized I needed to make a change if I wanted to start a family, so I figured why not."

MOVE! program

VA's MOVE! program focuses on nutrition, physical activity and behavior change. The program offers both individual and group sessions, which can be held either in person or via telehealth. There is also a self-guided version of the MOVE! program offered through the MOVE! Coach app which is available on the [VA App Store](#).

Deuel chose to enroll in TeleMOVE!, the remote patient monitoring home telehealth version of the program as it allowed him to complete the program at his own pace. For TeleMOVE!, Veterans are matched with a remote VA care coordinator and provided with at-home health monitoring technologies such as blood pressure monitors, pedometers and scales.

Throughout the program, Deuel tracks his weight and reports it to his care coordinator. He also completes self-guided modules to learn about eating healthy and staying active.

"Leaving the Marines, I didn't feel like I needed to stay in peak shape. This program helps to keep me accountable," he shared.

Deuel is currently halfway through the TeleMOVE! program and he's glad he enrolled. By incorporating healthier eating habits and increasing his daily exercise, he has started to see improvements in his overall health and well-being.

How to get started with MOVE!

Taking the first step toward a healthier lifestyle may seem daunting, but the MOVE! care team is available to help.

If you're interested in participating in MOVE!—either in person or through telehealth—contact your local VA facility to inquire about the program. Or you can let your VA primary care team know that you're interested.

If you have questions on how to enroll or want to learn more about the MOVE! program, [visit the MOVE! Weight Management Program page](#).

FROM the VA



Myth busted with one simple question: Am I eligible? -- *"They have been so good to me since the first day."* August 20, 2024, Ricardo Branch, Army Veteran and Public Affairs Specialist, West Texas VA

For 50 years, Air Force Veteran Donald Zullo, like thousands of other Veterans, believed he was not eligible for VA health care due to his peacetime service. Zullo learned differently when he walked into his Abilene VA Community Based Outpatient Clinic following a life-altering medical emergency.

"I never expected to need VA because I thought I didn't deserve it. It wasn't until I had a heart attack while working as a bus driver that I learned VA was intended for non-combat Veterans like myself,"

he shared.

The heart attack led Zullo to seek out his local VA clinic where he finally posed the longstanding question that had lingered throughout his life: “Am I eligible?” According to VA statistics, in the past year, more than 400,000 other Veterans have asked that same question and have enrolled in VA health care. This is greatly thanks to the PACT Act.

Zullo found that, along with health care, he was missing something from his experiences with other health care: a sense of family and belonging. From his first encounter with VA verifying his eligibility with the help of a medical support assistant, an immediate connection was made and Zullo found that missing piece. Pictured above, Zullo stands outside his home with a newly installed access ramp. The VA assisted mobility ramp is just one of the ways his primary care team have reached out to help elder patients like him lead richer, more fulfilling lives.

“I found the family I needed.”

Air Force Veteran Donald Zullo

“I found the family I needed. Since my first day there, the doctors, nurses and employees have worked tirelessly to improve my health. They have been so good to me since the first day,” Zullo said.

VA offers care to Veterans of all eras, and there are multiple avenues for enrollment in VA health care. The eligibility requirements are wide ranging, from income to service-related injuries. With the help of the Abilene VA staff, Zullo found the criteria that applied to him and his service. When it came time to sit down with his VA doctor, his past

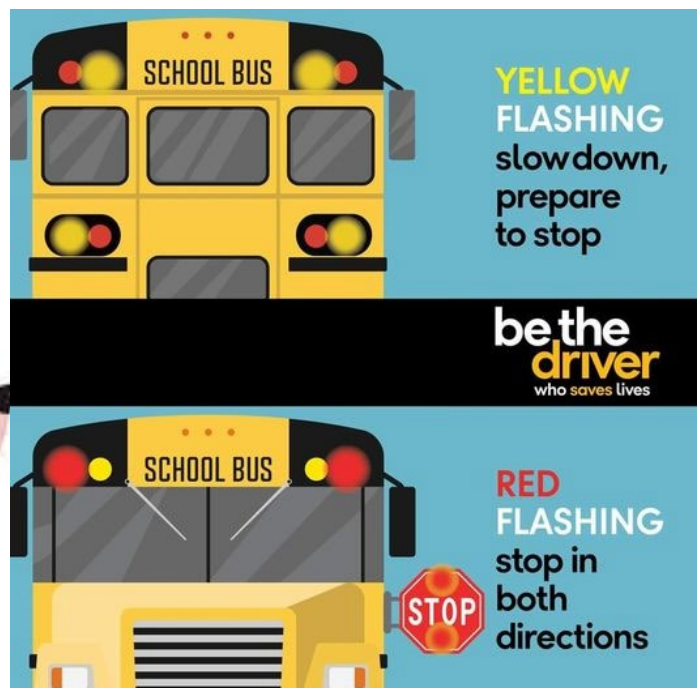
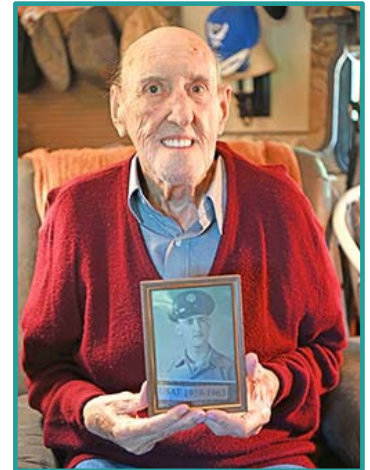
beliefs vanished. Any hesitations he may have had about reaching out to VA have all been cleared away.

“A Veteran is a Veteran,” said Melissa Milliorn, social worker with the Abilene VA clinic. “We encourage all Veterans, from all eras and types of service, to utilize our services because every Veteran is important to us.”

Zullo’s health journey with VA health care transformed his life. What started as a reluctant step toward seeking help turned into a profound experience of healing, community and purpose.

To enroll in VA health care, reach out to your nearest VA health care facility or enroll online.

West Texas VA provides health care services at six locations across west Texas and southeastern New Mexico. Our facilities include the George H. O’Brien Jr. VA Medical Center in Big Spring, four community-based outpatient clinics in Abilene, Fort Stockton, San Angelo and Odessa, and one in Hobbs, New Mexico.



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.



What's Happening at Post 52 and around the Globe

September 2024

	Mon	Tue	Wed	Thu	Fri	
1	2 Labor Day	3 TROOPS PACKING 5:30PM	4	5	6	7 SATURDAY NIGHT DINNER 4-7PM
8 A.B.A.T.E. meeting 11:30am at Post 52 <i>Ride after meeting!</i>	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 (see flyer, page 3)	21 RIDE for FREEDOM 2PM (see flyer, page 3) NO dinner
22 Start of Fall (Autumnal Equinox)	23	24	25	26	27	28 SATURDAY NIGHT DINNER 4-7PM
29	30					

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 TROOPS PACKING 5:30PM	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 A.B.A.T.E. meeting 11:30am at Post 52 <i>Ride after meeting!</i>	14 Columbus Day	15	16	17	18	19 SATURDAY NIGHT DINNER 4- 7PM
20	21 Post 52 meeting 7pm	22	23	24	25	26 SATURDAY NIGHT DINNER 4- 7PM Halloween Parade
27	28	29	30	31 Halloween		

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	6	7 Lions Club Dinner, help needed	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	12	13	14	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