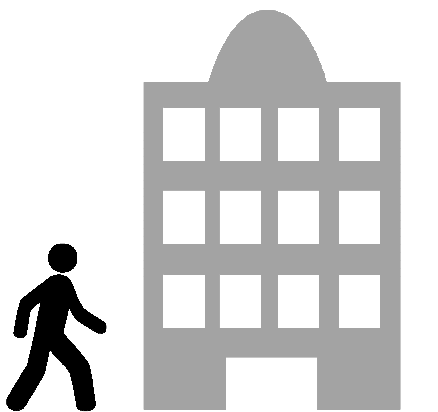


# The Lycoming Vet

Volume 10, Issue 2

April 2017

## A SNEAK PEAK AT WHAT'S INSIDE



**Walk-In  
Wednesdays**

**Hometown  
Hero Banner**



**Military  
Share**

**Memorial  
Park**

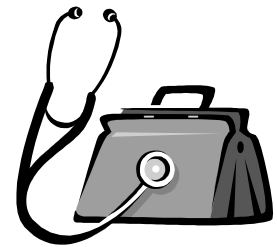


**April 29th**

**Camp  
Lejeune  
News**



**VAMC Wilkes-Barre Toll Free: 1-877-928-2621**



Did you know?

If you were unable to get to your VA Hospital because of an emergency: you, your family, friends, or hospital staff need to contact one of the numbers within **72 hours** of your emergency, so you are better aware of what services VA may or may not cover.

**DAY: Utilization Management**  
**8:00AM-4:00PM**  
**EXT. \*7258**

**NIGHT: Health Benefits Advisor**  
**4:00PM-8:00AM**  
**EXT. \*7140**

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# Effective May 1st

Walk-In



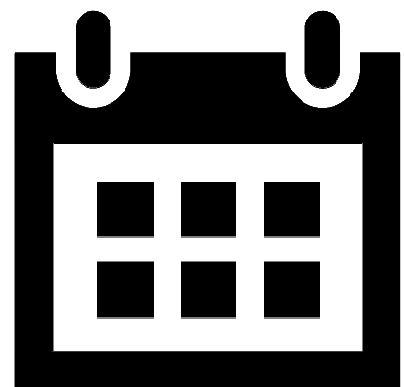
Wednesdays

VA Office is moving Walk-Ins to Wednesdays  
**9:00am-4:00pm/ First Come First Serve**  
**\*Information Only\***

Scheduled Appointments

Now on

Mondays, Tuesdays,  
Thursdays and Fridays



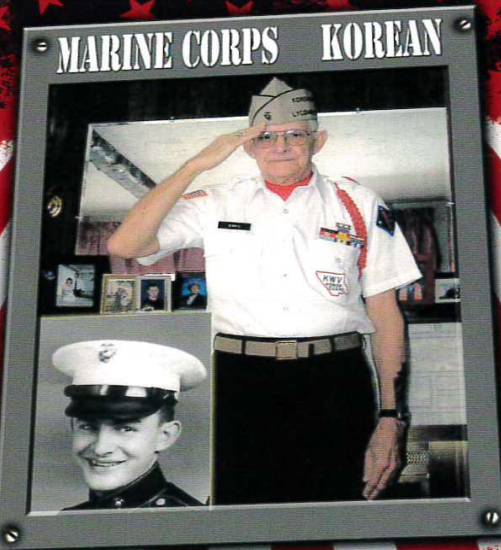
**\*Appointments Only No Walk-Ins\***



Now Is The  
Time To Sponsor  
Your 2017

# Hometown Hero Banner

**HOMETOWN  
H \* E \* R \* O  
WILBUR M. EMIG, JR**



**LYCO CO. HOMETOWN  
HEROES, INC.**

**SPECIAL OFFER:**

With the purchase of this year's banner we are offering, for sale, a garden flag available for \$40.00

Deadline for Sponsorship is  
September 1, 2017

All sponsorships - \$210

Banners Will Be Displayed  
Beginning in October 2017

We now accept *Paypal*

Call Natalie Steppe at 570-320-2101, visit the website at [LYCO.ORG/VA](http://LYCO.ORG/VA), or stop by The Lycoming County Veterans Affairs Office for more information or to sponsor a banner.

# Military Share

**A FRESH EXPRESS PROGRAM FOR VETERANS  
AND ACTIVE DUTY SOLDIERS!**

**HELD AT: VFW 7863 LEROY O. BUCK POST  
150 SHAFFER STREET, DUBOISTOWN, PA  
570-323-1579**

Military Share is a fresh express program of the Central Pennsylvania Food Bank and is designed to provide fresh, nutritious food for families with at least one member who is serving or who has served in the US Armed Forces.

This program is for the veterans of Lycoming County.

Each family will receive, fresh produce, deli and dairy products, pantry staples and meats, fish and poultry.

Please register your family below. Our distribution will be on the third Thursday of each month starting at 10:00am. Registration is **REQUIRED.**

Any questions regarding this program call 570-323-1579.

Name of Veteran: \_\_\_\_\_

Number of Members in Household: \_\_\_\_\_

Weekly Income: \$ \_\_\_\_\_

Branch of Service: \_\_\_\_\_







Invitation to All Pennsylvania Military Veterans  
And First Responders  
To Obtain  
**FREE ESTATE PLANS**



In partnership with the Pennsylvania Bar Association Young Lawyers Division and with sponsorship by the Lycoming Law Association, we are proud to bring the **Wills for Heroes** program to you. **Wills for Heroes** is a *free* and easy service that provides Wills, Living Wills, Health Care and Financial Powers of Attorney to military veterans and first responders and their spouses/partners.

If you die without a Will, Pennsylvania's intestate laws will determine who will receive your property. Undoubtedly, your loved ones' grief will be overwhelming; a clear expression of your intent, desires, and wishes may help ease some of this inevitable burden. While nobody likes to think about an untimely death, it is best that you express your wishes through a written document. For your family's peace of mind, please consider this invaluable opportunity, offered completely free to you and your spouse/partner.

On **Saturday, April 29, 2017**, volunteer lawyers will be conducting a *Wills for Heroes* Program for **Pennsylvania military veterans and first responders** and their spouses or significant others (**please note that proof of affiliation or DD214 will be requested at the event**). This **April 29<sup>th</sup>** event will be held at the **Old Lycoming Township Volunteer Fire Company (Station 14), 1600 Dewey Avenue, Williamsport, PA beginning at 11am**. Appointments for each person last approximately 1 hour and at the conclusion of it you will have notarized legal documents – a Will, Living Will, and Health Care and Financial Powers of Attorney (or any combination thereof). If you select that you are coming with a spouse/significant other you will have back to back appointments, and the computer will automatically schedule a second appointment. You do not need to schedule a separate appointment. Please schedule your appointment early as this event is sure to fill up fast. **ON-LINE REGISTRATION WILL BEGIN ON MONDAY, APRIL 3, 2017.**

Appointments must be scheduled online at: [www.pabar.org/wfh/](http://www.pabar.org/wfh/)  
The password is: **Lycoming**

If you have any questions about this event, please contact Kristine Waltz at [kwaltz@dingeswaltz.com](mailto:kwaltz@dingeswaltz.com) . For more information on the program visit the Wills for Heroes Foundation at [www.willsforheroes.org](http://www.willsforheroes.org).

**\*\*** If your estate exceeds approximately **\$750,000**, this service is unavailable to you due to the complexity of your estate and the limited time to complete the legal documents. *For determining if your estate is over \$750,000, include your cash, personal property, stock and bonds, real estate equity, savings, cash value of a whole/universal life insurance policy only (not the amount of the insurance policy).*

PLEASE MAKE SURE THAT YOU ARE AVAILABLE ON THE WILLS DAY FOR  
YOUR APPOINTMENT. MANY INDIVIDUALS ARE VOLUNTEERING THEIR TIME FOR THIS PROGRAM.  
NO-SHOWS ARE STRONGLY DISCOURAGED!!

## *VA's rule establishes presumption of service connection for diseases associated with exposure to contaminants in water supply at Camp Lejeune*

The Department of Veterans Affairs' (VA) regulations to establish presumptions for the service connection of eight diseases associated with exposure to contaminants in the water supply at Camp Lejeune, North Carolina, are effective as of today.

"Establishing these presumptions is a demonstration of our commitment to care for those who have served our nation and have been exposed to harm as a result of that service," said Secretary of Veterans Affairs, Dr. David J. Shulkin. "The Camp Lejeune presumptions will make it easier for those Veterans to receive the care and benefits they earned."

The presumption of service connection applies to active-duty, reserve and National Guard members who served at Camp Lejeune for a minimum of 30 days (cumulative) between Aug. 1, 1953, and Dec. 31, 1987, and are diagnosed with any of the following conditions:

- Adult leukemia
- Aplastic anemia and other myelodysplastic syndromes
- Bladder cancer
- Kidney cancer
- Liver cancer
- Multiple myeloma
- Non-Hodgkin's lymphoma
- Parkinson's disease

The area included in this presumption is all of Camp Lejeune and Marine Corps Air Station New River, including satellite camps and housing areas.

This presumption complements the health care already provided for 15 illnesses or conditions as part of the Honoring America's Veterans and Caring for Camp Lejeune Families Act of 2012. The Camp Lejeune Act requires VA to provide health care to Veterans who served at Camp Lejeune, and to reimburse family members or pay providers for medical expenses for those who resided there for not fewer than 30 days between Aug. 1, 1953, and Dec. 31, 1987.



# AMERICAN LEGIONS, VFW's & OTHER COUNTY VETERAN ORGANIZATIONS



## American Legion Post 1-

Garrett Cochran  
10 E. 3rd St., Williamsport, PA 17701  
Phone: 570-323-9409

## Veterans of the Vietnam War – Post PA 51

P.O. Box 23, Hughesville, PA 17737  
Phone: 570-547-2814

## American Legion Post 35-

Glenn Sharrow  
76 N. Main St., Hughesville, PA 17737  
Phone: 570-584-2123

## VFW Post 3428-

Edward J. Smith Post  
12 N Market St., Muncy, PA 17756  
Phone: 570-546-3820

## American Legion Post 36 -

George Webster Pepperman  
P.O. Box 211, Jersey Shore, PA 17740  
Phone: 570-398-4174

## VFW Post 5859-

Billy O. Brandt Post  
201 N. Lincoln Ave., Jersey Shore, PA 17740  
Phone: 570-8656216

## American Legion Post 104 -

Eugene Grafius  
1312 Broad St., Montoursville, PA 17754  
Phone: 570-368-9000

## VFW Post 7863-

Le Roy O. Buck Post  
150 Shaffer St., South Williamsport, PA 17702  
Phone: 570-323-1579

## American Legion Post 251 -

Bower Decker  
185 Broad St., Montgomery, PA 17752  
Phone: 570-547-2039

## VFW POST 844-

Howard W. Kahler Post  
1260 West 3<sup>rd</sup> Street, Williamsport, PA 17701  
Phone: 570-326-2752

## American Legion Post 268 -

Roland Ritter  
515 Legion Rd., Muncy, PA 17756  
Phone: 570-546-5210

## Forty & Eight Voiture 382

345 Market Street, Williamsport, PA 17701  
Phone: 570-322-1670

## American Legion Post 617 -

Royal P. Steinbacher  
901 Market Street, South Williamsport, PA 17702  
Phone: 570-327-0255

## Susquehanna Valley Chapter 47 of The Disabled American Veterans

P.O. Box 3372, Williamsport, PA 17701  
Phone: 570-567-4554

## Blue Star Mothers of America Inc. -

Chapter 12  
P.O. Box 851  
Williamsport, PA 17703  
Phone: 570-772-4638

## Williamsport Detachment 388

**Marine Corp League Inc.**  
P. O. Box 3245, Williamsport, PA 17701  
Phone: 570-323-9900

## United States Submarine Veterans Inc.-

Williamsport Base  
Mailing: 160 North Broad St, Hughesville, PA 17737  
Meeting Location: Zafar Gorotto Club  
381 E. 2nd St, S. Williamsport, PA 17702  
Phone: 570-244-1351

## Korean War Veterans of Lycoming County, Inc.

P. O. Box 3232, Williamsport, PA 17701  
Phone: 570-745-3775 (Military Funerals)

# Your Reps in Washington & Harrisburg



## U.S. Representative Thomas Marino— 10th Congressional District

**Williamsport District Office**  
**1020 Commerce Park Drive, Suite 1A**  
**Williamsport, PA 17701**  
**Phone: 570-322-3961**  
**Fax: 570-322-3965**  
**Office Hours: M-F 9-5**  
**Website: <http://marino.house.gov/>**



## PA State Senator Gene Yaw— Senate District 23

<b>330 Pine Street, Suite 204</b>	<b>One Progress Plaza, Suite 13</b>
<b>Williamsport, PA</b>	<b>Towanda, PA 18848</b>
<b>Phone: 570-322-6457</b>	<b>Phone: 570-265-7448</b>
<b>Fax: 570-327-3703</b>	<b>Fax: 570-268-4313</b>
<b>Toll-free: 1-800-443-5772</b>	
<b>Website: <a href="http://senatorgeneyaw.com/">http://senatorgeneyaw.com/</a></b>	<b>Email: <a href="mailto:gyaw@pasen.gov">gyaw@pasen.gov</a></b>



## PA State Representative Garth D. Everett— 84th Legislative District

<b>Penn Hills Plaza, Halls Station</b>	<b>Tiadaghton Valley Mall</b>
<b>21 Kristi Road, Suite 2</b>	<b>Room 105</b>
<b>Muncy, PA 17756</b>	<b>Jersey Shore, PA 17740</b>
<b>Phone: 570-546-2084</b>	<b>Phone: 570-398-4476</b>
<b>Fax: 570-546-5220</b>	<b>Fax: 570-398-5963</b>
<b>Website: <a href="http://www.repeverett.com/">http://www.repeverett.com/</a></b>	<b>Email: <a href="mailto:geverett@pahousegop.com">geverett@pahousegop.com</a></b>



## PA State Representative Jeff Wheeland— 83rd Legislative District

<b>349 Pine Street Suite 1</b>	<b>Room 414 Irvis Office Building</b>
<b>Williamsport, PA 17701</b>	<b>P.O. Box 202083</b>
<b>Phone: 570-321-1270</b>	<b>Harrisburg, PA 17120-2083</b>
<b>Fax: 570-327-3719</b>	<b>Phone: 717-787-2885</b>
<b>Office Hours: M-F 8:30-4:30</b>	
<b>Website: <a href="http://www.repwheeland.com">www.repwheeland.com</a></b>	<b>Email: <a href="mailto:jwheeland@pahousegop.com">jwheeland@pahousegop.com</a></b>

**Not sure who your representative is? Find out at:**

**<http://www.legis.state.pa.us/cfdocs/legis/home/findyourlegislator/countylist.cfm?CNTYLIST=LYCOMING>**

## FROM THE LYCOMING COUNTY VA OFFICE:

**W**ould you like to have a VA Benefit Seminar at a Nursing Home, Legion, VFW, or Other Organization? Have George come and speak to the Veterans and Widows about what they could be eligible for through the VA. Call our office at 570-327-2365 to set it up.

**H**ome Loans? Contact Bob Brown, Sr. Loan Officer at Allentown Mortgage Corp. VA Loan Specialist/ Residential Financing.

Phone: 610-883-7601 or 484-494-6593

Email: [bobbrown@worldlynx.net](mailto:bobbrown@worldlynx.net)

Web: [www.allentownmortgage.com](http://www.allentownmortgage.com)

\*Licensed by the PA Dept. of Banking\*

## FROM THE PENNSYLVANIA DEPT. OF VETERANS AFFAIRS:

**A**re you rated 100% disabled by the VA? Then you may be eligible for real estate tax exemption and free hunting and fishing licenses. Call 570-327-2365 for more information.

**I**f you or anyone you know are interested in being trained for an Honor Guard position please contact the VA office at 570-327-2365.

## Important information to Know when Transitioning from TRICARE Prime to Standard.

- You can still see your same doctor.
- Costs for care will change.
- Your health care prior authorizations are still valid.

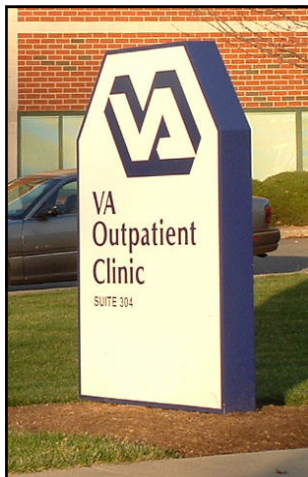
Be aware that your out-of-pocket costs for existing care will change from TRICARE Prime copayments to TRICARE Standard (Extra) cost-shares and deductibles on **October 1, 2013**.

If you have any other questions or concerns please contact us at 570-327-2365



MARINE CORPS BALL

# VA Outpatient Clinic



The VA Outpatient Clinic was established July 1997 on the Campus of Divine Providence Hospital in the Wenner Building, 1705 Warren Avenue, Suite 304, Williamsport, PA **Phone:** 570-322-4791 **Fax:** 570-322-5170  
Open: Monday—Friday 8:00 a.m. to 4:30 p.m. Scheduled appointments only  
~ No Emergency Services/No walk-ins

**Services Include:** Primary Care, Enrollment/Eligibility forms, Psychiatry, Post Traumatic Stress Disorder (PTSD) Social Services, Counseling, Lab, Nutrition services, and Immunizations.

**The VA Clinic has a social worker at the clinic on Tuesday and Thursday. Her name is Chris Veach; please call the clinic at (570) 322-4791 to schedule an appointment.**

## Vet Center

The Vet Center is located at Suite 104, 49 East Fourth Street, Williamsport, next to the James V. Brown Library. Phone 327-5281. All services provided by the Vet Center are **FREE OF CHARGE**. These include readjustment counseling and outreach services to all veterans who served in any combat zone. Services are also available for their family members. These include:

- individual and group counseling: women, spouses, WWII, Korean, Vietnam, OEF/OIF, and other combat veterans.
- group counseling
- marital and family counseling
- bereavement counseling



- substance abuse information and referral
- referral in applying for VA Benefits, job counseling and educational VA benefits
- referral for homeless vets
- military sexual trauma (male and female) counseling & referral
- outreach and community education

*Pennsylvania*  
**CareerLink**  
LYCOMING COUNTY

The PA Career Link—Lycoming County office is located at 329 Pine Street in Williamsport and is open Monday through Thursday 8:30 a.m. to 4:30 p.m. and from 9:00 a.m. to 4:30 p.m. on Fridays.

**Contact:** Timothy French

**E-mail:** [tifrench@state.pa.us](mailto:tifrench@state.pa.us)

**Phone:** 570-601-5934

**Online:** [www.pacareerlink.state.pa.us](http://www.pacareerlink.state.pa.us)





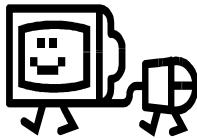
**Lycoming County Office of  
Veterans Affairs**

330 Pine Street  
Williamsport, PA 17701  
Suite 401  
Executive Plaza Building  
Mailing Address:  
48 West Third Street  
Williamsport, PA 17701  
570-327-2365

*County Commissioners*  
*R. Jack McKernan,*  
*Chairman*  
*Tony R. Mussare,*  
*Vice Chairman*  
*Richard Mirabito,*  
*Secretary*

**Visit Our Web Site:**  
[www.lyco.org/va](http://www.lyco.org/va)

For up-to-date  
News and  
Information  
For Veterans



***The Lycoming Vet***  
*is published*  
*by the Office of*  
*Veterans Affairs*  
*in Lycoming County, PA*



**We are here to help you . . .**

**MSGT George W. Heiges (Ret.)**

**Lycoming County Director of Veterans Affairs**

570-327-2365 gheiges@lyco.org

- Fully accredited as a Veterans Service Officer by the Pennsylvania Department of Military and Veterans Affairs
- Twenty- one years USAF

**David A. Keene**

**Assistant Director of Veterans Affairs**

570-327-2365 dkeene@lyco.org

- Fully accredited as a Veterans Service Officer by the Pennsylvania Department of Military and Veterans Affairs
- Four years USMC

**To make an appointment, please contact**

**Natalie Miller at: 570-320-2101**

**Office Hours**

Monday through Friday 8:30 AM – 5:00 PM  
Monday– Thursday: Scheduled Appointments Only  
Friday: Walk-Ins 9:00 AM- 4:30 PM

**(No Comp or Pension Claims, Info ONLY)**

**UNTIL MAY 1st \*\*SEE PAGE 3\*\***

Closed weekends and major holidays.

**The Lycoming County VA**

**Office Will Be Closed:**

Good Friday– Friday April 14, 2017

Memorial Day– Monday May 29, 2017

**Do you have announcements  
or information to share???**

The Lycoming County Office of Veterans Affairs invites you to submit articles and items of interest to be published in the next edition of *The Lycoming Vet*.

For questions or to make submissions,  
please contact Natalie Miller at the Veterans Affairs Office.