

# The Lycoming Vet

Volume 16 Issue 2

April 2024

## **May is Military Appreciation Month**

### **May 1st - Loyalty day**

A day to reflect on the proud heritage of our American freedom

### **May 1st - Silver Star Service Banner Day**

Recognizes those who have been awarded the Silver Star Medal

### **May 5th - May 11th - Public Service Recognition Week**

Time set aside to honor the those who serve our nation as government employees and ensure that our government is the best in the world

### **May 8th—Victory in Europe Day/ V-E Day or VE Day**

This day marks the end of World War II in Europe

### **May 10th -Military Spouse Appreciation Day**

A day to honor military spouses and recognize the important role military families play in keeping our Armed Forces strong and our country safe

### **May 13th - Children of Fallen Patriots Day**

Honors and raises awareness of the sacrifices and struggles the children of fallen patriots must endure in the wake of their parents' death

### **May 18th - Armed Forces Day**

A single holiday to come together and thank our military members for their patriotic service in support of our country

### **May 27th - Memorial Day**

A remembrance of our veterans

### Did you know?

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

Call: 844-724-7842

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# MILITARY DATES OF REMEMBRANCE

## April

Month of the Military Child

April 5 - Gold Star Wives Day  
April 11 - Submarine Force Birthday  
April 14 - Air Force Reserve Birthday  
April 15 - Purple Up! For Military Kids  
April 23 - Army Reserve Birthday  
April 30 - National Military Brats Day

## May

National Military Appreciation Month

May 1 - Loyalty Day and Silver Star Service Banner Day  
May 8 - Victory in Europe Day/ VE Day  
May 10 - Military Spouse Appreciation Day  
May 13 - Children of Fallen Patriots Day  
May 18 - Armed Forces Day  
May 24 - National Poppy Day  
May 27 - Memorial Day

## June

June 6 - D-Day, anniversary of WWII allied invasion in Normandy, France  
June 14 - Flag Day and Army Birthday  
June 23 - Coast Guard Auxiliary Birthday  
June 25 - Anniversary of the start of the Korean War



## Month of the Military Child

Happy Month of the Military Child! We're celebrating amazing, strong, and resilient military kids all month long. Kids serve too!



Explore Sesame Street for Military families  
<https://sesamestreetformilitaryfamilies.org>

Topics include: (and so many more)



### Deployments

Develop strategies for coping with pre-deployments and deployments.



### Temporary Duty

Tips for staying connected during military assignments and travel.



### Military to Civilian Life

Transition out of the military, navigate change, and start your new adventure.



### Military Homecomings

Prepare your family for reunions.



### More topics on SesameStreet.org

Access our *Little Children, Big Challenges* family support services, kids learning sites, and other resources for military children, which help all families of military service build the skills they need to be resilient.

Everyday Challenges

Divorce

Incarceration





### Support Our Military Children

- **Wear purple.** Celebrate Purple Up Day on April 8, 2024, and show your appreciation for our extraordinary MilKids.
- **Check out the wealth of resources available to military-connected children and parents.** Invite your network to explore and share the podcasts, webinars and other resources available to military-connected children, youth and teens — and their parents.
- **Spread the word about the MilKid appreciation items.** Throughout the month of April, free giveaways will be offered for military families.
- **Download the social media toolkit.** Use our sample social media posts to share content and resources on your social channels to amplify our effort to support military-connected youth.

**Taking Care of Our Military Children** | **MILITARY ONE SOURCE**

**Get involved.** Visit the [2024 Month of the Military Child toolkit page](#) for many ways to participate.

**Learn more.** Visit [militaryonesource.mil/momc](https://militaryonesource.mil/momc) or call 800-342-9647.

## Month of the Military Child 2024: Taking Care of Our Military Children

To pay tribute to our extraordinary military-connected children, youth and teens this April, the Office of Military Community and Family Policy is collaborating with key partners in an effort to thank and support our children and their parents for the unique and invaluable role they play and ensure that they have access to the support and resources they need.

### Support for military children, youth and teens — and their parents:

Military OneSource connects military families to resources and support impacting a range of quality of life issues that affect children, youth and teens, including new parent support, child care, resources for families with loved ones with special needs, youth programs, child and youth behavioral counseling, and resources related to school and education transitions.

[Military Youth and Teen Programs](#) — Available on almost every installation where families PCS, youth centers offer continuity of programming on installation and through Boys & Girls Clubs of America and 4-H Partnership to help make transitioning to new places smoother for military-connected youth and teens

[School Liaison Program](#) — Education support for military-connected children in grades pre-K through 12, including special needs, transitions, deployments and more — anytime it's needed

[New Parent Support Program](#) — Resources and support designed to enhance the lives of infants, toddlers, children and parents; promote safety, health and well-being; and help families thrive through empowerment

[Child and youth behavioral military and family life counselors](#) — Counseling support for military-connected children for a variety of issues, including performance in school, general behavior, transitions and relationships, and changes at home

[Military Child Care Services](#) — Resources and support designed to help you find care, explore child care options and learn about fee assistance

[Exceptional Family Member Program](#) — Support for families with special needs including the Special Needs Specialty Consultations, EFMP & Me online tool, Education Directory for Children with Special Needs and more



## What can your local Veterans Affairs Office do for you?

Located at 33 West Third Street in Williamsport, three fully accredited Veterans Service Officers are available to help you navigate the Veterans Affairs system.

- All help is FREE of charge
- Wednesdays - walk in with your questions
- Call for a one-on-one appointment other days of the week 570-327-2365

Our office can help you with:

- Disability Compensation
- Pension/Survivor's Pension
- VA Healthcare
- Dependency & Indemnity Compensation

Additional Benefits we can help with:

- Veterans Headstones, markers and flags
- Burial Benefits and Grave Registry
- Veterans Emergency Assistance
- Hunting and Fishing Licenses for 60% - 100% disabled Veterans
- Real Estate Tax Exemption for 100% total and Permanent VA disabled wartime Veterans

Guidance for certain questions:

- Education and GI Bill information
- Discharge and Medal Replacements
- Lost discharge paperwork ( National Archive requests)



Our Mission is “to fulfill President Lincoln’s promise ‘To care for him who shall have borne the battle, and for his widow and his orphan’ by serving and honoring the men and women who are America’s Veterans”.



# Fishing and Hunting Licenses

**Are you a veteran  
with a disability rating between 60% - 100% ?**

**Call 570-327-2365  
for an appointment to apply for  
a reduced fee (60% to 90%)  
or free fishing or hunting license (100%)**

Please bring :

your tax abatement letter as proof of your VA disability rating.

DD214

PA ID (driver's license, photo ID)



Our Mission is “to fulfill President Lincoln’s promise ‘To care for him who shall have borne the battle, and for his widow and his orphan’ by serving and honoring the men and women who are America’s Veterans”.



## New Local Office

530 Legion Road  
Muncy, Pa 17756

## Veterans Promise Serving and Honoring America's Heroes

Our promise is to advocate, educate, and raise awareness for all veterans.

We will offer outreach for PTSD, suicide prevention, drug and alcohol education, and support to veterans and their families in our community.

We will leave no stone unturned, no matter how big or small, to accomplish our mission.

Advocacy is the first step in conquering the battle here on the home front.

We will do whatever it takes to Keep the Promise.

### Wall of Heroes



The Veterans Promise Wall of Heroes is for the heroes that we lost on the homefront, long before their time. We regularly honor the heroes with candlelight vigils. We invite family, friends, and the community together to commemorate the fallen.

### Family Support



Here at Veterans Promise, the family support team is comprised of a veteran clinical social worker and other peers that assist veterans and their families with a variety of services. It is our goal to make sure that no one feels left behind. We got your 6!

For more information, call us at  
(570) 892-2060

or email us at  
[contact@veteranspromisenepa.org](mailto:contact@veteranspromisenepa.org).



# *Operation Care Package*

Please help us collect items for care packages  
for our local soldiers with the  
56<sup>th</sup> Stryker Brigade Combat Team  
that have been deployed to the Horn of Africa

**Please consider donating the following items for care packages:**

- Playing Cards
  - Yo-Yos
  - Crossword or Suduku
  - Pens/colored pencils
  - Wet wipes, body powder, deodorant
  - Shelf Stable foods like beef jerk, tuna packets, nuts, nutria-grain bars, etc.
  - Travel versions of games
  - Dominos
  - Small journals/adult coloring books
  - Lip balm, hand cream, sunblock
  - Chewing gum, hard candy, candy that will not melt
  - Drink mix powders, etc.
- A hand-written letter or card reflection your appreciation and wishes for a safe deployment and return home.

**Please bring items to :**  
**The Veterans Affairs Office**  
**33 West Third Street**  
**2<sup>nd</sup> floor**

**Deadline for drop off: Friday, May 24, 2024**

Thank you for helping remind our service members – that we are all remembering them.

## Army Recipes

August 15, 1944 War Department TM 10 -412

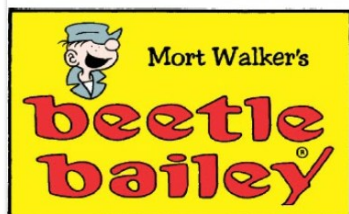
<https://archive.org/details/TM10-412/page/n215/mode/2up?view=theater>

### NO. 586. CORN A LA SOUTHERN

Yield: 100 servings, approximately  $\frac{1}{2}$  cup each.

Ingredients	100 servings	.... servings
Corn, cream style.....	3 No. 10 cans.....	
Eggs, slightly beaten.....	10 eggs ( $\frac{1}{4}$ No. 36 dipper).....	
Butter, melted.....	12 ounces ( $\frac{1}{2}$ mess kit cup).....	
Peppers, green, chopped.....	2 $\frac{1}{2}$ pounds (2 $\frac{1}{2}$ No. 36 dippers).....	
Sugar, granulated.....	2 $\frac{1}{4}$ ounces (4 $\frac{1}{4}$ mess kit spoons).....	
Salt.....	1 ounce (2 mess kit spoons).....	
Pepper.....		
Milk, evaporated.....	4 — 14 $\frac{1}{2}$ -ounce cans.....	
Water (for milk).....	2 quarts (2 No. 36 dippers).....	

1. Combine all ingredients; mix well.
2. Pour into well greased baking pans. Bake in slow oven (300° F.) about 1 hour or until firm.





# Grandma's Wilted Garlicky Salad



## INGREDIENTS

- 3 heads of Romaine lettuce
- 1 12-16 oz. bag of radishes
- 1 bunch of green onions
- 1-small container of cherry tomatoes
- 2 Avocados (must be ripe)
- ½ cup fresh squeezed lemon juice (from 2 lemons)
- ½ cup olive oil
- 3 large garlic cloves (minced)
- ½ tsp. black pepper
- 1/2 tsp salt (use 1/4 tsp if using optional seasoning salt)

## DIRECTIONS

Wash and dry all produce. Slice the radishes and then cut each slice in ½. Cut each avocado in half and then remove the pit. Scoop out the flesh and then cut into chunks. Tear the lettuce into bite sized pieces and slice the bunch of green onions.

Half each cherry tomato.

Place all the prepared produce in a very large mixing bowl and toss.

In a medium sized bowl, add the lemon juice, oil, garlic and other spices. Whisk well. Pour this dressing over the prepared produce and mix well.

Cover the salad and then let it rest in the refrigerator for at least 6 hours (preferably overnight) in order for the lettuce to wilt and the flavors to blend.





Double A and B and C Brownies--  
IT WORKS

## INGREDIENTS

- 1 cup of all-purpose flour
- 1 cup cocoa powder (unsweetened)
- 1/2 cup avocado, mashed
- 1/3 cup no sugar added applesauce
- 1 small ripe banana (mashed)
- 1 egg
- 1 15-oz can of low sodium black beans rinsed and drained
- 1/2 tsp baking soda
- 1 1/4 tsp. vinegar (be careful to measure correctly)
- 1 tsp vanilla (optional)
- 1/4 cup chopped nuts and/or mini chocolate chips (optional)

## DIRECTIONS

(Preheat oven to 350 degrees F)

In a large mixing bowl, mix using a spoon the mashed avocado, banana, apple sauce and cocoa together.

In a food processor or blender pulse and/or blend the black beans with the egg until pureed and smooth. Fold this into the avocado mixture.

Add the baking soda, flour and mix just until blended. Add the vinegar and along with the optional ingredients (if using).

Mix gently until well incorporated about 10 strokes or 20 seconds.

Pour the browning mixture into a 8x8 pan lightly coated with cooking spray.

Bake for about 25 minutes





The Williamsport Branch YMCA is excited to offer a flagship program to our local Veterans in Lycoming County, PA. This FREE Program will meet twice weekly for 1 hour with Certified Personal Trainers Carey Stiller and Rob Chambers.

Our Goals for this Program are:

- Building strength and confidence, learning machines and specialty exercises for those who with limitations. Classes will encompass all the YMCA has to offer, including pool use, weights, cardio etc.
- Working on mobility, balance ,and movement through Yoga, with modified exercise methods for those with injury or illness. Will also work with a Certified Physical Therapist for injuries sustained in Service.
- Nutrition Education; learning to fuel our bodies properly and how food can help heal your body from the inside out.
- A positive, open approach to mental health awareness and the ability to connect with local experts for those in need. With group and one on one options for those who need to talk and express themselves.
- Community Networking and creating a welcoming presence in our area for our veterans.



If you or a family member are interested in joining our  
VET STRONG Program please contact:

Wellness Director Nikki Fiel at 570-323-7134 ext 174 or  
email [nikkif@rvrymca.org](mailto:nikkif@rvrymca.org)

Williamsport Branch YMCA  
641 Walnut St, Williamsport PA 17701



## **What is MOVE!?**

MOVE! Is the VA's national weight management program developed for veterans. It is an evidence-based self-management program the focuses on health and wellness through healthy eating, physical activity, and behavior change.

## **Who can participate?**

Only veterans receiving care in the VA can enroll in the MOVE! Program.

However, the MOVE! Questionnaire, found on the website, can be taken by anyone. Workbooks, handouts, videos and worksheets are also available to anyone on the website

**<https://www.move.va.gov/vetworkbook.asp>**

## **How to get involved?**

Contact your VA medical facility to inquire about program availability.



**Nutrition important part of Veterans' Whole Health**



## Warm Up Shop



In need of a warm jacket  
or other necessity?

Come on in for a visit,  
no appointment needed!



Items available vary!!





## **American Legion Riders**

**The American Legion Riders are looking for any Gold Star or Blue Star Mothers that would like an escort from the Muncy Legion to the Wahoo Drive Veterans Memorial on Memorial Day weekend.**

**If you would like to participate or would like more details, please contact:**

**Butch Schriner**

**272-209-4131**

**[csschriner@gmail.com](mailto:csschriner@gmail.com)**





**JOIN US FOR OUR MONTHLY**

## *Veterans' Breakfast*

**1st Tuesday of every Month**

**8:30AM – 9:30AM**

**Please Call to RSVP**

**570-637-3950**





**HILLSIDE  
SENIOR LIVING**

2725 Four Mile Drive, Montoursville, PA 17754  
[www.HillsideSeniorLiving.com](http://www.HillsideSeniorLiving.com)  
 570-322-4436





BEETLE BAILEY



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

Commercial : 570-824-3521  
 Utilization Management - EXT. 27258

24 hr/7 days a week  
 Health Benefits Advisor, Administrative Officer On Duty - EXT. 27140

# **No One Fights Alone**

## **Mental Health Awareness Walk**

### **24 Hour Walk**



My name is Ryan Hayslip. As a proud veteran of the US Army, I dedicated 8 1/2 years to serving my country, including two tours in Iraq. Upon returning home, I struggled to find my footing and grappled with my mental health. Thanks to the unwavering support of my loved ones, the local Vet Center, and Veterans Affairs, I've been able to navigate these challenges. Now, I'm driven to pay it forward and support fellow veterans and first responders in my community. I want them to know they're not alone in their struggles and encourage them to share their stories, because everyone deserves a listening ear and a chance to heal.

No One Fights Alone is a 24-hour walk on May 17th at 1pm. It's mission: Shine light on the reality that many veterans and first responders in our community struggle with mental health issues stemming from their occupations, and work to dispel the stigma surrounding these challenges.

The walk is a 5K circle course, starting at Hepburn St. Riverwalk Parking Lot. Please join our walk, for any distance, to show support for the veterans and first responders in our community!

100% of the donations are being allocated to local community programs to help veterans and first responders.

Heroes & Horses  
NAMI of North Central Pennsylvania  
CCVA MilitaryShare

Event shirts are \$30 each. All profits go toward our fundraising.  
Email Ryan Hayslip to order your shirt! [noonefightsalone@myyahoo.com](mailto:noonefightsalone@myyahoo.com)

### **JOIN OUR SOCIAL MEDIA & HELP US SPREAD THE NEWS!**

Facebook: @No One Walks Alone – 24 Hour Walk  
Instagram: @noonefightsalone

Contact Info: Ryan Hayslip 253-310-1567  
[noonefightsalone@myyahoo.com](mailto:noonefightsalone@myyahoo.com)





## *Proclamation in Recognition of Vietnam War Veterans Day*

*Whereas, the Vietnam War Veterans Recognition Act was signed into law in 2017 designating March 29<sup>th</sup> as the National Vietnam War Veterans Day, and*

*Whereas, Lycoming County suffered the loss of forty-three Soldiers, Sailors, Marines, and Airmen killed or missing in action in Southeast Asia, and*

*Whereas, in acknowledgement of the unspeakable hardships they suffered endangering their lives for the values of freedom and democracy for all, and*

*Whereas, today we remember the men and women of Lycoming County, and their families, who served our nation with honor, courage, valor, and distinction from November 1955 to April 1975, and*

*Whereas, today we thank them for their service and sacrifice, and we are forever grateful for the valuable contributions they continue to make today, and*

*Therefore, Be it Resolved, the Lycoming County Commissioners, on behalf of the grateful citizens of our County, urge all citizens to join with us in recognizing March 29, 2024 as a tribute to the Veterans of the Vietnam Era and Vietnam Era, the sacrifices they made, and continue to make on our behalf.*

*Lycoming County Commissioners*

*Scott L. Metzger*  
Scott L. Metzger, Chairman

*Mark C. Sortman*  
Mark C. Sortman, Vice Chairman

*Mark Mussina*  
Mark Mussina, Secretary



## **Thursday, March 28th, Lycoming County Commissioners' Meeting**

### **Proclamation for March 29, National Vietnam War Veterans Day**



PAT CROSSLEY/Sun-Gazette

The Lycoming County Commissioners presented the staff of Lycoming County Veterans Affairs with a National Vietnam War Veterans Day Proclamation at Thursday's morning commissioners' meeting. National Vietnam War Veterans Day honored on March 29, 1973 was the day the last U.S. combat troops departed Vietnam. From left to right: Marc Sortman, county commissioner; Jeff Hamilton, veterans service officer; W. Michael McMunn, director, Lycoming County Veterans Affairs; Keely Hitchens, secretary; Mike Mussina, county commissioner; and Scott Metzger, county commissioner. Not pictured : Natalie Steppe, assistant director, Lycoming County Veterans Affairs.



## COMMONWEALTH OF PENNSYLVANIA

PROCLAMATION  
BY THE  
GOVERNOR

WHEREAS, as we honor all the men and women who served in our nation's armed forces throughout history, Pennsylvania is proud to join in the national commemoration of Vietnam War Veterans Day; and

WHEREAS, this conflict defined an entire generation of and numerous brave men and women served during the conflict, including 325,208 Pennsylvanians, of whom 3,147 Pennsylvanians were Killed in Action and eighty-nine are still unaccounted for; and

WHEREAS, as Pennsylvanians we must never forget the pain and suffering that lingers today for the men and women who fought with honor and distinction, in the name of freedom and democracy for all; and

WHEREAS, we remember the men and women who so honorably served during more than a decade of fighting in challenging terrains of Southeast Asia, where they faced extraordinary and unprecedented dangers; we will never forget their sacrifice and we value their continued service to their fellow veterans today, as they embody the motto of the Vietnam Veterans of America: "Never again will one generation of veterans abandon another;" and

WHEREAS, through this commemoration the Commonwealth of Pennsylvania, the Department of Military and Veterans Affairs, and the Office of Veterans Affairs join with all individuals of this great state and nation to honor and remember our Vietnam Veterans and their families for their courage, sacrifice, and valor.

THEREFORE, I, Josh Shapiro, Governor of the Commonwealth of Pennsylvania, do hereby proclaim March 29, 2024 to be

## VIETNAM WAR VETERANS DAY

I encourage all Pennsylvanians to participate in activities that bestow honor and commendation on American heroes past and present.



GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, this sixteenth day of February two thousand twenty-four, the year of the Commonwealth the two hundred forty-eighth.

Governor Josh Shapiro





# THE UNITED STATES OF AMERICA VIETNAM WAR COMMEMORATION

50<sup>th</sup>



**3.8 MILLION +**

**Vietnam veterans** publicly  
thanked and honored



**26 THOUSAND +**

**Ceremonies** have been held and  
hosted by our Commemorative  
Partners in all 50 U.S. states,  
territories and commonwealths

**NATIONAL  
VIETNAM WAR  
VETERANS DAY  
March 29**

**13 THOUSAND +**

**Commemorative Partners**  
comprised of local, state and  
national organizations,  
businesses, sports franchises  
and governmental agencies



*Join the Nation ... thank a Vietnam veteran!*

[www.vietnamwar50th.com](http://www.vietnamwar50th.com)



**AMERICAN  
RESCUE  
WORKERS**

*Beginning September 1, STEP Transportation in partnership with the American Rescue Workers is operating the*

## **Lycoming County Veterans Transportation Program**

*Offering round trips to the following destinations:*

- Grocery Stores
- Medical Facilities\*
- Pharmacies
- Education & Libraries
- CareerLink & Job Interviews
- Court Dates, including Veterans Court
- Food Banks
- Banks
- Veterans Offices
- Social Service Offices
- Social Security Office
- Recreation
- DMV



*\*Medical Facilities include Geisinger and UPMC facilities throughout STEP's Service Area which includes: Lycoming, Clinton, Montour, Union, Northumberland, and Center Counties, as well as the Veteran's Facility in Wilkes-Barre on select days of the week.*

*Services provided based on funding availability.*

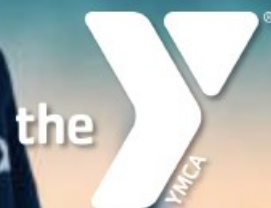
**For more information please call:**  
STEP Transportation 570.323.7575  
**or email:** [trcenter@stepcorp.org](mailto:trcenter@stepcorp.org)

**Eligibility Requirements:**

Must be able to document Veterans Status (ie DD-214)



# VET STRONG at the YMCA



## Supporting Lycoming County Veterans through Strength, Community, and Wellness

The Williamsport Branch YMCA is embarking on a new Program Journey to help our area Veterans by offering a 12 week program to Vet's and their families. This FREE program will focus on Strength Training, Mobility, Community and Nutrition.

### Can you or your Business Help?

\_\_\_ \$5000 Sponsor a full Session for 12 Weeks (6 - 7 participants)

\_\_\_ \$680 Sponsor a Veteran for 12 Weeks

\_\_\_ \$226 Sponsor a Veteran for a month of the Program

\_\_\_ \$56 Sponsor a Veteran for a Week

If you would like to sponsor a Vet in our Program please contact  
Wellness Director Nikki Fiel at 570-323-7134 ext 174 or email [nikkif@rvrymca.org](mailto:nikkif@rvrymca.org)

Thank you Veterans for your sacrifices, for your valor, for the things you carry, for protecting us, and for defending our rights. Thank you to all our veterans for your courage, strength and dedication to keeping us safe.

\* All Donations are Tax Deductible and will stay local in the Lycoming Country Area.





## ***Wilkes-Barre VA Medical Center to Host Community Town Hall & Enrollment Event in Sayre, PA***

***Wednesday, April 24, 2024***

***Sayre VA Clinic,***

***1537 North Elmira Street, Sayre, PA***

***Community Town Hall Starts at 5:00 PM***

***VA Health Care Enrollment Assistance  
Will Be Available Throughout the Event***

*Veterans, Family Members, Community Stakeholders and the public are invited to attend a Community Town Hall and open forum discussion with Medical Center Leadership.*

*VA Healthcare eligibility criteria changes over time and has expanded recently with the changes to the PACT Act. VA is making all Veterans exposed to toxins or other hazards while serving our country eligible to enroll directly in VA health care without first applying for VA benefits.*

*If you're a Veteran who has never applied or was at one time ineligible, this is a great opportunity to start the process to determine eligibility for VA Healthcare benefits that you may be entitled to.*

*Questions and media inquiries, please contact  
John Baloga at (570) 824-3521 Ext. 24756  
[John.Baloga@va.gov](mailto:John.Baloga@va.gov)*



## Media Advisory

Wilkes-Barre VA Medical Center  
1111 East End Blvd  
Wilkes-Barre, PA 18711

Contact: John Baloga  
(570) 824-3521 Ext.24756  
[John.Baloga@va.gov](mailto:John.Baloga@va.gov)

FOR IMMEDIATE RELEASE

March 27, 2024

### Sayre VA Clinic to Host Community Town Hall & Enrollment Event on April 24

**What:** Veterans Affairs Medical Center, Wilkes-Barre will hold a Community Town Hall & Enrollment Event in our Sayre VA Clinic on April 24<sup>th</sup>.

The Event will provide Veterans, family members and the public feedback on VA operations and give them a chance to ask questions about recent expanded benefits through the PACT Act.

Staff will also be on hand throughout the Community Town Hall to assist Veterans with VA Healthcare Enrollment.

**Who:** Wilkes-Barre VA Medical Center Leadership and other VA representatives

**When:** Wednesday, April 24, 2024, at 5:00 PM

**Where:** Sayre VA Clinic, 1537 North Elmira Street, Sayre, PA 18840

**Background:**

The meetings are intended to provide local Veterans an open forum and for VA officials to hear directly from beneficiaries as a step toward improvement and to rebuild trust among Veterans.

VA Healthcare eligibility criteria changes over time and has expanded recently with the changes to the PACT Act. VA is making all Veterans exposed to toxins or other hazards while serving our country eligible to enroll directly in VA health care without first applying for VA benefits.

If you're a Veteran who has never applied for VA health care or was at one time deemed ineligible, this is a great opportunity to start the process in determining current eligibility.

**RSVP:** Media interested in attending should RSVP to [John.Baloga@va.gov](mailto:John.Baloga@va.gov)



Veterans  
Crisis Line  
988 then press 1

Confidential help for Veterans  
and their loved ones

Confidential chat at [VeteransCrisisLine.net](https://VeteransCrisisLine.net)  
Or  
Text to 838255



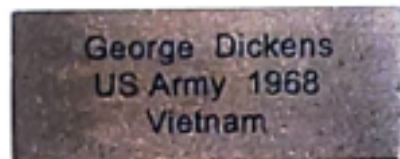
## LYCOMING COUNTY VETERANS MEMORIAL PARK WILLIAMSPORT, PA

Honor or memorialize a Veteran with a personalized brick permanently placed within the renovated walkways of the Lycoming County Veterans Memorial Park, located at West Fourth Street and Wahoo Drive, Williamsport, PA.

Select a size:

\_\_\_\_\_ 4" x 8" Up to 3 lines of text, gray brick  
\$50 Maximum of 15 characters per line,  
including letters, numbers, spaces,  
and symbols.

\_\_\_\_\_ 12" x 12" Up to 6 lines of text, gray brick  
\$200 Maximum of 15 characters per line,  
including letters, numbers, spaces,  
and symbols.



Please fill out 1 order form per brick. **PRINT** clearly with 1 character per block.


Ordered by: Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please submit your order forms, along  
with payment to:

Streets and Parks Department  
ATTN: Veterans Memorial Park  
1550 West Third Street  
Williamsport, PA 17701

Make checks payable to: **Lycoming County Veterans Memorial Park**

## **VETERANS MEMORIAL PARK OF PICTURE ROCKS**

A 501 © (3) Non-Profit Corporation

### PERSONALIZED VETERAN BRICK ORDER FORM

Honor or memorialize a Veteran with a personalized brick permanently placed within the walkways of the newly constructed Veterans Memorial Park of Picture Rocks. ALL Veterans, not just those from Picture Rocks, are eligible to have a brick.

The park is located on South Main Street (US Route 220) in Pictures Rocks, Pennsylvania.

Bricks may be engraved with three (3) lines of text. Each line can accommodated a maximum of eighteen (18) characters (which includes letters, punctuation and spaces.)

The \$50.00 price includes the cost of one brick with three lines of engraving and a tax deductible donation of \$32.00.

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The following contact information is requested of the person placing the brick order:

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Using the blocks provided below, please PRINT clearly the information you wish to have engraved on the brick.


**Please submit your completed brick order form, along with a check for the amount of \$50.00, to the following address:**

Veterans Memorial Park of Picture Rocks, Inc  
P.O. Box 410  
Picture Rocks, Pa 17762-0410

Checks are payable to the Veterans Memorial Park of Picture Rocks, Inc.

## Events:

### **Veterans Breakfasts**

Grim's Diner  
5849 Warrensville Road  
8:00 a.m.  
2nd Monday of every month  
\$8.00

Hillside Assisted Living Community  
2725 Four Mile Drive  
8:30 - 9:30 a.m.  
1st Tuesday of every month  
Free

### **Meetings:**

#### **40/8**

2408 West Southern Ave., South Williamsport, PA  
The second Wednesday of the month at 6pm.  
Bill Ashton - 570-494-8932

#### **The Disabled American Veterans Ch 47**

Post 1, American Legion, 10 E. Third Street, Williamsport, PA,  
6pm on the Second Tuesday of the month, on the third floor.  
No current number

#### **The Williamsport Detachment of the Marine Corps League**

507 Cemetery Street, Williamsport, PA  
Third Thursday of the month at 5pm.  
570-323-9900

## **Events:**

### **Horses Healing Heroes**

When: 22nd of every month  
Where: Elysian Fields Equestrian Center  
1345 Tallman Hollow Road, Montoursville  
570-975-4991  
Free, call for more information



# 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

## **American Legion Post 35-**

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

## **American Legion Post 36 -**

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

## **American Legion Post 104 -**

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

## **American Legion Post 251 -**

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

## **American Legion Post 268 -**

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

## **American Legion Post 617 -**

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

## **United States Submarine Veterans Inc.-**

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

## **VFW Post 3428-**

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

## **VFW Post 5859-**

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

## **VFW Post 7863-**

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

## **Susquehanna Valley Chapter 47 of The Disabled American Veterans**

P.O. Box 3372, Williamsport, PA 17701  
Phone: 570-244-6649

## **Williamsport Detachment 388 Marine Corp League Inc.**

507 Cemetery Street, Williamsport, PA 17701  
Phone: 570-323-9900

## **Korean War Veterans of Lycoming County, Inc.**

P. O. Box 3232, Williamsport, PA 17701  
Phone: 570-745-3775

## **Lycoming County Veterans Council Inc.**

C/O 2310 Newberry Street  
Williamsport, PA 17701  
570-220-8156

## **Blue Star Mothers of America Inc. -**

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

# Your Reps in Washington & Harrisburg



## U.S. Representative Dan Meuser — 9th Congressional District

**350 Cannon House Office Building  
Washington, DC 20003**

**Washington, DC Office  
202-225-6511**

**Market Street Plaza  
1000 Market Street Suite 39  
Bloomsburg, PA 17815  
570-871-6370**



## PA State Senator Gene Yaw — Senate District 23

**175 Pine Street, Suite 105  
Williamsport, PA 17701  
Phone: 570-322-6457  
Fax: 570-327-3703  
Toll-free: 1-800-443-5772**

**362 Main Capitol  
Senate Box 203023  
Harrisburg, Pa 17120-3023  
Phone: 717-787-3280  
Fax: 717-772-0575**

**Website: <http://senatorgeneyaw.com/>**

**TTY: 800-364-1581**

**Email: [gyaw@pasen.gov](mailto:gyaw@pasen.gov)**



## PA State Representative Joe Hamm — 84th Legislative District

**274 Broad Street  
Montoursville, Pa 17754**

**Phone: 570-546-2084  
Fax: 570-368-5668**

**Website: <http://www.repjoehamm.com/>**

**Tiadaghton Valley Mall  
Room 105**

**Jersey Shore, PA 17740**

**Phone: 570-398-4476**

**Fax: 570-398-5963**

**Email: [jhamm@pahousegop.com](mailto:jhamm@pahousegop.com)**



## PA State Representative Jamie Flick — 83rd Legislative District

**Water Tower Square Suite 104  
Williamsport, PA 17701  
Phone: 570-337-7638**

**155A East Wing  
P.O. Box 202083  
Harrisburg, PA 17120-2083  
Phone: 717-787-2885  
Fax: 717-782-2948**

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

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

Agency	Address	What they do	Phone Number
<b>Career Link</b>	329 Pine St, Williamsport		570 601-5465
<b>CHAMP VA helpline</b>			800-733-8387
<b>DD 214s</b>		National Archives online	314-801-0800
<b>DFAS</b>	This is for re- tired veterans or active duty (they retired from the Mili- tary)	Retirement pay probs Change of address Active duty pay problems W2s	1-800-321-1080
<b>DEERS/ Rapid ID Center</b>			910-598-6021- open, must call  570-615-7000
<b>Tobyhanna Direct Deposit</b>		To fix banking info	1-877-838-2778 1-800-827-1000
<b>Housing</b>		homeless	211 844-226-0368 717-818-0219
<b>Nursing Home Help Patient Advocate</b>			570-824-3521 Ext 27604
<b>TriCare</b>		Insurance for veter- ans that retired from the Military and their families	1-888-777-8343- over- seas service line  1-800-444-5445 – Tricare East
<b>VA # - main number for appt.</b>		VA issues Direct deposit too	1-800-827-1000
<b>Veteran's Center</b>	49 E. 4 <sup>th</sup> Street Suite 104 Williamsport	Counseling Services	570-327-5281
<b>Veteran's Clinic</b>	1705 Warren Ave # 304, Wil- liamsport,	Primary Care Doctors	570-322-4791 570-322-5321
<b>Veterans Affairs Office</b>	33 W. Third Street Williamsport	VA questions and help	570-327-2365
<b>Wilks Barre VA phone number</b>			570-824-3521



## FROM THE PENNSYLVANIA DEPT. OF VETERANS AFFAIRS:

**D**id you serve during a period of war and currently have a 100% total and permanent disability rating with the VA or do you have war time service and Individual Unemployability?

Then you may be eligible for real estate tax exemption and free hunting and fishing licenses.

Call 570-327-2365 for more information.

60% - 90% - ask about reduced hunting and fishing licenses.

## 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 Mike, Jeff or Natalie 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 up a time.



**H**ome Loans? Contact Bob Brown, VA Loan Officer at Best American Mortgage Company.

Phone: 484-494-6593

Web: [www.BESTPALOAN.COM](http://www.BESTPALOAN.COM)

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

\*call for information on eligibility

\*call for COEs

\*call even if you've had bankruptcy or been denied

## **ID Card Office Online**

Are you active duty or retired from active duty or a dependent of an active duty/active duty retiree,  
or do you have a 100% total and permanent VA disability rating?

Do you need an ID card?

Go to : <https://idco.dmdc.osd.mil/idco/>

**This is for the RAPIDS ID Card Office Online (IDCO)** home page.

It is the access point to all IDCO functions.

From this page you can access the ID Card Office Locator, CAC Maintenance, Family/Sponsor update, and My Profile functionality.

The IDCO home page is publicly accessible.

Accessing certain functions from the Home page will require CAC or DS Logon.

Contact them for additional assistance or to report problems, please call:

Toll Free: 800-538-9522 Commercial: 505-335-9980

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## **Community Care**

<https://www.va.gov/COMMUNITYCARE/programs/veterans/index.asp/>

**Contact for Wilkes-Barre VA is : 570-824-3521; ask for Care in the Community**

## **Overview**

VA provides health care for Veterans from providers in your local community outside of VA. Veterans may be eligible to receive care from a community provider when VA cannot provide the care needed.

This care is provided on behalf of and paid for by VA.

Community care is available to Veterans based on certain conditions and eligibility requirements, and in consideration of a Veteran's specific needs and circumstances.

**Community care must be first authorized by VA before a Veteran can receive care from a community provider.**

# 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 9:00 a.m. to 5:00 p.m. Scheduled appointments only

**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. 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 570-327-5281.

All services provided by the Vet Center are FREE OF CHARGE.

These include readjustment counseling and outreach services to all veterans who served.

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





**The Lycoming County CareerLink office is located at:**  
**329 Pine Street in Williamsport**

**Hours :**

Monday, Tuesday, Thursday and Friday - 8:30 a.m. to 4:30 p.m.

Wednesday - 9:00 a.m. to 4:30 p.m.

**Phone:** 570-601-5465

For a dedicated professional to help veterans find job opportunities:

**Contact:** Timothy French

Phone: 570-601-5934

E-mail: [tifrench@pa.gov](mailto:tifrench@pa.gov)

Online: [pacareerlink.pa.gov](http://pacareerlink.pa.gov)

**Do you know about VRRAP?**  
**Veteran Rapid Retraining Assistance Program**  
**(VRRAP)**

The Veteran Rapid Retraining Assistance Program (VRRAP) offers education and training for high-demand jobs to Veterans who are unemployed because of the COVID-19 pandemic.

Go online or visit Pennsylvania Career Link to learn more!

<https://www.va.gov/education/other-v-a-education-benefits/veteran-rapid-retraining-assistance/>

## Lycoming County Office of Veterans Affairs

33 West Third Street, 2nd Floor  
Williamsport, PA 17701  
570-327-2365

Mailing Address:  
48 West Third Street  
Williamsport, PA 17701

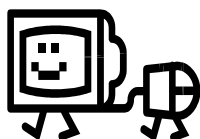
### County Commissioners

*Scott Metzger  
Mark Mussina  
Marc Sortman*

**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,  
please call 570-327-2365 to schedule an appointment.**

Fully accredited as a Veterans Service Officers by the Pennsylvania  
Department of Military and Veterans Affairs

**W. Michael McMunn**  
**Director of Veterans Affairs**  
wmcmunn@lyco.org

- US Army

**Natalie S. Steppe**  
**Assistant Director of Veterans Affairs**  
nsteppe@lyco.org

**Jeff Hamilton**  
**Assistant of Veterans Affairs**  
jhamilton@lyco.org

- US Marine Corps

**Keely J. Hitchens**  
**Secretary**  
kjhitchens@lyco.org

### Office Hours

Scheduled Appointments on:

Monday, Tuesday, Thursday and Friday 8:30 AM – 4:00 PM

Walk-Ins Welcomed on Wednesday

No Comp. or Pension Claims.

No Appointment needed

Information ONLY

9:00 a.m. - 4:00 p.m.

Closed weekends and major holidays.

### The Lycoming County VA Office Will Be Closed:

Memorial Day - Monday, May 27, 2024

Independence Day - Thursday, July 4, 2024

Labor Day - Monday, September 2, 2024

Veterans Day - Monday, November 11, 2024