

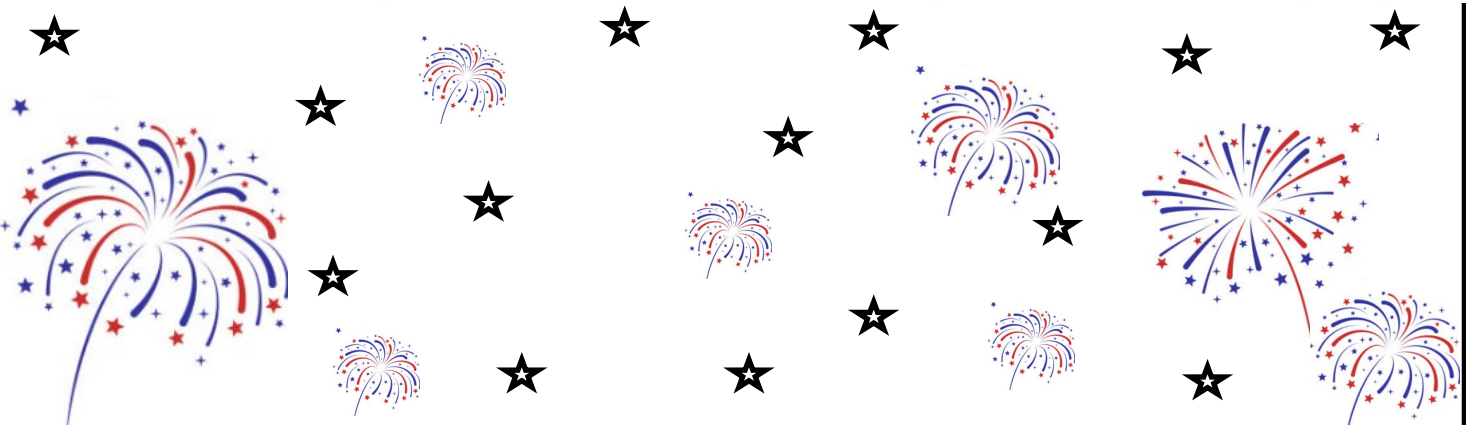
The Lycoming Vet

Volume 14, Issue 3

July 2022



Happy 4th of July!



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

July

July 4 - Independence Day

July 27 - Korean War Veterans Armistice Day

July 29 - Anniversary of the Army Chaplain Corps

August

August 4 - Coast Guard Birthday

August 7 - Purple Heart Day

August 29 - Marine Forces Reserve Birthday

September

September 5 - Labor Day

September 11 - Patriot Day

September 16 - POW/MIA Recognition Day

September 18 - Air Force Birthday

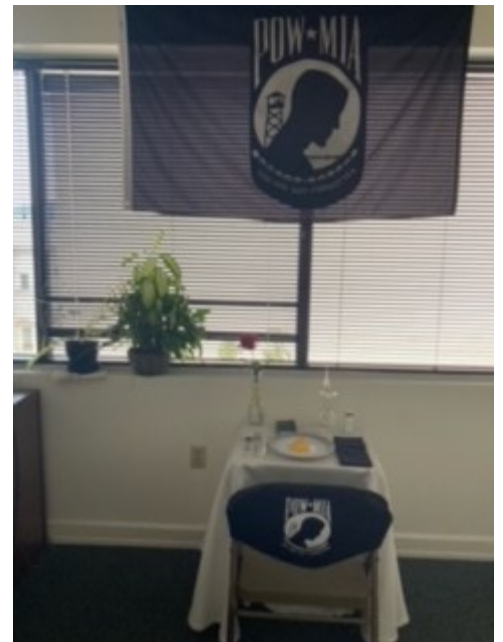
September 25 - Gold Star Mother's and Family's Day

BEETLE BAILEY





September 16 , 2022
POW/MIA Recognition Day



The table is small,

Symbolizing the helplessness of one person, alone against his oppressors.

The table cloth is white,

Symbolizing the purity of their intentions in responding to their Country's call to arms.

The single red rose in the vase,

Symbolizing the blood that many have shed in sacrifice to ensure the freedom of our beloved United States of America. This rose also reminds us of the family and friends of our missing comrades who keep the faith, while awaiting their return.

The yellow ribbon,

Represents the yellow ribbon worn on the lapels of thousands who bear witness to our Nation's unyielding determination to demand a proper accounting of our POW/MIAs.

The Bible,

Represents the strength gained through faith to sustain those lost from our Country. The United States was founded as "One Nation Under God".

The candle,

Represents the light of hope which lives in our hearts to illuminate their way home, out of the hands of their oppressors and into the arms of a grateful Nation.

The slice of lemon,

Reminds us of their bitter fate.

The Salt,

Reminds us of the countless fallen tears of those who wait.

The glass is inverted,

For they can not toast with us tonight.

The chair is empty,

For they are not here.

Remember, we all called them comrades, brothers, sisters and friends.

Do not let them be forgotten, for surely they have not forgotten us.

Lycoming County Annual Veteran Parade

Hoodies and Crewneck Sweatshirts



Crewnecks

S-XL - \$15.00
2XL - \$18.00
5XL - \$21.00

Hoodies

S-XL - \$18.00
2XL - \$22.00

Available at

Veterans Affairs
4th Floor
330 Pine Street
Williamsport

(or contact the Parade Committee)



WORDS OF

WARRIORS

A MESSAGE FROM COMBAT VETERANS

Local Veterans and their families share personal combat stories of their lives before, during and after combat. The Williamsport Vet Center is honored to help bring these important accounts to our community.



Please register using the QR code
Or contact the Williamsport Vet Center
at 570-327-5281 or
WordsOfWarriors1023@gmail.com



SUNDAY, OCTOBER 23

3-5 PM

COMMUNITY ARTS CENTER, WILLIAMSPORT

Reception to follow for Veterans and your families

Disclaimer: This program contains mature language and content that may be disturbing for some audiences.



The Department of Defense expanded commissary shopping privileges in the U.S. effective 1 January 2020 as part of the Purple Heart and Disabled Veterans Equal Access Act of 2018, included in the John S. McCain National Defense Authorization Act for Fiscal Year 2019. This expansion adds to the existing authorized shopper list.

Access was expanded to include:

- **Veterans with any service-connected disability**
- **Purple Heart recipients**
- **Former Prisoners of war, and**
- **Individuals approved and designated as the primary family caregivers of eligible Veterans under the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers**

THE BENEFITS OF SHOPPING YOUR COMMISSARY

THE COMMISSARIES EXIST TO ENHANCE THE MILITARY FAMILY QUALITY OF LIFE WITH:

- **Savings exclusive to our shoppers means more savings in your pocket, every time you shop**
- **Commissary Store Brands with quality equivalent or better than national brands and even greater savings**
- **Manufacturer coupons like you've never experienced at competitive retailers**
- **Convenience of online shopping through Commissary CLICK2GO, offering even greater convenience with digital coupons, custom shopping lists, and curbside grocery pick-up**
- **Dietitian-approved labels and recipes, on-the-go meals and snacks to help you maintain mission readiness**
- **A military connection and camaraderie exclusive to eligible patrons and family**
- **A workforce that understands and values you because they've also served**



HOW TO DETERMINE ELIGIBILITY OR OBTAIN YOUR VETERAN HEALTH IDENTIFICATION CARD (VHIC) IF YOU DON'T ALREADY HAVE ONE.

Find out if you're eligible for VA health care benefits through their website:

<https://www.va.gov/health-care/eligibility>.

You can apply through one of the following methods if you meet eligibility requirements.

1. **Phone: 877-222-8387, Monday through Friday, 8:00 a.m. to 8:00 p.m. ET to get help with your application.**
2. **Mail: Fill out the Application for Health Benefits (VA Form 10-10EZ).**
3. **In Person: Fill out the Application for Health Benefits (VA Form 10-10EZ).**
4. **With help of a trained professional: You can work with a trained professional called an accredited representative to get help applying for health care benefits.**

5. Go to: <https://www.va.gov/health-care/how-to-apply/> for more information.



WHAT YOU NEED TO DO BEFORE YOU SHOP.

1. **Confirm your Veteran Health Identification Card (VHIC) has one of the required designations, (SERVICE CONNECTED, MEDAL OF HONOR, PURPLE HEART, FORMER POW), or obtain your Veteran Health Identification Card (VHIC) as outlined above. You will need this for your commissary checkout experience.**
2. **Contact the base you intend to visit beforehand and determine what their current policy is for base access.**

Pennsylvania Commissary Locations

Carlisle Barracks
Pittsburgh Area
Tobyhanna

Check out <https://www.commissaries.com/rewards-and-savings/savings-center/featured-items-sales-flyer> to start saving now or <https://shop.commissaries.com> to place your order online.

WHAT YOU NEED TO KNOW ABOUT CREDIT CARD/DEBIT CARD USER FEES.

1.9% for Credit and Signature Debit Cards

The fees will be assessed at 1.9% of the total transaction cost to these new patrons who use credit cards and signature debit cards, which are accepted and processed as credit transactions.

0.5% for PIN Debit Cards

The assessed fee will be 0.5% for personal identification number (PIN) debit card transactions.

User Fee Exemptions

Individuals paying cash and using the MILITARY STAR card, Supplemental Nutrition Assistance Program (SNAP) Electronic Benefits Transfer (EBT) and eWIC cards will not be assessed the user fee on their transactions.

Chewy Oatmeal Raisin Bars or Cookies

Recipes from the Commissary

<https://www.commissaries.com/>



Ingredients (Serves 12)

- 2 cups old fashioned rolled oats, not quick oats
- 1 ½ cups whole wheat flour
- 1 large whole egg
- 2 egg whites
- 1 cup ripe avocado, cubed
- 1 medium-sized very ripe banana
- ½ cup unsweetened apple sauce
- 1 tbsp. baking powder
- ½ tsp. salt
- ½ cup raisins
- 1/2 tsp cinnamon
- ½ cup shredded coconut (optional)

Directions

1. Preheat oven to 350 degrees F
2. In a large mixing bowl, mash the banana and avocado flesh until a puree and smooth. Can use a food processor or blender to puree and then add it to a mixing bowl.
3. Add the apple sauce, baking powder, salt, cinnamon and eggs and mix well until all is blended.
4. Fold in the flour, oats until the dry ingredients are wet. Add the raisins and fold in until mixed well.
5. Pour the batter in to a very lightly greased (using cooking spray), baking dish 13x9x2.
6. Bake in the oven for 25-28 minutes or until a toothpick comes out clean and the sides are lightly browned.

Cut into 12 pieces. Store in a covered container in the refrigerator.

Tips

- This recipe can be used to make 12 cookies. Just place 12 equal scoops on a baking sheet (nonstick and or lightly greased) and bake for 15-28 minutes.
- Nutrient Analysis excludes the optional ingredients and includes the use of low-sodium baking powder and a packed cup of raisins.

Open-Faced Reuben Sandwich

Recipes from the Commissary

<https://www.commissaries.com/>



INGREDIENTS (SERVES 4)

FOR THE REUBEN

- 3 lbs. thinly sliced pastrami
- 12 oz. sauerkraut
- 4 slices rye bread, toasted
- 8 slices Swiss cheese
- 2 tbsp. chives, chopped

For the Thousand Island Dressing

- 1 cup mayonnaise
- 1 cup ketchup
- 3 tbsp. relish
- 1 tbsp. sriracha

Directions

THOUSAND ISLAND DRESSING

1. In a large mixing bowl add ketchup, sriracha, mayonnaise, and relish. Mix together and season with salt and pepper.

RUEBEN

1. Take toasted rye bread and top with thousand island dressing, sauerkraut, pastrami, and Swiss cheese.

PLACE IN 350 DEGREE F OVEN UNTIL CHEESE IS MELTED AND SANDWICH IS HOT ALL THE WAY THROUGH. TOP WITH CHOPPED CHIVES AND SERVE.



Purple Heart Commemoration Ceremony



Purpose: To recognize, thank, and honor Elk County, United States military veterans who were awarded the Purple Heart Medal.

Eligibility: Living United States Veterans who served on active duty in the U.S. Armed Forces and were awarded the Purple Heart Medal.

Presentation: Lapel pins will be presented in a dignified manner to each Purple Heart recipient during a public ceremony, on Saturday, **October 8, 2022 at 1:00 PM**, by the Elk County Commissioners at the **Fox Township Community Building, 370 Main Street, Kersey, PA 15846.**

RSVP: By telephone to **814-776-5370** or fill out the application below and mail to:

Elk County Veterans Affairs
PO Box 448
300 Center Street
Ridgway, PA 15853

Name: _____

Branch of Service: _____

Rank: _____

Please attach your DD214, DD215 or orders awarding the Purple Heart.

Application Deadline: September 30, 2022

National Purple Heart Day

August 7, 2022



The Purple Heart is awarded in the name of the President of the United States to any member of the Armed Forces of the United States who, while serving under competent authority in any capacity with one of the U.S. Armed Services after 5 April 1917, has been wounded or killed. Specific examples of services which warrant the Purple Heart includes:

- a) any action against an enemy of the United States;
- b) any action with an opposing armed force of a foreign country in which the Armed Forces of the United States are or have been engaged;
- c) while serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party;
- d) as a result of an act of any such enemy or opposing armed forces; or
- e) as a result of an act of any hostile foreign force.

More information:

https://en.wikipedia.org/wiki/Purple_Heart#Criteria

Army Chaplain Corps Anniversary

Friday, July 29, 2022

**Pro Deo et Patria
(For God and Country)**

**July 20, 1775,
the Continental Congress authorized the creation of the Army Chaplain Corps.**



MISSION

To build Army spiritual readiness to deploy, fight, and win our Nation's wars, by providing reliable and relevant world-class religious support, as a unique element of the Army that is fully engaged across the full spectrum of conflict.

VISION

The Army Chaplain Corps of 2029 will be ready to build Army spiritual readiness by caring for Soldiers, their Families, and Army Civilians, across the full spectrum of conflict. The Chaplain Corps will do this by being a world-class, fully integrated network of mutually supportive Army religious support professionals, who are known for their integral and critical contributions to enhancing the readiness of Soldiers of all ranks.



**They were ready to serve when we needed them.
Now, it's our job to be ready for them when they need us most.**

We are honored to provide quality home healthcare for veterans. Our nation's heroes deserve the best care possible, and our agency is dedicated to meeting and exceeding that standard every day.

Aging veterans have unique healthcare needs, and our professional clinicians and support personnel are experienced in addressing the special circumstances and health risks often associated with military service.

Our programs and services include:

- Wound care
- Enteral and parenteral feedings
- Medical management
- Nutrition counseling
- Medication injections
- IV therapy
- Catheter and/or ostomy care and changes
- Oxygen use and safety
- Use of air compressor, hand-held nebulizer, and MDI
- Physical and occupational therapy

Home health services are covered by the Department of Veterans Affairs, TRICARE, Medicare, Medicaid, and many private insurance programs. Service can be provided in the comfort of home or a living facility.

We are committed to honoring and providing quality care and special recognition for the veterans we serve. Call us today to learn how we can help.

Geisinger

Home Health

Phone: 570.321.8688 • Fax: 570.321.9881



Korean War Veterans of Lycoming County Washington D.C. Bus Trip

To: The Rededication of the Korean War Monument

When: July 27, 2022

Open to: Veterans and their spouse

Deposit: \$20.00 deposit is required with all reservations

Sold Out

Included in the cost

Bus transportation

Box Lunch

Water

**Contact Chaplain Frank Hartzel
for more information or to register for the trip
(570-220-4806 or fhartzel2328@comcast.net)**

We will stop on the way back for a dinner, dutch treat
Don't wait - sign up.



My Health, My Care: 24/7 ^{online} Access to VA

5 Reasons You Should Be Using My HealthVet

1 Be empowered to control your health



You can update the status of your Personal Health Record 24/7, refill your VA prescriptions online, and e-journal, all on our award-winning, easy to use website.

2 Avoid duplicate tests and procedures



You can enter results from previous self-entered diagnostic tests and procedures that can be shared with your non-VA providers and you can update your Personal Health Record before each visit.

3 Move easily from doctor to doctor



You are armed with information that eases the transition from VA providers to non-VA providers.

4 Improve the efficiency and safety of your health care



Updated, accurate health records save patients and caregivers valuable time, help prevent unwanted drug interactions and help inform you of your diagnoses and treatments.

5 Get personalized VA Wellness Reminders



Online access enables you to view a personalized calendar with local VA activities, and receive online VA Wellness Reminders to put your health in your hands.

www.myhealth.va.gov

LOG ON. SIGN UP. TODAY!



Department of
Veterans Affairs
Office of
Health Information



Getting Started with My HealthVet

Refill your VA prescriptions, view your VA appointments, communicate securely with your VA care providers and view your VA Labs and Tests results. These are some of the services available to you in the convenience of your own home when you have a My HealthVet (MHV) account. Follow me for a quick, easy walk-through of these features!

By logging on to My HealthVet you are agreeing with the **System Use Warning Notice** posted on the Login page.

Go to www.myhealth.va.gov and log onto your My HealthVet account using your User ID and Password.

Pharmacy	Appointments	Messages	Health Records
Refill VA Prescriptions	View My VA Appointments	Inbox	Blue Button Medical Reports
Track Delivery	Schedule a VA Appointment	Compose Message	Labs and Tests
Medications Lists	VA Facility Locator	Manage Folders	Track Health

Resources

View VA Appointments: Click on "VA Appointments" in the Appointments box on MHV Home page. Your appointments list will show future, current and your past two years of appointments. Why the last two years??? Reviewing your past appointments list may help you remember the date when searching for a particular medical record.

BEETLE BAILEY



Contact Information



- MHV Help Desk 1-877-327-0022

DS Logon

- DS Logon Website Issues 1-800-477-8227
- DEERS Enrollment Inquiries (DMDC) 1-800-538-9552
- eBenefits Customer Support 1-800-983-0937
- Claim or Benefit Questions 1-900-827-1000

ID.me SUPPORT

- Veteran Phone Support
1-814-436-4363 (local)
1-855-927-4363 (toll-free)

Philadelphia My Health eVet Coordinators

- Yvette D. Roberts (215) 823-4488
- Stacy L. Ferguson (215) 823-5800 x203311



LOGIN.GOV

- Online Help Desk: <https://www.login.gov/contact/>

Army Recipes

August 15, 1944 War Department TM 10-412

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

NO. 303. CREAMED DRIED BEEF

Yield: 6 gallons,
100 servings, one cup
(8 ounces) each.

Ingredients	100 servings servings
Beef, dried, chipped	7 pounds.....
Fat, melted	1 pound (½ No. 56 dipper).....
Flour, sifted.....	1¼ pounds (1¼ No. 56 dippers).....
Milk, evaporated.....	12—14½-ounce cans.....
Water (for milk).....	1½ gallons (6 No. 56 dippers).....
Pepper.....	¼ ounce (½ mess kit spoon).....

1. Separate beef into small pieces.
2. Mix melted fat and flour; stir until smooth.
3. Mix milk and water; heat. Add gradually to flour mixture, stirring constantly.
4. Add chipped beef and pepper. Heat to boiling point; reduce heat and simmer about 10 minutes.

NOTE. Serve hot over toast.

- a. Click on "Refill VA Prescriptions" in the Pharmacy box on MHV Home page.
- b. Looking at your list of medications, check the box(s) in the "Select to Refill" column for the medication(s) you want refilled.
- c. Scroll to the bottom of your medications list and click on "Submit Refills" button. Your refills will be mailed to your home/mailling address in 2-5 business days.
- d. You may also track your medication through Prescription Tracking.
- e. Please contact your provider via secure messaging before you are down to 0 prescriptions.

Refill Status	Refill Submit Date	Fill Date	Refill Remaining	Prescription	Facility	Select to Refill	Prescription Tracking
Active		08/21/2017	1	CLOTRIMAZOLE 1% TOP CREAM RX#33954	Wilmington DE VAC	<input type="checkbox"/>	
Active		08/21/2017	1	TRIAMCINOLONE ACETONIDE 0.1% CREAM RX#33954	Wilmington DE VAC	<input checked="" type="checkbox"/>	
Active		08/21/2017	1	NORTRIPTYLINE HCL 50MG CAP	Wilmington DE VAC	<input type="checkbox"/>	
Active		07/20/2017	0	LISINAPRIL 50MG TAB	Wilmington DE VAC		
Active		06/20/2017	1	LOBAZEPAM 10MG TAB	Wilmington DE VAC		

0 items found. Displaying all items

[Submit Refills](#)

NOTE: If the MHV website is down request a refill through the automated telephone pharmacy line at 1-800-409-8771. Follow the prompts to refill a medication and have your Rx number (located on the pill bottle) ready.

No more refills left on your medication?

Request a prescription renewal at least 10 business days before you will run out of pills

*(If this is your first time using Secure Messaging you may be prompted to read and agree to a **Terms and Conditions Agreement.**)*

- Click on “Messages” box on the MHV Home page.
- Under “Preferences” verify your correct email address is entered and turn New Secure Message Notifications on.
- You can set up a signature block for your messages if you wish. The “Title” can be formal or informal, as you wish, but cannot be left blank (you can put the cursor in that block and just hit the space bar and apply changes if you want the title “blank”).

The screenshot shows the 'My healthvet' interface for 'Secure Messaging'. A top navigation bar includes a 'Close Secure Messaging X' button, a welcome message 'Welcome, AWESOME VETERAN', and the last login information 'Last successful login: Fri Oct 13 2017 @ 0829 ET'. Below this is a utility bar with links for 'Help', 'Technical Support', and 'Preferences' (the latter is circled in red). The main content area is titled 'Preferences' and contains two primary sections: 'New Message Notification' and 'Signature'. The 'New Message Notification' section includes an 'Email' field with the value 'ILoveMyCountry@gmail.com', a 'Notify Me:' dropdown menu set to 'Each message' (circled in red), and an 'Apply' button. The 'Signature' section includes 'Name' (Any Great Veteran), 'Title' (Air Force, Army, Coast Guard, Marine, Navy Vet), and a checked 'Include Signature' option, with an 'Apply' button. On the right side, there is a 'Participation Status' section with the text 'Press Button to Opt out of Secure Messaging' and an 'Opt Out of Secure Messaging' button. A left sidebar contains navigation options: 'New Message', 'Inbox (0)', 'Drafts [0]', 'Sent', 'Deleted [0]', 'My Folders edit', and 'add new folder'.

View VA Labs and Tests:

NOTE: If you would like information on how to view your VA medical records please see our “How do I Access My VA Medical Records” handout.

- Click on “Labs and Tests” in the Health Records box. If you see a blue **“Check Updates”** button in the yellow box at the top of the page click on it (it may take two or three clicks to disappear).
- You can elect to look at your self-entered tests on this page, otherwise click on “View More” button at the bottom of “VA Chemistry/Hematology” to see your full list of tests.
- Then, click on the test results link you wish to see.

MyHealthVet / Track Health / Labs + Tests

Track Health

Vitals

Labs + Tests

Self-Entered Tests

VA Chemistry / Hematology

Health History

Journals

My Goals

HealthLiving Assessment

LABS + TESTS

Your information update is complete.

This section allows you to track and record your **LABS + TESTS** information in one convenient location. In the **SELF-ENTERED TESTS** section, you can self-enter test results from non-VA providers and labs. If you are a VA patient, with an **Upgraded Account**, you can view in the **LABS + TESTS** section, information from your VA health record as it becomes available.

Self-Entered Tests		VA Chemistry/Hematology	
Date	Test Name	Date	Specimen
Nothing found to display.		Mon.08/21/2017	Serum (substance)
		Mon.08/21/2017	Blood (substance)
		Mon.08/21/2017	Blood (substance)
		Mon.08/14/2017	Serum (substance)
		Mon.08/14/2017	Serum (substance)

Add New View More

View More

If you have questions please contact Yvette Roberts, the Philadelphia VAMC My HealthVet Coordinator, at (215) 823-5800 x7759 or MHV National Help Desk: 1-877-327-0022 (M-F, 7am- 7pm).

Lycoming County Hometown Heroes, Inc. Hometown Heroes 2022 Streetlight Banner Program

Drop off Location :
Lycoming County Veterans Affairs Office
330 Pine Street, Suite 401
Williamsport, PA 17701
Phone: 570-327-2365

The Lycoming County Hometown Heroes, Inc. (LCHH) program serves as a tribute to recognize service men and women from the Lycoming County area who have served or are serving our country in a branch of the military.

Reserve your space starting on **January 1, 2022**. Purchase deadline will be **September 2, 2022**.

Cost is \$210.00

Each individual banner will include the veteran's name, picture, branch of service, era of service and sponsor's name.

The program is non-political and non-partisan.

Early Bird Special: Purchase Banner by April 1, 2022, and receive 15% off.

Early Bird Cost is \$178.50

Special Offer- With the purchase of this year's banner we are offering a garden flag for \$40.00.

The garden flag will have the Veteran's name, branch of service, era of service and picture.

This flag will fit on a normal garden flag holder.

The Hometown Heroes Banners:

- ★ Will be on display for **one** year
- ★ Will be located on street lights in Williamsport
- ★ Will be 18" wide and 36" high
- ★ Will include the sponsor's name prominently displayed at the bottom of the banner

**Lycoming County Hometown Heroes, Inc.
Hometown Heroes, 2022 Streetlight Banner Program**

Ways to Sponsor a Banner

Family members and loved ones of veterans may purchase a banner themselves or obtain sponsorship by a local business. LCHH is not responsible for finding sponsorship for banners purchased by individuals, family members or loved ones.

Should a family wish to purchase a banner; the family name will appear on the banner in place of the business sponsorship name.

Businesses may sponsor a banner for a particular veteran by contacting Lycoming County Home Town Heroes Inc.

Cost of sponsorship for families, individuals and civic organizations and businesses is **\$210.00**.

Please make checks Payable to LCHH (Lycoming County Hometown Heroes).

Sponsorships Benefits include:

Sponsor's name listed on each banner purchased

Participation in the Lycoming County Hometown Hero Ceremony

Listing in the Lycoming County Hometown Hero Ceremony Program Booklet

Lycoming County Hometown Heroes, Inc. is a not for profit, organization whose mission is to recognize the contributions of our veterans who served, promote role models for our youth, and provide assistance to veterans and their families in need.

All sponsorships are tax deductible to the extent allowed by the law.

Not looking to Sponsor a Banner, Donations also accepted all year round.

Lycoming County Hometown Heroes, Inc. will make a good faith effort to hang banners on light poles in areas desirable to your business; however, final placement is at LCHH's discretion.

The banners will be provided to the sponsor of the banner at the end of the display year.

*If the specific veteran is being honored, the sponsor must complete the sponsorship form. This helps to ensure that LCHH has the most accurate and correct information. Sponsorship forms CANNOT be completed by LCHH, or over the telephone. ***Forms MUST be fully completed to be accepted for sponsorship.**

*Please include the Veteran/ Family of Veteran's personal information so we are able to send the LCHH Ceremony information directly to them.

2022 Hometown Heroes Banner Program

Hometown Hero Information (Please print) Submit an ORIGINAL PHOTO- it will be returned

Name of Veteran in Photo *(as it should appear on banner)*: _____

Is the Veteran? ALIVE _____ DECEASED _____ KIA _____ POW/MIA _____

Era of Service (WWI, WWII, etc.)** _____ Branch of Military: _____

Is this a Renewal? Yes _____ No _____ If so, are you using the same Picture? Yes _____ No _____

Sponsor's Name *(as it should appear on banner)*: _____

Name of person submitting photo: _____ Relationship to Veteran: _____

Veteran/ Family of Veteran's Information:

Name: _____ Phone Number: _____

Address: _____

PHOTO RELEASE

I hereby grant Lycoming County Hometown Heroes, Inc., permission to use the attached photo (which includes a likeness of me or of my relative) in the 2022 Williamsport Hometown Heroes Program without payment or other consideration.

(Signature)

(Date)

(Printed name)

SPECIAL OFFER- \$40.00 Garden Flag

____ Yes I want to include a garden flag for \$40.00 along with my Large Banner Purchase

____ No I do not wish to purchase a garden flag

BUSINESS SPONSOR (Please fill in this section also – please print)

Sponsor Name *(as it should appear on banner)*: _____

Contact Name: _____

Phone Number: _____

Address: _____

____ Yes, I will make a contribution to the Hometown Hero Celebration

____ Yes, I will sponsor a Banner

PLEASE MARK ONE - If sponsoring a banner but do not have a veteran

____ The Business would like the banner

____ The veteran/ family of veteran may have the banner

****Era of Service - Official Department of Defense Dates ****

Global War on Terror (GWOT): September 11, 2001 - to present

Cold War: September 2, 1945 – December 26, 1991

Persian Gulf: August 2, 1990 - August 31, 1991

Korean Conflict Era: June 27, 1950 - January 31, 1955

Vietnam Era: February 28, 1961 - May 7, 1975

WW I Era: April 6, 1917 - November 11, 1918

WW II Era: December 7, 1941 - December 31, 1948

****IF YOU HAVE ANY QUESTIONS PLEASE CONTACT US AT 570-327-2365****

You are getting an exam by the VA for a claim.

Now what?

The VA medical center or a VA contract vendor will contact you to conduct their exam.

Some of their vendors are :

VES - Veterans Evaluation Services

LHI - Logistics Health Incorporated, Optum Serve

QTC - Quality. Timeliness. Customer Service.

If you missed the call

or

need to reschedule (give at least 48 hours notice) :

LHI—866-933-8387

VES - 877-637-8387

QTC - 800-682-9701

Or call the VA at 800-827-1000

M-F 8:00 a.m. - 9:00 p.m.

BEETLE BAILEY



BEETLE BAILEY



- 6-week Online Program
- Peer-to-peer Support
- Increase Caregiver Confidence
- 24/7 Access to Lessons & Activities
- Self-paced - No Scheduled Classes
- New Tools & Techniques
- No Cost to Caregivers or Veterans





Building Better Caregivers™ Taking Care of You

A workshop developed at Stanford University to help Caregivers take better care of themselves: a service of the Department of Veterans Affairs' Caregiver Support Program and Canary Health

Taking care of your health and getting the support you need is important.

- Does Caregiving leave you feeling tired, stressed, lonely or depressed?
- Being a Caregiver can be hard, and it can be hard on your health, too.
- Whatever you're facing, a Building Better Caregivers Workshop can help you build the strength you need to take better care of others—and yourself.

Why Join a Building Better Caregivers workshop?

- Find practical ways to manage your own fatigue and stress.
- Discover how to manage difficult behaviors and feelings when caring for a Veteran.
- Make good decisions and future plans for your loved ones and you.
- Learn what you need to do to improve your sleep, eat better, and stay active.

Online, Easy to Follow, and On Your Schedule

- Log on when you want to—in the morning, the afternoon, evening, whenever works for you.
- Participate from any computer or tablet with an Internet connection.
- Join a group of 25 Caregivers in each workshop, with new sessions posted each week for six weeks.
- Stay connected after the workshop by participating in an online community of BBC graduates.

Who can Participate?

Building Better Caregivers® (BBC) is an online program to help Caregivers of Veterans with dementia, memory problems, post-traumatic stress disorder, a serious brain injury or any other serious injury or illness. The Caregiver must meet criteria and be willing to participate in the Caregiver support program in either the Program of Comprehensive Assistance (PCAFC) or Program of General Caregiver Support Services (PGCSS) programs.

The Veteran whom the Caregiver is caring for must be enrolled in VA Healthcare.

Sign Up Today

<https://bit.ly/VSOCaregivers>





News Release

Office of Public Affairs
Media Relations

Washington, DC 20420
(202) 461-7600
www.va.gov

FOR IMMEDIATE RELEASE
June 1, 2022

VA publishes Interim Final Rule for Legal Services for Veterans Grant Program

WASHINGTON — As part of the Department of Veterans Affairs’ national homeless prevention efforts, VA published an [Interim Final Rule](#) which allows VA to enhance the provision of legal services for Veterans experiencing or at risk for homelessness.

Under section 4202 of the [Johnny Isakson and David P. Roe, M.D., Veterans Health Care and Benefits Improvement Act of 2020](#), VA will, through the Legal Services for Homeless Veterans and Veterans At-Risk for Homelessness Grant Program, offer up to 75 grants each year to eligible entities, with at least 10% of funding being utilized for women Veterans.

These grants will also satisfy section 5105 of the Act, which requires VA to partner with outside organizations to provide legal services to women Veterans.

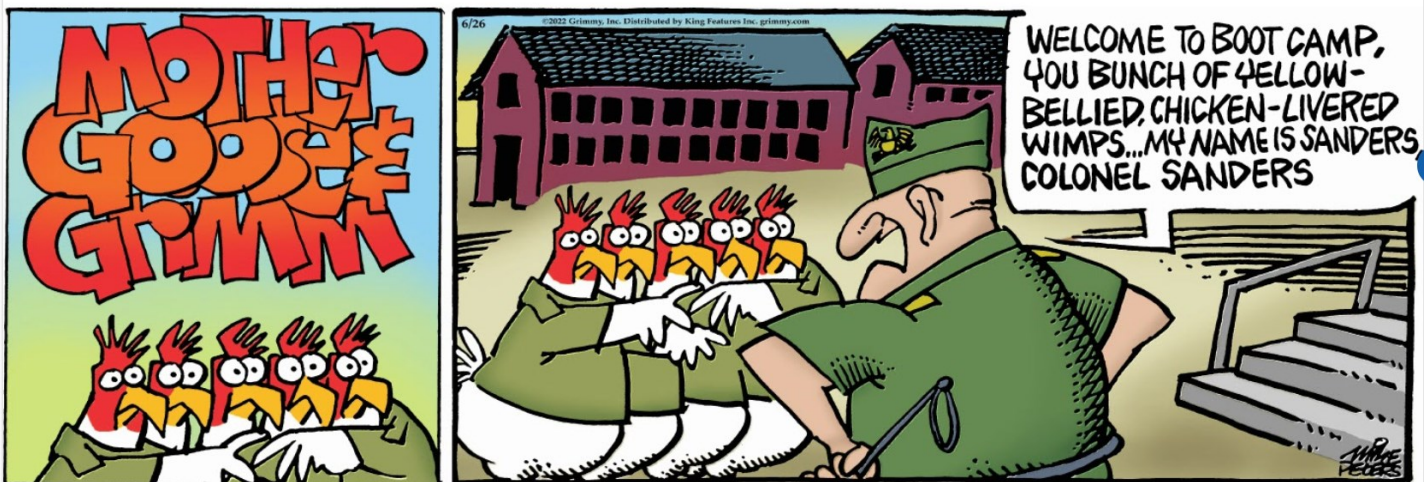
“Providing full access to justice and legal services for Veterans takes unified, inter-agency partnerships, from the Federal level down to states, cities and communities at the grassroots-level where Veterans work and live,” said VA Secretary Denis McDonough. “This first-of-its-kind grant will ensure that legal services are available nationwide to Veterans in need.”

LSV-Homeless builds on existing [legal services](#) offered to Veterans through partnerships between VA and legal service providers in communities across the U.S. Services provided by the new grants will support Veterans’ legal needs related to such housing, family law issues, income support, criminal defense, and requests to upgrade the characterization of a discharge.

A Notice of Funding Opportunity with instructions on how to apply for a grant is expected to be published in September 2022 once the Final Rule for the grant program is complete.

Get information on [LSV-Homeless](#). The [Interim Final Rule for the Legal Services for Homeless Veterans and Veterans At-Risk for Homelessness Grant Program](#)

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VAU.S. Department
of Veterans Affairs

News Release

Office of Public Affairs
Media RelationsWashington, DC 20420
(202) 461-7600
www.va.govFOR IMMEDIATE RELEASE
June 9, 2022

VA suspends annual reassessments in the Program of Comprehensive Assistance for Family Caregivers

WASHINGTON — The Department of Veterans Affairs is suspending annual reassessments for participants of the Program of Comprehensive Assistance for Family Caregivers while the department continues its review of PCAFC.

This applies to all Veterans and family caregivers participating in the program; additionally, VA will not discharge or reduce stipends based on a reassessment.

“President Biden has made clear ‘because Veterans are the backbone, the spine of who we are as a country,’ we have a sacred obligation to care for them, their families, caregivers and survivors,” said VA Deputy Secretary Donald Remy. “Although we’ve come a long way in supporting caregivers through the Program of Comprehensive Assistance for Family Caregivers, we have much more work to do. In our effort to uphold our sacred obligation to families of Veterans, VA continues its review of PCAFC to ensure department requirements and procedures meet the needs of caregivers and Veterans participating in the program.”

Facility Caregiver Support Program staff will however continue to initiate reassessments for Veterans and family caregivers for certain purposes, such as when a Veteran or caregiver requests to be considered for an increase in stipend level or if there is evidence of an increased need for personal care services. VA will also continue to conduct wellness visits. Appeal and review options for those who disagree with a PCAFC determination remain the same.

Visit VA’s reassessment updates for more information or contact your local CSP team with any additional questions.

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VAU.S. Department
of Veterans Affairs

News Release

Office of Public Affairs
Media RelationsWashington, DC 20420
(202) 461-7600
www.va.govFOR IMMEDIATE RELEASE
June 3, 2022

VA issues correction to Notice of Funding Opportunity for Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program

WASHINGTON — The Department of Veterans Affairs issued a [correction to the Notice of Funding Opportunity](#) for the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program.

The correction clarifies requirements regarding the provision or coordination of a baseline mental health screening to participants.

Under section 201 of the Commander John Scott Hannon Veterans Mental Health Care Improvement Act (Public Law 116-171) and regulations VA published at [38 CFR part 78](#), VA will award grants to eligible entities that apply for such assistance to provide or coordinate suicide prevention services for Veterans and other eligible individuals at risk of suicide and their families.

The [NOFO](#) provides information about how to apply for financial assistance under the [Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program](#). Applications must be submitted by 11:59 p.m., ET, June 10, 2022.

###



Veterans
Crisis Line
1-800-273-8255 press 1

Confidential help for Veterans
and their families

Confidential chat at VeteransCrisisLine.net
Or
Text to 838255

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

LYCOMING COUNTY VETERANS MEMORIAL PARK WILLIAMSPORT, PA

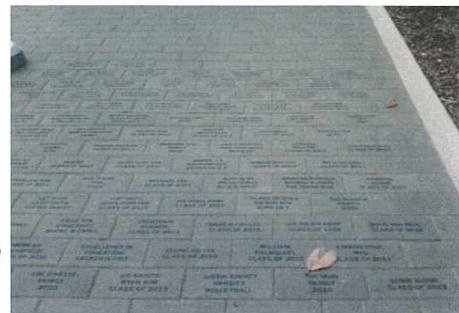
Honor or memorialize a Veteran with a personalized brick permanently placed within the renovated walkways of the Lycoming County Veterans Memorial Park, located at West Fourth Street and Wahoo Drive, Williamsport, PA.

Select a size:

____ 4" x 8" Up to 3 lines of text, gray brick
\$50 Maximum of 18 characters per line, including letters, numbers, spaces, and symbols.



____ 12" x 12" Up to 6 lines of text, gray brick
\$200 Maximum of 18 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: _____

Please submit your order forms, along with payment to:

Address: _____

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

Phone: _____

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.

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

Events:

Disabled American Veterans (DAV)

The third Tuesday of the month

12:00 to 1:00pm

Location: 40/8 Club on 345 Market street

Susquehanna Valley Chapter 47 of The Disabled American Veterans

P.O. Box 3372, Williamsport, PA 17701

Phone: 570-244-6649

Horses Healing Heroes

When: 22nd of every month

Where: Elysian Fields Equestrian Center

1345 Tallman Hollow Rad, Montoursville

570-975-4991

Free, call for more information

BEETLE BAILEY



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

VFW Post 3428-

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

American Legion Post 35-

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

VFW Post 5859-

Billy O. Brandt Post
201 N. Lincoln Ave., Jersey Shore, PA 17740
Phone: 570-865-6216

American Legion Post 36 -

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

VFW Post 7863-

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

American Legion Post 104 -

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

Forty & Eight Voiture 382

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

American Legion Post 251 -

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

Susquehanna Valley Chapter 47 of The Disabled American Veterans

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

American Legion Post 268 -

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

Williamsport Detachment 388 Marine Corp League Inc.

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

American Legion Post 617 -

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

Blue Star Mothers of America Inc. -

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

Korean War Veterans of Lycoming County, Inc.

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

Lycoming County Veterans Council Inc.

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

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

Your Reps in Washington & Harrisburg



U.S. Representative Fred Keller — 12th 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://keller.house.gov/>

Washington, DC Office
 202-225-3731

Selinsgrove Office
 570-374-9469

Tunkhannock Office
 570-996-6550



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

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

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

TTY: 800-364-1581

Email: 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



PA State Representative Jeff Wheeland — 83rd Legislative District

349 Pine Street Suite 1
 Williamsport, PA 17701

Phone: 570-321-1270
 Fax: 570-327-3719

Office Hours: M-F 8:30-4:30

Website: www.repwheeland.com

Room 414 Irvis Office Building
 P.O. Box 202083
 Harrisburg, PA 17120-2083
 Phone: 717-787-2885

Email: jwheeland@pahousegop.com

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 PENNSYLVANIA DEPT. OF VETERANS AFFAIRS:

Did 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% - 99% - ask about reduced hunting and fishing licenses.

FROM THE LYCOMING COUNTY VA OFFICE:

Would you like to have a VA Benefit Seminar at a Nursing Home, Legion, VFW, or other organization?

Have Mike, Jim 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.



Home Loans? Contact Bob Brown, VA Loan Officer at Best American Mortgage Company.

Phone: 484-494-6593

Web: 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

Community Care

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

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.

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

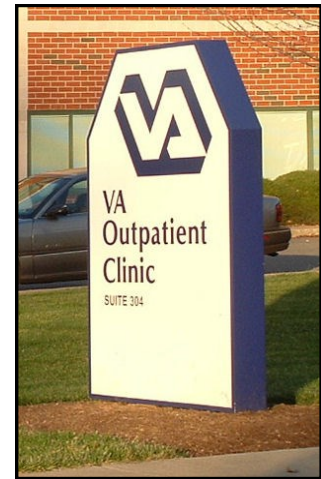
Phone: 570-322-4791

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 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



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

Online: 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-va-education-benefits/veteran-rapid-retraining-assistance/>

Meet Your VSO

Veterans Service Officers of Lycoming County

James (Jim) Mitchley, Assistant of Veterans Affairs

He came to the office in April of 2021, retired from the US Army. He is a member of the American Legion and Lifetime member of the VFW.

Q&A

What do you do in the office? :

Disability compensation, education, health care, emergency assistance, tax exemption , hunting and fishing licenses.

Why should veterans come to our office? :

VSOs work on behalf of Veterans and service members—as well as their dependents and survivors. We are a free service and we are trained and certified in the VA claims and appeals processes and can help you with VA-related needs.

Upcoming issues will introduce W. Michael McMunn and Natalie S. Steppe

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 Keely Hitchens at the Veterans Affairs Office.

570-327-2365

**Lycoming County Office of
Veterans Affairs**

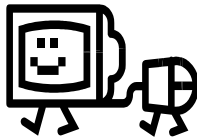
330 Pine Street
Williamsport, PA 17701
Suite 401
Executive Plaza Building

Mailing Address:
48 West Third Street
Williamsport, PA 17701
570-327-2365

County Commissioners
Scott Metzger,
Chairman
Tony R. Mussare,
Vice Chairman
Richard Mirabito,
Secretary

Visit Our Web Site:
www.lyco.org/VA

For up-to-date
News and
Information
For Veterans



The Lycoming Vet
is published
by the Office of



**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

James Mitchley
Assistant of Veterans Affairs
jmitchley@lyco.org

- US Army

Office Hours

Scheduled Appointments on:
Monday, Tuesday, Thursday and Friday 8:30 AM – 5:00 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:

Independence Day - Monday, July 4, 2022