

The Lycoming Vet

Volume 11, Issue 3

July 2018

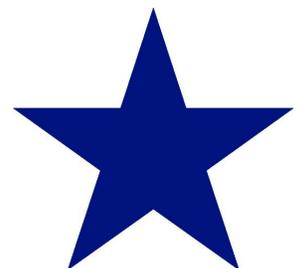
A SNEAK PEAK AT WHAT'S INSIDE



**We hope you have
a fun and safe**



holiday!



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



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

DAY: Utilization Management
8:00AM-4:00PM
EXT. *7258
NIGHT: Health Benefits Advisor
4:00PM-8:00AM
EXT. *7140

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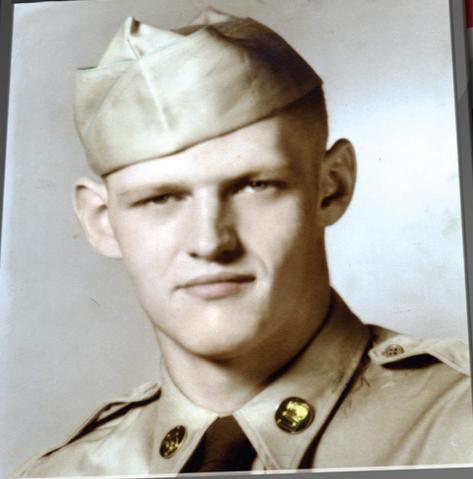
Now Is The
Time To Sponsor
Your 2018

Hometown Hero Banner

HOMETOWN HERO
Norman Fogelman, Jr.

ARMY

KOREAN



Family and Friends

EARLY BIRD SPECIAL:

Purchase Banner by
April 6th & receive 15% off

SPECIAL OFFER:

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

Deadline for Sponsorship is
September 7, 2018

All sponsorships - \$210

Banners Will Be Displayed
Beginning in October 2018

We now accept *Paypal*

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



VFW Auxiliary 1st Annual Auto Show and Family Freedom Festival

To be held at the Lycoming County fair grounds 1 E Park st Hughesville Pa 17737

All makes and models welcome. Judging done by participants, with first and second place for each class. Classes to be determined by pregristration. 15 dollars at gate 10 dollars to preregister. Discounted registration ends 8/1

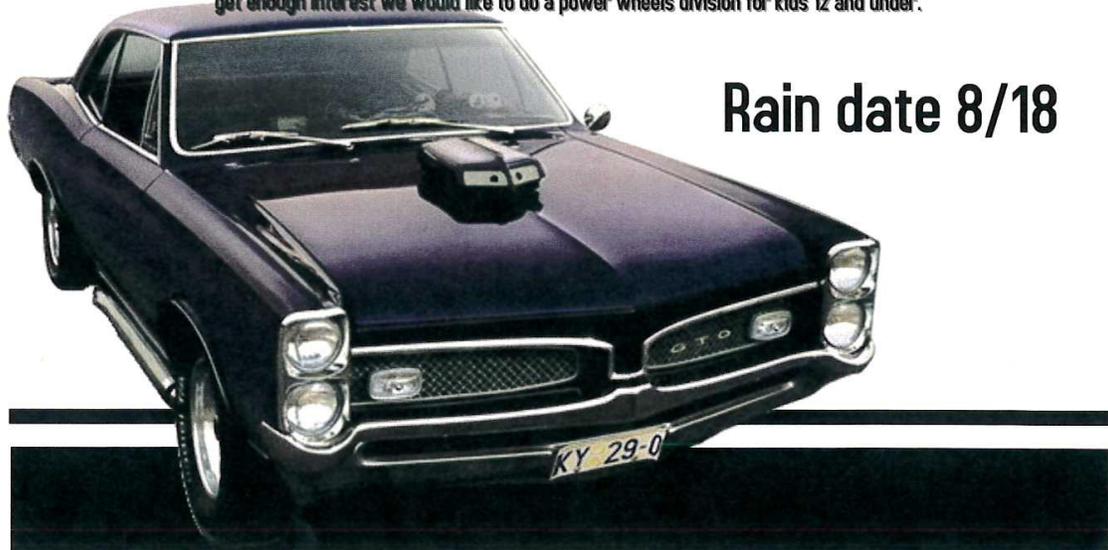


Food, Dj, 50/50, door prizes, vendors and much more!!

8/11 All proceeds benefit
VFW POST 3428
AUXILIARY



For preregistration please contact David Miller by calling 570-979-9552 or email dmiller199@comcast.net. Vendor spots available for \$10.00, food will include hotdogs, burgers, sausage, french fries, chicken, and non alcoholic beverages. If we get enough interest we would like to do a power wheels division for kids 12 and under.



Rain date 8/18

VA's Veterans Crisis Line Improves Service With Third Call Center Opening in Topeka, Kansas

WASHINGTON – Today the U.S. Department of Veterans Affairs (VA) announced that it has opened its third [Veterans Crisis Line \(VCL\)](#) call center in Topeka, Kansas on the campus of the Colmery-O'Neil VA Medical Center.

“Our focus is, as it always has been, to provide 24/7 world-class suicide prevention and crisis intervention services,” said VA Acting Secretary Peter O'Rourke of VA's Veterans Health Administration. “VA is improving its service with this newest call center for Veterans, service members and their families.” VA has always prioritized the need to provide immediate care to Veterans in crisis, and the VCL is an essential part of this life-saving mission. The Topeka-based center was opened to support increased demand. VA has two other call centers located in Canandaigua, New York, and Atlanta, Georgia.

Since VA launched the VCL in 2007, the crisis line responders have:

- Answered over 3.5 million calls
- Initiated the dispatch of emergency services to callers in imminent crisis nearly 93,000 times
- Engaged over 397,000 requests for chat services
- Answered nearly 92,000 requests for text services

Forwarded more than 582,000 referrals to local [VA Suicide Prevention Coordinators \(SPCs\)](#) on behalf of Veterans to ensure continuity of care with Veterans local VA providers.

Veterans who are in crisis or having thoughts of suicide – and those who know a Veteran in crisis – can call the Veterans Crisis Line for confidential support 24 hours a day, 7 days a week, and 365 days a year. Call 800-273-8255 and press 1, chat online at [VeteransCrisisLine.net/Chat](#), or text to 838255.



VA and PsychArmor Institute Offer Online Suicide Prevention Training

WASHINGTON — The U.S. Department of Veterans Affairs (VA), in collaboration with [PsychArmor Institute](#), a national nonprofit that provides online education and support to Americans who work with, live with or care for military service members, Veterans and their families, recently launched an online suicide-prevention training video, titled “[SAVE](#),” which is designed to equip anyone who interacts with Veterans to demonstrate care, support and compassion when talking with a Veteran who could be at risk for suicide.

SAVE which stands for Signs, Ask, Validate, Encourage and Expedite, offers simple steps anyone — whether a treatment provider, clinician, friend or family member — can take when talking with Veterans at risk for suicide. “VA is leading efforts to prevent suicide among Veterans, but VA alone cannot end Veteran suicide,” said VA Acting Secretary Peter O’Rourke. “We need strategic partners, care providers and communities to join us in this effort. Resources such as SAVE are crucial in helping all Americans support Veterans in their community.” VA suicide prevention coordinators have led the SAVE course at VA facilities and community centers across the nation. VA officials said extending and promoting this important training outside VA is critical in helping everyone play a role in suicide prevention. The free training video can be viewed at <https://psycharmor.org/courses/s-a-v-e/>. The 25-minute online training course covers three main topics:

- Suicide as a public health issue in the U.S.
- Signs that a Veteran may be at risk for suicide
- Actions people can take if they identify a Veteran at risk.

Veterans in crisis or having thoughts of suicide — and anyone who knows a Veteran in crisis — should call the Veterans Crisis Line for confidential support 24 hours a day and 365 days a year.



Call 800-273-8255 and press 1, chat online at [VeteransCrisisLine.net/Chat](https://veteranscrisisline.net/Chat) or text to 838255.

Reporters covering the topic of suicide are encouraged to visit <http://www.reportingonsuicide.org/> for important guidance.

Military Share

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

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

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

This program is for the veterans of Lycoming County.

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

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

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

Name of Veteran: _____

Number of Members in Household: _____

Weekly Income: \$ _____

Branch of Service: _____

AMERICAN LEGIONS, VFW's & OTHER COUNTY VETERAN ORGANIZATIONS



American Legion Post 1-

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

Veterans of the Vietnam War – Post PA 51

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

American Legion Post 35-

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

VFW Post 3428-

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

American Legion Post 36 -

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

VFW Post 5859-

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

American Legion Post 104 -

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

VFW Post 7863-

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

American Legion Post 251 -

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

VFW POST 844-

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

American Legion Post 268 -

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

Forty & Eight Voiture 382

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

American Legion Post 617 -

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

Susquehanna Valley Chapter 47 of The Disabled American Veterans

P.O. Box 3372, Williamsport, PA 17701
Phone: 570-971-5889

Blue Star Mothers of America Inc. -

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

Williamsport Detachment 388

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

United States Submarine Veterans Inc.-

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

Korean War Veterans of Lycoming County, Inc.

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

Your Reps in Washington & Harrisburg



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

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



PA State Senator Gene Yaw— Senate District 23

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



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

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



PA State Representative Jeff Wheeland— 83rd Legislative District

349 Pine Street Suite 1	Room 414 Irvis Office Building
Williamsport, PA 17701	P.O. Box 202083
Phone: 570-321-1270	Harrisburg, PA 17120-2083
Fax: 570-327-3719	Phone: 717-787-2885
Office Hours: M-F 8:30-4:30	
Website: www.repwheeland.com	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 LYCOMING COUNTY VA OFFICE:

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

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

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

Email: bobbrown@worldlynx.net

Web: www.allentownmortgage.com

Licensed by the PA Dept. of Banking

FROM THE PENNSYLVANIA DEPT. OF VETERANS AFFAIRS:

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

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

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

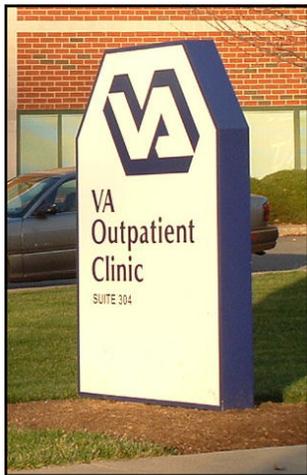
- You can still see your same doctor.
- Costs for care will change.
- Your health care prior authorizations are still valid.

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

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



VA Outpatient Clinic



The VA Outpatient Clinic was established July 1997 on the Campus of Divine Providence Hospital in the Wenner Building, 1705 Warren Avenue, Suite 304, Williamsport, PA **Phone:** 570-322-4791 **Fax:** 570-322-5170
Open: Monday—Friday 8:00 a.m. to 4:30 p.m. Scheduled appointments only
~ Walk-Ins welcome

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

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

Vet Center

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

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



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

Pennsylvania
CareerLink
LYCOMING COUNTY

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



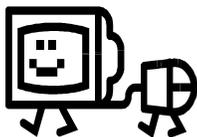
**Lycoming County Office of
Veterans Affairs**

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

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



For up-to-date
News and
Information
For Veterans



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



We are here to help you . . .

MSGT George W. Heiges (Ret.)

Lycoming County Director of Veterans Affairs

gheiges@lyco.org

- Twenty- one years USAF

Michael D. Seitzer (Ret.)

Assistant Director of Veterans Affairs

mseitzer@lyco.org

- Twenty-five years USMC/ USA NG

Frank J. Pasaniti

Assistant of Veterans Affairs

fpananiti@lyco.org

- 1st Lieutenant– USMC

- Fully accredited as a Veterans Service Officer by the Pennsylvania Department

To make an appointment, please contact

Natalie Steppe at: 570-320-2101

Office Hours

Monday through Friday 8:30 AM – 5:00 PM

Scheduled Appointments Only: Mon, Tues, Thurs & Fri

Walk-Ins 9:00 AM- 4:00 PM: Wednesdays

(No Comp or Pension Claims, Info ONLY)

Closed weekends and major holidays.

The Lycoming County VA

Office Will Be Closed:

Fourth of July– Wednesday, July 4, 2018

Labor Day– Monday, September 3, 2018

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

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

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