



KEYSTONER
Keystone Capital Chapter
“Never Stop Serving”
March 2018

Wednesday March 14 at 12:00 Noon



JFT Recovery and Veterans Support Services



Community Service to Veterans in Cumberland / Dauphin Counties

Information taken from the Just for Today web site: www.jft-rvss.org

In 2006, Just For Today Recovery Services was formed. Our purpose was to provide safe, structured, and compassionate housing for those seeking recovery, as well as providing addiction education and advocacy for the recovery community in Central Pennsylvania.

In 2007, Just For Today Recovery Services received a small grant, and, over the next few years, began operating three recovery houses and a thrift store. We have since consolidated our efforts to two recovery houses - one on the East shore, and one on the West shore.

2015 brought some positive and exciting changes and opportunities. Just For Today has now grown into Just For Today Recovery and Veterans' Support Services, Inc. This has allowed us to expand our services as we move towards the fulfillment of two long-time

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goals, a centralized recovery center that can better serve our community, and equipping ourselves to better help and work with our veterans in their journey in recovery. After being blessed with a grant from local behavioral health organizations, and through the efforts of our talented fundraising staff, we were finally able to open the Just For Today recovery center in Lemoyne.

A presentation will be given by Mr. Steve Barndt, Director of Just For Today Recovery and Veterans Services, on the current work being done to help veterans through the JFT program. The JFT program will be considered for a donation to support local veterans suffering from addiction at our October Community Awards Program funded by a donation from USAA Insurance for MOAA chapters.

December Holiday Party & Election of Officers at the Radisson



December 6th dinner (Above left photo: Joe Gottwald swears in President Bob Gray, center, and First Vice President Keith Beebe, on left. Above right photo: President Bob Gray swears in Joe Gottwald as Second Vice President. photos by Bet Gottwald)

The dinner was held at the Radisson Hotel and chapter elections were held. The new officers were sworn in for a two year term. The chapter officers for 2018 and 2019 are President Bob Gray, First

Vice President Keith Beebe, Second Vice President Joe Gottwald and Secretary Treasurer Fred Lovelace. We were glad to welcome a new guest brought by Alan Gallagher, Alan McCormack LTC, USA Ret. He plans to join the chapter in 2018 and was given an application.

Additional information

For information or if you need help for the Survivor Benefits Program (SBP) please call 1-800-321-1080

If anyone knows of an ill or recuperating chapter member please contact Jan Beebe at 717-761-5335. She will send a card from the Chapter.

To join the Keystone Chapter contact our Membership Chairman Keith Beebe at 717-761-5335.

The Military Officers Association of America (MOAA) is a nonpartisan military nonprofit organization that does not engage in partisan politics and works with all political leaders in moving military and veterans' legislation that will help the men and women who currently serve, the retired, their families and their survivors. The views presented in the *Keystoner* newsletter are those of the editor and do not represent the opinions of the Keystone Capital Chapter officers, PA Council members or represent the views of MOAA's national officers, staff or Board of Directors.

State Legislation

Bob Gray – Legislative Chairman

Legislative Information from the General Assembly web site: <http://www.legis.state.pa.us>

House Bill 165 Introduced by Representative Rick Sacone from Westmoreland and Allegheny counties was signed into law by the Governor on November 29, 2017 and became Act No. 56. The legislation created two new decorations to the list of existing medals, badges, and awards that are authorized and presented by the Governor in the name of the Commonwealth: the Pennsylvania Medal of Achievement and the Pennsylvania Veterans Service Award. The Pennsylvania Medal of Achievement is to be ranked fifth, under the Pennsylvania Commendation Medal, and the Pennsylvania Veterans Service Award is to be ranked 13th, under the Pennsylvania Outstanding Aeronautical Achievement Award.

With the creation of these medals, the Governor is authorized to recognize civilians and veterans on behalf of the Commonwealth.

SB 552 Introduced by Senator Ryan Aument and Senator Randy Vullockovich and companion bill HB 247 introduced by Representative Chris Sainato will establish the Pennsylvania Veterans' Monuments and Memorial Trust Fund (formerly the Pennsylvania Veterans' Memorial Trust Fund) and shall be administered by the Department of Military and Veterans Affairs (DMVA).

This proposal would redirect funds from the Veterans Trust Fund that came from the PA Monuments License Registration Plate to the new Pennsylvania Veterans' Monuments and Memorial Trust Fund and would require that funds be used for the operation and maintenance of monuments designated

by DMVA in consultation with the State Veterans' Commission. At a minimum, the bill provides guaranteed funding, as needed, for:

- PA Veterans' Memorial at Indiantown Gap National Cemetery
- Overseas American battle monuments recognized or owned by the Commonwealth
- PA unit monuments and markers at Gettysburg National Military Park
- Other PA military memorials and monuments as designated or recognized by DMVA

The Department of Military and Veterans Affairs believes that this fund will be beneficial as they work to revamp the current program in hopes of generating additional revenue. Please join us in supporting this proposal to better allow for the operation and maintenance of our Veterans' memorials and monuments.

The bill passed the Senate and is still assigned to the House Veterans Affairs and Emergency Preparedness Committee on October 17, 2017. It has not been brought up for vote.



The PA VETERANS REGISTRY is an online application that allows veterans, family members and people who work with veterans to connect with DMVA to request information related to the valuable state benefits, programs and services offered. All registrants' information will be shared with County Directors for Veterans Affairs and other Commonwealth of Pennsylvania agencies in order to facilitate local connections. By connecting with DMVA, registrants can also opt-in to receive ongoing communications such as the weekly DMVA DIGEST, breaking news and other updates. The PA VETERANS REGISTRY is DMVA's first step in a long-term strategy to achieve a higher level of communication with our veterans as well as our partners who support them. Please take a moment to register at the link below. You can go to the Department of Military and Veterans Affairs web site <https://register.dmva.pa.gov/> to register by entering the information for yourself, a family member or fellow veteran friend at the online form. If you do not have the DD214 to verify your service you can note that on the registration form so they can contact you to begin the process to obtain your verification. You may contact Military Affairs Toll Free: 800-547-2838.



Federal Issues

VA and DoD Join Forces Against Suicide

November 20, 2017 MOAA Government Relations Staff

VA Secretary Dr. David Shulkin has made suicide prevention his top clinical priority, and he's serious about attacking the problem head-on with the help of his DoD colleagues.

Back in September during suicide prevention month, Shulkin said, "We know that in 2014, an average of 20 veterans a day died in this country from suicide, which is 20 too many."

"This is a national public health crisis requiring a national public health approach," Shulkin continued. "When it comes to preventing veteran suicide, VA can't - and should not - do this alone."

For several months, the secretary and the VA have pressed full speed ahead to address this national crisis by launching a number of campaigns and outreach events across the country, engaging federal, state, and community partners and veterans' organizations such as MOAA to promote solidarity by embracing a "no wrong door" philosophy to prevent veteran suicide.

VA officials in the Office of Mental Health and Suicide Prevention gave MOAA and other stakeholder groups an update on some of the activities the VA and DoD are jointly pursuing to leverage capacity and realize synergy and efficiencies in their suicide prevention and crisis line programs.

In recent months, the VA has consolidated its mental health and suicide prevention policy and operations into a single office, reporting directly to the secretary.

Additionally, the Pentagon detailed Dr. Keita Franklin, director of the Defense Suicide Prevention Office, to the VA for six months to help the VA weave together its vast programs and activities and integrate its programs.

The VA and DoD are expected to sign a memorandum of understanding soon that outlines 10 areas the agencies will focus on as they chart a new direction of collaboration for attacking and eliminating suicides in both departments.

Check out these life-saving resources and share them with those in need:

- **Veterans Crisis Line.** Click [here](#) for web site; call (800) 273-8255 and Press 1; Click [chat online](#); or send a text message to 838255 to receive confidential support 24 hours a day, seven days a week, 365 days a year.
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- **VA Medical Center Directory.** Contact Lebanon VA medical center main phone line (717) 272-6621 or toll free at 1-800-409-8771 and [Press #7](#) be connected directly with the veterans and military crisis line.
- **White House/VA Veterans' Complaint Hotline.** Veterans can Call (855) 948-2311 to address their specific problems or complaints about VA health care and benefits, 24 hours a day, every day of the week.

VETERANS CAN ACCESS THESE MENTAL HEALTH SERVICES AT THE VA



By James Clark, Task & Purpose FEB 18, 2018

Roughly half of all post-9/11 veterans who may need mental health care do not seek it through the Department of Veterans Affairs or in the private sector, according to a recent report by the National Academy of Sciences, Engineering, and Medicine.

Alarmingly, the report also says a significant number of veterans are unaware of the services available to them from the Veterans Health Administration - the VA's medical arm.

Veterans who need mental health care but haven't sought VA help cite several reasons, including "that they do not know how to apply for VA mental health care benefits, they are unsure whether they are eligible, or they are unaware that VA offers these benefits," according to the congressionally mandated Jan. 31 report.

"I was dismayed to learn how many veterans didn't know how to access care," Ralph Bozella, chairman of the Veterans Affairs and Rehabilitation Commission for The American Legion, told Task & Purpose. "The VA has done a great job advertising their mental healthcare services on the web and via social media."

But, he added, "At this point, I think the entire veteran community needs to do more to ensure veterans in need link up with the care they require. We all need to play a more active role here."

To help with that, here's a list of mental health services the VA provides to recently transitioned veterans.

Are you a combat vet?

Veterans who served in a combat zone can receive medical services - including mental health care - for five years through the VA, beginning the day of their discharge. This isn't the same as having a

service-connected disability rating; instead, think of it as free health insurance. Eligible vets will have free care and medications for any condition that might be related to their service; there's no enrollment fee or premium, but you do have to cover copayments. This also opens you up to the VA's CHOICE program, which means you can receive care through a private-sector specialist at the VA's expense, not yours.

Soon, every transitioning vet can receive a year of mental health care through the VA. Last month President Donald Trump signed the executive order "Supporting Our Veterans During Their Transition from Uniformed Service to Civilian Life." It expands VA mental health care services to the 60% of recently separated vets who were previously deemed ineligible - usually because they lack a verified service-connected disability or service in a combat zone. Beginning in March, all transitioning service members with an honorable discharge will be eligible for 12 months of mental health care through the VA. Though the details of the program are still being worked out, veterans will be eligible to receive care at VA facilities - or in the private sector through CHOICE, if a local clinic can't meet their needs.

Emergency mental health care is available for veterans with OTH discharges.

Though the executive order provides a year of care to many veterans, it doesn't cover those with "bad paper" discharges - punitive discharges that preclude access to Veteran Affairs benefits, like education and health care. But last March, the VA launched a separate program offering emergency mental health services for veterans with other-than-honorable discharges. Though not all vets with bad paper are eligible, those with an OTH discharge in need of emergency mental health care can receive treatment through the Veterans Health Administration for up to 90 days - inpatient, residential, or outpatient care.

Community-based vet centers are an option, too.

Established in 1979, vet centers offer individual and group counseling on a range of topics for veterans, service members, and their families who have served on active duty in any combat theater; experienced a military sexual trauma; served as part of an unmanned aerial vehicle crew and provided direct support to combat operations; or provided emergency medical care or performed mortuary services while on active duty. The staff at vet centers also offer support for those looking to file a claim with the VA - though you don't need to have a disability rating or be enrolled to receive counseling.

The VA offers much more if you're enrolled in their system, though.

Veterans who qualify to register with the Veterans Health Administration enjoy a variety of mental health services. These include counseling, therapy, and, often, a treatment plan that includes prescribed medication. The range of coverage is fairly expansive, with experts able to offer support to veterans suffering from post-traumatic stress disorder, anxiety, depression, substance abuse, and stress, among other concerns. Additionally, the VA offers short-term inpatient care for vets suffering from life-threatening mental illness; outpatient care to a psychological rehabilitation and recovery center; video conferencing with a care provider; and residential rehab programs.

If you need immediate help, or just someone to talk to, resources are always available.

For those in need of immediate support, responders with the Veterans Crisis Line can be reached by calling 1-800-273-8255 and pressing 1; via text, by sending a message to 838255; or online. The conversations are confidential and the line is open 24 hours a day, 7 days a week year-round, and the staff is trained to assist veterans of all ages and circumstances.



JFT Recovery and Veterans Support Services

Steve Barndt
Director

DONATIONS CAN BE MADE TO:

JFT RECOVERY AND VETERANS SUPPORT
SERVICES, INC.

BY GOING TO THEIR WEB PAGE TO MAKE A DONATION BY
CREDIT CARD: <http://www.jft-rvss.org> then click on
1440 at the top of the page.

OR BY MAIL TO:

**Just for Today
300 Market Street
Lemoyne, PA 17043**

Tel: 717-695-6253

Hours:

12PM – 11PM Sunday -Thursday

12PM – 12AM Friday - Saturday



**KEYSTONE CAPITAL CHAPTER
HOLIDAY SOCIAL EVENT
March 14, 2018
Radisson Hotel – Governor A Suite - Camp Hill**

LUNCH 12:00 Noon

Broiled Crab Cake

(Radisson Special Crab Cake Recipe: One (5oz) Broiled Crab Cake with a Roasted Cherry Tomato Coulis)

Or

Chicken Palermo

(5 oz. Baked Chicken Breast Topped with House made Fresh Bruschetta Loaded with Tomatoes,
Basil, Garlic and Finished with Melted Provolone Cheese)

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Event Invitation

Wednesday March 14th Radisson Hotel 12:00 Noon

**Presentation by Steve Barndt, Director of
Just for Today Recovery and Veterans Support Services**

Price per person: \$24.00 Choose #: ____ Broiled Crab Cake
____ Chicken Palermo

Make check out to: Keystone Capital Chapter

Names of Members and Guests attending:

*****Please Reply NLT Friday, March 10th to Host:***

**Keith Beebe
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Camp Hill, PA 17011
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