

Pennsylvania
State Council



The PASC Newsletter

June/July 2019

Vietnam Veterans of America Pennsylvania State Council

A Congressionally Chartered Veterans Service Organization

Suicide is Everyone's Business . . .

The Suicide Prevention Program (SPP) provides

- ... Training in the Community.
- ... Partnerships with Community Agencies.
- ... Coordination with the Veteran Service Organizations.
- ... Help facilitate individualized treatment for Veterans to meet their needs.
- ... Intensive case management services for Veterans who are at high risk for suicide.

.... There are more than 42,000 suicides each year among the general population!

.... Suicide is the 10th leading cause of death in the United States.

.... Every 12.3 seconds someone dies by suicide.

.... It is estimated that almost ONE MILLION people attempt suicide (one attempt every 35 seconds)

.... 18% of all suicide deaths were from Veterans.

.... Veterans are more likely to use firearms to commit suicide than the general population.

On the Average, 764 suicide attempts per month among veterans receiving VA health care.

25% of Veteran suicides have a history of previous attempts.

20 Veterans die by suicide each day!

14 of those Veterans are not receiving VA care.

WHAT CAN YOU DO?

Know the warning signs.

Be open to talking to a Veteran about suicide ideation.

Know the resources available in your area.



Chapter 415 Goes To Liberty High School's Graduation To Honor the Fallen Graduates From Vietnam



The Principal put out a call to local organizations. The graduation was stopped while names were read honoring the fallen servicemen from Liberty. Chapter 415 answered the call.

*A Tribute to Pennsylvania State Council ANA
Certainly well-earned and well-overdo!*





Sept. 21, 2019
Pennsylvania's
FIRST

ALL FEMALE VETERAN
CALL TO DUTY

Honor Flight Philadelphia
is currently looking for Female Veterans
who would like to join us on a trip to
Washington, D.C.

in a day of Honor and Recognition,
to view the memorials dedicated
to their service and sacrifice
for our great Nation
at NO COST to the Veteran.

Transportation, breakfast, and lunch included.

Dinner sponsored by :



MISSION BBQ
The American Way.

Trip details please contact:

Shannon Sperduto (215)-301-8890 Bob Crawford (215)954-5634
Andrew Schiavello andrew@honorflightphiladelphia.org



SEMPER FI FUND

ARMY • MARINE CORPS • NAVY • AIR FORCE • COAST GUARD

The Semper Fi Fund is excited to announce the:

LCpl Parsons Welcome Home Fund for Vietnam Veterans

The Semper Fi Fund expanded our mission to care for veterans from all US military service branches who are catastrophically wounded, ill, or injured from combat operations in Vietnam.

***Eligibility criteria**

- Blind/legally blind
- ALS (Lou Gehrig's Disease)
- Amputation (loss of any limb or extremities)
- PTSD (combat related) – 70% or greater VA rating
- Paralyzed (paraplegia, quadriplegia, hemiplegia)
- Severe Traumatic Brain Injury (cannot function independently)
- Severe illness linked to Agent Orange exposure (recognized by the VA)

Documents required

- Copy of DD214
- Photo ID (front/back)
- LCpl Parsons Welcome Home Fund Application
- VA rating decision letter and/or signed note from medical provider stating diagnosis

Assistance may be provided in the following areas

- Housing grant (adaptive housing, home modification/repair, rent, mortgage, utilities)
- Transportation grant (adaptive transportation, vehicle modification/repair)
- Medical Care grant (not covered by insurance, Medicare, or the VA)
- Funeral/Cremation Expense

**must have one or more of the conditions*



For more information, please call
760-725-3680 or contact us at
Vwestcoastcw@semperfifund.org

[Pauline](#) remembers when her first marriage — and then the second — fell apart. Both relationships were abusive and left her feeling anxious, depressed, and worthless. “I just felt I wasn’t good enough,” she says. “I was accepting the men who would try to control me in my life.”

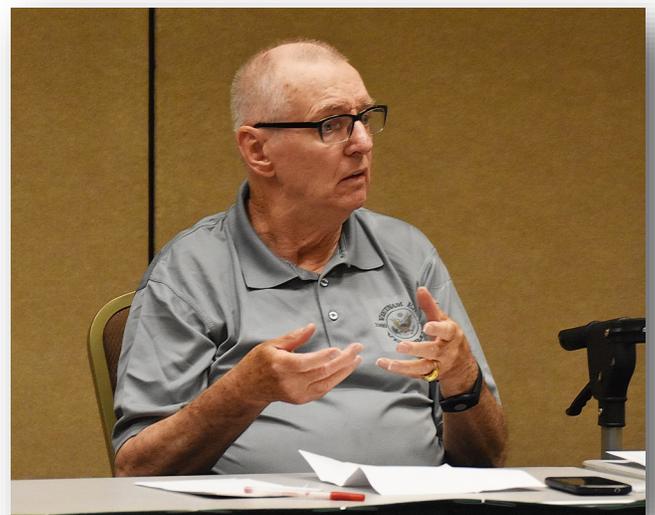
At the same time, Pauline was dealing with severe hearing loss. She worked near loud generators while serving in the U.S. Army, and they took a toll on her hearing. She found it increasingly difficult and embarrassing to communicate with people. She began avoiding others, which led to depression.

That’s when Pauline decided to take control of her life. She contacted VA mental health services and started seeing a counselor. The experience helped her to not only accept her hearing loss, but also to find ways to cope with it — and continue enjoying life.

“They really helped me look inside at who Pauline was and what it is I wanted in life. ... I’m allowed to cry. ... It really helps,” she says.

Pauline saw benefits in both one-on-one and [group therapy](#), which helped her become more self-confident. “Before I went to counseling, I was an isolated person,” she says. “I became a stronger, [more] empowered person. There’s a big change in me. I’m an advocate for myself.”

During one session, Pauline’s therapist asked two questions: Who do you identify with? And what do you want to do? She thought about the causes close to her heart — the deaf community and people with hearing loss — and decided to go back to school, earning her master’s degree in mental health counseling





Come Join Vietnam Veterans of America Chapter 791 for the AVTT Traveling Vietnam Wall.

August 7, 2019 through August 11, 2019

Reedsville Playground Honey Creek Rd

Honoring all those who did not come home!

www.jcveteranscouncil.org/the-wall

Contact AVTT at info@avtt.org





*“Requiescat in Pace”
Eternal Rest Grant to Him!*

Jeffrey R. White
July 6, 1946—July 3, 2019

The final bugle call signifies the end of a serviceman's day. It is a ceremony that brings closure to a day. At Jeffrey's service, a flag was tendered, a final salute rendered and taps were played for this Vietnam Veteran

Friends, colleagues and Veterans from across the Commonwealth gathered at the Newtown Square Presbyterian Church to honor and pay tribute to a man who has given so much to his community. Reverend Dr. Jeanne Thomas presided and reflected on Jeffrey's life and the many accomplishments and contributions over the years.

