



American Red Cross
Greater Rochester Chapter



*On behalf of the
American Red Cross, and
our partners we thank you
for your service and
sacrifice!*

MONROE, ONTARIO & WAYNE COUNTY Military Resource Guide



Brought to you by the
Greater Rochester New York
Chapter of The
American Red Cross

The American Association of the Red Cross with the help of Clara Barton was established in 1881. The Red Cross Association was later reorganized and in 1905 Congress granted it a new charter that established the basic organization of today's American Red Cross.

The American Red Cross grew during WW I (1914-1918). It met the welfare needs of rapidly expanding military forces. Red Cross field directors and other workers served troops in the United States and overseas. In 1917 Home Service was set up in many communities to provide a link between military personnel and their families.

That service still exists today and has been there as we have served our military and their families in every military conflict and war since that time. The Red Cross has traditionally been the liaison for families to meet the communication needs between the family and the service member of their family in times of need.

In 2015 we formed a working committee to step up what we offer to military families. There are countless numbers of agencies and organizations that exist to help military members and their families, but they are not always known to you. It has become our mission to communicate that information to every military family in Monroe, Ontario and Wayne Counties. That is the inspiration for preparing this document; to link you to all that is available depending on your needs.

We do this because we want to let you know how much we appreciate the sacrifice and giving that all military members and families have given to us and to our beloved country. This is a small token of our appreciation to you. We hope that you will find it useful and that you can connect to whatever service you may need. On behalf of the American Red Cross we thank you for your service!

Service to Armed Forces
Local Advisory Committee

**The American Red Cross would like to
thank the following organizations for
their generous support of this guide:**

***American Red Cross Volunteers of the Greater
Rochester New York Chapter with special
recognition of the American Red Cross
volunteers of
Monroe, Ontario and Wayne counties.***

Please Note:

This is a living document and every effort was made to ensure that the information inside is accurate. For any changes, please contact the American Red Cross 716-878-2371 so we can update our records for future guides. Thank you for supporting your local American Red Cross

Printed 2023

Wounded Warrior Project.....877-832-6997

370 7th Avenue, Suite 1802, New York, NY 10001
Woundedwarriorproject.org See website for emails

Our purpose is to provide unique, direct programs and services to meet the needs of injured service members. We raise awareness and enlist the public's aid for the needs of injured service members. We help injured service members assist each other.

HOW OUR PROGRAMS FOR VETERANS HELP.

Every warrior has unique challenges and goals. We provide programs and services to help take the steps that are right for you. What's more, thanks to the tremendous support of our donors, you never pay to get the help to build the future you deserve.

At Wounded Warrior Project, our community is global. Not only do we provide support in the U.S., but we also offer support abroad. Wounded, ill, and injured service members who are medically evacuated from deployed locations are met and supported by our WWP team at Landstuhl Regional Medical Center in Germany.

Adaptive Sports
Alumni Connection Program
Community Partners
Government Affairs
International Support
WWP Peer Support Groups
Physical Health and Wellness
Soldier Ride
WWP Resource Center Project®

Financial Education
Benefit Services
Family Support:
Independence Program
Mental Wellness
WWP Talk
Project Odyssey
Warrior Care Network
Warriors to Work



HOME FIRE CAMPAIGN

REDUCING FIRE DEATHS ONE HOME AT A TIME

At no cost to you, we would like to share some simple steps you can take at home that will help protect your family against fire. In addition, the Red Cross will install FREE smoke alarms within your home. Visits generally last 20 minutes and can be scheduled at your convenience.

During the home visit, you will receive:

- Installed smoke alarms (if needed)
- Guidance in the development of a Family Disaster Plan
- Valuable emergency preparedness tips and information

To schedule your visit, email

smokealarms.wny@redcross.org or call 1-716-878-2353

All demonstration and installation services will be provided by Red Cross-trained volunteers and/or licensed/insured professionals. To learn more about becoming a Red Cross volunteer, please visit **www.redcross.org/volunteer**.



HERO CARE NETWORK
EMERGENCY COMMUNICATION

1-877-272-7337

**HOW TO CONTACT THE AMERICAN RED CROSS TO:
RELAY A MESSAGE
REQUEST THE PRESENCE OF A SERVICE MEMBER
SERVING IN THE UNITED STATES MILITARY**

Twenty-four hours a day, 365 days a year, the Red Cross relays urgent messages containing accurate, factual, complete and verified descriptions of the emergency to service members stationed anywhere in the world, including on ships at sea, embassies and remote locations.

Even if the service member receives an email or phone call from home, Red Cross-verified information assists the member and his/her commanding officers with making a decision regarding emergency leave.

When calling the Red Cross be prepared to provide the following information on the service member:

- Full legal name
- Rank/rating
- Branch of service (Army, Navy, Air Force, Marines, Coast Guard, Space Force)
- Social Security number
- Date of birth
- Military unit address
- Information about the deployed unit & home base unit.

Warrior Strong Inc.....862-324-6322

311 Adams Avenue. Scranton, PA 18503
60 East Hanover Ave Unit B5, Morris Plains, NJ 07950
warriorstronginc.org warriorstrongusa@gmail.com

Warrior Strong serves veterans, veteran family members, active-duty military members, and first responders. We offer programs to those seeking a community, exercise, mental health relief, and adaptive fitness and sports. Warrior Strong has two physical locations in Scranton, PA, and Morris County, NJ. We also offer **virtual** programming for our members wherever they live or serve.

Programs include:

- Health and Fitness: Join for a free yoga, meditation, HIIT class and more every week
- Rucks: Merging veterans, first responders, business owners and civilians together for a ruck/hike! Creating new bonds and social networks for all.
- Wellness Retreats: Overnight stay with Warrior Strong that includes mind body and spirit.
- Training Certifications: Personal Trainer Certification and Employment Program
- Peer to Peer Connections: Connecting veterans through health and Wellness supports a smoother transition into civilian life.

Warrior Salute Veteran Services.....585-341-4600
860 Hard Road, Webster, NY 14580 info@cDSLifetransitions.com
www.cdslifetransitions.org/warrior-salute

Warrior Salute Veteran Services is built around the unique needs of each service member. We take pride in our ability to ensure that each service member receives the appropriate level of care, based on their individual situation.

Transitional Housing: Warrior Salute Veteran Services offers all-inclusive, supportive housing services for Veterans at our Nucor House. Our program is aimed at providing a strong, supportive community to help veterans reach their personal therapeutic, social, educational and community goals. Transitional housing is open at no cost to male veterans who demonstrate the desire and motivation to benefit from all services we offer.

Case Management: A case manager's top priority is each service member's well-being, and making sure that their individual needs are met. Our case managers promote the concepts of choice, weekly goals, individualized services, supports, and participant satisfaction. They meet with each service member bi-weekly to discuss progress and how to better reach their goals. Their main priority is to make sure participating service members feel comfortable and are on a path to success.

HERO CARE NETWORK **FINANCIAL ASSISTANCE**

1-877-272-7337

The sacrifices of military life can cause unexpected financial hardships for military families and retirees. Through our partnerships with Military Aid Societies, the Red Cross connects service members, military retirees and their families around the clock for emergency financial assistance to help with emergency travel, rent, food, utilities and other expenses. Assistance is provided through a grant, loan, or combination.

Eligibility:

- Active duty military personnel and their eligible immediate family members.
- Reserve and National Guard activated under Title 10, U.S. Code, and their eligible immediate family members.
- A military retiree or spouse of retiree.
- Surviving spouse of deceased service members (active or retired).

Expenses covered include:

- Basic Needs including Rent/Mortgage, Food, Utility
- Insurance, Burial and Funeral Expenses
- Medical and Dental Expenses
- Vehicle Payments, Repairs, and Insurance

To access the Military Aid Societies, contact the American Red Cross.



Military and Veteran Caregiver Network

For 24/7 Hour support: 1-800-273-8255 (Press 1)
Text: 838255
milvetcaregivernetwork.org

About us:

The Military and Veteran Caregiver Network (MVCN) offers peer-based support and services to connect those providing care to servicemembers and veterans living with wounds, illnesses and/or injuries. The Network is modeled on the nationally recognized, evidence-based programs of the Tragedy Assistance Program for Survivors (TAPS), which has provided compassionate peer-based support to more than 60,000 loved ones of those who have died during their service in the Armed Forces.

The MVCN helps caregivers of all ages, at all stages of caregiving, providing access to three peer support programs:

- Online Peer Support Community
- Peer Mentor Support Program
- Peer Support Groups (Online & Community-Based)

Online Peer Support Community: offers a secure, confidential space in which caregiver peers can connect. The Online Community features discussion groups, chats and webinars to share experiences and practical information, educational and training opportunities, all monitored by trained Peer Moderators. All caregivers who assist a servicemember or veteran are welcome. No matter where you live, or what caregiving responsibilities or challenges you face, we offer a secure space in which to connect with other caregivers for information and support.

Vietnam Veterans of America.....585-786-3890
29 N. Main Street, Warsaw, NY 14569 vva.org
(See website for local locations)

Services Include: Outreach Programs; Agent Orange; Education; Homeless Veterans; Minority Affairs; PTSD and Substance Abuse; POW/MIA; Veterans Health Care; Veterans Incarcerated and in the Justice System; Veterans Against Drugs; Women Veterans; Government Relations; Publications

Veterans Incarcerated and in the Justice System

This program promotes awareness about the special needs of veterans who are presently or formerly incarcerated. Through research about each state's Department of Corrections Regulations, the program explores ways to implement new programs for presently or formerly incarcerated veterans and to build cooperation at the Department of Veterans Affairs.

Veterans Against Drugs

The veterans against drugs program deploys volunteer veterans into their communities to visit students, detention centers and youth organizations to educate and help youth develop responsibility, good judgment and commitment to their families, schools, communities and each other.



Veterans of Foreign Wars (VFW)816-756-3390

National Headquarters vfw.org

(See website for local locations)

The VFW supports vital programs. They:

Educate separating service members about their well-earned VA benefits through private benefits counseling sessions with a VFW Service Officer.

Provide training to VFW Service Officers on signs of emotional suffering so they can better direct veterans to programs and services.

Help cover rent, utilities or groceries for a military family struggling with the hardships of war.

Deliver morale-boosting “welcome home” celebrations for service members who have returned from combat.

Insurance and Financial Benefits and Discounts include Travel Planning, Auto Rental, Hotels and Entertainment, Financial Planning, Retail Discounts, Insurance Discounts and so much more.

Veterans Treatment Court585-371-3758

Hall of Justice, Room 545 99 Exchange Blvd, Rochester, NY
27 North Main Street, Canandaigua, NY 585-412-5282

The Courts offer alternatives to honorably-discharged Veterans who are charged with non-violent felonies or misdemeanors. Their mission is to help Veterans recover and assimilate into society, connect with Veteran Organizations and the U.S. Dept of Veterans Affairs. They operate out of the Office of Public Defender and with Court Administration, the NY Attorney’s Office, private attorneys, the local Sheriff’s Office, the U.S. Dept of Veterans Affairs and numerous community partners.

Participants are referred by their attorney, the prosecuting attorney, or other courts. Participation is voluntary, the Dept of Veterans Affairs must approve participation eligibility. In some cases, such as domestic abuse, additional approval for participation must come from the victim.

CONTACT AT A GLANCE

VETERANS CRISIS LINE..... 988 PRESS 1

Emergency..... 9-1-1

211 Finger Lakes Region 877-356-9211

Adopt A Soldier Platoon aasp.vet

AIM Independent Living Center 607-962-8225

American Red Cross Greater Rochester 800-733-2767

America’s VetDogs..... 631-930-9000

American Legion 800-433-3318

American Veterans (AMVETS)..... 301-683-4031

Angel Wings for Veterans..... 888-675-1405

Angels of America’s Fallen 719-377-7352

Battle Buddy Info..... battle-buddy.info

Blue Star Mothers of America 585-230-3046

Boots for Troops 218-798-7567

Catch-a-Lift 855-496-4838

Cancer Support Community at Guilda’s Club 585-423-9700

Civil Air Patrol 585-507-2704

Clear Path for Veterans..... 315-687-3300

Coast Guard Rochester 585-342-4149

CompeerCORPS 585-546-8280

Disabled American Veterans (DAV) 585-464-2661

Division of Military & Naval Affairs dmna.ny.gov

Dogs on Deployment..... 619-800-3631

Eagle Star Housing 585-617-3273

Equicenter, at the William and Mildred Levine Ranch
..... 585-624-7772

Ethereal Dreams Entertainment 716-983-4989

Gold Star Mothers goldstarmoms.com

Helmets to Hardhats 866-741-6210

Hero Care Network Emergency 877-272-7337

Heroes with Hearing Loss See veterans service agency

Higher Ground New York 716-984-7806

Home Fire Campaign 716-878-2353

Heroes Home Advantage 803-261-9267

Honor Flight-Rochester 585-210-2115

Iraq Afghanistan Veterans of America 212-982-9699

Joint Services Transcript..... jst.doded.mil/jst

LawNY 585-325-2520

Military Child Care..... militarychildcare.com

CONTACT AT A GLANCE (CONTINUED)

| | |
|---|----------------------|
| Marine Corps League..... | 703-207-9588 |
| Military Hire | 888-239-8825 ext 314 |
| Military and Veteran Caregiver Network | 800-273-8255 |
| Military One Source | 800-342-9647 |
| Military Sexual Assault | 877-995-5247 |
| Military Units/Family Readiness | see page 44 |
| Mission: Military Spouse | missionmilspouse.org |
| National Domestic Violence Hotline | 800-799-7233 |
| National Park Passes..... | nps.gov |
| National Personnel Records Center | 314-801-0800 |
| Navy Seabee Veterans of America | 585-330-5078 |
| NYS Defenders Association | 585-219-4862 |
| NYS Department of Labor | dol.ny.gov |
| NYS Park Passes | 518-474-2324 |
| NYS Veterans Homes (Batavia) | 585-345-2000 |
| One Soldier at a Time | 585-764-4550 |
| Operation Family Caregiver | 229-928-1234 |
| Operation First Response | 888-289-0280 |
| Operation Homefront..... | 210-659-7756 |
| Our Military Kids..... | 703-734-6654 |
| P3: Private Public Partnership..... | 315-772-9489 |
| Property Tax Exemptions | see tax assessor |
| Quilts of Valor | govf.org |
| Seabrook | 856-455-7575 |
| Semper Fi & American's Fund | 760-725-3680 |
| Soldier On..... | 866-406-8449 |
| Soldier On Success | 888-288-3184 |
| Sunny Mike Foundation | 585-431-6770 |
| Team RWB | 833-832-6792 |
| Tragedy Assistance Program for Survivors | 800-959-8277 |
| Travis Mills Foundation | 207-480-3490 |
| Tunnel to Towers Foundation..... | 718-987-1931 |
| U.S. Small Business Administration | 518-326-6328 |
| Vet Center—Rochester | 585-393-7608 |
| Veteran Caregiver | veterancaregiver.com |
| Veterans One-Stop Center of WNY..... | 716-898-0110 |
| Veterans Outreach Center | 585-546-1081 |
| Veterans of Foreign Wars | 816-756-3390 |
| Veterans Service Agencies/Organizations | See page 61 |

Veteran Service Agencies/Organizations

NYS Division of Veterans Affairs

Monroe; Veterans Resource Center
 447 South Avenue, Rochester, NY 1462 585-546-4510
 Ontario; Canandaigua VAMC, 400 Fort Hill Avenue, Bldg 3,
 Room 8, Canandaigua, NY 14424 585-393-7752
 Wayne; call Ontario County at 585-393-7752

County Veteran Service Agencies

Monroe; 125 Westfall Road, Rochester, NY 585-753-6040
 Ontario; 3010 County Complex Dr., Canandaigua, NY
 585-396-4185
 Wayne; 7376 Route 31, Suite 1300, Lyons, NY 315-946-5993

Services include:

| | |
|-------------------------|------------------------|
| Disability Compensation | Pension |
| Burial | Discharge Issues |
| Education | Employment |
| Homelessness | Legal |
| Military Records | Property Tax Exemption |
| PTSD | Suicide Prevention |
| "Thank A Vet" Program | VA Health Care |
| VA Home Loan | And more. |

To educate veterans and their families about the benefits they have earned; To represent and guide them in obtaining benefits and services both through the VA and the community; To make veterans an economic force in education, employment and business development.

Take your DD214 to the County Clerk's office and have it registered! If you do not want to wait for the National Archives to send you a copy when you lose yours, *take your DD214 to the County Clerk's office and have it registered!* This is your most important document from the military.

The VSO assists veterans and families to identify and apply for benefits from local, state, and federal agencies as a result of their military service.

We recommend that you make use of the services provided.

Veterans Outreach Center, Inc.....585-546-1081

447 South Ave. Rochester, NY 14620

Veteransoutreachcenter.org

Programs and Services include:

Employment Assistance; Job Training; On-Site Partners; Health and Wellness; Legal Counseling; Residential Program; Veteran And Family Supportive Services; Veteran Treatment Court; Free Bus Passes; Quartermaster

On-Site Partners: In Person meetings regarding career pathways, lawyer for a day, disabled veteran outreach, employment guidance, financial counseling.

Quartermaster: committed to ensuring veterans and their families have access to the supplies they need, completely free of charge. Our Quartermaster is open to veterans and their families who need food, clothing, and hygiene items while supplies last.

Veterans Treatment Court (VTC): program is available to eligible Veterans with non-violent criminal charges who have either a substance abuse or mental health diagnosis. The goal of VTC is to treat the underlying issues that are at the root of the criminal behavior. With intensive case management, the Veteran is given all the tools they need to return to being a productive member of society. This group of Veterans is further supported by the opportunity to attend a variety of peer groups on a voluntary basis while they are in treatment and after their discharge.



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| Veterans Treatment Court..... | 585-371-3758 |
| Vietnam Veterans of America..... | 585-786-3890 |
| Warrior Salute Veteran Services | 585-341-4600 |
| Warrior Strong..... | 862-324-6322 |
| Wounded Warrior Project | 877-832-6997 |

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Veterans One-Stop Center of WNY.....716-898-0110

1255 Niagara St. Suite 230 Buffalo, NY 142132

vocwny.org

veteransfirst@vocwny.org

Our dedicated team helps former service members, male or female, and their families find resources and services they need. One of our team members, many of them veterans themselves, will work with you one-on-one to help identify your needs and help you achieve them. They will be with you every step of the way to make the process as easy as possible for you and your family.

Benefits Counseling Services; Education Services; Employment Services; Legal Services; Financial Counseling; Readjustment Counseling; Suicide Prevention

PFC Joseph P. Dwyer Peer Support Program: This program brings US Armed Forces Veterans, service members and their families together through Veteran-to-Veteran collaborative services, social activities, and community service, easing the transition from military to civilian life. Peer support specialists work to create meaningful events and sustain relationships with Veterans built on trust and act as a bridge to resources.

Women's Veteran Peer Support: Connect with women Veterans in the community. We encourage women Veteran-to-Veteran collaborative services, social activities, and community service, easing the transition from military to civilian life. Women Veterans can join us for social events like axe throwing, skydiving, manicures and pedicures, hibachi lunch outings, and more.

Supportive Services for Veteran Families: Provides support services to Veterans and their families to promote housing stability.

SSG Fox Suicide Prevention Grant Program: Meets the needs of Veterans and their families through outreach, suicide prevention services, and connection to resources.

Cohesion Studio: A Veterans-only space where we walk with you to restore your path to health and wellness. The gym offers free memberships for Veterans and a guest of their choice.

Vet Center-Rochester585-393-7608

2000 South Winton Road, Bldg 5 Suite 201, Rochester, NY
Rochester Vet Center/Veterans Affairs (va.gov)

We focus on providing services to Veterans and service members who served in combat operations, areas of hostility, state-side deployments or endured military service-related trauma. We also serve their families to support the growth and goals of the Veteran or Service Member.

Conveniently located in your community, Vet Centers help you and your family build meaningful connections and develop tools for achieving success in both your military and civilian lives.

We are the people in the U.S. Department of Veterans Affairs who welcome home war veterans with honor and respect for service to country. Most of us are veterans ourselves and many of us also served in a war zone. Understanding, acceptance, and respect are essential elements of the services we provide. The Vet Center is a place where war veterans can feel comfortable among other veterans. It is also a place where family members can talk to a counselor who understand the realities of military life for service members and their families.

Vet Centers provide non-medical counseling and assistance to war zone veterans and their family members who are experiencing problems and issues related to active-duty military service in a war zone or in the course of deployment during war. We are a community-based program located in major cities, with satellite sites in smaller towns.

Services Include: Readjustment counseling; PTSD counseling; Marital/family counseling; Military sexual trauma counseling; Substance abuse counseling; Women partners' group; Benefits assistance and referral; Liaison with other VA agencies; Referral to community agencies; Bereavement counseling

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U.S. Small Business Administration518-326-6328

McNulty Veteran Business Ctr, 44 Dalliba Ave., Watervliet, NY
 Vbocregion2.com aamoroso@mcnultycenter.org

Veteran entrepreneurship training programs

The Veterans Business Outreach Center (VBOC) program is designed to provide entrepreneurial development services such as business training, counseling, and resource partner referrals to service members, veterans, National Guard & Reserve members, and military spouses interested in starting or growing a small business. VBOCs offer workshops, training, counseling, and mentorship opportunities in your area. VBOCs can also help you navigate SBA's extensive resource partner network and refer you to a community partner, lender, or SBA program.

SBA programs feature customized curriculums, in-person classes, and online courses to give veterans the training to succeed. Programs teach the fundamentals of business ownership and provide access to SBA resources and small business experts.

Boots to Business: An entrepreneurial program offered on military installations around the world and a training track of the U.S. Department of Defense Transition Assistance Program (TAP).

Boots to Business Reboot extends the entrepreneurship training offered in TAP to veterans of all eras in their communities.

Boots to Business Revenue Readiness is available after completion of Boots to Business or Reboot and provides a six-week virtual program that prepares participants to take their business idea from concept to an executable business model.

Women Veteran Entrepreneurship Training Program (WVETP) provides training to women veterans, service members, and spouses of service members and veterans as they start or grow a business. SBA funds these entrepreneurship training programs available exclusively for women veterans through grantees.

Service-Disabled Veteran Entrepreneurship Training Program provides programs to service-disabled veterans who aspire to be small business owners or currently own a small business.

Tunnel to Towers Foundation.....718-987-1931

2361 Hylan Blvd., New York, NY 10306
T2t.org info@t2t.org

Since 9/11, we have been helping America's heroes by providing mortgage-free homes to Gold Star and fallen first responder families with young children and by building specially-adapted smart homes for catastrophically injured veterans and first responders. We are also committed to eradicating veteran homelessness and helping America to Never Forget September 11, 2001.

Smart Homes Program

The Tunnel to Towers Foundation builds mortgage-free smart homes for our most catastrophically injured veterans and first responders. Each home is designed to address the unique needs of each individual. Smart homes host a myriad of features such as automated doors and lighting, wider halls and doorways, special showers to accommodate wheelchairs, automatic door openers, cabinets, counters, and stove tops that can be raised and lowered, back-up generators, and central heating and air conditioning systems that can be controlled by tablets. These homes help our most severely injured veterans and first responders to reclaim their day-to-day independence.

Gold Star Family Home Program

The Foundation will provide a mortgage-free home to surviving spouses with young children.

Veteran Homelessness

Veterans in this program will receive the support they need to help them address any obstacles to living a more independent life. In addition to delivering a mortgage-free home, the Foundation will also provide comprehensive care by connecting Veterans with appropriate local services (such as: mental health counseling, skills training, and addiction support).

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Travis Mills Foundation207-480-3490

647 Castle Island Road, Mt. Vernon, Maine 04352

Travismillsfoundation.org foundation@travismillsfoundation.org

We support veterans through our nationally recognized retreat located in the Belgrade Lakes Region of Maine. Veteran families who have been injured in active duty or because of their service to our nation receive an all-inclusive, all-expenses-paid, barrier-free experience in Maine where they participate in adaptive activities, bond with other veteran families, and enjoy much-needed rest and relaxation in Maine's outdoors.

The following adaptive and traditional activities are provided.

| | |
|--|-----------------------------|
| Culinary Arts (Cooking Courses, Bating), Guest chefs | |
| Snowshoeing | Martial Arts (Self Defense) |
| Challenge Ropes Course | Cycling |
| Horseback Riding | Shooting Sports |
| Hiking | Golfing |
| Massage therapy | Ice fishing |
| Yoga | Archery |
| Kayaking | Canoeing |
| Boating | Fly Fishing |
| Bass Fishing | Guided Fishing Trips |
| Pottery | Painting |

Veterans Crisis Line988

Call 988 if you need to speak to a trained crisis counselor who can help with mental health-related distress.

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders. You can also text 988 or chat online with the Suicide and Crisis Lifeline. You can also call if you are concerned about someone else.

Go to the nearest Emergency Room for immediate medical attention.

Team RWB833-832-6792

1721 W. Colvin Street, Syracuse, NY 13207
Teamrwb.org info@teamrwb.org

In the military, service members push the limits of their well-being to support the mission. That selfless service posture has always been necessary because service members of every era knew they may be called to war. As they move into civilian life, many veterans carry that mission-first mindset with them, neglecting their health in the process.

We believe that veterans are America's most resilient citizens — and it's time for more veterans to prioritize their well-being first.

Team Red, White & Blue (Team RWB) exists to guide them through that journey with real-life and virtual opportunities focused on building a healthier lifestyle because a strong focus on mental and physical health is critical to ensuring veterans' best days are ahead.

Our mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.

Team RWB members share more than just values. We share an ethos – a set of guiding beliefs and ideals that characterize our community. An ethos persuades or inspires people to action and that is what our organization is all about. While ethos can be sometimes hard to define, you certainly know it when you see it. Ethos is demonstrated, not stated. Lacrosse, running, rucking, yoga, cycling, triathlons, functional fitness are a few of the programs they offer.



TRANSPORTATION

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211 Finger Lakes Region 211.....877-356-9211

2-1-1/Life Line provides information and referral for human services and crisis/suicide prevention services serving Monroe, Wayne, Cayuga, Ontario, Livingston, and Seneca County. 211/LIFE LINE is committed to providing compassionate service for those struggling and in crisis.

Adopt-a-Soldier PlatoonOnline only
Aasp.vet

The mission of Adopt-a-Soldier Platoon is to lift the morale and support the welfare of active members and veterans of the United States Armed Forces, their immediate families, and the immediate families of deceased veterans.

Operation Wounded Care: This includes but is not limited to: specially-adaptive vehicles; motorized wheelchairs; ADA renovations to bathrooms and homes; entertainment/recreation; hunting and fishing trips for Wounded and Homeless Vets; financial stipends; and other needs they may have.

Camp4Heroes: a retreat in North Carolina that is being developed as a sanctuary for Life, Love and Respect for our Injured Servicemen/women, as well as police, fire and first responders. We believe that Camp4Heroes will be instrumental in helping our Wounded Vets heal their souls from the trauma of war.

AIM Independent Living Center.....607-962-8225
271 East First Street, Corning, NY 14830 Aimcil.com

Veteran Directed Care Program (VDC): The VDC enables Veterans to receive long-term services and supports to help them live independently at home and remain a vital part of their community. The program gives Veterans choice and control over their care. Veterans enrolled in VDC decide for themselves what mix of goods and services best meets their needs. VDC allows Veterans to choose, hire, schedule and supervise Care Attendants to support them.

VDC is a partnership between regional VA Medical Centers and local providers of aging and disability services.

Sunny Mike Foundation.....585-431-6770
Sunnymike.org hello@sunnymike.org

The type of assistance we offer:

Financial: the veteran applies for funds to cover something, e.g. insurance, rent, or items, e.g. a crib, a bed, an appliance, the veteran wants to take a class in finance. We can provide (one-time) \$600 towards their need. We respond to the veteran within 24 hours of the application. To date, their needs are the most basic: a roof over their heads, a bed on which to sleep.

Connection: we have found that veterans want to connect with people. For example, the veteran applies for a place to share their practice of yoga. We contact our partner organizations (or frankly, just do a Google search) to locate a facility that currently or plans to have yoga classes for veterans. We connect those two wonderful resources! It costs us nothing but time.

Community: we advertise that we can take veterans to a Rochester Red Wings game over the course of the summer (4 dates this year). The veteran emails us. They get a ticket, parking pass & \$20 diamond dollars to be used only at the concession there. If they have family members in their home who want to attend with the veteran, we give them the number of needed tickets. They can ride with the veteran so no parking or meals on us.

Pay-It-Forward: We ask the veterans who we help to help us do this with something that lights them up. What do you like to do? Fish? So you'd be willing to go fishing with another veteran? Great! We connect them. This gets repeated with each new veteran. Some veterans want to help us in return.

We do require veterans (or someone if they are not technologically experienced) to complete our online application. They also need to provide a copy of their DD214 that shows their separation status.

Soldier On.....866-406-8449

290 Merrill Road, Pittsfield, MA 01201

Wesoldieron.org info@wesoldieron.org

Soldier On provides three housing locations: a 165-bed shelter leased from the Veterans Affairs Medical Center in Leeds, MA; a 71-bed transitional living facility in Pittsfield, MA, and the first of its kind, award winning 39-unit housing cooperative Gordon H. Mansfield Veterans Community in Pittsfield. The treatment program is focused on building social skills, creating an enhanced sense of togetherness and providing motivation for residents to spend their free time serving others instead of themselves.

Incarcerated Veterans Program: Veterans willing to participate in the program are separated into their own pod at the jail where they are interviewed and assessed and provided special counseling and other services with the intent of fully reintegrating them back into the community and reducing their rate of recidivism.

Veteran Justice Partnership: Provide services, treatment options and alternative sentencing for those who are facing incarceration.

Employment: Partners with businesses in the community to create employment opportunities for our veterans. Employment coordinators work to foster and maintain relationships between local employers and veterans while providing the support necessary for success.

Case Management: All veterans meet with a case manager upon arrival to perform an initial assessment. Based on this assessment, the case manager works in collaboration with the veteran to devise a service plan addressing identified needs and objectives. Each veteran has a personalized service plan outlining barriers and goals related to substance abuse, mental health, medical needs, finances, education, employment, and housing. The case manager meets with the veteran on a regular basis to monitor progress. In addition to scheduled meetings, case managers are always available to provide additional support or assistance.

And much more.

America's VetDogs631-930-9000

371 E. Jericho Turnpike, Smithtown, NY 11787

Vetdogs.org info@vetdogs.org

America's VetDogs provides Service Dogs to veterans and first responders with physical disabilities, hearing loss, seizures, combat-related/work related PTSD and MST PTSD.

Created to provide enhanced mobility and renewed independence to veterans, active-duty service members, and first responders with disabilities, allowing them to live with pride and self-reliance once again. America's VetDogs specializes in placing highly skilled service and guide dogs to individuals with physical injuries, PTSD, hearing and vision loss, and seizures. Not only does a service dog provide support with daily activities, it provides the motivation to tackle everyday challenges.

Coast Guard Station Rochester585-342-4149

5500 Saint Paul Blvd, Rochester, NY 14617

Coast Guard Station Rochester is a part of the U.S. Coast Guard's Ninth District and is manned year-round to aid, search and rescue, and maritime security on Lake Ontario. Station Rochester is the only designated heavy weather station in Sector Buffalo's area of responsibility (AOR). The AOR boundaries reach from Oak Orchard to Sodus Bay, NY and out to the international border.

Coast Guard Station Sodus Point.....315-343-1551

c/o Coast Guard Station Oswego

1 Lake Street. Oswego, NY 13126

Coast Guard Station (Small) Sodus Point operates during the summer months, under the control of Coast Guard Station Oswego. The station performs search and rescue, safety boardings, and harbor and pollution patrols.

American Legion National Headquarters .800-433-3318

700 N. Pennsylvania St. Indianapolis, IN 46206

Legion.org (see website for locations)

Most prospective members do not realize all The American Legion does for people of all ages at the local, state, and national levels. The Legion conducts, promotes and supports hundreds of career fairs for veterans and transitioning servicemembers, bringing employers face to face with job hunters. Through Operation Comfort Warriors, the Legion raises funds to provide comfort items for U.S. troops recovering in military hospitals and transition units worldwide. Legion staff lobbies Congress for better quality of life for U.S. military personnel. Through American Legion Baseball, nearly 100,000 young men get to experience teamwork and competition each year. The Legion provides more than \$138,000 in scholarships through The National American Legion High School Oratorical Contest. And Legion Riders, through the annual Legacy Run, have raised more than \$2 million for the Legacy Scholarship, helping ensure the children of U.S. servicemembers killed on or after Sept. 11, 2001, have a chance at a college education. American Legion department service officers help thousands of veterans receive VA benefits they earned through service to their country.

Programs that the American Legion Supports and represent include the following:

- American Legion Baseball and scholarships
- Boys or Girls State/Boys Nation and scholarships
- Junior Shooting Sports and scholarships
- Air Rifle Competition and scholarships
- Oratorical Contest and scholarships
- Legacy Scholarships
- Youth Cadet Law Enforcement
- Family Support Network
- Homeless Outreach
- National Emergency Fund
- Operation Comfort Warriors
- Minor Child Temporary Financial Assistance

Semper Fi & American's Fund760-725-3680

715 Broadway Street, Quantico, VA 22134

Thefund.org info@thefund.org

We operate our programs and services through a "needs-based" approach. Staff and volunteers work one-on-one with our service members, veterans, and military families—providing ongoing support for as long as legitimate needs require.

Service Member and Family Support Program
Bedside Financial Support
Housing Assistance
Transportation Assistance
Specialized & Adaptive Equipment
Visiting Nurse Program
Caregiver Support & Retreats
Skip's Kids Program
LCpl Parsons Welcome Home Fund for Vietnam Veterans
Disaster Relief Program
Afghan Interpreters Welcome Fund

Transition Program
Veteran to Veteran Support
Apprenticeship Program
Education and Career Assistance
Veteran & Unit Reunions

Integrative Wellness Program
Neuro Fitness
Arts & Music Program
Tim and Sandy Day Canine Companies Program
Jinx McCain Horsemanship Program
Post Traumatic Growth Video Resources

Post-Traumatic Stress Support Program
Peter Murphy's Sports Program

Seabrook.....856-455-7575

133 Polk Lane, Bridgeton, NJ 08302

seabrook.org

info@seabrook.org

We are honored to partner with the Department of Veterans Affairs Community Care Network and PsychArmor as a Veteran-Ready program, providing detox, residential, and outpatient treatment services to our nation's military community. In many cases, individuals in this population do not receive an appropriate level of treatment from people who understand the full impact of military service. Our team at Seabrook does.

We provide a wide array of services that include: Withdrawal Management, Residential Treatment, Outpatient Services, Specialty Programs, Holistic Treatment.

Seabrook's clinical approach blends eastern and western medicine. This includes acupuncture, massage, yoga Taichi, nutrition, herbal medicine, and qigong, a system of coordinated body postures accompanying breathing and meditation designed to manifest energy in the body.

Tragedy Assistance Program for Survivors (TAPS)

EquiCenter, 3247 Rush Mendon Road, Honeoye Falls, NY 14472

800-959-8277

Taps.org

info@taps.org

TAPS provides compassionate care and resources to all those grieving the loss of a military loved one through their national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

TAPS conducts regional survivor seminars for adults and youth programs at locations across the country, as well as retreats and expeditions around the world. Staff can get you connected to counseling in your community and help navigate benefits and resources.

Programs offered include Seminars, Youth Programs, Young Adults, Mens Programs, Women's Empowerment, Peer Mentor, Suicide Loss Support, Sports and Entertainment, Online Community, Care Groups, and TAPS Together.

American Veterans (AMVETS)301-683-4031

Amvets.org

(see website for locations)

AMVETS local and national programs are how we deliver on our promise of preserving freedoms secured by America's Armed Forces and enhancing the quality of life for veterans and all citizens.

Americanism Program: A patriotic program the organization offers schools and youth organizations as a resource for teaching children in kindergarten through 12th grade about their American heritage, civics, and citizenship.

AMVETS Against Drug & Alcohol Abuse (AADAA): Administers an annual Essay/Poem and Poster Contest that is age appropriate and grade specific.

Ceremonial Rifle Program: Affords an opportunity to add dignity and class to their honor guard details at events such as funerals or parades.

Freedoms Foundation: Unique educational experience at the Freedoms Foundation in Valley Forge, Pennsylvania, to give young people a better appreciation of their freedoms granted by the United States Constitution.

The Spirit of America Program is a four-day conference centering on topics such as freedom, civil rights and civic responsibilities, citizenship, public policy, self-development and leadership, entrepreneurship, and salient aspects of American history.

Military Funeral Honors: Upon request, two service members will fold and present the American flag to surviving family members, and a bugler will sound "Taps." If a bugler is not available, a high-quality CD or digital bugle will be used.

Scholarships: We are proud to offer scholarships/grants to our nation's Military, their Spouses as well as their Children and Grandchildren. Scholarships are designed to fulfill a financial gap after all Federal/State grants and/or scholarships available to an eligible applicant have been exhausted.

Angel Wings for Veterans888-675-1405

4620 Haygood Road, Suite 1, Virginia Beach, VA 23455
info@mercymedical.org angelwingsforveterans.org

Angel Wings for Veterans is a 501 (c)(3) nonprofit national organization based in Virginia Beach, Virginia. Their mission: Ensure that no veteran in need is denied clinical care because of a lack of transportation.

Angel Wings for Veterans provides wounded, ill and injured veterans, and active-duty service members along with their families with free travel to clinical care on the ground and in the air with gas cards, bus and train tickets, general aviation flights, and commercial airline tickets. They provide transportation to clinical care and a variety of therapies:

- Medical treatment
- PTS/TBI treatment
- Rehabilitation
- Service dog acquisition
- Counseling
- Adaptive sports events

Through partnerships with major airlines, they provide airline tickets to treatment destinations. Flights in small planes owned and operated by volunteer pilots are also available. For shorter distances, ground transportation via gas cards and commercial bus and rail tickets may be the appropriate means of transit.

Battle Buddy Info Battle-buddy.info

Battle-Buddy Info is an online Directory of Military Resources for Active Duty, Veterans, and their Caregivers. We list military focused non-profits and resources that provide direct assistance to veterans and active-duty personnel, in a user-friendly format. We work hard to maintain relevant information and resources, not only from non-profit organizations or government sources, but from peer support networks, Caregiver Blogs, books of interest as well as general topics related to issues the men and women who serve our nation face when returning to civilian life.

Quilts of Valor.....qovf.org

Finger Lakes Quilts of Valor, Pittsford, NY 14534
bwfrost@rochester.rr.com

A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation." To use the term Quilt of Valor, Quilts of Valor or QOV, the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded.

Quilts of Valor Foundation began in 2003 with a dream, literally a dream. Founder Catherine Roberts' son Nat was deployed in Iraq. According to Catherine: The dream was as vivid as real life. I saw a young man sitting on the side of his bed in the middle of the night, hunched over. The permeating feeling was one of utter despair. I could see his war demons clustered around, dragging him down into an emotional gutter. Then, as if viewing a movie, I saw him in the next scene wrapped in a quilt. His whole demeanor changed from one of despair to one of hope and well-being. The quilt had made this dramatic change.

The message of my dream was: **Quilts = Healing.**

Soldier On Success888-288-3184

Soldieronsuccess.org

Veterans Homeownership Center: Our dedicated team is knowledgeable in housing matters and resources unique to active military and veterans and can connect you to the right kind of assistance for improving your credit, achieving affordable housing, and maintaining homeownership success.

Services include: Rental counseling to help avoid eviction; Pre-purchase coaching to create a path to homeownership; Post-purchase support for a successful transition from renter to homeowner; Foreclosure prevention counseling; Reverse mortgage counseling to explore options for aging in place.

Property Tax Exemptions.....See local tax assessor

Alternative veteran property tax exemption. Obtaining a veterans exemption is not automatic-If you're an eligible veteran, you must submit the initial exemption application form to your tax assessor. The deadline in most communities is March 1; confirm the date with your assessor.

Alternative veterans exemption. Available only on residential property of a veteran who has served during a designated time of war, or who has received an expeditionary medal.

Currently available in over 95 percent of the county, city, town, and village taxing jurisdictions across the state. The remainder of these jurisdictions may choose to offer this exemption in the future. School districts also have the option to offer this exemption. Check with your assessor or clerk to see whether the alternative veterans exemption is offered. Authorized by Real Property Tax Law, section 458-a.

Cold War veterans exemption. Available only on residential property of a veteran who served during the Cold War period. Counties, cities, towns, villages, and school districts have the option to offer this exemption to qualified veterans. Check with your assessor or clerk to see whether the Cold War veterans exemption is offered. Authorized by Real Property Tax Law, section 458-b.

Eligible funds exemption. Provides a partial exemption. Applies to property that a veteran or certain other designated person purchases. Such owners must purchase the property with pension, bonus or insurance monies.

Angels of America's Fallen719-377-7352

10010 Devonwood Ct., Colorado Springs, CO 80920

Aoafallen.org

hello@aoafallen.org

Honoring our Fallen by supporting the dreams of their children: Our mission is to encourage and fund healthy positive activities for the children of fallen firefighters, military, and law enforcement. Between grief counseling and scholarships others provide, Angels stands beside the children all year, every year until adulthood. With your help, we're fueling these kids' dreams beyond the ultimate loss.

We support them through a long-term commitment to see them engaged all year, every year, all the way through 18 years old without having to reapply. We pay for the activities, but our support is much more than just writing checks; we follow up to encourage the children and share in celebrating their successes throughout each year. This long-term engagement is crucial for creating true lasting positive impact, and helps them develop their own personal identity, increase self-confidence, and write their own story of success rather than growing up in the shadow of a hero.

Blue Star Mothers of Americabluestarmothers.org

NY8 Chapter 459 South Avenue, Rochester, NY 14620

bluestarmothersroc@gmail.com or 585-230-3046

NY1 Chapter PO Box 503, Canandaigua, NY 14424

armybluestar1@rochester.rr.com or 585-200-0121

We are mothers, stepmothers, grandmothers, foster mothers, and female legal guardians who have children serving in the military or children who are veterans. We support each other and our children while promoting patriotism. Our organization focuses on our mission every single day and will never, ever, forsake our troops, our veterans, or the families of our Fallen Heroes.

Projects differ chapter to chapter but can include:

- Care packages for deployed troops, clothing closet donations
- Football and bingo pizza parties at the VAMC
- Area ceremonies and parades
- Welcome home events

Boots for Troops218-798-7567

994 Village Square Drive, Condo H, Tomball, TX 77375
Boots4troops.org info@boots4troops.com

The mission at Boots for Troops is to uplift and empower the over-all morale and mental well-being of deployed service members defending our freedom.

- Care Package Program
- Honor our Heroes
- Travel Assistance
- Jimmy Rogers Military Spouse Scholarship

Care Package Program sends over a form via e-mail that asks a series of questions such as what does the service member need where they are deployed? What are their favorite snacks? What is their favorite sports team, etc. Each package comes with a new pair of personal boots selected by the recipient. This program is designed to generate the biggest morale boost possible.

The Travel Assistance Program helps provide financial relief for E1-E5 so they will be able to travel home for the holidays to be with their loved ones or to get home in an emergency. Boots For Troops books the flights in full and does not need repayment. We believe in the importance of family and being able to be there in a time of need.

Cancer Support Community at Gilda's Club ..585-423-9700

255 Alexander Street, Rochester, NY 14607 cscrochester.org

Cancer Support Community Rochester is a place where you walk through the door as one touched by cancer and instantly become part of something much bigger and much stronger. Through knowledge, support and encouragement, everyone speaks your language. You are not alone on this journey – we believe community is stronger than cancer. Provides free social and emotional support to adults, teens and children impacted by cancer.

The Veterans Cancer Support Group is a forum for individuals to share their experiences with cancer and connect through common fears, emotions, challenges, and overall journeys.

P3: Private Public Partnership315-772-9489

2490 Colyer Avenue, RM 156, Fort Drum, NY 13603
usar.army.mil/P3 (Army Reserve)

Private Public Partnership (P3) is a bold and innovative program that views Soldiers as assets with quantifiable value.

P3O ensures Army Reserve Soldiers are succeeding in their civilian careers which directly benefits the Army and the Nation by bringing substantial value and depth to the force. More than 87% of the force integrates military service with civilian careers, providing the Army with professional skills, education and expertise acquired in the private sector. Through collaboration with organizations offering job opportunities, and a nationwide network of corporate, profit/non-profit, and academic partners, the Army Reserve's Private Public Partnership Office is increasing its efforts to connect Soldiers with internship, employment, and education opportunities. P3O is leveraging technology, management tools, social networking platforms and hiring events - in collaboration with military and veteran service organizations such as Vet Jobs, Recruit Military, and others - to connect Soldiers and Families with employment opportunities.

It has transformed how both the Army Reserve and corporate America attract, develop, and retain talent. P3 focuses on fostering long-term partnerships with companies, corporations, foundations, academia, and non-governmental organizations to increase leader and unit readiness as well as enhances individual soldier physical, mental, emotional, spiritual, financial and employment readiness.

Mutually advantageous, P3 provides specialized opportunities in business and interagency environments for Army Reserve Soldiers to make immediate and meaningful contributions to both a robust national economy and the defense of the nation. To help identify the best opportunity for each Soldier, P3 has developed a nationwide network of partners that provide readiness support.

Operation Homefront.....210-659-7756

17319 San Pedro Avenue, Suite 505, San Antonio, TX 78232
Operationhomefront.org

Our organization provides relief, resiliency, and recurring family support programs and services throughout the year to help military families overcome short-term difficulties, so they don't become long-term hardships.

Critical Financial Assistance 877-264-3968

- Housing
- Transitional Housing (apartments)
- Permanent Homes
- Transitional Homes
- Transitional Housing (Villages)
- Family Events
- Back to School Brigade
- Holiday Meals for Military
- Star Spangled Babies
- Holiday Toy Drive
- Homefront Celebrations
- Military Child of the Year

Operation Homefront's Star-Spangled Babies baby shower program is a recurring family support service helping military service members and their growing families to welcome the newest patriot to their families. Welcoming a new baby to the family is exciting, but it can be tough if finances are tight, and your service member is deployed.

This program provides: Baby supplies, new parent information, refreshments, and a bag of goodies for baby. In most locations, the families who participate have deployed service members, wounded service members, and other junior and mid-grade service members and their families.

Catch A Lift; Fitness for Veterans855-496-4838

Catchaliftfund.org

The Catch A Lift Fund enables post 9/11 combat injured veterans all over the U.S. to recover and rehabilitate both physically and mentally through physical fitness, motivation and support.

Catch A Lift provides Afghanistan (OEF) and Iraq (OIF) combat-injured veterans the tools necessary for regaining control over their recovery. Veteran Participants work with a certified veteran coach to build a custom eight-week, holistic wellness program based on CAL's four pillars of fitness, nutrition, emotional wellness, and community.

Their coach oversees the program design to ensure consistent accountability and mentorship while guiding the veteran through behavioral change, ensuring success. Upon completing the initial wellness program, graduates are eligible for financial grants for home gym equipment or membership to a fitness facility of their choice nationwide.

CAL includes adaptive athletes, those wanting to lose weight, those seeking community, and more. Program participants become part of the family with continued engagement fostered through CAL's year-round outreach. In addition, members receive access to a proprietary wellness website, a private, veteran-only social network, and educational certifications. The program's overall impact distinguishes CAL for its effect on so many lives and its transparency and leadership.

CAL has the tools to help Veterans recover holistically!

Military Hire..... 888-239-8825x314

520 S. Main St, Suite 2511-27, Akron, OH 44311
militaryhire.com

Online employment service for Veterans and Employers. Veterans can post resumes and search and apply for jobs. Employers can post jobs and search and hire veterans. Host job fairs, free transition guide, resume writing, etc.

Civil Air Patrol (CAP)

Group #109 1305 Scottsville Road, Rochester 585-507-2704
Squadron #273 240 Airport Way, Rochester 585-205-8830
Senior Sqd #412 1305 Scottsville Rd, Rochester 585-739-6723
Squadron #212 400 Fort Hill Ave, Canandaigua 585-396-9386
Squadron #111 131 Drumlin Court, Newark 315-986-3206

As a Total Force partner and auxiliary of the U.S. Air Force, Civil Air Patrol is there to search for & find the lost, provide comfort during disaster and work to keep the homeland safe. More than 64,000 members selflessly devote their time, energy, and expertise toward the well-being of their communities while promoting aviation and related fields through aerospace/STEM education and helping shape future leaders through CAP's cadet program.

Civil Air Patrol's adults and cadets perform their duties with the same vigilance as its founding members, preserving an 82-year legacy of service while maintaining its commitment .

Our core values are Integrity, Excellence, Respect.

Emergency Services: Always prepared, both in the air and on the ground, members of CAP perform emergency services for state and local agencies as well as the federal government as the civilian auxiliary of the Air Force and for states/local communities as a nonprofit organization. These true patriots make a difference in their communities, not only assisting in times of disaster but also searching for the lost and protecting the homeland.

Aerospace Education: CAP's awarding-winning aerospace education program promotes aerospace, aviation, and STEM-related careers with engaging, standards-based, hands-on curriculum and activities. It shapes the experiences and aspirations of youth both in and outside CAP's cadet program.

Cadet Programs: CAP's cadet program transforms youth into dynamic Americans and aerospace leaders through a curriculum that focuses on leadership, aerospace, fitness, and character. As cadets participate in these four elements, they advance through a series of achievements, earning honors and increased responsibilities along the way.

Operation Family Caregiver229-928-1234

PO Box 547, Americus, GA 31709
Operationfamilycaregiver.org

Operation Family Caregiver (OFC) is a free and confidential program for adult family members or friends caring for a military service member or post-9/11 veteran with visible or invisible (post-traumatic stress or traumatic brain) injuries or adjustment concerns. One of our coaches meets 1:1 with the same caregiver in a place of the caregiver's choosing (including via Skype and/or phone when not near us or that's what a caregiver prefers). The program is evidence-based with statistically significant improvements of caregiver depression and health status, as well as reduction of children's anxiety. Our coach meets with the caregiver four times over 4 – 6 months to support positive solutions to problems the caregiver identifies. In between each meeting a phone call is made to the caregiver. The emphasis is on the FOCUS acronym, which expands to: Facts, Optimism, Creativity, Understanding, and Solve. OFC is not psychotherapy, though coaches may help clients identify concerns they can share with their therapists.

Operation First Response888-289-0280

20037 Dove Hill Road, Culpeper, VA 22701
Operationfirstresponse.org info@operationfirstresponse.org

We are dedicated to serving our wounded Service Members, Disabled Veterans, First Responders and Gold Star families. Operation First Response is a direct service charity. As such, we give back over 95% of the funds we raise directly to America's Finest who need our assistance.

- Family Assistance Program
- Last Mission Project (Counseling and Therapy Treatment)
- OFR Backpacks: sends backpacks to wounded service members located at combat support hospitals in theatre.
- Operation Final Salute
- Random Act of Kindness Initiative
- Project Specialized Training

One Soldier at a Time585-764-4550

24 Smith Road, Webster, NY 14580

Onesoldieratotime.net onesoldieratotimeusa@gmail.com

One soldier at a time stands with veterans struggling with PTSD and supports many local PTSD homes. We provide hygiene items, pots and pans, beds and bedding, furniture and coffee to help them assimilate back into civilian life.

One soldier at a time is a project that supports our Hidden Heroes. They are the men and women we don't hear much about. While their soldiers are off protecting our country, they are holding down the fort at home, trying to be both mom and dad.

We honor mothers and wives of active military on Mother's Day, Valentine's Day and Christmas by delivering beautiful gift baskets to remind them they are not alone and to encourage them as they navigate their new "normal" as a Hidden Hero while their loved ones serve overseas.

We ship sun care and goodie packages every summer to current military serving our country overseas.

Our Military Kids703-734-6654

2911 Hunter Mill Road, Suite 203, Oakton, VA 22124

Ourmilitarykids.org omkinquire@ourmilitarykids.org

Our Military Kids recognizes the sacrifice of children of deployed National Guard, Reserve, or post 9/11 combat-injured service members by offering extracurricular activity grants that build the child's self-confidence, enhance family wellness, and strengthen a shared sense of community.

We award up to two \$300 grants per child (ages 3-18) to fund the activity of their choice. Funded programs include Sports, Fine Arts, Enrichment Programs, Tutoring, and Camp.

Clear Path for Veterans.....315-687-3300

Main Campus: 1223 Salt Springs Road, Chittenango, NY 13037

Satellite Location: 114 Clayton Avenue, Vestal, NY 13850

Satellite Location: 126 N. Salina Street, Syracuse, NY 13202

www.clearpath4vets.org

We get it. Every veteran's path is one of a kind, with its own share of hurdles. We're here to enhance lives, confront challenges head-on, and open doors for personal growth, healing, and connections-all tailored to fit each veteran's unique journey.

Connect: No longer part of a close-knit team, former service members can feel isolated in the civilian world. Here veterans find a new community of support and belonging-dramatically improving their outlook on life.

Restore: The obstacles veterans face impact not only them but also their loved ones. Veterans, families, and caregivers can heal; reset and re-adjust to life after service; and work toward a healthier, happier future.

Grow: It can be challenging for veterans to define their next steps in life. Here they have a place to learn, develop new skills, adapt their military expertise to a successful civilian career, and discover a renewed sense of purpose.

Canine Program: we raise purpose-bred puppies to support veterans physically and mentally. The program is accredited by Assistance Dogs International, certifying our adherence to the highest standard.

Peer and Family: Emphasizes connection, stability, and understanding. Whether interacting one-to-one or in a group, veterans and family members learn that they are not alone.

Career Services: Translating military skills into the civilian job market can be tricky. Mentorships, career counseling, and workshops to guide veterans toward their post military careers.

Culinary Programs: We know that food builds friendship and camaraderie. Veterans and families can earn cooking certifications, take classes, and partake in events centered around the kitchen.

Enrichment: Growth and learning come in many forms. Through workshops in art, nature, mindfulness, and more, veterans can engage in self-exploration, socialization, and healing.

Wellness: Our approach to health and well-being is holistic. We offer massage therapy, touch therapy, yoga classes, and more to address the spiritual, physical, mental, and emotional components of health.

CompeerCORPS.....585-546-8280

259 Monroe Avenue, Rochester, NY 14607

Compeerrochester.org info@compeerrochester.org

Many Veterans deal with severe daily stresses that stem from trauma experienced during deployment. Our CompeerCORPS Program partners with the Monroe County Veterans Service Agency, through the PFC Dwyer Initiative, offering peer supports that provide opportunities for Veterans to engage, network, and form friendships with other Veterans to help re-establish the feeling of camaraderie and build positive mental health as they transition from military service to civilian life.

CompeerCORPS facilitates peer support and opportunities for Veterans to engage, network, and form friendships with other Veterans in camaraderie though ongoing transition back to the Rochester community and civilian life.

Group Activities:

- Seasonal Golf and Bowling Leagues
- Painting & Art Classes
- Trivia Night
- Paintball
- Bingo
- Coffee Talk
- Fishing Charters
- Seabreeze
- Journaling Groups
- Female Veteran Programs & Activities
- And so much more!

Adaptive Sports

- | | |
|-----------------------|--------------------|
| • Horsemanship | Fly Fishing |
| • Sailing | Kayaking |
| • Ski and Snow Sports | Rock Climbing |
| • Archery | Family Ice Skating |

Vets Driving Vets (in partnership with Lifespan)
Medical and Non-medical Transportation (by appt only)

NYS Department of Labor.... Dol.ny.gov/services-veterans

276 Waring Road, Rochester

DVOP 585-371-9198 LVER 585-266-7760

795 Canandaigua Road, Geneva

DVOP 315-230-4396 LVER 315-789-1771

Disabled Veterans' Outreach Program Specialists (DVOPs) are disabled veterans themselves. They provide individual career services to veterans and eligible persons who have significant barriers to employment. They also provide a full range of employment services, including comprehensive assessments, individual employment plans, job referrals, referrals to training and support services, and resume and interview preparation assistance.

Local Veterans' Employment Representatives (LVERs) staff are also veterans. They specialize in advocating on behalf of veterans and eligible persons with business, industry, and community organizations to promote employment and training opportunities. They provide job matching and placement, conduct employer outreach, inform Federal contractors of the process to hire veterans, and promote credentialing and licensing opportunities.

Experience Counts: The "Experience Counts" program grants veterans credit toward state licenses for military experience. Ex. Commercial Driver's License (CDL) fees can be waived for military with recent experience driving trucks and heavy equipment during their service. The program recognizes certain military training as credit towards licensure to become security guards.

Veterans Temporary Hiring Program: The NYS Dept of Civil Service hosts the Veterans temporary Hiring Program Portal which provides a location for qualifying Post 9/11 veterans to submit up to date employment and contact information to be considered by NYS agencies hiring for temporary positions. For more information about the program visit: www.cs.ny.gov/vetportal.

The NYS Job Bank is the DOL's main source for job postings and job seeker resumes. It includes over 100,000 job listings that cover a wide array of industries. Veteran Job seekers can enter resumes and search for job opportunities that meet their career goals. Visit: myjobs.ny.gov

NYS Defenders Association/Veterans Defense Program

Gary Horton, Director 585-219-4862 ghorton@nysda.org
23 Jackson St., Suite 101, Batavia, NY 14020

The Veterans Defense Program provides training and legal assistance to attorneys defending veterans and service members in the family and criminal court system.

The VDP attorneys provide innovative and case-specific legal assistance to defenders in criminal and family court cases. These services include mitigation, records retrieval, resources, mentoring, and advice regarding military culture and its impact on their veteran clients. The VDP staff assist in the release of both US Department of Defense and US Department of Veterans Affairs records. The VDP also provides veterans with guidance and referrals to VA programs and other veterans' services.

NYS Veterans Homes.....585-345-2000

220 Richmond Ave, Batavia, NY 14020
NYSVETS.org

NYS Veterans Homes are skilled nursing facilities owned and operated by the NYS Department of Health for veterans and their dependents.

We provide quality care to all eligible veterans and their eligible dependents in need of skilled nursing care and rehabilitative services. We also conduct geriatric research and provide education and training for health care professionals.

Disabled American Veterans (DAV).....585-464-2661

Finger Lakes #4 454 N Main Street, Canandaigua 585-721-6542
Monroe Powers #15 260 Middle Road, Rochester 585-752-2765
Dav.org

DAV stands ready to assist all veterans, transitioning service members, and our more than 1-million members nationwide in a variety of ways. Your Local DAV National Service Officer (NSO) can help with:

- Providing free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs and other agencies.
- Linking veterans and their families with services that address their physical, emotional and financial needs.
- Connecting service-disabled veterans and their spouses to employment, entrepreneurship and education opportunities.
- Aiding homeless veterans by providing food and shelter while connecting them to medical care, benefits counseling, and job training.
- Providing emergency grants to wounded, ill and injured veterans impacted by natural disasters.

The DAV Charitable Service Trust is to make sure our brave veterans get all the care, rehabilitation, and services they need when they suffer the often severe physical and mental impact of military service.

Trust Programs target several groups of physically and psychologically injured veterans. Key programs include:

- Therapeutic programs
- Homeless veterans' initiatives
- Rehabilitation programs
- DAV transportation network
- Generation follows generation.

Division of Military and Naval Affairs (DMNA)

dmna.ny.gov

The New York State Division of Military and Naval Affairs (DMNA) is the state's executive agency responsible to the governor for managing New York's Military Forces, which consists of nearly 20,000 personnel. The New York Army National Guard, with a strength of about 10,400 Soldiers, and the New York Air National Guard, with a strength of about 6,000 Airmen, are federal reserve forces which also respond to the governor when not mobilized. The New York Naval Militia, with a strength of about 2,700 personnel, and the New York Guard, with 400 personnel, are state uniformed forces.

Programs include:

- | | |
|----------------------------|------------|
| • Military Member Services | Benefits |
| • Family Services | Community |
| • NYS Defense Forces | Employment |

Dogs on Deployment619-800-3631

970 W. Valley Pkwy Box 667, Excondido, CA 92025

dogsondeployment.org

We believe in providing assistance to military pet owners while they serve our country with honor, courage, and commitment.

Military members confront problems during their careers, the last thing they need to worry about is their pet's care during their service commitments. Dogs On Deployment is a national non-profit which provides an online network for service members to search for volunteers who are willing to board their pets during their owner's service commitments. We promote responsible, life-long pet ownership by military pet owners by advocating for military pet owner rights, providing educational resources, and granting financial assistance for military pet owners during times of emergency.

Pet Care Financial Grants: Our fundraising supports providing financial grants to our heroes for help with emergency and basic pet care, during times of personal financial crisis.

National Personnel Records Center314-801-0800

Archives.gov/veterans online request: vetrecs.archives.gov

Recent military service and medical records are not online. However, most veterans and next of kin can obtain free copies of the following military service records any of the ways listed below.

- DD214/Separation Documents
- Official Military Personnel File (OMPF)
- Replacement Medals
- Medical and Health Records

By Mail: Use form SF180 for most complete information
National Personnel Records Center, Military Personnel Records
1 Archives Drive, St. Louis, MO 63138

Generally there is no charge for basic military personnel and medical record information provided to veterans, next-of-kin and authorized representatives from Federal (non-archival) records. If your request involves a service fee, you will be notified as soon as that determination is made.

For additional information please call the National Personnel Records Center Customer Service Line. You can also contact your local County Veterans Service Office for information.

Veteran Caregiver

Veterancaregiver.com

lkreter@wisehealth.com

As a veteran or a Caregiver of a veteran or service member, your life may be altered by injury, illness, or aging. If you're feeling isolated or alone, want or need people around you who "get it", and you'd benefit from networking with peers and professionals, community health and recovery resources, you've come to the right place. Caregiver Peer Support is remarkable and valued and helping or receiving help can come at just the right time to make a difference.

National Park Passes

Nps.gov

store.usgs.gov/militarypass

The free Military Pass is a way to thank current US military members and their dependents, Gold Star Families, and US military veterans for their support of our country and to encourage them to explore recreational opportunities on their public lands and waters.

America the Beautiful: the National Parks and Federal Recreational Lands Pass is your ticket to more than 2,000 sites of incomparable wonder, from Mt. S. Helens and the Grand Canyon at Okefenokee National Wildlife Refuge and Red Rocks national Conservation Area. It covers entrance fees at National Parks and National Wildlife Refuges, as well as standard amenity fees (day use) at lands managed by the US Forest Service, Bureau of Land Management, Bureau of Reclamation and the Army Corps of Engineers.

If you are visiting several areas, the Pass can also save you money. There is no limit on the number of sites you can see, and each Pass covers entrance or standard amenity fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person.)

NYS Park Passesparks.ny.gov518-474-2324

New York's state parks offer countless opportunities to explore your natural environment, escape from the grind of the everyday and experience exciting new adventures. Beaches, boat launches, hiking trails, campsites, and golf courses all await you!

Empire Pass: Patriot Plan Benefit: Members of the NYS National Guard or military reserves who are currently serving on active duty in support of the war on terrorism is eligible for one free Empire Pass for use by his or her immediate family during deployment and/or for his or her own use when returning home.

Lifetime Liberty Pass: Permits NYS veterans with a 40% or greater service-connected disability discounted use of state parks, historic sites, and recreational facilities.

Eagle Star Housingeaglestarhousing.com

Spencerport House 585-617-3273

277 South Union Street, Spencerport, NY 14559

Farmington House..... 585-978-8123

1133 Corporate Drive, Farmington, NY 14425

270 on East Apartments..... 585-488-0006

270 East Avenue, Rochester, NY 14604

Provides Veterans a safe place to live while they regain independence and self-sufficiency. Our Veterans are offered support services, food, and housing stability, as well as education in life skills. Eagle Star Housing is committed to ensuring all Veterans have a safe place to sleep at night, while maintaining a long-term goal of assisting each Veteran to find and secure permanent and stable housing.

Eagle Star Housing currently provides 60-90 days of transitional housing for up to 31 Veterans and provides up to 180 days of transitional housing for up to 20 veterans in Farmington.

Ethereal Dreams Entertainment.....716-983-4989

34 Lincoln Av., North Tonawanda, NY 14120

Yournewlife.me

yournewlife123@gmail.com

Helping Veterans out of the Darkness into The Light

Our goal is to bridge the gap between veterans and their communities. We're leading the way for veterans and the communities they come home to. Transitioning can be difficult for veterans, but we're dedicated to simplifying the process as a veteran-owned business.

Imagine that you're taking a stroll through the woods on a floating pathway called "Ethereal Dreams". You're equipped with the Holo Lens 2 (augment/mixed reality glasses). The glasses take you to a different dimension while keeping you within this realm. Along the path you have three separate locations that create an experience unlike any other you have had before. Picture placing yourself in a sy. fy. At your first location you see this beautiful garden style archway. Suddenly you witness your first star gate ever. It leads you to the Geo Dome on the other side of the Archway. After you have crossed over to the other dimension and you're inside this dome, for the first time you witness a living, breathing, talking Dragon and out of this world plant life.

Equicenter, at the William and Mildred Levine Ranch

585-624-7772 equicenterny.org info@equicenterny.org
3247 Rush Mendon Road, Honeoye Falls, NY 14472

EquiCenter offers a variety of programs to veterans and seeks to create a welcoming community for individuals to achieve relief from some of their wounds, both seen and unseen.

Therapeutic Horticulture: Learn the foundations of growing your own food. Programs range from a 6-week foundations course with support for starting a garden at home to specialized horticulture workshops that dive into topics such as growing space design, raised bed/container gardening, food preservation, bee-keeping, and more! These programs are available for FREE to veterans enrolled in the VA.

BEElieve In Heroes: EquiCenter's apiary was started as an extension project by one of our veteran participants. Air Force veteran Luann Van Peursem cares for our 5 beehives, which pollinate the EC farm, and teaches workshops on the importance of these pollinators to our ecosystem to veterans, school groups, and community members.

Cooking with Heroes: Cooking with Heroes Class, taught by Air Force veteran Chef Ellen, this class is open to any veteran. Chef Ellen will engage participants in some fun as we prepare and cook a healthy meal and then everyone will enjoy lunch together.

Mission Mustang: This program's purpose is to document the process of gentling and training wild horses and burros for eventual placement into loving homes, including integration into other therapeutic equestrian programs to improve the health and well-being of veterans suffering from Post Traumatic Stress (PTS), Traumatic Brain Injuries, and other physical and mental wounds.

Heroes & Horses: The program offers therapeutic horseback riding and horsemanship as an effective tool for improving muscle stimulation, strength, coordination, flexibility, posture, and balance for the wounded veteran's physical injuries.

Mission: Military SpouseMissionmilspouse.org

PO Box 641341, El Paso, TX 79904
hello@missionmilspouse.org

What military spouses need to know. Milspouse originally began as Army Wife Network founded in April 2009. At that time, it joined together what was previously known as Army Wife Talk Radio (est. 2005), Field Problems, and Loving A Soldier blog.

In the last 18 years, our following has drastically expanded to also serve and support those connected to the military, including male spouses, mothers, fathers, children, friends, veterans, service members, and military-related nonprofits. The resources we provided soon bloomed to serve all military spouses of all branches and all components.

As a result of this growth, Army Wife Network fully rebranded to become Mission: Milspouse in January 2023. Now we are a fully-vetted 501(c)3 non-profit organization!

Navy Seabee Veterans of America585-330-5078

Island X-12 Rochester, NY kjfisherman@outlook.com

Bringing All Seabees together in the pride of their service.

The Navy Seabee Veterans of America Inc., is a National Organization, perpetually incorporated in the State of Illinois under the "General Not For Profit Corporation Act". The Navy S.V.A. is organized for the purpose that "We, the Veterans of the Naval Construction Forces and the Civil Engineer Corps of the United States Navy, who have Honorably served our Country during time of war and peace, recognizing that service to God and Country is the foundation on which our Nation was founded, do hereby rededicate ourselves to that service, and further pledge our lives and actions to preserve the fundamental ideals of American Government, which we believe are Justice, Freedom, and Equality for all".

Military Sexual Assault..... safehelpline.org
DoD Secure Hotline 877-995-5247

Under DoD's Sexual Assault Prevention and Response (SAPR) Policy, Service members and their adult military dependents have two reporting options - Restricted Reporting and Unrestricted Reporting. Under Unrestricted Reporting, both the command and law enforcement are notified. With Restricted (Confidential) Reporting, the adult sexual assault victim can access healthcare, advocacy services, and legal services without the notification to command or law enforcement.

Sexual assault is the most underreported crime in our society and in the Military. While the Department of Defense prefers that sexual assault incidents are reported to the command to activate both victims' services and law enforcement actions, it recognizes that some victims desire only healthcare and advocacy services and do not want command or law enforcement involvement. The Department believes its first priority is for victims to be treated with dignity and respect and to receive the medical treatment, mental health counseling, and the advocacy services that they deserve.

Military Units/Family Readiness

NOSC 439 Paul Road, Rochester585-765-4004
NYARNG 42 Patriot Way, Rochester585-783-5310
NYARNG 300 Main St, Geneva315-789-0134
USAR 515 Ridge Road, Webster910-598-1382

Family Assistance Centers serve the needs of Servicemembers, their Families, veterans, or survivors by providing Eight Essential Services. These centers offer information and referral services to all Servicemembers and their Families regardless of their branch of service or duty status. The services provided are: Crisis Intervention, Legal Resource and Referral, Financial Resource and Referral, Tricare Information, ID cards and DEERS, Community Information and Outreach, Exceptional Family Member Program or EFMP and Emergency Family Assistance Centers.

Gold Star Mothers
rochesterchapter@americangoldstarmothers.org

Often the question has been asked, "Who is a Gold Star Mother?" During the early days of World War I, a Blue Star was used to represent each person, man or woman in the Military Service of the United States. As the war progressed and men were killed in combat, others wounded and died of their wounds or disease, there came about the accepted usage of the Gold Star.

This Gold Star was substituted and superimposed upon the blue Star in such a manner as to entirely cover it. The idea of the Gold Star was that the honor and glory accorded the person for his supreme sacrifice in offering for his country, the last full measure of devotion and pride of the family in this sacrifice, rather than the sense of personal loss which would be represented by the mourning symbols.

Heroes Home Advantage803-261-9267
510 Clinton Square, Rochester, NY 14604
heroeshomeadvantage.com

We are a network of Realtors, lenders, attorneys, home inspectors, title companies, etc. that wanted to do something to give back to those that protect, serve and care for our country and community: military, law enforcement, firefighters, health care, emergency personnel and teachers by offering a real estate discount program.

We are proud that many of our network of professionals are veterans, military mothers, children, siblings. We are retired police officers, teachers, firefighters, health care professionals and emergency personnel. This is why we are so passionate to give back not only our own earnings but our time and resources because we care deeply for our HEROES and want to help them when buying or selling a home, every step of the way.

With Heroes Home Advantage, you can be at ease that you have made the best decision to hire the professional that not only wants to give you their own money, but they are the best in the business.

Helmets to Hardhats866-741-6210

815 16th Street, NW, Suite 600, Washington, DC 20006

Helmetstohardhats.org or nyh2h.org

Capital Region: 518-435-9108; Upstate Region: 716-474-1204

Connects transitioning active-duty military service members, veterans, National Guard and Reservists with skilled training and quality career opportunities in the construction industry.

We've partnered with 15 international construction trade unions – like the International Brotherhood of Electrical Workers and the International Association of Sheet Metal, Air, Rail and Transportation Workers (SMART); that have made a commitment to help our military heroes successfully transition to civilian life and work. We help service members explore the construction trades, get them started with earn-while-you-learn apprenticeship training programs through these partner organizations, and help connect them with employers. We also educate service members on how they can use their G.I. Bill benefits to supplement their incomes while participating in a registered apprenticeship program.

NY H2H has a hands-on, personal approach. Every Veteran that fully registers on the site will receive an email of successful completion with links to contact our support team for further assistance. We know technology is king, but nothing can replace a live person with knowledge of the trades to facilitate your transition.

We help veterans pursue a career in a Union construction trade of their choice. You don't need to have any experience. You will join an Apprenticeship Program which will provide you with all the training you need. You will be working full time on a construction site while getting trained, and getting paid. The apprenticeship training is no cost to the veteran through the local building trades. The length of apprenticeship varies from three to five years. Each union recruits and conducts training a bit differently, we help you navigate that.

Because these apprenticeships are federally approved programs & include an educational component, you can use your G.I. Bill to supplement your income while you train.

Marine Corps League Headquarters.....703-207-9588

Mclnational.org (see website for locations)

We support the Toys for Tots efforts working with the Marine Corps Reserve and Toys for Tots Foundation to raise millions of dollars for the youth of America, and to collect and distribute millions of toys across the United States.

We provide funeral honors support to over 10,000 funerals per year. This support allows the Marine Corps (Active and Reserve) to focus more of their resources on mission preparation.

The Marine Corps League supports the Marine Corps Scholarship Foundation, Semper Fi Fund, Navy Marine Corps Relief Society, Mack's Marines, and the Young Marines.

We have several scholarship/award programs including the Marine Corps University LtGen Lejeune (luh-jern) Leadership Award, Delta Dental Scholarship, and college scholarships through the Marine Corps League Foundation.

One of our most critical missions is assisting transitioning Marines and their families in support of the Marine Corps' Marine for Life program.

Military One Source800-342-9647

Militaryonesource.mil

Military OneSource is your connection to information, answers and support when MilLife happens. We can help you overcome challenges, reach your goals and thrive.

As a member of our military family, you are eligible to use this Department of Defense-funded program anytime, anywhere. If we can't get you the answers you need, we'll connect you to someone who can.

ARMY - "Army OneSource"..... 800-464-8107
MARINES - "Marines OneSource" 800-869-0278
NAVY - "Navy OneSource" 800-540-4123
AIR FORCE - "Air Force OneSource"..... 800-707-5784

LawNY, Legal Assistance of Western NY, Inc.

One West Main Street, Suite 400, Rochester.....585-325-2520
361 South Main Street, Geneva, NY 14456315-781-1465
lawny.org

Legal Assistance of Western New York, Inc.® (LawNY®) provides free legal aid to people with civil legal problems. If you are having a legal problem with a person or agency, and it is not a criminal matter, LawNY® may be able to give you help or advice. Some examples of legal problems that LawNY® often handles:

- Your landlord is threatening to evict you.
- You have been denied Unemployment Insurance benefits.
- You have been denied Public Assistance.
- You are facing foreclosure on your home.

The best way to find out if LawNY® can help you is to call. When you call, you will be asked about the kind of problem you are having, where you live, and some specifics about your situation. This will help us figure out if we can help you. For many legal problems, we are only able to help people who have low income and few assets, and who are U.S. citizens or have a U.S. citizen in the household. We will keep confidential any personal information that you give to our office. We will not share your information with other people or agencies without your permission.

Unfortunately, we cannot represent everyone who asks for our help. Even if we do not have funding or advocates available to help with your specific problem, we can usually give you general information about your problem. If we are unable to help you, we can usually give you the name of another agency which might be able to help you. LawNY® is not allowed to give advice about criminal law problems.

National Domestic Violence Hotline

.....800-799-7233

Heroes with Hearing Loss heroeswithhearingloss.org

We understand that hearing on the phone can be challenging to the point of frustration for anyone with hearing loss. This is why the Heroes With Hearing Loss program is an important resource for Veterans Service Officers and why our sponsor, Hamilton CapTel, provides veterans with a **simple, no-cost** solution that ensures clarity and confidence on every phone call.

Certified Veterans Service Officers or hearing healthcare professionals may certify any veteran with a qualified hearing loss to receive a no-cost Hamilton CapTel captioned telephone by completing the Certificate of Hearing Loss/Order Form online.

- Listen and read captions of what's said on every call – incoming and outgoing.
- Integrated answering machine captions your voice messages.
- Adjustable volume control ensures comfortable listening levels.
- A nationwide service available to individuals with hearing loss at no cost.

Higher Ground New York.....716-984-7806

Highergroundusa.org natasha@highergroundb.org

Our mission is to provide the most effective therapeutic recreation services to military families confronted with traumatic brain injury (TBI), post-traumatic stress (PTS), military sexual trauma (MST), and polytrauma, using evidence-based practices and the sustained continuum of care necessary for a successful reintegration into their families and communities.

Higher Ground New York hosts week-long camps for service members, veterans, and their supporters. We use therapeutic recreation and adaptive sports to help facilitate a change in perspective and give the participants the physical skills, confidence, and coping strategies necessary for a successful reintegration process.

Honor Flight Rochester, Inc.585-210-2115

PO Box 23581, Rochester, NY 14692
Honorflightrochester.org

Honor Flight is free to all American veterans. Flights are filled with men and women from the earliest eras first. Those with catastrophic illness from any era receive priority. World War II veterans and Korean War veterans will travel before those of more recent eras. HFR's tagline is, "We Leave No Veteran Behind." Further, within each era Veterans typically fly in the order their applications are received.

The flying season is April to October. There are hundreds of local veterans currently on our fly lists. Applications are now being accepted from all eras. Veterans from World War II and the Korean War have a quick turn-around because their lists are smaller.

Iraq Afghanistan Veterans of America212-982-9699

85 Broad Street, 18th Floor, New York, NY 10004
iava.org info@iava.org

IAVA is the face of the post-9/11 veteran's movement, and we are more powerful when we speak as one voice.

IAVA is called upon by the media first because our programs and membership are authentic. Nowhere does IAVA move the needle further for veterans nationwide than its ability to engage the public and lead the national discussion.

Quick Reaction Force is IAVA's one-stop-shop solution. QRF provides free, confidential, 24/7 peer support, remote care management and connections to quality resources for all veterans and family members.

Programs include mental health, education support, financial assistance, housing, employment, peer support, legal assistance, veteran advocacy, and more for Iraq and Afghanistan veterans.

Joint Services Transcripton-line only

(Previous AARTS, SMART and VRAP) Jst.doded.mil/jst

JST is the Joint Services Transcript that has replaced the Coast Guard Institute Transcript, the Army/American Council on Education Registry Transcript System (AARTS) and the Sailor/Marine American Council on Education Registry Transcript (SMART). JST is an academically accepted document approved by the American Council on Education (ACE) to validate a service members military occupational experience and training along with the corresponding ACE college credit recommendations.

All enlisted, officers and warrant officers, both active and veterans from all Army components, Coast Guard, Marine Corps and Navy. are eligible for this program. Note that JST receives its data from underlying Army, Coast Guard, Marine Corps and Navy personnel systems. Air Force personnel should contact CCAF to receive transcripts (URL: www.au.af.mil/au/ccaf/transcripts.asp).

The Benefit it provides is a description of military schooling and work history in civilian language. It serves as a counseling tool for academic and career counselors in advising service members and veterans. It serves as an aid in preparing resumes and explaining Army, Coast Guard, Marine Corps, National Guard and Navy work experience to civilian employers. It also saves time and money by awarding academic credits, which means less tuition to pay and less time spent in the classroom. You do not have to be active duty in order to access the JST website and your transcript. Active duty, Reserve, Veterans or National Guard personnel can use JST.

Military Child Care.....Militarychildcare.com

public.militarychildcare.csd.disa.mil/mcc-central/mcchome

Access to child care directly affects mission readiness, morale, and retention of defense personnel worldwide. For this reason, the Department of Defense is committed to connecting military and DoD-affiliated families to quality, affordable child care programs. Visit the website to learn more.