



American Red Cross
Southern Tier Chapter



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

DELAWARE, OTSEGO, & SULLIVAN COUNTY Military Resource Guide



Brought to you by the
Southern Tier of 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 Delaware, Otsego and Sullivan 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:**

***Special recognition to the American Red Cross
Volunteers of the Southern Tier Chapter in
Delaware, Otsego, and Sullivan 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 2024

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

370 7th Avenue, Suite 1802, New York, NY 10001

Visit 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 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

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.

Wish upon a Wedding..... info@wishuponawedding.org
660 West Lake Street, Chicago, IL 60661
Visit wishuponawedding.org for more information

We help couples create memories that will last forever.

We believe that the wedding industry is a place that overflows love and generosity. The financial burden of paying for treatments shouldn't get in the way of celebrating your love.

Wish Upon a Wedding grants weddings and vow renewals to couples facing terminal illness or life-altering health circumstances. We help couples alleviate the financial burden and time commitment that planning a wedding entails, focusing instead on dealing with their treatments and spending time with their loved ones.

Due to health-related circumstances, the couples we honor have endured far more significant challenges than many of us could imagine, and we aim to celebrate their love for one another.

All our weddings and vow renewals cover the cost of:

Sunday – Thursday weddings	Guestlist up to 50 people
Wedding Planner	Venue
Catering	Baker
Florist	Beauty services
Photographer	Videographer
DJ or musician	Stationery

Wings for Widows 612-466-2716

290 Peavey Road, Wayzata, MN 55391

Visit wingsforwidows.orginfo@wingsforwidows.org

We provide personalized financial coaching and education to help widowed persons gain clarity, confidence, and peace of mind.

Wings for Widows is a heart-led organization. Our core values are Faith, Partnership, Respect, Quality, and Education. We find opportunities each day to apply these values in our service to clients and each other. We strive to:

- Show compassion and empathy.
- Display positivity
- Be responsive.
- Build community.
- Foster teamwork and collaboration
- Demonstrate courage and confidence.
- Engage in effective and clear communication.
- Be open to new ideas and innovation.

Help includes:

- Claiming benefits
- Credit & Identity Protection
- Identifying and Organizing Important Documents
- Budgeting and Managing Debt, Money Flow
- Banking and Investments
- Estate Settlement & Probate
- Insurance for you, your auto, your home
- Legal and tax

HERO CARE NETWORK FINANCIAL ASSISTANCE

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: 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.

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

311 Adams Avenue. Scranton, PA 18503

Visit 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.

Vietnam Veterans of America607-563-2901

Chapter #085 37 Willow Street, Otego, NY 13825

Visit vva.org

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 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.

Warrior Salute Veteran Services585-474-9001

265 Embury Road, Rochester NY info@cdslifetransitions.com

Visit 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.

CONTACT AT A GLANCE

VETERANS CRISIS LINE.....	988 PRESS 1
Emergency.....	9-1-1
National Domestic Violence Hotline	800-799-7233
211 Helpline	pg 15
Adopt A Soldier Platoon	pg 15
American Red Cross WNY Chapter	716-886-7500
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
Boots for Troops	218-798-7567
Building Homes for Heroes®.....	516-684-9220
Catch-a-Lift: Fitness	855-496-4838
Clear Path for Veterans.....	315-687-3300
Disabled American Veterans (DAV)	585-464-2661
Division of Military & Naval Affairs (DMNA)	518-786-4581
Dogs on Deployment.....	619-800-3631
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Ethereal Dreams Entertainment	716-983-4989
Gary Sinise Foundation.....	615-575-3500
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Helmets to Hardhats	866-741-6210
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Honor Bound Foundation	800-521-0198
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Military Child Care.....	pg 34
Military Hire	888-239-8825
Military and Veteran Caregiver Network	800-273-8255
Military One Source.....	800-342-9647
Military Sexual Assault	877-995-5247

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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
Seabrook	856-455-7575
Semper Fi & American's Fund	760-725-3680
Soldier On.....	866-406-8449
Southern Tier Veteran Support Group.....	607-205-8332
Stand with Me Assistance Dog Team Training ...	607-222-7807
Team River Runner.....	717-951-8949
Team RWB	315-559-0725
Travis Mills Foundation	207-480-3490
TRR	855-877-4967
Tunnel to Towers Foundation.....	718-987-1931
United Heroes League	651-319-0737
U.S. Small Business Administration	518-326-6328
Utica Center for Development, Inc.	315-765-0975
Vet Center—Binghamton	607-722-2393
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Veterans of Foreign Wars (VFW)	816-756-3390
Vehicles for Veterans	855-716-4838
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Veterans Treatment Court.....	845-791-3548
Veterans Upward Bound	585-475-5495
Vietnam Veterans of America.....	585-786-3890
Warrior Salute Veteran Services	585-341-4600
Warrior Strong.....	862-324-6322
Wings for Widows	612-466-2716
Wish Upon A Wedding	pg 65
Wounded Warrior Project.....	877-832-6997

Veterans Upward Bound, National Association

RIT, 162 Lomb Memorial Drive, Rochester NY 14623

Visit navub.org 585-475-5495

Veterans Upward Bound (VUB) is a free U.S. Department of Education TRIO program designed to help eligible U.S. military veterans enter and succeed in the postsecondary school of their choosing. Currently, there are 49 VUB programs nationwide, including Puerto Rico, ready to assist veterans. The services provided by VUB projects include:

- Academic Preparation
- Assessment of academic skills
- Academic Refresher Courses
 - ◊ Math
 - ◊ Laboratory Science
 - ◊ Composition
 - ◊ Reading
 - ◊ Literature
 - ◊ Foreign Language
 - ◊ Computer Skills
- Other services may include
 - ◊ Assistance completing college admission forms
 - ◊ Personal academic advising and career counseling
 - ◊ Help with GI Bill applications
 - ◊ Assistance with financial aid and scholarships
 - ◊ Career guidance and planning
 - ◊ Cultural field trips and campus visits
 - ◊ Tutoring and mentoring
 - ◊ Referrals to other community agencies serving veterans

Veterans Moving Forward 703-665-2129

44225 Mercure Circle, Suite 130, Dulles, VA 20166

Visit vetsfwd.org contact@vetsfwd.org

Provide service dogs, facility dogs, and emotional support dogs to veterans with physical and/or mental health challenges at no cost to the veteran or their family

VMF's services are available to any veteran of any generation, who served honorably, has physical and/or mental challenges resulting from military operations and/or accident or disease experienced during or subsequent to military service, lives in the continental United States, Hawaii or Alaska, and can benefit from a service dog.

VMF's service dog training protocol includes:

- Socialization and Obedience training builds the foundation for a successful relationship with the dog and handler.
- Service Task Training may include; retrieval skills, light switch operation, door opening and closing, shopping assistance and PTSD interruption.
- Canine Good Citizen (CGC) certification and Urban CGC certification are obtained by an outside organization for each canine. Advanced skill training to meet the Veterans specific needs starts after matching the service team.

VMF Differentiators:

- Veteran and Service Dogs are matched based on personality and temperament, needs of the Veteran and the skill set of the dog
- We will assist in linking the Veteran with a veterinarian near the Veterans home to provide follow up care for the Service Dog
- VMF follow up support and communication to include monthly communications, monthly health and welfare reports, a 3 month visit from VMF canine team at the Veterans home and then on an as needed basis for future support
- Yearly checkups to include a Public Access Test and refresher training

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Veteran Service Agencies Continued

Property Tax Exemption

Alternative veteran property tax exemption. Obtaining a veteran's 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 veteran's exemption is offered.

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 veteran's exemption is offered.

Eligible funds exemption

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

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.

We recommend that you make use of the services provided.

Veteran Service Agencies

NYS Division of Veterans Affairs	veterans.ny.gov
Delaware-44 Grand Street, Sidney, NY	607-563-2002
Otsego-242 Main Street, Oneonta, NY	607-432-4190
Albany-1 Centre St., Albany, NY	212-416-5250

County Veteran Service Agencies

Delaware-97 Main Street, Suite 4, Delhi, NY	607-832-5345
Otsego-197 Main Street, Cooperstown, NY	607-547-4245
Sullivan-100 N. Street, Monticello, NY	845-807-0233

Services are FREE. We render a wide variety of services to veterans and their families of all wars and conflicts as well as peacetime service. Service is also extended to active-duty servicemen/women and their families. Professional assistance and advice are given in the filing of applications for benefits under existing federal, state, and local laws and regulations.

We assist veterans and their families in applying for benefits such as compensation, pension, certification of military documents, replacement of military service papers, reemployment rights, conversion of government insurance, waiver of insurance, civil service preference, education apprenticeship, on-the-job training, vocational training, orthopedic and prosthetic appliances, Veterans Affairs home loan applications, tax exemption, death pension, insurance benefits, headstones or markers, burial benefits, memorial flags, military funerals, and death gratuity pay.

The Veterans Service Agency can also assist you with NYS veteran benefits such as income tax exemptions, property tax exemptions, NYS education benefits, civil service preference, EZ Pass Program, DMV benefits, CDL Skills test waiver, home ownership programs, blind annuity program, supplemental burial allowance, and more.

Check with your local agency to see if they have a Veterans Discount Program that you can participate in.

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Vet Center-Binghamton607-722-2393

53 Chenango Street, Binghamton, NY 13901
Visit va.gov/Binghamton-vet-center

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

Vehicles for Veterans.....855-716-4838

50 Foundation Plaza #1400 Buffalo, NY 14202

Visit vehiclesforveterans.org

Vehicles for Veterans is Car Donation Foundation's tax-exempt vehicle donation program that benefits disabled veterans. Our car donation program accepts cars, boats (with trailer), RVs, trucks, SUVs, and motorcycles, whether they are running or not. At no cost to you, we will arrange to have your vehicle towed away at a scheduled time that is best for you and your preliminary tax receipt will be mailed to you within 15 days.

Thousands of veterans across the country rely on funding from the programs which Vehicles for Veterans benefits. Give back to those who gave everything to the country today! One strong community of support can help disabled and other veterans' programs to assist even more unreached veterans.

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

National Headquarters Visit vfw.org

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.

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Utica Center for Development, Inc.

726 Washington Street, Utica, NY 13502.....315-765-0975
 210 Franklin Street, Watertown, NY 13601 ..315-681-6294
 Visit ucdevelopment.org frontdesk@ucdevelopment.org

The Utica Center for Development has a mission to assist those in need of basic human necessities throughout the organization's service area. The Central New York Veterans Outreach Center (CNYVOC), a division of the UCD, offers programs specializing in veteran-specific needs for successful societal reintegration post-military life. The organization's philosophy is to meet the unmet needs of society and fill gaps of services within the community.

Case managers at the UCD/Veteran's Outreach Center have been serving the veteran populations in Utica, Watertown, and Delaware County since the start of the organization in 2007. Since then, the VOC has collaborated with VA HUD-VASH, local representatives of the US Department of Veterans Affairs, the local Departments of Social Services, Catholic Charities, and other supporting agencies to support local Veterans and their families.

CNYVOC is in the process of creating a resourceful, **one-stop** facility in Utica for veterans residing throughout Central New York. This facility offers, among other services:

- Transitional housing for homeless veterans with permanent housing for disabled and elderly veterans
- Case management
- Referrals to legal assistance
- Referrals to VA benefits
- Food pantry/donation room
- Medical Transportation
- Housing assistance for those who qualify

We also offer youth programs, gym rentals for the community, monthly events, and much more. We are committed to helping and serving our veterans and community in any way we possibly can. Proudly serving the veterans who have served.

U.S. Small Business Administration518-326-6328

McNulty Veteran Business Ctr, 44 Dalliba Ave., Watervliet, NY
Visit 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.

211 Helpline211

Delaware & Otsego: 211 Susquehanna River Region
Visit helpme211.org 800-901-2180
Sullivan: Visit 211hudsonvalley.org 800-899-1479

211 is an information and referral service that is open 24 hours a day, 7 days a week, 365 days a year. It is the simplest way for New Yorkers to get the assistance they need to connect to important services. 211 contact centers are staffed by nationally certified call specialists who can assist those seeking help from community resources. These specialists use a database of verified resources. For most of the state 211 contact centers can be reached by simply dialing that three-digit number. 211 also has toll-free numbers for areas where three-digit dial connection is unavailable. Those seeking assistance can also be connected to community resources by accessing 211 New York's website at 211nys.org.

Adopt-a-Soldier PlatoonOnline only

Visit 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.

America's VetDogs631-930-9000

371 E. Jericho Turnpike, Smithtown, NY 11787

Visit vetdogs.orginfo@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.

Military Hire 888-239-8825x314

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

Visit 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.

United Heroes League651-319-0737

15211 Raqvenna Trail Hastings, MN 55033

Unitedheroesleague.org info@unitedheroesleague.org

United Heroes League has provided over \$12 MILLION dollars' worth of free sports equipment, game tickets, cash grants, skill development camps, and special experiences to military families across the US & Canada. Special thanks to all our incredible volunteers, donors, partners, supporters, and amazing military families for making the mission possible!

United Heroes League keeps military kids active and healthy through sports while their parents serve our country. So far, we have helped over 50,000 military families keep or start their kids in sports.

United Heroes League has some incredibly generous donors, partners and athlete ambassadors that allow us to give once in a life time experiences to deserving men and women of our Armed Forces. Some of these special experiences have included: sending 20 service members to Super Bowl 52 in a field side suite, sending 4 military servicemen and their child as VIPs to the NHL All Star Game in San Jose, giving 14 military kids a Christmas to remember by having them shop with the Minnesota Timberwolves and receive a \$500 gift card to Target, along with a TV and Fitbit. These experiences allow our nations heroes to receive recognition and be honored for all they have sacrificed.

In order to be eligible for our benefits you must either be currently serving in the U.S or Canadian Armed Forces, be an honorably discharged Veteran who has deployed to a combat zone, or a service member with an honorable 20 year retirement and their children under 18 years old. All military branches are included and may apply.

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

2361 Hylan Blvd., New York, NY 10306

Visit 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).

American Legion National Headquarters .800-433-3318

700 N. Pennsylvania St. Indianapolis, IN 46206

Visit legion.org

Most prospective members do not realize what 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

American Veterans (AMVETS)301-683-4031

Visit amvets.org

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.

TRR.....855-877-4967

PO Box 817, Callicoon, NY 12723

Visit trrhelpp.org/equine-therapy support@trrhelpp.org

Equine Assisted Psychotherapy (EAP) is a powerful psychotherapeutic approach that includes horses as part of a psychotherapy team. The other members of the team are a licensed mental health professional and an equine specialist professional. All work with the horses takes place on the ground only – there is no riding. Working with horses can help people discover and overcome unhealthy patterns and behaviors, especially as they affect our relationships with other people. This is because the horse, as a non-verbal communicator, gives immediate feedback about actions and body language through their own response. Horses are exceptionally sensitive and are able to mirror emotions as well as behavior. We learn what is going on with our human clients by watching what the horses are doing.

TRR's Warrior Camp® is designed to prevent suicide. With a focus on Military Moral Injury as a core component of Combat Trauma, it supports force preservation and enhances resilience. Military Moral Injury can be the consequence of having engaged in combat operations, necessary at the time, during which one's ethics and one's actions did not align. It is not a disorder. Yet, the spiritual or existential crisis that often arises from this internal conflict pushes many veterans to suicide.

Support the Farm. Why Have Our Own Farm?

We have been fortunate to have been able to rent facilities for Warrior Camp® programs over the past ten years, although our access to these facilities has been very limited. Since 2016 we have been conducting programs with lodging at one facility and then traveling to the horse farm every day for equine and other therapy sessions. This makes for long days and little opportunity for the relaxation and restoration needed between therapies. Having the horses, lodging, food, therapy offices, yoga studio and a sweat lodge all in the same place will be a complete game-changer.

Travis Mills Foundation207-480-3490

647 Castle Island Road, Mt. Vernon, Maine 04352

Visit 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 Administration Clinics

Visit va.gov/find-locations

Oneonta VA Clinic.....607-967-8590

1 Fox Care Drive, Oneonta, NY 13820

Monticello VA Clinic845-791-4936

55 Sturgis Road, Monticello, NY 12701

Some of the Services include:

Advice Nurse	Pharmacy
Primary Care	Mental Health
Cardiology	Laboratory
Pathology	Optometry
Smoking and tobacco cessation	Podiatry

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

4620 Haygood Road, Suite 1, Virginia Beach, VA 23455

Visit angelwingsforveterans.org..... info@mercymedical.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.

Heroes Home Advantage.....803-261-9267

510 Clinton Square, Rochester, NY 14604

Visit heroeshomeadvantage.com

Heroes Home Advantage is a network of Realtors, lenders, attorneys, home inspectors, title companies and more 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.

Our dedicated network of professionals are veterans and their families, retired police officers, teachers, firefighters, health care professionals and emergency personnel. 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.

Angels of America's Fallen..... 719-377-7352

10010 Devonwood Ct., Colorado Springs, CO 80920

Visit 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.

Do it for the Love info@doitfortheLove.org

360 Grand Avenue, #350, Oakland, CA 94610

Visit doitfortheLove.org

Our mission is to inspire hope and healing through the power of music by supporting clinical and community-based music therapy and providing live music experiences.

Live Music Inspires...

Joy! A wish-come-true helps children and adults with life-threatening illnesses and wounded veterans feel stronger, more energetic, more willing and able to battle their medical conditions.

Hope. It marks a turning point in their fight against their illnesses. The wish experience works in concert with medicine to make them feel better, emotionally, and physically.

Memories. A live musical experience forever transforms the life of wish recipients, their families. Wishes create lasting celebratory memories in the face of severe illness or trauma.

Team RWB315-559-0725

1721 W. Colvin Street, Syracuse, NY 13207

Visit 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.

Southern Tier Veterans Support Group ...607-205-8332
PO Box 1201, Vestal NY 13851www.stvsg.org

The mission of STVSG is “to provide a network of resources for our local Veterans, service members, and their families. We will strive to educate the community on their needs and partner with other organizations so we can offer a broad range of services and financial assistance to address unmet needs and thus enhance their physical, emotional and economic well-being.”

STVSG has three basic operating themes:

- Act as a coordinating agency with other service providers, including our 70+ affiliated organizations that provide assistance to veterans and their families.
- Educate the community about veteran needs and encourage businesses to hire veterans.
- Provide short-term financial assistance in the form of grants or loans.

Each veteran is treated individually with caring, respect, and sensitivity to their situation, regardless of rank or service. All information gathered is protected. Our principles of support are that while we are not a sustaining organization, we can help a veteran once or twice, and that usually is sufficient to get them back on their feet. We do not do band-aid support, and we are always sensitive to what will happen in the next month or months after we render our support.

STVSG has a physical presence at many veteran functions in the area, including a summer Veterans Picnic, participating in and supporting the Twin Tiers Honor Flight send-offs, sponsoring the Military Appreciation Game at NYSEG Field, and tabling at many veteran events where we put out our banner and have informal conversations with our vets.

Our veterans put their lives on the line for this community and our nation, and STVSG helps them get the benefits they need and deserve.

Boots for Troops218-798-7567
994 Village Square Drive, Condo H, Tomball, TX 77375
Visit 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.

Habitat for Humanity607-432-7874
Delaware & Otsego: 4032-B Chestnut St., Oneonta, NY 13820
Visit habitatotsego.org..... habitatotsego@gmail.com
Sullivan: 103 Delaware Crest, Dingmans Ferry PA
570-828-1623..... Visit jfjpc.org..... hfhpc@ptd.net

Habitat for Humanity recognizes the great need for affordable housing in Erie and Niagara County. With a little help, we all have the potential to stand on our own. Decent, affordable homeownership allows families to lead better, healthier, more financially stable lives. Strong, stable homes help build strong and stable communities.

Building Homes for Heroes®516-684-9220

4584 Austin Blvd, Island Park, NY 11558

Visit buildinghomesforheroes.org

Building Homes for Heroes® is determined and devoted to bringing renewed hope to our nation's injured veterans. The organization builds or modifies homes and gifts them, mortgage-free, to injured veterans and their families, while providing support services to help them to build better and brighter lives and reach new heights. It's truly an honor to serve the men and women who have courageously served and sacrificed for our country.

Building Homes for Heroes® encourages the wounded veterans we have assisted, or are currently assisting, to travel to our events and take part in other organizational endeavors to support other men and women who have been severely injured. The organization believes that this enables our recipients to build camaraderie with other wounded veterans who may later become recipients, but also to take another step toward being defined by their accomplishments and activities, and not their injuries or disabilities.

Homes are awarded to injured and disabled veterans, as well as Gold Star families, and are not currently homeowners on an availability basis. Applying does not mean you will receive a home. Please understand there are far more applicants than there are available homes. While we will do everything we can to help as many injured veterans and veteran families as possible, we will not be able to help everyone who applies.

**National Domestic Violence
Hotline**

.....800-799-7233

Soldier On866-406-8449

290 Merrill Road, Pittsfield, MA 01201

Visit 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.

Semper Fi & American's Fund760-725-3680

715 Broadway Street, Quantico, VA 22134

Visit 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 Programs include

Bedside Financial Support	Housing Assistance
Transportation Assistance	Visiting Nurse Program
Specialized & Adaptive Equipment	Skip's Kids Program
Caregiver Support & Retreats	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
Peter Murphy's Sports Program	Arts & Music Program
LCpl Parsons Welcome Home Fund for Vietnam Veterans	
Tim and Sandy Day Canine Companies Program	
Jinx McCain Horsemanship Program	
Post Traumatic Growth Video Resources	
Post-Traumatic Stress Support Program	

Veterans Crisis Line.....988

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.

Catch A Lift; Fitness for Veterans855-496-4838

Visit 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!

Clear Path for Veterans315-687-3300

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
Visit 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.

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.

Veterans Treatment Court845-791-3548

Sullivan-414 Broadway, Monticello, NY
Visit ww2.nycourts.gov

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.

P3: Private Public Partnership.....315-772-9489

2490 Colyer Avenue, RM 156, Fort Drum, NY 13603

Visit 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.

Disabled American Veterans (DAV).....Visit dav.org

Chapter #200, 37 Newland/Willow St., Otega, NY 607-437-2028

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)
330 Old Niskayuna Road, Latham NY 518-786-4581
Visit 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/Services 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
Visit 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.

Operation Homefront210-659-7756
17319 San Pedro Avenue, Suite 505, San Antonio, TX 78232
Visit 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.

Onward Ops Military Transition Support

2600 Virginia Avenue NW Suite B200, Washington, DC 20037
Visit onwardops.org..... contact@onwardops.org

Mission: Empowering every transitioning service member with the support and information needed to achieve success as Veterans. The transition out of uniformed service is difficult, whether you served four years or forty. Our mission is to support active-duty service members in their journey back into civilian life. We connect new Veterans with trained sponsors from their destination community with a focus on the 12 months between leaving the military and reintegrating into civilian life as a new Veteran. We give you the tools to achieve your goals, along with a sponsor to guide you along the way. A program by Vets for Vets.

Sponsors: Onward Ops Sponsors are everyday community members like you. They come from diverse backgrounds, like the transitioning Service Members they assist. The journey out of military service is unique for each new Veteran and their family. For just a few hours a month, you can make a big difference in their success by offering your support and being there for them every step of the way.

WHAT DO SPONSORS DO?

Before they transition: You help by listening to any concerns or questions they may have. Offer to connect them with valuable resources that will aid the transition process.

Throughout their transition: It is important to check in with them and provide support regularly. Introducing them to local Veterans' organizations or other community resources can be helpful.

After their transition: Stay in touch and continue to be a supportive presence.

Sponsors are not expected to have all the answers but rather to be a source of encouragement and guidance. As a part of our network, you are supported by numerous service providers that specialize in different aspects of the military-civilian journey.

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

34 Lincoln Ave., North Tonawanda, NY 14120
Visit 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.

Team River Runner717-951-8949

5007 Stone Road, Rockville, MD 20853
Visit teamriverrunner.org..... info@teamriverrunner.org

Team River Runner is the LARGEST adaptive and therapeutic paddling program across the nation for veterans, active duty and their families. Focused on our mission statement TRR has developed and implemented creative, healing and empowering programs for Veterans as they recover from complex issues due to their service to our nation, pioneering the design and construction of adaptive paddling equipment to empower veterans with motor disabilities as well as innovative methods for teaching and guiding the visually impaired. All programming is free of charge for veterans and service members.

Gary Sinise Foundation.....615-575-3500

PO Box 40726, Nashville, TN 40726

Visit garysinisefoundation.org

Freedom and security are precious gifts that we, as Americans, should never take for granted. We must do all we can to extend our hand in times of need to those who willingly sacrifice each day to provide that freedom and security. While we can never do enough to show gratitude to our nation's defenders, we can always do a little more. – Gary Sinise

R.I.S.E.

Through our R.I.S.E. (Restoring Independence Supporting Empowerment) program, we build 100% mortgage-free specially adapted smart homes for our most severely wounded heroes. We also provide home modifications, mobility devices, and adapted vehicles to our injured, wounded, ill, and aging heroes.

Relief and Resiliency

Our relief and resiliency program aims to ensure our defenders and their families stay strong through hardships by offering complete support in times of need. These programmatic initiatives help our nation's heroes, and their families find the strength to persevere and heal.

Community Outreach and Education

Our Community Outreach & Education program bridges the gap between our defender and civilian communities. Through these programmatic initiatives, we honor America's heroes both past and present and inspire the next generation to do the same.

First Responders Outreach

Our First Responders Outreach program provides funding for essential equipment, PPE, emergency relief, and training to ensure our first responders can perform to the best of their abilities. We also help those severely wounded in the line of duty by building 100% mortgage-free specially adapted smart homes and providing home modifications, mobility devices, and adapted vehicles.

Operation Family Caregiver229-928-1234

POB 547, Americus, GA 31709 Visit 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.

Stand With Me Assistance Dog Team Training, Inc.

PO Box 1373, Binghamton, NY 13902 607-222-7807

Visit standwithmeorg.com fundraising@standwithmeorg.com

The STAND WITH ME program provides veterans with:

- Assessment of a veteran owned dog for service dog potential
- Assistance obtaining a suitable canine candidate if needed.
- Teaching, coaching, training for the veteran/dog team to become an effective service dog team
- Nationally recognized and standardized testing followed by official service dog registration and ID.
- Ongoing support and guidance for our registered veteran service dog teams
- Annual recertification testing for all Stand with me registered teams.

Our program is one to two years in duration. It is designed to be a positive, therapeutic experience for veterans navigating the process of effectively managing their mental health symptoms.

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

Delaware/Otsego: CDO Workforce Center, 1 O'Hara Drive,
Norwich, NY 13815 607-334-2201
Sullivan: 18 Seward Ave, 1st Floor, Middletown, NY 10940
845-360-0349

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

Helmets to Hardhats866-741-6210

113 State Street, 1st Floor, Albany, NY 12207
Visit 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.

Heroes with Hearing Loss800-974-1517

Visit heroeswithhearingloss.org

See your local County Veteran Service Agency

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 York716-388-6220

PO Box 123, Buffalo, NY 14225

Visit highergroundusa.org trey@highergroundusa.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.

NYS Defenders Association/Veterans Defense Program

Otsego/Delaware: Nancy Farrell, Staff Attorney, Syracuse, NY
nfarrell@nysda.org Cell 518-573-3954

Sullivan: Roy Diehl, LtCol., US Army (Ret), Deputy Director
194 Washington Ave. Suite 500, Albany, NY 12210
rdiehl@nysda.org Office: 518-465-3524 ext. 38

Visit nysda.org

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.

Operation First Response888-289-0280

20037 Dove Hill Road, Culpeper, VA 22701

Visit 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

National Personnel Records Center314-801-0800

Visit 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.

NYS Veterans Home.....585-345-2000
4207 NY-220, Oxford, NY 13830Visit 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.

Honor Bound Foundation.....800-521-0198

POB 2465, Darien, CT 06820
Visit honorboundfoundation.org

Veterans and their families turn to Honor Bound for food, utilities, medical bills, security deposits, and other urgent needs. We help veterans get back on track and find stability in their civilian lives.

Through our established partnerships with caseworkers and social workers within the VA and other organizations, we can extend our reach to struggling veterans across the country.

Honor Bound is unlike other veteran organizations and charities. Other organizations provide services for veterans who encounter specific issues. But many veterans who need help do not meet these organizations' specific requirements. That's why we help veterans who, despite their dire circumstances, have been turned away from other organizations and have *nowhere else to go for help*.

FLEXIBLE AID – we assist with a wide range of urgent expenses, from security deposits and medical bills to food, auto and home repairs, education, and more. For real stories of veterans, we've helped, listen to the heroes themselves.

FAST TURNAROUND – we know that for urgent expenses, timing is critical, so we work hard to provide assistance typically within 2 business days of a referral. For veterans who have had their power shut off or have some other extremely urgent expense, we can typically provide assistance within 1 business day.

SIMPLE APPLICATION PROCESS – we work with social workers and case workers who file referrals on behalf of veterans, so that veterans themselves are not required to fill out any paperwork to receive assistance.

NATIONWIDE SERVICES – we use our working relationships with social workers and VSO's from local and national organizations to assist veterans in all 50 states.
Visit our website to learn more.

Jewish War Veterans of the United States

Jesse Brams Post 206, 21 Liberty Street, Monticello NY 12701

Visit jwv.org jwv@jwv.org

As our veterans return from America's current conflicts, JWV stands ready, as it has since 1896, to ensure that those who have fought our nation's battles receive the treatment and the respect that they deserve from a grateful nation.

For as long as soldiers have been serving away from their homes and loved ones, a package from home has always been an important reminder from those for whom the soldier is serving that shows their love and caring for the well-being of the troops. Those who are fighting in distant lands especially need the support and care of those who remain on the home front.

The ringing phrase from World War II, "Send a Salami to a Boy in the Army," is just one example of how a taste of home has been important throughout history to those who leave their homes to defend them.

18 Gun Salute: There is a tradition within the Jewish American Military Community to fire off 18 rounds to signify "chai," the Jewish symbol for life. This small change can have an extreme significance to families with a Jewish background. If you need help discussing this change with the Honor Guard, please contact JWV National Headquarters. Visit our website to learn more.

Our Military Kids703-734-6654

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

Visit 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.

National Park Passes

Visit 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 Passes.....Visit parks.ny.gov....518-474-2324

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.

Military One Source

Visit 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

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

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.

Honor Flight

Sullivan: Hudson Valley Honor Flight 845-391-0076
PO Box 375, Walden NY 12586
Otsego: Honor Flight Syracuse 855-433-5633
PO Box 591, Syracuse, NY 13209
Delaware: Twin Tiers Honor Flight 800-683-5403
POB 1770, Binghamton, NY 13902
Visit honorflight.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
Visit 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.

Luke's Wings 512-971-9848 (emergency requests)
1054 31st St. Suite 540, Washington DC 20007
Visit lukeswings.org..... flightrequest@lukeswings.org

Luke's Wings provides emergency travel planning services and airplane tickets for the families and loved ones of wounded, ill, and injured service members, veterans, and fallen officers, during hospital recovery and rehabilitation.

Families are completely on their own to travel back and forth between their everyday lives and their new reality. Luke's Wings provides complimentary airfare to wounded, ill, and injured service members, veterans, fallen officers, and their loved ones keeping these families connected during recovery and rehabilitation. These flights bring mental, physical, emotional, and financial support, empowering wounded service members to overcome challenges they face every step of the way.

Wounded Warrior and Major Illnesses: provides flights for the loved ones of Service Members who were combat injured (or training accident injuries) or acquired a major chronic illness (such as cancer) during their deployment and are now receiving ongoing in-patient medical care at a military hospital. We are committed to keeping these families together during the warrior's difficult recovery.

Veterans in Hospice: provides flights for the loved ones of veterans in hospice or palliative care so that they can be bedside for their final moments. Veterans who fall within this program line have served our Nation in World War II, The Korean War, The Vietnam War, The Gulf War and so on. Luke's Wings is honored to provide a final salute to the greatest generation that ever lived, and to all our heroes of all generations.

Special Operations: provides flights for the loved ones of Special Operators during recovery, rehabilitation, and certain times of duress. These elite groups include Navy SEALs, Army Green Berets, Army Rangers, and Marine MARSOC, among others. We are honored to be a trusted benevolent partner to the United States Special Operations Command Care Coalition through their Warrior Care Program, allowing us to best serve their close-knit community.