



American Red Cross
Southern Tier Chapter

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

***Broome, Tioga, NY
Susquehanna PA
County
Military Family
Resource Guide***



*Brought to you by the
Service to Armed Forces Program
Southern Tier Chapter
Western New York Region
American Red Cross*



American
Red Cross

Service to the Armed Forces

*American Red Cross
Service to Armed Forces Volunteers
Southern Tier Chapter
with special recognition to the
American Red Cross volunteers of
Broome, Tioga, Susquehanna 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 2025



Wounded Warrior Project.....877-team-wwp

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

Visit woundedwarriorproject.org for more information.

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 said and assist each other.

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

Adaptive Sports: Empowering warriors to reach their highest potential through modified athletic opportunities.

Financial Education: Helping warriors reach their financial goals.

Alumni Connection Program: Find your people, find new strength.

Family Support: Learn more about our veteran family program and caregiver support.

Government Affairs: A Voice for Warriors in Washington, DC

Independence Program: Providing innovative, long-term support to the most catastrophically wounded veterans.

International Support: Support for Disabled Veterans Living Overseas

Mental Wellness: Mental Health Services for Veterans

WWP Peer Support Groups: Find connection and camaraderie again through peer support for veterans.

Physical Health and Wellness: Helping warriors improve their health.

Project Odyssey: Empowers veterans living with PTSD and other invisible wounds to push beyond their known limits and develop skills to discover their best selves.

Soldier Ride: Building confidence and strength through shared physical activities and bonds of service.

Warrior Care Network: Healing the invisible wounds of war through PTSD treatment for veterans.

Warriors to Work: Career transition and development for America's injured veterans.

Wounded Warrior Project® (WWP) Warriors to Work®

WWP Resource Center: Here to help you plan a path forward in your next mission.

WWP Talk: Dedicated One-On-One Emotional Support for Veterans and Their Families.

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 **Broome, Tioga, Susquehanna** County. That is the inspiration for preparing this document; to link you to what 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



SOUND THE ALARM

SMOKE ALARMS SAVE LIVES

Working smoke alarms can cut the risk of death from home fires in half. That's why we're rallying volunteers, fire departments and partners to *Sound the Alarm*. Together, we're installing **FREE** smoke alarms in your community. Request a smoke alarm installation today!

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. Visits generally last 20 minutes and can be scheduled at your convenience.

During the installation, Red Cross volunteers will check your current alarms, install up to 4 new smoke alarms, and talk with your family about fire prevention and a fire escape plan.

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.

Visit [Sound The Alarm](#) for more information.



Warrior Writers.....Email: info@warriorwriters.org
214 W. Martin Luther King Jr./State St., Ithaca, NY 14850
Visit warriorwriters.org for more information.

Our mission is to create a culture that articulates veterans' experiences, build a collaborative community for artistic expression, and bear witness to war and the full range of military experiences. • Support the creation and sustainability of creative communities • Create visibility for veteran artists • Support veterans and service members to use art for change and growth • Strengthen honesty and respect for ourselves, our communities, our work and experiences.

We care deeply about the health and safety of our veterans. Please join us in person or through Zoom for a series of workshops, discussions, coffee hours, & lunch breaks.

Writing and Art Making Workshops for Veterans and Service Members, Military Families and Community Members

Veterans and Community Conferences (VCCs) Our powerful weekend retreats, mainly focused on artmaking and wellness, are open to veterans, service members, artists, supporters, and healers.

Community Gatherings and Retreats We hold community events, conferences, and week-long retreats to create space for discussion, connection, and ideas.

Art Exhibitions and Performances We present performances and exhibitions showcasing the work that veterans create at our writing and art-making workshops.

Trainings for Facilitators, Organizations, Universities, Companies Warrior Writers provides facilitators training, consultation and training for schools, organizations, and companies on best practices for working with veterans.

Finger Lakes Veteran Writing Workshop

When: Second and Fourth Tuesday of month, 7-9 PM.

Where: Online and in person at Tompkins County Human Services Annex, 214 W. Martin Luther King Jr./State St., Ithaca, NY.

What: Veteran writing workshop, facilitated by Kevin Basl and Fred Wilcox. Open to veterans of all eras. Currently these workshops are only open to veterans living in the Finger Lakes region.

Cost: Free.

Contact: Contact Kevin Basl, kevin.basl@gmail.com, for Zoom link.

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

311 Adams Avenue. Scranton, PA 18503

60 East Hanover Ave Unit B5, Morris Plains, NJ 07950

Visit warriorstronginc.org for more information.

Email: warriorstrongusa@gmail.com

Warrior Strong helps veterans, veteran family members, & first responders find community and camaraderie through health & wellness so they can overcome the sense of detachment, disconnection, and isolation they often experience in civilian life.

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.
- Mobile App: Download our mobile app and stay connected from anywhere you are.



American
Red Cross

Military and Veteran
Caregiver Network



For 24/7 Hour support:

1-800-273-8255 (Press 1)

Text:

Visit milvetcaregivernetwork.org for more information.

838255

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)

The MVCN helps caregivers, clinicians, partners and supporters, providing access to three open caregiver-focused services:

- Resource Library
- Caregiver Master Calendar
- WeCare Magazine (E-zine)

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.

HERO CARE NETWORK EMERGENCY COMMUNICATION

1-877-272-7337

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

The Red Cross relays urgent messages containing accurate and verified descriptions of the emergency to service members stationed anywhere in the world, including ships, embassies and remote locations.

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

Emergency Communications include a critical illness, death, birth, family care issue.

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 (deployed and home addresses)
- Information about the deployed unit & home base unit.

Emergency Leave Verification: provide information as it pertains to your emergency.

- Name of doctor, phone number, address
- Name of hospital, phone number, address
- Name of funeral home, phone number, address
- Name and phone of source that can verify your emergency.

Visit redcross.org/get-help/military-families/emergency-communication for more information.

Warrior Salute Veteran Services.....585-341-4600

860 Hard Road, Webster, NY 14580

Visit cdslifetransitions.org/warrior-salute for more information.

Email: info@cdslifetransitions.com

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

Transitional Housing

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

Case Management

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



Veterans Upward Bound, National Association

Rochester Institute of Technology, 162 Memorial Drive,

Rochester, NY 14623 585-475-5495

University of Pennsylvania, 3819 Chestnut St. Suite 110,

Philadelphia, PA 19104 215-898-6892

Visit navub.org for more information.

Project Information

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 completing financial aid applications and finding scholarships
- Career guidance and planning
- Cultural field trips and campus visits
- Tutoring and mentoring
- Referrals to other community agencies serving veterans

Veterans Upward Bound helps veterans and service members of all ages navigate the education system, gain access to information about college and career exploration, and improve academic skills needed for successful entry into education.

MILITARY AID SOCIETY FINANCIAL ASSISTANCE

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.
- Widows 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 contact the Army Emergency Relief Society, go to armyemergencyrelief.org and apply online.

To access all other Military Aid Societies, contact the American Red Cross at **1-877-272-7337**.

Visit redcross.org/get-help/military-families/financial-assistance for more information.

Information & Referrals:

The Red Cross can help connect you with national, community and government resources to assist you and your family.

These services are provided by contacting our Hero Care Network Call Center. Highly trained specialists are available 24 hours a day, 7 days a week, 365 days a year.

CONTACT AT A GLANCE

VETERANS CRISIS LINE		988 PRESS 1
Emergency	9-1-1	
211 Susquehanna River Region	211	
Air Force ROTC	607-777-2000	
American Legion National Headquarters	800-433-3318	
America's VetDogs	631-930-9000	
Army ROTC	See website	
Blue Star Mothers of America	570-430-9997	
Boots for Troops	218-798-7567	
Building Homes for Heroes®	516-684-9220	
Civil Air Patrol	607-372-2023	
Clear Path for Veterans	315-687-3300	
Disabled American Veterans (DAV)	716-857-3354	
Division of Military and Naval Affairs	518-786-4581	
Dogs on Deployment	619-800-3631	
Ethereal Dreams Entertainment	716-983-4989	
Finding Military Retirees and Veterans		
Gary Sinise Foundation	615-575-3500	
Helmets to Hardhats	866-741-6210	
Hero Care Network	877-272-7337	
Heroes Home Advantage	803-261-9267	
Heroes with Hearing Loss	see website	
Hidden Heroes	202-249-7170	
Higher Ground New York	716-984-7806	
Home Fire Campaign	716-878-2353	
Honor Flight	607-953-8470	
Iraq Afghanistan Veterans of America	212-982-9699	
Joint Services Transcript	see website	
Law NY, Legal Assistance of Western NY, Inc.	607-273-3667	
Marine Corps League	703-207-9588	
Military Hire	888-239-8825	
Military and Veteran Caregiver Network	800-273-8255	
Military One Source	800-342-9647	
Military Order of the Purple Heart	888-668-1656	
Military Sexual Assault	877-995-5247	

Veterans Moving Forward

703-665-2129
44225 Mercure Circle, Suite 130, Dulles, VA 20166

Visit [vetsfwd.org](#) for more information. Email: 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

Property Tax Exemptions

See your tax assessor or County Veteran Service Agency

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.

Authorized by Real Property Tax Law, section 458-a.

Cold War veterans' exemption. Available only on residential property of a veteran who served during the Cold War period.

Counties, cities, towns, villages, and school districts have the option to offer this exemption to qualified veterans.

Check with your assessor or clerk to see whether the Cold War veteran's exemption is offered.

Authorized by Real Property Tax Law, section 458-b.

Eligible funds exemption

Provides a partial exemption.

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

CONTACT AT A GLANCE (CONTINUED)

Military Units/Family Readiness/Locations	724-287-8044
National Domestic Violence Hotline	800-799-7233
National Cemetery	800-535-1117
National Park Passes	see website
National Personnel Records Center	314-801-0800
NYS Defenders Association/Vet Defense	518-573-3954
Department of Labor	see website
NYS Park Passes	518-474-2324
NYS Veterans Homes (Oxford)	See website
Operation Family Caregiver	229-928-1234
Operation First Response	888-289-0280
Our Military Kids	703-734-6654
Property Tax Exemptions	See page 60
Protect the Game—Battlefields to Ballfields	970-231-3672
Quilts of Valor	see website
Semper Fi & American's Fund	760-725-3680
Soldier On	866-406-8449
Southern Tier Veteran Support Group (STVSG)	607-205-8332
Stand with Me Assistance Dog Team Training, Inc.	607-222-7807
Team RWB	833-832-6792
The Heroes Project	323-680-1007
Tunnel to Towers Foundation	718-987-1931
US Department of Veterans Affairs	800-827-1000
US Small Business Administration	518-326-6328
VA Medical Center	607-772-9100
Vet Center-Binghamton	607-722-2393
Veteran Caregiver	See website
Veterans of Foreign Wars (VFW)	816-756-3390
Veterans Moving Forward	703-665-2129
Veterans Service Organizations	see page 59
Veterans Treatment Court	See website
Veterans Upward Bound	585-475-5495
Vietnam Veterans of America	585-786-3890
Warrior Salute Veteran Services	585-341-4600
Warrior Strong, Inc.	862-324-6322
Warrior Writers	See website
Wounded Warrior Project	877-832-6997

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Veteran Service Agency's/Organizations

60 Hawley St. 5th Floor, Binghamton, NY 13902	845-486-2075
44 Hawley St. #4, Binghamton, NY 13901	607-778-2147
31 Lake Avenue, Montrose, PA 18801	570-278-5955
56 Main St. Owego, NY 13827	607-687-8228

Services are FREE. The Veteran's Service Agency (VSA) renders 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.

The VSA assists 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 VSA 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.

PFC Dwyer Program brings United States Armed Forces Veterans, service members, and their families together through peer-to-peer collaborative services, social activities, and community service. The PFC Joseph P. Dwyer Veteran's Peer to Peer Programs goal is to link Veterans together for socialization and friendship. This program utilized peer support from those who can relate to the struggles of transitioning into civilian life. The Dwyer Program is a non-clinical program and does not provide case management for individuals. It does, however, link veterans with other service providers in our community if there is a specific need.

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. *Take your DD214 to the County Clerk's office and have it registered!*

Vet Center607-722-2393

53 Chenango Street, Binghamton, NY 13901

Visit va.gov/binghamton-vet-center for more information.

We focus on providing services to Veterans and service members who served in combat operations, areas of hostility, stateside 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.

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.



Clara Barton

BURIALS

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U.S. Small Business Administration **518-326-6328**

McNulty Veteran Business Center, 44 Dalliba Ave., Watervliet, NY 12189

Visit [vbocregion2.com](#) for more information.

Email: aamoroso@mcnultycenter.org

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

Boots to Business (B2B) is an entrepreneurial education and training program offered by SBA as part of the Department of Defense's Transition Assistance Program (TAP). B2B provides participants with an overview of business ownership and is open to transitioning service members (including National Guard and Reserve) and their spouses.

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 Boots to Business 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 entrepreneurial training to women veterans, women service members, and women 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.

U.S. Department of Veterans Affairs 800-827-1000

Visit va.gov for more information.

Provides a wide array of information, verify the status of disability or survivors. benefits payments, check on eligibility including home loans, life insurance, education and health care, establishment of a direct deposit account, and access a VA benefits counselor.

Coaching Into Care mirecc.va.gov/coaching/

Coaching Into Care is a free service for families and friends of Veterans. Our responders will briefly assess your concerns and provide appropriate resources and referrals. Through 10-to-30-minute calls, licensed psychologists and social workers offer guidance and help for starting conversations with the Veteran in your life about their mental health or substance use and motivating them to seek treatment if it's needed. Call us: 888-823-7458. Take look at a video that describes our service.

Coaching That's Made for You: No matter your role in the Veteran's life, we are here to educate, support, and empower you to help them access the mental health care they need and deserve.

Spouses and Significant Others: As a Veteran's intimate partner, you may have questions about how to support the Veteran you love. Find answers through the following resources and programs: Find tips on communicating during difficult conversations with your loved one; Recognize mental health symptoms; Learn about VA's treatment options; Learn about PTSD's effect on relationships; If you worry about the threat of violence in your relationship, seek domestic violence support.

Parents and Family Members: As a Veteran's parent or other family member, you may need help in your efforts to show your support. Explore the topics below to get the help you need: Find tips on communicating during difficult conversations with your loved one; Recognize mental health symptoms; Learn about VA's treatment options; Learn about PTSD's effect on families; If the Veteran in your family hears voices or has delusions or hallucinations, learn about psychosis.

Veterans: Find support for yourself or another Veteran in making treatment decisions. Start by exploring the resources below: Recognize mental health symptoms and hear fellow Veterans' stories of treatment and recovery; Find tips on communicating during difficult conversations with a Veteran; Find information on benefits that are available to Veterans; Call a Vet Center to talk to a fellow Veteran and discuss military experience or challenges in readjusting to civilian life.

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

2361 Hylan Blvd., New York, NY 10306

Visit t2t.org for more information. Email: 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).

Team RWB.....833-832-6792

1721 W. Colvin Street, Syracuse, NY 13207

Visit teamrwb.org for more information. Email: 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.



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Southern Tier Veteran Support Group (STVSG) ... 607-205-8332

PO Box 1201, Vestal, NY 13851

Visit stvsg.org for more information. Email: info@stvsg.org

STVSG provides a network of resources for our local veterans, service members, and their families. We strive to educate the community on veteran needs and partner with other organizations to offer a broad range of services and assistance to enhance each veteran's physical, emotional, and economic well-being.

The STVSG has provided funding for a service dog, furnace repairs, car repairs, mortgage payments and much more. They help with employment tools and provide clothing resources.

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.

When we receive a request for assistance, we go through a vetting process to determine the veteran's status, family situation, number of children, place of residence, type of discharge, monthly income and expenses, and the specifics surrounding the request. Once this information is gathered, we seek to develop a comprehensive plan to get the veteran back on their feet to become a productive member of the community. This may be through referral to one of our affiliates, and/or short-term financial 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.

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.

Soldier On866-406-8449

290 Merrill Road, Pittsfield, MA 01201

Visit wesoldieron.org for more information. Email info@wesoldieron.org

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. A wide variety of treatment groups range from Alcoholics Anonymous and Narcotics Anonymous to computer technology and current events. Soldier On employs a full-time psychologist who focuses on the chronically mentally ill and veterans with dual diagnosis. Furthermore, each veteran is assigned a case manager to assist in attaining necessary services and developing an individualized service plan that addresses the veterans' needs and goals. The Soldier On employment program includes financial awareness classes, specialized services for incarcerated veterans, financial assistance for training and education, resume building, interview preparation and job fairs. We provide our veterans with transportation to and from appointments and services that are not offered where they live.

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 then provided special counseling and other services with the intent of fully reintegrating them back into the community and reducing their rate of recidivism. Each veteran is individually evaluated for their needs around substance abuse, physical and mental health, and behavioral history and then provided services specifically tailored to the veteran's personal needs.

Veteran Justice Partnership

Provide services, treatment options and alternative sentencing for veterans who are facing incarceration.

Employment

Soldier On 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.

211 Susquehanna River Region211

101 Jensen Road, Vestal, NY 13850

Visit helpme211.org for more information.

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.

211 provides information about and referrals to needed services, like:

- Food and clothing help, housing assistance, rent assistance, and utility assistance.
- Health insurance enrollment, pregnancy resources, crisis intervention services, support groups, counseling, and drug and alcohol intervention and rehabilitation.
- Work support – including financial assistance, job training, transportation help and education programs.
- Services for the elderly and people with disabilities – including adult day care, community meals, respite care, home health care, and transportation help.
- Childcare assistance, after-school programs, family resource centers, summer camps and recreation programs, mentoring, tutoring and protective services.

Veterans Crisis Line988

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

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

Go to the nearest Emergency Room for immediate medical attention.

America's VetDogs.....631-930-9000

371 E. Jericho Turnpike, Smithtown, NY 11787

Visit vetdogs.org for more information. Email: info@vetdogs.org

The Guide Dog Foundation provides Guide Dogs to individuals who are legally blind. 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, but it also provides the motivation to tackle everyday challenges.

America's VetDogs has built cooperative relationships with the military and the Department of Veterans Affairs, and today, we are a premier organization providing assistance dogs and training to disabled veterans and active service members. VetDogs continually strives to increase the options and services for veterans to ensure that they receive all the tools they need to once again be self-reliant.

A service dog is specially trained to help veterans or first-responders who have disabilities other than visual impairment and perform tasks that mitigate disabilities the handler experiences, performing these tasks while in public, the workplace or at home.☒

A guide dog is trained to find and follow a clear path, maneuver around obstacles, and stop at curbs. A veteran with a guide dog gains enhanced mobility and independence.

Facility Dog: America's VetDogs has trained and placed Military Facility Dogs to provide animal assisted intervention to wounded soldiers and active duty personnel during their journey to recovery at military installations, military and VA medical centers, and VA nursing homes.

Seizure response dogs are trained to perform special tasks following a seizure to assist its handler. These tasks may include getting help, or retrieving medication.

National Domestic Violence Hotline800-799-7233

Semper Fi & America's Fund760-725-3680

715 Broadway Street, Quantico, VA 22134

Visit thefund.org for more information. Email: info@thefund.org

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

Service Member and Family Support Program

Bedside Financial Support

Housing Assistance

Transportation Assistance

Specialized & Adaptive Equipment

Visiting Nurse Program

Caregiver Support & Retreats

Skip's Kids Program

LCpl Parsons Welcome Home Fund for Vietnam Veterans

Disaster Relief Program

Afghan Interpreters Welcome Fund

Transition Program

Veteran to Veteran Support

Apprenticeship Program

Education and Career Assistance

Veteran & Unit Reunions

Integrative Wellness Program

NeuroFitness

Arts & Music Program

Tim and Sandy Day Canine Companies Program

Jinx McCain Horsemanship Program

Post Traumatic Growth Video Resources

Post-Traumatic Stress Support Program

Peter Murphy's Sports Program

Stand With Me Assistance Dog Team Training, Inc. 607-222-7807

PO Box 1373, Binghamton, NY 13902

Visit standwithmeorg.com for more information.

Email: 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 approximately 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. This style of service-dog acquisition helps veterans to become more skilled and confident service-dog handlers in our communities. Our veteran graduates have earned a great sense of pride in their accomplishment and becoming the effective leader of their own service-dog team.



Tioga County Courthouse

American Legion National Headquarters800-433-3318

700 N. Pennsylvania St. Indianapolis, IN 46206

Visit legion.org for more information. (See Website for a Post Locator)

Most prospective members do not realize all The American Legion does for people of all ages at the local, state and national levels. The Legion conducts, promotes and supports hundreds of career fairs for veterans and transitioning servicemembers, bringing employers face to face with job hunters. Here is a small portion of what the American Legion organization may provide in your community.

- Operation Comfort Warriors raises funds to provide comfort items for U.S. troops recovering in military hospitals and transition units worldwide.
- Lobbies Congress for better quality of life for military personnel.
- American Legion Baseball; nearly 100,000 young men get to experience teamwork and competition each year.
- Provides more than \$138,000 in scholarships through The National American Legion High School Oratorical Contest.
- Legion Riders have raised more than \$2 million for the Legacy Scholarship, helping ensure the children of servicemembers killed on or after Sept. 11, 2001, have a chance at a college education.
- Department service officers help thousands of veterans receive VA benefits they earned through service to their country.
- A National Emergency Fund grant may be considered when the applicant has been displaced from his primary residence due to a declared natural disaster.
- Boys State is for high school students to learn about leadership and the rights and responsibilities of franchised citizens.
- Junior Shooting Sports Program is a gun safety education and marksmanship program that encompasses the basic elements of safety, education, enjoyment and competition.
- Scholarships provide financial assistance to high school students with exceptional academic and leadership qualities, including those participating in youth programs or connected to military service.
- The Youth Cadet Program provides first-hand experiences and insight into the operations of law enforcement agencies.
- Temporary Financial Assistance (TFA) program provides cash grants to support the minor children of active duty service members and American Legion members in times of need.

Blue Star Mothers of America570-430-9997

PA14 Northeast Pennsylvania, POB 354, Tunkhannock, PA 18657

Visit bluestarmothers.org for more information.

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

Projects differ chapter to chapter but can include:

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

Military One Source800-342-9647

An official Defense Department website

Visit militaryonesource.mil for more information.

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 OneSource consultants can provide a brief assessment and referral to mental health professionals across the country for six free counseling sessions.

Quilts of Valorqovf.org

Pleasant Mount Quilters, Pleasant Mount, PA 18453

Visit qovf.org for more information. Email: llsews@nep.net

A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation."

To use the term Quilt of Valor, Quilts of Valor or QOV, the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded.

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

The message of my dream was: Quilts = Healing.

Veterans Treatment Court

Binghamton City Court, City Hall, Binghamton, NY 13901

Visit ww2.nycourts.gov/courts/problem_solving/vet/courts.shtml for more information.

The New York Veterans Treatment 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. Department of Veterans Affairs. They operate out of the Office of Public Defender, and they cooperate with Court Administration, the New York Attorney's Office, private attorneys, the local Sheriff's Office, the U.S. Department of Veterans Affairs and numerous community partners.

Participants in the Veterans Treatment Court are referred to the program by their attorney, the prosecuting attorney, or other courts. Though participation in the program is voluntary, the Department of Veterans Affairs must approve participation eligibility. In cases such as domestic violence, additional approval for the veteran's participation in the program must come from the victim.

Protect the game **970-231-3672**

Visit protectthegame.org for more information.

Email: info@protectthegame.org

We are providing opportunities for U.S. Military Veterans to train and then be paid to work in youth sports AND we are building the numbers of qualified youth sports officials in America.

Protect the Game, is a non-profit committed to certifying military veterans/families to become sports officials. More than 15 unique training opportunities spanning six sports (Baseball, Basketball, Football, Softball, Volleyball and Wrestling) are offered.

For each training, veterans/family members will go through a multi-day teaching with experienced officials and trainers. PTG will provide a starter kit of officiating equipment/uniform and will connect certified officials with assignors for immediate earning opportunities.

Veterans who execute the training and certification process through PTG are eligible for funding assistance from Battlefields2Ballfields.

Battlefields to Ballfields **Battlefields2ballfields.org**

Visit battlefields2ballfields.org for more information.

Many veterans face an uphill battle when they return as they figure out how they will integrate back into society. B2B provides scholarships to veterans who return from defending our country with an opportunity to get integrated back into their community through officiating. Those who have been involved in officiating already have felt the joy of stepping out onto the field or a court.

B2B is providing veterans with an opportunity to hone their newfound officiating skills and participate in something that will give them a new sense of self-worth along with the ability to make some extra income. While the ultimate goal will be to get some of our returning veterans into the upper levels of officiating, including the professional ranks, they will start out at the local level working high school and youth level games. Local associations are actively recruiting because there aren't enough officials signing up.

President Calvin Coolidge once said "a nation that forgets its defenders will itself be forgotten." We have not — and will not forget. B2B will help ensure that. B2B provides scholarships across the US with a BOD comprised of people experienced in business, military service, and officiating.

Boots for Troops..... **218-798-7567**

994 Village Square Drive, Condo H, Tomball, TX 77375

Visit boots4troops.org for more information.

Email: 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: We send 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, and more. Lastly, each package comes with a new pair of personal boots selected by the package 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.

NYS Defenders Association/Veterans Defense Program

Staff Attorney, Syracuse, NY 518-573-3954

Visit nysda.org/page/VeteranServices for more information.

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 expediting 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.

Building Homes for Heroes®**516-684-9220**

4584 Austin Blvd, Island Park, NY 11558

Visit buildinghomesforheroes.org for more information.

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.

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

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

Visit militaryhire.com for more information.

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.

Operation Family Caregiver**229-928-1234**

PO Box 547, Americus, GA 31709

Visit operationfamilycaregiver.org for more information.

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.

Vietnam Veterans of America**570-395-0227**

Chapter #480, POB 491, Owego, NY 13827

Visit vva.org for more information.

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

Veterans Incarcerated and in the Justice System

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

Veterans Against Drugs

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

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

4207 NY-220, Oxford, NY, 13830

Visit NYSVETS.org for more information.

New York State Veterans Homes are skilled nursing facilities owned and operated by the New York State 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.

This 242-bed facility provides long term care and short-term rehabilitative care. Supervised medical care and nursing services are provided on a 24-hour basis. Support programs include social services, recreational activities, physical and occupational therapy, and other rehabilitative services. Special diets are provided through a registered dietitian on staff.

Our campus is a special community providing security, services and companionship for veterans and dependents. Its physically attractive grounds and accommodations, combined with a sincere atmosphere of caring, makes life at the Veterans' Home pleasant, enjoyable, and comfortable.

Call for Veteran, Spouse, or Parent eligibility.

Operation First Response.....888-289-0280

20037 Dove Hill Road, Culpeper, VA 22701

Visit operationfirstresponse.org for more information.

email: 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:

Operation Final Salute

Random Act of Kindness Initiative

Project Specialized Training

Dogs on Deployment619-800-3631

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

Visit dogsondeployment.org for more information.

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

Military members nation-wide confront a multitude of 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 501(c)(3) 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. Dogs on Deployment promotes 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. Join Dogs on Deployment's mission in changing the lives of our military members and their pets.

DoD Boarder Network: We provide the only online, national network that connects eligible pet owners with volunteers willing to board their pets during their service commitments.

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.

Community Advocacy: Volunteers work tirelessly to provide advocacy and support services to our heroes to promote lifelong responsible pet care through education and outreach.

Civil Air Patrol.....607-372-2023

Southern Tier Cadet Squadron #292, 2534 Airport Road,
Johnson City, NY 13790
Visit gocivilairpatrol.com for more information.

Civil Air Patrol is America's premier public service organization for carrying out emergency services and disaster relief missions nationwide. As the auxiliary of the U.S. Air Force, CAP's vigilant citizen volunteers are there to search for and find the lost, provide comfort in times of disaster, and work to keep the homeland safe. Its 56,000 members selflessly devote their time, energy, and expertise toward the well-being of their communities, while also promoting aviation and related fields through aerospace education and helping shape future leaders through CAP's cadet program.

"Volunteers serving America's communities, saving lives, and shaping futures."

Emergency Services

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

Aerospace Education

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

Cadet Programs

Civil Air Patrol's cadet program transforms youth into dynamic Americans and aerospace leaders through a curriculum that focuses on leadership, aerospace, fitness, and character. As cadets participate in these four elements, they advance through a series of achievements, earning honors and increased responsibilities along the way. Many of the nation's astronauts, pilots, engineers, and scientists first explored their careers through CAP.

NYS Park Passes

Access Pass, NY State Parks, Albany, NY 12238
Visit parks.ny.gov for more information. Email: accesspass@parks.ny.gov
Visit pa.gov/agencies/dcnr/recreation for more information.

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 New York State 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

The Lifetime Liberty Pass permits New York State veterans with a 40% or greater service-connected disability discounted use of state parks, historic sites, and recreational facilities.

Pennsylvania is brimming with outdoor recreation opportunities in all seasons! Discover the possibilities and places in your backyard or across the commonwealth, and be safe while you're out there.

Pennsylvania state parks do not charge an entrance fee.



Department of Labor

201 Reynolds Road, Johnson City, NY 13790 607-778-2257

100 Lackawanna Ave. Scranton, PA 18503 717-787-5279

Visit dol.ny.gov/services-veterans for more information.

Visit pa.gov/agencies for more information.

Disabled Veterans' Outreach Program

Disabled Veterans' Outreach Program Specialists (DVOPs) are disabled veterans themselves. They provide individual career services exclusively 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

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 also provide services for veterans and eligible persons, including job matching and job placement, conduct employer outreach, inform Federal contractors of the process to hire qualified veterans, and promote credentialing and licensing opportunities.

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

Veterans Temporary Hiring Program

The NYS Dept of Civil Service hosts the Veterans temporary Hiring Program Portal which provides a centralized 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.

NYS Job Bank

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.

Clear Path for Veterans315-687-3300

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

Satellite Location: 114 Clayton Avenue, Vestal, NY 13850

Visit clearpath4vets.com for more information.

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. Here, 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.

Programs:

- **Canine Program:** we raise purpose-bred puppies to support veterans physically and mentally. Our program is accredited by Assistance Dogs International, certifying our adherence to the highest standard.
- **Peer and Family:** Emphasizes connection, stability, and understanding in a judgment-free zone. 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. We offer mentorships, career counseling, and workshops to guide veterans toward their desired post military careers.
- **Culinary Programs:** We know that food builds friendship and camaraderie. Veterans and their 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.

Disabled American Veterans (DAV)716-857-3354

VA Regional Office, 130 W. Elmwood Ave. Ste 620, Buffalo, NY 14202

DAV Bill Gasper, 177 Robinson St. Binghamton, NY 13904

Visit dav.org for more information.

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.

CHARITABLE SERVICE TRUST: 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.

National Personnel Records Center.....314-801-0800

Visit archives.gov/veterans for more information.

Recent military service and medical records are not online. However, most veterans and their 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

Request online at vetrecs.archives.gov

By Mail: Use form SF180 for most complete information
National Personnel Records Center
Military Personnel Records
1 Archives Drive, St. Louis, MO 63138
By Fax: Use form SF180 for most complete information
314-801-9195

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.



National Park Passes

Visit nps.gov for more information. Email: 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.

A free lifetime Military Pass is available for Gold Star Families and US military veterans. A free annual Military Pass is available for current US military members and their dependents. The passes provide free access to more than 2,000 federal recreation areas, including national parks, wildlife refuges, and forests.

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.)

Download the app to navigate the parks on the go.

Division of Military and Naval Affairs (DMNA).....518-786-4581

330 Old Niskayuna Road, Latham, NY 12110

Visit dmna.ny.gov for more information.

Ng.ny.nyarnng.list.mnpa@army.mil (Public affairs)

Scott.e.walker18.civ@army.mil (family support programs

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

Programs include:

Military Member Services

Benefits

Family Services

Community

NYS Defense Forces

Employment

Units Include:

204th Engineer Battalion, 85 West End Ave., Binghamton, NY 13905
(204th includes Forward Support Company, Quarry Detachment, HHD)

Military Units/Family Readiness/Locations

698 Quartermaster Supply Co., 881 Stanton Hill Road, Nichols, NY

13812 724-287-8044

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

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

34 Lincoln Av., North Tonawanda, NY 14120

Visit yournewlife.me for more information.

Email: 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". Your 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. With the glasses, 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. Captivated by your experience you are intrigued to continue an adventure to the next set of domes.

Military Sexual Assault: DoD Secure Hotline.....877-995-5247

Visit safehelpline.org for more information.

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.

AIR FORCE ROTC607-777-2000

SUNY Binghamton University @ Cornell University Det 520,

4400 Vestal Parkway East, Binghamton, NY 13902

Visit afrotc.com for more information.

LEADERSHIP OPPORTUNITIES

In Air Force ROTC you will not only learn the principles of leadership in the classroom, but you will put them into practice outside of the classroom through hands-on management experience and valuable leadership-building exercises.

PROFESSIONAL DEVELOPMENT

To prepare for a career as an Air Force or Space Force officer, cadets take courses that focus on the importance of effective leadership, application of leadership concepts and the role of a military leader in today's society.

SALARY & BENEFITS

When you enter the Air Force or Space Force after AFROTC, you'll be able to take advantage of ongoing educational opportunities and advanced career and leadership training. You will also receive excellent pay and benefits, including healthcare, a housing allowance and travel opportunities.

ARMY ROTC

SUNY Binghamton @ Cornell University; Keyston College @ University of Scranton; Lackawanna College @ University of Scranton; Luzerne County Community College @ University of Scranton; Susquehanna University @ Bucknell University; Clark Summit University @ University of Scranton.

Visit goarmy.com/careers-and-jobs/find-your-path/army-officers/rotc for more information.

Army Reserve Officer Training Corp (ROTC) is an elective curriculum you take along with your required college courses. It gives you the tools, training and experiences that will help you succeed in any competitive environment. Along with great leadership training, Army ROTC can help pay for your college tuition. Because ROTC is an elective, you can participate during your freshmen and sophomore years without any obligation to join the Army. You do not have to join the Army to take ROTC courses. However, many of our students make the military commitment and find rewarding careers serving their country in various capacities all around the world.

Military Order of the Purple Heart.....888-668-1656

425 Robinson Street, Binghamton, NY 13904 607-772-3087

Visit purpleheart.org for more information.

Email: communications@purpleheart.org

Although our membership is restricted to the combat wounded, MOPH provides support to all veterans. Our Service Program is dedicated to supporting all veterans in understanding and accessing VA benefits. We listen to veteran needs and provide continuous liaison with members of Congress on key issues. We host a myriad of activities at the local level by its Chapters throughout the country. We strive to serve all our country with programs such as Americanism, building awareness and pride.

Programs include:

- National Legislative Program
- Veterans Advocacy Program
- ROTC/JROTC
- Center for Development and Civic Engagement
- Homeless Veteran Program
- Americanism

National Cemetery.....800-535-1117

Visit cem.va.gov for more information.

When a Veteran, service member, or family member qualifies for burial in a VA national cemetery, they receive certain burial benefits at no cost to their family.

VA burial benefits include:

- A gravesite in any of our national cemeteries with available space
- Opening and closing of the grave
- A burial liner provided by the government.
- A headstone or marker provided by the government.
- Perpetual (ongoing) care of the gravesite

At the time of need, the person planning the burial can also request other VA memorial items as well as military funeral honors provided by the Department of Defense. These items and honors have other eligibility requirements.

Finding Military Retirees and Veterans

The worldwide locator service is free to immediate family members and Federal and State government officials. Other family members, civilian friends, businesses, or any others must pay a non-refundable fee of \$3.50 in the form of a check or money order made payable to the U.S. Treasury.

Locating Army Retirees: Army Reserve Personnel Center, ATTN: ARPC-VSE-VS, 9700 Page Ave., St. Louis, Missouri 63132; **Locating Army Separates:** National Personnel Records Center, 9700 Page Ave. St. Louis, Missouri 63132. Current addresses are not maintained for separates who are not serving under reserve obligation. In such cases you might want to try a military organization such as the American Legion or VFW

Locating Navy Retirees or Separates: Navy Locator; Bureau of Naval Personnel, Pers-312 5720 Integrity Dr. Millington, Tennessee 38055. Voice: 901/874-3388 (Recording 24 hours per day, live assistance available 7:00a.m.-4:30p.m., central time). Limited service is available by writing to the address above. Letters will be forwarded, if possible, to the retiree. A locator notice can also be posted in the Navy retiree's newsletter Shift Colors or you may advertise for former shipmates in any of the many veterans' organization magazines.

Locating Air Force Personnel: The Air Force Locator can locate active duty personnel, as well as retirees, reservists, and guardsmen. Parents, spouses, and government officials may call 210/565-2478. Letters requesting locator service should be mailed to: HQ AFFC/MSMIDL, 550 C Street, West, Suite 50, Randolph AFB, Texas 78150-4752: Voice: 210/565-2660 (Live assistance-Monday-Friday 7:30a.m.-4:30p.m., central time). The Air Force will not help in locating separates or Army Air Corps retirees. You may write to the National Personnel Records Center below or contact one of the various veterans' service organizations to help in locating these persons. National Personnel Records Center, 9700 Page Ave, Saint Louis, Missouri 63132-1500.

Locating Marine Corps Personnel: The Marine Corps is not able to assist in locating former Marines. They suggest you place an ad in Leatherneck Magazine. There is a monthly feature called "Mail Call" that includes locator requests. There is no charge for the service and you may send your request to: Mail Call Editor, P.O. Box 1775, Quantico, Virginia 22134

Locating Coast Guard Personnel: Send mail to: Commanding Officer (RAS), Coast Guard Personnel Support Center, 444 S.E. Quincy Street, Topeka, KS 66683-3591; (785) 339-3415, (785) 339-3770 FAX

Gary Sinise Foundation 615-575-3500

PO Box 40726, Nashville, TN 40726

Visit garysinisefoundation.org for more information.

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.

Marine Corps League Headquarters 703-207-9588

Jim Hatch #1201, 207 Main Street, Owego, NY 13827

John W. Thurston #250, 363 W. Service Road, Binghamton, NY 13901

Visit mcleaguelibrary.org for more information and locations.

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

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

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

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

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

Our Military Kids 703-734-6654

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

Visit ourmilitarykids.org for more information.

Email: omkinquire@ourmilitarykids.org

Our Military Kids recognizes the sacrifice of children of deployed National Guard, deployed 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.

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

Law NY, Legal Assistance of Western NY, Inc.607-273-3667

902 Taber Street, Suite 1, Ithaca, NY 14850

Visit lawny.org for more information.

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

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

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

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

New York Helmets to Hardhats866-741-6210

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

Capital Region: 518-435-9108

Upstate Region: 716-474-1204

Visit nyh2h.org for more information.

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 (IBEW) 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 educate service members on how they can use their G.I. Bill benefits to supplement their incomes while participating in a registered apprenticeship program.

WHY REGISTER?

We're glad you asked! Helmets to Hardhats is a great resource for many reasons. We help veterans pursue a career in a Union construction trade of their choice. You don't need to have any experience in Construction. You will join an Apprenticeship Program which will provide you with all the training you need. As an apprentice, you will be working full time on a construction site while getting trained. You get paid for every hour you work, and the apprenticeship training comes at 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 will 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 – meaning you're getting paid to work & get to keep your benefits.

**WORK FULL TIME
TRAINING – PAID FOR BY THE UNION
GI BILL – COLLECT & KEEP YOUR BENEFITS
PENSION, BENEFITS, ANNUUITIES and more...**

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

510 Clinton Square, Rochester, NY 14604

Visit heroeshomeadvantage.com for more information.

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.

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

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

Iraq Afghanistan Veterans of America.....212-982-9699

85 Broad Street, 18th Floor, New York, NY 10004

Visit iava.org for more information. Email: 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)

Visit ist.doded.mil/ist for more information.

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 to access the JST website and your transcript. Active duty, Reserve, Veterans or National Guard personnel can use JST.

Veterans Administration Medical Centers and Clinics

Binghamton VA Clinic, 203 Court Street, Binghamton 607-772-9100

Sayre VA Clinic, 1537 N. Elmira St., Sayre, PA 18810 570-888-6803

Visit va.gov/find-locations for more information.

Provides primary care, mental health care, specialty care, cancer care, cardiology, diabetes care, mental health care, palliative and hospice care, treatment for HIV (human immunodeficiency virus) and hepatitis, disease prevention and wellness programs, alcohol and drug abuse rehabilitation, posttraumatic stress disorder care, domiciliary program, community living center (nursing home) care and more. NOTE: Closest to you may be in another county.

Honor Flight.....607-953-8470

Twin Tiers Honor Flight, POB 1770, Binghamton, NY 13902

Visit honorflight.org for more information.

Email: twintiershonorflight@gmail.com

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. The sooner Veterans apply, the sooner they fly.

This program assists veterans across the nation to visit their Washington DC war memorials and Arlington National Cemetery at no cost. Resources are pooled, experience is shared, and alliances are formed throughout America to get World War II, Korean, and Vietnam era veterans, as well as terminally ill veterans of any era to their precious memorials safely.

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

Visit vfw.org for more information.

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.

Heroes with Hearing Loss

Visit heroeswithhearingloss.org for more information.

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 York716-984-7806

120 Second Ave, Unit 206, Ketchum, Idaho 83340

Visit highergroundusa.org for more information.

Email: natasha@higherground.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.

The Heroes Project323-680-1007

7304 Beverly Blvd, Suite 151, Los Angeles, CA 90036

Visit theheroesproject.org for more information.

Email: info@theheroesproject.org

The Heroes Project makes the impossible a reality by empowering our injured community through physical and emotional training, allowing them to explore the farthest reaches of themselves and the world they live in. These expeditions challenge the severely wounded to redefine their personal limits post injury. The Heroes Project inspires our injured men and women to find purpose, both physically and mentally, and ignites others to do the same.

Expeditions for Heroes:

The Heroes Project takes our military heroes on therapeutic, challenging, and transformative experiences. In partnership with our alumni (team THP), we pair our new participants with a mountain specifically chosen to challenge them physically and mentally.

The physical experience of conquering their individual summits is only part of the process. The mental preparation for these treks is equally as valuable. The Heroes Project has put our injured war veterans on the highest summits of the world crushing every single challenge we set.

On each expedition, The Heroes Project captures footage of our heroes' journeys to recovery. These stories of strength, resilience, and the ability to triumph over the impossible are used as part of our outreach and empowerment programs to inspire the masses.

Veteran Caregiver

Visit veterancaregiver.com for more information.

Email: lkreter@wisehealth.com

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

Hidden Heroes.....202-249-7170

Visit hiddenheroes.org for more information.

Hidden Heroes brings vital attention to the untold stories of military caregivers and seeks solutions for the tremendous challenges and long-term needs they face.

You don't have to do this alone.

If you are a military caregiver, we encourage you to connect with a community of your peers via our secure Facebook group and Caregiver Q&A, to share experiences and advice with those who've been there. We also offer access to educational online courses to help you through the challenges of caregiving.

Respite Relief for Military and Veteran Caregivers, which offers family caregivers of veterans or service members access to free, short-term relief with the help of in-home care professionals.

Critical Financial Assistance for Military and Veteran Caregivers

Life happens and unexpected costs come up. The uncertainty of a sound financial future should not add to the stress of being a caregiver. Through the generous support of Bob & Dolores Hope Foundation, the Hope Fund for Critical Financial Assistance provides much-needed aid for the caregiver, the care receiver, and their family. Caregivers can apply for grants that provide high-impact financial assistance to prevent or address a significant crisis or to improve the quality of life of their family. Every caregiver who applies for the Hope Fund will be offered additional support, referrals, and access to other benefits available through the Elizabeth Dole Foundation's holistic financial support program.

