



American Red Cross
Southern Tier Chapter



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

**CHENANGO,
CORTLAND,
TOMPKINS COUNTY**
**Military
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 the Armed Forces Volunteers
Southern Tier Chapter
with special recognition to the
American Red Cross volunteers of
Chenango, Cortland, and Tompkins 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.....877-832-6997

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 aid 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.

Warrior Writers.....Email: info@warriorwriters.org
111 N. Albany 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.

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 **Chenango, Cortland, and Tompkins** 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 1-716-878-2353

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 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.

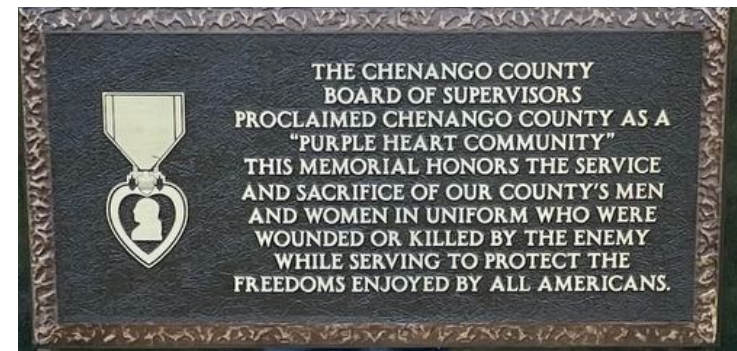
Email: warriorstrongusa@gmail.com

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.



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.



For 24/7 Hour support:

1-800-273-8255 (Press 1)

Text:

838255

Visit milvetcaregivernetwork.org for more information.

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](https://www.redcross.org/get-help/military-families/emergency-communication) for more information.

Vietnam Veterans of America315-730-7726

Chapter #377, 2272 Dryden Road, Dryden, NY 13053

Visit [vva.org](https://www.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.

Veterans Upward Bound, National Association

162 Memorial Drive, Rochester, NY 14623

585-475-5495

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.

ABUSE/VIOLENCE/SUICIDE

Page #

211 Susquehanna River/Tompkins/Cortland Regions	15
Military Sexual Assault	33
National Domestic Violence Hotline	15
Soldier On	50
Vet Center	58
Veterans Crisis Line	41

ADDICTION/RECOVERY

211 Susquehanna River/Tompkins/Cortland Regions	15
Seabrook	48
Soldier On	50
Vietnam Veterans of America	63

BENEFITS

211 Susquehanna River/Tompkins/Cortland Regions	15
American Legion	16
Disabled American Veterans (DAV)	24
Division of Military and Naval Affairs (DMNA)	25
Hero Care Network	6
Paralyzed Veterans of America	46
Vet Center	58
Veterans of Foreign Wars (VFW)	52
Vietnam Veterans of America	63
Wounded Warrior Project	67

BURIALS

211 Susquehanna River/Tompkins/Cortland Regions	15
American Legion	16
Marine Corps League	37
National Cemetery	40

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

Veterans Administration Medical Centers and Clinics

Syracuse VA Medical Center, 800 Irving Ave Syracuse, NY 315-425-4400
Tomkins County VA Clinic, 2309 N. Triphammer Rd., Ithaca, NY 14850
607-657-2045

Oneonta VA Clinic, 1 Fox Care Dr., Oneonta, NY 13820 607-967-8590
Visit [va.gov/find-locations](https://www.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.

Spotlighting the Medical Foster Home (MFH) Program.

The MFH program offers Veterans who need daily care a unique alternative to nursing homes. Veterans live in caregivers' homes, receiving personalized attention and one-on-one care, and are supported by VA's Home-Based Primary Care teams. These teams include doctors, nurses and other health care professionals who provide medical care directly in the home.

The MFH program is open to Veterans of all ages and demographics, allowing Veterans to live in a home environment while receiving personalized care. Veterans are responsible for paying their caregivers directly, with monthly costs typically ranging from \$2,000 to \$4,000. The caregiver rate is negotiated between the Veteran or their responsible party with oversight from the VA MFH team to ensure that the arrangement meets everyone's needs.

MFH caregivers provide round-the-clock support for these tasks, offering personal care, medication management, meal preparation and help with social activities. The Aid and Attendance benefit helps make this care more affordable for Veterans while allowing them to maintain their dignity and quality of life in a home-like setting.

If you're seeking compassionate care, check out the [VA Medical Centers with Medical Foster Home programs](#). Connect with your local VA social worker to find out when a Medical Foster Home will be available near you.

CAREGIVER

Page #

211 Susquehanna River/Tompkins/Cortland Regions	15
Military and Veteran Caregiver Network	5
Operation Family Caregiver	38
Semper Fi & America's Fund	49

CHILDREN'S PROGRAMS

211 Susquehanna River/Tompkins/Cortland Regions	15
American Legion	16
Angels of America's Fallen	18
Marine Corps League	37
Operation Homefront	45
Our Military Kids	34
Semper Fi & America's Fund	49
United Heroes League	56
Veterans of Foreign Wars (VFW)	52

EDUCATION

211 Susquehanna River/Tompkins/Cortland Regions	15
Boots for Troops	20
Helmets to Hardhats	31
Iraq Afghanistan Veterans of America	27
Joint Services Transcript	34
Marine Corps League	37
ROTC-Army	37
ROTC-Navy	39
ROTC-Air Force	39
USA Small Business Association	57
Veterans Upward Bound, National Association	62

EMPLOYMENT

	Page #
211 Susquehanna River/Tompkins/Cortland Regions	15
Clear Path for Veterans	23
Disabled American Veterans (DAV)	24
Division of Military and Naval Affairs (DMNA)	25
Helmets to Hardhats	31
Iraq Afghanistan Veterans of America	27
Military Hire	35
NYS Department of Labor	43
Soldier On	50
Southern Tier Veterans Support Group	51
USA Small Business Association	57
Wounded Warrior Project	67

FINANCIAL

211 Susquehanna River/Tompkins/Cortland Regions	15
American Legion	16
Hero Care Network Financial Assistance	7
Iraq Afghanistan Veterans of America	27
Marine Corps League	37
Operation First Response	44
Operation Homefront	45
ROTC-Army	37
ROTC-Navy	39
ROTC-Air Force	39
Semper Fi & America's Fund	49
Southern Tier Veterans Support Group	51
Sunny Mike Foundation	53
Veterans of Foreign Wars (VFW)	52
Wounded Warrior Project	67

Veteran Service Agency's/Organizations

5 Court St., Norwich, NY 13815	607-337-1775
60 Central Ave, Cortland NY 13045	607-753-5014
111 N. Albany St., Ithaca, NY 14850	607-274-5920

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.

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

Vet Center607-722-2393
 53 Chenango St., Binghamton, NY 13901 607-722-2393
 109 Pine Street, Suite 101, Syracuse, NY 315-478-7127
 Visit va.gov 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



HEALTH

Page #

211 Susquehanna River/Tompkins/Cortland Regions	15
Do It For The Love	18
Heroes with Hearing Loss	32
Paralyzed Veterans of America.....	46
Seabrook.....	48
Southern Tier Veterans Support Group	51
Wounded Warrior Project	67

HEALTH (Animal)

211 Susquehanna River/Tompkins/Cortland Regions	15
America's VetDogs	17
Clear Path for Veterans	23
Semper Fi & America's Fund.....	49
Stand with Me Assistance Dog Team Training, Inc.	52
Veterans Moving Forward	61

HEALTH (Peer to Peer)

211 Susquehanna River/Tompkins/Cortland Regions	15
Clear Path for Veterans	23
Ethereal Dreams Entertainment.....	27
Gary Sinise Foundation	29
Iraq Afghanistan Veterans of America.....	27
Marine Corps League	37
Operation First Response.....	44
Semper Fi & America's Fund.....	49
Soldier On	50
Vet Center	58
Warrior Strong Inc.	65
Wounded Warrior Project	67

HOUSING ASSISTANCE

	Page #
211 Susquehanna River/Tompkins/Cortland Regions	15
Building Homes for Heroes	21
Gary Sinise Foundation	29
Habitat for Humanity.....	30
Heroes Home Advantage.....	32
Home Fire Campaign	4
Iraq Afghanistan Veterans of America.....	27
NYS Veterans Home	26
Operation Homefront	45
Property Tax Exemptions.....	47
Semper Fi & America's Fund.....	49
Soldier On	50
Tunnels to Towers Foundation.....	55
Vietnam Veterans of America.....	63
Warrior Salute Veteran Services.....	64

LEGAL

211 Susquehanna River/Tompkins/Cortland Regions	15
Iraq Afghanistan Veterans of America.....	27
LawNY	35
NYS Defenders Association/Veterans Defense Program ...	21
Soldier On	50
Veterans Treatment Court.....	48
Vietnam Veterans of America.....	63

U.S. Small Business Administration518-326-6328
McNulty Veteran Business Center, 44 Dalliba Ave., Watervliet, NY 12189
Koffman Southern Tier, 120 Hawley St., Binghamton, NY 607-777-4026
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.

United Heroes League.....651-319-0737

15211 Ravenna Trail Hastings, MN 55033

Visit unitedheroesleague.org for more information.

Email: info@unitedheroesleague.org

United Heroes League 501(c)(3) has provided over \$12 MILLION dollars' worth of free sports equipment, game tickets, cash grants, skill development camps, and special experiences to military families across the US & Canada. Special thanks to all our incredible volunteers, donors, partners, supporters, and amazing military families for making the mission possible!

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

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

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



MILITARY RECORDS/LOCATIONS

Page #

211 Susquehanna River/Tompkins/Cortland Regions	15
Division of Military and Naval Affairs (DMNA)	25
Finding Military Retirees and Veterans	28
Hero Care Network Emergency Communications.....	6
Joint Services Transcript.....	34
Military One Source.....	38
Military Units/Locations	44
National Personnel Records Center.....	42
ROTC-Army	37
ROTC-Navy.....	39
ROTC-Air Force.....	39

RECREATION

211 Susquehanna River/Tompkins/Cortland Regions	15
American Legion	16
Battlefields to Ballfields.....	19
Boots for Troops	20
Catch A Lift	22
Clear Path for Veterans	23
Higher Ground NY Veterans Program	20
Honor Flight Twin Tiers	33
National Park Passes	41
NYS Park Passes.....	40
Sunny Mike Foundation.....	53
Team River Runner	46
Team RWB.....	54
Travis Mills Foundation	25
Warrior Strong Inc.	65
Warrior Writers.....	66
Wounded Warrior Project	67

TRANSPORTATION

Page #

211 Susquehanna River/Tompkins/Cortland Regions	15
Boots for Troops	20
Disabled American Veterans (DAV).....	24
Luke's Wings	36
Semper Fi & America's Fund.....	49

VETERAN ORGANIZATIONS

211 Susquehanna River/Tompkins/Cortland Regions	15
American Legion	16
Disabled American Veterans (DAV).....	24
Marine Corps League	37
Veterans of Foreign Wars (VFW).....	52

OTHER HELPFUL SITES

211 Susquehanna River/Tompkins/Cortland Regions	15
Boots for Troops	20
Dogs on Deployment	26
Operation First Response.....	44
Stand with Me Assistance Dog Team Training, Inc.	52
Vietnam Veterans of America.....	63

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.



211211

211 Susquehanna River Region, 101 Jensen Road, Vestal, NY 13850

211 Tompkins/Cortland, 118 N. Tioga St. #304, Ithaca, NY 14850

Visit helpme211.org or 211tompkins.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.

National Domestic Violence Hotline800-799-7233

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.

Sunny Mike Foundation585-431-6770

Visit sunnymike.org for more information. Email: hello@sunnymike.org

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

The type of assistance we offer:

Financial-the veteran applies for funds to cover something, e.g. insurance, rent, or items, e.g. a crib, a bed, an appliance, the veteran wants to take a class in finance. We can provide (one-time) \$600 towards their need. Let's say it is rent. We need the contact information for the landlord. We contact them, verify the veteran is living or moving there, verify their process for payments and then mail them the check. If the need is goods, we have accounts set up at various businesses. We ask the veteran to go online, put items in their cart and send us the pics of the items they want, not going over \$600. They do that and we have the items delivered to their homes as soon as the merchant can get it there. We respond to the veteran within 24 hours of the application. To date, their needs are the most basic: a roof over their heads, a bed on which to sleep.

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

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

Pay-It-Forward-We ask the veterans who we help to help us do this with something that lights them up. What do you like to do? Fish? So you'd be willing to go fishing with another veteran? Great! We connect them. This gets repeated with each new veteran. Some veterans want to help us in return. This year, we've invited our veterans to help out at our major fundraiser in September (flyer attached). So far, we have 2 who want to give back to us.

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 and 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.

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.

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.

Angels of America's Fallen 719-377-7352
10010 Devonwood Ct., Colorado Springs, CO 80920
Visit aofallen.org for more information. Email: hello@aoafallen.org

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

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

Do it for the Love info@doitfortheLove.org
360 Grand Avenue, #350, Oakland, CA 94610
Visit doitfortheLove.org for more information.

The mission of Do It for the Love is to inspire hope and healing through the power of music by supporting clinical and community-based music therapy, evidence-based research, and providing live music experiences.

Live Music Inspires...

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

Hope: For many of our wish recipients, it marks a turning point in their fight against their illnesses. The wish experience works in concert with medicine to make them feel better, emotionally, and physically.

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

Southern Tier Veteran Support Group (STVSG) 607-205-8332
PO Box 1201, Vestal, NY 13851
Visit stvs.org for more information. Email: info@stvs.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.

Protect the game970-231-3672

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.

Higher Ground New York716-388-6220

PO Box 123, Buffalo, NY 14225

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.

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



Seabrook.....856-455-7575

133 Polk Lane, Bridgeton, NJ 08302

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

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

We provide a wide array of services that include:

- Withdrawal Management
- Residential Treatment
- Outpatient Services
- Specialty Programs
- Holistic Treatment

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

Veterans Treatment Court 320 N. Tioga St., Ithaca, NY 14851

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.

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.

NYS Defenders Association/Veterans Defense Program

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.

Catch A Lift (Fitness for Veterans) 855-496-4838

2066 York Road #205A, Timonium, MD 21093

Visit catchaliftfund.org for more information.

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

Catch A Lift provides Afghanistan (OEF) and Iraq (OIF) combat-injured veterans the tools necessary for regaining control over their recovery.

Veteran Participants work with a certified veteran coach to build a custom eight-week, holistic wellness program based on CAL's four pillars of fitness, nutrition, emotional wellness, and community.

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

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

CAL has the tools to help Veterans recover holistically!



Property Tax Exemptions..... See your tax assessor

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.

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!*

Paralyzed Veterans of America.....716-857-3353

130 S. Elmwood Ave. Suite 621, Buffalo, NY 14202

Visit pva.org for more information. Email: rachaels@pva.org

Paralyzed Veterans of America, a congressionally chartered veterans service organization founded in 1946, has developed a unique expertise on a wide variety of issues involving the special needs of our members – veterans of the armed forces who have experienced spinal cord injury or dysfunction.

PVA will use that expertise to be the leading advocate for:

- Quality health care for our members
- Research and education addressing spinal cord injury and dysfunction
- Benefits available as a result of our members' military service
- Civil rights and opportunities that maximize the independence of our members.

To enable Paralyzed Veterans to continue to honor this commitment, we must recruit and retain members who have the experience, energy, dedication, and passion necessary to manage the organization and ensure adequate resources to sustain the programs essential for Paralyzed Veterans of America to achieve its mission.

Team River Runner.....717-951-8949

5007 Stone Road, Rockville, MD 20853

Visit teamriverrunner.org for more information.

Email: info@teamriverrunner.org

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

Chapter Coordinator Jennifer.eaton@teamriverrunner.org

Chapter Secretary Bill.butler@teamriverrunner.org

Clear Path for Veterans315-687-3300

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

Satellite Location: 114 Clayton Avenue, Vestal, NY 13850

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

Visit clearpath4vets.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

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.

IF YOU ARE A VETERAN AND NEED A RIDE TO AND FROM YOUR VA MEDICAL APPOINTMENT, PLEASE CALL:

SYRACUSE-315-425-4643

BATH—607-735-0583

ROCHESTER—585-463-2661

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

17319 San Pedro Avenue, Suite 505, San Antonio, TX 78232

Visit operationhomefront.org for more information.

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

Critical Financial Assistance: 877-264-3968

Housing

- Transitional Housing (apartments)
- Permanent Homes
- Transitional Homes
- Transitional Housing (Villages)

Family Events

- Back to School Brigade
- Holiday Meals for Military
- Star Spangled Babies
- Holiday Toy Drive
- Homefront Celebrations
- Military Child of the Year

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

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

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: OFR sends backpacks to wounded service members located at combat support hospitals in theatre. These backpacks are filled with a set of clothing, hygiene products, a handmade blanket, and a phone card and sent to a POC to be given to our wounded upon arrival. These items enable our wounded to have some personal items considering many have their uniforms cut off on the battlefield and it may take weeks for personal items to be returned. OFR also provides Hygiene bags to Veteran Food Shelters and Veteran Homeless Shelters.

Operation Final Salute

Random Act of Kindness Initiative

Project Specialized Training

Military Units/Family Readiness/Locations

D Co. 2nd Battalion 108th Infantry, 1765 Hanshaw Road, Ithaca, NY
14850 607-257-1824

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.

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

Family Services

NYS Defense Forces

Benefits

Community

Employment

Travis Mills Foundation207-480-3490

647 Castle Island Road, Mt. Vernon, Maine 04352

Visit travismillsfoundation.org for more information.

Email: foundation@travismillsfoundation.org

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

The following adaptive and traditional activities are provided.

Culinary Arts (Cooking Courses, Bating)

Guest chefs

Challenge Ropes Course

Horseback Riding

Hiking

Massage therapy

Yoga

Kayaking

Martial Arts (Self Defense)

Cycling

Shooting Sports

Golfing

Ice fishing

Archery

Canoeing

Dogs on Deployment 619-800-3631

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.

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.

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

Workforce Center, 1 O'Hara Drive, Norwich, NY 13815..... 607-334-2201

501 Reynolds Road, Johnson City, NY 13790 607-778-2218

199 Franklin St., Suite 204, Auburn, NY 13024 315-255-4908

Visit dol.ny.gov/services-veterans 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

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

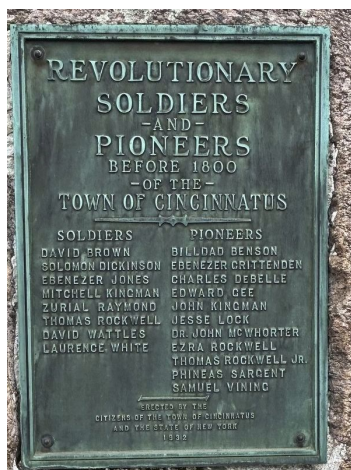
Request online at vetrecs.archives.gov

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.



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.

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.

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 AFPC/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

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.

Veterans Crisis Line 988

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

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders.

You can also text 988 or chat online with the Suicide and Crisis Lifeline. You can also call if you are concerned about someone else.

Go to the nearest Emergency Room for immediate medical attention.

National Cemetery.....800-535-1117
NY Veterans Cemetery, Finger Lakes 607-379-0197
6632 NY-96A, Romulus, NY 14541
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.

NYS Park Passes518-474-2324
Access Pass, NY State Parks, Albany, NY 12238
Visit parks.ny.gov for more information. Email: accesspass@parks.ny.gov

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.

Gary Sinise Foundation615-575-3500
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.

Habitat for Humanity

95 Brown Road, Suite 221, Ithaca, NY 14850607-844-3529

1240 Main Street, Guilford, NY 13780607-334-7492

Visit habitatnys.org for more information.

Habitat works together with families, local communities, volunteers and partners from around the world so that more people are able to live in affordable and safe homes. Our advocacy efforts focus on policy reform to remove systemic barriers preventing low-income and historically underserved families from accessing adequate, affordable shelter.

Houses are modestly sized. They are large enough for the homeowner family's needs, but small enough to keep construction and maintenance costs affordable. Habitat for Humanity uses quality, locally available building materials. Habitat home designs reflect the local climate and culture.

Through our Aging in Place program, Habitat helps older adults age at home and in communities of their choice. Our local Habitat affiliates collaborate with human services organizations to evaluate individual needs and provide critical home repairs, modifications and community services specific to each homeowner's lifestyle to preserve their home and their independence.

Habitat for Humanity works in a number of different ways to create decent, affordable housing.

- In addition to new construction, Habitat also renovates existing homes in many communities, particularly in urban areas.
- Habitat for Humanity helps people repair and improve their own homes and neighborhoods.

Habitat's Disaster Response works with local communities to address a variety of housing needs after natural disasters.

Neighborhood revitalization is a long-term, holistic strategy that supports residents to improve the quality of life in under-resourced communities. Habitat for Humanity takes a local and community-based approach to neighborhood revitalization to ensure that our work is driven by those with lived experience. Residents know their neighborhood's unique challenges and opportunities. We listen to the community's priorities and build on their strengths, leveraging our resources and partnerships to invest in community-led projects that improve the lives of current and future residents.

Air Force ROTC

Cornell University, 616 Thurston Ave, Ithaca, NY 14850 607-254-4363

Ithaca College, 953 Danby Road, Ithaca, NY 14850 607-274-3011

SUNY Cortland, 22 Graham Ave., Cortland, NY 13045 607-753-2011

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.

Navy ROTC

Cornell University, 616 Thurston Ave, Ithaca, NY 14850 607-254-4363

The purpose of the Navy ROTC Program is to educate, and train qualified young men and women for service as commissioned officers in the Navy's unrestricted line, the Navy Nurse Corps and the Marine Corps. As the largest single source of Navy and Marine Corps officers, the Navy ROTC Scholarship Program plays an important role in preparing mature young men and women for leadership and management positions in an increasingly technical Navy and Marine Corps.

Selected applicants for the Navy ROTC Scholarship Program are awarded scholarships through a highly competitive national selection process, and receive full tuition, books stipend, educational fees and other financial benefits OR Room and Board at many of the country's leading colleges and universities. Upon graduation, midshipmen are commissioned as officers in the unrestricted line Naval Reserve or Marine Corps Reserve.

Military One Source 800-342-9647

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.

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.

New York Helmets to Hardhats 866-741-6210

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, ANNUITIES 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.

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.

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

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 (luh-jern) Leadership Award, Delta Dental Scholarship, and college scholarships through the Marine Corps League Foundation.

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

Army ROTC

Cornell University, 616 Thurston Ave, Ithaca, NY 14850 607-254-4363
Ithaca College, 953 Danby Road, Ithaca, NY 14850 607-274-3011
SUNY Cortland, 22 Graham Ave., Cortland, NY 13045 607-753-2011
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.

Luke's Wings (Emergency Requests only).....512-971-9848

1054 31st St. Suite 540, Washington DC 20007

Visit lukeswings.org for more information.

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

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

Wounded Warrior Transportation Assistance Program (W.W.T.A.P.)

Provides flights for the loved ones who were combat injured (or training accident injuries) and who are now receiving ongoing in-patient medical care at a military hospital. Luke's Wings is committed to keeping these families together during the wounded warrior's long and difficult recovery and rehabilitation.

Major Illnesses Transportation Assistance Program (M.I.T.A.P.)

Provides flights for the loved ones who acquired a major chronic illness (such as cancer) during their deployment and who are now receiving ongoing in-patient medical care at a hospital. These flights not only provide access to medical treatments that take them far from their homes but also provide travel for their loved ones to be with them every step of the way.

Veterans in Hospice Transportation Assistance Program (H.T.A.P.)

Provides flights for the loved ones in hospice or palliative care so that they can be bedside for their final moments. Veterans who fall within this program line have served our Nation in World War II, The Korean War, The Vietnam War, The Gulf War and so on.

Special Operations Transportation Assistance Program (S.O.T.A.P.)

Provides flights for the loved ones of Special Operators during recovery, rehabilitation, and certain times of duress. are honored to be a trusted benevolent partner to the United States Special Operations Command Care Coalition through their Warrior Care Program, allowing us to best serve their close-knit community.

Fallen Officer's Transportation Assistance Program (F.O.T.A.P.)

Provide emergency travel coordination and complimentary airfare to the families and loved ones of law enforcement officers, immediately following a catastrophic injury or death while serving in the line of duty. Our team is dedicated and committed to helping each one of our Nation's heroes. We will stand ready to serve.

Honor Flight-Twin Tiers607-953-8470

Visit honorflight.org for more information.

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 D 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.

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 and to receive the medical treatment, mental health counseling, and the advocacy services that they deserve.

Joint Services Transcripton-line only

(Previous AARTS, SMART and VRAP)

Visit jst.doded.mil/jst 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.

Our Military Kids703-734-6654

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 St. 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.

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.