

Volunteer News...

www.visn2.va.gov

Recognizing the Efforts of VA Volunteers in Upstate New York

Spring 2016

Working Together to Achieve Something Great

"The Best Way to Find Yourself is to Lose Yourself in the Service of Others."
- Mahatma Gandhi



See more
volunteer pairs
at VA
on page 10.

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www.visn2.va.gov/vet/volunteer.asp

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We Want to Hear from You!

If you have any comments, questions, story ideas, etc. contact:
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Dear Volunteers

Spring is around the corner and we are again looking forward to a summer of activities and events for Veterans to participate in with your help and support. We have been able to expand and increase the number of recreation programs we offer inpatients and outpatients like - fly fishing, canoeing, barbecues, gardening, bicycling and more. These activities help to encourage our Veterans to get outdoors which increases their physical activity and interaction with others and improves their health and overall quality of life.



This summer ask a friend or a family member to join you in your volunteer efforts with VA. Join the growing number of volunteers volunteering with a companion some of who are featured in the newsletter's center spread.

Please accept my sincere thank you for all you and your organizations due for our volunteer program.

Sincerely,

Darlene A. DeLancey, M.S.
Interim Network Director



Front cover photo captions:

Top left: **Katharine** and **Laura Coli**, Syracuse VA Medical Center

Top right: **Bill** and **Shirley Adams**, Canandaigua VA Medical Center

Bottom left: **Dan** and **Patricia Gorden**, Syracuse VA Medical Center

Bottom right: **Mary Jo** and **Ralph Bates**, Batavia VA Medical Center

► Albany Highlights



Dr. **Angela M. Nagle**, East Greenbush superintendent of schools, organized a fundraising drive for Veterans which generated \$1,550.00 in donations. The funds will provide recreational activities, special events, holiday celebrations and comfort services to Veteran inpatients throughout the year.



Dan O'Sullivan and members of the Communication Workers of America, Local 1118, graciously donated more than 12 cases of coffee, sugar, and creamer for Veterans this past Veteran's Day. This is part of the "Joe for GI's" program, which Dan initiated over a year ago.

To donate coffee, creamer or other supplies, please contact Voluntary Service at (518) 626-5506.

Local Business Supports Adaptive Sports Program



The **WRGB CBS6** news station recently covered a story of a local Veteran, who was hit by a mortar while serving in Iraq, trying to save a program that helped her deal with PTSD. The Veteran, **Angie Lupe**, got a big surprise from AllSquare Wealth Management, a local business who saw the story and donated \$15,000 to the program - but it doesn't stop there.

Douglas Bauer, CEO of **AllSquare Wealth Management**, put out a community challenge, matching donations to the Stratton VA Adaptive Sports Program.

Left to right: **Angie Lupe**, Veteran; **Douglas Bauer**, CEO AllSquare Wealth Management; **Scott Guermonprez**, Interim Director Albany Stratton VA Medical Center, and **Ken Kio**, Acting Associate Director Albany Stratton VA Medical Center.



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► Albany Highlights



Disabled American Veterans of America, Chapter 122, recently donated a brand new 2015 Ford Transit 12-passenger van to the Stratton VA Medical Center. The \$35,000 van will be used to provide transportation service for Fulton County Veterans and joins a fleet of over 15 DAV vans currently serving eligible Veterans throughout the region.

Rob Grier, VA volunteer, graciously offered to make the trip to Cold Springs, Kentucky to officially receive the van from **Connie Kinney**, DAV Voluntary Services Correspondent. After a 13-hour drive, Rob safely delivered the van to VA, and from there transferred it to Fulton County.

Wish List

- Creamer, sugar and artificial sweetener
- Crossword puzzle and word find books (large print)
- Gift cards for Walmart, Price Chopper, Shop-Rite or iTunes
- Shower shoes (all sizes)
- New winter gloves, t-shirts, underwear, sweatpants and sweatshirts (all sizes)

Please contact **Jim Keller** at (518) 626-5506 for more information.

Calendar

February 14 - 20

National Salute to Veteran Patients Week

Hospital Wide

(Please contact **Jim Keller** at (518) 626-5506 to volunteer)

Sunday, February 28

Four Chaplains Brotherhood Award Presentation

2:30 p.m., 11th Floor Chapel

Tuesday, March 22

VA Voluntary Service Committee Meeting

1:00 p.m., 3rd Floor Auditorium

Tuesday, March 29

Vietnam Veterans Welcome Home Event

12:00 p.m., 3rd Floor Auditorium

(All Vietnam Veterans welcome)

Friday, April 8

Former POW Remembrance Luncheon

Wilson Lounge

(Former Prisoners of War and their families)

Volunteer Opportunities

- Canteen Service
- Clothing room
- Companionship program
- Disabled American Veteran (DAV) van drivers
- Event planner
- Fisher House support
- Lab courier
- No Veteran Dies Alone - Hospice
- Kiosk instruction
- Wheelchair escorts
- Vocational program support
- Voluntary Service office

Please contact **Noney Grier** at (518) 626-5507 for the most up-to-date opportunities.

► Bath Highlights

Hewlett-Packard's "Home of the Brave" Project



Hewlett-Packard sponsored a "Home of the Brave" project for Veterans on November 10, 2015. The Veterans had a great time enjoying music, refreshments and cake. Each Veteran also received a "Home of the Brave" t-shirt.

A fourth-grade class from the **Addison Central School District** made ornaments and donated hundreds of toiletries for Veterans during the 2015 holiday season.



Dr. **Felipe Diaz**, Bath VA Medical Center Chief of Staff, stands next to a van loaded with more than 200 toys donated by VA staff for **Toys for Tots**.



Jerry Babchak, Marine Corps League Representative, presented **Lynn Dinehart**, Bath VA Voluntary Services Manager, a check for the medical center's holiday fund for Veterans. The **Marine Corps League** also sponsored a cake for Veterans to enjoy.

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► Bath Highlights

Volunteer Opportunities

- Clerical support (various departments)
- Disabled American Veteran (DAV) van drivers
- Friendly visitors - visit with Veterans
- Patient escorts
- Special events
- Recreational assistance



Robert Allen from **American War Dads** donated money to the medical center in support of Veterans. Left to right: **Mary Harkin**, Voluntary Service Specialist; **Robert Allen**; and **Lynn Dinehart**, Volunteer and Recreation Service Manager.

Wish List

- Body Wash
- Coffee
- Creamer and sugar packets
- Deodorant
- Denture adhesive and cleaner
- Gift cards for fast food, Walmart and Tops Market (\$5-\$10)
- Plain fleece blankets (twin size)
- Shampoo
- Stamps

The Homeless Veterans program & Jump Start program are in need of the following items:

- Cleaning supplies
- Coffee maker
- Dishes
- Pots & pans (can be gently used)
- Silverware
- Toasters



Corning Incorporated's Veterans Engaged to Support (C-VETS) group donated several items to local homeless Veterans. Items included 30 queen bed sets, comforters, and mattress pads. The C-VETS group also donated DVD's, CD's, stereos and a DVD player for the new Domiciliary Wing and a large flat screen television for the Community Living Center.



Thank you to all of the organizations for your generosity during the holiday season!



Community Living Center residents, VA staff and volunteers took time to place a wreath on each grave at the Bath National Cemetery as part of the **Wreaths Across America** program.

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► Bath Highlights



United Steel Workers Local 1000 Women of Steel made a donation to the Bath holiday fund for Veterans. Left to right: **Lynn Dinehart**, Volunteer and Recreation Service Manager and a United Steel Workers representative.



The **Canaseragus American Legion** donated a cruet set in honor of hospice Veterans. Left to right: **Taylor Fritts, Richard Kinnet, William Wright Jr., Dave Trickler**.



Cargill employees presented a large donation of household items, slow cookers, dishes, active wear, toiletries, toasters, and coffee makers for the Veteran's Jump Start program at Bath VA. This is the second year the organization has pulled together to support Veterans.

Calendar

February 14 - 20

National Salute to Veteran Patients Week

Monday, February 15

Kick-Off Celebration Salute to Veteran Patients

10:00 a.m., Community Living Center Dining Room

Saturday, February 20

American Legion Auxiliary Bingo

1:00 p.m., Leisure Room

Monday, February 29

Chili Veterans of Foreign Wars Birthday Celebration

1:30 p.m., Community Living Center Dining Room

Monday, March 7

Sons of the American Legion Card Party

7:00 p.m., Leisure Room

Saturday, March 12

Penn/York Marine Corps Bingo

1:30 p.m., Leisure Room

Sunday, March 13

Elmira Heights American Legion Lunch Trip

Monday, March 14

Disabled American Veterans Bingo

Leisure Room

Tuesday, March 15

Marconi Lodge Lunch Trip

Saturday, March 19

Hornell Veterans of Foreign Wars Easter Lunch Trip

11:30 a.m.

Sunday, March 27

Easter Sunday

Friday, April 8

Annual Volunteer Recognition

11:00 a.m., Hornell, NY

Monday, April 11

Disabled American Veteran Bingo

Leisure Room

Thursday, April 21

VA Voluntary Service Meeting

1:00 p.m., Leisure Room

Sunday, April 24

Telecom Pioneers Visit

6:00 p.m., Leisure Room

Wednesday, April 27

Re-Creation Show

2:00 p.m., Auditorium



Volunteering Together



John and Elfrida Orlowski, Buffalo VA Medical Center



Ed and Marian Moeller, Canandaigua VA Medical Center



Karen and Jim Kemps, Batavia VA Medical Center

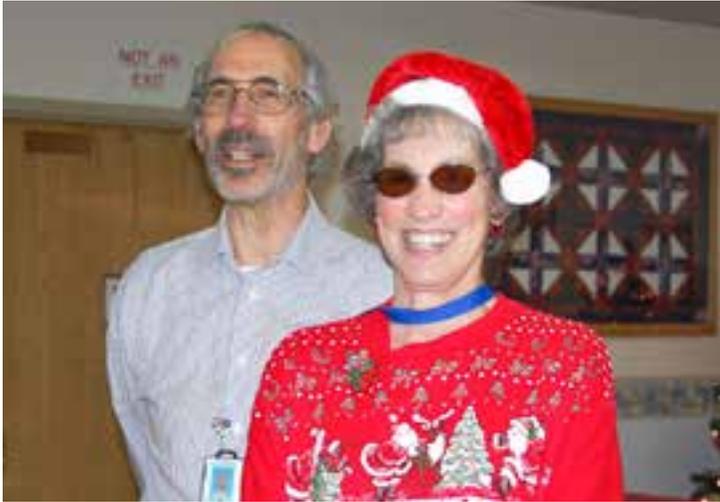


Kathie and Ed Wheeler with English Bulldogs
Moose and Belle, Canandaigua VA Medical Center



Donna and Norm Davie, Syracuse VA Medical Center

to Support Veterans



Richard and Martha Tillinger, Bath VA Medical Center



Dick and Ruth Walters, Bath VA Medical Center



Richard Suarez, Safety Office volunteer and **Dawana, Disabled American Veterans**, Syracuse VA Medical Center



Left to right: **Don Evans; Lois Evans; Donna Davie; Norm Davie**, Syracuse VA Medical Center

Interested in volunteering?

If you and a loved one are thinking about volunteering please give us a call. We have many different opportunities available for individuals and groups.

For more information contact:

- Albany (518) 626-5506
- Bath..... (607) 664-4965
- Canandaigua (585) 393-7761
- Syracuse..... (315) 425-4898
- Buffalo/Batavia..... (716) 862-8671

► Canandaigua Highlights

Volunteer Opportunities

- Clerical
- Hospice Visitation
- Canteen Food Assistants
- Welcome Center Greeters
- Laundry assistance
- Recreation Therapy
- Transportation drivers
- Veterans History Project
- Wheelchair escorts

All volunteers must complete an orientation prior to volunteering. Weekly orientations are held Thursdays in Voluntary Service, Building 7, room 19. Please call **Gina Deck** to schedule an appointment at (585) 393-7761. To schedule an orientation at the Rochester VA Outpatient Clinic please call **Louise Motyka** at (585) 393-7729. Thank you for considering volunteering with the Canandaigua VA Medical Center!



Bea Sank (right), **American Legion Auxiliary 7th District** President, coordinates holiday gifts to be sent to the family of **Michael Thomas** (left), a retired Gunnery Sgt. **United States Marine Corps** Veteran and Community Living Center resident.



On September 28, **Hank Riegel**, Recreation Program Manager, accepted a generous donation of \$4,000 for Veterans from members of the **Canandaigua Skychiefs**.



Wish List

- Baking items, granola bars, snack size chips
- Deodorant, shampoo, shaving cream, body lotion, nail clippers
- Forever postage stamps
- Gift cards from Walmart, Wegmans, Tops, Dunkin Donuts, Tim Hortons, Home Depot, Lowes, or prepaid gas cards
- Paper products (plates, napkins)
- Tickets to sporting events, zoo, bowling, movies, music, Bristol Mountain Aerial Adventures and outings
- Jeans (assorted sizes)
- T-shirts (any color; L, XL, 2XL)
- Underwear
- White t-shirts (XL, 2XL)
- Winter coats (all sizes; men's and women's)
- Winter hats and gloves
- Socks and shoe laces
- Sneakers and boots (all sizes)
- Sweat pants/sweatshirts

Women's Clothing:

All new items

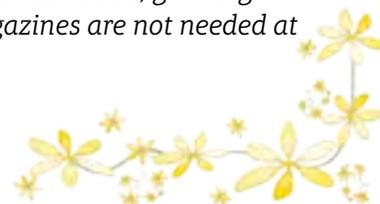
- New underwear (sizes six and up)
- New sports bras (M - XL)
- Sweatpants/sweatshirts (M - XL)

For Homeless Program:

All new items

- Air mattresses
- Alarm clocks
- Blankets & pillows
- Brooms
- Kitchen items (dishes, utensils, pots/pans)
- Mops
- Shower curtains and hooks
- Towels, sheets and pillow cases
- Toilet paper and cleaning supplies
- Vacuum cleaners

Friendly reminder that calendars, greeting cards, books and magazines are not needed at this time.



► Canandaigua Highlights



Employees from **Gleason Works** donated more than 200 holiday stockings for Veterans at the Canandaigua VA Medical Center. "We are happy to help in some small way," said **Kay Pierson**, Gleason Works Benefits Specialist. "It's the least we can do for those who have sacrificed so much for us. Happy Holidays from Gleason Works!"

Left to right: **Bob Elder**, Machinist and retired U.S. Army Veteran; **Edward Fix**, Machinist and U.S. Navy Veteran; **Kay Pierson**, Gleason Works Benefits Specialist; and **Robin Johnson**, VA Voluntary Service Manager.



On November 17, the **Canandaigua Disabled American Veterans (DAV) Chapter 4** donated a 2015 Ford Flex valued at \$34,000 to the Canandaigua VA Medical Center.

Left to right: **Robin Johnson**, Voluntary Service Manager; **Peg Owens**, Associate Director Canandaigua VA Medical Center; **Nick Conrad**, DAV Hospital Service Coordinator; **Garnet Root**, U.S. Air Force Korean War Veteran; **Marty Collins**, DAV Commander; and **Ron Edwards** DAV Chaplain and Treasurer.

Calendar

**Second Monday of each month
(January – December)**

Bee Keepers Association Meeting
7:00 p.m.

**Third Monday of each month
(January – December)**

Canandaigua Lake Trout Unlimited Meeting
7:30 p.m.

**Fourth Tuesday of each month
(January – May)**

(September – November)
Project Healing Waters Clinic
7:00 p.m.

**Fourth Wednesday of each month
Remote Control Model Plane Flying Club**

6:00 p.m.

**Thursday of each month
(December – July)**

Snow Shoeing
9:00 a.m. to 12:00 p.m., Auditorium

**Wednesday, February 3
VA Voluntary Service/Community Council Meeting**

1:00 p.m., Auditorium

February 14 - 20

Natural Salute to Veterans
See Schedule of Events

March 7 - 11

**National Veterans Creative Arts
Competition, Local Veterans Show**

10:00 a.m. to 1:00 p.m., Auditorium
For more information and/or to participate
please contact Hank Riegel at
(585) 393-7370.

Tuesday, March 31

American Red Cross Blood Drive
10:00 a.m. to 3:00 p.m., Auditorium

April 10 - 17

National Volunteer Week
Refreshments served for volunteers
in Building 7 and at the Rochester VA
Outpatient Clinic and Clinton Crossings

**Wednesday, April 13
Annual Volunteer Awards Banquet**

Burgundy Basin Inn
11:30 a.m.

***Wednesday, April 13
A Midsummer Night's Dream performance**

4H Drama Club
1:00 p.m., Auditorium

***Sunday, April 17
Sweetheart Dance**

2:00 p.m., Auditorium

***Monday, May 2
Re-Creation Show**

2:00 p.m., Auditorium

**Wednesday, May 4
VA Voluntary Service/
Community Council Meeting**

6:00 p.m., Auditorium

**Saturday, May 21
Welcome Home 2016**

10:00 a.m. to 2:00 p.m.,
Johnson-Costello American Legion,
Penn Yan

Catholic Mass is held Monday, Tuesday
and Friday in the Catholic Chapel in
Building 3 at 11:00 a.m. and Sunday in
Building 8B at 6:30 p.m.

Protestant Services are held on Sundays
starting at 9:10 a.m. on 8B and
10:30 a.m. on 7B.

Please contact Chaplain Service at
(585) 393-7886 for more information.

***Escorts Needed**

*Escorts are needed 45 minutes prior to
events to take Veterans to the Auditorium
and/or Pavilion. Without your assistance,
many of the Veterans may not be able to
participate.*

► Syracuse Highlights

Special Program Volunteers

Musicians - If you are musician interested in volunteering please give us a call. We are in need of volunteers to play an instrument, be part of a musical sing-a-long or participate in talent shows.

Group Visits - If you are part of an organization or group please consider coming in and visiting with Veterans for a day.

Call Voluntary Service for more information at (315) 425-4898. We encourage volunteerism from individuals and groups throughout the year!



Donations Needed

Donations are needed for various programs that support local Veterans. Donations can be made online through E-Donate using your credit or debit card.

- Some of the programs include:
- Coffee Fund
- Recreation
- Vet Center
- Home Based Primary Care
- Community Based Outpatient Clinics
- OEF/OIF/OND Program

Thank you for supporting Veterans!



Wish List

- Diabetic socks (white or black)
- Men's boxers and briefs (medium, large)
- Sweat shirts and sweat pants (all sizes)
- Recreation Supplies
 - Arts and crafts materials
 - Models to build and paint
 - Tile and mosaic ceramics
 - Tickets for movies, plays and sporting events
 - Paint
 - Crossword puzzle books
 - Word find books
 - Leather and wood crafts
 - Model paint and glue
 - Poster art

Travel sizes needed for the following items:

- Black pocket combs
- Denture grips and cleaners
- Hairbrushes
- Nail clippers
- Powder
- Shaving cream
- Toothbrushes

Calendar

February 29 – March 3
Creative Arts Competition

Sunday, February 7
Super Bowl Sunday with Veterans Voices

Friday, February 12
St. Patrick's Day Music with Ann Weider

Sunday, February 14
Luncheon with Veterans Voices

Tuesday, February 16
VA Voluntary Service Meeting

Friday, February 19
Wendy's Baked Potato & Chili Luncheon with Disabled American Veterans & Auxiliary

Saturday, February 20
Birthday Party with Disabled American Veterans Auxiliary

Sunday, February 21
Masonic War Veterans Melon Social

► Western New York Highlights



Batavia High School students and **John Mangefrida** (far right), student counselor, volunteer on "Make A Difference Day" at the medical center during.



Danielle Bergman (second from left), Acting Assistant Director at VA Western New York Healthcare System, accepted a donation and holidays gifts from **American Veterans Post 49** members on behalf of western New York Veterans.



The **Masonic Service Association's Living Stone Lodge 255** donated money to the medical center in support of Veterans.

Volunteer Opportunities

There are many volunteer opportunities available at the Buffalo and Batavia VAs. Volunteer opportunities include volunteering in the Adult Day Health Care Program, Canteen Service, Emergency Room, Women's Wellness Clinic, providing computer assistance, grounds support, and much more. Please call us at (716) 862-8667 if you are interested in volunteering.



American Legion Hamburg Post 527 donates fruits and socks annually to local Veterans during the holiday season.



The following organizations worked together to provide a check and van to local Veterans: The **Strykersville American Legion Star Post 637, Auxiliary and Sons of the American Legion Detachment 637; Disabled American Veterans Chapter 166; Wyoming County Joint Veterans Council; and Disabled American Veterans Volunteer Transportation Service**. Left to right: **Lorne LeMiux**, Post 637; **Jim Germain**, Post 637; **Donna LiPuma**, DAV Chapter 166; **Kathy Kowalski**, Ladies Auxiliary; **Matt Kowalski**, SAL 637; **Bill Herter**, Post 637; **Pat Hager**, Post 637; **Brian Marcheson**, Post 637; **Dave Warne**, Wyoming Co. JVC; and **Doug Titus**, DAV Hospital Service Coordinator/Volunteer Transportation Service.

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► Western New York Highlights



Cheektowaga Middle School students spread holiday cheer to Veterans by providing good music and good company during the holiday season.



Left to right: **Phil Yockey**, Veteran, and **Harry Schultz**, Service to Armed Forces representative.



Michael Militello, Keynote Speaker, and **Brian Stiller**, Medical Center Director VA Western New York Healthcare System, display t-shirts donated by **Hewlett Packard** for Veterans during the company's 2015 "Home of the Brave" campaign.



West Point Cadets, families and volunteers visited the medical center during the annual Buffalo Visitation and Batavia Cookie Distribution.

Calendar

Thursday, February 11

Creative Arts Festival

10:00 a.m., Buffalo Campus, Freedom Hall

Friday, February 12

Buffalo– National Salute to Veteran Patients Open House

1:00 p.m., Buffalo Campus, Freedom Hall

Wednesday, February 17

Four Chaplains Memorial Service

2:00 p.m., Buffalo Campus, Freedom Hall

Friday, February 19

**Batavia– National Salute to Veteran Patients
Canteen Books Distribution, Refreshments and Social
Sponsored by American Legion Auxiliary 8th District
Community Living Centers**

Tuesday, March 15

VA Voluntary Service Meeting

1:30 p.m., Batavia Campus, Building 4 Auditorium

Wednesday, March 16

VA Voluntary Service Meeting

1:30 p.m., Buffalo Campus, Freedom Hall

Wednesday, April 20

Buffalo Volunteer Recognition Luncheon

12:00 p.m., Classic's V

Friday, April 22

Batavia Volunteer Recognition Luncheon

12:00 p.m., Clarion Hotel

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► Western New York Highlights



The **Niagara County Sheriff's Explorer Post** visited Veterans during the holidays.



Displaying a check donation for Veterans left to right: **Robert Metz**, Vice Commander; **Fred Strief**, Commander; and **Bob McTighe**, Hospital Service Coordinator, **Disabled American Veterans Transportation**.



Left to right: **Mark Francis**, Volunteer Program Manager; **Michael Hoplight**, American Red Cross; Col. **John Higgins**, American Red Cross; **Sharon Shelton**, Volunteer Program Assistant; **Marianne Evans**, American Red Cross; **Lisa Taibi**, VA Voluntary Service American Red Cross Representative; and **Larphela Clemons**, VA volunteer.

Wish List

- Art therapy supplies – Buffalo
- Birthday cards – Batavia/Buffalo
- Bus passes (Niagara Frontier Transportation Authority) – Buffalo
- Bread mixes – Batavia/Buffalo
- Canteen books – Batavia
- Comping coupons – Batavia/Buffalo
- DAV Volunteer Transportation Network – Batavia/ Buffalo
- Diabetic socks – Batavia
- DVDs – Buffalo
- Gift cards for Babies"R"Us, Target, Tops, Walmart, and Wegmans - Buffalo
- Gift cards for local restaurants such as Alexi's, TF Browns, Tully's, Pauly's Pizza – Batavia
- Patient activities – Batavia/Buffalo
- Phone cards – Batavia/Buffalo
- Rolls of quarters for daily newspapers – Batavia/ Buffalo
- Seasonal admission tickets for the Buffalo Bills, Buffalo Sabres, and other recreational outlets – Batavia/Buffalo
- Snack packs – Batavia/Buffalo
- Stamps/stationery - Buffalo
- Travel dollars/financial support for Veterans in need – Batavia/Buffalo
- Treadmill(s) – Batavia/Buffalo
- Veteran clothing items – combs, diabetic socks, large nail clippers, sweatpants, sweatshirts, t-shirts, men's and women's undergarments (please check sizes needed prior to purchasing) and socks, as well as new clothing – Buffalo
- Welcome kits, personal hygiene items – Batavia/ Buffalo

Homeless Veterans Program

Please call **(716) 881-5855** for donation needs. Items can be dropped off at the Buffalo VA (new socks and undergarments all sizes, new seasonal clothing for Veterans in need, personal care items, and small/basic apartment appliances).

Please Note: Before purchasing any item, please contact the Volunteer Program Office to determine that the item has not been already purchased.

Friendly Reminders: We no longer have a need for used clothing, puzzles, VHS tapes, hard cover books, and magazines (dated over three months).

Batavia (585) 297-1196 ■ Buffalo (716) 862-8672

VA Health Care Upstate New York
 VISN 2 Public Affairs
 VA at Clinton Crossings
 919 Westfall Rd., Bldg. B, Suite 115
 Rochester, NY 14618

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VA Medical Centers

Albany
 113 Holland Avenue
 Albany, NY 12208
 (518) 626-5000

Batavia
 222 Richmond Avenue
 Batavia, NY 14020
 (585) 297-1000

Bath
 76 Veterans Avenue
 Bath, NY 14810
 (607) 664-4000

Buffalo
 3495 Bailey Avenue
 Buffalo, NY 14215
 (716) 834-9200

Canandaigua
 400 Fort Hill Avenue
 Canandaigua, NY 14424
 (585) 394-2000
 (800) 204-9917

Syracuse
 800 Irving Avenue
 Syracuse, NY 13210
 (315) 425-4400

**Community-Based
 Outpatient Clinics**

Auburn
 Auburn Memorial Hospital
 17 Lansing St.
 Auburn, NY 13021
 (315) 255-7002

Bainbridge
 109 North Main Street
 Bainbridge, NY 13733
 (607) 967-8590

Binghamton
 425 Robinson Street
 Binghamton, NY 13901
 (607) 772-9100

Catskill
 Greene Medical Bldg.
 159 Jefferson Heights
 Catskill, NY 12414
 (518) 943-7515

Clifton Park
 1673 Route 9
 Clifton Park, NY 12065
 (518) 626-5205

**Coudersport Satellite
 Clinic of Wellsville**
 24 Maple View Lane, Suite 2
 Coudersport, PA 16915
 (607) 664-4670 or
 1-(877) 845-3247 Ext. 44670

Dunkirk
 Valor Health Center
 166 East 4th Street
 Dunkirk, NY 14048
 (800) 310-5001

Elmira
 1316 College Avenue
 Elmira, NY 14901
 (877) 845-3247 ext. 44640

Fonda
 Camp Mohawk Plaza
 2623 State Highway 30A
 Fonda, NY 12068
 (518) 853-1247

Glens Falls
 84 Broad Street
 Glens Falls, NY 12801
 (518) 798-6066

Jamestown
 608 West 3rd Street
 Jamestown, NY 14701
 (716) 338-1511

Kingston
 324 Plaza Road
 Kingston, NY 12401
 (845) 331-8322

Lackawanna
 1234 Abbott Road
 Lackawanna, NY 14218
 (716) 821-7815

**Springville Satellite
 Clinic of Lackawanna**
 15 Commerce Drive
 Springville, NY 14141
 (877) 332-0087

Lockport
 5883 Snyder Drive
 Lockport, NY 14094
 (716) 438-3890

Massena
 6100 St. Lawrence Centre
 Massena, NY 13662
 (315) 705-6675

Niagara Falls
 2201 Pine Avenue
 Niagara Falls, NY 14301
 (716) 862-8580

Olean
 465 North Union Street
 Olean, NY 14760
 (716) 373-7709

Oswego
 437 State Route 104E
 Oswego, NY 13126
 (315) 207-0120

Plattsburgh
 80 Sharron Avenue
 Plattsburgh, NY 12901
 (518) 561-6247

Rochester
 465 Westfall Road
 Rochester, NY 14620
 (585) 463-2600

Rochester-Clinton Crossing
 919 Westfall Road
 Rochester, NY 14618
 (585) 463-2600

Rochester-Mt. Hope
 1867 Mt. Hope Avenue
 Rochester, NY 14620
 (585) 463-2600

Rome
 Griffiss Park
 125 Brookley Road
 Building 510
 Rome, NY 13441
 (315) 334-7100

Saranac Lake
 33 Depot St.
 Saranac Lake, NY 12983
 (518) 626-5237

Schenectady
 1322 Gerling St.
 Sheridan Plaza
 Schenectady, NY 12308
 (518) 346-3334

Tompkins/Cortland County
 1451 Dryden Road
 Freeville, NY 13068
 (607) 347-4101

Troy
 295 River Street
 Troy, NY 12180
 (518) 274-7707

Watertown
 144 Eastern Blvd.
 Watertown, NY 13601
 (315) 221-7026

Wellsboro
 1835 Shumway Hill Road
 Wellsboro, PA 16901
 (607) 664-4680
 1-(877) 845-3247 Ext. 44678

Wellsville
 3458 Riverside Drive, Route 19
 Wellsville, NY 14895
 1-(877) 845-3247 (Bath)

Westport/Elizabethtown
 7426 NYS Rte. 9N
 Westport, NY 12993
 (518) 626-5236

Vet Centers

Albany Vet Center
 17 Computer Drive West
 Albany, NY 12205
 (518) 626-5130

Binghamton Vet Center
 53 Chenango Street
 Binghamton, NY 13901
 (607) 722-2393

Buffalo Vet Center
 2372 Sweet Home Road, Suite 1
 Buffalo, NY 14228
 (716) 862-7350

Rochester Vet Center
 2000 South Winton Road
 Building 5, Suite 201
 Rochester, NY 14618
 (585) 232-5040

Syracuse Vet Center
 109 Pine Street, Suite 101
 Syracuse, NY 13210
 (315) 478-7127

Watertown Vet Center
 210 Court Street, Suite 20
 Watertown, NY 13601
 (315) 782-5479

National Cemeteries

Bath
 76 Veterans Avenue
 San Juan Avenue
 Bath, NY 14810
 (607) 664-4853/4806

Saratoga
 200 Duell Road
 Schuylerville, NY 12871
 (518) 581-9128

Woodlawn
 1825 Davis Street
 Elmira, NY 14901
 (607) 732-5411

**Caregiver Support
 1-855-260-3274**

For help with caring for a disabled Veteran
www.caregiver.va.gov

**Health Information on the Web
 www.myhealth.va.gov**

**National Call Center for Homeless Veterans Hotline
 1-877-4AID-VET
 1-877-424-3838**

**TelCare
 1-888-838-7890**

24-hour, toll-free medical advice for enrolled Veterans

**Veterans Crisis Line
 1-800-273-8255, press 1**
 Chat online at www.VeteransCrisisLine.net/Chat or text to 838255 any-time for free and confidential support

**Veterans Service Contact Center
 1-888-823-9656**
 For information on eligibility, health care benefits, or billing questions

**Women Veterans Call Center
 1-888-VA-WOMEN
 1-888-829-6636**

For information on eligibility, benefits and health care

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