

Veterans' WELLNESS



TeleMOVE! & TeleQuit

Helping Veterans find success

Women's Wellness

*What's causing more
harm than good?*

What's Your Waist Size?

Your body shape matters

Lose Weight this Summer!

Tips from A to Z

A GUIDE TO HEALTHY LIVING FOR VETERANS IN NEW YORK/NEW JERSEY

VA



U.S. Department
of Veterans Affairs

www.visn2.va.gov

Summer 2016

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ABOUT OUR MAILING LIST

We make every effort to maintain an accurate mailing list. **To notify us of a patient's death, please call the Veterans Service Contact Center at 1-888-823-9656.**

If you would like to be added to or deleted from our mailing list or if you have a suggestion for us, please write to: Editor, *Veterans' Wellness*, Network 2 Public Affairs and Web Content Manager, Clinton Crossings, 919 Westfall Road, Bldg. B, Room 115, Rochester, NY 14618, or email Kathleen.Hider@va.gov.

Please be sure to include your phone number. **Do not send your Social Security number or medical history.**

Welcome New Network Director

The Department of Veterans Affairs has announced that Joan E. McInerney, MD, MA, MBA, FACEP, has been selected as the Network Director for VISN 2. The newly merged VISN 2 and 3, based out of Albany, NY, now includes VA medical centers throughout the entire New York state as well as New Jersey, and serves over 500,000 Veterans.



Joan McInerney, Network Director

Dr. McInerney is board-certified in emergency medicine and internal medicine. She joined VA in April 2011 as the Chief Medical Officer of VISN 3. She led clinical innovation efforts, which included integrating new models of care and implementing evidence-based clinical practice. An advocate of Lean processes, Dr. McInerney has championed efforts to reduce inefficiencies while improving safety and quality of care across VA medical centers and community-based outpatient clinics.

Prior to joining the Department of Veterans Affairs, Dr. McInerney was the Chairman of Emergency Medicine at two Level 1 Trauma Centers in metropolitan New York for 18 years. She is an Associate Professor of Clinical Emergency Medicine for the School of Medicine at the State University of New York at Stony Brook. She had been designated a member of the National Disaster Preparedness and Response Committee of the American College of Emergency Physicians.

Dr. McInerney began her new position on May 1, 2016.

New National Cemetery to Serve 96,000 Veterans

A new national 132-acre cemetery will be built in Pembroke, NY, to serve 96,000 Veterans. The new cemetery is expected to open in three years, for both casketed and cremated remains. Any Veteran who has met the minimum active duty service requirements, and was discharged under conditions other than dishonorable, can use the cemetery along



with their eligible dependents. This will make the seventh national Department of Veteran Affairs cemetery in New York. You can find VA burial benefits information at any national cemetery office, by visiting www.cem.va.gov, or by calling VA regional offices at 1-800-827-1000. To make burial arrangements, call the National Cemetery Scheduling Office at 1-800-535-1117.

Success Stories

Veteran Makes the Move to TeleMOVE!®

Veteran **Catherine Miller** was fed up with her weight. After seeing a brochure about the TeleMOVE! program at her VA appointment, she decided to give it a try. It turned out to be the answer she needed.

With this free weight-management coaching program, Veterans interact daily with an in-home messaging system. They also work with a clinician as they move through the program.

Thanks to TeleMOVE! and her VA Care Coordinator, Ms. Miller said she's healthier than she's ever been with more energy and a positive outlook on life. When she feels the tug of old cravings, she doesn't fret. She allows herself small treats and then walks off the extra calories. Her determination to stay fit helps her overcome any hurdles she faces.



"If you're struggling with your weight, the TeleMOVE! program is the best thing to do," said Ms. Miller, who served in the Army from 1979-1983.

To enroll in TeleMOVE!

Complete the MOVE!11 questionnaire at a VA primary care clinic. Or, go online at www.move.va.gov/Move11.asp. Then call 1-877-619-0106 and select option 1.

Veteran Quits for Good with TeleQuit

Veteran **Wayne Holden** had struggled to fully quit tobacco for years. He'd make strides, only to succumb to temptation again and again. But a desire for good health and the call of the wild finally led him to quit for good. He did it with TeleQuit!

"I didn't want to die of a heart attack, and I loved going into the woods and walking," said Mr. Holden "Without any oxygen, you just can't do it."

The free, 3-month program offers daily coaching and support, and includes a free telehealth device delivered directly to the Veteran's home. Mr. Holden said TeleQuit is the best tobacco-cessation program he's ever used, and he's tried quite a few. "You're constantly reminded to stick to it," said Mr. Holden, who served in the Army from 1963-1966. "It keeps you on track and motivated."

To enroll in TeleQuit

Call 1-877-619-0106 and select option 3. Or, ask your VA health care team about how to sign up.

59%
of Veterans who
join TeleQuit QUIT
SMOKING FOR GOOD!



Weight Loss Facts from A to Z

Avoid yo-yo dieting.

Following one diet after another does not lead to permanent weight loss. Three proven weight loss strategies are following a weight loss plan that includes healthy eating habits, regular exercise and adopting healthy behaviors.

Buddy up when you exercise.

Hanging out with others who are physically active increases your chances to be active.



Control portions.

Limiting calories has shown to increase weight loss more than increased physical activity alone.

Dance with or without the stars. Dancing burns 150-200 calories per hour (depending on the tempo and your weight).

Eat out less. Fix meals at home more often. You can better control the types and amount of foods and beverages you have.

Fit more fiber into your daily eating.

Include whole grains, kidney, lentils and other beans, and fruits and vegetables. Fiber helps you feel fuller longer.

Go for a walk, but not to the vending machine, when you get a "snack attack." You could just be bored, stressed or tired.

Have fruit for your everyday dessert.

A fresh apple has 115 calories. A slice of apple pie has about 400 calories.



Instead of buying lunch, make it at home. Studies show that going out to lunch provides 159 to 239 extra calories a day. A supersized double cheeseburger, fries and cola meal can have 2,100 calories and 100 grams of fat.

Just losing 5 to 10 percent of your total body weight can improve your blood pressure, blood cholesterol and blood sugar.

Keep moving. Do your own housecleaning and yard work instead of hiring people to do these tasks.

Lose weight gradually and steadily. Reduce calories by 500-1,000 calories per day, such as from soda and cookies, to lose about one to two pounds per week.

MOVE!® more. Sit less. Live longer. A number of studies have shown that sitting too much raises your risk for cancer, diabetes, heart disease and obesity, and lowers life expectancy by two years. This is true even if you work out.

Nix sugar and sugar substitutes. The human brain responds to sweetness with signals to eat more. Like sugar, the sweet taste of artificial sweeteners makes us crave more sweet foods and drinks – leading to excess calories.

Order smaller portions when you eat out at restaurants. Or, eat half and save the other half for another meal.

Place your fork or spoon down between bites to take longer to eat a meal.



Quench your thirst with water.

And drink water when you feel hungry. You could just be thirsty. Add lemon or lime slices for flavor without adding calories.



Read food labels to make healthier choices.

Compare serving sizes and calories per serving. Choose foods that are low in saturated fats, trans fats, sodium and added sugar. Opt for foods that have at least one gram of dietary fiber or provide 20 percent or more of your daily allowance of vitamins A or C, calcium, iron or dietary fiber.



Sleeping less than five hours and more than nine hours a night leads to weight gain. Not getting enough sleep affects hormones that stimulate appetite. Lack of sleep leads to fatigue, resulting in less physical activity.

Take the stairs.

Climbing the stairs burns three times more calories than walking briskly during the same amount of time.

Use smaller plates, bowls and utensils

when you eat. You're apt to eat less.



Vary your fruits and vegetables to ones of different colors.

These healthy foods are packed with a variety of healthy nutrients and are low in calories.



Write it down. Studies show that people who keep food journals have greater weight loss success and are more likely to keep lost weight off. Use the Food Journal and Activity Journal on the "Track Health" tab on My HealtheVet at www.myhealth.va.gov.

X marks the spot! Make a weekly or monthly weight loss goal and mark it on your calendar.

You are in charge of your health. Discuss a healthy eating and physical activity plan with your VA health care team and how to put it into action.

Zero — the number of regular sodas and other sugar-sweetened beverages you should have a day. Giving up two 12-ounce regular sodas a day could help you lose 30 pounds in one year!



Fit or Fat?

Waist Size Matters

As your waistline increases, so does your risk for many diseases such as type 2 diabetes, heart disease, high blood pressure and stroke. Lose even a couple inches and you'll greatly reduce your risk.

Belly fat facts

Let's clarify what we mean by belly fat. There are actually two kinds of fat in your midsection. There's the fat that lies just below your skin that you can pinch, like cellulite. Then there's fat deep within your body that collects around organs called visceral fat. This kind is deadlier and harder to lose.

Dump fat with diet & exercise

Studies show it takes both diet and exercise to reduce visceral fat. Luckily, your body targets your midsection first for stored calories to burn.

Some small lifestyle tweaks can help you slim your waist:

- Add moderate exercise to your day. Burn belly fat with a brisk 30-minute walk, six days a week. When you add moderate strength training, you'll continue burning calories for hours after your workout.
- Keep your daily fat intake from 20% to 30% of total calories, of which only 7% should be from saturated fat.

How much belly fat is too much?

Women, your waistline should measure below 35 inches.

Men, your waistline should measure below 40 inches.



What's Your Shape?

While we all store fat somewhere, people store it differently depending on their body type. Where you store body fat can affect your risk for certain diseases.

Apples

- Fat tends to gather more around the tummy
- More at risk for type 2 diabetes, heart disease and stroke
- Loses weight more easily



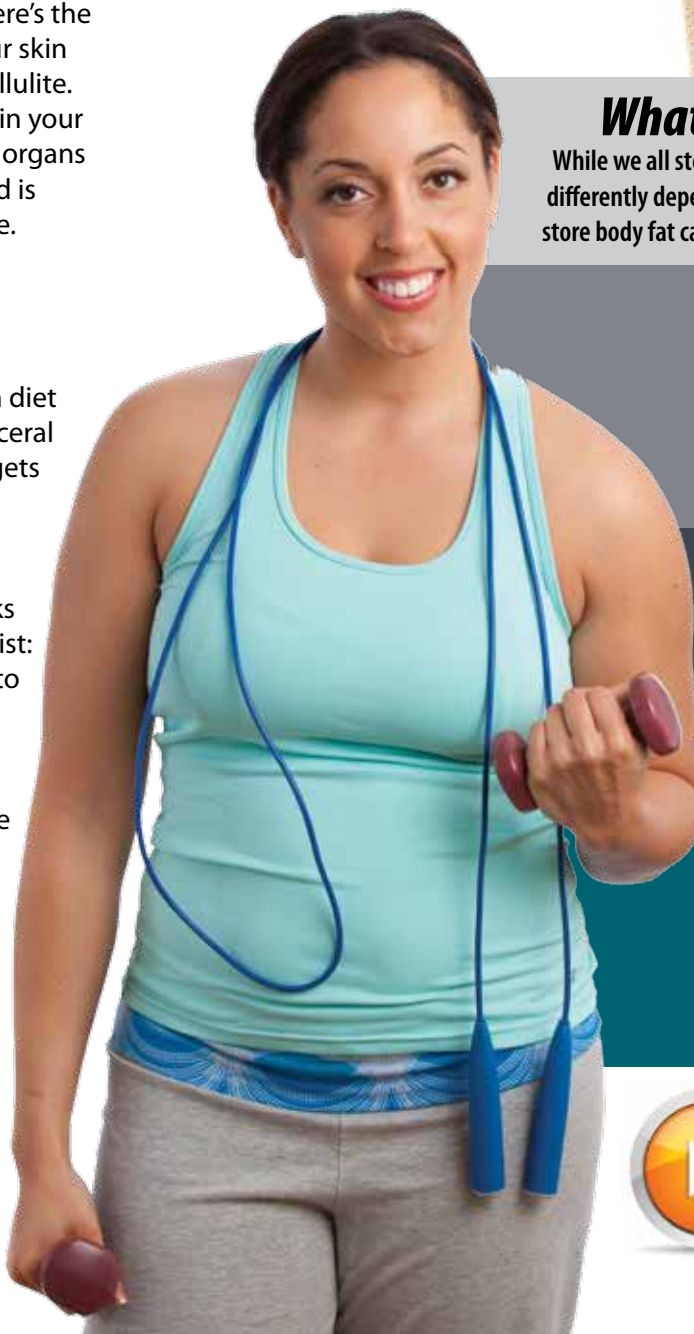
Pears

- Fat tends to gather more around the thighs
- Carrying weight in thighs may protect against heart disease
- Harder to lose weight



Bananas

- Usually have very low percentage of body fat, but not narrow waists
- Have similar health risks as Apples
- Harder to lose weight



Bacteria in your gut can impact weight gain, inhibit your ability to lose weight. Watch a video on steps to take to make sure you have a healthy gut at www.visn2.va.gov.



Move More in Nature

Next time you want to exercise, consider paying Mother Nature a visit. While the gym is always a good choice, studies show the great outdoors offers extra benefits:

- Strolling through nature may reduce stress hormones better than walking through a city.
- If you suffer from depression, walking in nature may significantly increase your mood and short-term memory.
- Backpacking in the woods may improve creativity and problem-solving skills. But be sure to avoid any technology use.
- One study found time spent in nature positively affected your brain's memory functions.
- Those who exercise outdoors are more likely to stick to their routines than those who work out indoors.

Nature acts as a healer

For Veterans, the wilderness can offer healing from war wounds, both visible and invisible. Research shows outdoor recreation could improve treatment for PTSD, which affects about 10% to 30% of Veterans. Those who live in rural areas also tend to have less anxiety and better mental health than those who live in urban areas. Experts say that's why it's important for city dwellers to spend more time in nature.

Get Moving with the MOVE!® Coach App



Designed with Veterans in mind, this app helps you track your movements and offers educational tips and resources to help you lose weight at your own pace. Download it today from mobile.va.gov/app/move-coach-app.

Veterans Crisis Line Adds Support

The Veterans Crisis Line (VCL) has been a vital lifeline for many Veterans since 2007. In that time, it has answered nearly 2.2 million calls. And, it has helped get emergency services to callers over 57,000 times. This year, the VCL looks to increase the number of administrative personnel and responders available to help callers in need. VCL responders come from a variety of career backgrounds, such as social work, counseling, psychology, crisis intervention, medical triage, substance abuse counseling, and law enforcement. Those interested in becoming a VCL responder can apply at www.usajobs.gov.



For information about VA initiatives to prevent Veteran suicide, visit www.mentalhealth.va.gov/suicide_prevention.

If you are in a crisis, call the Veterans Crisis Line at 1-800-273-8255 (Press 1).

Chat online at www.veterancrisisline.net, or text to 838255.

Work it Out



Give your relationship a little TLC

Having a partner on the road of life can help you during the bumps and curves. Experts say having a lifelong partner can increase your life expectancy by three years. Though, this all depends on the health of the relationship. Communication, trust and a strong bond lays a good foundation for success.

Connect with each other

Talk about what matters to you and any issues you have with the relationship. Don't resort to yelling or criticisms. Be understanding and listen to what the other person is saying. Make time for fun and play. This can help you learn how to read your partner's nonverbal cues, like body language.

Commit to your partner

Make your relationship your number one priority. Don't let a thorny issue derail your relationship. Commit to sticking it out for the long haul. In fact, a study looked at married adults who were not happy in their marriage. If they avoided divorce or separation, two out of three couples were happily married five years later.

(Source: Institute for American Values)

Control intrusions

Other people, tasks and responsibilities can keep you, emotionally and physically, from your partner. Choose your friends wisely. The people around you can damage your relationship. But, having good friends you both share might help keep your relationship strong. A recent study found that couples who double-date tend to form a stronger bond with each other. Talking about their relationship with other couples helped to increase feelings of love and closeness.

(Source: Wayne State University)

Red White and Blue Sundae

Perfect for a 4th of July party or get-together. Show off your patriotism with this watermelon recipe.

Ingredients

- 4 cups watermelon balls
- 2 cups fresh blueberries
- 4 dollops prepared whipped topping (total of 8 tablespoons)
- 4 servings of red, white and blue star sprinkles (total of 4 tablespoons)

Directions

Gently mix together the watermelon and blueberries. Divide among 4 cups or sundae bowls. Top each with a dollop (2 tablespoons) of topping and sprinkle with 1 tablespoon of red, white and blue sprinkles. Serve right away.



Nutrition Information

Serves 4. Per serving: 76.5 calories; 1.6 g total fat; 0.8 g saturated fat; 1.5 mg sodium; 0.9 g protein; 15.6 g carbohydrate; and 1.9 g fiber

Note: If using a fat-free frozen whipped topping, one serving has: 75 calories; 0.7 g total fat; 0.3 g saturated fat; 7.7 mg sodium; 0.9 g protein; 17 g carbohydrate; and 1.9 g fiber

Recipe courtesy of the National Watermelon Promotion Board (NWPB)

Reap the Benefits of Watermelon

92%

water (a tasty way to stay hydrated)

Minimal dietary fat. No *trans* fat. No cholesterol.

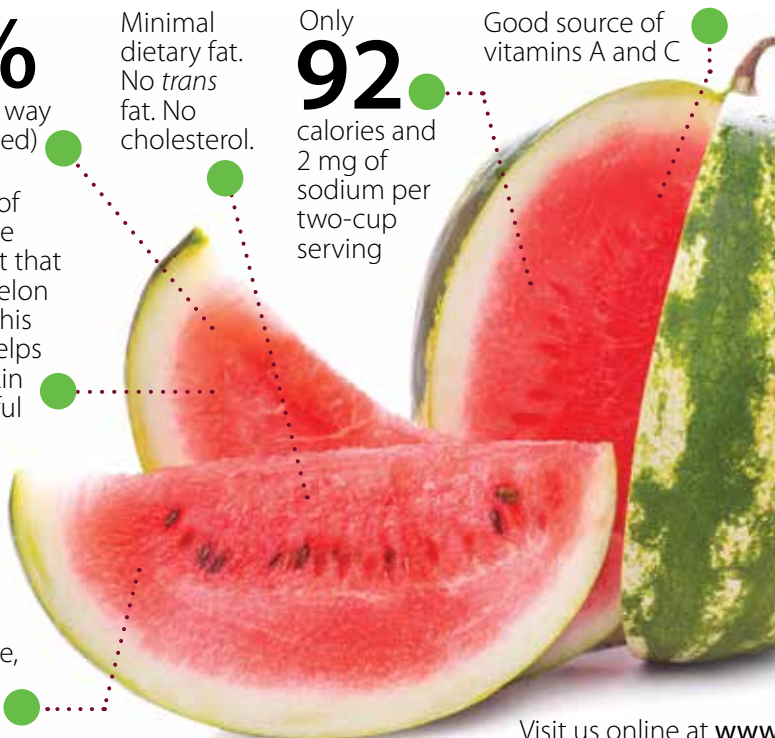
92%

calories and 2 mg of sodium per two-cup serving

Good source of vitamins A and C

Good source of lycopene – the plant pigment that gives watermelon its red color. This antioxidant helps protect the skin against harmful UV rays

Has potassium, which helps relax blood vessels, lower blood pressure, and reduce muscle aches



GRILL SAFE THIS SUMMER

Charred Meat Linked to Cancer



There's nothing like good shrimp on the barbie, but watch you don't charbroil your grilled meats. Charring meats, like beef, pork, fish or poultry, produces HCAs and PAHs – compounds that may increase cancer risks.

If you love to grill, here are some healthy options:

- Grill fresh fruits and veggies. Charring these won't produce dangerous chemicals.
- Choose lean cuts. Fat that drips on the coals can cause bursts of flame.
- Bring on the flavor. Some spices, like pepper, have shown to protect meat from developing HCAs. Marinating in brown sugar, olive oil and cider vinegar before grilling may reduce the formation of HCAs by as much as 92% to 99%.

What's Burning?

A compound called acrylamide is released when you burn foods like toast, potatoes, cereals, coffee, crackers or breads, and dried fruits. This has caused cancer in animals and may also cause it in humans.



WOMEN'S WELLNESS

6 Everyday Evils

Watch before you buy! Some of the products women use regularly might cause more harm than good.

Dairy downer

Eating dairy might increase a woman's risk for ovarian cancer. Experts say more research is needed to be sure. Still, try to get dairy from plants and nuts instead.

Candle caution

Burning candles made of paraffin wax may cause cancer, common allergies and asthma. Experts recommend using soy-based candles instead.



Hair dye danger

Researchers found chemicals in dark hair dyes could cause bladder cancer, non-Hodgkin lymphoma and leukemia. This puts those who frequently dye their hair dark, or who dye hair for a living, at risk.

Lead lipstick

Researchers studied 32 popular lipstick brands. All the products contained harmful metals like manganese, titanium and aluminum. Many had lead levels higher than the FDA standard.



Fresh air?

Many air fresheners (sprays and aerosols) sold today contain volatile organic compounds (VOCs) and phthalates. These can contribute to chronic respiratory problems, allergic reactions, headaches, and reproductive problems.



Plastics problem

Pregnant women exposed to some chemicals in plastics could endanger their children in utero. Scientists found that the endocrine disruptors in plastics can affect an unborn child's brain development.



Trust her to find answers.

The Women Veterans Call Center is your guide to VA.

Get primary, reproductive, mental health and other health care services that are sensitive to women Veterans' needs. Find out more at www.womenshealth.va.gov.



Try VA's Preconception App



Ready to have a baby? Veteran Affairs has introduced a new Preconception Care app!

- A single, easy access point for reproduction-related info
- Healthy lifestyle checklist
- Helpful resources

Go to: mobile.va.gov/app/preconception-care



COMBAT VETERANS: Start Your Applications by Phone

Combat Veterans can now start their benefits applications by telephone. This is in addition to paper and online options. After July 5, 2016, all Veterans will be able to use the telephone application option.

If you're a Combat Veteran and want to start an application by phone, call 1-877-222-VETS (222-8387), Monday through Friday, 8 a.m. to 8 p.m. EST.

VETERANS GET A NEW START: Education and Employment Benefits

You can get help paying for school or getting back into the workforce through VA education and employment benefits.

- Last year, the VA paid more than \$1.1 billion to the 104,000 Veterans using the Vocational Rehabilitation and Employment program. That's a 12% increase!
- The GI Bill has paid \$61.7 billion to help 1.56 million Veterans get their education since 2009.

Applying is easy. Just go to www.ebenefits.va.gov to start an application today.

To learn about these and other benefits, or to apply, go to www.ebenefits.va.gov.

Better Service, Faster Care!

New software makes scheduling appointments easier!

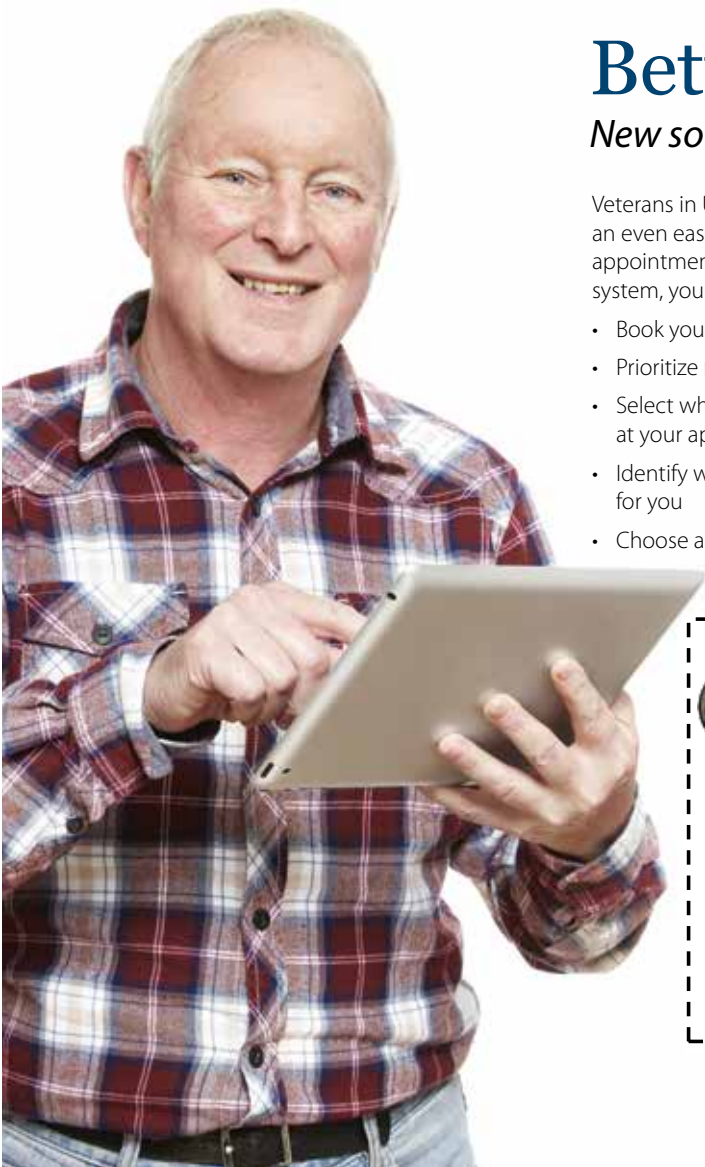
Veterans in Upstate New York will have an even easier time booking their VA appointments! With the new, user-friendly system, you can:

- Book your appointments on the same day
- Prioritize multiple appointments
- Select which language you'd like spoken at your appointment
- Identify which days and times work best for you
- Choose a male or female provider

Those with special needs can request:

- Escort assistance
- Special mode of transportation at the appointment
- Hearing assistance

Contact your local VA facility for more information!





50¢ OFF
Any Large Salad
Priced at \$4.99 or higher

Valid only at: 

Limit one coupon per customer. Offer only valid with the purchase of a Large Salad priced at \$4.99 or higher in the VCS PatriotCafé. Not to be combined with any other offers. Void if transferred, purchased, sold or prohibited by law. No cash value.

Expires Sept. 30th, 2016
VCS Employee register instructions:
• Ring item as normal, then enter sell price for 50¢ discount as VCS coupon.

Reaching us is easy

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

Bronx
130 West Kingsbridge Road
Bronx, NY 10468
(718) 584-9000

Brooklyn
800 Poly Place
Brooklyn, NY 11209
(718) 836-6600

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

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

Castle Point
41 Castle Point Road
Wappingers Falls, NY 12590
(845) 831-2000

East Orange Campus
385 Tremont Avenue
East Orange, NJ 07018
(973) 676-1000

Lyons Campus
151 Knollcroft Road
Lyons, NJ 07939
(908) 647-0180

Manhattan
423 East 23rd Street
New York, NY 10010
(212) 686-7500

Montrose
2094 Albany Post Road
Montrose, NY 10548
(914) 737-4400

Northport
79 Middleville Road
Northport, NY 11768
(631) 261-4400

**St. Albans Community
Living Center**
179-00 Linden Blvd.
St. Albans, NY 11425
(718) 526-1000

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

Community-Based Outpatient Clinics

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

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

Bay Shore
132 East Main Street
Bay Shore, NY 11706
Primary Care (631) 754-7978
Mental Health (631) 266-6077

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

Brick
970 Route 70
Brick, NJ 08724
(732) 206-8900

Brooklyn
40 Flatbush Avenue Ext.
8th Floor
Brooklyn, NY 11201
(718) 439-4300

Carmel
1875 Route 6
Carmel, NY 10512
(845) 228-5291

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

East Meadow
Nassau University
Medical Center, Building Q
2201 Hempstead Turnpike
East Meadow, NY 11554
Primary Care (631) 754-7978
Mental Health (631) 266-6077

Elizabeth
654 East Jersey Street
Suite 2A
Elizabeth, NJ 07206
(908) 994-0120

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

Goshen
30 Hatfield Lane, Suite 204
Goshen, NY 10924
(845) 294-6927

Hackensack
385 Prospect Avenue
Hackensack, NJ 07601
(201) 487-1390

Hamilton
University Office Plaza 1
3635 Quakerbridge Road,
Suite 30
Hamilton, NJ 08619
(609) 570-6600

Harlem
55 W. 125th Street, 11th Floor
New York, NY 10027
(646) 273-8125

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

Jersey City
115 Christopher Columbus Dr.
Jersey City, NJ 07302
(201) 435-3055

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

Monticello
55 Sturgis Road
Monticello, NY 12701
(845) 791-4936

Morris Plains
340 West Hanover Avenue
Morris Plains, NJ 07950
(973) 539-9791

New City
345 North Main Street
Upper Level
New City, NY 10956
(845) 634-8942

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

Patchogue
4 Phyllis Drive
Patchogue, NY 11772
Primary Care (631) 754-7978
Mental Health (631) 266-6077

Paterson
11 Getty Avenue
Building 275
Paterson, NJ 07503
(973) 247-1666

Pine Plains
2881 Church Street, Rt. 199
Pine Plains, NY 12567
(518) 398-9240

Piscataway
14 Wills Way
Piscataway, NJ 08854
(732) 981-8193

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

Port Jervis
150 Pike Street
Port Jervis, NY 12771
(845) 856-5396

Poughkeepsie
Freedom Executive Park
488 Freedom Plains Road,
Suite 120
Poughkeepsie, NY 12603
(845) 452-5151

Queens
47-01 Queens Blvd
Sunnyside, NY 11104
(718) 741-4800

Riverhead
Evans K. Griffings Building
31 Centre Ave
Riverhead, NY 11961
Primary Care (631) 754-7978
Mental Health (631) 266-6077

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

Staten Island
1150 South Ave
3rd Floor, Suite 301
Staten Island, NY 10314
(718) 761-2973

Tinton Falls
The Atrium
55 North Gilbert Street
Building 4
Tinton Falls, NJ 07701
(732) 842-4751

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

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

Valley Stream
99 South Central Ave
Valley Stream, NY 11580
Primary Care (631) 754-7978
Mental Health (631) 266-6077

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

Wellsville
1835 Shumway Hill Road
Wellsville, 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

White Plains
23 South Broadway
White Plains, NY 10601
(941) 421-1951

Yonkers Community Clinic
124 New Main St.
Yonkers, NY 10701
(914) 375-8055