

Volunteer News

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Recognizing the Efforts of VA Volunteers in Upstate New York



■ Veterans Hooked on Fly Fishing (Page 10)

★★★★ May/June/July 2014



VA
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Web Site

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

The VAVS newsletter has been created for all volunteers and potential volunteers of VA Health Care Upstate New York. This publication is meant to showcase the wonderful work our volunteers contribute to VA. Produced by VISN 2 Public Affairs. Printed by Veterans in the Therapeutic Printing Program, Bath VAMC.

We Want to Hear from You!

If you have any comments, questions, story ideas, etc. contact:
VISN 2 Public Affairs
VA at Clinton Crossings
919 Westfall Road,
Building B, Suite 115
Rochester, NY 14618
(585) 463-2642
Kathleen.Hider@va.gov

Welcome New Interim Network Director

I am honored to have been appointed to serve as the Interim Network Director for VA Health Care Upstate New York. I look forward to supporting your volunteer efforts that improve the quality of life of our Veteran patients.



After a long, cold and bitter winter - summer is finally here. We can't wait to get outside and enjoy the sunshine and warm weather after being indoors for so long. The warm weather coaxes us outside. We are encouraged to begin or step up our physical exercise and enjoy eating healthier fresh produce like tomatoes, corn, squash, carrots, onions and peppers to name a few.

Our Veteran patients also want to enjoy the outdoors and increase their activity. The hours you donate this summer to take Veterans out to barbeques, picnics, sports games, fly fishing, boating, nature walks will be so very much appreciated by our Veterans. Some volunteers have started vegetable and flower gardens for Veterans to tend to and enjoy. All these outdoor activities improve a patient's mental and physical well-being, helping them to better cope with their health issues.

So on behalf of our Veteran patients and our Network thank you for your time and donations which helps make it possible for them to remember wonderful summertime pastimes and experience new memories because of your generosity. Thank you for all you do each and every day to accomplish our sacred mission.

Sincerely,

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

MAKE A DIFFERENCE
E-Donate



**You can now make
a donation online to
the Veteran program
of your choice**

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Front cover photo

Becky Jo Ross, Syracuse VA Recreation Therapist (left), and **Linda Bennett**, Veteran (right), enjoy spending the day fly fishing at **Carpenter's Brook Fish Hatchery** with help from **Project Healing Waters Fly Fishing (PHWFF)**. PHWFF takes disabled Veterans on fly fishing trips to help them heal and have fun.

► Albany Highlights

Boy Scout Donation



Eagle Scout **Ben Colley** and members of **Glenville, NY Troop 3065** donated and delivered 100 cases of gourmet popcorn for Veteran enjoyment. Ben personally raised the money from over 13 counties and spearheaded this massive project to show the **Boy Scouts of America's** appreciation for those who have served our great country.

American Legion and American Legion Auxiliary Luncheon



Members of **American Legion and American Legion Auxiliary Post 1327**, Prattsville, NY, hosted a luncheon and donated lap robes, clothing, coffee, and other comfort items to Veteran residents. The **Prattsville American Legion** and community, spearheaded by **Ginny and Bob Gurley**, continues to be one of the largest supporters of Veterans, having raised and donated over \$25,000 in personal comfort items this past year! Bravo Zulu Post 1327!

Elks Birthday



The **Benevolent and Protective Order of Elks, State Capital District** hosted their annual "Elks Birthday" for Veterans. This year, the Elks were joined by Midshipmen of the **Rensselaer Polytechnic Institute (RPI) Navy ROTC**, who spent quality time talking and dancing with Veterans.



The **Benevolent and Protective Order of Elks, State Capital District** provided pizza, popcorn, ice cream and a DJ for the "Elks Birthday" for Veterans. Here, attendees shared stories and enjoyed each other's company.

Wish List

- Cans of regular coffee, creamer, and sugar
- Crossword puzzle books (large print)
- Gift cards from Walmart, Price Chopper or ShopRite
- Shower shoes
- Sweatpants and sweatshirts (all sizes)
- T-shirts and underwear (all sizes)
- Toiletries (full size)

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

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► Albany Highlights

National Salute to Veteran Patients Week



Members of the **New York Naval Militia, U.S. Navy** and visitors helped hand out valentines to Veterans during **National Salute to Veteran Patients** week.



Lou Rosamilia, Troy Mayor, members of the **New York Naval Militia, U.S. Navy**, and numerous other dignitaries, military personnel and community groups, visited with Veterans during "National Salute", all taking time to hand out homemade cards, heart shaped pillows, and most importantly, to simply speak to and spend time with Veterans.



During **National Salute to Veteran Patients** week, VA invited the public to thank a Veteran and become involved as volunteers. Here, a member of the **Naval Militia** helped hand out heart-shaped pillows at the event.

Volunteer Opportunities

- Clothing room
- Companionship program
- Disabled American Veteran (DAV) van drivers
- Lab courier
- No Veteran Dies Alone - Hospice
- Kiosk
- Patient safety corps
- Wheelchair escorts

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

Calendar

Tuesday, May 20

VA Voluntary Service Committee Meeting

1:00 p.m., Auditorium

Monday, May 26

Memorial Day Parade

Step Off at 9:30 a.m.

Monday, May 26

Saratoga National Cemetery Ceremony

Saratoga National Cemetery

Friday, June 6

Cancer Survivors Day

Fisher House

Thursday, July 4

Patient Visitation and Gift Distribution

Hospital Wide

Saturday, August 2

Car Show Sponsored by Vietnam Veterans of America

10:00 a.m. to 3:00 p.m.

Employee Parking Lot

► Bath Highlights

American Legion Rider Donation



American Legion Riders (ALR) Springwater Post 905 donated \$1,000 for Veterans at Bath VA. Pictured from left to right: Treasurer **David Menz**, VA Volunteer Service Chief **Lynn Dinehart**, Member **Ken White**, and Director **William Morgan**. The ALR 905 was chartered six years ago and has since raised and donated over \$7500 to the Bath VA. The ALR 905 raises money by having poker runs in the summer and by selling donation-type Christmas cards during the Christmas holiday season.

Visiting World War II Veterans



Two of Bath's volunteers, **Gloria** and **William Misnick**, visited the **Normandy American Cemetery and Memorial** in Normandy, France and shared their experience with Voluntary Services. Gloria and William said the cemetery memorial was a touching experience and they were able to talk with WWII Veterans and learn of the events in France first hand.

Pet Therapy Dogs



Volunteer **Velda Schmiegl** (left), and Recreation Therapy Assistant **Kristin Klapprodt** (right), holds pet therapy dogs **Cozmo** and **Widget** to greet Veteran **Dan Pijanowski**.



Volunteer **Milton Simpson** is actively involved in the pet therapy program and brings his dog **Daisy** to the medical center to visit with Veterans.



Pet therapy dog **Millie** visits Community Living Center Veteran **Paul Wilson**.

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► Bath Highlights

A Very Happy 102nd Birthday!



Recreation Therapist **Matt Leszyk** wishes Veteran **Harold Brown** a happy 102nd birthday!

Fun Times



Community Living Center residents enjoyed a 2014 Mardi Gras Celebration at the medical center.

Tea and Pink Out Day



Community Living Center lady Veterans, recreation staff, and volunteers participate in the Women's Monthly Tea event and celebrate Pink Out Day.

Volunteer Opportunities

- Disabled American Veterans (DAV) drivers
- Reminder calls assistant
- Patient escorts for medical appointments
- Clerical support - various departments
- Special event volunteers
- Friendly visitor volunteers - visit with Veterans
- Recreational aide

Calendar

Friday, May 2

Volunteer Recognition Ceremony

Saturday, May 17

K of C Bowling Tournament with Patients

Monday, May 26

Memorial Day Ceremony, Chicken BBQ Sponsored by Elks & Sons of the American Legion (SAL)

10:00 a.m.

Saturday, June 7

1860's Baseball Game – Genesee Village Museum

Saturday, June 14

Flag Day, Fishing Trip at Park Station

Sunday, June 15

Father's Day – American Legion Riders Visit

Saturday, June 28

Fishing Trip

Eldridge Park, Elmira

Friday, July 4

Picnic Sponsored by Cuba Masons & Order of the Eastern Star

Saturday, July 12

Chicken BBQ Sponsored by Cat-Alleghany Veterans of Foreign Wars & American Legion Auxiliary

Sunday, July 13

American Legion Trip - Corning

Tuesday, July 15

Marconi Lodge Lunch

Saturday, July 26

Pig Roast Sponsored by the Elks

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► Bath

Wreaths Across America



Wreaths Across America participants paid tribute to troops during a wreath laying ceremony at **Bath National Cemetery**.



Volunteers helped lay wreaths at **Bath National Cemetery** as a tribute to troops, Veterans, POW/MIAs and fallen heroes, along with their family and friends.

Wish List

- Body wash
- Bread machine mixes
- Coffee
- Creamer/sugar packets
- Denture adhesive*
- Denture cleanser*
- Deodorant
- Gift cards for fast food, Walmart or Tops Market (\$5 - \$10)
- Jewelry making supplies/beads
- Lotion
- Plain fleece blankets - twin size
- Shampoo
- Stamps

*Homeless Veterans program and Jump Start program needs cleaning supplies, toasters, coffee maker, dishes, silverware, and pots & pans (can be gently used).

► Canandaigua

Heart Health



Volunteer **Diane Weaver** distributed 'stress heart health' balls during **National Salute to Veteran Patients** week.

Recreation Time



Ron Jones (left) and **Len Fulmer** (right), Veterans, display their skills in billiards in the Canandaigua VA recreation room.

Golden Age Games Prep



In preparation for this year's Golden Age Games, Veterans practice air gun target shooting at the **Waterloo Rifle & Pistol Club**. This year's Golden Age Games will be held in Fayetteville, Arkansas.

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► Canandaigua Highlights

Happy Retirement!



Best Wishes to Volunteer Specialist, **Patti Ciancaglini** on her retirement after 38 years of dedicated service at the Canandaigua VA Medical Center! **Craig Howard**, Director, Canandaigua VA Medical Center, presented her a Certificate of Retirement.

Volunteer Opportunities

All volunteers must complete an orientation prior to volunteering. Orientations are held in Voluntary Service. Please call **Utaw Vines** to schedule an appointment at (585) 393-7757. Thank you for considering volunteering with the Canandaigua VA Medical Center!

Canandaigua VA/Rochester VA Outpatient Clinic

- **Activities** - recreation activities, socialization, games, cleanup, and wheelchair escort. Evenings, weekends
- **Clerical assistant** - filing, organizing, answering the phone. Days and hours flexible
- **Hospice care** - as needed; prefer Hospice-trained volunteers, but all applicants considered
- **Transportation** - driving a government vehicle to transport ambulatory Veterans to and from medical appointments. Various locations and times available
- **Grounds crew volunteer** - assist in planting, clearing, and beautifying the campus
- **Laundry volunteer** - weekdays 7:00 a.m. to 5:30 p.m., three or more hour shifts
- **Loving Spoonful Volunteer** - evening & weekend meal time, assist nursing & nutrition staff at meal times - training required (we provide)
- **My HealthVet** - distribute information for program. Assist Veterans interested in enrolling in the program
- **Wheelchair escorts** - various times available to push wheelchair Veterans to a variety of locations within the facility such as dental clinic, x-ray department or taking Veterans on a walk around our beautiful grounds

Visiting the Medical Center



On February 1, **New York State Elks President, Martin I. Rosenthal**, along with **Elks Club** members, visited and toured the Canandaigua VA Medical Center.

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► Canandaigua Highlights

Wish List

- Coffee, creamer, sugar, sugar substitute
- Deodorant, shampoo, shaving cream, body lotion, nail clippers
- Forever postage stamps
- Gift cards from Walmart/Wegmans/Tops/iTunes/Prepaid Gas Cards
- Monetary donations for wood shop
- Monetary donations needed to support the Recreation Therapy Canine Program
- Sneakers, shoe laces
- New socks and underwear, sweatshirts, sweatpants, t-shirts, swim trunks
- Non-perishable foods and baking items
- Paper plates, paper napkins
- Tickets to sporting events, zoo and outings, bowling/movie tickets

For Homeless Program:

- Air mattresses - new
- Alarm clocks
- Brooms
- Kitchen items (dishes/utensils)
- Mops
- New blankets & pillows
- New vacuum cleaners
- Toilet paper and cleaning supplies

Monetary donations are always welcome. If you, or your organization, wish to make a donation to the account of your choice please specify that you are in agreement that food and beverages may be purchased for our Veterans. This is in compliance with the new rules and regulations associated with the purchase of food.

Contact Voluntary Service for more information.

Calendar

Second Monday of each month (January-December)

Bee Keepers Association Meeting Month
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

R/C Model Flying Club
6:00 p.m.

Wednesday, May 7 VA Voluntary Service/ Community Council Meeting

1:00 p.m.
Building 5, Auditorium

*Thursday, May 15 Pie, Plant & Ice Cream Sale

9:30 a.m. to 2:00 p.m.
Building 5, Auditorium

Saturday May 17 I.R.R. Marine Muster

8:00 a.m. to 4:00 p.m.
Auditorium, Courtyard 1

*Sunday, May 18 Bingo

12:00 p.m.

Monday, May 19 Food Safety Course

6:00 p.m. to 8:00 p.m.
Pavilion

*Tuesday, May 20 Annual Memorial Service

1:30 p.m.
Building 5, Auditorium

*Monday, May 26 Memorial Day Parade

9:00 a.m. to 1:00 p.m.
American Legion Post 34

*Memorial Day Program

Tuesday, May 27
2:00 p.m., Building 5

Friday, May 30 Memorial Day Cakes On All Units

1:00 p.m.

*Friday, June 6 Canandaigua Middle School Jazz Band

10:00 a.m.
Building 5, Auditorium

*Friday, June 13 Flag Day Musical/Concert

6:30 p.m.
Building 5, Auditorium

Friday, July 4 Cakes On All Units

1:00 p.m.

*Sunday, July 20 Motorcycle Show

10:00 a.m.
Building 5, Auditorium

*Friday, July 27 Cookout & Ballgame

Noon, Court 1 in Pavilion

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

Protestant Services are held Sundays starting at 8:45 a.m. to 11:30 a.m.

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.

Project Healing Waters Gets Veterans



With the help of **Project Healing Waters Fly Fishing (PHWFF)**, disabled Veterans heal through fly fishing.

The program takes Veterans on a day-long trip on the water and teaches basic fly fishing, fly tying, and casting techniques. Veterans enjoy the day learning new skills and making new friends in a fun, supportive environment.

Volunteers, Veterans, and staff strive to make the program a success, which is available at each VA facility in upstate New York. **We hope you enjoy the photo montage here and check out this program at your local VA facility.** With dedicated time, resources, and participation this “healing” experience benefits all!



Hooked on Fly Fishing



If you are a fisherman, or fisherwoman, consider volunteering your time to help Veterans heal!

► Syracuse Highlights

Coffee Fund Donation



Veterans of Foreign Wars Post 5885 Oswego made a donation for the Voluntary Service coffee fund.

Go Red For Women



Women's Health Clinic Manager **Mary LaRussa** goes red for women's heart health. Voluntary Services provided heart healthy snacks for the event.

Warm Coats and Winter Gear Donation



Fire and Iron Motorcycle Club delivered much needed winter coats and gear for Veterans.

Winter Hats Donation



Baldwinsville Central School District children collected winter hats to be distributed to Veterans.

National Creative Art Festival Photograph Displayed in Medical Center



Ed Magdziak, local Veteran and Artist, donated his **2014 National Creative Arts Festival** photograph to the medical center. The photograph now proudly hangs in the Canteen.

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► Syracuse Highlights

Martin Luther King Day Musical Performance



Pianist and volunteer **Terry Mitchell** performed during the **Martin Luther King** celebration.

Helping Hands Donation



Helping Hands for Veterans makes a generous donation for the medical center's Recreation Department.

Wish list

- Baby powder
- Combs/hair brushes
- Crock style shoes (all sizes, preferably with back strap)
- Denture cream, denture adhesive
- Deodorant
- Nail clippers
- Shaving cream
- Sweatpants (all sizes)
- Sweatshirts - zip up hoodie, pull over hoodie, or crew neck (all sizes)
- Toothbrushes and toothpaste
- T-shirts (all sizes)

Volunteer Opportunities

- Friendly Visitor - visit with Veterans in their rooms and chat, watch TV, play games, socialize
- Discharge Escort- escort patients from their inpatient room to pharmacy, ride home, assist with discharge paperwork, make reminder phone calls for future appointments, miscellaneous clerical work
- In-Home Respite Friendly Visitor- visit with Veterans in their home so their caregiver can get some "worry free" time away

Summer is Here!

Volunteer Opportunities For Students

- Patient transport/escort
- Laboratory deliveries
- Nursing unit assistance
- Recreational activities
- Appointment reminder phone calls

Holiday Shopping



Syracuse City Court volunteers provided holiday cheer this winter season to patients in the Spinal Cord Injury Unit.

► Western New York Highlights

Volunteer Recognition



VA volunteers **Geraldine Kohlbrenner** (second from left) and **Robert McTighe** (second from right) were recognized on April 2, 2014 for their outstanding volunteer support by **Linda Cohen**, Executive Director for **New York State Commission on National and Community Service** (left) and **Byron W. Brown**, Buffalo Mayor (right). Kohlbrenner has served 36 years at the VA Medical Center and currently serves as a **Disabled American Veterans (DAV)** Dispatch volunteer. McTighe was a **DAV** driver for 6 years and now coordinates the **DAV** program at Buffalo VA.

Girl Scouts Donate Magazines



To show their appreciation to our nation's heroes, **Girl Scouts** donated magazines for Buffalo and Batavia Veterans to read and enjoy. Pictured left to right: **Robert McTighe**, Air Force Veteran and **Disabled American Veterans Transportation Network** Hospital Service Coordinator; **Diane Ruzala**, VA Ambassador volunteer; **Jake Hipps**, Marine Corps Veteran and VA volunteer; and **Mark Francis**, Volunteer Program Manager.

Volunteers Are Needed!

If you are interested in volunteering in Western New York (Buffalo and Batavia) call us today at **(716) 862-8667**. There are many opportunities including providing clerical, computer, and recreational support, as well as helping out in programs such as the Adult Day Health Care program, Community Living Center, Disabled American Veterans program, and much more.

Call us about our **Wish List** to discover what donations make life a little better for Veterans. Our list includes art therapy supplies, birthday cards, bus passes, bread mixes, gift cards, clothing items, snack packs, treadmills and much more.

Phone numbers for donations:

Batavia **(585) 297-1196**

Buffalo **(716) 862-8672**

Buffalo Bills



Reuben Brown, Buffalo Bills alumni visited with Veterans during the **Thurman Thomas** restaurant "34's" grand opening at the **Batavia Downs Casino**. Pictured front row, left to right: Veterans **Russell Ritter**, **John Przybylak** and **Chester Dompkowski**. Second row standing: **Sarah Whiteside**, VA Nursing Assistant and **Reuben Brown**.

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► Western New York Highlights

National Salute to Veteran Patients Week



James Yoder, a Batavia volunteer, visited **Michael Manz**, an **Air Force** Veteran. Manz wore the “American Heroes” baseball cap that was distributed to Veterans during **National Salute to Veteran Patients** week in Western New York.



“**Buster Bison**” from the **Buffalo Bisons AAA Baseball** affiliate poses with Healthcare Career Connection Students of **Erie 1 Board of Cooperative Educational Services (BOCES)**.

Hand Made Quilts



Students from the Housing Environment classes taught by **Kristen Rich** (far right) at the **LeRoy Junior and Senior High School** pose with 16 quilts that were made as part of a community service project. Accepting the quilts is **Mark Francis**, Volunteer Program Manager for VA Western New York Healthcare System. The quilts are being donated to the Veteran’s Home in Batavia for residents to use as lap blankets. Generous donations of fabric by the local community helped make this project a success. Fabric donations for future quilts will be welcomed at the LeRoy High School office.

Calendar

Wednesday, May 21
VA Voluntary Service Meeting
1:30 p.m., Batavia Campus
Building 4 Auditorium

Monday, May 26
Memorial Day Observed – Holiday
Memorial Day Observance
8:30 a.m., Batavia Campus
Building 3, Flag Pole Area

Wednesday, June 18
Batavia Volunteer Awards Ceremony
12:00 p.m., Batavia, Clarion Hotel

Friday, July 4
July 4 Observed – Holiday

Wednesday, July 16
VA Voluntary Service Meeting
1:30 p.m., Buffalo Campus
Freedom Hall

VA Health Care Upstate New York
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 Rochester, NY 14618

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 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
 (814) 260-9342

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

Elmira
 Health Services Building
 200 Madison Avenue, Suite 2E
 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
 63 Hurley Avenue
 Kingston, NY 12401
 (845) 331-8322

Lackawanna
 Our Lady of Victory
 Family Care Center
 227 Ridge Road
 Lackawanna, NY 14218
 (716) 822-5944

Springville Satellite Clinic of Lackawanna
 27 Franklin Street
 Springville, NY 14141
 (716) 592-7400

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

Malone
 3372 St. Rt. 11, Main Street
 Malone, NY 12953
 (518) 483-1529

Mansfield Satellite Clinic of Elmira
 63 Third Street
 Suite 104
 Mansfield, PA 16901
 (570) 662-0507

Massena
 1 Hospital Drive
 Massena, NY 13662
 (315) 769-4253

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

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
 19472 U.S. Route 11
 Watertown, NY 13601
 (315) 221-7026

Wellsville
 3458 Riverside Drive, Route 19
 Wellsville, NY 14895
 (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
 716 East Washington Street,
 Suite 101
 Syracuse, NY 13210
 (315) 478-7127

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

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-TALK (8255) press "1"

Veterans Service Contact Center

1-888-823-9656

For information on eligibility, VA health care benefits, enrollment, or questions on your billing statement

Women Veterans Call Center

1-888-VA-WOMEN

1-888-829-6636

For information on eligibility, benefits and health care

E-Donate

www.visn2.va.gov

You can now make a donation online to the Veteran program of your choice