

## **RETIREE LUNCHEON NOTES –SEPTEMBER 2025**

**SICK CALL:** Milton Banks, Chuck Boehnke, Bohdan Cholach, Steven David, Ted Fafinski, Sam Falzone, Nick Grzymkowski, Bob Helmes, Sally Kent, David Pupo, Michael & Josie Rhodes, and Otis Robinson are on our sick call list. Please keep each of them in your prayers. To **add or remove** someone from the sick call list (they must agree to be listed) email [\*\*MilitaryRetireeLuncheon@gmail.com\*\*](mailto:MilitaryRetireeLuncheon@gmail.com)

**FINAL SALUTE:** *(PLEASE LEAVE A MESSAGE OF CONDOLENCE FOR THE FAMILIES OF OUR DECEASED COMRADES)*

**1SG JOHN A. VAN HOOYDONK**, U.S. Army (Ret.), Webster, NY passed away on August 19, 2025 at the age of 94. Please go to [\*\*https://willardhscott.com/tribute/details/5088/John-Van-Hooydonk/obituary.html#tribute-start\*\*](https://willardhscott.com/tribute/details/5088/John-Van-Hooydonk/obituary.html#tribute-start) to read his obituary and to leave a message of condolence.

**LT CDR, ROBERT F. JENNER** U.S. Navy (Ret.), Rochester, NY passed away on August 22, 2025 at the age of 87. Please go to [\*\*https://meesonfamily.com/obituaries/robert-f-jenner/\*\*](https://meesonfamily.com/obituaries/robert-f-jenner/) to read his obituary and to leave a message of condolence.

**PAUL EDWARD HOAK**, U.S. Navy (Ret.), Henrietta, NY passed away on August 27, 2025 at the age of 90. Please go to [\*\*https://millerfuneralandcremationservices.com/obituaries/?id=2253\*\*](https://millerfuneralandcremationservices.com/obituaries/?id=2253) to read his obituary and to leave a message of condolence.

**LUCIEN “JERRY” BARDEEN**, U.S. Army (Ret.), Rochester, NY passed away on September 11, 2025 at the age of 83. Please go to [\*\*https://meesonfamily.com/obituaries/lucien-jerry-bardeen/\*\*](https://meesonfamily.com/obituaries/lucien-jerry-bardeen/) to read his obituary and to leave a message of condolence.

**IMPORTANT PHONE NUMBERS & WEBSITES FOR MILITARY RETIREES' FAMILIES AND SURVIVORS CAN BE FOUND ON PAGE 7**

### **DEPARTMENT OF DEFENSE IS NOW DEPARTMENT OF WAR**

The Department of Defense originated from the Department of War, which existed from 1789 to 1947, when it split into the Department of the Army and the Department of the Air Force under the National Security Act of 1947, joining the Department of the Navy to form the National Military Establishment (NME). In 1949, the NME was renamed the Department of Defense.

President Donald J. Trump signed an executive order on September 5, 2025 changing the Defense Department's name to the Department of War as a secondary title. The order authorizes Defense Secretary Pete Hegseth and DOD subordinate officials to use secondary titles like "Department of War," "Secretary of War" and "Deputy Secretary of War" in public communications, official correspondence, ceremonial contexts and non-statutory documents within the executive branch, according to a [\*\*fact sheet released by the White House\*\*](#). Additionally, the order directs all executive agencies and departments to "recognize and accommodate these secondary titles in internal and external communications", as well as instructing Hegseth to recommend actions — including executive and legislative actions — that would be required to permanently rename the department.

### **YOU'RE ELIGIBLE FOR VA HEALTH CARE!**

A lot of people think that qualifying for VA health care is based solely on income or having a service-connected disability, but that's not true. You can be a millionaire, with no service-connected disabilities, and still qualify for VA health care. Watch the short video at [\*\*https://www.youtube.com/watch?v=wWMCqSd7gco\*\*](https://www.youtube.com/watch?v=wWMCqSd7gco) to see how you are qualified for VA health care. **When you are done watching the video, apply for VA health care at [\*\*https://www.va.gov/health-care/apply/application\*\*](https://www.va.gov/health-care/apply/application)**

### **2026 MEDICARE & YOU eHANDBOOK IS HERE!**

Check out the new **2026 Medicare & You eHandbook**. The eHandbook is easy to search or download, so you can quickly find what you're looking for. Click on [\*\*https://www.medicare.gov/medicare-and-you\*\*](https://www.medicare.gov/medicare-and-you)

### **WATCH: THE HARLEM HELLFIGHTERS: FORGOTTEN HEROES OF WWI**

Click on the link at [\*\*https://youtube.com/shorts/bxJLhWITAOo?si=IB6oei5Hflv-fxa8\*\*](https://youtube.com/shorts/bxJLhWITAOo?si=IB6oei5Hflv-fxa8)

### **NEXT MILITARY RETIREE LUNCHEON**

The next Military Retiree Luncheon will be on **Thursday, October 16, 2025** at the **Grand Super Buffet**, 1100 Jefferson Road, Rochester (Henrietta), NY 14623. Registration will begin at 11:15, with announcements beginning around 12:15. The price of the luncheon is \$16.00. **Please be sure to email [\*\*MilitaryRetireeLuncheon@gmail.com\*\*](mailto:MilitaryRetireeLuncheon@gmail.com) to let us know if you will be attending.**

## UPCOMING EVENTS

**MONTH OF SEPTEMBER – VA S.A.V.E.:** You can learn how to **SAVE A LIFE** with free training on how to help someone having a mental health crisis. These **one-hour sessions** will help you to learn signs of a mental health crisis and how to use the SAVE model to respond to someone in a mental health crisis. Sessions are available throughout the Rochester and Finger Lakes areas. Schedules are contained in the flyer on page 9. Registration is not required except for the Sep 20<sup>th</sup> online class. For more information contact Ashley Smith at 585-364-9783, or email her at [ashley.smith14@va.gov](mailto:ashley.smith14@va.gov)

**SEP 18<sup>th</sup> – 78<sup>th</sup> BIRTHDAY OF THE U.S. AIR FORCE**

**SEP 20 – NOV 1, 2025 – RETIREE APPRECIATION DAYS (RAD):** Retiree Appreciation Day (RAD) is a program that connects the retired community to resources for their benefits and entitlements. Content varies, but many include guest speakers, medical information, and ID card services. A RAD near you can be found at <https://soldierforlife.army.mil/Resources/Retirement-Events/Retiree-Appreciation-Days> Note: **The Fort Drum RAD will be on 20 Sep 2025.**

**SEP 20<sup>th</sup> – SUNNY MIKE GOLF SCRAMBLE:** 8:30-9:30 Registration & coffee/donuts, 10 am play begins. Victor Hills Golf Club, 1450 Brace Rd., Victor, NY 14564. Silent auction, 50/50, live music, item raffles, and more. Registration fee includes 18 holes of golf, team cart, and unlimited lunch & dinner. \$140 pre-registration; \$150 day of event. Email [hello@sunnymike.org](mailto:hello@sunnymike.org) or call 585-431-6770.

**SEP 20<sup>th</sup> – BBQ FUNDRAISER:** 10:30 am to 5 pm (or until sold out). Runnings Plaza, 3191 County Road 10, Canandaigua, NY 14424. Famous chicken BBQ, delicious pizza, Legends Raceway race cars on site. This is an Honor Flight Rochester fundraiser.

**SEP 20<sup>th</sup> – ROD & GUN CLUB VETERANS FUNDRAISER:** 7<sup>th</sup> Annual Joseph A. DeVito Memorial Veterans Fundraiser. 9 am - 4 pm. Trap \$25 match/50 rounds with awards; raffle prizes/silent auction; fundraiser lunch \$15/person donation; steel target exercises \$5 per stage. Sign up at the Ontario Rod & Gun Club, 2523 Trimble Rd., Ontario, NY 14519. Facebook page: <https://www.facebook.com/orgcnny/>

**SEP 20<sup>th</sup> – CVMA VETS HELPING VETS BLOCK PARTY:** 11 am – 3 pm. Harv's Harley Davidson, 3120 Kittering Rd., Macedon, NY 14502. Live music. A Combat Vets Motorcycle Association sanctioned event. Details at [https://www.facebook.com/cvma197/photos/block-party-happening-in-just-over-2-weeks-come-on-out-for-raffles-food-live-mus/907200281439235/?\\_rdr](https://www.facebook.com/cvma197/photos/block-party-happening-in-just-over-2-weeks-come-on-out-for-raffles-food-live-mus/907200281439235/?_rdr)

**SEP 20-21 – HONOR FLIGHT ROCHESTER:** Mission 91 Welcome Home event at the Frederick Douglass Greater Rochester International Airport, times to be announced on their website at <https://honorflightrochester.org/missions-2/>

**SEP 20-21 – PURPLE PAINTED LADY FESTIVAL:** Saturday, 9/20 from 9am-5pm; Sunday, 9/21 from 10am-4pm. 880 Yellow Mills Rd., Palmyra, NY 14522. \$10 admission – **Honor Flight Rochester Benefit.** no smoking & no pets. 350 Artists and Makers; 180 Amazing Local Volunteers, charities and organizations helping this run smoothly; 30 Food Trucks and Beverage Vehicles; 5 bands; 2 days of AWESOMENESS! ONE HECK OF A GOOD TIME! IMPORTANT: This is a big event; it is important to read about it at <https://www.thepurplepaintedladyfestival.com/about> to know what route to take, parking, etc.

**SEP 21<sup>st</sup> – STOKOE FARMS MILITARY APPRECIATION DAY:** 10 am to 5 pm. Scottsville, NY. See flyer on page 11 for details.

**SEP 23 – DEC 10 – JOB HIRING FAIRS:** *Hiring Our Heroes* Employment Workshops and Job Fairs, including spousal fairs and net-working functions, around the country, overseas, and virtually (on-line). Go to <https://www.uschamberfoundation.org/events/hiringfairs> to find a location near you. Dates and locations are subject to change, so please refer to the web site often for current information

**SEP 25 – SEP 29 – THE MOVING WALL:** Vietnam Veterans Memorial. Viewing the wall is free, and open 24 hours. National War Plane Museum, 3489 Big Tree Lane, Geneseo, NY 14454. Flyer on page 11.

**SEP 27<sup>th</sup> – CASH BASH & MEAT RAFFLE:** 1-5 pm. American Legion Post 283, 3850 Federal Rd., Livonia Center, NY 14488. 15 cash prizes totaling \$3,400. Garbage plates (hot & hamburgers) with refreshments. Donation \$25. Only 300 tickets will be sold.

**SEP 27<sup>th</sup> – RIDE FOR HONOR FLIGHT ROCHESTER:** 9 am check in at Charlotte Beach, 50 Beach Ave., Rochester, NY 14612. 10 am introductions, safety briefing, and ride to National War Plane Museum, 3489 Big Tree Lane, Geneseo, NY 14454 for a guided tour of **The Moving Wall Vietnam Veterans Memorial** 12:30-2:30, followed by lunch at Vitale Park, 5828 Big Tree Hill Road, Lakeville NY 14480, with 50/50 Raffles & Door prizes 3 pm- 5 pm. Jeep ride participants \$25 per person, Jeep Ride Junior (10 and under) \$10; **Honor Flight Members Free.** Go to <https://www.ticketleap.events/tickets/empire-state-jeeps/empire-state-jeeps-ride-for-honor-flight> for details and to sign up. Sponsored by Empire State Jeeps Club.

**SEP 27, 2025 – MAR 7, 2026 – ARMY RESERVE RETIREMENT SEMINARS:** Virtual and in-person seminars are scheduled throughout 2025 and into 2026. They are designed to ensure Retired Soldiers, current Soldiers, and their families receive information and referrals on benefits and entitlements. Retired Soldiers awaiting retirement at age 60 are encouraged to attend. Seminars are scheduled throughout the U.S., its territories, and virtually. Go to <https://soldierforlife.army.mil/Resources/Retirement-Events/USAR-Retirement-Planning-Seminars> for a retirement seminar near you.

**SEP 28<sup>th</sup> – MARY WEE PUB HONOR FLIGHT ROCHESTER FUNDRAISER:** Noon to 4 pm, The Mary Wee Pub, 2 West Main St., Webster, NY 14580. Live music, 50/50 raffles, drink specials, HFR swag for sale. Go to <https://www.themaryweepub.com/> or <https://honorflightrochester.org/> for more information.

**SEP 28<sup>th</sup> – GOLD STAR FAMILIES SUNDAY:** 2-3 pm. **The public is invited!** All Seasons Chapel, White Haven Memorial Park, 210 Marsh Road, Pittsford, New York 14534. See flyer on page 9 for details. Sponsored by Blue Star Mothers Rochester NY8. More information on Blue Star Mothers at <https://www.bluestarmomsroc.com/>

**OCT 4-5 – HONOR FLIGHT ROCHESTER:** Mission 92 Welcome Home event at the Frederick Douglass Greater Rochester International Airport, times to be announced on their website at <https://honorflightrochester.org/missions-2/>

**OCT 13<sup>th</sup> – 250<sup>th</sup> BIRTHDAY OF THE U.S. NAVY**

**OCT 16<sup>th</sup> – HONOR FLIGHT ROCHESTER FUNDRAISER:** 5:30-6:30 pm. Red Fedele's Brook House, 3717 West Ridge Rd., Rochester, NY 14626. Featuring Patrick Johnson - Elvis Impersonator. Door prizes and 50/50 raffle. Tickets \$40 with buffet, (\$30 without buffet). The buffet must be paid for a week in advance (buffet is the only food available). For tickets contact Karen Gerrish, 585-645-2901, 4260 Culver Rd., Apt. 228, Rochester, NY 14622.

**OCT 18<sup>th</sup> – U.S. NAVY 250<sup>TH</sup> BIRTHDAY BALL:** Rochester, NY. See flyer on page 10 for details.

**OCT 18<sup>th</sup> – 5K WALK/RUN RACE & OCTOBERFEST:** 9 am. American Legion Post 660, 10 Spring St., Dundee, NY 14837. T-shirts, snacks, beer tastings, vendors selling locally produced goods, corn hole, axe throwing, face painting, pumpkin carving/painting, and more! Full details at <https://runandhops5k.weebly.com/> This is a fundraiser for **22 Everyday**, an organization that helps with veteran suicide prevention, and the Dundee Area United Fund.

**RECURRING EVENTS CAN BE FOUND BEGINNING ON PAGE 12**

**DATES TBA – YOUR FUNCTION:** Have your military/veteran-related function listed here. Send complete information to [MilitaryRetireeLuncheon@gmail.com](mailto:MilitaryRetireeLuncheon@gmail.com) no later than the 10<sup>th</sup> of the month for insertion in the notes. Please include a flyer if available as well as a link to a website or Facebook page.

**MORE EVENTS AT** <https://www.rocveterans.org/events> The website connects veterans and their families with events in the Finger Lakes area, including Livingston, Monroe, Ontario, Seneca, Wayne, and Yates counties. If your group is missing, send email details to [rocveterans585@gmail.com](mailto:rocveterans585@gmail.com)

### **MONROE COUNTY (NY) VETERANS SERVICE AGENCY OFFICES**

The main VSA office is located at 125 Westfall Rd., Rochester, NY 14620, (585) 753-6040. The Greece satellite office is located in the Greece Ridge Mall, Inline Space F5, 271 Greece Ridge Center Dr., Rochester, NY, 14626, (585) 753-2802. The Penfield/Webster office is in BayTowne Plaza, Suite 645, 1900 Empire Blvd., Webster, NY 14580, (585) 753-2812. Go to <https://www.monroecounty.gov/vsa> for more information

### **GET REIMBURSED FOR YOUR VA-RELATED TRAVEL**

#### **Caregivers Can Also Get Reimbursed**

When you travel for a VA health care appointment, you and your caregiver can be reimbursed you for travel costs, including mileage, tolls, parking and authorized hotel stays. You are eligible if you meet any one of the following conditions: have a service-connected rating of 30% or more; are traveling for treatment of a service-connected condition; receive a VA pension, or your income does not exceed the maximum annual VA pension; are traveling for a scheduled compensation or pension exam; or have vision impairment, spinal cord injury or disorder, double or multiple amputation, or enrollment in VA rehabilitation programs. Read the full story at <https://news.va.gov/141249/how-get-reimbursed-va-related-travel/>

### **SIMPLE VA TRAVEL CLAIMS USING YOUR PHONE**

Eligible Veterans can now submit mileage-only travel reimbursement claims through the VA Health and Benefits mobile app with just a few taps on your mobile device. Complete information is available at <https://news.va.gov/press-room/simplified-travel-claims-submissions-available-on-va-mobile-app/>

### **UPDATE – CANCERS COVERED BY THE PACT ACT**

Acute and chronic leukemias and other life-threatening cancers are now recognized as presumptive conditions for toxic-exposed veterans who served during the past 25 years in Afghanistan, Iraq, Kuwait, Saudi Arabia and across the Middle East. The VA will automatically assume a service connection for the following diseases that develop in the blood and bone marrow: acute and chronic leukemias, multiple myelomas, myelodysplastic syndromes and myelofibrosis. Read more at: <https://www.stripes.com/veterans/2025-01-08/veterans-cancers-toxic-exposure-k2-middle-east-16421311.html> - (Source - *Stars and Stripes*)

### **DIRECTORY OF COUNTIES IN NEW YORK STATE**

Every county in New York State has a Veterans Service Office. Go to <https://www.ny.gov/counties> to find your county, and then navigate to the Veterans Agency or Veterans Service Agency.

### **WEBSITE ACCESS FOR VA ONLINE SERVICES**

The VA moved to only using **Login.gov** or **ID.me** sign-in options on February 1, 2025, eliminating the use of user names and passwords for My HealtheVet and DS Logon. Go to <https://news.va.gov/133159/prepare-for-vas-secure-sign-in-changes/> to learn how to create new accounts to ensure continued access to VA online services.

### **RETIREMENT SERVICES OFFICES**

Talk to a Retirement Services Officer. Whether you're **Regular Army, Army National Guard, or Army Reserve**, you have an assigned Retirement Services Officer (RSO). Find yours at the interactive RSO maps at: on the Army Retirement Services website at <https://soldierforlife.army.mil/About-Us/Contact-Your-RSO>

### **MILITARY RETIREE RESOURCES**

Military retirees can find valuable service-specific resources at the following websites:

**Army** - <https://soldierforlife.army.mil/retirement/>

**Army (Retirement Planning Guide)** -

<https://soldierforlife.army.mil/Documents/2020%20US%20Army%20Retirement%20Planning%20Guide.pdf>

<https://soldierforlife.army.mil/retirement/>

**Air Force** - <https://www.retirees.af.mil/>

**Navy** - <https://www.mynavyhr.navy.mil/Career-Management/Retirement>

**Marine Corps** - <https://www.hqmc.marines.mil/Agencies/Manpower-Reserve-Affairs-MMSR-6/>

**Coast Guard** - <https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Pay-and-Personnel-Center-PPC/>

**Fort Drum Retiree Newsletter *Mountain Honors*** – Read the most recent issue at

[https://home.army.mil/drum/8617/5215/9545/Summer\\_2025\\_FDRC\\_Digital\\_Newsletter\\_S.pdf](https://home.army.mil/drum/8617/5215/9545/Summer_2025_FDRC_Digital_Newsletter_S.pdf)

**Veterans Resources Newsletter** – Read the most recent issue at <https://www.va.gov/VetResources>

**Veterans Benefits** - <https://www.ebenefits.va.gov/ebenefits/homepage>

**Federal Benefits for Veterans, Dependents & Survivors Handbook** -

[https://www.va.gov/opa/publications/benefits\\_book.asp](https://www.va.gov/opa/publications/benefits_book.asp)

**Military Records** - <https://www.archives.gov/veterans/military-service-records>

**Military forms and publications** - <https://www.marines.mil/News/Publications>

**DFAS Retiree Newsletter** - <https://www.dfas.mil/RetiredMilitary/newsevents/newsletter/>

**Army Echoes** - <https://soldierforlife.army.mil/Army-Retirement/Post-Retirement/Army-Echoes-Newsletter>

**Army Echoes Podcast** - <https://soldierforlife.army.mil/Resources/SFL-Podcast>

### **ARMY ECHOES – NEW ISSUE NOW AVAILABLE**

<https://soldierforlife.army.mil/Documents/echoes/latest.pdf>

August's featured articles include:

- What you need to know about the Reserve Component Survivor Benefit Plan (RCSBP)
- Understanding the retirement pay process for Army Reserve Retirees
- Veterans Legacy Memorial expands pages for living veterans
- TRICARE: Unlock your health as you approach Medicare eligibility
- Army Echoes is going digital



### **VA COMMUNITY ENGAGEMENT & PARTNERSHIP COORDINATOR**

Ashley Smith, LCSW, is the coordinator at the Finger Lakes VA (Canandaigua, NY). Her role is an extension of the VA's suicide prevention efforts. She takes a public health perspective to engage with all veterans in the community and their support systems. Ms. Smith works with a wide variety of organizations to provide any assistance they would find helpful to further their suicide prevention efforts. She can provide suicide prevention training, Veterans Crisis Line materials, and gun locks – all free of charge. Contact Ms. Smith at 585-364-9783, or email her at [ashley.smith14@va.gov](mailto:ashley.smith14@va.gov)

### **FIND VA LOCATIONS AND HEALTH CARE SERVICES NEAR YOU**

Search for your nearest VA medical center and other health facilities (including approved Urgent Care facilities and pharmacies), benefit offices, cemeteries, community care providers and Vet Centers on line at [https://www.va.gov/find-locations?utm\\_source=Newsletter&utm\\_medium=email&utm\\_campaign=VAntage??](https://www.va.gov/find-locations?utm_source=Newsletter&utm_medium=email&utm_campaign=VAntage??)

### **MILITARY ID CARD/DEERS - OFFICES OPEN BY APPOINTMENT ONLY**

**Rochester:** Army Reserve Center, 49 Jetview Drive, Rochester, NY 14624, phone (910) 598-7773.

Retirees and dependents can also make an appointment to obtain ID cards at the Navy Reserve Support Center (NRSC), 439 Paul Road, Rochester, NY through the Rapids Site Locator at <https://idco.dmdc.osd.mil/idco/> (reservations at the NRSC cannot be made by phone).

**Buffalo & Niagara Falls:** You can obtain ID cards at the Connecticut Street Armory in Buffalo, NY by calling 716-888-5764, 5759 or 5787 for an appointment. At Niagara Falls Air Reserve Station call the 914<sup>th</sup> Air Refueling Wing, at (716) 236-2197; or the 107<sup>th</sup> Attack Wing, NY Air National Guard, at (716) 236-2435. Go to <http://www.niagara.afrc.af.mil/Portals/142/Documents/ID%20CARDS%20AND%20DEERS%20IMPORTANT%20INFORMATION%20w%20schedule.pdf> for schedules and additional information.

**Around the World:** Find the nearest ID card office on the Rapids Site Locator at <https://idco.dmdc.osd.mil/idco>

### **RENEW ID CARDS ONLINE**

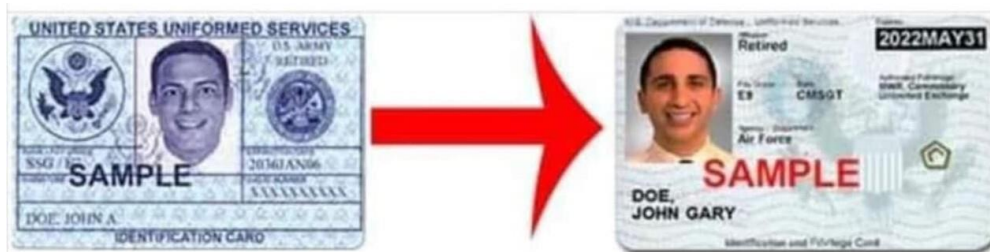
USID cards may now be renewed online. See the on-line USID card renewal page at <https://www.cac.mil/Next-Generation-Uniformed-Services-ID-Card/Renewing-Online/> for complete information. This page provides details on how to renew your USID card online. Sponsors may request Uniformed Service ID (USID) Card renewal online, which if approved, are mailed directly to the card recipient; no in-person appointments necessary. This page provides details on how to renew your USID card online.

### **NEW ID CARDS FOR RETIREES, ANNUITANTS & DEPENDENTS**

#### **DoD Uniformed Services ID Card Reissuance**

The Next Generation USID card incorporates an updated design and security features to deter counterfeiting and fraud, and is printed on plastic cardstock. Retirees and their eligible dependents are encouraged to have their paper-based USID card replaced at their convenience. Use the "ID Card Office Locator & Appointments" option on ID Card Office Online at <https://idco.dmdc.osd.mil/idco/> to find an ID card site near you. Some sites have appointments booked for several months in advance, so you are encouraged to use alternate searches to find other sites with availability. **See below about renewing ID cars online.**

**ATTENTION RETIRED MILITARY MEMBERS AND DEPENDENTS: Beginning in 2026, the old-style ID cards will no longer be accepted, regardless of the printed expiration date.** In order to maintain base access, you need to obtain a new ID card. If you are unable to make it to an ID card issuing office, you can also request a new card through the RAPIDS ID Card Office Online at <https://idco.dmdc.osd.mil/idco/> NOTE: This policy applies to ID cards of all colors (except for the new white ones). They should all be updated in order to maintain base access.



## RETIREE AND ANNUITANT PAY DATES

The following schedule shows the dates when you should expect to see the payment deposited into your account. For more information, go to <https://www.dfas.mil/retiredmilitary/manage/payschedule.html>

\*VA education, compensation, pension, and survivor's benefits are paid on the same dates as retiree payment dates below.

Entitlement Month	*Retiree Payment Dates	Annuitant Payment Dates
August 2025	August 29, 2025	September 2, 2025
September 2025	October 1, 2025	October 1, 2025
October 2025	October 31, 2025	November 3, 2025
November 2025	December 1, 2025	December 1, 2025
December 2025	December 31, 2025	January 2, 2026

## RETIREMENT & ANNUITANT PAY

Everything you need to know about retirement pay and annuitant (survivors) pay can be found at <https://www.dfas.mil/RetiredMilitary/>

## YOUR MYPAY ACCOUNT:

If you need to create a *myPay* account, or if you have problems remembering your account login ID or password, customer service is available Mon-Fri, 8 am to 5 pm ET. Call 1-800-321-1080, option 6. Go to [myPay Web Site \(dfas.mil\)](https://www.dfas.mil/RetiredMilitary/Quick-Tools-for-Retirees-SBP-Annuitants-Survivors) for 24-hour service.

## MANAGING RETIRED OR SBP PAY ACCOUNT - CHANGES TO DFAS

Click on <https://www.dfas.mil/RetiredMilitary/Quick-Tools-for-Retirees-SBP-Annuitants-Survivors> to see the improvements to DFAS that will help you manage your retired pay or SBP pay.

## DFAS RETIREE NEWSLETTER

Go to <https://www.dfas.mil/RetiredMilitary/newsevents/newsletter/> to read the **latest** quarterly edition.

## GRAY AREA RETIREMENTS BRANCH

The U.S. Army HRC Gray Area Retirements Branch processes retired pay applications for reserve retirements. Gray area retirees will find out everything they need to know about applying for retirement pay at <https://www.hrc.army.mil/content/Gray%20Area%20Retirements%20Branch> The Army Reserve pay application page at <https://www.usar.army.mil/Retirement/PayApplication/> also includes up-to-date information.

## IMPORTANT CHANGE TO SOCIAL SECURITY LOGIN

The Social Security Administration (SSA) is requiring users to transition their accounts to Login.gov or ID.me to access their online services: Users who created their account before September 18, 2021 will need to transition their accounts to Login.gov or ID.me. Users who created their account on or after September 18, 2021 already have the correct setup and do not need to take action. Go to <https://blog.ssa.gov/how-to-transition-your-social-security-account-to-login-gov/> for details and instructions.

## VA HOME LOANS CAN HELP VETERANS BUY A HOME

No down payment, no private mortgage insurance and competitive interest rates are just some of the ways the VA Home Loan program can help Veterans buy a home. Watch this 3-minute video to discover the unique benefits of VA Home Loans and learn the steps to apply for this powerful financial tool:

<https://www.youtube.com/watch?v=6ws6nSy8MSI>

## WHY USE MYPAY?

In myPay you can view your Annuitant Account Statements, IRS Form 1099-R, and IRS Form 1042-S. You can also update your federal tax withholding, mailing address, email address and direct deposit information. DFAS also has a system called SMARTDOC which allows them to send emails to all annuitants to help keep you informed of future changes

## **IMPORTANT PHONE NUMBERS & WEBSITES FOR RETIREES' FAMILIES AND SURVIVORS**

**THE SURVIVORS OUTREACH SERVICES OFFICE (SOS):** Learn about what the SOS can do to assist survivors at <https://www.usar.army.mil/ARFP/SOS/> Locate your nearest SOS coordinator at [https://dcs9.army.mil/sos\\_staff\\_locator](https://dcs9.army.mil/sos_staff_locator)

**TO REPORT THE DEATH OF A MILITARY RETIREE:** Call DFAS at 1-800-321-1080. When you call, be prepared to provide the retiree's name, social security number and date of death. It is important to report the death as soon as possible to preclude overpayments. Go to [March2024 Prepare Your Loved Ones \(dfas.mil\)](https://www.dfas.mil/march2024/prepare-your-loved-ones) for more information regarding overpayments.

**VA:** 1-800-827-1000 <http://www.va.gov>

**Social Security:** 1-800-772-1213 <http://www.ssa.gov>

**Update ID cards:** 1-800-538-9552; <https://idco.dmdc.osd.mil/idco/>

**Nearest Retirement Services Office:** <https://soldierforlife.army.mil/retirement/rso> 99th Readiness Division JB McGuire-Dix-Lakehurst, New Jersey (609) 562-1696/7055/7425/1688 RSO email: [Army99RSO@mail.mil](mailto:Army99RSO@mail.mil) services the following states: CT, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VA, VT, 7th MSC (Europe).

## **PLAN TODAY, HONOR FOREVER**

**A nationwide campaign designed to help you understand your options and plan ahead.**

Too many Veterans and families miss out on VA burial and memorial benefits simply because they don't know they're eligible. Whether you choose burial in a private cemetery or a VA national cemetery, these benefits are a meaningful part of end-of-life planning.

With **Plan Today, Honor Forever** you can:

- Learn what burial and memorial benefits you may be eligible for;

- Share important information with your family or caregivers;

- Check your eligibility for burial in a VA national cemetery; and

- Understand how VA burial allowances may help cover costs

Visit [www.cem.va.gov/veterans-and-families](http://www.cem.va.gov/veterans-and-families) to explore your benefits.

## **RETIRED SOLDIER CASUALTY ASSISTANCE CHECKLIST**

(Fill it out now and keep it in a safe place where your loved ones can find it):

[https://soldierforlife.army.mil/Documents/static/Post/Retired\\_Soldier\\_Casualty\\_Assistance\\_Checklist.pdf](https://soldierforlife.army.mil/Documents/static/Post/Retired_Soldier_Casualty_Assistance_Checklist.pdf)

## **MILITARY FUNERAL HONORS**

At a family's request, every eligible veteran will receive military funeral honors, to include the presence of a military funeral honors detail that will oversee folding and presenting the U.S. flag and playing "Taps". **Your funeral director is responsible for making the necessary arrangements.** Go to [https://iris.custhelp.va.gov/app/answers/detail/a\\_id/183/~how-do-i-arrange-for-military-funeral-honors%3F](https://iris.custhelp.va.gov/app/answers/detail/a_id/183/~how-do-i-arrange-for-military-funeral-honors%3F) for details. The funeral director who handles the veteran's service will request the honors. You will need to provide the veteran's discharge papers to verify eligibility. If you need a copy, either you or the funeral director must submit an **emergency request** for military records to the National Archives at <https://download.militaryonesource.mil/12038/MOS/Misc%20Files/mos-mfh-nara-form.pdf>

## **SURVIVORS AND BURIAL BENEFITS KIT** **Help Your Loved Ones to be Prepared**

The VA offers a **Survivors and Burial Benefits Kit** to assist Veterans and their families with pre-need planning. The kit includes a guide through possible end-of-life and survivors' benefits eligibility and makes it easy to keep your personal information all in one place for you and your loved ones. The Kit gives a description of each burial benefit, instructions on how to apply, and where to go to get assistance.

The VA encourages Veterans and service members to discuss their military service with their dependents, as well as planning their legacy. Families and survivors should know where to locate service medical records, discharge documents, VA disability ratings, and other information. These details will be beneficial to survivors as they prepare to apply for VA benefits. Families and survivors should keep this kit in storage so that it will be available when needed. Download the kit at <https://www.benefits.va.gov/BENEFITS/docs/VASurvivorsKit.pdf>

**APPLY FOR VA HEALTH CARE AT** <https://www.va.gov/health-care/apply/application>

**USEFUL INTERNET LINKS**

198<sup>th</sup> Army Band Facebook Page: <https://www.facebook.com/198thArmyBand/?fref=ts>  
391<sup>st</sup> Regimental Officers Association: <https://www.facebook.com/391st-Regimental-Officer-Association-501827566885313>  
98<sup>th</sup> Division Alumni Facebook Page: <https://www.facebook.com/98th-Division-Alumni-924978704255065>  
AAFES Homepage: <https://www.shopmyexchange.com>  
Access to Members of Congress: <https://www.congress.gov/members>  
Air Force Retiree Newsletter *the Afterburner*: <https://www.retirees.af.mil>  
*Airman*, Official Magazine of the U.S. Air Force: <http://airman.dodlive.mil>  
*All Hands*, the official magazine of the U.S. Navy - <https://allhands.navy.mil/>  
**American Legion (Monroe County, NY)** - <http://www.monroecountyal.org>  
Armed Forces Vacation Club: <http://www.afvclub.com>  
Army Bands: <https://www.bands.army.mil>  
Army Reserve Family Programs: <http://www.arfp.org/skins/ARFP/home.aspx?mode=user>  
Cell Phones for Soldiers: <http://www.cellphonesforsoldiers.com>  
Commissary Locator: [http://www.commissaries.com/store\\_locator.cfm](http://www.commissaries.com/store_locator.cfm)  
**Compeer Corps – Vets Driving Vets**: <https://www.compeerrochester.org/compeercorps>  
Dogs on Deployment: <http://dogsondeployment.org>  
DFAS: <http://www.dfas.mil>  
DRAGONMAN Museum: <https://dragonmans.com/museum-videos>  
Exchange (PX) Homepage: <https://www.shopmyexchange.com>  
Federal Benefits for Vets, Dependents and Survivors: [https://www.va.gov/opa/publications/benefits\\_book.asp](https://www.va.gov/opa/publications/benefits_book.asp)  
Federal Job Search: <http://www.fedjobs.com/index.html?id=68kWqxhF>  
Fort Drum Home Page : <https://home.army.mil/drum/index.php>  
Fort Drum Retirement Services : <https://home.army.mil/drum/index.php/about/Garrison/directorate-human-resources/MPD/retirement-services-office-rso>  
Fort Drum Telephone Directory: <https://home.army.mil/drum/contact/phone-directory>  
Genesee Valley Chapter, Military Officers Association of America: <http://gvcmooa.org>  
Help Base Greater Rochester: <https://www.facebook.com/Hbrochester>  
Honor Flight Rochester: <http://honorflightrochester.org>  
**Identity Theft** (Federal Trade Commission): <http://www.ftc.gov/bcp/edu/microsites/idtheft>  
Iraq and Afghanistan Veterans of America: <http://www.IAVA.Org>  
Job Fairs: <https://www.uschamberfoundation.org/events/hiringfairs>  
Military Forms and Publications: <http://www.marines.mil/News/Publications>  
**Military History Society of Rochester Museum**: <https://www.rochestermilitary.com>  
Military Lodging: <http://www.dodlodging.net>  
Military Officers Association of America (MOAA): <http://www.moaa.org>  
Military Retiree Appreciation Days (RAD): <https://soldierforlife.army.mil/retirement>  
myPay: <https://mypay.dfas.mil/mypay.aspx>  
National Museum of the United States Army: <https://www.thenmusa.org>  
National Parks & Federal Recreation Lands Passes: <http://store.usgs.gov/pass/index.html>  
National Resource Directory: <https://www.nationalresourcedirectory.gov>  
National Suicide Prevention Lifeline: <http://www.suicidepreventionlifeline.org>  
New York State Real Property Tax Exemptions: <https://www.tax.ny.gov/pit/property/exemption/index.htm>  
Niagara Falls Air Reserve Station: <https://www.niagara.afrc.af.mil>  
Niagara Falls Air Reserve Station Retiree Office: <https://www.niagara.afrc.af.mil/Units/Retirees.aspx>  
Pets for Vets: <https://www.petsforvets.com>  
Project New Hope: <http://projectnewhope.net>  
Red Cross (Rochester, NY): <http://www.redcross.org/ny/rochester>  
Reserve Officers Association: <http://www.roa.org/site/PageServer>  
Rochester NY Veterans: <https://www.facebook.com/groups/1426709074303176>  
**ROC Veterans**: <https://www.rocveterans.org/events>  
**Scam Detector**: <http://scam-detector.com>  
Social Security Administration: <http://www.socialsecurity.gov>  
TRICARE: <http://www.tricare.mil>  
U.S. Militaria Forum: <http://www.usmilitariaforum.com>  
Valor Radio: <http://www.valor-radio.com> and <https://www.facebook.com/ValorRadio>  
VA Benefits: <https://www.ebenefits.va.gov/ebenefits/homepage>  
VA Vet Centers: <http://www.vetcenter.va.gov>  
Veterans Administration (VA): <http://www.va.gov>  
**Veterans Crisis Line**: <https://www.veteranscrisisline.net/get-help/hotline>  
**Veterans Organizations and Events**: <https://www.rocveterans.org/events>  
Veterans Outreach Center: <https://veteransoutreachcenter.org>  
Veterans Ticket Foundation: <http://www.vettix.org/>  
Veteran's Service Records (DD214/SF180): <https://www.archives.gov/veterans/military-service-records>  
Virtual Wall Vietnam Veterans Memorial: <http://www.virtualwall.org/index.html>  
WNYHeroes: <https://www.wnyheroes.org>

**DO YOU HAVE A USEFUL INTERNET LINK TO ADD?** Please send useful links, as well as issues encountered with any of these links, to [timstreb1@gmail.com](mailto:timstreb1@gmail.com)

**Check out the Stars and Stripes Flag Store E-Newsletter at <http://eflagstore.com>**





# **Gold Star Families Sunday**



**September 28, 2025**

**2:00 pm – 3:00 pm**

*All Seasons Chapel*

**White Haven Memorial Park**

**210 Marsh Road**

**Pittsford, New York 14534**



## **ALL ARE INVITED TO ATTEND**

- **Keynote Speaker – Major Dylan Potter, U.S. Army Ranger**  
**Branch: U.S. Army, 75<sup>th</sup> Ranger Regiment & 10<sup>th</sup> Mountain Division**
- **Master of Ceremonies – Nick Stefanovic, Director of Monroe County**  
**Veterans Service Agency, Branch: U.S. Marine Corps**
- **President's Proclamation – Adam Bello, Monroe County, NY – County Executive**
- **Rose Ceremony Remembrance - Eric Wheeler, Assistant Director of Veteran Services, Monroe Community College, Branch: U.S. Army & U.S Navy**

**GOLD STAR FAMILIES CHECK-IN @1:30 PM**

**Sponsored by: *Blue Star Mothers Rochester NY8***

**[www.bluestarmomsroc.com](http://www.bluestarmomsroc.com)**

**Ph: 585-210-9779**

**Navy Reserve Center Rochester  
United States Navy 250<sup>th</sup> Birthday Ball  
Saturday, October 18, 2025**

**Italian American Community Center**

150 Frank Dimino Way, Rochester, NY 14624  
585-594-8882

**Guest Speaker:**  
Rear Admiral Lawrence Weill, Retired  
Commander,  
New York State Naval Militia

**Guest of Honor:**  
Mr. Don Alhart, Retired  
58-year Television Journalist

**1700: Social Hour**

**1800: Ceremony**

**1900: Dinner**

**2000: Guest Speaker**

**Officers: \$65    E7-E9: \$55    E-6: \$45**  
**E-5: \$40    E-4 and below: \$35**  
**MIDN/ROTC: \$40    Sea Cadets: \$30    Civilians: \$45**

**Uniform: Navy Service Dress Blues (or Branch equivalent) with ribbons**

**Civilians: This is a formal event; Black-tie optional/Cocktail, please no jeans**

**First guest is the same price as the member. Each additional guest is \$45.**

**Payment via Cash, Check (payable to: "Navy Ball"), Venmo or PayPal**

**PayPal address: [noscrochesternb@gmail.com](mailto:noscrochesternb@gmail.com)**

**Venmo: [@NRCRochesterNB](https://venmo.com/NRCRochesterNB)**

**Any questions, please contact Chief Petty Officer Desirae Mears at:**

**[desim1987@gmail.com](mailto:desim1987@gmail.com) -or- 607-661-2603**







**Stokoe FARMS**  
Est. 1812

**Come Learn About  
Community  
Organizations Supporting  
Military and  
Veteran Families**

Enjoy free fresh made donuts  
and refreshments while supplies  
last in Stokoe Farms'  
Harvest Barn beginning at 11am



**Sunday, Sept 21, 2025 10am-5pm**  
**Enjoy a Family Day at Stokoe Farms'**  
**Military Appreciation Day**  
 656 South Rd, Scottsville NY 14546  
 Over 40 family friendly activities;  
 ropes course, bee zip lines, wagon  
 rides, petting zoo, corn maze, slides,  
 candy cannon, and much more.  
**Max of 4 FREE** admissions per  
 military and veteran families  
 courtesy of Stokoe Farms

**VETERANS OUTREACH CENTER Inc.**  
\* Serving Those Who Serve U.S. \*  


Connection.  
Camaraderie.  
Community.

*Military/Veteran ID  
Appreciated*

58,318 GAVE ALL  
22 FROM LIVINGSTON COUNTY

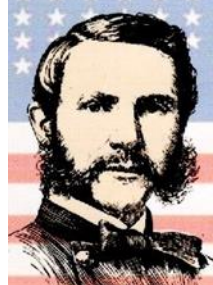
**VIETNAM  
VETERANS MEMORIAL**

**THE MOVING WALL**

**SEPTEMBER 25-29**  
**NATIONAL WAR PLANE MUSEUM**  
 GENESEO, NEW YORK

VIEWING THE WALL IS FREE  
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**MILITARY HISTORY SOCIETY  
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*Chuck Baylis  
Executive Director*

A Historical Society chartered by the  
Board of Regents of the State of New York  
A Federal 501(C)3 organization.

*Hours - Thurs, Fri, Sat - Noon—4  
First Friday of each Month - Noon—10*

*Website: rochestermilitary.com  
Email: acwartillery@rochester.rr.com*

*Preserving our community's military heritage  
from the War of 1812 to the present.*

### Veterans Outreach Center 2025 Special Events!

Stars and Stripes Gala - Saturday, November 1st

Hope for Heroes Telethon - Thursday, November 11th

ROC the Day - Tuesday, December 2nd

Learn more at <https://veteransoutreachcenter.org/events> Visit the Veterans Outreach Center at 447 South Ave., Rochester, NY 14620. Interested in sponsoring one of these events? Contact Michele Martell at 585-295-7824 or email her at [Michele.Martell@vocroc.org](mailto:Michele.Martell@vocroc.org)

## RECURRING EVENTS

(Note: All events were current as the time of this writing. We are not responsible for any schedule changes or cancellations. Please notify us at [militaryretireeluncheon@gmail.com](mailto:militaryretireeluncheon@gmail.com) of any updates so we can keep the list of events current.)

### SUNDAYS:

Every Second Sunday: **Breakfast**, 8 am.- Noon. American Legion Post 330, 691 Trimmer Road, Spencerport, NY 14559. Go to <https://www.fgpost330.org/site/eventscalendar.php> for more information. (open to the public)

Every Sunday: **Breakfast** 8-11 am. Rotates at different Livingston County American Legion Posts:

First Sunday - Avon Post 294, 5480 Avon E Avon Rd, Avon, NY 14414

Second Sunday - Lima Post 282, 2475 State Route 65, West Bloomfield, NY 14469

Third Sunday - Honeoye-Hemlock Post 1278, 4931 County Road 36, Honeoye, NY 14471

Fourth Sunday - Conesus Post 1779, 6317 Marshall Rd., Conesus, NY 14435

Select Sundays: **Miniature Golf**, 11 am. Whispering Pines, 4383 Culver Rd., Irondequoit, NY 14622. RSVP: [ggutierrez@compeerrochester.org](mailto:ggutierrez@compeerrochester.org) August 24, and September 14.

### MONDAYS:

Every Monday: **Meditation Mondays** Experience the benefits of Neurodynamic Breathwork – Anxiety/Depression Relief, Trauma Relief, Increased Feeling in Your Body, Improved Romantic Relationships. For hours and more information, contact Jeff Klein at [jeff.klein@vocroc.org](mailto:jeff.klein@vocroc.org) or 585-295-7804.

First Monday: **Military Monday Dinner** Open at 5 pm. Veterans and one guest – Dinner, dessert, and non-alcoholic beverage provided. Hamlin VFW Post 6703, 1739 Lake Rd. N., Hamlin, NY 14464. Call (585) 964-2005 for information.

First Monday: **Women's Game & Craft Club** 2-4:30 pm. Offering support in working towards a deeper level of self-awareness and self-discovery in the company of other women. For more information, contact Annmarie Olson, [annmarie.olson@vocroc.org](mailto:annmarie.olson@vocroc.org) or 585-295-7803.

First and Third Monday: **Salon Service, Sandy-Stylist**, 9 am – noon. Contact Jeff Klein at [jeff.klein@vocroc.org](mailto:jeff.klein@vocroc.org) or 585-295-7804 for to make an appointment.

Select Mondays: **Biking & Kayaking on the Erie Canal**. July 26, 6 pm; Aug 11, 11 am; Aug 25, 6 pm; Sep 8, 11 am, and Sep 22, 6 pm. RSVP or details contact Giovanna at [ggutierrez@compeerrochester.org](mailto:ggutierrez@compeerrochester.org)

### TUESDAYS:

Every Tuesday: **Veterans Breakfast** 8-10 a.m. Rayson-Miller 899, 211 N. Main St., Pittsford, NY 14534. Open to all military veterans – free – RSVP not required – post membership not required. All veterans, any age, any length of service.

Every Tuesday: **Computer Basics** 9 am - Noon. Veterans Outreach Center, 447 South Ave., Rochester, NY 14620. Learn more about computer basic, email, job application assistance, resume management, printing, the Internet, MS-Office (Excel, Word, Powerpoint) and more. Appointment required – contact John Luce, 585-295-7832.



Every Tuesday: **Veterans Golf** – Times and Locations Vary. See flyer on page 9.

Second Tuesday: **Game Day at Millenium Games**, 1225 Jefferson Rd., Rochester NY 14623 from 2- 4pm. Some games and card decks on hand, but feel free to bring your favorite game and snacks! RSVP to Rob at [ryoung@compeerrochester.org](mailto:ryoung@compeerrochester.org)

Second and Fourth Tuesday: **Salon Service, Arash-Master Barber**. 10 am – 1 pm. Contact Jeff Klein at [jeff.klein@vocroc.org](mailto:jeff.klein@vocroc.org) or 585-295-7804 for to make an appointment.

Second and Fourth Tuesday: **Veterans Cancer Support Group**. 5:30 - 7:00 pm, Gilda's Club Rochester, 255 Alexander St., Rochester, NY 14607. Register at <https://cscro.gnosishosting.net/Events> or call 585-423-9700, ext. 304.

Third Tuesday: **Billiards** 2-4 pm at East Ridge Billiards, 529 East Ridge Rd. Rochester NY 14621. RSVP to Giovanna at [ggutierrez@compeerrochester.org](mailto:ggutierrez@compeerrochester.org)

Last Tuesday of the month: **Base Camp Outdoor Open Group** 10 am - 1 pm. For information and location contact Jeff Klein (585) 295-7804 or [Jeff.Klein@vocroc.org](mailto:Jeff.Klein@vocroc.org)

Last Tuesday of the month: **Journaling** 3:30pm. Location changes each month, as does the prompt being worked on for journal entries. RSVP to Liz at [emedina@compeerrochester.org](mailto:emedina@compeerrochester.org).

## WEDNESDAYS:

First Wednesday: **Buffet Luncheon** 11 am – 1 pm. Wayne Masonic Lodge, 1932 Ridge Rd., Ontario, NY Free to all veterans and first responders.

First Wednesday: **Wednesday Warrior Dinner**. Free for Livingston and Monroe County Veterans. 6-8 pm. Location varies each month. Go to <https://www.livcovets.com/event-details/warrior-wednesday-dinner-26> for details and to request a seat.

First Wednesday: **Bingo** 1 pm. Compeer Rochester, 259 Monroe Ave., Rochester 14607. Parking and entrance in the back of the building. RSVP to [emedina@compeerrochester.org](mailto:emedina@compeerrochester.org)

First Wednesday: **Male Veterans Group Luncheon** 3:30 pm. Golden Corral, 450 Jefferson Rd., Rochester NY 14623. Enjoy a meal with other Veterans and meet representatives from other organizations. Must RSVP to Rob at [ryoung@compeerrochester.org](mailto:ryoung@compeerrochester.org) to reserve a seat.

First and Third Wednesday: **Trivia Night**, kitchen opens at 5 pm. American Legion Post 256, 454 N. Main St., Canandaigua, NY 14424. Enjoy a fun-filled night of trivia questions, food and beverages. Open to the public. Win a round, win a prize. \$100 cash final prize. 50/50 Raffle.

Second and Third Wednesday: **Art Therapy**, 10 am - 8 pm. For Veterans and First Responders. (by donation). For more information contact The Bread Box Art Studio, 4081 Ridge Rd., Williamson, NY 14589, 315-589-0046.

Second Wednesday: **Veterans Luncheon**, 11:30 am. Mertensia Lodge, 1394 Mertensia Road, Farmington, NY 14425. Hosted by AMVETS Post 332. All local veterans and significant others are invited. Contact Ed Hemminger 585-261-4502 or [edhemminger@gmail.com](mailto:edhemminger@gmail.com) for more information.

Second Wednesday: **Veteran +1 Guest Painting Activity**, 11:30 am. At Painting With A Twist, 1100 Jefferson Rd. Rochester NY 14623 (). RSVP to Giovanna at [ggutierrez@compeerrochester.org](mailto:ggutierrez@compeerrochester.org) for March's painting class, and Rob at [ryoung@compeerrochester.org](mailto:ryoung@compeerrochester.org) for the months after March.

Second Wednesday: **Free legal consultation** 9:30-10:30 am. Veterans Outreach Center, 447 South Ave., Rochester, NY 14620. "Lawyers for a Day" helps Veterans with civil legal issues, e.g. divorce situation, bankruptcy, credit issues, completing a will, or a health care proxy, etc. Go to <https://veteransoutreachcenter.org/legal-counseling> for details or for more information, contact Mark McCloskey at 585-295-7836 or [MarkMcCloskey@vpcrpvc.org](mailto:MarkMcCloskey@vpcrpvc.org)

Every Wednesday: **Flow Yoga** at VOC, 11 am – Noon. VOC Fitness Center, 447 South Ave., Rochester, NY 14620

Every Wednesday: **Bushcraft Workshops** 10 am – Noon. 3247 Rush-Mendon Road, Honeoye Falls, NY 14472. Learn outdoor skills at the farm. Enjoy brunch around a fire. Each week features hand-on topics like fire building, shelter making, and cooking, all led by wilderness experts and fellow veterans. RSVP to Elizabeth Brooks 585-369-8682 or [ElizabethBrooks@monroecounty.gov](mailto:ElizabethBrooks@monroecounty.gov).

Every Wednesday: **Cruise Night:** 5-8 pm. May 28<sup>th</sup> – August 27<sup>th</sup> (weather permitting). American Legion Post 294, 5480 Avon-East Avon Rd., Avon, NY 14414. Food/Beverage available.

Every Wednesday: **Soup & Sandwich** Lunch 11:30 am – 1 pm. American Legion Post 294, 5480 Avon-East Avon Rd., Avon, NY 14414. Free for veterans, \$5 for supporters. Proceeds to benefit veterans in need.

Every Wednesday: **Bingo**, doors open at 6:15 pm. Perinton VFW Memorial Post 8495, 300 Macedon Center Rd., Fairport, NY 14450. Lots of fun and amazing prizes.

Last Wednesday: **Female Veteran Painting Activity** 5:30 Painting With A Twist, 1100 Jefferson Rd. Rochester NY 14623. RSVP to Giovanna at [ggutierrez@compeerrochester.org](mailto:ggutierrez@compeerrochester.org)

## THURSDAYS:

Every Thursday: **Disabled Veterans Outreach Program** 9 am – 4 pm. Veterans Outreach Center, 447 South Ave., Rochester, NY 14620. Meet with outreach program specialists from the New York State Dept. of Labor. Learn about employment service specifically for veterans. Get help with job referrals, resumes, training programs and more. Contact Nena Siverd, 585-295-7818.

Every Thursday: **Hiking Group**, 10 a.m. – Noon. Meet at VOC, 447 South Ave., Rochester, NY 14620. Contact Jeff Klein (585) 295-7804 or [Jeff.Klein@vocroc.org](mailto:Jeff.Klein@vocroc.org)

Every Thursday: **Bowling**, Noon – 2:30. ABC Gates Bowl, 645 Spencerport Rd., Gates, NY 14606. Friendship, support, camaraderie. RSVP to Rob at [young@compeerrochester.org](mailto:young@compeerrochester.org) Note: outside food and beverages are not allowed; a few vending machines are available.

Every First and Third Thursday: **Reboot & Restore Wellness**, 3-4 pm. VOC, 447 South Ave., Rochester, NY 14620. Contact Mark McCloskey at 585-295-7836 or [MarkMcCloskey@vpcrpvc.org](mailto:MarkMcCloskey@vpcrpvc.org) for more information on learning about the *8 Domains of Wellness*: Physical, Emotional, Social, Intellectual, Spiritual, Occupational, Environmental, and Financial.

Every Second Thursday: **Women Veteran Connections Group**, Canandaigua Pavilion-VA Courtyard, 3-5 p.m. Create connections to other women veterans; explore connections to your personal purpose; connect with VA and local resources. Contact Kristy Prine (585) 393-7621 or [Kristy.prine@va.gov](mailto:Kristy.prine@va.gov) or Kay Rathke (585) 364-9276 or [Kayrathke@va.com](mailto:Kayrathke@va.com)

Every Third Thursday: **Female Veteran Coffee Group**, 3 – 4:30 pm. Boulder Coffee, 100 Alexander St., Rochester, NY. Contact Annmarie Olson (585) 295-7803 or [annmarieoldon@vocroc.org](mailto:annmarieoldon@vocroc.org)

## FRIDAYS & SATURDAYS:

Every First and Third Friday: **Art Group**, 1-3 pm. VOC Morale Center, 447 South Ave., Rochester, NY 14620. A chance for veterans to work on the art that matters to them, no matter what the medium. Contact Jeff Klein (585) 295-7804 or [Jeff.Klein@vocroc.org](mailto:Jeff.Klein@vocroc.org)

Every Second & Fourth Friday: **Music Group**, 1-3 pm. VOC, 447 South Ave., Rochester, NY 14620. Contact Jeff Klein (585) 295-7804 or [Jeff.Klein@vocroc.org](mailto:Jeff.Klein@vocroc.org)

Every Second Friday: **Veteran Women's Coffee House**, 5:30 – 8:30 pm. American Legion Post 1151, 260 Middle Road Henrietta, NY 14467. To confirm/RSVP or for additional information contact Dory or Nancy, Co-Chairs of Women's Vet Coffee House at (585) 210-9779 or email: [BlueStarMothersROC@gmail.com](mailto:BlueStarMothersROC@gmail.com)

Every Friday: **Free Pizza** 6-8 pm. Salvatore's Saloon, 352 Jefferson Rd., Henrietta, NY 14623. For veterans, active military, first responders (police, fire, EMT, 911), and Gold Star Families. Patio party – fire under the flagpole – rain or shine.

Every Second Saturday: **PTSD Support Group**, 10:30 am – Noon. Goodwill Community Space, 4119 Lakeville Rd., Geneseo, NY 14454. Contact [bthrasher@mharochester.org](mailto:bthrasher@mharochester.org) or 585-333-6013.

Every Third Saturday: **Boater Safety Certificate Course**. 9 am – 5 pm. \$35 per adult, \$20 for anyone under 18 and Seniors - **free for Veterans and Active Duty**. Ewing Community Center of the Salvation Army, 124 Saltonstall St., Canandaigua, NY 14424. Go to [www.abs47.org](http://www.abs47.org) for more information and to register for this mandatory course.