

RETIREE LUNCHEON NOTES – DECEMBER 2025

SICK CALL: Milton Banks, Chuck Boehnke, Bohdan Cholach, Steven David, Ted Fafinski, 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

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

MSG RICHARD DIEHL, U.S. Air Force (Ret.), Pittsford, NY passed away on October 28, 2025 at the age of 83. Please go to <https://harrisfuneralhome.com/tribute/details/5324/Richard-Diehl/obituary.html#tribute-start> to read his obituary and to leave a message of condolence.

MARVIN H. HANKINSON, SR. U.S. Navy (Ret.), Hamlin, NY passed away on November 20, 2025 at the age of 92. Please go to <https://www.walkerbrothersfh.com/obituaries/Marvin-H-Hankinson-Sr?obId=46462887> 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

MEDICARE SCAMS ARE SURGING

Medicare fraud can have a serious adverse effect on your health care!

It is vitally important that you find and report Medicare fraud. If your Medicare number is compromised, there's actually a higher health impact of you not being able to access certain types of care. You could have false diagnoses, records that show misinformation about your allergies, incorrect lab results, or you could be reported as being in hospice. When hospices are fraudulently charged, Medicare administrators may think the recipient is dead or dying, and you can't get curative care if you're marked as receiving hospice, even though you didn't even know it.

Some examples of Medicare fraud include: A provider that bills Medicare for services or supplies they never gave you, such as charging you for a visit you never had, or a back brace you never got. A provider that charges Medicare twice for a service or item that you only got once. A person who steals your Medicare Number or card and uses it to submit fraudulent claims in your name. A company that offers you a Medicare drug plan that Medicare hasn't approved. A person comes to your house or calls you, offering to sign you up for Hospice care if you give them your Medicare number.

If you suspect fraud, call 1-800-MEDICARE (1-800-633-4227) or Report Medicare Fraud online <https://oig.hhs.gov/fraud/report-fraud/>. If you have a Medicare Advantage Plan or Medicare drug plan you can also call the Investigations Medicare Drug Integrity Contractor (I-MEDIC) at 1-877-7SAFERX (1-877-772-3379).

Go to <https://www.medicare.gov/basics/reporting-medicare-fraud-and-abuse> to read everything you need to know about Medicare fraud.

ARMY ACTIVATES NEW U.S. ARMY WESTERN HEMISPHERE COMMAND

FORSCOM, NORTHCOM and SOUTHCOM to be Inactivated

The Army activated the new U.S. Army Western Hemisphere Command (West-Hemcom) in a ceremony held Dec. 5th at Fort Bragg, North Carolina — uniting U.S. Army Forces Command, U.S. Army North and U.S. Army South into a single, four-star operational headquarters. You can read the full news release at <https://www.war.gov/News/News-Stories/Article/Article/4356411/army-activates-us-army-western-hemisphere-command-in-historic-transition-ceremo/>

NEW RETIREMENT ACCOUNT LIMITS FOR 2026

- 401(k) limit increases to \$24,500. - IRA limit increases to \$7,500

Go to <https://www.irs.gov/newsroom/401k-limit-increases-to-24500-for-2026-ira-limit-increases-to-7500> for the full news release.

NEXT MILITARY RETIREE LUNCHEON

The next Military Retiree Luncheon will be on **Thursday, January 15, 2026** 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 to let us know if you will be attending.**

UPCOMING EVENTS

NOW THRU DEC 22nd – HANUKKAH: Jewish Holiday – *Festival of Lights*.

DEC 20 – APR 25 – 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 pay at age 60 are encouraged to attend. Seminars are scheduled throughout the U.S., its territories, and online, with additional seminars to be posted throughout the year. Go to <https://soldierforlife.army.mil/Resources/Retirement-Events/USAR-Retirement-Planning-Seminars> for a retirement seminar near you.

DEC 23rd – INDOOR DRIVING RANGE: 10 am. Big Oak Driving Range, 441 N. Washington St., Rochester, NY 14625. A free Compeer.Corps event. Must RSVP with Rob at ryoung@compeerrochesdster.org

JAN 1st – NEW YEAR'S DAY: A Federal Holiday. **Stay Safe – Don't Drink & Drive!**

JAN 13, 2026 – FEB 4 - 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, and additional dates will be posted, so please refer to the website often for current information.

JAN 15th – MILITARY RETIREE LUNCHEON: See bottom of page 1 for details.

JAN 19th – MARTIN LUTHER KING DAY: A Federal Holiday.

FEB 8th – SUPERBOWL SUNDAY: **Stay Safe – Don't Drink & Drive!**

FEB 16th – WASHINGTON'S BIRTHDAY: A Federal Holiday. (aka President's Day in many states.)

FEB 19th – MILITARY RETIREE LUNCHEON

FEB 22nd – BOWLING FOR THE BRAVE: Singles no-tap fundraiser. 3-7 pm. Pleasure Lanes, 44 South Ave., Hilton, NY 14468. Snacks provided during bowling; dinner provided after bowling. Raffles & 50/50. Prizes for bowlers. Entry fee includes everything and is only \$25. For questions contact: Amy Folwell 585-880-8075. All proceeds benefit the Monroe County War on Terror Memorial. See flyer on page 11. To register, go to: <https://www.eventbrite.com/e/bowling-for-the-brave-singles-no-tap-fundraiser-tickets-1763161135419?aff=ebdssbdestsearch>

APR 18, 2026 – NOV 7 – 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. Schedules are subject, so please check <https://soldierforlife.army.mil/Resources/Retirement-Events/Retiree-Appreciation-Days>

RECURRING EVENTS CAN BE FOUND BEGINNING ON PAGE 10

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

DATES TBA – YOUR FUNCTION: Have your military/veteran-related function listed here. Send complete information to MilitaryRetireeLuncheon@gmail.com no later than the 10th 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.

SHARE YOUR STORY AND LEGACY

Veterans can now share their story through the Veterans Legacy Memorial's "[Living Veterans](#)" feature. Add images, personal tributes, milestones, and historical documents. After your passing, your page will be published on the nation's largest online memorial dedicated to honoring America's Veterans. To access the "Living Veterans" page, start by submitting a [VA pre-need burial eligibility application](#) online. Once approved, you will receive an email to set up your personal VLM page.

Watch a short video at <https://www.youtube.com/watch?v=8fzPhgALh1I> to learn more about creating your personal legacy. Future generations of your family will be grateful that you did. See flyer on page 9.

NEW VA "OVERPAYMENT" SCAMS TARGETING VETERANS

Beware of the "VA" Contacting You

If you ever receive a letter, text message or phone call claiming you owe the VA money, it may be a scam. Click on <https://youtu.be/GqowY9391ls?si=Xuzi9akTfHtoVxv2> to watch the 2 and 1/2 minute video to see what you need to do. Scammers tend to use official looking seals and logos as they attempt to obtain your personal information. **Don't take the bait.** Click on the video and pay close attention so you don't become a victim.

AMAZON WARNS OF IMPERSONATION SCAMS

As the busy shopping season approaches, stay informed with tips to help recognize impersonation scams - when a scammer pretends to be a trusted company and reaches out to try to get access to sensitive information like personal or financial information, or account details. Visit amazon.com/scams to learn how to identify and report scams, access resources for scam prevention.

PROTECT YOUR PROFILE & YOUR FINANCES

Social media is where we share life's highlights — but it's also where fraudsters look to take advantage. From misleading ads to impersonation tactics, fraudsters are finding new ways to manipulate, deceive and steal your personal information.

The good news? A little awareness goes a long way.

Common Scams to Watch Out For:

Fake ads and listings: Tempting offers for popular products that never arrive.

Phony investment tips: Promises of fast returns that lead to fraudulent sites.

Impersonation attempts: Fake profiles built to earn your trust and request money.

Malicious messages and links: Direct messages or surveys that can steal your personal data.

Protect Yourself with These Simple Steps:

Keep your personal information private and your posts limited to trusted audiences.

Use strong passwords and enable multi factor authentication.

Be cautious with messages from unknown accounts.

Think before you click on links or fill out online forms.

Never send money to someone without first verifying their identity.

Trust your instincts — if something feels too good to be true, take a step back and double-check before you respond or take action.

VA HOMELESS PROGRAMS

If you know of a Veteran who is homeless or on the verge of homelessness, have them contact the National Call Center for Homelessness Among Veterans for immediate housing crisis needs at 877-424-3838. HUD-VASH is a collaborative program that pairs HUD's Housing Choice Voucher (HCV) rental assistance with VA case management and supportive services. These services are designed to help homeless Veterans and their families obtain permanent housing and access the health care, mental health treatment, and other supports necessary to help them improve their quality of life and maintain housing over time. More information is available on line at <https://www.va.gov/homeless/hud-vash.asp>

VETERANS CRISIS LINE: 24/7/365

If you're a Veteran in crisis, or you're concerned about a Veteran who is, call the Veterans Crisis Line now to reach caring, qualified VA responders. Dial 988 then Press 1. Help is available 24 hours a day, 7 days a week.



New number. Same support.

Dial 988 then Press 1

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)

CHANGES TO TRICARE PRESCRIPTION DRUG COPAYMENTS IN 2026

TRICARE Home Delivery (Up to a 90-day supply)

Tier 1 Generic Formulary drugs will increase from \$13 to \$14.

Tier 2 Brand-Name Formulary drugs will increase from \$38 to \$44.

Tier 3 Non-Formulary drugs will increase from \$76 to \$85.

Retail Network pharmacies (Up to a 30-day supply)

Tier 1 Generic Formulary drugs will remain at \$16.

Tier 2 Brand-Name Formulary drugs will increase from \$43 to \$48.

Tier 3 Non-Formulary drugs will increase from \$76 to \$85.

Go to <https://militaryrx.express-scripts.com/blog/changes-your-tricare-prescription-drug-copayments-2026> for information on retail Non-network pharmacies, and for additional information on express-scripts changes.

REPLACING LOST OR MISSING MILITARY MEDALS, AWARDS & DECORATIONS

If you lost or not yet received any military medals, awards or decorations? Watch the short video at <https://www.youtube.com/watch?v=3qqWkouN29Q>

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

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

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

The Official Newsletter for Retired Soldiers, Surviving Spouses & Families

Check <https://soldierforlife.army.mil/Documents/echoes/latest.pdf> for the latest issue.

2026 MEDICARE & YOU eHANDBOOK

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>

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 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/>

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 914th Air Refueling Wing, at (716) 236-2197; or the 107th 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.

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

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??

DIRECTORY OF VETERANS SERVICE AGENCIES

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. **For other states**, check your state and/or county website to see what is available locally.

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

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>

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 a new account to ensure access to VA online services.

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

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
October 2025	October 31, 2025	November 3, 2025
November 2025	December 1, 2025	December 1, 2025
December 2025	December 31, 2025	January 2, 2026
January 2026	January 30, 2026	February 2, 2026
February 2026	February 27, 2026	March 2, 2026
March 2026	April 1, 2026	April 1, 2026
April 2026	May 1, 2026	May 1, 2026
May 2026	June 1, 2026	June 1, 2026
June 2026	July 1, 2026	July 1, 2026
July 2026	July 31, 2026	August 3, 2026
August 2026	September 1, 2026	September 1, 2026
September 2026	October 1, 2026	October 1, 2026
October 2026	October 30, 2026	November 2, 2026
November 2026	December 1, 2026	December 1, 2026
December 2026	December 31, 2026	January 4, 2027

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/) for 24-hour service.

TAX SEASON IS COMING UP

It's time to check your myPay account at <https://mypay.dfas.mil>

Your *myPay* account provides convenient access to information about your pay and allows you to easily update your contact information, manage your pay, and download or print your tax statement IRS forms 1099-R or 1095-B (for retirees only). You can also use *myPay* to change your federal tax withholding and update your bank account information.

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.

NEW DFAS RETIREE NEWSLETTER

The latest issue of the quarterly Retiree Newsletter is now available online at <https://www.dfas.mil/RetiredMilitary/newsevents/newsletter/>

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 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://dcsq9.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/News/2024/03/20/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 services the following states: CT, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VA, VT, and 7th MSC (Europe).

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

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 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>

PLAN TODAY, HONOR FOREVER

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

All the Resources You Need in One Place

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 to explore your benefits.

SURVIVORS AND BURIAL BENEFITS KIT

Help Your Loved Ones to be Prepared

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.

Download the kit at <https://www.benefits.va.gov/BENEFITS/docs/VASurvivorsKit.pdf>

HOW TO WRITE AN OBITUARY

Writing an obituary is a meaningful way to honor a loved one's life, but it can feel overwhelming. This guide is designed to simplify the process, helping you craft a respectful tribute that both shares essential information and celebrates their unique story. You'll learn how to achieve these two goals with clarity and care, whether you choose to write it yourself or use Legacy.com's helpful ObitWriter tools. Go to Legacy's website at <https://www.legacy.com/memorial-writing/how-to-write-an-obituary> for a step-by-step guide.

USEFUL INTERNET LINKS

198th Army Band Facebook Page: <https://www.facebook.com/198thArmyBand/?fref=ts>

391st Regimental Officers Association: <https://www.facebook.com/391st-Regimental-Officer-Association-501827566885313>

98th 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.afclub.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

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

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://gvcmoaa.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.themusa.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

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



U.S. Department of Veterans Affairs
National Cemetery Administration

YOUR STORY, YOUR LEGACY

VA's Veterans Legacy Memorial (VLM) is the nation's largest online memorial site dedicated to America's Veterans, honoring the service and sacrifice of more than 10 million Veterans.

VLM's new [Living Veterans](#) page allows Veterans to tell their military and life stories today, in their own words.



[Add images](#)



[Write your autobiography](#)



[Share military and life milestones](#)



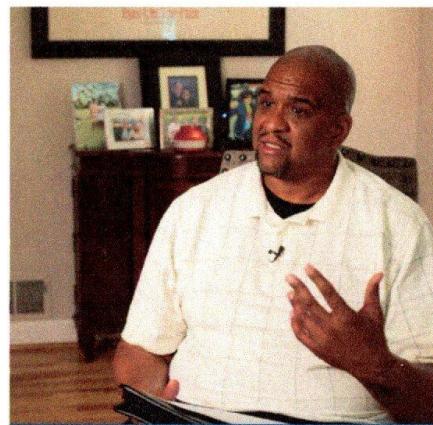
[Upload historical documents](#)

Once the Veteran passes away, their content will appear on their publicly visible VLM Memorial page.

PRESERVE YOUR LEGACY FOR FUTURE GENERATIONS

The Living Veterans feature is available to those Veterans who have been approved for pre-need eligibility for burial in a VA national cemetery.

Complete the simple, online VA pre-need burial eligibility application today.



"This is something that you're building for your family and your loved ones—your children, your grandchildren, their grandchildren—to be able to see long after you're gone."

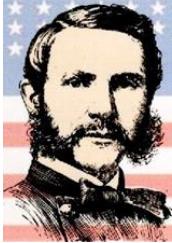
**Derek White,
U.S. Air Force
Veteran**



Want to write your own story? Complete your pre-need application and start sharing your Veteran journey today.

www.cem.va.gov/veterans-and-families/#VLM

**MILITARY HISTORY SOCIETY
OF ROCHESTER**



250 N. Goodman St.
2nd Floor
Rochester, NY 14607
585/730-4041

*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.



SERVING ALL WHO SERVED

OPERATION BABY

 **Department of
Veterans' Services**

DVS's Operation Baby supports **Veterans, Military Families, and All Who Served** with essential items including diapers, clothing, blankets, food, and more **FREE** of charge to help make the journey to parenthood a little easier.

Email DVSInfo@veterans.ny.gov or call 1-888-838-7697 for details.



Bowling For the Brave
SINGLES NO TAP FUNDRAISER

Snacks provided for each lane

Dinner provided after bowling

Sunday February 22nd 2026

Time: 3pm-7pm

Raffles & 50/50

Prizes for Bowlers

\$25.00 entry fee

For Questions Contact: Amy Folwell 585-880-8075

PLEASURE LANES
144 South Ave Hilton NY 14468

TO REGISTER:
[HTTPS://WWW.EVENTBRITE.COM/E/1763161135419?AFF=ODDDTCREATOR](https://www.eventbrite.com/e/1763161135419?aff=odddtcreator)

ALL PROCEEDS benefit the Monroe County War on Terror Memorial

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 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: gutierrez@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 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 or 585-295-7803.

First and Third Monday: **Salon Service, Sandy-Stylist**, 9 am – noon. Contact Jeff Klein at 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 gutierrez@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

Second and Fourth Tuesday: **Salon Service, Arash-Master Barber**. 10 am – 1 pm. Contact Jeff Klein at 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 gutierrez@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

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.

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

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 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 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 gutierrez@compeerrochester.org for March's painting class, and Rob at 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

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.

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 gutierrez@compeerrochester.org

Last Wednesday: **Female Veteran Dinner** 5:30. Golden Corral, 450 Jefferson Rd. Rochester NY 14623. Connecting through camaraderie. Enjoy a meal with fellow Veterans and meet representatives from other organizations. Seating is limited. A CompeerCorps activity. Must RSVP to emedina@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

Every Thursday: **Bowling**, Noon – 2:30. ABC Gates Bowl, 645 Spencerport Rd., Gates, NY 14606. Friendship, support, camaraderie. RSVP to Rob at ryoung@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 for more information on learning about the 8 Domains of Wellness: Physical, Emotional, Social, Intellectual, Spiritual, Occupational, Environmental, and Financial.

Every Second Thursday: **Trivia Night**, 7 pm. American Legion Post 954, 6444 Buffalo Rd., Churchville, NY 14428. Details at <https://www.harveychoonepost954.org/>

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 or Kay Rathke (585) 364-9276 or 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

FRIDAYS & SATURDAYS:

Every Friday: **Job Workshops**, 9 am to Noon. Resume editing, job searching, career counseling, developing new skills, etc. from *Rochester Works*. VOC, 447 South Ave., Rochester, NY 14620. Appointment is required. Contact Nina Siverd, 585-295-7818.

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 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

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

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

Every Third Friday: **VA Connection Cafe**, 8:30-10:30 am. Rochester Calkins VA Clinic, 260 Calkins Rd., Rochester, NY14623, in the Susan B. Anthony Conference Room. Connect with other local Veterans, build VA connections, and learn about available resources. Open to all Veterans enrolled in VA Finger Lakes Healthcare. RSVP is NOT required. For more information call Gillian Olson at 585-463-2608.

Every Second Saturday. **PTSD Support Group**, 10:30 am – Noon. Goodwill Community Space, 4119 Lakeville Rd., Geneseo, NY 14454. Contact 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 for more information and to register for this mandatory course.