

# Operation-Initiative

## A Resource Manual for Veterans and Caregivers



**© 2021-13th Edition**

**lfalco@opinfo.org**  
**www.operation-initiative.com**

# **Operation-Initiative**

**A Resource Manual  
for Veterans and Caregivers**

**A Project Supported by  
Rotary District 7255**

**Nassau, Suffolk, Brooklyn & Queens  
and**

**Operation-Initiative Foundation, Inc.**



**lfalco@opinfdn.org  
www.operation-initiative.com**

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# THE ROTARIAN

June 1918



## A Soldier's Faith

I am a weapon to the world  
Deep down inside my soul.  
I have learned how to live in hell  
I will learn how to grow old.  
The question is to you my people.  
How long will it take to make  
You understand *A Soldier's Faith*?  
Do you think they care "over there," "over there"  
If the war is not fair "over there," "over there."  
While the oil can pumps up the profit  
With our young soldier's blood  
In the sands "over there," "over there."  
To make sure you understand  
What a soldier goes through,  
Stop and think, chill for a while, if you only knew.  
Would you give your life for them?  
If it were a reversal of faith.  
The freedom you breathe is their souls at stake.  
A soldier's creed is what I'm standing for  
So don't you ever get it wrong.  
The suffering they endure for all your mistakes.  
Will you welcome us home?  
No matter how long it takes.  
It's just a soldier's faith  
No matter how long it takes.  
It's just a soldier's faith.  
No matter how long it takes.  
We will welcome them home.

Louis A. Falco © 2007



**Frank Regnante**

Frank Regnante is a graduate of De Witt Clinton High School in the Bronx and a graduate of Siena College, Loudonville, NY with a BS in Economics. Following his graduation from Siena, Frank served overseas for two years in the U.S. Army during the Korean conflict.

Frank has extensive graphics arts, marketing and fundraising experience. Frank's first position was as a sales representative for the James Gray, Inc. printing firm in 1955. He became Sale Manager and initiated the firm's Institutional Graphics Division, which provided colleges and universities communication materials for their alumni and capital fundraising programs. Following a merger, Frank was appointed Executive Vice President of the New Era Companies.

After an 18-year career experience in the printing and graphic arts field, Frank joined the fundraising consulting firm of Community Consulting Service (CCS) to conduct a capital Fundraising campaign for St. Francis Hospital, Roslyn, N.Y. At the conclusion of the campaign in 1973, Frank was offered the position of Vice President for Development and Public Relations. He served in this position for 17-years. It was during this period, he was responsible for branding the Hospital as "The Heart Center" and attracting significant support through the Hospital's fundraising program.

Seeking a new challenge, Frank accepted the appointment as Vice President of Institutional Advancement at Dowling College, Oakdale, N.Y. After strengthening the College's fundraising program, Frank initiated the funding of the College' National Aviation & Transportation Center. This activity secured considerable funding from the Congress through the appropriation process, which helped to make the new Center a reality. After serving ten years at Dowling College, Frank began the Regnante Company in 1999. The mission of the new venture was to assist nonprofit organizations reach their potential by providing them fundraising and public affairs consulting services. Frank serves as President of the firm today.

Frank's community service includes serving as a member of the Board of Family Service League, a board member of Gift of Life International and Past President of the Manhasset Rotary Club. He was named "Fundraising Executive of the Year" by the Association of Fundraising Professionals and was awarded a Paul Harris Fellow by Rotary International for his work as Co-Founder of the Gift of Life. The Gift of Life has grown worldwide the last 46-years, saving the lives of over 40,000 children who required cardiac treatment and surgery. He was honored for his volunteer effort by receiving the Ellis Island Medal of Honor from the National Ethnic Coalition of Organizations and received the Siena College President's Distinguished Alumni Award for Humanitarian Effort. Frank was also honored by Circulo de la Hispanidad and received their "World in Your Hands" Award for his humanitarian service. He was also honored by the United Veterans Beacon House as a recipient of the Red Carpet Salute for his military and community service.

Frank lives in West Islip with his wife, Virginia. They have five children and five grandchildren.

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## Executive Summary

This book has been designed and organized to aid and assist United States Uniformed Military and their families. Rotary has extended its commitment of “service above self” to re-entering military personnel in search of the American Dream.

Welcome – We sincerely recognize and appreciate your service. Louis A. Falco, President of Foundation and Katherine Gibson, Editor, creator of the manual in 2012

### Operation Initiative Foundation, Inc. Mission Statement

The Foundation was created to bring awareness and to provide support for our Veterans – past, present and future and their families.

Operation-Initiative Foundation, Inc. is a 501(c) (3) corporate entity located at 99 North Broadway, Hicksville, NY 11801. 631-926-2066

### Disclaimer

Operation-Initiative’s Manual has been compiled for United States military veterans, their caregivers. It consists of entities and persons who provide information, guidance and/or assistance for veterans, their families and their caregivers. All reasonable effort has been made to ensure that the information contained herein was accurate as of the date of publication; the information is subject to change without notice. No endorsement is made or

shall be made of any of the resource entities or persons listed in this publication. Operation-Initiative’s Manual, its volunteers, agents and/or contractors shall not be held liable for any damages arising from the use of or the reliance on the information contained in this publication.

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## Purpose of Manual

Operation-Initiative Manual, a project of Rotary Club of Glen Cove, provides information, support, education and service to U.S. Military currently stationed in the United States and abroad, to those who have served in all wars and conflicts and to their families by:

- identifying military personnel returned from combat.
- updating website available with current information.
- producing a resource book to be used by military, military families, Rotarians, caregivers and others that provide services.

The Manual is to be posted on the foundation’s website and in soft-cover format for wide distribution providing dependents of deceased, disabled or other military personnel with information for health and wellness programs.

Website: [www.Operation-Initiative.com](http://www.Operation-Initiative.com)

Operation-Initiative Foundation, Inc.

Louis A. Falco, President

Katherine R. Gibson, Editor

Sixth Edition: 6/30/2012, 9/2011©

Seventh Edition: 9/1/2013

Eighth Edition: 10/30/2014

Ninth Edition: 4/16/2016

Tenth Edition: 10/1/2017

Eleventh Edition: 2016

Twelfth Edition: 2019

Thirteenth Edition: 2021

Dedicated with deep appreciation for the support of Operation-Initiative by Rotarian District Governors

Anthony Messineo, PDG 2002-2003 (Deceased)

Katherine Gibson, PDG 2003-2004

Robert Donno, PDG 2010-2011

Arnold Quaranta, PDG 2010-2011

Gabor Karsai, PDG 2011-2012

Cornelia Gevinski, PDG 2012-2013

Gween Ramage Wons, PDG 2013-2014

Anthony Civitano, PDG 2014-2015

Kamlesh Mahia, PDG 2015-2016

MJ Fitzgerald, PDG 2016-2017

Wendy Walsh-DeMaria, PDG 2017-2018

Shawn Weiss, PDG 2018-2019

Justine Quaranta, PDG 2019-2020

Jacki Yonick PDG 2020-2021

Mary Ellen Elwood (Mel) DG 2021-2022





We bring awareness and support for Veterans suffering from Post-Traumatic Stress and their families who support them.

**Operation-Initiative Foundation, Inc.**  
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Hicksville, New York 11801

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LFalco@opinfdn.org  
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President

Leon H. Ivey  
Vice President

Jennifer Scott  
Secretary

Rhoda Graber  
Treasurer

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Anthony Civitano  
Rev. Msgr. James F. Pereda,  
M.A., M Div., J.C.D.  
Rev. Richard Wilson

Katherine Gibson  
Editor,  
Operation-Initiative Manual

Robert Saunders  
Web Master

**The Operation-Initiative Foundation, Inc. was established in 2014 to Raise Awareness and Raise Funds for veterans and their families—past present and future—who are suffering from Post-Traumatic Stress.**

We at the Operation-Initiative Foundation, Inc. provide funding to support printing of The Operation-Initiative Manual.

We are partially supported by the Rotary District 7255.

Since 2012, Rotarians PDG Katherine Gibson and PP Louis A, Falco, have provided reference material for this manual that is given free to our veterans. This information assists our veterans in their "Time of Need." We are currently distributing the 13th edition throughout Rotary District 7255, which includes Brooklyn, Queens, Nassau and Suffolk with multi-club participation and support.

The Foundation brings awareness through public speaking, TV and radio interviews explaining the symptoms and problems confronting our veterans and their families that suffer from Post-Traumatic Stress

The monies raised go directly to pay for treatments for our veterans. The increasing number of suicides due to Post-Traumatic Stress makes this a national problem that all Americans should bond together to address.

Operation-Initiative Foundation, Inc. is a 501 (c) (3) corporate entity. We are sincerely dedicated to assisting veterans and their families in their fight against the effects of Post-Traumatic Stress so as to reduce as many casualties of war as we can.

Sincerely,  
Louis A. Falco  
President and Founder

**Operation-Initiative Foundation**  
**presents the 2021 Awareness Program for PTSD**  
**and the 13th Edition of the Operation-Initiative Resource Manual.**

Operation-Initiative Foundation brings support and awareness to Veterans and their caregivers who are suffering from PTSD.

The Foundation strives to address the psychophysiological and socioeconomic needs of Veterans diagnosed as experiencing post-traumatic stress. Through outcomes assessments, the Foundation seeks to continuously advance its program and service offerings.

In the Fall of 2021, Operation-Initiative Foundation will introduce the 13th Edition of the Resource Manual. This manual is free to download for all Veterans and their caregivers, providing information about various organizations and services available to our Veterans.

In addition, the Operation-Initiative Foundation is introducing The Holistic Nucleus which is a network of Holistic methods used in the reduction of PTSD:

- 1) Meditation
- 2) Sound Therapy
- 3) Yoga
- 4) Acupuncture
- 5) Hyperbaric Oxygen Solutions
- 6) Havening
- 7) Chiropractic
- 8) Massage Therapy
- 9) Reiki
- 10) Neurofeedback
- 12) Holistic Energy Healing
- 13) Holistic Oil

In addition, we are addressing the spiritual aspects of PTSD, including but not limited to Moral Injury.

Please note that vested Practitioners are located in the PTSD Section of the 13th Edition of our Manual.

To access the FREE Manual all Veterans need to do is go to our website - [www.opinitfdn.org](http://www.opinitfdn.org) - and enroll in the Operation-Initiative Foundation Intake Program. This program gives Veterans references to choose the treatments they feel will reduce their symptoms of PTSD.

All intake information is totally confidential and if the Veteran does not have insurance or the resources to afford these treatments then Operation-Initiative Foundation will provide payment for the treatment(s).

Veterans **MUST** fill out the intake form to be eligible for this program.

# Operation-Initiative Foundation, Inc. History

Spring 2010: The seed was planted when Louis Falco, President of the Rotary Club of Glen Cove, invited Louis Catalanotto of the New York Department of Labor as a speaker. His topic was Veterans' employment. A Marine Veteran was in attendance and shared his experience in job seeking with the club. Katherine Gibson, PDG and past president of the Rotary Club of Locust Valley was a guest at that meeting.

Recognizing the very real need within the community, as well as the nation, Louis Falco and Katherine Gibson chose to commit themselves to a project – later named Operation-Initiative Foundation, Inc. — creating a manual to be used as a resource guide of veterans' services.

The category of Employment quickly expanded to services including Welcome Home, Education, Funding and Support, Health and Wellness, Post Traumatic Stress, Housing, Legal and General Services.

The project was recognized on the program and with speakers at the 7250-7260 combined District Conference in Washington, D.C. – 2011. Robert Donno, DG 7250 and Arnold T. Quaranta, DG 7260 – 2010-11, Irving Toffiver, DG 7260 and Gabor Karsai, DG 7250 – 2011-12, and Connie Gevenski, DG 7260 – 2012-13 made contributions to Operation-Initiative Foundation, Inc.

Districts 7250 and 7260 were officially merged July 1, 2013. Gwen Ramage, DG 7255 – 2013-14 continued to support Operation-Initiative Foundation, Inc. Anthony Civitano DG 7255 – 2014-15 made commitments to support Operation-Initiative Foundation, Inc. and a veterans' program during his administration.

## Rotary History:

The history of Rotary's commitment to United States Military Veterans is worth reviewing. Paul Harris was a cadet at the Vermont Military Academy where he did well in his studies. Paul's brother Claude died in the service to his country in the Philippines at the turn of the century. During WWI, British Rotary rallied its members and communities to patriotic service: international trade, enlistment, war relief, unemployment and development of local industries. Irish Rotarians formed an Ambulance Division which delivered vehicles for wounded soldiers in France. Scottish Rotarians formed a volunteer battalion sent to the front. Rotary clubs in the United States and Canada donated money and material goods to help refugees, the sick and the fighting forces U.S. clubs in Los Angeles, CA and Akron, OH sent ambulances to France. Rotarians across the country raised \$4 million for the War Camp Community Recreation Fund to provide hot meals and hospitality to deployed military. General John J. "Black Jack" Pershing was a Rotarian. During 1917 and 1918, New York Rotarians established an employment bureau for the discharged soldiers and sailors. The list is virtually endless. Representatives of Rotary International were invited to participate in the burial of the Unknown Soldier at Arlington National Cemetery in 1921.

The illustrated cover of the Rotarian June 1918 emphasizes a post-World War I recognition of America's participation in the War To End All Wars. The cover portrays a Devil Dog Marine reading The Rotarian in the war zone. The photo phase of a continuous picture gives in-depth meaning to Rotary's support of our military in their "time of need."

"If I could plant a Rotary in every community in the world, I

would. If you could plant the spirit of Rotary ... and turn it into practical application, there would not be so much wrong with the human procession." — Warren Harding, U.S. President and Rotarian 1923.

"Thinking of Rotary, I visualize a series of concentric circles which, starting with the smallest and going to the largest, I denominate as the community, national and international influence. I see Rotary International as a generating force of incalculable value." Franklin D. Roosevelt, U.S. President and honorary Rotarian.

The Universal Declaration of Human Rights written by the United Nations in 1948 was based on the resolution from the Rotary Havana Convention in 1940. It called for freedom, justice, truth, sanctity of the pledged word and respect for human rights. Rotarians, individually, played an important role in the formation in 1945 of UNESCO. In April 1945, Rotary was in the forefront of finalizing the United Nations Charter with 23 Rotarian observers who guided agendas, performed translations, suggested wording for resolutions and helped resolve disputes. Information from *A Century of Service, The Story of Rotary International*.

## Future:

Consideration is being given to a permanent facility that will serve as a Veterans' Museum, physical fitness center, community room for small group meetings, private office space for professionals to offer therapy, counseling, business coaching, etc. Some office space may be reserved for business transactions by/for veterans.

## Some Rotary Members you will recognize:

- Neil Armstrong, astronaut and first man to walk on the moon, (Wapakoneta, Ohio).
- Frank Borman, astronaut, (RC Space Center, Houston, TX)
- Admiral Richard E. Byrd, arctic explorer (Winchester, VA)
- John F. Kennedy, President, (Hyannis, Mass.)
- General Douglas MacArthur, WW II, (Milwaukee, WI, Melbourne, Australia, Tokyo, Japan, Manila, Philippines)
- General George C. Marshall, Nobel Peace Prize, (Columbus, GE, Savannah, GE, Charles, SC, Uniontown, PA)
- General John J. "Black Jack" Pershing, WW I, (St. Louis, MI, Lincoln, NE, San Antonio, TX)
- President Franklin D. Roosevelt, (Albany, NY)
- President Woodrow Wilson, Nobel Peace Prize Laureate, (Birmingham, AL)
- Orville Wright, aviation pioneer, (Dayton, Ohio)

"Thank you for your service."

# Welcome Home

## United Way of Long Island

819 Grand Blvd., Deer Park, NY 11729  
631.940.3700  
www.unitedwayli.org

United Way of Long Island advances the common good, creating opportunities for a better life for all by focusing on the three key building blocks of education, financial stability and health. We recruit people and organizations that bring together the passion, expertise and resources needed to get things done. United Way partners and volunteers come from across Long Island to discuss issues, raise funds that support over 100 community partners and develop programs for the building blocks of a good life.

Two key United Way of Long Island initiatives are the 2-1-1 Long Island information and referral service and Mission United, serving Long Island military and veteran families.

### 2-1-1 Long Island

Call 2-1-1 or 1-888.774.7633  
www.211longisland.org

Every day, Long Island residents seek assistance for a variety of basic life issues, such as counseling, job training, elder care, disability or health services or emergency needs like food, heat and shelter. Many families struggle to find supportive services in their communities and often don't know where to turn.

2-1-1 Long Island is a free, non-emergency information and referral service that connects Long Island residents to health and human services they may need on a daily basis or during a disaster. Available by telephone and online, 2-1-1 Long Island provides callers and web visitors with detailed information nearly 10,000 community resources for help and assistance.

The 2-1-1 Long Island Call Center is open 8 am to 10 pm 7 days a week and is multi-lingual in more than 200 languages. 2-1-1 call specialists are trained to access caller needs and connect people to available resources quickly and easily – which can prevent problems from growing into crises.

The 2-1-1 Long Island online database is available 24/7 at www.211longisland.org. It features a Keyword Search option, with an Advance Search selection to limit by zip code, as well as two specialty databases for Veteran Resources and Developmental Disability Resources. The homepage offers Special Tabs for information on timely or seasonal topics such as disaster services, severe weather, tax preparation assistance and health insurance. And eleven "Popular Search" tabs quickly bring the user to a pre-sorted list of resources on topics such as domestic violence, child care, substance abuse treatment and more.

### MISSION UNITED

www.unitedwayli.org/missionunited  
Sustaining Long Island's Veterans

**MISSION UNITED** is a critical United Way of Long Island program that supports United States military veterans and their families as they re-acclimate to civilian life. MISSION UNITED

focuses on employment services, case coordination and emergency assistance, education, and connection to available local resources.

Case Management & Emergency Assistance helps military personnel and their families assess needs, connect to peer counseling and locate supportive services. Emergency financial assistance is available to provide temporary help with needs such as utility bills, rent/mortgage, vehicle repair, transportation, food, clothing, etc. Services provided through four community partner organizations:

- Association for Mental Health & Wellness/Suffolk County United Veterans 631.924.8088 x 1503
- Family Service League/Armed Forces Relief and Welfare 631.650.2182
- Mental Health Association of Nassau County/Vet2Vet 516-489-2322 ext. 1202
- United Veterans Beacon House 631.665.1571 x 127

The **VetsBuild** program offers job training through at United Way's E3 SmartBuild Training Center, a state-of-the-art facility equipped with the latest technology and equipment to provide students with hands-on training in Green construction and facility maintenance. Veterans may also qualify for advanced training scholarships at local colleges and technical schools including assistance to start their own business.

- Enrollment: Deanna Dentici, United Veterans Beacon House 631.665.1571 ddentici@UVBH.com
- Enrollment: Chris Webster, United Veterans Beacon House 631.665.1571 cwebster@UVBH.com

Together with our supporters, United Way of Long Island's MISSION UNITED program is helping our local heroes write the next chapter of their journey, as their service to their country comes to an end.

**United Veterans Beacon House** provides transitional, safe housing for homeless veterans as they reintegrate into society. They also offer advocacy, education, employment counseling, skills and trade training. Serving: Brooklyn, Queens, Nassau, Suffolk — 501(c) 3 — Frank Amalfitano, President, CEO — 631-665-1517 — www.uvbh.org

East End Veterans Resident, Veteran Homeless Shelter, Riverhead Suffolk County  
Roger Leathers – Program Director 631-275-5915

• **Case Management & Emergency Assistance** helps military personnel and their families assess needs, connect to peer counseling and locate supportive services. Emergency financial assistance is available to provide temporary help with needs such as utility bills, rent/mortgage, vehicle repair, transportation, food, clothing, etc. Services provided through five community partner organizations (Association for Mental Health & Wellness/Suffolk County United Veterans, Family Service League/Armed Forces Relief and Welfare, Hope for the Warriors, Mental Health Association of Nassau County/Vet2Vet and United Veterans Beacon House).

## **NEW YORK STATE VETERANS BENEFITS**

NY State Senator Todd Kaminsky, 9th Senate District, 55 Front Street, Rockville Centre, NY 11570 – 516-766-8383  
kaminsky@nysenate.gov

## **NEW YORK STATE Locate a counselor**

www.veterans.ny.gov or call 1888-VETS/NYS or email at  
DVAInfo@veterans.ny.gov

**Department of Veterans Affairs** – Northport — 79 Middleville Rd., Bldg. 200, Room C-135, Northport, NY 11768. Program Manager: Vanessa J. Brown, RN, BSN — 631-261-4400 ext 2173, Cell: 631-774-1707, e-mail: vanessa.brown@va.gov\ Program: TCM-OEF/OIF/OND

Crisis: 1-800-273-TALK (8255) or confidential chat at  
www.VeteransCrisisLine.net

United States Department of Veterans Affairs  
810 Vermont Avenue, NW, Washington, DC 20420  
Request Booklet *Plan Today, Protect Tomorrow*.  
Insurance Booklet for Separating Service Members Updated July, 2012. www.vba.va.gov/VBA

**VISN:** VA NY/NJ Veterans Healthcare Network Multiple Locations throughout the tristate area. Go to website for complete listing:  
www.va.gov/directory/guide/region.asp

## **WARRIORS' WATCH**

Veterans, bikers, Americans, brothers and sisters. Welcome home or send-off party, motorcycle escort. Offer support to troops and family of military. Also participate in memorial services. Founded by Wayne Lutz. Trademark: "We have your backs here at home."  
Information: www.warriorwatch.org

## **VIETNAM WAR COMMEMORATION**

Thank a Vietnam veteran. Information, photos, videos and commemoration stories at www.vietnamwar50th.com  
Peter Aylward, Senior Advisor, Major General, USA (Ret)  
241 18th Street, S. Suite 101, Arlington, VA 22202  
703-697-4926 and peter.m.aylward.civ@mail.mil

## **PFC Joseph P. Dwyer Veterans Peer Support Project St. Joseph's College**

155 West Roe Blvd., Patchogue, NY 11772  
O'Connor Hall, Veterans' Lounge  
Individual Outreach Thursdays 5-6pm in the Veterans' Lounge

## **Nassau County Pfc. Dwyer Peer Support**

Both individual and group peer support is offered to veterans and their family members. Weekly peer support groups are offered to veterans and community events are hosted for the families by fellow military family members. Peer support can also be provided 1:1 or via the telephone, with all information being completely confidential.

Visit us online at www.veteranshealthalliance.org  
516-489-2322

Jeffrey McQueen – Director, PFC Dwyer Peer Support Project –  
Nassau /Vet2Vet Ext. 1202 • JMcQueen@mhanc.org  
Brent Russell - Program Coordinator, PFC Dwyer Peer Support  
Project -Nassau/Vet2Vet Ext. 1312 • Brussell@mhanc.org

## **Beacon House**

1715 Union Blvd., Bay Shore, NY 11706  
Meetings on Tuesday's 6 - 7 pm & Wednesday's 6:30-7:30 pm

## **Sag Harbor**

Burkeshire Court, 3330 Noyac Rd., Bldg. D,  
Sag Harbor, NY 11963  
Meetings on Wednesday's 7 - 8 pm

## **The Vets Place**

32 Mill Road, Yaphank, NY 11980  
Meetings on Tuesday's 3 - 4 pm

## **Brookhaven Vets Chat - Rose Caracappa Senior Center**

739 Route 25A, Mt. Sinai, NY 11766  
Meetings held every 2nd Thursday each month 10 - 11 am  
(Senior Group)

## **Liberty Village**

600 Albany Avenue, N. Amityville, NY 11701  
Meetings held on Monday's 6 - 7 pm

## **Huntington YMCA**

60 Main St, Huntington, NY 11743  
Meetings held on Thursday's 6:30-7:30 pm

Additional meeting locations are being formed in the Ronkonkoma & Riverhead areas, and various college campuses located with Suffolk County. More information as these facilities become available.

Phone: (631) 853-8345

Email vetspeertopeer@suffolkcountyny.gov

Facebook: Joseph P. Dwyer Veterans Peer Support Project

**NYS Troopers Marine Corps Association** has launched a Holiday Campaign to show our troops and their families appreciation and support. They will deliver a gourmet dessert gift basket to each family in the local area. A copy of Operation-Initiative® will be included. This project is in conjunction with Family Affair Distributing, Inc. Sponsors are encouraged to participate and may contact either organization to become involved.

**New York State Troopers** with a military background have an opportunity to stay connected with fellow service members, an opportunity to volunteer time to the community, and the peace of mind that their family members will be taken care of if a tragedy occurs. Care packages provided for military members deployed and to provide emotional and economic support to military members and their families wherever and whenever possible.

## **NASSAU COUNTY**

Information on many benefits and resources available to veterans  
240 Old Country Road, Mineola, NY 11501 – 516-571-2664 –  
www.nassaucountyny.gov

## **NASSAU COUNTY VETERANS SERVICE AGENCY**

Federal, State and County benefits  
Free transportation program to VA Hospital,  
Vet Center – 516-572-6560  
Information: 572-6565,  
www.nassaucountyny.gov/agencies/Veterans

## **WOMEN VETERANS – ASSISTANCE AND RESOURCES**

VISN 3 Women's Program Lad: 718-741-4110  
www.nynj.va.gov/womenvets.asp  
VA Center for Women Veterans, 202-461-6193 –  
www.va.gov/womenvet  
National Center for PTSD: www.nptsd.va.gov  
Domestic Violence Hotline: 800-799-723  
VA Vet Centers: Eastern -800-905-4675; Pacific – 866-496-8838 –  
www.va.gov/directory  
National Women's Health Center: 800-994-WOMAN  
Women's Research & Education Institute: www.wrei.org  
Women's Bureau, U.S. Dept of Labor: www.dol.gov/wb  
Office of Violence Against Women, US Dept. of Justice:  
www.usdoj.gov/ovw  
Dept. of Health and Human Services: www.4women.gov  
National Assn. – State Dept. Veterans Affairs: www.nasdva.com  
Defense Dept. Advisory Committee on Women in Military  
Services: www.dtic.mil/dacowits  
Vietnam Women's Memorial Foundation:  
www.vietnamwomensmemorial.org  
Women in Military Service for America:  
www.womensmemorial.org  
Vietnam Veterans of America: www.vva.org – 1-800-VVA-1316  
Susan Stockmar, US Navy Veteran, United War Veterans Council,  
346 Broadway, NY 10013, 212-693-5701, ssuwvc@gmail.com

**Nassau County Vet Center** 970 South Broadway, Hicksville, NY  
11808, 516-348-0088 or 516-877-8387 – Many Counselors are  
women vets — delivered readjustment services since 1979. Family  
members are eligible for services which include PTSD, Sexual  
Trauma/Harassment Counseling, Bereavement  
Vet Center Strong www.vetcenter.va.gov – Services are free  
VET Center 1-877-WAR VETS

## **VETERANS BENEFITS COUNSELING**

### **Nassau County Veterans' Service Agency**

Ralph Esposito Director, 516-572-6565, Fax: (516) 572-6570,  
resposito@nassaucountyny.gov. 2201 Hempstead Turnpike, Bldg.  
Q, East Meadow, NY 11554. 516-572-6560 –  
www.nassaucountyny.gov.

J Paul Vista Deputy Director 516-572-6521

Services offered:

Recording Discharge at County Clerk's office DD-214 – proof of  
service

Veterans Recognition Program (includes discount card for local  
services)

Education benefits

Employment and job training opportunities

VA Home Loan guarantee information

Health care eligibility, medical transport

Small Business help, legal services Directory of VA Medical Centers

**BENEFITS:** understand and apply for benefits: education,  
vocational rehabilitation, home loans or VA payment history:

www.ebenefits.va.gov/ebenefits-portal.

**Nassau County, District 18**, Delia DeRiggi-Whitton, 1550  
Franklin Avenue, Room 246, Mineola, NY 11501. 516-571-6218,  
derriggiwhitton@nassaucountyny.gov.  
Veterans Services 516-572-6560 (Town of North Hempstead, Town  
of Oyster Bay, City of Glen Cove)

## **American Legion**

President Gene Clark, and Ed Murphy  
516-766-9740, 646-289-2654

## **AMVETS**

Open to those who served in U.S. Armed Forces, (Active, Guard or  
Reserve) after September 25, 1940  
Post 88, 692 Broadway, Massapequa, NY 11758, 516-798-9188,  
Post 22, 67 West Main Street, Oyster Bay, NY 11771, 516 922-4200  
and 516-298-2477, alex.gallego@raymondjames.com – Info: Alex  
Gallego

## **Nassau County Clerk**

Certificate of Release and Discharge from Active Duty, Veterans'  
Recognition Program Other Services include: Education benefits,  
Employment and Job Training Opportunities, VA Home Loan  
Guarantee Information, Health Care Eligibility, Medical Transport  
Small Business Help, Veterans Peddler Permit, Legal Services.

Additional resources available:

www.NASSAUCOUNTYNY.GOV/AGENCIES/CLERK

2201 Hempstead Turnpike, Building 'Q', East Meadow, NY 11554,  
516-572-6560, 516-572-6565,  
FAX 516-572-6570

## **City of Glen Cove**

City Hall, 9 Glen Street, Glen Cove, NY 11542

516-759-6798

Fax: 516-676-0108

Charles D. Lavine, Assembly 13th District

1 School Street, Glen Cove, NY 11542, 516-676-0050 and

Legislative Office Building, Albany, NY 12248, 518-455-5456,

lavinec@assembly.state.ny.us

## **SUFFOLK COUNTY VETERANS SERVICE AGENCY**

Information of a wide variety of benefits: Federal, State, County  
covering Health Care, PTSD, Disability Claims, Legal Help, Tax  
Exemptions, Education, Employment. Contact William Rodrigues,  
Veterans Service Affair 631-853-VETS – Thomas Ronayne,  
Director, 631-853-8387. 100 Veterans Memorial Highway,  
Hauppauge, NY 11788, 631-853-8387, Riverhead, NY  
631-852-1420. tom.ronayne@suffolkcountyny.gov.

## **Steve Bellone, County Executive.**

### **SUFFOLK COUNTY, Veterans Service Agency**

Thomas Ronayne, Directory, H. Lee Dennison Office, 100 Veterans  
Memorial Highway, P.O. Box 6100, Hauppauge, NY 11788, 631-  
853-8381, -- tom.ronayne@suffolkcountyny.gov

## **Suffolk County – VETERANS PEER SUPPORT PROJECT**

**(PFC Joseph P. Dwyer Program)** Vets helping Vets, offering  
opportunities to come together to listen and benefit from each  
other's experience with service related issues. Support groups are  
informal and confidential; no records, no reporting. Meet weekly at  
different locations, times and days of the week. There is one in  
Suffolk County convenient for you. No fees, free refreshments.

Donna Zphrme - Email: kauldonna@yahoo.com

Information: 631-672-1201 or email:

vetpeertopeer@suffolkcountyny.gov

Supported by Suffolk County Veterans Service Agency, 631-853-  
8586 and Suffolk County United Veterans, 631-924-8088.

## **SUFFOLK COUNTY – UNITED VETERAN**

A project of the Association for Mental Health and Wellness  
Offering: Education and job training, case management, peer support for PTSD and TBI, housing.  
32 Mill Road , Yaphank , NY 11980 , 631-924-8088, www.scuv.org  
Mental Health help line – 631-229-3900

**Suffolk County** – Application for DISABILITY IDENTIFICATION CARD SCEX Form 66 and SCEX Form 67 to be submitted to North County Complex Building 158, 725 Veterans Memorial Highway, P.O. Box 6100, Hauppauge, NY 11788-0099, 631-853-8333  
Riverhead office: 300 Center Drive, Riverhead, NY 11901  
631-852-1410

### **Division of Veteran Services**

Karen Saffari  
631-852-1413  
www.veterans.ny.gov/benefitsinformation  
1-888-838-7697

### **Rick Gales, Veterans Services Counselor**

Town of Hempstead  
One Washington Street, Hempstead, NY 11550-4923  
(516) 812-3506 • Fax (516) 393-0085  
Email: rgales@tohmail.org

### **Military One Source for Active Vets**

<http://www.archives.gov/veterans/evetrecs/>  
Iraq and Afghanistan Veterans of America: www.IAVA.org  
Resources for Active Duty Service members and families:  
www.militaryonesource.mil, Hotline: 1-800-342-9647  
Recovery Warrior Resource Center  
1-800-342-9647 For returning veterans

### **Social Security (SSI/SSD)**

1-800-772-1214, 7 a.m. to 7 p.m.  
File SSD online and other information [www.socialsecurity.gov](http://www.socialsecurity.gov)

### **GI Bill: [www.gibill.va.gov](http://www.gibill.va.gov)**

Hotline: 1-888-442-4551  
(see Education)

### **VET CENTERS, New York**

Suffolk: 116 West Main Street, Babylon, NY 11702 631-661-3930  
Nassau: N. Broadway Hicksville, NY 11801 516-348-0088-89  
Queens: 75-10B 91st Avenue, Woodhaven, NY 11421  
718-296-2871  
Bronx: 226 E. Fordam Rd, Rm 220, Bronx, NY 10458  
718-367-3500  
Brooklyn: 25 Chapel St., St 604, Brooklyn, NY 11201  
718-624-2765  
Harlem: 55 West 125th St., 11th fl., New York, NY 10027  
212-426-2200  
Manhattan: 32 Broadway, St. 200, New York, NY 10004  
212-742-9591  
Staten Island: 150 Richmond Terrace, SI, NY 10301 718-816-4499  
Additional locations: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

### **Senator Kirsten Gillibrand, Dem. New York**

Services for uniformed and deployed military – families, housing, careers, medical. Call: 212-688-6262 • Fax: 866-824-6340  
[www.gillibrand.senate.gov](http://www.gillibrand.senate.gov)  
780 3rd Avenue, Unit 2601, New York, NY 10017

### **Carrie Solages, 3rd Legislative District**

Serving Town of Hempstead, Village of South Floral Park  
92 Willis Avenue, Mineola, NY 11501  
516-248-4730  
Suicide and Crisis Counseling: 516-679-1111  
[www.nassaucounty.gov](http://www.nassaucounty.gov)  
email: [csolages@nassaucountyny.gov](mailto:csolages@nassaucountyny.gov)

**Lee Zeldin, NY State Senator** – 1st Congressional District NY  
Senate Committees: Veterans, Homeland Security, Military Affairs  
District Office: 31 Oak Street, Unit 20, Patchogue, NY 11772  
Phone: 631-289-1097  
NYS Office Building, Hauppauge, NY 11788  
Albany Office: Legislative Office Building Room 802, Albany,  
NY 12247 — Phone: 518-455-3570

**Town of Babylon Veterans' Advisory Council**, Jacqueline A. Gordon, Chair [www.townofbabylon.com](http://www.townofbabylon.com)

**Angels for Warriors** is a not-for-profit volunteer organization providing information and guidance about the essential resources available to veterans and families. Clients get a personal roadmap based on individual needs to help them locate and navigate local, regional and national resources available. They also serve as advocates to gain benefits. Service is FREE. Contact: [www.angelsforwarriors.org](http://www.angelsforwarriors.org), e-mail: [info@angelsforwarriors.org](mailto:info@angelsforwarriors.org), Rogerlyn Velez Cipriano, Esq., 16 Main Street, Huntington, NY 11743, 631-651-5471.

### **OPERATION ENDURING FREEDOM- OPERATION IRAQI FREEDOM**

Department of Veterans Affairs [www.publichealth.va.gov](http://www.publichealth.va.gov)  
Information for military who served in Iraq and Afghanistan and their families: benefits and care, specialized health care, environmental exposures, caregivers, women veterans, PTS benefits, homeless. To receive newsletter AITC- Attn: mailing list 1615 Woodward Street, Austin, TX 78772-0001  
Veterans' Social Group  
Great Neck Senior Center  
80 Grace Avenue, Great Neck, NY 11021  
Contact: Mel Sachs – Cell: 516-761-0488

### **YELLOW RIBBON**

Extensive services available to: National Guard and Reserve Military and Families. See website: [www.yellowribbon.mil](http://www.yellowribbon.mil)

### **GENERAL SERVICES**

#### **Military.com**

“Use all the benefits you’ve earned.” GI Bill and scholarships  
VA loans and mortgages  
ASVAB Practice tests and study guide Buddy finder  
Benefits: veterans, retirees, spouses [www.MilitaryChannel.com](http://www.MilitaryChannel.com)  
[www.MilitaryFriends.com](http://www.MilitaryFriends.com) News, military blog, forum, store, military ebay

#### **Federal Benefits for Veterans, Dependents and Survivors**

Department of Veterans Affairs  
810 Vermont Avenue, NW, Washington, DC 20420  
Comprehensive: gives phone numbers, web sites, 15 chapters (185 pp) Veterans Benefits: 1-800-827-1000

**Kathleen Rice, Constituent Service Representative**

516-739-3008 – Kathleenrice.house.gov  
 229 Seventh St, Ste 300, Garden City, NY, 11530  
 Constituent Representative: madeline.roberts@mail.house.gov  
 Veteran Director: kevin.delvin@mail.house.gov  
 Services Include:

- Assistance in retrieving records, requesting change of records, retrieving badges, ribbons & awards
- Congressional inquiries pending claims & appeals
- Matters with DoD and Military Branches
- Service Academy Nominations

**United War Veterans Council**

Chartered by the City of New York. Produces annual Veterans Day parade and events honoring service. Sponsors other events including job fairs. “to care for him who shall have borne the battle.” Abraham Lincoln. Traditions date back to the Civil War. Members include veterans of WWII, Korea, Vietnam, Desert Storm, Iraq and Afghanistan. Welcomes volunteer support. 346 Broadway, 8th Floor, New York, NY 10013

**Death and Burial Benefits: National Veterans Foundation.**

Health, education, insurance and housing also covered  
 1-888-777-4443 or www.nvf.org

**Decedant Affairs Department**

Veterans Hospital at Northport  
 1-631-261-4400 ext. 2347

**POW/MIA**

Seeking accounting of American Troops still listed as missing from all wars.

Vietnam Veterans of America, 8719 Colesville Road, Suite 100, Silver Spring, Maryland 20910, 800-VVA-1316 – www.vva.org  
 Defense Prisoner of War/Missing Personnel Office:

www.dtic.mil/dpmo

Casualty Resolution Offices

Department of the Army: 800-892-2490

Marine Corps: 800-847-1597

Navy: 800-443-9298

Air Force: 800-531-5803

JPAC – Joint POW-MIA Accounting Command;

www.jpac.pacom.mil

National League of Families: www.pow-miafamilies.org/what.html

Milling Man Table/Honor Ceremony:

www.aiipowmia.com/histories/histcerc1.html

History of National League:

www.dtic.mil/dpmo/powday/flaghistory.htm

American Former Prisoner of War benefits, compensation:

www.vba.va.gov/bln/21/Benefits/POW/POWbenefits.htm

Connecting those who can do to those who have need.

— Adm. Olsen, Special Operations

**Rebuilding Together Long Island, Inc.**

208 Route 109, Suite 204, Farmingdale, NY 11735

Phone: 631.777.7894 Fax: 631.420.7320

rtliorg@gmail.com • rebuildingtogetherlongisland.org

facebook.com/rtli208

Our Mission is to preserve and revitalize houses and communities, assuring that low-income homeowners who are either elderly,

VETERANS, disabled and families with children live in comfort and safety while maintaining their independence.

**VFW-Veterans of Foreign Wars**

The Veterans of Foreign Wars of the United States is a nonprofit veteran’s service organization comprised of eligible veterans and military service members from the active, guard and reserve forces. We have many programs and services that work to support veterans, service members and their families, as well as communities worldwide. Some examples of programs are youth scholarships, educational outreach, youth activities, community volunteerism, Military Assistance Program (MAP), Adopt-a-Unit, Care Packages, Operation Uplink, and Unmet Needs to name a few.

www.vfw.org

(518) 463-7427

AdjutantDNY@VFWNY.com

www.vfwny.com

**Veterans of Foreign Wars**

Jeffrey T. Molitor

631-495-USMC

**Vietnam Veterans of America****Nassau County Chapter 82**

Eligible for those who served in Vietnam between 1961 & 1975, or a vet between 1964 & 1975.

Richard R. Guevara, First Vice President

150 Manor Street

Plainview, NY 11803

rguevara1945@gmail.com

www.vvachapter82.org

Questions: Steve Bonom 516-721-8282

bonomsupp@optonline.net



# Operation Occupation

## NATIONWIDE:

### Making a Seamless Transition from Military to Civilian Life

VA can pay for college or other training while you are still on active duty. If all you need is help finding a civilian job, VA can help with that, too. If you are unable to return to work yet, VA can help you be more independent in your community.

There are several ways to apply or get more information:

Speak to your Physical Evaluation Board Liaison Officer (PEBLO)  
Attend a Transition Assistance Program (TAP) or Disabled  
Transition Assistance Program (DTAP) briefing at your military  
facility

Call VA at 1-800-827-1000 and ask to speak with Vocational  
Rehabilitation Division or Point of Contact.

Visit [www.va.gov](http://www.va.gov) and fill out an online application (VONAPP) for  
Vocational Rehabilitation

Apply by completing VA Form 28-1900, Disabled Veterans  
Application for Vocational Rehabilitation, and submitting it to the  
VA Regional Office

Service members with severe injuries or illnesses may automatically  
qualify for VA Vocational Rehabilitation benefits.

If you would like more information about how VA can help you  
with career or education planning call VA's nationwide toll free  
number, 1-800-827-1000 to request VA Form 28-8832, Application  
for Educational – Vocational Counseling.

**Northwell Health** – As the largest private employer in New York  
State, at Northwell Health, we're proud to show our respect and  
gratitude for the service of America's military members and  
veterans — as well as for their families. That's why our Military  
and Veterans Liaison Services offers a wide range of vital health,  
wellness and workforce resources. We are committed to making a  
meaningful difference in the quality of care and service our veterans  
and their families receive. No service member in our communities  
should feel forgotten or left behind.

Services we provide:

Healthcare

Employment

Contact Info: [Northwell.edu/veterans](http://Northwell.edu/veterans)

**USAF Veteran** assisting veterans: Department of Veterans Affairs  
79 Middleville Road, Northport, NY 11768 —  
631-261-4400 x2943; FAX 631-266-6011; Cell 631-609-0477  
Evelyn C. Nowlin, BSCS, Employment Specialist –  
[evelyn.nowlin@va.gov](mailto:evelyn.nowlin@va.gov)

**EEOC** – U.S. Equal Employment Opportunity Commission  
800-669-400 Voice – 800-669-6820 TTY  
Michael Rohas, Program Analyst – Community Outreach, Training  
and Media 33 Whitehall Street, 5th Floor,  
New York, NY 10004

**Edge\$Vets** helps vets translate their strengths from the military into  
tools for civilian success. Workshops based on aviation, health care  
and hospitality Business mentors help identify strengths developed  
in the military. Fordham Resource Center provides links to  
counseling, guidance, professional support and online vet-to-vet  
peer support feature. Tom Murphy, Director, Human Resiliency  
Institute @ Fordham University School of Education, 360-731-  
0603, [tom@reclaimingthesky.com](mailto:tom@reclaimingthesky.com). See website for workshops in  
NY, FL and MA

## EMPLOYMENT OPPORTUNITIES

[www.vaforvets.va.gov](http://www.vaforvets.va.gov)

Start up, Financing Public Law 106-50: [www.vetbiz.gov](http://www.vetbiz.gov)

Small business development: [www.sba.gov/vets](http://www.sba.gov/vets)

Assistance in securing employment: [www.dol.gov/vets](http://www.dol.gov/vets)

Information and services for vets with disabilities: [www.cap.mil](http://www.cap.mil)

Transition from Military to civilian occupations:

[www.onetonline.org](http://www.onetonline.org)

National website for federal employment opportunities:

[www.usajobs.gov](http://www.usajobs.gov)

**VACareers.gov** – Those seeking a position within the VA.

**VETSWORK Program of Long Island Cares, Inc.** Offers  
professional and job development services: resume writing,  
networking, dressing for success, skill sets. Michael Haynes, Affairs  
Officer 631-824-6386, [mhaynes@licares.org](mailto:mhaynes@licares.org). Fern Summer,  
Veteran LifeSkills Specialist, 631-824-6385, 220 Broadway,  
Huntington Station, NY 11746

**DiChara Military and Veteran Services:** Easter Seals  
personalized employment services: Counseling and Mentorship,  
Aptitude, Resume and Interview Skills, Referrals, Training,  
Employment Placement. 42 Broadway, Suite 1136, New York, NY  
10004 212-943-4364, [eastersealsny.org](http://eastersealsny.org)

**BOOTS TO BUSINESS** (SBDC Small Business Development  
Center) – FREE local service funded by SBA (Small Business  
Administration) available for new or existing veteran owned small  
businesses. 1-on-1 business advisor meetings, business plan, targeted  
research, networking, information on funding and guidance.  
David A. Chiaro, Farmingdale State College,  
2350 Broadhollow Road, Farmingdale, NY 11735  
631-370-8892 – [www.farmingdale.edu/sbdc](http://www.farmingdale.edu/sbdc);  
[chiarod@farmingdale.edu](mailto:chiarod@farmingdale.edu)

**White House Initiative:** Jobs4America: Contacts: James  
Kohlenberger, Captain Brad Cooper, Michelle Obama — serving  
military veterans and spouses. Jim Kohlenberger, Executive  
Director: [www.jobs4america.com](http://www.jobs4america.com), 202-573-7360

**ASR International Corporation** in partnership with Nassau  
County Veterans Services Agency is offering free job training and  
orientation preparing veterans for careers in technical and  
engineering fields. There include: inspection services, quality  
assurance/control, construction, manufacturing, security, finance,  
information technology (IT) and safety. Veterans should email  
resume to [top@asrintl.com](mailto:top@asrintl.com)

**From Army Green to Corporate Gray: A Career Transition Guide for Army** Paperback – June 17, 1997 guide that provides essential information and guidance for making the career transition from the Army to the civilian world. Available from Amazon.com for under \$2.00

**iHeartRadio's Show Your Stripes**, a company-wide community service initiative to address the issue of unemployment among U.S. military veterans and encourage businesses to hire skilled veterans. Clear Channel will spend more than \$75 million in radio, digital and out-of-home resources to highlight the skills brought back by returning servicemen and women and their value to employers in the workplace. iHeartRadio's Show Your Stripes – with the tagline “Hire Smart – Hire Vets” – is a long-term effort to help guide veterans back into civilian life by highlighting their valuable training and experience. It will include radio, digital and out-of-home public service announcements (PSAs) from the biggest names in entertainment and pop culture that will reach Clear Channel Media and Entertainment's 243 million monthly U.S. listeners, the 60 million unique monthly visitors reached via its digital platforms and the 141 million people reached by Clear Channel Outdoor's out-of-home advertising every month. iHeartRadio's Show Your Stripes will leverage Clear Channel's powerful cross platform reach to create valuable career opportunities for returning veterans. All public service announcements will direct listeners to [showyourstripes.org](http://showyourstripes.org) – a centralized, easy-to-use destination for veterans, businesses and supporters.

Military Friendly Employers Top 100 Military Friendly employers. List plus region-by-region, state-by-state breakdown. [www.gijobs.com](http://www.gijobs.com)

PCS to Corporate America by Roger Cameron  
Written for the military officer (permanent Change of Station) transitioning to civilian life. Career transition strategies, maximize your marketability, leadership guidance. Corporate recruiters include: Cameron Brooks, Lucas Group

**Travelers** – Transitioning Military and Veterans. Recognized as one of G.I. Jobs' Top Military Friendly Employers. [www.travelers.com/careers4military](http://www.travelers.com/careers4military)

**Smile Farms at IGHL** – Mark Hubbard  
One Montauk Highway, Moriches, NY 11955  
631-332-6888

**Senator Gillibrand** – U.S. Senator from NY – strengthening jobs in NY's military sector.  
Offices in: Albany, Manhattan, Melville, LI, NY, Westchester, Buffalo, Rochester, Syracuse, Hudson Valley, North Country and Washington, DC. Long Island office: 155 Pinelawn Road. Suite 205N, Melville, NY 11747, 631-249-2825  
[Senator@Gillibrand.senate.gov](mailto:Senator@Gillibrand.senate.gov)

**Employers Who Hire Veterans Get Tax Breaks**  
Small Business Tax Credits: Are you a small business with gross receipts not exceeding \$ 1 million dollars or staffing less than 30 full-time employees? If so, did you know you are entitled to a tax credit for expenditures incurred while making your business accessible to individuals with disabilities.

(Title 26, IRS Code, Section 44). This tax credit is available to “eligible small businesses” in the amount of 50 percent of “eligible access expenditures” that exceed \$250.00, but do not exceed \$10,250.00 for a taxable year. This is a yearly tax credit depending on the eligible expenditures. Eligible access expenditures are the amounts paid or incurred by an eligible small business for the purpose of enabling the business to comply with the applicable requirements of the ADA.

#### **MEDIA**

**Veteran's Expeditionary Media**  
Major Brian Iglesias – gives leadership, vision and fortitude for veterans and disabled veterans jobs in a changing media landscape. Information: [www.veteransinc.com](http://www.veteransinc.com)

#### **America's SBDC New York**

Farmingdale State College, David Chiaro, Veteran Business Advisor, [chiarod@farmingdale.edu](mailto:chiarod@farmingdale.edu)  
2350 Broadhollow Road, Farmingdale, NY 11935  
1-631-370-8892  
New York State Small Business Development Center, Provides targeted business training, counseling and mentoring to help veterans start and grow small business.  
[www.nyssbdc.org/services/services.html](http://www.nyssbdc.org/services/services.html)

#### **GREATER METROPOLITAN AREA**

##### **New York Department of Labor**

Division of Employment and Workforce Solutions  
301 W. Old Country Road, Hicksville, NY 11801  
516-934-8519 Fax: 516-934-8507  
A collaboration to find skilled jobs involving, Rotary, BNI and New York Department of Labor

##### **New York Life, (Long Island)**

576 Broad Hollow Road, Melville, NY 11747  
631-391-2900 ext. 3090, or 516-474-5781

##### **[www.VAcareers.VA.com](http://www.VAcareers.VA.com)**

Website devoted to careers that support uniformed military- as advertised on TV.

##### **Suffolk County Department of Labor, Veterans Employment**

190 Ocean Avenue, Patchogue, NY 11772  
631-687-4860 – [sc.dol@suffolkcountyny.gov](mailto:sc.dol@suffolkcountyny.gov)  
Suffolk County, One-Stop Employment Center  
Provides comprehensive approach to job search  
725 Veterans Memorial Highway, Hauppauge, NY 11788  
631-853-6600

##### **Suffolk County DOL Department of Labor, Licensing and Consumer Affairs**

Job search services: phones, faxes, copiers, computers/internet access, job opportunity listings, career workshops, computer classes and tutorials, career quests. Vocational classroom training for those who qualify.  
725 Veterans Memorial Highway, Hauppauge, NY 11788,  
631-853-6600  
300 County Center Drive, Riverhead, NY 11901, 631-852-1955  
Samuel Chu, Commissioner, James DiLeberto, Workforce Investment Board Chair

### **VA Veteran Employment Services, Northport Veterans Affairs**

79 Middleville Road, Northport, NY 11768 – 631-261-4400

Employment Specialists:

Michael Holmes – ext 4220, Michael.holmes5@va.gov;

Lillian Denby – ext 4221, Lillian.denby@va.gov;

Evelyn Nowlin – ext 4222, evelyn.nowlin@va.gov

### **AmVets**

4647 Forbes Blvd., Lanham, MD 20706

Contact: Jerry Hotop, National Commander

Phone: 301-683-4002 OR 877-726-8387 x 4002

Cell: 573-513-1615 — FAX: 301-459-7924

jhotop@amvets.org and www.amvets.org

### **Community Action Partnership – Economic Opportunity Council of Suffolk, Inc.**

Outreach Coordinator, Rich Dellasso

31 West Main Street, 3rd Floor, Patchogue, NY 11772

Phone: 631-289-2601 Ext. 125

Fax: 631-289-2178

Email: rdellasso@eoc-suffolk.com

### **SUPPORTED EMPLOYMENT PROGRAM — USAF**

Northport VA Medical Center 631-261-4400

Vocational rehabilitation for veterans with serious and persistent mental health problems

Evelyn Nowlin, VRS, BSCS, Employment Specialist, ext. 2943; cell: 631-609-0477 – evelyn.nowlin@va.gov

Rick Sloan, Chief of Vocational Services, ext. 2199

Dorothy Lippincott, Program Support Assistant, ext. 2198

### **LONG ISLAND CARES**

Job development program (and informational booklet) helps with: resume and cover letter, interview skills. www.licares.org

Michael Haynes, Coordinator of Government Affairs and Veteran Services, mhaynes@licares.org OR Fern Summer, Veteran Lifeskills Specialist, fsummer@licares.org – 631-824-6384.

### **Hire a Vet A program of Department of Veterans Affairs Vocational Rehabilitation and Employment.**

810 Vermont Avenue, NW, Washington, DC 20420

1-800-827-1000 or website: vba.va.gov/vr&e.htm

### **MILITARY SPOUSE EMPLOYMENT PARTNERSHIP**

Department of Defense, Army, Navy, Marines, Air Force Career opportunities near global military installations.

www.militaryonesource.com

### **WEST POINT ASSOCIATION OF GRADUATES**

Services ranging through communications, publications, career transition, event support, historical archives.

Current job openings:

WestPointAOG.org/About/WPAOGJobOpportunities

### **PUBLIC EMPLOYMENT**

New York State, Albany, 518-457-6216

Dept. of Labor, Patchogue, NY, 631-687-4800

New York State Civil Service, NYC, 212-961-4326, www.cs.ny.gov

Nassau: Hempstead, 516-572-1882 – www.nassaucivilservice.com

Federal Job information and testing: www.usajobs.gov

Courts: NYS Unified Court System, NYC, 212-428-2580 –

www.nycourts.gov – New York City: 212-669-1357 –

www.nyc.gov/dcas

### **BLACK VETERANS FOR SOCIAL JUSTICE – BVSJ**

Jobs to Build On is a project for worker education funding by NYC Council and administered by the City University of NY. Addresses employment, housing, reintegration, emergency assistance.

Wendy McClinton, President/CEO 00 718-852-6004 –

www.bvsj.org – 665 Willoughby Avenue, Brooklyn, NY 11206

### **Rallypoint.com**

Created by two veteran entrepreneurs, think of it as LinkedIn of the military. Rally Point help transitioning members in three ways: job listing geared towards military friendly jobs and companies that want to work with veterans, proactive recruiting from corporate head hunters and hiring managers, and mentorship from other veterans.

### **YORK TRUCKING INC.**

OWNER-OPERATOR WANTED

YORK TRUCKING INC. is a family-owned company that has been in business in the Northeast since 2001. At YORK, we pride ourselves on providing our customers with personalized service and attention to even the smallest of needs, while maintaining our high standards, honesty, and integrity. YORK is searching for Owner-Operators (with or without their own authority) that are looking to join a close-knit, family atmosphere and pull 53' dry van or container for import and/or export along the I-95 Corridor in the Northeast, Southeast, and South.

If you are interested and meet the requirements posted above, please contact YORK at 1-844-374-4484

### **NASSAU COUNTY DEPARTMENT OF SOCIAL SERVICES**

Work Experience Program --Transitional Services for Veterans,

Education, Job training, emergency housing

Scott Vodvarka, Supervisor – Employment Services,

60 Charles Lindberg Blvd. , Uniondale , NY 11553 , 516-227-7756,

and Scott.Vodvarka@hhsnassaucountyny.us

Ed Willie, WEP Job Developer, 516-2278430,

Edward.Willie@hhsnassaucountyny.us

### **VETS WORK A Program of LI Cares**

Job development program: writing resume and cover letter, interview skills and more

Fern Summer, Veteran Lifeskills Specialist, 631-824-6385,

FSUMMER@LICARES.ORG

Michael Haynes, Chief Government Affairs Officer, 631-824-6386

### **SUPPORTED EMPLOYMENT PROGRAM**

Vocational rehabilitation for veterans with serious and persistent mental health problems.

79 Middleville Road (116B) Building 63-Room 1, Northport , NY 11768

Evelyn Nowlin, Employment specialist

631-261-4400, ext 2943 © 631-609-0477, evelyn.nowlin@va.gov

James Fleischmann, Chief of Vocational Rehabilitation, ext 2199

Dorothy Lippincott, Program Support Assistant, ext. 2198

### **DISABLED VETERANS**

Viscardi Center aids in finding employment

Mikle Dolan, Director of Employment – Placement Services

MDOLAN@VISCARDI CENTER or 516-465-1546

Division of Employment and Workforce Solutions

301 W. Old Country Road , Hicksville , NY 11801

Louis Catalanotto Representative: @

louis.catalanotto@labor.ny.gov

# Career Education

## NATIONAL TRAINING

**Truck Drivers School** (Nationally Accredited – DETC)  
VA/DANTES Approved – Job placement assistance, Heavy  
Equipment Operators. See [www.earthoverschool.com/webinar.htm](http://www.earthoverschool.com/webinar.htm)  
Tractor-Trailer Drivers see: [www.truckschool.com/webinar.htm](http://www.truckschool.com/webinar.htm)  
Online home study + resident training + approx. 334 hours  
188 College Drive, Orange Park, FL 32065 904-272-4000  
or 800-488-7364  
Jeff Vorpagel, Admissions Representative – 772-621-5300

## AMCAT ADJUSTING SERVICES

Accredited training facility for insurance adjuster – residential and  
commercial. Texas State licensed. Class size: 15 – 30 Information:  
1-800-995-1433 ext. 232, Monday to Friday 9 a.m. – 5 p.m.

## FBI Special Agents

Interested in Military Experience – Foreign Languages, Law,  
Accounting, Law, Enforcement, Engineering, Computer Science  
Must have: bachelor's degree + 3 years experience – ages 23 to 36  
Apply on line: [www.FBIjobs.gov](http://www.FBIjobs.gov)

## U.S. DEPARTMENT OF JUSTICE – FEDERAL BUREAU OF PRISONS

— hiring Correctional Officers  
Variety of entry level positions available. Apply: [www.usajobs.gov](http://www.usajobs.gov)  
— Search USAJOBS for vacancies. Metropolitan Correctional  
Center, 150 Park Row, New York, NY 10007 • 646-836-6300 and  
[www.BOP.GOV](http://www.BOP.GOV)

## JOHNSON & JOHNSON

Careers in Sales – Consumer, Medical Devices and Diagnostics,  
Pharmaceutical World headquarters:  
New Brunswick, NJ. [www.jnj.com](http://www.jnj.com)

## NEW YORK STATE POLICE

High School graduate – ages 20-29 + 6 years of military service –  
Training Starting salary \$50,374 to \$61,525  
[www.NYTROOPER.com](http://www.NYTROOPER.com)

## Military Spouses: MILITARY TO MEDICINE

Healthcare workforce combines training and career opportunities to  
enhance lives of military families. Training Classes on line — E1-ES  
– 01-02 W1-W2 – Free healthcare career assessment  
Dale Broskey, Military Services Officer – 703-208-5959 or 757-  
404-6821 OR: 2990 Telestar Court, Falls  
Church, VA 20120, 703-208-5974 [www.militarytomedicine.org](http://www.militarytomedicine.org)

## ARC — Advanced Reconnaissance Corp

2661 Riva Road, Annapolis, MD 21401 — 845-896-0880  
And 1401 Route 52, Suite 101, Fishkill, NY 12524  
Environment with engineering opportunities in the defense and  
security sectors: Hyperspectral Imaging Systems — Real-time  
Signal Processing  
Immediate openings in Fishkill, NY and Annapolis, MD  
Send resume: [careers@advrecon.com](mailto:careers@advrecon.com) — See: [www.advrecon.com](http://www.advrecon.com)

## COMPUTER TRAINING

Sponsored by Family Service League, 790 Park Avenue,  
Huntington, NY 11743 – 631-470-6779, [lbrennan@fsl.li.org](mailto:lbrennan@fsl.li.org) —  
Information: [www.fsl-li.org](http://www.fsl-li.org)  
Lori Brennan, Division Director  
Training at Roslyn High School. 440 Round Hill Road, Roslyn  
Heights, NY 11577. Beginning and Advanced 15 week sessions,  
total of 150 hours of instruction: internet searching, e-mail, touch  
typing, MS Office, Word, Excel, Power Point, Publisher

## PROJECT9LINE

Empowering Veterans with reintegration through the art and  
activities.

Pat Donahue  
631-416-7127 • 631-841-1141  
25 Union Avenue, Islip, NY 11751  
[Project9line@gmail.com](mailto:Project9line@gmail.com), [facebook.com/Project9line](https://www.facebook.com/Project9line),  
[twitter@project9line](https://twitter.com/project9line), [Project9line.org](http://Project9line.org)

Editorial, Marketing and Production **PEARSON**. Education  
technology company. Information: <http://jobs.pearson.com>

Entertainment Project 9 Line: Guitar Workshop contact:  
[playusic@project9line.org](mailto:playusic@project9line.org). Comedy Workshop contact Brian  
Cutaia, [bcutaia@project9line.org](mailto:bcutaia@project9line.org). 631-848-2226

## NAVY FEDERAL Credit Union — Banking, Mortgages – 320 branches in US

Hiring: Customer Service, IT, Project Managers, VP's  
Jose Santiago, Recruiter, Selection and Career Development  
820 Follin Lane SE, Vienna, VA 22180  
703-255-8172 and [www.navyfederal.com](http://www.navyfederal.com)  
888-842-6328

## EXCHANGE

Army & Air Force Exchange Service  
Department of Defense organization with repair mission. 43,000  
jobs around the world – opportunity for advancement. Internships,  
trainee programs, retail and food management careers, corporate.  
Information and apply: [www.applymyexchange.com](http://www.applymyexchange.com)

## SCHWANS Route Sales Representative

Sell and deliver 300+ varieties of frozen foods in your area. Base  
wage+commission and incentives. Apply: [www.schwansjobs.com](http://www.schwansjobs.com)

## ARMY RESERVE

Transition from active duty to Army reserve Job fields include:  
aircraft maintenance, dental band, firefighting, journalism, food  
service, heavy equipment operation, construction, photography,  
linguistics, railroad, transportation, surveying, communications,  
medical. Call: 1-800-USA-ARMY or go to:  
[www.goarmyreserve.com](http://www.goarmyreserve.com)

## COLLEGES participating in GI Bill

Post 9/11 GI Bill benefits: as much as \$1,473 per month, housing  
stipend, book stipend, and more. Transfer GI  
benefits to spouse or child. Information:  
[www.militarybenefitsnow.com](http://www.militarybenefitsnow.com)

Briarcliff: [www.briarcliffe.edu/Admissions/Military-Admissions](http://www.briarcliffe.edu/Admissions/Military-Admissions)  
St. John's University – campus locations: Queens, Staten Island, Manhattan, Oakdale in New York, Rome, Italy and Paris, France.  
[admission@stjohns.edu](mailto:admission@stjohns.edu) or 1-888-9STJOHNS

Pace University – adult and non-traditional students, on-line degrees in Business Studies and Technology Studies. [www.pace.edu](http://www.pace.edu)

ALSO at Pace: \$60,000 from the Jewish Foundation for Education of Women to provide scholarships to females veterans or female dependents. Available in nursing, family nurse practitioner and physical assistant programs. Pace offers other veterans' scholarships. Selected by G.I. Jobs as Military Friendly School. Vocational Rehabilitation (Chapter 31)

VR&E VetSuccess Program authorized by US Congress under Title 38. Assists veteran with service-connected disabilities to prepare for, find and keep suitable jobs. Also offers services for those severely disabled to improve the ability to live as independently as possible. Apply online at [www.vba.va.gov](http://www.vba.va.gov)

BOCES Eastern Suffolk

On-going registrations – Adult Education  
350 Martha Avenue, Bellport, NY 11713

Many courses approved for training veterans by NYS Bureau of Veteran's Education.

631-233-4400 – [www.esboces.org/AEV](http://www.esboces.org/AEV)

**CLOCK/WATCH MAKING – CLOCK/WATCH REPAIR –**  
Gemology/Gemstone Identification

School of Horology

Horology is the art and science of timekeeping. Columbia, PA. The school prepares students in clock-making, repair and restoration.

There is a dire need for technicians in the United States – work is available in local businesses, high-end companies and some may be done at home. Information: [www.collegesurfing.com/ce/school-horology](http://www.collegesurfing.com/ce/school-horology)

Jewelry & Watch Repair School of New England, 194 Buckland Hills Drive, Manchester, CT 06042 1-866-854-4470. email: Oleg Beznosov, President and <http://jwrschool.com/contact/>  
Gem City College, 700 State Street, Quincy, IL 62301 Phone: 217-222-0391 – Fax 217-1557. [www.gemcitycollege.com/index.php](http://www.gemcitycollege.com/index.php).  
Courses in Jewelry repair, engraving, horology, gemology, watch/clock repair.

**HOME STUDY**

Oklahoma State University Institute of Technology, Attn: Rozina Sneison. 1801 E 4th St. DWRTC #108, Okmulgee, OK 74447. 918-293-5160 – email: [watch@okstate.edu](mailto:watch@okstate.edu). Contact: Office of Veterans Services, Request Information and Materials.  
[www.osuit.edu/academics/watchmaking/requirements.html](http://www.osuit.edu/academics/watchmaking/requirements.html)

**Post 9/11 GI Bill and Yellow Ribbon Program**

Available to veterans who served in the military for 90 days after September 11, 2001. Eligible for four years tuition plus a monthly housing stipend, books and other. [www.GIBill.va.gov](http://www.GIBill.va.gov)

**LIFT AND SHIFT**

Offers formal training and business opportunities incorporating problem-solving therapy. Builds confidence for wounded service members through access to hands-on activities in science, technology and engineering.

87 35th Street, Suite 2DS2, Brooklyn, NY 11232  
[team@weliftandshift.org](mailto:team@weliftandshift.org) and [WeLiftAndShift.org](http://WeLiftAndShift.org).

## Benefits and Services

**Congresswoman Kathleen Rice, 4th District, New York**

516-739-3008

[Kathleenrice.house.gov](http://Kathleenrice.house.gov)

229 Seventh St, Ste 300, Garden City, NY, 11530

Constituent Representative - [madeline.roberts@mail.house.gov](mailto:madeline.roberts@mail.house.gov)

Veteran Director-Kevin.delvin@mail.house.gov

Military & Veterans | U.S. Representative Kathleen Rice

If you would like my help with a military issue, please print out my Authorization Form and fax or mail it to my office. If you have any questions, feel free to call.

Member of the House Committee on Veterans' Affairs:

- Oversight & Investigation Subcommittee
- Economic Opportunity Subcommittee

**Nassau County Executive**

Laura Curran

1550 Franklin Avenue

Mineola, NY 11550

516-571-3131

[ncexecutive@nassaucountyny.gov](mailto:ncexecutive@nassaucountyny.gov)

[pbrown1@nassaucountyny.gov](mailto:pbrown1@nassaucountyny.gov)

516-571-3116

**DAV**

Disabled American Veterans

Frank Paz, Commander

17 Waterview Place, Lynbrook NY 11563 • 516-330-8109

**To request military records:**

<http://www.archives.gov/veterans/military-service-records/>

**New York State Senate 6th District**

Senator Kevin Thomas

District office

990 Stewart Ave. STE: LL45A • Garden City, New York 11530  
(516) 739-7430

Legislative Aide; Jonathan Alvarenga

(516) 739-1700 • E-mail [alvareng@nysenate.gov](mailto:alvareng@nysenate.gov)

District Office Director; Mark Kennedy

(516) 739-1700 • E-mail: [mkenedy@nysenate.gov](mailto:mkenedy@nysenate.gov)

**Senator Phil Boyle**

94 West Main St. • Bayshore, New York 11706

631 665-2311 88 • [Pboyle@nysenate.gov](mailto:Pboyle@nysenate.gov)

Ann Parmely • [parmely@nysenate.gov](mailto:parmely@nysenate.gov)

[kiprilov@nysenate.gov](mailto:kiprilov@nysenate.gov)

**Legislator Sarah S. Anker**

Sixth Legislative District

Suffolk County Legislature

620 Rte. 25A, Suite B

Mt. Sinai, NY 11766

631-854-1604

[mari.pryor@suffolkcountyny.gov](mailto:mari.pryor@suffolkcountyny.gov)

# Funding and Support

## NATIONWIDE

### **Joiningforces.gov**

The White House and USO suggest that you send a message of thanks to our military. Takes only a minute!

### **HONOR FLIGHT LONG ISLAND**

Free flights. A non-profit organization to honor retired military. Flies our nation's heroes to Washington, DC to visit and reflect on their memorials. <http://honorflightlongisland.org/> — 631-702-2423

Collier County Honor Flight – 501©3

Honor America's War Veterans by transporting these heroes to Washington DC to reflect at their memorials.

P.O. Box 8001, Naples FL 34101 – 239-777-9295 –

[www.collierhonorflight.org](http://www.collierhonorflight.org) and

[CollierCountyHonorFlight@gmail.com](mailto:CollierCountyHonorFlight@gmail.com) Sean Lux and Dr. Debi Strand, Founders and Directors

### **OPERATION PROPER EXIT**

An opportunity for wounded warriors to face the demons of war at the place where they were wounded.

National Resource Directory

Provides access to thousands of programs and services – national, state and local levels – rehabilitation and community integration.

Makes connections and provides information: Benefits, Education, Employment, Health, Homeless Assistance, Housing, Transportation and Travel. Other services: Wounded Warrior Programs, Women's Resources, Financial assistance.

[www.NRD.gov](http://www.NRD.gov)

Exelis Action Corp.

Champions veterans and community services issues. Helping veterans in their post-service care and education. Exelis Action Corps identifies opportunities for our employees to make a difference for our nation's service members, veterans and their families. [www.exelisinc.com](http://www.exelisinc.com)

### **FISHER HOUSE**

64 Fisher Houses in the United States, Great Britain and Germany. Daily lodging for families of combat casualties. These homes are located at major military and VA medical centers nationwide, close to the medical center or hospital they serve. Fisher Houses have up to 21 suites, with private bedrooms and baths. Families share a common kitchen, laundry facilities, a warm dining room and an inviting living room. Fisher House Foundation ensures that there is never a lodging fee. [www.fisherhouse.org](http://www.fisherhouse.org)

### **GREATER METROPOLITAN AREA**

Town of Oyster Bay

977 Hicksville Road, Massapequa, NY 11758

516-797-7900 – [www.oysterbaytown.com](http://www.oysterbaytown.com) — email:

[veterans@oysterbay-NY.gov](mailto:veterans@oysterbay-NY.gov)

(24/7 voice mail: 516-797-7875)

Assistance with a variety of benefits: Health care, outpatient treatment, counseling, personnel and medical records, discharge separation apers, DD-214, spousal pension and indemnity compensation, burial guidance

### **Services for the UnderServed (S:US)**

#### **Supportive Services for Veteran Families (SSVF):**

The SSVF Program provides assistance to Veterans who are homeless or at risk of becoming homeless. Veterans must be in a housing crisis to qualify for the SSVF program. Serving both Nassau and Suffolk Counties, SSVF can help Veterans achieve sustainability and success through case management, assisting with housing searches, linking to employment opportunities and accessing for benefit assistance. SSVF can offer referrals to legal assistance services, financial and budget education, access to clothing and hygiene and food supports. SSVF can also offer temporary financial assistance (TFA) for rental assistance, brokers and security fees, and moving costs. All TFA services are never guaranteed and provided on a case by case basis.

**MTA Contract:** The Long Island Railroad has partnered with Services for the UnderServed to provide support to homeless individuals inside or near the railway stations throughout Nassau and Suffolk Counties. We can provide Outreach, assessment to link individuals to supportive services, food, clothing and housing.

To determine eligibility for SSVF or MTA please contact:

Beth Gabellini, Regional Director for S:US-Long Island:

[bgabellini@sus.org](mailto:bgabellini@sus.org), (631) 227-0777

Marlo Paventi, Deputy Program Director, SSVF-LI:

[mpaventi@sus.org](mailto:mpaventi@sus.org), (631) 227-0777

#### **United Way of Long Island**

819 Grand Boulevard, Deer Park, NY 11729 – 631-940-3700

[www.unitedwayli.org](http://www.unitedwayli.org)

**GENERAL NEEDS 501(c)(3)** Serving the basic living needs of veterans and their families through direct distribution listed below.

If you would like to donate, volunteer or sponsor a distribution, your support is welcomed.

[www.generalneeds.org](http://www.generalneeds.org) • [info@generalneeds.org](mailto:info@generalneeds.org)

[facebook.com/generalneeds](https://facebook.com/generalneeds)

297 Larkfield Road #761, East Northport, NY 11731

President Lonnie Sherman • 516-672-9595

Accepting new items: underwear, socks, thermal underwear, t-shirts, washcloths, blankets, toiletries (men and women), footwear (sneakers, boots, hats, scarves, gloves). (Please no used clothing)

#### **Family League**

1444 Fifth Avenue, Bay Shore, NY 11706

President & CEO Karen Boorshtein

631-647-3100

**Family Service League** – helps individuals, children and families – personal crisis, homeless and vocational services.

790 Park Avenue, Huntington, NY 11743 631-427-3700 –

[www.fsl-li.org](http://www.fsl-li.org)

#### **Family Service League, Inc.**

Robyn Berger-Gaston, Division Director, Youth and Senior Services

108 Roanoke Avenue, Riverhead, NY 11091

Phone: 631-369-0104 ext. 12 Fax: 631-369-5433

Email: [rberger-gaston@fsl-l8.org](mailto:rberger-gaston@fsl-l8.org) [www.fsl-li.org](http://www.fsl-li.org)

Restoring hope, rebuilding lives since 1926

**VAA** — Veterans Across America  
251 Madison Avenue, NY, NY 10016 212-684-1122.  
Glen Witt Program Manager, gwitt@veteransacrossamerica.org.  
Kenneth Arroyo Roldan, Esq.  
152 Madison Avenue, NY, NY 20016 212-684-6900,  
kroldan@wbbsusa.com.

**Archdiocese for the Military Services, USA**, P.O. Box 4469,  
Washington, DC 20017-0469 • www.milarch.org  
“Serving Those Who Serve” in the active military and VA Medical  
Centers.

**Lead the Way**, Army Rangers  
Bob Hotarek, Manhasset Rotary, Barbara Donno, Manhasset  
Rotary.

**Lead the Way Fund:** www.leadthewayfund.org  
U.S. Army Rangers  
P.O. Box 281, Manhasset, NY 11030  
Financial aid to help ease burdens and help families adjust to the  
reality of their new life. Ranger recovery, rehabilitation and re-  
entry into civilian life. Ranger wives identify families’ special  
needs. Bolsters Ranger and family morale during deployment.  
Established in 2007, a 501c3 non-profit.

**Bob Woodruff Foundation** (ABC News correspondent wounded  
in Iraq) Brings together leaders from business, entertainment,  
government, military and philanthropy to help injured service  
members and their families. www.ReMIND.org education about  
needs of injured service members as they reintegrated into their  
communities.

**Marine Corps League, Sunrise Detachment**  
99 Iwo Jima Blvd., Massapequa, NY 11758  
Chris Holder, M.S., Ed., CRC – Veterans Service Officer –  
516-658-7124 christeufelhund@hotmail.com

**Semper Fi Fund**  
Provides financial support for injured and critically ill members of  
U.S. Armed Forces and families. Includes Service Member and  
family support, specialized and adaptive equipment, adaptive  
housing, adaptive transportation, education and career transition  
assistance, therapeutic arts and Team Semper Fi. Established in  
2004; A+ rating; Four Star rating from Charity Navigator. 825  
College Blvd., Suite 201, PMB 609, Oceanside, CA 92057.  
Information: www.semperfifund.org

**Never Go Hungry Program:** Laffey Fine Homes  
15 locations throughout Nassau, Suffolk and Queens will collect  
non-perishable foods, clothing, toiletries and furniture to various  
veterans’ organizations. Contact: Judy Edge, Mgr. Northport  
631-651-5900, or jedge@laffey.com or northport@laffey.com

**Veterans’ Social Group** – Great Neck Senior Center  
80 Grace Avenue, Great Neck, NY 11021  
Contact: Mel Sachs – Cell: 516-761-0488

**Long Island Volunteer Center**  
One of ten New York State regional volunteer centers, the Long  
Island Volunteer Center is a resource center and clearing house for  
volunteer needs across LI. They link individuals and groups to  
volunteer opportunities. Over 250 registered agencies post  
volunteer needs, including agencies that serve veterans and  
military families. Programming is being developed to recruit

veteran and military family volunteers to meet the needs of  
community including leadership and teamwork training and project  
management. Participating veterans and family members will have  
the opportunity to expand their reach and impact. Information and  
updating will be found on our website:  
www.LongIslandVolunteerCenter.org; and/or call Diana O’Neill,  
Executive Director at 516-564-5482. Founded in 1992 by Joan  
Imhoff RIP

**Battalion Buddy Program:**  
Care package contains large cuddly stuffed animal in addition to  
other items. Package is given to children when parents are  
deployed – something to hold on to while mom or dad is away.  
**HAM RADIO HELP**

American Legion Amateur Radio Club (TALARC) membership  
free to Legion families. Objective: establish an amateur radio  
station from Indianapolis to conduct “nets” of licensed hams able  
to help with veterans’ benefits and questions. If YOU have radio  
gear you are willing to donate: email: k9tal@legion.org.  
Vietnam Veterans of America, Par to Veterans Advisory Group,  
Nassau County Veterans Agency

**AMERICAN LEGION**  
American Legion, Department of New York  
Edward L. Mallicoat, Americanism Chairman  
5 Sunset Lane, Hartsdale, NY 10530  
Legion: 212-267-1998 – Home: 914-686-3177  
American Legion Auxiliary, Theodore Korony Unit #253  
4374 Locust Point Drive, Bronx, NY 10463  
Contact: Judy A. Lance, President Hm: 718-822-1839 –  
Cell: 917-549-2261  
Disabled American Veterans  
P.O. Box 14301, Cincinnati, OH 45250-0301  
There are 106,012 disabled veterans in New York alone.

**OPERATION HOMEFRONT TRI-STATE (NY, NJ & CT)**  
Financial assistance and variety of services to alleviate the burden  
of unexpected emergency situations resulting from deployment  
and/or injury recovery. Charity Navigator – 95% to program.  
Services Including:  
Emergency food, home repairs appliance repairs  
Furniture and household items  
Moving assistance vision care assistance  
Communication Devices  
Vehicle repairs/ vehicle donations  
Operation Homefront Villages  
Community events / holiday programs  
Information: 866-401-05541 OR www.operationhomefront.net  
678 Aaron Ct., Kingston, NY 12401  
Vietnam Veterans of America — resells used clothing and other  
donations to fund programs for veterans. Will  
pick up. www.clothingdonations.org

### **Ace in the Hole Foundation**

The Foundation provides financial aid, material assistance and succor to charitable organizations and causes. The Foundation's financial aid and material assistance is administered directly to deserving recipients or through contributions to charitable organizations with which the Foundation has working partnerships, tankers, especially those 2d Marine Division, as well as other [www.aceintheholefoundation.org](http://www.aceintheholefoundation.org).

**Knights of Columbus** Inquire about membership: [www.kofc.org](http://www.kofc.org) — open to Catholic males 18 and over, in good standing within the Catholic Church. Offers insurance, scholarships, disability benefits, death benefits. 1 Columbus Plaza, New Haven, CT 06510-3326, 203-752-4270 or [www.kofc.org](http://www.kofc.org)

Financial Assistance Project, Immediate Needs program for Wounded LI based Hope for the Warriors, 55 Water Street, New York, NY 10042 646-957-1752 • [sprescia@hopeforwarrior.org](mailto:sprescia@hopeforwarrior.org)  
Contact: Steve Prescia, Military Veteran Program Manager  
Jessica McKinney, Community Development Manager  
[Jmckinney@hopeforwarriors.org](mailto:Jmckinney@hopeforwarriors.org)

**Angels for Warriors** is a not-for-profit volunteer organization providing information and guidance about the essential resources available to veterans and families. Clients get a personal roadmap based on individual needs to help them locate and navigate local, regional and national resources available. They also serve as advocates to gain benefits. Service is FREE. Contact: [www.angelsforwarriors.org](http://www.angelsforwarriors.org), e-mail: [info@angelsforwarriors.org](mailto:info@angelsforwarriors.org), Rogerlyn Velez Cipriano, Esq., 164 Main Street, Huntington, NY – 516-446-6788 or 631-759-1792 or 631-651-5471

### **Compassionate Care CHAPLAIN SERVICE**

Northport VA Medical Center, Chaplains include a broad spectrum of faith communities; many of whom have served in the military. Primary mission is to provide for the religious/spiritual care of veteran patients and the spiritual support of their families and significant others. Worship services in Bldg. 92. 631-261-4400

**TALK, LISTEN, CONNECT** Sesame Street program Bilingual educational outreach initiative designed for military families and their young children to share. Covers: deployments, homecomings, changes. Addresses the reintegration of an injured parent. Download materials including DVDs from web site: [www.sesameworkshop.org/tlc](http://www.sesameworkshop.org/tlc) FREE

**OPERATION HOPE Island Harvest** — a food bank for Long Island's veterans. A mobile food pantry program offered by Island Harvest that delivers a one-time, one month supply of food to Long Island veterans and military families in need of food assistance. Partnerships needed: information on where veterans and their families are located. Veterans who are willing to volunteer driving the van and assisting with referrals and information on various benefits and services that can help veterans and military families. If you have information: call Bernita James at 631-873-4775 ext. 212 or email – [bernita@islandharvest.org](mailto:bernita@islandharvest.org). 199 Second Street Mineola, NY 11501, 516-294-8528 and 40 Marcus Blvd. Hauppauge, NY 11788, 631-873-4775 – [www.islandharvest.org](http://www.islandharvest.org)

**9-1-1 VETERANS** is a not-for-profit organization dedicated to assisting Long Island Veterans. They provide emergency financial

assistance. Please email [info@911veterans.org](mailto:info@911veterans.org) or via Veterans Inc., P.O. Box 911, Lindenhurst, NY 11757-0911. [www.911veterans.org](http://www.911veterans.org)

### **LONG ISLAND CARES**

Huntington, 220 Broadway, Huntington Station, South Shore Service Center, 163-1 North Wellwood Avenue, Lindenhurst, NY 11757 631-991-8106, Nassau Service Center, 84 Pine Street, Freeport, NY 11520, 516-442-5221. Food Pantry — Tuesday 9 a.m. – 3 p.m. Michael Haynes, Coordinator of Veteran Services, 631-582-3663, ext. 124

**THE INN** (Interfaith Nutrition Network) addresses the issues of hunger and homelessness on Long Island by providing food, shelter, long-term housing, and supportive services in a dignified and respectful manner for those who seek our help. We are a not-for-profit, volunteer-based organization with a dedicated staff, a broad base of community support and a commitment to educate the public about these issues. 516-486-8506 • [www.the-inn.org](http://www.the-inn.org)

### **CATHOLIC CHARITIES**

Food Stamp Program helps families, singles, young and old to improve nutrition and increase food buying power. Nutrition outreach project of Suffolk County, (Food Stamp Assistance) 631-789-9546. Nassau: Call HWD, 516-483-1110 ext. 16

### **AMERICAN RED CROSS**

Emergency communication services. Service to military and veterans hospitals. Service to military families, emergency financial assistance, travel, household setup. International family tracing services

**NORTHWELL HEALTH** (Formerly North Shore/LIJ) Support groups forming for military spouses and partners. Challenges connected to deployment and postdeployment. Information: 631-647-2530 or email: [Feinbergdivision@NSHS.edu](mailto:Feinbergdivision@NSHS.edu)

### **FEDERATION OF ORGANIZATIONS**

Offering information and support in a variety of areas: Supported Employment for individuals recovering from mental illness 1-877-468-2537  
Respite Plus Program – 631-447-6460 x 2108  
Financial Management Program – 1-877-468-2537  
After Hours Social Program, Patchogue 631-447-6460 x 2133; Babylon 631-321-4360  
Companion Program – 631-236-4325 x 1130  
POWER, Peer Outreach/Evening Recreation – 631-447-6460  
Barbara Faron, LMSW, CEO, One Farmingdale Road / Route 109, West Babylon, NY 11704, 631-669-5355, ext. 1104 – [www.fedoforg.org](http://www.fedoforg.org) and [bfaron@fedoforg.org](mailto:bfaron@fedoforg.org)

### **BLUE STAR MOTHERS**

Support all of the troops, veterans, military families through various activities. Clubs are nation-wide. Services vary from club to club. Moms of Military, NY 12, P.O. Box 294, Bethpage, NY 11714 [Bsm.momsofmilitary@gmail.com](mailto:Bsm.momsofmilitary@gmail.com) or [www.bluestarmothers.org](http://www.bluestarmothers.org)

### **GOLD STAR MOMS**

### **GOLD STAR PARENTS**



**Long Island Cares** Feeding Long Island's Hungry.  
Michael W. Haynes, Manager-Government Affairs and Veteran  
Services, 220 Broadway, Huntington Sta, NY 11746  
631-824-6386. mhaynes@licares.org

#### **LONG ISLAND CARES INC. VETERANS PROJECT**

Food Bank: provides access to food, personal care items, household  
products on Military Appreciation Tuesdays in Huntington Station,  
Lindenhurst and Freeport. Mobile Outreach Unit provides food and  
supplies to homebound veterans. Vets Work Program builds skills,  
resumes; aids in job search.

Harry Chapin Humanitarian, 220 Broadway, Huntington Sta., NY  
11746, 631-824-6384

Harry Chapin Food Bank, 10 Davids Drive, Hauppauge, NY 11788,  
631-582-FOOD

Nassau Service Center, 84 Pine Street, Freeport, NY 11520,  
516-442-5221

South Shore, 163-1N Wellwood Avenue, Lindenhurst, NY 11757,  
631-991-8106 [www.licares.org](http://www.licares.org)

Questions: Michael Haynes, Chief Government Affairs Officer,  
631-824,6386

#### **DEATH BENEFITS**

National Cemetery Administration, 810 Vermont Avenue, NW,  
Washington, DC 20420, 202-632-8035,  
[www.facebook.com/nationalcemeteries](http://www.facebook.com/nationalcemeteries) for Eligibility and Benefits.

Calverton National Cemetery, 210 Princeton Boulevard, Calverton,  
NY 11933. Administration Office-631-727-5410, Burial  
Arrangements 800-535-1117

#### **NYS VETERANS ASSISTANCE PROGRAM**

Comprehensive booklet explaining benefits and containing  
applications for services

Information: Senator Kevin Thomas, 6th Senate District,  
990 Stewart Avenue, Suite LL45A, Garden City, NY 11503  
516-739-1700.

#### **ROLLING THUNDER – NY CHAPTER 6**

Publicize and educate the public on the many American Prisoners of  
War who were left behind after all previous wars.

Meets Every 3rd Friday of the month at 7:30 pm

The Marien Corps League, 99 New York Avenue, Massapequa,  
NY 11753. [www.Rollingthunderli.com](http://www.Rollingthunderli.com)

#### **ROCK AND WRAP IT UP, VETERAN'S TOOLKIT**

Provides veterans and families and caregiver with information on  
multiple data bases: Location of pantries, kitchens, shelters

200 universities-veteran friendly

80+employers-favor veterans

Resources for women

Status: new "Forever GI Bill"

[www.rockandwrapitup.org](http://www.rockandwrapitup.org), 1-877-691-FOOD

Local contact: Syd Mandelbaum, CEO,

516-295-0670 - Cell 516-384-6334

#### **SUFFOLK COUNTY UNITED VETERANS – FOOD PANTRIES**

Helping Hands of the East End. 1380 Roanoke Avenue, Riverhead,  
NY 11901. Open Fridays 1:00pm to 4:00pm.

John J. Lynch Vet's Place, 32 Mill Road, Yaphank, NY 11980, Mon-  
Fri. 9am-noon.

Information: Joanne Massimo, 631-924-8088 ext. 1503

#### **ECONOMIC OPPORTUNITY COUNCIL OF SUFFOLK, INC.**

Support Service for families, temporary financial assistance,  
housing counseling.

31 West Main Street, Patchogue, NY 11772, 631-289-2601

#### **LONG ISLAND CARES, INC.—**

##### **THE HARRY CHAPIN FOOD BANK**

Long Island's Regional Food Bank offers emergency food,  
information and referrals on military-related entitlements, mobile  
pantry services, job development, and care coordination to veterans  
in need through its acclaimed Veterans Project.

Locations include...

Long Island Cares  
The Harry Chapin Regional Food Bank  
10 Davids Drive, Hauppauge  
(631) 582-FOOD

Long Island Cares  
Center for Community Engagement  
75 Davids Drive, Hauppauge  
(631) 582-3663

Nassau Center for Collaborative Assistance  
21 East Sunrise Highway, Freeport  
(516) 442-5221

South Shore Service Center  
163-1 North Wellwood Avenue, Lindenhurst  
(631) 991-8106

Harry Chapin Humanitarian Center  
220 Broadway, Huntington Station  
(631)-824-6384

Baxter's Pet Pantry & Retail Food Rescue Center  
161 North Wellwood Avenue, Lindenhurst  
(631) 991-8106

Hunger Assistance & Humanitarian Center of the Hamptons  
286 West Montauk Highway, Hampton Bays  
(631) 613-3344

The Harry Chapin Food Bank Essential Market  
386 N. Wantagh Ave, Bethpage  
(516) 753-9880

# Operation Wellness

## VETERANS CRISIS LINE

Staffed by Department of Veterans Affairs. Uniformed military or family: 800-273-8255 press I for help confidential web chat: [www.suicidepreventionlifeline.org/Veterans](http://www.suicidepreventionlifeline.org/Veterans) 24/7 – 365 days

Emergency: Suicide Hotline  
24/7 – 1-800-273 TALK LINE  
1-800-273-8255 press 1

## Vets 4 Warriors

855-838-8255  
[vets4warriors.com](http://vets4warriors.com)

## Office of Warrior Care Policy

[warriorcare.dodlive.mil](http://warriorcare.dodlive.mil)

## InTransition

1-800-424-7877  
[intransition.dcoe.mil](http://intransition.dcoe.mil)

## Military One Source

1-800-342-9647  
[militaryonesource.mil](http://militaryonesource.mil)

## Tragedy Assistance Program for Survivors [TAPS]

1-800-959-8277  
[taps.org](http://taps.org)

## WOMEN AND DEPRESSION

Toll free – 24/7 hotline. 1-800-273-8255. To be connected to a trained counselor at a suicide crisis center near you:  
1-800-799-4889

Suicide Prevention Resource Center 1-877-438-7772

American Association of Suicidology – 202-237-2280 –  
[www.suicidology.org](http://www.suicidology.org)

## Suffolk County Veterans Service Agency

Director Thomas Ronayne 631-853-8387

## SUICIDE PREVENTION TRAINING

Training for Veterans, military family members and those serving military personnel, caregivers, service workers to provide an awareness and tools to assist this high risk population. Zucker Hillside Hospital, 75-59 263rd Street, Glen Oaks, NY 11004. Anita Mancini: [amancini@nshs.edu](mailto:amancini@nshs.edu), 718-470-8250

## Mental Health Association in New York State

50 Broadway, New York, NY 10004  
Director, 212-254-8333 X 778  
32 local affiliate MHAs serving 54 counties in New York State. Promotes mental health and recovery, encourages empowerment in mental health service recipients, eliminate discrimination, raise public awareness with education and advocates for equality and opportunity. 1-800 766-6177  
[www.nynj.va.gov/virtualhealth.asp](http://www.nynj.va.gov/virtualhealth.asp) for more information

## VA Hospital at Northport

Veterans from every generation are encouraged to register  
75-79 Middleville Road, Northport, NY 11786 631-261-4400  
Services include:

- General mental health, psychiatry, psychology, social work.
- Outpatient, individual and group therapy for PTSD.
- Marital counseling
- Dual Diagnosis Recovery
- 28 day hospitalization for alcohol/substance dependence including aftercare groups.
- 3-5 month Residential rehab for substance abuse.
- 90 day residential PTSD program. Recreational Therapy, adaptive sports for disabled vets, yoga, pool available with medical clearance.

Suicide Prevention Coordinator Nancy Olsen  
631-261-4400 ext. 2791

OEF/OIF/OND – [www.oefoif.va.gov](http://www.oefoif.va.gov) To reach individual departments: 1-631-261-4450 + extension

- Combat office – ext. 2385 or 1-800-444-0001
  - Primary Care – 631-863-4801
  - Program Manager: Vanessa J. Brown, RN, BSN.  
Cell 631-774-1707
  - Transition Patient Advocate: Kathy Washburn, ext. 5273 or  
Cell 631-774-4704
  - Social Work Care Manager: ext. 2885 or 800-444-0001 for  
SW assistance
  - Call Center to schedule specialty clinic appointments:  
631-754-7973
  - Mental Health Clinic: ext. 6077, Bldg. 64, 1st floor, M-F 8 a.m. –  
4:30 p.m.
  - Psychiatry Service – ext. 2785 or ER ext 2380, 24/7
  - Women's Clinic: ext. 5314- or 5779 – Rose Williamson, LCSW,  
Manager 631-261-4400m ext, 5683
  - ER: ext. 2380 Bldg. 200 – psychiatrist on duty 24/7
  - Substance Abuse Center: ext. 5780, Bldg. 63, 1st floor –  
M-F 8 am-4:30 pm
  - Beneficiary Travel: ext. 2361
  - Tricare: ext. 2968 or 5523
  - Billing: ext. 6945
  - Pharmacy Automated Refill Line: 1-800-799-3023
  - DAV Transportation (for morning clinic – need 2 weeks notice) –  
ext. 7980
- Northport VA Barber, Tu/Th 9 a.m. – 1 p.m. Bldg. F, Ground Floor  
x 7157 (\$7 per cut)

Women's Clinic now has Gyn services. 631-261-4400 x 5779

## “Health Care Benefits Overview” brochure

Information: 877-222-8387 or [www.va.gov/healthbenefits](http://www.va.gov/healthbenefits)  
Download copy of the brochure:  
[www.va.gov/healthbenefits/resources/epublications.asp](http://www.va.gov/healthbenefits/resources/epublications.asp)

TECHNOLOGY making healthcare accessible at home by video telehealth

For information: [www.myhealth.va.gov](http://www.myhealth.va.gov)

Northport VA Medical Center, 79 Middleville Road, Northport, NY 11768

## QUIT SMOKING

A four week, one hour class series. A new series begins the first Wednesday of every month; no appointment necessary and meets Wednesdays @ 1 p.m. in Quad 2F or 6 p.m. Quad 1A; Fridays @ 9 a.m. Quad 2F at Northport VA Medical Center 866-697-8487 – Get advice [www.ucequit2.org](http://www.ucequit2.org) or [www.nysmokefree.com](http://www.nysmokefree.com)

## DENTAL

Dental 365 helping achieve healthy and beautiful smiles: [www.godental365.com](http://www.godental365.com)  
Long Island locations 4116 Hempstead Tpk, Bethpage, 1946 Middle Country Road, Centereach. Information: 844-636-7331

## HEALTH BENEFITS

Information about medication copayments. 877-222-8387 or [www.va.gov/healthbenefits](http://www.va.gov/healthbenefits)

## VA – Satellite Clinics

Mount Sinai, North Country Road 631-261-4400 x 2218  
West Hampton, 150 Old Riverhead Road 631-898-0599  
Patchogue, 4 Phyllis Drive 631-758-4419  
Islip, 39 Nassau Avenue 631-581-5330  
Bayshore Clinic 132 East Main Street 631-756-7978  
Riverhead, 89 Hubbard Avenue 631-261-4400 x 2218  
Lynbrook, 235 Merrick Road 516-261-4400 x 2218  
Plainview, 1425 Old Country Road 516-694-6008

- DAV (Disabled American Veterans) Bldg. 9, 1st floor, ext. 7291, 7747
- VFW (Veterans of Foreign Wars), Bldg. 9, 1st floor, ext. 579, 5770
- NYS Division of Veteran's Affairs Counselors – Monette Fields and Nate King, Bldg. 9, 1st floor 631-266-2602

VA Primary Health Care in East Meadow, LI  
Nassau County Medical Center, 2201 Hempstead Tpk., Building Q, East Meadow, NY 11554

Camille Wachter, Management Service Officer  
Phone 516-282-0670  
Nassau Vets Transportation 516-572-5456 or 572-8452  
Pharmacy Automated Refills: 1-800-799-3023  
After Hours Medical Hotline: 1-800-877-6976  
VISN 3 Nurses Helpline – 1-800-877-6976

**Rotacare** – Project of Rotary District 7255 facilitates free medical care for those who do not have health insurance or the funds to pay. Staffed by volunteers. 875 Jerusalem Avenues, Uniondale, NY 11553 Appointment Necessary 516-539-9834  
Email: [info@rotacareny.org](mailto:info@rotacareny.org) • [www.rotacareny.org](http://www.rotacareny.org)

## NCN Rehab – Nesconset Center for Nursing & Rehabilitation

Sub Acute Rehabilitation • Long Term Care  
Michael Hampton – Director, Marketing and Development  
100 Southern Blvd., Nesconset, NY 11767  
Tel: 631-361-8800 x 248 C 516-768-2089  
[mike.hampton@ncnrehab.com](mailto:mike.hampton@ncnrehab.com)

## Dental Resources

StonyBrook University Dental Clinic – 631-632-8989  
Farmingdale 631-420-2128  
Catholic Charities 516-623-4420  
HBA – Health and Business Alliance  
Profit/Not-for-Profit Association in Health Care

320 Teach 148th Street, Nesposit, NY 11694  
WK; 718-974-6536  
FX 718-504-5033 Cell 646-332-8653

## OnSite Providers

Comprehensive Dental Care, Diagnostic, Preventative, Restorative, Prosthodontic, Esthetic • Free screening  
Larry Hanokov, Chief Marketing Officer  
Toll Free: 1-866-411-2126, Tel: 646-533-3313  
Fax: 718-313-0126  
Email: [larryh@onsite-providers.com](mailto:larryh@onsite-providers.com) • [info@onsite-providers.com](mailto:info@onsite-providers.com)  
[www.dentalonsite.com](http://www.dentalonsite.com)

## Maxine Cappel Mayreis, DC, DACS

### Third Generation Chiropractor, Holistic Consultant

**MLS Laser Pain Relief** - Get Rid of Pain, Inflammation, Swelling, Increase Circulation and Speed Healing.

**Certified Havening practitioner** - Neuroemotional technique that helps PTSD, anxiety, guilt, panic, more.

480 Forest Ave, Lower level

Locust Valley, NY 11560

Office: (516) 759-7702 Fax (516) 674-0572 Cell (516) 528-5955

My mission is to help as many people as possible to regain physical and mental health through natural, safe, gentle and effective techniques including chiropractic, quick and effective MLS laser, nutrition, Havening. Successful treatment for neuropathy, neck, back, shoulders, knees, hips, legs, feet, arms, hands, bone on bone, post op, sprains, strains, more. We can help you!

137 years of family experience. We serve veterans and serve with expertise and heart! You deserve care that works!

Seriously affordable rates and deep discounts for veterans. Free consults and screenings.

**Chiropractic Services** — covered by major insurance (call for verification) and/or sliding scale.

Dr. Bruce Kesten, 3111 Grand Blvd., Baldwin, NY 11510  
516-536 – 6806 Fax: 516-223-9170 – email: [drkesten@gmail.com](mailto:drkesten@gmail.com)

Dr. Jeff Finkelstein offers one year of free chiropractic care to military personnel, spouses and children, currently returning from deployment. Insurance not necessary and there is no co-pay.  
South Nassau Chiropractic, 536 Fairview Avenue, Baldwin, NY 11510 – 516-868-0943

**VISN:** VA NY/NJ Veterans Healthcare Network Multiple Locations throughout the tristate area. Go to website for complete listing:

[www.va.gov/directory/guide/region.asp](http://www.va.gov/directory/guide/region.asp)

**Gentiva Home Health** An Affiliate of Kindred at Home

Mary Pearlman, RN, Care Transition Liaison  
631-461-8913 • [Mary.Pearlman@Gentiva.com](mailto:Mary.Pearlman@Gentiva.com)

## LICHIR Chiropractic care

Search [www.chiropractic.org](http://www.chiropractic.org) to find free chiropractic care for returning veterans. The doctors are volunteers  
Local Contact: Philip A. Faquel, III DC, 35 Washington Blvd., Smithtown, NY 11787  
Office: 631-724-7277, Cell: 631-356-9466 OR  
[www.Longislandchirp.com](http://www.Longislandchirp.com) or email: [drfacquet@optonline.net](mailto:drfacquet@optonline.net)

## MY HEALTHVET

Website for secure messaging. Manage prescription refills on line, track appointments, medical/military history, email your health care team privately and securely, access medical library and healthy living centers. To access personal health information, print a release

form after registering and bring form to the Northport VAMC to be authenticated. 631-261-4400 x 2631. [www.myhealth.va.gov](http://www.myhealth.va.gov) – register and follow the instructions on screen.

### **eBenefits**

Designed for Wounded Warriors, Veterans, Service Members, families and caregivers. Provides tools for updating personal information, monitoring claims, applying for benefits and managing health. Members can log in to view information from VA and DoD records. To become a Premium account holder, set up My HealthVet account and follow registration process at [www.ebenefits.va.gov](http://www.ebenefits.va.gov) (see My HealthVet above)

### **OUR DOG PROGRAMS**

**Guide Dogs** – A guide dog is an assistance dog trained to find and follow a clear path, maneuver around obstacles, and stop at curbs. A user with a guide dog gains enhanced mobility and independence.

**Service Dogs** – A service dog is specially trained to help people who have disabilities other than visual impairment. This dog may be trained to provide balance, fetch and retrieve dropped items, or aid an amputee getting in and out of a chair.

**Combat Operational Stress Control Dogs** – These specially trained canines are deployed in theater with combat and operational stress control teams. They offer emotional support for active duty servicemen and women dealing with combat stress, homefront issues and sleep disorders.

**Specialized Facility Dogs** – These dogs are trained to provide physical and occupational therapy assistance at military or VA hospitals for wounded soldiers. They may also make visits to VA nursing homes or hospices.

**Reaching Veterans in Need.** Founded in 1969, EAC Network is a not-for-profit human service agency with 70 programs throughout Long Island and the New York metro area. Last year EAC Network helped over 57,400 people of all ages. Our programs protect at-risk children, support senior citizens, veterans, help people with mental health and substance abuse problems, educate people seeking financial independence, assist individuals who are under or unemployed, mediate disputes and work with families in crisis. Reach them at [www.EACINC.org](http://www.EACINC.org) or directly to [mary.degiovine@EACINC.org](mailto:mary.degiovine@EACINC.org)

### **Patchogue Rotary Animal Assisted Therapy (PRAAT)**

Canine Therapy Organization. Companionship and interaction to reduce anxiety, stress.

Harvey M. Gestel

631-499-2145 • Cell 516-318-6440

[hmgerst@aol.com](mailto:hmgerst@aol.com)

[www.PRAATinc.org](http://www.PRAATinc.org)

Email: [PRAAT@optonline.net](mailto:PRAAT@optonline.net) • [praatcamodio@gmail.com](mailto:praatcamodio@gmail.com)

### **UNITED STATES SERVICE DOGS**

RESCUE dogs to help people in need, RESTORE the lives of both, RENEW the quality of life for all. For disability, depression, PTSD, TBI

118 Division Avenue, Blue Point, NY 11715, 844-877-3647

[info@unitedstates servicedogs.org](mailto:info@unitedstates servicedogs.org)

### **DOG TAGS**

Service Dogs are trained to perform over 80 service dog commands specialized to serve PTSD and TBI, wounded warriors. Dogs can open and close doors, turn lights on and off, dial 911, carry bags, do laundry, “watch your back.” [www.puppiertbehindbars.com](http://www.puppiertbehindbars.com) to: “Apply for a Service Dog,” then to: “Download the Dog Tags Application”

**Canine Companions for Independence®** founded in 1975 in California

2965 Dutton Avenue, Santa Rosa, CA 95407

Executive Director: Kathy Pierson – 707-577-1791 – [www.cci.org](http://www.cci.org)  
Medford, LI campus for Canine Companions for Independence (CCI);

<http://www.cci.org/site/c.cdKGIRNqEmG/b.4011065/k.A621/NortheastRegion>

**VetDogs** – Veteran’s K-9 Corps. Guide Dogs, Service Dogs, Combat Stress Relief Dogs and Military Therapy Dogs. 60 years of service. 1-866-VETDOGS (1-866-838-3647)

**America’s VetDogs** – Iraq and Afghanistan Veterans of America.

[www.aceintheholdfoundation.org](http://www.aceintheholdfoundation.org). Paul Rieckhoff, Executive Director. 371 East Jericho Turnpike, Smithtown, NY 11787

1-866-838-3647, [www.VetDogs.org](http://www.VetDogs.org)

**Pets for Vets** – Phone: 347-762-0280 •

[petsforvetsNYCLI@gmail.com](mailto:petsforvetsNYCLI@gmail.com) • [www.pets-for-vets.com](http://www.pets-for-vets.com)

Check website for local contact information

### **Paws of War**

Train and place shelter dogs to serve and provide independence for vets, especially those suffering from PTSD.

Ray Meyer, 631-624-4126

127-19 Smithtown Blvd., Nesconset, NY 11767, 631-406-6595.

[raymeyerv@gmail.com](mailto:raymeyerv@gmail.com) • [www.pawsofwar.org](http://www.pawsofwar.org)

[Kelli@pawsofwar.org](mailto:Kelli@pawsofwar.org), CEO,

Office: 631-406-6595

Mobile: (631) 364-2064

email: [info@pawsofwar.org](mailto:info@pawsofwar.org)

[pawsofwar.org](http://pawsofwar.org)

### **Warrior Ranch**

Horse, Equine, assisted therapy to reduce symptoms PTSD. A safe haven of healing and wellbeing for veterans, first responders and horses.

Eileen Shanahan, President of the Board.

[www.warriorranchfoundation.org](http://www.warriorranchfoundation.org), 42 Coram Swezeytown Rd.,

Middle Island, NY 11953, 631-887-9529.

email: [info@warriorranchfoundation.org](mailto:info@warriorranchfoundation.org)

**Horseability for Heroes** – 238 Round Swamp Road, Melville, NY 11747. 516-353-6151

**Saratoga WarHorse** provides a focus on post-traumatic stress and suicide prevention provided at no cost to the veteran:

- Three day program includes travel expenses, lodging, and meals.
- Classroom and hands-on training as an introduction to horses.
- Making a personal connection between the veteran and the horse
- Peer-to-peer interaction in an emotionally safe environment.

Further information and available dates:

[www.saratogawarhorse.com/for-veterans](http://www.saratogawarhorse.com/for-veterans)

### **Heroes on the Hudson**

Department of Veterans Affairs Adaptive Sports Clinic. Modeled after the National Disabled Veterans Summer Sports Clinic. Kayaking and sailing on the Hudson River may be just what the doctor ordered. Information: Dr. Leif Nelson, 212-686-7500, ext. 4252 and Wounded Warrior Program, contact Becky Melvin at 904-296-7350 — [www.nyharbor.va.gov](http://www.nyharbor.va.gov)

**Great Strides** Long Island in partnership with Project 9. Free recreational riding program for veterans. Includes riding, grooming and ground work for small groups of veterans — activities strengthen physical abilities, bring emotional calm and healing of spirit. Call Julie at 631-786-9703

### **NATIONWIDE**

#### **USSOCOM Care Coalition**

United States Special Operations Command  
Sgt. Alex J. Eudy, Casualty Assistance Liaison  
Walter Reed Army Medical Center, Plgd. 2, Room. 4C03 6900  
Georgia Avenue, NW, Washington, DC 20307  
Fax: 202-356-1460 • Care Coalition Hotline: 1-877-672-3039  
email: [alex.eudy@amedd.army.mil](mailto:alex.eudy@amedd.army.mil)  
See: [RetireTheUniform.com](http://RetireTheUniform.com) for a variety of services available for men and women vets.

**Walter Reed Army Medical Center** National Naval Medical Center in Bethesda MD and to a new facility in Fort Belvoir, VA. The refurbished facility renamed Walter Reed National Military Medical Center, have a 340 bed capacity and will be run by all branches of the military. The Fort Belvoir hospital has have 120 beds. Specializing in improved area of prosthesis.

Military Health Plan provided by Marine Corps Recruiting Command – provides links to providers for military, family, retired, – answer three questions for specific information. Website: [TRICARE.com](http://TRICARE.com)

**PARALYZED VETERANS** of America, 34 chapters and 61 service offices in the US; based in Washington, DC. Addresses spinal cord injury or dysfunction. Also promotes the civil rights of the disabled. Founded in 1946. Information: [www.paralyzedveteransofAmerica.org](http://www.paralyzedveteransofAmerica.org).

**BLIND – Vision Impaired – Lighthouse International** Social Services – coping with vision loss and an aid to find services needed. Professional Education – trains professionals and paraprofessionals, vision rehabilitation through CE classes. Info: 212-821-9688 — [www.lighthouse.org](http://www.lighthouse.org)

Are you an **ATOMIC VETERAN**??? participated in above ground nuclear testing, 1945-1962; or part of occupation forces in/around Hiroshima/Nagasaki before 1946; or was a POW near Hiroshima or Nagasaki? You may have a claim for service-connected disability. Contact your local VAMC for registry examination OR contact VA Medical Center at 1-800-827-1000 OR [www.publichealth.va.gov/exposures/radiation](http://www.publichealth.va.gov/exposures/radiation). OR call Department of Justice, 1-800-729-7327. [www.usdoj.gov/civil/torts/const/reca](http://www.usdoj.gov/civil/torts/const/reca).

#### **THE SOLDIERS PROJECT**

Free – Confidential psychological counseling for the Military Service members/Vets who have served in Iraq and Afghanistan. Counseling for their loved ones: girlfriends, boyfriends, spouses,

children, stepchildren, parents grandparents – counseling to bereaved family members.

All services provided by licensed mental health professionals trained in combat stress and psychological issues related to deployment for service members and their families. No limit to number of sessions, no insurance necessary, not attached to the military; no red tape. Appointment with therapist within a few days. Contact: Dr. Susan Cohen — 516-887-2382 or 516-284-7531 [www.TheSoldiersProject.org](http://www.TheSoldiersProject.org) or email: [src1031@aol.com](mailto:src1031@aol.com)  
Judith Broder, MD, Director — Barbara Schochet, Ph.D, Assistant Director Local office in Lynbrook, LI. 516-284-7531 — [www.TheSoldiersProject.org](http://www.TheSoldiersProject.org). New York: 877-769-7438, [newyork@the-soldiersproject.org](mailto:newyork@the-soldiersproject.org). Nationwide offices: visit the website for sites.

Heart Disease – **Go Red Heart** Match database – women veterans can connect with other female veterans who have experienced heart disease. Create a profile, indicate military status and connect with others.

[www.womenshealth.va.gov](http://www.womenshealth.va.gov) and [www.goredforwomen.org](http://www.goredforwomen.org)

#### **CAREGIVERS AND VETERANS OMNIBUS HEALTH SERVICES ACT 2010**

Support to eligible post 9/11 uniformed military to receive care in home setting from a primary family caregiver. Information: Caregiver Support Coordinator local VA Medical Center or 1-877-222-8387 • [www.caregiver.va.gov](http://www.caregiver.va.gov)

**VIETNAM VETS –Blue Water** Navy with medical problems from Agent Orange. also: Brown Water Navy veterans. [www.bluewaternavy.org/IOMReport.htm](http://www.bluewaternavy.org/IOMReport.htm)

**Samaritan Village**, Ellenville, NY Funded by Department of Defense. Women returning from Afghanistan, credential alcohol and drug abuse counseling and long term residential rehabilitation therapeutic community. Carol Davidson, Program Director **HIPAA** and other laws that govern information disclosure. [www.hipaa.org](http://www.hipaa.org); [www.hipaadvisory.com](http://www.hipaadvisory.com); [www.hhs.gov/hipaafaq](http://www.hhs.gov/hipaafaq). HIPAA Hotline 866-627-7748

NYS Office of Mental Health – 1-800-597-8481

NYS Department of Health – 1-866-881-2809

US Department of Health and Human Services – 202-619-0257

#### **ASSOCIATION FOR MENTAL HEALTH AND WELLNESS**

SCUV outreach for homeless and at-risk veterans helping them overcome challenges and realize post-service success and satisfaction. 939 Johnson Avenue, Ronkonkoma, NY 11779, 631-471-7242, [www.mentalhealthandwellness.org](http://www.mentalhealthandwellness.org)

#### **PROSTATE DISEASE, Type II DIABETES, ISCHEMIC HEART DISEASE**

Diseases presumed by the Veterans Health Service to be related to service in Vietnam. Contact Vietnam Veterans of America for further information: 8719 Colesville Road, Silver Spring, Maryland 20910

301-585-4000 – [www.vva.org](http://www.vva.org)

#### **Pederson-Krag Center ADDICTION RECOVERY SERVICES**

Family education and support programs: Program offers individual and group psychiatric services to clients suffering from both mental illness as well as chemical addiction. Walk in hours/same day intake assessment.

Contact Gloria Wright, LCSW, Program Coordinator, 55 Horizon Drive, Huntington, NY 11743, 631-920-8037

or Call Center: 1-866-449-3692

### **MEDICAL EQUIPMENT/POWER MOBILITY PRODUCTS AND ACCESS EQUIPMENT**

Alpha Care Supply, LLC. Commercial and residential installations in the metro-NYC region. On-going service and support.

21 Stringham Avenue, Valley Stream, NY 11580, 1-866-291-7039  
www.AlphaCareSupply.com

**AFFORDABLE PORTABLE RAMPS Sales and Rentals.**

Temporary and permanent applications; year round installations.  
2100-05 Arctic Avenue, Bohemia, NY 11716 631-567-4203 –  
www.apramps.com

**AlumiRamp, Inc.** Distributed by JCD Services, 1534 Rocky Point Road, Middle Island, NY 11953, 1-631-821-6811

**EZ-Access**, 1704 B. Street, NW, Auburn, WA 98001, 1-800-451-1903 – www.ezaccess.com

**SureHands Lift & Care Systems**, 982 Route 1, Pine Island, NY 10969, 1-800-724-5305 – www.surehands.com

**Just-Patient-Lifters, Ltd.** Orlando, FL 32804, 1-800-565-7075.  
Long Island Distributor – www.themedical.com

GRANTS through NYS Division of Housing and Community Renewal: Community Development Corporation of Long Island  
2100 Middle Country Road, Suite 300, Centerreach, NY 11720,  
631-471-1215 – lkuhen@cdcli.org

### **SELF-HELP GROUPS**

**AA** – Alcoholics Anonymous – share experience, strength and hope to recover from alcoholism and help others achieve sobriety. For a group in any area: www.aa.org.

**NA** – for narcotic addictions  
Suffolk: www.sasna.org Nassau: www.nassauno.org

**SMART Recovery** – self-empowering addiction recovery support group. Learn tools for recovery based on scientific research and mutual help. Meetings: www.smartrecovery.org

**GamPro:** staffed by professional clinicians to aid gambler and loved ones. Most insurances accepted, sliding scale offered. 55 Horizon Drive, Huntington, NY. 11743 – 631-920-8053

**GAMBLERS ANONYMOUS** – Serving all New York State areas. Find help for gambling Problems – 1-877-8-HOPENY  
1-877-846-7369 Long Island Hotline: 855-222-5542

**LIAAC** – Alcohol and HIV

Free and confidential services, education, case management, counseling, testing and referrals, Food Programs and emergency food pantry, financial assistance. Immediate linkages to substance abuse treatment, support groups, screened referrals. Literature and condom distribution – 1-877-TO-LIAAC – www.LIAAC.org  
24/7 CRISIS HOTLINES: Nassau – 1-516-679-1111 – Suffolk – 1-731-751-7500

### **HEALTH CARE BENEFITS OVERVIEW 2018 EDITION, VOL.1**

Information: 1-877-222-VETS (8387) Website:  
www.va.gov/healthbenefits

To download a copy of this 41 page brochure:  
www.va.gov/healthbenefits/resources/epublications.asp

### **APPLICATION FOR HEALTH BENEFITS**

Department of Veterans Affairs (See 18 U.S.C, 287 and 1001) VA Form 10-10EZ

### **TAKE CONTROL OF YOUR HEALTH, INC.**

Db: Vascular Diagnostic Imaging-Veins and Arteries  
A mobile service with a location at 400 West Main Street, Babylon, NY 11702. Serves veterans with diabetes, high blood pressure, high cholesterol, heart disease, smoking, obesity and preventive diagnostic testing. Janet Kronenberg, 877-202-8346,  
info@tchoyhinc.com and www.vetscreens.com

### **NEUROBEHAVIORAL RESEARCH INC. Improving Health through clinical research**

Yvette Vega, Director Public Relations, 74 Carman Avenue, Cedarhurst, NY 11516, 516-295-7230, cell 516-526-3077,  
www.NBRresearch.com

### **VA CAREGIVER SUPPORT**

Department of Veterans Affairs, Washington, DC 20420  
www.caregiver.va.gov – online support 1-855-260 3274 toll-free  
Monday-Friday 8am-11pm ET, Saturday 10:30 am - 6 pm ET

### **NYU WINTHROP HOSPITAL PROGRAM**

Identifies and honor veterans  
259 First Street, Mineola, NY 11501

### **US VETERANS HEALTH ADMINISTRATION VA HEALTH CARE – EXCELLENCE IN THE 21ST CENTURY**

The nation's largest integrated mental health system. Early identification, screening and intervention in primary care.  
Harold Kudler, MD, Chief Consultant for Mental Health Services,  
Harold.Kudler@VA.GOV

### **Glen Cove VFW: Northport Veterans Medical Center 's Mobile Medical Unit**

15 Hill Street, Glen Cove, NY. Every Tuesday from 7:30 am to 2:30 p.m. providing outreach services and primary care medical appointments.  
631-261-4400 ext. 7978 or 631-261-4400, etc. 3659

**NYU Langone Health:** Steven A. Chen Military Family Center offers confidential, compassionate mental health care provided through live, secure videoconferencing.  
855-698-466 or militaryfamilyclinic@nyumc.org  
Mail: One Park Avenue, 8th Floor, New York, NY

### **CAREGIVER SUPPORT**

Help for caregivers when the veteran needs support, supervision or protection.

Caregiver: spouse, significant other, adult child, parent, family member or a friend.

855-260-3274 toll-free; or www.caregiver.va.gov

### **REPORT VETERAN SCAMMING**

Veterans are twice as likely to fall for fraudulent schemes.  
OPERATION PROTECT VETERANS 877-908-3360 or  
AARP.org/fraudwatchnetwork

## Vietnam Express

You wander into hell to blaze a trail of glory.  
Then you realize it's your own soul  
That is so very very lonely.  
You wait for the sniper to pick you apart.  
While you're writing letters home.  
"Baby don't break my heart."  
They tell you,  
"Don't go down that trail tonight.  
A full moon and a bouncing betty  
will blow your world apart."  
You're so blacken high,  
they couldn't tell you or John Wayne apart.  
They told you, "Run to Canada"  
While they were burning Old Glory  
Did they think our Red White and Blue  
Was some radical hippy protest story.  
They marched on Washington  
While we were buried in blood.  
We Vietnam Vets are rising out of the mud;  
We are standing together after all these years.  
America's wounded warriors  
with all our Blood, Sweat and Tears.

Louis A. Falco © 2011

# Post Traumatic Stress

## SUICIDE PREVENTION AND INFORMATION

National: 1-800-273-8255

Army Prevention Website: [www.armyg1.army.mil/hr/suicide](http://www.armyg1.army.mil/hr/suicide)

Real Warriors:

[www.realwarriors.net/familysupport/preventsuicide.php](http://www.realwarriors.net/familysupport/preventsuicide.php)

Department Of Veterans Affairs:

[www.mentalhealth.net.gov/suicide\\_prevention](http://www.mentalhealth.net.gov/suicide_prevention) For Families Who

Have Lost A Loved One: [www.taps.org](http://www.taps.org).

Find a Provider in your area

Connecting service members, veterans and families with health care providers before, during and after deployment CSSP

Directory. [warwithin.org](http://warwithin.org)

For urgent situations contact, Patient Care Services Action Group at [VHA10P4@VA.gov](mailto:VHA10P4@VA.gov)

[www.maketheconnection.net](http://www.maketheconnection.net) - one of the largest government facebook communities in the country

[www.veteranstraining.va.gov](http://www.veteranstraining.va.gov)

[www.spreadtheword.veteranscrisislinenet/video](http://www.spreadtheword.veteranscrisislinenet/video)

[www.bethereforveterans.com](http://www.bethereforveterans.com)

[www.ninesights.ninesigma.com/web/gun-safetymatters](http://www.ninesights.ninesigma.com/web/gun-safetymatters)

**PEACEFUL MINDS** 501(c)3 – A wellness center for combat veterans. Amy Mahoney, MS, L.Ac, Board Certified Herbalist, Executive Director & Founder. Serving five boroughs of NYC, Nassau and Suffolk. Peaceful Minds is a non-profit community wellness center offering free therapies such as acupuncture, massage therapy, reiki, yoga and meditation to combat veterans that may be suffering from service related post combat stress, traumatic brain injury, anxiety, depression, insomnia and pain. Locations in Farmingdale and Manhattan, mobile clinic also available.

West 120 Park Avenue, Long Beach, NY — PO Box 232, Atlantic Beach, NY 11509 – 516-395-7007

[peacefulmindsny@gmail.com](mailto:peacefulmindsny@gmail.com) • [www.PeacefulMindsNYC.org](http://www.PeacefulMindsNYC.org)

## STRESS SOLUTIONS OF LONG ISLAND/APEX COUNSELING

Promoting rapid stress reduction. Thought field therapy, Havening EMDR

Bill Solz, LCSW, CASAC, Director,

25 Melville Park Road, Suite 211, Melville, NY 11747

516-428-2841

[www.StressSolutionsNY@gmail.com](mailto:www.StressSolutionsNY@gmail.com)

[StressolutionsNY@gmail.com](mailto:StressolutionsNY@gmail.com)

**The Northport Wellness Center**, a multidisciplinary holistic healthcare facility, was founded by Dr. Alan P. Sherr in 1995.

Contact: Northport Wellness Center, 220 Ft. Salonga Road,

Northport, NY 11768. (631) 262-8505

[info@northportwellnesscenter.com](mailto:info@northportwellnesscenter.com) -

[www.northportwellnesscenter.com](http://www.northportwellnesscenter.com)

Hyperbaric Medical Solutions: Medford, NY (631) 504-6800;

Woodbury, NY (516) 802-5025; Manhattan, NY (646) 742-8888

## Touched By The Light LLC. Est, 2010

Rev. Catherine A. Delyra /Intuitive Master Quantum Reiki/Healer/ Teacher

Appointments & pricing (631) 639-1809

[facebook.com/touchedbythelight444](https://facebook.com/touchedbythelight444); and

[cathyadelyra@yahoo.com](mailto:cathyadelyra@yahoo.com). Veterans and family discount available.

Cristine Swett /Quantum Reiki Master

Massapequa Park, NY

516-384-7618

**EOC**– Economic Occupation Center — Association for Mental Health and Wellness

Mental Health Helpline: 631-226-3900

Hugh Prior, Outreach Coordinator, SSVD Program

128 Main Street, Yaphank, NY 11980 – 631-924-8088 x 1505;

Fax: 631-654-7894; Cell: 631-896-7415

[jrago@mhaw.org](mailto:jrago@mhaw.org) • [www.mentalhealthandwellness.org](http://www.mentalhealthandwellness.org)

**Nassau Vets' Center** North Broadway, Hicksville, NY

516-348-0088.

**Headstrong Project** — Weill Cornell Medical College is offering evidence-based treatment for combat veterans suffering PTSD for Iraq and Afghanistan veterans in the NYC and Tri-State area. Developing an individually designed tailored treatment. — Midtown Center for treatment and research: 56 West 45th Street, 9th floor NYC 10036, 212-764-5178, Contact: Gerard Ilaria, Department Administrator, 646-962-8092, [gilaria@med.cornell.edu](mailto:gilaria@med.cornell.edu) — Ann B. Beder, MD, Medical Director, 212-746-1258, [anb2007@med.cornell.edu](mailto:anb2007@med.cornell.edu)

**Clubhouse of Suffolk** – Suffolk County United Veterans

The Mental Health Association of Suffolk County. Michael

Stoltz, LCSW, Executive Director — 631-471-7242 x 1304;

fax 631-738-0427; cell 516-297-1936;

[Michael.stoltz@clubhouseofsuffolk.org](mailto:Michael.stoltz@clubhouseofsuffolk.org)

**Angels for Warriors** Provides information and guidance about the essential resources available to veterans and families. Clients get a personal roadmap based on individual needs to help them locate and navigate local, regional and national resources available. Advocates to gain benefits. Service is FREE. Contact: [www.angelsforwarriors.org](http://www.angelsforwarriors.org), e-mail: [info@angelsforwarriors.org](mailto:info@angelsforwarriors.org), Rogerlyn Velez Cipriano, Esq., 164 Main Street, Huntington, NY, 631-651-5471

**Family Service League**, 790 Park Ave., Huntington, NY – Holly Beck – [hbeck@fegs.org](mailto:hbeck@fegs.org) — 631-691-07080 ext.332302 – for information — Free Training: Trauma informed Peer Support and Practices – Available through The Long Island Committee on Sexual Abuse and Family Violence



**Healthy Healing** in the tradition of Oriental Medicine serves veterans with health concerns including pain management, post-traumatic stress, insomnia, anxiety, depression, gastrointestinal disorders and headaches. Approach includes acupuncture, herbal treatments, diet choices, lifestyle changes and exercise. Sharon McDermott, M.S., L.Ac.; 55 Post Avenue, Suite 206, Westbury, NY 11590, 516-410-4297 and [www.healthyhealingli.com](http://www.healthyhealingli.com)

**CONFIDE**, Counseling and Consultation Center

Wanda Florentino, Director

Serving veterans and families back to World War II, — Focus on combat related trauma, substance use in many forms, Effective therapy: veterans working together in a guided environment building on the military concept of “cohesiveness.” — “count on watching each other’s back.”

30 Hempstead Avenue, Suite H9, Rockville Centre, NY 11570

516-764-5522, 764-5598, 764-5570, 516-265-7022

FAX: 516-764-8154 • [nassaualliance.org](http://nassaualliance.org)

VA Hospital in Northport, NY – Building 65, 79 Middleville Road, Northport, NY 11768

PTSD Veterans Association of Northport, Inc. – Veterans Helping Veterans

Contact: President John Ball Cell: 516-724-5179

email: [j96vet@yahoo.com](mailto:j96vet@yahoo.com)

Vice President: Hutch Dubosque Cell 631-223-6107

email: [hutch.dubosque@live.com](mailto:hutch.dubosque@live.com)

P.O. Box 194, Northport, NY 11768

email: [ptsdalumni@yahoo.com](mailto:ptsdalumni@yahoo.com)

Website: [www.ptsdveteransassociation.com](http://www.ptsdveteransassociation.com)

Facebook: [www.facebook.com/ptsdveteransassociation](http://www.facebook.com/ptsdveteransassociation)

Nassau County – **VET2VET PEER NETWORKING**

**GROUPS** (PFC Joseph P. Dwyer Program) See above.

Groups co-facilitated by a diverse team of fellow veterans who have been trained in providing veteran peer support. Information: Jeff McQueen, 516-489-2322 ext. 1202 or [jmcqueen@mhanc.org](mailto:jmcqueen@mhanc.org) or [www.veteranshealthalliance.net](http://www.veteranshealthalliance.net). Supported by Mental Health Association of Nassau County.

Monday 5:15 p.m., 16 Main Street, Hempstead, Park in municipal lot, use side entrance closest to gated area.

Thursday 2:00 p.m., N. Massapequa Community Center, 214 N. Albany Ave., Massapequa.

Women only – Tuesday 7:00 p.m., Valley Stream Community Center, 123 West Merrick Road, Valley Stream, (behind the community pool, along the walking path.)

**VET CENTER Babylon**

Staff is sensitive to the experience of sexual assault; war trauma victims may develop PTSD. Road Rage awareness and prevention, warning signs of suicide. Counseling is free to all eligible veterans, families and significant others.

100 West Main Street, Babylon, NY 11702, 631-661-3930, 631-261-4400 x6232, Fax 631-669-3871

**Veterans Re-entry** — Brain Education – Stress Management. A 15 hour program. Helping and sharing with Uniformed Military. Finding true self and connecting with family. Free to veterans. \$25 per family member.

Milena Kantor, 800 865-984-3563, Cell: 516-984-3563, email: [milenavk@icloud.com](mailto:milenavk@icloud.com)

**AMERICAN LEGION NATIONAL VETERANS AFFAIRS AND REHABILITATION DIVISION**

The American Legion has professionally trained Department Service Officers (DSO) in every state to help you; call 1-800-433-3318 or write: 1608 K Street, NW, Washington, DC 20006. Professional Referrals: Association of Traumatic Stress Specialists (ATSS), 973-559-9200

International Society for Traumatic Stress Studies (ISTSS), 847-480-9028

National Organization for Victims Assistance (NVA), 1-800-777-4443

National Veterans Foundation, 1-800-969-6642

Tragedy Assistance Program for Survivors (TAPS), 1-800-959-TAPS

**FAMILY SURVIVAL HANDBOOK** Reaching Mental Health Recovery Together – Tools for and by families. Collaboration between National Alliance on Mental Illness of New York State (NAMI-NYS) and New York State Office of Mental Health. The handbook is a well-written document with the potential to help many families and individuals in navigating the mental health system. Filled with information and resources. Request a copy (50+ pages): Anne Smith, Dir. Family Institute for Education, Practice and Research, [Annem\\_smith@urmc.rochester.edu](mailto:Annem_smith@urmc.rochester.edu). OR Judith Carrington: Founder, Mental Health Resources, [mail@mentalhealthed.org](mailto:mail@mentalhealthed.org). OR check the website: NAMI-NYS, [info@naminy.org](mailto:info@naminy.org)

**H.O.P.E.**,

healing opportunities provoking education is a suicide prevention 8 hour workshop. various healing modalities will be integrated, such as;

yoga, qigong, breathing techniques, visualization techniques, recognizing symptoms of depression, treatment options, Goal Oriented LIFE contract

Yvette Vega is actively the Director of Public Relations for Neurobehavioral Research, a FDA approved research site. Certified in MENTAL HEALTH FIRST AID, through the National Council for community behavioral healthcare.

Contact: Yvette Vega - [YvetteVega13@gmail.com](mailto:YvetteVega13@gmail.com) - 516 526 3077

**Community Mental Health Points of Contact**

Northport

Barry Goggin (631) 261-4400 X 7549 [Barry.Goggin@va.gov](mailto:Barry.Goggin@va.gov)

**The Steven A. Cohen Military Family Clinic** at NYU Langone Medical Center provides free and confidential individual, couples, family, and group therapy for veterans and their family members regardless of discharge status, combat exposure, or era served.

Provide treatment for posttraumatic stress, depression, anxiety, readjustment difficulties, relationship problems, along with a variety of other challenges military families may experience. Additional services include treatment for alcohol and substance use as well as assessment and treatment of traumatic brain injury. Highly skilled clinicians have deep appreciation for and sensitivity to the military culture and its unique strengths and challenges and are passionate about helping veterans and military families. The treatment we provide is flexible and integrative and is rooted in evidence-based principles.

Intake line at (855) 698-4677 or e-mail us at: [militaryfamilyclinic@nyumc.org](mailto:militaryfamilyclinic@nyumc.org).

Website at: <http://nyulangone.org/locations/steven-a-cohen-military-family-clinic>

### **TELEMENTAL HEALTH PROGRAM, Steven A. Cohen Military Family Clinic**

Confidential, compassionate mental health care provided through live, secure videoconferencing. Services are provided via computer or tablet and can be done in the privacy of one's home.

Includes: TBI, Child/Family Program, Couples Therapy, ADHA Assessments, Dual Diagnosis Program – Intake Line 855-698-4677  
NYU Langone, One Park Avenue, 8th Floor, New York, NY 644-754-7258 and [militaryfamilyclinic@nyume.org](mailto:militaryfamilyclinic@nyume.org)  
Dr. Amanda Spray PhD

### **VETS CENTER – KEEPING THE PROMISE**

Sharron Chambers-Murphy, Readjustment Counseling Tech (a vet) Individual-group-marital-family counseling, medical referrals – Employment counseling, Alcohol/Drug Assessments – Referral for medical and/or community resources.

North Broadway, Hicksville, NY 11801 – 516-348-0088  
[Sharran.Chambers-Murphy@va.gov](mailto:Sharran.Chambers-Murphy@va.gov)

### **RECOVERY LONG ISLAND**

Creating a supporting environment and collaborative relationship, utilizing holistic tools to integrate a healthier lifestyle that encourages the transformation of body, mind and spirit.

Nicole Viteritti, 631-988-0459

Stacy Simbrom, Executive Director, Healthspan , US , 56 Bellecrest Avenue , East Northport , NY 11731 , Cell 631-759-1792, [ssimbrom@halhspan.us](mailto:ssimbrom@halhspan.us)

### **Warrior Ranch**

Horse, Equine, assisted therapy to reduce symptoms PTSD. A safe haven of healing and wellbeing for veterans, first responders and horses.

Eileen Shanahan, President of the Board.

[www.warriorranchfoundation.org](http://www.warriorranchfoundation.org), 42 Coram Swezeytown Rd. , Middle Island , NY 11953 , 631-887-9529.

email: [info@warriorranchfoundation.org](mailto:info@warriorranchfoundation.org)

**Cognitive Behavior Transformation Processes (CBTP)** is a holistic approach to help veterans and their care givers relieve stress and return to the natural state of inner peace and emotional balance. The program is tailored to address the physical, mental and spiritual healing of individuals suffering from all types of social-emotional imbalances and mood disorders. These symptoms can be heightened in individuals suffering from Post Traumatic Stress (PTS)

Initial consultations are free for veterans. For more information: Vivian C. Hardison, BS, CPC, MA, KL-CT 516-563-1726 or 203-590-3998, [Vivian@VivianHardison.com](mailto:Vivian@VivianHardison.com) and [www.vivianhardison.com](http://www.vivianhardison.com)

### **MORAL INJURY**

Throughout history, warriors have been confronted with moral and ethical challenges. Modern, unconventional and guerilla, wars amplify these challenges. Committing, failing to prevent or bearing witness to acts that transgress deeply held moral beliefs and expectations results in moral injury. Treatment – under PTS - must be handled in a spiritual manner.

For information, Contact Fred Miller, PhD at 631-395-4646 or Karen Pickier, Pastor and Northport VA, Building 9

For information contact Rev. Fred Miller, Ph.D. at 631-395-4646 or web page >[Veteranspeertopeerprogram.Org](http://Veteranspeertopeerprogram.Org)<

### **On the Path**

David S. Chametzky, Coach / Mentor

[onthepathny@gmail.com](mailto:onthepathny@gmail.com)

(516) 987-9239

“No one is left alone”

Certified to use:

Havening Techniques®, Neuro-Linguistic Programming (N.L.P), Eriksonian Hypnosis

### **Chiropractor**

**Maxine Cappel Mayreis**

**Third Generation Chiropractor, Holistic Wellness**

**MLS Laser Pain Relief** - Get Rid of Pain, Inflammation, Swelling, Increase Circulation and Speed Healing.

**Certified Havening Practitioner** - Neuroemotional technique that helps PTSD, anxiety, guilt, panic, more.

480 Forest Ave. Lower Level

Locust Valley , NY 11560

516-759-7702

Fax (516) 674-0572 Cell (516) 528-5955

My Mission is to help as many people as possible to regain physical and mental health through Natural, safe, gentle and effective techniques for neuropathy, neck, back shoulders, knees, hips, legs, feet, arm, hands, bone on bone, post op, sprains, strains, more.

### **Neurofeedback**

Drugless solution that helps Brainwave Imbalance associated with the following conditions: Anxiety and Depression.

Dr. Stacie Locascio, DC, BCN

480 Forest Avenue - Rear Building

Locust Valley, NY 11560

516-903-4599 • [s.locascio@optonline.net](mailto:s.locascio@optonline.net)

### **The PTSD Network**

Provide information and resources to those affected by PTSD.

Our Link:

[www.ptsdnetwork.org](http://www.ptsdnetwork.org)

Bruce Beasley

**Dr. Howard Robins** is considered one the world wide experts on the use of Intravenous Ozone Therapy. PTSD may be diminished by cleansing, detoxifying and boosting the immune system.

Ozone therapy helps the body make abundant amounts of natural stem cells which may help “repair the unrepairable and fix the unfixable”. All disabled veterans and current military are treated at cost as it is not covered by medical insurance.

Dr Howard Robins

200 W.57th St, Suite 807

New York, NY 10019

(O) 212-581-0101

(C) 516-967-1009

**Randy Parr**

PA with nearly 30 years of experience in various fields, an herbalist for the past 40 years and a certified Aromatherapist. I am also a Marine Corps veteran.

Essential oils can help with insomnia, anxiety and general emotional well being. Treatment on any vet with symptoms of PTSD (Post Traumatic Stress Disorder) or mTBI (Mild Traumatic Brain Injury) with essential oils at NO COST to the vet. Call or text Randy Parr 631-878-4263

# Operation Housing

## HOMELESS

*A Hero's Hero*

*So many soldiers living on the street their spirits broken with defeat.  
What must they think when they look around, eyes passing by staring  
at the ground?*

*Does anger fill them when we turn away from the debts we owe that  
should be repaid?*

*What if at the moment, just once, instead we saluted in honor, right  
hand to head?*

*To let them know they are not ghosts, thanking them for being braver  
than most.*

*If everyone would show them grace, we just might find their paid  
erased.*

*For all the heroes still fighting to live and for heroes like you who  
continue to give, if you see someone who is really lost, please stop  
and remember what our freedom cost.*

Donations may be made to Disabled American Veterans, P.O. Box  
14302, Cincinnati, OH 4250-0301

## SUFFOLK COUNTY UNITED VETERANS

In association with Mental Health and Wellness

John J. Lynch Veterans Men's Shelter (also food pantry)  
32 Mill Road, Yaphank, NY 11980, 631-775-7906 or 877-284-8387  
– [www.scuv.org](http://www.scuv.org); [www.mentalhealthandwellness.org](http://www.mentalhealthandwellness.org)  
also: 631-924-8088

## OPTIONS for Community Living, Inc.

Serving Long Islanders with special needs: housing assistance  
(rent, security, broker fees moving expenses, utility arrears),  
coordination of health services, crisis intervention, family centered  
services, assistance in obtaining benefits. Patricia Pacheco,  
Program supervisor. 202 East Main Street, Smithtown, NY 11787.  
Nassau: 516-481-6300; Suffolk: 631-361-9020 –  
[www.optionscl.org](http://www.optionscl.org)

## NATION WIDE

**Assisted Living VA Aid and Attendance pension** – financial  
benefits outside the traditional VA residential system. Established  
in 1952 (38 USC) provides direct monthly pension benefit to  
purchase long-term care. Is a mandatory pension benefit and not  
subject to partisan spending or discretionary federal budget cuts.  
(funded by Congress in 2005 for \$3.3 billion.

Qualify for \$1,600 for vet, \$1,000 for spouse per month.  
90 days active duty military service with at least one day during a  
period of national conflict, honorable discharge or be surviving  
spouse.

Medical diagnosis requires daily assistance with two or more  
activities.

Insufficient monthly income to purchase required care. Limited  
liquid assets. But, “no look-back.”

Long and complicated application. Takes approximately two hours  
to complete. **Every American Legion post should have a person  
trained to help the veteran apply.**

**Fair Housing Act** — Legal – Promotion of decent and affordable  
housing through advocacy and education. Fair Housing Advocacy,  
Mortgage Counseling, Foreclosure Prevention. Long Island

Housing Services, 640 Johnson Avenue, Suite 8, Bohemia, NY  
11716, 631-567-5222 – or 516-292-0400 —  
[www.LIFairHousing.org](http://www.LIFairHousing.org).

## Long Island Coalition for the Homeless

600 Albany Avenue, Suite 2, Amityville, NY 21701 –  
[www.addresssthehomeless.org](http://www.addresssthehomeless.org) – Edna White, Landlord  
Engagement Specialist, 631-464-4314 ext. 126, C 516-725-3786  
and [ewhite@addresssthehomeless.org](mailto:ewhite@addresssthehomeless.org)

## Pamela Spencer, MPA

Financing option for military borrowers and Mortgage Advice  
NMLS # 1280903  
Branch Manager, Licensed Loan Originator,  
United Mortgage Corp.  
NMLS Company Identifier #1330  
Branch NMLS #2152655  
310 RXR Plaza, Uniondale, NY 11556  
Cell: 516-547-6881  
[pspencer@unitedmortgage.com](mailto:pspencer@unitedmortgage.com)

**HBPC Home Based Primary Care** for veterans at home. Assists  
with coordination of VA services: Home safety, patient caregiver  
teaching coordination of supplies, referral for home health aide.  
631-754-7003

**Building Homes for Heroes** is strongly committed to rebuilding  
lives and supporting the brave men and women who were injured  
while serving the country during the time of the wars in Iraq or  
Afghanistan. The organization builds or modifies homes, and gifts  
them, mortgage-free, to veterans and their families. It's our honor  
to support the men and women who have loyally and courageously  
served our country.

65 Roosevelt Avenue, Suite 105, Valley Stream, NY 11581, 516-  
684-9220 • [WWW.BuildingHomesForHeroes.org](http://WWW.BuildingHomesForHeroes.org)

## Purple Heart Homes

Vicki Thomas Media Relations and Northeast Regional Director  
Phone: 203-454-9952 (office) Phone: 203-984-2138 (cell)  
Email: [vthomas@purplehearthomesusa.org](mailto:vthomas@purplehearthomesusa.org)  
[www.facebook.com/purplehearthomes](http://www.facebook.com/purplehearthomes)  
[www.purplehearthomesusa.org](http://www.purplehearthomesusa.org)

## Long Island State Veterans Home at Stony Brook University

100 Patriots Road, Stony Brook, NY 11790  
Through highly skilled clinicians and a team of compassionate  
professionals, the interdisciplinary team works closely with residents  
and families to develop the individualized plan that meets the  
medical, nursing, rehabilitation, psychosocial, recreational,  
nutritional, spiritual and personal needs of each resident. The home  
is set on 25 acres of the SUNY campus. Founded in 1991. Long  
term, 350 bed skilled nursing facility, dementia care and palliative  
care.

631-444-VETS — [www.LIStateveteranshome.org](http://www.LIStateveteranshome.org).

Short term rehabilitation: physical, speech and occupation therapy,  
wound care, On-site pharmacy. Rehab for orthopedic, cardiac,  
stroke and post-surgical.  
Adult Day Health Care, 1-800-DAY-CARE — Fred S. Sganga,  
Exec. Director

**CONCERN** for Independent Living

Housing options including: supervised community residences, independent houses and apartments. Medford, NY 11763 – 631-758-0474 – [www.concernhousing.org](http://www.concernhousing.org)  
 Single Point of Access (SPA), 1300 Veterans Memorial Highway, Hauppauge, NY 11788  
 New York City Human Resources (Brooklyn referrals) 2  
 Washington Street, New York, NY 10004

**Liberty Village**

Megan Yost, LMSW, Director  
 Concern for Independent Living  
 600 Albany Avenue  
 Amityville, New York 11701  
 1-631-464-4302 x 1305  
[myost@concernhousing.org](mailto:myost@concernhousing.org)

**United Veterans Beacon House** provides transitional, safe housing for homeless veterans as they reintegrate into society. Also offer advocacy, education, employment counseling, skills and trade training. Serving: Brooklyn, Queens, Nassau, Suffolk — 501(c) 3 — Frank Amalfitano, President, CEO — 631-665-1517 — [www.uvbh.com](http://www.uvbh.com)

**East End Veterans Residence**, Veteran Homeless Shelter, Riverhead Suffolk County  
 Roger Leathers – Program Director 631-275-5915

**BEACON HOUSE NORTHPORT VETERANS RESIDENCE**

Ed Olson, Program Director  
 631-262-0601 • Building #11, VA Northport

**Nassau County HUD**

Director, John Sarcone — [jsarcone@nassaucountyny.gov](mailto:jsarcone@nassaucountyny.gov) Linda Cianciulli — [lcianciulli@nassaucountyny.gov](mailto:lcianciulli@nassaucountyny.gov)  
 516-572-0815

**NEW GROUND, Inc.**

“Breaking the Cycle of Homelessness for Families & Veterans on Long Island through education and empowerment”  
 Shannon Boyle, LCSW, Executive Director, #516-564-4764 x132 — Catherine Martin INN Long Term Housing Program for homeless Male Veterans with a history of substance abuse, requiring 6 months or more of clean time. Program offers SRO type housing in Hempstead, NY with very low rent and weekly social work case management services to assist Veterans in achieving goals of education, employment, and financial stability. Website: [www.newground.org](http://www.newground.org) –Main office: 211 Fulton Avenue, Hempstead, NY 11550 – #516-564-4764 Primary Social Worker-extension 131

**Economic Opportunity Council of Suffolk County.**

Supportive Services for Veteran Families Program.  
 SSVF Provides supportive services to low-income veteran families seeking housing that is responsive to the family’s needs and preferences.  
 Rich Dellasso, Outreach Coordinator 631-298-1601 ext. 125

Town of Babylon – a program to help Iraq and Afghanistan military purchase homes in the town. Administered by the Long Island Housing Partnership. Contact 631-435-4710.

Housing Classified: [www.starcp.org](http://www.starcp.org) (see Housing)  
 VA Loan Specialist, Mortgage Assistance: 1-877-827-3702

VA Home Loan Guarantee: [www.homeloans.va.gov](http://www.homeloans.va.gov)

Hotline: 1-888-244-6711

VA Home Loan Direct VA loans – VA Mortgage Loan & Gov’t Programs from Freedom Direct – 1-800-211-9024 (Form: FVA-P701) – [www.directvaloans.com](http://www.directvaloans.com)

**CLIFFCO MORTGAGE BANKERS**

Patricia Force, Account Manager, phone: 516-768-3567, 1065 Old Country Road, Suite 205A, Westbury, NY 11590  
 email [pforce@cliffcomortgage.com](mailto:pforce@cliffcomortgage.com) and [www.cliffcomortgage.com](http://www.cliffcomortgage.com)  
 We cater to Veterans, No charge for consult and Processing fees are waived. Our Ethics and Experience are Extraordinary!!

**VA FORECLOSURE AVOIDANCE**

Quick reference guide to avoid foreclosure. “Military Borrowers in Delinquency Quick Reference Sheet,” available from [www.benefits.va.gov/homeloans/docs/foreclosure\\_avoidance\\_fact\\_sheet](http://www.benefits.va.gov/homeloans/docs/foreclosure_avoidance_fact_sheet)

**TAX EXEMPTIONS**

a.8186/s.5597 Real Property Tax Law exemptions wartime uniformed military, combat veterans, disabled veterans  
 Contact New York State Assembly

**Property Tax Exemption.** [www.oysterbaytown.com](http://www.oysterbaytown.com). Request application from Nassau County Department of Assessment, 240 Old Country Road, Mineola, NY 516-571-1500 or download a copy from [www.nassaucountyny.gov/agencies/Assessor/Online0/020Forms/exempt.html](http://www.nassaucountyny.gov/agencies/Assessor/Online0/020Forms/exempt.html)

**VOLUNTEERS OF AMERICA** Supportive services for veteran families (SSVF)

Addresses housing needs, providing a full range of services focusing on acute and long-term issues, crisis intervention, budget management, employment counseling and recreation. Emergency and transitional housing available in Bronx, Manhattan and Brooklyn.

Information: 855-2000-VOA – [www.voa-gny.org/vets](http://www.voa-gny.org/vets) or email [voa4vets@voa-gny.org](mailto:voa4vets@voa-gny.org)

Long Island: Ann Jeffyes, Case Manager or Tyrane McLamb, Program Director  
 38 Old Country Road, Garden City, NY 11530, 516-483-9507

**BLACK VETERANS FOR SOCIAL JUSTICE – BVSJ**

Jobs to Build On is a project for worker education funding by NYC Council and administered by the City University of NY. Addresses employment, housing, reintegration, emergency assistance.  
 Wendy McClinton, President/CEO 00 718-852-6004 – [www.bvsj.org](http://www.bvsj.org)  
 665 Willoughby Avenue, Brooklyn, NY 11206

Family Residences and Essential Enterprises, Inc.

Services for those with mental illness or traumatic brain injury. Group homes and community living, residential treatment and vocational programs, day habilitation, therapeutic horse riding at Saddle Rock Ranch, Middle Island. Kristin Kleinman-Franco, MS, Resource Director, 191 Sweet Hollow Road, Old Bethpage, NY 11804. 516-870-1600 – [www.familyles.org](http://www.familyles.org)

**LONG ISLAND COALITION FOR THE HOMELESS**

Assists the disabled and veterans find permanent housing. Links entering families with resources for furniture, housewares and other goods. 631-464-4314.

**FAMILY SERVICE LEAGUE**

The Center for Senior Support operates programs from many locations across Suffolk County. They offer a wide variety of services. Doreen Davidson, Program Coordinator, 790 Park Avenue, Huntington, NY 11743. For specific contact information: [www.fsl-li.com](http://www.fsl-li.com) or call 631-427-3700

**S:US**

Emergency housing, employment services, financial education, financial aid, moving costs, Supportive Services for Veteran Families, 600 Albany Avenue, Amityville, NY 11701, 631-227-0777, [www.sus.org](http://www.sus.org) and [www.uvbh.com](http://www.uvbh.com)

# Operation Legal

## GREATER METROPOLITAN AREA

**Nassau-Suffolk Law Services:** Non-profit community based, civil (non-criminal) matters. [www.nslawservices.org](http://www.nslawservices.org). Provides free, high quality legal representation, public information and community advocacy training.

Offices: 1757 Veterans Highway, Islandia, NY 11749, 631-232-2400 and 1 Helen Keller Way 5th, Hempstead, NY 11550, 516-292-8100 and 400 West Main Street, Suite 301, Riverhead, NY 11901, 631-369-1112

**Suffolk County Bar Association:** [www.scba.org](http://www.scba.org). (631) 234-5511–560 Wheeler Road, Hauppauge, NY 11788. The association will reach out to veterans and their families who are in desperate need of legal assistance.

**Nassau County Bar Association:** [www.nassaubar.org](http://www.nassaubar.org). (516) 747-4070

**Hofstra Law** – Hofstra Veterans Legal Assistance Project at VLAP@hofstra.edu or call (516) 463-7302. Offer one-day legal assistance clinics. Call for information.

### Hofstra University Law Clinic

Pro bono for veterans needing discharged updates for honorable and dishonorable discharges  
Retired Lt Col. Gary Porter, Director

## JUSTICE INVOLVED VETERANS

Alternative to incarceration. Communication with officers of the court regarding veterans' compliance with VA treatment programs. Post incarceration (leaving jail/prison): pre-release assessment, eligibility for services, discharge and transition planning, post-release services in emergency psychiatric or crisis intervention.

**National Call Center** for Homeless Veterans: 1-877-424-3838 (live 24/7 chat on website) – [www.va.gov/homeless](http://www.va.gov/homeless)  
Angelicque M. Moreno, Esq.  
26 Court Street, Suite 2015, Brooklyn, NY 11242 • 718-802-1616  
Pro bono services, veterans' benefits. Court appearances

### Criminal and Personal Injury Matters

Daniel W. Russo, Esq.  
Foley Griffin, LLP  
666 Old Country Road, Suite 305  
Garden City, New York 11530  
Tel: (516) 742-1110

## TAX PREPARATION, ESTATE PLANNING, WILLS ETC.

Karl Janhsen (member of Rotary Club of Port Jefferson)  
128 Old Town Road, Suite A, Setauket, NY 11733  
631-246-6300 – Fax: 631-246-8601 — email: [ejepas@aol.com](mailto:ejepas@aol.com)

**Angels for Warriors** is a not-for-profit volunteer organization providing information and guidance about the essential resources available to veterans and families. Clients get a personal roadmap based on individual needs to help them locate and navigate local, regional and national resources available. They also serve as advocates to gain benefits. Service is FREE. Contact: [www.angelsforwarriors.org](http://www.angelsforwarriors.org), e-mail: [info@angelsforwarriors.org](mailto:info@angelsforwarriors.org),

Rogerlyn Velez Cipriano, Esq., 164 Main Street, Huntington, NY, 631-651-5471.

## FINANCIAL COUNSELING

Debt Counseling

**Greenpath Debt Solutions:** free of charge debt management, counseling, housing, financial education. 1- 800-550-1961.

**Veterans Plus:** free, non-profit – money management, pay debts and learn about credit card interest. 1-866-991-9579.

**NYState Benefits:** many health and human services and how to apply for them. [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

**NY Department of Social Services (DSS):** Medicaid, food stamps, HEAP (heating) and Rent Assistance:

Suffolk: 631-854-9700 – after hours: 631-853-9100  
Nassau: 516-227-8472 – after hours: 516-573-8626  
Suffolk HEAP (Home Energy Assistance) 631-853-8825  
Nassau HEAP 516-565-4327

Long Island 211: free, non-emergency information and referral service – connects to health and human services needed on a daily basis or during disaster. Call: 211 or 1-888-774-7633 OR <https://211Longisland.communityos.org/cms/>

**NYLAG (New York Legal Assistance Group)** is here at NYLAG will assist with the following legal matters:

- Fix housing problems in Nassau County (Section 8, Evictions, Conditions)
  - Assist with VA Aid & Attendance (A&A) and Housebound benefit applications and appeals
  - Secure federal benefits (Social Security, SSI Disability, and food stamps)
  - Address denials of New York State benefits (Public Assistance and Medicaid)
  - Resolve employment related issues (including Unemployment Insurance denials in Nassau County)
  - Solve private insurance disputes (including short and long term disability)
  - Plan ahead (e.g. wills, power of attorney and guardianship)
  - Assistance with Naturalization applications in Nassau County
- Nassau Suffolk Medicaid Assistance Program are at Northport VA the 1st and 3rd Wednesday of every month from 9:00-12:00 in Bldg. 9, Rm. 143. Veterans must make an appointment by calling (631) 261-4400 ext. 6591 or (631) 261-4400 ext. 4840.  
Northport VA Mondays and Thursdays from 9:30 a.m. to 2 p.m. Building 9, Room 147 – Veterans must make an appointment by calling (631) 261-4400 ext. 6591 or (631) 261-4400 ext. 4840

### Northport VA Medical Center

Ariel Rubinstein, LMSW  
HCHV Outreach Social Worker  
79 Middleville Road  
Northport, NY 11768  
631-261-4400 ext. 6213  
Cell: 631-372-2829

**Robert W. Entenmann Veterans Law Clinic Hofstra**

Professors Janet Dolgin and Gary Port help veterans obtain disability benefits and apply for discharge upgrades. The clinic is part of Starbucks' Military Mondays, and innovative public private partnership that engages community veterans in conversation and provides legal counsel at nearby Starbucks locations.

Information: Joan Axinn Hall, 516-463-5934,  
lawclinic@hofstra.edu and Gary Port, Port & Sava, 303 Merrick Road, Suite 212, Lynbrook, NY, 516-352-2999

**VetConnectNYC.org** is run by the NYC Dept. of Veterans' Services ([www.nyc.gov/vets](http://www.nyc.gov/vets)), in partnership with Syracuse University's Institute for Veterans and Military Families (IVMF), AmericaServes.org, UniteUS.com, and Northwell Health. Working together, we've created the most comprehensive service network in New York City. Our sole purpose is helping service members, veterans, survivors, and families find the resources they need to live fulfilling and purpose-driven lives. Services include: Benefits, Disability, Education, Employment, Family Support, Financial Services, Healthcare, Homelessness Prevention, Legal Services, Mentoring, Sports and Fitness, Volunteering. 1-833-VETS-NYC. [www.vetconnectnyc.org](http://www.vetconnectnyc.org).

Tanya L. Thomas Engagement and Community Service Coordinator  
646-499-0098  
email: [tthomas@veterans.nyc.gov](mailto:tthomas@veterans.nyc.gov)



# Volunteering

**The Long Island Volunteer Center (LIVC)** is the resource center for volunteerism and community service initiatives throughout Nassau and Suffolk counties. Established in 1992, LIVC operates year round and its services are provided free of charge. The LIVC collaborates with corporations and community organizations to address the needs of Long Islanders. LIVC is an affiliate of the HandsOn Network since 2008, connecting agencies seeking volunteers with individuals and groups looking for ways to serve their communities. In 2011, the LIVC was designated by New York State as the Regional Volunteer Center for Long Island. A member agency of the Long Island Voluntary Organizations Active in Disaster, LIVC has also been actively supporting Superstorm Sandy disaster recovery.

For more information, contact the Long Island Volunteer Center at (516) 564-5482 or visit [www.longislandvolunteercenter.org](http://www.longislandvolunteercenter.org). LIVC also has facebook, blog and twitter accounts and publishes a seasonal list of volunteer opportunities disseminated to each Long Island Library.

## Additional information and resources

While there is something for everyone, veterans' unique skills are extremely desirable to nonprofit organizations particularly leadership capabilities, team building, willingness to do heavy lifting, strong work ethic, and desire to serve. Plus, recent research has shown that offering veteran volunteer opportunities helps veterans too. According to Time Magazine, "After serving our country overseas in Iraq and Afghanistan, veterans want to keep serving. In fact, 92% of veterans aspire to serve their community after returning home, according to a landmark survey. The reason? It is a very difficult process for veterans to come back home after they leave, and having work helps smooth their transition process back to having a normal life with their friends and families. What veterans are not looking for is praise. They simply feel a need to keep serving our country and help their fellow families and communities. And it is our job to create more volunteer opportunities for veterans so that we can essentially give back to them, by helping them maintain an ordinary life."

Many programs such as AmeriCorps and Senior Corps are working with veterans to help them find opportunities to help their families as well as communities around them. Other organizations such as Point of Light Foundation and HandsOn Network create opportunities dedicated to educating as well as building and strengthening skills of volunteers. They encourage individuals to build better communities to help to improve the environment, economy, education and emergency preparedness. The Mission Continues and Team Rubicon are veteran specific and advertise many ways to engage in service opportunities.

Diana O'Neil, Executive Director, **LIVE**  
58 Hilton Avenue, Hempstead, NY 11550 • 516-564-5482  
[www.longislandvolunteercenter.org](http://www.longislandvolunteercenter.org)

**Vicki Bender**, Chairperson of Social Ministry  
Trinity Evangelical Lutheran Church Parishioners  
631-333-5024

Raise money to purchase 100 custom made sleeping bag jackets that they donated to Operation-Initiative Foundation, Inc. These are the following organizations that received the jackets.

1. United Veterans Beacon House
2. Long Island Coalition for the Homeless
3. Michael Stolz, VA Hospital Northport
4. Rich Dellasso, Economic Opportunity Council of Suffolk County

## Special thanks to George D. Solomon, Rotarian

### **Military One Source** ([www.militaryonesource.mil](http://www.militaryonesource.mil))

Military One Source is a free service provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families.

### **National Resource Directory** ([www.nrd.gov](http://www.nrd.gov))

The NRD is a website for connecting wounded warriors, Service Members, Veterans, their families with those who support them.

### **U.S. Department of Veterans Affairs** ([www.va.gov](http://www.va.gov))

This federal agency exists to provide and connect veterans to the benefits and services they've earned by serving their country.

### **National Guard Bureau – Joint Services Support**

In addition to ensuring the sustainability of the National Guard community, the JSS network leads seven programs designed to enrich the lives of service men and women and reward their service. ([www.jointservicesupport.org](http://www.jointservicesupport.org))

### **Citizen Support**

U.S. Department of Defense Community Relations – Helping Troops Help Others

([www.ourmilitary.mil/helping-troops-help-others](http://www.ourmilitary.mil/helping-troops-help-others))

A list of links to nonprofit organizations that engage veterans in service to other veterans and military families.

### **Military Family and Veterans Non-Profits**

Blue Star Families ([www.bluestarfam.org](http://www.bluestarfam.org))

Blue Star Families works hand in hand to share the pride of service, promote healthier families, aid in our military readiness, and contribute to our country's strength.

### **Gold Star Families Chapter 61**

President Michele McNaughton 631-375-0230

### **The Mission Continues** ([www.missioncontinues.org](http://www.missioncontinues.org))

An organization dedicated to building an America where every returning veteran can serve as a citizen leader and where together the fallen are honored by living their values through service.

### **The American Legion** ([www.legion.org](http://www.legion.org))

The nation's largest veteran's service organization, the American Legion is committed to local programming that strengthens its commitment and ties to local communities.

### **Veterans of Foreign Wars** ([www.vfw.org](http://www.vfw.org))

The VFW aims to serve our veterans by fostering camaraderie among U.S. veterans of overseas conflicts and advocating on their behalf.

**National Military Family Association** ([www.militaryfamily.org](http://www.militaryfamily.org))  
Founded in 1969, the National Military Family Association fights for benefits and programs that strengthen and protect uniformed services families and reflects the Nation's respect for their Service.

**Iraq and Afghanistan Veterans of America** ([www.iava.org](http://www.iava.org))  
Founded in 2004, this organization works to improve the lives of Iraq and Afghanistan veterans and their families.

**USO** ([www.uso.org](http://www.uso.org))  
For the past 70 years, the USO has provided Americans a way to express their gratitude to active-duty servicemen and women, veterans, and the military community. The USO has a presence around the globe, with more than 150 centers in 27 countries.

**Additional Nonprofit Organizations**  
Serving Veterans and Military Families

**Team Rubicon** ([teamrubiconusa.org](http://teamrubiconusa.org))  
Team Rubicon unites the skills and experiences of military veterans with first responders to rapidly deploy emergency response teams.

**Operation Military Kids** Our mission is to support National Guard, Reserve and Active Duty Service Members' children living in our own backyards in NYS by increasing community awareness of issues faced before, during and after deployment through education; and by creating a network of services and resources available locally for affected military kids.  
([www.operationmilitarykids.org/public/statePOCHome.aspx?state=New%20York](http://www.operationmilitarykids.org/public/statePOCHome.aspx?state=New%20York))

**4H Support for Operation Military Kids**  
Since 1995, 4-H National Headquarters has worked in partnership with U.S. Army Child, Youth, and School Services (CYSS), Air Force Family Member Programs (FMP) and, beginning in 2007, Navy Child and Youth Programs (CYP) to extend 4-H to U.S. Military Families worldwide. With support of 4-H professionals, military staff and volunteers provide quality developmental programs for children in safe and nurturing environments so that

military men and women can pursue their critical, high risk assignments. 4-H clubs provide "a slice of home" for military youth worldwide through quality educational experiences using research based curricula for youth ages 5 – 19. Military youth can become involved in 4-H and continue their 4-H work wherever they move when their parents are transferred or deployed. Throughout the year, 4-Hers and volunteers throughout the county will be sewing backpacks and stuffing them with fun stuff (dolls, stuffed animals, games, etc), communication tools (stamps, stationary, journals, scrapbooks, disposable cameras) and a letters from kids.  
<http://nys4h.cce.cornell.edu/get%20involved/Pages/4-HMilitary.aspx>  
<http://ccesuffolk.org/operation-military-kids/>

Additional Volunteer Portals

[www.longislandvolunteercenter.org](http://www.longislandvolunteercenter.org)  
[www.newyorkersvolunteer.ny.gov](http://www.newyorkersvolunteer.ny.gov)  
[www.unitedwayli.org/volunteer](http://www.unitedwayli.org/volunteer)  
[211longisland.communityos.org/zf/profile/search](http://211longisland.communityos.org/zf/profile/search)  
[www.idealists.org](http://www.idealists.org)  
[www.volunteermatch.org](http://www.volunteermatch.org)  
[www.911day.org](http://www.911day.org)  
Retired Senior Volunteer Program Nassau County,  
[www.volunteermatch.org/search/org553122.jsp](http://www.volunteermatch.org/search/org553122.jsp)

**Retired Senior Volunteer Program Suffolk County**  
[www.rsvpsuffolk.org/](http://www.rsvpsuffolk.org/)  
[https://www.facebook.com/BootsOnTheGroundNY?ref=stream&hc\\_location=stream](https://www.facebook.com/BootsOnTheGroundNY?ref=stream&hc_location=stream)

**VETERANS - FREE SAFETY HOME REPAIRS**  
FREE SAFETY HOME REPAIRS FOR QUALIFIED LOW INCOME HOMEOWNERS: Rebuilding Together Long Island offers free minor home repairs to low-income homeowners who are elderly or physically unable to maintain their home on their own. Wheel chair ramps are also constructed for qualified homeowners. Proof of vaccination required.  
Call Office: 631-777-7894  
Website: [rebuildingtogetherlongisland.org](http://rebuildingtogetherlongisland.org)  
\*no email, only calls accepted to apply

## General Services

### SERVICES – DEPLOYED MILITARY

**ADOPT A BATTALION – 501 C 3**  
Founded in 2004 – shipped 36 tons of necessities and goodies to our military. Accepts donations from members of the local community – individuals and groups (scouts, faith based organizations, etc.) Adopt a Battalion pays the cost of shipping to all branches of the services. They need a service person's APO address (must ship to an individual – NOT "any soldier"). The person receiving the package will share with buddies. See list above. Ken Catalano, President 516-359-9371

**OPERATION SHOE BOX** – coordinated with the Army National Guard who will ship supplies to our troops in Afghanistan and other areas overseas. For further details: Chanbir Kaur 516-476-1003. Send a package to a soldier on the front saying thanks for your service.

**Girl Scouts of America** will send cookies to military deployed. Additional information: Donna Rivera Downey, 516-741-2550-x260 – Must have individual APO address. Girl Scouts of Nassau County, 110 Ring Road West, Garden City, NY 11530-3296.

**Oriental Trading** (mail order – address to follow) encloses pre-addressed, post-paid box to donate phones.

**Long Island Ducks,**  
Veterans honored at every home game. Will receive 10 complimentary tickets to the game for family and friends. Suffolk County Veterans Service  
Officer Melissa Pandolf for information – 631-853-VETS

## General Information

**The Citizen Soldier Support Program (CSSP)** is working to connect servicemembers and their families to primary health care and behavioral health providers trained to address issues that affect military members and the people who support our Nation's troops before, during, and after deployment.

Connecting Servicemembers, Veterans, and their Families with Health Care Providers

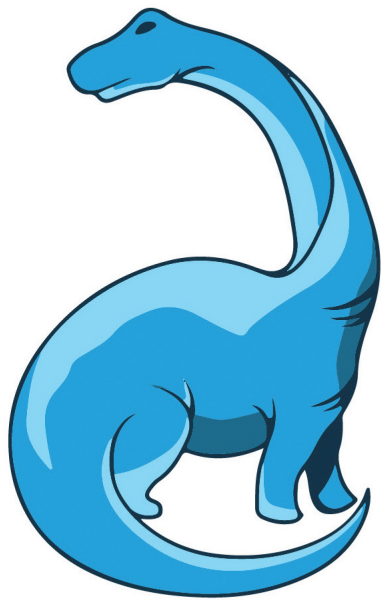
**WARWITHIN.ORG**

# Veteran Community Organizations

Organization	Contact Title/Role	Salutation	First	Last	Primary Phone	Email
Nassau Vietnam Veterans of America Chapter #82	President	Mr.	Steve	Bonom	516-286-0662	bonomsupp@optonline.net
Nassau Vietnam Veterans of America Chapter #83	First Vice President	Mr.	Richard	Guevara	316-681-8952	rguevara1945@gmail.com
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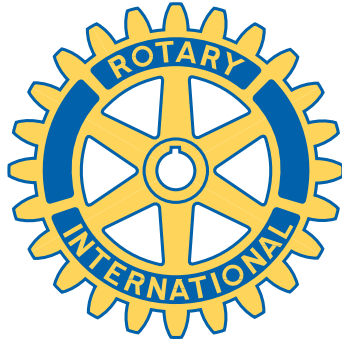
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