



In a New York Minute

"All The News you Need to Know ~ In a NY Minute"

October 2015

SUNY Buffalo Law School
The State University of New York

SUNY BUFFALO VETERANS' LEGAL CLINIC



The Veterans' Legal Clinic serves one of the most vulnerable populations in the country, who face legal issues such as landlord/tenant disputes, custody challenges, clinical proceedings, benefit denials, and bankruptcy.

Those who provided military service to this nation often find themselves facing legal problems, with nowhere to turn for help. This Clinic gives Student Attorneys the opportunity to do something about problems veterans face while gaining valuable legal experience.

Contact Us
For more information about our clinic, please contact:

Patrick J. Long, Director
John Lord O'Brian Hall,
Buffalo, NY 14260
716-645-2869
law-clinic@buffalo.edu

www.law.buffalo.edu/clinics

Heroes' Day at Liberty Ridge Farm
Liberty Ridge Farm is honoring our Active Duty Military, Veterans, First Responders and their Families

- All Heroes are FREE
- A Celebration to honor our Heroes and their Families
- Sunday October 4, 2015 10AM - 7PM
- Liberty Ridge Farm
29 Bevis Rd.
Schaghticoke, NY 12154
- Call Liberty Ridge Farm for Details: 518-664-1515
- www.LibertyRidgeFarmNY.com

2015 WINTER CLOTHING DRIVE Veterans Outreach Center Rochester

Winter is closing in on us quickly and we have male and female veterans in the Rochester area that WE need to clothe. Help us take care of those who served by donating new or lightly used winter jackets, boots, hats, gloves, and scarves.



Please help by notifying soldiers in your units. They can either donate directly to our center, your readiness NCOs can collect on drill weekend, or donations can be dropped off to Jeanna Clark at the Patriot Way Armory or I can come pick up donations.

Feel free to contact 295-7821 or by email at sean.smith@veteransoutreachcenter.org

or

Contact Jeanna at 783-5310 or by email at jeanna.c.clark.ctr@mail.mil

Thank you in advance, I know that with your support this event will be a huge success and we can come together to give back to our veterans in need.



FRESH CUT CHRISTMAS TREES
FREE! 1 PER FAMILY WITH ID CARD
(1st priority will be given to deployed families)

CALL AHEAD TO RESERVE A TREE AND TO ARRANGE A PICK-UP TIME. YOU WILL NEED TO BRING ROPE TO SECURE THE TREE TO YOUR VEHICLE.

DELIVERY DATE:
Approximately between 4-5 December 2015

Available at the following location:
184 Connecticut Street, Buffalo, NY 14213 (716) 888-5797
42 Patriot Way, Rochester, NY 14624 (585)783-5310

****THERE ARE A LIMITED AMOUNT OF TREES, SO IT WILL BE ON A FIRST-COME, FIRST SERVED BASIS.****





Community Conversations

In the weeks leading up to Veterans Day join New York State Division of Veterans' Affairs staff for a community conversation to hear about current and pending legislation that affects the Veteran's community and provide your input regarding issues impacting Veterans in New York State.

Geneseo	September 30
Westchester	October 21
Long Island	October 7
Orange County	October 28
NYC Area	October 14
NYC Area	Nov 4, 10

for more information about these events Contact 518-474-6114 or dvaoutreach1@veterans.ny.gov



ATTENTION: TRICARE Prime users
(New Enrollment Fees) FY 2016 Fees Starting October 1, 2015

*Single: \$282.60 per year *Family: \$565.20 per year

von.ahouse@martinspoint.org
www.martinspoint.org/tricare
(518) 588-4441

All Army National Guard Family Readiness Support Assistants (FRSA) under the current contracting company, will have a "Break in Service" starting COB Monday September 14, 2015.

NGB is working diligently to award the new contract. FRSA's are expected to return within 2-8 weeks.

- **Official communication relative to this break in service will come from the State Family Programs Director, Mr. John Willsey**
- If you need assistance with Family Readiness matters, please contact SFC Joseph Cousineau at 518 786-4907 or email maurice.j.cousineau.mil@mail.mil
- If you have Questions Regarding Volunteers, Training, or non-appropriated funds requests, please contact SSG Kara Livingston at 518 786-0404 or email kara.m.livingston.mil@mail.mil
- If you do not reach either of the above POCs please contact the State Family Program Family Assistance Hotline: 1-877-715-7817

For Assistance Based Needs Work with the Family Assistance Centers

Rochester 585-783-5310 Albany 518-7860-0390

Troy 518-285-5830 Buffalo 716-888-5797 NYC 646-424-5555

Syracuse 315-438-3022 Camp Smith 914-944-6592 Farmingdale 631-962-1637

Ft Hamilton 347-569-8048

Family Programs Office Toll Free 1-877-715-7817

Patriot Flight

OCTOBER 3, FLIGHT
Albany Airport

Trip of a Lifetime – Memories, Recognition and Honor

- *Veterans & Guardians receive a Patriot Flight Shirt, flight, bus ride, name tags, lunch, dinner, and snacks.
- *When the Veteran's day ends, they receive a special gift at the Airport.
- *The day's itinerary includes visits to the War Memorials and the Tomb of the Unknown Soldier.
- *We document your trip, offer a safe, memorable experience, medical personnel available.

World War II, Korean and Vietnam War Veterans are the priority order for Flights. Flying to DC is our mission. We hope to share events with other organizations that interest Veterans.

Application Procedures (for this and future flights):

- Veteran and Guardian Applications are required and available at www.Patriotflight.org
- Mail applications to Patriot Flight, PO Box 190, Delmar, NY 12054 or Email: fomservice@aol.com call: 518-439-9265

For More Information: www.Patriotflight.org

Patriot Flights: How You Can Help

We need your help to raise funds to send our Veterans on the Trip of a Lifetime.

We also welcome any fund raising ideas you may have to help us serve our Veterans.

Please send donations and make checks payable to:
Patriot Flight, Inc,
PO Box 190, Delmar, NY 12054

*Patriot Flight Inc. is a Federal Non Profit Corporation, 501(c) (3).

Web: Patriotflight.org; 518-439-9265
fomservice@aol.com



Save the Date

WHAT: **WNY-JCF "Joining Community Forces" Meeting ----- Reminder**

WHEN: **Friday, October 23, 2015 / 1:30 PM meeting!**

WHERE: **Knights of Columbus
2735 Union Rd
Cheektowaga, New York 14227**

Guest Speakers & Topics:

***Joe DeMarco - Wings Flight of Hope**, (FREE Air transport of patients who are approved to fly in need of transplants/treatments etc.),

***Knights of Columbus** (purpose and recruitment).

NOTE: The Knights of Columbus will be having a Fish Fry fund raiser following our meeting, feel free to participate, stay in or take outs available. Plenty of parking.

POC: Peter Pilc
MFAS – Military Family Assistance Specialist
716-888-5797 or peter.m.pilc.ctr@mail.mil
518-573-1741 BlackBerry



JOINING FORCES
TAKING ACTION TO SERVE
AMERICA'S MILITARY FAMILIES
JOININGFORCES.GOV

OPERATION COM

Children Of the Military

Support for our children of the military
with their own heroic journey



This group aims to help your child:

- establish positive coping skills
- encourage positive expression
- strengthen self-confidence & resiliency
- most importantly: Have Fun With Other Military Children!

Group Meetings are Friday evenings 5:30pm - 7:30pm.

Dinner 5:30, Class 6:00-7:30

Here are the 2015 dates for fall!

September 11th & 25th; October 9th & 23rd;
November 6th & 20th; December 4th & 18th

At the Veterans One-stop Center of WNY
1280 Main Street - Buffalo, NY 14209 - 2nd Floor

Please PRE-REGISTER to help us plan our activity for the evening!!

For questions and to sign-up for class, contact one of our facilitators:

Mary at 548-6606 or 898-0110

Jess at 640-3258 - (jesslafalce@yahoo.com)



The Mental Health Association of Erie County, in partnership with the Veterans One-stop Center of WNY, is proud to present this unique program. Operation C.O.M. is honored to receive funding from the PFC Joseph P. Dwyer Peer Support Program.

Stakeholders Inc.

Inaugural Town Hall on Veterans and Military Families

November 12, 2015

8:30 am- Noon

GE THEATRE, Proctors
Schenectady, NY

Members of the Public and Business Community, Government Officials, Nonprofit Leaders, and representatives from Higher Education institutions are invited to join the Stakeholders for its Inaugural Town Hall on Veterans and Military Families.

This Town Hall will be the first of several to discuss how Business, Nonprofits, Government and Higher Education can work together to support Veterans and Military Families in the Capital Region. Panelists will discuss the challenges, needs and support that is needed to better serve Veterans and their families, and engage the audience in a discussion on ideas, solutions and resources.

The inaugural Town Hall will also launch the Stakeholders Task Force on Veterans and Military Families that will convene interested members of the Stakeholders to Convene, Assess, Strategize, take Action and Report on its findings and proposed solutions.

Panelists:

James Ader, Veterans Service Officer, Albany County

Kate Dahlstedt, M.A., Soldiers Heart co-founder
Director Military Families Project, Athena's Shield

John J. Willsey, Command Sergeant Major, Retired, USA.
Director, State Family Programs, New York National Guard

Moderated by:

Catherine M. Hedgeman, Esq.
Stakeholders, CEO
Law Office of Catherine M. Hedgeman, PLLC



NEW YORK State Museum

Rain or Shine... It's Reading Time!

2nd & Last Wednesday of the Month

10:30 a.m. - 11:30 a.m. * FREE * Pre-School Age

Kid's Cove - Join Miss Ann as she reads engaging stories and then guides you through special exhibits to learn more about New York State. We can't wait to read to YOU!

Family Fun Day

The third Saturday of each month - 1-4 p.m. - FREE

Family Fun Day offers fun learning for every age. Each month, the Museum offers special programs related to one theme. Families can participate in a "make-and-take" craft activity or games

Other Calendar activities at:

<https://www.nysm.nysed.gov/calendar/index.cfm>



VETERANS HALL OPEN HOUSE

OCT. 4, 2015

10:00 - 3:00

At the Schaghticoke Fairgrounds

Veterans Hall is a group of volunteers who are thanking all veterans for their service. We are also honoring local men and women by compiling lists of Rensselaer, Saratoga, and Washington County Veterans from the Civil War to the present.

Getting your veteran's name on the list is free, easy and a good way to ensure his/her service will be remembered. For more info. Contact Jody 859-2988 or Lorraine 753-6936.

Military members and partners: Are you Expecting your First Child?



What is The Family Foundations Program?

Family Foundations (<http://familyfoundations.ssri.psu.edu/>) is a program developed at Penn State that helps couples make the transition to parenthood in a healthy way. This period, when a couple has their first child, is often quite stressful for new parents. Family Foundations has been shown to have multiple benefits including:

- Reduced parent stress, depression, and anxiety
- Better couple teamwork and support around parenting
- Reduced family violence
- Warmer and more patient parenting
- Better child self-regulation, social adjustment, and school adaptation
- Fewer child emotional and behavior problems

Why adapt the program for military families?

Military families encounter stressors and challenges that are common to all families as well as those that are unique to the military lifestyle, including multiple relocations, long duty related separations, and the challenges related to combat exposure.

Who are we looking for?

Military Members and partners who:

- Are expecting their first child (0-7 months pregnant at time of enrollment)
- Are not expecting deployment within 6 months of starting the program

What will the participants do?

Couples will complete our new interactive, online program for new parents and participate in pre- and post-test surveys/interviews.

Is there compensation?

Each person will receive \$25 for each survey/interview they complete, up to \$100 per couple.

If you are interested in participating or have any questions please contact: Michelle Hostetler at FamFound@psu.edu or 814-865-7375.

About this Project:

This work is being funded by the National Institutes of Health under a grant to Mark Feinberg, research professor at Pennsylvania State University.



OPEN HOUSE Slingerlands Fire Dept



Saturday, October 3, 2015 12pm-4pm
1520 New Scotland Rd. Slingerlands, NY

Station & Truck Tours, CPR Demos, Raffles,
Door Prizes, Refreshments, Kids' Bounce
House, Car Seat Safety & more!

Check out these Websites for Veterans' Day Discounts

<http://www.survivingthestores.com/veterans-day-coupons-freebies-deals.html>

<http://www.military.com/veterans-day/veterans-day-military-discounts.html>

<http://militarybenefits.info/veterans-day-discounts-sales-deals-free-meals/>

Join the Albany Public Library for upcoming FREE financial workshop.

\$\$\$ \$

Where Does My Money Go & How Can I Keep Track of It?

Mon, Oct 19, 6-7pm Register Online

Learn how to create a priority spending plan that enables you to save enough money to meet your goals. Presented by Michael Ibanez from ClearPoint Credit Counseling Solutions.

*For more information contact the Washington Avenue Branch Reference Department at 427-4303.

Free pizza provided for those who register ahead of time!

Albany Public Library
www.albanypubliclibrary.org
161 Washington Avenue
Albany, NY 12210
518-427-4328

SAVE THE DATE

Military In Our Communities: Continuing the Mission

Friday, October 16, 2015
8:30 a.m. - 4:00 p.m.

Goal: To enhance the awareness and knowledge of military needs and resources, and to increase the recognition of military assets to the community.

Keynote Speaker: Charles W. Hoge, Colonel, US Army (Ret.)
<http://onceawarrior.com/about>

Target Audience:

- * Clinical, Medical, Legal & Spiritual Service Providers
- * Educators, Administrators, Students
- * Anyone interested

Contact:

More Information: Dr. Barbara Trolley, btrolley@sbu.edu
Registration: Kelly Miskovski, kmiskovski@eriemha.org or call the Mental Health Association of Erie County at 716-886-1242

Registration Brochures will be available this summer.
A limited number of student scholarships will be offered.

More details to come!



The Big Apple – NY Apple Festivals



33rd Annual Great Downtown Ithaca Apple Harvest Festival
October 2 (12 - 6), October 3 (10 - 6) & October 4th (10 - 6)
<http://www.downtownithaca.com/ithaca-events/>

Amityville Apple Festival - October 3 (10 - 4)
<https://www.facebook.com/AmityvilleAppleFestival>

Hilton Apple Festival - October 3 & Oct 4
<http://www.hiltonapplefest.org/>

Warwick Apple Fest - October 4, 10 - 5
<http://www.warwickapplefest.com/>

LaFayette Apple Fest - October 10 (9 - 6) October 11 (9 - 5)
*Apple pancake breakfast starting at 7am Sat & Sun
<http://www.lafayetteapplefest.org/>

Goold Orchard Apple Festival and Crafts Show
(Castleton, NY) - October 11
<http://www.goold.com/festival.html>

For more listings of NY State Festivals: <http://www.artsandcraftshowbusiness.com/shows.aspx?state=NY>

THE BEST APPLE PICKING IN NY STATE

http://www.newyorkupstate.com/outdoors/2015/09/best_apple_picking_orchards_upstate_ny_fall_season.html

http://www.newyorkupstate.com/buffalo/2015/08/apple_orchards_buffalo_niagara_erie_country_western_ny_apple_picking_guide.html

http://www.newyorkupstate.com/rochester/2015/09/best_apple_picking_orchards_rochester_area_western_ny.html



Community Activity Center

Fort Hamilton Brooklyn, NY

Community Activity Center

124 Wainwright Drive, Brooklyn, NY 11252
Room 106 - inside Bowling Center
Office Hours: 1100-1930hrs.
POC: Bilqis Benu
Phone: 718 - 630 -4916
Email: bilqis.z.benu.civ@mail.mil

UPCOMING TRIPS



Octoberfest, Aviator Bklyn

- Occurs: 3 OCT / 11-6pm
 - All: \$50
 - Registration Minimum: 8
- *Includes tent, games, refreshments & band

Fishing at the Bay, Bklyn

- Occurs: 10 OCT / 8-4pm
 - All: \$55
 - Registration Max: 15
- *Includes all equipment

City Rover Walking Tour, NY

- Occurs: 17 OCT / 11 - 3pm
 - All: \$50
 - Registration Minimum: 8
- *Private Tour Guide, Lunch and Water

Haunted House & Corn Maze,

- Barton Orchards Poughquag NY
- Occurs: 24 OCT / 8 - 6pm
- Active Duty \$15/Others \$20
- Registration Minimum: 8

Departure Location:

Lane 8 Bowling Center Lobby

Please arrive 10 min. before listed time

UPCOMING TRIPS



Murder & Mayhem, Sleepy Hollow

- *Private Tour
- Occurs: 29 OCT / 7-10pm
- All: \$30
- Registration: 8 - 15

Zip Line and Climb, Ally Pond Park, Queens NY

- Occurs: 18th & 23rd OCT / 8 - 1 pm
- Active Duty: \$7 / Others: \$10
- Registration Maximum: 4

Black Ops - Indoor Extreme Sports, II

- Occurs: 6 Nov / TBD
- Active Duty \$32/Others \$37
- Registration Minimum: 10

Indoor Water Park, Greek Peak Mountain Resort

- Occurs: 14 Nov / TBD
- Active Duty \$20/Others \$25
- Registration Minimum: 8

Refunds & Exchanges:

All sales are final. No refunds unless trip is cancelled.



Naval Support Activity MWR Office
3569 Galway Road
Ballston Spa, NY 12020
518 885-5138 ext. 1

E-mail us at: nsamwr@navy.mil

http://www.cnic.navy.mil/regions/cnrma/installations/nsa_saratoga_springs/ffr/things_to_do.html

for MWR Hours of Operation

Rec Center is open from 0900-1600 Monday through Friday.

The Rec Center is co-located with the Barber Shop.

The following are available: pool table, air hockey, ping-pong, foosball, Wii, X-Box, computers, reading library and a large screen TV. New books arrive monthly.

The small Rec Center Office also sells tickets offered at the main ITT Office on Galway Road. At present they have Regal movie tickets (\$9.00) and Bow Tie movie tickets (\$8.00).



In 2014 ARNG lost 87 Service Members to Suicide, in 2013 we lost 134 Service Members . Our battle continues in the fight against suicide, stigma, and resources. Please consider joining our local military team:

;**WGY6**

(We Got Your Six) **The semicolon represents suicide survivors

Contact Julie Upstill, Suicide Prevention Program Manager at 786-4661

Walk to Fight Suicide

Out of the Darkness Community Walks

Suicide prevention starts with everyday heroes like you. You'll raise money for critical research and prevention programs, and show your community that you support a culture that's smart about mental health.

October 18, 2015

Saratoga County Fairgrounds
Ballston Spa, NY

Contact: Laura Marx, lmarx@afsp.org

Registration Time: 9:00 am

Walk Time: 10:30 am

Register: www.afsp.org/crnywalks



Construction Exchange Military Scholarship Program

Veterans and current active members of the US Armed Forces have sacrificed greatly to protect the freedoms that we hold dear. Say thank you by helping them further their education, ensuring a brighter future for themselves in the construction industry.

Your sponsorship of the Construction Exchange Military Scholarship program will pay for one veteran or active member of the US Armed Forces to participate in the AGC Supervisory Training Program (STP). The AGC STP is the benchmark for professional development in the industry and has been completed by more than 130,000 construction supervisors and managers. The program is completed over the course of a year with 90 hours of in-class training taught by seasoned industry experts.

Service members transitioning from the military today are some of the most educated, technically savvy and professionally qualified the armed forces have ever produced. Support them in their efforts to put their skills to good use in a fulfilling career in construction.

In order to qualify for the scholarship, applicants will provide proof of honorable discharge or current active military service and write a brief essay on how the scholarship and the AGC STP program will help them achieve their goals. Recipients will also be required to agree to complete the full AGC STP program.

If you would like to support a veteran in their pursuit of advancement in the construction industry, please complete the information below and return with payment to the address below. The full six unit STP program costs \$1,050.

\$1,050 – Gold sponsor \$500 – Silver sponsor \$250 – Bronze sponsor

Company Name: _____

Contact Name: _____

Address: _____

Phone: _____ Email: _____

Veterans and current active service members interested in applying should send a copy of their DD214 or a signed letter from Command certifying active duty status, and a brief essay on how the scholarship and the AGC STP program will help them achieve their goals to the address below, attention Joe Benedict.

Construction Industry Education Foundation
2560 William Street, Cheektowaga, NY 14227
Ph: (716) 874-3435 Fax: (716) 875-4412
www.conexbuff.com

Albany Law School Veteran's Rights Project

Albany Law School is hosting a Veteran's Service Day on November 14, from 9 AM to 4 PM

If you are a Veteran with a legal issue and you would like to meet with a volunteer attorney for a free appointment, please contact **207-841-7462** or ihunter@albanylaw.edu to reserve an appointment. First come, first served.

The program is open to all Veterans seeking general legal help, including areas around employment, business and more.

This event is made possible through generous community support. Visit www.albanylaw.edu/veterans or www.facebook.com/alsveterans for more information.

LOCATION: ALBANY LAW SCHOOL, 80 NEW SCOTLAND AVE, ALBANY, NY 12208

ALBANY LAW SCHOOL
PRO BONO PROGRAM



Macy's Thanksgiving Day Parade

HAI (www.hainyc.org) is again graciously offering to share their large reserved viewing space on (TBD/Manhattan) for this year's Macy's Thanksgiving Day Parade on Thursday, 26 November 2015. This location is sidewalk standing room only.

If you are available and interested in submitting a request for a chance to participate, please e-mail betty.a.eissfeld.ctr@mail.mil with the following information NO LATER THAN 12:00 PM ON SUNDAY, 22 NOVEMBER 2015:

- 1) Requester's Name
- 2) Service Member/Veteran's name
- 3) Military unit, component and branch
- 4) TOTAL number of guests in group, including requester
- 5) Priority Status:
 - A. Immediate Family members of Deployed Service Members/DoD employees OR Surviving Dependents of Fallen Service Members/DoD Employees;
 - B. Wounded Service Members in WTU or similar program, and their immediate Family members;
 - C. Veterans/Service Members/DoD recently returned from active/deployment (within 1 yr) and their immediate Family members;
 - D. Service Members preparing to mobilize/deploy and their immediate Family members, and
 - E. All other Guard/Reserve/Active/Veterans and their immediate Family members.
- 6) If you or a guest has a disability restricting standing



Please note -

***You will be notified by e-mail if your request was chosen approximately 3 days prior to the event**

***Location, arrival time and other details will be shared via e-mail to those selected
Respectfully, please only e-mail ONE request per family. This is a popular event and your patience is appreciated**

***General parade information can be found at Macy's website here:
<http://social.macys.com/parade>**



November 3, 2015 General Election

GENERAL ELECTION DEADLINES

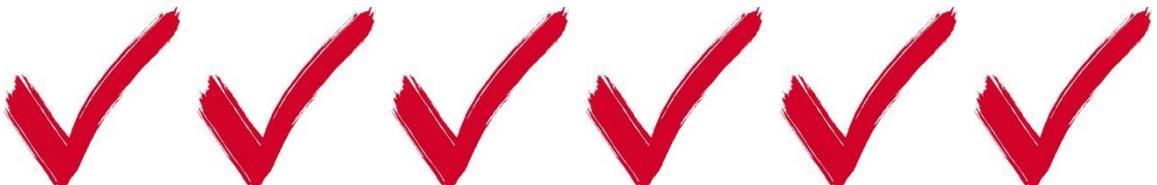
- **MAIL REGISTRATION (N.Y. Election Law Section 5-210(3))**
Applications must be postmarked no later than October 9th and received by a board of elections no later than October 14th to be eligible to vote in the General Election.
- **IN PERSON REGISTRATION (N.Y. Election Law Sections 5-210, 5-211, 5-212)**
To be eligible to vote in the November General Election, your application must be received no later than October 9th except, if you have been honorably discharged from the military or have become a naturalized citizen since October 9th, you may register in person at the board of elections up until October 24th.
- **CHANGE OF ADDRESS (N.Y. Election Law Section 5-208(3))**
Notices of change of address from registered voters received by October 14th by a county board of elections must be processed and entered in the records in time for the General Election.

GENERAL ELECTION ABSENTEE BALLOT DEADLINES

- Oct 27 - Last Day to postmark an application or letter of application by mail for an absentee ballot.
- Nov 2 - Last Day to apply IN-PERSON for absentee ballot
- Nov 2 - Last Day to postmark ballot. Must be received by the local Board of Elections NLT Nov 12. Military Voter Ballots must be received NLT Nov 17
- Nov 3 - Last Day to deliver ballot IN-PERSON to the local Board of Elections (by someone other than voter)

For More Information go to: <http://www.elections.ny.gov/VotingRegister.html>

Military and Overseas Federal Voting: <http://www.elections.ny.gov/VotingMilitaryFed.html>



October is Breast Cancer Awareness Month

Mammography

VA recommends all women between the ages of 40 and 75 get mammograms every two years. A mammogram is an x-ray of the breast and is one of the most common screenings for breast cancer. Routine screenings can often find breast cancer early and make treatment more successful. Early detection and knowing how to reduce your chances of getting breast cancer is a very serious matter, this is because about one in eight U.S. women will get breast cancer over the course of their lifetime.

Mammograms can detect a lump in the breast up to two years before it can be felt, improving the chances for successful elimination of the cancerous tissue.

Albany Stratton VA Medical Center provides FREE mammograms for all enrolled female Veterans.

In addition to accredited **3D Tomosynthesis** mammography service, Albany Stratton VA Medical Center also offers the following breast care services:

- Breast self-examination education
- Breast ultrasound
- Breast surgery (biopsy, mastectomies, reconstruction)
- Full range of cancer treatment (radiation therapy, chemotherapy)

Contact the Mammography Service at **518-626-6337** for more information on breast health and cancer screenings and other locations for free screenings throughout NY State.

http://www.va.gov/QUALITYOFCARE/education/Breast_Cancer_Awareness_Month.asp

Making Strides Against Breast Cancer

Making Strides Against Breast Cancer walks are the largest network of breast cancer awareness events in the nation, uniting nearly 300 communities with a shared determination to finish the fight against breast cancer. Passionate walk participants raise critical funds that enable the American Cancer Society to fund groundbreaking breast cancer research; provide free, comprehensive information and support to those touched by breast cancer; and help people take steps to reduce their breast cancer risk or find it early when it is most treatable.

To find an event near you:



www.makingstrideswalk.org/

**October is Breast Cancer Awareness Month
National Mammography Day is October 16, 2015.**

A Message from Albany Stratton VA:

In the Capitol District Female Veteran Community there is additional celebration at the Albany Stratton VA Medical Center's Mammography Center, which is on its twenty first year of mammography certification and its addition of a new 3D Tomosynthesis unit. This is the 14th VA to receive a full ACR reaccreditation with a Tomosynthesis unit in an on-site hospital VA System. The Stratton VA honors female Veterans service and is historically founded by female Veterans who rallied for their own breast screening facility! With that genesis innumerable female Service Members have supported VA Women's Healthcare and entered the system with mammography screening as their initial experience after meeting with a VA primary physician. The Stratton VA also has a Women's Health Center wing which incorporates a full-time, all women team including female providers, a gynecologist and Veteran nurses.

This special healthcare for female Veterans is showcased in our acquisition of a 3D mammography system, purchased by our Director Linda Weiss, that does stellar two dimensional digital imaging and moving three dimensional imaging that can detect 41% sooner invasive cancers, a 29% increase in the detection of all cancers and diminish recall views 20% to 40%, significantly reducing biopsy rates. Better sensitivity translates into saved lives and we screen everyone with 3D imaging, which is clearly supported by the American College of Radiology. The American Cancer Society, the American College of Surgeons and The American College of Gynecology all uniformly support screening yearly beginning at age forty, in addition to conversations with their providers on risk factors, breast density, additional complimentary imaging of breast MRIs for very dense breasts, diagnostic bilateral ultrasounds, and imaging frequency to facilitate early detection of breast cancer.

At Stratton VA we cherish the grassroots support of many NYS female Veterans, including our NYS National Guard members who have looked into VA eligibility and chosen to utilize our medical center. We have a long history with partnering with the military affairs staff, particularly of note, our mutual coordinated outreach with a NYS National Guard Army Blackhawk Helicopter was utilized to assist in our VA Outreach of Breast Cancer Awareness with the local American Cancer Society's "Making Strides Against Breast Cancer" community event in 2000! Sharing our mission and health initiatives, we have impacted National Guard members and their families, as they choose our VA healthcare for local VA wellness, provided with the unique edge of honoring the military lifestyle.

Feel free to join VA on line at www.albany.va.gov, or at facebook at www.facebook.com/VAAlbany, or call our **Lead Mammographer Linda Carpinello-Dillenbeck R.T.(R)(M)** for more information about getting a VA mammogram at **518-626-6337**. Her goal is to diminish the burden of breast cancer in her community of Veterans and VA family community members through her expertise! As the daughter of a WWII Army Ranger, she comprehends the contributions of Veterans and looks forward to making the Gold Standard 3D tomosynthesis of new mammography imaging available to all eligible service members!

OIF/EIF recently returned and interested in transitioning to VA care, contact **Leah MacDonald at 518-626-MyVA (6982)**.

KIDS CORNER



Fall Activities Websites – FREE STUFF TO DO!

Buffalo Area: <http://fun4kidsinbuffalo.com/>

Rochester: <http://www.rocparent.com/search/event/free-events/#>

<http://rochester.kidsoutandabout.com/>

Syracuse: <http://www.newyorkupstate.com/syracuse/>

NYC: <http://mommypoppins.com/>

Capital Region: <http://www.albany.com/fall/>

NY State: ** 3rd & 4th graders - FREE SKIING THIS WINTER!! <https://www.iskiny.com/ski-deals/free-kids-program>

October 2
World Smile Day

October 4
National Taco Day

October 5
Do Something Nice Day

October 8
Fluffernutter Day
Moldy Cheese Day

October 13
Train Your Brain Day

October 14
National Fossil Day
National Stop Bullying Day

October 16
National Dictionary Day

October 24
National Bologna Day
Make a Difference Day

October 29
National Cat Day
National Oatmeal Day

October 31
Halloween



HALLOWEEN Pet Safety Tips

NO SWEETS FOR YOUR SWEETIE
Keep your pets away from candy (especially chocolate); avoid placing bowls on the ground.

KEEP PUMPKIN AWAY FROM THE PUMPKIN
Decorative plants can be toxic candle-lit jack-o-lanterns are fire hazards if tipped over.

COSTUMES ARE OPTIONAL
Don't force on an unwanted costume. Most pets prefer birthday suits.

NO TRICK OR TREATER GREETERS
The front door is a high traffic area. Doorbells and knocks can upset even the friendliest pets.

MUST SHOW I.D.
Spooked pets can get lost. Microchip and tag them in case they get out.

PARTY POOPERS ARE OK
Some pets are happier in a quiet room away from the party.

NEW YORK State Museum

Monster Mash and Bash

Saturday, October 24 and Sunday October 25

Noon - 4p.m. 4th Floor Terrace

Children, toddler through 10 years old

Fee: \$5/child, ages 2 and older. *Cash Only

Celebrate Halloween with the NYS Museum! Wear your costume and get ready for a fun-filled afternoon featuring wacky games, dancing and exploring unusual artifacts from the Museum's History collection.

Activities include:

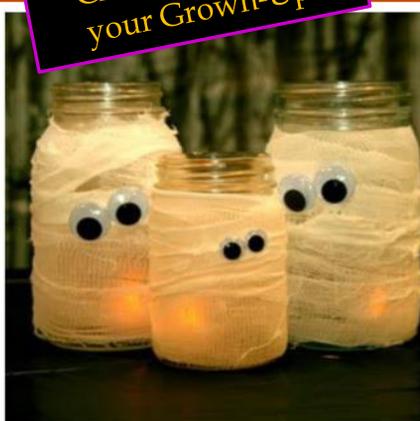
Creative Art projects * Halloween Bingo * Spooky Story Telling * Stack the Crazy Critters * Photo area

Parade time is 2 p.m.

KIDS CORNER



Crafts to do with your Grown-Up



This Halloween, make some cute mummy jars to light your home. They're so easy, you'll be able to make some for yourself and some as a hostess gift.

What You'll Need:

Glass canning jars
Paint Brush
Medical gauze
Mod Podge or other crafting glue
Googly eyes

Directions:

1. Pick a jar: Choose something like a pickle or baby food jar. Wash and dry it well, being sure to remove any outside labels.

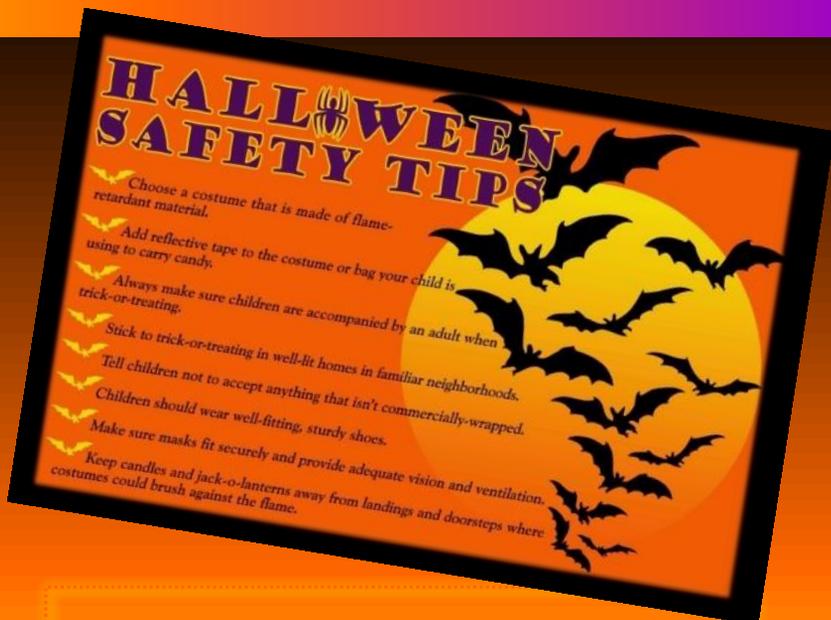
2. Coat the surface: Use a paintbrush to apply a thin layer of mod podge or other crafting glue to the outside of the jar.

3. Wrap it up: Begin to wrap gauze starting at the bottom and working up. Add more mod podge between layered strips (make sure each layer is over lapping). You can stop wrapping when you reach the top of the jar, or continue wrapping until your satisfied. The amount of light shining through the jar will depend on how much you wrap it.

4. Seal it: Apply another coat of mod podge over the entire surface (targeting areas where the gauze overlaps) to make sure everything is stuck down.

5. Add googly eyes: For a final touch, use a little more mod podge to stick on a set of googly eyes. Get creative by using different sizes, shapes, and colors for each vessel.

source & photo credit: [Crafts reDesigned](#)



- Choose a costume that is made of flame-retardant material.
- Add reflective tape to the costume or bag your child is using to carry candy.
- Always make sure children are accompanied by an adult when trick-or-treating.
- Stick to trick-or-treating in well-lit homes in familiar neighborhoods.
- Tell children not to accept anything that isn't commercially-wrapped.
- Children should wear well-fitting, sturdy shoes.
- Make sure masks fit securely and provide adequate vision and ventilation.
- Keep candles and jack-o-lanterns away from landings and doorsteps where costumes could brush against the flame.

Fire Safety Week October 4-10

- Don't touch matches, lighters or candles.
- Don't play around in the Kitchen – ask a Grown-up to help
- Make an escape plan with your family and choose a meeting place. Practice!
- Help your Grown-ups test the Smoke Alarms each and every month - change the Batteries twice a year
- If there is a fire – get out fast! Follow your escape route.
- Feel a door before you open it. If it is hot, there may be fire on the other side. Try to get out another way.
- Stay low to the floor. Since smoke rises, the safest air for breathing is down low.
- Know how to call 9-1-1 but never call unless it is an EMERGENCY!
- Help your Grown-ups put together an emergency supply kit including food, clothing, water and safety supplies
- for more fire safety tips go to: <http://pbskids.org/arthur/firesafety/>

