

THE SYRACUSE VET CENTER

Quarterly, January 2021

Vet Center Mission

To welcome home and honor those who served, those still serving, and their families, by reaching out to them, engaging their communities, and providing them with quality readjustment counseling and timely referral.

Virtual Groups Being Offered:

Anger Management

Socialization

Book Club

CBT for Depression

Photography

Vet Center Team: (315) 478-7127

Frank Salvatore

Director & Licensed Clinical
Social Worker

Dr. Allan Landes

Psychologist

Dr. Laura Hayward

Psychologist

Stephen Lockwood

Office Manager

Dr. Amber Oliver

Licensed Clinical Social Worker

Richard Purcell

Veterans Outreach Specialist

Michelle Rossi

Licensed Marriage and Family
Therapist

Ashley Dailey

Social Worker Intern

Bonita Sur

Psychologist Intern

Director's Comments

With 2020 behind us many of us may be doing so with a sigh of relief, while others may be grieving losses over the past year. With FDA approved vaccines now being administered, hopefully we will be able to get the pandemic under control quickly and start a return to normality. Until that happens, we will continue with virtual appointments for the safety of our veterans. To help address the challenge of social isolation that many are feeling, we continue to hold virtual groups. One such group is the virtual photography group that has shared some of their wonderful work in this newsletter. In addition we will be offering a new virtual reading group that I invite you to explore. I hope everyone enjoyed their respective holidays and I wish you all a happy New Year.



"Operation Giving Thanks"

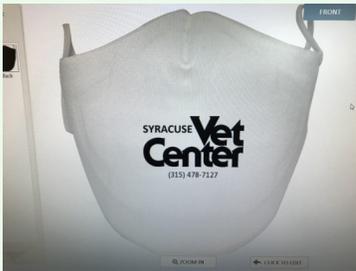
Thanks to the generosity of our community partners, we were able to add a little holiday cheer to 45 Veterans and their families. A big salute goes out to the: Elks-Camillus, Feed Our Vets, Cpl. Kyle Schneider Foundation, American Red Cross, VVA Chapter 103, the U.S. Post Office- North Syracuse and the Syracuse University Institute for Veterans & Military Families.

VET Center Call Center: 1-877-WAR-VETS is an around the clock confidential call center where combat veterans and their families can call to talk about their military experiences or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat veterans and family members from several eras.

Important Phone Numbers:



The DAV offers free transportation for your VA eligible, Vet Center appointment. To reserve a seat, please call (315)425-4352.



Please be Safe!
Wash your hands
Practice social distancing,
not social isolation



109 Pine Street,
Syracuse 13210
(315) 478-7127

Virtual Program Seminar

Back by popular demand! This winter, we will be hosting three seminars: January 22 at 12:00 PM, February 9 at 11:00 AM, and March 16 at 5:30 PM. The purpose of these seminars is to provide you with valuable information on the services the Vet Center and our community partners offer. Some of the topics we will be covering include: Vet Center Mission, Eligibility and Services. We will also cover in great detail our twenty seven community partners! Send RSVP to Richard.Purcell@va.gov.

Virtual Veterans Legal Clinic

Attorney John Powers and his associates will be hosting a virtual Veteran's Pro Bono Legal Clinic starting January 6, 2021 at 6:00 PM via Zoom. It will continue to be held monthly on the first Wednesday of the month.

Virtual Community Engagement Board Meeting

We value your service and would love your input! Please join us as we explore ways to improve services at our Vet Center. Our next meeting will be held on June 8, 2021 at 4:00 PM. Send RSVP to Richard.Purcell@va.gov.

Virtual Socialization Group

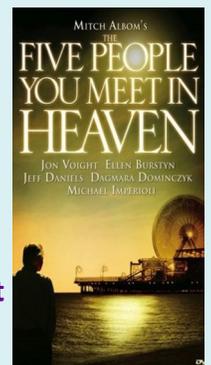
Do you miss socializing with other Veterans? Join Dr. Oliver for a virtual drop-in group every other Friday from 12:30—2:00 PM. No commitment, attend as you like. If interested, please contact the Vet Center.

Financial Challenges?

Two of our community partners offer emergency food assistance. The Feed Our Vets Organization hosts a Veterans Food Pantry every Wednesday from 2:45 PM—5:45 PM. They are located at 587 Main Street, New York Mills. Please bring proof of military service and bags for your groceries. The Clear Path for Veterans Organization provides food sustainment boxes. For more information, please contact Feed Our Vets at (315) 982-0698 and Clear Path for Veterans at (315) 687-3300.

Virtual Book Club

We're excited to announce that the Vet Center will be starting a new virtual book club beginning January 21, 2021. We will meet weekly, every Thursday from 10 to 11 a.m. Make reading a part of your New Year resolution! Our first book selection will be 'The Five People you Meet in Heaven' by Mitch Albom. For more information please contact Michelle Rossi, (315) 478-7127.



Photography Group



Virtual Photography Group

The Syracuse Vet Center now offers a bi-weekly photography group at 10 a.m. on Fridays. We have an array of differing skill levels, making the group fun and educational. Each group explores different aspects of photography and how to integrate them when taking photos. For more information, contact Dr. Amber Oliver at [315-478-7127](tel:315-478-7127). See what our members have to say and enjoy some of their work!



"I have always been a shoot what you see type of photographer but Dr. Oliver's photography class has taught me to push past my comfort zone and think outside the box when taking photos" (Veteran Don F.)



"At the Vet Centers photography course we are learning how to take creative pictures that make us feel something. This picture of the bowls started out as a regular color Thanksgiving picture focusing on the pie, but with a little editing I was able to change the angle, to draw your eyes towards the bowls and their shadows. Sometimes black and white photography can be as interesting as color. It depends on what you want your audience to see and feel." (Veteran Diane G.)

Photography Group



“I enjoy being a member of the Vet Center Photography Club. I’m making more friends and it gives me a chance to interface with people who understand me better than my own family. It also gives me an escape from this crazy world. Searching for that perfect shot, no matter if it’s a quiet nature landscape, or a fast paced action shot. It’s the end results we all like best. Capturing something which only last a second in time, and then it’s gone for all eternity. But the best part is being able to share my 40+ years photography experience with others who are as passionate about photography as I am. Watch for our photos, online or at local art shows, it a way for us to measure our skills and interface with others and gain new techniques. Last but not least, it doesn’t take fancy equipment or high end gear to do what we do. Your desire and your basic phone camera will do just fine. Technique is more important, and we can teach you that in a very short period of time”. (Veteran Mike R.)



(Veteran Peter R.) “This is a great opportunity for Veterans to learn a great relaxing and rewarding hobby”!

(Jean R.) “I am a spouse to a Veteran at the Vet Center and it is awesome that I can be in the group along with my husband”!