



Rensselaer County Veterans Newsletter

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KATHLEEN M. JIMINO
County Executive

PETER K. GOEBEL
Director

Rensselaer County
Unified Family Services
Veterans Service Agency
1600 Seventh Avenue
Troy, NY 12180
Phone: (518) 270-2760
FAX: (518) 270-2956
Www.rensco.com

VET CENTER

What is readjustment counseling?

Readjustment counseling is a wide range of psycho social services offered to eligible Veterans and their families in the effort to make a successful transition from military to civilian life. They include:

- Individual and group counseling for Veterans and their families
- Family counseling for military related issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Outreach and education including PDHRA, community events, etc.
- Substance abuse assessment and referral
- Employment assessment & referral
- VBA benefits explanation and referral
- Screening & referral for medical issues including TBI, depression, etc.

Does VA have readjustment counseling for family members?

Family members of combat veterans have been eligible for Vet Center readjustment counseling services for military related issues since 1979.

Am I eligible for Vet Center readjustment counseling?

If you, or a family member, served in any combat zone and received a military campaign ribbon (Vietnam, Southwest Asia, OEF, OIF, etc.) then your family is eligible for Vet Center services.

Where is counseling offered?

VA's readjustment counseling is provided at community-based Vet Centers located near veterans and their families. All Vet Center services are prepaid through military service. Contact your nearest Vet Center through information provided in the Vet Center Directory or listings in your local blue pages. Vet Center staff are available toll free and around the clock at 877-WAR-VETS (927-8387).

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Van Transportation...

- * *Don't drive* and need to get to the VA Medical Center?
- * We offer complimentary van transportation to and from the VAMC for *most morning* medical appointments.

For more information please call (518) 270-2760.



VETERANS CRISIS LINE

1-800-273-8255
PRESS 1

**Confidential chat at
Veterans CrisisLine.net
or text to 838255**
TTY service 1-800-799-4889

Confidential support 24
hours a day, 7 days a
week, 365 days a year,
for veterans and their
loved ones

Are Vet Centers open during non traditional hours?

Yes, all Vet Centers maintain non-traditional appointment schedules, after normal business hours, to accommodate the schedules of Veterans and their family members.

If you have served in any combat zone (listed below), we are in your community to help you and your family with readjustment counseling and outreach services.

WORLD WAR II - Three eligible categories :

European-African-Middle Eastern Campaign-Medal (7 Dec. 1941 to 8 Nov. 1945),or

Asiatic - Pacific Campaign Medal (7 Dec. 1941 to 2 Mar. 1946), or

American Campaign Medal (7 Dec. 1941 to 2 Mar. 1946)

AMERICAN MERCHANT MARINE – In oceangoing service during the period of armed conflict, 7 Dec. 1941 to 15 Aug. 1945

KOREAN WAR - 27 June 1950 to - 27 July 1954 (eligible for the Korean Service Medal)

VIETNAM WAR - 28 Feb. 1961 to 7 May 1975

LEBANON - 25 Aug. 1982 to 26 Feb. 1984

GRENADA - 23 Oct. 1983 to 21 Nov. 1983

PANAMA - 20 Dec. 1989 to 31 Jan. 1990

PERSIAN GULF - 2 Aug. 1990 to

SOMALIA - 17 Sept. 1992 to

BOSNIA - 21 Nov. 1995 to 01 Nov. 2007

KOSOVO - 24 Mar. 1999 to

OPERATION ENDURING FREEDOM- 7 Oct. 2001 to

OPERATION IRAQI FREEDOM - 19 Mar. 2003 to 17 Feb. 2010

OPERATION NEW DAWN - 17 Feb. 2010 to

OPERATION JOINT ENDEAVOR, OPERATION JOINT GUARD, & OPERATION JOINT FORGE - Veterans who participated in one or more of the three successive operations in the former Yugoslavia (Bosnia-Herzegovina and Croatia, aboard U.S. Naval vessels operating in the Adriatic Sea, or air spaces above those areas). Veterans who served or have served in Kosovo either in its waters or airspace after March 24, 1999, and before a terminal date yet to be established.

GLOBAL WAR ON TERRORISM - Veterans who serve or have served in military expeditions to combat terrorism on or after September 11, 2001 and before a terminal date yet to be established.

Includes **OPERATION ENDURING FREEDOM, OPERATION IRAQI FREEDOM & OPERATION NEW DAWN.**

SEXUAL TRAUMA AND HARASSMENT COUNSELING - veterans of both sexes, all eras Vet Center services include individual readjustment counseling, referral for benefits assistance, group readjustment counseling, liaison with community agencies, marital and family counseling, substance abuse information and referral, job counseling and placement, sexual trauma counseling, and community education.

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BEREAVEMENT COUNSELING - Bereavement counseling is offered to parents, siblings, spouses and children of Armed Forces personnel who die in the service to our country. Also eligible are family members of Reservists and National Guardsmen who die while on federally activated duty.

**Vet Center
17 Computer Drive West
Albany, NY 12205**

Phone: 518-626-5130 Or 877-927-8387

Fax: 518-458-8613

Monday: 8:30 am - 8:30 pm

Tuesday: 8:30 am - 8:30 pm

Wednesday: 8:30 am - 8:30 pm

Thursday: 8:00 am - 5:00 pm

Friday: 8:30 am - 5:00 pm

Saturday: Closed

Sunday: Closed

In an effort to better serve the veteran and family members, upon request Vet Centers will provide services after normal work hours and/or on weekends.

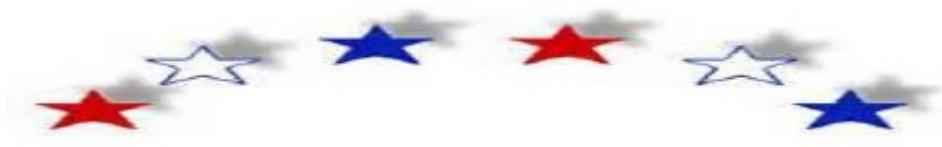
A Message From Rensselaer County Executive Kathleen M. Jimino.....

Happy New Year!!! As we all reminisce about the festivities of the recent holiday season and prepare for all of the winter storms coming our way I want to highlight the importance of checking in with our Veterans Service Agency. It is vital that from time to time you update us on any changes that may have taken place to ensure you are receiving all of the benefits you are eligible for due to your service to our nation. We are here to help in any way we can and having your current information will ensure that!

Thank you again for your service to our nation and a hope for a healthy and happy 2016!

Kathy Jimino

Kathy Jimino



THINKING OF STARTING YOUR OWN BUSINESS?



THE SBDC, VBOC, SBA & THE ARSENAL BUSINESS AND TECHNOLOGY PARTNERSHIP PRESENT A FREE ONE-WEEK LUNCH TIME PROGRAM FOR VETERANS WHO WANT TO START, EXPAND OR PURCHASE A SMALL BUSINESS.

MEETS MONDAY - FRIDAY Feb. 8-12, 2016
FROM 11:30 AM - 1:00 PM – LUNCH PROVIDED AT NO COST
AT THE MICHAEL R. McNULTY CENTER
FOR VETERAN ENTREPRENEURIAL ACTIVITY
LOCATED AT THE WATERVLIET ARSENAL

Registration required by February 3, 2016 Please contact Amy Amoroso
aamoroso@albany.edu / 518-380-5069
OR
Kathy Caruso
kcaruso@arsenalpartnership.com / 518-326-5522



Upcoming Events...



Call our office to inquiry about listing your event (518)270-2760

February 8th-12th...Boots To Business Reboot @ the Michael R. McNulty Center

February 8th... Honor-A-Deceased Veteran Ceremony-County Legislative Chambers at 8:15 am...

Stanton Burdick, USA, Korea

March 14th...Honor-A-Deceased Veteran Ceremony-County Legislative Chambers at 8:15 am...

William J. Baker, USA, WWII