



# RENSSELAER COUNTY VETERANS NEWSLETTER

KATHLEEN M. JIMINO  
County Executive

Peter K. Goebel  
Director

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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](http://www.rensco.com)

## Van Transportation...

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

For more details please call 270-2760.



## VETERANS CRISIS LINE

1-800-273-8255  
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\*\*Confidential chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.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.

## No One Left Behind 5K Race/Run and Children's Obstacle Course

**Saturday, May 16th**  
**Grafton Lakes State Park**

100 Grafton Lakes State Park Way ~ Cropseyville, NY

### 5K Race

Registration at 9 am ~ Race begins at 10 am ~ Awards at 11 am  
Course is a combination of paved and wooded trails and will be digitally timed by Albany Running Exchange Event Production.  
\$15 when registering by May 15th ~ \$20 day of the event

### Children's Obstacle Course

Obstacle Course runs 9 am to 11 am ~ Open to youth 12 and under  
\$5 when registering by May 15th ~ \$10 day of the event

\*\*\*Park entrance fee is included in registration  
Spectators/visitors will be charged \$6 park entrance fee per vehicle.

To register, visit [www.heroesathomerensco.com](http://www.heroesathomerensco.com)

Questions: call 518.279.7861 or

E-mail [heroesathomerensco@gmail.com](mailto:heroesathomerensco@gmail.com)

## **THE LONG WALK**

**WORLD PREMIERE**

**Friday, July 10th @ 7:30 PM @ *The Spa Little Theater, in Spa State Park, 21 Roosevelt Dr., Saratoga Springs***

**Based on the book *The Long Walk: A Story of War and the Life that Follows* by Brian Castner  
Tickets range from : \$50 to \$95 for more info please call (518) 584-6018**

***The Long Walk* is a new opera by composer Jeremy Howard and librettist Stephanie Fleischmann, which is based on Brian Castner's critically acclaimed book of the same name. The opera is a deeply personal exploration of a soldier's return from Iraq where he served as an officer in an Explosive Ordnance Disposal unit and his battle with what he calls "the Crazy" as he tries to reintegrate into his family life upon returning from the war. Opera Saratoga is honored to present the world premiere of *The Long Walk* in partnership with American Lyric Theater. Internationally renowned theater and opera director David Schweizer makes his Opera Saratoga debut, with celebrated American conductor Steven Osgood on the podium. Grammy Award winning Baritone Daniel Belcher returns to Opera Saratoga to create the role of Brian, alongside mezzo-soprano Heather Johnson, who makes her company debut as his wife Jessie. The cast also includes the company debuts of sopranos Caroline Worra and Donita Valkwijn, tenors David Blalock and Javier Abreu, and bass baritone Justin Hopkins.**

## **OF ARMS AND THE MAN I SING**

**Sunday, July 12th @ 2 PM @ *The New York State Military Museum and Veterans Research Center, 61 Lake Ave., Saratoga Springs***

**Opera Saratoga's world premiere production of *The Long Walk* builds upon a rich and important history of operas that explore the dynamics of war, and the emotional journeys our soldiers take in their efforts to protect our freedom. Join us for a special concert featuring members of the company's Young Artist Program, featuring excerpts from operas from *Monteverdi's Il ritorno di Ulysses in Patria*, to the 2012 Pulitzer Prize award winning American masterpiece *Silent Night* by Kevin Puts and Mark Campbell.**

## **A WORLD WAR I TRIBUTE with Baritone John Brancy**

**Thursday, July 16th @ 8 PM @ *The New York State Military Museum and Veterans Research Center, 61 Lake Ave., Saratoga Springs***

**Advance Purchase Single Tickets: \$20- Subscriber Discount Tickets: \$15-Tickets at Door, subject to availability: \$25**

**Baritone John Brancy is a fast-rising star making his debut with Opera Saratoga this summer. This season, John is also making important recital debuts at The Kennedy Center and Carnegie Hall, so we couldn't resist the opportunity to present him in recital and share a very special program with our community. John has put together a journey into the music of WWI—revealing the thoughts, emotions and psyche of the great composers during that tremulous time. The program will include a performance of George Butterworth's (who died in combat during the Battle of Somme in 1916) famously beautiful settings of poetry from A.E. Housman's *A Shropshire Lad*, as well as songs by Gerald Finzi, Claude Debussy, Carl Orff, and Charles Ives.**

## A Message from Rensselaer County Executive Kathleen M. Jimino

Every May communities and families gather to observe Memorial Day. This is a day when we honor those who have fallen while fighting for the freedoms we hold so dear. Once again this year I will have the distinct honor of participating in a number of parades and community events marking this solemn day and bestowing the gratitude of a thankful county to the men and women who have served or still serve in our Armed Forces. And for that opportunity I am truly thankful.

I would like to offer my sincere thanks to all of the groups and individuals who organize and coordinate the various parades, memorial services and other events. It is those efforts that provide us all yet another opportunity to thank our veterans and the members of our military for their selfless acts and to express our appreciation to the families of those who made the ultimate sacrifice in defense of our freedom.

Sincerely,

*Kathleen M. Jimino*

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### MARCHERS WANTED



June 14, 2015, Annual Troy Flag Day Parade.  
Rensselaer County Veterans Service Agency  
is looking for veterans to march with us in the parade.  
If you are interested, please call our office for details  
at (518) 270-2760.

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## Honor-A-Deceased Veteran Ceremony

Every second Monday of the month, the County honors a deceased veteran in a very moving and respectful ceremony in the County Legislative Chambers. If you have loved one, who was a veteran from Rensselaer County and would like to have them honored, please contact the Rensselaer County Veterans Service Agency at 270-2760 for an application.

The following criteria applies to the honorees:

- Must be from Rensselaer County (born, raised or resided in);
  - Must have been Honorably Discharged and discharge must accompany application;
  - May only be honored once;
  - Submitted application must be legible and have a family contact (name, address and telephone number);
  - List of all medals, campaigns, and battles;
  - Include civilian history (all community services and organizations);
  - Copy of obituary must accompany application;
  - Be as detailed as possible, the entire ceremony is dedicated to this veteran and it is their life story.
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### TRICARE – What you don't know CAN hurt you!

I recently had the opportunity to address a group of TRICARE beneficiaries regarding their TRICARE benefit. It dawned on me, during this presentation, that the audience was “not as well informed”, regarding their health care benefit as I thought they should have been. Not surprising, I guess, since health care is one of those things that reside “in the background” until it's needed. Then, when issues arise and questions become numerous, panic sometimes ensues because of a (perceived) lack of (easily) obtainable information. Sadly, TRICARE has closed their Service Centers. A place where you could actually go and visit with someone who could assist with your question/concern/issue. Now, beneficiaries are directed to either a toll-free phone number OR a web site where, hopefully, answers can be found. While this is a “less than perfect” scenario, it still serves the purpose. I advised this group that THEY needed to “take charge” of their benefit (health care and otherwise), and become well-versed in how it works! And educated beneficiary is a happy beneficiary! When you're standing in the Emergency Room or Doctor's Office ISN'T the time to be asking yourself; “I wonder if this is covered.”

To this end, I've compiled a small listing of local TRICARE contact information. If you're using TRICARE and have questions regarding the benefit, please don't hesitate to reach out and contact the appropriate agency for answers, information or guidance.

#### Health Net Federal Services (TRICARE Standard, Prime, Extra)

##### North-Health Net

1-877-TRICARE

(1-877-874-2273)

[North Region Website](#)

#### Wisconsin Physician Services (TRICARE For Life)

1-866-773-0404

(TDD 1-866-773-0405)

#### Martins Point Health Care (TRICARE Prime (USFHP))

(518) 588-4441

[www.martinspoint.org/TRICARE](http://www.martinspoint.org/TRICARE)

**Von E. Ahouse, MSGT USAF (Ret)**

**Health Benefits Specialist**

**US Family Health Plan**

**(518) 588-4441**

**[von.ahouse@martinspoint.org](mailto:von.ahouse@martinspoint.org)**



*Call us by the 15th of the month and we will list your event .*

## Upcoming Events:

May 21st... Melrose, Schaghticoke & Valley Falls Memorial Day Parade, step off @ 6:30 pm in Melrose

May 23rd... East Greenbush Memorial Day Parade, step off @ 10 am

May 24th... Rensselaer Memorial Day Parade, ceremony @ 1pm - step off @ 2 pm

May 25th... MEMORIAL DAY—OFFICE CLOSED

May 25th... Averill Park Memorial Day Parade, step-off @ 10am

May 25th... Hoosick Falls Memorial Day Parade, step off @ 10am

May 25th... Castleton Memorial Day Parade, step off @ 10am

May 25th... 19th Annual Lansingburgh Memorial Day Parade, step off @ 11 am rain or shine

May 25th... Berlin Memorial Day Parade, step off @ 11am

May 25th... Poestenkill Memorial Day Parade @ 11am

May 25th... North Greenbush Memorial Day Parade, step off @ 1:30 pm

May 25th... Nassau Memorial Day Parade, step-off @ 2pm

June 8th... Honor-A-Deceased Veteran Ceremony , County Legislative Chambers at 8:30am:

*John J. Dougherty, US Navy, WWII*

June 14th... Troy Flag Day Parade, step-off @ 1pm