

# THE SYRACUSE VET CENTER

Quarterly, October 2020

## 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.*



## Emergency Food Assistance

- \* **Clear Path for Veterans: (315) 687-3300**
- \* **Feed Our Vets: (315) 982-0698. Food distribution every Wednesday, 1445—1745, 587 Main St, NY-Mills**

## **Vet Center Team: (315) 478-7127**

Frank Salvatore  
Director & Licensed Clinical  
Social Worker

Dr. Allan Landes  
Psychologist

Stephen Lockwood  
Office Manager

Dr. Amber Oliver  
Licensed Clinical Social Worker

Richard Purcell  
Veterans Outreach Specialist

Michelle Rossi  
Licensed Marriage and Family  
Therapist

## Director's Comments

I hope this newsletter finds you all well. As you have noticed over the past several months we transitioned to virtual services; thank you for your patience as we navigated this challenge. As we have heard the Center for Disease Control recommends social distancing, however, this does not mean we need to practice social isolation. Although we are currently not meeting for in-person appointments, we still have individual sessions and many groups available. To combat social isolation we have created some exciting new groups to include the motivational speaking series, photography group, and drop-in socialization group. If you are struggle with social isolation, or are simply interested, please take a look at some of these groups.

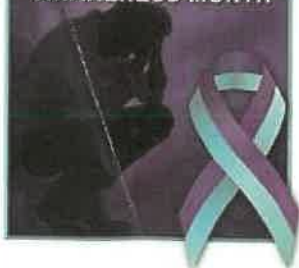
Lastly, I want to share that Deena Sapp has accepted a position at the Watertown Vet Center. Deena's loss from this Vet Center I know will be felt by both the staff and veterans as she has been impactful in the lives of many. As difficult as it is to see her depart the Syracuse Vet Center, I am genuinely happy for time she will gain with her family by working and living in the same city as her family. The Watertown Vet Center is gaining an excellent clinician, who I have no doubt will bring the same meaningful impact to Watertown that she brought to Syracuse.

With Deena's departure comes a vacancy. We have already begun the recruiting process and our selection has accepted the tentative offer. We anticipate the new hire will begin on the week of October 11, 2020. Once an official offer has been accepted we will announce who the person is.

## Deena's Farewell

It is with bittersweet sentiments that I announce my transfer to the Watertown Vet Center, effective September 2020. I have been afforded the opportunity to relocate making active duty military life a bit simpler for our family, while still having the privilege of working with Veterans, maintaining the same purpose and mission that has grown near and dear to my heart. Whether I had the opportunity to connect with you via individual, couples, group counseling, or simply in crossing paths in the waiting room over a cup of coffee, I truly appreciate the way you have all welcomed me into the Vet Center family for the past 6 years. I am humbled by each of your personal sacrifice of service, your journey that was created as result, and your willingness to allow me to walk a part of the path with you in exploring your future. I thank you, warmly, for teaching me and impacting me in ways that are far greater than anything I could leave with you. May you stay safe and be well.

SEPTEMBER IS  
NATIONAL SUICIDE  
PREVENTION  
AWARENESS MONTH



**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!**  
Wear a facemask  
Wash your hands  
Social distance

**SYRACUSE Vet Center**

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

### Virtual Photography Group

Want to have fun and learn about photography? If so, starting September 4, 2020, please join Dr. Amber Oliver every other Friday from 10:00—11:30 AM. No special equipment necessary, even your cellphone camera will do. To register, please call (315) 478-7127.

### Virtual Veterans Inspirational Series

Please join us as we explore through videos, speeches, and discussions, local veterans who made significant contributions to the military and/or civilian community. The group will meet virtually on October 6, November 3, and December 1, 2020 from 2:00—3:00 PM. Mr. Kenneth Hartman, Founder of "Community Salutes" will do a special presentation on October 21, 2020 from 1:00—2:00 PM. Send RSVP to Richard.Purcell@va.gov.

### Virtual Program Seminar

Back by popular demand! We will be hosting two seminars, one on October 27, 2020, 2:00—3:00 PM and the other on November 13, 2020, 11:00 AM—12:00 PM. The purpose of these seminars is to provide you with valuable information on the services we offer. Some of the topics we will be covering include: Vet Center Mission, Eligibility, Services, Community Referrals, Outreach and Benefits. Send RSVP to Richard.Purcell@va.gov.

### 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 December 9, 2020 from 4:00—5:00 PM. Send RSVP to Richard.Purcell@va.gov.

### Syracuse Vet Center Holiday Giveaway Event

Are you feeling financially stressed with the approaching holiday season? Let us help. We are partnering with Feed Our Vets to host an "outdoor" event that is scheduled for Saturday, December 12, 2020, from 9:00 AM—11:00 AM (weather permitting). There will be free groceries, toiletry items, clothing, and so much more! Please dress warm and bring proof of military service and bags for your goodies. For everyone's safety, the wearing of face masks and social distancing will be enforced. Please call the day before to ensure event is still on., Rich Purcell, (315) 478-7127.

### 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 at (315) 478-7127.

### Just a Phone Call Away Program

Are you feeling isolated, homebound, and would like to talk to another veteran? I'm here for you! Please call Rich Purcell at (315) 478-7127.