



# VOSC NEWS

August 2024

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Empowering each other, one conversation at a time. Our peer support events foster connection, growth and community. See more peer support photos on Page 6.

 **CONNECT.** 

## Spotlight On:

## **BEYOND MEDICINE—** Whole Health Approach to Wellness

Read about our upcoming event in September on Page 5!

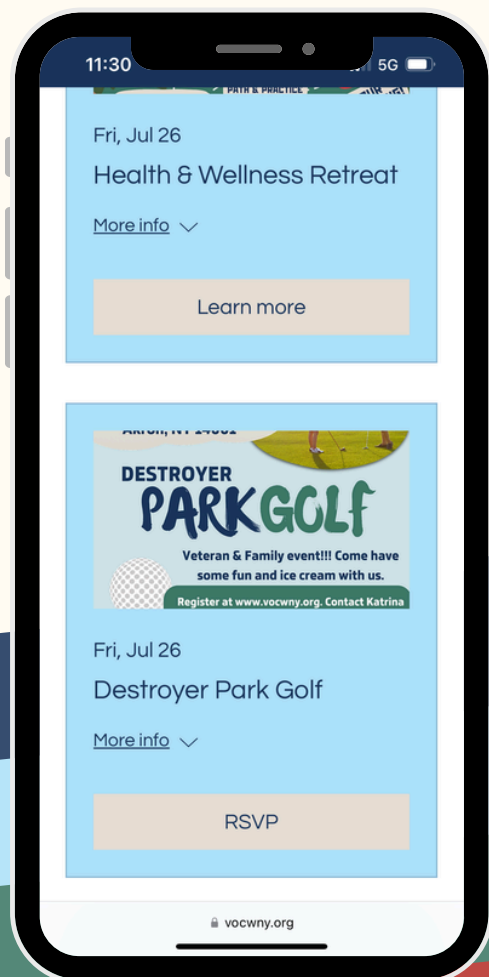


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# Spotlight On:

## **VETERAN & FAMILY EVENTS**



**Thanks to the PENFED Foundation, we have been able to add fun new family-oriented activities and events for Veterans and their families to enjoy!**

**Our newest Peer Support Specialist, Katrina Ciesinski, is a 33-year-old mother of twin boys, and is a self-described people-person.**



**She equally enjoys the social aspect of her job as well as the opportunity to connect Veterans and their families with resources and services they need. Katrina will be creating free meaningful events that are specifically family-centered for Veterans and their families in Erie and Niagara counties.**



## Spotlight On: **PEER SUPPORT**

So far this summer, we've been breaking records and seeing new faces! Events are added every month, from relaxing to exciting. Check out what we have coming up for August!

**8/7      Tour of Platter's Chocolate Factory**

**8/15      Buffalo Go Green Farm Visit**

**8/16      Jet Boats and Lunch**

**8/19      Miniature Golf & Ice Cream**

**8/30      Sunset River Cruise**

# ***AND SO MUCH MORE!***

**Check out what we have going on!**

[www.vocwny.org](http://www.vocwny.org)

**Peer Support  
Events**

**Select your  
County!**





## 12-COUNTY VETERAN & FAMILY PICNIC



On Saturday, July 20, 2024, the Veterans One-stop Center hosted their annual 12-County Veteran & Family Picnic, this year held in Hornell. Approximately 200 individuals attended.





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# Spotlight On:

## **BEYOND MEDICINE-** Whole Health Approach to Wellness

***Presented by the Veterans One-stop Center***

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September 23, 2024

10 a.m. – 4 p.m.

Cohesion Fitness & Health Center  
100 Gelston St. Buffalo, N.Y. 14213

**Beyond Medicine- Whole Health Approach to Wellness will be an interactive wellness fair for Veterans and their families. We will have mini-events and workshops, such as Meditation, Massage Therapy, gym demonstrations and much more. There will also be prizes and provided lunch! Put it in your calendar now and keep an eye out for when registration opens soon.**

**September is Suicide Awareness Month. Our SSG Fox Suicide Prevention Grant Program takes a holistic approach to emotional wellbeing. To learn more, visit [www.vocwny.org](http://www.vocwny.org).**

**DID  
YOU  
KNOW?**



**NEW**

Keep tabs on our social media for an exciting expansion announcement!

