



VOSC NEWS

April 2024

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www.vocwny.org



Andrea Makowski won 1st place for the February photo contest.

-What's New?-

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Spotlight On:

SSG FOX SUICIDE PREVENTION GRANT PROGRAM

A Note from Manager Natalie Corda:

The Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program (SSG Fox SPGP) has allowed us to reach out to Veterans in need of services through suicide preventative measures, outreach efforts, community & VA services, and meeting the needs of Veterans and their families. The Fox program offers a variety of non-clinical approaches to people who qualify. One of our biggest goals is to alleviate the stressors that are contributing factors to suicidal thoughts or behaviors. **CONT. ON PAGE 5**



Haircut socials are a regular event in both Steuben and Yates counties, for Veterans only. Sign up for the next one at www.vocwny.org!





Spotlight On: **COHESION HEALTH & FITNESS CENTER**

We are proud to announce that Cohesion Health & Fitness Center, Western New York's first Veteran-only gym, has received and installed even more brand-new equipment for Veterans to enjoy. Formerly known as "Cohesion Studio," the VOSC has also changed the Center's name to better reflect the services provided.



We have brand new equipment!



This past March, Marine Corps recruits came to Cohesion for a workout and to meet Veterans who could give them first-hand perspectives.

*Want to become a member? Just walk in and sign up- it's free.
Want to sign up for free classes?
Visit www.vocwny.org today.*

Monday-Friday: 7 AM-7 PM
Saturday: 8 AM-Noon
100 Gelston Street
Buffalo, NY 14213
716-898-0110



Spotlight On: **VETERAN ARTIST DESHAUN THOMPSON**



Deshaun Thompson is a Buffalo native and U.S. Navy Veteran, serving from 2007 to 2011.

His work is currently displayed in the Veterans One-stop Center's developing Art Gallery.

This particular piece, shown left, is done in pen, pencil, and colored pencil. Veterans can submit their work for display in the Gallery by contacting Director of Veteran Engagement Dan Arnold at 716-898-0110, emailing him at darnold@vocwny.org, or by visiting the Veteran Art Gallery page at www.vocwny.org. All mediums will be considered for submission.



Radue Allah, U.S. Army

VETERANS, TELL YOUR STORIES:

Has Peer Support made a difference in your life? Share your experience with us, and in turn impact others. Click the link below or scan the QR code to get started. Don't feel comfortable doing a video? No problem! You can write out your story or even record just your voice.

Peer Support >





PEER SUPPORT EVENTS: LAKE PLACID TRIP, MARCH 2024



In early March, our Peer Support specialists took a group of Veterans to Lake Placid for a ski-trip that created memories for years to come.

Check out what we have going on!

www.vocwny.org

**Peer Support
Events**

**Select your
County!**



SSG FOX SUICIDE PREVENTION GRANT PROGRAM

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We do specific assessments that measure general efficacy, well-being, depressive symptoms, interpersonal supports, and more to find out exactly what our Veterans need. We then create a plan with them on how to work as a team with us, with efforts to reduce any of these external stressors. Our whole agency works as a team to best support a Veteran who is trying to combat suicidal feelings or behaviors. Peer support is a major contributor to this program, along with case management, and mental health support connections.

Under this program, we are working as a team to de-stigmatize suicide, and help Veterans understand that they are valid in their thoughts & feelings, and they are not alone. You do not have to have a mental health issue to have suicidal thoughts, feelings, or behaviors. We do not want our Veterans, families, or anyone to ever feel like they cannot reach out to anyone about suicide.

If you know a Veteran having suicidal thoughts, feelings, or behaviors, please feel free to reach out to us, and we will do our best to support them.

If you know someone who is actively having a suicidal crisis, please call the 988 crisis hotline and press 1 if you are a Veteran.

RENEW, REFRESH & REBALANCE

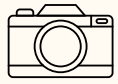
**REGISTER
NOW!**

Join us for a **FREE** event for Veterans that focuses on **Prioritizing Physical Wellness for Mental Health** on **May 24** at **Cohesion Health & Fitness Center**, **10 a.m. to 3 p.m.**

www.vocwny.org

WIN A FREE BIKE OR OTHER PRIZES!

Free workshops during the event include: **Meditation, Healthy Cooking (with Buffalo GoGreen), Healthy Relationships, Gym Demonstrations, Chair Massages & more!**



FEBRUARY PHOTO CONTEST WINNERS



On left, top to bottom:
1st: Andrea Makowski
2nd: Ray Jones
3rd: Don Armstrong



Solar Eclipse

On April 8 at 3:18 p.m., a Total Solar Eclipse will take place in Western New York for the first time in 100 years, as WNY is in the zone of totality. This is a once-in-a-lifetime occurrence! The media is calling it the "2024 Great American Eclipse." Our offices will be closed on this day. Enjoy safely!