



# VOSC NEWS

January 2025

[LEARN MORE](#)[www.vocwny.org](http://www.vocwny.org)

## Saying Goodbye to 2024, and Welcoming in a New Year

*By Laney Hill, VOSC Marketing Manager*

It feels as though 2024 has passed by in the blink of an eye. We have been so very busy here at the Veterans One-stop Center, growing, improving and challenging ourselves.

We have met so many more new people and Veteran families, and it's their stories that fuel our fire.

We invite you to continue along this journey with us, as we keep working hard to make sure each and every Veteran in our area has a community here.

How can you be a part of all this good stuff? Get involved! Come to events, use our facilities, and take a moment to share with friends and family.

Lastly, we want to thank you for your continued support of our important Mission. Most of all, we thank our Veterans. Your service inspires our service, and we are proud to be your home base.

May you all have an incredible New Year, and we can't wait to see what the next year has in store for us all!

**Keep  
Moving  
Forward**



# 2024 Year in Review

## What our Veterans had to say:

“One Stop was crucial in supporting me through a difficult time, including a bout of homelessness. I went through SSVF. I reconnected with healthcare, including mental health (and had amazing luck, being properly treated for the first time in years). I've also attended a number of wellness and peer events. It was VA SAVE training at a wellness event in May and encouragement from One-stop staff that led to me completing the training and applying for my New York State Peer Support Specialist certification... I've made a lot of progress and rebuilding my life is on track and One Stop has been a key part of that.”

-Peter S.

“I just want to let you know that I had a great time last night at the Mooney's dinner party. I met a lot of great Veterans and made some new friends. Thank you, and I'm looking forward in attending more events that Veterans One Stop Center sponsors. What a GREAT organization the Center is. Thank you once again, and I hope you will have a great day.”

“...Thank you once again for the help you and the organization has provided me. It has been such a big help to me in getting my life back in order and simulating back into society. Thank you.”

-John R.





# Highlights of 2024



In July of 2024 we received a grant from the PENFED Foundation, which allowed us to create fun events specifically for Veterans to enjoy with their kids!



Events we've held for Veterans and their families so far include:

➡ Destroyer Golf

➡ Buffalo Science Museum

➡ Family Yoga

➡ Niagara Aquarium

➡ Kelkenberg Farm

➡ ...And More! Click here to see what we

➡ Movie Nights

have in store for January!







In early October of 2024, the VOSC officially opened the Harry Shultz Community Center on the third floor of our offices. This space was carefully designed for Veterans only, as a place to relax and de-stress. Video games, table tennis, computer access, snacks and a place to gather await. Access to the Community Center is free and available Monday through Friday, 8:30 am to 5 pm. Peer Support and Health & Wellness events are also held here. We welcome you!

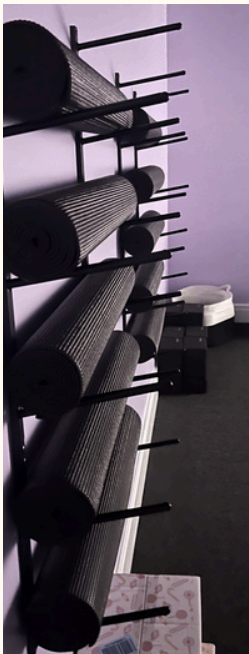
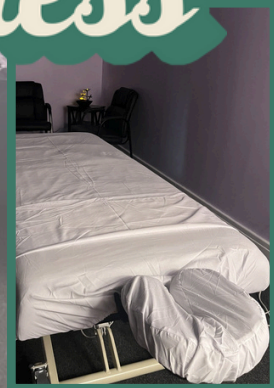






# Health & Wellness

In 2024, the VOSC continued their goal of reaching Veterans in need of emotional health support through Health & Wellness initiatives. Now, Veterans have access to not only the VOSC Fitness & Health Center, but a brand-new Health & Wellness Room and a wide variety of free events designed just for them as well.



Inside the Health & Wellness Room, Veterans will encounter a place where they can find ultimate relaxation. Yoga classes, Meditation, Acupuncture, and Massage workshops take place here free of charge, and relaxation tools like herbal tea and aromatherapy are also available for their use.

**Well-being can be fun too!**

Every single month we offer awesome events designed to help Veterans de-stress, get creative, and connect with others. Click here to see what we have in store this January!



**DESTINATION: RELAXATION**



From delicious cooking classes and engaging creative sessions to karaoke and meditation- there's something for everyone.

We firmly believe that taking care of your health and happiness doesn't have to be boring or tedious; it can be enjoyable and engaging!



# VOSC NEWS

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

## In order to connect

Veterans with other community resources and offer meaningful workshops and classes that will directly impact lives for the better, we organized two Wellness “open house” style events in 2024:

### RENEW, REFRESH & REBALANCE

and

### Beyond Medicine: Whole Health Approach to Wellness

At both of these events, we offered “mini-events” throughout the day like Meditation, Fitness Demonstrations, Acupuncture, Healthy Cooking Class, Massage, and more. Participants were also able to enter to win great prizes just for showing up and enjoying themselves!

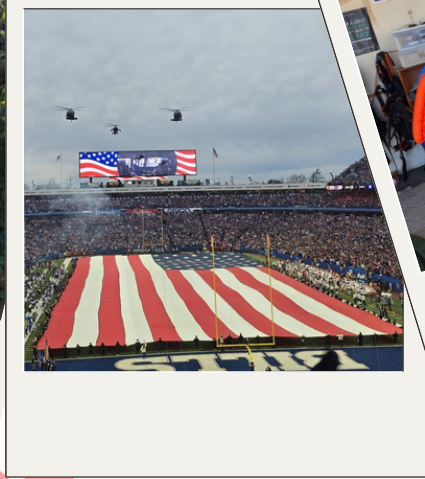


**BE READY  
FOR MORE IN  
2025!**





# 2024's Most Liked!








# VOSC NEWS

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



After receiving a grant from NEEF, which encourages Veterans to spend time in nature, VOSC's We Are Dwyer Peer Support Program put on a memorable camping trip to Hector, NY. Spending time in nature reduces stress, boosts mental well-being, and fosters a deeper connection with the environment. We were happy to oblige!



IN CASE YOU MISSED IT...  
Our Peer Support Program expanded to include Seneca County!  




We are so thankful for the community's support! In 2024, several organizations, businesses and individuals stepped up to stand by the VOSC's mission.



Among them were those who came out to support the VOSC's newly re-vamped Red, White, Rock 'n Blues show. We plan to make it even better in 2025!





- OUR 2025 GOALS INCLUDE:
- More Veteran success stories
  - Continue to bring people, resources & organizations together
  - Keep providing barrier-free access to services
  - Strive for continuous improvement
  - Stay innovative
  - As always, keep Veterans first.

You speak,



we listen.

The VOSC's Peer Support Program is keeping up with the times. Keep an eye out for our new ideas for events- you might find yourself jumping out of a plane!



# Don't be a stranger.

There are so many ways to get involved and be a part of our community.  
Start your New Year off by resolving to:

2025

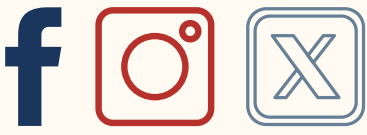
**Attend Workshops and Classes**  
 Commit to attending at least one workshop or class each month to learn new skills or de-stress; allow for healthy emotional growth.


**Advocate for Veterans**  
 Help the VOSC raise awareness and support by sharing social media posts and emails.


**Sign up for Peer Support Events**  
 Allow yourself to let loose, have some fun, and make new friends. Be active in a community that understands you.


**Utilize Services**  
 Take advantage of career workshops, financial classes, and benefits counseling to get the boost up you need.

**Stay Informed and Connected**  
 Regularly check in on the VOSC's website, social platforms and Newsletter for updates on events, programs and opportunities to stay engaged.



VOCWNY.ORG 

 1255 NIAGARA ST.  
SUITE 230  
BUFFALO, N.Y. 14213

 716-898-0110

2024

2024

2025