

Blue Star Mothers NY8



We are mothers, stepmothers, grandmothers, foster mothers and female legal guardians who have children serving in the military, guard or reserves, or children who are veterans. We support each other and our children while promoting patriotism. Our organization focuses on our mission every single day and will never, ever, forsake our troops, our veterans or the families of our Fallen Heroes.

September 2026 Newsletter

Back to School Supplies

The Rochester Blue Star Mothers teamed up with Operation Homefront to get donated Dollar Store school supplies into the hands of military and veteran kids. Donated supplies were given to the Vet Center, Eagle Star Housing, CompeerCORPS, and the VA Connection Café. Lots more to give to the National Guard FRGs and available for the Blue Star Mothers to give out at Stokoe Farms in September. Thanks to the following Blue Star Mothers who helped in collecting the donations; Lara, Jill, Tammy, and Tracy. Many thanks to our generous communities.



Meetings & Events

Chapter Meeting

Sept 19th @9:30am
Henrietta Ely Fagan
American Legion 260
Middle Rd, Henrietta NY

Future Strong Stars

Oct 5th @7-8pm Panera
Bread 800 Greece Ridge
Center Drive, Greece

Women Veterans' Coffee House September 18th and October 9th @5:30pm Gates Town Hall, Annex Rm 1605 Buffalo Rd, 14624 RSVP to 585-210-9779

SAVE THE DATE

November Care Packages
Saturday, November 14th

Lights of Honor
Sunday, December 6th

Army Navy Game
Saturday, December 12th

Wreaths Across America
Saturday, December 19th

Upcoming Events

Gold Star Mother's and Family Day

Sunday, Sept 27th
2pm at White Haven
Memorial Park, 210 Marsh
Rd, Pittsford, NY 14534

Webster Garlic Fest

Sept 12-13th, Webster Rec Center, 1350 Chiyoda Dr

Volunteers Need

Stand Down and Job Fair Sept 23rd 11am-2pm at the Rochester Public Market. Volunteers needed for the BSM vendor table and to help serve lunch.

Stokoe Farms Military Appreciation Day Sept 20th Volunteers needed for the BSM vendor table



AMERICAN LEGION AUXILIARY

Summer Fundraiser

TOTE & MUG SALE

\$25 Large Zipper Heavyweight Cotton Canvas Tote 14" X 24" X 7"

\$20 Medium Cotton Tote 13" x 18" x 6"

\$5 11oz Coffee Mug

You can pay by Cash or Check (Payable to ALA Unit 330)
VENMO accepted @ALAUnit330

You can pick up your order at
Ferris Goodridge American Legion Post 330
691 Trimmer Rd • 585-392-6691

Please call before picking up as our hours vary.



VETERANS OUTREACH CENTER Inc.
Serving Those Who Served U.S.A.

PRESENTS

2026 STAND DOWN AND JOB FAIR

FOR ALL MILITARY VETERANS
BRING YOUR DD-214 IF AVAILABLE

Live music provided by
defenders

WEDNESDAY, SEPTEMBER 23RD
11 A.M. - 2 P.M.
CITY OF ROCHESTER PUBLIC MARKET
280 UNION STREET N.
ROCHESTER, NY 14609

ON-SITE SERVICES OFFERED

Veterans Benefits	Senior Services
Housing	Peer Mentoring
Social Security	Veterans Organizations
Employment	Education
Health Care	Counseling
Public Assistance	Legal Assistance
VA Eligibility	& More!

★ **LUNCH & GIVEAWAYS PROVIDED!** ★

Scan this code with your phone's camera or visit vocroc.org/standdown2026 to pre-register and skip the line!

Registration will also be available the day of the event.

For questions, please call 585.295.7818.

BROUGHT TO YOU BY VOC, OUR PARTNERS, AND OUR SPONSORS

ESSENTIAL SOLUTIONS, Department of Civil Service, EAGLE STAR POLICE, HLAA, FORGED BY VALOR, VA, U.S. Department of Veterans Affairs, Department of Veterans Services, RochesterWorks, 3

Women Veterans' Weekend at Camp Badger



Great weather, amazing food and camaraderie was in abundance when the women veterans and Blue Star Mothers enjoyed a weekend at Camp Badger. Thanks to a generous donation the weekend is free for all attendees. Bonfires, games and good times for all

who attended. Until next year at Camp Badger.



**Compeer
CORPS**
Friendship. Support.
Camaraderie.

**VETERANS
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★ Serving Those Who Serve U.S. ★



**Come Learn About
Community
Organizations Supporting
Military and
Veteran Families**

Enjoy free fresh made donuts
and refreshments while supplies
last in Stokoe Farms'
Harvest Barn beginning at 11am

VETCENTER
EST. 1979

Connection.
Camaraderie.
Community.



Sunday, Sept 20, 2026 10am-5pm
Enjoy a Family Day at Stokoe Farms'
Military Appreciation Day
656 South Rd, Scottsville NY 14546
Over 40 family friendly activities;
ropes course, bee zip lines, wagon
rides, petting zoo, corn maze, slides,
candy cannon, and much more.

Max of 3 FREE admissions per
military and veteran families plus ser-
vice member or veteran admission
courtesy of Stokoe
Farms
*Military/Veteran ID
Appreciated*



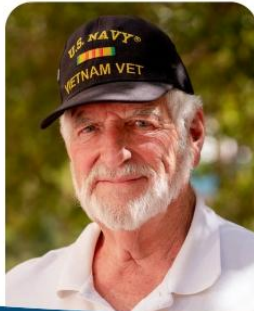
Outreach Center and all the free services they provide to veterans and their families. The Blue Star Mothers' table got a lot of visitors, and we were able to share our mission and activities with the many folks at the event. Thanks to Dory, Tracy, and Laurel for staffing the table. Congratulations to BSMs Nancy, Kathy, and Chris for completing the race!! And Sue for barely making the first hill.

Pound the Ground for Vets

What a beautiful evening
for Pound the Ground for
Vets at Mendon Ponds Park
on Thursday, August 20th.
The money raised goes to
support the Veterans



September is Suicide Prevention Month



VA S.A.V.E. TRAINING

FOUR WAYS YOU CAN HELP A VETERAN IN CRISIS

What is VA S.A.V.E. Training?

VA S.A.V.E. Training is a free, brief online or in-person course that will help you act with care and compassion if you come across a Veteran who is in crisis or having thoughts of suicide. The acronym S.A.V.E. helps you remember the important steps involved in suicide prevention:

S

Spot the signs a Veteran might be thinking about suicide

A

Ask the critical question — “Are you thinking of killing yourself?”

V

Validate the Veteran’s experience

E

Encourage and support next steps with the Veteran

How to Support a Veteran in Crisis

Keep these tips in mind when talking with a Veteran who may be at risk for suicide:

- Remain calm
- Listen more than you speak
- Maintain eye contact
- Act with confidence
- Do not argue
- Use open body language
- Limit questions—Let the Veteran do the talking
- Use supportive, hopeful comments
- Be honest—There are no quick solutions, but help is available

Additional Resources

- **VA Mental Health Services:** Get information about inpatient and outpatient services available through VA at [MentalHealth.VA.gov](https://www.mentalhealth.va.gov).
- **Online Resource Locator:** Find VA facilities, Vet Centers, suicide prevention coordinators, and other VA resources at [VeteransCrisisLine.net/LocalResources](https://www.veteranscrisisline.net/LocalResources).
- **Keep It Secure:** Promotes awareness about the simple steps you can take to protect yourself and your family. [KeepItSecure.net](https://www.KeepItSecure.net)
- **Don’t wait. Reach out.:** Find support and resources designed specifically for Veterans. If you’re a family member or a friend, you can also find resources for the Veteran in your life. [VA.gov/REACH](https://www.VA.gov/REACH)
- **Caregiver Support Program:** Offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system through education, support, and resources. [Caregiver.VA.gov](https://www.Caregiver.VA.gov)

Do you want to take VA S.A.V.E. Training?

Go to learn.psycharmor.org/courses/va-s-a-v-e to take the course online or contact your local suicide prevention coordinator to schedule in-person training: [VeteransCrisisLine.net/LocalResources](https://www.VeteransCrisisLine.net/LocalResources).

You don’t have to be enrolled in VA benefits or health care to take



U.S. Department
of Veterans Affairs

S

Spot the signs that indicate a Veteran may be thinking about suicide

The signs below may indicate that a Veteran needs help. If you or a Veteran you know is experiencing any of these, contact the Veterans Crisis Line:

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there's no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug use
- Withdrawing from family and friends

The signs below require immediate attention. If you or a Veteran you know is experiencing any of these and needs medical attention, call 911 now:

- When asked, they express a desire to hurt or kill themselves
- When prompted, they reveal they're looking for ways to die by suicide
- They talk about death, dying, or suicide
- They begin to exhibit self-destructive behavior, such as increased drug or alcohol use, talking about obtaining/using weapons for self-harm, or saving up medication

A

Ask the critical question: "Are you thinking of killing yourself?"

Other ways to ask the question include: "Are you thinking of suicide?" or "Have you had thoughts about taking your own life?"

When asking the question, remember:

- **DO** ask the question if you've identified warning signs
- **DO** ask the question in such a way that's natural and flows with the conversation
- **DON'T** ask the question as though you're looking for a "no" answer ("You're not thinking of killing yourself, are you?")
- **DON'T** wait to ask the question until they're halfway out the door

V

Validate the Veteran's experience

Use the following steps to let the Veteran know you're listening and acknowledge their experience:

- Talk openly about suicide. Be willing to listen, allow the Veteran to express their feelings, and make supportive, encouraging comments.
- Recognize the situation is serious
- Don't pass judgement

E

Encourage and support next steps with the Veteran

If a Veteran is having thoughts of suicide, remain calm and reassure them help is available:

- **DON'T** keep the Veteran's suicidal behavior a secret
- **DON'T** leave them alone
- Try to get the Veteran to seek immediate help from their doctor or the nearest hospital or emergency room
- Call 911

Safety is Important

Never negotiate with someone who has a gun. Get to safety and **call 911**. If the Veteran has taken pills, cut themselves, or has done harm to themselves in some way, **call 911**.



Chat at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat) • Text 838255

The Veterans Crisis Line isn't just for Veterans. Our responders can connect Veterans' families and friends with helpful resources.

Gold Star Families Sunday

September 27, 2026, at 2:00 p.m.

GOLD STAR FAMILIES CHECK-IN @1:30 PM

White Haven Memorial Park All Seasons Chapel
210 Marsh Road, Pittsford, New York 14534

All are Welcome to Attend

- *Keynote Speaker* – Sgt. Alec Andrest, U.S. Marine Corps Veteran
- *Master of Ceremonies* – Nick Stefanovic, Director of Monroe County Veterans Service Agency, Branch: U.S. Marine Corps
- *President's Proclamation* – Adam Bello, Monroe County, NY – County Executive
- *Rose Ceremony Remembrance* - Eric Wheeler, Assistant Director of Veteran Services, Monroe Community College, Branch: U.S. Army & U.S Navy



Hosted by the Rochester Blue Star Mothers NY8

Website: www.bluestarmomsroc.com

Phone: (585) 210-9881



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VETERANS & FAMILIES*



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