

April 2026

★ **Blue Star Mothers ROC** ★

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.



Parades

Show the community your pride in your son and daughter's military service and honor those who have made the ultimate sacrifice by representing the Rochester Blue Star Mothers in a parade

May 9th Lilac Parade

May 17th Henrietta Memorial Day Parade

May 24th Irondequoit Memorial Day Parade

May 26th Rochester Memorial Day Parade

July 16th Webster Parade

Line-up times and locations as they become available

Email bluestarmothersroc@gmail.com if interested in walking or riding in a parade

Meetings & Events

- * **Chapter Meeting April 18th**
@9:30am Henrietta Ely Fagan
American Legion 260 Middle
Rd Henrietta NY
- * **Future Strong Stars**
May 4th @7-8pm Panera
Bread 16 Courtney Dr, Fair-
port
- * **Women Veterans' Coffee**
House April 10th @5:30pm
New Location:
Gates Town Hall, Annex Rm
1605 Buffalo Rd, 14624
RSVP to 585-210-9779 See
page 7 for the 2026 schedule.

Upcoming Events

Baby Shower



Sunday, May 17th
11am-1pm
See pages 6 & 7

June Care Packages

See page 2 for items needed



Blue Star Mothers of America



Blue Star Mothers ROC

MILITARY CARE PACKAGE DRIVE



*Help Us Send a Little Bit of Home to Our Deployed Military
Packages sent twice a year in June and November*

Items Needed by 6/12/26 for June Packages

Personal Care Items

*Wet Wipes (No Wet Ones) Cottonelle, Dude,
Equate Wipes-approximately 40-50 wipes each
Lip Balm/Chap Stick
Hygiene Products (Soap bars 3.7-4.0 oz,
Deodorant, shampoo 2-in-1 1 oz., toothpaste
less than 4 oz, toothbrush individually wrapped
Foot Powder, Tissues - travel size)
Black Cotton Socks - crew
Magazines (sports/fitness)
Dryer sheets (used to put in boots) small packs
(40 sheets or less)
Playing Card - any brand
Cross word/Word Search Puzzles books 8x5
inch size books*

Snacks/Treats

*Gatorade, Powerade, single serve size powder
Rice Krispie Treats
Instant Coffee single serve
Tea Bags-individually wrapped
Beef Jerky (snack size) or Slim Jims
Gum sticks
Oatmeal packets
Granola Bars Nature Valley
Oreos (Individual packs of 4 Oreos)
Peanut Nut Packets 1 oz size
Cereal Bars
Ritz bits -2 oz size individual packs
Pringles-snacks size*

***We prefer you visit our Amazon BSM Roc NY8 Care Package Wishlist and
purchase some items and have them shipped directly to us for packing.***

Amazon Care Package Link: <https://a.co/auDQ1bo>

Blue Star Mothers NY8

1335 Jefferson Road, # 93272

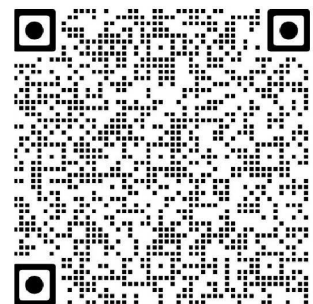
Rochester NY 14692

www.bluestarmomsroc.com

Email: president.ny8@bluestarmothers.us

Facebook: Blue Star Mothers Roc

585-943-1252



Military Kids: Ready For Fun??

Butterfly Garden!



Strong
Museum
Of
Play!

Train Ride!



Lunch

Provided!

April 12, 10 a.m.

Video Game

Hall Of

Fame!



RSVP
Required

Benjamin.

Pomerance@

veterans.ny.gov

Play Pals!



the strong
NATIONAL MUSEUM OF PLAY



Department of
Veterans' Services

Compeer.
CORPS



Our very own Jill Harris was interviewed March 4th by Channel 10 about being a military mom and the support available to military families

Jill Harris joined Blue Star Mothers when her son was deployed overseas, serving in Iraq and Syria. She emphasized the importance of having a supportive community during such times.

“They are hearing from their kids,” Harris said. “Each one of the ladies that I’ve spoken with has heard from their child, and everything is okay.”

Harris expressed the pride and anxiety felt by families of service members. “You always see a pride for your child,” she said.

“They’re one of 3% that chooses to serve in the military. So there’s always pride that they’ve answered that call. But more than that, as a mother, as a grandmother, they’re feeling worry, they’re feeling anxiety... just knowing that they’re not alone, that there’s somebody there helps.”

Harris advises families to ensure their passports are up to date to reach their relatives quickly if needed. Additionally, she recommends saving the Red Cross Emergency Communication Center’s number 1 877-272-7337, as it is the most direct and reliable way for emergency communication to U.S. Armed Forces service members deployed overseas.

2026 Future Strong Stars



Come dine with us at Panera Bread locations, 7-8 p.m.

Help us in building bridges with the Families of all Branches of the Armed Forces.

05 JAN	Henrietta	795 Jefferson Road
02 FEB	Gates	1501 Howard Road
02 MAR	Brighton	1902 Monroe Avenue
06 APR	Greece	800 Greece Ridge Center Drive
04 MAY	Fairport	16 Courtney Drive
01 JUN	Webster	935 Holt Road
06 JUL	Henrietta	795 Jefferson Road
03 AUG	Gates	1501 Howard Road
07 SEP (Labor Day)	Brighton	1902 Monroe Avenue
05 OCT	Greece	800 Greece Ridge Center Drive
02 NOV	Fairport	16 Courtney Drive
07 DEC	Webster	935 Holt Road

Blue Star Mothers: 585-210-9881 or bluestarmomsroc.com

2026 Blue Star Mothers NYS

Baby Shower

Honoring Military Families!



- Who:** Active Duty, Veterans and Military Spouses of Active Duty & Veterans who are expecting or have children up to 6 months old.
- When:** Sunday, May 17, 2026 between 11:00am - 1:00pm.
- What:** Beautiful gifts for you and your baby including baby clothing, handmade outfits, diapers, baby supplies, and much more.
- FREE** for the first 20 women to register!!!

Where: American Legion Cottrell-Warner Post # 942
818 Ridge Rd Webster, NY 14580

To register / additional information contact:
Baby Shower Committee Co-Chairs:
Amy VanDerwerken and Jill Harris
email: 1VP.NY8@BlueStarMothers.US



Help Us.... Support our military past, present, and future!



Sponsored by Rochester Blue Star Mothers NY8

- We are seeking new baby items for our **annual local Blue Star Mothers NY8 Military Baby Shower.**
- **20 local moms** will receive a bountiful basket of new baby items.
- Search for **Blue Star Mothers Baby Shower 2026** under “find a registry” or use the link to the right to purchase products from our Amazon Baby Shower Registry to support our local military families.
- For more information on the shower please visit the BSM NY8 web site at <http://www.bluestarmomsrc.com>



Blue Star Mothers Baby Shower 2026
Baby Shower Registry Link below:

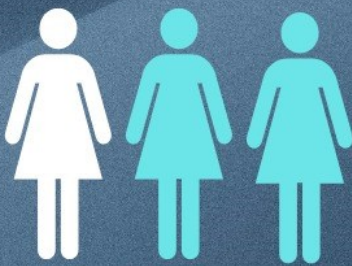
<https://www.amazon.com/baby-reg/bluestarmothersbabyshower2026-ny8-may-2026-webster/2X3SW2WDPTWF8>

Thanks for your support!

WOMEN IN THE MILITARY



Women are the fastest-growing demographic of veterans, projected to make up 17.2% of the veteran population by 2040.¹



Approximately 1 in 3 female vets report experiencing Military Sexual Trauma (MST) during their service².

13%
female veterans experience PTSD

6%
male veterans experience PTSD

Female veterans are twice as likely to experience PTSD due to the prevalence of MST⁴.



Approximately 1 in 5 female veterans report instances of Intimate Partner Violence (IPV)³.

92%

Suicide rates for female veterans are 92% higher than in non-vets⁵.

267

Female veterans received services at Veterans Outreach Center in 2025. This is over 11% of the total number of vets served at VOC and an increase of **36.9%** from 2024.

OPERATION MA'AM ★



¹<https://www.data.va.gov/stories/s/Women-Veterans-in-2023/wci3-yrsv/>

²<https://pmc.ncbi.nlm.nih.gov/articles/PMC10175204/>

³https://www.hsrd.research.va.gov/centers/womens_health/ipv-snapshot.pdf

⁴https://www.ptsd.va.gov/understand/common/common_veterans.asp

⁵<https://www.rand.org/pubs/perspectives/PEA1363-1-v2.html>



2026 Veteran Women's Coffee House



hosted by the Blue Star Mothers NY8



***Gates Town Hall – Annex Room
1605 Buffalo Rd.
Rochester, NY 14624
Time: 5:30 PM – 8:30 PM***

*A welcoming, casual gathering for **women veterans only** to connect, relax, and build community.*

*Enjoy a **free** light supper and refreshments in a safe, supportive, alcohol- and drug-free environment.*

📞 RSVP / MORE INFORMATION

Dory or Nancy – Co-Chairs, Women's Vet Coffee House

Phone: (585) 210-9881

Email: BlueStarMothersROC@gmail.com

2026 COFFEE HOUSE DATE

- ***April 10th***
- ***May 8th***
- ***June 12th***
- ***July 10th***
- ***August 14th***
- ***September 18th***
- ***October 9th***
- ***November 13th***
- ***December 11th***

Do you know how to get an emergency communication to your service member in when there is a death, serious injury/illness in an immediate family member at home?

The Red Cross Hero Care Network provides easy access to emergency communication assistance for service members and their families 24/7/365



Call Hero Care Center 877-272-7337

Go Online to the Hero Care website
redcross.org/HeroCareNetwork

Download for free from app store or text “GetHeroCare” to 90999

Supporting the VA Food Pantry For Veterans

Support the Canandaigua and Rochester VA Food Pantry by bringing something for the Pantry to our monthly Blue Star Mothers meeting.

Pantry List

Canned chicken	Canned Tuna
Pasta	Pasta Sauce (glass/plastic jar or cans)
Rice-A-Roni Meals	Peanut Butter
Oatmeal	Cereal
Canned Fruit	Canned Vegetables
Personal care items (soap, toothpaste, shampoo)	
Shelf stable milk or juice	
Reusable Shopping Bags	

Volunteer Opportunities

Our chapter grows and is able to help more service members, veterans and military families because of volunteers. We need the support of all members, associate members, and those thankful for our military to have successful events like The Veteran Stand Down, Lights of Honor, Care Packages etc. Please look at the opportunities below, see how you can help. Our kids stood up and volunteered, now we need YOU to do the same.

Military Baby Shower: Annual in April, a community baby shower for military and veteran families expecting a child or have an infant less than 6 months old. Help needed: collect shower gifts, ask for donations, create baskets, support at event: decorating, picking up food items, welcoming moms, serving food, set-up/clean-up. Contact Amy VanDerwerken at president.ny8@bluestarmothers.us or Jill Harris at 1vp.ny8@bluestarmothers.us to volunteer.

Care Packages: Boxes packed/mailed in June & November to service members deployed overseas. Help needed: solicit postal addresses for deployed service members, collect care package items, promote our Amazon gift list for needed care package items. Friday night before packing: set-up of donated items. Saturday morning: put together mailing boxes, fill boxes, seal boxes. Contact Debbie Trevett at treas.ny8@bluestarmothers.us or Kathy Dodsworth at kdodsworth@frontiernet.net to volunteer.

Veteran Women's Coffee House: Monthly get-together for veteran women. Dinner is served. Help needed: preparing food for dinner, set-up/clean-up. CoChairs are Nancy Bird and Dory Braun. Contact Dory Braun at dbraun4@gmail.com to volunteer.

Webster Garlic Fest Annual in September. Contact Cherie Wood at WebsterGarlicFest@gmail.com to get involved in this stinkin good time.

Veteran Stand Down: Organized annually by Veteran Outreach Center in September for area veterans with information on community services, employment and support. Held during the day on Friday at the Public Market in Rochester. Help needed: serving lunch to veterans, staffing BSM table and handing out hygiene supplies, set-up/clean-up. Contact Amy VanDerwerken at president.ny8@bluestarmothers.us to volunteer.

