

WELLNESS CONNECTION

Syracuse VA Health Care System
Monthly Newsletter



America the Beautiful National Park Pass for Military Members and their Families

Pass Covers:

- Your ticket to more than 2,000 federal recreation sites
- Entrance and standard fees at:
 - National Parks
 - National Wildlife Refuges
- Driver and passengers in a personal vehicle (up to 4 adults at sites that charge per person)



The following U. S. military members and dependents are eligible:

- Army
- Navy
- Air Force
- Marines
- Coast Guard
- Reserve and National Guard members
- Gold Star Families with a valid Gold Star Family Voucher
- U.S. military Veterans with a valid Veteran ID



Plan Your Visit Here:

<https://www.nps.gov/planyourvisit/passes.htm>

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WELLNESS CONNECTION MONTHLY NEWSLETTER

Each Issue Features...

- Individuals
- Services
- Upcoming Events
- Wellness Articles
- Group & Class Offerings



Scan
Me

Brought to you by the Whole Health Team!

She Wears the Boots Podcast:



<https://www.va.gov/madison-health-care/stories/she-wears-the-boots-a-podcast-for-women-veterans/>

Wellness Connection Newsletter:

Each Issue Features....

Individual stories

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Food Insecurity Resources

Consider these two statements:

In the last year, you worried that your food would run out before you got money to buy more.

- Often true
- Sometimes true
- Never true

In the last year, the food you bought didn't last and you didn't have money to get more.

- Often true
- Sometimes true
- Never true

If you answered "sometimes" or "often" true, VA could help.

VA Social Work:

Your VA social worker can teach you about resources and connect you with VA and local help. If you qualify, they can assist you in getting benefits and services to help you buy safe and stable food.

To connect with Social Work, call: 315-425-4400, ext. 56903

VA Nutrition:

Registered Dieticians are nutrition experts that can help you with healthy eating habits and cooking affordable meals.

To connect with Nutrition, call: 315-425-4400, ext. 51513

Local Food Resources:

2-1-1 Central New York (Onondaga, Oswego, Jefferson, Lewis, and St. Lawrence counties)

- Meals (soup kitchens, home delivered meals, children's summer food programs)
- Emergency food (pantries, fresh food, baby formula)
- Food expense assistance (SNAP {Food Stamps}, WIC)

Phone: Dial 2-1-1 or 1-844-245-1922

Website: <https://www.211cny.com/services/>

Food Bank of Central New York

(Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, and St. Lawrence counties)

- Fresh foods and mobile Food Pantries
- Food sense programs
- SNAP (Food Stamps) outreach and assistance
- Locates community partner Food Pantries and soup kitchens near you with the "Find Food" map

Phone: 315-437-1899

Website: <https://foodbankcny.org/>