



VOLUNTEER NEWSLETTER

GIVING DAY CAMPAIGN

LOW - ENTRY VEHICLE WHEELCHAIR VAN ACCESSIBLE



Minivan Campaign: Stay tuned!
Information on how to help with this effort will be shared soon.



1 SBU GIVING DAY 2026: EXPANDING ACCESS FOR OUR VETERANS 🇺🇸

At the Long Island State Veterans Home (LISVH), our mission goes beyond care- it's about preserving dignity, independence, and connection for the heroes who have served our nation. This #SBUGivingDay 2026 on March 25th, we are raising funds to purchase a dual wheelchair-accessible minivan with a ramp to safely transport our veterans to medical appointments and community events. For many residents, limited mobility can mean missed opportunities and increased isolation. This vehicle will help restore freedom of movement, strengthen community engagement, and ensure our veterans remain active and connected. Your support helps turn mobility into opportunity. Join us in making a lasting difference for those who have honorably served.

MAILING ADDRESS:
LONG ISLAND STATE VETERANS HOME
ATTENTION: COMMUNITY RELATIONS
100 PATRIOTS ROAD
STONY BROOK, NY 11790
LEARN MORE:
JAIME MCGRAD
(631)-358-8774
JAIME.MCGRAD@STONYBROOKMEDICINE.EDU



VETERAN'S VOICES

VOLUNTEERS



2 YEARLY GOLF OUTING !!

SAVE THE DATE !!!: September 17th 2026

If you are interested in getting involved in the golf outing, please contact Samantha:
Samantha.Calandrino@stonybrookmedicine.edu



3 YEAR-END REVIEW

January volunteer hours: 1861.15
 February volunteer hours: 1859.99
 March volunteer hours: 2473.25
 April volunteer hours: 2614.94
 May volunteer hours: 2508.79
 June volunteer hours: 2279.99
 July volunteer hours: 2377.47
 August volunteer hours: 2484.89
 September volunteer hours: 3361.87
 October volunteer hours: 1616.28
 November volunteer hours: 2324.31
 December volunteer hours: 1984.69

**YOUR SELFLESS
SERVICE HONORS
THE SPIRIT OF
THOSE WHO HAVE
SERVED OUR
NATION.**

YEAR TOTAL: 27,747.62

FUN FACT:

Did you know: The U.S. has over 18 million Veterans, and nearly 1 in 4 Americans is connected to a Veteran through family or friendship, showing how deeply military service touches our communities.



VETERAN'S VOICES

VOLUNTEERS

④ **HEALTHY AGING: SMALL HABITS THAT MAKE A BIG DIFFERENCE**

Healthy aging is about more than adding years to life: it's about adding life to those years. While aging is a natural process, everyday habits can play a powerful role in maintaining physical health, mental sharpness, and emotional well-being.

Staying physically active is one of the most effective ways to support healthy aging. Gentle movement, such as walking, stretching, or chair exercises, can improve balance, strengthen muscles, and

reduce the risk of falls. Just a little activity each day can go a long way.

Equally important is mental and social engagement. Reading, puzzles, conversations, and shared activities help keep the mind sharp and support emotional health. Social connection has been shown to reduce feelings of loneliness and improve overall quality of life.

Good nutrition and hydration also play a key role. Balanced meals with fruits, vegetables, lean proteins, and whole grains help support energy levels and immune health, while staying hydrated aids digestion and circulation.

Finally, maintaining a sense of purpose and routine, whether through hobbies, volunteering, or time with loved ones, can foster positivity and resilience at any age.

By supporting these simple practices, we can help older adults continue to live with dignity, independence, and joy.



We love our volunteers and are deeply grateful for all that you do. Thank you for your dedication, compassion, and for making this year truly special for our Veterans.

