



Rensselaer County
 Unified Family Services
 Veterans Service Agency
 99 Troy Road
 East Greenbush, NY
 12061

Phone: (518) 270-2760
 FAX: (518) 270-2956
 Www.rensco.com

Volume 21, Issue 1
 Jan./Feb. 2026

Rensselaer County Veterans Newsletter

STEVEN F. McLAUGHLIN
 County Executive

Christopher E. Albert
 Director

Rensselaer County Veterans and North Greenbush HOTWORX Team Up to Support County Veterans

HOTWORX in North Greenbush offers an efficient, innovative fitness experience for families, school district professionals, salon employees, and wellness-focused residents throughout the area. Conveniently located in the Market 32 Plaza at 103 Van Rensselaer Square, Suite B, the studio provides easy access for members from North Greenbush, Averill Park, and surrounding communities who are looking for a time-saving workout routine that delivers real results.

Members enjoy 24-hour access to patented infrared workout sessions that combine heat, guided movement, and virtual instruction. Options include hot yoga for flexibility, hot Pilates for strength, isometric sessions for toning, and fast-paced HIIT workouts designed to boost endurance and support overall wellness. Infrared heat enhances every session, helping the body recover more quickly while promoting relaxation and renewed energy.

Locally owned and operated, HOTWORX North Greenbush takes pride in fostering a welcoming, supportive environment where members feel motivated and empowered. Whether you are beginning your wellness journey or seeking a more effective fitness routine, the studio offers the tools and community needed to stay consistent and confident.

Rensselaer County Veterans interested in joining HOTWORX are encouraged to contact our office at (518) 270-2760 to learn how to obtain a discounted membership.

Van Transportation...

- * *Don't drive* and need to get to the Stratton VA Medical Center?
- * We offer complimentary van transportation to and from the VAMC for *most morning* medical appointments.

For more information please call (518) 270-2760.



VETERANS CRISIS LINE

**DIAL 988
 PRESS 1**

**Confidential chat at
 VeteransCrisisLine.net
 or text to 838255**
 TTY service 1-800-799-4889

**Confidential support 24
 hours a day, 7 days a
 week, 365 days a year,
 for veterans and their
 loved ones**

A Message From Our County Executive

Best wishes to all during the holiday season and as we enter a new year filled with hope and promise for all. We took time in county government to acknowledge and appreciate all who serve and protect our nation at home and abroad during the holidays, away from home and family.

Thanks also to all the veterans here who supported our Holiday Toy Drive, which was the most successful ever. The team at the GRAB Garrison helped lead the way, with a successful fundraiser that netted \$5500 for our toy drive, along with helping collect donated toys for kids across the county. The Holiday Toy Drive was another way to recognize that the service and dedication of our veterans continue through the holidays.

One cannot think of pivotal moments in American history that happened during Christmas. The surprise attack on Trenton by General Washington in 1776 reversed some setbacks and hardships by American forces. The defense of Bastogne during the Battle of the Bulge in December 1944 stemmed the tide of a vicious German advance and helped bring about an earlier end of the war. Two residents of neighboring Albany County, Francis Currey and Peter Dalessandro, earned the Congressional Medal of Honor for bravery on successive days 81 years ago in the Battle of the Bulge.

The greatest gift we have as Americans, during Christmas and every day, is our freedom. That freedom was given to us by veterans and protected by veterans. There is no way to fully thank our veterans and their families for their service, but we humbly extend our thanks and appreciation, as well as offering our best wishes on the holidays.

STEVEN F. MCLAUGHLIN

Upcoming Events:



Call us at (518) 270-2760 to have your event listed in the newsletter.

January 12th...Honor-A-Deceased Veterans Ceremony in the Legislative Chambers at 8:30am sharp,
Angelo T. DeGenero, US Navy-SH3-KWE

January 19th...Martin Luther King Jr. Day—OFFICE CLOSED

January 24th...Home Waters Unlimited & Sullivan Jones VFW Post presents An Afternoon of Information and Relaxation 1:30pm-4pm (Snow Date January 31st) at 25 Veterans St., Poestenkill. RSVP to Joe Reilly by 1/12/26 at 518-813-7338

February 9th..Honor-A-Deceased Veterans Ceremony in the Legislative Chambers at 8:30am sharp,
Neil M. Manchester US Navy-MM3-WWII

February 16th...Presidents Day—OFFICE CLOSED

March 9th...Honor-A-Deceased Veterans Ceremony in the Legislative Chambers at 8:15am sharp,
William C. Roy, US Army-SP5-Vietnam



Department of
Veterans' Services



MILITARY WOMEN'S MEMORIAL

PRESERVING HERSTORY

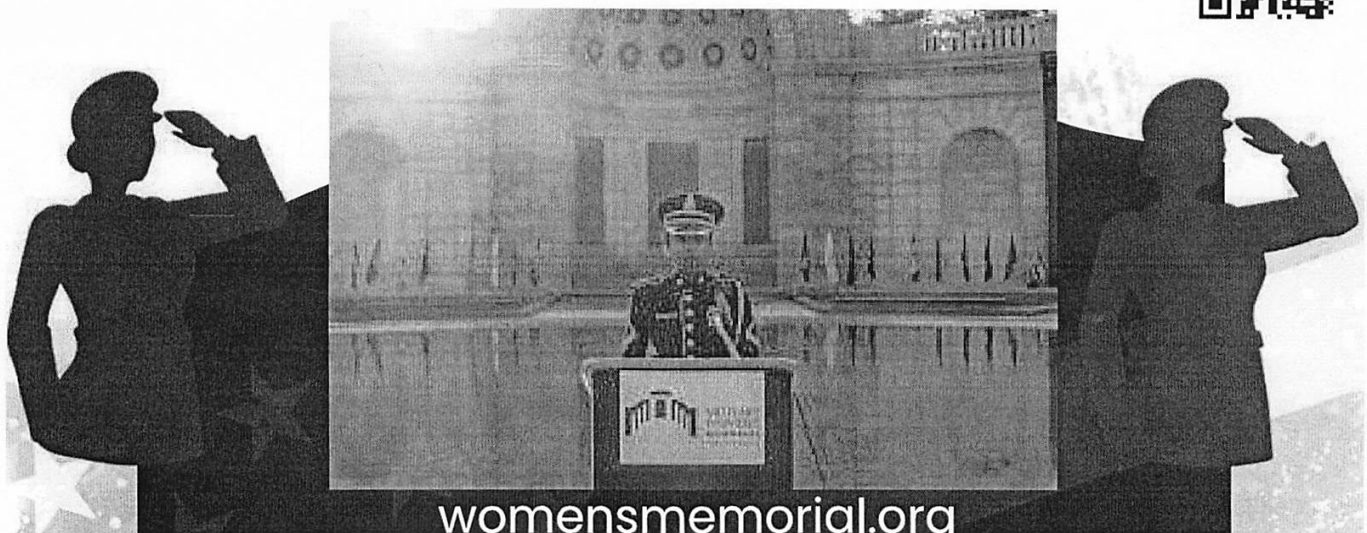
**A Special Message To All New York State Women Who Served:
Preserve *YOUR* Story For *HERSTORY*.**

Register your service with the Military Women's Memorial, our nation's official memorial and education center honoring the service and sacrifice of women in the U.S. Armed Forces.

More than 3 million women have served since the American Revolution. By adding your name and service details to the Memorial's Register, you help ensure that your story — and the stories of all who served — are preserved and honored for future generations.

Register today and make *YOUR* story part of *HERSTORY*:
womensmemorial.org/make-herstory

Scan To Register



womensmemorial.org

Home Waters Trout Unlimited and Sullivan Jones VFW Post presents

An Afternoon of Information and Relaxation

Saturday, January 24th 1:30 – 4:00 pm (Snow Date January 31st)

Poestenkill VFW Post #7466, 25 Veterans St, Poestenkill, NY



Learn how area trout fishing can be quite easy to do, either by one's self or with family and friends. And it's good for you!

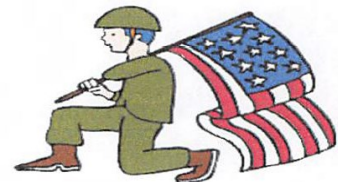
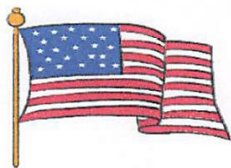
Benefits include: stress relief, serenity, self-challenge, conservation awareness, comradery, good family time, fly tying.

Program

- * Keynote Speaker - Dr Andrew Berry PhD, PsyD, ABPP, APA (Fellow).
- * Welcome Speaker and Address – Senator Jacob Ashby (fellow Veteran)
- * Movie - 'Mending the Line'.

R-rated drama about a Marine dealing with PTSD who finds healing through fly fishing with a mentor, but viewers should be warned about its intense war violence in the opening, strong language, and themes of trauma, drinking, and loss, though it carries a positive message about healing and mentorship. Runtime 120 minutes.

- * Discussion and Q & A session – Led by Joe Reilly (HWTU Liaison)
"What your local chapter of Trout Unlimited has to offer."



Refreshments provided and equipment inquiries answered.

For further information and to **RSVP** by January 12th with headcount (for logistical purposes), please contact Joe Reilly. 518-813-7338 jrkelsdad@yahoo.com