

Tompkins County Veterans Connections

This May Veterans across Tompkins County are invited to join other Veterans through virtual networking events. This month's events -- Veterans Coffeehouse and Warrior Writers -- can be attended online or by calling in via landline or cell phone.

The graphic is a dark-themed promotional poster for a virtual event. At the top, it says "Team RWB Ithaca's Monthly" in a light font. Below that, "Veterans' Coffeehouse" is written in large, bold, white letters. To the right, a sunburst graphic contains the text "goes VIRTUAL! online via Zoom OR by phone!". Below the main title, it says "Co-hosted with the Tompkins County Department of Veterans Services". The central text reads: "Join us May 21 from 12:00-2:00pm to connect with your local veterans! Share how you are keeping well in quarantine, new recipes you've been cooking up, and more!". At the bottom, there are two white icons: a laptop and a smartphone. The laptop screen displays "Enter Zoom Meeting ID + 264-669-165 Password: 200923". The smartphone screen displays "Call: 1-646-876-9023". To the right of the smartphone is the RWB Ithaca logo, which includes a circular seal and the text "RWB ITHACA".

Veterans' Coffeehouse

Team RWB and the Tompkins County Department of Veterans Services will hold its monthly afternoon Veterans Coffeehouse **Thursday, May 21, 2020**. Veterans can log in **12-2p** via Zoom (Meeting ID 264-669-165) or by calling 1.646.876.9923.

The Veterans Coffeehouse provides Veterans across Tompkins County the chance to connect with other Vets, share stories, and meet old friends while making new ones. This month provides the chance to swap tips for surviving the COVID-19 quarantine as well as recipes to impress your squad.

WARRIOR Writers

The Finger Lakes Warrior Writers will **meet 7-9p on Thursday, May 21, 2020**. This meeting will be held via Zoom. For login information e-mail Veteran@tompkins-co.org.

Finger Lakes Warrior Writers are military Veterans from the Vietnam, Desert Storm, and Iraq War eras. They meet the 2nd and 4th Thursdays for writing workshops. These creative workshops offer prompts that cover a variety of military issues and experiences. This encourages sharing stories, opinions, and ideas for productive writing/reflecting/story-telling and other forms of art.

A highlight of these workshops for many veterans is having a space to release bottled-up thoughts and emotions around others who understand, creating a sense of empowerment in the ability to tell their own story. By creating an open and accepting atmosphere, the Veterans build a community of support.

Workshops are for any service member or Veteran regardless of experiences with writing, combat, art, deployment, etc. Attendees help each other refine their writings (in a gentle way) and enjoy each other's company.