



STRONGER TOGETHER



Celebrating 15 Years of Service

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Stronger Together: Housing that Builds Stability

Affiliate Spotlight: Eagle Star Housing

Eagle Star Housing has been creating pathways to stability since 2012, providing veterans and vulnerable individuals with more than just a place to stay—it offers a foundation for rebuilding independence and long-term success.

Through both transitional housing (typically 3–6 months) and permanent supportive apartments, Eagle Star meets individuals where they are—offering safe housing, case management, and support services that help remove barriers such as health challenges, unemployment, and housing instability.

Their work in the Binghamton area and across New York ensures that veterans not only find housing, but also gain access to the tools and resources needed to maintain it—whether short-term or long-term.

Partnership plays a critical role in that success. Through collaboration with the Southern Tier Veterans Support Group (STVSG), veterans are connected to housing opportunities and immediate support when they need it most.

In one recent case, a veteran who had been sleeping in his car was placed into a fully furnished apartment in just 48 hours through coordinated community support—turning a moment of crisis into a fresh start.

Eagle Star Housing continues to grow its mission, ensuring that more veterans have access to safe housing and the support needed to build a stable future.

Learn more or support their mission: www.eaglestarhousing.com



EAGLE STAR HOUSING

Online subscribers: click the logo to go to Eagle Star Housing website.

Eagle Star Housing At A Glance:

Founded: 2012

- **Programs Across NYS**
- **Fully Furnished Apartments Provided**
- **On-Site Case Management & Support Services**
- **Transportation and Employment Assistance Available**

No veteran stands alone when a community stands together

“Real support means showing up when it matters most.”

Rooted in Support — 15 Years of Standing Together

Our Impact:

- ✓ 15 Years of Service
- ✓ Volunteer-Run Organization
- ✓ 90%+ of Donations Go Directly to Veterans
- ✓ Serving NY & PA Communities

For 15 years, the Southern Tier Veterans Support Group has been rooted in one thing:

showing up when it matters most.

Support doesn't always look the same.

Sometimes it's emergency assistance during a difficult time.

Sometimes it's a connection to the right resource.

And sometimes, it's simply knowing someone is there—ready to listen and help.

Over the years, we've seen how powerful that support can be.

A single moment of help can change the course of a life—restoring stability, dignity, and hope for veterans and their families.

But none of this happens alone.

Every connection made and every life impacted is possible because of a community that believes in taking care of those who served.

That's what it means to be rooted in support.

As we continue our 15th anniversary year, we remain committed to strengthening those roots—growing partnerships, expanding awareness, and ensuring every veteran knows support is within reach.

Because after 15 years, one thing remains true:

no veteran stands alone when a community stands together.



May is both Mental Health Awareness Month and Military Appreciation Month — a reminder that behind every act of service is a person who deserves support.

At Southern Tier Veterans Support Group, we believe that support is the foundation of resilience. Like roots that keep a tree strong, support systems help veterans and their families navigate life's challenges and continue to grow.

For many veterans, the transition to civilian life can feel isolating. But connection — whether through community, resources, or simply a conversation — can make all the difference.

Being “rooted in support” doesn't mean having all the answers. It means knowing where to turn.

This month, take a moment to reflect:

Who supports you?

And how can you support someone else?

Because when we are rooted in support, we grow stronger — together.

Board Spotlight: Al Eaton

Service, leadership, and a deep commitment to supporting local veterans.



As we celebrate 15 years of service, this month's Meet the Board feature honors where it all began. We're proud to spotlight our Founder and First President, Al Eaton, whose vision helped shape the mission and impact of the Southern Tier Veterans Support Group.

As we reflect on 15 years of service and our theme, "Rooted in Support," it's only fitting to recognize the individual who planted the first seeds of the Southern Tier Veterans Support Group.

Al Eaton has been with STVSG since its founding in 2011. What began as a vision to fill gaps in veteran support has grown into a trusted, community-driven organization serving veterans and their families across the Southern Tier of New York and Northern Pennsylvania.

Al served 12 years in the U.S. Navy (1975–1987) as a P-3 Orion Naval Flight Officer, deploying worldwide. He later spent 31 years at Lockheed Martin in engineering, business development, and program management leadership roles before retiring in 2015.

He founded STVSG after recognizing that many veterans' needs were not being fully met—envisioning an organization with the flexibility and resources to provide meaningful, timely support.

For Al, the mission is deeply personal: supporting veterans and their families who have sacrificed so much. Many just need a "hand up" to get their lives back on track—work he considers one of the most meaningful of his lifetime.

One moment stands out. In STVSG's early days, the organization helped a veteran in need. Years later, Al saw him again and learned that support helped him go to college and become a social worker—now helping other veterans. A powerful full-circle impact.

Al remains motivated by both the lives already impacted and the work still ahead. He hopes to see STVSG continue expanding support—especially in transportation and housing—while helping veterans successfully reintegrate into their communities.

Outside of STVSG, Al enjoys hiking, reading, exercise, travel, and time with family and friends. He was born in Tripler Army Hospital in Honolulu, Hawaii, and enjoys a long walk to recharge. His favorite local spot is The Owego Kitchen.

"Asking for help isn't giving up—it's refusing to give up."

-Al Eaton

STVSG Founder | First President | Board Member

Al at a Glance

Branch
U.S. Navy Veteran

Favorite way to unwind:
A Long Walk

Board Member Since
2012

Hobbies
Hiking, reading, exercise,
travel, time with family &
friends

Tools for Support: Virtual Hope Box



Sometimes support needs to be right at your fingertips.

The Virtual Hope Box is a free mobile app designed to help individuals manage stress, anxiety, and emotional challenges in the moment. Developed by the U.S. Department of Veterans Affairs, this tool was created with veterans, service members, and their families in mind—but it's helpful for anyone looking for simple ways to cope and reset.

The app offers a variety of features to support mental wellness, including:

- Guided breathing and relaxation exercises
- Tools for managing negative thoughts
- Personal coping reminders and inspirational messages
- The ability to store photos, music, and memories that bring comfort during difficult moments

What makes the Virtual Hope Box especially powerful is its personalization. Users can build their own “hope box” filled with meaningful items that help ground them during times of stress.

In moments when challenges feel overwhelming, even small tools can make a big difference.

Resources like this remind us that support doesn't always have to be far away—it can be something we carry with us every day.

💙 If you or someone you know could benefit from extra support, consider exploring this free resource.

🌿 Quick Grounding Tip

When things feel overwhelming, try the 5-4-3-2-1 method:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This simple exercise can help bring your focus back to the present moment—anytime, anywhere.

👉 Tools like Virtual Hope Box can guide you through exercises like this.