

April 2016

Veterans Advocate



Veteran Services
2100 Campus Drive SE,
Suite 200
Rochester, MN 55904
(507) 328-6355

RED CARPET ORIENTATION



Would you like to learn how to navigate the VA system?
Come join us for an informational meeting for new and established patients.

Some of the topics that will be covered:

Co-managed care

Mental health

Women's health

Every 3rd Thursday of the month in room 117, at 2:00pm
At the Rochester VA Clinic, 3900 55th Street NW

Please call CVSO's to make an appointment at 507-328-6355



April is Sexual Trauma Awareness Month. In both civilian and military settings, service members can experience a range of unwanted sexual behaviors that they may find distressing. These experiences happen to both women and men. According to Emma Metcalf, Director, military sexual trauma includes any sexual activity where you are involved against your will. “For example, some may have been pressured into sexual activities, threatened with negative consequences for refusing to go along, or promised faster promotions or better treatment in exchange for sex,” says Metcalf. Other military sexual trauma experiences include: Being physically forced into sexual activities Unwanted sexual touching or grabbing Threatening, offensive remarks about your body or your sexual activities Threatening and unwelcome sexual advances Not being able to give consent due to alcohol use If these experiences occurred while you were on active duty or active duty for training, they are considered to be military sexual trauma. However, military sexual trauma is not a diagnosis or a mental health condition – rather it is an experience. Fortunately, people can recover from experiences of trauma. “We’re working hard to spread the word about the services we have available for Veterans, women and men, who have experienced military sexual trauma,” reports Metcalf. “Veterans can receive free, confidential counseling and treatment for mental and physical health conditions related to military sexual trauma. You do not need to have reported the incident (s) when they happened. You do not need to have proof that they occurred.” “We’re here to help military sexual trauma survivors in their recovery and we are constantly working to improve our ability to meet their unique treatment needs,” says Metcalf. Veterans interested in learning more can speak with their existing VA healthcare provider, contact our military sexual trauma coordinator, or contact the local Vet Center. Veterans should feel free to ask to meet with a clinician of a particular sex if it would make them feel more comfortable. -By VA Public Affairs Wednesday, March 30,



PTSD Support Group for Veterans, Friends, and Family

SEMCIL and Veteran Services are offering a support group for Veterans that have been diagnosed with PTSD, or those who have signs and symptoms of PTSD, and their family members. Maybe you need to talk or just be in the company of your extended Veteran family. The support group will be a place for Veterans to share, heal and talk about their experiences in dealing with PTSD. We will be there for each other.

We are our brothers and sisters keepers because the oath we took to never leave a fallen comrade has no expiration date. For many of us, combat veterans, there are daily reminders of combat stress. The group will be facilitated by Jennifer Shumaker, Veteran and Olmsted County Veterans Service Officer.

Thursday, April 28, 2016

Thursday, May 26, 2016

Thursday, June 30, 2016

6:30pm-8:30 p.m.

American Legion Post 92

315 1st Ave NW,

Rochester, MN, 55901

Jennifer at 507-328-6324 or shumaker.jennifer@co.olmsted.mn.us





The Rochester Chapter 7451, Military Order of the Purple Heart, will have a chapter name and number change ceremony to Chapter 71-10 Lloyd-Swenson Military Order of the Purple Heart.

-Open to the Public-

When: Thursday, April 21st

Where: Rochester VFW, Post 1215, 16-6th Street SW, Rochester, MN 55902

Time: 4:30pm-5:30pm community time, Meeting at 5:30pm



Olmsted County Veteran's Services

The Soldiers Field Veterans Memorial will be adding 350 pavers at the Veterans Memorial in Rochester. The new pavers will be installed on the West side of the Memorial. It is hoped that the 350 will be reached shortly so they can be installed this fall.

If you wish to honor a Veteran with a paver please send a tax deductible check for \$350.00 made out to Soldiers Field Veterans Memorial and mail to: Wayne Stillman, 2314 Pine Star lane SE, Rochester, MN 55904

Pavers can also be ordered on line www.soldiersfieldmemoritl.com and please send payment within four days after order.

Send the following information, Name of Veteran, Branch of service served in and conflict when served or date entered service. Only one name, one branch of service and one conflict.

All proceed go to Veterans projects and care of the Memorial. All committee member are volunteers. For further information, please contact: Wayne Stillman, (507) 289-8981

Other upcoming local events

American Legion

3rd Tuesday of each month

315 First Ave NW

Rochester, MN 55901

7pm

Legion Riders

2nd Thursday of each month

7pm

Forty et eight at the American Legion

2nd Tuesday of each month

7pm

Military Order of the Purple Heart

3rd Thursday of each month

6pm

Gulf War Veterans 1st Monday of each month

7pm

VFW Post Meeting

2nd Tuesday of each Month VFW Post 1215

16 6th Street SW, Rochester, MN 55902

7pm

Vietnam Veterans of America Chapter # 1110

American Legion, 315 1st Ave N W, in Rochester, Minnesota

4th Monday of the month at 7PM. If the 4th

Monday is a holiday, we meet the 3rd Monday

DAV Meeting

2nd Monday, of each Month Rochester's Elks Lodge

1652 Hwy 52 N, Rochester, MN 55901

5:30pm dinner, meeting at 6:00pm

Korean War Veterans

Every Monday at Grandmas Kitchen

1514 N Broadway, Rochester, MN 55906

(Silver lake plaza)

7am

Marine Corp League Meeting

4th Tuesday of the month, 7pm, VFW Post 1215 16

6th Street SW, Rochester, MN 55902

POW/MIA Riders Association, Member Meeting

2nd Saturday of the month 11am-1pm, VFW Post

1215 16 6th Street SW, Rochester, MN 55902

Byron American Legion

505 Frontage Road W

Byron, MN 55920

3rd Monday of month, 7pm





STARTING OR GROWING A VETERAN-OWNED BUSINESS

Sign up for Boots to Business Reboot, an entrepreneurship training program for veterans and their spouses.

OWNING A VETERAN-OWNED SMALL BUSINESS

Veterans have the character, discipline and skills needed to succeed as small business owners and entrepreneurs. Wondering what it takes and how you can prepare? Enroll in Boots to Business Reboot.

ABOUT BOOTS TO BUSINESS REBOOT

Boots to Business Reboot is a two-step training program that provides participants an overview of business ownership as a career vocation, an outline and knowledge on the components of a business plan, a practical exercise in opportunity recognition, and an introduction to available public and private sector resources.

Step one is the Introduction to Entrepreneurship course eligible to Veterans of all eras, Servicemembers (including members of the National Guard and Reserves) and their spouses. This course is instructed by SBA and its partners who are skilled business advisors.

Step two is an eight-week online Foundations of Entrepreneurship course instructed by a consortium of professors and practitioners led by the Institute for Veterans and Military Families at Syracuse University.

Notes: i. A participant must complete the Introduction to Entrepreneurship course to be eligible for the Foundations of Entrepreneurship course. ii. Cosponsorship Authorization #15-2110-117. SBA's participation in this cosponsored activity is not an endorsement of the views, opinions, products or services of any cosponsor or other person or entity. All SBA programs and services are extended to the public on a nondiscriminatory basis. iii. Reasonable arrangements for persons with disabilities will be made if requested at least two weeks in advance. Contact: 800-203-6773 or Trevan.H@vsa.gov.

Two Day Class

Friday, May 13th & May 20th

Time: 9:00am to 5:00pm

Place: Metropolitan State

University, Library Room 302

Address: 700 East 7th Street St.

Paul, MN 55106

Register at:

<http://boots2business.org/reboot/>

For More Information

Call: 612-370-2356

Email: Thomas.osborne@sba.gov

BROUGHT TO YOU LOCALLY BY:

**The U.S. Small Business Administration
Minnesota District Office in cooperation
with:**

**Metropolitan State University
MN SCORE Chapters**

**MN Small Business Development Centers
Women Venture**

The Boots to Business Reboot program is provided through the coordinated efforts of the SBA and the following valued partners:



LEARN MORE AT
WWW.SBA.GOV/BOOTS2BUSINESS

AND FOLLOW US AT
WWW.FACEBOOK.COM/BOOTS2BUSINESS

AND ON
TWITTER.COM/BOOTS2BUSINESS



Olmsted County Veteran's Services

**GRAHAM
ARENA #2**

1570 FAIRGROUNDS
AVENUE SE

ROCHESTER



**WELCOME
CEREMONY**

12:00 PM

**CLOTHING
DISTRIBUTION**

PLEASE PROVIDE YOUR
DD214 OR VA ID
CARD FOR FASTER
REGISTRATION

CONTACT MACV FOR MORE
INFORMATION
507.345.8258

ALL VETERANS WELCOME

MINNESOTA ASSISTANCE COUNCIL FOR VETERANS



SENDING VETERANS THROUGHOUT MINNESOTA

**STAND
DOWN
FOR VETERANS**



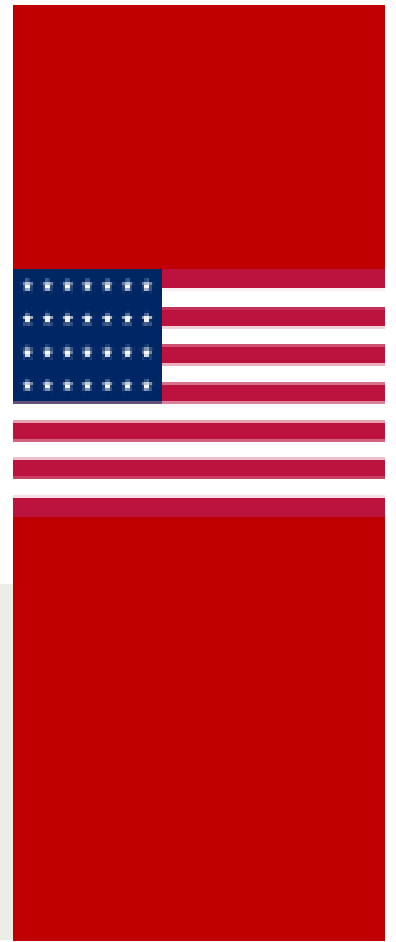
**TUESDAY
MAY 24, 2016**

9:00 AM UNTIL 2:00 PM
FREE LUNCH PROVIDED BY DAV #28

**STANDDOWN COURT &
LEGAL CLINIC**
9:00 AM UNTIL 2:00 PM

FREE SERVICES AVAILABLE
MEALS • VA BENEFITS (CLAIMS & SERVICES)
CLOTHING • HOUSING • LEGAL ASSISTANCE
HAIRCUTS • PUBLIC BENEFITS • STATE DMV
EMPLOYMENT ASSISTANCE • CHAPLAINCY

“To promote the interests and welfare of veterans, their dependents and survivors and to enhance their quality of life through counseling, claims assistance, education, advocacy and special projects.”



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