



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

State to Activate 'Veteran Rapid Response Team

A new initiative will provide immediate assistance to homeless Veterans during the 2016 Point-in-Time (PIT) count, the annual one-day count to identify everyone experiencing homelessness in Minnesota. This year the PIT count, which was conducted

January 28, and for the first time the Minnesota Department of Veterans Affairs (MDVA) is organizing a Veteran Rapid Response Team and crisis shelter to assist any homeless Veterans identified through this outreach.

In Minnesota the number from this count provides measurement of our progress toward the goals of Heading Home: Minnesota's Plan to Prevent and End Homelessness, including the goal to end Veteran homelessness statewide.

"Ending homelessness does not mean that Minnesotans will never face housing instability or homelessness again. Rather, it means that every community in Minnesota will have a response to homelessness that prevents homelessness from occurring whenever possible, and ensures that when homelessness does occur, it is rare, brief, and non-recurring," said Cathy ten Broeke, State Director to Prevent and End Homelessness.

In collaboration with the state's plan to end homelessness, over the last several years communities and mayors from around the state have unified toward the goal of ending Veteran homelessness statewide. As part of this commitment, in 2014 MDVA and many community partners launched a statewide Homeless Registry focused on housing all Minnesota Veterans experiencing homelessness. This Registry has helped accelerate Minnesota's progress toward the goal.

During Thursday's PIT count a Veteran Rapid Response Team will be standing by for all homeless Veterans. Outreach workers who identify unsheltered homeless Veterans will connect with social workers who specialize in finding housing solutions for Veterans experiencing homelessness. Those social workers will invite the Veterans to join the Registry and develop a personalized housing plan. "Having a housing plan is key," said Eric Grumdahl, who serves as Special Advisor on Ending Veteran Homelessness for MDVA and Minnesota Office to Prevent and End Homelessness. "Homelessness is a problem that we can solve. The best, most lasting solutions are personalized for each individual or family experiencing homelessness." With a housing plan in place, Veterans experiencing homelessness are typically housed within four months.

The search for landlords willing to rent to Veterans also remains a priority; although many Veterans currently on the Registry have the income or assistance to pay for housing and maintain stability, one of the surprising struggles has been identifying landlords willing to give these Veterans a second chance. If you are a landlord and would like to join the database, please call:

1-888-LinkVet (546-5838).



YOU'RE HOME



BUT...HAVE YOU REALLY LEFT THE BATTLEFIELD BEHIND?

Today, more than 460,000 American veterans have been diagnosed with Post-Traumatic Stress. Scores more suffer from anxiety, depression and emotional isolation. For these brave men and women, every day is a struggle. For some, conventional therapy is not enough.

Even worse, *22 veterans take their own lives each day* in this country. It doesn't have to be that way. That's where we come in.



The Ars Bellum Foundation is a non-profit organization founded by veterans to help veterans.

We've partnered with Adler Graduate School through a generous grant from Tee It Up For The Troops and private donations to create a clinical art therapy program for veterans suffering from PTSD and related mental health conditions as a result of service-related and sexual trauma, based on a model developed at Walter Reed Medical Center.

Art therapy gives vets a way to cope with the trauma they experienced on the battlefield in a way proven to reduce many of their worst symptoms: nightmares, depression, anxiety attacks, and emotional numbing.



147 Virginia Street, #13 • Saint Paul, MN 55102
651-317-9759 • www.arsbellumfoundation.org
Bridget@arsbellumfoundation.org
[@ArsBellum](https://www.instagram.com/ArsBellum)
Ars Bellum Foundation: Beyond the Battlefield



Chapter 28 to host Veteran State Legislative Town Hall Meeting



Kahler Apache Hotel and Conference Center

1517 16th St SW, Rochester, MN 55902

February 11, 2016 at 5:30pm

Free meal following event for attendees

For any questions call Trent at 651-788-3186

Health Needs of the Aging Veteran Population

Four decades ago, VA medical, recognized that aging of World War II and Korean War veterans would one day challenge its delivery system. At the time, VA had been focused primarily on inpatient and acute care, and was not prepared to address the long-term care needs of an aging veteran population. In response, VA medical developed capabilities to meet these needs by building long-term care facilities and by developing cooperative agreements with state veterans' homes.

Home Based Primary Care

Health care services provided to Veterans in their home. A VA physician supervises the health care team who provides the services. Home Based Primary Care is for Veterans who have complex health care needs for whom routine clinic-based care is not effective.

The program is for Veterans who need skilled services, case management and help with activities of daily living. Examples include help with bathing, dressing, fixing meals or taking medicines.

This program is also for Veterans who are isolated or their caregiver is experiencing burden.

Home Based Primary Care can be used in combination with other Home and Community Based Services. Since **Home Based Primary Care** is part of the VHA Standard Medical Benefits Package, all *enrolled Veterans* are eligible **IF you meet the clinical need for the**

service and it is available. If you are enrolled in veterans health care, make an appointment with your primary care doctor, at your respective VA location, to discuss your eligibility for this program.

VA CBOC Rochester, MN 507-252-0885

VAMC Minneapolis 1-866-414-5058

Long Term Care

You may be able to pay for long term care services through VA, Federal and State programs (Medicare and Medicaid), and through insurance or your private funds.

Your eligibility for long term care services, provided in any long term care setting, will be determined based on your need for ongoing treatment, personal care, and assistance, as well as the availability of the service in your location. Other factors, such as financial eligibility, your service-connected (VA disability) status, insurance coverage, and/or ability to pay may also apply.



Wellness for Aging Veterans

We all most likely, want to be healthy and continue doing the types of activities we have done in the past. Your VA medical center can help you make small changes or even big changes that will improve your overall well-being.

Make a Pit Stop for Health

Your body may have changed a bit since basic training days, but you still have lots of opportunities to enhance your physical health. Well-being is the combination of mental health, physical health, and spiritual health — also called mind, body, and spirit. We want to assist you in addressing your overall health.

Complete a Systems Check

The Well-being section, online at: <http://www.va.gov/Geriatrics/> provides comprehensive information about the eight topics that address well-being, including:

Stay Active

Stay Safe

Find Balance

Eat Healthy

Sleep Well

Maintain Relationships

Nurture Your Spirit

Lower Stress

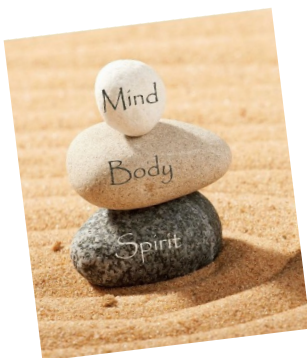
Each topic includes links to community resources to enhance your well-being.

If you do not have online access, contact your primary care provider for more information.

Is it Time to Start Your Engine?

You may not be able to tackle all of the areas of well-being at once, but even small changes can make a difference. Is it time for you to take action and make a change — for your mind, body and spirit?

Go to the VA Geriatrics Well-Being site and good luck! - See more at: <http://www.va.gov/GERIATRICAL/Guide/LongTermCare/Wellness.asp>





PTSD Support Group for Veterans, Friends, and Family

Veteran Services is 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, February 25, 2016

Thursday, March 31, 2016

Thursday, April 28, 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



WOMEN VETERANS

Wellness & Pampering Retreat



February 19 – 21, 2016

*Women veterans face unique challenges in their lives, come and experience relaxation, reflection and rejuvenate. Get the special treatment you deserve. Enjoy the beauty of the north woods, learn new ways to unwind and cope with stress and how to enhance your self-care! You will check in Friday between 2:00 pm and 5:00 pm. Meals are included. Cost is \$50.00 for the weekend. *Massages are \$30.00 per ½ hour and must be booked and paid for in advance.*

To register: Fill out the registration on the back and return it with your payment to Independent Lifestyles – 215 N Benton Drive, Sauk Rapids, MN 56379 or office@campbliss.org



For more information about Camp Bliss please go to our website: www.campbliss.org
Camp Bliss is located at:
6150 Camp Fish Road, Walker, MN 56484 - 218.547.4004



2nd Annual

Operation Freedom on Ice

We invite all Veterans, Active Duty Military & Their Families to enjoy a day of ice fishing and the Great Outdoors at Cross Lake in Pine City, MN. We are thankful for their service & protecting our freedom. All equipment and fish houses will be provided. Sponsored by Beyond the Yellow Ribbon Pine City, MN.

Pre-registration is required.

To Pre-register call Christine David: 651-485-1464 or email: opfreedomonice@gmail.com

February 20th, 2016

Registration 9AM to 10AM

American Legion

525 Main Street N. Pine City, MN 320-629-2021

Fishing from 10AM to 5PM - North End Cross Lake

Lunch Available on Ice Noon - 2PM

Freewill Donations Accepted

Social Hour Starts at 3PM at American Legion in Pine City

Fish Stories and Raffle Prize Drawings

All Proceeds go to Beyond the Yellow Ribbon Pine City, MN to support our Military and Their families before during and after deployment.

If you would like to volunteer at event please contact us via email opfreedomonice@gmail.com. If you would like to donate to the raffle or support Beyond the Yellow Ribbon Pine City, MN & Operation Freedom on Ice please contact Christine David 651-485-1464.



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

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, American Legion

315 First Ave NW, Rochester, MN 55901

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

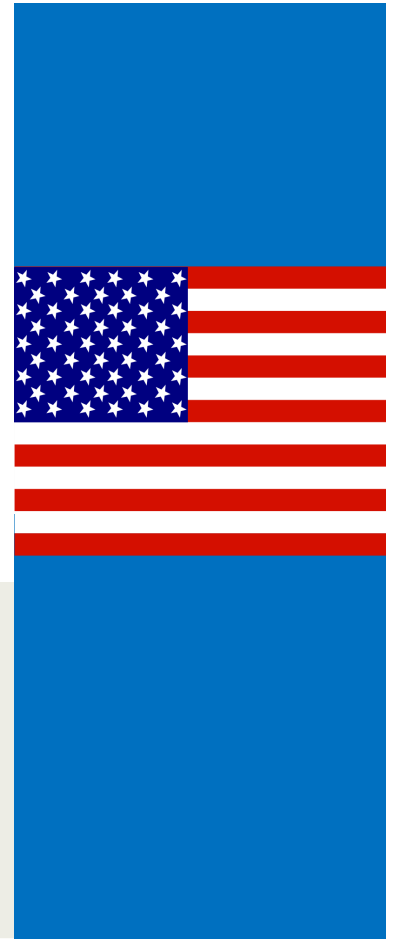
Byron, MN 55920

3rd Monday of month, 7pm



Olmsted County Veteran's Services

“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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