

# VETERANS ADVOCATE

## January 2018

The Cost of Living Adjustment (COLA) will be 2% in 2018 which is the first substantial increase in years. However, it is a bit below the 2.2% cost-of-living increase that was projected by the Trustees who oversee the social security program. The 2.0% increase means the average social security recipient will receive about \$25 more a month or \$300 a year. COLA increases are based on the inflation measurement period of the 3rd quarter (July, August, and September).

**COLA (Cost-of-Living Adjustments) are for the following individuals or areas:**

Retired Military Veteran

Disabled Veterans – See: [https://www.benefits.va.gov/compensation/resources\\_comp01.asp](https://www.benefits.va.gov/compensation/resources_comp01.asp)



## Veterans Health Identification Card



**The VHIC is issued only to Veterans who are enrolled in the VA health care system.**

Purpose of the VHIC: The VHIC is for identification and check-in at VA appointments. It cannot be used as a credit card or an insurance card, and it does not authorize or pay for care at non-VA facilities.

### Veterans ID Cards Available Through Community Based Clinics

Rochester VA CBOC-3900 55th Street NW

**Veterans must schedule an appointment through the VA Call Center at 612-467-1100.** Clinics start at 8:30am and the last appointment is at 3:15pm. **DATES, Wednesday's: Jan 31, March 28, May 30, July 25, Sept 26, Nov 28**

Primary Identification	Secondary Identification
Must present ONE form of Primary Identification	And ONE form of Secondary Identification
State-Issued Driver's License	Social Security Card
United States (U.S.) Passport (unexpired)	Original or certified Birth Certificate
Foreign passport with Form I-94 or Form I-94A (unexpired)	Certificate issued by US Consular Offices documenting the birth of a child on foreign soil to a US citizen. (Form FS-545, Form DS-1350, DS
U.S. Military card	Certification of Report of Birth issued by the Department of State
Military ID Card	Voter's Registration Card
Military dependent's ID card	Native American Tribal Document
Foreign Passport with temporary I-551 stamp	U.S. Citizen ID Card (Form I-197)
Permanent Resident Card or Alien Registration Re-	Identification Card for Use of Resident Citizen in the United States
Federal , State or local issued photo ID	Employment Authorization document issued by the Department of
Employment Authorization Document that contains a	Canadian Driver's License
Passport from the Federated States of Micronesia (FSM) or the Republic of the Marshall Islands (RMI)	
School ID with photograph	
VA Identification Card (VIC) or VHIC*	

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# Project Community Connect

Sponsored by the Homeless Community Network of Olmsted County

## When:

Friday, January 26, 2018  
10 am – 2 pm

## Where:

Mayo High School  
1420 - 11<sup>th</sup> AVE SE

## Questions:

Call 507-732-7391

## Services:

- FREE lunch
- FREE haircuts
- Medical services
- Flu shots & immunizations
- FREE HIV testing
- MNsure Navigators
- Legal services
- Employment assistance
- Services for Veterans
- Photo ID's
- Mortgage foreclosure resources
- Tax appointment information
- **\*\*New\*\*** Shoe Bus
- Interpreters

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FREE city bus to/from Mayo High School.  
Tell the driver you are going to Project  
Community Connect.

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**“More than a membership, it’s a mission.”**

Did you know that aging adults experience more significant transitions in life than any other phase of life? This can be an exciting time of experiencing new hobbies, making lifelong friends and defining what life means to them. This also includes becoming more involved in a community of similar aged adults and having fun with exercising, unique activities and hobbies.

125 LIVE is a state-of-the-art facility specifically designed to focus on the diverse needs of individuals 50+ and provide a wide variety of physical, social and intellectual opportunities to engage the minds and bodies of our community’s active adults. Through expansive programming, fitness amenities, gathering spaces and personal health resources, 125 LIVE provides opportunities for adults to embark on their own journey to “aging successfully.”

### **Contact Information**

**Address: 125 Elton Hills Dr. NW,**

**Rochester, MN 55901**

**Phone: (507) 287-1404**

**Email: [Info@125LiveMN.org](mailto:Info@125LiveMN.org)**



## Veterans Employment Seminar

Learn more about applying and working for the Minnesota  
Department of Natural Resources (DNR)

At the seminar, you will learn:

- How to set up DNR job searches and get notifications
- What jobs work for you and the education requirements associated
- How your military career fits with state employment
- What benefits you have working at the DNR as a veteran

Information sessions will be offered throughout the day and staff will be available to answer questions about DNR career opportunities in fields such as:

- Communications & Public Relations
- Enforcement
- Engineering & Landscape Architecture
- Forestry, Fisheries & Wildlife
- Human Resources
- Information Technology, GIS & Mapping
- Management & Operations
- Logistics, Maintenance & Safety
- Real Estate
- Finance & Administration

**Registration is required & space is limited!**

Register early to ensure availability in the session of your choice. Once your registration is confirmed, you'll receive a welcome packet with additional information. For assistance or questions, call 651-259-5391.

Sign up at: <http://tinyurl.com/dnrvets2018>

### Veterans Employment Seminar

Wednesday, January 3, 2018

9:30 am – 12:30 pm

DNR Central Office  
500 Lafayette Road  
St. Paul, MN 55101





# Red Carpet Event

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

Thursday, January 18, 2018

Every 3<sup>rd</sup> Thursday of the month in room 117, at 2:00pm

At the Rochester VA Clinic, **\*\*NOTE NEW ADDRESS\*\***

3900 Fairway PL NW

Rochester MN 55901

Please call CVSO's at 507-328-6355





SEMCIL, and Olmsted County 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.

## **NO PTSD Support Group January 2018**

**Resume February, 27, 2018**

**630pm-830pm**

**American Legion Post 92**

**315 1st Ave NW**

**Rochester, MN 55901**

Jennifer at 507-328-6324 or [shumaker.jennifer@co.olmsted.mn.us](mailto:shumaker.jennifer@co.olmsted.mn.us)

# VETERANS DAY ON THE HILL 2018

**WHEN: MARCH 12TH**

**Free Pre-Rally Breakfast and Info 8-10am**

(5th Floor Veterans Services Bldg)

**Rally in the Rotunda 10-11am**

**Regional Rooms for Lawmakers 12-2pm**

## WHERE

**Minnesota State Capitol Rotunda**

**Pre-Rally at MN Veterans Service Building**

**20 West 12th Street, St. Paul, MN**

**NEW THIS YEAR— FREE PRE-RALLY BREAKFAST, REGIONAL ROOMS FOR  
LAWMAKERS TO COME TO YOU AFTER THE RALLY, METRO AREA PARK  
AND RIDE AND MUCH MORE. DETAILS @ DAVMN.ORG**

**ALL VETERANS AND  
SUPPORTERS ARE  
INVITED TO RALLY  
IN SUPPORT OF  
VETERANS  
LEGISLATION**

**INCLUDING:  
KEEPING SURVIVING SPOUSES IN  
THEIR HOMES!  
ENDING ILLEGAL PREDATORY  
LENDING AGAINST VETERANS  
BENEFITS!  
INCREASING ACCESS TO THE  
OUTDOORS FOR OUR DISABLED  
VETERANS!  
AND MUCH, MUCH MORE...**

**NEW METRO-AREA  
PARK AND RIDE  
WILL BE  
AVAILABLE FOR THE  
DAY OF THE EVENT**

**For details on location and times  
check out [WWW.DAVMN.ORG](http://WWW.DAVMN.ORG)**

**BUSSES WILL BE  
OFFERING FREE  
RIDES FROM  
ACROSS GREATER  
MN.**

**To see if a bus will be coming  
from your area checkout  
[WWW.DAVMN.ORG](http://WWW.DAVMN.ORG)**

**ANY QUESTIONS PLEASE  
CONTACT TRENT DILKS AT  
[TRENT@DAVMN.ORG](mailto:TRENT@DAVMN.ORG)**



**Rochester American Legion Post 92**

**3rd Tuesday of each month**

**315 First Ave NW**

**Rochester, MN 55901**

**7pm**

**Legion Riders**

**2nd Monday of each month**

**7pm**

**Forty et eight at the American Legion**

**2nd Tuesday of each month**

**630pm**

**Rochester VFW Post Meeting**

**2nd Tuesday of each Month VFW Post 1215**

**16 6th Street SW, Rochester, MN 55902**

**7pm**

**Byron American Legion Post 119**

**3rd Monday of the month**

**7pm**

**505 Frontage Road NW, Byron, MN**

**Vietnam Veterans of America**

**Meets 4th Monday each month**

**at 7:00pm, at the Rochester American Legion**

**315 First Ave NW**

**Rochester, MN 55901**

**MOPH**

**3rd Thursday of the month 6pm**

**VFW Post 1215**

**16 6th St SW**

**Rochester, MN 55902**

**Stewartville American Legion Post 164**

**Meeting 3rd Monday each month, 7:30pm**

**1100 2nd Ave NW, Stewartville**

**Stewartville VFW Post 8980**

**Meeting 1st Monday each month, 7pm**

**1100 2nd Ave NW, Stewartville**

**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)**

**8 AM**

**Thor Detachment 606 Marine Corp League Meeting**

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

**16 6th Street SW, Rochester, MN 55902**

**Kasson American Legion Post 333**

**Third Thursday of the month**

**March 19 , 7pm**

**212 West Main Street , Kasson, MN 55944**

**Chatfield VFW Post 6913**

**2nd Tuesday of the month**

**9- 2nd St SW, Chatfield, MN**

**Gulf War Veterans of America**

**1st Monday of each month**

**7pm, at the Rochester American Legion**

**315 First Ave NW**

**Rochester, MN 55901**

**Eyota American Legion Post 551**

**2nd Monday each month 6:30pm**

**11 Madison Ave NW**

**Eyota, MN 55934**

**Legion Riders**

**4th Wednesday each month 7:30pm**



*“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.”*



Veterans Services  
2100 Campus Drive  
SE, Suite 200  
Rochester, MN 55904

