

*Olmsted County
Veteran Services
Veterans Advocate Newsletter
January 2021*

Changes in Olmsted County Veteran Services!

The Veteran Services Office objective is to offer as many services as possible without face-to-face contact. We will do our best to schedule phone appointments as needed or to address needs through the mail, via email, or fax. Many of the stakeholders we are working with are also in the process of implementing similar practices. We are working together to find the best possible solutions that effectively comply with efforts while also minimizing the impact on our veterans and their families.

Office Phone: 507-328-6355, Office Fax: 507-328-7950

Nathan will be out of the office until around the end of January. Please contact Karen, Ashley, or Jennifer

Emails:

Admin: Karen Applen, applen.karen@co.olmsted.mn.us

Service Officer: Jennifer Shumaker, shumaker.jennifer@co.olmsted.mn.us

Service Officer: Ashley Laganieri, laganieri.ashley@co.olmsted.mn.us



join us at The Salvation Army for a

FREE WINTER COAT

COVID REQUIREMENTS

One visit and coat per person

Facial covering required



WEDNESDAY, JANUARY 13

9:00-3:30



We invite you to learn more about how to explore a “life-changing career” at Mayo Clinic!

Invest an hour to learn how to promote yourself in the application process. Come hear from our recruiters.

Whether you are starting your professional life or well vested in your career journey, you may wonder if you are aligning with the work you were meant to do. This webinar will provide the tools to help you navigate towards a life-changing career.

REGISTRATION DETAILS

- Date: Thursday, January 14, 2021
- Time: 1:00-2:00 PM (CST)
- Register at: [Mayo Clinic Careers Webinar](#)

After registering, you will receive a confirmation email containing information about joining the webinar. Preview our promise to you at: [Mayo Clinic Life Changing Careers](#).

Please contact us at diversityrecruitment@mayo.edu with any questions.

Center for Grief Education and Support



ONGOING PROGRAMS

Please note that our groups have two different formats (Virtual = V or In-Person= IP).

NEWLY BEREAVED GROUP

A group for anyone who has experienced the death of a loved one within the last year.

PREGNANCY & INFANT LOSS

A group for those who have lost a baby through miscarriage, stillbirth, at the time of birth or within the first month after birth.

DROP-IN TEEN DAYS

A group for teens grades 7-12 in a safe, creative space where they can share their story of loss.

SURVIVORS OF SUICIDE GROUP

A group for those who have lost someone close to them through suicide.

COMMUNITY COVID GRIEF SUPPORT GROUP

A virtual group for those who are grieving due to numerous losses experienced during the pandemic including, but not limited to, loss of job, housing, finances and social connection.

STEPPING STONES

A group for ages 65 and younger who have lost a spouse or significant other.

VETERANS LOSS & TRANSITION DISCUSSION GROUP

A discussion group led by veterans and CGES staff focusing on the challenges and transitions experienced by veterans.

PET LOSS GROUP

A group for those who have lost a pet through death.

YOUNG ADULT LOSS

A group for young adults who have experienced a recent death.

SPECIAL PROGRAMS

ADULT GRIEF GROUP/YOUNG LOSS GRIEF GROUP

These ten-week groups provide a safe, confidential place to learn about the process of grieving and teaches practical coping strategies to manage the experience of accepting the reality of the loss. Offered in Spring, Fall and Winter.

MOVING AHEAD: REBUILDING YOUR LIFE

When we lose a loved one, we find ways to accept the reality and gradually discover the extent of our losses. As our journeys continue, we begin to look at what we can rebuild for ourselves; what life holds for us. Registration is required.

MANAGING HOLIDAYS AND SPECIAL DAYS

A virtual workshop providing an opportunity to explore the difficulties associated with mourning during special days and steps to manage those experiences.

MEMORIES OF THE HEART

A virtual memorial service including candle lighting, music, reflections and a reading of the names being remembered.

TREE OF MEMORIES

Located on the Seasons Hospice Administrative Office grounds. The tree will remain illuminated throughout the holiday season.

All grief group participants must be registered 24 hours in advance. To register or for more information please email CGES@seasonshospice.org. Virtual (V) groups will be using Zoom and participants will receive a link or phone number after registering. In-person (IP) group participants must register, wear a mask, have temperature taken upon arrival and complete a questionnaire prior to each group. Individual counseling is available via phone or in-person by appointment.

We offer individual counseling by appointment. All sessions and groups are held at the Center for Grief Education and Support.

1696 Greenview Drive SW, Rochester, MN 55902 Phone: 507-285-1930 Email: cges@seasonshospice.org Web: www.seasonshospice.org/grief-support



Center for Grief Education and Support

SEASONS  HOSPICE

January 2021



Please note that our groups have two different formats (Virtual = V or In Person= IP). See below for details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Veteran Loss & Transition Discussion Group 6:00-7:30 p.m. (IP)	5	6	7 Newly Bereaved Group 6:30-8:30 p.m. (V) Newly Bereaved Group 12:00-2:00 p.m. (IP)	8	9
10	11 Community COVID Grief Support Group 5:30-7:00 p.m. (V)	12	13 Pet Loss Group 5:00-6:00 p.m. (V)	14 Pregnancy & Infant Loss 6:30-8:00 p.m. (IP)	15	16
17	18 Veteran Loss & Transition Discussion Group 6:00-7:30 p.m. (IP)	19	20 Teen Drop-in 4:30-5:30 p.m. (IP) Survivors of Suicide 6:00-7:30 p.m. (IP)	21 Newly Bereaved Group 12:00-2:00 p.m. (IP)	22	23
24/31	25 Stepping Stones 6:30-8:00 p.m. (V)	26	27 Young Adult Loss 6:00-7:30 p.m. (IP)	28	29	30

1696 Greenview Drive SW, Rochester, MN 55902 Phone: 507-285-1930

Email: cges@seasonshospice.org Web: www.seasonshospice.org/grief-support Facebook: www.facebook.com/SeasonsCGES



What: 2021 Justin Momeau Ice Fishing Classic

When: Saturday, February 13th 2021

Where: Hunters Point Resort

5436 479th St.

Isle, MN 56342

Cost: \$20 per ticket

-Admission to the event

-Door prize drawing to win 100s of prizes

Tickets: <https://unitedheroesleague.org/2021icefishing/>

Can't attend the event? You can still support UHL and our mission by purchasing tickets to the event with a chance to win amazing door prizes!

Prizes can be shipped nationwide!*

***Excludes Grand Prize 12x22 IceHouse**

LOCAL MEETINGS

Some organizations have resumed meetings. Call each one respectively for more information.

Rochester American Legion Post 92

(507)282-1322
915 21st Ave SE
Rochester, MN 55904
3rd Tuesday of each month
7pm
Auxiliary Unit 92
3rd Tuesday of each month
5:30pm
Sons of the American Legion
2nd Thursday of each month
6PM
Legion Riders
3rd Thursday of each month
7pm

Rochester VFW Post Meeting

(507) 289-6818
2775 43rd St. NW
Rochester, MN 55901
2nd Tuesday of each Month VFW Post 1215
7pm
Marine Corps League
2nd Tuesday of each month
7pm

Byron American Legion Post 119

(507) 775-6871
505 Frontage Road NW, Byron, MN
3rd Monday of the month
6pm

Vietnam Veterans of America

(507) 990-1347
Meets 4th Monday each month
at 7:00pm,
Vietnam Veterans Spouse Support Group
Meets 4th Monday each month
At 7:00pm
Thor Detachment 606 Marine Corp League Meeting
4th Tuesday of the month, 7pm
MOPH
3rd Thursday of the month 6pm
VFW Post 1215
2775 43rd St NW, Rochester, MN 55901

Stewartville American Legion Post 164

(507) 533-9281
1100 2nd Ave NW, Stewartville
Meeting 3rd Monday each month, 7:30pm

Stewartville VFW Post 8980

(507) 533-9281
1100 2nd Ave NW, Stewartville
Meeting 1st Monday each month, 7pm

DAV Meeting

(507) 773-5055
1652 Hwy 52 N, Rochester, MN 55901
2nd Monday, of each Month Rochester's Elks Lodge
5:30pm dinner, meeting at 6:00pm

Korean Veterans

Every Monday at Grandmas Kitchen
1514 N Broadway, Rochester, MN 55906
(Silver lake plaza)
8 AM

Kasson American Legion Post 333

(507) 634-4353
212 West Main Street , Kasson, MN 55944
Third Thursday of the month, 8pm

Chatfield VFW Post 6913

(507) 867-3144
9- 2nd St SW, Chatfield, MN
2nd Monday of the month 7:00pm

Eyota American Legion Post 551

(507) 545-2688
2nd Monday each month 6:30pm
11 Madison Ave NW
Eyota, MN 55934
Legion Riders
4th Wednesday each month 7:30pm

Pine Island American Legion Post 184

(507)356-8991
108 1st Ave SE
Pine Island, MN
2nd Monday of the month 7PM

Oronoco VFW Post 9647

(507) 367-4635
5 MN Avenue S
Oronoco, MN 55960
First Tuesday of each month 7pm
Auxiliary meeting same time, separate meeting

Dodge Center American Legion Post 384

(507) 633-6420
401 Highway St W
Dodge Center, MN 55927
2nd Monday each month 7pm

“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.”

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

