

Olmsted County
Veteran Services
Veterans Advocate Newsletter
January 2022

Veteran Services is now open for scheduled appointments ONLY.

To make an appointment, please visit www.olmstedcounty.gov/veterans, or call our office at 507.328.6355.

When you make an appointment, please write it down, or make yourself a reminder, as we have had many no shows and cancellations. This is time that another veteran could have used.

ALL OLMSTED COUNTY OFFICES WILL BE CLOSED MONDAY JANUARY 17 FOR MARTIN LUTHER KING DAY

We are unable to assist veterans outside of Olmsted County. Every county in Minnesota provides a veteran service officer to assist you. You can find your county veteran service officer by visiting www.macvso.org.

Thank you for your service.
[Olmsted County Veterans Appointment Calendar](#)

[Veterans | Olmsted County, MN](#)

Address:
Olmsted County Veteran Services Office
2100 Campus Drive SE, Suite 200
Rochester, MN 55904

Phone: 507-328-6355

Fax: 507-328-7950

Email: veteranservices@olmstedcounty.gov

St Paul Vets Center

Micheal Kurschner from the St. Paul Vets Center will be out of the office for an extended period of time All appointments will be rescheduled, virtually, with the St. Paul Vets Center. Please contact the St. Paul Vets Center with any questions or concerns.

101 5th Street, Suite 101

Saint Paul, MN 55101

Phone: 651-644-4022

Fax: 651-917-2555

VAMC Rochester Clinic Covid Vaccine Booster

3551 Commercial Dr SW, Ste 400, Rochester, MN 55902

The VAMC Rochester Clinic is offering Covid Vaccine Booster clinics every Wednesday, from 1-2pm. There are only 12 slots available each week, and BY APPOINTMENT ONLY. Please call: 507-252-0885 and press 2 to make an appointment.



Virtual/Zoom

HOMEOWNERSHIP EDUCATION



If you are thinking about purchasing a home now or in the future, this workshop is for you!!

Tuesday and Wednesday

January 4th & 5th

10:00am - 2:30pm



REGISTER NOW

<https://www.tfaforms.com/4919195?session=a164W000009yUi8QAE>

Speakers:

- Mortgage Banker
 - Successful Homeowners
 - Real Estate Agent
 - Home Inspector
- Create a road map to success!!
Great information to guide you through the homeownership process!

Taught in English

Need assistance to register?

Call/Text:

Joann at 507-696-4025

Yenai at 507-696-5755

Check out our website for upcoming classes:

www.threeriverscap.org

\$ FEES WAIVED!!!

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.

TEEN SUPPORT GROUP

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.

STEPPING STONES

A group for ages 65 and younger who have lost a spouse or significant other. We will meet outside around our fire table, weather permitting.

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.



Center for Grief Education and Support



January 2022

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

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



IT ONLY TAKES A DAY TO CHANGE YOUR LIFE.

Join Mayo Clinic for a life-changing event. In this one hour session, Mayo Clinic recruiters will answer your questions and share tips on how to polish your resume and improve your interviewing skills.

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. During this webinar, you will have the opportunity to speak with recruiters and hiring managers to learn about the types of roles we offer. Hear what some of our Mayo Clinic staff have to say: [Come Be A Part Of Mayo Clinic.](#)

REGISTRATION DETAILS

Date: Wednesday, January 27, 2022

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.

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

<https://jobs.mayoclinic.org/diversity-inclusion/>



PTSD Support Group

Want to: Know that others are going through something similar to you? Learn tips on how to handle day-to-day challenges? Meet new friends or connect with others who understand you? Learn how to talk about things that bother you or how to ask for help? Learn to trust other people? Hear about helpful new perspectives from others? Then this is the group for you!

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. Sometimes the most painful injuries aren't physical. Whether it's PTSD, TBI, combat stress, or any other mental health condition, we're here to help you get through it. The group will be facilitated by Jennifer

Shumaker, Veteran and Olmsted County Veterans Service Officer.

Where: VFW Post 1215, 2775 43rd St NW (back room)

When: Thursday's 2022 dates

Jan 20, Feb 24, Mar 24, Apr 21, May NO MEETING

I have other commitments the entire month!

time: 6:30PM-8:00PM

Questions call or email: Jennifer Shumaker, 507-328-6355 or

shumaker.jennifer@co.olmsted.mn.us

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
6pm
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
4th 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
DAV Auxiliary
Meetings on hold through March 2022
Contact Margo for more information:
MNDAVAux28@gmail.com

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

SPAM All Women American Legion Post 570

First Monday of each month 530pm
American Legion Post 91
809 12th St SW
Austin, MN
For more info contact Eileen Chao (507) 4374583

“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

