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# VETERANS ADVOCATE

**February 2017**

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## **Monday February 6-Friday February 10 Birch Lake Ice Fishing Trip**

Come join us for a few days out Ice Fishing on Northern MN Birch Lake. For this trip we will be running around in portable fish houses and returning back to the cabins at night where there is a great view and plenty of wildlife. Last time on this trip we seen plenty of eagles deer and other wildlife. Not to mention how much fun we had running around the lake and seeing everything in the area during the beautiful weather we had. Birch lake has some great fish to offer including some slab crappies and trophy sized pike so this is truly set to be another great trip. If you have any questions contact John at [john@davmn.org](mailto:john@davmn.org) or call at 651-291-1212.



**HOUSING, EMPLOYMENT, BENEFITS, DEBT COLLECTION,  
EXPUNGEMENT, FAMILY LAW**

**MACV LEGAL CLINIC  
Minneapolis**

**Tuesday, February 7, 2017 | 9 a.m. - 2 p.m.**

VA Medical Center

Flag Atrium Balcony Room 2S 114 (ask information desk for  
directions)

1 Veterans Drive | Minneapolis, MN | FREE Parking at the VA



**WHO:** All Branches Currently serving and Veterans

**WHAT:** Ice Fishing Event

**WHEN:** Saturday, Feb 11, 2017, 1pm-4pm

**WHERE:** Hole 4 Heroes (H4H), East White Bear Lake in MN

**WHY:** Great event offers, Holes 4 Heroes

**HOW:** Sign up here: <http://www.fishingforlife.org/pages/home>

**POC:** General Inquires, [tom@fishingforlife.org](mailto:tom@fishingforlife.org) or (612) 987-5466

<https://www.eventbrite.com/e/2017-holes-4-heroes-east-ice-fishing-tournament-white-bear-lake-tickets-28639805429>





# MILITARY HIRING FAIR

## CAREER EVENT

Personal Branding • Hiring Fair • Career Planning

**Monday, February 27, 2017**

**9:30 a.m. – 2:00 p.m.**

**Xcel Energy Center**

199 W. Kellogg Blvd.  
St. Paul, MN

Join us for a one-of-a-kind event featuring a hiring fair, networking opportunities and workshops tailored for veteran job seekers, active duty military members, guard and reserve members, and military spouses.

Participants are eligible to receive up to two (2) free tickets for them and their families to attend that evening's game between the Wild and Kings – limited tickets available.

At 9:30 a.m., a free employment workshop for job seekers will feature resume building, networking, and interview tips.

This event is presented in partnership with Minnesota Department of Employment and Economic Development, Minnesota Chamber of Commerce and our other local partners.

Questions? Contact [jrussell@uschamber.com](mailto:jrussell@uschamber.com).

**Employers and Military Job Seekers  
register at**

**[HiringOurHeroes.org](http://HiringOurHeroes.org)**



Our Partners





## **PTSD Support Group for Veterans, Friends, and Family Members**

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.

**Tuesday, February 28, 2017**

**Tuesday, March 28, 2017**

**6:30pm-8:30 pm**

**American Legion  
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)



## **Here are nine reasons why I won't hire you**

### **1. You can't, or won't accept that you are starting over**

The cold dose of reality, is that despite all of the experience, you maybe do not know the organizational culture outside of the military. You are starting new, it is imperative that you understand this. As a result you should seek ways to learn more about potential employers.

### **2. You believe you're unique**

Essentially for every job opening, there are roughly 187 applicants.

### **3. Your resume is longer than the CEO of the company**

Your resume should be a windshield document. The hiring person, will spend about six seconds on it, tops. It should reflect the positions you are going toward.

### **4. You didn't proofread your resume**

Do not trust spell check, and do not rely solely on your own review.

### **5. You don't have a Linked In profile, or even worse, it is not complete**

Believe it or not, in 2012, 89% of hiring decision makers and recruiters, reported using social media sites, such as Linked In to find candidates. Take the time to review and set up your Linked In profiles.

### **6. You think social media is for kids, or sharing war stories**

Two out of three job seekers will get their next job using social media.

### **7. You did not prepare for the interview**

There are many instances where the junior service member outperformed the seasoned military leader because of one simple strategy: PRACTICE! PRACTICE! PRACTICE!

### **8. You wrote a thank you note, but only to say thank you**

Sending a thank you is something that can set you apart from your competitors. Also use it to tell the potential employer how much passion you have for their company and the job you are seeking.

### **9. You do not know what you want to do**

You have to be able to say specifically what types of positions you are interested in and how you can add value to them. If you have no clue where to start, start looking at colleagues, with backgrounds similar to yours who have recently transitioned.

***Many veterans and service members have the skills and experience to make the cut, maybe to the second interview but than blow it...***

Article courtesy of [Sultan Camp](#), [Career Attraction](#)



The vaccination partnership between Walgreen's and VHA has been continued. This partnership will once again provide Veterans with continuing access to FREE flu shots whether Veterans choose to get a flu shot from the nearest VHA facility or the nearest Walgreens.

- Walgreen's will offer FLU SHOTS AT NO COST to enrolled Veterans of the VA health care system.
- Enrolled Veterans must present a valid ID and a current VA ID. The immunization data will be handled the same as last year and will automatically be sent from Walgreen's directly into the patient's electronic medical record each day.



**Elder Network**  
*Grow with us!*

Our Mission Statement: *Individuals impacted by the limiting effects of aging have an optimal quality of life.*

## Put Life Back Into Your Life! Living Well With Chronic Conditions Workshop

Are you an adult with an ongoing health condition? You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. If you have conditions such as:

\* Diabetes \* Arthritis \* Heart Disease \* Chronic Pain \* High Blood Pressure

the **Living Well with Chronic Conditions Workshop** can help you take charge of your life.

### Upcoming Workshops

**Mondays February 6 - March 13, 2017**

Time: 1:00 - 3:00 pm

Location: **Elder Network**



# PANCAKE & EGGS BREAKFAST



Hosts: Post 92 American Legion Riders & Combat Veterans Motorcycle Association 48-2 Minnesota

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**Sunday**

**February 19th**

**8:00 am - 12:00 pm**

**Adults: \$7 Kids (12 and under): FREE**



American Legion  
Wm. T. McCoy Post 92  
315 First Ave NW  
Rochester, MN 55901

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**Save the Date !**

**SPAGHETTI  
DINNER**

Friday, February 24th  
4:30 pm - 7:00 pm  
\$7.00

Proceeds go  
toward raising  
awareness and  
providing  
treatment for  
veteran PTSD

## Medication Copayments

Veterans in Priority Group 1 or other exempted Veterans do not pay for medications.

The Department of Veterans Affairs (VA) charges a copayment for each 30-day or less supply of medication provided on an outpatient basis for the treatment of a non-service connected condition. Effective early 2017, the copayment amounts are:

Priority Group	Outpatient Medication Tier		Copayment amount	
	1–30 day supply	31–60 day supply	61–90 day supply	
Priority Group 2–8				
<b>Tier 1</b> (Preferred Generics)	\$5	\$5	\$10	\$15
<b>Tier 2</b> (Non-Preferred Generics and some OTCs)	\$8	\$8	\$16	\$24
<b>Tier 3</b> (Brand Name)	\$11	\$11	\$22	\$33
\$700 Medication Copayment Cap				

### Exemptions from Medication Copayments:

Veterans rated 50 percent or more disabled with a service-connected condition.

Medication dispensed for service-connected conditions.

Veterans who are former Prisoners of War (POWs).

Medication for Vietnam-era herbicide-exposed, radiation-exposed, combat or Camp Lejeune Veterans, as authorized under 38 U.S.C. 1710(e).

Medication for treatment of military sexual trauma, as authorized under 38 U.S.C. 1720D.

Medication for treatment of cancer of the head or neck, as authorized under 38 U.S.C. 1720E.

Medication provided as part of a VA-approved research project, as authorized by 38 U.S.C. 7303.

Veterans with a low income (annual income lower than the applicable VA pension).

Veterans who VA determines to be catastrophically disabled, as defined in 38 CFR 17.36 (e).

Veterans receiving care for psychosis or a mental illness other than psychosis pursuant to §17.110.



# SPAGHETTI DINNER



Hosts: Post 92 American Legion Riders & Combat Veterans Motorcycle Association 48-2 Minnesota

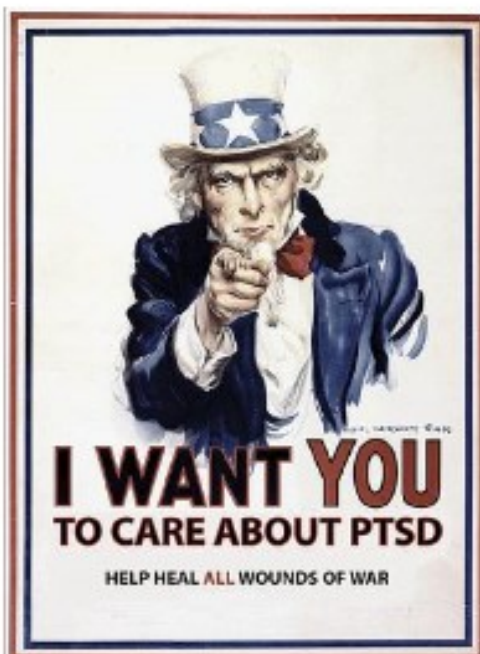
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## Co-managed Care

### Prescriptions from non-VA doctors

If you are a veteran who receives health care from a doctor/provider outside of the VA system, you may be eligible to have them filled at a VA pharmacy. You will need to provide us with information about the prescription. In general, you will have to provide:

- \* A copy of the original prescription (s)
- \* A copy of the notes from the appointment when your non-VA doctor/provider prescribed the medication
- \* A copy of the current lab tests and/or procedures related to the requested prescription

All information should be faxed to your Primary Care Provider at 612-713-6796 for your provider's approval of these medications. If your provider is in agreement with the new/changes in medications, your provider will write for them to be filled at the VA pharmacy.

This process may take 2-3 weeks to be completed and medication filled.

# Build Your Dream

## 5-Day Self Employment Workshop for Veterans and Their Families

Get a practical overview of the fundamentals required to start a small business in this FREE 5-day workshop for veterans and their family members.

Proven practices. Sound advice. Experienced and successful entrepreneurs themselves, our trained instructors from SCORE and Metropolitan State University will guide you through the first important steps.



### DATE & TIME

Mondays  
Jan. 30 - Feb. 27, 2017  
6:00-9:00 PM

### LOCATION

Women Venture  
2012 E. Hennipen Ave.  
Minneapolis, MN 55413

### REGISTER

No cost to veterans.  
Space is limited to the  
first 30 registrants,  
so register now at  
[www.stpaul.score.org](http://www.stpaul.score.org)  
or call (651) 632-8937.



Register at  
[www.stpaul.score.org](http://www.stpaul.score.org)



**Mental Health Day on the Hill**  
**Thursday, March 16, 2017**

**New this year 1.5 CEs available for attendance**

The Minnesota Psychological Association will be joining in on the Mental Health Day on the Hill scheduled for March 16, 2017. We need all providers to be engaged with their legislators to ensure that our profession is supported and so that the health care system is responsive to the needs of those we serve. Mental Health Day will include meeting at 10:00am at the Ewald Conference Center at 1000 Westgate Drive in St. Paul. We will review some general information about the legislative process, and specifics of legislation MPA is working on this year. We will then go to the Capitol for pre-scheduled meetings with attendees' legislators. A rally will be held in the Capitol rotunda where a variety of mental health providers and consumers will gather at noon to support mental health legislation. At the end of the day, we will touch base with participants to debrief about their experiences. A main focus of MPA's legislative work this year is to make vital changes to the Minnesota Psychology Practice Act. In collaboration with stakeholders, we are working on issues relating to when psychologists in academic settings might require licensure. We are also working to specify supervision requirements, so that there is less ambiguity about what is required for post doc supervision for licensure. We are also working to make it easier for professionals licensed in other states/territories to be licensed in Minnesota by reducing unnecessary barriers. In addition to our Practice Act legislation, we are sponsoring legislation to ease provision of care in integrated medical settings such that when Medical Assistance is the payer, a Diagnostic Assessment is not required until the sixth visit. This will allow psychologists to give more responsive care in primary and specialty medical settings, and provide brief preventive services as appropriate. Of course, when an individual is in need of specialty mental health care, they would be linked to such services and receive a complete evaluation. We will support legislation by other groups such as the Mental Health Legislative Network, of which MPA is a member, and the Safety Net Coalition to increase reimbursement for Medical Assistance services and further establish mental health parity in Minnesota.

If you would like to participate, please send your name, home address, phone number, and email address to [trishas@trishastarkphdhp.com](mailto:trishas@trishastarkphdhp.com). We need this information in order to schedule appointments with legislators for participants. Feel free to contact Trisha if you have any questions about the day or MPA's legislative agenda.



## **VETERANS DAY ON THE HILL 2017**

**WHEN: March 20, 2017**

**WHERE: The Minnesota State Capitol Rotunda, St Paul, MN.**

**TIME: 10 A.M.**

**WHO: ALL VETERANS**

**WHY: WE HAVE EARNED OUR VETERANS BENEFITS AND IT IS OUR JOB TO ENSURE THE NEXT GENERATION OF MINNESOTA VETERANS AND THEIR FAMILIES HAVE THEIRS. ENCOURAGE OUR LEGISLATORS TO SUPPORT VETERAN FRIENDLY LEGISLATION.**

# Upcoming Meetings or Events

**Rochester American Legion Post 92**  
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

**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**  
1st Monday of the month  
8pm  
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

**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

**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

**VFW Post 8980**  
1100 2nd Ave NW  
Stewartville, MN 55976  
1st Monday 7pm

**Gulf War Veterans of America**  
1st Monday of each month  
7pm, at the Rochester American Legion  
315 First Ave NW  
Rochester, MN 55901

**Stewartville American Legion Post 164**  
1100 2nd Ave NW  
Stewartville, MN 55976  
3rd Monday 730pm

**MOPH**  
3rd Thursday of the month 6pm  
VFW Post 1215  
16 6th St SW  
Rochester, MN 55902



*“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's Services  
2100 Campus Drive SE  
Suite 200  
Rochester, MN 55904

