

*Olmsted County
Veteran Services
Veterans Advocate Newsletter
February 2020*

Changes coming to Olmsted County Veteran Services!

In order to provide more efficient claims assistance and benefits services we will be updating our office hours, and be running a new hybrid system of some walk-ins, and some scheduled appointments!! MORE TO COME!

Walk-ins for:

Obtaining DD-214 (Discharge Papers), Income/Rating Verification Letters, Updating Direct Deposit Information, Updating Address, Adding/Removing Dependents, Checking the Status of a Claim, Home Loan Certificate of Eligibility, Property Tax Exclusion, Educational Benefits, Review/Respond to VA Correspondence, VA Health Care Enrollment General Information, Dropping off Paperwork/Evidence, Submitting "Intent to File" Paperwork, Assistance with State Veterans Cemetery Burial Application, State Veterans Homes

And appointments only for:

VA Health Care Enrollment, Disability Compensation/Pension Claims, Claim Appeals, State Subsistence, Special Needs Grants, Dental/Optical Voucher, HUD Vouchers (damage deposit), Burial Benefits, Surviving Spouse Benefits/Dependency Indemnity Compensation (DIC), and, Apportionments

Getting Both Social Security and VA Veterans Disability Benefits

It is not uncommon for veterans to have both Social Security and veterans disability claims going on at the same time. Alternatively, some veterans receive veterans disability benefits before applying for Social Security disability. An award of VA disability benefits, also known as service-connected disability compensation, is not based on income, so you can receive VA disability compensation and Social Security disability insurance (SSDI) at the same time.

Differences Between Social Security and Veterans Disability

One major difference between Social Security disability and veterans disability is that you do not need to be totally disabled in order to be eligible for VA compensation. In fact, most veterans who receive VA compensation do not receive a total disability rating. Veterans can receive a compensable rating as low as 10%, and can even have a rating as low as 0%. If it deteriorates into a more serious problem, it can turn into a compensable disability. Social Security disability, conversely, does not compensate disability claimants based on a partial loss of employability. You are either totally disabled or not disabled under Social Security's definition of disability.

VA approval does not help get Social Security disability. In the past, if you were the recipient of a very high VA rating (70% or higher), your chances for success on your Social Security disability claim were quite good. Social Security will consider any evidence that the VA took into account in making its own disability determination. The VA and the Department of Defense (DoD) share medical records electronically with Social Security, which will use the evidence in evaluating its applications for Social Security disability insurance and SSI. Social Security may also use VA or DOD evidence to expedite processing of claims for Wounded Warriors and veterans with a 100% disability compensation rating.

Social Security approval does not necessarily help get VA benefits. If you are disabled under SSA rules, the VA may not give Social Security's decision much weight, since it's not usually clear whether the disability is based on service-connected or non-service disabilities. Many veterans have a wide array of both types of disabilities, and the VA can be quick to attribute total disability to a host of non-service disabilities. Also, a veteran must be able to show specifically which disabilities prevent employability. To convince the VA that the veteran is unemployable and that his or her disability was caused by service-connected impairments, a veteran may need to hire a vocational expert to specifically attribute the unemployability to service-related disabilities.

Although the VA will give a Social Security disability decision no special deference, the VA *is* required to consider Social Security records. Medical records in your Social Security file could provide key evidence for your VA claim. The VA should be provided with the entire Social Security disability file and decision; in fact, the VA has a duty to request it. (One court said "As part of the Secretary's obligation to review a thorough and complete record, VA is required to obtain evidence from the Social Security Administration, including any decisions by the administrative law judge, and give that evidence appropriate consideration and weight.")

MINNEAPOLIS-ST. PAUL HIRING EXPO WITH THE MINNESOTA WILD

FEBRUARY 11, 2020

TUESDAY, FEBRUARY 11

9:30 A.M. - 2:00 P.M.

XCEL ENERGY CENTER
99 KELLOGG BLVD W
SAINT PAUL, MN 55102



Hiring Our Heroes Hiring Expos are hands-on career planning events designed to connect members of the local military community with military-ready employers. Attendees will have the opportunity to:

- participate in mock interviews with HR professionals
- receive LinkedIn profile reviews by employment experts
- attend interactive workshops
- hear insider tips from hiring managers and recruiters
- learn about online tools designed to translate military or volunteer experience on a resume
- build a professional network
- receive a free professional head shot
- find out about certifications required to segue into high-demand careers

This free professional development event is open to active duty service members, National Guard members, military reservists, veterans, military spouses, and military caregivers. Come ready with your resume to learn about resources that help connect military families with meaningful employment at local and national employers.

HIRING OUR HEROES
U.S. CHAMBER OF COMMERCE FOUNDATION

NEED A RESUME?

Visit
ResumeEngine.org
or
MyCareerSpark.org

Resume Engine and Career Spark are the quickest and easiest way to send your resume to employers at the Career Fair. Build a powerful resume at ResumeEngine.org for service members and MyCareerSpark.org for military spouses. Powered by Toyota.

REGISTER NOW

Visit
HiringOurHeroes.org/events
to find upcoming events
and register now.



Random Acts of Kindness week is February 16-22nd Military Appreciation

When: Monday Feb 17th

What: Girl Scout troops will be collecting cookie donations for our service members as well as care package items.

Where: American Legion Post 92, 915 21st Ave SE, Rochester, MN 55904
VFW Post 1215, 2775 43rd St NW, Rochester, MN 55901

Time: 2-6pm

Care package ideas:

Candy (heat resistant), Fruit Breezes (throat drops), Twizzlers, Writing Paper and Envelopes, Pens/Pencils, Toothbrushes, Toothpaste, Floss, Mouthwash, Coffee (instant), Coffee Creamer, Individual Size Drink Mixes, Oatmeal (instant), Ramen Noodles-any flavor, Bars (Cliff or Balance), Beef Jerky or Slim Jims, Granola Bars, Individual Crackers or Cookies, Canned Fruit (pop top cans), Gum, Sugar packets, Ravioli (pop top cans), Tuna Kits, Baby Wipes, Feminine Hygiene Products (for female soldiers), Travel size body wash, Deodorant, Foot Powder, Shampoo, Sunscreen, Tylenol (individual packets), Other, Batteries (AA, D,), Bug Spray (must be packaged in zip-lock bag), Duct Tape, Flashlights (mini/mag lite, extra bulbs, lots of batteries), Fans (battery powered – small – with extra batteries), Fly Strips, Fly Swatters, Socks, Playing Cards, Crossword Puzzles, Hand held electronic games, Soduko books

Center for Grief Education and Support

SEASONS HOSPICE

ONGOING PROGRAMS

COFFEE & CONVERSATION GROUP

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

Third Thursday of each month

February 20 – 6:00-7:00 p.m.

Fourth Wednesday of each month

February 26 – 9:00-10:00 a.m.

NEWLY BEREAVED GROUP

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

First Thursday of each month

February 6 – 6:30-8:30 p.m.

Second Wednesday of each month

February 12 – 9:00-11:00 a.m.

Third Thursday of each month

February 20 – 12:00-2:00 p.m.

PREGNANCY AFTER LOSS

A group for parents who have lost a baby and are now pregnant again. Please contact CGES for more information.

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.

Second Thursday of each month

February 13 – 6:30-8:00 p.m.

DROP-IN TEEN DAYS

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

Third Wednesday of each month

February 19 – 4:30-5:30 p.m.

SURVIVORS OF SUICIDE GROUP

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

Third Wednesday of each month

February 19 – 6:00-7:30 p.m.

STEPPING STONES

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

Fourth Monday of each month

February 24 – 6:30-8:00 p.m.

VETERANS LOSS & TRANSITION DISCUSSION GROUP

A discussion group lead by Timothy J. Haskamp, LICSW, Bereavement Counselor, and Vietnam War veterans who are CGES volunteers. The group focuses on themes of grief, loss, and change.

First & Third Monday of each month

February 3 & 17 – 6:00-7:30 p.m.

PET LOSS GROUP

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

Second Wednesday of each month

February 12 – 5:00-6:00 p.m.

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. Registration is required.

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 training and workshop session providing an opportunity to explore the difficulties associated with mourning during special days and steps to manage those experiences. This program is available to any adult, child or family member in the community. Offered in Spring and Fall. Registration is required.

MEMORIES OF THE HEART

The evening includes candle lighting, music, reflections, and a reading of the names being remembered. Reception prior to the service. Held the first Tuesday in December.

TREE OF MEMORIES

Annual lighting of the Tree of Memories. Located on the Seasons Hospice administrative office grounds. Lit on the first Tuesday in December, the tree will remain illuminated throughout the holiday season. Open to the public.

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



February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mark your calendar for Saturday, March 21st for our Managing the Special Days workshop. Please register by March 16th.					1
2	3 Veteran Loss & Transition Discussion Group 6:00-7:30 p.m.	4	5	6 Newly Bereaved Group 6:30-8:30 p.m.	7	8
9	10	11	12 Newly Bereaved Group 9:00-11:00 a.m. Pet Loss Group 5:00-6:00 p.m.	13 Pregnancy & Infant Loss 6:30-8:00 p.m.	14	15
16	17 Veteran Loss & Transition Discussion Group 6:00-7:30 p.m.	18	19 Teen Drop-in 4:30-5:30 p.m. Survivors of Suicide 6:00-7:30 p.m.	20 Newly Bereaved Group 12:00-2:00 p.m. Coffee & Conversation 6:00-7:00 p.m.	21	22
23	24 Stepping Stones 6:30-8:00 p.m.	25	26 Coffee & Conversation 9:00-10:00 a.m.	27	28	29

Center for Grief Education and Support

SEASONS HOSPICE

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



ROCHESTER VA RED CARPET EVENT
REMEMBER THE VA HAS MOVED!!!

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:

- **Primary Care** including chronic disease management, patient education, and health promotion
- **Immunizations**
- **Mental Health Services** with on-site staff and telemedicine capability linked to providers in Minneapolis
- **Tele-Healthcare** with Minneapolis providers
- **Laboratory Services**
- **Minor Procedures**
- **Women's Health Care**
- **Mental Health**
- **Co-Managed Care**
- **Pharmacy Management**

Thursday, February 20, 2020
Every 3rd Thursday of the month at **2:00pm**
At the Rochester VA Clinic
3551 Commercial Drive SW
Rochester MN 55902



PTSD Support Group

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.

Thursday, February 20, 2020

Thursday, March 26, 2020

630pm-800pm

VFW

2775 43rd Street NW

Rochester, MN 55901

Jennifer Shumaker

(507) 328-6324

shumaker.jennifer@co.olmsted.mn.us

WOMEN *Gala* VETERANS

Thursday, May 21st, 2020

Hosted by Chapter 28 Disabled American Veterans (DAV)

and

Olmsted County Veterans Services



WOMEN VETERANS GALA

HOSTED BY CHAPTER 28 MN DISABLED AMERICAN VETERANS (DAV)
AND OLMSTED COUNTY VETERANS SERVICES

Women Veterans of SE MN:

Plan to celebrate, laugh, learn, and enjoy the company of other women veterans!

YOU have earned a night like this, and it's all
FREE!

Dress to Impress! (Cocktail to Semi-formal)

The evening's events include:

- Information booths
- Meeting fellow women veterans
- Hors d'oeuvres and full dinner
- Cash Bar
- Music and entertainment

DATE: Thursday, May 21st 2020

TIME: 5:00-6:30pm: Happy hour, music, information booths

6:30pm: Dinner

7:00-7:30pm: Guest Speakers

7:30-9:00pm: Music and Dancing

PLACE: Rochester Event Center

7333 Airport View Dr SW, Rochester MN 55902

To register, please RSVP by May 13th at

<https://ocvets.ticketleap.com/admin/events/4semnvwgala>

OR Ashley Laganieri at (507) 328-6358

No Men Allowed! If you need the aid of another person to attend, please indicate on registration. Female guests only.

Are you traveling?

To garner information on the foreign medical program use this link <https://www.va.gov/COMMUNITYCARE/programs/veterans/fmp/index.asp>

If you go to an emergency room services make sure you inform the ER staff to bill the Minneapolis VA and then within 24 hours of discharge call 612 467 2019 and explain where you went and the reason for the visit.

Legislation Introduced to Add New Presumptive Diseases for Agent Orange Exposure:

Representatives Josh Harder (D-Calif.) and Pete Stauber (R-Minn.) introduced VFW-supported H.R. 5610, the *Fair Care for Vietnam Veterans Act*. This important bipartisan legislation would expand the list of presumptive conditions associated with Agent Orange exposure to include parkinsonism, bladder cancer, hypertension, and hyperthyroidism. In October 2019, it was revealed that White House officials impeded the inclusion of these diseases as presumptive conditions despite a recommendation from former Secretary of Veterans Affairs David Shulkin that they be added. In a press release, Representative Harder stated, “No more studies. No more excuses. Everyone seems to think this is the right thing to do except for some Washington bureaucrats it’s time to stop playing games and give our vets the benefits they earned.” The VFW has long advocated for the inclusion of these diseases on the list of presumptive conditions associated with Agent Orange exposure, and thanks Rep. Harder and Rep. Stauber for introducing this legislation.

20/20 Perfect Vision of Health

Community of Wellness

March 19-21, 2020



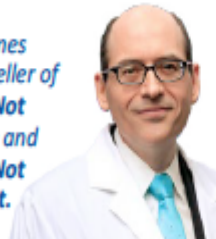
Lifestyle Medicine in
Rochester, MN

Lotus Health
Foundation

Lifestyle Medicine: The solution to change your life and your world

Join us for a 3-day life-changing event. Your journey to optimal health begins now.

*NY Times best seller of **How Not to Die and How Not to Diet.***



Michael Greger, MD

*"My journey from Dr. to MS Patient and back."
"Code Blue"
Executive Producer*



Saray Stancic, MD

Optimizing brain health and reversing anxiety, stress and depression.



Neil Nedley, MD

Founder of Complete Health Improvement Program (CHIP)



Hans Diehl, DrHSc

TOPICS INCLUDE:

Mental Health, Autoimmune, Obesity, Diabetes, Arthritis, Women's Health, Stress and More

Attendees will also hear from local healthcare providers and enjoy tasty whole food, plant-based meals.

**"More Education,
Less Medication"**

Space is limited, early bird registration through 12/31/19.

Questions? 507-218-3095 or Health@LotusHealthFoundation.org

Continuing Education Units (CEUs) will be available upon request from Winona State University.

WINONA
STATE UNIVERSITY
ROCHESTER

Lotus Health
Foundation

Rochester
Clinic
Your doctor • Your plan • Your health

LOCAL MEETINGS

Rochester American Legion Post 92

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

Marine Corps League

2nd Tuesday of each month
7pm

Rochester VFW Post Meeting

2775 43rd St. NW
Rochester, MN 55901
2nd Tuesday of each Month VFW Post 1215
7pm

Byron American Legion Post 119

505 Frontage Road NW, Byron, MN
3rd Monday of the month
7pm

Vietnam Veterans of America

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

1100 2nd Ave NW, Stewartville
Meeting 3rd Monday each month, 7:30pm

Stewartville VFW Post 8980

1100 2nd Ave NW, Stewartville
Meeting 1st Monday each month, 7pm

DAV Meeting

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

212 West Main Street , Kasson, MN 55944
Third Thursday of the month, 8pm

Chatfield VFW Post 6913

9- 2nd St SW, Chatfield, MN
2nd Monday of the month 7:00pm

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

Pine Island American Legion Post 184

2nd Monday of the month 7PM
108 1st Ave SE
Pine Island, MN

Oronoco VFW Post 9647

First Monday of each month 7pm
Auxiliary meeting same time, separate meeting
5 MN Avenue S
Oronoco, MN 55960

Dodge Center American Legion Post 384

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

Olustad
COUNTY OF

