

*Olmsted County
Veteran Services
Veterans Advocate Newsletter
February 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

Emails:

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

Service Officer Supervisor: Nathan Pike, pike.nathan@co.olmsted.mn.us

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

CVSO INTAKE

The intake process is extremely important for gaining pertinent information about how you may be contacted, your military service and what you visited our office in reference to. **First of all, information we receive is confidential** and will not be shared without your express consent. It's vital that the information we receive is correct and accurate so please be honest and do not leave anything out. If you remember something later that may be important please to discuss.

With this said, any time there is a change in your life we need to update our records as well. *(Including change of address, phone number e-mail, a birth, a marriage, a divorce, a death, etc.)* Each change can have an impact on your benefits, additionally, with incorrect information it is difficult to contact you if we have to.

In the case of filing a claim we need three (3) things minimally to meet the VA criteria.

- 1) *A connection to an incident during military service that caused the issue you want to make a claim for.*
- 2) *How has that issue progressed to your current situation? Has it worsened?*
- 3) *Statements and past records to help establish that it was indeed caused by your military service.*

These three items together need to form a **NEXUS** before we can file the claim. If the claim is made and subsequently approved we need to continue to monitor it. If the condition worsens a new claim may be made to increase the limits already set forth by the approving authority. **In other words**, we need you, as a Veteran, to be open, clear and honest when answering questions your CVSO asks you. **This process may be repeated** other times when you call or visit to ensure we have the latest and greatest information available so we can better serve your needs!



What: 2021 Justin Morneau 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



Creative Expressions with Women Veterans

**Tuesday Nights
January 19th – February 9th
5:30 – 7PM**

Female veterans are unique and exclusive. This women's group will offer an opportunity to develop friendships, share about your military experiences, and work on skills for healthy lives and relationships.

Come and join us as we meet virtually!

- **Find Support**
- **Develop Strength**
- **Express yourself and your feelings using a variety of materials**
- **Focus on self-care, esteem, and awareness**

**Ashley Hall
Lutheran Social
Service
CORE Case Manager**

**507-327-5283
Ashley.hall@lscmn.org**

Call or Text!

Community Care Updates

Community Care Overview

VA provides care to Veterans through community providers when VA cannot provide the care needed.

Community care is based on specific eligibility requirements, availability of VA care, and the needs and circumstances of individual Veterans.

Community Care Call Center 612-467-6565

Veterans can go to Rochester Mayo for emergency department care without special approval- Community Care referral

Mayo Rochester dialysis and hospice are also available through Community Care referral

All other Mayo Healthcare System facilities and clinics in MN and WI are available to veterans through Community Care referral

Mayo does NOT have any urgent care clinics. Their same day clinics are billed as office visits so cannot be billed to the Urgent Care process.

1. Eligibility

VA confirms a Veteran's eligibility to receive community care.

2. Appointments

Veteran or a VA staff member schedules appointment with a provider in VA's network.

3. Getting Care

Veteran receives care from a community provider in the VA's network.

4. Billing

Community provider sends the claim to a Third Party Administrator (TPA) or VA for payment.

VA offers urgent care services to eligible Veterans at VA medical facilities and in-network urgent care clinics closer to home.

-OLMSTED MEDICAL CENTER

90 14TH ST SW STE 200
ROCHESTER, MN 55902-3822

OLMSTED MEDICAL CENTER

Main number: 507-280-1824

-MAYO CLINIC COMMUNITY CARE EXPRESS CARE

500 CROSSROADS DR SW
ROCHESTER, MN 55902-2183

MAYO CLINIC COMMUNITY CARE EXPRESS CARE

Main number: 507-284-2511

Dear GI Bill® Student,

As we enter Spring peak season for GI Bill® enrollment processing, we want to make you aware of how we process your enrollment. The U.S. Department of Veteran Affairs (VA) is committed to processing enrollments as quickly as possible and does so in the date order they are received. Our targets are 24 days for original (first time) applications and 12 days for supplementals (re-enrollments). We expect to continue to hit these targets throughout the Spring enrollment period, but unique factors may cause some claims to take longer than that.

To ensure you receive your GI Bill benefits in a timely fashion, we recommend that you: Plan ahead of time. You can use [the GI Bill Comparison Tool](#) to estimate the general level of benefits you should expect.

- Enroll as early as you can and avoid changing your course schedule as much as possible once you are enrolled.

Get to know and stay in contact with your School Certifying Officials. You can find them by searching [the GI Bill Comparison Tool](#) for your school and scrolling down to “Contact Details.”

- Be sure you understand your school’s procedures regarding requests for certification to VA.
- If you do drop/add hours, contact your School Certifying Official immediately to mitigate potential overpayment.

If you have changed your bank account or moved to a new address, please contact VA Education Service to update your information either on the [GI Bill website](#) through our “[Ask a Question](#)” link or by phone at 1-888-GIBILL-1 (1-888-442-4551). **If we do not have your correct information, your payment will be delayed.**

If you need to contact us by mail, use the address of the Regional Processing Office handling your claim. You can [find your Office and the mailing address on our website](#). **If you use a different address, we may not receive your message.**

- If you are experiencing financial hardship due to a delay in payment, we ask that you contact the Education Call Center at 1-888-GIBILL-1 (1-888-442-4551) between 7 a.m. - 6 p.m. Central Time, Monday-Friday. VA will expedite any hardship request.

As a reminder, [we have posted FAQs about how your benefits will be protected](#) during the COVID-19 pandemic, as well as a [fact sheet with basic information and resources for students](#). VA has also developed the COVID Coach App to help both Veterans and their families cope with feelings of stress and anxiety they may be experiencing during the COVID-19 pandemic. It’s available for iOS and Android devices. Download [COVID Coach](#) by visiting the [VA Mobile App Store](#).

If you are nearing the end of your educational journey, our “[A Guide to Furthering Your Career](#)” has a lot of great information about entering the job market and entrepreneurship.

Respectfully,
VA Education Service



DIVERSION SOLUTIONS
EST. 2000

DDP

DRIVING DIVERSION PROGRAM

PATHWAY TO DRIVING FREEDOM

DRIVE LEGALLY WHILE PAYING
OFF FINES AND FEES

SUSPENSIONS LIFTED

FREE TO APPLY, ONLY PAY
WHEN ACCEPTED

SLIDING SCALE PROGRAM FEE

PAYMENT AMOUNT BASED
ON INCOME

FULL DRIVING PRIVILEGES,
NOT A LIMITED LICENSE

*IF YOUR DL IS
DAC/IPS CLASSIFIED
PLEASE CONTACT US FOR
MORE INFORMATION*

ADD US TO YOUR TOOLBOX



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www.diversionsolutions.net

IT'S EASY!
**REQUEST AND FILL OUT
WAIVER/APPLICATION
AT,**
info@diversionsolutions.net
OR DOWNLOAD AT,
www.diversionsolutions.net

**STAFF WILL CONTACT YOU
TO SCHEDULE 1 TIME CLASS
AND SET PAYMENT PLAN**

- GET STARTED:**
- APPLY FOR PROGRAM
 - RECIEVE APPROVAL
 - ATTEND CLASS
 - \$100 DOWN PAYMENT
 - AQUIRE INSURANCE

**RECIEVE
REINSTATMENT
CERTIFICATE**



DIVERSION SOLUTIONS

MAIN OFFICE:
400 S. 4th St. #808
Minneapolis, MN 55415
Office: (612)-670-8873
Fax: 1(651)-385-4343



DIVERSION SOLUTIONS

DRIVING DIVERSION PROGRAM (DDP)

OVERVIEW:

DDP allows participants to drive legally while meeting DVS requirements and paying outstanding citations that affect their driver's license (DAR and DAS).

- DVS reviews all participant applicants wishing to enter the program and qualifies them for DDP.
- Diversion Solutions manages participant's applications, phone calls, ensuring participant obtains auto-insurance, any requirements set by DVS, arrange and provide required educational classes.
- There no cost to city, county, state.
- Participant must fulfill state designated requirements necessary to reinstate license.
- Payment plan set up for citations affecting DL status. (multiple jurisdictions citations included in payment plan).
- Breaks the cycle of repeat offenders who may owe thousands of dollars because they keep driving without a valid license, many times simply to get to work.

STRUCTURE:

DDP is an accountability and educational program for participants.

ACCOUNTABILITY:

The diversion program will be in contact with participants on a monthly or bi-monthly basis until all requirements of the program have been completed. They are required to check-in.

TRAINING:

The participant must take part in a self-development seminar that includes basic life skills, driving instructions and personal management.

RESTITUTION:

Offenders are required to pay full restitution on fines and fees as related to the revocation or suspension of participant's drivers' license. Non-interest payment plan is arranged which allows the participant to legally drive if they remain in good standing.

BENEFITS

Reduces recidivism

Reduces attorney case load

Simple to implement

Truly helps participant

Tracks participants (online access)

Generates paid fees for cities, counties and state

Reduces court case load

Drivers obtain insurance and better public safety

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

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

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

VA Debt Management Center

Covid-19 Debt Relief Options Include:

- Temporary hardship suspension for Veterans requesting relief through October 2021
- Defer Credit Bureau reporting until October 2021
- Delay referral of delinquent benefit overpayments to the Department of the Treasury until October 2021
- Extended repayment plans

For benefit overpayments, Veterans and beneficiaries can submit requests at <https://iris.custhelp.va.gov/app/ask/> or call 1-800-827-0648. Call volumes are lower Tuesday – Friday.

New Debt Landing Page for Veteran Debt Management

A new online tool is available to view your debt letters, history, and repayment options. It provides a quick and easy way to manage your VA benefit debt in one convenient location. Veterans can access the tool at www.va.gov/manage-va-debt/.



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, January 28, Thursday, February 25

630pm-800pm

VFW

2775 43rd Street NW

Rochester, MN 55901

Jennifer Shumaker

(507) 328-6324

shumaker.jennifer@co.olmsted.mn.us

Disabled Veteran Turkey Hunt



This event is open to all veterans residing in the state of Minnesota. The Turkey Hunt takes place annually during the regular turkey season. Hunters are partnered with a volunteer and placed in mobile blinds throughout Camp.

When: April 27-29, 2021

Where: Camp Ripley
Little Falls, MN

Details:

- Meals and lodging are provided free of charge to the hunters.
- You must provide your own transportation
- You **MUST** be a **resident of Minnesota** to participate.
- You **MUST** be a **Veteran** of the United States Armed Services
- Our screening committee will review all applications.
- **SPACE IS LIMITED, APPLICATIONS WILL BE PLACED IN THE GENERAL LOTTERY.**
- All applicants will be notified by mail after **MARCH 20, 2021** as to their selection.
- Hunt will be held on **TUESDAY- THURSDAY, April 27-29, 2021**

Questions concerning this event should be directed to MN Veterans Outdoor Coordinator Thomas Kramin at 320-292-5996 or Email: mnvetsoutdoors@gmail.com

[Download our flyer](#)

Applications are due by March 10, 2021 !

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

