

*Olmsted County
Veteran Services
Veterans Advocate Newsletter
February 2022*

Veteran Services is now open for scheduled appointments ONLY.

The Olmsted County Veteran Service office will meet with veterans by appointment ONLY. We hope this does not create a burden for our veterans, and families; however, we need the time to provide you the best customer service when you are in our office, without making you wait for an undetermined amount of time to meet with one of us. 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 ARE CLOSED Monday February 21st for President's 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

Free Options to File Your 2021 Taxes

If you worked in 2021, you may be eligible for up to \$6,728 at tax time from the Earned Income Tax Credit.

VITA Tax Help

Through the Volunteer Income Tax Assistance (VITA) program, you will receive personal assistance with an IRS certified tax volunteer at a VITA preparation site.

Appointment Information - It is required to schedule an appointment for this assistance. Please utilize the United Way referral number 211 or 800-543-7709 or schedule online at vitataxprep.as.me beginning Jan. 17, 2022. Appointments occur Feb. 1 – April 15, 2022.

Please pick up and complete the required intake forms and organize your documents before arriving at your scheduled time.

Location Information

VITA sites in this area include:

125 Live

Hawthorne Education Center

The Salvation Army

Stewartville Center for Active Adults

Mantorville Senior Center

Information Needed - See page 2 for information needed by your VITA volunteer to assist with your tax preparation and restrictions on the type of taxpayers VITA can help.

Filing taxes online

There are no cost options to file your own taxes if qualified. Go to myfreetaxes.com and complete both federal and state returns for free (some filers may have a cost nearing \$25 for certain forms). Phone and chat help are available on their website.

Other online options:

Both the IRS and the MN Department of Revenue provide options for completing fillable forms online beginning in mid-January, 2022.

For federal taxes, go to irs.gov and search for free filing options. For state taxes, go to www.revenue.state.mn.us/file-income-tax-return



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.

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



February 2022



Sun-day	Monday	Tues-day	Wednes-day	Thurs-day	Friday	Satur-day
		1	2 Stepping Stones 6:00-7:30 p.m. (IP)	3 Newly Bereaved Group 12:00-2:00 p.m. (IP)	4	5
6	7 Veteran Loss & Transition Discussion Group 6:00- 7:30 p.m. (IP)	8	9 Pet Loss Group 6:00-7:00 p.m. (V)	10 Pregnancy & Infant Loss 6:00-7:30 p.m. (IP)	11	12
13	14	15	16 Teen Support Group 4:30-5:30 p.m. (IP) Survivors of Sui- cide 6:00-7:30 p.m. (IP)	17 Newly Bereaved Group 12:00-2:00 p.m. (IP)	18	19
20	21 Veteran Loss & Tran- sition Dis- cussion Group 6:00- 7:30 p.m. (IP)	22	23 Young Adult Loss 6:00-7:30 p.m. (IP)	24	25	26
27	28					

Minnesota Warriors Hockey

OUR MISSION

The Minnesota Warriors Ice Hockey Program has been organized for charitable and educational purposes, for United States Military personnel wounded, injured or otherwise disabled veterans of the United States military in conjunction with the USA Disabled Hockey Program, in order to assist our veterans with reintegration into civilian life.

OUR VISION

The program educates, trains, motivates and encourages individuals who have physical or mental disabilities incurred during service to the United States, to participate in the sport of ice hockey in an environment that is adapted to the level of ability of the participating athlete, as well as assist veterans with disabilities and to promote awareness of challenges our veterans face and to encourage team building.

The program uses the game of hockey to build camaraderie and a sense of community, as well as a

[Register for the MN Warriors](https://www.mnwarriors.com/page/show/465937-register-for-the-mn-warriors) (<https://www.mnwarriors.com/page/show/465937-register-for-the-mn-warriors>)

Email for questions:

ddraeger@mnwarriors.org or cfreiberg@mnwarriors.org.



February: 16th 8:15 – 9:15pm

Graham Arena Two

22nd 8:15 – 9:15pm

Graham Arena Two

March: 8th 7:30 –

8:30pm Graham Arena Four

22nd 7:30 –

8:30pm Graham Arena Four

April: 5th 7:30 –

8:30pm Graham Arena Four

19th 7:30 –

8:30pm Graham Arena Four

**FOR FAMILIES APPLYING
THROUGH OLMSTED COUNTY
OR NEEDING
ASSISTANCE TO APPLY**

CONTACT US: 507.288.3663

**CHILD
CARE
ASSISTANCE**



**Supported by The Salvation Army's Access Home
and Pathway of Hope Programs**

Women Veteran Over 40 Discussion Group

This group will provide an opportunity for women veterans 40 years old and over to come together for support and community while learning creative ways to choose joy, spread joy, and receive joy using evidence-based approaches to support stress relief, resilience, productivity, and healthy living.

Sessions include:

- Discussion on relevant physical, emotional, and spiritual health and wellness topics
- SMART goal development and accountability
- Aromatherapy education for overall wellness and application for targeted support
- Education and preparation of aroma stick, rollerball, or spray for application at home

Hosted by: Dr. Letticia N. Callies, DMin, MA, CCA

Where: VFW Post 1215, back conference room, 2775 43rd Street NW, Rochester, MN 55901

When: Tuesdays, Feb 1 Mar 1 Apr 5 May 3 Jun 7 Jul 5 Aug 2 Sept 6 Oct 4 Nov 1 Dec 6

Time: 6pm-8pm



BUILDING HEALTHY MILITARY COMMUNITIES

in partnership with

Meals from the Heart, Beyond the Yellow Ribbon & MN Military Chaplains

free

presents

VIRTUAL COOKING CLASSES FOR MILITARY FAMILIES



JOIN US TO LEARN HOW TO COOK HEALTHY AND BUDGET FRIENDLY MEALS THE WHOLE FAMILY WILL LOVE



ANYONE MILITARY CONNECTED CAN JOIN

All branches of service, veterans and their families are welcome.



EVERY TUESDAY EVENING IN FEBRUARY

5:30-6:30 PM - CENTRAL TIME



VIRTUAL ZOOM CLASS

Must register via the link below. You will then be emailed with the virtual link.



Registration Link

<https://www.surveymonkey.com/r/M3ZX8M2>

or scan QR code with your phone's camera



****Register to get weekly details, shopping lists, health tips, and much more!**



****The first 100 registered participants in Minnesota will receive aprons for the entire family and a \$50 budget stretcher box filled with food that we will use throughout the month's recipes. Pick up at your local armory/air wing/reserve center.**

For more information/questions email: tiffany.r.kovaleski.ctr@mail.mil



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
February 8th & 9th
10:00am - 2:30pm



REGISTER NOW

<https://www.tfaforms.com/4919195?session=a164W000009yUiSQAU>

Speakers:

- Mortgage Banker
- Successful Homeowners
- Real Estate Agent
- Home Inspector

Taught in English



Create a road map to success!!
Great information to guide you through the homeownership process!

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!!!



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

Military Teens

THE LAUNCH LIST **SERIES**

Practical ways for teens to prepare for life on your own

A NEW QUARTERLY PACKET SERIES FOR MILITARY-CONNECTED TEENS TO DISCOVER AND DEVELOP THE MINDSET, SKILLSET, AND TOOLSET THEY'LL NEED TO SUCCEED.

Authors

From bestselling authors,
Jonathan and Erica Catherman.

Life Skills

Geared for parents to support
their teens.

Practice

Everything from daily and
weekly success in social
settings, interviews, and
managing money.



**Life
Skills**

**Goal
Setting**

+

**Call
to
Kindness**

Register today !

<https://mnarnfamilyprograms.wufoo.com/forms/launch-list-series-for-teens/>



Ready to optimize your performance?

Our team of experts at Human Performance Resources by CHAMP (HPRC) provides evidence-based information that empowers members of the military community to be physically and mentally fit, fuel and hydrate properly, maintain social ties, and stay resilient—all pieces of the puzzle that make up Total Force Fitness (TFF).

We provide webinars, presentations, and workshops across all TFF domains!



PHYSICAL FITNESS

- *Active Recovery*
- *Functional Fitness*
- *Injury Prevention & Management*
- *Physical Fitness Test Readiness*
- *Exercise for Weight Management*



MENTAL & SPIRITUAL FITNESS

- *Stress Optimization*
- *Power of Mindsets*
- *Post-traumatic Growth*
- *Sleep Optimization*
- *Spiritual Readiness*



SOCIAL FITNESS

- *Communication Skills*
- *Family Optimization*
- *Problem-solving*
- *Team Cohesion*
- *Interpersonal Leadership Skills*



NUTRITION

- *Performance Nutrition*
 - *Eating for Immunity*
 - *Nutrition 101*
 - *Fad Diets*
 - *Dietary Supplements*
-

These topics are appropriate for Service Members and their families, healthcare and performance providers, DoD civilians, and other members of the federal workforce. While most presentations are intended for a 60-minute time block, they can be customized to meet your audience's needs. Presentations can be delivered virtually or, in some cases, in person.

For more information or to submit a request,
visit our **Ask the Expert** portal
or email us at **HPRC@usuhs.edu**.

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

