

VETERANS ADVOCATE

MARCH 2018

Please Note:

The Olmsted County Veteran Service Office will be *closed* on Monday, March 12th as the Veteran Service Officers will be attending Veterans Day on the Hill.

SAVE THE DATE

2nd Annual Women Veteran Gala



Thursday, May 24th, 2018

Rochester, MN

More information to follow!

VETERANS BENEFIT BONANZA

FOR

Veterans, Current Military, Retirees and their Spouses / Dependents

Thursday, March 8, 2018

11:00 a.m. to 7:00 p.m.

**Radisson Hotel
200 Harborview Plaza
La Crosse, WI**

The Veterans Benefit Bonanza will have qualified professionals on hand to answer questions regarding the following benefits:

- Disability Compensation
- Non Service Connected Pension
- Financial Assistance
- Health Care
- Housing
- Nursing Home Care
- Education
- Funeral Benefits
- Home Health Care / Long Term Care
- Job Assistance
- Social Security Benefits
- And ...

... any other veteran related questions you may have.

Event questions can be directed to La Crosse County Veterans Service Office at 608-785-9719.

Patriotic Sponsors:



**GUNDERSEN
HEALTH SYSTEM®**
Where Caring Meets Excellence




LA CROSSE COUNTY



VETERANS DAY ON THE HILL 2018

WHEN: MARCH 12TH

Free Pre-Rally Breakfast and Info 8-10am

(5th Floor Veterans Services Bldg)

Rally in the Rotunda 10-11am

Regional Rooms for Lawmakers 12-2pm

WHERE

Minnesota State Capitol Rotunda

Pre-Rally at MN Veterans Service Building

20 West 12th Street, St. Paul, MN

**NEW THIS YEAR— FREE PRE-RALLY BREAKFAST, REGIONAL ROOMS FOR
LAWMAKERS TO COME TO YOU AFTER THE RALLY, METRO AREA PARK
AND RIDE AND MUCH MORE. DETAILS @ DAVMM.ORG**



DAV OF MINNESOTA
**BENEFITS
PROTECTION**



**ALL VETERANS AND
SUPPORTERS ARE
INVITED TO RALLY
IN SUPPORT OF
VETERANS
LEGISLATION**

**INCLUDING:
KEEPING SURVIVING SPOUSES IN
THEIR HOMES!
ENDING ILLEGAL PREDATORY
LENDING AGAINST VETERANS
BENEFITS!
INCREASING ACCESS TO THE
OUTDOORS FOR OUR DISABLED
VETERANS!
AND MUCH, MUCH MORE...**

**NEW METRO-AREA
PARK AND RIDE
WILL BE
AVAILABLE FOR THE
DAY OF THE EVENT**

For details on location and times
check out WWW.DAVMM.ORG

**BUSSES WILL BE
OFFERING FREE
RIDES FROM
ACROSS GREATER
MN.**

To see if a bus will be coming
from your area checkout
WWW.DAVMM.ORG

**ANY QUESTIONS PLEASE
CONTACT TRENT DILKS AT
TRENT@DAVMM.ORG**

Minnesota Commanders' Task Force 2017-18

2018 LEGISLATIVE PRIORITIES

1. **Lifetime Homestead Market Value Exclusion for Surviving Spouses** - Make the existing homestead market value exclusion for surviving spouses of a deceased Veteran permanent. Currently, the exclusion expires 8 years after the death of the Veteran. This change would allow the surviving spouse to receive the exclusion until they remarry, sell, transfer, or otherwise dispose of the property.
2. **Military Beneficiary's Pay or Benefits Protections** - Legislation to prohibit a party from entering or attempting to enter into an agreement with a military beneficiary that assigns the beneficiary's pay or other benefits to another party in a manner that violates federal law.
3. **Support MDVA's request for Asset Preservation funding** - Support the Minnesota Department of Veterans Affairs' request for funding to address critical repair projects at the 5 Minnesota State Veterans Homes and Minnesota State Veterans Cemeteries.
- 4a. **Free or Reduced Cost Hunting, Fishing and Trapping Licenses for Service-Connected Disabled Veterans** - CTF supports a reduction in the threshold level of disability rating from the current 100% for Veterans to be eligible for free or discounted deer hunting, trapping, small game and lifetime fishing licenses.
- 4b. **Expansion of Veterans Courts Statewide** - Provide for the creation/expansion of Veterans Courts (or related treatment and diversion programming) to all district courts in the state of Minnesota.



Tuesday, March 13th – 6pm
Stewartville Legion Club Room

TOPICS TO BE COVERED:

RSVP by March 9th
507-259-7951

Funeral Benefits

State and National Cemeteries in Minnesota

Cemetery Application Process

Documentation Needed

Veterans Options

Easy Preplanning Suggestions

Cost Saving Ideas

VA Markers

Survivor Benefits

Survivor Costs



Tacos available for purchase from 5:30-7pm

Veterans Discussion Group on Loss and Transition
Timothy J. Haskamp, LICSW, Seasons Hospice

The Veterans Discussion Group will meet the 1st and 3rd Mondays of each month from 6:00 – 7:30 p.m. @ Seasons Hospice Center for Grief Education and Support; 1696 Greenview Dr. SW; Rochester, MN. Please contact Timothy J Haskamp, LICSW at Seasons Hospice @ (507) 285-1930 for further information.

The Veterans Discussion Group is an ongoing discussion group specifically focused on loss issues as it relates to veterans. It is facilitated by a licensed social worker in conjunction with two Vietnam veterans. It will be a semi-structured format where veterans have an opportunity to come together to talk about their military experience and how it impacted or changed their lives. These losses can be multifaceted and complex, and not easy to share. Providing a forum to address these changes or losses in a sensitive way where the veterans become their own guides is the primary goal of the group. The group is not meant to be therapy but an environment of compassionate listening and sharing. The hope is that veterans will discover a means to experience the power and wisdom of their journey and the multitude of challenges that our veterans faced during their time of service and transition home. It is meant as a way to honor what veterans have sacrificed and given to their country and to each one of us.

There can be a variety of grief/loss issues that veterans may have experienced. When veterans are trained to fight, to protect their country and fellow soldiers, they must put their emotions aside to do their job but the feelings related to losses they have experienced remain and likely needs to come out in some way. This can be especially profound when a veteran losses a buddy or fellow soldier. Being separated from family during their time away when a loved one back home dies does not allow the veteran the opportunity to share the loss with loved ones in traditional ways. Transitioning home and the challenges faced with trying to re-integrate into society while trying to integrate what a veteran experienced in conflict or their time away can be a form of grief. It can have a significant impact on marriages and family relationships. When you are away from loved ones and have experienced death, it changes you and may make you wonder how society or your family will receive you or even understand you. There can be a loss of innocence, a loss or change in a value, moral or belief system as a result of their military experience, especially if they were in a conflict zone and witnessed death. When a veteran is injured, it brings profound challenges and changes to their life with lost dreams for the future. It can be challenging not even knowing how to talk about what was experienced or even wanting to talk about it. The hope is to simply provide an opportunity to share what veterans have experienced with loss and change as a result of their military experience.

Certainly not every veteran experiences challenging grief and loss as every veteran has their own journey and ways to manage the challenges they faced. But for those who may be struggling with these types of experiences, this group is meant to provide an opportunity for veterans to come together to share and teach about their experiences of loss in an open and honest forum. It is facilitated with an organized format on grief, loss and transition; but ultimately, the veterans will guide the direction of the group.

Center for Grief Education and Support

SEASONS  HOSPICE

Managing Special Days Without a Loved One

Saturday
March 17, 2018

Center for Grief
Education &
Support

1696 Greenview Dr
SW, Rochester

8:30—10:30 a.m.
Support & Training

10:30 a.m.-Noon
Workshop

Cost: \$7/person

Special days, such as birthdays, anniversaries, and holidays can be especially difficult times filled with emotional turbulence for those who have experienced the loss of a loved one. This is particularly true during the first year following the loved one's death.

This program is offered to help individuals and families begin to formulate a plan for upcoming special days and provide hands on tools to help manage those overwhelming feelings. During the 8:30-10:30 a.m. session, we will explore options for how to navigate the upcoming holidays including handouts and reviewing potential scenarios. The 10:30 -noon workshop will consist of creating crafts to commemorate the light that our loved ones brought into our lives and offer a little hope to what many feel is a difficult season. The cost is \$7.00 per person.

This program is available to any adult, child (must be accompanied by an adult) or family member in the community who has lost a loved one.

Registration is required by Friday, March 9, 2018

For more information or to register, call (507) 285-1930, complete the registration form below, register online <https://www.seasonshospice.org/grief-support> or email cges@seasonshospice.org



REGISTRATION FORM

NAME(s): _____

ADDRESS: _____
(City) (State) (Zip)

PHONE: _____ Email: _____

ADULTS: ____ # attending

CHILDREN: Ages 2-6 ____ # attending Ages 7-12 ____ # attending

\$7.00 per person or \$20.00 per family (cash or checks payable to Seasons Hospice)

I (we) plan to attend: (please check all that apply)

Support and Training Session 8:30 a.m.-10:30 a.m.

Workshop for Adults and Family 10:30a.m.—12:00 p.m.

Return form and payment to Seasons Hospice , 1696 Greenview Dr SW, Rochester, MN 55902, by March 9.

Women Veteran's Entrepreneurship Symposium



**REGISTER
NOW!**

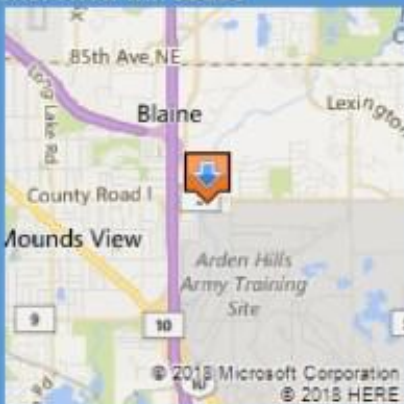
Come to this free Symposium and hear from women veterans and their experiences starting their own businesses. Plus, hear from SCORE about the free workshops and seminars that are available to women veterans to help them start their own business.

WHEN:

Wednesday, March 21st, 2018 from
6:00 PM to 9:00 PM

WHERE:

MnDOT Arden Hill Training Center
1900 County Road I W
Shoreview Mn 55126



CONTACT:

SCORE
651-632-8937
stpaul@scorevolunteer.org

Meet the Panelists:

- ◇ **Leslie Shore**, is the founder of Listen to Succeed: Listening effectiveness for business, listening in relationships, cross-cultural and cross-generational communication, diversity and inclusion, change communications, and critical thinking. Leslie served in the Air Force, and now is an Author, Speaker, Consultant of Communications and Diversity.
- ◇ **Jennifer Bellefleur**, started with the Army in Ordinance, now is a local jewelry designer and studio manager at Uniquely Yours Custom Designed Jewelry in Linden Hills.

Is Starting a Business Right For You? Learn from SCORE about their *Simple Steps* 5-module series on business basics and the array of more specific skill building through other workshops and seminars, plus SCORE's key resource partners.

You are invited to the exciting path of self-employment. Learn the skills that will help you build your own dreams!

Register Today: <http://bit.ly/womensymposium>



FEMALE VETERANS WELLNESS & PAMPERING RETREAT



MARCH 23-25, 2018

We appreciate the women who have served our country! Join us to relax, reflect, rejuvenate and connect with other female Veterans. Get the special treatment you deserve. Enjoy the beauty of the north woods, learn new ways to unwind, and how to enhance your self-care. You will check in Friday between 2:00 pm and 5:00 pm. Meals are included. Cost is \$75.00 for the weekend. Massages are offered for an additional \$30.00 per ½ hour or \$60.00 per 1 hour and must be booked in advance.

PAMPER *yourself*

To register: Fill out the registration on the back and return it with your payment to Independent Lifestyles.

****We need to receive your registration five (5) days prior to Retreat date****



For more information about Camp Bliss please go to our website:
www.campbliss.org



COME UP NORTH AND FIND YOUR BLISS!

REGISTRATION



FEMALE VETERANS RETREAT AT THE LODGE MARCH 23-25, 2018

CONTACT INFORMATION:

1st Attendee

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____ Email: _____
Room Type: _____

2nd Attendee

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____ Email: _____
Room Type: _____

If you will be accompanied by a PCA please contact us for applicable fees.

If a massage is offered at your retreat please indicate here if you would like to book one.

½ Hour Massage - \$30 _____ or 1 Hour Massage - \$60 _____

**** You will need to pay by cash or check to Massage Therapist at time of Massage ****

Please enclose payment made out to **Camp Bliss** or to pay by credit card fill out below:

Type of Card: _____
Name on Card: _____
Card Number: _____
Expiration Date: _____ CSC Code: _____ **Total Cost:** _____

Return Registration to Independent Lifestyles – 215 North Benton Dr. Sauk Rapids, MN 56379 or email it to whitneyh@independentlifestyles.org or call us at 320-281-2594.

Once registration is received you will get a confirmation and welcome letter with more details.

COME UP NORTH AND FIND YOUR BLISS!

Build Your Dream

5-Module Series "Start A Business-Build A Business"
Workshop for Women Vets & Their Spouses

Register Now for Spring 2018

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

Proven practices. Sound advice. Experienced and successful entrepreneurs themselves, our trained instructors from SCORE and WomenVenture will guide you through how to make your business idea flourish.



DATE & TIME

Mondays
March 26 - April 23,
6:00-9:00 PM

LOCATION

WomenVenture
2021 E. Hennipen Ave., #200
Minneapolis, MN 55413

REGISTER

No cost to veterans.
Space is limited
to the first 35 registrants,
so [register online now at
http://bit.ly/vetsbusiness](http://bit.ly/vetsbusiness)
or call (651) 632-8937.

SCORE 
FOR THE LIFE OF YOUR BUSINESS



Register at
<http://bit.ly/vetsbusiness>

ATTENTION:

SPOUSES AND CAREGIVERS OF VIETNAM VETS

YOU ARE INVITED TO A **FREE** SUPPORT GROUP.

A SAFE PLACE TO SHARE FEELINGS, EXPERIENCES, AND DO
SOME NETWORKING.

NEXT MEETING WILL BE ON MONDAY, MARCH 26TH AT 7PM AT
THE AMERICAN LEGION IN ROCHESTER.

ALL YOU NEED TO BRING IS YOURSELF.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO
CONTACT

PAM SUTTON @ 507.251.4624 OR DEBI NEVILLE @ 507.951.4394

HOPE TO SEE YOU THERE!

T'ai Chi Chih

reduce stress * increase creativity * improve well-being

T'ai Chi Easy

2:30-3:15PM

Slow, gentle meditative exercise

T'ai Chi Chih Advanced

3:15-4:00PM

A moving meditation practice - gentle and easy to learn. *For those who've completed beginning sessions or have prior experience*

Taught by a certified instructor.

Thursdays

Feb 15, 22, Mar 8, 15, 22

Library Auditorium



Rochester Public Library, 101 2nd St SE, Rochester, MN 55904
www.rochesterpubliclibrary.org
507.328.2309

wellness corner
@ the library



**Dementia
Friends
Minnesota**

An ACT on Alzheimer's Initiative



Become a **Dementia Friend!** This one hour information session will help you understand dementia and what you can do to support someone living with the disease.

Presented by Lynne Hemann,

ACT on Alzheimer's—Rochester & Surrounding Communities

Feb 26 12-1PM

Mar 28 4:30-5:30PM

Apr 23 10:30-11:30AM

Library– Meeting Room B

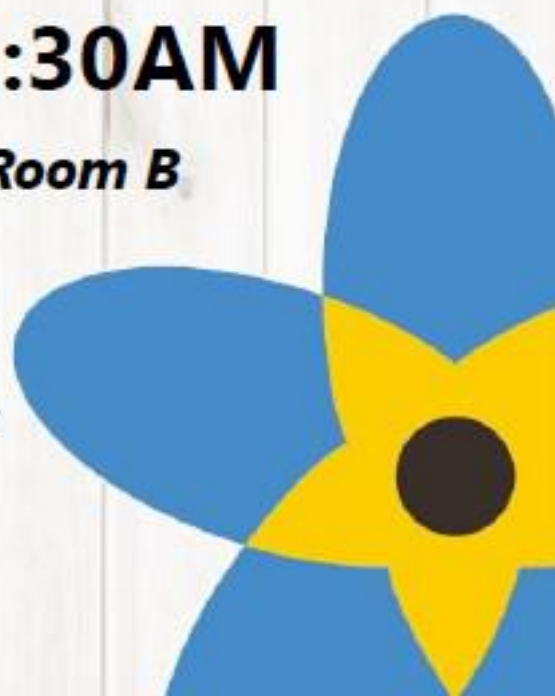


Offered in partnership with the Rochester Public Library

101 2nd Street SE Rochester MN 55904-3776

507.328.2309

www.rochesterpubliclibrary.org





**THRIVENT
FINANCIAL®**

Connecting faith & finances for good.®



SAVE THE DATE

Mark your calendar for MOMS, MONEY, & MOCHAS because I'd love to have you join me.

You are invited to join me for a 2 part educational series. Session #1 will cover strategies for you and your family's future planning prosperity. Session #2 will discuss college savings options to both manage and mitigate future education expenses. You're welcome to bring a guest.

Please choose from one of the following events listed below.

EVENT DETAILS:

Saturday, April 14, 2018

9:30 a.m. - 11:00 a.m.

Dunn Bros Coffee

120 Elton Hills Dr NW

Rochester, MN

Saturday, April 28, 2018

9:00 a.m. - 11:00 a.m.

Dunn Bros Coffee

120 Elton Hills Dr NW

Rochester, MN

HOSTED BY THRIVENT FINANCIAL REPRESENTATIVE:

Mia Erickson

Breakfast will be served.

Please RSVP by April 9, 2018. Call Jamia E Erickson at 507-424-2334 or email Jamia.Erickson@Thrivent.com.

No products will be sold at this event.

Insurance products issued or offered by Thrivent Financial, the marketing name for Thrivent Financial for Lutherans, Appleton, WI. Not all products are available in all states.

Securities and investment advisory services are offered through Thrivent Investment Management Inc., 625 Fourth Ave. S., Minneapolis, MN 55415, a FINRA and SIPC member and a wholly owned subsidiary of Thrivent. Thrivent Financial representatives are registered representatives of Thrivent Investment Management Inc. They are also licensed insurance agents/producers of Thrivent. For additional important information, visit Thrivent.com/disclosures.

Appleton, Wisconsin • Minneapolis, Minnesota • Thrivent.com • 800-847-4836

27806CF R10-16

JOBS FOR VETERANS!



RECRUIT  MILITARY®

VETERANS JOB FAIR



120+
JOB OFFERS
EXPECTED!

MINNEAPOLIS CONVENTION CENTER

Thursday, April 26, 2018

11:00 am – 3:00 pm

1301 2nd Avenue S

Minneapolis, MN 55403

A FREE HIRING EVENT

FOR VETERANS, TRANSITIONING MILITARY PERSONNEL,
NATIONAL GUARD MEMBERS, RESERVE MEMBERS AND SPOUSES

= COMPANIES ARE HIRING! =

Job Opportunities ▶ Continuing Education Opportunities ▶ Business Ownership Opportunities

REGISTER NOW!

▪ Follow us on  @RecruitMilitary / Facebook 

For more details, visit RecruitMilitary.com/Minneapolis



Red Carpet Event

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:

Co-managed care

Mental health

Women's health

Thursday, March 15, 2018

Every 3rd Thursday of the month in room 117, at 2:00pm
At the Rochester VA Clinic, ****NOTE NEW ADDRESS****

3900 Fairway PL NW

Rochester MN 55901

Please call CVSO's at 507-328-6355



Olmsted County Veteran's Services



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, March 27, 2018

600pm-800pm

**American Legion Post 92
315 First Avenue NW
Rochester, MN 55901**

**Jennifer Shumaker
(507) 328-6324
shumaker.jennifer@co.olmsted.mn.us**

Rochester American Legion Post 92
3rd Tuesday of each month
315 First Ave NW
Rochester, MN 55901
7pm
Legion Riders
2nd Monday of each month
7pm
Forty et eight at the American Legion
2nd Tuesday of each month
630pm

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
3rd Monday of the month
7pm
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

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

Stewartville American Legion Post 164
Meeting 3rd Monday each month,
7:30pm
1100 2nd Ave NW, Stewartville

Stewartville VFW Post 8980
Meeting 1st Monday each month, 7pm

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

**Thor Detachment 606 Marine Corp League Meet-
ing**
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, 8pm
212 West Main Street , Kasson, MN 55944

Chatfield VFW Post 6913
2nd Tuesday of the month
9– 2nd St SW, Chatfield, MN

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

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



“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



2100 Campus Drive
SE, Suite 200
Rochester, MN 55904

Veterans Services

