

*Olmsted County
Veteran Services
Veterans Advocate Newsletter
March 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



Minnesota Assistance Council for Veterans invites you to participate in a:

FREE LEGAL CLINIC FOR LOW-INCOME VETERANS

**HOUSING, EMPLOYMENT, BENEFITS, DEBT COLLECTION,
EXPUNGEMENT, FAMILY LAW INCLUDING CHILD SUPPORT**

Tuesday, March 10, 2020 | 9am - 2pm | VA Medical Center
Flag Atrium Balcony Room 2S 114 (ask information desk for directions)
1 Veterans Drive | Minneapolis, MN | FREE Parking at the VA Medical Center

Attorneys, MACV staff, County Veterans Service Officers, and child support officers will be available throughout the day to assist veterans with questions, legal forms, and counsel.

For more information contact: Vetlaw Program – MACV | 651-200-4750

Disclaimer: VA assumes no responsibility for the attorneys providing services at this clinic.
This referral does not constitute a recommendation or endorsement by VA.

Grant-Funded College Opportunities for Women and Minorities

With Minnesota's shortage of skilled, over-the-road truck drivers comes new grant-funded opportunities for those interested in a short-term training that can result in a rewarding career. These grants are available to help pay for your college education.

► Opportunities for Women

Funding is now available through a Minnesota Women and High-Wage, High-Demand, Nontraditional Jobs grant acquired by Workforce Development, Inc. (WDI). This grant offers eligible applicants financial aid for a wide range of occupations including truck driving. Basic grant eligibility includes:

- Women of color (American Indian, Asian, Black, or Hispanic) over the age of 18 or
- Women over the age of 50 or
- Low-income women (less than 200% of the federal poverty guideline adjusted for a family size of four) and
- Being a resident of one of the ten counties in SE MN that WDI serves and
- Having a valid driver's license

► Opportunities for Minorities and Women

Funding is now available through a Riverland-acquired Minnesota Department of Transportation (MnDOT) grant. This grant offers eligible applicants financial aid for the Truck Driving program on the Austin campus. Basic eligibility includes:

- Minorities or
- Women and
- Being a resident of one of the ten counties in SE MN that WDI serves and
- Having a valid driver's license



► Our Truck Driving Program

Get real-world, hands-on training with our 16-week commercial (CDL) truck driving program. Benefits include a built-in 4-week internship, direct job connections with area carriers, and endorsements in the following areas: box trailers, flatbeds, double/triples, tankers, and large passenger vehicle (bus, motorcoach).

Truck driving continues to be one the largest projected employment growth areas in the state. Experienced drivers have the potential to earn up to \$87,000 per year.*

► Ready to Learn More?

Jonathan Rymer, Program Director/Instructor
507-433-0608 or jonathan.rymer@riverland.edu

Michael Postma, WDI Placement Specialist
507-433-0685 or mpostma@wdimn.org

*Source: American Trucking Association's 2017 Driver Compensation Study, trucking.org; Riverland Community College, a member of Minnesota State, is an equal opportunity, affirmative action institution and employer. This document is available in alternative formats to individuals with disabilities by contacting 507-433-0608. For TTY/711/211 communication please contact the Minnesota Service by Dialing 111. Accredited by the Higher Learning Commission - hlc.commission.org. Copyright © 2019 Riverland Community College. All rights reserved.

CAMP BLISS

2020 Veteran Getaways

6150 Camp Fish Road, Walker, MN 56484
(218-547-4004) www.campbliss.org

February

Veterans Ice Fishing Getaway: February 7-9, 2020

March

Female Warrior's Weekend: March 6-8, 2020

June

Female Warriors Weekend: June 26-28, 2020

September

Veterans R & R: September 15-17, 2020

Gold Star Family Weekend: September 25-27, 2020

October

Female Warrior's Weekend: October 2-4, 2020

November

Veterans Warrior's & Caregivers Weekend: November 13-15, 2020



Updated: 7/26/2020

Financial Literacy Program

Spending with Knowledge
Saving with Purpose



Free Financial Workshops 2020 Winter Schedule!

Take the 1st Step to Financial Wellness

Call (507) 721-9204 or Register Online at
www.ccsomn.org/financial-literacy-program/

January

Tues Jan. 14, 2020 5:00 p.m. - 8:00 p.m.

Rochester Public Library/ Meeting Room B *101 2nd St SE Rochester, MN 55904

Thurs Jan. 30, 2020 2:00 p.m. - 5:00 p.m.

Hawthorne Education Center /Room 314 * 700 4th Ave SE Rochester, MN 55904

February

Thurs Feb. 13, 2020 5:00 p.m. - 8:00 p.m.

United Way Building/ Meeting Room A *903 W. Center St Rochester, MN 55902

March

Tues March 10, 2020 5:00 p.m.- 8:00 p.m.

Rochester Public Library/ Meeting Room B *101 2nd St
SE Rochester, MN 55904

Wed March 25, 2020 9:00 a.m. - 12:00 p.m.

Hawthorne Education Center /Room 206 * 700 4th Ave
SE Rochester, MN 55904



Walk-Ins Welcome!!

Financial Goals

Budgeting

Saving

Credit

Debt

 Catholic Charities
of Southern Minnesota

MISSISSIPPI HELP-CREATING HOPE.

Catholic Charities of Southern Minnesota



The VHIC is issued only to veterans that are enrolled in VA Health care. This card is an identification and check-in at VA appointments. The Rochester Community Based Outpatient Clinic (CBOC): at 3551 Commercial Drive SW Rochester, MN 55902 can offer ID card appointments on these dates only: Thursday, March 19th, Tuesday, May 19th, Thursday, July 16th, Thursday, September 17th, And Tuesday November 17th

If you were recently enrolled in VA Health care, you must wait at least two weeks from your approval letter to schedule an ID card appointment, there is a 10 business days processing period.

Please call 507-252-0885 and follow the prompts to make an ID card appointment.

Increased security-One Form of Identification is Needed to Receive a VHIC:

Primary unexpired identification

State issued driver's license

United States Passport or Passport Card

Other Government ID issued by federal, state or local government agencies that contains a photograph, name, date of birth and address. If the address is not on the proofing document, veterans can provide separate documentation to confirm their address. Acceptable address documents include: Electric bill, cable bill, other mailing document, Voters registration card.

National Vietnam War Veterans Day March 29, 2020

The Byron American Legion Post 119 is proud to sponsor the National Vietnam War Veterans Day Recognition Program.

WHEN: Sunday, March 29th, 2020

WHERE: Johnny Mango's Event Center 505 West Frontage Road Byron, MN

TIME: Doors open at 11:30 am, Program 12:00-12:30pm, Buffet 12:30pm-4:30pm

BBQ Pulled port, baked beans, coleslaw, fruit cocktail, vegetable beef soup, chili, desserts, beverages.

Cost

Veterans Family members	\$5
General Public	\$10
Kids age 6-13	\$5.00
Kids under 6	FREE

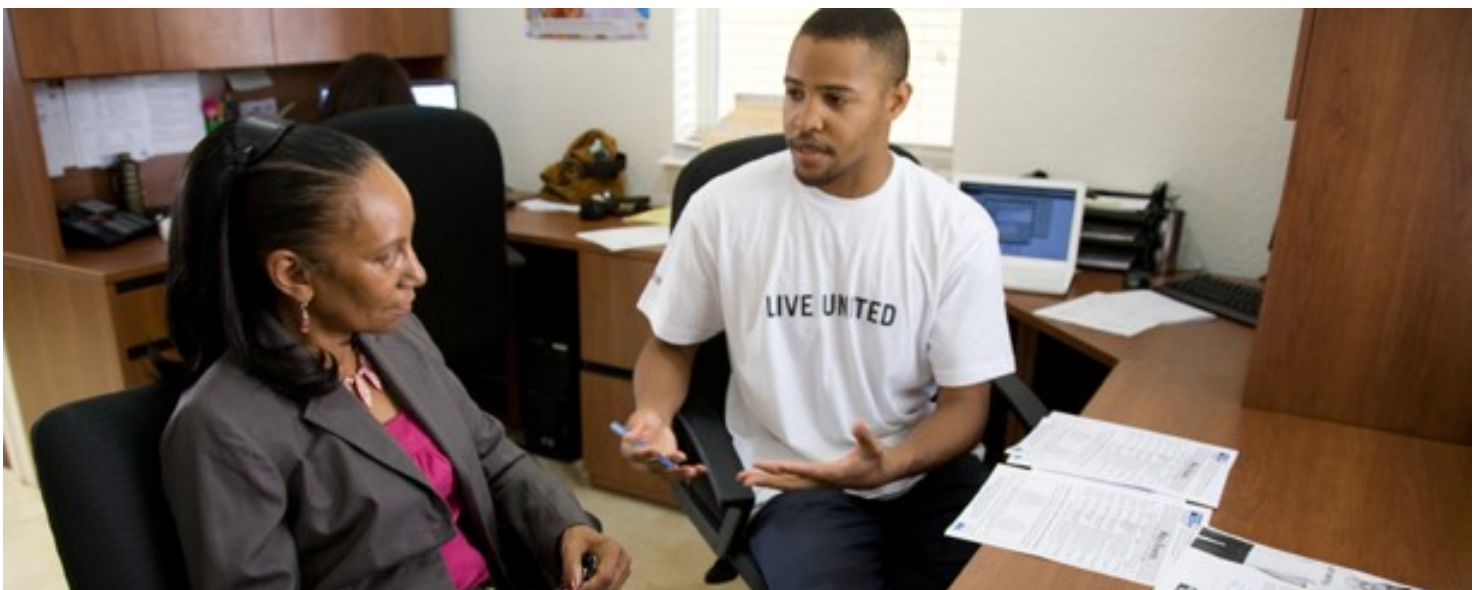


Free Tax Preparation

Low- and moderate-income households have two free tax filing options!

Thousands of low-income households access this necessary service for free, improving access to tax credits and bringing dollars back into our community in the form of tax refunds.

<https://www.uwolmsted.org/taxhelp>



The Largest Veteran Event in the Tri-State Area

ATTENTION VETERANS

2020 - Veterans Bonanza!

Thursday, March 19th at 11:00 am – 6:00 pm

If you are a Veteran, have a family member or have a friend who is a Veteran, mark your calendar!



Services Available:

- | | | |
|--|--|---|
| <input checked="" type="checkbox"/> Healthcare (Mental, Counseling, In-Home) | <input checked="" type="checkbox"/> Financial Advice | <input checked="" type="checkbox"/> Dental |
| <input checked="" type="checkbox"/> Nursing Care | <input checked="" type="checkbox"/> End of Life Planning | <input checked="" type="checkbox"/> VA Claims |
| <input checked="" type="checkbox"/> Retirement Planning | <input checked="" type="checkbox"/> Recreation | <input checked="" type="checkbox"/> Military Records |
| <input checked="" type="checkbox"/> Employment | | <input checked="" type="checkbox"/> Free Legal Clinic |

and much more!

Thursday, March 19th
From 11:00 am – 6:00 pm
Radisson Hotel-La Crosse
200 Harborview Plaza
La Crosse, WI 54601



VETERANS BONANZA

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

Major Sponsors



HEROES
WHO LEAVE TO SERVE



GUNDERSEN
HEALTH SYSTEM®
Where Caring Meets Excellence





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, March 19, 2020
Every 3rd Thursday of the month at **2:00pm**
At the Rochester VA Clinic
3551 Commercial Drive SW
Rochester MN 55902



BALANCE

Amputee Support

Amputee Support Group

March 24th 5-6:30 PM

Amputees, family,
and friends welcome

YMCA--709 1st Ave, Rochester, MN 55902

Contact—Leslie Green
952.288.5684
Balance@wiggleyourtoes.org





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, March 26, 2020

Thursday, April 30, 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.



Mayo Clinic Hospice Adult Grief Support Groups

Spring 2020

These groups are for those who are grieving the loss of a significant person in their life through death. These groups provide a safe environment to connect with others who are grieving, to be understood and to share needs, concerns and feelings.

**Rochester - Consecutive Monday's from
March 30 - May 18, 2020.**

Afternoon Session:

1:00 p.m. – 2:30 p.m.

- Death of a Spouse or Significant Other

Or

Evening Session:

5:30 p.m. – 7:00 p.m.

- Death of a Child or Grandchild
- Death of a Parent or Grandparent
- Death of a Spouse or Significant Other
- Death of any Significant Person

Or

**Wabasha - Consecutive Monday evenings from
March 30 - May 18, 2020**

5:30 – 7:00 p.m.

- Death of any Significant Person

Groups are facilitated by trained volunteers. There is no charge but registration is required.

Registration closes on Friday, March 16, 2020.

For information and registration, please contact:

Kelley Adelsman

Bereavement Coordinator

Mayo Clinic Hospice

Phone: 507-284-4002 or 1-800-679-9084

RSTHOSPICEBEREAVEMENT@mayo.edu





Grief Support Group Registration

Mayo Hospice Program

The following information will be very helpful in determining your group placement and useful to the facilitators who work with you. Information shared on this form will be kept confidential among group facilitators.

Personal Information

Name (First, Middle, Last)		Age	Date Today (mm-dd-yyyy)	
Address		City	State	ZIP Code
Work Phone	Home Phone	Mobile Phone	Email	
How did you find out about the group?				

Deceased Information

Deceased Name	Age	Date of Death (mm-dd-yyyy)
Relationship to You	Cause of Death	

Life Changes (Please indicate life changes you have experienced, when they occurred, and rate how you are coping now.)

	Very Well	OK	Poor
Other deaths			
Divorce or separation			
Moving to new home/community			
Friends moving away			
Pet death			
Job change			
Job loss			
Retirement			
Fire or theft			
Personal health concerns			
Financial concerns			
Other losses/traumas (specify)			

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

Rochester VFW Post Meeting

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

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

