

*Olmsted County
Veteran Services
Veterans Advocate Newsletter
March 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.

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FOLDS of HONOR

— ABOUT FOLDS OF HONOR —

HONOR THEIR SACRIFICE. EDUCATE THEIR LEGACY.

Folds of Honor is a 501(C)(3) nonprofit organization, rated a four-star charity by Charity Navigator and platinum on GuideStar, that provides educational scholarships to the families of military men and women who have fallen or been disabled while on active duty in the United States armed forces. Our educational scholarships support private educational tuition and tutoring for children in grades K-12, as well as higher education tuition assistance for spouses and dependents. Founded in 2007 by Lt Col Dan Rooney, a PGA Professional and F-16 fighter pilot in the Air Force Reserves who served three tours of duty in Iraq, the Folds of Honor is proud to have awarded nearly 29,000 scholarships in all 50 states and some US territories, including approximately 4,500 in 2020 alone. For more information or to donate in support of a Folds of Honor scholarship, please visit foldsofhonor.org

— FOLDS OF HONOR FAMILIES —

WHY WE DO IT



The late Maj. Shawn Campbell with his wife, Kelli, and their four children.

Major Shawn Campbell was a United States Marine Corps helicopter pilot who had deployed to the Middle East three times. He was tragically killed in a helicopter crash January 14, 2016 on a night time training mission off the shores of Hawaii. After his death, the Campbell family found solace with our local chapter in Kansas City, MO. The Campbell children are currently receiving scholarships and Kelli Campbell speaks for our organization sharing Shawn's story and what Folds of Honor has done for their lives.

— PARTNERSHIP HIGHLIGHTS —

SHOULDER TO SHOULDER WE STAND



PGA



FOLDS OF HONOR IS PROUD TO HAVE A CUMULATIVE AVERAGE RATIO OF

90%

OF EVERY DOLLAR RAISED GOING TO OUR SCHOLARSHIP PROGRAM



SINCE 2007, FOLDS OF HONOR HAS AWARDED NEARLY

29,000

EDUCATIONAL SCHOLARSHIPS



IN 2020, YOU HELPED AWARD OVER

4,500

EDUCATIONAL SCHOLARSHIPS

STAND WITH US

By standing with Folds of Honor, you help honor the sacrifice of our fallen and disabled servicemen and women by providing educational scholarships for the spouses and children they leave behind in the pursuit to protect our American freedoms.



FOLDS *of* HONOR



MINNESOTA

WE'VE AWARDED IN THE 2019-20 ACADEMIC YEAR

85 SCHOLARSHIPS

TOTALING

\$409,800 DOLLARS



SUPPORT YOUR MARKET

WE NEED YOUR HELP AND SUPPORT TO FILL IN THE GAP!
HONOR THEIR SACRIFICE BY EDUCATING THEIR LEGACY.

FOR MORE INFORMATION PLEASE VISIT
MINNESOTA.FOLDSOFHONOR.ORG

PROUD PARTNERS



PGA



The Rite Aid Foundation

FOLDS OF HONOR IS PROUD
TO HAVE A CUMULATIVE
AVERAGE RATIO OF

89%

OF EVERY DOLLAR RAISED
GOING TO OUR SCHOLARSHIP
PROGRAM



SINCE 2007, FOLDS OF HONOR
HAS AWARDED APPROXIMATELY

24,500

EDUCATIONAL SCHOLARSHIPS



IN 2019, WE AWARDED OVER

4,500

EDUCATIONAL SCHOLARSHIPS



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



March 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. (V) Newly Bereaved Group 6:30-8:30 p.m. (IP)	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	29	30	31			

LIVE ASSISTANCE
General information, directory assistance and technical support for VA.gov

VA HEALTH CARE
Eligibility, enrollment, locations and COVID-19

COMMUNITY HEALTH CARE
MISSION Act eligibility, copayments

NATIONAL CEMETERIES
Burial benefits, interment scheduling and headstone/Veteran marker

VETERANS CRISIS LINE
Immediate connection to caring, qualified responders

DEBT MANAGEMENT
Debt details, payment options and debtor rights

FACILITY LOCATOR
Locations of medical centers, benefits offices or cemeteries

BENEFITS ASSISTANCE
Information about a variety of VA benefits

HOMELESS VETERANS LINE
Information and support for homeless and at-risk callers

COVID-19 INFORMATION
Frequently asked questions and live assistance for COVID-related questions

Making appointments at the Rochester VA Medical Center

1. Call the VA appointment line at (507) 252-0885, Press #2 to make an appointment, or press 0 (zero) to get an operator.
2. If you have access to My Health E Vet you can make an appt by secure messaging your care team.
3. If you do not have access to My Health E Vet, please create an account at:
<https://www.myhealth.va.gov/mhv-portal-web/home>

IF you are NOT enrolled in VA Healthcare, please call our office to assist you in the application process at: (507) 252-0885

2021 VFW STATE PISTOL COMPETITION

Hosted By: Elk River - Rogers

VFW Post 5518

Sunday, April 18, 2021

Target Sports - Rogers, MN



<http://www.targetsportsmn.com/>

- Shooters should bring at least 100 rounds of Ammo, Ear and Eye Protection
- Targets will be provided
- Registration will be from 8:00 - 8:40 AM
- Orientation starts at 8:45 AM
- Competition will begin at 9:00 AM.
- Coffee, Rolls and Lunch will be provided
- Target Sports has Rental Pistols and Ammo
- A Hotel list will be available in upcoming General Orders
- **COST: \$35 per Competitor (\$10 for each additional level)**
- **\$5 discount if you pre-register by March 31, 2021.**
- Contact Dennis Maddox for the waiver form to pre-register.

SHOOTING LEVELS:

I. .22 Caliber (Iron Sights)

II. OPEN (Iron Sights) - .380 and larger caliber

III. Optical - Any Caliber assisted by optical, red dot, etc. (Non-Iron Sights)

TO ADVANCE REGISTER, CONTACT:

Dennis Maddox, Post Commander

5580 Quake Ave. NE

St. Michael, MN 55376

Cell: 612-719-4381

Email: commander-5518@charter.net

NOTE: ALL Shooters MUST BE members of the Veterans of Foreign Wars or VFW Auxiliary. NO EXCEPTIONS!!! Please bring your VFW or Auxiliary Membership Card.



INDOOR GUN RANGE

14166 NORTHDAL BLVD. ROGERS, MN 55374 763-515-6450



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.

Thursday, March 25

630pm-800pm

VFW

2775 43rd Street NW

Rochester, MN 55901

Jennifer Shumaker

(507) 328-6324

shumaker.jennifer@co.olmsted.mn.us

Self-Care Resources for Your Whole Health

We are all faced with new challenges as a result of the COVID-19 pandemic. How we deal with and adapt to change affects our ability to respond to these challenges.

It is more important than ever to take care of your physical, mental, and emotional well-being. Finding ways to care for ourselves, staying balanced and resilient, is critically important so that we can care for our Veterans, families, and communities. The following resources are quick, virtual tools to help you manage stress and promote your Whole Health during these unprecedented times.

Overwhelmed? Need to talk to someone right now?

- **National Suicide Prevention Lifeline - For any person in distress or their loved ones.**

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Call 1-800-273-TALK (8255)

- En Espanol: 1-888-628-9454
- Start a confidential chat
- Call TTY if you have hearing loss 1-800-799-4889

Get more resources at [SuicidePreventionLifeline.org](https://www.suicidepreventionlifeline.org).

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- **Veterans Crisis Line - We're here anytime, day or night – 24/7.**

If you are a Veteran in crisis or concerned about one, connect with our caring, qualified responders for confidential help. Many of them are Veterans themselves.

Call 1-800-273-8255 and press 1

- Text 838255
- Start a confidential chat
- Call TTY if you have hearing loss 1-800-799-4889

Get more resources at [VeteransCrisisLine.net](https://www.veteranscrisisline.net).

Physician Support Line

What Is Physician Support Line? Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists, joined together in the determined hope to provide peer support for our physician colleagues as we all navigate the COVID-19 pandemic. Call 1-888-409-0141. No appointment necessary. <https://www.physiciansupportline.com/>

Disaster Distress Helpline

All VA employees are eligible to contact this helpline at 1-800-985-5990 or even text, "TalkWithUs" to 66746, to be connected to a trained counselor. Help is available 24-hours-a-day, seven-days-a-week.

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

