

*Olmsted County
Veteran Services
Veterans Advocate Newsletter
April 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

Service Officer: Ashley Laganriere, laganriere.ashley@co.olmsted.mn.us



Chester Woods Park

Through December 2021 Chester Woods is offering free park entrance for all!

Veterans with a service connected VA Disability rating can obtain a free pass to Chester Woods annually, but this will not be a factor now that the park is offering free admission through the end of the year.

Daily Park Hours: 5 a.m. to 10 p.m.

- Swimming Beach
- Boat launch and fishing
- Water equipment rentals
- 16 miles of hiking trails
- 5 miles of groomed trails for cross-county skiing or fat tire biking
- 7 picnic areas
- 50-unit campground and restrooms with showers

Many native plant and animal species



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.

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.

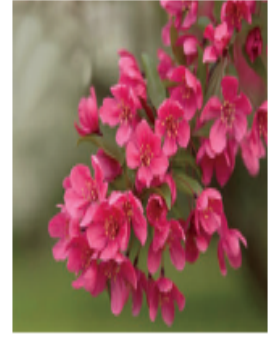
1696 Greenview Drive SW, Rochester, MN 55902 Phone: 507-285-1930 Email: cges@seasonshospice.org Web: www.seasonshospice.org/grief-support



Center for Grief Education and Support

SEASONS HOSPICE

April 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 Newly Bereaved Group 12:00-2:00 p.m. (IP) Newly Bereaved Group 6:30-8:30 p.m. (IP)	2	3
4	5 Veteran Loss & Transition Discussion Group 6:00-7:30 p.m. (IP)	6	7	8 Pregnancy & Infant Loss 6:30-8:00 p.m. (IP)	9	10
11	12	13	14 Pet Loss Group 5:00-6:00 p.m. (V)	15 Newly Bereaved Group 12:00-2:00 p.m. (IP)	16	17
18	19 Veteran Loss & Transition Discussion Group 6:00-7:30 p.m. (IP)	20	21 Teen Drop-in 4:30-5:30 p.m. (IP) Survivors of Suicide 6:00-7:30 p.m. (IP)	22	23	24
25	26 Stepping Stones 6:30-8:00 p.m. (V)	27	28 Young Adult Loss 6:00-7:30 p.m. (IP)	29	30	

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

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.

A banner advertisement for Target Sports. On the left is the Target Sports logo, which features a stylized arrow and the text 'TARGET SPORTS' and 'MINNESOTA'. To the right of the logo are icons for a shopping cart, a person, a calendar, Facebook, and Twitter. Below these icons is the text 'INDOOR GUN RANGE'. Further right is the address '14166 NORTHDAL BLVD. ROGERS, MN 55374' and the phone number '763-515-6450'. At the bottom of the banner is a navigation menu with the following items: HOME, RANGE CLASSES, STORE, CONTACT US, SPECIAL EVENTS, MEMBERSHIPS, LEAGUES, RENTALS, BLOG.



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, APRIL 22

630pm-800pm

VFW

2775 43rd Street NW

Rochester, MN 55901

Jennifer Shumaker

(507) 328-6324

shumaker.jennifer@co.olmsted.mn.us

Trolling For The Troops

Lodging
& Meals
Provided

Prizes
awarded for
best anglers!

Applications due April 14, 2021

Thursday - Friday

June 3-4, 2021

Camp Ripley, MN



Well known professional fishermen
and others will guide a Veteran and a
Soldier for a day on Mille Lacs Lake
or the Mississippi River

Space is limited. For more information or to apply, visit us at
www.mnvetsoutdoors.org or email us at mnvetsoutdoors@gmail.com

Must be a resident of Minnesota and a veteran of
the United States Armed Forces



DAV
OF MINNESOTA



Minnesota
Veterans & Veterans
Trust Fund



VFW
VETERANS OF FOREIGN WARS

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
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

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

