

*Olmsted County*  
*Veteran Services*  
*Veterans Advocate Newsletter*  
*April 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](http://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.**

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](http://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](mailto:veteranservices@olmstedcounty.gov)



## **Believet 4<sup>th</sup> Annual Spring Event**

**DOGS! MUSIC! FUN!**

Free Admission – Donations **STRONGLY** encouraged

Join the fantastic Believet crew and the super, duper service dogs!

Awesome Silent Auction and Terrific Raffle Baskets

(LOTS-A!) Cash for Canines Live Auction (Includes highest bidder special prizes!)

Delicious Heavy Appetizers, Tasty Dessert Bar, and Thirst-Quenching cash bar!

Wine and Spirits Pull- Always Fun and Suspenseful!

And Real, Actual, and Fabulous Live Music from local band,

All are welcome to what is sure to be a K9 good time.

### **DETAILS**

**Date: April 9**

**Time: 5:30 pm - 10:00 pm CDT**

### **ORGANIZER**

**Believet Canine Service Partners**

**Phone: 507) 649-1111**

### **VENUE**

**Northfield Ballroom, 1055 MN3, Northfield, 55057**

# VFW Post 1215 April Events

## MESS HALL TAVERN ★ GRILL April 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Vet Support Group 12 Live Music 830-1130 "Cden Road" Fish Fry 4-8 & Horse Races	2 Mainstream Karaoke 5-10
3	4	5 Women Vet over Forty group 5pm  Taco Tuesday!	6 Exchange 11am Kiwanis 2-4 Bean Bags 630  Chix - Shrimp Alfredo	7 40&8 630  Meatloaf - Liver & Onions	8  Fish Fry 4-8 & Horse Races	9 POW MIA 11am Otto Matic Karaoke 5-10
10 Local Postal Union meeting 2pm	11	12 Post & Auxiliary Meeting 4pm  Taco Tuesday!	13 Exchange 11am Kiwanis 2-4 Bean Bags 630  Chix - Shrimp Alfredo	14 Senior Dance 2-5 Movie Night 630 "Stripes" Meatloaf - Liver & Onions	15 Nutri-Vets support group Live Music 830-1130 "Lost in Austin" Fish Fry 4-8 & Horse Races	16 Mainstream Karaoke 5-10
17 Happy Easter VFW Post 1215 CLOSED	18	19  Taco Tuesday!	20 Exchange 11am Kiwanis 2-4 Bean Bags 630  Chix- Shrimp Alfredo	21 Purple Heart Meeting 8pm PTST Group 630  Meatloaf - Liver & Onions	22  Fish Fry 4-8 & Horse Races	23 Otto Matic Karaoke 5-10
24	25 Vietnam Vets & Wife's 5pm	26 Marine Corp League 7pm  Taco Tuesday!	27 Exchange 11am Kiwanis 2-4 Bean Bags 630  Chix - Shrimp Alfredo	28  Meatloaf - Liver & Onions	29 Vet Support Group 12 Fish Fry 4-8 & Horse Races	30 Sports Card & Memorable Show 9-4pm



# FEDERAL BUREAU OF PRISONS

## FEDERAL MEDICAL CENTER ROCHESTER, MN



### OPEN POSITIONS:

**Correctional Officer (#BOP-N-2022-0001)\*\***

**Registered Nurse (#RCH-2022-0002)**

**Nurse Practitioner (#BOP-N-2022-0005)**

**Physician Assistant (#BOP-N-2022-0009)**

**Physician/Psychiatrist (#BOP-N-2022-0007/BOP-N-2022-0006)**

- Our mission is to provide competent and appropriate medical, dental and behavioral health care to male inmates while protecting society.
- The scope and complexity of patient care needs range from medical/surgical and psychiatric evaluation to acute or chronic care and/or end of life care.
- Optional early retirement (any age with 25 years of service or at age 50 with at least 20 years of service)

- Pre-tax retirement savings w/matching government contributions up to 5% of base pay
- 11 paid holidays
- 13 days paid sick leave
- Excellent health and life insurance options during employment and into Retirement.

- **Ability to take health insurance into retirement at the low employee cost FOR LIFE!**

**\*\*Correctional Worker Positions:** Per Public Law 101-509, applicants must be under 37 years of age, same rule applies to Health Services Assistants and NAs.

**APPLY ONLINE AT [WWW.USAJOBS.GOV](http://WWW.USAJOBS.GOV)**

For more information contact [khorsman@bop.gov](mailto:khorsman@bop.gov) or [rwhalen@bop.gov](mailto:rwhalen@bop.gov)



# 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](mailto: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.

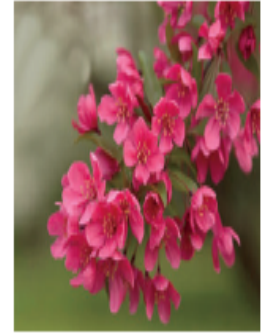
We offer individual counseling by appointment. All sessions and groups are held at the Center for Grief Education and Support.



Center for Grief Education and Support

SEASONS HOSPICE

April 2022



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

1696 Greenview Drive SW, Rochester, MN 55902 Phone: 507-285-1930

Email: [cges@seasonshospice.org](mailto:cges@seasonshospice.org) Web: [www.seasonshospice.org/grief-support](http://www.seasonshospice.org/grief-support) Facebook: [www.facebook.com/SeasonsCGES](http://www.facebook.com/SeasonsCGES)

# 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





**Chapter 28** *presents a*  
**Women Veteran Seminar**  
**WOMEN VETERANS OF SE MN,**  
*This event is for you!*

You are invited to an open house style seminar of benefits, resources, healthcare, and wellness.

**When: Thursday, May 26, 2022**

**Time: 3:00pm-8:00pm**

**Where: VFW Post 1215,  
2775 43rd St NW,  
Rochester, MN 55901**

For more information and to register, please visit:  
<https://davsemn2022wvseminar.eventbrite.com>

**\*Please note: The resources highlighted at this event are specific to SE MN . Registration is limited to this area. If you are interested in a similar event your area, please contact your local DAV chapter. You may find your chapter by visiting [www.davmn.org](http://www.davmn.org)**



# 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](http://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](http://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](http://irs.gov) and search for free filing options. For state taxes, go to [www.revenue.state.mn.us/file-income-tax-return](http://www.revenue.state.mn.us/file-income-tax-return)





# 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](mailto:shumaker.jennifer@co.olmsted.mn.us)

# 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](mailto: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

