

Olmsted County
 Veteran Services
 Veterans Advocate Newsletter
 June 2019

June is PTSD Awareness Month


PTSD
 TREATMENT
 WORKS

20
 19

JUNE

June is PTSD Awareness Month

SPREAD THE WORD. RAISE AWARENESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEARN	SHARE	REACH OUT	GET SUPPORT	GIVE SUPPORT	CONNECT	PARTNER
						1 Take the pledge to raise PTSD Awareness
2 Get key information on trauma , PTSD and treatment	3 Use our banner on your social media profile	4 Share resources like the Veterans Crisis Line	5 Text a Veteran	6 Download PTSD Coach or PTSD Family Coach apps	7 Like our Facebook page	8 Find or host a PTSD Awareness Event
9 Watch What is PTSD? PTSD explained in 4 minutes	10 Retweet one of our #PTSDAwareness tweets	11 Learn about and compare PTSD treatment options	12 Share stories of Veterans who have been there	13 Take an online course	14 Subscribe to our PTSD Monthly Update	15 Share our social media posts
16 Read Understanding PTSD and PTSD Treatment	17 Share this photo on Instagram	18 Find a local PTSD therapist	19 Ask a Veteran how they are doing	20 Practice mindfulness	21 Follow us on Twitter	22 Order our What is PTSD? card to share
23 Hear what PTSD is like for Veterans	24 Share our video about PTSD symptoms	25 Hear what PTSD is like for family members	26 Share our webpage with a Veteran	27 Learn how to talk to your Veteran about mental health care	28 Subscribe to our YouTube channel	29 Mail or give out an AboutFace postcard
30 Explore our website to learn even more about PTSD						

THANK YOU FOR
 HELPING SPREAD
 THE WORD ABOUT
PTSD
 AND EFFECTIVE
 TREATMENTS
WWW.PTSD.VA.GOV

3rd Annual Women Veteran Gala

The third annual Disabled American Veterans (DAV) Mayo SE Chapter 28, and Olmsted County Veteran Service Office, women veteran gala, hosted on Thursday, May 23rd at the VFW Post 1215, Rochester, MN was a huge success!! This by far was the banner year, with over 180 women veterans in attendance. Thank you to the DAV Women Veteran Committee for planning, and facilitating this event. Thank you to all of the support and donations that made this event spectacular! I am pleased that this event had such a great turnout. It is important for all veterans to have a support system, this event, gives women veterans that connection, and networking with other women veterans. This event provided resources, encouragement and valuable connections that will help these women veterans long after this event ends.

Testimonials from those in attendance included:

“Wow! I sat at a table with a Navy veteran, and found out she lives in Rochester, just a few blocks away from me! I am so excited that I have made this new connection with a fellow Navy veteran!”

“This is the third year I have attended the Gala! Kudos to the women who plan this event! This event is always new and engaging.”

“Thank you again for another great gala - you do know how to host a party!”

“The Gala was amazing as always!!!”





NATIONAL DONUT DAY

FRIDAY, JUNE 7, 7-11 A.M. AT THE VFW POST 1215
& SOLDIER'S FIELD VETERANS MEMORIAL

All are welcome to join us in honoring The Salvation
Army Donut Lassies that served soldiers during WWI!

Stop by for a free cup of coffee
and an original WWI recipe donut.



DOING THE
MOST GOOD

Tomah VA Residential Combat PTSD Program-Tomah, Wisconsin



Greetings veteran community:

Tomah, WI has a residential Combat PTSD program for combat veterans. The Tomah VA offers a warm and small treatment setting that has an intensive and direct focus on treating Combat-related trauma.

Admissions:

- Service member/veteran whom is eligible for VA care
- Veteran has tried an outpatient/community level of care (e.g. Outpatient Psychotherapy, Vet Center Counseling, college counseling), made some gains there, but may require a more structured residential environment for continued treatment.
- Veteran has desire to do intensive treatment and do this around other combat veterans
- Veteran whom can tolerate and participate in the group therapy experience with others
- Veteran has been deployed to theater of war (does not have to necessarily veteran with an infantry MOS or been exposed to combat continuously through their deployment). Peacekeeping/Support deployments involving hostile contact/engagements may be considered. If you are not sure if this criterion is met, feel free to call us.
- Veteran is Medically & Psychiatrically stable
- Veteran can ambulate and transfer independently in residential setting
- Veteran can independently maintain Activities of Daily Living (ADLs) (e.g., does not have any major conditions preventing them from walking, feeding, or caring for themselves independently in a residential setting)
- DD-214

Referrals:

- Contact Admissions Coordinator@ 608-372-1758





Outreach a priority for local DAV's 1st female commander

Faribault Daily News
Misty Schwab May 16, 2019

Since the Disabled American Veteran (DAV) Chapter 20 in Faribault received its charter in 1947, no woman has been elected commander. Deb Petersen recently broke that trend. Josh Vrtacnik, treasurer of DAV Chapter 20 which serves Rice and Steele counties, said Petersen was not only elected commander of the Faribault DAV chapter but also appointed as one of the finance committee officers for the DAV MN. With her long military career, Vrtacnik calls Petersen "very dynamic" and "very engaged within the community." He commended her for her involvement within her church and other organizations as well as her knowledge of current veterans affairs. "[As the first female commander] she brings a new perspective to how we do things," said Vrtacnik. Petersen retired earlier this year as a criminal investigator with the U.S. Army Reserves. She served a combined 42½ years on active duty and in the reserves. Having served as a DAV member the past few years, her biggest objective as the new commander is to increase attendance at meetings and chapter involvement. "We have over 300 members, but a good majority of members are older, so we're trying to get more of the younger members involved in the chapter," said Petersen. "There's a lot of opportunity out there for people to volunteer." Petersen said many of the older DAV members experience health challenges that prohibit them from attending meetings. Petersen listed a wide variety of resources and assistance programs the DAV offers to veterans and their spouses. That includes employment assistance, a volunteer service program and resources specifically for female veterans who acquired unforeseen disabilities while in combat. As commander, Petersen wants to see more volunteers participate in the donor program, which ensures veterans receive medical supplies like crutches, wheelchairs, canes and electric scooters as soon as they develop the need. She said the Faribault chapter hasn't been very active in the donor program, so she wants to see that change. "We're basically there if a veteran needs pretty much anything," said Petersen. "If there's something they have questions about, they can call us and we help them get answers." DAV membership is open to any veteran wounded or disabled during a time of war. "The main issue is there has to be a disability rating of at least 10%," said Petersen. "... If they have a rating from the VA, we can help, and even if they're not a member we can still help. A veteran is a veteran." Petersen enlisted in the Army at 17 and served twice overseas — once in Panama and once in South Korea. After serving six and a half years, she joined the Army reserves. She was trained as a criminal investigator and taught at a warrant officer commander school in Fort McCoy, Wisconsin. She was mobilized during Desert Storm and also mobilized three times after 9/11. "I did a lot of undercover assignments, but that's just law enforcement," said Petersen. "It was good run."



The MN DAV Outdoors Program is hosting another great fishing trip.

This trip will be on a house boat on Rainy Lake by the Canadian border.

When: June 17-21 2019

Where: International Falls

All cost will be covered for veterans except for transportation to the event.

All Applications must be submitted by June 1st 2019.

Submit applications to:

DAV

John Carson

3rd Floor

20 12th street west

St. Paul, MN 55155

For questions contact: John Carson 651-291-1212/ john@davmn.org



ROCHESTER VA 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:

- **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, June 21, 2019

Every 3rd Thursday of the month in room 117, at **2:00pm**

At the Rochester VA Clinic

3900 Fairway PL NW

Rochester MN 55901



Veterans & Emergency Services Museum
Fundraiser, Rochester, MN

Saturday, June 22, 2019
5:00-10:30 PM

*** **TICKETS \$20.00** ***
Limited Advance Tickets until June 1
****\$15.00****

Available online at Eventbrite.com
Search: Hangar Dance
Or Call:
507-288-8603 or 507-990-1007

Hangar Dance

Our Budget for the 2019 Hangar Dance Is Over \$27,000 With Your Help, We Can Do It!!

- Become a Sponsor
- Find other Sponsors
- Get items for the Silent Auction
- Volunteer to help with Set-Up
- Volunteer to help at the Dance



WE NEED YOUR HELP!! SIGN UP NOW!

- **Volunteer**
- **Pitch In**

- Help serve Food
- Help with Parking
- Man the Bar
- Help with Take-down
- **SELL TICKETS**
- Spread the Word

STAND ★ DOWN

FOR VETERANS

- 2019 -

THURSDAY, JUNE 27TH
2:00 - 7:00 PM

(WELCOME CEREMONY BEGINS AT 2:00 PM)
ALL VETERANS WELCOME! CALL MACV FOR MORE INFO (507)345-8258

ROCHESTER FEST
244 SOLDIERS FIELD DR SW
ROCHESTER, MN 55902

Services



Resources



Camaraderie

FREE SERVICES AVAILABLE INCLUDE:

- LOCAL RESOURCES
- VA BENEFITS
- CLOTHING
- HOUSING
- PUBLIC BENEFITS
- FREE HAIRCUT COUPONS
- EMPLOYMENT ASSISTANCE
- LEGAL ASSISTANCE

THIS IS A KID FRIENDLY EVENT!

WE INVITE AND ENCOURAGE VETERANS TO BRING YOUR FAMILY!



Ending Veteran Homelessness in Minnesota



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, June 27, 2019

Thursday, July 25th, 2019

ANNUAL POT LUCK

Guest Speakers

630pm-800pm

VFW

2775 43rd Street NW

Rochester, MN 55901

Jennifer Shumaker

(507) 328-6324

shumaker.jennifer@co.olmsted.mn.us

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Minneapolis VA Health Care System

One Veterans Drive
Minneapolis, MN 55417
www.minneapolis.va.gov

Dear Stakeholder,

The Minneapolis VA Health Care System is committed to providing excellent health care for Veterans. In our efforts to promote a healthy environment for all Veterans, visitors and staff, we will be a tobacco-free campus effective May 29, 2019. All tobacco products, including pipes, vaping devices, chewing tobacco, etc., will no longer be allowed on the campus, and the Veteran smoking area will be closed.

There are numerous services available for those who would like to reduce or quit their use of tobacco products. These include:

- Group Classes – first and third Wednesday of each month from 10-11:30am
- Tobacco cessation medications through your medical provider
- Counseling sessions through Primary Care or Mental Health
- Annie text messaging Tobacco Cessation Module
- Tobacco cessation video classes at:
https://www.visn23.va.gov/VISN23/VirtualEducation/Tobacco_Cessation.asp
- Pharmacist assisted support available over the phone or in person

To access these services, we are asking Veterans to please speak with their Primary Care Provider or call the Patient Call Center at **612-467-1100** or 866-414-5058 (toll free). Patient Call Center hours are weekdays - 7:30am-4:30pm.

Sincerely,

A handwritten signature in black ink, appearing to read "Patrick J. Kelly".

PATRICK J. KELLY, FACHE
Director, Minneapolis VA Health Care System

CORNHOLE FOR HEROES

Minnesota Assistance Council for Veterans and the Mankato Brewery are hosting a Cornhole Tournament to help in the fight to end veteran homelessness

No need to pre-register, just register the day of the event!! 50% of registration fee goes to MACV and 50% is paid out to winners
(Payout is determined by # of teams participating)



2 Divisions
Competitive: \$50 registration fee, pays out 1st-3rd place
Social: \$30 registration fee, pays out 1st & 2nd place

Live Music!!

Beer!!

Food Truck!!

Raffle Drawing!!



★★★
AmericInn[®]
 BY WYNDHAM

29
 June

STAGGER
INN
OUT

Creative Art Solutions Inc US Engravers
 www.creativeartveterans.com | 507.344.8884
 148 Pioneer Avenue | North Mankato, MN 56003

Mankato Brewery
 1119 Center St.
 North Mankato

BKC
 CONSTRUCTION INC.
 507-926-8133
 CONCRETE CONSTRUCTION
 St. Joseph, Minnesota

MWH
 FARMS
 CROP

MANKATO
 Motor Co.

KNUTSON + CASEY

12:00 PM

MACV

MB
 MANKATO
 BREWERY
 EST. 2010

MANKATO AREA
 EST. 2010
CORNHOLE
 MINNESOTA

- RAIN OR SHINE -
SATURDAY JULY 20 • 2019

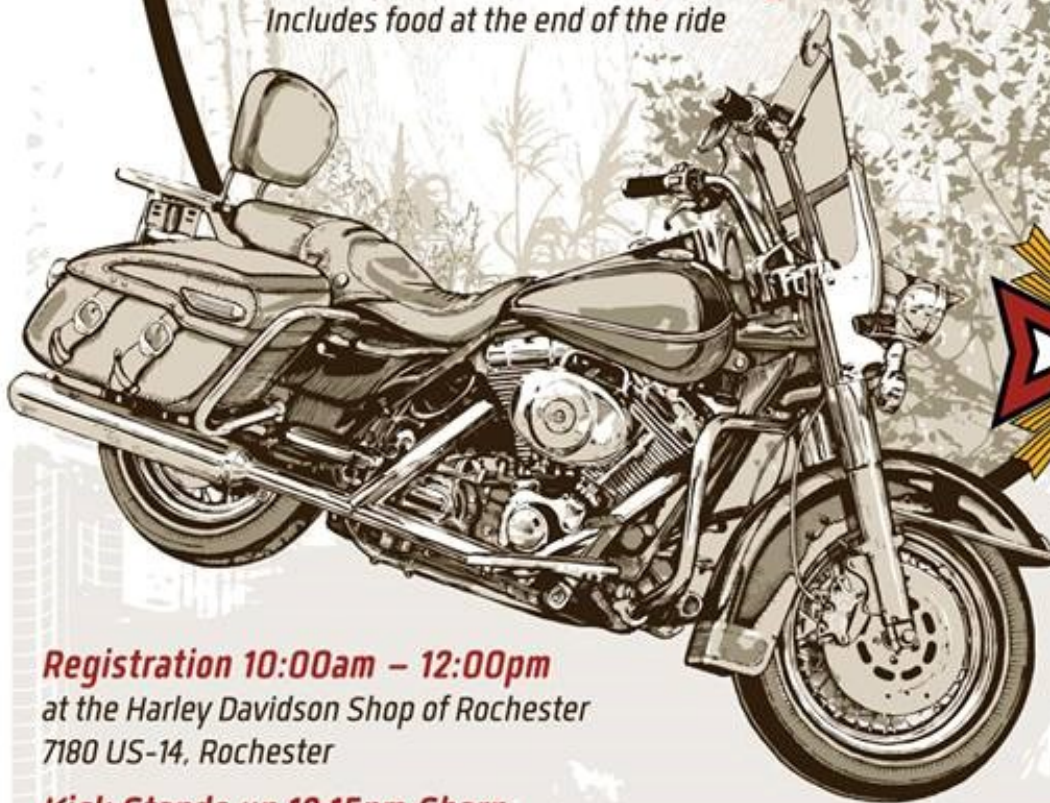
HERO'S RIDE

Please join us on a 140+ mile ride through
SE Minnesota to honor our Fallen Heroes

— Proceeds to —

Chapter 28 – Minnesota Disabled American Veterans,
MN POW/MIA Riders & VFW Post 1215

\$25 per rider **\$10** for passenger
Includes food at the end of the ride



Registration 10:00am – 12:00pm
at the Harley Davidson Shop of Rochester
7180 US-14, Rochester

Kick Stands up 12:15pm Sharp
Ride ends at Rochester VFW Post 1215
2775 43rd St NW Rochester, MN 55901

Check out our Facebook Page
facebook.com/TheHerosRide



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

Marine Corps League

2nd Thursday
7pm

Rochester VFW Post Meeting

2nd Tuesday of each Month VFW Post 1215
2775 43rd St. NW
Rochester, MN 55901
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,

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

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

Stewartville VFW Post 8980

Meeting 1st Monday each month, 7pm
1100 2nd Ave NW, Stewartville

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 Veterans

Every Monday at Grandmas Kitchen
1514 N Broadway, Rochester, MN 55906
(Silver lake plaza)
8 AM

Kasson American Legion Post 333

Third Thursday of the month, 8pm
212 West Main Street , Kasson, MN 55944

Chatfield VFW Post 6913

2nd Monday 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, Post 92
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

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

“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.”