

*Olmsted County  
Veteran Services  
Veterans Advocate Newsletter  
June 2021*

## **Changes in Olmsted County Veteran Services!**

Happy June 2021 to the Olmsted County veteran's community! Prior to the pandemic our office was in the middle of changing and updating our service delivery model gearing towards a hybrid approach with walk-ins (no appointment necessary) and scheduled appointments which allows the OC Veterans staff to be better involved in the claims process with our veterans and families. This new service delivery platform will go live on Tuesday June 1<sup>st</sup>, 2021. When you come out to the 2100 building on campus you may notice a few changes. **Karen Applen is positioned at the front desk of the first floor.** We have also added a kiosk on the first floor that will become operational where veterans and other clients will be able to check-in for appointments and scan documents in. Please check in with Karen on the first floor before going directly upstairs.

As with any new changes to a program or service delivery there may be some bumps as we transition. I ask that you remain patient and realize that our staff and administrative support staff will assist in every way possible. Again, everyone deserves grace especially after this past year.

- Walk-ins for the morning from 8 a.m. to 11:00 a.m., Monday thru Friday
- Scheduled appointments in 1-hour increments at 1:00, 2:00 and 3:00 in the afternoon, Monday thru Thursday.
- We have also blocked a dedicated time to allow for administrative and training time for OC Veterans staff.

You can schedule an appointment on our newly designed website. You can learn more about our website and the services we offer, including when would be the best time to walk-in and when you should schedule an appointment. [Olmsted County Veterans Appointment Calendar](https://webapps.co.olmsted.mn.us/VeteransAppointmentCalendar/)

<https://webapps.co.olmsted.mn.us/VeteransAppointmentCalendar/>

We look forward to serving you and seeing you in person!

**Veteran Services is now open for scheduled appointments and walk ins.**

**Office Hours:**

Monday - Friday - 8 a.m. - 5 p.m.

Walk-In Appointments: Monday - Friday, 8 a.m. – 11 a.m.

Appointments taken Monday - Thursday, 1 p.m. – 3 p.m.

[Olmsted County Veterans Appointment Calendar](https://webapps.co.olmsted.mn.us/VeteransAppointmentCalendar/)

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**Address:**

Olmsted County Veteran Services Office  
2100 Campus Drive SE, Suite 200  
Rochester, MN 55904

**Phone:** 507-328-6355

**Fax:** 507-328-7950

Emails:

Admin: Karen Applen, [applen.karen@co.olmsted.mn.us](mailto:applen.karen@co.olmsted.mn.us)

Service Officer Supervisor: Nathan Pike, [pike.nathan@co.olmsted.mn.us](mailto:pike.nathan@co.olmsted.mn.us)

Service Officer: Jennifer Shumaker, [shumaker.jennifer@co.olmsted.mn.us](mailto:shumaker.jennifer@co.olmsted.mn.us)

Service Officer: Ashley Laganriere, [laganriere.ashley@co.olmsted.mn.us](mailto: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



# STEEL HORSE MILITIA BIKE NIGHT



**EVERY 3RD WEDS / MAY-SEPT / 5-9  
5/19, 6/16, 7/21, 8/18, 9/15**

**AMERICAN LEGION POST #92  
915 21ST AVE SE  
ROCHESTER, MN  
RAFFLES / GIVEAWAYS / FOOD / DRINK**



**FACEBOOK / STEELHORSEMILITIA /  
MERCH: TEESPRING / STORES / STEEL-HORSE-MILITIA**

# Know your Legal Rights during COVID

Please join us in a 4-part Virtual Education Series!



## You will learn about:

### COUNTY BENEFITS (cash, food, medical):

Thursday, June 3, 2021, 7:00 p.m. – 7:30 p.m.

- Applying for Benefits
- Denial of Benefits
- Overpayments
- Fraud Claims

### UNEMPLOYMENT:

Thursday, June 10, 2021, 7:00 p.m. – 7:30 p.m.

- Applying for Benefits
- Denial of Benefits
- Appealing a Denial
- Overpayments

### HOUSING:

Thursday, June 17, 2021, 7:00 p.m. – 7:30 p.m.

- Eviction Defense
- Landlord Disputes
- Repair Issues
- Eviction Moratorium

### FAMILY:

Thursday, June 24, 2021, 7:00 p.m. – 7:30 p.m.

- Parenting Time during COVID
- Vaccine Issues
- Educational Issues
- Stimulus Funds



Registration is  
required.

Must have a valid e-mail to register.

Please register by calling our office at  
507-396-6815, mention  
"Registration".

or

Online at [smrls.org](http://smrls.org)  
(Menu/Coronavirus Resources)

or

<https://forms.gle/cmVVSCGfgN8guwHf8>

Link to workshop will be emailed after  
registration.

Please note, these are public events. This series is for general informational purposes only and is not legal advice. Topics will be covered according to the corresponding date and time.

# 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. 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.

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)



Center for Grief Education and Support

SEASONS HOSPICE

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

# PLAY A ROUND.



©Stacy Eckstein Photography



©Spacecrafting

# MAKE A HOME.

# BUILD A FUTURE.



## MORE THAN A THANK YOU

Sometimes our veterans need more than just a "thank you for your service". That's why we created the Salute to Servicewomen Golf Classic. This event honors all women veterans AND gives more than just a "thank you" to those who find themselves homeless after leaving military service.

In 2019, this event raised enough money to provide monthly operational costs for two transitional homes and helped veterans move into permanent housing. In 2020, Covid-19 added additional challenges including cancelling our event. In 2021, monies raised will continue to support MACV housing for women veterans and families.

**Contact Us:**  
SaluteToServicewomen.com  
golf@mac-v.org

Join us  
**JUNE 22, 2021**  
Prestwick Golf Club

## IT'S A NEW BEGINNING

Unlike traditional temporary shelters, transitional housing creates a stable environment—a place the veteran can work on her future without worrying about where she will sleep each night. Minnesota Assistance Council for Veterans' (a 501(c)3 organization) provides the home and a case manager to support the veteran's efforts toward self-sufficiency.

Your participation as a sponsor or golfer is essential in making these resources available for helping our heroes.

**SALUTE**  
TO SERVICEWOMEN

MINNESOTA

# VETERAN'S RESOURCE EVENT

**THURSDAY JUNE 24TH, 2021  
3PM - 8PM**

Join **MACV** for a day of fun with your families at Rochester Fest.

**FREE SERVICES AVAILABLE INCLUDE:**

Public benefits, employment assistance, VA benefits, legal assistance, clothing, housing assistance, and local resources

**ROCHESTER FEST**

244 Soldiers Field Dr SW, Rochester, MN 55902

Games, bouncy  
house, and  
more  
family fun!



**MACV**

Questions? Call 507-345-8258



*AI-Powered Talent Sourcing to Connect Employers and Candidates*

## EMPLOYERS

Unlimited Jobs.  
Candidates matched on skills,  
location and salary requirements.  
Direct connections.

## VETERANS

No resume. No search.  
No applying first.  
Military occupations translated  
and matched with employers.

## FAMILY

No resume. No search.  
No applying first.  
Occupations translated and  
matched with employers.

## TRANSLATING SKILLS IS A MAJOR BARRIER

With limited internal resources, time or experience, employers rarely know how to translate military skills and experience to civilian job skill requirements. This leaves veterans frustrated and left out of the candidate pool. Veterans ASCEND's proprietary translation process creates a skills profile for the veteran/military spouse and then matches those skills directly with employers, intentionally hiring veterans and military spouses.





## UNLIMITED JOBS

Each subscription includes unlimited jobs. This allows candidates to match to more than one opportunity, opening boundless doors. It also allows employers to see how a candidate fits across their organization and for the employer to maintain a steady pipeline of candidates.

## SKILLS, LOCATION, SALARY

Each candidate is matched on skills, location and salary. Saving the employer time by knowing exactly what their skills are, if they are willing to relocate and how their salary requirement aligns with the salary range the employer is offering. Candidates reached in minutes, not weeks.



[talent@veteransascend.com](mailto:talent@veteransascend.com)



## REMOVES BIAS AND MISPERCEPTIONS

By not using a resume, employers focus on the skills they need aligned with the skills a candidate brings to the table. Invested in each candidate's skills, they unlock the contact information and call/email the candidate for an interview. Regardless of age, gender, ethnicity, orientation or disability. Just skills.

*Free for all  
service members,  
veterans and  
military spouses*

## MILITARY CONNECTIONS

The only skills-matching service included in the DOL Employment Navigator program with the DOD.

We also have connections around the world with military installations and service organizations. We put our connections to work for you.

*Improves quality  
of hire. Reduces  
cost per hire.*

[VeteransAscend.com](http://VeteransAscend.com)



### **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, June 24**

**630pm-800pm**

**VFW**

**2775 43rd Street NW**

**Rochester, MN 55901**

**Jennifer Shumaker**

**(507) 328-6324**

**[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  
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

