



Olmsted County Veteran's Service Office

Veteran Services
2100 Campus Drive SE, Suite 200
Rochester, MN 55904
(507) 328-6355



FLOOD RELIEF



PTSD Support Group

SEMCIL's Veteran Services Program 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. Maybe you need to talk or just be in the company of your extended Veteran family. The support group will be a place for Veterans to share, heal and talk about their experiences in dealing with PTSD. We will be there for each other.

We are our brothers and sisters keepers because the oath we took to never leave a fallen comrade has no expiration date. For many of us, combat veterans, there are daily reminders of combat stress.

The group will be facilitated by Jennifer Shumaker, Veteran and Olmsted County Veterans Service Officer.

Upcoming meetings:

Thursday, July 3, 2014

BBQ Cook-Out

Bring a dish to pass if you would like!

Begins at 6pm, Meeting to follow:

6:30pm-8:30 p.m.

Meeting Thursday, July 31st, 2014

6:30pm-8:30 p.m.

Rochester Elks Lodge,
1652 Hwy 52 North
Rochester, MN 55901

On behalf of the Director of Veterans Programs, There is a 2014 Disaster Relief Grant available to those veterans in Olmsted County that suffered from home damage from the flooding, in accordance with Governor Dayton's Emergency Executive Order:

The 2014 Disaster Relief Grant is similar to the disaster relief grants of previous years.

MDVA will accept applications for reimbursement for expenditures dated no earlier than June 11, 2014 and work must be completed by August 31, 2014. Applications must be post marked no later than September 30, 2014, any applications received after this date will be denied.

Please see your respective County Veterans Service Officer to get more information.

Olmsted County
Nathan Pike
Neil Doyle
Jennifer Shumaker

(507) 328-6355



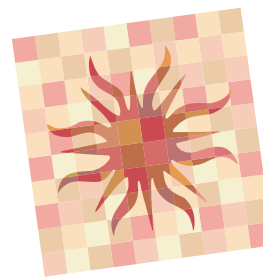


VETERAN SERVICES

Now Providing FREE Ball-Caps to any Honorably Discharged Veteran that stops in to inquire about VA Benefits they may have earned as a result of their service.



Olmsted County Veteran's Services



Saturday, July 19, 2014, is the **"Hero's Ride"** sponsored by Rochester Harley Davidson and VFW Post 1215. Registration from 10:00am-12:00pm Kickstands up at

end of ride
 Held rain or shine.
 Ride ends at VFW Post 1215 with food and live entertainment. This is a 125 mile ride through Southeastern Minnesota to honor our fallen heroes.

Proceeds of the ride go to benefit programs of the Disabled American Veterans (DAV) and VFW Post 1215.



12:15pm
 Ride ends around 5:00pm
Location:
 Starts at Rochester Harley Davidson at 7110 Highway 14 East, Rochester, MN
 Ends at VFW Post 1215 in Rochester, Minnesota (16 6th Street SW, Rochester, MN 55904)
Registration:
 -\$25 per rider
 -\$10 per passenger
 Includes food at the

9 Ways to Stay Cool this Month

It's July and it's **hot!** Beat the heat this month with these helpful tips on staying cool:

- Stay low.** Heat rises, which makes the upstairs of your house the warmest area. Head to the basement during the hottest hours of the day.
- Hydrate, hydrate, hydrate!** Stay hydrated by drinking lots of water throughout the day. Water too bland for your taste? Increase your sipping by adding fruit or herbs (like mint) for a boost of flavor.
- Chill out.** Place ice cubes on your pulse points. These spots cool quickly and will help decrease your overall body temperature.
- Stay still.** Stop fanning yourself. It uses more energy and creates more body heat.
- Get out of the house.** Checkout some cool activities in your community. Visit the library, go see a movie, or head to the public ice rink for some mid-summer skating.
- Dress for the occasion.** Switch to cotton clothing and bedding. It's breathable and allows for air circulation.
- Be strategic.** Close the windows, shut the blinds, and turn off the lights during the day. Then open the windows back up when it cools off at night. You may also want to invest in white window shades, which will reflect heat away from your house.
- Eat smart.** Try to avoid big meals with lots of protein. These take more energy to digest, increasing your body heat. Instead, eat smaller, lighter meals throughout the day.
- Avoid the oven.** Make no-cook meals and avoid additional heat from your stove. Need some inspiration?

RANCH BLT PASTA SALAD

1 cup Dry Ranch Dressing Mix
 1 cup light mayo
 1 tablespoon Dijon mustard
 1 pound pasta, prepared according to package directions
 8 strips bacon, cooked and crumbled
 1 avocado, diced
 2 cups arugula
 1 pint cherry tomatoes, halved
 In a mixing bowl combine the Dry Ranch Dressing Mix, mayo, and Dijon mustard. Fold in the remaining ingredients until everything is evenly coated. Serve chilled.
 Calories 360; Fat 18 g; Saturated Fat 2 g; Carbohydrates 40 g; Fiber 3 g; Protein 10 g; Cholesterol 20 mg; Sodium 560 mg



U.S. CONGRESSMAN
TIM WALZ
 Representing the 1st District of MINNESOTA

Walz Opening Statement for VA Reform Conference Committee

Walz Begins Work on Joint House-Senate VA Conference Committee to Reform VA Washington, DC [6/24/14] – Today, the joint House-Senate VA Reform Conference Committee met for the first time to begin their work finalizing a bill to reform the VA and increase access to care for veterans. To watch Representative Walz’s remarks.

“Thank you, Senator, and thank you, Chairman Miller and Ranking Members Burr and Michaud. Thank you to each of my colleagues that are here. You came to Congress, and you chose to serve on this committee and serve veterans, and that says much about your character, and I'm grateful for that.

“As so many people have said, the tragedy is spelling itself out and there are no adjectives that can describe the disgust the American people have with this. Don't underestimate the American public's willingness to get this right, and again, I would ask each of you to understand; each of us will be judged by the product we produce, as we should be, for veterans.

“And like so many of my colleagues, this is an opportunity to think big. I think Senator Coburn was getting at and thinking like a physician: you have to diagnose first before you can prescribe cures. And we need to know what's there, we need to know what can be there, and be willing to get it out there.

“Coming from the son of a Korean War era veteran -- and myself, my entire adult life in uniform, I can tell you, restoring the faith of the veterans is critical to what we do here. And the veteran service organizations that are sitting here listening today, it matters. It matters that we get them back board. It matters that they're

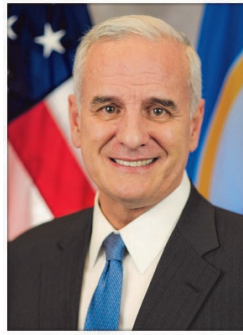
listening, it matters that their point of view is heard because they know this, they've seen this movie before. They've seen the yellow magnets that are now faded. And they know that lots of folks want to stand in front of veterans; who wants to stand behind them? And more importantly, who wants to stand beside them?

“So I would encourage my colleagues, let's have vision on this. Let's go big. Let's triage and get the care done right now, but there are issues that we can set a legacy, we can change the culture, we can change the trajectory, and I would put out there that we do need to have the details. There are a grandeur of things that do need to be addressed. There are physician shortages, there are accountability. Those things will be

handled.

“So, I'm encouraged by the folks who showed up here. It's obvious this is serious, and we have the American public's attention. They're busy, they have lives, they're working, they're doing all that. Now is the time. Let's not miss the opportunity to get this right, and I'm confident that the folks here possess that ability. With that, I yield back.”

Rochester VA Clinic:
 (507) 252-0885
 Minneapolis VAMC
 1-866-414-5058
 Primary Care: Ext 1100
 Audiology: Ext 2375
 Eye Clinic: Ext 3451



Governor Mark Dayton

Governor Dayton issued an Emergency Executive Order 14-11, on June 11, 2014. Whereas, beginning on June 11, 2014, persistent and continuing high precipitation severe summer storms affected counties across the state causing flooding, road washouts, mudslides, and wind damage necessitating road closures and creating life safety issues; and Whereas, the affected counties' emergency operations plans are activated, cities and counties have declared local emergencies, and local jurisdictions are requesting state assistance and resources; And Whereas, the resources of local, county, and state governments are being fully utilized to ensure immediate response to protect the life and safety of persons in the affected areas and to protect property and infrastructure from additional damage; and Whereas, the conditions continue to present an immediate need to activate emergency resources to combat the emergency conditions and the resources of the affected local and county governments are inadequate to meet the demands generated by the emergency conditions; and Whereas, in response to the emergency conditions, the Governor on June 19, 2014, in Executive Order 14-11, declared a peacetime emergency, activated the Minnesota Emergency Operations Plan, and directed state agencies to continue to provide necessary assistance in the affected areas; and Whereas, the Governor has also activated members of the National Guard to provide personnel and equipment support local relief efforts; and Whereas, the need for the State to provide emergency relief services will continue for more than five days and it is, therefore, necessary for the Executive Council to immediately consider and approve extension of the peacetime emergency under Minnesota Statutes, section 12.31, subdivision 2. Now, Therefore, be it resolved by the Executive Council of the State of Minnesota, at its meeting on Monday, June 23, 2014, that the peacetime emergency declared in Executive Order 14-11 is extended for 30 days under Minnesota Statutes, section 12.31, subdivision 2.

On behalf of the Director of Veterans Programs, you may qualify for a 2014 Disaster Relief Grant, please get in touch with the County Veterans Service Office to find out more at (507) 328-6355. Married couples where both individuals are Veterans may apply for one grant each.





Education

Yellow Ribbon Program Information Now Available For 2014 - 2015 School Year May 29, 2014 2:22 PM

The list of schools participating in the Post-9/11 GI Bill Yellow Ribbon Program for the 2014 - 2015 school year is now available at: http://www.benefits.va.gov/GIBILL/yellow_ribbon/yrp_list_2014.asp

COLLEGE starts for many of you in August!! Do not hesitate to be proactive now. If you have not registered for courses, do it now!! If you have not applied for your Veterans Education Benefits, meet with your schools certifying official. For the Rochester area, contact:

Mark Larsen- MNDVA Regional Coordinator ph 507-779-9375 e-mail: Mark.Larsen@state.mn.us

Glen Saponari- RCTC VA certifying Official ph 507-280-5511 e-mail: glen.saponari@rctc.edu

Greg Wright- RCTC Counselor- Military Credit transfer ph 507-280-3518, e-mail: gregory.wright@rctc.edu

Betty Rouse- Vocational Rehabilitation Counselor (Chapter 31) ph 612-970-5463, email: betty.rouse@va.gov

New Changes to Federal Tuition Assistance (FTA)

"New changes:

No fees will be funded, no matter what type. They will not fund any fees going forward.

FTA MUST be approved prior to the start of the class. This means the course planner has to be uploaded and approved, the courses must be entered AND approved by J-1 PRIOR to the first day of class. In the past, students could apply before the course start date and J-1 had 30 days to approve...those days are gone.

To enforce this change, students MUST apply 10 days prior to the course start date, or they will be denied. This means MnSCU students must apply by August 15 (generally), or they will not receive TA for Fall."

Other upcoming local events

Annual July 4th Celebration

Downtown Rochester Fireworks begin at dusk,
Silver Lake Park

VFW Post Meeting

Tuesday, July 8, VFW Post 1215
16 6th Street SW, Rochester, MN 55902

Operation Welcome Home Military Families

July 11-13 Ironwood Springs Christian Ranch
Registration form at:
<http://www.beyondtheyellowribbon.org/images/pdfs/2014%20operation%20welcome%20home.pdf>

POW/MIA Riders Association, Member Meeting

Saturday, July 12, 11am-1pm, VFW Post 1215
16 6th Street SW, Rochester, MN 55902

American Legion State Convention

July 17-19, 2014
Rochester, MN

Marine Corp League Meeting

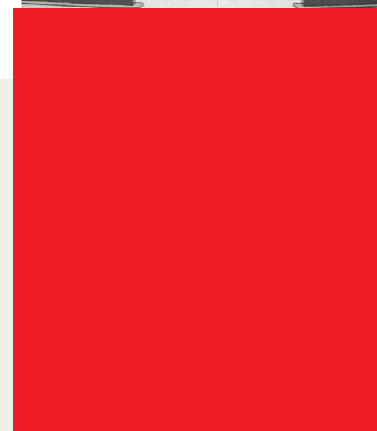
Tuesday, July 28, 7pm, American Legion
315 First Ave NW, Rochester, MN 55901

DAV Meeting

Monday, July 14th, Rochester's Elks Lodge
1652 Hwy 52 N, Rochester, MN 55901
6pm-?



“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.”



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