

VETERANS ADVOCATE

July 2018

Riverside Concerts presents Chuck Blattner directing the Rochester Concert Band performing a concert in tribute to the anniversary of our country's independence at the Silver Lake Park soccer field. The concert is FREE to the public and will precede the fireworks display.

July 4th Concert & Fireworks Display

Date: July 4, 2018

Location: Silver Lake Park

Address: 700 West Silver Lake Drive NE, Rochester, MN 55906

Time: 8:30pm concert; 10pm fireworks display

Price: Free



DunMac Golf for Vets

Facilitated by
The Vet Center



Weekly Group at 9am on Thursdays

Golf Group will be utilizing the Golf Simulators at the

Rochester Indoor Golf Center

1642 Highway 52 N, Rochester, MN 55901

Clubs and instruction can be provided by Instructors upon request. Group will

be \$10 for 4 hrs. of simulator use to get in 18 holes and will have free refreshments and prizes.

This group is a recreation group meant to help Veterans learn wellness using the game of golf and its values to encourage Veterans to make positive lifestyle choices and to create a healthier way of life through fellowship with other Veterans.



To Join or for more information contact Micheal at
the St. Paul Vet Center at 651 644-4022

In the spirit of collaboration, the Under Secretary of VA Benefits made his first public appearance at the National Association of County Veteran Service Officers (NACVSO) conference, which was held in Reno, NV June 2-9th, 2018.

VBA *From the* USB

June 25, 2018

It's been just over a month since I arrived, and I want to share with you some of the things I've had a chance to see and do over the past month.

I've met with many VBA employees, and have personally witnessed the dedication of this organization to delivering the best possible benefits and services to our Veterans. I'm not sure you'd find a workforce elsewhere that is so committed to its mission.

I told you before that my top three priorities are providing Veterans with the benefits they have earned in a manner that honors their service, ensuring we are strong fiscal stewards of the money entrusted to us, and fostering a culture of collaboration.

Through your work across all business lines and divisions, I have already gotten to see first-hand VBA employees honoring our Veterans' service to our country. I look forward to building on and accelerating recent improvements to deliver on our sacred responsibility to Veterans.

In the spirit of fostering collaboration, I had the opportunity to travel to Reno, Nevada to speak to the National Association of County Veterans Service Officers and meet the VBA staff at the Regional Office there. I also attended the VA Research Fair, which pays tribute to Veterans for their participation in VA research studies and recognizes VA researchers and staff for their leading-edge discoveries. I'm eager to collaborate further with our partners in the weeks and months ahead, focusing on aligning our common goals and interests in serving Veterans.

Together, VBA employees, VSOs, Congress, and all our partners across the Nation are making a real difference in the lives of our Veterans. Thank you for your commitment to upholding our Nation's promises to them.

PAUL R. LAWRENCE, Ph.D.
Under Secretary for Benefits



Dr. Lawrence addresses over 400 members of the National Association of County Veterans Service Officers (NACVSO)



Dr. Lawrence presents a coin to Keith Leopardi, Financial Administrative Specialist at Reno RO while Nathaniel Miller, SSD Supervisor watches

**COUNTDOWN TO
VETERANS MONTH:**

128 days

Free Financial Literacy 2018 Workshops



What are My Triggers
To Emotional
Spending?

What are the
Dangers of
Credit Cards?



How do
I start a
Budget?

2018 Summer Schedule!

May: Monday, May 7th 1:00 p.m. - 4:00 p.m.

Hawthorne Education Center * 700 4th Ave SE Rochester, MN 55904 Room 314

June: Tuesday, June 26th and Thursday, June 28th 8:00 a.m. - 10:00 a.m.

(2 Part Class) Hawthorne Education Center * 700 4th Ave SE Rochester, MN 55904

July: Monday, July 16th and Wed, July 18th 1:00 p.m. - 3:00 p.m.

(2 Part Class) Hawthorne Education Center * 700 4th Ave SE Rochester, MN 55904

August: Wednesday, August 8th 5:00 p.m. - 8:00 p.m.

United Way of Olmsted County Room A *903 West Center St. Rochester, MN

How Do I
Interact with
Creditors?

Take the 1st Step to Financial Wellness
By Calling Catholic Charities at
(507) 287-2047 Extension 41



In partnership with:

United Way
of Olmsted County



Catholic Charities
of Southern Minnesota

PROVIDING HELP. CREATING HOPE.

Who Can Help
Me with My
Taxes?

Walk-Ins Welcome!!

Wake For Warriors

Wake For Warriors Veteran Surf Day

We connect with injured military veterans through sharing our passion for wake and water sports. We believe that in doing so, we can help to heal the emotional and psychological wounds of military veterans and their families. Wake for Warriors knows that the scars of war are both visible and invisible. We support the healing of both by providing our veterans with an environment to come enjoy a few worry free days on the water - we connect, we share, and we celebrate!

Friday, July 20th: 9am-2pm:

Description: Wake For Warriors will be in town to run one of their world-famous clinics! For more info on Wake For Warriors, visit : www.wakeforwarriors.org.

Location: The Wake Shack, Lake Minnetonka [141 Minnetonka Blvd, Excelsior, MN 55331]

Registration: Email minnesotawsc@gmail.com



Veterans Health Identification Card



The VHIC is issued only to Veterans who are enrolled in the VA health care system.

Purpose of the VHIC: The VHIC is for identification and check-in at VA appointments. It cannot be used as a credit card or an insurance card, and it does not authorize or pay for care at non-VA facilities.

Veterans ID Cards Available Through Community Based Clinics

Rochester VA CBOC-3900 55th Street NW

Veterans must schedule an appointment through the VA Call Center at 612-467-1100. Clinics start at 8:30am and the last appointment is at 3:15pm. **DATES, Wednesday's: Jan 31, March 28, May 30, July 25, Sept 26, Nov 28**

Primary Identification	Secondary Identification
Must present ONE form of Primary Identification	And ONE form of Secondary Identification
State-Issued Driver's License	Social Security Card
United States (U.S.) Passport (unexpired)	Original or certified Birth Certificate
Foreign passport with Form I-94 or Form I-94A (unexpired)	Certificate issued by US Consular Offices documenting the birth of a child on foreign soil to a US citizen. (Form FS-545, Form DS-1350, DS
U.S. Military card	Certification of Report of Birth issued by the Department of State
Military ID Card	Voter's Registration Card
Military dependent's ID card	Native American Tribal Document
Foreign Passport with temporary I-551 stamp	U.S. Citizen ID Card (Form I-197)
Permanent Resident Card or Alien Registration Re-	Identification Card for Use of Resident Citizen in the United States
Federal, State or local issued photo ID	Employment Authorization document issued by the Department of
Employment Authorization Document that contains a	Canadian Driver's License
Passport from the Federated States of Micronesia (FSM) or the Republic of the Marshall Islands (RMI)	
School ID with photograph	
VA Identification Card (VIC) or VHIC*	

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:

Co-managed care

Mental health

Women's health

Thursday, July 19 2018

Every 3rd Thursday of the month in room 117, at **2:00pm**
At the Rochester VA Clinic, ****NOTE NEW ADDRESS****

3900 Fairway PL NW

Rochester MN 55901

Please call CVSO's at 507-328-6355



Olmsted County Veteran's Services



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. 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.

**PTSD Support group
Tuesday, July 24th**

**ANNUAL Pot-Luck
(Optional: Bring a dish to pass)**

**NEW LOCATION
VFW
2775 43rd Street NW
Rochester, MN 55901**

**Jennifer Shumaker
(507) 328-6324
shumaker.jennifer@co.olmsted.mn.us**

Rochester American Legion Post 92
3rd Tuesday of each month
7pm
Sons of the American Legion
2nd Thursday of each month
6pm
Legion Riders
3rd Thursday of each month
7pm
Forty et eight at the American Legion
2nd Tuesday of each month
630pm
315 First Ave NW
Rochester, MN 55901

Rochester VFW Post Meeting
2nd Tuesday of each Month VFW Post 1215
NEW POST ADDRESS
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, at the Rochester American Legion
2775 43rd St NW
Rochester, MN 55901
NOTE CHANGE
MOPH
3rd Thursday of the month 6pm
VFW Post 1215
NEW POST ADDRESS
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 War Veterans
Every Monday at Grandmas Kitchen
1514 N Broadway, Rochester, MN 55906
(Silver lake plaza)
8 AM

Thor Detachment 606 Marine Corp League Meeting
4th Tuesday of the month, 7pm, VFW Post 1215
Marine Corps League Auxiliary
2nd Thursday of each month
7pm
American Legion Post 92
315 First Ave NW
Rochester, MN 55901

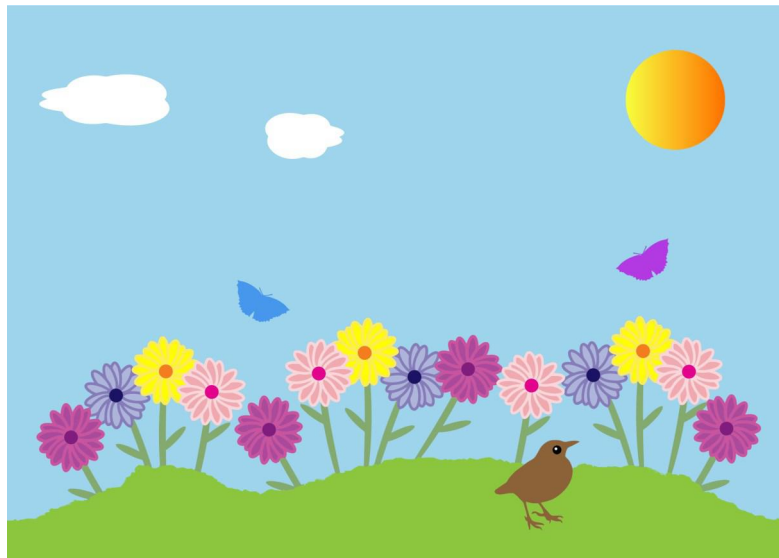
Kasson American Legion Post 333
Third Thursday of the month, 8pm
212 West Main Street , Kasson, MN 55944

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
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



“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.”



Veterans Services
2100 Campus Drive
SE, Suite 200
Rochester, MN 55904

