

*Olmsted County  
Veteran Services  
Veterans Advocate Newsletter  
July 2019*

Rochester, MN is a fun place to be on July 4th, and there is so much to do!

Events at Silver Lake Park

July 4th "Petty Fever" Concert & Fireworks Display 8:30pm

Salute to the 4th Car, Truck & Motorcycle Show 3pm-5:30pm

Salute to the 4th Free Kids Camp 3:30pm-5:30pm

Salute to the 4th Stage & Food Truck Festival 300pm-11:45pm

Event at 8 Fisherman Drive NW, Oronoco, MN 55960

4th of July SkiDox Holiday Waterski Show 1pm

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**Center for Grief Education and Support**



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**ONGOING PROGRAMS**

**COFFEE & CONVERSATION GROUP**

A group for anyone who has experienced the death of a loved one.

**Second & Fourth Wednesday of each month**

July 10 & 18 – 9:00-10:00 a.m.

**Third Thursday of each month**

July 24 – 6:00-7:00 p.m.

**NEWLY BEREAVED GROUP**

A group for anyone who has experienced the death of a loved one within the last six months.

**First Thursday of each month**

In observance of Independence Day, Newly Bereaved Group will be cancelled.

**Third Thursday of each month**

July 18 – 12:00-2:00 p.m.

**PREGNANCY AFTER LOSS**

A group for parents who have lost a baby and are now pregnant again.

**First Wednesday of each month**

July 11 – 6:30-8:00 p.m.

**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.

**Second Thursday of each month**

July 3 – 6:30-8:00 p.m.

**DROP-IN TEEN DAYS**

A group for teens grades 7-12 in a safe, creative space where they can share their story of loss.

**Third Wednesday of each month**

July 17 – 4:30-5:30 p.m.

**SURVIVORS OF SUICIDE GROUP**

Two groups offered: one for adults and one for teens who have lost someone close to them through suicide.

**Third Wednesday of each month**

July 17 – 6:00-7:30 p.m.

**STEPPING STONES**

A group for ages 65 and younger who have lost a spouse or significant other.

**Fourth Monday of each month**

July 22 – 6:30-8:00 p.m.

**VETERANS LOSS & TRANSITION DISCUSSION GROUP**

A discussion group lead by Timothy J. Haskamp, LICSW, Bereavement Counselor, and Vietnam War veterans who are CGES volunteers. The group focuses on themes of grief, loss, and change.

**First & Third Monday of each month**

July 1 & 15 – 6:00-7:00 p.m.

**PET LOSS GROUP**

A group for those who have lost a pet through death.

**Second Wednesday of each month**

July 10 – 6:00-7:00 p.m.

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**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. Registration is required.

**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 training and workshop session providing an opportunity to explore the difficulties associated with mourning during special days and steps to manage those experiences. This program is available to any adult, child or family member in the community. Offered in Spring and Fall. Registration is required.

**MEMORIES OF THE HEART**

The evening includes candle lighting, music, reflections, and a reading of the names being remembered. Reception following the service. Held the first Tuesday in December.

**TREE OF MEMORIES**

Annual lighting of the Tree of Memories. Located on the Seasons Hospice administrative office grounds. Lit on the first Tuesday in December, the tree will remain illuminated throughout the holiday season. Open to the public.

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

May 2019

Greetings!

Thank you for your generous support of the Minnesota Veterans Home - Preston. Donations have been received from throughout southeast Minnesota, donations that are critical to the successful construction of the new Veterans Home. We are excited and pleased to provide you with an update on the project.



**The new Veterans Home will be constructed on a 15-acre bluff-top site surrounded by a 200-year-old native white oak forest.**

**Accomplishments to date:**

- Local funds provided by individuals, units of government and the City of Preston now total more than \$1,120,536 million.
- These funds will be combined with \$10.2 million allocated by the Minnesota Legislature in 2018 to support the construction of the 54-bed Veterans Home. The total cost is estimated at \$32.2 million.
- The City of Preston has completed the transfer option of the site to the State of Minnesota.
- In March, MDVA successfully submitted the application for Federal funding from the U.S. Department of Veterans Affairs.

**Next steps:**

- More documents and more detailed design plans to be submitted in August, 2019
- In early 2020, MDVA should be notified by the U.S. Department of Veterans Affairs regarding the availability of Federal funding for the project.
- If Federal funding is approved for this first funding cycle, construction would begin in spring 2020.
- MDVA is not yet accepting applications for employment; however, those interested can sign for employment updates at [bit.ly/30Gi8nl](http://bit.ly/30Gi8nl).

Joe Hoffman, Preston City Administrator, recently attended a meeting with representatives from MDVA and the architecture/engineering firms working on the project. He reports that everyone remains very excited and pleased with the progress with the facility design and Federal funding request.

Preston Veterans Home Committee Members

# Rochester VA Outpatient Clinic MOVING!!

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](http://www.minneapolis.va.gov)

Dear Veteran,

We're moving.

With the ongoing commitment to serving veterans in the communities they live, the Rochester Clinic will move to a new larger location. The new Clinic will open on Monday July 22<sup>nd</sup> 2019. There are more examination rooms, onsite imaging services, onsite laboratory services and expanded tele-health capabilities. Please be advised of our new address:

3551 Commercial Drive SW  
Rochester, MN 55902

The Rochester Clinic provides primary and preventative care, as well as continuing care for chronic diseases such as diabetes. Mental health counseling is also available. The clinic is open Monday through Friday 7:30 a.m. to 4:30 p.m.

For an appointment please call 507-252-0885.

We look forward to seeing you at our new Clinic.

Sincerely,

A handwritten signature in black ink that reads "Clyde Markon, MD".

Clyde Markon, MD MMSc  
Medical Director, Community Based Outpatient Program



**Commander,**

**It is not a surprise to anyone in this organization that the National Service Officer program is no longer an operational entity, and needs to be down sized so the Order can financially maintain a NSO program. There is no need to blame anyone; it does not eliminate the issue and only wastes valuable time that should be focused on supporting the veterans and their families. A cost cutting program must be enacted, and I suggest that it start at the top and work down. Start with removal of all NSO HQ staff, NSO director (his contract cancellation will require an NEC vote), regional directors, and the NSOs who are not funded by departments. This is a very difficult and heart wrenching thing to do, but for the survival of the program it must be done. The only MOPH National Service offices that will be allowed to remain open are those that are financially supported by MOPH departments or staffed by volunteers. One issue that must be addressed is those claims that are currently in the appeal process. There are approximately 11,000 such claims. Current VA Director Robert Wilkie initiated a directive that all appeals must be adjudicated by the end of 2019. This places a tremendous burden on the Order. I have been informed that there is an office in the DC area that was opened by our current National Service Director to handle these cases. You have a copy of a grievance email sent by a veteran's daughter, which was unrepresented by a MOPH NSO at the hearing. This poses a question of why this grievance filed in Houston was not referred to the staff in DC to handle this appeal. I am concerned that there could be more veterans in the system that may face the same situation. This causes potential credibility issues within the VA. From the tone of that lengthy email by the daughter of the veteran who had no MOPH representation at his appeals hearing and the email exchange between the N Sr Vice and the NS Director that followed was upsetting. I am also concerned because the Order has heard nothing from the NS Director on how he has been handling this appeals issue.**

**Another issue that must be addressed is why the VA software used to handle claims that give the NSO access to veteran information has been turned off? We have NSO offices in departments that are self supported financially, and have volunteers who need this software.**

**Questions that need answers by the NSO are as follows. How many active appeals are there currently in the MOPH backlog? How many active claims are there currently in the MOPH backlog? Has Arthur Coleman our NSO Director put together a plan with a timeline indicating when the MOPH claims and appeals will be transferred or be adjudicated?**

**Commander, the Patriots of the Order need to be aware that this situation exists, and that something is being done to rectify this grave issue. An NEC vote will be needed to save what we can of the NSO program. It is not your call, but the NEC who makes these decisions when it comes to the survival of our beloved Order and our NSO program.**

**YIP, Rick Cherone**

**National Junior Vice Commander**



*Minnesota Assistance Council for Veterans, in partnership with the law firm of Fredrikson & Byron, P.A., invites you to participate in a:*

# FREE LEGAL CLINIC FOR LOW-INCOME VETERANS

**HOUSING, EMPLOYMENT, BENEFITS, DEBT COLLECTION,  
EXPUNGEMENT, FAMILY LAW INCLUDING CHILD SUPPORT**

Tuesday, July 9, 2019 | 9am - 2pm | VA Medical Center  
Flag Atrium Balcony Room 2S 114 (ask information desk for directions)  
1 Veterans Drive | Minneapolis, MN | FREE Parking at the VA Medical Center

**Attorneys, MACV staff, County Veterans Service Officers, and child support officers will be available throughout the day to assist veterans with questions, legal forms, and counsel.**

**For more information contact: Vetlaw Program – MACV | 651-200-4750**

Disclaimer: VA assumes no responsibility for the attorneys providing services at this clinic.  
This referral does not constitute a recommendation or endorsement by VA.



# 125 LIVE Veterans Week

## July 22-July 28

Free access to 125 LIVE and its programs for Veterans and Active Duty Service members the entire week of July 22nd—28th.

To get your week long pass, stop by the 125 LIVE Membership Services Desk with your ID Card. You'll enjoy everything 125 LIVE has to offer including social and fitness programs.

Special events have been added to the existing 125 LIVE Program Schedule.



125 LIVE offers a 10% Membership discount to Veterans and Active Duty Service members.

Membership assistance is available for those that qualify

### Monday July 22:

- 8-9am Welcome Coffee and round table topic discussion "What can 125 LIVE do for Veterans?"
- 10am-12pm Veterans Wood Shop.

### Tuesday July 23:

- 8-9 Welcome Coffee

### Wednesday July 24:

- 8-9am Welcome Coffee
- All Day Billiards Play

### Thursday July 25:

- 8-9am Welcome Coffee
- 6-7pm Raphael Butler's Boxing (non-contact boxing class)  
Registration Required

### Friday July 25:

- 8-9am Pancake Breakfast  
Registration Required

Veterans Week participants are required to follow 125 LIVE membership policies. Check out the activity schedules at [www.125livemn.org](http://www.125livemn.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, July 18, 2019**

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

At the Rochester VA Clinic

3900 Fairway PL NW

Rochester MN 55901

- RAIN OR SHINE -  
SATURDAY JULY 20 • 2019

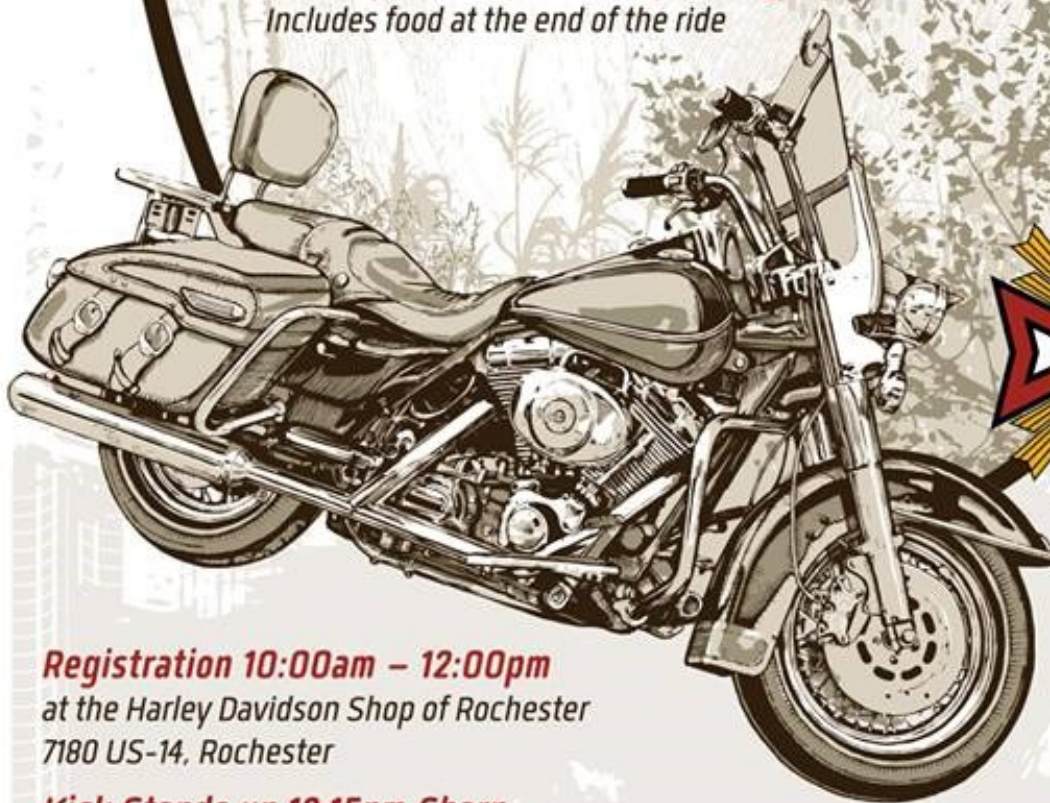
# HERO'S RIDE

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](https://facebook.com/TheHerosRide)



# VETERANS CAREER FAIR

Wednesday, July 24<sup>TH</sup>, 2019  
2 p.m. – 6 p.m.

@ Earle Brown Heritage Center  
6155 Earle Brown Drive, Brooklyn Center, MN 55430

Minnesota Veterans Employment Services invites all veterans, active military members, and their spouses to this 13th annual event.

Are you looking for a higher salary? Employers at the Veterans Career Fair have been encouraged to offer veterans full-time jobs with benefits and family-sustaining wages. Work for an employer that recognizes and appreciates your experience and the value you bring to their team!

Over 100 employers will be on-site and complimentary LinkedIn Photography station will be available for jobseekers. In addition, the event will include providers who offer services for veterans.

*Hope to see you there!*

Register to attend the upcoming Veterans Career Fair. Registration is not required, but highly encouraged.

To register or for more information, please visit:

[mn.gov/deed/events/veterans-career-fair](https://mn.gov/deed/events/veterans-career-fair)

This event is a collaboration between:





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, July 25th, 2019**

**ANNUAL POT LUCK**

**(Do not need to bring a dish to participate)**

**Guest Speakers**

**630pm-800pm**

**VFW**

**2775 43rd Street NW**

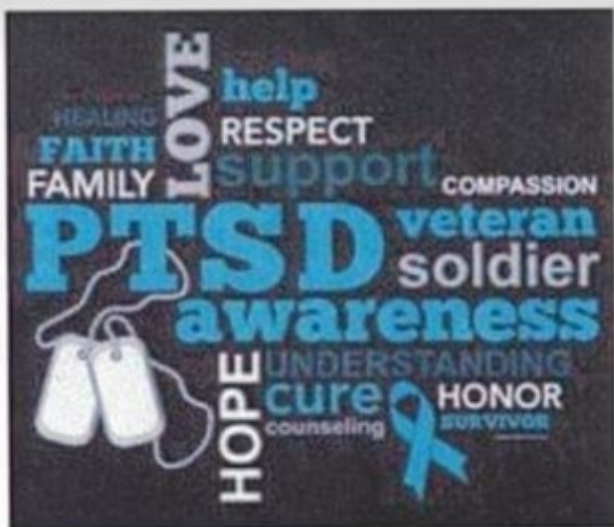
**Rochester, MN 55901**

**Jennifer Shumaker**

**(507) 328-6324**

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

# PTSD AWARENESS RIDE



**SATURDAY -  
JULY 27**

**Registration 10:30 - 11am**

**\$10 per rider/donation**

**TRAVEL AT YOUR OWN PACE AND ROUTE. STOP AT DESIGNATED PLACES, GET YOUR CARD STAMPED AND TURN IN COMPLETED CARD FOR PRIZE DRAWINGS.**

**DRAWING AT THE EYOTA LEGION AT 4:30PM**

**Sloppy Jo's, chips, beans & dessert  
Starting at 4pm until gone for a freewill donation**



**HOSTED BY THE**

**EYOTA AMERICAN LEGION RIDERS**



**PROCEEDS WILL GO TO - SOLDIERS 6 - A MN BASED NONPROFIT ORGANIZATION THAT TRAINS SERVICE DOGS**

## 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 Clinic– 3900 Fairway Place NW, Rochester, MN 55901**

**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: January 30, March 27, May 29, July 31, September 25, November 27**

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 Form
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 Receipt Card (Form I- 551)	Identification Card for Use of Resident Citizen in the United States (Form I-179)
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) with Form I-94 or Form I-94A	
School ID with photograph	
VA Identification Card (VIC) or VHIC*	

# 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 of each month  
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.”***