

VETERANS ADVOCATE

August 2018

August 4, 2018 - Coast Guard Birthday



August 7, 2018 - Purple Heart Day

National Purple Heart Day honors the men and women who have been wounded or killed in military service.



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



DAV Lake Minnewaska Adventure

August 10-11

**Location:
Lake Minnewaska**

Come join us for a couple days of fishing on Lake Minnewaska and having some fun in the local area. This trip is free to Veterans and is sure to be a great time.

Link to apply online: <https://davmn.org/events/213/dav-lake-minnewaska-event/>

[Apply Now](#)



EDUCATION BENEFITS

Federal VA Requirements for GI Bill

- *Copy of your discharge (DD214)*
- *Documentation of an enlistment incentive called a “kicker” if eligible*
- *To qualify for monthly housing allowance, you must attend school more than half-time (7 out of 12 credits)*

To apply go to :<https://www.vets.gov/education/apply/>

VA Vocational Rehabilitation and Employment Program

- *Log in to your eBenefits account.*
- *Select 'Additional Benefits' from your Dashboard.*
- *Select 'Vocational Rehabilitation and Employment Program'- be sure to read the program information and to update your contact information - and apply for either the Vocational Rehabilitation and Employment Program'or Education/Career Counseling.'*

For more information, about veterans education benefits, contact your MN Department of Veterans Affairs, Higher Education Regional Coordinator: Mark Larsen, Regional Coordinator 507-779-9375 mark.larsen@state.mn.us RCTC Veterans Resource Center EA 115

Or the County Veterans Service Office at: 507-328-6355

MN State GI BILL

- *Copy of your discharge (DD214)*

To apply go to: <http://www.ohe.state.mn.us/mPg.cfm?pageID=1803>



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, August 16, 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

C L E M E N T S C H E V R O L E T P R E S E N T S

VETERANS NIGHT

HONORING ALL ACTIVE MILITARY AND VETERANS

AUGUST 18TH, 2018



FULFILLING OUR PROMISES
TO THE MEN AND WOMEN WHO SERVED



FUNDRAISER FOR THE LOCAL DAY
100% OF ALL PROCEEDS STAYS LOCAL
LIVE AUCTION
SILENT AUCTION
REGULAR POINTS NIGHT

VISIT DEERCREEK.SPEEDWAY.COM FOR MORE INFO



**ALL MILITARY, VETERANS, AND THEIR GUESTS
RECEIVE FREE ADMITTANCE COURTESY OF CLEMENTS CHEVROLET**

PUSH UP CHALLENGE SIGN UP

PLEDGE \$1 FOR EVERY PUSHUP THE 5 FEATURE WINNERS CAN DO IN VICTORY LANE ON SATURDAY AUGUST 18, 2018.

NAME/BUSINESS NAME _____

ADDRESS _____

PHONE # _____

CLASSIC CAR & MOTORCYCLE ROLL-IN-PICNIC

FOR VETERANS & FAMILIES

AUGUST 25 12-4 PM

ALBERT LEA VA CLINIC PARKING LOT
1665 W. Main Street
Albert Lea, MN • 507-377-6051



**Fire
Department
to Display
Flag**



Serving...

Pork Chop Sandwich

Hot Dogs

Potato Salad • Beans • Chips

Water • Pop • Frozen Custard

THIS IS A KID FRIENDLY EVENT!!

**Bring Your Ride To Show Off.
Even If You Don't Own a Bike
or Classic Car,**

**Come To Enjoy Some Free Food
and Socialize with the
Staff at Albert Lea VA Clinic**

★ **Live Music (by Flashback)**

★ **Wall of Honor**

If you bring in a military photo, we will add it to our display

★ **Bounce House**

★ **Face Painting** ★ **Kid Crafts**

★ **Clinic Tours**

★ **Information Table**

★ Thank You ★

- ★ Mrs. Gerry's ★ Culver's - Austin ★ Old Dutch ★ Culligan ★ Legion Riders
- ★ Freeborn Co. Pork Producers ★ Bomgaars ★ Mayer Rental ★ Skyline Plaza
- ★ American Legion ★ V.F.W. ★ Morgan Meats ★ Conger Meats
- ★ Wine & Swine Pig Lotion ★ DAV ★ HyVee ★ Cargil ★ Church Offset Printing
- ★ United Methodist Church of Albert Lea ★ Market Place Foods
- ★ Beyond the Yellow Ribbon ★ Minnesota Military Order of the Purple Heart



**We want to THANK YOU for your Service
and for Supporting Our Clinic for 4 Years!**



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, August 28th

630pm-830pm

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
FOR AUGUST 2018 ONLY
Meeting will be 3rd Tuesday, August 21
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, 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

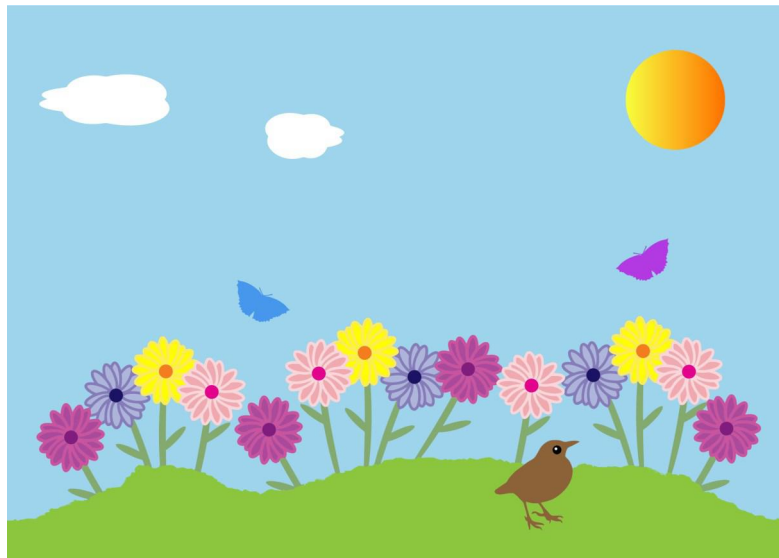
Kasson American Legion Post 333
Third Thursday of the month, 8pm
212 West Main Street , Kasson, MN 55944

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

