

*Olmsted County  
Veteran Services  
Veterans Advocate Newsletter  
August 2019*

**Center for Grief Education and Support**



**ONGOING PROGRAMS**

**COFFEE & CONVERSATION GROUP**

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

**Second & Fourth Wednesday of each month**

August 14 & 28 – 9:00-10:00 a.m.

**Third Thursday of each month**

August 15 – 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**

August 1 – 6:30-8:30 p.m.

**Third Thursday of each month**

August 15 – 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**

August 7 – 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**

August 8 – 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**

August 21 – 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**

August 21 – 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**

August 26 – 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**

August 5 & 19 – 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**

August 14 – 6:00-7:00 p.m.

**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.

join the eyota mn  
American legion as  
on aug 7th at 1800  
to host signing a  
decoration to  
make eyota a  
a purple heart city  
so any veterans  
and families are  
welcomed



# Improve Research on VA Healthcare by Sharing Your Voice

## Benefits to Veteran Community:

- Share your opinion about how research studies are done at the Minneapolis VA
- Ensure research studies consider Veterans' input and opinions
- Have a meaningful impact on how research is done



**CCDOR**

Center for Care Delivery  
and Outcomes Research



You will be a part of a panel and your opinion will contribute critical direction for developing research studies. Veterans will work alongside researchers NOT as a research participant, but as a team member to build innovative research and impact VA healthcare and help your fellow Veterans.

## Who Can Participate?

- All Veterans whether you are using VA healthcare or not
- Age 18-75
- We are particularly interested in hearing from women, and/or those who identify as a racial or ethnic minority

*Engaging the Veterans' point of*  
**VIEW**



## What will you do?

**Location:** Attend meetings on site at the Minneapolis VA and over the phone

**Duration:** Attend up to 10 meetings a year for two years

**You will be compensated for your time.**

If you are interested in learning more please contact [Mariah Branson](#) at [612-467-4920](#).



DEPARTMENT OF VETERANS AFFAIRS  
Minneapolis VA Health Care System  
Voluntary/Community Resource Service  
One Veterans Drive  
Minneapolis, MN 55417  
612-725-2050



### **Gift Cards Suggestions for Minneapolis Veterans**

Gift cards in \$25 denominations or more can be used by Veterans for a variety of needs. This could include but is not limited to new shoes, interview clothing, a haircut, uniforms, work boots, scrubs, household supplies, food and leisure pursuits. Gas cards can help a Veteran get to work or help a Veteran's family get to and from the medical center during long periods of hospitalization or while their Veteran is in Hospice Care.

**VISA Gift Cards**

**GAS Gift Cards**

**GROCERY Gift Cards**

**WALMART Gift Cards**

**TARGET Gift Cards**

**METRO TRANSIT PASSES**

### **Material Donation Suggestions for Minneapolis Veterans**

Thank you for your interest in the needs of the Veteran patients treated at the Minneapolis VA Health Care System (MVAHCS). The following is a list you can use as a guide for our special needs, program support and/or equipment. None of these items are available through our normal budget.

**Children's Coloring Books** for children accompanying their parent, grandparent or guardian to the medical center.

**Diapers & Baby Wipes** will be distributed by the Women's Clinic for new moms.

**NEW Patient Clothing** ***We can ONLY accept NEW clothing***

New white "T" Shirts (larger sizes)

New white Socks

New Men's Boxers/Briefs (all sizes, most of our Veterans are large or bigger)

New Sweat Pants & Shirts (all sizes, most of our Veterans are large or bigger)

New Men's Long Underwear (all sizes, most of our Veterans are large or bigger)

New Men's Winter Gloves

New Women's Underwear and Sports Bras (all sizes, S – XL) in small quantities

**NEW Duffle Bags or Back Packs**

*Thank you for supporting our nation's Veterans!*

# Limb Lab Foundation 3rd Annual Charity Golf Outing

**August 17 @ 9:00 am - 9:00 pm**



Join us for our annual charity golf tournament, as we have fun and raise funds to support amputees around the world. All funds raised during this event will support providing prosthetic and orthotic devices and labor to amputees in need. The Limb Lab Foundation is a 501 (c) (3) organization which provides low to no-cost highly functional state-of-the-art prosthetic limbs and orthotic braces to people in need.

The outing is at Willow Creek Golf Course in Rochester on August 17.

9:00 a.m.: Event Check-in

10:30 a.m.: Welcome introduction

11:00 a.m.: Tournament start

4:00 p.m.: Cocktails/Silent Auction/Raffle

5:00 p.m.: Dinner

6:30 p.m.: Concert Six Mile Grove

Cost is \$100 per golfer

Register online at [limblabfoundation.org](http://limblabfoundation.org)

or send check to:

Limb Lab Foundation

400 S. Broadway

Suite 106

Rochester, Minnesota 55904

**WOMEN VETERANS!**  
**Improve Research on VA Healthcare for Women by  
 Sharing Your Voice**

**Benefits to Veteran Community:**

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You will be a part of a panel and your opinion will contribute critical direction for developing research studies. Veterans will work alongside researchers **NOT as a research participant**, but **as a team member** to build innovative research and impact VA healthcare and help your fellow Veterans.



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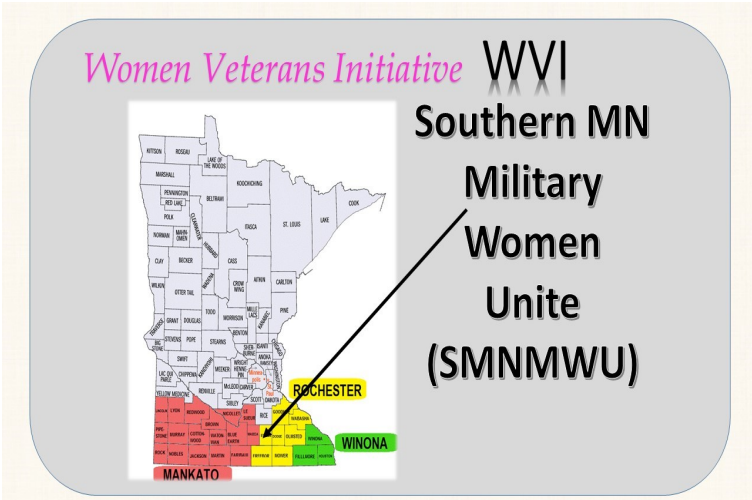
**Who Can Join?**

- All Veterans whether you are using VA healthcare or not
- Age 18-75
- We are particularly interested in hearing from women, and/or those who identify as a racial or ethnic minority

**If you are interested in learning more please contact Mariah Branson at 612-467-4920.**



**Casual group created for the purpose of connecting military women on common ground.**



**When:** 3<sup>rd</sup> Thursday of every month  
 (starting in September)

**Where:** 3<sup>rd</sup> floor of the Owatonna Public Library  
 105 N Elm Ave Owatonna

**Time:** 6pm-7:30pm

**For more information feel free to email Sarah Frazier at btyrowatonna@gmail.com or call 507-213-6891**

All active duty, reserve, MNARNG and veteran (prior service) women welcome!





**ROCHESTER VA RED CARPET EVENT**  
**REMEMBER THE VA HAS MOVED!!!**

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, August 15th, 2019**

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

At the Rochester VA Clinic  
3551 Commercial Drive SW

Rochester MN 55902

## Event Sponsorships

### Medal of Honor Sponsor\*: \$5,000

Includes Full advertising package and signage, opening ceremony, dinner introductions, (4) golfer registrations (includes light breakfast and dinner), (4) buckets of prize balls, (4) mulligan tickets, and continuing advertisement at EG events.

### Title Sponsor\*: \$1,000

Includes Limited advertising package and signage, dinner introductions, (2) buckets of prize balls, and (2) dinner tickets.

### Beer Sponsor: \$750

Includes Advertising and signage at beer stations and (2) dinner tickets. Plus a lot of happy veterans.

### Range Sponsor: \$500

Includes Advertising and signage at the driving range.

### Putting Contest Sponsor: \$500

Includes Advertising and signage at the putting range.

### Hole-in-One Sponsors: \$500

**Includes Advertising and signage at the specified hole.**

### Hole Sponsors: \$250

Includes Advertising and logo featured in event signage. Sponsor is responsible for providing timely vector art logo.

### Longest Drive Sponsor

### Veteran Golfer Sponsors: \$150 each/\$600 team

Can't or don't play golf? You can donate your spot to a deserving veteran.

### Golfer Registration: \$150 per player

Includes light breakfast, grab bag, round of golf, cart, and **dinner. There is a limited field so sign up as soon as possible.**

### Product and/or In-Kind Donations Welcomed!

**2019 SPONSORS**

brooksourcē

FRIENDS OF THE BRAVE

superior

skywater

PRECISION

pwc

ENVIRONETE

Oak Ridge Dental, LLC

HORIZON

Please support these sponsors that have supported Eagle Group in the past:

U.S. Bank	CHS	SpartanNash
Cargill	3M	Parsons Electric
Change Guild	LSI	Vector Wealth Management
FranNet	PwC	Ameriprise Financial



[www.EagleGroupMN.org](http://www.EagleGroupMN.org)



Monday, August 19th, 2019

Crystal Lake Golf Course  
Lakeville, MN





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, August 29, 2019**

**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

## **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.”*