

VETERANS ADVOCATE

SEPTEMBER 2018

**All Veteran Service Officers will be out of the
Office September 10-12 for our annual Fall VA
Training Conference.**



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

KASSON AMERICAN LEGION
PRESENTS

A PARTY AT THE ROCK

Labour Day



A Dedication Ceremony For
Minnesota's only

FREEDOM ROCK

1 P.M.

Live Music

Branded

Hot country

Bar opens at 11 A.M.

Food BEER games

Special appearance by artist
Ray "Bubba" Sorensen II
Bring a lawn chair
Free will donation for all food

Food Highlight
SPAM
Burgers



PRESENTS:



VA Benefits Information Session



September 5th at 2pm

Olmsted County Veterans Services will be presenting an information session on VA Benefits. Come learn how they assist with Federal VA benefits such as service connected compensation, medical and dental, insurance, burial benefits, survivor benefits, and much more!

FREE and open to the public

THANK YOU FOR YOUR SERVICE!

YOU HAVE EARNED THESE BENEFITS, TAKE ADVANTAGE OF THEM!

LOCATION:



30 Silver Lake Pl NW / Rochester, MN 55911

(507) 282-1550



WE'RE HIRING



Join us at McNeilus Truck and Manufacturing for an informational session followed by on-site interviews.

WHEN:

September 6th
4:00 pm - 8:00 pm

September 8th
8:00 am - 12:00 pm

WHERE:

McNeilus Truck and Manufacturing
524 East Highway Street
Dodge Center, MN 55927

WHAT:

McNeilus Truck and Manufacturing is now hiring for all positions. The informational session will include on-site interviews, as well as plant tours. McNeilus is hiring for all positions, with a sign-on bonus of \$750 (after 90 days of employment), with pay starting at \$14/hr. Refreshments and McNeilus swag will be available.

For more information please call 507-374-6321.

EOE - Minorities/Females/Vets/Disabled

McNeilus.
GET IN.

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, September 20, 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

Free Financial Literacy Workshops

What are My Triggers To Emotional Spending?

What are the Dangers of Credit Cards?

How do I start a Budget?



2018 Fall Schedule!

September: Tuesday, Sept. 18 *and* Thurs. Sept. 20 8:00 a.m. - 10:00 a.m.
(2 Part Class) Hawthorne Education Center * 700 4th Ave SE Rochester, MN 55904

October: Monday Oct. 22, 2018 1:00 p.m. - 4:00 p.m.
Hawthorne Education Center * 700 4th Ave SE Rochester, MN 55904

November: Wednesday, Nov. 14, 2018 5:00 p.m.- 8:00 p.m.
Rochester Public Library/ Meeting Room B *101 2nd St SE Rochester, MN 55904

December: Wednesday, Dec. 5, 2018 5:00 p.m.- 8:00 p.m.
United Way Building/ Meeting Room A *903 W. Center St Rochester, MN 55902

Walk-Ins Welcome!!

How Do I Interact with Creditors?

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

Who Can Help Me with My Taxes?



Catholic Charities
of Southern Minnesota

PROVIDING HELP. CREATING HOPE.

United Way
of Olmsted County




Flu season is here again, and the U.S. Department of Veterans Affairs (VA) and Walgreens* are teaming up to make it easier than ever to stay healthy. Now, protecting your health with an annual flu shot is as close as your local VA health care clinic or neighborhood Walgreens! Here's where you can get your flu shot:

- **VA medical centers and clinics**, as always, provide **no-cost** flu shots during any scheduled VA appointment or at one of the walk-in flu stations. To learn more, contact your VA health care facility.
- **Walgreens will also offer eligible Veterans, enrolled in the VA health care system, no-cost flu shots¹ from August 15., 2018 – March 31, 2019.** Once you get your flu shot, Walgreens will safely and securely transmit the record of your flu shot to your VA electronic health record. It's a convenient option just for you. When you visit Walgreens for your flu shot, simply tell your Walgreens² health care professional that you are a Veteran patient enrolled in the VA health care system, and show your VA ID card, a second form of photo ID, and this letter. Walgreens will take it from there. For store locations and hours, go to www.Walgreens.com and select Store Locator.



*Please remember that the type of vaccination offered is the **Quadrivalent vaccine only**. If you need a **high dosage (HD)** vaccination please visit your nearest VA medical facility for that vaccination.*

**No-cost
flu shots for
VA-enrolled
veterans**

Just walk into your
local Walgreens



[Learn More](#)

 U.S. Department
of Veterans Affairs 



ATTENTION



Military Retirees

The Joint Retired Activities Board Presents:

The Joint Retiree Appreciation Day

Where: **TREASURE ISLAND
RESORT & CASINO
WELCH, MN**



When: September **22**, 2018

Time: 0730 - 1600

Information pertaining to
Registration and Agenda
may be found at the following website:

<https://sites.google.com/site/metrograd>



Tomah VA Veteran



11:00 AM to 6:00 PM

Tuesday, September 25, 2018

**American Legion, 302 E Sarnia St
Winona, MN**

Service Providers Available To Assist You

Consumer Credit Counseling

Social Security

Health Screen

County Veteran Service Officers

Financial Counseling

Housing & Shelter Information/Referrals

Female Veterans Representative

Veterans Service Employment Program

VA Benefits Enrollment and Referral

State and Community resources

Lunch Provided

Welcome All Veterans

Partnered with the CVSO, we are here to help.

For More Information Call (507) 457-6455 or (800) 872-8662 ext. 64201

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Tomah VA Medical Center



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, September 25th

**Tuesday, October 30th
630pm-830pm**

NEW LOCATION

VFW

**2775 43rd Street NW
Rochester, MN 55901**

**Jennifer Shumaker
(507) 328-6324**

shumaker.jennifer@co.olmsted.mn.us



SPEAKERS AND
TESTIMONIES

DOOR PRIZES
RAFFLE ITEMS
LIFE AUCTION

SAVE THE DATE

***THURSDAY
OCTOBER 18, 2018***

***1ST ANNUAL MAYO
SOUTHEAST CHAPTER
28 GALA FUNDRAISER***

**INTERNATIONAL EVENT
CENTER
5:30-8:30 PM**

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
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

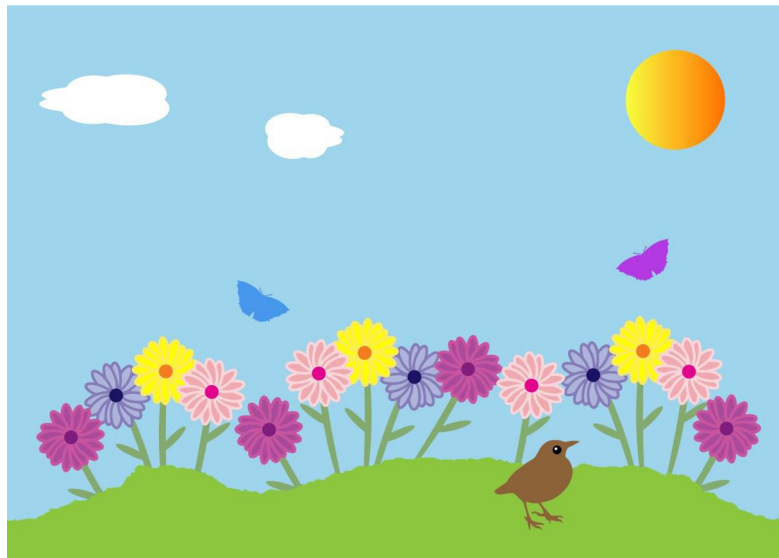
Kasson American Legion Post 333
Third Thursday of the month, 8pm
212 West Main Street , Kasson, MN 55944

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

