



Veteran Services
2100 Campus Drive SE,
Suite 200



SAVE THE DATE

8TH ANNUAL GOLD STAR FAMILY RETREAT



2-4 OCT 2015
CRAGUN'S RESORT
11000 CRAGUNS DRIVE
BRAINERD, MN

To register, please call Jennell
Stai at 612.970.5787



Education



Post-9/11 GI Bill (Chapter 33) Payment Rates for 2015 Academic Year (August 1, 2015 - July 31, 2016)

Tuition and Fee Payments Institutions of Higher Learning

Type of School	Maximum Tuition & Fee Reimbursement per Academic Year
Public School	All Tuition and Fee Payments for an in-State Student
Private or Foreign School	Up to \$21,084.89 per academic year National Maximum

You may also be eligible to receive: a monthly housing allowance sent to you, a books and supplies stipend sent to you, a one-time rural benefit for certain veterans

Monthly Housing Allowance

Your Monthly Housing Allowance (MHA) is generally the same as the military Basic Allowance for Housing (BAH) for an E-5 with dependents. Your MHA is based on the ZIP code for your school. MHA rate increases based on BAH increases are effective August 1 (the beginning date of the academic year).

Books/Supplies Stipend

A yearly books and supplies stipend of up to \$1000.00 paid proportionately based on enrollment.

Rural benefit

A one time payment of \$500 may be payable to certain individuals relocating from highly rural areas if they reside in a county with 6 persons or less per square mile (as determined by the most recent decennial census) and *either*:

1. physically relocate at least 500 miles to attend an educational institution or travel by air to physically attend an educational institution if no other land-based transportation exists
2. travel by air to physically attend an educational institution if no other land-based transportation exists



Rochester VA Medical Center

The Rochester VA clinic has flu shots available NOW! If you have an upcoming appointment, make sure to ask your provider about a flu shot.

IN ADDITION

They will also host a walk-in Flu Shot Clinic on Tuesday, October 27th, Wednesday, October 28th and Thursday, October 29th from 9am-3pm. **NO APPOINTMENT NECESSARY.**

Please arrive no more than 30 minutes before the walk-in clinic is to open and no later than 30 minutes before the scheduled closing time. Wait times will vary.

The VA Shot clinics are only for Veterans enrolled in VA Health Care. If you need to sign up, please stop out to Olmsted County Veterans Services, Mon-Fri from 8am-5pm to get enrolled.

If you have further questions or concerns, do not hesitate to call the Rochester VA Clinic at 507-252-0885.

PRESCRIPTIONS

The Minneapolis Health Care System Pharmacy uses AudioCare™ the automated communications system to order refills at your convenience 24 hours a day seven days a week. Please call **1-855-560-1721** using a touchtone telephone to access the AudioCare™ system. Please have your social security number and prescription number available in order to follow the voice prompts. Plan on ordering your refills 3-4 weeks in advance to ensure your medication arrives on your desired date.

Prescriptions from non-VA doctors

If you are a veteran who receives health care from a doctor/provider outside of the VA system, you may be eligible to have them filled at a VA pharmacy. You will need to provide us with information about the prescription. In general, you will have to provide:

A copy of the original prescription (s)

A copy of the notes from the appointment when your non-VA doctor/provider prescribed the medication

A copy of the current lab tests and/or procedures related to the requested prescription

All information should be faxed to your Primary Care Provider at 612-467-1913 for your provider's approval of these medications. If your provider is in agreement with the new/changes in medications, your provider will write for them to be filled at the VA pharmacy.

This process may take 2-3 weeks to be completed and medication filled



Applications accepted beginning October 1st, 2015. Any questions, please contact Three Rivers Community Action Program, at Phone: 507-732-8554.

ENERGY ASSISTANCE-2016

What is Energy Assistance ?

Funds to help pay heating/energy bills.

Who is Energy Assistance for?

**Wage earners
Self-employed people
Seniors & retired people
All income eligible households**



Who can apply for Energy Assistance?

**Home owners
Renters who pay heating/utility costs
Renters with heat included in rent**

What are the eligibility guidelines?

You must live in Goodhue, Rice, Olmsted or Wabasha Counties to apply at Three Rivers Community Action, Inc. Your income must be within the guidelines below to receive a grant.

Number In Household	Gross Three Month Income
1	\$5,987 (1,996/mo)
2	7,829 (2,610/mo)
3	9,671 (3,224/mo)
4	11,514 (3,838/mo)
5	13,356 (4,452/mo)
6	15,198 (5,066/mo)
7	15,543 (5,181/mo)
8	15,889 (5,296/mo)

ON LINE: www.threeriverscap.org and Search for Energy Assistance

***ENERGY ASSISTANCE TELEPHONE LINE:
507-732-8554 or 800-277-8418***

(Utility accounts do NOT need to be past due to apply.)



PTSD Support Group for Veterans, friends, and family members

SEMCIL 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.

Upcoming meetings:

Thursday, October 29th, 2015

Thursday, November 19, 2015

Thursday, December 17, 2015

6:30pm-8:30 p.m.

American Legion Post 92

315 1st Ave NW,

Rochester, MN, 55901

Jennifer at 507-328-6324 or shumaker.jennifer@co.olmsted.mn.us



FALL FUN!

The Not-So-Scary SPOOKTACULAR, Location: YMCA, Friday, October 23 • 5:30 p.m. - 8:30 p.m.

Little ghouls and goblins are invited for a fun-filled evening featuring an outdoor Trunk n' Treat with lots of candy handed out from decorated vehicles of businesses and individuals, a Candy Maze to travel through; and, the SPOOKTACULAR Costume Party complete with games, music and dancing!

SPOOKTACULAR Fun Run and Walk, 1 mile and 5k Saturday, October 31st at 1:30pm , Cost: \$15 - \$60, Rochester Area Family Y *costumes optional* Proceeds go to support the Live STRONG program at the Rochester Area Family Y, a free program that improves the physical activity and well-being for cancer survivors. EMAIL for more information: LIVESTRONG@rochfamy.org

Tweite's Family Farm, 1821 Frontier Road SW, Byron, MN 55920. Open Saturday's and Sunday's Sept 19-Oct 25 1030am-530pm, MEA Wed-Fri Oct 14-15-16 10am-530pm

Fall Festival on the Farm at Red Barn Learning Farm, 27251 State Hwy 30, Hayfield, MN . Open Saturdays beginning Sept 26th-Oct 24, 10am-5pm, Sundays beginning Sept 27th-Sun Oct 25th, Noon-5pm.



Other upcoming local events

American Legion

3rd Tuesday of each month

315 First Ave NW

Rochester, MN 55901

7pm

Legion Riders

2nd Thursday of each month

7pm

Forty et eight at the American Legion

2nd Tuesday of each month

7pm

Military Order of the Purple Heart

3rd Thursday of each month

6pm

Gulf War Veterans 1st of each month

Upcoming meetings Thursday, Oct 1, Sunday,

November 1st, Tuesday, December 1

VFW Post Meeting

2nd Tuesday of each Month VFW Post 1215

16 6th Street SW, Rochester, MN 55902

7pm

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)

7am

Marine Corp League Meeting

4th Tuesday of the month, 7pm, American Legion

315 First Ave NW, Rochester, MN 55901

POW/MIA Riders Association, Member Meeting

2nd Saturday of the month 11am-1pm, VFW Post 1215

16 6th Street SW, Rochester, MN 55902



“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
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Suite 200
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