

VETERANS ADVOCATE

October 2017



HOMEFRONT RESOURCE CENTER

HomeFront Resource Center is a premier, innovative community- and campus-based center where community resources can come together to serve our service members, veterans and their families.

proudly presents:

FREE 1-DAY BUSINESS BOOTCAMP

Veterans are hardwired to be successful small business owners because of their inherent self-discipline and ability to focus. If you're thinking of starting a business or currently own a small business, this one-day seminar offered through Homefront Resource Center is designed to help you to achieve your goals.

[CLICK TO REGISTER NOW!](#)

Friday, October 6, 2017, 8:00AM-4:30PM

SCSU Welcome Center
355 5th Ave S
St. Cloud, MN 56301
320-308-4842

Lunch and Free Indoor Parking are provided

TOPICS COVERED IN THIS SEMINAR:

- Business Formation and Legal Considerations
- Recordkeeping and Financial Analysis
- Franchising Overview
- Insurance and Protecting Your Investment
- Government Contracting – Local/State/Federal
- The Business Plan and Why It's Important
- Marketing
- Accessing Capital and the Lending Process
- Personal Wealth and Succession Planning
- Operations

Homefront Resource Center wishes to thank its community sponsors:



Funded in part through a Cooperative Agreement with the U.S. Small Business Administration, Minnesota Department of Employment and Economic Development, and regional support partners. All opinions, conclusion or recommendation expressed are those of the author(s) and do not necessarily reflect the program sponsors. Programs are open to the public on a non-discriminatory basis. Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. Contact SBDC Program Assistant, 320-308-4842





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

FREE DROP-IN LEGAL CLINIC FOR VETERANS

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

Tuesday, October 10, 2017 | 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.

Dear VA Beneficiary,

We want to provide you with some important information about your VA benefit payments.

VA education, compensation, pension, and survivor's benefits are paid on a monthly basis. Normally, benefits for a particular month are paid the first business day of the following month. When the first business day of the month falls on a non-business day or a holiday, VA benefits will be paid on the last business day prior to the first of the month.

Provided below is the payment schedule for upcoming VA benefit payment disbursements:

Benefit Period	Benefit Payment Date
September 2017	September 29, 2017
October 2017	November 1, 2017
November 2017	December 1, 2017
December 2017	December 29, 2017

You can check your latest VA benefit payments online at www.eBenefits.va.gov. If you are not receiving benefit payments from VA, but know someone who is, please share this information with them. We hope you find this information useful.

Sincerely,

Veterans Benefits Administration



FLU SHOTS

Vaccination

Vaccination is the surest way to protect against getting the flu. Get your flu shot every year to protect yourself and help keep the flu from spreading to others.

Who should get a flu shot?

Everyone age 6 months and older who wants to reduce the risk of getting sick should get a flu shot.

Those more at risk of illness and complications from the flu include:

- People age 65 and older
- People with health problems such as asthma, diabetes, heart disease, chronic lung disease and other chronic illnesses or conditions
- Pregnant women

Caregivers of infants or family members with health problems

Why do I need a flu shot every year?

Flu viruses can change over time, so every year the flu shot vaccine is updated to protect against the flu viruses most likely to spread that year. The viruses may change after the flu shot is made. Even if this happens, you will still get some protection from the flu shot.

Where can I get a flu shot?

The Rochester VA Clinic will be offering flu shots October 25th and October 26th from 8am-3pm, Please call 507 252 0885 to make an appointment, or stop out to the Rochester VA Clinic during these dates and times.





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, October 19

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



DAV of MN European Pheasant Hunt

Oct 14, 2017 - Oct 14, 2017 from 01:00 PM to 05:00 PM

Sand Pines Pheasant

12195 Norway Road Avon

The DAV MN is looking for veterans interested in joining other veterans on a one day pheasant hunt. This hunt is open to all veterans of all era's. The Sand Pine Pheasant does an outstanding job at putting this hunt on. Here is a link to Sand Pines Pheasant to learn more. <http://sandpinepheasants.com/>

The veteran will be responsible for providing his or her own shotgun for the hunt. The hunt will kick off in the afternoon(around 1pm) and last for a couple hours. There will be guides and dogs provided for the hunt. After the hunt there will be a meal provided to all hunters.

What Is a European Pheasant Hunt?

The European Hunt consists of 10 different shooting stations surrounding a release area in the woods. Hunters will rotate from station to station so they can experience all of the unique shooting challenges that each station presents. Birds will be flying up to 175 feet overhead – over the tops of the trees and various hilly and open terrain for an exciting and challenging shooting experience. Hunts will have 20 people (two per station) and all birds shot will be divided up equally among all shooters. There is a minimum of 200 birds; the max is up to the amount of shooting your shoulder can handle!

Come Join this amazing pheasant hunt sponsored by the DAV of MN . October 14th, 2017 will be open to all Veterans. Make sure to read the application to find out more information. Deadline for applications is October 1st.

If you have questions please contact:

John Carson- 651-291-1212

[Apply Now-](#)

<http://davmn.org/outdoors/outdoors-application/>





Free lifetime membership in Chapter 7110 Military Order of the Purple Heart (MOPH)

All persons of good moral character who are awarded the Purple Heart Medal by the Government of the United States AND are Active Duty or have Honorable or General discharge are eligible for active membership in the Military Order of the Purple Heart of the U.S.A.

Step 1: Complete a Membership Application and submit

- Complete the membership registration, ensuring all required information is provided. [Click Here to start.](#)
 - Select a chapter closest to your residence or one will be assigned automatically.
 - Submit Proof of Purple Heart Award and Honorable Service
 - Veteran Applicant •DD214 Member-4 or Service-2 with Purple Heart Award AND Honorable or General discharge
 - if necessary, DD215 (if Purple Heart Award, Honorable or General discharge is not on DD214)
 - Recommend: Purple Heart Award Orders Plus Purple Heart Certificate
 - Active Duty Applicant, provide PCS Orders and the documents listed below. •Purple Heart Award Orders Plus Purple Heart Certificate
 - Make sure all documents are UNALTERED, COMPLETE and LEGIBLE
- If documentation MEETS eligibility requirements, the application will be process for membership and you will receive a notification email welcoming you to the MOPH.
- If documentation DOES NOT MEET eligibility requirements, notification will be sent with reason/s for disapproval and steps needed if any to resubmit documentation.

Step 4: Notification of Membership

- Your membership will be activated and you will be notified by email of your membership number and chapter assignment.
- A new member packet with your permanent membership card, membership certificate, and additional information on MOPH will follow this initial notification.
- Please allow 8-12 weeks for processing and delivery

A copy of your documentation will be retained on file for future reference. All applications are subject to verification with the National Personnel Records 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.

Tuesday, OCTOBER 24th

(NOTICE change from last Tuesday of the month, since that is Halloween)

6:30pm-8:30 pm

**American Legion
315 1st Ave NW,
Rochester, MN, 55901**

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

FREE
Training for
Veterans!

NEW IBM Veterans Employment Initiative

**OFFERS VETERANS SOFTWARE TRAINING
AND JOB PLACEMENT ASSISTANCE**

Are you interested in software training?

Qualified veteran participants – of any era – will receive five full days of instruction on IBM i2[®] Analyst's Notebook[®] as part of a new IBM Veterans Employment Initiative.

After the course, participants may take the exam for certification as an advanced data analyst and receive job placement assistance from IBM.

WHEN: October 23-27, 2017 from 8 a.m-5 p.m.

WHERE: North Minneapolis WorkForce Center,
800 West Broadway Avenue, Minneapolis

NO CHARGE: Seats are limited



For directions: [mn.gov/deed/
job-seekers/workforce-centers/
workforce-center-locations/
mpls-north/minneapolisnorth-
directions.jsp](http://mn.gov/deed/job-seekers/workforce-centers/workforce-center-locations/mpls-north/minneapolisnorth-directions.jsp)

For more information or to apply, visit casy.us/i2 or email askus@casy.us.

Individuals needing accommodations to attend this event should contact **612-299-7200** at least five days prior to the event.



BREAKFAST FUNDRaiser

Sunday, October 29

8:00 am to 12:00 pm

\$6

or bring a
toy & eat for
FREE

VFW Post #1215
16 6th Street SW
Rochester, MN



100% of proceeds donated to: SEMN Toys For Tots

Last year, Toys For Tots collected over 16,000 toys and delivered them to over 7,600 children in Southeast Minnesota. With your help, we will do even better in 2017!

Hosted by:



Rochester American Legion Post 92

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

Rochester VFW Post Meeting

2nd Tuesday of each Month VFW Post 1215

16 6th Street SW, Rochester, MN 55902

7pm

Byron American Legion Post 119

1st Monday of the month

8pm

505 Frontage Road NW, Byron, MN

Vietnam Veterans of America

Meets 4th Monday each month

at 7:00pm, at the Rochester American Legion

315 First Ave NW

Rochester, MN 55901

MOPH

3rd Thursday of the month 6pm

VFW Post 1215

16 6th St SW

Rochester, MN 55902

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

Marine Corp League Meeting

4th Tuesday of the month, 7pm, VFW Post 1215

16 6th Street SW, Rochester, MN 55902

Kasson American Legion Post 333

Third Thursday of the month

March 19 , 7pm

212 West Main Street , Kasson, MN 55944

Chatfield VFW Post 6913

2nd Tuesday 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



“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

