

VETERANS ADVOCATE

October 2018

Fantastic Fall Drive in SE Minnesota

What is so delightful about the topsy-turvy, southeastern corner of the state? Bucking hills, deeply carved valleys, twisting roads. It is so unlike the rest of Minnesota. The Historic Bluff Country Scenic Byway begins south of Rochester and follows the Root River east. By the time you pass through Spring Valley (where Laura Ingalls Wilder used to attend church), Fountain (named for the abundant springs in the area), and Rushford (which prides itself on its converted railroad depot, now a museum) and reach the river's terminus at La Crescent, the limestone bluffs tower hundreds of feet above it. A bonus to this spectacular scenery are the old valley towns such as Preston and Lanesboro, with their handsome main streets and stout brick and stone buildings. Do not forget to make a stop into the Minnesota State Veterans Cemetery in Preston at 715, Highway 52 South.

Stops along the way

- Near Preston, **Forestville/Mystery Cave State Park**, 21071 County 118, Preston
- Just east of Preston on Highway 52 and Highway 16, **Preston Apple and Berry Farm**
- For Casual dining along the Root River:
 - The Branding Iron**, Hwy 16 & 52 North, Preston
 - Riverside on the Root**, 101 Parkway Ave South, Lanesboro
 - Old Village Hall Restaurant**, 111 Coffee Street, Lanesboro
 - Shawnees**, 220 South Mill Street, Rushford





2018 Family Violence
Coordinating Council

DV Awareness Chili/Soup Feed

**UNITING TOGETHER TO END
DOMESTIC VIOLENCE**

October is Domestic Violence Awareness Month

Come show your support by signing a pledge to stand up against Domestic Violence in your personal and professional life. Enjoy a FREE chili and soup feed, and **DON'T FORGET TO WEAR PURPLE!**

WHEN: OCTOBER 3rd , 11AM-1:30PM

WHERE: GOVERNMENT CENTER CAFETERIA (LL)



A special thank you to Sam's Club for their generous donation to Family Service Rochester making this event possible

The Family Violence Coordinating Council (FVCC) is made up of:

DFO Victim Services
Women's Shelter

Family Service Rochester
DFO Community Corrections

Dedicated Community Members

ENERGY ASSISTANCE APPLICATION HELP

Staff from Three Rivers will be available to provide application assistance to people needing help paying for heating and/or electricity.

Three Rivers administers the federally-funded Energy Assistance Program .

Wednesday, October 3d

Group Study Area | 9:30AM-1:30PM



**Rochester
Public Library**

101 Second Street SE
Rochester, MN 55904
www.rplmn.org
507.328.2309

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

SENIOR WILLS CLINIC

Need help with a simple will, power of attorney or a healthcare directive? If you qualify as “low income”, consider attending this free legal clinic for help with these documents. Attorneys will be available.

**Friday,
October 5th**

Meeting Room B

9:45AM—4:30PM

REGISTER at
507.287.2036 or
info@laocmn.org

This program sponsored by Legal Assistance of Olmsted County, in partnership with Southern MN Regional Legal Services, Elder Network and Rochester Public Library.



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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 9, 2018 | 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

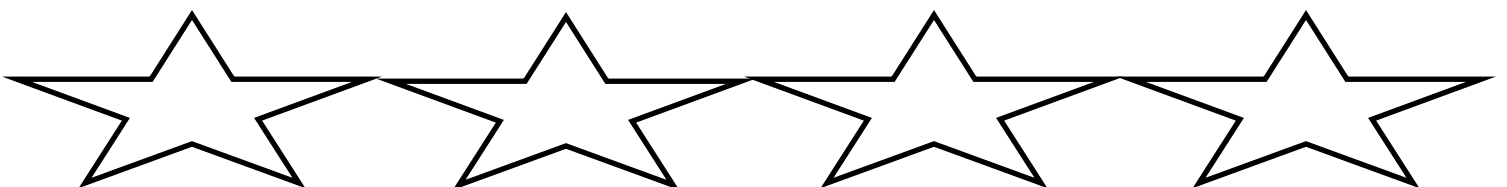
Disclaimer: VA assumes no responsibility for the attorneys providing services at this clinic. This referral does not constitute a recommendation or endorsement by VA.

Heroes & History, October 14

Sitting high above the Mississippi River, the Minneapolis Veterans Home has provided care and respite for our state's Veterans since the 1880's. Produced by TPT with the Department of Veterans Affairs, Heroes & History introduces viewers to Veterans and staff and learn how this historic site has changed to meet the needs of its residents.

This program will air on Sunday, October 14th at 730pm on TPT MN:

<https://www.tpt.org/channels/>



Register Now for Veteran Bulldog Companion

The entry period will run from September 15th – October 31st. The selection of recipient should be completed before November 10th, with an anticipated delivery of puppy between November 12th – 21st.

Enter the Contest: During the Entry Period send entry and photos via e mail to mnvetbulldog-pif@gmail.com OR via postal mail to PayItForward Bulldog 64456 230th Street Dexter, MN 55926. Send a maximum of three [3] photos) of your home & yard (each, a “Photo”) and a minimum 500 word up to 100 word essay (each, an “Essay”) (collectively, your Photo(s) and Essay may be referred to as your “Submission”) explaining (in English) your service & desire to receive a companion bulldog; and (b) provide your complete name, email address phone number and mailing address; (ii) signify your agreement that you have read and agree to be legally bound by the terms and conditions of these Official Rules (collectively, your Submission and Form may be referred to as your “Entry”). REGISTER AT: <http://www.payitforwardtng.org/bulldog-veteran-campaign/>

Campaign Rules can be found here: <http://www.payitforwardtng.org/bulldog-veteran-campaign/rules/>





2018 Fall Conference

Fall conference will be in Rochester at the-

**Rochester VFW Post #1215
2775 43rd street NW Rochester MN**

on October 13th at 8 a.m.

more info will be posted on a later date.

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, October 18, 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



ADHD SUPPORT GROUP

Educational presentations on ADHD topics and
a time for sharing about experiences.

Thursdays

Sept. 27, Oct. 25, Nov. 29

Meeting Room A | 7-8:45PM



101 Second Street SE
Rochester, MN 55904
www.rplmn.org
507.328.2309



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, 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**

WOMEN VETERANS AND ACTIVE DUTY OF IRAQ, AFGHANISTAN, AND THE GLOBAL WAR ON TERRORISM



Come and enjoy a six-day retreat sponsored by the Readjustment Counseling Services at no cost to you, facilitated by CenterPoint retreats: www.centerpointretreats.org

CenterPoint Retreats are nourishing, educational, and healing, and provide a peaceful and supportive natural environment for women combat Veterans to learn tools for holistic recovery from PTSD and chronic stress, and to re-orient towards a fulfilling life of ease and satisfaction.

CenterPoint Retreats are based on a model of experiential, body-centered, and relationship-based healing.

Dates and Locations for 2018/2019:

October 26-31 2018, Southern California

March 27 – April 1, 2019, Tennessee

May 12-17, 2019, New Mexico

Contact your nearest Veterans Center for eligibility information. Go to the website to download the application packet: <http://www.centerpointretreats.org/wp-content/uploads/2018-19-Application-Wmn-Vet-Retreat.pdf>

Complete the application packet and contact your Vet Center counselor for submission. If you do not have a Vet Center counselor, visit <http://www.va.gov/directory/guide/vetcenter.asp?isFlash=0> to find the Vet Center nearest you.



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

Marine Corps League Auxiliary
2nd Thursday of each month
7pm

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,

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 War 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.”



Veterans Services
2100 Campus Drive
SE, Suite 200
Rochester, MN 55904

