

Olmsted County
Veteran Services
Veterans Advocate Newsletter
October 2019

Disabled American Veteran 100% P & T - DEERS Enrollment

To enroll a 100% Disabled Veteran and eligible family members in DEERS, the following documents are required:

1. Veteran's Eligibility Letter from the Veterans Affairs showing eligibility, must show 100% service connected disabled and/or unemployable
2. Veteran – One (1) form of valid unexpired photo identification
3. Veteran's DD Form 214 (copy 4) to verify honorable discharge
4. Veteran's Birth Certificate (Original copy with file number)
5. Veteran's Social Security Card (original, not laminated)
6. Marriage Certificate of Veteran and spouse (original copy)
7. Spouse – Two (2) forms of valid unexpired identification, one form MUST be a photo ID.
8. Spouse's Birth Certificate (Original copy with file number)
9. Spouse's Social Security Card (original, not laminated)
10. Child/Children's – Two (2) forms of valid unexpired identification, one form MUST be a photo ID.
11. Child/Children's Birth Certificate (Original copy with file number)
12. Child/Children's Social Security Card (original, not laminated)

Notes:

The Veteran and Veteran's spouse receive an ID card which provides the veteran authorization to utilize the commissary, military exchange and MWR only. The ID card will be issued for a period of four years or less.

Veterans and eligible family members are NOT entitled to TRICARE or medical care through the Uniformed Services Medical Treatment Facility (MTF) with this ID card. Veterans and eligible family members are eligible to receive medical benefits through the Department of Veteran Affairs Civilian Health and Medical Program.

For renewal of Veteran and Veteran's spouse's ID card, please bring two (2) forms of valid unexpired identification, one form MUST be a photo ID, for each. For renewal of child's ID, please bring one (1) form of valid unexpired identification.

Children who are under age 21 who are married or joined active military service are not eligible for benefits under their sponsor parent.

Hepatitis A

Overview

What is hepatitis?

Hepatitis means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, some medications, toxins, and certain medical conditions can cause hepatitis.

Hepatitis is most often caused by a virus. In the United States, the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C. Although all types of viral hepatitis can cause similar symptoms, they are spread in different ways, have different treatments, and some are more serious than others.

Hepatitis A

Hepatitis A is a contagious liver infection caused by the hepatitis A virus. Hepatitis A can be prevented with a vaccine. People who get hepatitis A may feel sick for a few weeks to several months but usually recover completely and do not have lasting liver damage.

In rare cases, hepatitis A can cause liver failure and even death; this is more common in older people and in people with other serious health issues, such as chronic liver disease.

How common is hepatitis A?

Since the hepatitis A vaccine was first recommended in 1996, cases of hepatitis A in the United States have declined dramatically. Unfortunately, in recent years the number of people infected has been increasing because there have been multiple outbreaks of hepatitis A in the United States. These outbreaks have primarily been from person-to-person contact, especially among people who use drugs, people experiencing homelessness, and men who have sex with men.

How is hepatitis A spread?

The hepatitis A virus is found in the stool and blood of people who are infected. The hepatitis A virus is spread when someone ingests the virus, usually through:

→ Person-to-person contact

Hepatitis A can be spread from close, personal contact with an infected person, such as through having sex, caring for someone who is ill, or using drugs with others. Hepatitis A is very contagious, and people can even spread the virus before they feel sick.

→ Eating contaminated food or drink

Contamination of food with the hepatitis A virus can happen at any point: growing, harvesting, processing, handling, and even after cooking. Contamination of food and water happens more often in countries where hepatitis A is common. Although uncommon, foodborne outbreaks have occurred in the United States from people eating contaminated fresh and frozen imported food products.

Hepatitis A can be prevented with a safe and effective vaccine.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Vaccination is the best way to prevent hepatitis A.

The hepatitis A vaccine is safe and effective. The vaccine series usually consists of 2 shots, given 6 months apart. Getting both shots provides the best protection against hepatitis A.

Hepatitis A vaccination is recommended for:

- All children at age 1 year
- Travelers to countries where hepatitis A is common
- Family and caregivers of adoptees from countries where hepatitis A is common
- Men who have sexual encounters with other men
- People who use or inject drugs
- People with chronic or long-term liver disease, including hepatitis B or hepatitis C
- People with clotting factor disorders
- People with direct contact with others who have hepatitis A
- People experiencing homelessness

You can prevent infection even after you have been exposed.

If you have been exposed to the hepatitis A virus in the last 2 weeks, talk to your doctor about getting vaccinated. A single shot of the hepatitis A vaccine can help prevent hepatitis A if given within 2 weeks of exposure. Depending upon your age and health, your doctor may recommend immune globulin in addition to the hepatitis A vaccine.

Handwashing plays an important role in prevention.

Practicing good hand hygiene—including thoroughly washing hands with soap and warm water after using the bathroom, changing diapers, and before preparing or eating food—plays an important role in preventing the spread of many illnesses, including hepatitis A.

Symptoms

Not everyone with hepatitis A has symptoms. Adults are more likely to have symptoms than children. If symptoms develop, they usually appear 2 to 7 weeks after infection and can include:

- ✓ Yellow skin or eyes
- ✓ Not wanting to eat
- ✓ Upset stomach
- ✓ Throwing up
- ✓ Stomach pain
- ✓ Fever
- ✓ Dark urine or light-colored stools
- ✓ Diarrhea
- ✓ Joint pain
- ✓ Feeling tired

Symptoms usually last less than 2 months, although some people can be ill for as long as 6 months.

Diagnosis and treatment

A doctor can determine if you have hepatitis A by discussing your symptoms and taking a blood sample. To treat the symptoms of hepatitis A, doctors usually recommend rest, adequate nutrition, and fluids. Some people will need medical care in a hospital.

International travel and hepatitis A

If you are planning to travel to countries where hepatitis A is common, talk to your doctor about getting vaccinated before you travel. Travelers to urban areas, resorts, and luxury hotels in countries where hepatitis A is common are still at risk. International travelers have been infected, even though they regularly washed their hands and were careful about what they drank and ate.



Olmsted County Public Health
2100 Campus Drive SE
Rochester, MN, 55904
507-328-7500

www.cdc.gov/hepatitis

April 2019



UNITED HEROES LEAGUE

**EMPOWERING MILITARY FAMILIES TO STAY
HEALTHY & ACTIVE BY REMOVING THE
FINANCIAL BURDEN OF SPORTS.**



We provide the following at **ZERO COST** to service member families:

SPORTS EQUIPMENT. We provide free sports equipment for military kids and service members. We have shipped equipment to all 50 states and to deployed troops around the world.

SKILL DEVELOPMENT CAMPS. We provide access to camps across the country to improve skills and build team unity for military kids at no cost to the military family.

FINANCIAL GRANTS. We provide grants to offset the financial burden associated with sports. United Heroes League has paid out over \$1,000,000 in grants to aid military families.

GAME EXPERIENCES / TICKETS. United Heroes League has sent thousands of military families to professional, amateur and collegiate games at no cost to the family.

UNITED HEROES LEAGUE (FORMERLY DEFENDING THE BLUE LINE) WAS ESTABLISHED BY A GROUP OF ACTIVE DUTY SOLDIERS IN 2008 AND FULLY INCORPORATED AS A 501 (C)(3) IN 2009. THE FEDERAL TAX ID # IS 27-0711063. WWW.UNITEDHEROESLEAGUE.ORG



NONPROFIT HIGHLIGHTS

- Extremely high giving percentage consistently near 90%
- White House Award Recipient - Joining Forces Community Challenge Winner
- Awards from every branch of military service
- Supported by professional athlete ambassadors across the nation and all major sports leagues
- Supported by professional sport team organizations across the MLB, MLS, NBA, NFL and NHL
- Governed by a diverse board of directors including military, business, and finance leaders, as well as pro sports players.
- Expanded coverage in seven sports for broader support of military families.

HOW YOU CAN HELP

- Donate money, stock, or equipment to support our mission
- Organize a local fundraiser or equipment drive
- Volunteer at our events or our headquarters
- Sponsor United Heroes League events



UNITED HEROES
LEAGUE

WWW.UNITEDHEROESLEAGUE.ORG
15211 RAVENNA TRAIL - HASTINGS, MINNESOTA 55033
651.319.0737



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, October 17, 2019
Every 3rd Thursday of the month at **2:00pm**
At the Rochester VA Clinic
3551 Commercial Drive SW
Rochester MN 55902



It is flu shot season again!

Flu Shots will be offered at the Rochester VA Clinic

3551 Commercial Drive SW

Rochester, MN 55902

When: Wednesday, October 23rd, Thursday, October 24th & Friday, October 25th

Time: 8:30am to 2:00pm

No appointment needed

If you are unable to schedule with the VA, you can also go to Walgreens for the flu shot, at no cost to you.



Saturday, October 26
9 a.m. – 1 p.m.

DEATakeBack.com



Did you know?

- If you don't properly dispose of the unused or expired prescription drugs in your home, they might find a new one.

Why does it matter?

- Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse.
- Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision.
- The non-medical use of prescription drugs ranks second only to marijuana as the most common form of drug abuse in America.
- The majority of teenagers abusing prescription drugs get them from family and friends — and the home medicine cabinet.
- Unused prescription drugs thrown in the trash can be retrieved and abused or illegally sold. Unused drugs that are flushed contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.
- **Take-back programs are the best way to dispose of old drugs.**

What can you do?

- Take the opportunity to safely dispose of any unused or expired prescription medications during the National Prescription Drug Take Back Day.

SATURDAY, OCTOBER 26 (9 A.M.–1 P.M.)

DROP-OFF SITE: MAYO CLINIC

200 First Street SW

Rochester, MN 55905

Gonda Building, West Entrance, Patient Drop-Off Area



Visit **DEATakeBack.com** for a collection site near you.



Providers to Parks Field Day

Saturday, October 26, 2019

8 a.m. to Noon

Join us on a bus tour of Rochester area parks and learn how you can prescribe nature and outdoor time to the families you serve!

Learn about research linking nature exposure to health and wellness. Explore the Park America Rx tools available to assist you with connecting your patients to the outdoors.

Space is limited! To register, email sara.holger@state.mn.us by October 20th.



Need Female Volunteer Peer Mentors for the Minnesota Judicial Branch Veterans Treatment Court

There is a lack of women volunteers for the criminal justice system for the female veterans going through the system. There are only male volunteers in many districts, however female veterans need female volunteers to understand the unique perspective. If there are female volunteers for each district they are few in numbers. Please pass the information to those who may be interested.

Veterans Treatment Courts use a hybrid integration of Drug Court and Mental Health Court principles to serve military veterans, and sometimes active-duty personnel. They promote sobriety, recovery, and stability through a coordinated response that involves collaboration with the traditional partners found in Drug Courts and Mental Health Courts, as well as the Department of Veterans Affairs healthcare networks, Veterans Benefits Administration, State Departments of Veterans Affairs, volunteer veteran mentors, and organizations that support veterans and veterans' families.

Basic eligibility requirements and commitment is:

Must be a veteran of one of the branches of the US Military.

Complete the screening process.

Completed initial mentor training.

Agree to adhere to the Third Judicial District Veteran's Court policies and procedures.

6 Month Minimum Commitment to mentor.

Attend Court Sessions.

To volunteer, or get more information contact:

Third Judicial District Veterans Court
411 South Broadway
Albert Lea, MN 56007
Phone (507) 377-5138 ext. 0



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, October 24th, 2019

Thursday, November 21, 2019

630pm-800pm

VFW

2775 43rd Street NW

Rochester, MN 55901

Jennifer Shumaker

(507) 328-6324

shumaker.jennifer@co.olmsted.mn.us

SEKAPPS

**SALUTES SE MN VETERANS AND SUPER HEROES
OF LAWE, FIRE FIGHTERS AND
FIRST RESPONDERS**

WITH A SUPERHERO APPRECIATION DAY

WHEN

**Sunday Oct. 27th 2019
11-3 pm**



**Simply bring your family and ID or proof of your
Service— Sign in and enjoy the afternoon**

WHERE

**Sekapps Orchard
3415 College View RD E
Rochester MN**



THANK YOU TO SPONSORS

**SEKAPPS ORCHARD, VFW POST 1215
DAV MAYO SOUTHEAST CHAPTER 28,
HEROLD FLAGS, BEYOND THE YELLOW RIBBON SE MN
RCTC ARMED FORCES AND VETERANS CLUB**

**ALL MILITARY, LAWE,
FIRE FIGHTERS,
FIRST
RESPONDERS
& FAMILY MEMBERS
INVITED**

**FREE BAG OF
PICK YOUR OWN
APPLES AND A
PUMPKIN**

MUSIC

**CORN MAZE
PLAY YARD
WAGON RIDES
GAMES
FREE LUNCH**

**CANDY BAG
FOR CHILDREN
RECITING
PLEDGE OF
ALLEGIANCE**



WARRIORS AND CAREGIVERS WEEKEND



NOVEMBER 15-17, 2019

You will be welcomed into the serene and supportive setting at Camp Bliss, come and experience an amazing weekend of healing, relaxation, and learning. Over the course of the weekend, we will have sessions covering a variety of topics. We will take time to relax and enjoy the beauty of 48 acres of incredible pine and hardwood forest in a breathtaking north woods setting on three lakes!

Cost is \$75.00 per person for the weekend and includes lodging and meals.

To Register: Fill out the registration on the back and return it with your payment to Independent Lifestyles.

We need to receive your registration ten (10) days prior to Retreat date.



For more information about
Camp Bliss:
www.campbliss.org



The cost to send 1 Veteran to Camp Bliss for a weekend retreat is \$400, which includes lodging and all meals. Because of donations/sales from our 2018 Guns and Goods Raffle, we are able to supplement \$325 per Veteran, up to 50 Veterans.

REGISTRATION



WARRIORS AND CAREGIVERS WEEKEND NOVEMBER 15-17, 2019

Contact Information:



1st Attendee

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____
Email: _____
Room Type Preference: _____

2nd Attendee

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____
Email: _____
Room Type Preference: _____



Please enclose payment made out to Camp Bliss or to pay by credit card and fill out below:

Type of Card: _____
Name on Card: _____
Card Number: _____
Expiration Date: _____ CSC Code: _____ Total Cost: _____

IF YOU WILL BE ACCOMPANIED BY A PCA, PLEASE CONTACT US FOR APPLICABLE FEES.

Return Registration to Independent Lifestyles - 215 North Benton Dr. Sauk Rapids, MN 56379 or email it to lorio@independentlifestyles.org or call us at 320-281-2016.

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 Tuesday of each month
7pm

Rochester VFW Post Meeting

2775 43rd St. NW
Rochester, MN 55901
2nd Tuesday of each Month VFW Post 1215
7pm

Byron American Legion Post 119

505 Frontage Road NW, Byron, MN
3rd Monday of the month
7pm

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

1100 2nd Ave NW, Stewartville
Meeting 3rd Monday each month, 7:30pm

Stewartville VFW Post 8980

1100 2nd Ave NW, Stewartville
Meeting 1st Monday each month, 7pm

DAV Meeting

1652 Hwy 52 N, Rochester, MN 55901
2nd Monday, of each Month Rochester's Elks Lodge
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

212 West Main Street , Kasson, MN 55944
Third Thursday of the month, 8pm

Chatfield VFW Post 6913

9- 2nd St SW, Chatfield, MN
2nd Monday of the month 7:00pm

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

Dodge Center American Legion Post 384

401 Highway St W
Dodge Center, MN 55927
2nd Monday each month 7pm

“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.”

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

COUNTY OF
Olmsted

