

*Olmsted County
Veteran Services
Veterans Advocate Newsletter
October 2020*

Changes in Olmsted County Veteran Services!

The Veteran Services Office will only meet face-to-face with veterans if they have a scheduled appointment. We are currently not accepting walk-ins with clients until further notice. Our objective is to offer as many services as possible without face-to-face contact. We will do our best to schedule phone appointments as needed or to address needs through the mail, via email, or fax. Many of the stakeholders we are working with are also in the process of implementing similar practices. We are working together to find the best possible solutions that effectively comply with efforts while also minimizing the impact on our veterans and their families.

Public: All visitors in Olmsted County government buildings will need to wear masks in public spaces even if six feet of distance can be maintained. When our veterans come into the building the expectation is, they are wearing a mask (most veterans are wearing a mask to include the younger population). However, there is an exception on this:

**The face mask requirement in Olmsted County buildings does not apply to:
Individuals unable to wear a face covering due to medical, disability, or developmental reasons.
Individuals speaking to someone who is deaf or hard of hearing and requires the mouth to be visible to communicate.**

Office Phone: 507-328-6355, Office Fax: 507-328-7950

Emails:

Admin: Karen Applen, applen.karen@co.olmsted.mn.us

Supervisor and Service Officer: Nathan Pike, pike.nathan@co.olmsted.mn.us

Service Officer: Jennifer Shumaker, shumaker.jennifer@co.olmsted.mn.us

Service Officer: Ashley Laganieri, laganieri.ashley@co.olmsted.mn.us



Support the Blue Line Community Rally

Saturday, October 10, 2020

3:00-5:00pm

Soldiers Field track area

Carnival
Games



BINGO
BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

Snacks



Education
area

Live Music



Photo
booth



This rally is meant to bring Law Enforcement families and members of the community together, while bringing an awareness of what our Law Enforcement members contribute to our community in hopes of building stronger relationships and bridge the Blue. Join in your patriotic colors or blue line apparel.



***Safety precautions for Covid will be in place, however we ask that if you're experiencing symptoms to please stay home.



FREE Monthly Phone Service!

1,000 Minutes of Talk, Unlimited Texting, and 3 GB of Data each month plus Unlimited International Calling to Select Countries. You may even qualify for a FREE 5" LTE Android smartphone! Visit our website at www.alliedonesolutions.com Click on the Veterans Tab To see if you qualify!

How It Works

This service is provided through a special government benefit program called "LifeLine".

There are no bills, no credit checks, and no fees to participate in this free program, and applying takes just a few minutes.

This program gives you the Freedom to communicate and stay connected to friends, family, the next job opportunity, or 911 in case of emergencies.

Contact us for questions:

Phone: 765-273-7585

Email: nick@alliedonesolutions.com

Website: www.alliedonesolutions.com

2000 W Riffin Rd Muncie, IN 47304



Flu Shot Information

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Community Care

INFORMATION FOR VETERANS

Please bring this flyer when you visit an in-network retail pharmacy or urgent care location for a flu shot

Get your no-cost flu shot today!

Eligibility:

- **Retail pharmacies:** You must be enrolled in VA's health care system
- **Urgent care locations:** You must be enrolled in VA's health care system care AND have received care from a VA or community provider in the past 24 months
- VA referral not required
- Present a valid government-issued ID (i.e. Veterans Health ID Card, DoD ID Card or other valid government ID)
- Eligible Veterans can receive a standard-dose (quadrivalent) or high-dose flu shot
- No Copayment Required

Fighting The Flu Together!



#FightFlu

For more information, or to find an in-network location to receive your flu shot, visit: <https://www.va.gov/COMMUNITYCARE/flu/shot.asp>

INFORMATION FOR PROVIDERS

Billing Information for OPTUM providers in these states or U.S. territories: Enter Community Care Network/Veteran's pharmacy claims using the following information:

AL, AR, CT, DC, DE, FL, GA, IA, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NY, OH, OK, PA, PR, RI, SC, SD, TN, VA, VI, VT, WI, WV

Step 1: Enter BIN: 004336

Step 2: Enter PCN: ADV

Step 3: Enter Rx Group: 803841

Step 4: Enter Veteran ID: 10-digit Veteran ID

Step 5: Enter Veteran's date of birth (YYMMDD format)

- If the Veteran does not have their 10-digit Veteran ID, ask the Veteran for their 9-digit SSN and call 888-901-6609 for assistance
- For questions, please call the CVS Caremark™ Pharmacy Help Desk at 800-364-6331 (24/7)

For Urgent Care Providers

- Call 888-901-6609 to confirm Veteran's eligibility for urgent care services

Billing Information for TruWest providers in these states: Enter Community Care Network/Veteran's pharmacy claims using the following information:

AZ, CA, CO, HI, ID, MT, NM, NV, OR, TX, UT, WA, WY

Step 1: Enter BIN: 003858

Step 2: Enter PCN: 01

Step 3: Enter PCN: A4

Step 4: Enter Rx Group: VETERAN

Step 5: Enter 9-digit member ID: Patient SSN

Step 6: Enter Veteran's date of birth (YYMMDD format)

- For questions, please call the Express Scripts Pharmacy Help Desk at 800-922-1557 (24/7)

For Urgent Care Providers

- Call 833-4VETNOW (833-463-8469) to confirm Veteran's eligibility for urgent care services

DO NOT CHARGE VETERAN A COPAYMENT FOR THE FLU SHOT

Urgent Care: After the visit, submit medical documentation to the Veteran's home VA medical center (VAMC) within 30 calendar days of the date of service. Find a VAMC at <https://www.va.gov/find-locations/>. **Retail Pharmacies:** provide a copy of the flu shot documentation to the Veteran and recommend they provide it to their VA primary care provider's office.

For more information, visit: https://www.va.gov/COMMUNITYCARE/remote_ops/flu/shot-billing.asp

COVID-19 Distance Learning Support Grant



The purpose of the COVID-19 K-12 Distance Learning Support Grant is to mitigate the negative financial impact a family experiences by implementing their school district's distance learning or hybrid learning plans by providing a one-time grant in the amount of \$3,000.

Applicants for the COVID-19 K-12 Distance Learning Support Grant must demonstrate a negative financial impact on or after August 1, 2020. A closing date for the K-12 Distance Learning Support Grant will depend on the availability of funding, but not later than June 30, 2021.

To qualify for the COVID-19 Disaster Relief Grant, applicants must be:

A Veteran as defined by [MN Statute 197.447](#), and

1. A Minnesota Resident, and
2. Have been negatively financially impacted by COVID-19.

Eligible applicants must be able to demonstrate meeting all the requirements below.

1. Have a child who is enrolled in the State of Minnesota in:
 - a. Grades K-8 or;
 - b. Grades 9-12 with an IEP (Individual Education Plan), Section 504 Plans are not eligible.
2. The child must attend a school that has implemented distance learning or a hybrid program or have newly enrolled (school year 2020-2021) in private school or homeschool option as an alternative to the implementation of distance learning or hybrid program.
3. Provide evidence that your family has experienced a negative financial impact as defined by one of the following scenarios:
 - a. A parent had to reduce or eliminate work in order to accommodate the implementation of distance learning or hybrid program for the child.
 - b. The child was newly enrolled in a daycare setting or similar business in order to accommodate their parent's employment and to facilitate the school district's distance learning or hybrid program for their child.
 - c. The parent has newly employed a tutor, nanny, non-parental adult family member, or other similar arrangement to coach, mentor, and implement distance learning or hybrid program for their child.
 - d. Newly enrolled in homeschool or a private school but was previously (2019-2020 school year) enrolled in a public school district.

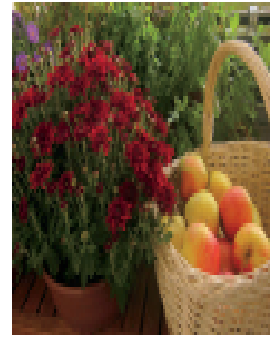
Note: Incurring "normal school expenses" such as school lunch costs, school supplies, computers, software, etc. does not constitute a "negative financial impact" for the purposes of this grant.



Center for Grief Education and Support

SEASONS  HOSPICE

October 2020



Please note that our groups have two different formats (Virtual = V or In Person= IP). See below for details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Newly Bereaved Group 6:30-8:30 p.m. (IP)	2	3
4	5 Veteran Loss & Transition Discussion Group 6:00-7:30 p.m. (IP)	6	7	8 Pregnancy & Infant Loss 6:30-8:00 p.m. (IP)	9	10
11	12	13	14 Pet Loss Group 5:00-6:00 p.m. (V) Survivors of Suicide 6:00-7:30 p.m. (V)	15 Newly Bereaved Group 12:00-2:00 p.m. (IP)	16	17
18	19 Community COVID Grief Support Group 5:30-7:00 p.m. (V) Veteran Loss & Transition Discussion Group 6:00-7:30 p.m. (IP)	20	21 Teen Drop-in 4:30-5:30 p.m. (IP) Survivors of Suicide 6:00-7:30 p.m. (IP)	22	23	24
25	26 Stepping Stones 6:30-8:00 p.m. (V)	27	28 Young Adult Loss 6:00-7:30 p.m. (IP)	29	30	31

1696 Greenview Drive SW, Rochester, MN 55902 Phone: 507-285-1930

Email: cges@seasonshospice.org Web: www.seasonshospice.org/grief-support Facebook: www.facebook.com/SeasonsCGES

NOW

nice office wear

Workforce Development, Inc. offers free clothing for anyone looking for professional clothing for interviews or employment. Open from 8:00am-4:00pm Monday thru Friday. Stop in before class or after work. Get ready for the working world and look successful in your interview.



Get Ready, Get Set, Get Hired!

Workforce
DEVELOPMENT, INC.

*The Workforce Development Board
of Southeast Minnesota*

2070 College View Road East
Rochester, MN 55904
www.workforcedevelopmentinc.org

*We accept
all in-season
clothing
donations. Call
507.292.5152 or
1.800.543.5627
for more
information.
Donations are
tax deductible!*

Workforce Development, Inc. is an Equal Opportunity Employer/Service Provider. This information is available in alternative formats for people with disabilities by calling 507.292.5180 (voice) or by using your preferred relay service.



WOMEN VETERAN SUPPORT GROUP FALL KICK OFF!

TUESDAY NIGHTS

September 15th – November 24th

5:30 – 7PM

Female veterans are unique and exclusive. This women's group will offer and opportunity to develop friendships, share about your military experiences, and work on skills for healthy lives and relationships.

Come and join us as we meet virtually and in local parks!

Build Relationships

Learn New Strategies

**Participate in Fun
Activities**

Enjoy Guest Speakers

Please Join US!

ASHLEY HALL

**Lutheran Social Services
CORE Case Manager**

507.327.5283

Ashley.hall@lssmn.org

Call or Text!

Message from VA Health Care

Attention Veterans: If you think you have been exposed to COVID-19 and develop a fever and symptoms such as cough or difficulty breathing, or if you are feeling sick or ill with other symptoms, your first step is to CALL the VA Health Care System at:

- **Minneapolis:** 612-467-1100
- **Fargo:** 701-239-3700 extension 2319
- **St. Cloud:** 320-252-1670, or 800-247-1739
- **Sioux Falls:** 605-336-3230 or 605-336-5001

The medical staff will advise you on next steps based on your symptoms. In a medical emergency, call 911.

As we face this challenging time together, we know that some of our Veterans have experienced interruptions in employment resulting in health care coverage. We want those Veterans to know, VA is here. Please contact us at [VA.gov](https://www.va.gov), or call us at 1-877-222-VETS (8387). If you are a Veteran in need, or know a Veteran, please share with them.

COMMUNITY CARE TRAVEL REIMBURSEMENTS

We have received calls about receiving travel pay for Care in the Community approved local appointments. A couple things to remember....

1. **It is YOUR responsibility** as the veteran to prepare the travel claim, not the facility you visit.
2. **Request a “FAX Cover sheet”** or “Summary Sheet” with the care facilities information or letterhead.

PLEASE PRINT the following information onto it:

- a. Your name and the last four digits of your social security number
 - b. Date and location of your appointment
 - c. Type of doctor or specialty that was seen (*cardiology, acupuncture, etc.*)
 - d. Your signature and date you signed the document. (*Finance will NOT release payment without your signature*)
3. **Ask the receptionist** at the facility to also sign the document verifying that you were at your appointment and then **FAX** the request for payment to **612-725-1300**.
 4. Ask for the document back as proof of your claim and retain it until you receive payment, usually within one week.
 5. If you have any questions or it is over a week since submitting for travel pay call the Sioux Falls VA Medical Center (VAMC) at **605-373-4196**

**IMPORTANT: YOU HAVE 30 DAYS
FROM THE DATE OF YOUR APPOINTMENT
TO SUBMIT YOUR CLAIM FOR TRAVEL!**



PTSD Support Group

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 22, 2020

BY REGISTRATION ONLY

CALL or EMAIL to register

630pm-800pm

VFW

2775 43rd Street NW

Rochester, MN 55901

Jennifer Shumaker

(507) 328-6324

shumaker.jennifer@co.olmsted.mn.us

LOCAL MEETINGS

Some organizations have resumed meetings. Call each one respectively for more information.

Rochester American Legion Post 92

(507)282-1322
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

Rochester VFW Post Meeting

(507) 289-9818
2775 43rd St. NW
Rochester, MN 55901
2nd Tuesday of each Month VFW Post 1215
7pm
Marine Corps League
2nd Tuesday of each month
7pm

Byron American Legion Post 119

(507) 775-6871
505 Frontage Road NW, Byron, MN
3rd Monday of the month
6pm

Vietnam Veterans of America

(507) 990-1347
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

(507) 533-9281
1100 2nd Ave NW, Stewartville
Meeting 3rd Monday each month, 7:30pm

Stewartville VFW Post 8980

(507) 533-9281
1100 2nd Ave NW, Stewartville
Meeting 1st Monday each month, 7pm

DAV Meeting

(507) 773-5055
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

(507) 634-4353
212 West Main Street , Kasson, MN 55944
Third Thursday of the month, 8pm

Chatfield VFW Post 6913

(507) 867-3144
9- 2nd St SW, Chatfield, MN
2nd Monday of the month 7:00pm

Eyota American Legion Post 551

(507) 545-2688
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

(507)356-8991
108 1st Ave SE
Pine Island, MN
2nd Monday of the month 7PM

Oronoco VFW Post 9647

(507) 367-4635
5 MN Avenue S
Oronoco, MN 55960
First Tuesday of each month 7pm
Auxiliary meeting same time, separate meeting

Dodge Center American Legion Post 384

(507) 633-6420
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

