



## Veterans Day

Veteran Services  
2100 Campus Drive SE,  
Suite 200

# Wednesday, November 11, 2015

Olmsted County Offices will be closed

List of businesses that honor veterans on Veterans Day, 2015

Must provide proof of Service (DD 214, ID card)

Please check with the local business, to ensure they are participating in the deal

**Olive Garden-Meal**

**Red Lobster-Appetizer or dessert, Monday, November 9-Thursday, November 12**

**Outback- Blooming Onion and beverage**

**Applebee's-Meal**

**Denny's-Free Grand Slam Breakfast 5am-noon**

**HyVee-Free Breakfast 7am-11am**

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### Veteran's Day Program

The fifteenth annual Veterans Day program will be held Wednesday, November 11, at 10:30 at the Event Center near the Rochester Airport.

This event is put on by the volunteers from the Soldiers Field Veterans Memorial committee, the DAV, POW/MIA Riders Association, and other volunteers.

Free breakfast for everyone, courtesy of Canadian Honker and the Event Center, will be served from 8:30 to 10:00 followed by the program at 10:30.

The MC for this event will be the KAAL TV News Anchor, James Wilcox.

The hour long program will include Harry Popiel a veteran of the US Air Force and chairman of the Waseca County Veterans Memorial Committee who have devoted much time and effort to design, raise funds and build a place to commemorate veterans with a connection to Waseca County. Target date for completion of this project is during the 2016 construction season.

Program will include Jane Belau reading a special poem written by her especially for Veterans Day. Brad Boice, assisted by Jane Belau, will do a special song as a tribute to our Veterans of all branches of the service and perform other patriotic songs. POW/MIA Riders will again furnish transportation on Golf Carts for those who need assistance from the parking lot to the entrance.

Honor Guards from the region will participate in Posting and retiring the Colors along with an Honor Guard march. The Bells for Eternity will be rung by Terry Thronson and Lee Swendson, a WW II Veteran who is celebrating his 103<sup>rd</sup> birthday on Veterans Day. A lot of time and effort has been spent to show our Veterans our love and appreciation so it is hoped that people will turn out to show their support for our Veterans.

Wayne Stillman : 289 8981



# Free Veterans' Day Vacation Gunflint Lodge Grand Marais, MN November 8th-13th

The Gunflint Lodge, invites all Veterans, plus their spouses and children, to join us for up to a five night vacation at no cost as a thank you for your commitment to our country. They offer accommodations, all your meals and guided naturalist activities.

Please provide the lodge proof that you were an active duty Soldier serving in the current conflicts, either Iraq or Afghanistan.

If others want to contribute, they will use the proceeds towards the children receive special gifts during their visit.

For more information, contact Gunflint Lodge at : 218 388 2294

Gunflint Lodge

143 S Gunflint Lake

Grand Marais, MN 55604



Olmsted County Veteran's Services

# **DEER HUNTING OPPORTUNITY FOR SERVICE CONNECTED DISABLED VETERANS, NOVEMBER 12 – 15, 2015 OLMSTED COUNTY'S CHESTER WOODS PARK**

**SPONSORED BY: Olmsted County Parks/Public Works  
Olmsted County Veterans Service Office  
MN Disabled American Veterans Chapter 28**

Thank you to all that registered for the hunt, for those that were not chosen, please consider applying again next year. We welcome you out to Chester Woods Park, Disabled Veterans Deer Hunt, as a volunteer, or just to participate in the camaraderie, or to donate your time or food for the hunters, and volunteers.

2100 Campus Drive SE, Rochester, MN 55904, Or Call 507-328-6355 for more information.



## **VA C&P Clinic Moving to Whipple Federal Building**

The VA's Compensation & Pension (C&P) Clinic will serve Veterans from its new clinic, as of October 19, 2015, located at the Whipple Federal Building, 1 Federal Drive, Fort Snelling, St. Paul, Minn. 55111.

Veterans with scheduled appointments in the clinic will be receiving letters with a map indicating the new location. For Veterans who show up at the Minneapolis VAMC, a shuttle service to Whipple will be available.

Please call, if you have questions or concerns: 507-328-6355



**Olmsted County Veteran's Services**

# 16th Annual Christmas for Veterans

## Handmade Craft & Bake Sale

WHEN: Nov. 7th

TIME: 8:30am - 3:30pm

WHERE: Owatonna VFW, 135 Oakdale Street, Owatonna, MN 55060

All money raised from booth rentals & donations, goes to buy gifts for all of the Veterans and Gold Star Moms living in the local nursing homes in Owatonna.

Adopt a Veteran project will be held again this year.

Donations can be dropped off on the 6<sup>th</sup> from 1pm - 7pm or on the 7<sup>th</sup> during the sale.

Everything that's raised from this event - goes towards the residents wish list for Christmas. NONE of the proceeds are kept to cover any cost of doing the project. NEEDS: Lap blankets, wrapping paper/tape, and stamps.

Operation Santa for a WW2 Army Veteran and was known for his Santa wood carvings, by getting young & old to make Holiday cards that can be sent to our troops that are serving overseas.

-Jolene Patterson



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### BAKE SALE &

### BEST BAKED ITEM COOK-OFF

Tuesday Nov. 24<sup>th</sup>

4:00PM -8:00PM

*\*\* (or until it's all gone!!)*

*Rochester American Legion, Post 92*

*315 1<sup>st</sup> Ave NW, Rochester, MN*

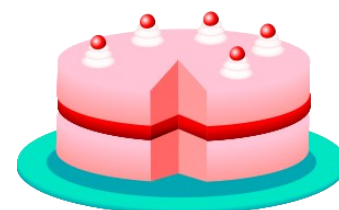
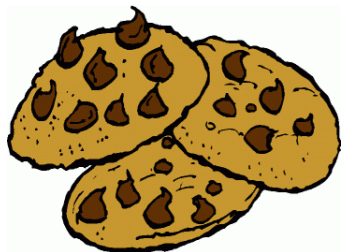
Let us do your Baking for your Thanksgiving Holiday!!

Enter the Best Baked Item Cook OFF

Prizes awarded!!

*ALL Proceeds will Go To*

**Beyond The Yellow Ribbon Southeast Minnesota**





## Rochester VA Clinic

### About the Clinic:

To provide the Southeast Minnesota Veterans readily accessible healthcare by providing primary care, mental health care, and specialty care close to their home. We will offer these services with courtesy, compassion, friendliness and concern for you and your family by following Veteran Affairs Customer Service Standards.

### Scope of Services:

- **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**
  - **OEF/OIF Services** provides access to care for returning Veterans including physical, mental health, and other community support
  - **EKGs**
- Pharmacy Management**

### Hours:

Monday - Friday  
7:30 a.m. to 4:30 p.m.

### Eligibility:

You must be enrolled in the Minneapolis VA Health Care System to receive treatment at this clinic. Enrollment in VA health care is determined annually. Most honorably discharged veterans are eligible for treatment. There may be a co-payment required based on income. **TO APPLY: Go to Olmsted County Veterans Service Office, 2100 Campus Drive SE, Rochester, MN 55904, M-F 8am-5pm**

### How to Access Care at the Rochester Community Clinic:

Once you are enrolled and have been accepted, an initial appointment can be made by calling **507-252-0885**.



## A new option to heal trauma

Many of our veterans and active service members are hurting. Depression, anxiety, insomnia, nightmares, mood swings, emotional isolation, and Post Traumatic Stress Disorder can all prevent our returning service members from successfully reintegrating into civilian life. We can help. Ars Bellum Foundation provides art therapy programs for veterans and their families. Our programs give them active, non-verbal outlets to work through traumatic memories, aid the healing process, and help their families better understand the challenges faced by returning service members.

**Join our FREE fall programs in October at these VFW locations:**

### **BLOOMINGTON**

VFW Post 1296

311 West 84th Street

November 5 – December 17

Thursdays, 6-8 pm

### **ST. CLOUD**

VFW Post 4847

104 Franklin Avenue NE

November 3 – December 29

Tuesdays, 6-8 pm

Call Bridget Cronin at 651-231-3364 for information and registration.

[www.arsbellumfoundation.org](http://www.arsbellumfoundation.org)



## **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, November 19, 2015**

**Thursday, December 17, 2015**

**(Potluck, bring a dish to pass if you would like. NOT necessary to attend)**

**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](mailto:shumaker.jennifer@co.olmsted.mn.us)



## Events and Activities this fall/winter

### Camp Companion Adoption event Petsmart South

Saturday Oct 31 and Sunday November 1<sup>st</sup> 10am-4pm, Saturday Nov 14 and Sunday Nov 15, Saturday Nov 28 and Sunday Nov 29, Saturday Dec 12 and Sunday Dec 13, Saturday Dec 26 and Sunday Dec 27

29<sup>th</sup> Annual Native American Arts and Crafts

Saturday, October 31, 1000am-7pm, 4 H Building, Rochester Fairgrounds

### Music and open mic

**Location:** Creative Salon, 324 1st Ave SW, Rochester, MN 55902

**Times:** Band performance 7pm-8:30pm; Open mic 8:30pm-10pm

**Admission:** Free

A weekly event on Thursdays that gives opportunities for artists and creatives to gather and network, work, socialize, and perform. 7:00 - 8:30 p.m. we will have a local folk/instrumental/acoustic band or performer play.

8:30 - 10:00 p.m. we open up the microphone to the audience for spoken word performance, music, dancers, poets, actors, visual artist or whatever people want to do. You must sign up by 8:15 p.m.

### Rochester Art Center FREE Art Every Thursday!

40 Civic Center Drive SE, Rochester, MN 55904

10am-9pm

Admission: FREE

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## 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 Monday of each month

Upcoming meetings Monday, November 2,

Monday, December 7

### 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

### Byron American Legion

505 Frontage Road W

Byron, MN 55920

3rd Monday of month, 7pm



Olmsted County Veteran's Services

# SOLDIERS FIELD VETERANS MEMORIAL



**Rochester Minnesota**

*Let us not forget these veterans for they have shown the world that freedom is never free*

**Open every day to visitors until 10:00 PM**

**NO CHARGE**

Additional pavers are available as the Walk of Remembrance is nearing completion.

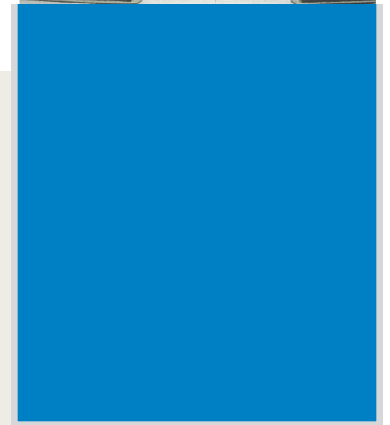


(examples of current pavers on the Walk of Remembrance at the Memorial)

You may order online, by following steps 1, 2, and 3 or if you have questions about ordering call Wayne Stillman at (507) 289-8981

1. <http://www.soldiersfieldmemorial.org/vm-contactus-pavers-1.htm>
2. <http://www.soldiersfieldmemorial.org/vm-contactus-pavers-2.php>
3. <http://www.soldiersfieldmemorial.org/vm-contactus-pavers-3.htm>

**“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

