

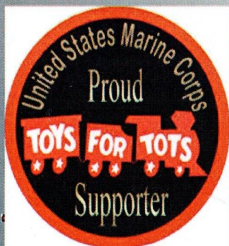
*Olmsted County
Veteran Services
Veterans Advocate Newsletter
November 2019*



Shar's Country Palace
November 3, 2019

TOYS FOR TOTS EVENT

**BRING A TOY OR A GIFT OF \$15.00 AND
RECEIVE A FREE RAIL DRINK OR DOMESTIC
BEER. PRE-GAME BONFIRE PARTY AT 9 A.M.
FOOD FOR THE GAME WILL BE PROVIDED.
BUT DONATIONS ARE APPRECIATED!**



Veterans Day

Monday, November 11, 2019

The Soldiers Field Veterans Memorial annual Veterans Day program will be held at the Rochester International Event Center, 7333 Airport View Dr SW, Rochester, MN 55902

free breakfast sponsored by the Event Center from 8:30 to 10:00 with the program from 10:30 to 11:30.

The Midwest Winds woodwind quintet of the Air Force Band of Mid-America, will perform at the program, providing a highly professional product to communicate esprit de corps for our Airmen and country. Located at Scott Air Force Base, Illinois, this ensemble honors veterans and active duty military members across a ten state region in the Midwestern United States. With these performances, people have a unique opportunity to see a professional music group up close, learning about music and careers in the United States Air Force.

The featured speaker will be Robert Gross, Cemetery Administrator of Minnesota Department of Veterans Affairs. Also included will be Honor Guard marching with the Colors, The Bells for Eternity ringing the bell for 11-11-11, the 11th hour of the 11th day of the 11th month the ending of World War One. And Tracey Pagel, local deputy sheriff, singing patriotic songs and presentation of “The Missing Man Ceremony” by the POW/MIA Riders.



OUTREACH AT THE EYOTA AMERICAN LEGION POST 551



Do you have a veteran benefits question? Eyota American Legion Post 551 has an Olmsted County Representative on the 4th Wednesday of each month from 4pm-??

If you are unable to make it, you can always call the Olmsted County Veteran Service Office at: (507) 328-6355

Virtual Yoga NIDRA

Every Thursday evening, Veterans all over the United States meet up to practice yoga. This yoga class requires no travel, no membership or studio, and no special clothing or mat. Veterans perform the weekly yoga nidra session in their own space, on their own bed, couch or favorite chair. These Thursday evening classmates meet over the phone to participate in an hour of yoga nidra that follows the iRest methodology.

Yoga nidra, also called yoga sleep, is an altered state of consciousness in which participants meditate and go into a state on the cusp of the sleep state. Participants must completely relax and rest while the brain remains active and able to hear everything the instructor says, though the person may not be fully aware.

Integrative Restoration (iRest), is a version of yoga nidra developed by Dr. Richard Miller with Walter Reed Army Medical Center and the Department of Defense. It was first used by soldiers returning from Iraq and Afghanistan suffering from PTSD. This meditation method is very helpful for issues like PTSD and anxiety, sleep problems and chronic pain. Data collected from iRest participants indicates the practice improves sleep quality, reduces anxiety, and enhances resiliency in stressful situations.

No referral, experience, or prescription needed

Veterans can try yoga nidra any Thursday evening of their choice, without referral, prior experience or prescription. They only need a phone, an open mind and a quiet, safe space to meditate.

“This meditation is all about increasing and enhancing your own sense of awareness, your sense of being a whole person that is perfect just as you are,” said Louise Mahoney while teaching a weekly class. “We all have everything we need inside of us. We just are not always aware of it, so this meditation helps us to become aware and to allow that awareness to creep into our daily life more often that it did before. So whether you’re at work, taking care of your kids, with your significant other, by yourself, you will find a way to remain at ease and to navigate stressful situations.”

All Veterans are welcome to attend the weekly live sessions over the phone. Just call 800-767-1750 and type in access code 24953#. Learn more about yoga nidra at www.warrelatedillness.va.gov/WARRELATEDILLNESS/clinical/integrative-health/ca/yoga-nidra-meditation-veteran.pdf.

GET YOUR LIFE BACK!

Find out if the program is right for you!

LEARN HOW TO:

- Identify depression and anxiety and their causes
- Improve your emotional intelligence
- Enhance your energy levels and mood
- Overcome depression and/or anxiety through positive lifestyle choices
- Eat for optimal brain function
- Manage stress without distress
- Live above loss
- Improve brain function
- Defeat depression and anxiety through right thinking
- Achieve peak mental performance

ATTEND A FREE INFORMATION SESSION!

When: Mondays at 7pm - Nov 11th, or Dec 16th.

Where: Rochester SDA Church. 1100 37th St NW.

Questions: Contact Art Meyer: 507-990-6732

Hope to see you there!

NEDLEY
DEPRESSION & ANXIETY
RECOVERY PROGRAM

www.nedleydepressionrecovery.com

All Veteran Service Officers will
be out of the office Wednesday,
November 13-Sunday,
November 17, hosting our
annual Disabled Veteran Deer
Hunt



Women Veteran's Small Business Conference 2.0

Old Ways Won't Open New Doors

Women Veterans and spouses of Veterans are invited to a FREE women's business mini-conference designed to help you continue your journey to small business success.

Hosted by SCORE Minnesota, experienced small business professionals will be on hand on November 2, 2019 at the VA Medical Center in Minneapolis, Minnesota to answer questions and help you take the next steps.



Take advantage of this safe space. Experienced, successful women leaders will guide you through sessions on:

Innovative Mindset

Build your career readiness and leadership abilities

Business Planning

Hands-on help to get your plan on paper

Pitch the Plan

Talk up your small business with potential customers and funders

Bankers as Buyers

Roundtable panel will share tips on your journey to Yes!

Participants will also have a chance to:

- ◆ Network: Meet small business experts dedicated to helping you succeed, as well as others getting started.
- ◆ Get Resources: Visit with NGOs and the U.S. Small Business Administration after training concludes.

When:

Saturday, November 2, 2019
8:00 a.m. to 3:00 p.m.

Location:

Minneapolis VA Medical Center
1 Veterans Dr
Minneapolis, MN 55417

Enter through the Main Entrance and proceed into the Flag Atrium for check-in.

What's Included:

Coffee and light breakfast and lunch foods and beverages.
MetroState's Entrepreneurial Mindset Guidebook.

Register Now:

<http://bit.ly/womenveteransconf2>



U.S. Small Business Administration

SCORE's Women Veteran's Mini-Conference Agenda

8:00 - 8:45 a.m.

- ◆ **Check in and Meet the Experts;** morning refreshments - Come early!
Don't miss your chance to network with the speakers and participants.

9:00 - 9:45 a.m.

- ◆ **The Innovative Mindset & Societal Leadership—Entrepreneurship In Action**
Keynote: Dr. Denise Williams, professor at Metropolitan State University, will kick off our day with an in-depth talk on career readiness, positive psychology, diversity awareness and career well-being.

10:00 - 11:30 a.m.

- ◆ **Business Viability - The one-page Lean Business Model**
 - ◆ Hands-on small group workshop will help you get your plan on paper.

11:30 a.m.

- ◆ Buffet Lunch Served

11:45 a.m. - 12:45 p.m.

- ◆ **Been There, Done That - Business owners sharing tips and tricks** for how they create customers for their products and services.

1:00 - 2:00 p.m.

- ◆ **Pitch the Plan - Work in small groups** on a "tell me more" pitch to intrigue potential customers and funders.

2:00 - 3:00 p.m.

- ◆ **Bankers as Buyers - Roundtable discussion** with bankers and SBA microlenders on your "Journey to Yes" for funding.

3:00 p.m.

- ◆ Conference ends.

Special thanks to these supporting organizations:





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, November 21, 2019
Every 3rd Thursday of the month at **2:00pm**
At the Rochester VA Clinic
3551 Commercial Drive SW
Rochester MN 55902



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, November 21, 2019

Thursday, December 19th, 2019

(Annual Pot Luck, Do not need to bring a dish to attend! :)

630pm-800pm

VFW

2775 43rd Street NW

Rochester, MN 55901

Jennifer Shumaker

(507) 328-6324

shumaker.jennifer@co.olmsted.mn.us

Veterans Health Identification Card



The VHIC is issued only to Veterans who are enrolled in the VA health care system.

Purpose of the VHIC: The VHIC is for identification and check-in at VA appointments. It cannot be used as a credit card or an insurance card, and it does not authorize or pay for care at non-VA facilities.

Veterans ID Cards Available Through Community Based Clinics

Rochester VA Clinic– 3551 Commercial Drive SW, Rochester, MN 55902

Veterans must schedule an appointment through the VA Call Center at 612-467-1100. Clinics start at 8:30am and the last appointment is at 3:15pm. **DATES, Wednesday’s: January 30, March 27, May 29, July 31, September 25, November 27**

Veterans need to bring two forms of identification:

Primary Identification	Secondary Identification
Must present ONE form of Primary Identification	And ONE form of Secondary Identification
State-Issued Driver's License	Social Security Card
United States (U.S.) Passport (unexpired)	Original or certified Birth Certificate
Foreign passport with Form I-94 or Form I-94A (unexpired)	Certificate issued by US Consular Offices documenting the birth of a child on foreign soil to a US citizen. (Form FS-545, Form DS-1350, DS Form)
U.S. Military card	Certification of Report of Birth issued by the Department of State (Form DS-1350)
Military ID Card	Voter's Registration Card
Military dependent's ID card	Native American Tribal Document
Foreign Passport with temporary I-551 stamp	U.S. Citizen ID Card (Form I-197)
Permanent Resident Card or Alien Registration Receipt Card (Form I- 551)	Identification Card for Use of Resident Citizen in the United States (Form I-179)
Federal , State or local issued photo ID	Employment Authorization document issued by the Department of Homeland Security
Employment Authorization Document that contains a photograph (Form I- 766)	Canadian Driver's License
Passport from the Federated States of Micronesia (FSM) or the Republic of the Marshall Islands (RMI) with Form I-94 or Form I-94A	
School ID with photograph	
VA Identification Card (VIC) or VHIC*	

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.”