

*Olmsted County  
Veteran Services  
Veterans Advocate Newsletter  
November 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. There have been some issues with NO SHOWS, or LATE to APPOINTMENTS. It is important that you write down the scheduled time of your appointment, and if you have issues with getting there, or getting there on time, call our office immediately AT (507) 328-6355. Service Officers are only in the office 1 day a week, sometimes 2 if time, and social distancing allows. With that said, if you are late, you are cutting into another veteran appointment time, if you no show, you are taking time away from another veteran. Please be respectful of all considered. 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](mailto:applen.karen@co.olmsted.mn.us)

Supervisor and Service Officer: Nathan Pike, [pike.nathan@co.olmsted.mn.us](mailto:pike.nathan@co.olmsted.mn.us)

Service Officer: Jennifer Shumaker, [shumaker.jennifer@co.olmsted.mn.us](mailto:shumaker.jennifer@co.olmsted.mn.us)

Service Officer: Ashley Laganier, [laganier.ashley@co.olmsted.mn.us](mailto:laganier.ashley@co.olmsted.mn.us)



## VA Urgent Care—Information

**MedExpress on 55th Street NW closed permanently and will no longer be the urgent care provider for VA.**

### **URGENT/WALK-IN CARE**

VA will offer an urgent/walk-in care benefit for minor injuries and illnesses, such as pink eye or ear infections. To be covered by this benefit, you must be enrolled in the VA health care system and have received care from VA within the 24 months prior to seeking this care to be eligible for this benefit.

Eligible Veterans can seek this care from an urgent care facility or walk-in retail health clinic that is part of VA's community provider network.

### **New Urgent care providers in VA Network**

**OLMSTED MEDICAL CENTER**

**90 14TH ST SW STE 200**

**ROCHESTER, MN 55902-3822**

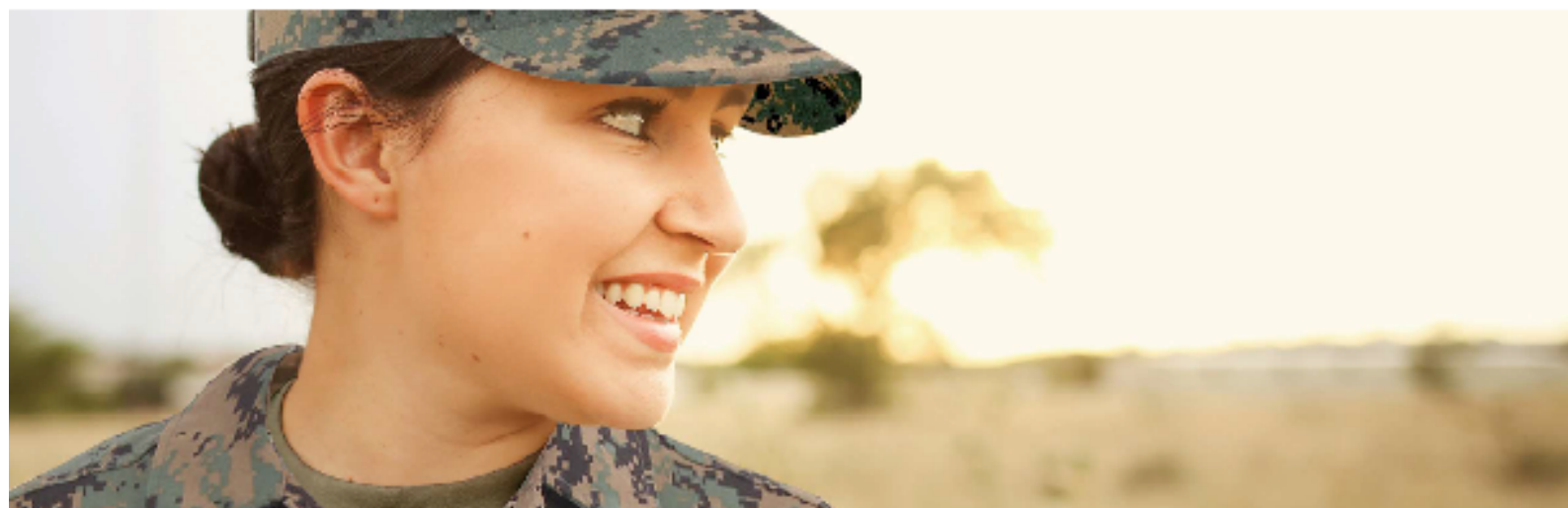
**Call to confirm services and hours**

**Main number: 507-280-1824**

Mayo Clinic Community Care North (Express Care)	4221 W Circle DR NW Rochester, MN 55901 (507) 284-2511
Mayo Clinic Community Care South (Express Care)	500 Crossroads DR SW Rochester, MN 55902 (507) 284-2511



# Join us for a virtual Veterans Career Event.



## CIVILIAN CAREER OPPORTUNITIES AT MAYO CLINIC

Have you considered working for an organization where your military service and leadership skills are valued? Mayo Clinic wants to join you on your journey to a fulfilling civilian career. Join us for a Veterans Career event where you can learn about Mayo Clinic's military legacy, organizational culture, and employment opportunities.

We encourage you or a veteran close to you to register for this casual virtual Veterans Career Event.

Learn more by emailing Maria Baer  
[baer.maria@mayo.edu](mailto:baer.maria@mayo.edu)

## EVENT DETAILS

### Who:

Veterans and military spouses interested in fulfilling career opportunities

### When:

Wednesday, November 11  
6:30 to 7:30 PM

### Where:

Zoom virtual online event

### How to Register:

To confirm your spot, please send an email to [baer.maria@mayo.edu](mailto:baer.maria@mayo.edu)

Once registered, you will receive an event link to be used at the time of the virtual Career Event. No additional download or software required.

# VETERANS DAY

NOVEMBER 11, 2020

HONORING ALL  
WHO SERVED

## State of Minnesota Veterans Day Program

Held virtually via a pre-recorded program

Available starting Wednesday, November 11 at 8 a.m.

Visit [MinnesotaVeteran.org/VeteransDay2020](https://MinnesotaVeteran.org/VeteransDay2020)  
for a link to the program

*Sponsored by the Minnesota Department of Veterans Affairs*  
For more information, visit [MinnesotaVeteran.org/Events](https://MinnesotaVeteran.org/Events)



# Center for Grief Education and Support



## ONGOING PROGRAMS

*Please note that our groups have two different formats (Virtual = V or In-Person= IP).*

### NEWLY BEREAVED GROUP

A group for anyone who has experienced the death of a loved one within the last year.

### PREGNANCY & INFANT LOSS

A group for those who have lost a baby through miscarriage, stillbirth, at the time of birth or within the first month after birth.

### DROP-IN TEEN DAYS

A group for teens grades 7-12 in a safe, creative space where they can share their story of loss.

### SURVIVORS OF SUICIDE GROUP

A group for those who have lost someone close to them through suicide.

### COMMUNITY COVID GRIEF SUPPORT GROUP

A virtual group for those who are grieving due to numerous losses experienced during the pandemic including, but not limited to, loss of job, housing, finances and social connection.

### STEPPING STONES

A group for ages 65 and younger who have lost a spouse or significant other.

### VETERANS LOSS & TRANSITION DISCUSSION GROUP

A discussion group led by veterans and CGES staff focusing on the challenges and transitions experiences by veterans.

### PET LOSS GROUP

A group for those who have lost a pet through death.

### YOUNG ADULT LOSS

A group for young adults who have experienced a recent death.

## SPECIAL PROGRAMS

### ADULT GRIEF GROUP/YOUNG LOSS GRIEF GROUP

These ten-week groups provide a safe, confidential place to learn about the process of grieving and teaches practical coping strategies to manage the experience of accepting the reality of the loss. Offered in Spring, Fall and Winter.

### MOVING AHEAD: REBUILDING YOUR LIFE

When we lose a loved one, we find ways to accept the reality and gradually discover the extent of our losses. As our journeys continue, we begin to look at what we can rebuild for ourselves; what life holds for us. Registration is required.

### MANAGING HOLIDAYS AND SPECIAL DAYS

A virtual workshop providing an opportunity to explore the difficulties associated with mourning during special days and steps to manage those experiences. Three virtual opportunities for follow-up discussion are available. The workshop will be pre-recorded and available through the months of November and December.

### MEMORIES OF THE HEART

A virtual memorial service including candle lighting, music, reflections and a reading of the names being remembered. This event will be pre-recorded and will be available through the month of December. Please submit names to [cges@seasonshospice.org](mailto:cges@seasonshospice.org) no later than November 15th. You may also call the office at 507-285-1930 to submit a name.

### TREE OF MEMORIES

Annual lighting of the Tree of Memories. Located on the Seasons Hospice administrative office grounds. Lit on the first Tuesday in December, the tree will remain illuminated throughout the holiday season. Open to the public.

All grief group participants must be registered 24 hours in advance. To register or for more information please email [CGES@seasonshospice.org](mailto:CGES@seasonshospice.org). Virtual (V) groups will be using Zoom and participants will receive a link or phone number after registering. In-person (IP) group participants must register, wear a mask, have temperature taken upon arrival and complete a questionnaire prior to each group. Individual counseling is available via phone or in-person by appointment.

We offer individual counseling by appointment. All sessions and groups are held at the Center for Grief Education and Support.



Center for Grief Education and Support



# November 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	2 Veteran Loss & Transition Discussion Group 6:00-7:30 p.m. (IP)	3	4	5 Newly Bereaved Group 6:30-8:30 p.m. (V) Newly Bereaved Group 6:30-8:30 p.m. (IP)	6	7
8	9	10	11 Pet Loss Group 5:00-6:00 p.m. (V)	12 Pregnancy & Infant Loss 6:30-8:00 p.m. (IP)	13	14
15	16 Community COVID Grief Support Group 5:30-7:00 p.m. (V) Veteran Loss & Transition Discussion Group 6:00-7:30 p.m. (IP)	17	18 Teen Drop-in 4:30-5:30 p.m. (IP) Survivors of Suicide 6:00-7:30 p.m. (IP)	19 Newly Bereaved Group 12:00-2:00 p.m. (IP)	20	21
22	23 Stepping Stones 6:30-8:00 p.m. (V)	24 Managing the Holidays Follow-up Discussion Group 3:00-4:30 p.m. (V)	25	26 Thanksgiving – Office Closed	27	28
29	30					

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

Email: [cges@seasonshospice.org](mailto:cges@seasonshospice.org) Web: [www.seasonshospice.org/grief-support](http://www.seasonshospice.org/grief-support) Facebook: [www.facebook.com/SeasonsCGES](https://www.facebook.com/SeasonsCGES)

# Recovery Community Network Recovery Community Network

Recovery Services  
– 5 days a week.  
Serving the  
Central MN area.

All Are Welcome!

Located within the Midtown Mall Plaza  
Office Suites.



Open

M-F

9 am -12 pm

Midtown Mall Plaza  
3400 1<sup>st</sup> St. N.  
Suite 404  
St. Cloud

320-428-1887

## Meetings

Tue 6 pm – Wellbriety

Wed 6:30 pm – Men's A.A.

Wed 7 pm – N.A.

Thu 7 pm – Sober Squad

Sat 7 pm – Midtown A.A.

# RECOVERY COMMUNITY NETWORK



RECOVERY COMMUNITY NETWORK IS PROUD TO  
HOST OUR NEXT  
A PEER RECOVERY SUPPORT SPECIALIST TRAINING

## ARE YOU READY TO BE A PEER RECOVERY SUPPORT SPECIALIST?

If so, apply here: <https://www.tfaforms.com/4854390>

**Virtual session presented by Minnesota Recovery  
Connection and Recovery Community Network**

### **Training Dates:**

November 4-7 & 9-14, 2020

### **Times:**

Weekdays 2-6PM / Weekends 9-1pm

**SCHOLARSHIPS AVAILABLE!**



MINNESOTA  
**RECOVERY**  
CONNECTION

connect. recover. advocate. serve.

### **MRC's RECOVERY COACH ACADEMY APPLICATION**

This application is for the virtual session presented by MRC and the **Recovery Community Network (St. Cloud)**.

The training will take place on **November 4 - 7 and 9 - 14** from **2 p.m. to 6 p.m.** each date. Participation in each session is required. All training will take place via Zoom.

Please note that the fee for this 46-hour training is \$230. The Recovery Community Network (RCN) will contact you directly regarding payment and/or scholarship opportunities after you complete the application. Please contact RCN directly at [recoverycommunitynetwork@gmail.com](mailto:recoverycommunitynetwork@gmail.com) if you have questions in advance your application.

# Recovery Coach Academy

The Recovery Coach Academy is a 46-hour program that introduces participants to the key concepts, fundamental skills and core functions of being effective in their role as a Recovery Coach or Peer Recovery Specialist.

## Training Components

- Motivational Interviewing
- Cultural Competency
- Ethics & Boundaries
- Co-Occurring Disorders

To learn more about this training, please visit <https://recoverycommunitynetwork.com/>.  
For inquiries, call 320.428.1887 or 320.342.2236.

## What is a Peer Recovery Specialist?

**A Peer Recovery Specialist is a Recovery Coach who receives compensation and supervision through a state-approved employer for their peer recovery coaching services. In addition to completing the necessary training to be a Recovery Coach, Peer Recovery Specialists apply for a Certified Peer Recovery Specialist (CPRS) Credential, pass an exam issued by the International Certification and Reciprocity Consortium, and pay a fee.**





## 14th Annual Veterans VIRTUAL Career Fair

**November 19, 2020**

**2:00 - 6:00 PM**

**CareerForce Veterans Employment Services and the Minnesota Department of Veterans Affairs invites all veterans, active military members, and their spouses to a Virtual Career Fair on November 19.**

Work for an employer that recognizes and appreciates your experience and the value you bring to their team! Employers participating in the Veterans Virtual Career Fair are encouraged to offer veterans full-time jobs with benefits and family-sustaining wages.

You must [REGISTER to attend](#) the upcoming Veterans Virtual Career Fair. The event will be hosted on the CVENT Virtual Attendee Hub and will allow you to meet with employers privately face to face and to upload your resume to share directly with them. Over 300 employers are expected to participate.

For questions about the Veterans Virtual Career Fair or accommodations needed to attend this virtual event, please contact Christine Pribbernow by [email](#) or by calling or texting 612-499-3588 by Thursday, November 12, 2020.

## 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.*



# WOMEN VETERAN SUPPORT GROUP FALL KICK OFF!

**TUESDAY NIGHTS**

**September 15<sup>th</sup> – November 24<sup>th</sup>**

**5:30 – 7PM**

Female veterans are unique and exclusive. This women's group will offer an 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](mailto:Ashley.hall@lssmn.org)

Call or Text!



### **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, November 19, and December 17**

**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](mailto: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) 289-6818  
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

