

*Olmsted County
Veteran Services
Veterans Advocate Newsletter
November 2021*

Veteran Services is now open for scheduled appointments ONLY.

Effective 1 OCT 2021, the Olmsted County Veteran Service office will meet with veterans by appointment ONLY (emergent situations will be handled expeditiously on a case-by-case basis). We hope this does not create a burden for our veterans, and families; however, with the small service officer team we have, we need the time to provide you the best customer service when you are in our office, without making you wait for an undetermined amount of time to meet with one of us. To make an appointment, please visit www.olmstedcounty.gov/veterans, or call our office at 507.328.6355.

When you make an appointment, please write it down, or make yourself a reminder, as we have had many no shows and cancellations. This is time that another veteran could have used.

In addition, we do not have the capacity at this time to serve new veterans to our office from outside Olmsted County. Every county in Minnesota provides a veteran service officer to assist you. Did you know that by statute **every county** in the State of Minnesota shall hire a County Veterans Service Officer? The County Veteran Service Officers of Minnesota are here to ensure that all Veterans, their families and survivors receive all of the benefits and services they so well deserve for the hardships they have endured. You can find your county veteran service officer by visiting www.macvso.org.

Thank you for your service.
[Olmsted County Veterans Appointment Calendar](#)

Veterans | Olmsted County, MN

Address:
Olmsted County Veteran Services Office
2100 Campus Drive SE, Suite 200
Rochester, MN 55904

Did You Know...

You can access these online through [VA.gov](http://www.va.gov): (www.va.gov)

- initiate a claim for beneficiary Travel
- request a Summary of Benefits Letter
- update direct deposit information
- request your DD214 or other military records
- how to get a premium DS logon account online

VA C & P or Compensation and Pension examinations

C&P exam is one of the most critical components of your VA disability claims review process, yet a lot of veterans underestimate the importance of the C&P exam.

A C&P exam will determine the nature of your disability and your eligibility for benefits and pensions. A favorable C&P exam is the most crucial step towards achieving the VA disability rating you deserve.

A C&P exam is a medical examination scheduled by the VA as part of the disability rating process. The primary purpose of the C&P exam is to determine whether a veteran's disability is service-related, and if so, how severe it is. While not all disability claims require a C&P exam, many of them do. Although first-time claimants are not automatically subject to a C&P exam, the VA may request one if the veteran's initial application does not provide adequate medical information that can be used towards a favorable rating.

Likewise, the VA may request a C&P exam when there is a change in your health status, when you request an increase in rating/benefits, or if an examination is necessary to maintain your benefits.

How to Prepare for your C & P Exam:

Read through your military, VA, and private medical records

Do not have your best day on the day of your C&P exam

Be uncomfortably vulnerable with your C&P examiner and tell them all do not hold anything back

Explain how your disabilities are limiting your work, life, and social functioning

Know your true story cold as well as any in-service stressor events

Give the C&P examiner a detailed picture of your life before, during, and after service

**All Olmsted County Offices
will be closed
Thursday, November 11,
for Veterans Day**

**All Olmsted County Veteran Service Officers
will be out Friday, Nov 12th for the annual
DAV Disabled Veteran Deer Hunt**





Veterans Day 2021

Thursday, November 11

There will be a program on Veterans Day, Nov. 11 2021 at the Rochester International Event Center, 7333 Airport View Drive SW, Rochester, MN 55902.

The public is encouraged to attend. There will be a free breakfast served, courtesy of Powers Ventures, from 8:30 to 10:00 followed by a program from 10:30 to 11:30

This year's program will also include our Veterans of the second line of defense, our Law Enforcement members. As our Fire Chief, Eric said, "In the end, what good is a military to protect us from a foreign enemy if we fall from within?"

Featured speakers will be Sheriff Kevin Torgerson and Erin Stoeckig, local student and winner of the 2020 National award for the VFW Voice of Democracy.

George Mallet, popular local news anchor for KIMT TV, will emcee the program that will also feature well known singer, Brad Boice, performing several songs.

For every ones safety please wear a mask when not seated, vaccinated or not. Masks will be provided if needed.



MILITARY

APPRECIATION

NOV 11, 9AM-7PM

FREE ADMISSION

for past & present
military members
& their families



Children's Museum
of Southern Minnesota

224 Lamm St, Mankato, MN 56001

visit www.cmsouthernmn.org for current Museum hours

Sponsored by:

Morson-Ario-Strand VFW Post 950

American Legion Post #11

Additional funding support provided by Martin County VFW Post 1222 and Sweet-Sommers VFW Post 1642

alzheimer's  association®

Dementia Caregiver Support Group

Presented by the Alzheimer's Association
Minnesota-North Dakota Chapter




Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Monthly Meeting - Rochester, MN
3rd Thursday of each month from 11:00am - 12:30pm CST

Please contact the Support Group Facilitators, Justine Boulton
(507.536.3223), or Jayme Womeldorf (507.888.9700) to learn more.

Visit alz.org/mnnd to learn more about caregiver programs and resources.
To further extend your network of support, visit ALZConnected®, our
online community at alzconnected.org 

Minnesota-North Dakota Chapter
7900 West 78th Street, Suite 100
Minneapolis, MN 55439

alz.org/mnnd
24/7 Helpline 1.800.272.3900



Open enrollment for Tricare Federal Dental is Nov 11-Dec 9 Tricare for life veterans. If you are not currently on Tricare, this does not affect you.

Delta Dental program enhancements made for 2022!

New! No orthodontic waiting period in either the Delta Dental Standard Plan or the High Plan!

New! Unlimited annual in-network maximum in the High Plan!

New! Our Standard Plan out of network annual maximum increased by 66% and is now \$1,000!

Expanded access to exclusive member discounts for your health and wellness

Members have access to dentists nationwide through more than 372,000 in-network access points

To ensure that the employees, military retirees and annuitants can easily learn about these and more, Delta Dental will be doing the following this Open Season.

Hosting webinars every Tuesday starting on **10/19**

(**Register at <https://feds.deltadentalins.com/fedvip/webinars/>**)

Participating in all of the Virtual Benefits Fairs being held on BENEFEDS.com (**Register at <https://www.benefeds.com/education-support>**)

Participating in Virtual Fairs that are being set up and hosted by the various agencies – ***if your Agency is having a Virtual Open Season event, please send me the details right away and I'll build it into my calendar***



PTSD Support Group

Want to: know that others are going through something similar to you? Learn tips on how to handle day-to-day challenges? Meet new friends or connect with others who understand you? Learn how to talk about things that bother you or how to ask for help? Learn to trust other people? Hear about helpful new perspectives from others? Then this is the group for you!

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.

Where: VFW Post 1215, 2775 43rd St NW (back room)

When: Nov 18 & Dec 16

What time: 6:30PM-8:00PM

Questions call or email: Jennifer Shumaker, 507-328-6355 or

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
4th 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
DAV Auxiliary
Every third Monday of each month scheduled at Charlie's
Eatery & Pub at 5:30pm
Contact Margo for more information: MNDA-VAux28@gmail.com

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

SPAM All Women American Legion Post 570

First Monday of each month 530pm
American Legion Post 91
809 12th St SW
Austin, MN

“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

