



Veteran Services
2100 Campus Drive SE,
Suite 200
Rochester, MN 55904
(507) 328-6355

Holiday Events in the Area

2015 Mayowood Tours



Tuesdays: Tours will begin at The History Center at 10:00AM, 11:30AM, 1:00 and 2:30. November 10th, 17th and 24th, December 1st and 8th.

Wednesdays: Tours will begin at The History Center at 10:00AM, 11:30AM, 1:00PM, and 2:30PM. November 11th, 18th, and 25th, December 2nd and 9th.

Thursdays: Tours will begin at The History Center at 10:00AM, 11:30AM, 1:00PM, and 2:30PM. November 12th and 19th, (No Tours on Thanksgiving) December 3rd and 10th.

Fridays: Tours will begin at The History Center at 10:00AM, 11:30AM, 1:00PM, 2:30PM, and 4:00PM. There will also be tours beginning at Mayowood Mansion, at 5:30PM and 7:00PM. November 13th, 20th, and 27th, December 4th and 11th.

Saturdays: Tours will begin at The History Center at 10:00AM, 11:30AM, 1:00PM, 2:30PM, and 4:00PM. There will also be tours beginning at Mayowood Mansion, at 5:30PM and 7:00PM. November 7th, 14th, 21st, and 28th, December 5th and 12th.

Sundays: Tours will begin at The History Center at 10:00AM, 11:30AM, 1:00PM, and 2:30PM. November 8th, 15th, 22nd, and 29th, December 6th and 13th.

**Please call the History Center in advance to reserve your tickets:
507-282-9447,**

Tickets are \$15 for Adults and \$10 for youth 6-14, 5 and under free!

Tours last approximately one hour to one and a half hours.

For tours beginning at the History Center, you will enjoy an introductory film and light refreshments before driving yourself up to Mayowood for the tour. Upon arriving at Mayowood, please park in the south lot behind the Mansion.

Rochester Civic Theatre

It's a Wonderful Life

December 04, 2015 - December 20, 2015 Address: 20 Civic Center Drive SE, Rochester, MN 55904 Times: Thursdays, Fridays, and Saturdays at 7:00 pm; Sundays at 2:00 pm Admission: \$29 Adults, \$24 Seniors, \$19 Students Contact: info@rochestercivictheatre.org Phone: 507-282-8481



Fostering Resilience in our Military / Veteran Families

"Just as service members can build resilience, families can also take steps to boost their resilience or 'family fitness.' Family fitness is every military family's ability to use physical, psychological, social, and spiritual resources to prepare for, adapt to, and grow from military lifestyle demands."
 - The Real Warriors Campaign realwarriors.net

Together, Beyond the Yellow Ribbon SEMN and Family Service Rochester's goal is to help military families meet the challenges of deployment and reintegration.

Donations from Mayo-Hiawatha Chapter 28 of the Disabled American Veterans, Rochester Tee it Up for the Troops, and other local supporters have made these services possible.



For More Information

Contact Family Service Rochester
 Phone: 507-287-2010
 Email: office@familyservicerochester.org

- Be sure to ask for the Veteran Family Services Program Coordinator

FamilyServiceRochester.org
BeyondTheYellowRibbonSEMN.com

When Soldiers go to war, their families go with them.



- ▼ Are you a FAMILY MEMBER* of a currently serving, Active Duty, National Guard or Reserve service member?
- ▼ Are you a FAMILY MEMBER* of a Veteran who has served since 9/11?

* FAMILY MEMBERS include parents, siblings, children, spouses and significant others.

IF SO, is your family experiencing:

Deployment or reintegration problems?

Parenting concerns?

Financial challenges?

Marriage or other family relationship issues?

Anxiety, depression, or stress?

Understanding the need to support military families in our midst, **Beyond the Yellow Ribbon SEMN** and **Family Service Rochester** have partnered to provide mental health services to military families. **Family Service Rochester** will offer case management, counseling, and therapy services to Veteran Families in Southeast Minnesota.

This is a subsidized service for eligible Military and Veteran families.

THEN the Veteran Family Services Program may be able to help!



MSEAF & MN USA Veterans Appreciation Ride
January 9, 2016
Hutchinson, MN
REGISTRATION FORM

Family members are invited to attend with a Veteran.

Please complete a form for each person attending.

Please return Registration Form to the above address by December 16, 2015.

Name: _____

Email address: _____ Phone: _____

Street address: _____

City _____, MN, Zip: _____

Branch of Service: _____ T-Shirt Size: _____

You are welcome to bring your own snowmobile and gear. If you would like to use the equipment provided by our sponsors, available on a first come, first served basis, please indicate below:

Equipment needs:

Helmet Size _____

Suit Size _____

Boots Size _____

Gloves Size _____

Sled _____ (If you would prefer to ride double with a family member, please indicate "2-up" on this line)

Hotel needs (1 night complimentary per veteran)

Friday _____ I would like to room with _____

Saturday _____ I am willing to share a room _____

Ride Attendee – MSEAF and MnUSA representatives, with assistance from the local snowmobile clubs, are pleased you will be able to join us for day of snowmobiling.

Minnesota Statutes require that any Minnesota resident born after 12/31/1976 must possess a snowmobile safety certificate to operate a snowmobile in Minnesota. Individuals 16 years of age or older may obtain this certificate through completion of Independent Study Snowmobile CD. Please contact the MnUSA office if you would like a CD.

Minnesota Snowmobile Education & Advancement Fund

Minnesota United Snowmobilers Association

7040 Lakeland Ave. N. #212

Brooklyn Park, MN 55428

763.577.0185 / 866.811.7669

Fax: 763.577.0186

mnveteransride@gmail.com

www.mnvetsnowmobileride.org



Olmsted County Veteran's Services



PTSD Support Group for Veterans, Friends, and Family

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, December 17, 2015**

(Potluck, Bring a dish to pass if you would like, not necessary to attend!)

**Thursday , January 28, 2016
Thursday, February 25, 2016
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



Pearl Harbor Remembrance Day, Save the Date

Hosted by the Pearl Harbor Survivors Association and the Fort Snelling National Cemetery Memorial Rifle Squad, the Pearl Harbor Remembrance Day program will take place at 10 a.m. on Monday, Dec. 7 at the Cedar Street Armory, 600 Cedar St, Saint Paul, MN 55101

Green Light a Vet

Posted on November 11, 2015 at 2:33 PM

Author: [Blake Rondeau - MDVA](#) Tags: [General](#), [Outreach](#)



This Veterans Day there was a new movement established to recognize Veterans, but just as importantly, recognize those who support our Veterans; it is called, Greenlight A Vet.

What is Greenlight A Vet? America's Veterans are some of our Nation's bravest, hardest-working men and women. However, it's hard to show them the appreciation they deserve when, back home and out of uniform, they're more camouflaged than ever. Greenlight A Vet is a campaign to establish visible national support for our Veterans by changing one light to green.

What is the meaning of green? Green is the color of hope, renewal and well-being. This Veterans Day and beyond consider changing one light to green in a visible location on your porch, in your home, or at your office and keep it glowing every day as a symbol of appreciation and support for our Veterans. Then, share your support by taking a picture of your green light and posting it on Twitter using the hashtag #GreenlightAVet.

[LinkVet](#) and [County Veterans Service Officers](#) (CVSO) statewide are working together to make Minnesota a driving force in supporting Greenlight A Vet.

To find out more information or to support the Greenlight A Vet movement contact your local CVSO or go to <http://www.greenlightavet.com> or follow on Twitter @GreenlightAVet.

**Logo used is property of <http://www.greenlightavet.com>*



Olmsted County Veteran's Services

“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.”



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