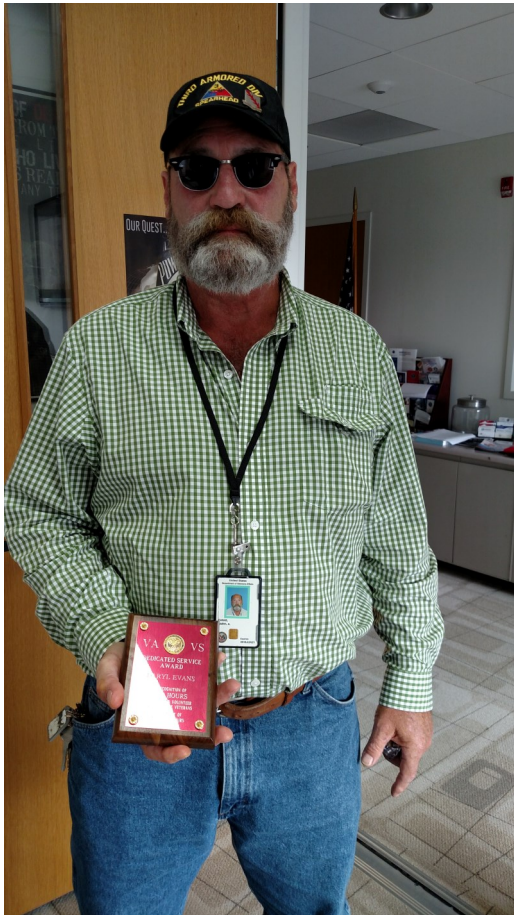


VETERANS ADVOCATE

DECEMBER 2017



We bid a sad farewell to one of our Veterans Services Van Drivers! Daryl is a Vietnam Era Veteran that drove our veterans to the Minneapolis VAMC on a weekly basis. Daryl recently received an award from the VAMC for over 7500 hours of volunteer service to veterans. Olmsted County Veteran Services wishes him well as in his retirement!



**THE 1940's
RADIO HOUR**

December 1 - 17, 2017

HOLIDAY MUSICAL

Sponsored by
Charter House

Journey back to the golden age of live radio
this holiday season!

Don't miss this holiday treat the NY Times
calls 'totally exhilarating hour of singing,
dancing, and funny commercials'

WWII Veterans - claim your free
theatre ticket today!
Special Discount for all Veterans.



Make a night of it ...
Dinner Theatre Special
Dec 7 & 14 only
\$70* all inclusive
(*includes 3 course meal)
Call for details
507-282-8481



See You at The Civic

20 Civic Center Dr SE, Rochester, MN 55904
507.282.8481 • rochestercivictheatre.org
Visit our website for details on all the
fabulous events and activities at The Civic

THE ROCHESTER
**CIVIC
THEATRE
COMPANY**

Free Financial Literacy Workshops

What are My Triggers To Emotional Spending?

What are the Dangers of Credit Cards?

How do I start a Budget?



2017 Updated **December** Schedule!

Additional Workshop Available!!*

December: Wednesday, Dec. 6, 2017 5:00 p.m.- 8:00 p.m.
United Way Building/ Meeting Room A *903 W. Center St Rochester, MN 55902

OR

***December: Thursday, Dec. 14, 2017 5:00 p.m.—8:00 p.m.**
Hawthorne Education Center * 700 4th Ave SE Room 315 Rochester, MN 55904

How Do I Interact with Creditors?

Take the 1st Step to Financial Wellness
By Calling (507) 287-2047 Extension 41

Who Can Help Me with My Taxes?

United Way
of Olmsted County



Walk-Ins Welcome!!



RCTC AFVC (Veterans Club) Event

Veterans **Free** Family Fun

BOWLING NIGHT



WHEN: Dec 14 1800 to 2000 hours .

WHERE: Bowlocity 2810 N Broadway, Rochester

Open to all Rochester area veterans, service members and their families. Come join us for Free bowling/ shoes and Pizza/door prizes/gift for kids. For more information contact: timothy.robinson@rctc.edu

Supported by: D.A.V. Hiawatha CH 28
BYR SE MN , Family Services
RCTC Student Life and AFVC Club.



Happy Holidays!

How do you manage stress around the holidays?

The holidays are a time for fun, family, friends and festivities. But we all know that the shopping, family feuds and hectic schedules can add stress. We asked some VA employees, “How do you manage stress around the holidays?”

“Just get away. Take time for yourself. And I try not to touch a computer when I’m at home.” Carlos Acosta, Senior IT Analyst

“I go out in the mornings and run until my lungs burn.” Jewel Anderson, Supply Tech

“I go to spin class on post. Endorphins make you happy!” Jalisa Jackson, Work Study

“I bake. Cupcakes, cookies, whatever. It’s fun.” Phaydra Crews, Medical Records Supervisor

“I spend time with my family. They alleviate the stress.” Gabriela Guerrero, Social Worker

“Lots of alone time.” Lucy Dominguez, Audiology Health Tech

“I try to exercise more and I make sure I’m sleeping enough.” Guadalupe Estrello, Nurse Educator

Coping with PTSD and Holiday Stress

However you celebrate the holidays, make sure you take time to enjoy them. These are just a few strategies that may be effective. Take time to come up with your own so that you enjoy the holiday season to the fullest.

1. Be prepared. Work with your health care team to identify what your triggers are and prepare coping strategies now. Practice your coping strategies when you are relatively relaxed.
2. Plan ahead. Social situations or large crowds can be stressful for someone with PTSD. Find out ahead of time who will be there and how many people are going. The more information you have the less unpredictable the situation will be.
3. Seek out support. Take a friend whom you trust with you when you are planning to go to a social gathering or shopping. Social support through a friend, support group or therapist can also be useful in coping with symptoms.
4. Focus on spirituality. The holidays are a time when many people place more emphasis on spirituality. Focusing on spirituality may be one way of connecting with the holiday season that is not stressful or uncomfortable for someone with PTSD.
5. Redefine what the holidays mean. The holidays are a time for celebration, and this can happen in a number of different ways. Celebrate your own way. For example, volunteering your time at a homeless shelter or at a Veterans' hospital. Giving back and helping others can be an effective way of recovering from trauma.
6. Communicate. To the extent that you trust family members, discuss with them things that may be triggering or stressful to you about the holidays. Be open and honest about what you need to enjoy the holidays.

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. More about the Veterans Crisis Line.



MALL OF AMERICA.
HOLIDAY FOR HEROES

Mall of America® proudly welcomes current service members, veterans, Gold Star families and friends to a morning filled with memorable moments. Join us **Sunday, December 10, 2017** for rides, character appearances, a meet + greet with our Security K9 team, a resource fair and a special visit from Santa!

TIMELINE

7 - 9 a.m. | Check-in (must show valid military ID to enter), light breakfast

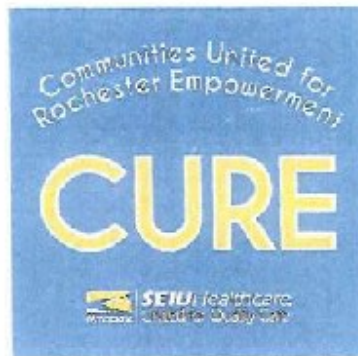
8 - 11 a.m. | Rides open to attendees

RSVP: <http://www.mallofamerica.com/events/feature/holiday-for-heroes>

Rochester Needs



AFFORDABLE HOUSING



CURE Communities United for Rochester Empowerment

Rochester is changing!

What kind of change do you want to see?

- Affordable housing?
- Safe neighborhoods?
- Public Transportation?
- Good schools?
- Living wage jobs?

Politicians and Corporations are making decisions that will affect the future of OUR city.

Join **CURE** – Communities United for Rochester Empowerment – as we bring people together to hold decision makers accountable. Become a member NOW: <https://hcmn.seiu.org/page/contribute/cure-associate-membership>

[VA Announces Rollout and Application Process for New Veterans ID Card](#)

11/29/2017 04:00 PM EST

VA Announces Rollout and Application Process for New Veterans ID Card

WASHINGTON — Today the U.S. Department of Veterans Affairs (VA) announced that the application process for the national Veterans Identification Card (VIC) is now available for Veterans — yet another action honoring their service.

This has been mandated through legislation since 2015 to honor Veterans, and today’s rollout of the ID card fulfills that overdue promise.

Only those Veterans with honorable service will be able to apply for the ID card, which will provide proof of military service, and may be accepted by retailers in lieu of the standard DD-214 form to obtain promotional discounts and other services where offered to Veterans.

“The new Veterans Identification Card provides a safer and more convenient and efficient way for most Veterans to show proof of service,” said VA Secretary Dr. David J. Shulkin. “With the card, Veterans with honorable service to our nation will no longer need to carry around their paper DD-214s to obtain Veteran discounts and other services.”

The VIC provides a more portable and secure alternative for those who served the minimum obligated time in service, but did not meet the retirement or medical discharge threshold. Veterans who served in the armed forces, including the reserve components, and who have a discharge of honorable or general (under honorable conditions) can request a VIC.

To request a VIC, Veterans must visit vets.gov, click on “[Apply for Printed Veteran ID Card](#)” on the bottom left of the page and sign in or create an account.

Veterans who apply for a card should receive it within 60 days and can check delivery status of their cards at vets.gov. A digital version of the VIC will be available online by mid-December.



Drop off Drive thru event this Saturday, Dec 2nd!!

Bring your unwrapped toy to: Rochester Fleet Farm Parking Lot

From 9am-2pm



The Canadian Pacific Holiday Train will come through Rochester on Tuesday, December 5th at 1pm. Entertainment starts at 1:15 and will last for 30 minutes.

It will arrive at the end of 16th Avenue N.W. in behind old Mickey's Irish Pub, next to the Barlow Hy-vee Grocery Store

Show up a little early and please bring a non-perishable healthy food donation to contribute to the Holiday Trains effort to help reduce hunger and support food banks.

Here's their guidelines for the donations:

<http://www.cpr.ca/holiday-train/healthy-donations>



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. 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.

Tuesday, December 19th

(December Change due to holidays, Annual Pot-luck with Guest Speakers)

6:30pm-8:30 pm

**American Legion
315 1st Ave NW,
Rochester, MN, 55901**

Jennifer at 507-328-6324 or shumaker.jennifer@co.olmsted.mn.us



Red Carpet Event

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:

Co-managed care

Mental health

Women's health

Thursday, December 21

Every 3rd Thursday of the month in room 117, at 2:00pm

At the Rochester VA Clinic, ****NOTE NEW ADDRESS****

3900 Fairway PL NW

Rochester MN 55901

Please call CVSO's at 507-328-6355



Rochester American Legion Post 92

3rd Tuesday of each month

315 First Ave NW

Rochester, MN 55901

7pm

Legion Riders

2nd Monday of each month

7pm

Forty et eight at the American Legion

2nd Tuesday of each month

630pm

Rochester VFW Post Meeting

2nd Tuesday of each Month VFW Post 1215

16 6th Street SW, Rochester, MN 55902

7pm

Byron American Legion Post 119

3rd Monday of the month

7pm

505 Frontage Road NW, Byron, MN

Vietnam Veterans of America

Meets 4th Monday each month

at 7:00pm, at the Rochester American Legion

315 First Ave NW

Rochester, MN 55901

MOPH

3rd Thursday of the month 6pm

VFW Post 1215

16 6th St SW

Rochester, MN 55902

Stewartville American Legion Post 164

Meeting 3rd Monday each month, 7:30pm

1100 2nd Ave NW, Stewartville

Stewartville VFW Post 8980

Meeting 1st Monday each month, 7pm

1100 2nd Ave NW, Stewartville

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)

8 AM

Thor Detachment 606 Marine Corp League Meeting

4th Tuesday of the month, 7pm, VFW Post 1215

16 6th Street SW, Rochester, MN 55902

Kasson American Legion Post 333

Third Thursday of the month

March 19 , 7pm

212 West Main Street , Kasson, MN 55944

Chatfield VFW Post 6913

2nd Tuesday of the month

9- 2nd St SW, Chatfield, MN

Gulf War Veterans of America

1st Monday of each month

7pm, at the Rochester American Legion

315 First Ave NW

Rochester, MN 55901

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



“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

