

*Olmsted County  
Veteran Services  
Veterans Advocate Newsletter  
December 2019*



Ballet Blake is proud to present their 4th annual production of *The Nutcracker*, featuring original and traditional choreography performed by their professional grade ballet dancers. Come and be immersed in this enchanting classic filled with magic and adventure.

Saturday, December 7th

2pm & 7pm

At the Mayo Civic Center Presentation Hall.

\* Veterans, Active Duty, Reserves and National Guard service members receive a FREE ticket with ID. Available only at the Box Office.

Box Office located in the Mayo Civic Center at 30 Civic Center Drive in Rochester Minnesota.

# 2019 Veteran Service Event



You are cordially invited to attend Home for the Holidays, an event sponsored by the Minnesota Twins & WCCO in collaboration with Minnesota Assistance Council for Veterans (MACV).

**DECEMBER 12 2019 | 8:30 A.M.- 2:30P.M.**  
**TARGET FIELD**

Link to MetroTransit pass: <https://www.mac-v.org/upcoming-events/>

**A HOLIDAY MEAL WILL BE PROVIDED ALONG WITH  
STAND DOWN SERVICES AND PROVIDERS,  
INCLUDING HIRING FAIR AND LANDLORDS WITH  
PROPERTIES READY FOR VETERANS.**



**Minnesota Assistance Council for Veterans**  
1000 University Ave W., St. Paul, MN 55104  
651-291-8756 | [www.mac-v.org](http://www.mac-v.org) | [mac-v@mac-v.org](mailto:mac-v@mac-v.org)



# Accelerated WELDING ACADEMY

at Minnesota State College Southeast in Red Wing

**Are you a woman looking for a high wage, high demand career?  
Area employers are looking for workers with welding skills.**

## Accelerated Welding Academy

2 nights a week, Tues & Weds  
Dec. 10, 2019-Jan. 29, 2020\*  
5 to 9 pm  
MSC Southeast, Red Wing  
COST: \$1500\*\*\*

### 10 hours of classroom including:

- Math for Welders, Weld Symbols, and Safety

### 30 hours of hands-on welding including:

- GMAW MIG Welding
- Intro to Oxyfuel Cutting
- Intro SMAW (Stick)
- Intro to Plasma Cutting

Northstar Digital Literacy Computer Training Included!

**\*\*\* NEW GRANT FUNDING MAY COVER THE COST OF THE ENTIRE COURSE!\*\*\*  
FOR WOMEN OF COLOR • WOMEN OVER AGE 50 • LOW-INCOME WOMEN**

**TO REGISTER OR FOR MORE INFO:** Contact Jaden Peck,  
jpeck@wdimn.org 651.385.6456

*\*No classes on Dec. 24, 25, 31, 2019 and Jan. 1, 2020*

wreaths for the fallen is to honor our veterans and their families by providing honor wreaths for the Minnesota state veteran cemeteries in December. The National Remembrance Ceremony for place the honor wreaths takes place December 14th at 11am, at the Minnesota State Veterans Cemetery - Preston 715 Highway 52  
Preston, MN 55965  
Phone: (507) 765-7320



## Center for Grief Education and Support



### ONGOING PROGRAMS

#### COFFEE & CONVERSATION GROUP

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

**Third Thursday of each month**

November 21 – 6:00-7:00 p.m.

**Fourth Wednesday of each month**

November 27 – 9:00-10:00 a.m.

#### NEWLY BEREAVED GROUP

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

**First Thursday of each month**

November 7 – 6:30-8:30 p.m.

**Second Wednesday of each month**

November 13 – 9:00-11:00 a.m.

**Third Thursday of each month**

November 21 – 12:00-2:00 p.m.

#### PREGNANCY AFTER LOSS

A group for parents who have lost a baby and are now pregnant again.

**First Wednesday of each month**

November 6 – 6:30-8:00 p.m.

#### 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.

**Second Thursday of each month**

November 14 – 6:30-8:00 p.m.

#### November is National Hospice and Palliative Care Month.

Please visit the link below to view the calendar for all the events taking place at various locations throughout the community.

<https://www.rochestermn.gov/Home/ShowDocument?id=25717>

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

#### DROP-IN TEEN DAYS

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

**Third Wednesday of each month**

November 20 – 4:30-5:30 p.m.

#### SURVIVORS OF SUICIDE GROUP

Two groups offered: one for adults and one for teens who have lost someone close to them through suicide.

**Third Wednesday of each month**

November 20 – 6:00-7:30 p.m.

#### STEPPING STONES

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

**Fourth Monday of each month**

November 25 – 6:30-8:00 p.m.

#### VETERANS LOSS & TRANSITION

##### DISCUSSION GROUP

A discussion group lead by Timothy J. Haskamp, LICSW, Bereavement Counselor, and Vietnam War veterans who are CGES volunteers. The group focuses on themes of grief, loss, and change.

**First & Third Monday of each month**

November 4 & 18 – 6:00-7:00 p.m.

#### PET LOSS GROUP

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

**Second Wednesday of each month**

November 13 – 6:00-7:00 p.m.

### 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. Registration is required.

#### 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 training and workshop session providing an opportunity to explore the difficulties associated with mourning during special days and steps to manage those experiences. This program is available to any adult, child or family member in the community. Offered in Spring and Fall. Registration is required.

#### MEMORIES OF THE HEART

The evening includes candle lighting, music, reflections, and a reading of the names being remembered. Reception prior to the service. Held the first Tuesday in December.

#### 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.



***Our Mission is to empower Veterans by providing effective alternative therapies and community engagement. Creating a healthy, connected and resilient Veteran population.***

Thank you for expressing interest in Veterans Alternative. Veterans Alternative provides highly effective alternative therapies to Veterans, Active Duty Military and others affected by the devastation of war to help overcome post-traumatic stress, transitional anxiety and related symptomology. All services at Veterans Alternative are provided at no cost to participants.

We currently offer a week long Accelerated Wellness Program (AWP) in Holiday, FL and in North Carolina (Cashiers and Fairmont). In addition, individualized sessions of Accelerated Resolution Therapy (ART) are offered in both Holiday and Tampa, Florida.

ART is an evidence-based psychotherapy that fosters rapid recovery by reprogramming how the brain stores traumatic memories and imagery. The therapy incorporates memory visualization techniques that are enhanced by the use of horizontal eye movements, as well as memory reconsolidation, a way in which new information is incorporated into existing memories. For more information please see [www.AcceleratedResolutionTherapy.com](http://www.AcceleratedResolutionTherapy.com) to learn more about this groundbreaking therapy.

The Accelerated Wellness Program is available to those who served in a combat zone and their spouses/significant others as well as Gold Star families. This five-day program includes daily sessions of Accelerated Resolution Therapy, Integrative Restoration (iRest), and Adaptive Yoga. Additionally, participants are exposed to other alternative therapies such as music and art group, active meditation, equine therapy, and vision boarding using a strengths-based perspective. The AWP is offered 2-3 weeks each month and the schedule can be found at [www.VeteransAlternative.org](http://www.VeteransAlternative.org) or by contacting [Betsy@VeteransAlternative.org](mailto:Betsy@VeteransAlternative.org). The AWP covers all costs for lodging, daily meals (breakfast, lunch, & dinner), and transportation while attending. Sponsorship for airfare may be available to those out of state through HOOAH Foundation, if qualified.

Those who have attended the program report significant decreases in post-traumatic stress symptomology, improved relationships, increased drive and inspiration for post-war life, and a greater sense of purpose and meaning. The clinical team at Veterans Alternative provides guidance and support for Warriors, to help them on the quest of discovering Post-Traumatic Growth. Veterans Alternative uses a strength-based perspective to focus on what is possible.

To learn more about specific qualifications for programs and services offered by Veterans Alternative, please contact [Betsy@VeteransAlternative.org](mailto:Betsy@VeteransAlternative.org) or call 727-710-8387.

With Honor and Respect,

The Veterans Alternative Team

# 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 11<sup>th</sup>, or Dec 16<sup>th</sup>.

**Where:** Rochester SDA Church. 1100 37<sup>th</sup> St NW.

**Questions:** Contact Art Meyer: 507-990-6732

Hope to see you there!

NEDLEY  
**DEPRESSION & ANXIETY**  
RECOVERY PROGRAM™

[www.nedleydepressionrecovery.com](http://www.nedleydepressionrecovery.com)



**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, December 19, 2019**  
Every 3<sup>rd</sup> Thursday of the month at **2:00pm**  
At the Rochester VA Clinic  
3551 Commercial Drive SW  
Rochester MN 55902



### **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, 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](mailto:shumaker.jennifer@co.olmsted.mn.us)**

# Yoga “Sleep” Guided Meditation Class Available from Home



## For All Veterans

WRIISC yoga nidra classes are available to *all* VA enrolled Veterans

The meditation can be done seated, laying down, or standing

No special equipment needed except a telephone

Yoga nidra is safe, however, Veterans must assure they will not drive or operate machinery during class

For more information contact:

*WRIISC CA Yoga Staff:*

*650-493-5000 Ext. 62355*



## Weekly Meditation from Home

Yoga nidra (yoga sleep) is a spoken word guided meditation that promotes a sense of deep calm while enhancing awareness. The meditation class follows the 10 stage iRest™ protocol. During class Veterans:

- Discover a heartfelt mission & purpose and establish a goal for the meditation
- Establish and connect with an inner “safe haven”
- Explore the connection between body sensations, emotions, thoughts and beliefs with an awareness of how thoughts and emotions affect the body and mind
- Learn to experience an inner joy and develop an awareness of, and access to, one’s own sense of well-being
- Connect with an inner strength & resiliency in order to more appropriately “respond” rather than “react” to situations in life

Veterans may also benefit from the restful sleep-like state achieved during the meditation

Join each week – no class limit

## Thursdays

5pm Pacific Time

← (see additional time zones)

**1-800-767-1750**

Access code: **24953#**

Time Zone	Class Time In *Standard Time
Hawaii	3pm
Alaska	4pm
Pacific	5pm
Mountain	6pm
Central	7pm
Eastern	8pm

*\* Note: Class observes daylight savings time. Start time may vary in your time zone*



VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Office of Public and Patient Services

# 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.”*

Veteran Services  
2100 Campus Drive  
SE, Suite 200  
Rochester, MN 55904

*Olustad*  
COUNTY OF

