

*Olmsted County
Veteran Services
Veterans Advocate Newsletter
December 2021*

Veteran Services is now open for scheduled appointments ONLY.

The Olmsted County Veteran Service office will meet with veterans by appointment ONLY. We hope this does not create a burden for our veterans, and families; however, 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.

ALL OLMSTED COUNTY OFFICES ARE CLOSED FRIDAY, DECEMBER 24, AND FRIDAY, DECEMBER 31 FOR THE CHRISTMAS AND NEW YEAR HOLIDAY.



We are unable to assist veterans outside of Olmsted County. Every county in Minnesota provides a veteran service officer to assist you. 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

Phone: 507-328-6355

Fax: 507-328-7950

Email: veteranservices@olmstedcounty.gov

Supporting Minnesota's Veterans

As we recognize Minnesota's more than 300,000 Veterans this Veterans Day, how can you support the Veteran community? Learn more about Veteran and military experiences and culture.

Through the Governor's Challenge, MDVA is offering classes and free training through [PsychArmor](https://psycharmor.org/about-us/), (https://psycharmor.org/about-us/) a nonprofit that offers critical resources to Americans so they can effectively engage with and support military service members, Veterans, and their families. According to the PsychArmor website: "Because fewer than 7% of Americans serve or have served in uniform, most civilians are unfamiliar with military culture. As a result, members of the military and Veteran community often feel misunderstood and reluctant to seek support. (PsychArmor's) mission is to bridge that civilian-military gap by educating a nation."

PsychArmor online trainings include:

1. **V.A. S.A.V.E.** – Megan McCarthy, PhD, U.S. Department of Veterans Affairs
2. **Women Who Serve** – Margaret Riley, JD, The Commit Foundation
3. **15 Things Veterans Want You to Know** – Heidi Squier Kraft, PhD, PsychArmor
4. **Communication Skills with Veterans** – Diego Flores, MFT, Urban Restoration Counseling Center
5. **Myths & Facts of Wounded Warriors** – Michael Richardson, (Lt. Col. USA, Ret.), Wounded Warrior Project
6. **Connecting with the VA** – Abigail C. Angkaw, PhD, VA's National Center for PTSD
7. **15 Things Veterans Want You to Know for Health Care Providers** – Heidi Squier Kraft, PhD, PsychArmor
8. **Suicide in Military Members and Veterans** – Craig Bryan, PsyD, ABPP, The Ohio State University Wexner Medical Center
9. **Inner Conflict and Survivor's Guilt** – Heidi Squier Kraft, PhD, PsychArmor
10. **Crisis Response Plan for Health Care Providers** – Introduction and Assessment – Craig Bryan, PsyD, ABPP, The Ohio State University Wexner Medical Center
11. **Crisis Response Plan for Health Care Providers** – Intervention – Craig Bryan, PsyD, ABPP, The Ohio State University Wexner Medical Center
12. **Postvention** – Dr. Shauna Springer, Tragedy Assistance Program for Survivors
13. **Finding Stability After Suicide Loss** – Kim Ruocco, MSW, Tragedy Assistance Program for Survivors
14. **Substance Use Disorder in Military and Veteran Populations** – Ted Bonar, PsyD, End Family Fire
15. **A. S.A.V.E.: Preventing Caregiver Suicide** – Heidi Squier Kraft, PhD, PsychArmor and Melissa Comeau, American Red Cross Military and Veteran Caregiver Network (*coming soon*)

VA HEALTHCARE

There has been an abundance of calls, to our office, from veterans, regarding VA Healthcare appointments, prescriptions, etc. The VA is a federal agency, with a lack of employees, so they are not quick to respond. Which I know is frustrating for the veteran. Due to HIPPA, we, veteran service officers, cannot do much for you through VA healthcare.

Either one of these numbers: 612-725-2000 or 507-252-0885 will get to a call center in Minneapolis, press 0 for an operator, and then tell that person the needs.

Break down

Minneapolis

Community care

Pharmacy

Major medical (MRI, Cardiology, audiology, optometry, etc.)

Rochester

Primary care doctors

Regular check ups

Mental health

Xray

VA BENEFITS ADMINISTRATION (VBA) LETTERS

The VBA sends letters to veterans throughout the claims process. Some of these letters are a VA Duty to Assist, form letter. Under 38 CFR § 21.1032 - VA has a duty to assist claimants in obtaining evidence. § 21.1032 VA has a duty to assist claimants in obtaining evidence. (a) VA's duty to assist begins when VA receives a complete or substantially complete application. If you receive a letter from the VBA asking for information that you have already submitted, or that your CVSO has submitted, you can ignore this letter.

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.

TEEN SUPPORT GROUP

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.

STEPPING STONES

A group for ages 65 and younger who have lost a spouse or significant other. We will meet outside around our fire table, weather permitting.

VETERANS LOSS & TRANSITION DISCUSSION GROUP

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

MEMORIES OF THE HEART

A virtual memorial service including candle lighting, music, reflections and a reading of the names being remembered.

TREE OF MEMORIES

Located on the Seasons Hospice Administrative Office grounds. The tree will remain illuminated throughout the holiday season.

All grief group participants must be registered 24 hours in advance. To register or for more information please email 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.

1696 Greenview Drive SW, Rochester, MN 55902 Phone: 507-285-1930 Email: cges@seasonshospice.org Web: www.seasonshospice.org/grief-support



Center for Grief Education and Support



December 2021



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 Stepping Stones 6:30-8:00 p.m. (IP)	2 Newly Bereaved Group 12:00-2:00 p.m. (IP) Newly Bereaved Group 6:30-8:30 p.m. (IP)	3	4
5	6 Veteran Loss & Transition Discussion Group 6:00-7:30 p.m. (IP)	7	8 Pet Loss Group 5:00-6:00 p.m. (V)	9 Pregnancy & Infant Loss 6:30-8:00 p.m. (IP)	10	11
12	13	14	15 Teen Support Group 4:30-5:30 p.m. (IP) Survivors of Suicide 6:00-7:30 p.m. (IP)	16 Newly Bereaved Group 12:00-2:00 p.m. (IP)	17	18
19	20 Veteran Loss & Transition Discussion Group 6:00-7:30 p.m. (IP)	21	22 Young Adult Loss 6:00-7:30 p.m. (IP)	23	24	25
26	27	28	29	30	31	

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


Email: cges@seasonshospice.org Web: www.seasonshospice.org/grief-support Facebook: www.facebook.com/SeasonsCGES




Serving
career
seekers and
employers
throughout
Southeast
Minnesota


STAY CONNECTED

 [SEMNWorkforce](#)

 [@Workforce_Dev](#)

 [Workforce Development, Inc.](#)

 [semnworkforce](#)

 [Workforce Development, Inc.](#)

 hello@wdimn.org

MISSION & VISION

Workforce Development, Inc. (WDI) is a private, non-profit agency dedicated to developing and advancing the workforce.

WDI provides employment services and training opportunities through a variety of programs to youth and adults throughout 10 counties in SE MN.

COVID-19 Temporary Worker Program

The Minnesota Department of Employment and Economic Development (DEED) received a Disaster National Dislocated Worker Grant from the U.S. Department of Labor to fund approximately 324,000 hours of temporary labor for local businesses and employers providing essential services during the COVID-19 national emergency. Utilization of this program will come at no cost to employers.

DEED has partnered with nine Workforce Development Areas across the state to implement this program. These partners include:

- Anoka County Jobs and Training Center
- Career Solutions
- Duluth Workforce Development
- Hennepin County Training and Employment
- Minneapolis Employment and Training
- Ramsey County Workforce Solutions
- Southwest MN Private Industry Council, Inc.
- South Central Workforce Council
- Workforce Development, Inc.

Key Program Features

- Any Minnesota employer with a need for temporary positions focused on the COVID-19 humanitarian response may be eligible to participate.
- Temporary positions may be employed for a maximum of 12 months or 2,080 hours, whichever is longer.
- Up to 100% of wages are subsidized.
- Employers may have/request more than one temporary position based on need.
- Temporary staff will be matched to job opportunities based on skills, experience and scheduling availability.
- No fees or costs are associated with employer participation.

Contact



All WDI services are free! Our services include assessment, career planning, skills training, job search guidance and resources, and preparation for further training and education. We also offer scholarships and connections to many other great programs and resources in Southeast Minnesota. Contact us today!

Albert Lea*

2200 Riverland Drive
Albert Lea, MN 56007
(507) 369-1488
(888) 438-5627
FAX 507.379.3413

Austin*

1600 8th Ave. NW
Austin, MN 55912
(507) 433-0555
(888) 438-5627
FAX (507) 433-0591

Caledonia

110 East Grove St.
Caledonia, MN 55921
(507) 724-5231
(800) 657-4629
FAX (507) 724-5331

Faribault*

201 S. Lyndale Ave. Ste#1
Faribault, MN 55021
(507) 333-2088
(888) 234-5711
FAX (507) 332-5487

Kasson

504 S. Mantorville Ave. Ste#4
Kasson, MN 55944
(507) 634-7380
(877) 778-2227
FAX (507) 634-7382

* = CareerForce location

Owatonna (By Appointment)

(507) 333-2088
(888) 234-5711
FAX (507) 332-5487

Preston

100 South Main St. SE
Preston, MN 55965
(507) 765-2476
(800) 584-6770
FAX (507) 765-4737

Red Wing*

1605 West Third St.
Red Wing, MN 55066
(651) 385-6402
(800) 584-6753
FAX (651) 385-6345

Rochester*

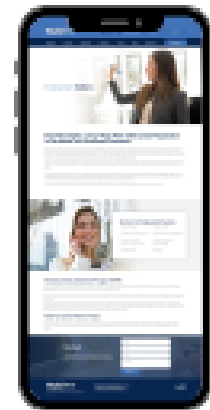
2070 College View Road East
Rochester, MN 55904
(507) 292-5152
(800) 543-5627
FAX (507) 529-2716

Wabasha

222 West Main St.
Wabasha, MN 55981
(651) 565-2635
(800) 657-5105
FAX (651) 565-2809

Administrative Offices

2070 College View Road East
Rochester, MN 55904
(507) 292-5180
FAX (507) 292-5173





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

