
VETERANS ADVOCATE

March 2017



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

Every 3rd Thursday of the month in room 117, (March 16th,
2017) at 2:00pm

At the Rochester VA Clinic, 3900 55th Street NW

Please call CVSO's at 507-328-6355



Minnesota Assistance Council for Veterans invites you to participate in a free:

DROP-IN LEGAL CLINIC FOR VETERANS

**HOUSING, EMPLOYMENT, BENEFITS, DEBT COLLECTION,
EXPUNGEMENT, FAMILY LAW INCLUDING CHILD SUPPORT**

Tuesday, March 7, 2017 | 9:00 am - 2:00 pm
Mankato Armory
100 Martin Luther King Drive | Mankato, MN 56001

Attorneys, MACV staff, County Veterans Service Officers, and child support officers will be available throughout the day to assist veterans with questions, legal forms, and counsel.

For more information contact: Vetlaw Program – MACV | 651-200-4750

Start A Business, Build A Business



ONE-DAY WORKSHOP FOR VETERANS & SPOUSES

Veterans and their spouses are invited to hear from small business owners and professional experts who will share perspectives during four key panels and break-out sessions on:

FINANCING YOUR BUSINESS

Crowdfunding to Angel Investing to Micro Loans and Bank Loans -
They have the money, you need a pitch and a plan.

FRANCHISING

Success stories from veterans who decided that if they did not follow their dreams they would be working for someone who did.

CONTRACTING FOR GOVERNMENT BUSINESS

Your veteran diversity advantage with MN State and county/city certification programs - Uncle Sam wants you!

BRANDING & SELLING

Coaching to build your personal brand. Be memorable, make an impact.
Recruiting others to the cause. Solution-based selling. B2B or B2C -
They buy results, not promises.

DATE & TIME
Saturday Workshop
March 11, 2017
8:00 am - 2:00 pm

LOCATION
Mpls VA Medical Center,
1 Veterans Drive,
Minneapolis, MN 55417

REGISTER
No cost to veterans.
Includes continental
breakfast and lunch.
Space is limited to the
first 150 registrants,
so register now at
<http://bit.ly/VetsInBusiness>
or call (651) 632-8937.



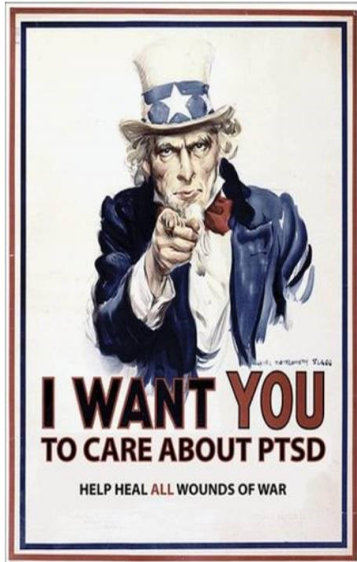
Register at
<http://bit.ly/VetsInBusiness>



PANCAKES & EGGS BREAKFAST



Hosts: Post 92 American Legion Riders & Combat Veterans Motorcycle Association 48-2 Minnesota



Sunday
March 12th
8:00 am - 12:00 pm

Adults: \$7

Kids (12 and under): FREE



American Legion
Wm. T. McCoy Post 92
315 First Ave NW
Rochester, MN 55901

Proceeds go
toward raising
awareness and
providing
treatment for
veteran PTSD

The American Legion Riders, Wm. T. McCoy Post #92, is exclusively a social and recreational organization for members of the Post 92 American Legion Family who share an interest in motorcycling and patriotic endeavors of the American Legion.

The CVMA's mission is to maintain public awareness of veteran issues and to remember our brothers and sisters who have fallen. We welcome all combat veterans who honorably served in the Armed Forces during Korea, Vietnam, Kosovo, Panama, Somalia, Afghanistan, Iraq or any other combat theater.

VA Contract Exam FAQs

1) How does VBA determine when to send a disability examination request to a contract vendor?

VBA employees utilize the Exam Request Routing Assistant (ERRA) tool. ERRA will recommend sending examination requests to a local VHA facility if that facility has the capacity to perform a timely examination. If the facility does not have the capacity to perform the type of examination the Veteran requires in a timely manner, ERRA will recommend routing the examination to a contract vendor.

2) How does the contract vendor schedule an examination?

Vendors will attempt to contact the Veteran by telephone to schedule the examination. If the vendor is unable to reach the Veteran by phone, the vendor will schedule an examination and mail the Veteran an appointment confirmation letter. If the Veteran cannot accommodate the appointment and needs to reschedule, the Veteran may contact the vendor by calling the number provided in the notification letter.

4) How far should a Veteran expect to travel to attend a contract examination?

The current contractual guidelines state that an examination facility should be within 50 miles (one-way) from the Veteran's residence for a non-specialty examination (e.g., musculoskeletal, diabetes), and 100 miles (one-way) for a specialty examination (e.g., mental health, audiology). However, these guidelines do not represent an absolute limit. Vendors try to operate within this radius, but Veterans may be asked to travel further due to provider availability.

5) Who should the Veteran contact if they have been scheduled for a contract examination but either cannot attend the appointment due to transportation limitations or prefer to receive an examination at a VHA facility?

The Veteran should contact the VBA National Call Center at 1-800-827-1000 and advise the representative that they are unable to attend the contract examination and that they wish to have their examination performed at a VHA facility.



Mental Health Day on the Hill

Thursday, March 16, 2017

New this year 1.5 CEs available for attendance

The Minnesota Psychological Association will be joining in on the Mental Health Day on the Hill scheduled for March 16, 2017. We need all providers to be engaged with their legislators to ensure that our profession is supported and so that the health care system is responsive to the needs of those we serve. Mental Health Day will include meeting at 10:00am at the Ewald Conference Center at 1000 Westgate Drive in St. Paul. We will review some general information about the legislative process, and specifics of legislation MPA is working on this year. We will then go to the Capitol for pre-scheduled meetings with attendees' legislators. A rally will be held in the Capitol rotunda where a variety of mental health providers and consumers will gather at noon to support mental health legislation. At the end of the day, we will touch base with participants to debrief about their experiences. A main focus of MPA's legislative work this year is to make vital changes to the Minnesota Psychology Practice Act. In collaboration with stakeholders, we are working on issues relating to when psychologists in academic settings might require licensure. We are also working to specify supervision requirements, so that there is less ambiguity about what is required for post doc supervision for licensure. We are also working to make it easier for professionals licensed in other states/territories to be licensed in Minnesota by reducing unnecessary barriers. In addition to our Practice Act legislation, we are sponsoring legislation to ease provision of care in integrated medical settings such that when Medical Assistance is the payer, a Diagnostic Assessment is not required until the sixth visit. This will allow psychologists to give more responsive care in primary and specialty medical settings, and provide brief preventive services as appropriate. Of course, when an individual is in need of specialty mental health care, they would be linked to such services and receive a complete evaluation. We will support legislation by other groups such as the Mental Health Legislative Network, of which MPA is a member, and the Safety Net Coalition to increase reimbursement for Medical Assistance services and further establish mental health parity in Minnesota.

If you would like to participate, please send your name, home address, phone number, and email address to trishas@trishastarkphdip.com. We need this information in order to schedule appointments with legislators for participants. Feel free to contact Trisha if you have any questions about the day or MPA's legislative agenda.



VETERANS DAY ON THE HILL 2017

WHEN: March 20, 2017

WHERE: The Minnesota State Capitol Rotunda, St Paul, MN.

TIME: 10 A.M.

WHO: ALL VETERANS

WHY: WE HAVE EARNED OUR VETERANS BENEFITS AND IT IS OUR JOB TO ENSURE THE NEXT GENERATION OF MINNESOTA VETERANS AND THEIR FAMILIES HAVE THEIRS. ENCOURAGE OUR LEGISLATORS TO SUPPORT VETERAN FRIENDLY LEGISLATION.

Coach Bus to the Capitol

Starting in Preston, with stops in Rochester and Zumbrota, and dropping off at the front steps of the Minnesota State Capitol building

Paid for by the 1st District VFW as well as individual VFW, American Legion and DAV posts- donations are still being accepted

RSVP with your pickup location and number of passengers to davethul@gmail.com or leave a message at 612-396-6389. This is a coach bus with room for 53 (plus two wheelchairs) and a bathroom.





PTSD Support Group for Veterans, Friends, and Family Members

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, March 28, 2017

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



HEROS AMONG US

DINNER, AUCTIONS, AND THE **BOOKER MINI BAND**



THURSDAY APRIL 13TH
5:00PM TO 9:00PM



ROCHESTER INTERNATIONAL EVENT CENTER
7333 AIRPORT VIEW DR SW, ROCHESTER, MN 55902

**100% OF PROCEEDS GO TO THE MILITARY ORDER OF THE
PURPLE HEART - LLOYD SWENSON #7110
AND THE MN POW/MIA RIDERS ASSOCIATION**

TICKETS: \$30 IN ADVANCE \$35 AT THE DOOR
\$300 FOR TABLE OF 8 INCLUDES PREMIUM SEATING, TABLE TOPPER, AND RECOGNITION

FOR TICKETS, CONTACT SCOTT EGGERT AT (507)993-2414
AUCTION ITEM DONATIONS, CONTACT CRAIG UGLAND AT (507)259-2608

CHECK OUT OUR FACEBOOK PAGE "HERO'S AMONG US"

Make checks payable to "VFW POST 1215" Federal Tax ID #41-0639598 State Tax ID#9132146

Upcoming Meetings or Events

Rochester American Legion Post 92
3rd Tuesday of each month
315 First Ave NW
Rochester, MN 55901

7pm
Legion Riders
2nd Thursday of each month
7pm
Forty et eight at the American Legion
2nd Tuesday of each month
7pm

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
1st Monday of the month
8pm
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

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

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

VFW Post 8980
1100 2nd Ave NW
Stewartville, MN 55976
1st Monday 7pm

Gulf War Veterans of America
1st Monday of each month
7pm, at the Rochester American Legion
315 First Ave NW
Rochester, MN 55901

Stewartville American Legion Post 164
1100 2nd Ave NW
Stewartville, MN 55976
3rd Monday 730pm

MOPH
3rd Thursday of the month 6pm
VFW Post 1215
16 6th St SW
Rochester, MN 55902



“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's Services
2100 Campus Drive SE
Suite 200
Rochester, MN 55904

