
VETERANS ADVOCATE

June 2017

HELP RAISE PTSD AWARENESS
June is PTSD Awareness month!

The Facts:

1. PTSD is a health concern that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or assault.
2. A traumatic event could be something that happened to you, or something you saw happen to someone else. Seeing the effects of a horrible or violent event can also be traumatic. For example, being a first responder after a terrorist attack.
3. How do I know if I have PTSD?

The only way to know for sure is to talk to a mental health care provider. He will ask you about your trauma, your symptoms, and any other problems you have.

4. You can get treatment for PTSD and it works.

“You’re not alone. There’s others out there that are going through and have gone through the same types of things that you are going through now. There are people out there that understand.”
— Lee Norris US Air Force (1993–2010)

We will say farewell to Neil Doyle at the end of June. He has accepted a position as the director at Hennepin County Veterans Services. It is sad to see him go. Please be patient with our office as this transition occurs. And if you see Neil, thank him for his great work that he has done for Olmsted County, and wish him well on his future endeavors! He will be greatly missed!

Hennepin County is pleased to announce that following an extensive recruitment process, the request for appointment of Mr. Neil Doyle as the Veteran Services Director for Hennepin County has been made to the county board. With formal board approval expected on June 13, Mr. Doyle will begin his new role on Monday, June 26, 2017. Mr. Doyle brings 15 years of Veteran Services experience and most recently served as Veterans Services Supervisor for Olmsted County. Mr. Doyle also has 15 years of progressive leadership in an Infantry Company in the Army National Guard and has received numerous awards including: Combat Infantryman's Badge, three Army Commendation Medals, three Army Achievement Medals, Kosovo Campaign Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Minnesota Medal for Merit for a lifelong commitment to soldiers, veterans, and the citizens of Minnesota, and the Patriot Award by the Disabled American Veterans. Mr. Doyle has extensive experience in Veteran's benefits and claims, was the past President of the Minnesota Association of County Veteran Services Officers, and brings extensive management and leadership experience. Hennepin County is committed to serving veterans in our community that include benefits and support provided by our nationally accredited Veteran Services Officers, partnership with the Hennepin County Veterans Court, veterans hiring and mentoring initiatives, efforts to end veterans homelessness and the renewal and development of stakeholder partnerships to promote support of those who served and their families. Mr. Doyle is well respected as a leader in Minnesota with a proven ability for building strong teams, and driving system innovations through team work and data. He utilizes data to inform decisions and to promote the mission of veteran's services. With his extensive experience in Veterans Services, Masters of Science in Management with an emphasis in Healthcare Management and Bachelors of Science in Healthcare Management, Neil is well positioned to lead

Need help with a simple will, power of attorney and/or a healthcare directive?

If you qualify as "low income," attend the

Senior Wills

Clinic

Tuesday, June 6th

1:00-6:00 pm

Rochester Public Library

Free parking in library ramp
after 4:01 p.m.

Lawyers will help you with these important documents. Social workers will be available to talk to you about other senior resources.

Pre-registration is strongly encouraged.

Walk-ins will be seen on a first come, first served basis.

Contact Karen at (507) 287-2036 or karen.laocmn.org to pre-register.

If you pre-register before June 1st, you will be eligible to win a gift card from a local business.

Sponsored by Legal Assistance of Olmsted County, in partnership with Southern MN Regional Legal Services, Elder Network and the Rochester Public Library.

State and Federal Park Passes for Veterans

Federal Parks

An [America the Beautiful Access Pass](#) may be issued to U.S. citizens or permanent residents that have been medically determined to have a permanent disability that severely limits one or more major life activities.

A permanent disability is a permanent physical, mental, or sensory impairment that substantially limits one or more major life activities, such as caring for oneself, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working.

Free admission is offered for a year to National Parks, and other locations! Pass owners and accompanying passengers in a single, private vehicle qualify on all federally operated recreation sites across the country. This covers pass-owners, and three accompanying adults age 16 and over, and no fee for children 15 and under.

An Access Pass can be obtained in person from a participating Federal recreation site or office:

[Bureau of Land Management](#)

[Bureau of Reclamation](#)

[Fish & Wildlife Service](#)

[USDA Forest Service](#)

[National Park Service](#)

Minnesota State Parks

Any Veteran with a total and permanent disability can receive a free annual park permit. Also, any resident Veteran with any level of service-connected disability is eligible for a free daily park pass. This daily pass does not include camping fees.

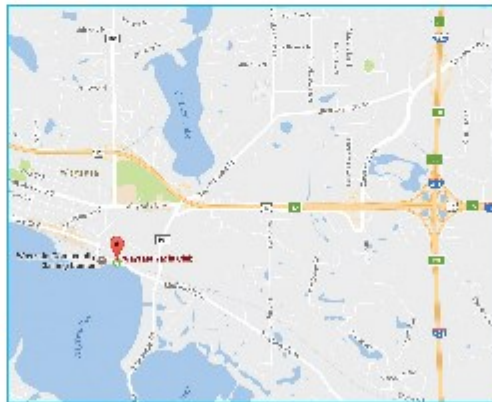
To utilize this program, Veterans must present either a copy of their Federal U.S. Department of Veterans Affairs determination letter (Summary of Benefits Letter) or a Veterans Identification Card-VIC (which indicates Service-Connected or SC) to a park attendant.



Wayzata Community Sailing Center

The Wayzata Community Sailing Center (WCSC) is one of the largest community sailing centers in the Twin Cities and Upper Midwest. A primary function of the WCSC is to promote an appreciation of sailing in a fun, safe, and friendly atmosphere for people of all abilities.

Located west of Minneapolis in Wayzata, Minnesota, WCSC is four minutes from Interstates 494 and 394. The one and a half acre facility is conveniently located on the shores of Lake Minnetonka at the east end of downtown Wayzata. Off-street access along County 16 provides a safe and convenient area for drop-off and pickup of sailors and equipment.



Wayzata Community Sailing Center
456 Arlington Circle, Wayzata, MN 55391

WayzataSailing.org

Brochure design: KriisKreativ.com
Brochure printing: MinnesotaPrintShop.com

Gilding across the water propelled by a pleasant breeze on a warm afternoon gives an unparalleled feeling of freedom and joy. Many people believe their disabilities make this feeling unattainable.





Adaptive Sailing
PROGRAM

Offer free sailing lessons to disabled veterans. Adaptive equipment is also available.

Small groups! Sponsored by the DAV Outdoors Program!

To request an application or more information send an email to ernest@wayzatasailing.org.

PAYNESVILLE AREA VETERAN MEMORIAL DEDICATION

SATURDAY, JUNE 10, 2017

There will be a dedication ceremony on Saturday, June 10, 2017 for the Paynesville Area Veterans Memorial. This will take place around 2pm, at the Paynesville American Legion, 770 W State Highway 23, Paynesville, MN 56363

The Paynesville Legion Riders would like to invite all Legion Riders, other motorcycle or veteran organizations, veterans, and those actively serving to participate in this great dedication, to honor those that paid the ultimate sacrifice, as well as honor all who served past and present.

For more information about the memorial please contact the Legion at: 320 243 4982

June 7-June 10 are also the annual Town and Country Days, with many local events happening daily. For more information visit: <http://paynesvillechamber.org/town-and-country-days/>

Listing of hotels in the Paynesville, MN Area

Paynesville Inn & Suites 320 243 4146

Coldspring-Riverside Inn 320 685 4539

Eden Valley Motel 800 766 6658 or 320 453 6835

St Cloud Holiday Inn & Suites 320 253 9000

Sauk Center Americinn Lodge & Suites 877 352 1199

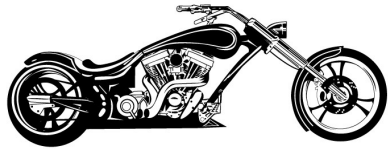
Litchfield Amerinn Lodge & Suites 320 639 1600

Albany Country Inn & Suites 800 456 4000

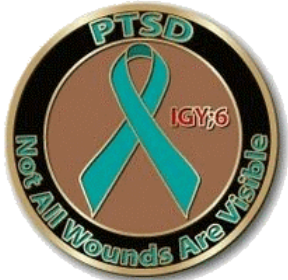
Annandale Americinn Lodge & Suites 855 876 6172

Melrose-Super 8 320 256 4661

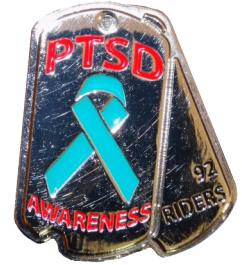




VETS AGAINST




coins available



pins available



A cruise to raise money for two service dogs to be given to veterans suffering with PTSD




PTSD - not all wounds are visible



June 24, 2017



Registration: 9:00 am
Kick Stands Up: 10:00 am



\$25 per Driver
\$5 per Passenger

Minnesota National Guard Armory
1715 Marion Rd SE
Rochester, MN 55904

ALL STREET-LICENSED
VEHICLES WELCOME

Questions: 92riders.amlegion@gmail.com



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, June 27, 2017

Tuesday, July 25, 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



Representative Tim Walz

MINNESOTA'S FIRST CONGRESSIONAL DISTRICT

www.walz.house.gov • @RepTimWalz

Team Walz to Embark on Second Swing of Southern Minnesota Way of Life Tour

WASHINGTON, D.C. [5/25/17] – Please join staff members (Team Walz) of U.S. Representative Tim Walz (MN-01) **Tuesday, June 13 and Wednesday, June 14** as they welcome First District constituents to participate in the second swing of their Southern Minnesota Way of Life Tour.

TUESDAY, JUNE 13

Mower County Roundtable

9:30 AM , Grand Meadow Community Center

116 Grand Ave E.

Grand Meadow, MN 55936

Houston County Roundtable

4:00 PM , Houston Nature Center

215 W. Plum St.

Houston, MN 55934

WEDNESDAY, JUNE 14

Winona County Roundtable

9:30 AM , City Hall (Senior Center Room)

75 Rice St.

Lewiston, MN 55952

Olmsted County Roundtable

1:00 PM , Civic Center

120 City Center (Hwy 63 & Hwy 30)

Stewartville, MN 55976

To learn more about the Southern Minnesota Way of Life Tour and Rep. Walz's continued efforts to improve the quality of life of southern Minnesotans, explore the interactive map of the Tour, visit his website, follow him on Twitter, or call his office at (507) 388-2149.

NATIONAL DONUT DAY



Every Year, The Salvation Army celebrates National Donut Day in honor of the long standing relationship between our organization and veterans of war.

Join us June 2 at the Rochester VFW Post 1215 7-10 a.m. and the History Center of Olmsted County 1-4 p.m. to enjoy a donut, some coffee, and thank our veterans.

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

MOPH

3rd Thursday of the month 6pm

VFW Post 1215

16 6th St SW

Rochester, MN 55902

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

Gulf War Veterans of America

1st Monday of each month

7pm, at the Rochester American Legion

315 First Ave NW

Rochester, MN 55901



“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

