



The above mural honoring our Veterans through the era's is on display in our hallway and was created by local artist Galen McCarthy

# VICTOR SIERRA OSCAR COMMO CHECK!

Vol 3 Number 8 | "America's Veterans embody the ideals upon which America was founded." | August 2020

This publication is for Veterans, their families and their communities, The information provided herein is to keep you informed of events, newsworthy items and historical data of interest.

Proud member of



MN and National Associations of Veteran Service Officers



"In the aftermath, we are because they were." R.J. Heller,

## OFFICE INFORMATION

The Jackson County Veterans Service Office is located at:

402 White St. (Door 6)  
Jackson, MN 56143  
507.847.4774

[CVSO@co.jackson.mn.us](mailto:CVSO@co.jackson.mn.us)

Monday 8am-4:30pm  
Tuesday 8am-4:30pm  
Wednesday 8am-Noon  
Thursday 8am-Noon  
Friday Closed

(Available for after hour & weekend appointments case-by-case)

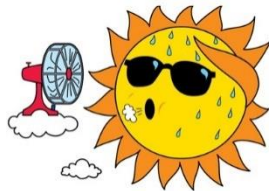
First Monday monthly we are at the Lakefield library 1PM-3:30PM

Hours may be flexed without notice due to meetings and trainings. Please call for an appointment!

Do a friend a favor, do a "Buddy Check" regularly

## DOG DAYS OF SUMMER

The "Dog Days" or "Dog Days of Summer" are the hot, sultry days of summer, historically occur during the period following the heliacal rising of the star system Sirius. Greek and Roman astrology connected with the heat, drought, sudden thunderstorms, lethargy, fever, mad dogs and bad luck.



They are now taken to be the hottest, most uncomfortable part of summer in the Northern Hemisphere. These are the extreme days of summer where one might fantasize about the wonders of shoveling snow and scraping windshields. OK, that may be a bit of a stretch but really, it almost sounds good on a 90° day with 96% humidity!

Yes, the days where outside activities cease and everyone seeks a place with air condition and plenty of cold water (or beverage of choice). Summer is a time to play but during these Dog Days be sure to keep an eye on each other and make informed decisions about activities and being out of doors. It's a period akin to heat strokes, sunburn, dehydration and other such **malevolent maladies**.

### HEAT EXHAUSTION

#### Symptoms

- Faint or Dizzy
- Headache
- Profuse Sweating
- Irritability
- Weak, Rapid Pulse
- Shallow Breathing
- Pale, Cool, Clammy Skin
- Nausea or Vomiting
- Muscle Cramps

#### Treatment

- 1) Have victim lie down in a cool shaded area or air conditioned area.
- 2) Drink water if victim is conscious.
- 3) Use caution when victim stands up, apply cold compresses.

### HEAT STROKE

#### Symptoms

- Absence of Sweating
- Pulsating Headache
- Hot, Red, Dry Skin
- High Body Temp. Above 103
- Nausea or Vomiting
- Strong, Rapid Pulse
- Confusion
- Convulsions
- May Lose Consciousness

#### Treatment

- 1) **DIAL 911**
- 2) Take action to cool victim by any means. Place victims in a cool area, wrap in wet towel, sponge victim with cool water.

Info Source: MayoClinic.org

Listen to the experts and drink plenty of water (plain old water, not pop or beer), stay in the shade, be lazy and just sit or lay there (don't exert yourself), keep an eye on those around you for the signs and symptoms and **DON'T LEAVE KIDS OR PETS IN THE HOT CAR!!!!!! IT CAN KILL, IT ALREADY HAS TOO MANY TIMES!**

Animals are just as susceptible to heat as people are, it's just more difficult for them to communicate it. Watch for the signs too!

Don't let animals suffer, make sure they are in the shade, have plenty of water and have eyes on them to watch for the signs. If they can be indoors please, take them indoors, with a fan and/or air conditioning. You can take them to the lake for a swim or fill a kids pool with water and let them soak in it. Be sure to take water for them on trips too! **Don't be that person** in those **ASPCA** infomercials asking for money to help save the animals and to prosecute the owners!



# FINANCIAL ASSISTANCE FOR VETERANS IMPACTED BY COVID-19



The Minnesota Department of Veterans Affairs is accepting applications from Minnesota Veterans who have been financially impacted by the COVID-19 pandemic. MDVA will be awarding one-time financial relief grants in the amount of \$1,000.

### Eligible Applicants must be:

1. A Veteran as defined by MN Statute 197.447, or the surviving spouse (who has not remarried) of a deceased veteran, and
2. A Minnesota Resident, and
3. Have been negatively financial impacted by COVID-19

Funding is available for both Disaster Relief Grants and Special Needs Grants. Both grant applications may be submitted through your County Veterans Service Officer. The Disaster Relief Grant may also be submitted directly online by a Veteran or surviving spouse.

For more information or to apply, visit [MinnesotaVeteran.org/COVIDRelief](https://MinnesotaVeteran.org/COVIDRelief)

To contact your local County Veterans Service Officer, visit [MACVSO.org](https://MACVSO.org)



MDVA has had a tremendous response to the COVID-19 Disaster Relief and Special Needs Grants for Minnesota Veterans. We began accepting applications on Monday, April 6 and have received over 4,700 applications to date. We are striving to complete application processing as soon as possible.

### Eligible applicants must be:

- A. A Veteran or the surviving spouse of a deceased Veteran as defined by MN Statute 197.447;
- B. A Minnesota Resident, and;
- C. Negatively financial impacted by COVID-19.

### It's easy to apply:

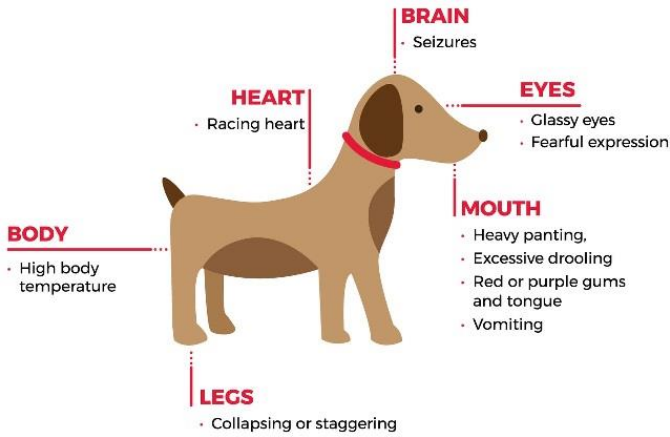
Veterans can apply for the Disaster Relief Grant on our website.

To apply for the Special Needs Grant, Veterans should work with their County Veterans Service Officer.

Applications will continue to be accepted until the \$6.2 million in funds are depleted. Veterans can apply through their County Veterans Service Officers or online at [MinnesotaVeteran.org/COVIDRelief](https://MinnesotaVeteran.org/COVIDRelief)

### COVID-19 Disaster Relief Grant application status

The MDVA team is working as quickly as possible to process the applications for the COVID-19 grants. Some applicants have already received their checks.



## SPECIAL DAYS THIS MONTH

**August is:** Romance Awareness Month, National Picnic Month & National Eye Test Month

- 1 – National Hangover Day
- 2 – International Forgiveness Day
- 2 – National Friendship Day
- 3 – National Watermelon Day
- 4 – **US Coast Guard Established!**
- 7 – **Purple Heart Day**
- 7 – International Beer Day (#1 should FOLLOW this one)
- 8 – **V-J Day (1945)**
- 11-13 – Annual Perseid Meteor Shower
- 19 – Aviation Day (*Wilbur & Orville would be proud*)
- 20 – World Mosquito Day (*Should be a Minnesota holiday!*)
- 25 – Kiss and Make Up Day
- 26 – Women's Equality Day
- 27 – Global Forgiveness Day
- 29 – **Marine Reserve Birthday**



Your Jackson County CVSO will be on the KKOJ Morning Show the 2<sup>nd</sup>

**Tuesday of every month. Tune in but don't tune out!** The show begins at 8:50AM. Question & answer, interesting information, VA Program updates fun facts, straight talk and announcements. This will be geared for all Veterans, their families and Veteran Organizations...



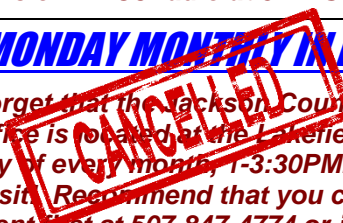
### STAY TUNED - STAY INFORMED!

**Through the vehicle of radio, Thomas Lyons of the MN Military Radio Hour provides information pertinent to today! He has a guest most every week and discusses upcoming events important to you as the Veteran or military family. The MN Military Radio Hour is on KKOJ radio at 3PM Sundays.**



## FIRST MONDAY MONTHLY IN LAKEFIELD

Don't forget that the Jackson County Veteran Service Office is located at the Lakefield Library the first Monday of every month, 1-3:30PM. C'mon down and visit. Recommend that you call for an appointment first at 507-847-4774 or just walk in...



As applications are uploaded into our system, we send an email to applicants to confirm that step has been completed. If we need any additional information to support your application, we will email you. Thank you for your patience while the MDVA COVID-19 team works diligently to input and process the applications.

The current estimated processing time is approximately 8 business days.

## **TRICARE – QUALIFYING LIFE EVENTS**

### **What's a TRICARE Qualifying Life Event?**

A **Qualifying Life Event (QLE)** is a certain change in your life, such as moving, marriage, birth of a child, or retirement from active duty. This means TRICARE health plan options for you and your family may change. Learn how certain life events may change your TRICARE health plan options.

Download the new TRICARE Qualifying Life Events Fact Sheet at [www.tricare.mil/publications](http://www.tricare.mil/publications).

The new fact sheet includes:

- A list of TRICARE QLEs
- What your options may be following a QLE
- Information on automatic enrollment

Another very important fact is that when you have a QLE you need to update your DEERS (*Defense Eligibility and Enrollment Reporting System*) to ensure you get all the benefits that are available to you.

**Your TRICARE coverage is only as good as the information you provide for DEERS!**

## **IMPORTANT INFO! MEDICARE.GOV**

### **Update about in-person healthcare visits**

As communities around the country continue to re-open, you may have questions about when to resume in-person visits with your healthcare providers, and what to expect during a visit. Always check with your doctor to see what's best for your healthcare needs.



Here are some considerations for in-person visits:

- **Don't put off necessary care, especially if it's urgent or may lead to complications, such as heart attack or stroke.**
- **Continue preventive care such as immunizations and cancer screenings.**
- **Providers and facilities will minimize exposure, so you may experience some changes during your visit.**

Visit [Medicare.gov](http://Medicare.gov) to learn more, and reach out to your healthcare provider if you have questions about when and how to seek treatment. Consider telehealth or virtual

visits with your doctor if you're at high risk for complications from COVID-19.

If you must visit in-person, check out this [information from the CDC](#) to help you protect yourself and others.

Sincerely, *The Medicare Team*

## **Urgent Care by Phone**



**Urgent Care by Phone is now available** through the Sioux Falls VAMC from 9:00 a.m.–3:00 p.m. (CST) at 605-336-

3230, choose Option 3, to speak to the nurse about a medical condition.

A Nurse **Practitioner** with a clinical background in primary care medicine will be available to speak with Veterans who have acute care needs such as a sore throat, gout, rashes, sinus infections, flu-like illness, upper respiratory infections, and minor injuries.



The nurse will then evaluate the Veteran and if it is determined a provider is needed, they will be referred to one. We will then schedule a time for the provider to call the Veteran back that day for the consultation and treatment.

## **Care in the Community (CITC) Update**

**CITC has new leadership.** Alyssa McLellan is Acting Site Director of CITC.

**July 6, 2020, the CITC Call Center** was revamped. There are schedulers available to answer phones Monday-Friday from 7:30 a.m. – 4:00 p.m. The number is 605-333-6800. **Veterans must have a consult in place prior to calling** to schedule their CITC consult appointment.

**The CITC Express Scheduling Desk** on ground floor has reopened. Veterans may stop at the desk to speak with a CITC representative to schedule their CITC consult appointment.

**Veterans seen at a CBOC** should be directed to call the CITC Call Center at 605.333.6800 to speak to a scheduler to schedule their CITC consult appointment.

## **COVID AND THE SIOUX FALLS VAMC**

**The goal of the Veteran medical facilities** will always be Veteran safety as well as the quality of care and the safety of their staff. Many areas have increased their services but there is still a ways to go.

**However, they still do not have the capacity** to take walk-in's that are not prescheduled. If someone needs emergency care they need to go directly to the Emergency Department.

**Veterans who do have appointments** can expect a screening call 1-3 days ahead of time and again when

they arrive and enter the facility. **Veterans should not arrive more than 15 minutes prior to their appointment** and while they are there they should not wander about the facility.

**They encourage caregivers** to accompany their Veterans to appointments but limit them to one caregiver and discourage bringing children into the facility. Patients and caregivers must wear masks while there. Masks may be provided if you do not have one.

**Valet parking services have resumed** and is available to Veterans with appointments.

***“Your acts are your monuments”***

***– R. J. Palacios***

## STAY SAFE MN

**Remember! Wearing a mask may not protect you from Covid19 but it will protect others around you, be a good neighbor!**

**Covid doesn't seem to be going away any time soon and we must stay protected against it, stay on top of it and do what we can for ourselves, our families and our neighbors. For more information check out the links below.**

*(Remember, everything that is blue and underlined are hypertext links. Hover your mouse over the link, press your 'Ctrl' key and the left mouse button at the same time)*

**How to stay up to date:**

- [Coronavirus.gov](https://www.cdc.gov/coronavirus) is the source for the latest information about COVID-19 prevention, symptoms, and answers to common questions.
- [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) has the latest public health and safety information from CDC and for the overarching medical and health provider community on COVID-19.
- [USA.gov](https://www.usa.gov) has the latest information about what the Government is doing in response to COVID-19.

**Medicare wants to help protect you from COVID-19:**

- [Guidelines for Opening Up America Again](#)
- [Follow the President's Coronavirus Guidelines for America](#)
- [Slow the spread of coronavirus](#)
- [Hygiene precautions to take now](#)
- [Preparing for healthcare needs](#)
- [Coping with stress](#)
- [Medicare covers related needs](#)
- [Telehealth & related services](#)
- [Stay safe when states open up](#)
- [Other ways Medicare is helping](#)

You can also get prevention tips online at:  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

## VA TELEHEALTH

**Do not discount the convenience** and success of telehealth, not just during this Covid period but other times as well to save mileage, keep an appointment during inclement weather or squeeze in an appointment without missing work.



**It's not quite as personal as face-to-face** but its as effective and convenient and still face-to-face but by computer or phone screen. Telehealth is expanding services so ask your Primary Care Provider if it would work for you.



**If you don't think you have the means** to use it you may be wrong! It can be used on any computer, tablet or smart phone! We have a telehealth kiosk at our office that you may use as well. **Call me for details! 507.847.4774**

**Oh, I nearly forgot!** If vanity is an issue it's not like the old saying goes. The camera does NOT put 10# on you, what we see is *(unfortunately sometimes)* what we get!

## RURAL VETERAN HEALTH CARE

**Many of you have probably never heard** of “The Rural Connection. This is a quarterly publication brought to you by the VA's Office of Rural Health (ORH), which I'm sure you never probably heard of, I hadn't.



**The U.S. Department of Veterans Affairs' (VA)** lead advocate for rural Veterans supporting their health and well-being. ORH establishes and disseminates **Enterprise-Wide Initiatives** that increase access to care for the nearly five million rural Veterans enrolled in the U.S. Department of Veterans Affairs' health care system.

**Congress established the Veterans Health Administration Office of Rural Health (ORH)** in 2006 to conduct, coordinate, promote and **disseminate** research on issues that affect the nearly five million Veterans who reside in rural communities. The mandate also requires ORH to develop, refine and **promulgate** policies, best practices, lessons learned, and innovative and successful programs. Learn more at [www.ruralhealth.va.gov](http://www.ruralhealth.va.gov).

**In this summer 2020 issue:**

- [VA's Telestroke Program is Saving Veterans' Lives](#)
- [Supporting Rural Caregivers Where They Live](#)
- [National Rural Health Association Selects VA for the 2020 Journal of Rural Health Article of the Year Award](#)

- [Gerofit's Dr. Morey Receives the VA Rehabilitation Research and Development Service's Highest Honor](#)
- [The Power of Telehealth Used in Substance Abuse Treatment](#)
- [VA Office of Rural Health Funds Virtual Mental Health Programs](#)
- [Individualized Telephone Outreach Reduces COPD Acute Episodes](#)
- [Coordinated Interdisciplinary Pain Care for Home-bound Veterans](#)
- [ORH Partnered Evaluation Center Drives Improvement and Innovation for Rural Veterans](#)

The summer 2020 issue may be found online at [www.ruralhealth.va.gov/docs/news/ORH\\_Newsletter\\_Summer2020\\_FINAL.pdf](http://www.ruralhealth.va.gov/docs/news/ORH_Newsletter_Summer2020_FINAL.pdf)

In case you missed it, last quarter's issue featured some of the ways VA is providing innovative health care technology options for Veterans, especially in the area of mental health. You can retrieve back issues to view on the website. There's a lot of great information to be had!

*(All above items that are [blue and underlined](#) are hypertext links. If viewing online you can hover the mouse over it, simultaneously press the Ctrl key and then click the left mouse button)*

*"...the first week of August is motionless, and hot. It is curiously silent, too, with blank white dawns and glaring noons, and sunsets smeared with too much color. Often at night there is lightning, but it quivers all alone. There is no thunder, no relieving rain. These are strange and breathless days, the dog days, when people are led to do things they are sure to be sorry for."  
~ The Dog Days of Summer - Natalie Babbitt*

## **UNEMPLOYMENT COMPENSATION (UCX)**

**Did you know that as a recently discharged military Veteran you might qualify for unemployment benefits?**

**The UCX Program provides** unemployment insurance protection to ex-servicemembers of all ranks who served in the Armed Forces of the United States and who meet the following eligibility criteria:

- You were on active duty with a branch of the U.S. military. You may be entitled to benefits based on that service.
- You must have been separated under honorable conditions.
- There is no payroll deduction from your wages for unemployment insurance protection. Benefits are paid for by the various branches of the military.

**Your state employment office** handles unemployment compensation. Benefits vary from state to state. Only the office where you apply will be able to tell you the amount and duration of your entitlement. Your nearest state unemployment office can be found in your local telephone directory. To receive unemployment compensation, you must apply.

**TO APPLY**, you must bring your Certificate of Release or Discharge from Active Duty (DD Form 214), your social security card, and your military and/or civilian job history or resume.

**For more information** about unemployment compensation, visit: [www.ows.doleta.gov](http://www.ows.doleta.gov). You can also call the Department of Labor at: 1-877-US-2JOBS.

## **REVIEWING YOUR VA CLAIM**



**Have you entered a claim** to the VA for illness or injury which began as an "in service event"?

**Have you been awarded** compensation and a rating?

**Do you feel that the original episode** of this event is worsening?

**If you have answered yes to any** of the above you need to stop in and visit with your County Veteran Service Officer. In some cases a claim may be refiled for an increase in your disability rating for pension or compensation.

**A higher rating may afford** you additional benefits and quite possibly an increase in the amount you receive for monthly benefits.

**With that said it is not guaranteed**, you have to show cause and gather supporting documentation before we can even consider it. Your CVSO can help with the paperwork and guidance but the burden of proof is on you. If you think you have a legitimate cause please give your CVSO a call.

**What do you need for documentation?** Essentially you will need the same type of documentation that you originally gathered to show cause or proof that the original issue still exists and has gotten worse. Minimally you will need the following:

- MD letter and documentation describing how the condition worsened
- Medical notes or charting concerning the issue
- Statement describing how the condition has worsened, symptoms, debilitating effects, how it has impacted day-to-day activities or employment, etc.
- Statement from someone close to you with knowledge of the situation who can **corroborate** your claims
- If employed, a statement from your employer explaining the effect it has on your work performance.
- The VA may schedule a subsequent exam

**It may sound like a lot** but most of it is pretty rudimentary and you should already have it.

Besides increased income another benefit if you attain a 70% or higher rating is that you get a State real estate tax exclusion on your property. If you are increased to 100% there is even more.



## **REQUESTING YOUR MILITARY RECORDS**

I field several calls monthly requesting military records. These are very important documents for your to maintain for benefits requests and proof of service reasons as well as end-of-life.

If you have lost or misplaced them you have a couple options to request copies. You can either research it and request them yourselves either via the Internet, by snail-mail with proper forms or call you local Veteran Service Officer.



If any case you will need some information for them to search their records that includes full name of servicemember, service number and/or SSAN, date of birth, branch of service, approximate dates of service and exactly what you are looking for (i.e. DD form 214, medical records, orders, etc.).

**SNAILMAIL or FAX** – You may include this information in a letter format and signed by you or who is requesting it and their relationship to you. Or you may download a Standard Form 180 and simply fill in the blanks, print it and sign it. You can go to the following to download it: [www.archives.gov/files/research/order/standard-form-180.pdf](http://www.archives.gov/files/research/order/standard-form-180.pdf)

**ONLINE** – Go online to [www.archives.gov/veterans](http://www.archives.gov/veterans). Read the instructions and then click on the “hypertext link” [Request Service Records Online](#). Complete the online form and submit it. You then have to print one copy to sign by pen (*wet copy*) and then mail it to the address provided.

**COUNTY VSO** – You can call your local CVSO and ask,

- **The CVSO may** have some records on file because of claim work that has done. They may also assist you in requesting it online or completing the SF 180.
- **If the discharge was filed** with the county of residence once released from duty it may be requested through that county or the CVSO can perform an online statewide county query. If it has not been filed with the county then there will be nothing.
- **For National Service** you may contact the last unit or the State Headquarters/Adjutant General’s office and ask for the records archivist.
- **For any of the Reserve forces** you may request in the same manner as for an active duty record as well as your CVSO. These can often be difficult to find.

*“The month of August had turned into a griddle where the days just lay there and sizzle.”*

~ Sue Monk Kidd

## **BLUE WATER VIETNAM VETERANS**

**Filing for Blue Water claims** has been open since the first of the year and still there are a lot of Vietnam Veterans who qualify have to come in.



If you were shipboard within the 12 nautical mile limit of the shores of Vietnam, regardless of branch of service, you may qualify for benefits.

**Make it a point to call or stop in** now to see what benefits you might qualify for! Bring along the name of the ship(s) you were on, the dates of service in Vietnam and any supporting documentation needed to substantiate your claim of injury or illness as a result of that service.

Will Rogers

*“The more that learn to read the less learn how to make a living. That’s one thing about a little education. It spoils you for actual work. The more you know the more you think somebody owes you a living.”*

## **VIETNAM VETERANS**

**First of all, THANK YOU FOR YOUR SERVICE!** I know the homecomings were bittersweet to say the least.

**Over the years** and numerous wars and conflicts much has been learned about the psyche of the warrior. TBI and PTSD are widely known now and better understood as well as better means of treatment.



**Many WWI and WWII** service men and women would bottle it up inside and just not deal with it thinking they were expected to just “man-up”, not show weakness. We now call it PTSD but they referred to it as *tender heart, shell shock, battle-fatigue, railway spine, delayed-stress syndrome, combat disorder, operational exhaustion...*

**So often these were dealt with by** alternative means to include abusing alcohol, drugs, angry outbursts, risk taking, suicide, everything but talk about it. That’s probably why American Legion and VFW Clubs flourished, the Vets would gather there and try to forget but yet exchange stories bringing up memories.



**Today we have found** that talking about episodes that were encountered, getting them out and sharing them either one-on-one or in a structured group is therapeutic. Recognizing your demons, facing them and getting them out in the open is a first step in dispelling them. There is no weakness talking about it, it actually enhances your inner strengths.



Groups are bound by confidentiality and trust brings new-found camaraderie to brothers and sisters in arms listening to and caring for each other.

The Sioux Falls Vet Center would like to either partner with existing Vietnam Veteran support groups in the area or begin new ones to help facilitate. OIF/OEF support groups are also welcome to partner with the Vet Center.

It can relieve your stress knowing that you're not the only one and help make your life and your families lives better.

If you are a Veteran and are interested in joining or starting a support group please call your local CVSO for assistance. We can help you get the program started and have a direct connection to the VA and the Vet Centers.

**Please call soon, call now!**

## MENTAL HEALTH and SUICIDE

**WHAT IS SUICIDE?** Suicide is a major public health concern. Suicide is among the leading causes of death in the United States. Based on recent nationwide surveys, suicide in some populations is on the rise.



- **Suicide is** defined as death caused by self-directed injurious behavior with intent to die as a result of the behavior.
- **A suicide attempt** is a non-fatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior. A suicide attempt might not result in injury.
- **Suicidal ideation** refers to thinking about, considering, or planning suicide.

The best overall definition of suicide that I've heard is that it's "a permanent solution to a temporary problem". There are no "do-overs", no "take-backs", there is only darkness.

On the average there is a suicide every 10-12 minutes in the United States and yes, some are Veterans. It's the 8<sup>th</sup> leading cause of death in Minnesota.

**Suicide Facts & Figures: Minnesota 2020**

**On average, one person died by suicide every 12 hours in the state.**

More than seven times as many people died by suicide in Minnesota in 2018 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 16,555 years of potential life lost (YPLL) before age 65.

Suicide cost Minnesota a total of **\$749,527,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,236,843** per suicide death.

**8<sup>th</sup> leading cause of death in Minnesota**

**2<sup>nd</sup> leading** cause of death for ages 10-34

**3<sup>rd</sup> leading** cause of death for ages 35-44

**4<sup>th</sup> leading** cause of death for ages 45-54

**8<sup>th</sup> leading** cause of death for ages 55-64

**18<sup>th</sup> leading** cause of death for ages 65+

**Suicide Death Rates**

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Minnesota	739	13.09	40
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from www.cdc.gov/injury/wisqars/fatal.html on 3/17/2020).

afsp.org/statistics

We are the best defense against this type of behavior, even more so if we are familiar with the warning signs and are armed with contact information for help. Later in this article will be information on who to contact.



Each year more than **34,000** individuals take their own life, leaving behind thousands of friends and family members to navigate the tragedy of their loss. Suicide is the 10<sup>th</sup> leading cause of death among adults in the U.S.

and the 3<sup>rd</sup> leading cause of death among adolescents. Suicidal thoughts or behaviors are both damaging and dangerous and are therefore considered a psychiatric emergency. Someone experiencing these thoughts should seek immediate assistance from a health or mental health care provider.

**Know the Warning Signs!** Being able to identify the suicide warning signs is the first step towards protecting someone. Below are the more prevalent signs:

- Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like "I wish I wasn't here" but can become more overt and dangerous
- Increased alcohol and drug use
- Aggressive behavior. A person who's feeling suicidal may experience higher levels of aggression and rage than they are used to.
- Social withdrawal from friends, family and the community.
- Dramatic mood swings indicate that your loved one is not feeling stable and may feel suicidal.
- Preoccupation with talking, writing or thinking about death.
- Impulsive or reckless behavior.

**Is There Imminent Danger?** Any person exhibiting these behaviors should seek care immediately:

- They are putting their affairs in order and giving away their possessions
- They are saying goodbye to friends and family
- Their mood shifts from despair to calm
- They start planning, possibly by looking around to buy, steal or borrow the tools they need to commit suicide such as a firearm or prescription medication

A licensed mental health professional can help assess risk.

**Who is at Risk for Suicide? EVERYBODY!** Research has found that about 90% of individuals who die by suicide experience mental illness. Oftentimes it is undiagnosed or untreated.

**Experiencing a mental illness** is the number one risk factor for suicide. A number of things may put a person at risk of suicide. The list below is not all inclusive:

- Substance abuse, which can cause mental highs and lows that **exacerbate** suicidal thoughts





your information is all but able to be retrieved? I have and it's frustrating. All I wanted was a refill of a couple days meds that I had forgotten at home and it took in excess of three hours to get them filled...

**It was Minneapolis and my normal hospital** is Sioux Falls. They're even within the same **VISN** but just different catchment areas. Something like this has the potential to be life threatening too if it's an emergency and you needed to be treated!

**Well, the VA has recognized the issue** and has begun a more comprehensive program "Transforming Health Care for Veterans, Revolutionizing Health Care for All!"

**Over the next 10 years**, VA will move from using its current electronic health record (EHR) system — the software that stores health information and tracks all aspects of patient care — to a new system that will link in with the Department of Defense's patient records and unify all VA facilities on one system. The program that will manage VA's steady transition to the new EHR is called Electronic Health Record Modernization (EHRM).

**Want more information?** See the fact sheet here: [www.ehrm.va.gov/resources/factsheet](http://www.ehrm.va.gov/resources/factsheet)

**"It is courage, courage, courage, that raises the blood of life to crimson splendor. Live bravely and present a brave front to adversity."**  
~ Horace



## **MDVA/DEED PRESS RELEASE**

**Unemployment alert: \$600 additional federal payment ends in July**

**DEED alerts Minnesotans receiving unemployment to plan ahead; seek additional resources and support**

**St. Paul** – The Minnesota Department of Employment and Economic Development (DEED) is reminding Minnesotans receiving unemployment insurance (UI) benefits that the \$600 additional payment authorized by the CARES Act, known as the **Federal Pandemic Unemployment Compensation (FPUC)** is scheduled to end later this month.

**Unless the program is extended by the federal government, the last week that FPUC may be paid in Minnesota is the week ending July 25, 2020.** Applicants can begin to request this week of benefits between Sunday, July 26 and Friday, July 31.

**The end of the additional \$600 FPUC payment** does not impact applicant eligibility. Minnesotans who remain eligible for regular UI benefits or Pandemic Unemployment Assistance (PUA) will continue to receive their regular payments each week after that – but benefit payments will no longer include the additional \$600 FPUC payment.

**"This additional weekly payment** has provided critical support to hundreds of thousands of Minnesotans whose employment has been impacted by the COVID-19 pandemic," said DEED Commissioner Steve Grove. "We know that this continues to be an exceptionally difficult time, and the loss of the additional \$600 will only make life more challenging for families across our state. DEED and our state agency partners are focused on connecting Minnesotans to available state and community services and resources in the weeks and months to come."

**There are many state resources** and additional supports available to Minnesotans during this time of great need, according to Minnesota Department of Human Services (DHS) Commissioner Jodi Harpstead.

**"COVID-19 has created challenges and uncertainties for everyone, and we're here to help,"** Harpstead said. "People who are unemployed or struggling should know that they may be able to receive low-cost health insurance, help buying groceries, help with child care costs and more."

**State and community resources include:**

- **CareerForce** ([www.careerforcemn.com](http://www.careerforcemn.com)) connects people who need work with the employers who need them now. Many companies in Minnesota are currently hiring, and CareerForce has provide a list of the "Top 30 In-Demand Jobs" right now at [www.careerforcemn.com/jobs-demand-during-covid-19](http://www.careerforcemn.com/jobs-demand-during-covid-19). DEED staff and workforce development partners throughout the state offer services including: identification of transferable skills for in-demand careers; counselor-approved training and education for Minnesotans eligible for Dislocated Worker services ([www.careerforcemn.com/dislocated-worker](http://www.careerforcemn.com/dislocated-worker)); assistance with job search strategy, resume writing, interview preparation and more. CareerForce also helps connect employers with workers who have the skills their businesses need right now. CareerForce services are available at no cost to customers online, over the phone and in person by appointment.
- **Support for basic needs:** Minnesotans who are concerned about making ends meet are encouraged to learn more about food support, economic assistance, child care, health care and other programs they may be eligible for on the DHS website: <https://mn.gov/dhs/>. Log onto ApplyMN, <https://applymn.dhs.mn.gov/online-app-web/spring/public/process-login?execution=e2s1> which helps Minnesotans apply for multiple programs.
- **Emergency assistance.** Minnesotans in need of emergency assistance should contact the county human services or tribal agency where they live.

**Minnesota's UI program** has also compiled a list of many other resources ([www.uimn.org/applicants/help](http://www.uimn.org/applicants/help))

[support/comm-organizations/index.jsp](#)) that may be helpful depending on a family's needs, including information about community services and financial assistance, food, health care, housing, transportation, tax services and veterans' services.

Visit [uimn.org/gethelp](http://uimn.org/gethelp) or [mn.gov/covid19/gethelp](http://mn.gov/covid19/gethelp) for more information.

## WHOLE HEALTH APPROACH FOR SELF CARE



If you have read about Whole Health, you may have come across the term, "Circle of Health." But what does it mean? And how can it help?

The Circle of Health is an important part of the Whole Health approach to care. Whole Health puts you at the center of your care. Instead of focusing solely on medical care — such as check-ups or prescriptions to treat illness or injuries — a Whole Health approach looks at your overall well-being. This means in addition to medical care, you may use self-care and complementary therapies like acupuncture, massage, or yoga, to help meet your health goals.

### How can it help?

The Circle of Health graphic shows you in the middle of the circle with your care options surrounding you. This helps you explore connections between important aspects of your life and your health and well-being.

Think about your exercise routine, diet, sleep patterns, and relationships. Your physical, emotional, and mental health are connected. Improving one area can benefit other areas and influence your overall physical, emotional, and mental health. The Circle of Health helps you see these connections and offers you tools to address a range of issues.

### There are four key elements in this circle:

- **Me:** You are at the center of your care. What matters most to you? Do you want to be able to dance again, or keep up with your grandkids? The answer to this question will shape your approach to care.
- **Self-care:** Each of us has the power to impact our well-being. Whole Health offers the skills and support you need to make the changes you want.
- **Professional Care:** Your health team is there to help with the prevention and treatment of disease and illness.
- **Community:** Just as there is a "Me" at the center of the circle, there is a "We" that enfolds it. Your Community is the people and groups you connect with.

These the four elements making up the Circle of Health.

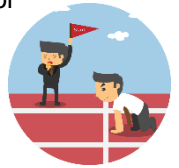
Medical care is important. And how you live your life between medical appointments makes a big difference.



In the Whole Health approach, you can look at all areas of your life, including areas of strength and aspects where support could be helpful to you. Self-care is any activity that you do purposely to take care of your mental, emotional, and physical health. You may want to start with just one or two areas. These areas of self-care shown in the Circle of Health include:

- **Mindful Awareness** – Being aware of thoughts and feelings to focus on the present.
- **Moving the Body** – Exercising and moving for energy, flexibility, and strength.
- **Surroundings** – Having comfortable, healthy spaces that support your body and emotions.
- **Personal Development** – Moving toward what matters most to you.
- **Food and Drink** – Nourishing your body to not only live, but to live well.
- **Recharge** – Getting enough sleep, rest, relaxation.
- **Family, friends, and co-workers** – Developing close, loving, supportive relationships with others.
- **Spirit and Soul** – Cultivating a sense of connection, purpose, and meaning.
- **Power of the Mind** – Tapping into your ability to heal and cope through mind-body approaches.

You don't have to wait until something is wrong to focus on your well-being. Taking stock of where you are in each of these areas and thinking about where you want to be is the first step in living a healthier life.



### How do I get started?

There are several ways to start your Whole Health path:

- **Complete a "Personal Health Inventory"** – Explore what matters to you and assess where you are and want to be in the eight Circle of Health areas of self-care.
- **Have a Conversation** – Tell your health care provider your needs, concerns, and goals. A yoga class might enhance your flexibility, or a tai chi class might help you manage your pain better.
- **Take a Course** – There are currently two Veteran-led Whole Health courses:
  - Introduction to Whole Health
  - Taking Charge of My Life and Health.

During these courses, other Veterans will teach you about Whole Health practices and help you take steps to create your Personal Health Plan.

Whether you want to wake up with less pain, change careers, reduce stress, or move more, you can start making a difference today. To get yourself started with the Whole Health journey go online to [www.va.gov/WHOLEHEALTH/docs/10-930\\_PHI-Short\\_July2019\\_508.pdf](http://www.va.gov/WHOLEHEALTH/docs/10-930_PHI-Short_July2019_508.pdf) and take a Personal Health Inventory. **BE HONEST WITH YOURSELF!** And then go

to [www.va.gov/WHOLEHEALTH/get-involved/get-started.asp](http://www.va.gov/WHOLEHEALTH/get-involved/get-started.asp).

## YOUR VA HEALTH *"ON THE GO"!*



The "Rx Refill Mobile Application" (app) (<https://mobile.va.gov/app/rx-refill>) allows Veterans to request refills of their refillable VA-issued prescriptions, track VA prescription deliveries, view VA prescription history from the convenience of their mobile device. The app provides a native mobile interface for the Rx Refill feature found within My HealtheVet. Refill requests submitted through the app or the My HealtheVet website that are dispensed by a VA Mail Order Pharmacy are easily tracked using the app's "Track Delivery" feature.

**NOTE:** VA is undergoing an Electronic Health Record Modernization (EHRM), which may impact whether My HealtheVet and Rx Refill applications are operational at your facility. To Learn more about EHRM, visit [www.ehrm.va.gov](http://www.ehrm.va.gov).

For those without a compatible mobile device, web-based prescription refills can be found at the VA website at [www.VA.gov](http://www.VA.gov) or also "My HealtheVet" at [www.myhealth.va.gov/](http://www.myhealth.va.gov/)

### FEATURES:

- Request a refill
- View VA prescription information
- View images of your VA medication
- View additional VA prescriptions in your package
- See past shipments of VA prescriptions
- Review VA prescription history
- Access additional medication information on My HealtheVet

To learn more about and understand VA pharmacies and medications, access the "Ask A Pharmacist App" (<https://mobile.va.gov/app/ask-a-pharmacist>) on the VA App Store. Ask A Pharmacist can help you find a VA pharmacy close to you, understand how VA pharmacies operate and learn about the medications you take.

If you are a Veteran, the Ask a Pharmacist App enables you to access information about VA pharmacies and medication easily — with the comfort of knowing the information is valid and from trusted sources. If you have a verified My HealtheVet account (credentials for VA's personal health record), you can link to VA pharmacy and Secure Messaging services via the app, allowing you to quickly go to your personal medication and health information as well as learn about pharmacy-related topics.

### MORE FEATURES:

- Find out what services My HealtheVet Pharmacy offers
- Learn how to read prescription labels and identify pills by sight
- Read information from VA trusted medication resources
- Find out how VA Pharmacies operate and locate a nearby facility

To learn more about how to request, refill and track VA prescriptions with ease, access the "Rx Refill App" (<https://mobile.va.gov/app/ask-a-pharmacist>) on the VA App Store. The Rx Refill mobile application (app) allows Veterans to request refills of their refillable VA-issued prescriptions, track VA prescription deliveries, view VA prescription history from the convenience of their mobile device. The app provides a native mobile interface for the Rx Refill feature found within My HealtheVet. Refill requests submitted through the app or the My HealtheVet website are easily tracked using the app's "Track Delivery" feature.

For more helpful VA mobile apps for your smart-phone or notebook you can go to the MyHealthevet website at [www.myhealth.va.gov/mhv-portal-web/mobile-apps](http://www.myhealth.va.gov/mhv-portal-web/mobile-apps)

**"Success is not final, failure is not fatal:  
it is the courage  
to continue that counts."  
~ Winston S. Churchill**

## WORDS & STUFF GLOSSARY

<b>malevolent</b>	having or showing a wish to do evil to others.
<b>maladies</b>	unwholesome, unwelcome or disordered condition
<b>ASPCA</b>	American Society for the Prevention of Cruelty to Animals
<b>CDC</b>	Center for Disease Control
<b>Practitioner</b>	a person actively engaged in an art, discipline, or profession, especially medicine.
<b>disseminate</b>	spread (something, especially information) widely.
<b>Promulgate</b>	promote or make widely known
<b>corroborate</b>	confirm or give support to
<b>VISN</b>	Veterans Integrated Service Networks
<b>DD form 214</b>	Official Military discharge form
<b>SSAN</b>	Social Security Account Number
<b>Exacerbate</b>	make (a problem, bad situation, or negative feeling) worse
<b>Parrot</b>	a person who, without thought or understanding, merely repeats the words or imitates the actions of another.

**Dialectical**

of or characteristic of a dialect, a provincial, rural, or socially distinct variety of a language that differs from the standard language, especially when considered as substandard.

**Enterprise-Wilde Initiatives**

programs that deliver increased care and support to rural Veterans nationwide in a more uniform manner

**CONTINUOUS LEARNING FOR VETS**

You may not receive a diploma but the value is in what you learn and retain to help you and others lead more enjoyable and meaningful lives!



From anxiety, to depression, to posttraumatic stress, there is a wide range of conditions that can affect your mental health.

Explore self-help tools, or download a screening checklist to see if common symptoms apply to you or a loved one. Learn more by going to [www.mentalhealth.va.gov/explore\\_by\\_topic.asp](http://www.mentalhealth.va.gov/explore_by_topic.asp) and clicking on the video you want to hear and learn more about a Veteran's story of managing depression and many other topics that could help you.

**SOCIAL DETERMINANTS OF HEALTH**

Genetic factors and health care access are not the only determinants of an individual's health outcomes. Minority populations often face barriers to health in their everyday lives, such as food insecurity, housing instability, transportation challenges and a lack of employment opportunities. These factors are referred to as social determinants of health: the social, economic, and physical conditions in the environments where people live, work, and play. Social and economic disadvantages such as poverty, lack of educational opportunity, food insecurity, or neighborhood crime can result in poor health outcomes and health disparities.



**Social Determinants of Health**



The Office of Health Equity (OHE) shares data, tools, research, and other resources to help eliminate racial, ethnic, and socioeconomic disparities experienced by Veterans. OHE's work is guided by a Health Equity Action Plan developed by the Health Equity Coalition. Resources are organized around products related to: Data, Awareness, Health Outcomes, Partnerships, and Workforce Trainings. For more info go to [www.va.gov/HEALTHYQUITY/Social\\_Determinants\\_of\\_Health.asp](http://www.va.gov/HEALTHYQUITY/Social_Determinants_of_Health.asp)

**WILL ROGERS ON AGING...**

*“Eventually you will reach a point when you stop lying about your age and start bragging about it.”*

**IMPORTANT INFORMATION**

Please place these numbers close by in case you would ever need to call one. We hope that the need never arises but we also understand that it's a real possibility. Better to be prepared and to know where to call for help when help is needed...

**National Suicide Prevention Hotline**



**OR TEXT TO "838255"**

**NATIONAL PROBLEM GAMBLING HELPLINE**

1-800-522-4700

**Veterans Linkage Line**  
your link to experts  
[minnesotaveteran.org](http://minnesotaveteran.org) | **1-888-LinkVet**  
(546-5838)

**SAMHSA**  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov) • 1-877-SAMHSA • (1-877-726-4322)  
**1-800-662-HELP**  
(4357)  
[www.samhsa.gov/treatment](http://www.samhsa.gov/treatment)  
For Information on Prevention and Treatment Referral

**NATIONAL DOMESTIC VIOLENCE**  
**HOTLINE**   
**1-800-799-7233**

**DON'T FORGET – LIKE US ON FACEBOOK!**  
[www.facebook.com/JacksonCountyMNVeteranServices](http://www.facebook.com/JacksonCountyMNVeteranServices)

Visit us online [www.co.jackson.mn.us/veterans](http://www.co.jackson.mn.us/veterans)

**COMMO CHECK!!!!!!**  
**HOW COPY? OVER...**  
**GOOD COPY! OUT!**



## GOIN' ON-LINE

These are web addresses which can help you, entertain you and keep you abreast of news, views and changes in benefits. Keep an eye out for additions to the list as we move forward!

### NEWS & VIEWS

Marine Times	<a href="http://www.marinecorpstimes.com">www.marinecorpstimes.com</a>
Air Force Times	<a href="http://www.airforcetimes.com">www.airforcetimes.com</a>
Military Times	<a href="http://www.militarytimes.com">www.militarytimes.com</a>
Military.COM	<a href="http://www.military.com">www.military.com</a>
SOFREP News	<a href="https://sofrep.com/news/">https://sofrep.com/news/</a>

### BENEFITS & OTHER INTEREST

U.S. Veterans Affairs	<a href="http://www.va.gov">www.va.gov</a>
MN Dept. of Vet Affairs	<a href="https://mn.gov/mdva/">https://mn.gov/mdva/</a>
My Health-e Vet	<a href="http://www.myhealth.va.gov">www.myhealth.va.gov</a>

### SERVICE ORGANIZATIONS

American Legion	<a href="http://www.legion.org">www.legion.org</a>
MN American Legion	<a href="http://www.mnlegion.org">www.mnlegion.org</a>
Veterans of Foreign Wars	<a href="http://www.VFW.org">www.VFW.org</a>
Disabled American Vets	<a href="http://www.DAV.org">www.DAV.org</a>
AMVETS	<a href="http://amvetsnsf.org">http://amvetsnsf.org</a>
Vietnam Vets of America	<a href="https://vva.org/">https://vva.org/</a>
Military Order of Purple heart	<a href="https://moph.org">https://moph.org</a>

### MILITARY SERVICE BRANCHES

US Army	<a href="http://www.goarmy.com">www.goarmy.com</a>
US Marine Corps	<a href="http://www.marines.mil">www.marines.mil</a>
US Navy	<a href="http://www.navy.mil">www.navy.mil</a>
US Air Force	<a href="http://www.airforce.com">www.airforce.com</a>
US Coast Guard	<a href="http://www.uscg.mil">www.uscg.mil</a>
US Space Force	<a href="http://www.spaceforce.mil/">www.spaceforce.mil/</a>
National Guard (Army/Air)	<a href="http://www.nationalguard.com">www.nationalguard.com</a>

### OF INTEREST TO MILITARY RETIREES

TRICARE Health	<a href="http://www.tricare.com">www.tricare.com</a>
DFAS MyPay (Finance)	<a href="https://mypay.dfas.mil">https://mypay.dfas.mil</a>
Military Officers Assn.	<a href="http://www.moaa.org">www.moaa.org</a>
DoD Lodging Site	<a href="http://www.dodlodging.net">www.dodlodging.net</a>
America's Warrior Part.	<a href="http://americaswarriorpartnership.org">americaswarriorpartnership.org</a>
Dental & Vision – FEDVIP	<a href="http://www.benefeds.com">www.benefeds.com</a>
The American Flag	<a href="http://www.usa.gov/flag">www.usa.gov/flag</a>
US Flag Code	<a href="http://www.military.com/flag-day/us-flag-code.html">www.military.com/flag-day/us-flag-code.html</a>

### LINKS PROVIDING INFO AND ASSISTANCE

Nat'l Archives (Records)	<a href="https://archives.gov/veterans">https://archives.gov/veterans</a>
MACV (Financial/Legal)	<a href="http://www.mac-v.org">www.mac-v.org</a>
Minnesota LinkVet	<a href="https://minnesotaveteran.org">https://minnesotaveteran.org</a>
Senior Linkage Line	<a href="http://www.seniorlinkageline.com">www.seniorlinkageline.com</a>
Wounded Warrior Proj.	<a href="http://www.woundedwarriorproject.org">www.woundedwarriorproject.org</a>
"Make the Connection"	<a href="http://www.MakeTheConnection.net">www.MakeTheConnection.net</a>
MN Military & Vet Exch.	<a href="http://www.mnme.us">www.mnme.us</a>
Minnesota Help!	<a href="https://mnhelp.info/">https://mnhelp.info/</a>
Ctr for Disease Control	<a href="http://www.cdc.gov">www.cdc.gov</a>
Veterans Court	<a href="http://www.mncourts.gov/district/5/">www.mncourts.gov/district/5/</a>

### VETERANS MALL, LODGING & VACATIONS

Armed Forces Exchange	<a href="http://www.aafes.gov">www.aafes.gov</a>
Armed Forces Lodging	<a href="http://www.dodlodging.net/">www.dodlodging.net/</a>
AF Vacation Club	<a href="http://www.afvclub.com">www.afvclub.com</a>



## "WHO YA GONNA CALL?!"

From time to time you may need to call for help. Besides your local CVSO the numbers below will be helpful for you to call direct!



need your may

### Resources for SW/WC MN Area Veterans

VAMC, Sioux Falls, SD	605.336.3230
(Toll Free)	(800.316.8387)
<i>(Press "0" or your party's extension to interrupt message)</i>	
<b>A Nurse or Telephone Care</b>	<b>866.687.7382</b>
<b>Telephone Triage</b>	<b>x7140</b>
<b>Patient Advocate</b>	<b>x6688</b>
<b>Pharmacy Refills</b>	<b>855.560.1723</b>
<b>VA Billing Questions</b>	<b>866-347-2352</b>
CBOC, Spirit Lake, IA	712.336.6400
CBOC, St James, MN	507.375.9670
MN Vet's Home, Luverne, MN	507.283.6200
Toll Free	877.588.8387
Vet Center, Sioux Falls, SD	605.330.4552
MACV, Mankato Office	507.345.8258
SW Ctr for Independent Living	507.532.2221
MDVA SW MN Higher Education Coordinator	507.537.7213
MDVA Tribal VSO, SW MN	507.637.1534
MDVA Veterans Linkage Line	888.546.5838
Senior Linkage Line	800.333.2433
<b>VA Crisis Line/Suicide Line</b>	<b>1.800.273.TALK</b>
	<b>press 1 (273.8255)</b>
Defense Finance & Acc't. Svc	888.332.7411
TRICARE West Region	844.866.9378

### MN Veterans Service Organizations' Dept. HQ's

The American Legion	866.259.9163
Veterans of Foreign Wars	651.291.1757
Disabled American Veterans	651.291.1212
Military Order Purple Heart	651.227.4456
Vietnam Veterans of America	651.224.6345

### IDENTIFICATION CARDS/DEERS UPDATES

*(Call for appointment and bring proper paperwork)*

NG Armory, Mankato, MN	507.389.6219
100 Martin Luther King Drive	Mon-Wed-Fri
114 <sup>th</sup> FW, Sioux Falls, SD	605.988.5845
1201 W. Algonquin St.	
196 <sup>th</sup> MEB, Sioux Falls, SD	605.357.2900 or 2985
800 W. National Guard Drive	
NG Armory, Montevideo, MN	320.269.9284 or 5180
711 S. 17 <sup>th</sup> St.	Mon-Fri / 9am-3pm

YOUR LOCAL CVSO IS:

### FINDING A LOCAL VETERAN SERVICE OFFICER

MN Ass'n of Vet Service Officers	<a href="http://www.macvso.org">www.macvso.org</a>
Nat'l Ass'n of Vet Service Officers	<a href="http://www.nacvso.org">www.nacvso.org</a>

# DISTRICT 8 SW MINNESOTA COUNTY VETERAN SERVICE OFFICERS

**Cottonwood - Todd Dibble**  
 41385 US Hwy N  
 Windom, MN 56101  
 507.831.5522  
[todd.dibble@co.cottonwood.mn.us](mailto:todd.dibble@co.cottonwood.mn.us)

**Jackson - Jeffrey Gay**  
 402 White Street – Door #6  
 Jackson, MN 56143  
 507.847.4774  
[cvso@co.jackson.mn.us](mailto:cvso@co.jackson.mn.us)

**Lincoln - John Hovland**  
 Box 29319 N. Rebecca St.  
 Ivanhoe, MN 56142  
 507.694.1033  
[jhovland@co.lincoln.mn.us](mailto:jhovland@co.lincoln.mn.us)

**Lyon - Heidi Fier**  
 607 W. Main St.  
 Marshall, MN 56258  
 507.537.6729  
[heidifier@co.lyon.mn.us](mailto:heidifier@co.lyon.mn.us)

**Martin - Douglas Landsteiner**  
 2423 Albion Ave.  
 Fairmont, MN 56031  
 501.238.3220  
[doug.landsteiner@co.martin.mn.us](mailto:doug.landsteiner@co.martin.mn.us)  
 (NOTE: Martin Co is actually district 9)

**Murray - James Reinert**  
 Government Center; PO Box 57  
 Slayton, MN 56172  
 507.836.1169.  
[jreinert@co.murray.mn.us](mailto:jreinert@co.murray.mn.us)

**Nobles - Bill Brockberg**  
 315 10<sup>th</sup> St,  
 Worthington, MN  
 507.295.5292  
[bbrockberg@co.nobles.mn.us](mailto:bbrockberg@co.nobles.mn.us)

**Pipestone - Renae Schuch**  
 811 5<sup>th</sup> SW  
 Pipestone, MN 56164  
 507.825.1183  
[renae.schuch@co.pipestone.mn.us](mailto:renae.schuch@co.pipestone.mn.us)

**Redwood - Dustin Hunter**  
 P.O. Box 130403 South Mill St  
 Redwood Falls 56283  
 507.637.4034  
[dustin\\_h@co.redwood.mn.us](mailto:dustin_h@co.redwood.mn.us)

**Rock - David Haugum**  
 204 E. Brown St.  
 Luverne, MN  
 507.283.5061  
[dave.haugom@co.rock.mn.us](mailto:dave.haugom@co.rock.mn.us)



[WWW.MACVSO.ORG](http://WWW.MACVSO.ORG)



*“Liberty has never come from Government. Liberty has always come from the subjects of it. The history of liberty is a history of limitations of governmental power, not the increase of it.”*

-Woodrow Wilson