



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 6

"America's Veterans embody the ideals upon which America was founded."

June 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

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!

ARE YOU STRESSING OUT?

Courtesy VA Health Care Updates

VA's Whole Health approach is centered on you and what matters to you! You are the central component in your health and well-being. There are several components to promote and maintain the overall state of wellness in your mind, body and spirit. Self-care is a key ingredient that you can access anytime, anywhere and as often as you want.



The [#LiveWholeHealth](#) self-care [blog](#) series provides brief videos on a range of topics. You can watch these from your phone, tablet or computer and be guided on topics such as mindful breathing, yoga and more.

[Acupressure](#), a method of self-care similar to acupuncture but without needles, is the application of pressure to specific points on the body, often used to help relieve tension and pain. Acupressure has been used for thousands of years to provide comfort and help our bodies heal.

Rubbing our temples during a headache or stressful moment is an example of how we naturally choose to place our hands-on specific areas of our body for relief. Acupressure helps the body heal the local tissue you are pressing or massaging and can also affect the meridian system on which the acupressure point is located.

From an Eastern Medicine perspective this may mean balancing and influencing the ["qi"](#), ["chi"](#), or energy of the body that flows in that meridian. From a Western Medicine perspective, acupressure improves circulation, relaxes tight muscles, and releases pain relieving endorphins.

You can learn specific acupressure points as a self-care method to be used at home., and can then access the relief these acupressure points provide whenever it is needed.

When using acupressure, simply press or massage the acupressure point(s) for about 30 seconds. Use an amount of pressure that feels comfortable without being painful. When several points are grouped together to increase effectiveness of the treatment it is called an "acupressure prescription".

Acupressure prescriptions can be individualized to help a person with a specific complaint like low back pain or headaches or can focus on general wellness. Acupressure can be used to increase energy, calm a stressful moment, or relax the body for sleep. Acupressure can be used many times per day.

Experience acupressure for wellness with Juli Olson, DACM, DC. Juli leads the Acupuncture team for VHA's Integrative Health Coordinating Center and is a staff chiropractor and acupuncturist at the Iowa City VAMC. (Continued on page 2)

SPECIAL DAYS THIS MONTH

June is: National Dairy and PTSD Awareness Month
 5 – World Environment Day
 6 – **WWII D-Day – Lest we forget...**
 8 – World Ocean Day
 14 – Flag Day – Fly your proudly!
 14 – **US ARMY BIRTHDAY**
 19 – Juneteenth
 20 – National Bald Eagle Day
 21 – **FATHER'S DAY**
 23 – International Widow's Day
 23 – **Coast Guard Auxiliary Birthday**
 25 – **Korean War Begins (1950)**
 26 – Take Your Dog To Work Day
 27 – **National PTSD Awareness Day**
 30 – Meteor Day!



"Word to the Nation: Guard zealously your right to serve in the Armed Forces, for without them, there will be no other rights to guard."

– President John F. Kennedy



Your Jackson County CVSO will be on the KKOJ Morning Show the 2nd

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!



R.E.D. FRIDAY - WEAR RED EVERY FRIDAY TO REMEMBER ALL WHO ARE DEPLOYED!



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...

"What counts is not necessarily the size of the dog in the fight -- it's the size of the fight in the dog."

– Gen. Dwight D. Eisenhower

ACCUPRESSURE CONTINUED...

Acupressure for Stress Relief and Wellness Instructions: Massage each acupressure point indicated in the pictures below for 30 seconds in circular motion. Use the amount of pressure that feels comfortable and not painful. Repeat as needed.



Disclaimer: If you may be pregnant, please talk to your care provider before using acupressure

STRESSING OUT?

Jeffrey L. Gay

Pandemic, rioting in the streets, wanton destruction, helplessness, hopelessness, recession, unemployment and layoff's, anger, frustration! They all play their toll on you and at one point or another you have to vent, release the pressure or "explode".

Please take the time to think about the last article and do a "self-check" on yourself and those around you. What we are living in during these times is not normal and processing everything to include everyday life can be an enormous task.

The impact all of this can have on you and those around you is immense and can become problematic leading to other issues both psychologically and physically. Depression is a dangerous thing and needs to be treated.

Take time for yourself and do what you can to maintain a healthy life. Ask for help, ask for someone to listen to your concerns, don't go it alone. **You can always call the Crisis Line at 800.273.8255**

VET CENTER, WHO THEY ARE AND WHAT THEY DO?

Observation by Jeffrey L. Gay



Many of you may have never heard of the Vet Center. A Vet Center is an office who works with Veterans and their families in several capacities, primarily counseling and referral.

Although they are mandated by the VA they are not a part of the VA Medical system but may be used to augment the care the VA provides through their clinics and that of Veteran Service Officers. Please don't confuse the Vet Center with the clinics, they offer no medical assistance.

Vet Centers practice confidentiality for all they serve. The below list is not all inclusive but gives you an idea of what is offered at a Vet Center:

- Individual and group counseling for Veterans, service members, and their families
- Family counseling for military related issues
- Bereavement (grief) counseling
- Military sexual trauma counseling and referral
- Community outreach and education
- Substance abuse assessment and referral
- Employment referral
- Referral of other VA services

Vet center staff will also help facilitate groups to include PTSD, Vietnam Veterans, Current conflict Veterans, etc.

The nearest Vet Center to this area is in Sioux Falls, SD but they are located in all states. To find a particular state please go online to www.va.gov/directory/guide/home.asp and click on the state you want. (Also on this site you will be able to locate all of the hospitals and clinics statewide)

Minnesota	South Dakota	Iowa
Brooklyn Park Duluth New Brighton	Rapid City Sioux Falls Martin	Cedar Rapids Des Moines Sioux City
North Dakota	Wisconsin	Nebraska
Bismarck Fargo Grand Forks Minot	Green Bay La Crosse Madison Milwaukee Wausau	Lincoln Omaha

A meeting was held via teleconference from Sioux Falls to discuss increased outreach into our area providing services more locally. More information will be available as plans develop.

Outreach is already offered in some areas and also by many other Vet Centers. Contact your closest Vet Center for information about off-site location(s) they may host.

Until then you may contact the Sioux Falls Vet center via phone at [605.330.4552](tel:605.330.4552) or stop in to their office at 3200 W 49th St, Sioux Falls, SD (a block and a half east of South Louise Ave.) and make an appointment.

For assistance after hours, weekends, and holidays call: 1-877-WAR-VETS (1-877-927-8387)

You may also contact your local County Veteran Service Office to schedule one for you.

Their hours of operation vary from county to county but they are generally in the office Monday thru Friday or parts thereof.

NOTE: HOURS AND ACCESSIBILITY MAY VARY DUE TO CORONAVIRUS RULES OF PERSONAL SEPERATION.

In an effort to better serve the Veteran and family members, upon request Vet Centers will provide services after nonwork hours and/or on weekends.



As a matter of clarity, I have utilized the Sioux Falls Vet Center since 2005 to provide an array of services to Veterans, their families and those still serving. To date they have never disappointed!

SAGE ADVICE: "Count your life by smiles, not tears, count your age by friends, not years, and remember we do not quit playing because we grow old -- we grow old because we quit playing".

"HEP C" - SHOULD I GET TESTED?

Currently, it is recommended that all adults age 18-79 be tested for hepatitis C. Talk to your VA provider about risk factors that may require more regular screening.

Hepatitis C is a viral infection that causes liver inflammation, sometimes leading to serious liver damage. The hepatitis C virus (HCV) spreads through contaminated blood.

Long-term infection with the hepatitis C virus is known as chronic hepatitis C. Chronic hepatitis C is usually a "silent" infection for many years, until the virus damages the liver enough to cause the signs and symptoms of liver disease.

The hepatitis C test is available for all Veterans enrolled in VA health care. See the printable HCV testing handout for information about getting tested at a VA facility. (www.hepatitis.va.gov/pdf/Hepatitis-C-Testing-Factsheet-Veterans.pdf)

If you are at risk for HCV, you should consider getting tested. You have to get blood tests to find out if you have HCV because the symptoms of hepatitis C infection often are very mild. In fact, you may not have any symptoms at all.

If you are diagnosed with hepatitis C, new treatments for hepatitis C are able to cure most people in about 12 weeks.

For more information about Hepatitis C please contact your Primary Care Manager (PCM) either at the VA or civilian.

"Every child is an artist, the problem is staying an artist when you grow up"
— Pablo Picasso

A LITTLE HUMAN INTEREST

“Yorkie Doodle Dandy”



Everybody needs a day brightener every now and again and more often now with what we're facing these days.

Here is the perfect one about a real war hero from the Pacific Theater of WWII, a Yorkshire Terrier named “Smokey”.

Smoky was found in a foxhole in New Guinea in Feb 1944. The American thought she must have been a Japanese soldier's dog, but when he took her to a POW camp, they found out she didn't understand commands in Japanese or English. The soldier sold Smokey to Cpl. William Wynne of Cleveland OH for 2 dollars Australian.

Over the next two years Wynne carried Smoky in his backpack, fought in the jungles of Rock Island and New Guinea, flew 12 air/sea rescue, she survived 150 air raids on New Guinea and made it through a typhoon at Okinawa, made a combat jump in Lingayen Gulf, Luzon, in a parachute made for her. She would warn GI's of incoming artillery and was dubbed the "angel from a foxhole."

Early in retaking the Philippines combat engineers were setting up a telegraph line to an airfield. The joints collapsed filling them in with sand. Cpl. Wynne knew that Smoky could climb through the pipe with a new line and that is what she did. Smokey's work saved approximately 250 ground crewmen from having to move around and keep operational 40 fighters and reconnaissance planes, while a construction detail dug up the taxiway, placing the men and the planes in danger from enemy bombings. What would have been a dangerous three-day digging task to place the wire was instead completed in minutes.



In her down time, she performed tricks with the Special Services to improve the moral of the troops and visited hospitals in Australia and Korea. Visiting with the sick and wounded, she became the first recorded "therapy dog".

After the war she became a sensation back in the states, had a live TV show, and often visited Veterans hospitals. Smokey's work as a therapy dog continued for 12 years. Wynne had Smokey 14 years before she passed away. He buried her in a 30-caliber ammo box in Rocky River Reservation, Ohio.

Smoky, the smallest war hero weighing in at 4 lbs even and standing 7 inches tall.

The book that was written is called “Yorkie Doodle Dandy” and is available on Amazon. For more information about Smoky and her owner Bill Wynn you or to order his book can go online to [https://en.wikipedia.org/wiki/Smoky_\(dog\)](https://en.wikipedia.org/wiki/Smoky_(dog)).

“Guns are a lot like parachutes, if you need one and don't have one, you'll probably never need one again” - Anonymous

WHERE DO WE GO FROM HERE?

Commentary by J. Gay

The Covid19 scare has changed our lives and for many I'm sure it will be a long-term change in how you act and how you think in daily life.

This past Memorial Day I delivered the address for the American Legion in Milroy, MN. It was cool, humid and hazy all day. Social distancing was practiced for the majority of the onlookers, we had a total of fourteen plus one stray Black Lab who marched with us the block to the park and stayed for the whole ceremony...

Old habits do die hard. As I arrived the **emcee** held out his hand and I automatically shook it without hesitation. Afterward I thought about it. I've known this man for more than 45 years, why wouldn't I shake his hand?

Even so it made me pause and think about all of the warnings and **gubernatorial** mandates. I felt guilty both of breaking protocol but also, I was pondering the question, “*what if I am a carrier?*” and imagining the guilt I would feel if I were the cause of someone contracting the disease. I also did not wear my mask while speaking (*the nearest person from me was more than 20' away*), and felt even more guilty not just for keeping it in my pocket but also what sort of role model am I.

Following the oratory I did circulate through those who attended and thanked them for coming and wished them the best. In this case I did practice social distancing.

Oh, the stray Black Lab? His owner picked him up after the ceremony, he had snuck out of the yard...

I'm sure that during the 1918 Influenza Pandemic people wrestled with similar thoughts and people probably followed the prescribed practices of the time still somewhat begrudgingly. And then when the perceived danger was forgotten (*not necessarily over*) they began to return to their normal way of doing business and ignoring any safety measures. It's human nature but then again, it's akin to playing Russian Roulette with your health and that of others.

Sort of like after I had (*survived*) my open-heart surgery, when I began feeling better and the scare was but a distant memory I slowly returned to my old diet, began skipping exercise and forgetting what the MD told me that

I should do to avoid another one. Again, human nature overriding common sense...

In any case, as we forge forward please remember to keep yourself safe and not to forget those around you as well. This is just another speedbump in life's journey, please don't ignore it and pass it with caution...

A MESSAGE FROM YOUR VA FACILITIES

Attention Veterans: If you think you have been exposed to COVID-19 and develop a fever and symptoms such as cough or difficulty breathing, or if you are feeling sick or ill with other symptoms, your first step is to CALL the VA Health Care System at:

- **Minneapolis:** 612-467-1100
- **Fargo:** 701-239-3700 extension 2319
- **St. Cloud:** 320-252-1670, or 800-247-1739
- **Sioux Falls:** 605-336-3230 or 605-336-5001

The medical staff will advise you on next steps based on your symptoms. In a medical emergency, call 911.

As we face this challenging time together, we know that some of our Veterans have experienced interruptions in employment resulting in health care coverage. We want those Veterans to know, VA is here. Please contact us at VA.gov, or call us at 1-877-222-VETS (8387).

HAVE A SUCCESSFUL VIDEO MD VISIT

COURTESY OF MY HEALTHe VET!



With all the precautions and changes now days our "business-as-usual" will have to change as well. The VA will be promoting more "virtual appointments" in the future. What is a "virtual appointment"?

A "virtual appointment" is just that, an appointment where you see and talk with your Primary Care Manager (PCM) via your SmartPhone, Tablet computer or your home computer. It can be done in the comfort of your home or any place where you can pick-up a secure internet connection.

Below are some instructions and hints to help you **Get the most out of VA Video Connect**

During the COVID-19 pandemic, secure video visits are the safest way to connect with your health care team for care that is not an emergency. With preparation, patients and providers should expect the same results from a virtual visit as a face-to-face one. With practice, we hope you'll have a great session and finish it with the same satisfaction as a regular office visit.

Prepare your room and its technology

A video visit with a provider may use the same technology as a family video chat, but it's different. Just like a face-to-face office visit, you need to prepare yourself, as well as your 'home studio.' You can follow this checklist:

- *Use headphones or ear buds if possible*
- *Clean the device's camera lens*
- *Find a well-lit, private space that is free of distractions (pets, children)*
- *Turn off music, TVs or radios to avoid competing noise*
- *Avoid holding your device in your hand; position it so it's close to eye level when sitting, maybe on a stack of books at a table, or on a bookshelf. Motion can blur the video picture.*
- *Sit near your WiFi router, or near a window if using a cellular connection*
- *When entering the VA Video Connect visit, make sure the video icon is selected and the device's sound is turned up*



Best medical practices for you

In-person office visits include confidential information from you as well as from your provider; if you are normally accompanied by a spouse, partner, or family member, be sure the provider knows you're not alone.

Coming prepared for a virtual visit helps you get the best care possible. Review your health records and medication lists (*or prescription bottles*) before the appointment to refresh your mind and spark questions. You will be able to share your screen and show your provider documents or websites, if you wish. If your provider asks your location, it's only so they can help you if there's an emergency.

After you have successfully completed a virtual visit, you can view doctor's notes and instructions in My HealthVet. If you have questions, follow up with your health care team using Secure Messaging (*sign in required*), you will receive a response within three business days.

Understand that a virtual visit shouldn't be used in cases of emergency. If you need immediate assistance, **call 911 or go to the closest Emergency Department.**

JUNE – PTSD AWARENESS MONTH

June 1 marks the start of PTSD Awareness Month, a full month dedicated to raising awareness about the treatment options available for **posttraumatic** stress disorder. The National Center for PTSD (www.ptsd.va.gov/) focuses on this cause throughout the year, and we call on Veterans, families, and friends in June to pledge to raise awareness and spread the word about the many different effective PTSD treatment options.

There are many ways you can get involved during PTSD Awareness Month. You can visit the Center's website (www.ptsd.va.gov/understand/awareness/index.asp) to learn more about PTSD and get ideas on how to raise awareness, or find support for you or someone you care about who may benefit from treatment.

Jackson County Veteran Service Office June 2020

VA PTSD THERAPY PROGRAMS

VA National Center for PTSD

PTSD can be treated. With treatment trauma survivors can feel safe in the world and live happy and productive lives. Effective treatments for PTSD include different types of psychotherapy (talk therapy) or medication.

Recommended Treatments: Treatments with the Most Research Support

Trauma-focused Psychotherapies

Trauma-focused psychotherapies are the most highly recommended type of treatment for PTSD. "Trauma-focused" means that the treatment focuses on the memory of the traumatic event or its meaning. These treatments use different techniques to help you process your traumatic experience. Some involve visualizing, talking, or thinking about the traumatic memory. Others focus on changing unhelpful beliefs about the trauma. They usually last about 8-16 sessions.

In PTSD therapy, you and your therapist work together to set goals and develop new skills. The work may be hard, but the outcome will be worth it.

The trauma-focused psychotherapies with the strongest evidence are:

- **Prolonged Exposure (PE)**
Teaches you how to gain control by facing your negative feelings. It involves talking about your trauma with a provider and doing some of the things you have avoided since the trauma.
- **Cognitive Processing Therapy (CPT)**
Teaches you to reframe negative thoughts about the trauma. It involves talking with your provider about your negative thoughts and doing short writing assignments.
- **Eye Movement Desensitization and Reprocessing (EMDR)**
Helps you process and make sense of your trauma. It involves calling the trauma to mind while paying attention to a back-and-forth movement or sound (like a finger waving side to side, a light, or a tone).

For more information on PTSD therapies go to: www.ptsd.va.gov/understand_tx/tx_basics.asp

IS THIS PANDEMIC GETTING YOU DOWN?

If you're feeling anxious or depressed during these stressful and uncertain times, make sure you call your doctor or a healthcare professional. Medicare covers a number of services to support you, including outpatient mental health services like a depression screening, individual and group psychotherapy, and family counseling.

Counseling services via telehealth may be available to you. Be sure to check, as some healthcare providers and plans are reducing or waiving the amount you pay for telehealth visits during the COVID-19 pandemic.

Always take care of your mental health, and call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Visit Medicare.gov or CDC.gov for more information.



Virtual BTYR Coffee Talks

(Beyond The Yellow Ribbon)

Weekly on Wednesday's from 8:00-9:00 a.m. There is a virtual Coffee Talk. The purpose is to share resources, discuss challenges and support needs. Anyone is able to log in. I do bring in guest speakers to discuss services and resources offered. If you would like to speak please let me know.

- **Join the next Virtual Coffee Talk Online at:**
<https://us02web.zoom.us/j/325878593>
- Dial In: (312) 626-6799
- Meeting ID 325 878 593
- You do not have to log in you can also just call in as well

Reminder- Mike Meir, MN Military OneSource Consultant also provides Wellness Wednesdays and has his Virtual Coffee Talk on Friday's. If you would like to join please connect with Mike at:

michael.meier@militaryonesource.com

Teen Summit

The 11th Annual Teen Summit is coming in June. The Teen Summit event is to connect Military Teens from across MN. The summit is designed for military teens to network, team building activities and building leadership skills. There will be activities throughout the week.

***They are monitoring** the COVID-19 Pandemic guidance and recommendations and will plan accordingly. In the event, the summit is cancelled those who registered will be notified. A make-up date will be scheduled in August.

- Who: **Military Youth 13-18**
- When: **June 17-19, 2020**
- Where: **St. Cloud State University**
- Registration is now open at:
<https://mnarnqfamilyprograms.wufoo.com/forms/2020-teen-summit/>

VET CENTER OUTREACH



Currently anyone who lives in our area have to travel to get services from a Vet Center unless you live in Sioux Falls. That drive can mount up in time and gas equaling money out of your pocket.

We are working with the Sioux Falls Vet Center to make visits more convenient for you by extending their location to two additional area sites. It will be manned one day weekly or monthly and provide after hour appointments to accommodate your busy schedule but get you the help you deserve.

Presently the anticipated outreach locations are Marshall and Jackson but that is subject to change. We hope that these will be more centrally located to better serve you.

Vet Center Mission: <i>Provide Outreach, Readjustment Counseling and Referral Services</i>	Vet Center Values <i>Easy Access Quality Services Client Satisfaction Financial Stewardship</i>
	

Services include but are not limited to:

- Individual Counseling
- Group Counseling
- Marital and Family Counseling
- Bereavement Counseling
- Sexual Trauma Counseling
- Education and Outreach
- Referral for VA Benefits Assistance
- Referral to Medical Services
- Alcohol/Drug Treatment Referral
- Employment Referral
- Referral to Community Resources

The Vet Center personnel are also available to help facilitate Veteran's groups and to help you start a group. They also will talk with you one-on-one.

Eligibility for Services

Active Duty Service Members - members of the Armed Forces, including a reserve component, who:

- served on active duty in a theater of combat operations or
- served in an area at a time during which hostilities occurred in that area or
- remotely controlled an unmanned aerial vehicle engaged in combat with an enemy of the United States or against an opposing military force in a theater of combat operations or
- provided direct emergency medical or mental health care, or mortuary services to the casualties of combat operations or hostilities within or outside the theater of combat operations or area of hostilities.

Family Members of Active Duty Service Members - an individual who is a member of the family of the Service Member including spouse, child, step-family member and extended family member or a person who lives with the Service Member but is not a member of the family of the

Service Member. Family services are provided when found to aid in the readjustment of the Service Member.

Sexual Trauma/Harassment Counseling - Male or female Service Member who experienced sexual assault and/or sexual harassment.

Bereavement - Parents, spouses and children of Armed Forces personnel who died while in service to their country. Family members of Reservists and National Guardsmen who die while on duty are included.

If you think you need help please reach out to your local Veteran Service officer, a family member, a friend, law enforcement or call one or both of the numbers below. Don't go it alone, you are not alone...

National Veterans Crisis Line: 800.273.8255
Combat Call Center: 877.WAR.VETS



All information you provide will be kept in strict confidence and no one will judge you. We all just want you to be safe... You have to take the first step though, but we will step with you.

NEW HOSPITAL EMERGENCY TREATMENT REPORTING PROCEDURE



The VA has initiated a new hospital ER reporting procedure for Veterans who are seen for emergent care. It is vital that this is done so you, the Veteran, are assured that you receive the benefits you are entitled to include hospital and ambulance payments if authorized.

The below information, verbatim, was sent to all surrounding hospitals and some clinics. It is vitally important that you know this to make sure you let the care provider know that you are a Veteran and that they notify the correct VA entity with the correct information within the correct amount of time (72 hours).

Beginning June 8, 2020, the Office of Community Care (OCC) is requesting that all community hospitals and/or community providers notify Department of Veterans Affairs (VA) of a Veteran who self-presents to an emergency department **within 72 hours** of the **start of the episode of care**. This notification should take place through one national location, the Community Care Centralized Call Center, which will be staffed and operated by OCC.

Community hospitals and providers should use the following modalities to notify VA:

Email: VHAEmergencyNotification@va.gov
 Phone: 1-844-72HRVHA or (844-724-7842)

What needs to be supplied: Case Specific Information

Veteran Information
Name
Social Security Number

Date of Birth
Address
Date Presenting to the Facility
Date of Discharge from the Facility
Admitted to the Hospital? (Yes/No)
Chief complaint/Admission DX and/or Discharge DX
Treating Facility Information
NPI
Name
Address
Point of Contact (POC) Name
POC Phone #
POC Email Address
Note: POC will receive VA Authorization decision information

Please continue to fax all EMERGENT medical records to:
(ENTER NUMBER HERE) _____

For questions pertaining to billing and/or claims processing, please see below:

- CCN Provider Services Region 2: **1-844-839-6108**
- Payment Operations Management (POM) Claims Status Line: **1-877-881-7618**
- TriWest Claims Concerns: **1-855-722-2838**
- Optum Claims Concerns: **1-844-839-6108**

Contact www.ProviderExperience@va.gov with questions.

Community Care Home page
<https://www.va.gov/COMMUNITYCARE/index.asp>

“The definition of insanity is doing the same thing over and over again and expecting different results.”
~ Albert Einstein

CAMP BLISS – A THERAPY RETREAT

No affiliation with FORT Bliss, TX, although I believe that the Fort has roots as being named ‘Camp Bliss’... If any of you have ever been there I’m sure you’ll agree that Minnesota is much more picturesque and hosts a friendlier environment than does the Texas ‘experience’!

I received the following information from Mr. Mike Mills who works for Independent Lifestyles

Independent Lifestyles owns Camp Bliss and Mr. Mills is the Veterans Rep for them. Camp Bliss is a retreat center for Veterans and people with disabilities. It sits amidst 48 acres on 3 lakes in northern Minnesota.

They do various types of getaways ranging from fishing to equine therapy to having a chiropractor that does acupuncture and even a message therapist. They host a Marine Ice fishing weekend annually along with a Vietnam Vets weekend.

Service dogs are allowed as long as their papers are current.

Feel free to reach out to me with any questions.

Independent Lifestyles, Inc.
and Camp Bliss
ATTN: Mike Mills
215 North Benton Drive
Sauk Rapids MN 56379



Direct Line 320-281-2009
Cell Phone 320-282-2800
Main Line 320-529-9000
Fax 320-529-0747
Email: mikem@independentlifestyles.org
Websites: www.independentlifestyles.org
www.campbliss.org

Here are just a few upcoming activities:

(NOTE: All activities may be affected by the Covid19 mandated precautions)

26-28 June Female Warriors Weekend
14-16 August Fishing for All with Disabilities
24-26 August Wellness and Socialization for Women with Disabilities

SAVE Trains Veterans and their families in agricultural skills

Crops, animals, welding, auto repair, construction and even beekeeping is just another day on the farm.

From low crawling in the dirt to load hauling in the dirt, Veterans have been tied to agriculture since the Roman Empire began paying their legions with land grants. The State of Texas even has a Veterans Land Board solely dedicated to helping Veterans obtain and finance land.

But a career in agriculture has its own challenges, and not just for Veterans. The United States Department of Agriculture (USDA) states that more than 60% of family farms are in their last generation of ownership, and the average age of a single-family farmer is 59. This has led to special USDA incentives and programs to help new and young farmers, including Veteran farmers.

That’s what Dr. Craig Bowser is hoping to turn around, one Veteran family at a time. In 2019 after serving 24 years in the U.S. Army Reserve and as an executive leader in transportation, utilities, and agriculture industries, Bowser took over as CEO of the Servicemember Agricultural Vocation Education (S.A.V.E.) farm. Located in Manhattan, Kansas, SAVE partners with academic institutions to provide hands on agricultural training on a 308 acre working farm.

“Veterans make good farmers because they are hardworking, willing to learn, adaptable, and have a can-do attitude – and SAVE helps fill in the rest,”
Bowser said.

To continue reading this article go online to <https://www.blogs.va.gov/VAntage/74516/74516/>

The actual website for the S.A.V.E. Farm program is <https://www.thesavefarm.org/>. Check out this site for more information under the FAQs link on the top of the page.

VETERAN VAN TRANSPORTATION

The Jackson County Veterans Van is making trips again for appointments. If you have an appointment and cannot drive please call us at 507.847.4774.

All we ask is a \$20 stipend for the trip to cover fuel and oil costs.

WORDS & STUFF GLOSSARY

Acupressure	Similar to acupuncture but used with pressure not needles.
Blog	a.k.a. Web Log. A blog is a discussion or informational website published on the World Wide Web consisting of discrete, often informal diary-style text entries.
“qi”, “chi”	“energy points” of the body
emcee	...or MC. Master of Ceremonies
gubernatorial	relating to a state governor or the office of state governor
Oratory	public speaking that is characterized by the use of stock phrases and that appeals chiefly to the emotions
POSTRAUMATIC	anxiety caused by exposure to an intensely traumatic event (Also referred to as PTSD), you may see it as two words too
Photovoltaic	Photovoltaics is the conversion of light into electricity using semiconducting materials that exhibit the photovoltaic effect, a phenomenon studied in physics, photochemistry, and electrochemistry.
Photoaging	Premature aging of the skin caused by repeated exposure to ultraviolet radiation (UV)
S.A.V.E.	Servicemember Agricultural Vocation Education
verbatim	“...In exactly the same words as were used originally”
Wx	Brevity for Weather

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

1-800-273-8255

NATIONAL PROBLEM GAMBLING HELPLINE

1-800-522-4700



OR TEXT TO “838255”



DON'T FORGET – LIKE US ON FACEBOOK!

www.facebook.com/JacksonCountyMNVeteranServices

Visit us online www.co.jackson.mn.us/veterans

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

June quote from Mark Twain:

“It is better to be a young June bug than an old bird of paradise.”



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 www.marinecorpstimes.com
 Air Force Times www.airforcetimes.com
 Military Times www.militarytimes.com
 Military.COM www.military.com
 SOFREP News <https://sofrep.com/news/>

BENEFITS & OTHER INTERST

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

SERVICE ORGANIZATIONS

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

MILITARY SERVICE BRANCHES

US Army www.goarmy.com
 US Marine Corps www.marines.mil
 US Navy www.navy.mil
 US Air Force www.airforce.com
 US Coast Guard www.uscg.mil
 National Guard (Army/Air) www.nationalguard.com

OF INTEREST TO MILITARY RETIREES

TRICARE Health www.tricare.com *
 DFAS MyPay (Finance) <https://mypay.dfas.mil> *
 Military Officers Assn. www.moaa.org
 DoD Lodging Site www.dodlodging.net *
 America's Warrior Part. americaswarriorpartnership.org
 Dental & Vision – FEDVIP www.benefeds.com

OTHER LINKS PROVIDING INFO AND ASSISTANCE

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

VETERANS MALL, LODGING & VACATIONS

Armed Forces Exchange www.aafes.gov *
 Armed Forces Lodging www.dodlodging.net/ *
 AF Vacation Club www.afvclub.com

"Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while" — Steve Jobs



"WHO YA GONNA CALL?!"

From time to time you need to call for help. Besides your local CVSO the numbers below may 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)

(Press "0" or your party's extension to interrupt message)

A Nurse or Telephone Care 866.687.7382
Telephone Triage x7140

Patient Advocate x6688
 Pharmacy Refills 855.560.1723

VA Billing Questions 866-347-2352

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 507.537.7213
 Education Coordinator

MDVA Tribal VSO, SW MN 507.637.1534

MDVA Veterans Linkage Line 888.546.5838

Senior Linkage Line 800.333.2433

VA Crisis Line/Suicide Line 1.800.273.TALK
press 1 (273.8255)

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

114th FW, Sioux Falls, SD 605.988.5845
 1201 W. Algonquin St.

196th 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. 17th St. Mon-Fri / 9am-3pm

YOUR LOCAL CVSO IS:

FINDING A LOCAL VETERAN SERVICE OFFICER

MN Ass'n of Vet Service Officers www.macvso.org
 Nat'l Ass'n of Vet Service Officers www.nacvso.org

MINNESOTA WEATHER 101 – *Hang around for 10 Minutes and it'll change...*

Jeffrey L Gay

It pays to keep an eye on the weather and understand all that information is. It's getting to be that time of the year when severe weather is more prevalent than during winter, which is a whole other set of weather worries and concerns.

Understanding the weather and the various parts that make up a weather forecast is good common knowledge however the meteorologists will do the "heavy lifting" for you and give you a simple, easy to understand weather forecast. But in any case, here is a short simplistic definition of common weather terms:

Temperature: Well, the definition of temperature is the degree or intensity of heat present in a substance or object, especially as expressed according to a comparative scale and shown by a thermometer or perceived by touch. **OW! That burner is hot! So don't touch if you don't know it's temperature...**

On the **Fahrenheit** scale, water freezes at 32°F and boils at 212°F (*at sea level*). The **Celsius** temperature scale—originally called centigrade and later renamed for Swedish astronomer Anders **Celsius**—is used almost everywhere else in the world. On the **Celsius** scale, water freezes at 0°C and boils at 100°C (*at sea level*).

OK, that's a bit deep but it is accurate. However, if the stove is on its hot, don't touch it! I am talking more about how temperature, heat, can affect the human body.

Mean Temperature: Yes, I agree, sometimes the temperature appears to be mean like it's punishing you but in this case it's the average **temperature** of the air as indicated by a properly exposed thermometer not just at the current time but during a given time period.

Heat index: You've heard people say "*but it's a dry heat*". Well, so is an oven!!!!!! The heat index is a measure indicating the level of discomfort the average person is thought to experience as a result of the combined effects of the temperature and humidity of the air. Heat index charts are available and these are much the same as the Wind Chill indexes we use in the winter months. Watching either of these could save your life! I remember back in the day when the temps hit "**wet bulb**" non-critical ops would be suspended and we'd be able to un-blouse our boots and shed our shirts.

UV vs. Solar Radiation: The **ultraviolet index** or **UV Index** is an international standard measurement of the strength of sunburn-producing **ultraviolet (UV)** radiation at a particular place and time. The higher the UV index the more apt you are to get sunburn. **Solar radiation** is radiant energy emitted by the sun from a nuclear fusion reaction that creates electromagnetic energy. Loosely, solar radiation is also what energizes **Photovoltaic** cells to create electrical energy. Its effect on the human body is minimal.

UVB rays are responsible for producing sunburn. The UVB rays also play the greatest role in causing skin cancers, including the deadly black mole form of skin cancer (*malignant melanoma*).

However, as stated above the UV index indicates the severity of sunburn you can suffer over a set amount of time in the direct sunlight. Dermatologists recommend using a sunscreen with an **SPF (Sun Protection Factor)** of at least 30, which blocks 97 percent of the sun's UVB rays. Higher-number SPFs block slightly more of the sun's UVB rays, but no sunscreen can block 100 percent of the sun's UVB rays. Aside from the brand or SPF level, there are two types of sunscreens to pick from: ones with chemical or mineral active ingredients.

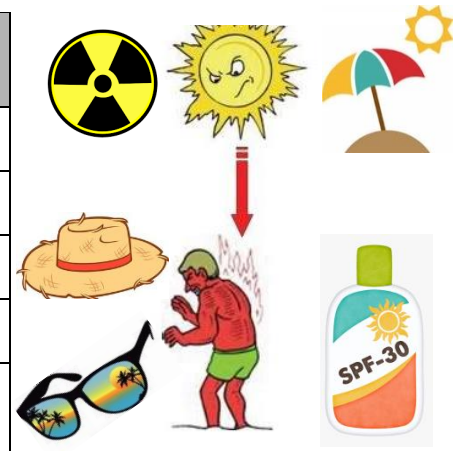
- **Chemical sunscreens** are likely the type you're most familiar with already. They absorb harmful UV rays before they reach your skin. While these lotions and sprays are easier to apply with no white residue, you will need to reapply more often than you would with a physical option.
- **Mineral sunscreens (also called physical sunscreens)** form a barrier on your skin that reflects or filters UVA and UVB rays. The dispersed zinc oxide and/or titanium dioxide formulas can be more difficult to spread on your skin and leave behind white cast, but usually last longer than chemical formulas.

UV ray index: A number between 0-15 is given to cities and areas around the United States to rate the strength of ultraviolet rays. Find your area's ultraviolet ray rating through the National Weather Service and determine your risk factors and take the necessary precautions.

UVA rays also play a role in skin cancer formation. UVA rays penetrate more deeply into the skin and play a greater role in premature skin aging including wrinkle formation or **photoaging**. There are approximately 500 times more UVA rays in sunlight than UVB rays. Therefore, in addition to protecting your skin from the effects of UVB rays, it is also very important to protect from the damaging effects of the more numerous UVA rays. Traditional chemical sunscreen products have been more successful at blocking UVB rays than UVA rays.

Exposure to ultraviolet rays can temporarily damage the cornea (the clear portion of the eye in front of the pupil) and the conjunctiva (a layer of cells covering the inside of the eyelid and the whites of the eye). Damage to the eyes can occur following exposure to sunlight reflected by snow, ice, water, or sand.

UV Rating	Risk	Minutes to burn	Precautions
0 - 2	Minimal	60 minutes	Sunscreen, UV sunglasses
2 - 4	Low	45 minutes	Sunscreen, UV sunglasses
4 - 6	Moderate	30 minutes	Sunscreen, UV sunglasses and hat
6 - 10	High	15 minutes	Sunscreen, UV sunglasses, hat and umbrella
10 - 15	Very High	10 minutes	Sunscreen, UV sunglasses, hat, umbrella and avoiding midday sun



Humidity: Humidity is the amount of water vapor in the air. If there is a lot of water vapor in the air, the humidity will be high. The higher the humidity, the wetter it feels outside.

Relative humidity: *Nope, this is not the measurement of sweat dripping from your cousin's brow as he stands in the hot sun...* On weather reports, humidity is usually explained as relative humidity. Relative humidity is the amount of water vapor actually in the air, expressed as a percentage of the maximum amount of water vapor the air can hold at the same temperature.

Anemometer: An anemometer is a device used for measuring wind speed and can either be hand-held or on a fixed location as a weather station instrument.

Dewpoint: *Dew Wah Ditty Ditty Dum Diddy Do... Now I bet y'all have that tune stuck in your head!* Anyway, the 'dewpoint' is the temperature to which air must be cooled to become saturated with water vapor. When cooled further, the airborne water vapor will condense to form liquid water (*dew*). OK, when you have a beverage, i.e. a bottle or can of beer or pop, you notice that if the bottle or can is air temperature it's dry to the touch but if you just took it from the refrigerator condensation or dew will form on the glass or aluminum.

Atmospheric or Barometric Pressure: Atmospheric pressure, also known as barometric pressure, is the pressure within the atmosphere of the Earth. As a very loose rule, a high-pressure area will be clear, and the lower the pressure the weather will normally be cloudy and rainy or stormy.

Hydrometer: A hydrometer measures the density (*weight per unit volume*) and specific gravity, that is density of said liquid in relation to density of water.

Hygrometer: The hygrometer uses a graduated scale in two-degree increments, in order to measure the degree of the moisture content/humidity/water vapor, in the atmosphere or within a given substance such as grain, wood or soil.

TORNADO! Remember the 1996 movie "Twister" with Bill Paxton and Helen Hunt? At this time of the year I generally throw it in the DVD player and watch it, just to get into the mindset of "Tornado Season". Although tornadoes can occur at any time of the year late Spring to early Fall they are most prevalent. Below are a couple things you should know coming into this "season".

Tornado Watches vs. Tornado Alerts

The difference between a tornado watch and a tornado warning means the difference between taking action or taking precautions. They both make you aware of the danger of tornadic danger in your area and that you should be

A watch means that conditions are favorable for a tornado to occur. A tornado watch is issued to alert people to the possibility of a tornado developing in your area. At this point, a tornado has not been seen but the conditions are very favorable for tornadoes to occur at any moment.

Tornado Warning

Think action when it comes to a tornado warning. This means that a tornado has either been seen or a weather radar has detected it. forecasters will issue a tornado **WARNING**.

The NWS says there's an "imminent danger to life and property" when a local forecast office has issued a tornado warning. Unlike the tornado watch, the warning usually covers a smaller area. The weather sirens will begin to wail at this point if a funnel is seen. If a tornado did in fact occur, the Enhanced Fujita Scale is used to rate it based on the winds and damage associated with it.

Scale	Wind speed estimate	Potential damage
	mph	
F0	40-72	Light damage. Some damage to chimneys; branches broken off trees; shallow-rooted trees pushed over; sign boards damaged.
F1	73-112	Moderate damage. The lower limit is the beginning of hurricane wind speed; peels surface off roofs; mobile homes pushed off foundations or overturned; moving vehicles pushed off the roads; attached garages may be destroyed.
F2	113-157	Significant damage. Roofs torn off frame houses; mobile homes demolished; boxcars overturned; large trees snapped or uprooted; high-rise windows broken and blown in; light-object missiles generated.
F3	158-206	Severe damage. Roofs and some walls torn off well-constructed houses; trains overturned; most trees in forest uprooted; heavy cars lifted off the ground and thrown.
F4	207-260	Devastating damage. Well-constructed houses leveled; structures with weak foundations blown away some distance; cars thrown and large missiles generated.
F5	261-318	Incredible damage. Strong frame houses lifted off foundations and carried considerable distances to disintegrate; automobile sized missiles fly through the air farther than 100 meters (<i>110 yards</i>); trees debarked; steel reinforced concrete structures badly damaged and skyscrapers toppled

Keeping abreast of weather conditions fast can mean the difference between planning a trip or not; or it could be life or death! One thing that's certain is that you have to be ready. You can get the weather in several ways when you're at home or on the go.

NETWORK WEATHER

You can tune in your local TV or radio stations and wait for periodic **Wx** broadcasts. They will generally break into scheduled programming if there is severe weather in the area.

ONLINE

There are many great sites out there which will give you the current weather for your area. My favorite is found at www.noaa.gov. This is where many of your network meteorologists get their information to prepare their weather reports. It has current weather conditions as well as detailed severe weather outlooks for your area and real-time radar.

www.weather.com (The Weather Channel) - www.wunderground.com (Weather Underground)

SMART PHONE

There are numerous apps for your smart phone to provide weather updates as well as real-time radar. Go to your App Store to find them. The three aforementioned links above have Apps you can download as well as www.RedCross.org apps. You can also get a Weather Radio app for your phone.

**www.redcross.org also has emergency preparedness checklists for storms.
What to do, where to go for safety, how to plan ahead and what to pack in your vehicle.**

NOAA or RED CROSS WEATHER RADIO

A weather radio is a specialized radio receiver that is designed to receive a public broadcast service, typically from government-owned radio stations, dedicated to airing weather reports on a continual basis, with the routine weather reports being interrupted by emergency weather reports whenever needed. These come as a corded radio or a portable radio for which some include a flashlight and a crank generator for power if the batteries fail.

COUNTY WIDE ALERT PROGRAMS

You can sign up for automatic alerts from your local Emergency Management or Sheriff's Office. They will be delivered to you via text to your phone or email to your email account or both! This service includes more than tornado warnings, it will also provide blizzard information, road closures due to flooding, etc.

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

Jackson - Jeffrey Gay
 402 White Street – Door #6
 Jackson, MN 56143
 507.847.4774

cvso@co.jackson.mn.us

Lincoln - John Hovland
 Box 29319 N. Rebecca St.
 Ivanhoe, MN 56142
 507.694.1033

jhovland@co.lincoln.mn.us

Lyon - Heidi Fier
 607 W. Main St.
 Marshall, MN 56258
 507.537.6729

heidifier@co.lyon.mn.us

Martin - Douglas Landsteiner
 2423 Albion Ave.
 Fairmont, MN 56031
 501.238.3220

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

Nobles - Bill Brockberg
 315 10th St,
 Worthington, MN
 507.295.5292

bbrockberg@co.nobles.mn.us

Pipestone - Renae Schuch
 811 5th SW
 Pipestone, MN 56164
 507.825.1183

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

Rock - David Haugum
 204 E. Brown St.
 Luverne, MN
 507.283.5061

dave.haugom@co.rock.mn.us



WWW.MACVSO.ORG

