



# Veteran's Advocate

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## Minnesota C.O.R.E. Expands Services

The Minnesota C.O.R.E. program has added caregiver support and respite services along with expanded family-centered programs to its extensive lineup of services.

Minnesota C.O.R.E. is a partnership between the Minnesota Department of Veteran Affairs and Lutheran Social Service (LSS) of Minnesota. This free program is designed to bring counseling and community-based services to Veterans, military members and their families across the state.

### *New Services:*

- Caregiver support and respite services focus is on family caregivers who are caring for a chronically ill person 60 years of age or older. The program is designed to provide support in a variety of ways according to the needs and the preferences of family caregivers.
- O.N.E. (Oh No Eighteen) provides individual transitional planning services, life skills group training and experiential learning challenges for youth of Veterans or service members who have experienced out of home placement, most often placement in foster care.
- Parenting groups provide parenting and child social skills training and support, skills development and educational coaching through group environment.
- Grand Family Connection /Kinship Care offers support and education, information and referrals for grandparents taking care of service members or Veterans children). The goal is to provide grandparents and other kinship caregivers with

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## Free Tax Help

The Financial Stability Partnership has joined with the long standing free tax preparation services provided by AARP Tax-Aide Program, The Salvation Army, and the Senior Center, as well as the Internal Revenue Service and the Minnesota Department of Revenue to promote free tax preparation in Olmsted County. There are three AARP Tax Aide sites in Olmsted County that provide free tax preparation.

### **How Can I have my Taxes done for Free?**

For more information, to find out if you are eligible, or to schedule a FREE appointment, please call United Way at 507-287-1958.

If you have gotten your taxes prepared through this program in the past, please call that same location:

**Hawthorne Education Center:** 507-287-1958

**Salvation Army:** 507-288-3663

**Senior Center:** 507-287-1404

For other Minnesota free tax sites call 2-1-1 (landline) or (800) 543-7709 (cell phone).

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emotional support and information about resources and options, education about issues pertinent to kinship care-giving families, and recreational opportunities aimed at strengthening the family unit.

Minnesota C.O.R.E. works to remove barriers to help Veterans and their families receive the support they need. Other services still available through the C.O.R.E. program include:

- Individual, family & couples counseling
- Deployment and reintegration support
- Budget and debt management counseling
- Anger and stress management
- Resources and referrals

For more information call LSS at 1-888-881-8261 or visit [www.MinnesotaVeteran.org](http://www.MinnesotaVeteran.org) or see your county veterans service officer.

## Sixth Annual Physically Disabled Veterans Turkey Hunt



St. Cloud, MN- Applications will be available beginning January 11, 2010, for the Sixth Annual Physically Disabled Veterans Turkey Hunt. Sponsored by the St. Cloud VA Medical Center, the Minnesota Department of Natural Resources and Minnesota National Guard, Camp Ripley, this special hunt will take place April 20-22, 2010, at Camp Ripley in Little Falls.

The Physically Disabled Veterans Turkey Hunt is available to physically disabled veterans who receive outpatient treatment at a VA Medical Center, or veterans who are eligible for VA care and cannot hunt during the regular firearms season.

Limited space is available. To request an application, call the Voluntary Service office at (320) 255-6394. Applications must be received by Friday, February 12, 2010.

## The 63rd Annual Reunion of the 1<sup>st</sup> Cavalry Division



The Troopers of the 1st Cavalry Division Association will be meeting in Bloomington, Minnesota to celebrate our 63rd Annual Reunion June 2nd through June 6th, 2010. Bloomington is the location of the Mall of America and the place where the Minneapolis/St. Paul airport is located.

The 1st Cavalry Division will be back from Iraq and we will be bringing some of our Troopers to this reunion. Come and join us for a fun time meeting old friends and making new ones. We have numerous events planned and there will be opportunities for you to go off on your own and see the surrounding area.

The Bloomington Sheraton Hotel, Minneapolis South will be our Reunion Headquarters. Come by the Sheraton to pick up your tickets, reunion pin and schedule or to register if you chose not to pre-register. The Sheraton will also be the location for our Reunion Room (hospitality suite) and the Crossed Sabers Chapter Souvenir Shop.

The hotel hosting our reunion is the Sheraton Bloomington Hotel, Minneapolis South and is located at 7800 Normandale Blvd. in Bloomington, Minnesota. This hotel will serve as our Reunion Headquarters for the 63rd Annual Reunion and all of our regularly scheduled events will occur here. For reservations call the national number at (866) 837-4278 and make sure that you identify yourself as part of the 1st Cavalry Division Association Reunion to obtain our special rate of \$109 per night plus tax (13.65%). Rates are for single and double occupancy, additional fees apply for larger groups in rooms. Parking is free and Valet parking is available for a fee.

While the Sheraton Bloomington Hotel has discontinued normal shuttles to the airport and the Mall of America, they will be providing both services during our reunion to their 1st Cavalry Division Association guests. Please note that the folks that handle reservations at the national number will not be aware of the shuttle so don't ask them about it.

Register online at: [www.1cda.org](http://www.1cda.org)



## President's Day

### Holiday Closure

The Veterans Service Office will be closed for the President's Day Holiday on Monday, February 15th. There will be no van service to the Minneapolis VA Hospital on that day.