



# THE SITREP

The **Situation Report** is provided by the Isanti County Veterans Services Department

*As we move further into the world of technology and instant access to information, Isanti County's Veterans Services Department found it necessary to provide the community with a regularly published source of information regarding Veterans in our community.*

Sept/Oct 2019

## DEAR READERS:

The **Legion Act** finally makes it right after all of these years! Signed in July, The Let Everyone Get Involved in Opportunities for National Service Act, or the "LEGION" Act, opens up benefits to many Veterans that were previously considered "Peacetime Veterans." There are no fewer than 12 known eras that are unrecognized by the US Gov't as periods of war dating back to the end of WWII. This will provide long overdue access to another 6 million Veterans to American Legion programs and benefits that they were previously denied prior to the new legislation. Now a service member will only need to have served from December 7, 1941 to a date sometime in the future, later determined by Congress. Pass the word to your buddies!

## VA NEWS:

The St. Cloud VA Health Care System is publicly thanking and honoring Veterans of the Vietnam War era and are seeking photographs of area Veterans who served in the military at any time during the period of November 1, 1955 to May 15, 1975. The photos will be used to display online and in the exhibit at the St. Cloud VA Medical Center. Spouses or next-of-kin of deceased Vietnam War-era Veterans can also submit photos of their loved ones. A Photo Consent Form is required, and can be found with all of the contact information on this website: <https://www.stcloud.va.gov/news/index.asp> under the "Vietnam-Era Veteran Photographs Sought" section.

**\*Are you a Blue Water Veteran? - Contact a CVSO to find out about your benefits!\***

## ISANTI COUNTY VETERAN NEWS:

We had a great turn out for **Freedom Fest 2019** at the Isanti County Fair on Wednesday, July 24th! It was a beautiful day to give away some shirts and see the smiling faces of those that graced us with their presence. We hope you learned something new about the benefits and services available for Veterans and their families. Thank you to everyone that attended this year and helped make this another successful event!

Isanti County Beyond the Yellow Ribbon is holding their 6th Annual **4-Person Golf Tournament / Scramble** on Friday, September 20th, 2019 at the Purple Hawk Country Club. To register, visit

[www.beyondtheyellowribbonisanti.org](http://www.beyondtheyellowribbonisanti.org) to obtain the registration form or to get more information, please contact Gail Genin at either [gail.genin@yahoo.com](mailto:gail.genin@yahoo.com) or (763) 222-3826. Space is limited and the deadline to register is September 13th!

Isanti County Government Center  
555 18th Ave SW - 2nd Floor  
Cambridge, MN 55008  
<https://www.co.isanti.mn.us/>

Isanti County Veterans Services Department  
Dan Meyer, Director  
Phone: (763) 689-3591  
Fax: (763) 689-8307



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President Abraham Lincoln's 2nd Inaugural Address, March 4th, 1865

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## MN VETERAN NEWS:

Earlier this year, Gov. Tim Walz signed a legislative bill pertaining to the **Disabled Veteran Homestead Valuation Exclusion**. For surviving spouses of 100% Permanent and Totally Disabled Veterans, property tax exclusion eligibility for a limit of only 8-years was eliminated, beginning with the 2019 assessment year (for taxes payable in 2020). The bill also moved the deadline for filing the Disabled Veteran Homestead Valuation Exclusion from July 1st to December 15th. Please call our office with any questions you might have regarding these changes.

Some of you may remember the non-profit organization **Middle River Veterans Outdoors** that I spoke about last fall. They were just awarded a grant from the Support Our Troops license plate program to continue their great work in providing no-cost outdoor recreation opportunities for any and all Veterans. With their grant, they were able to purchase a *tracked wheelchair* to provide these experiences to even more Veterans! If you would like more information, please visit [mrveteransoutdoors.com](http://mrveteransoutdoors.com). They still have availability on many of their fall hunts and applications must be submitted 20 days prior, so hurry to secure your spot!

## UPCOMING EVENTS:

|                              |         |                 |  |
|------------------------------|---------|-----------------|--|
| MACV Stand Down              | 8a-2p   | Sept 25th       | Bemidji Armory - Bemidji, MN                   |
| MACV Stand Down              | 8a-2p   | Sept 26th       | IRA Civic Center - Grand Rapids, MN            |
| MACV Stand Down              | 9a-2p   | Oct 26th        | Mankato Civic Center - Mankato, MN             |
| StC VA Coffee Talk           | 2p-3p   | Sept 13th       | Patriot Café (Canteen/Bldg 95) - St Cloud VA   |
| StC VA Intro to Whole Health | 2p-4p   | Sept 6th & 16th | Patriot Café (Canteen/Bldg 95) - St Cloud VA   |
| StC VA Whole Health Fair     | 10a-2p  | Sept 16th       | Bldg 8 Auditorium - St Cloud VAMC              |
| ICBYR Golf Tourney           | 12:30p  | Sept 20th       | Purple Hawk Golf Club - Cambridge, MN          |
| Retiree Appreciation Day     | 730a-4p | Sept 21st       | Treasure Island Casino - Welch, MN             |
| Women Veterans of America    | 9a-430p | Sept 28th       | FWV Post 494 - Crystal, MN (Annual Luncheon)   |
| Vietnam Veterans R&R         |         | Sept 9th - 11th | Camp Bliss - Walker, MN                        |
| Reboot Combat Recovery       | 6p-8p   | Sept 10th       | River Valley Church - Stanchfield, MN (12 wks) |

And don't forget about the Braham VFW Post 1735's **Monthly Pancake Breakfast** on the first Saturday of the every month, except June & July! Breakfast is served from 7am to 10:30am, and features pancakes, french toast, scrambled eggs, sausage, ham, coffee, and juice and smiles to go around!

If you know of other local events, please email me with the information to be added to the next newsletter.

stacey.brown@co.isanti.mn.us



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September is **National Suicide Prevention Month** and our Veteran population is at high risk! 1 is too many, but we lose over 6000 Veterans to suicide each year, or 500 each month. Many of those were not engaged in health care at the time of their death. The VA's #BeThere campaign urges communities nationwide to #BeThere for Veterans by being present, supportive, and strong for those going through a difficult time. Even one act of thoughtfulness can be the difference for someone.

Experts on suicide prevention say, ***for Veterans there are some particular signs*** to watch for:

- Calling old friends, particularly military friends, to say goodbye
- Cleaning a weapon that they may have as a souvenir
- Visits to graveyards
- Obsessed with news coverage of the war, the military channel
- Wearing their uniform or part of their uniform, boots, etc.
- Talking about how honorable it is to be a soldier
- Sleeping more (sometimes the decision to commit suicide brings a sense of peace of mind, and they sleep more to withdraw)
- Becoming overprotective of children
- Standing guard of the house, perhaps while everyone is asleep staying up to "watch over" the house, obsessively locking doors, windows
- If they are on medication, stopping medication and/or hoarding medication
- Hoarding alcohol -- not necessarily hard alcohol, could be wine
- Spending spree, buying gifts for family members and friends "to remember by"
- Defensive speech "you wouldn't understand," etc.
- Stop making eye contact or speaking with others.
- Appearing sad or depressed most of the time
- Hopelessness; feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling as if there is no reason to live
- Feeling excessive guilt, shame, or sense of failure
- Rage or anger
- Engaging in risky activities without thinking
- Losing interest in hobbies, work, or school
- Increasing alcohol or drug misuse
- Neglecting personal welfare; a deteriorating physical appearance
- Withdrawing from family and friends
- Showing violent behavior, like punching a hole in the wall or getting into fights
- Giving away prized possessions
- Getting affairs in order, tying up loose ends, or writing a will

***Flip over for resources!***



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## 24/7 SUICIDE PREVENTION RESOURCES:

Emergency

**911**

National Suicide Prevention Lifeline **1-800-273-8255** - Veterans Press 1 to connect with a responder

Text "838255" to connect with a responder

1-800-799-4889 to connect deaf and hard of hearing to a responder

Veteran Combat Call Center

**1-877-WAR-VETS** (1-877-927-8387) to talk to another combat Veteran

Your buddy's #: \_\_\_\_\_

Your other buddy's #: \_\_\_\_\_

One more buddy's #: \_\_\_\_\_

## LOCAL VETERANS ORGANIZATIONS & MEETING TIMES:

|  |                                 |
|--|---------------------------------|
| American Legion Post 290 - Cambridge, MN               | 6pm, 2nd Tuesday of the month   |
| Isanti County Beyond the Yellow Ribbon - Cambridge, MN | 7pm, 3rd Thursday of the month  |
| Military Order of the Cootie Pup Tent 99 - Isanti, MN  | 7pm, 1st Thursday of the month  |
| Veterans of Foreign Wars Post 1731 - Braham, MN        | 7pm, 2nd Thursday of the month  |
| Veterans of Foreign Wars Post 2735 - Isanti, MN        | 7:30pm, 3rd Monday of the month |
| Vietnam Veterans of America Chapter 684 - Isanti, MN   | 7pm, 1st Wednesday of the month |

Addresses for these meetings can be found at the following Isanti County website:

<https://www.co.isanti.mn.us/BusinessDirectoryII.aspx?IngBusinessCategoryID=28>