



UPDATE

July / August 2013

A bi-monthly newsletter for Veterans served by the St. Cloud VA Health Care System, and for those who serve Veterans. Send news items and comments to St. Cloud VA Health Care System, Attn: Public Affairs Officer, 4801 Veterans Drive, St. Cloud, MN 56303, or via email to Barry.Venable@va.gov

The Tool Box Issue



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Calendar of Events

Monday, July 1, and Aug. 5—**Veterans Radio Show** on KNSI, AM 1450/ FM 103.3. Program begins at 8:10.

Tuesday, July 2, July 16, Aug. 6, and Aug. 20—**St. Cloud Area Veterans Law Clinic**, 12 to 2 p.m. Free legal consultation for Veterans for: Social Security Law, Housing, Consumer, Child Support, Family Law, and Employment. No criminal law issues will be discussed. Please call 320-253-0138 or 1-800-622-7773 to schedule an appointment. Appointments are held at the St. Cloud VA in Building T-100.

Thursday, July 4—**Outpatient Clinics Closed** for observance of Independence Day.

Wednesday July 17, and Aug. 21—**Voices for Veterans Radio Show** on WJON AM 1240. Program begins at 8:10.

July 19, and Aug. 16—**Southwestern Minnesota Veterans' Law Clinic**, Noon to 2 p.m., at the Montevideo CBOC. FREE legal consultation for Veterans for Social Security Law, Housing, Consumer Law, Child Support, Family Law, and Employment. No criminal issues will be discussed. Please call 320-430-1051 to schedule an appointment.

July 29/31—**Spa Day for Women Veterans**. DAV Auxiliary gives women Veterans and Auxiliary women a day to have fun and get something special done. Contact DAVA commander, Carmen Mickelson, at (320) 267-4380 for reservation and additional information. This free event has limited space and must be signed up in advance.

August 3—**Veterans Rendezvous**. Central Minnesota Veterans and their families are invited to rendezvous for an afternoon of live music, family fun, and connection to fellow Veterans and the St. Cloud VA and its programs, from 1 to 4:30 p.m., at the Circle Parking Lot on the campus of the St. Cloud VA Medical Center.



Just think - no more phone tag!

With Secure Messaging thru My Health^eVet, you can contact your VA Healthcare team without waiting on hold or playing phone tag. Secure Messaging is as easy to use as email, but completely safe and secure. It's great for non-urgent communication and general healthcare-related questions.

No Waiting on Hold!
No Waiting for a Call Back!
Don't Delay, Opt-in Today!

How to use Secure Messaging:

- 1) Log into your My Health^eVet account at: www.myhealth.va.gov
(Forgot your User ID or Password? Simply click on the 'Forgot User ID' or 'Forgot Password' link directly below the sign in box. Note, you only need to answer one of the two security questions that will appear.)
- 2) Select "Secure Messaging" on the top navigation bar, then click on the orange "Open Secure Messaging" tab in the middle of the screen.
- 3) If it's the first time you're accessing your Secure Messaging inbox, you will need to read the terms and conditions and select 'Opt In'.



- 4) Click 'New Message' and your provider's name will automatically be in the "To" line of the message.

We hope you take advantage of Secure Messaging. If you have any questions about Secure Messaging or My Health^eVet, please contact me via phone or email. I'll be happy to explain this time-saving tool.

You can also stop by my office during your next visit to the St. Cloud VA and I'll help you get on-track with Secure Messaging and many of the other great tools and features of My Health^eVet.



Brian Vetter
My Health^eVet Coordinator
St. Cloud VA Health Care System
Phone: 320-252-1670, dial 9 then ext: 7335



St. Cloud VA

Health Care System
presents a



VETERAN'S RENDEZVOUS AUGUST 3, 2013 1PM - 4:30PM

Early in this nation's history, a yearly "Rendezvous" brought together mountain men, trappers & trading companies, to trade goods & supplies and enjoy each other's company.

In that tradition, we welcome Veterans and their families to rendezvous for an afternoon of music, fun and to connect with other Veterans and to the St. Cloud VA and its programs.

Facilitating Organizations Include:

**~ Clearwater Legion Riders ~ Patriot Guard ~ Clearwater American Legion ~
~ Weber's Deck ~ White Oak Realty ~**

The St. Cloud VA Health Care System will not discriminate on the basis of race, color, creed, religion, national origin, gender, disability, age, marital status, public assistance status, familial status, or sexual orientation. Upon request, accommodations will be provided to allow people with disabilities to participate in all VA programs and activities.

Resource Tool Box



VA and other agencies provide a host of tools and resources—both online and print—to help you stay healthy.

This special section offers a broad selection of these easily accessible tools and services.

Minnesota County Veterans Service Officers

Have you tapped into your personal cornucopia of Veteran federal benefits? These are benefits that you've earned for your military service.

Your Minnesota County Veterans Service Officer (CVSO) is the first person you should contact to find out if you or your family is qualified for local, state and federal Veterans' benefits.

CVSOs work with the United States Department of Veterans Affairs, Minnesota Department of Veterans Affairs and Veterans Service Organizations to make sure you get all the Veteran benefits you are eligible for.

"We act as an advocate on the behalf of the Veteran and assist in the application process for State and Federal benefits," said Duane Brownie, County Veterans Service Officer and President of the Minnesota Association of County Veterans Service Officers. Brownie also said CVSO's will submit the correct paperwork to establish, increase, or maintain proven benefits or disabilities for Veterans.

Brownie said Veterans can locate their CVSO's by looking through the directory on the [Minnesota Association for County Veterans Service Officers' website](#), looking in the telephone book under county

government in the Veteran services section or simply Google CVSO services.

"Minnesotan Veterans and families are blessed to have a CVSO in every county to help our Veterans continue their fight for federal benefits within the government," said Brownie. He said if there was an attempt to regionalize the CVSOs, they would be missing out on local opportunities with non-profit agencies and older Veterans would have to travel long distances to meet with a CVSO.



CVSOs in Minnesota serve a very important mission and Veterans who haven't visited with their CVSOs are encouraged to do so now. Less than 30 percent of the approximately 370,000 Veterans in Minnesota receive some form of federal assistance. This figure puts into perspective the number of Veterans who potentially are not receiving the benefits they have earned and are entitled to.

"Minnesota CVSO's are among the best in the nation. They are well trained, professional and understand how to navigate the complex VA system. They are the experts for all things Veteran in their respective communities. Without them, many of our state's Veterans and family members would not obtain the benefits and entitlements they have earned," said Reggie Worlds, MDVA Deputy Commissioner of Program and Services.

Online Veterans Health Library

by Jay Shiffler, VA National Center for Health Promotion and Disease Prevention

Information that Veterans and Clinicians Can Trust

Veterans now have new tool to take charge of their health and health care: the [Veterans Health Library \(VHL\)](#) is an online library of health topics geared toward Veterans.

Topics ranging from diseases, conditions and medications, to rehabilitation and “Living with...” can be found in the Library.

“Our intent was to provide Veterans with a Web site where they could go for reliable health information,” said Dr. Rose Mary Pries, VA’s Veterans Health Education and Information Program Manager. “The VHL helps Veterans, their families and their health care teams take a more active and informed approach to managing their health conditions and sharing health care decision making—with information vetted or developed by VHA clinical experts that’s specific to Veterans’ unique needs.”

With over 1,500 health information sheets and 150 videos in the VHL,

Veterans can learn about topics such as post-traumatic stress disorder (PTSD), Agent Orange exposure, combat-related cold injury, and traumatic brain injury, just to name a few. These Veteran-specific health topics are not easily found on other health Web sites, but are featured in the VHL.

In addition to the Veteran-specific content, the Library contains

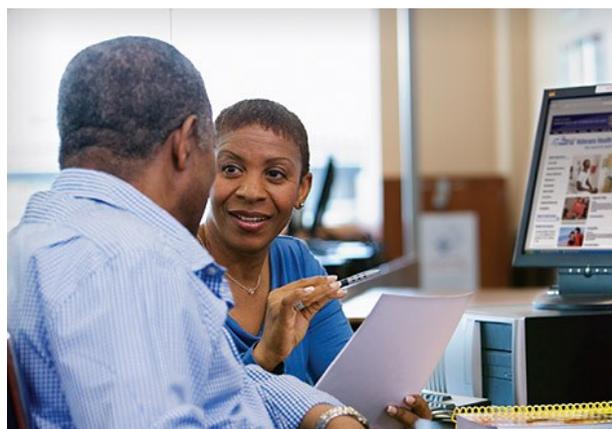
information on many common health issues and treatments.

“Helps Veterans take a more informed approach to managing their health conditions.”

Building Knowledge and Partnership

“The VHL is not only a trusted source of Veteran-specific health information, but also a tool to strengthen the partnership between Veterans and their VHA health care teams,” says Dr. Pries.

Visit the [Veterans Health Library](#) and take charge of your health today.



Information on Veterans’ unique health needs is just a click away.

Experience Health for Life

Does your health matter to you? At the St. Cloud VA, our goal is to assist you in establishing your own personal health plan which enables health and well-being so that you can pursue everything else that matters to you!

Health for Life Tips on Facebook is designed to provide you convenient health coaching and support messages and reminders on a wide variety of topics in support of your health goals.

It's free... "like" us on Facebook to help you stay healthy!

www.facebook.com/StCloudVAHCS

Stay healthy!

Like us to learn how!



smokefreeVET

SmokefreeVET – A Text Messaging Program to Help Veterans Stop Smoking

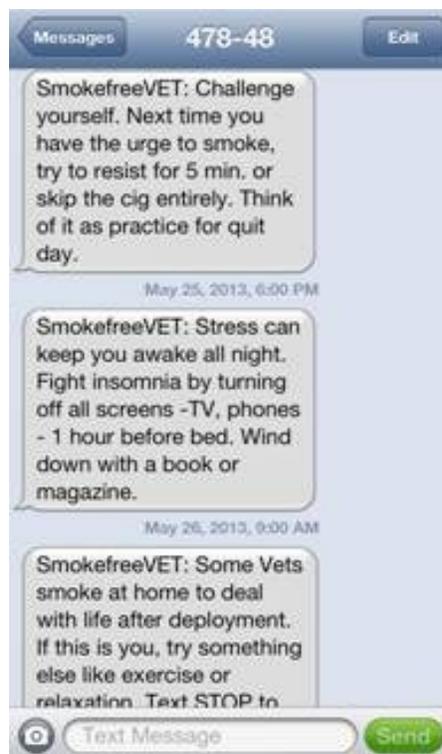
We are pleased to announce the launch of **SmokefreeVET**, a new mobile text messaging service available to Veterans quitting smoking. This text messaging program is designed to provide 24/7 support, tips, and encouragement to Veterans interested in quitting smoking. SmokefreeVET is a collaboration between VHA Tobacco & Health and the National Cancer Institute’s Tobacco Control Research Branch. SmokefreeVET is based on NCI’s text message smoking cessation program, which has a proven track record of success: after one month, 17% of NCI’s text program users reported that they had quit smoking and 11% were able to stay quit through 6 months.

Veterans can sign up for the program by:

- Texting **VET to IQUIT (47848)** from their mobile phone, or
- Visiting www.smokefree.gov/VET

After signing up for the program, Veterans will begin receiving between 1 and 5 text messages per day, tailored to their quit date. Messages are sent beginning two weeks prior to the quit date and end six weeks afterwards. Veterans can receive additional supportive messages by texting the keywords **URGE**, **STRESS**, or **SMOKED** at any time to 47848.

Sample Messages





Be involved in your HEALTH CARE

The online version of the [Veterans Health at Home Lifetime Guide](#) provides an easy-to-read, step-by-step guide to maintaining and enhancing your health.

This Self Care, online reference provides up-to-date information on over 300 Self Care topics. It instantly turns your computer into a health information center. Learn when and how to treat yourself at home and when it is time to seek medical attention.

The St. Cloud Veterans Affairs Health Care System is happy to provide this free reference to assist you in managing your health. While it is no substitute for needed medical advice, it is a great reference when faced with problems or decisions in managing your health and helping you and those who care about you.

Start taking charge of your HEALTH today!

USELESS FACTS –

- It takes approximately 2,000 berries to make one pound of coffee.
- The oldest registered food trademark still in use in the United States is the red devil on cans of Underwood's deviled ham. It dates back to 1886.

FAVORITE QUOTATION -

"Fortune knocks but once, but misfortune has much more patience."

- *Laurence J. Peter*



For the past 10 years, My HealthVet Vet been bringing Veteran’s health information to their fingertips, and continues to work to bring even more. My HealthVet is now offering the **Veterans Health Library**. This library is a new online resource designed to provide Veteran’s with a range of trusted health information in any easy to understand format. In addition to this, in January, My HealthVet released the VA Blue Button feature. If you use the VA Healthcare System, you are now able to view more of your VA health care record, including:

- VA Notes
- VA Vital signs and Readings
- VA Problem List
- VA Pathology Reports
- VA Radiology Reports
- VA Admission/Discharge Summaries
- VA Appointments
- VA Lab Results (including microbiology)

Quote form a Veteran who uses My HealthVet Vet.

“Before my diagnosis, I thought I was just tired – stressed and fatigued, working long hours with the wounded, ill and injured. Then all of a sudden, it's as if I was hit with a ton of bricks. I wasn't sure how I was going to cope, how I was going to adjust. All of a sudden, these online health record features become more than just features. Now, I'm relying on My HealthVet for continuity of care and disability evaluation...”

For 10 years and counting, My HealthVet has worked to put Veterans in control of their health care. Take control today, register at www.myhealth.va.gov.

[In the Spotlight](#)

Path to Success: 'My Goals' Can Pave the Way

Do you want to make a life change, but are just not sure how to start? Have you attempted to reach your goals, but got frustrated when you kept running into the same obstacles? The 'My Goals' feature on My HealthVet helps you succeed in achieving your personal aspirations.

What is 'My Goals?'

The 'My Goals' tool on My HealthVet helps you identify, set, track and accomplish your personal goals. By breaking down big goals into smaller steps, you can have a clear, achievable way of reaching those goals.

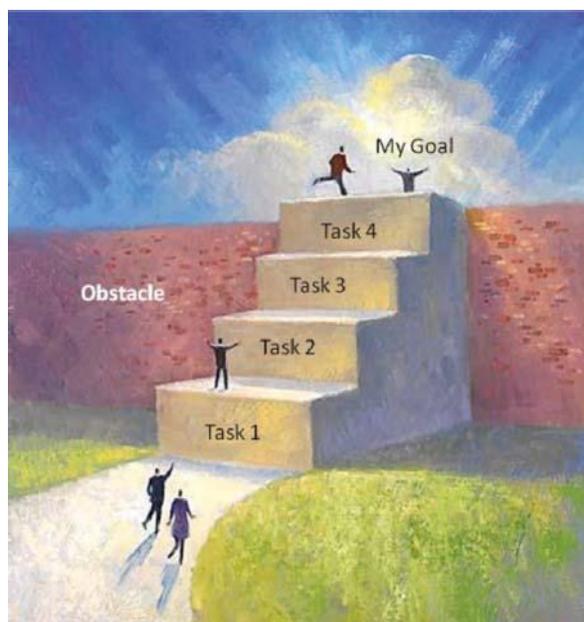
"There are many things that contribute to your overall well-being," says psychologist Kellie Condon from the Greater Los Angeles Health Care System in the Department of Veterans Affairs (VA). " 'My Goals' works across many life domains. If you want to lose weight, become more social, take an educational class, improve your anger management or find more meaning in your life, 'My Goals' can help."

Anyone can use 'My Goals,' even if you're not a Veteran (but registration is required). Whether it's big or small,

geared toward your physical health or finding inner peace, 'My Goals' gives you a plan of action, the tools to address problem areas and the structure to keep you headed in the right direction.

Why you should use it

Goals can seem daunting. You may be unsure where to start, the next steps you should take or what to do when you encounter roadblocks. "Frustration is one of the most common reasons people don't achieve their goals," explains psychologist Ken Weingardt from the VA Palo Alto Health Care System. "When people start to struggle, often they grow angry because they're not satisfied with themselves or at a loss for what to do. They might lose confidence and give up. 'My Goals,' gives you concrete steps, which helps reduce frustration."



Seeing your goals and tasks set in writing can play a role in holding you accountable for achieving what you want. The 'My Goals' tracking feature enables you to chart your progress and note if you're sliding off track. Seeing how far you've come can further motivate you. Weingardt adds, 'My Goals' can be particularly helpful in times of transition, such as returning from service or going through a divorce."

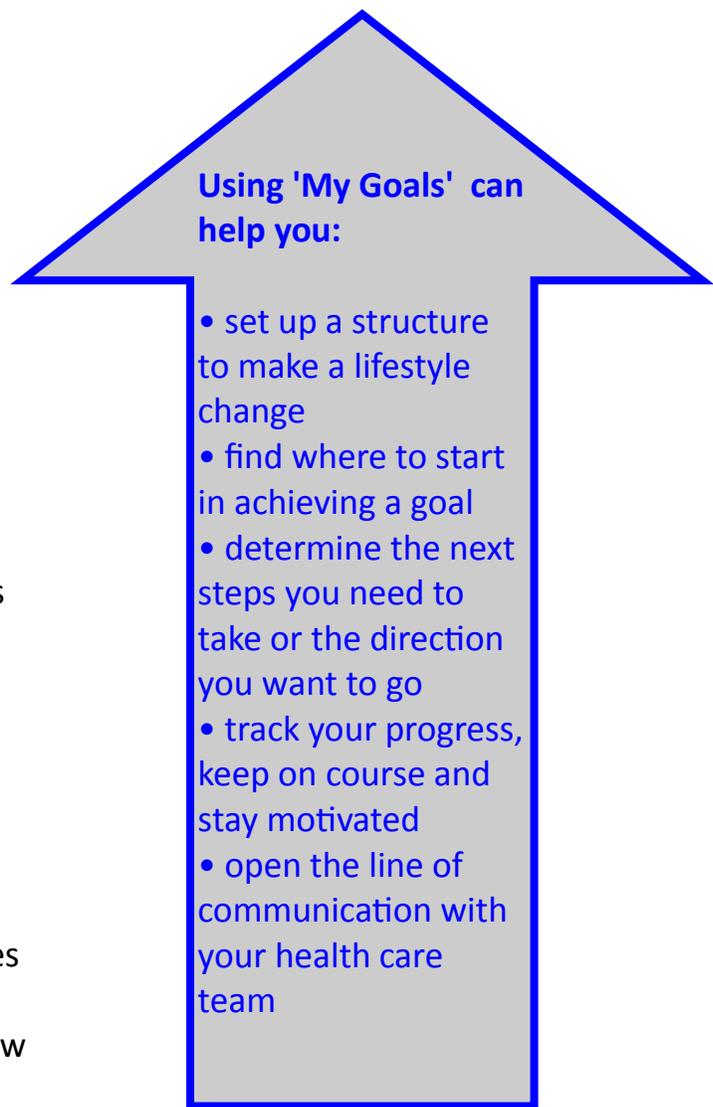
How 'My Goals' works

To get started, the 'My Goals' feature can be found under the 'Track Health' tab on My HealtheVet. You can:

- create a goal
- identify the obstacles you encounter
- create tasks to overcome these obstacles
- determine your strengths and strategies to manage times when you struggle
- set timelines, reminders and rewards for achieving your goals
- view your current goals
- track your progress
- view completed goals

If you're not sure where to get started or the direction you want to go, many of the goal-setting steps have examples you can use. You can also prioritize goals to help you focus, yet juggle a few aspirations at the same time.

The information you add can be printed so that you can place it in visible areas in your home or bring it into your next medical appointment. Or you can download your progress and send it via a My HealtheVet Secure Message to your VA health care team. Whether 'My Goals' is part of a plan you make with your care team or is a feature you want to use on your own, you have a tool that helps you focus on achieving what truly matters to you!





TRAUMA AND PTSD: Resources for the Public

Learn about PTSD and other reactions from all types of trauma at:

www.ptsd.va.gov

Posttraumatic Stress Disorder (PTSD) is a mental health problem that can occur after you have been through a traumatic event.

FIND

UNDERSTANDING PTSD



Have you, or someone you know:

- Been through combat?
- Lived through a disaster?
- Experienced any other kind of traumatic event?

Read: [Understanding PTSD \(PDF\)](#)
Includes full color photos, real stories, and more.

Watch [Understanding PTSD \(Video\)](#)



What is PTSD? This interactive module will help you learn about common reactions to trauma, hear real stories of those who have dealt with PTSD, and how to get help.

[Help with Tech](#)

FIND

UNDERSTANDING PTSD TREATMENT



Don't let PTSD get in the way of your life, hurt your relationships, or cause problems at work or school. PTSD treatment can help.

READ
[Understanding PTSD Treatment \(PDF\)](#)

▶ WATCH
[Understanding PTSD Treatment \(Video\)](#)
[Help with Tech](#)

FIND

AboutFace



LEARN FROM VETERANS HOW PTSD TREATMENT CAN TURN YOUR LIFE AROUND

ABOUTFACE

FIND

Return from War



Learn what to expect when a soldier returns:

- 2 full color booklets
- Interactive module with video to help families

PTSD Coach Mobile App

- Free for iPhone and Android
- Information on PTSD and treatments that work
- Tools for screening and tracking symptoms
- Skills to handle stress symptoms
- Direct links to support and help
- Available 24/7

More mobile apps coming soon!



Sign up for the **PTSD Monthly Update**

Find Treatment

Where to Get Help for PTSD



Connect with Us

facebook



VA HEALTH CARE
Defining EXCELLENCE in the 21st Century



Advancing Science and Promoting Understanding of Traumatic Stress

Nine Things To Do Today to Stay Healthy

Be Involved In Your Health Care: Take an active role-Work with your health care team to improve your health

Be Tobacco Free: Quitting smoking is the single most important thing you can do to improve your health-Don't use tobacco in any form

Eat Wisely: Eat a variety of foods including fresh fruits and vegetables and whole grains-Limit salt, fat, sugar and alcohol

Be Physically Active: Avoid inactivity. Aim for at least 2 ½ hours of aerobic activity each week

Strive for a Healthy Weight: If you need to lose weight, losing even a little will help-If you are normal weight, congratulations, maintain it

Limit Alcohol: If you choose to drink, limit to no more than 1 drink a day for women, 2 drinks a day for men-Avoid "binge drinking"

Get Recommended Screening Tests and Immunizations: Recommendations for screening tests depend on your age, gender, health status and family history-Ask which screening tests and immunizations are recommended for you

Manage Stress: Learn how to recognize stress and pay attention to stress-Learn ways to help you manage and reduce stress

Be Safe: Find out how to prevent sexually transmitted infections, falls and motor vehicle crashes-Take action to protect yourself, and those you love, from harm.

MRI Services Coming to St. Cloud

Soon, St. Cloud VA patients in need of an MRI study will no longer need to travel to Minneapolis or use a community provider. Instead, the studies will be performed at the St. Cloud VA Medical Center in a new addition to the Imaging Clinic.

Adding Magnetic Resonance Imaging (MRI) services is a significant addition to the diagnostic imaging services available at the St. Cloud VA Medical Center, and will enhance services to Veterans.

In addition to saving Veterans time and effort, MRI studies performed on-site enable enhanced coordination of care

by providing studies to the provider in a more responsive manner.

The addition of MRI services also greatly reduces Non-VA Medical Care costs. Projected cost savings are over \$800,000 per year.

The MRI service will be housed in approximately 2500 sq. feet of new construction on the northeast corner of Bldg. 1. The location is in close proximity to other imaging services. The project also involved the remodeling of approximately 1100 square feet of existing space in the basement of Building 1.

(cont. next page)



The new addition to Bldg. 1.



The MRI Scanner is unloaded from the delivery truck on May 20.

Construction began on the new MRI Addition in July 1012, and is expected to be complete this summer. The MRI scanner was delivered to the site in May 2013.

The MRI suite includes the large bore (70cm) scanner and an “Ambient Experience” for the patient. This feature is intended to reduce anxieties. Using a touchscreen tablet PC, patients can select from several themes and watch as the room lighting is transformed to produce soft, pleasing effects. Calming sounds and projected images wrap the patient in a relaxing environment.

The St. Cloud VA Imaging Department has grown considerably in the last ten

years. In 2003 the department used a single ultrasound machine and 2 x-ray machines. Today, there are two ultrasound units, several stationary and mobile x-ray machines, a DEXA Scanner, a CT scanner, and soon, an MRI scanner.

Future plans are in place to establish a Diagnostic Imaging Center, with additional capabilities, including Nuclear Medicine, on-site.

**Veterans
Crisis Line**



1-800-273-8255
PRESS 1

A Recipe for Health

Breakfast Cookies



Ingredients

3/4 c. whole wheat pastry flour
1/2 c. unbleached flour
1/2 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. ground nutmeg
1/4 tsp. salt
2 T. unsalted butter
1/4 c. canola oil
1/4 c. dark brown sugar
3 T. granulated sugar

1 egg
1/4 c. steamed mashed carrots
(about 2 1/2 carrots)
1 tsp. vanilla extract
1/2 c. rolled oats
1/2 c. bran cereal flakes
1/3 c. raisins
1/3 c. walnut pieces, lightly toasted in
skillet, about 2 minutes until fragrant
3 T. freshly ground flax seed meal

Directions

Preheat oven to 350* after placing rack in center of oven. Whisk together dry ingredients: flours, baking soda, cinnamon, nutmeg and salt. Combine butter, oil and sugars well until sugars dissolve and light in color, about 1 minute. Add egg, mashed carrots and vanilla and beat until well blended. Dough may be slightly sticky. Can add 3 Tbs. freshly ground flax seed and meal last. Line large cookie sheet with parchment paper and place 2-3 inches apart. Yield: 12. Bake for 12 minutes until cookies are fragrant, but still soft.

Nutritional Information: 190 calories, 10g fat, 3.7g protein, 28.6g carbohydrates, 74mg sodium.

Veteran Transportation Service Expands at the Brainerd CBOC



For the past two years, Dawn Marker, of the Department of Veterans Affairs in St. Cloud and Kim Jensen of Crow Wing County's Veteran's Service office have been working to coordinate a multi-agency effort to help Brainerd lakes area Veterans with adequate transportation to medical appointments.

"This is our way of giving back to the Veterans," Marker said.

From 8 a.m. to 4:30 p.m. every weekday, Marker and Jensen coordinate the pick-up and drop-off of Veterans all over the lakes area who are picked up at their homes by volunteer drivers and delivered to their medical appointments at the VA out-patient clinic in Brainerd or any other appointment made by VA referral.

The program comes at no cost to the Veterans.

The only eligibility requirement is enrollment in the VA health care program.

The program has been available for a couple of years in some capacity, but upgraded its services in March when a van was donated by the Department of Veteran Affairs.

Currently the program operates with nine drivers who volunteer their time through RSVP in Brainerd.

To arrange a ride, Marker said Veterans enrolled in VA health care may contact her at 320-654-7622 or may reach Kim Jensen at the Crow Wing County Veterans' Service office at 824-1058.

WOMEN VETERANS HEALTH CARE

★ *You served, you deserve the best care anywhere.* ★

Firearm Safety

Firearm safety has become an increasingly high priority in the Veteran population, and more women than ever are taking on the responsibility of gun ownership. While it is true that women Veterans are well-trained in the care and use of fire...arms as a result of military duty, it is critical to ensure that guns stored in the home are properly secured.

To protect Veterans and their family members, VA endorses Project ChildSafe, a program that provides free cable gun locks at VA medical facilities across the country. Gun safety locks not only help protect the lives of Veterans, but also their family members. To obtain a free gun lock and other firearm safety education materials for distribution to women Veterans, please contact the Suicide Prevention Coordinator at the St. Cloud VA HCS at 320.255.6480 x6719.

For further information, visit

<http://www.womenshealth.va.gov/WOMENSHEALTH/gunsafety.asp>

To get a firearms safety kit, visit <http://www.projectchildsafe.org/safety/get-a-safety-kit>



Women Veterans Call Center

The Department of Veterans Affairs (VA) Women Veterans hotline—1-855-VA-WOMEN (1-855-829-6636)—is an incoming call center that receives and responds to questions from women Veterans, their families, and caregivers across the nation about available VA services and resources. 1-855-VA-WOMEN (1-855-829-6636) provides a single avenue for women Veterans to get the help

Veterans 4 Veterans Trust Fund Awards \$30,000 in Grants to Assist Minnesota Veterans

The Minnesota Veterans 4 Veterans (V4V) Trust Fund recently approved three grants for 2013. Grantees include:

—\$10,000 to the Minneapolis Veterans home to purchase new furniture for the lounge areas (to include sunrooms) for buildings 6 and 19. The lounge areas are a critical space for families/resident and friends to come and enjoy time together in an open comfortable space other than the resident's room.

—\$10,000.00 was granted to the Seasons Hospice Veterans Fund. This grant will provide means for veterans with limited resources to reside at the Seasons Hospice in Rochester for a period of time if and when their condition require them to do so.

—\$10,000.00 was granted to Yellow Medicine County Veterans Service to hold a "Veterans for Veterans Event – Taking Care of our Own." This events' primary purpose is to provide outreach to veterans in order to create job opportunities for veterans and awareness for employers, and to provide veterans and their families vital information concerning benefits

and programs which are available to them at the local, state and federal levels. These veterans will have an opportunity during this event to meet with prospective employers and have professional help preparing resume's. Attendees will include county, state and federal representatives, business employers throughout SW Minnesota as well as veterans organizations, VA Medical Centers, Tribal Representatives along with County Veterans Service Officers from the SW Region of Minnesota.

The Minnesota Veterans 4 Veterans Trust Fund is a 501c(19) non-profit organization established as the result of the 2006 sale of Lake Minnetonka Big Island Disabled Veterans Camp.

The non-profit organization has eight board members , two veterans each who are appointed by the DAV, VFW, MOPH, and American Legion. The board oversees the funds from the sale of the island to the City of Orono.

Grants are made to organizations serving Minnesota Veterans in a way that conforms to the criteria the V4V has documented online at their website at www.mnv4v.org.



Take care of your buddy!

Help a fellow Veteran enroll
for VA healthcare.

Contact your County Veteran
Service Officer, call the St.
Cloud VA at 320-255-6340,

or apply online at

www.1010ez.med.va.gov

www.facebook.com/StCloudVAHCS



Connect with us on Facebook!