

Resources for Military Service Personnel and their Families Serving Benton, Sherburne, Stearns and Wright County

In support of these courageous men, women and their families, we have compiled a list of resources that can offer help in a time of need.

UNITED WAY 2-1-1

A free and confidential community helpline available 24 hours a day. 2-1-1 helps people access information they need to navigate and connect you with resources and human services.

Dial 2-1-1 from a land line or 1-800-543-7709 from a cell phone.

Military and their Families

Army Integrated Family Support Network

A new program to provide accurate and up to date articles and information on various topics from army customs, home, personal safety and managing deployment to understanking military pay assistance to soldiers and their families in geographically disterded areas. The global network will address family issues head on by providing a single, holistic institutional network of standardized services.

www.myarmylifetoo.com

Army Reserve Family Programs

Online programs implement processes & improve support & education for all family programs. For soldiers, family, friends, employers & volunteers. Free teleconference connections, classes and e training available.

www.arfp.org

Blue Star Mothers of America, Inc.

Active since 1942 in bringing our sons home. Helps to ensure they receive the benefits they deserve. Helps individual service members and their families to be there if something happens. The goals have broadened to rehabilitatioin, hospital work, children's welfare and civil defense. Qualifications are: be a mother, father, spouse, sister, brother, grandparent, aunt, uncle, cousin, or friend of someone who is serving, or has been honorable discharged from the Armed Forces of the United States.

<http://www.bluestarmothers.org/mc/page.do>

National Alliance on Mental Illness of Minnesota

Video was created as a collaborative project between the National Alliance on Mental Illness of Minnesota (NAMI MN) and Twin Cities Public Television (TPT). This 30 minute documentary increases the public's understanding of posttrumatic stress disorder and combat stress by providing basic information and by showing the spirit and courage of soldiers and their families whilse lives have been affected by PTSD and combat stress.

www.namimn.org

1-888-NAMI-HELPS

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September 30th, 2009

QOV (Quilts of Valor)

The mission of the Quilts of Valor (QOV) Foundation is to cover ALL wounded and injured service members from the War on Terror, whether physical or psychologically, with wartime quilts called Quilts of Valor. QOVF UM covers the Upper Midwestern states of Minnesota, North Dakota, South Dakota and Wisconsin and is part of the national Quilts of Valor Foundation. If you know of someone who should receive a QOV, Please contact us.

www.gov-um.org/mstevens@brainerd.net
1-218-828-9116

Children/Childcare Services for Families

Boys & Girls Clubs of Central Minnesota Youth Outreach

Provides free memberships to Boys and Girls Clubs for families with caregivers who are National Guard, reserve, active, deployed or returning military personnel.

www.bgcmn.org
1-320-252-7616

Camp Noah: A Soldiers Coming Home

A week long faith and resiliency based curriculum for children (K-6) whose parent has been deployed and is now/or coming home. Free for any child whose parent is a member of the MN National Guard and was deployed in Iraq.

www.campnoah.org
1-800-987-0061

Child Care Choices, Inc.

Dedicated to quality child care: Sponsoring the USDA Child & Adult Food Program. This program provides healthy meals and snacks to children in child care settings and plays a vital role in improving the quality of care and making it more affordable for many families.

Helping families find child care so that parents can work or attend school.

*Providing technical assistance, education and business support to those providing care for children.

www.childcarechoices.net
1-800-288-85490 or 1-320-251-5081

Deployed Fathers and Families: 10 Ways to Stay Involved with Your Children During Deployment

Military fathers have unique challenges based on their job responsibilities. National Fatherhood Initiative offers several resources to help dads prepare for deployment.

www.fatherhood.org
www.fatherhood.org/deployeddads.asp

Minnesota Child Care Resources and Referral Network

A statewide network of community agencies offering comprehensive, individualized listings of child care and education. Surge Support Child Care Services provides child care for MN Deployed Guardsmen and families.

www.mnchildcare.org
1-320-251-5081 or 1-888-291-9811

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NACCRRRA (National Association of Child Care Resource and Referral Agencies)

NACCRRRA is working with DOD (Department of Defense) to help those who serve in the military find and afford child care that suits their unique needs. Through several innovative civilian/military efforts among DOD, NACCRRRA & Child Care Resource & Referral agencies, they are building the quality and capacity of child care throughout the country.

<http://www.naccrrra.org/>

Operation: Military Kids (OMK)

The U.S. Army's collaborative effort with communities to support the children and youth impacted by deployment. OMK provides youth program opportunities for school age, middle school and teenaged youth and connects them to support resources where they live.

www.operationmilitarykids.org

1-612-624-7171

1-888-241-4591

YMCA

St. Cloud Area Family YMCA is offering a Free 6 month membership to all OIF/OEF soldiers and their immediate families.

www.stcloudymca.com

1-320-253-2664

Financial Assistance

Bridge to Benefits

A multi-state project by Children's Defense Fund. Offers an eligibility screening tool that allows you to enter in income, household size, etc. to generally determine if you are eligible for various programs (food support, Medical Assistance, Child Care Assistance, etc.). Also provides contact information for county agencies and links to the forms needed to apply for the programs.

www.bridgetobenefits.org

Catholic Charities Housing & Finance Counseling

Assists individuals and families as they take control of their finances and plan for a secure financial future. An individualized plan is established to reach his/her goals.

157 Roosevelt Rd, Suite 200

St Cloud, MN 56301

1-320-650-1660

1-800-830-8256

Credit for military service in a combat zone

If you served in a combat zone or hazardous duty area any time on or after Sept 11th, 2001, you may be eligible for a tax credit of \$59 for each month you served.

[www.taxes.sate.mn.us/individ/other supporting content/military credit.shtm](http://www.taxes.sate.mn.us/individ/other%20supporting%20content/military%20credit.shtm)

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County Social Services

If you need help with aspects of daily living contact your County Social/Human Services Division. You may qualify for a number of programs and/or need proof that you have been denied by the County to receive services from other providers.

Benton County Human Services:

www.co.benton.mn.us

Benton Co. Government Center, 531 Dewey St., PO Box 129, Foley, MN 56329
1-320-968-5000

Sherburne County Human Services:

www.co.sherburne.mn.us

Sherburne Co. Govt. Center, 13880 Highwya 10, Elk River, MN 55330
1-763-241-2600/1-800-433-5239

Stearns County Human Services:

www.co.stearns.mn.us

Stearns County Courthouse, 705 Courthouse Square, St. Cloud, MN 56303
1-320-656-6000

Wright County Human Services:

www.co.wright.mn.us

Human Service Center, 1004 Commercial Drive, Buffalo, MN 55313
1-763-682-7400/1-800-362-3367

Energy Assistance Program

The Energy Assistance Program (EAP) helps pay home heating costs. It assists low-income households that pay a high portion of household income from energy in meeting their immediate home energy needs.

- Households who are at or below 50 percent of the state median income are eligible.
- Size of grant is based on household size, income, and fuel type and energy usage.
- Federally funded through the U.S. Department of Human Services.

Funds are available for renters or homeowners Services include:

- Provide direct payment to the energy supplier.
- Educate consumers to use home heating energy efficiently and safely.
- Advocate with energy suppliers and human service providers on behalf of consumers.
- Crisis help from utility disconnections or necessary fuel deliveries.
- Emergency heating system repair or replacement.

Tri-Cap 1-320-251-1612 in Stearns, Benton, and Sherburne Counties.

Financial Assistance to Air Force Members

Financial assistance is given when a qualifying individual can't otherwise pay for specific basic needs essential to continued personal effectiveness as an Air Force Member. Most assistance is provided as interest free loans, grants or a combination of both. Minneapolis St Paul ARS, Air Force Reserve family member will be turned away from a FAC regard.

www.afas.org

1274 Center, 934 AW/APF, 760 Military, Hwy, Bldg 727, Minneapolis, MN 55450

1-320-616-3117/1-612-713-1516

DSN:783-1516

FAX:1-612-713-1033/1-888-234-xxxx less branch affiliation

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Foreclosure Prevention Information and Help

- Stearns, Benton & Sherburne Counties: Melrose City Hall – 3rd Thursday of the month from 9:30 – 11:00 a.m.
- Foley Human Services – 2nd Thursday of the month from 1:00 – 3:00 p.m.
- Zimmerman TBA.: Caroleen Boeder
- Tri-Cap, HUD Housing Counselor, 1210 23rd Avenue S, Waite Park, MN 56301
1-320-251-1612/1-888-765-5597
- Catholic Charities Financial and Housing Counseling
1-320-650-1660/1-800-830-8256

Military Discount Center

Companies appreciate your service and are offering discounts as a “thank you” for all you have done. Blockbuster, American Airlines, Days Inn, Avis, Bush Gardens and 1-800 Flowers to name just a few. Make sure to ASK and have your military I.D. ready. Search the internet for Military Discounts or try this GREAT site.

www.military.com/Resources/Resource

Military One Source

Resources for Military personnel and their families. Topics include: free tax preparation, parenting, special needs, crisis, and more.

www.militaryonesource.com

1-800-342-9647

Operation Homefront

A national nonprofit organization with a mission to provide emergency assistance and morale support to our troops, to the families they leave behind, and to wounded warriors when they return home. Operation Homefront is the parent of CinCHouse.com, the largest online magazine and community of military families.

www.operationhomefront.net

“Service members Civil Relief Act,” New legislation to help ease the economic and legal burdens on military personnel called to active duty status in OIF. This Act updates and strengthens the previous Soldiers & Sailors Civil Relief Act of 1940 (SSCRA). Issues like: mortgage relief, lease termination, protection from eviction even a 6% cap on interest rates for ALL obligations entered into before beginning active duty. A quick explanation and sample letters to write credit card and mortgage lenders.

www.phillysheriff.com/SSCRA.htm

THANKS, Minnesotan’s Military Appreciation Fund

For those that have served in a combat zone since September of 2001, the citizens of the State of Minnesota would like to share a modest cash grant to show their appreciation.

www.thankmntroops.org

1-877-668-4269

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USA Cares

USA Cares exists to provide military families with financial support and other critical resources in their time of need. We provide a Hand Up Not a Hand Out. Apply on line.

www.usacares.org
1-800-773-0387

Health and Medical Services

Consumer Survival Network, CSN WARMLINE

A telephone contact line that provides information support, encouragement and referral to consumers of mental health services. It can also provide general information on mental health community activities and referrals for family members and the public at large. The purpose is to primarily provide support. This can be done by listening, empowering someone to make changes, problem solving, informing them about the facts of mental illness and referring to professional help as needed. The Warm Line is NOT a crisis line. It is used to encourage people to find the HELP that works for them.

5:00 p.m. to 9:00 p.m.
1-320-654-9641
1-877-210-2932

Courage to Care

A new, electronic health campaign for military and civilian professional serving the military community, as well as for military men, women, and families. Courage to Care consists of electronic fact sheets on timely health topics relevant to military life.

www.usuhs.mil/psy/courage.html

Crisis Nursery Care

If you are facing a crisis and need help managing your children, consider the LSS Crisis Nursery - available in Mankato, Duluth, and **St. Cloud**. The legal guardian or parent can request the emergency day and night care for up to three days, by calling a 24 hour crisis hotline. Trained staff also provide referrals, counseling and support, as well as supplies in emergency situations. Children from 0-12 years of age are eligible.

www.lssmn.org/crisis_nurseries.htm

PATH Crisis Nursery in Wright Co. 1-763-271-1681/1-800-965-1430

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Disability Linkage

Finding the right resources just got easier

The Disability Linage Line (DLL) is a free, statewide information and referral resource that provides Minnesotans with disabilities and chronic illnesses a single access point for all disability related questions. DLL provides service to the entire state from four locations: St. Paul, Rochester, Bemidji, and Brainerd.

www.semcil.org
1-866-333-2466

Lutheran Social Services C.O.R.E Program for Veterans

Counseling services and resources available: Individual, family, and couples counseling, services for youth and families, deployment and reintegration support, budget and debt management counseling, respite care and caregiver support, and anger and stress management. All services are confidential and free.

www.lssmn.org
1-888-881-8261

National Center for Posttraumatic Stress Disorder:

Assisting vets following deployment and providing information, training, resources, and education for veterans, individuals, family members, clinicians and professionals concerning PTSD. Fact sheets, videos, on-line courses, newsletter, mailing list.

www.ncptsd.va.gov
PTSD information line at 1-802-296-6300

Four County Crisis Response Team

The team monitors the Mental Health Crisis Phone Line that provides callers with needs assessments and referrals to appropriate resources. If necessary, the Crisis Response Team assists individuals with face-to-face intervention and assessment.

www.starsnetwork.org/page/1exq8/Resources/CrisisResponseTeam.html

Minnesota RxPrice Compare

Minnesotans deserve information and access to affordable prescription medications. This website provides information about prescription medicine, safety and cost-saving tips, and programs to help Minnesotans pay for prescription medications.

www.stat.mn.us/portal/mn/jsp/home.do?agency=Rx

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Family Wise Prescription Drug Discount Card

- The card is free
- FamilyWize card can be used on prescriptions at participating pharmacies. This card will help you save money on most of your prescriptions.
- Participating pharmacies in your area can be found at www.familywize.com by clicking on Participating Pharmacies (on the right-hand side of the screen), click on Search for Pharmacies by Zip Code and enter information.
- FamilyWize cards can be picked up at these St. Cloud locations: Tri-CAP 2110 23rd Ave S, Waite Park, Mid MN Family Medicine Center 1520 Whitney Court, Suite 200, Catholic Charities Emergency Services 157 Roosevelt Road, and United Way of Central MN 2700 1st North, suite 300. For more options, call United Way 2-1-1.
- FamilyWize card cannot be used with any other prescription card or insurance.
- FamilyWize card can be used by all family members living in the household.
- For questions regarding FamilyWize call United Way 2-1-1 by dialing 211/1-800-543-7709 (United Way of Central MN community helpline)

Feel Free to cut out this card for your own use.

TAKE ONE AND SAVE
for immediate savings
on prescription drugs



LLEVE GRATIS
ahorros inmediatos para
medicamentos de venta con receta

ALSO, FOR STATE CHILDREN'S HEALTH COVERAGE INFO, CALL 877-KIDS-NOW
NO enrollment required • NO activation fee • USE as often as needed • COPIES permitted
FOLD AND PLACE IN YOUR WALLET FOR IMMEDIATE USE

familywize PRESCRIPTION DRUG DISCOUNT CARD
WWW.FAMILYWIZE.ORG

Distributed free of charge nationwide by the FamilyWize Partnership with participating United Way agencies, America's Promise Alliance Partners, counties, community organizations, doctors, businesses, and some pharmacies. Discounts are provided by and available only at the participating pharmacies.	Member ID: 070707 Group ID: 39201 BIN: 610194 PCN: FW Pharmacies: 877-HELP-877 Members: 866-610-3784 Expires: 12/31/2012
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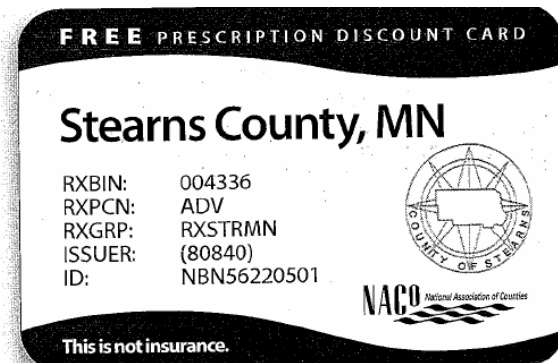
THIS IS NOT INSURANCE - DISCOUNTS ONLY

For more community resources call United Way 2-1-1 by dialing 2-1-1 or from a cell phone 1-800-543-7709

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NACO

- Free prescription discount card
- Average savings of 22% on commonly used medicines
- No membership fees
- No enrollment forms
- No restrictions or limits on frequency of use
- Any Stearns County resident is eligible to use the card
- Available at most human Service agencies
- www.maco.org
- 1-877-321-2652 to find a participating pharmacy in your area
- Questions? 1-320-656-6155



Shriners Hospital for Children

Does your child have bone, muscle, or joint problems? Help may be just a phone call away! Shriners Hospitals for Children-Twin Cities offers high quality orthopedic medical care to children with a condition that affects the bones, muscles, and joints. It is privately funded so all care at Shriners Hospitals for Children are provided at no cost.

www.shrinershq.org/Hospitals/TwinCities/ or call 1-888-293-2832

STARS for Children's Mental Health

Based on the needs and suggestions of children and youth with mental health concerns, their families and the community this is a place where you can easily find accurate information, reliable resources, local support and a helping hand. Services are FREE and designed for families with a child/adolescent (0-17 years) identified as having a serious mental health challenge and young adults (18-21 years) in need of transitional services due to a mental health diagnosis.

www.starsnetwork.org

1-763-271-5322/1-877-333-0083

Military and their Families Services

4 Military Families

Whether you're looking for a recipe or just someone to talk to about missing a loved one, this website has it covered. Providing links to many useful sites offering discounts, scholarships, GI Bill information a Buddy Finder PLUS direct email addresses for questions on deployment, divorce, education, legal issues, parenting, travel, and money management.

www.4militaryfamilies.com

Family Assistance Centers (FAC)

Intended to simplify the process of accessing needed service and support for families of service members. The primary mission of any FAC is to inform and emotionally support families of all Military families so the military member can perform his or her mission. No military member will be turned away from a FAC regardless of branch affiliation.

1-320-616-3117/1-888-234-1274

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Jist Publishing

A division of EMC Corporation is the leading publisher of award-winning materials on job search, career exploration, occupational information, life skills, and character education. For more than 25 years, JIST has developed outstanding, self-directed products that help people help themselves. New additions specifically geared toward Military-to-Civilian Career Transitions include: -Best jobs through Military Training, Expert resumes for Military to Civilian Transition and the essential job search handbook for service members.

"Military-to-Civilain Career Transition Guide."

www.jist.com

1-800-648-5478

Military.com

Military.com's free membership connects service members, military families and veterans to all the benefits of sevice government benefits, scholarships, discounts, lifelong friends, mentors, stories of military life/missions, and much more.

www.military.com

Military Family Care Initiative

To help support the families of deployed soldiers, MN's first lady created the Military Family Care Initiative, a program that allows community organizations to provide volunteer services for Military families.

www.firstlady.state.mn.us/inititiatives.html

For specific help www.156.99.41.1/FamilyProgramsasp%20pages/firstladysrchNew1.asp click on your city or neighboring communtiy for a full list of available services.

1-800-657-3717

Military HOMEFRONT

The official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers. Whether you live the military lifestyle or support those who do, you'll find what you need!

www.militaryhomefront.dod.mil

1-800-342-8647

Military transition Key to Career Success Campaign

Here veterans and transitioning service members are able to connect with high quality career planning, training, and job search resources available at local *One-Stop Career Centers*.

www.careeronestop.org/militarytransition/

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Supporting Military Families in MN, University of Minnesota Extension

Providing resources to help you learn more about the cycle of deployment and how you can support military families in your community. Includes Reintegration Process, Welcome Home!, Becoming a Couple Again, The Voice of a Military Child (including, support, coping w/ stress, greif, loss, education & more).

www.parenting.umn.edu/militaryKids/index.htm

Transition Assistance Program/Turbo TAP

The DOD (Department of Defense) Transition Assistance Program was developed to assist in the transitioning of military personnel and family members leaving the service. Returning to civilian life is an exciting time, but also a complex undertaking. There are many steps to take, with questions to be answered. The DOD Transition Assistance Program is there to help.

www.transitionassistanceprogram.com

Nationa Guard Services

Minnesota National Guard's

Official web site provides information and resources for troops and their families.

www.minnasotationalguard.org

National Guard Family Program

Is a one stop shop web site for information on prgrams, benefits, resources and more.

www.guardfamily.org

1-703-607-5414

Veterans and Family Services

Catholic Charities

With more than 40 different programs, Catholic Charities advances the charitable and social mission of the Diocese of St. Cloud. At Catholic Charities – we build communities, promote family life, and enhance human dignity by providing quality services to meet the physical, social, emotional, and spiritual needs of individuals and families of all faiths and beliefs. Whether you are looking for assistance with food, clothing, shelter on help in dealing with greif and loss, see what Catholic Charities has to offer.

www.ccstcloud.org

911 18th St N. St Cloud, MN 56303

1-320-650-1550/1-800-830-8254

DHS (Department of Human Services)

Exempts Military members and their families from payments of MinnesotaCare Premiums.

<http://www.minnesotaveteran.org/index.htm>

Higher Education Veterans Programs

Mission: "Supporting Veterans, military members and their families at Minnesota colleges and Universities by providing comprehensive Information about benefits and resources as well as creating institutional readiness in support of the unique needs of these students."

www.mymilitaryeducation.org/jmcauley@mdva.state.mn.us

1-320-308-2185

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Independent Lifestyles, Inc.

Has VA peer mentor services which offer services to veterans with disabilities on an individual basis and through a veterans support group.

Toop 2 Troop Support Group

Meets the 1st and 3rd Thursdays of the month from 5 pm - 6:30 pm

www.independentlifestyles.org

1-320-529-9000

Minneapolis VA Medical Center

The medical center provides primary , specialty, mental and behavioral health, and extended care and rehabilitative care for Veterans. Programs exist in all of the medical, surgical, psychiatric, oral surgery and diagnostic specialties and subspecialties.

www1.va.gov/directory/guide/facility.asp?id=90

Minneapolis VA Medical Center

One Veterans Drive, Minneapolis, MN 55417

1-612-725-2000/1-800-414-5058

Minnesota Assistance Council for Veterans

Provides assistance throughout Minnesota to positively motivated veterans and their families who are homeless or experiencing other life crises. No veteran in need will be turned away without doing everything feasible with available resources to get the assistance needed.

www.mac-v.org

1-612-726-1327

National Association of County Veteran Service Officers

Compassionate & understanding of the problems, which confront veterans, widows, widowers, and children. The CVSO knows the extent, the meaning and the application of laws that have been passed by the U.S. Congress in the interests of veterans and their dependents.

www.nacvso.org

Benton County Veterans Service Officer

www.co.benton.mn.us/departments/vets_assistance/vets.htm

Courthouse, PO Box 129, Foley, MN. 56329

1-320-968-5044

Sherburne County Veterans Service Officer

www.co.sherburne.mn.us/veterans

County Government Center, 13880 Highway 10, Elk River, MN 55330

1-763-241-2742

Stearns County Veterans Service Officer

www.co.stearns.mn.us/817.htm

Administration Center, 705 Courthouse Square, St. Cloud, MN 56303

1-320-656-617x

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Wright County Veterans Service Officer

www.co.wright.mn.us/departments/vetservcivdef/
10 2nd Street NW, RM C-144, Buffalo, MN 55313
1-763-682-7326

National Veterans Services Fund, Inc.

Is a nonprofit organization located in Darien, Connecticut that provides case-managed social services and limited medical assistance to Vietnam and Persian Gulf War veterans and their families, with a focus on families with children who have disabilities. The families served by NVSF, Inc. may have been unable to obtain the social and health services they so critically need from other sources. They have fallen between the social service system's ("cracks"). Services provided by NVSF, Inc. are carefully designed to empower families so that they can successfully navigate different health and social systems.

www.nvst.org
1-800-521-0198

St. Cloud Stand Down

We offer on the spot help to all Veterans, regardless of discharge status. Services available are: employment assistance, tax information, picture ID, wellness exam, consumer credit counseling, housing and shelter information and referrals, vision evaluation, wills, dental and eyewear vouchers, female veterans representative, and many more services. For more information call United Way 2-1-1.

St. Cloud VA Medical Center

The Facility provides primary medical and mental health services, primary medicine, acute psychiatry, and an array of outpatient specialties including urology, outpatient surgery, audiology, optometry, dental, podiatry, residential substance abuse, post traumatic stress disorder, psychiatric residential rehabilitative treatment program, dual diagnosis, outpatient programming for seriously mentally ill, vocational rehabilitation extended care, adult day rehabilitation, and ventilator care.

St. Cloud VA Medical Center
4801 Veterans Drive, St. Cloud, MN 56303
1-320-252-1670/1-800-247-1739

The Minnesota Department of Veterans Affairs

(MDVA) offer the Link Vet call center provided by trained staff to provide information on veterans' benefits, healthcare, education, and reintegration. The line will roll to Crisis Connection counselors for 24-hour, seven days a week coverage (including holidays) for immediate crisis intervention and psychological counseling.

1-888-546-5838

Salvation Army

Whether the need is in the area of spiritual counseling, emergency food, shelter or clothing, it will be disseminated without regard to an individual's race, color, creed, sex, age, or religion. St. Cloud's local programs and services include a food shelf, a community lunch program, emergency assistance, Heat Share (a program to help with utility bills), and emergency shelter that includes dedicated transitional beds for veterans.

www.usc.salvationarmy.org/usc/wwwusc.nsf
400 Hwy 10 South (223 E. St. Germain, St. Cloud, MN. 56304)
1-320-252-4552/1-320-252-2229

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Minnesota WorkForce Center

Provides free tools, resources and services needed for job search, career planning and training needs.
Hours 8:00 a.m. – 4:00 p.m.
Monday through Friday
1542 Northway Drive, Door 2, St. Cloud
1-320-308-5320

General Family Services

Anna Marie's alliance

A 24-hour shelter and support services for women and children who are victims of domestic abuse.
1-320-253-6900/1-866-223-1111

Transportation Resource Center (TRC)

Is the source that you can contact if you have been unable to get where you need to go. The TRC utilizes area transportation resources to match the passenger with the most suitable and cost effective transportation. For residents of Benton, Morrison, and Stearns counties, the cost will depend on personal situation, other reimbursement sources, purpose of transportation, distance and type of transportation needed.
1-320-257-4456/1-877-717-1515

Disabled Veterans Eligible for Free Transit

Disabled veterans simply need to show the proper identification card to bus operators of any fixed-route service in the state for a free ride. The free ride is also extended to the personal care attendant who may be assisting the disabled veteran as they travel. This benefit is also available on the Hiawatha Light-Rail line and the Northstar commuter rail line. To qualify, veterans must show a Veteran Identification Card, or VIC issued by a VA Medical Center with the words "Service Connected" or the initials "SC" below the photo. The cards are available at both the Minneapolis and St. Cloud VA medical centers.
<http://www.va.gov/healtheligibility/application/IDCard.asp>
1-612-476-1991

Recreational

Chippewa Lodge Resort

Welcome to Vacation Land! Chippewa Lodge Resort offers plenty of activities and does their best to give you what you need to have a good time. You can fish all day and watch a beautiful sunset at night by a crackling fire. You and your family can enjoy the clean sandy beach and the fun water raft. From Memorial Day to Labor Day. Daily activities for children. DISCOUNTS or COMPLIMENTARY for OIF families and Veterans.
www.chippewalodgeresort.com / Info@chippewalodgeresort.com
Chippewa Lodge Resort, 7349
Chippewa Dr NW, Longville, MN 56655
1-800-416-2216 / 1-218-836-2437 / fax: 1-218-836-2318

**For more community resources call United Way 2-1-1 by dialing 2-1-1 or
from a cell phone 1-800-543-7709**

September 30th, 2009

Healing Waters Fly Fishing

Project Healing Waters Fly Fishing, Inc. serves military personnel who have been wounded, injured or disabled to aid their physical and emotional recovery by introducing or rebuilding the skills of fly fishing and fly tying and by using and enjoying these skills on fishing outings and as lifelong recreation. The Project has expanded nationwide and is offering its services and programs to active military personnel and veterans in DOD and DOVA hospitals throughout the country.

www.projecthealingwaters.org / midwest@projecthealingwaters.org

Let's Say Thanks

If you go to this web site, you can pick out a thank you card and Xerox will print and send it to a soldier that is currently serving in Iraq. You can't pick who gets it, but it will go to a member of the armed services. Its is FREE and it only takes a second.

www.LetsSayThanks.com

Spiritual

Bethlehem Lutheran Church

Pastor Steve Cook will assist with by connecting veterans with spiritual resources.

1-320-251-8356

Books

Married to the Military

A Survival Guide for Military Wives, Girlfriends, and Women in Uniform, by Meredith Leyva; this survival guide details everything you need to know to manage day-to-day issues and get on with the adventure of military life.

Courage After Fire

Coping Strategies For Troops Returning from Iraq and Afganistan and Their Families, by Keith Armstrong, Suzann Best and Paula Domenici; a veritable toolbox of useful insights on reconnecting with loved ones, combating War reactions, returning to work and your community, plus resources to help you and your family adjust or read just upon reintegration after deployment.

Life After Deployment

Military Families Share Reunion Stories and Advice, by Karen M. Pavlicin (author of *Surviving Deployment*)

Pavlicin offers practical & inspirational insight; with a sense of humor, to help turn the challenges of deployment and reunion into positive, rewarding experiences. Service members, their spouses, parents, fiancees, and children all share the joy and anxiety of homecoming, the adjustments of living together again and how they coped with anger, depression, PTSD, injuries, grief and other challenges.

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