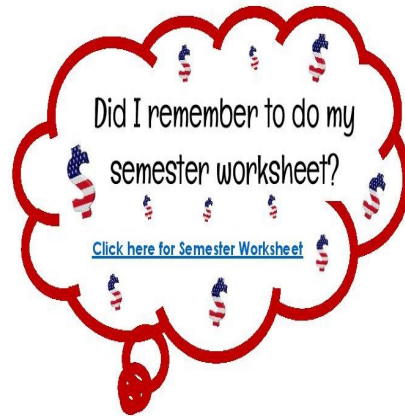


Tucci's Corner



Students,

Back to the grind if you are a summer student, vacation time if you return in the fall. To both groups, please make sure you are completing your semester worksheet, which needs to be completed every term you wish to use your benefit and after you have enrolled in your classes for that term. We get angry phone calls every term about a month into the semester asking why someone hasn't been paid their monthly stipend, and almost 100% of the time, it is because you weren't certified. Without completing that worksheet, I will not be notified that you are enrolled or wish to utilize your GI Bill®. It's not an issue if you forget how to get to it, just give our office a call or email us for a link, and we will gladly provide you the link. Enjoy the nice weather while we have it; we will see you around campus!

Respectfully,

James Tucci
Veterans School Certifying Official

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA)

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Minot Park District Military
Appreciation



REMEMBER
YOUR
EDUCATIONAL
BENEFITS
HOTLINE
1-888-442-4551

From the Director

Summer is here!

And so, another summer begins! The Military Resource Center was established to serve our military educational benefited students, and we appreciate it when you provide suggestions that may lead to the improvement of current practices. Your past suggestions have resulted in improvements in policies and guidelines, allowing us to better serve your needs as you work to accomplish your academic goals!

Andy Heitkamp
Military Resource Center Director



Check out the Minot State Veterans Service Center Facebook page and give it a thumbs up to stay current with events.

www.facebook.com/MinotStateVeterans

Activities Attended

May

- 1 DAV meeting
- 1 ND Brain Injury Stroke Prevention
- 2 Minot Area Military Affairs Committee Meeting
- 6 Student Affairs Meeting
- 6 Employee Recognition event
- 7 Student agreement meeting
- 8 BIT Meeting
- 9 Preventing Violence training
- 10 Commencement
- 12 Womens Veterans Resource Fair
- 13 Minot Lodge meeting
- 15 University Cabinet meeting
- 16 Budget forum
- 20 Campus lockdown training
- 21 DoD MOU meeting
- 23 YMCA meeting
- 28 SAMSA training
- 29 Culture by Design meeting
- 30 US Department of Veteran Affairs Compliance visit

OFFICE HOURS
8 A.M. – 4:30 P.M.

Military Resource Center
Minot State University
500 University Ave W
Minot, ND 58707
701-858-4003 / 1-800-777-0750

MinotStateU.edu

Be seen. Be heard. Belong.

PATRIOT DAY 6 September RUCK March

 **FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**MINOT FAMILY YMCA
PATRIOT RUCK MARCH
FRIDAY, SEPTEMBER 6, 2024**

The Minot Family YMCA is excited to extend an invitation to you to join us in support of our upcoming Patriot Day Ruck March event.

Patriot Day holds profound significance for our nation, marking a day of remembrance for the lives lost on September 11, 2001, and honoring the courageous men and women who have served and continue to serve in our armed forces, law enforcement, and emergency services.

To commemorate Patriot Day this year, we are organizing an 8-mile round trip Ruck March, scheduled to take place on September 6, 2024. This physically demanding event symbolizes the burdens carried by our service members and first responders and serves as a powerful tribute to their sacrifices.

Our goal for this event is to raise funds to provide YMCA program sponsorships for children of veterans and active duty service members. We believe that every child deserves access to enriching programs and we aim to make these opportunities more accessible to the families who have sacrificed so much for our country.

As a sponsor of our Patriot Day Ruck March, you would play a vital role in helping us achieve our mission and support the children of our nation's heroes. In return for your sponsorship, we are pleased to offer a range of benefits tailored to meet your needs, including prominent brand visibility, recognition at the event, and opportunities for engagement with participants.

Thank you for considering this opportunity to support our Patriot Day Ruck March. Together, we can make a difference in the lives of the children of our veterans and active duty service members.



SPONSORSHIP FORM

The Minot Family YMCA is a 501(c)(3) charitable organization. All proceeds from the Patriot Day Ruck March will benefit the children of veterans & active duty military members by providing scholarship opportunities for YMCA programs & services.

DONOR INFORMATION:

Donor/Company Name: _____ Contact Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

SPONSORSHIP INFORMATION:

Total Sponsorship Amount: \$ _____

Cash Enclosed Check Enclosed – Made payable to Minot Family YMCA Credit Card – See below Invoice to above address

Sponsorship commitments & payments must be received by August 1, 2024 to ensure recognition at the event

Credit Card VISA MASTERCARD AMERICAN EXPRESS Card Holder: _____

Card Number: _____ Exp. Date: _____ SVG: _____

MM/YY 3 DIGIT CODE

Printed Name: _____ Signature: _____ Date: _____

Thank you! This event would not be possible without generous sponsors like you! Please select a payment preference below.

DONATION RECEIPTS WILL BE SENT OUT WITH YOUR THANK YOU

Patriot Day Ruck March – 6 September

- Sequence of events
 - o 8 am – Check-in
 - o 846 am – Opening remarks/Prayer
 - o 9 am – Event starts
- Pre-registration is \$20/Day of event \$30 – meal will be provided after finishing
- Noon – Event Complete
- Sponsorship
- Booths



Flag Week 2024, 9-15 June

National Flag Week starts on June 9 every year. It is a day for all Americans to celebrate and honor the flag, its designers, and its makers. The flag represents all 50 states of the country that together form the United States of America and its citizens. It is a week for citizens to pause and recognize the greatness of their nation and its people. The American flag has a proud and glorious history, and many brave soldiers have died defending it. Some also observe this week as a way to honor veterans and servicemen.

Flag Day 2024, 14 June

Since 1916, when President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on June 14, Americans have commemorated the adoption of the Stars and Stripes in many ways—displaying the flag in the front of their homes, participating in parades, and engaging in other patriotic observances.

Flag etiquette

Folding a flag is one of the most important traditions we have in this great country. Believe it or not, **the American flag** has undergone numerous design changes (27, in fact!) since its inception, and the one we salute today was only officially adopted in 1960. But whether it was the 1st or the 27th, our flag is flown as a symbol of unity, freedom, and pride on holidays like **Memorial Day**, **Flag Day**, or the **4th of July**.

There are so many reasons you might be handling Old Glory—displaying it on federal holidays, storing it away, or attending a funeral—and a fair amount of **flag etiquette** goes along with that responsibility. **Memorial Day flag etiquette** dictates, for instance, that the **flag flies at half-staff** from sunrise until noon, then raised briskly to the top of the staff until sunset.

But maybe you never thought about how to fold an American flag until now. Properly folding the flag pays homage to the sacrifices made by those who have fought for our country's values and principles. Congress established the official U.S. flag code in 1942, which provides guidelines for care. The code does *not*, however, explain an official folding method. Over time, a tradition emerged: **The proper way to fold the American flag is in a triangle shape.**

Folding the US flag

(<https://www.va.gov/opa/publications/celebrate/flagfold.pdf>)



Important Dates

Academic

June

Summer bookstore charging through June 5

May 28	Standard eight-week classes begin
June 1	Last day to add 8 week courses Last day to drop or withdraw from 8 week classes for 100% refund
June 1-3	MSU Bookstore charging
June 5	Summer tuition due and financial aid disbursement

US Armed Forces Dates

June

6	D-Day
12	Women's Veterans Day
9-15	Flag Week
14	U.S. Army Birthday
14	Flag Day
16	Father's Day
19	Juneteenth
23	Coast Guard Auxiliary Birthday
27	PTSD Awareness Day

June is...

PTSD Awareness Month



Pay off your school debt quickly with the VA's EDRP

VA's Education Debt Reduction Program (EDRP), one of the nation's most comprehensive education support programs, repays up to \$200,000 in loans.

EDRP has helped more than 20,000 Veterans Health Administration (VHA) employees in hard-to-fill direct patient care positions repay their student loans faster.

Available EDRP-eligible positions often include:

- Physicians (both general practice and specialties)
- Registered nurses
- Licensed practical nurses
- Social workers
- Psychologists

Positions can be found in vacancy announcements on USA Jobs by entering the keywords "EDRP" and "Education Debt Reduction Program."

Jobs eligible for EDRP will often include that information under the "Learn more about this agency" link in the vacancy announcement.

Candidates applying for positions non-competitively should inquire about the program with human resources prior to negotiation.

To view the entire article, please visit [HERE](#).



Congratulations graduates, and all the best moving forward!

2023-24 graduates

Dylan Porter, Meghan Ackerman, Kelly Armijo/Spencer, Jane Brodie, Phillip Buckles, Jesse Cannon, Nolan Compere, Alyssa Ellet, Samantha Ostrowski/Gonzalez, Emily Hastings, Samantha Hoffman/Terenes, Nathaniel Kelly, Dante Lapitan, Sebastian Machado, Maribel Marquez, Elizabeth Nolan, Dana Peele, Laura Yates/Peters, Morgan Reiser, Alessandra Sams, Megan Solgat, Lynn Vick, Kristen Weaver, Justin White, Analycia Dickerson, Chloe Meicher, Audri Clubine, Jennah Haygood, and Sarah Frey/Franstvog.

THANKS JOCELYN !!!!

Keeping the string of graduate pictures going for the Military Resource Cener

<p>2024</p> 	<p>2023</p> 
<p>2022</p> 	<p>2021</p> 
<p>2020</p> <p>COVID-19 pandemic</p>	<p>2019</p> 
<p>2018</p> 	<p>2017</p> 
<p>2016</p> 	<p>2015</p> 

NORTH DAKOTA NATIONAL GUARD



ALL GAVE SOME. SOME GAVE ALL.

14K Fallen Soldiers Run/Walk June 1st 2024

Run starts: 7:30 A.M. at the Burdick Arena in Devils Lake

Registration: \$25 per person / \$15 youth (12 and under)

Early Registration & Packet Pickup: May 31st, 5:00-6:30 P.M., Burdick Arena

** Register by May 22nd to guarantee a T-shirt

Proceeds will benefit: **ND NATIONAL GUARD FOUNDATION**

(Provides assistance to National Guard Soldiers, Families and Survivors)

Run/Walk Course:

- ▲ Start run/walk at Burdick Arena
- ▲ Turn South on College Drive
- ▲ Cross Hwy 2 at John Deere, use bike path to Lakewood
- ▲ Proceed through Lakewood to back gate of Camp Grafton
- ▲ End at Camp Grafton Edwards House – refreshments provided!
- ▲ Transportation provided back to the Burdick Arena



Post 756



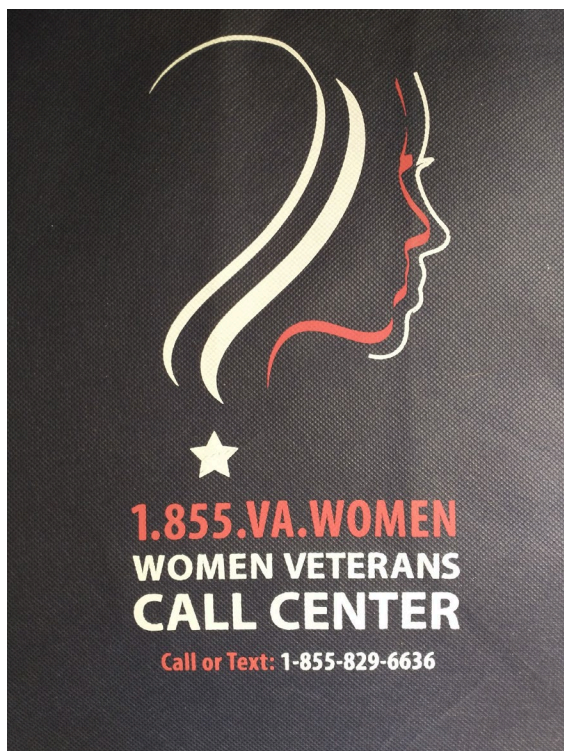
For more information & registration forms

www.facebook.com/DevilsLakeFallenSoldierRun

<http://fallensoldiers14k.weebly.com>

Mike 701-351-0481 or Ben 701-351-0694





Thanks, Jim Davenport CVSO, Keli Wieand ND Cares, and the Fargo VA for the Womens Veteran Resource Fair held in Minot on Saturday, 11 May VSO [link](#)
Minot DAV [link](#)
ND Cares [link](#)
Fargo VA [link](#)



How to access Mental Health Care with TRICARE

<https://newsroom.tricare.mil/News/TRICARE-News/Article/3782099/mental-health-is-health-how-to-get-mental-health-care-with-tricare>

Staying healthy is more than just taking care of your body. Even when you're feeling good physically, you may notice you're unusually sad, anxious, or exhausted. If so, you may be experiencing symptoms of a mental health concern—and you're not alone.

TRICARE covers [mental health services](#) so you and your family can get the care you need. Using these [covered services](#) can help put you on a path to mental and physical wellness.

Covered mental health services

TRICARE covers certain outpatient and inpatient mental health services, as detailed in the [TRICARE Mental Health and Substance Use Disorder Services Fact Sheet](#).

Mental health care costs

Use the [Compare Costs](#) tool to check your out-of-pocket costs for mental health services. You'll have lower costs by getting care at military hospitals or clinics or from TRICARE-authorized network providers. ADMSs have no costs for mental health services from or authorized by the Military Health System.

Mental health is health—and it's an important part of your overall wellness. Looking for a [mental health provider](#)? Check out the [Find a Doctor](#) tool. You can also find more resources and information on TRICARE's [Mental Health Care](#) page.



MINOT

★ ★ ★

PACT ACT STAND DOWN



INFORMATION & ASSISTANCE PROVIDED ON:

- Veterans Benefits Administration
- National Cemetery Administration
- Minot Vet Center
- Healthcare Enrollment
- Veteran ID Card Photos
- Travel Benefits
- Revenue (Medical Billing)
- Toxic Exposure Screening
- Telehealth Services
- Care in the Community
- Caregiver Support Program
- Homeless Veteran Programs
- My HealtheVet
- Post 9/11 Military & VA (M2VA)
- Other Minot Clinic Services
- Nutrition
- Audiology
- Physical Therapy
- Pharmacy
- Volunteer Transportation Network
- ND Military Outreach/ND Cares
- ND Job Service



APPLY FOR VA HEALTHCARE, LEARN MORE ABOUT OTHER BENEFITS, AND ASK QUESTIONS WITH SUBJECT MATTER EXPERTS



**WHAT
TO
BRING**

- Social Security Numbers (Family)
- Military Discharge/Service Paperwork (DD214, ETC)
- ID
- Private Insurance Info
- Medical Records



**1100 31ST ST SE
MINOT, ND 58701**



**CAN'T
MAKE IT**

Join Virtually
Click [Here](#) or Scan the QR Code to Join the Meeting
OR
CALL (Audio Only):
1-205-235-3524
Conference ID: 853 098 638#

AGENDA



0900-1000 PHARMACY

- Overview of VA Fargo Pharmacy
- Answers to Common Questions
- Pharmacogenomics (PGX) Phaser Testing

1000-1100 CAREGIVER SUPPORT

- Program Overview

1100-1200 CONNECTED CARE

- VA Fargo Telehealth service offerings
- Using Telehealth Demonstration
- My HealtheVet Premium Accounts
- Annie Automated Text Messaging
- VA Mobile Apps

1400-1500 COMMUNITY CARE

- Process Overview
- Answers to Common Questions
- Understanding Urgent & Emergent Care

1500-1600 REVENUE (BILLING)

- Importance of providing private health insurance
- Third party billing
- copays

1700-1800 PACT ACT SECTION 103



Presentation by:
Dr. Breton Weintraub
Fargo VA HCS Director

SUPPORTING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

STARTING THE CONVERSATION

When a family member is drinking too much, using drugs, or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

How You Can Help

- 1 IDENTIFY AN APPROPRIATE TIME AND PLACE.** Consider a private setting with limited distractions, such as at home or on a walk.
- 2 EXPRESS CONCERNS AND BE DIRECT.** Ask how they are feeling and describe the reasons for your concern.
- 3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN.** Listen openly, actively, and without judgement.
- 4 OFFER TO HELP.** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
- 5 BE PATIENT.** Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What to Say

"I've been worried about you. Can we talk?
If not, who are you comfortable talking to?"

"I see you're going through something.
How can I best support you?"

"I care about you and am here to listen. Do
you want to talk about what's been going on?"

"I've noticed you haven't seemed like
yourself lately. How can I help?"

For more resources, visit
www.SAMHSA.gov/families.

If you or someone you know needs help,
call **1-800-662-HELP (4357)** for free and
confidential information and treatment referral.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

SAMHSA
Substance Abuse and Mental Health
Services Administration

6 Apps to help manage stress

https://news.va.gov/131262/six-apps-to-help-manage-stress/?utm_source=middle&utm_medium=email&utm_campaign=VetResources&utm_id=29MAY2024



1 & 2 [PTSD Coach](#) and [PTSD Family Coach](#)

3) [Mindfulness Coach](#)

4) [Annie for Veterans](#)

5) [VetChange](#)

6) [MOVE! Coach](#)

7 June 2024 Minot Park District Military Appreciation



 **MINOT AREA
CHAMBER EDC**

MILITARY APPRECIATION IN THE PARKS

7 JUNE 2024 • MINOT PARK DISTRICT

Active duty and retired military personnel are invited to join us in the parks for a picture-perfect day filled with sunshine, laughter, and fun!

-  **OAK PARK**
11AM – 2PM • FREE FOOD WITH MILITARY I.D. SERVED BY THE MINOT AREA CHAMBER EDC MILITARY AFFAIRS COMMITTEE. OUTDOOR GAMES, BOUNCE HOUSES, & MORE!
-  **ROOSEVELT PARK POOL**
DURING OPERATING HOURS • FREE ADMISSION WITH MILITARY I.D.
-  **ROOSEVELT PARK ZOO**
9AM – 8PM • FREE ADMISSION WITH MILITARY I.D.
FREE ZOO ADMISSION WITH MILITARY I.D. ON WEDNESDAYS 26 JUNE - 31 JULY
-  **MAYSA ARENA**
10:30AM – 12:30PM • FREE SKATING WITH MILITARY I.D.

 MINOTCHAMBEREDC.COM  701-852-6000  MINOT@MINOTCHAMBEREDC.COM

Don't forget, active duty and retired military personnel are invited to Military Appreciation Day in the Parks on June 7!

- Free food, outdoor games and bounce houses provided at Oak Park from 11 AM – 2 PM
- Free admission to Roosevelt Park Pool (during operating hours) and Roosevelt Park Zoo (9 AM – 8 PM) with military ID
- Free skating at Maysa Arena from 10:30 AM – 12:30 PM with military ID

*For those who cannot attend, show military ID for free admission to Roosevelt Park Zoo every Wednesday from June 26 – July 31