



BEYOND THE YELLOW RIBBON NEWSLETTER

Educate, Reconnect and Connect

THE RED ISSUE

February 2019

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SALUTING HEALTHY HEARTS

Traditionally, the month for lovers and all things heart related, February also reminds us to take care of our heart. The annual celebration began in 1963 to encourage Americans to join the battle against heart disease. A presidential proclamation pays tribute each year to researchers, physicians, public health professionals and volunteers for their tireless efforts in preventing, treating and researching heart disease, which is the leading cause of death for both men and women in the U.S.

Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.



How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community. By making healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- ♥ Watch your weight.
- ♥ Quit smoking and stay away from secondhand smoke.
- ♥ Control your cholesterol and blood pressure.
- ♥ If you drink alcohol, drink only in moderation.
- ♥ Get active and eat healthy.

Captain Adam Gades, Interim Family Programs Director

- Rachel Johnson, Northern MN YRROC
- Mike Windsperger, Central MN YRROC
- Jeremiah Miller, Southern MN YRROC

Minnesota National Guard State Family Program Mission Statement

The MN National Guard State Family Programs promotes awareness and self-reliance in our service members and their Military Family Members. We prepare, assist, and support them throughout their military service. We coordinate with State and Federal agencies to connect Service Members, Veterans and their families to resources. It is our mission to ensure effective and timely care when it is needed.

RESOURCES OF THE MONTH

Military OneSource



Military OneSource serves our service members, military families and the entire global military community – to help you live your best MilLife. Military OneSource offers a wide range of individualized consultations, coaching and non-medical counseling for many aspects of military life such as:

- Health and Wellness Coaching
- Building Health Partnerships
- Spouse Education and Career Opportunities
- Education
- Adoption
- Financial and Tax Consultation
- Document Translation
- Language Interpretation
- Peer-to-Peer Support
- Spouse Relocation and Transition
- Special Needs
- Adult Disability and Elder Care
- Confidential Non-Medical Counseling
- Wounded Warriors and Caregivers

Services are offered to Service Members, their families, survivors and the entire military community. Resources are accessible anywhere in the world, at no cost. Assistance is personalized, confidential support to help you be your best!

For more information or to schedule an information session please contact:

Mike Meier, Minnesota Military OneSource State Consultant Contractor

Michael.meier@militaryonesource.com

(612) 751-4290

www.militaryonesource.mil

Minnesota Military & Veteran Exchange



The Minnesota Military and Veteran Exchange (MNme) is a coalition and community with one simple goal: to create a rallying point for all things related to creating healthier military and veteran communities.

MNme makes it easy to find what you need. There are hundreds of tools and organizations created to support service members, veterans, their families and caregivers. So many, in fact, that it can be hard to know where to start looking. MNme raises awareness and provides organized, effective access to the resources available to the Minnesota military and veteran community. They strive to facilitate meaningful connections. To access MNme resources and tools go to <https://mnme.us/resource-tools> and select the category you are needing information.

If you are a service provide MNme would like you to become a collaborator. Click on the link: [MNme Collaborator](#) to apply for a profile on the MNme website to get your organization's message out. MNme wants to advocate for those wanting to improve the lives of service members, veterans and their families. If you would like more information please contact Allison Alstrin, Project Management Consultant, Project Got Your Back (952) 465-9646 or allisonalstrin@gmail.com.

YELLOW RIBBON COMPANY NEWS

Target Corporation and 133rd Air Wing

Thank you, to the Target Cooperation staff member volunteers that are able to assist a new 133rd Air Wing service member move! The new service member is moving and needed assistance as there was no family to assist locally. Their support to assist is greatly appreciated.

NORTHERN MN NEWS

Central Minnesota Warrior to Citizen



The Central Minnesota Warrior to Citizen Beyond the Yellow Ribbon (W2C) is a comprised of nine cities Cold Spring, Richmond, Rockville, Sartell, Sauk Rapids, St. Augusta, St. Cloud, St. Joseph and Waite Park. The W2C Network is a grassroots effort to provide support to Minnesota's returning veterans and their families. It challenges all Minnesotans to think actively and creatively about how returning veterans can contribute their new skills and insight to our organizations, businesses, schools, local governments and communities—as citizens. By engaging veterans in education, faith, civic, government and community life, we can offer them unique ways to reconnect with the communities they left behind and thereby strengthen our own communities.

The nine-city, W2C Network of Yellow Ribbon team members, city administrators and/or mayor or city council members are working diligently on a 2019 action plan to re-energize their communities. The kick-off meeting had discussions on historical information, expectations, identification of community needs, resources, and measurements for success and identified best practices.

If you are looking at wanting to re-energize your network please reach out to your Yellow Ribbon Regional Outreach Coordinator for assistance. They are collecting best-practices for resources and what other areas are doing.

CENTRAL MN NEWS

Minnesota Wild Beyond the Yellow Ribbon Night

This past month has gone by in a flash! Some of the most memorable activities that Mike has had in the metro this month include meeting more of the metro networks and hearing all of the great things they have been working on.



The Minnesota Wild Beyond the Yellow Ribbon Night was January 15th. Not only did the Minnesota Wild win, but such great work on the collaboration between networks and companies. During this event, we had the Saint Paul BTYR continuing to network and collaborate with the Minnesota Wild and at the same time Rosemount Beyond the Yellow Ribbon was able to provide five outstanding volunteers to table and discuss the Yellow Ribbon program. Like the State Fair, we were able to speak with people from all across the State of Minnesota, and even a few from outside of Minnesota. For those who live in Minnesota, we were able to share the contact information for their local networks if they were interested in getting involved. We explained the program to those who live outside of Minnesota and there was a lot of interest in the program.

Mike will begin coming to the Metro starting February 5th and will be focusing his efforts throughout the entire Central Minnesota Region.

SOUTHERN MN NEWS



**Beyond the
Yellow Ribbon**
Winona Region

There has been a lot of positive momentum in the Southern Region as well. One of the biggest success is the Winona Beyond the Yellow Ribbon has been working diligently on re-energizing their network. Due to their efforts and the assistance of the Southern YRROC, Mike, with local community members they now have a board. The new board consists of Jay Low, Chair; Maria Cavazos, Vice Chair; and Kim Low, Treasurer. All three of the new board members are excited to start their new roles.

On February 4th the Southern Minnesota Region will have a new Yellow Ribbon Regional Outreach Coordinator. Jeremiah Miller. He will have an initial orientation day with Mike and will be getting in contact with the networks soon after to make his introductions.

UPCOMING EVENTS

If we are missing your meeting or event please let us know so we can add you to the future upcoming events.

February Yellow Ribbon Meetings and Events	
February 5	Proctor Military Kids Club
February 5	Buffalo Yellow Ribbon Meeting
February 9	Yellow Ribbon Reintegration
February 9	Women Veterans Event (Black Bear Casino)
February 10	Military Youth Fishing (Big Marine Lake)
February 11	Blaine Yellow Ribbon Meeting
February 11	Morrison County Yellow Ribbon Meeting
February 12	Hibbing / Chisholm Yellow Ribbon Meeting
February 12	Service Provider Network (VFW Minneapolis)
February 12	Northfield Yellow Ribbon Meeting
February 12	SEMN Yellow Ribbon Meeting
February 13	Proctor Yellow Ribbon Meeting
February 14	Happy Valentines Day!
February 14	Moorhead Yellow Ribbon Meeting
February 14	Warrior to Citizen Yellow Ribbon Meeting (St. Cloud)
February 14	Crow Wing County Yellow Ribbon Meeting
February 18	Presidents Day (YRROCs Off)
February 18	Big Lake Yellow Ribbon Meeting
February 18	Grand Rapids Yellow Ribbon Meeting
February 19	Elbow Lake Yellow Ribbon Meeting
February 20	Staples Rotary Yellow Ribbon Presentation
February 20	Chisago Lakes Yellow Ribbon Meeting
February 21	Becker Yellow Ribbon Meeting
February 21	Isanti County Yellow Ribbon
February 21	Lino Lakes Yellow Ribbon Meeting
February 26	Wadena Yellow Ribbon Meeting
February 26	Kanabec County Coffee Talks
February 26	Watsonwan County Yellow Ribbon Meeting
February 27	Hugo Yellow Ribbon Meeting