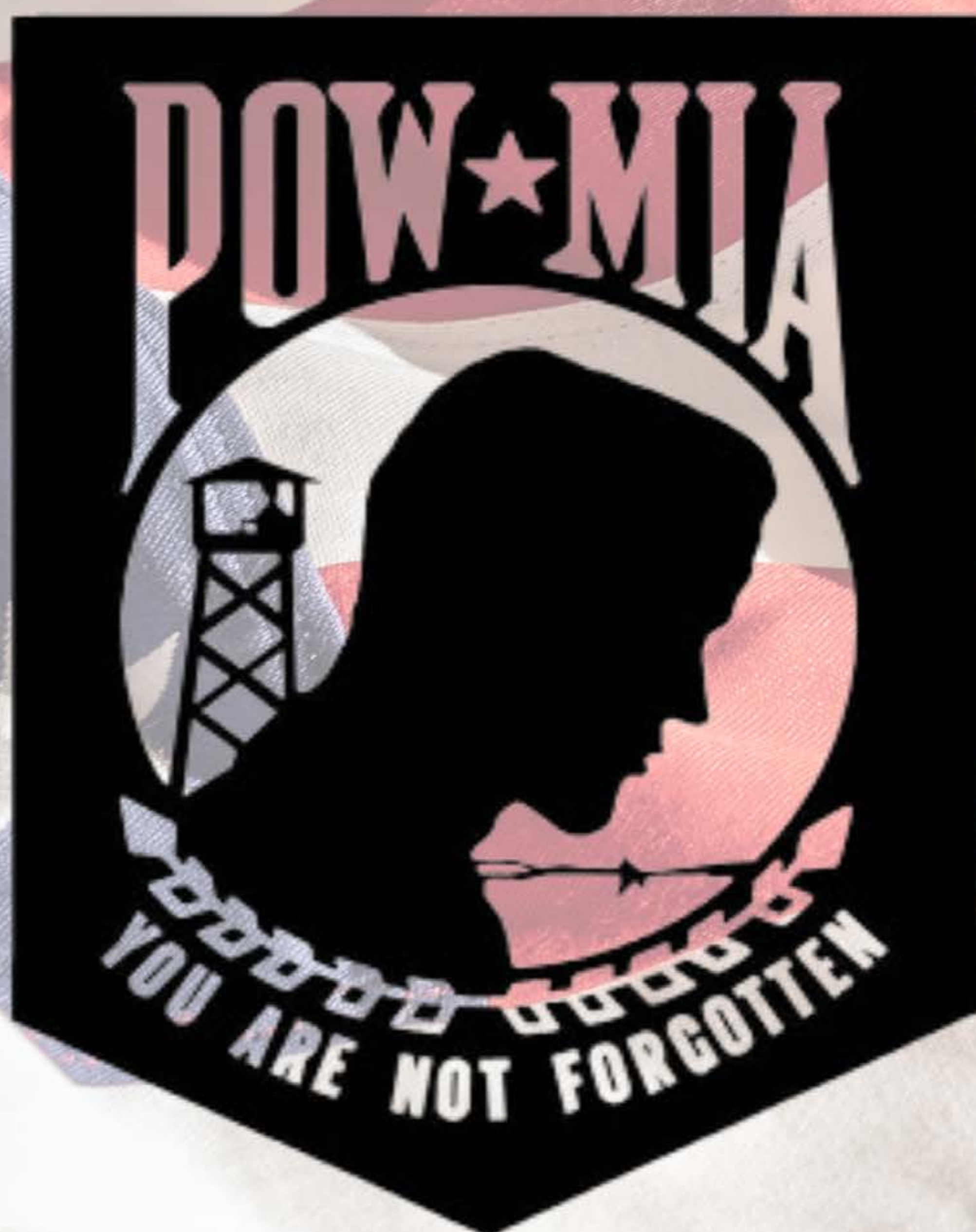




# Great Plains Veterans Services Center

*"Veterans helping Veterans for a better future"*

**APRIL 9, 2023**



*Former*  
**POW  
RECOGNITION  
DAY**

**April  
2023**

**NEWSLETTER**

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# American Legion Post 67 Meeting

At Northern Winz Casino  
11275 US-87, Box Elder, MT 59521

**Tuesday  
April 11th  
6:00pm**

Support the Great Plains Veterans  
Services Center and Donate



Non-Veteran-  
\$23.00

Veteran-  
\$18.00

American Legion  
Post Member-  
\$15.00



Follow us on  
Social Media



visit our website at [www.greatplainsveterans.org](http://www.greatplainsveterans.org)

**CHECK OUT OUR  
FACEBOOK AND  
INSTAGRAM PAGES  
FOR UPCOMING BBQ'S  
AND OTHER EVENTS.**



SET A GOAL. MAKE A PLAN. SAVE AUTOMATICALLY.

The research-based Military Saves program, coordinated by the non-profit Consumer Federation of America (CFA), uses the principles of behavioral economics and social marketing to change savings behavior and motivate action.

Military Saves encourages the entire military community to take the Military Saves pledge and for organizations to promote savings year-round, and especially during Military Saves Month in April.

Military Saves also works with government agencies, defense credit unions, military banks, and other non-profit organizations to promote savings and debt reduction.

Through our parent organization, the nonprofit Consumer Federation of America, Military Saves is a proud participant in the DoD's Financial Readiness Network.

The Network was established to enhance the financial health of the Force using all available resources. The financial well-being of service members

and their families is recognized as being an essential component of mission readiness.

The Network provides a collaborative venue for Federal departments and agencies, as well as non-profit entities, to support the financial readiness of the military community.

View Military Saves' Statement of Support and more on the Department of Defense Financial Readiness Network and the Office of Financial Readiness.

Military Saves is honored to be a partner in the Military Spouse Employment Partnership. Military Saves' researched-based work to improve the saving behavior of service members, their families, and veterans is supported by the generous contributions of:

- Wells Fargo Foundation
- Pentagon Federal Credit Union

Join the movement that is motivating the entire military community to save money, reduce debt, and build wealth.

**49.2%**

of veteran families have less than \$500 in emergency savings

2019 MFAN Military Family Support Programming Survey

**57%**

of savers report unexpected expenses as a top savings challenge

2019 Military Saves Saver Survey

**80%**

of those who take the Military Saves Pledge say it has helped them to save.

2019 Military Saves Saver Survey

Military Saves is an opportunity for organizations to have a positive impact on the financial readiness of service members, their families, civilian defense employees, veterans, and the entire military community by promoting savings year round, and especially during Military Saves Month in April.

Military Saves encourages individuals to save automatically and to take the Military Saves Pledge, a savings tool that can be the start of their personal savings plan. Since the launch of Military Saves, more than 330,000 individuals have taken the Military Saves Pledge.

Through our parent organization, the nonprofit Consumer Federation of America, Military Saves is a proud participant in the DoD's Financial Readiness Network. Military Saves collaborates with government agencies, defense credit unions, military banks, and non-profit organizations to promote savings and debt reduction.

Military Saves creates savings-themed partner resource packets and shares them with organizations throughout the year. Military Saves also provides free educational resources, customized communications, and text message tips to savers to help them stay on track with their savings goals.

[militarysaves.org](http://militarysaves.org)



Purple Up Day is observed every year on April 15. The holiday was selected during the Month of the Military Child. It is an opportunity to honor military children from all branches of the military. Military children across the country play a significant role in their schools, youth organizations, and communities. The University of New Hampshire Cooperative Extension Military Youth and Family Program established Purple Up Day as a way to support them. It lets them know that they are recognized and appreciated in society. They make many sacrifices to make sure the country is safe. So deck yourself out in purple to recognize them.

**HISTORY OF PURPLE UP DAY**

Purple Up Day was established by the University of New Hampshire Cooperative Extension Military Youth and Family Program. It was set to be observed every year on April 15. It was selected in April, the month of the Military Child. The holiday is a great opportunity to honor and appreciate military families and their children for the sacrifices they make and the challenges they overcome. It is sponsored by the Department of Defense

Military Community and Family Policy. The month dedicated to the military child is a part of the legacy that was left by former Defense Secretary Caspar Weinberger. In 1986, he established the Defense Department commemoration.

It is important that we establish an educational system for all military children. They should be able to progressively build their college and career readiness. A unified school system needs to be established, so the organization can operate more effectively and efficiently as a model. Every student needs to be challenged to maximize his or her potential. They would be able to excel academically, socially, emotionally, and physically for life.

Schools around the country are encouraged to plan special events to honor military children. Administrators and principals can easily incorporate the themes of the holiday into their everyday duties and responsibilities. The children need to understand that they are appreciated, and that they can get the support they need. They are able to get a good education and acquire the skills they need to be their best selves.

**PURPLE UP!**  
for military kids

# PPMI DISPATCH: PREDICTING COGNITIVE CHANGES WITHIN PARKINSON'S DISEASE

The Michael J. Fox Foundation's (MJFF) landmark study, the Parkinson's Progression Markers Initiative (PPMI), continues its expansion to enroll new participants across the globe. To date, more than 1,600 volunteers are enrolled at one of the 50 international study sites — with a goal of reaching 4,000 participants. Over 30,000 are contributing data online. Learn how you can join at [michaeljfox.org/ppmi](https://michaeljfox.org/ppmi).

PPMI data and samples continue to be a source for innovative research and impactful results that help scientists and doctors better understand and treat Parkinson's disease (PD). As scientists continue to analyze PPMI data and publish new findings, we share recent activities using PPMI data and samples.

Genetics and Weight Loss May Predict Cognitive Changes . Some people with Parkinson's experience thinking and memory problems. When these problems exceed what is expected with normal aging, it is called cognitive impairment. Knowing more about who develops these issues can potentially pave the way to prevent or stop these changes.

Researchers at Cardiff University in Wales used data from PPMI and other studies to find that people with PD and an elevated genetic risk for Alzheimer's disease (AD) are more likely to have faster cognitive decline than people with PD without these genetic factors. The genetic factors are also linked to neuroinflammation, implicating this process as an important mechanism of cognitive change.

Such findings could help select people with these factors for studies testing therapies to prevent or ease cognitive impairment. Additionally, this study provides more evidence to support targeting inflammation with such treatments. Read the paper here.

Researchers in South Korea reviewed PPMI data to study the impact of weight loss and weight gain on cognitive changes in Parkinson's. These researchers found that weight loss (>3% body weight over first study year) in people with recently diagnosed PD was associated with a faster decline of executive function (such as multitasking or problem solving).

More research is needed to better understand this connection. For example, is weight loss a result of cognitive decline or tied to a factor that contributes to cognitive decline? How does exercise—often prescribed after a diagnosis to slow progression—play a role?

While not everyone recently diagnosed and experiencing weight change will develop cognitive issues, these findings could empower people to make healthy lifestyle changes and help doctors provide better care by watching for signs of change. Read more about the study here.

LRRK2 Mutation Carriers Show Higher Lipid Levels. PPMI is also looking for predictors of disease onset and progression. PPMI scientists examined changes in people with the LRRK2 gene mutation but without Parkinson's disease.

Ultimately, the team concluded LRRK2 non-manifesting carriers do not progress to PD with great frequency or rapidity. Other studies have shown a high lifetime risk of PD for LRRK2 carriers, but this new data suggests the risk is spread over a long period of time, and the immediate risk is quite low.

This finding may change the way we think about treating people with LRRK2 mutations. Since the short-term risk is low, to see impact of prevention strategies, trials would need to be highly effective and implemented over a long period of time. Researchers continue to study markers of higher risk in LRRK2 mutation carriers and explore the best way to move toward prevention in this population.

MJFF funds research using PPMI data and samples to advance discovery of new disease markers, accelerate therapeutic development and reduce disease-related challenges such as faster or slower progression, diagnosis likelihood in at-risk groups and of other factors of Parkinson's. We recently selected eight projects for funding to explore molecular data sets from PPMI and other studies. These varied programs will explore inflammation pathways, microbes, and other targets—and relate them to genetics and clinical experience—to learn more about disease biology and subtypes. That information may move the field closer to understanding how we can improve potential therapies, identify the best candidates for new clinical trials or provide data around new subtype-specific targets and biomarkers.

## FOCUSING ON DISEASE-MODIFICATION FOR PARKINSON'S DISEASE IN 2023

2023 is shaping up to be an interesting year of research that is focused on disease-modification for Parkinson's with clinical trial results due to be presented and major new projects being initiated. Cure Parkinson's is looking forward to an eventful 12 months – here we provide a summary of what's on the horizon.

Ambroxol is one of many drugs targeting disease-modification in Parkinson's, prioritised for clinical trial through our International Linked Clinical Trials (iLCT) programme; and in 2023, we are expecting the results of other iLCT clinical trials.

2023 has started with a bang for Cure Parkinson's with the announcement that our world-first phase 3 clinical study of the cough medicine ambroxol in people with Parkinson's is about to begin. Based on the promising findings of the phase 2 ambroxol trial in 2020 and other research data, Cure Parkinson's, in collaboration with a broad range of stakeholders, has set up a large phase 3 clinical trial with Professor Anthony Schapira at UCL to assess whether ambroxol can slow the progression of Parkinson's.

At the end of 2022, Korean biotech company Peptron, announced that their experimental drug PT320 had not achieved a successful result in its phase 2 clinical trial in people with Parkinson's. PT320 belongs to a class of drug called GLP-1 receptor agonists which are used to treat diabetes; more recently these drugs have been repurposed for Parkinson's. Peptron began its GLP-1 agonist drug programme following the iLCT prioritisation of this class of drug. Whilst their preliminary results

are disappointing, Peptron has said that there is sufficient additional positive data to continue with their development of PT320. Cure Parkinson's is encouraged by this news as there are a number of other similar diabetes drugs in clinical trials currently underway, exploring the potential use to treat Parkinson's.

Another biotech company following Cure Parkinson's iLCT lead on the potential of diabetes drugs for Parkinson's is Neuraly which has been conducting a study of their new GLP-1 receptor agonist NLY01 in the U.S. – results are expected in 2023. A further GLP-1 receptor agonist for Parkinson's is lixisenatide, and we are looking forward to the formal results of this phase 2 clinical trial this year.

PT320, NLY01 and lixisenatide have

all been prioritised through our iLCT programme, and Cure Parkinson's is looking forward to the results of all three this year, adding to the weight of data for this important line of research.

In 2018, Cure Parkinson's co-funded a UK-based clinical trial exploring the use of the liver drug UDCA in people with Parkinson's. Data from laboratory trials using UDCA to treat models of Parkinson's, indicated that UDCA is neuroprotective – that it may rescue, recuperate or regenerate nerve cells (or neurons). Cure Parkinson's supported the phase 2 clinical trial of UDCA in people with Parkinson's – the 'UP-Study'. This was a small clinical trial primarily focused on assessing the safety and tolerability of the drug, as well as some biomarker data – samples taken from the participants.

### FOLLOW US FOR NEWS AND UPDATES



### WWW.GREATPLAINSVETERANS.ORG

# NEW VA MISSION STATEMENT RECOGNIZES SACRED COMMITMENT TO ALL VETERANS, THEIR FAMILIES, CAREGIVERS AND SURVIVORS

WASHINGTON — The Department of Veterans Affairs announced an updated version of its 1959 mission statement. The new mission statement is: “To fulfill President Lincoln's promise to care for those who have served in our nation's military and for their families, caregivers, and survivors.”

The new mission statement is inclusive of all those who have served in our nation's military — including women Veterans — as well as Veteran families, caregivers, and survivors. VA currently serves more than 600,000 women Veterans, the fastest growing cohort of Veterans. VA also serves more than 50,000 Veteran caregivers, more than 600,000 Veteran survivors, and millions of Veterans who did not serve in combat.

In crafting the new mission statement, VA surveyed roughly 30,000 Veterans. Among Veterans surveyed,

the new version of VA's mission statement was chosen over the current version by every age group; by men and by women; by LGBTQ+ Veterans; and by white, Black/African American, Hispanic/Latino, Asian and American Indian/Alaska Native Veterans.

“Whenever any Veteran, family member, caregiver, or survivor walks by a VA facility, we want them to see themselves in the mission statement on the outside of the building,” said VA Secretary Denis McDonough. “We are here to serve all Veterans, their families, caregivers and survivors — and now, our mission statement reflects exactly that.”

In addition to two rounds of surveys, VA conducted dozens of small-group engagements with Veterans to understand what was most important to them in a VA mission statement, then incorporated that feedback into quantitative research. The new mission statement

reflects that VA serves all of the heroes who have served our country, regardless of their race, gender, background, sexual orientation, religion, zip code or identity.

The previous mission statement was: “To fulfill President Lincoln's promise ‘to care for him who shall have borne the battle, and for his widow, and his orphan’ by serving and honoring the men and women who are America's veterans.” The previous mission statement is posted in roughly 50% of VA's facilities. Over the coming months, VA's new mission statement will replace the previous version.

Secretary McDonough will host an event to commemorate the new mission statement, featuring speeches from a woman Veteran, a caregiver and a survivor about what it means to feel included in VA's mission.

## VA'S GOAL TO HOUSE 38,000+ HOMELESS VETERANS IN 2023

VA outlines their goals for 2023 to overcome homelessness.

- Place at least 38,000 Veterans experiencing homelessness into permanent housing.
- Ensure that at least 95% of the Veterans housed in 2023 do not return to homelessness during the year. And of those who return to homelessness, VA will ensure that at least 90% are rehoused or on a path to rehousing by the end of 2023.
- Engage with at least 28,000 unsheltered Veterans to help them obtain housing and other wraparound services. This goal represents a more than 10% increase in the number of unsheltered Veterans reached during 2022.

Ending Veteran homelessness is a top priority of VA and the entire Biden administration. The number of Veterans experiencing homelessness has fallen by 11% since early 2020 and by more than 55% since 2010. Additionally, during 2022, VA placed more than 40,000 homeless Veterans into permanent housing — exceeding VA's 2022 goal by more than 6%.

“We are making real progress in the fight to end Veteran homelessness, but even one Veteran experiencing homelessness is one too many,” said VA Secretary Denis McDonough. “We will not rest until every Veteran has a safe, stable place to call home in this country they fought to defend.” VA also announced specific goals for combating Veteran homelessness in the Greater Los Angeles area. During 2022, VA provided 1,301 permanent housing placements to formerly homeless Veterans in LA, the most of any city in America. In 2023, VA will build on that progress by:

- Providing at least 1,500 permanent housing placements to formerly homeless

Veterans.

- Conducting at least 1,888 engagements with unsheltered Veterans to help them obtain housing and other wraparound services.

VA's efforts to combat Veteran homelessness are grounded in reaching out to homeless Veterans, understanding their unique needs, and addressing them. These efforts are built upon the evidence-based “Housing First” approach, which prioritizes getting a Veteran into housing, then provides the Veteran with the wraparound support they need to stay housed — including health care, job training, legal and education assistance, and more.

Of the 40,401 Veterans housed by VA in 2022, 2,443 returned to homelessness at some point last year. With the help of VA staff and community partners, 86% of those Veterans were rehoused or on a path to rehousing by the end of the year. There are several reasons why Veterans may return to homelessness after being placed into permanent housing, such as financial hardship and illness — and VA works to return them to stable housing as quickly and sustainably as possible.

This initiative is part of the Biden-Harris administration's broader efforts to reduce homelessness for all Americans by 25% by 2025. President Biden also released his Fiscal Year 2024 Budget Proposal last week, which invests \$3.1 billion in providing homeless Veterans — and Veterans at-risk of homelessness — with permanent housing, access to health care and other supportive services.

## MAXIMUM LIFE INSURANCE COVERAGE FOR VETERANS INCREASES BY \$100,000

WASHINGTON — Beginning March 1, VA is increasing the maximum amount of life insurance coverage available to Veterans and service members from \$400,000 to \$500,000 for Veterans' Group Life Insurance (VGLI) and Servicemembers Group Life Insurance (SGLI). This increase in coverage reflects the current cost of living and helps ensure that the families of Veterans and service members will have the financial support they deserve after their loved ones pass away.

Veterans who are under age 60 and currently enrolled in VGLI will be able to purchase additional coverage in \$25,000 increments up to \$500,000. All active duty, guard, and reserve service members eligible for SGLI will automatically receive the increased coverage on March 1.

“All Veterans and service members deserve to know that when they pass away, their families will be taken care of,” said VA Secretary Denis McDonough. “This increase in coverage will help our country keep that promise, ensuring that the families of these heroes will get the financial support they need.”

VA currently serves nearly 6 million Veterans, service members, and their families with more than \$1.2 trillion of insurance. Life insurance options include SGLI, which eligible service members are automatically signed up for while serving; VGLI, which Veterans can transition to from SGLI or apply for within 1 year and 120 days of leaving the service; VA Life, a new option that provides up to \$40,000 of whole life insurance for all Veterans, age 80 or under, with service-connected disabilities rated from 0-100%; and more.

Under this increase, the SGLI premium rate will remain the same, meaning that service members will receive maximum coverage for \$30 per month, plus \$1 for Traumatic Injury Protection (TSGLI) coverage. Service members who separate from service with SGLI coverage at the new higher amount can convert their coverage to VGLI. Service members who do not wish to keep the increased SGLI coverage amount can elect a reduced coverage amount or decline coverage online through the SGLI Online Enrollment System (SOES) on milConnect. If coverage is reduced or declined by March 31, service members will not be charged for the increased coverage amount.

# THANK YOU FOR ALL YOUR CONTINUED SUPPORT!

## SUICIDE PREVENTION COLUMN:

No one prepares you for the enormity of the loss that comes with a chronic illness compounded by getting older. My ability to bounce back has fallen through the floor, leaving me groundless and searching to make sense of life.

“Grief associated with chronic illness, however, is more complex for many individuals,” Kate Jackson writes in the 2014 article “Grieving Chronic Illness and Injury — Infinite Losses,” in *Social Work Today*. “For people who are chronically ill, the losses are multiple and permanent and therefore difficult to resolve. Because these losses are unending, they’re known as infinite losses.”

Jackson, describing the views of Mila Tecala, a licensed independent clinical social worker then with the Center for Loss and Grief in Washington, D.C., says that, “In ... Parkinson’s disease, which also may have an uncertain course, patients must live a lifetime of uncertainty, anticipating what may or may not come next.” She then quotes Tecala, who says, “Most people don’t handle the limbo state loss well for a long time or it becomes paralyzing.”

Even though I’ve described the Parkinson’s “sweet spot,” I still have horrible “beast” days. When they come, I’m prostrate in bed, overwhelmed with pain, watching family and friends go about their lives as if nothing is wrong. The room closes in on me with a disabling, deafening darkness. I am in crisis.

When I reach out to grasp something familiar, there are only the ghostly remains of my former self. The disease has ripped away all the things that defined me. Three careers gone — geologist, clinician, and educator. My life, my identity, stolen. There is no “me” anymore.

I can hear someone saying, “But look at all you’ve done.” I can hear my medical provider saying, “You know depression is common with Parkinson’s.” This darkness experience is temporary and more like the dark night of the soul. At least that’s the fragment of meaning I’ve scraped out of the nothingness.

One might think there’s comfort in knowing that the darkness is temporary. But the dark moments are so intense, the suffering so persistent, that the tiny glimmer of a future exit just can’t take hold. Lying there, the question of mortality always appears: Is this how it’s all going to end for me? Alone in a dark room and

Maybe it’s my clinical training, but as soon as there’s even a hint of suicidal ideation, big red warning signs start flashing. Time to shift.

The very first thing that helps me shift is to get up and move — to walk around the house, being extremely mindful of feet touching the floor. You might think this is simple and easy, but it’s not. There’s so much resistance: actual physical resistance to moving, and then mental resistance to being mindful once walking.

After about 10 minutes, I put in a music CD and get into my meditation posture. Then it’s just breath work. Nothing else for an hour. If my thoughts start to go down dark paths, I must remind myself it’s not safe to revisit that space. Back to breath work. Most of the time this meditation work helps me shift out of the darkness long enough to see the exit.

The exit has two doors. I must go through one to get to the other. For me, Parkinson’s crisis events often come with the dreaded darkness. There’s nothing I can do to force it to go away. In fact, fighting with it just makes it stronger and last longer.

The first exit door for me is “faking external calm.” Get up, show up, and engage life. Present an external calm even though a storm is raging inside. Fake the calm and wait for the second exit door.

When the second exit door appears, someone flips a switch, and the room is infused with bright light. The door is glaringly obvious. In seconds, I’m through. I’ve returned to my “normal” state of being chronically ill. This shift is almost instantaneous. I’ve turned off the darkness and shifted away from the crisis.

It’s a remarkable, unique sensation. The shift can have a component of bliss, mostly because it’s so nice not to be suffering. I’m cautious with the bliss, though, meditating to dampen down the euphoria because of its negative consequences.

To a lesser degree, crisis events happen to me every day, and every 10 days there are beast days. With total honesty, I hate them. It’s the worst part of my life with Parkinson’s.

This is not my usual upbeat column ending, but it’s the naked truth. No matter what I do, I’ll still have a progressive chronic illness, and there will still be bad days.

# VIETNAM WAR VETERANS DAY



## We Honor You -AND- We Thank You

On March 29th, both the Rocky Boy, Ft. Belknap, and the Browning Offices celebrated our local Vietnam Veterans.

National Vietnam War Veterans Day on March 29 honors the men and women who served and sacrificed during the longest conflict in United States history.



If you’re in crisis, call the new  
Veterans Crisis Line number.

Dial 988 then Press 1.

## SURVIVE AND THRIVE

YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE



U.S. Department  
of Veterans Affairs

 **Veterans  
Crisis Line**  
DIAL 988 then **PRESS 1**

# Instructions:

Sudoku puzzles require you to find the missing numbers in a 9x9 grid, with that grid itself divided into 9 square grids of 3x3.

You can't just add any numbers though. There are rules that make solving the puzzle challenging.

To solve a Sudoku, look for open spaces where its row, column and square already have enough other numbers filled in to tell you the correct value. The more squares you fill in, the easier the puzzle is to finish!

**A number can only occur once in a row, column, or square.**

March's Answers

9	8	1	3	6	5	2	7	4
7	6	5	4	8	2	3	1	9
2	4	3	1	7	9	8	5	6
1	9	2	6	3	4	7	8	5
4	3	7	5	2	8	9	6	1
8	5	6	9	1	7	4	3	2
3	2	4	7	5	6	1	9	8
5	1	8	2	9	3	6	4	7
6	7	9	8	4	1	5	2	3

5	6	2	8	7	9	4	1	3
9	7	4	3	5	1	6	8	2
8	1	3	6	2	4	5	9	7
6	2	1	5	4	7	9	3	8
7	5	9	1	8	3	2	6	4
4	3	8	9	6	2	1	7	5
2	9	6	7	3	5	8	4	1
3	8	5	4	1	6	7	2	9
1	4	7	2	9	8	3	5	6

# April's 2022 Sudoku Puzzle

Answer in May's Newsletter

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

## CHECK CASHING SERVICES

Unload Debit Card, Bill Pay, Buy Bitcoin



### DEBIT CARD SERVICES

Cash withdrawal fees:

Post 67 Member: \$1

Veterans: \$1.50

Non-Veteran: \$2.50



### CHECK CASHING SERVICES

Fees:

Post 67 Member: 1%

Veteran: 1.5%

Non-Veteran: 2%



### BILL PAY SERVICES

Fees

Veteran: FREE

Non-Veteran: \$3.50

Same Day Venders:

Hill County Electric

Triangle Communications

Other venders allow 1-3 days posting time to your account

### CHECK CASHING POLICIES

- ✓ NO MONEY ORDERS
- ✓ WE CASH CANADIAN CHECKS UP TO \$500
- ✓ US GOVERNMENT CHECKS CAN ONLY BE CASHED BY THE INDIVIDUAL TO WHOM THE CHECK IS ISSUED

CHECK CASHING HOURS:

MON-FRI: 8:30am - 4:00pm

SAT-SUN: CLOSED



MY ONE REASON FOR BUCKLING UP

"BECAUSE I WANT TO KEEP MY CULTURE AND TRADITIONS ALIVE"

-BREEANNA-

ALWAYS BUCKLE UP AND DON'T BE AFRAID TO ASK OTHERS TO DO THE SAME

When you don't buckle up, you endanger more than just your own life. Drivers and passengers often don't consider how unbuckled occupants can be thrown at high speed during a crash and can cause serious harm or even death, not only to themselves but to others in the vehicle. That's why it's so important to buckle up and insist others do the same.



f /SafeOnAllRoads

# HRTG GRANT NEWS: GEARING UP YOUR VEHICLE FOR SPRING

Living in Boulder, we have a unique perspective that almost nobody else in the world gets to enjoy. We see an amazing amount of sunshine, live in close proximity to the mountains, and have countless hiking trails and sights to see all year round.

Between the spring showers (and occasional spring snow storms), the turning of the season presents a great opportunity to get out and explore our great city — and our great state.

But without a reliable means of transportation, you could soon find yourself stuck in the mud going nowhere fast. Don't let this happen to you!

In this blog, we'll go over a few auto maintenance tips in order to help you gear up your vehicle for all of those fun-filled spring adventures.

Keep reading to learn more and visit our Boulder auto maintenance specialists at The Shop Automotive today to make an appointment.

## OIL CHECK

The first, and possibly most important, tip for spring vehicle maintenance is to check and change your oil. After a long, rugged winter, you'll want to make sure that your vehicle is running at peak performance.

The best way to keep your vehicle in tip-top shape is by getting those routine oil changes every three months or so, and the changing of the seasons is a perfect way to keep track of that schedule.

Bring your vehicle in to The Shop Automotive today for the best oil changes in Boulder and prep your car for a great spring.

Along with an oil change, your auto maintenance checklist should also include a swapping of the oil filter. A fresh quart of oil is nothing without a fresh oil filter to keep it clean, after all.

## FLUID REVAMP

Since we're talking about essential vehicle fluids, spring is a good time to check all of those other liquids that make your car purr.

It's a good time to check everything from the power steering fluid to the brake fluid, the transmission fluid to the wiper fluid, all the way to the engine coolant and A/C refrigerant fluid. If you see that any of your fluids are running low, it could be an indication of a bigger problem (such as a leak).

If you find this to be the case, head to your local auto repair shop straight away to get the

issue taken care of before it cramps your spring style.

## POWER UP

Do you know just how old your car's battery is? Chances are, if it's at least a couple years old, then that frosty winter weather didn't do it any favors.

Cold weather can slowly but surely drain your battery's charge. Once your engine starts to thaw out for the spring season, it's a good time to check your battery's charge and examine the surrounding connections and mounts.

## ENGINE EXAMINATION

The engine is, of course, the closest thing your vehicle has to a heart. As long as the engine is pumping the right way, your car should be running at maximum efficiency.

But when things start getting neglected, that's when major problems could arise. Just as you don't want to neglect your own heart health, you certainly don't want to neglect the health of your car's engine.

The cold winter weather could have wreaked havoc on the belts, hoses, and other vital systems within the engine itself. Take some time to examine the terrain under the hood to make sure everything is in working order.

If so, then great! You're good to go for some spring cruises. But if not, then you might want to consider bringing your vehicle in to The Shop Automotive for top-notch engine auto maintenance in Boulder.

We handle everything from oil changes to engine tune-ups, intake manifold gaskets to cylinder head replacements, crankshaft seals to timing belts.

## VISIT THE SHOP

Ready for one last auto maintenance tip? OK, here it goes.

Visit The Shop Automotive in Boulder anytime you hear a funky noise, feel a wonky sensation, or smell an unwelcome scent while driving. It's our hope that these auto maintenance tips will help you avoid those major repairs and issues, but we also know that sometimes things just happen!

Our certified technicians are well-equipped to work on cars, trucks, SUVs, and more from all domestic and foreign makes and models.

Contact The Shop in Boulder today to set up an appointment and get out there and enjoy this wonderful Boulder spring!

# AUSTIN MOVES AHEAD WITH THE RECOMMENDATIONS FROM THE SUICIDE PREVENTION COMMITTEE

Last year Secretary of Defense Lloyd J. Austin III established the Suicide Prevention and Response Independent Review Committee, or SPRIRC, to investigate ways to address and prevent suicide in the military. Today, the Defense Department announced that the secretary has implemented the first of the recommendations by the committee.

"Secretary Austin is directing multiple, immediate actions following the Suicide Prevention and Response Independent Review Committee's recommendations and establishing a suicide prevention implementation working group," said Pentagon Press Secretary Air Force Brig. Gen. Pat Ryder during a briefing today.

The SPRIRC was directed to provide to the secretary an initial report before the end of 2022. Now that the secretary has reviewed the report, he has directed the department to move ahead on a two-phase approach to implement some of the recommendations it contains.

As part of the first phase, Austin has directed implementation of 10 of the SPRIRC's recommendations. Austin has directed, for instance, that the undersecretary of defense for personnel and readiness expedite the hiring process for behavioral health professionals. The secretary has also directed the Defense Health Agency, in coordination with the secretaries of the military departments, to expand the

availability of behavioral health care and to also improve processes to enhance access to mental health care.

As part of the second phase of implementation, the undersecretary of defense for personnel and readiness will establish a Suicide Prevention Implementation Working Group. The working group will, among other things, assess the advisability and feasibility of implementing each of the remaining recommendations by the SPRIRC, identify specific policy and program changes needed to implement each of the remaining recommendations, and provide cost and manpower estimates required to implement each remaining recommendation.

The initial SPRIRC recommendations the SECDEF has directed to be implemented, Ryder said, are those that can be done immediately by the department without any additional authorities. Implementation of additional recommendations will come after consideration by the working group.

"While we recognize that suicide has no single cause, and that no single preventative action, treatment or cure will eliminate suicide altogether, we will exhaust every effort to promote the wellness, health and morale of our total force, be there for one another and save lives," Ryder said.

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Help for Homeless Veterans  
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 va.gov/homeless (877) 424-3838

# April

## 2023

## Community Events

Military Month of the Child

Military Saves Month

Ramadan March 22- April 21

National Former POW  
Recognition Day- April 9

NATIONAL ALCOHOL  
AWARENESS MONTH

NATIONAL ALCOHOL  
SCREENING DAY- APRIL  
7TH

NATIONAL CHILDHOOD  
ABUSE AWARENESS  
MONTH


STRESS AWARENESS  
MONTH

NATIONAL LIBRARY

OUTREACH DAY- APRIL 26TH

A representative from the Great Falls Vet Center will be at the office a couple times a month to answer any VA related questions, aid in enrollment, and offer counselling services for eligible Veterans. The representative will also be available to answer questions about benefits and services.

For more information or to schedule and appointment Call Rich or Becky at (406) 452-9048

SUN	MON	TUE	WED	THU	FRI	SAT
						1  April Fool's Day
2	3	4 <b>VET CENTER</b> 10am-3pm	5 <b>RBHC YOUTH CONFERENCE</b>  Gold Star Spouses Day	6	7 <b>ALL GPVSC OFFICES CLOSED</b>  Good Friday	8
9  Easter	10 <b>ALL GPVSC OFFICES CLOSED</b>	11 <b>VET CENTER</b> 10am-3pm  American Legion Post 67 Meeting 6pm	12  Happy Birthday John Sr.	13	14  Air Force Reserve Birthday  GPVSC Weekly Raffle Drawing	15  Purple Up Day  Happy Birthday Francois
16	17 <b>ALL GPVSC OFFICES CLOSED</b>  Chief Rocky Boy's Birthday	18 <b>VET CENTER</b> 10am-3pm	19	20  Happy Birthday Amber	21  GPVSC Weekly Raffle Drawing	22  Earth Day  Happy Birthday John Jr.
23  Army Reserve Birthday	24	25 <b>VET CENTER</b> 10am-3pm	26  National Library Outreach Day	27	28  GPVSC Weekly Raffle Drawing	29
30  National Military Brats Day						

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# NATIONAL FORMER PRISONER OF WAR RECOGNITION DAY

National Former Prisoner of War Recognition Day on April 9th honors the courageous men and women who have endured brutal treatment at the hands of their captors. As a result, they've also suffered separation from family and displayed incredible endurance and faith during their captivity.

On this day in 1942, the largest number of U.S. Forces were captured by Japanese troops in the Bataan Peninsula in the Philippines. After battling through extreme conditions and prolonged battles, the captured troops were forced to march 65 miles to the prison camp. Without medical attention, food or water thousands died. The mistreatment continued for those who survived the brutal journey. In the compounds, deep in the unfamiliar jungle, the hardships, brutality, and suffering lasted more than two years for those who could survive.

Since the Revolutionary War, over half a million service members have been captured. This number does not reflect those lost or never recovered. However, each POW endures conditions much like the ones described above. These heroes deserve a day of recognition.

In 1984, a movement led by former POWs began seeking a day recognizing former Prisoners of War on April 9th each year. In 1988, Congress approved legislation setting April 9th to commemorate the date the tragic number of captives were taken prisoner on Bataan. President Ronald Reagan proclaimed National Former Prisoners of War Recognition Day on April 1, 1988, through Presidential Proclamation 5788. He set the observance for April 9, 1988. Since then, through legislation and Presidential Proclamations, the observance carries on. Learn more by visiting the American Legion at <https://www.legion.org/>

National Day Calendar (2022, November 7). NATIONAL FORMER PRISONER OF WAR RECOGNITION DAY – April 9, from <https://nationaldaycalendar.com/national-former-prisoner-of-war-recognition-day-april-9/>

# WARRIORS CURRENTLY SERVING IN THE ARMED FORCES

## ARMY

Royce Bird  
Forest Doney  
Richard Lujan  
Justin Murphy Small  
Orion Wolf Chief  
Shane Ketchum  
Leo Johnson

## AIRFORCE

Trey Henderson  
Maia Henderson

## NATIONAL GUARD/RESERVE

## NAVY

Jessica Stump

Dominic Pullin



*Play* **WIN!** *\$10 ea*  
\$1,000 CASH  
SECOND CHANCE DRAWING  
\$100 CASH  
DRAWING Friday's @ 3pm  
GREAT PLAINS VETERANS SERVICES CENTER LIVE

# ATTENTION!!!!

Guard and Active Duty members or family members please contact the GPVSC to update your status.



ARE YOU INTERESTED IN SUPPORTING AND ADVERTISING WITH GPVSC....  
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