



Great Plains Veterans Services Center

"Veterans helping Veterans for a better future"

SSG FOX Suicide Prevention Grant Launch Jan. 2023



February
2023

NEWSLETTER

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American Legion Post 67 Meeting

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

Tuesday
February 14th
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

G.P.V.S.C BOARD MEMBERS

Jon Monteaux Board President	Michael Ley Member-at-Large
Robert Belcourt Board Vice President	Darrell Sun Child Member-at-Large
John Mitchell Board Secretary	Marlene Kay Azure Member-at-Large
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**CHECK OUT OUR
FACEBOOK AND
INSTAGRAM PAGES
FOR UPCOMING BBQ'S
AND OTHER EVENTS.**

SUPER BOWL

DEADLINE FOR PURCHASE FEBRUARY 12TH



\$55per SQUARE



SUNDAY FEBRUARY 12 4:30PM



BOARD

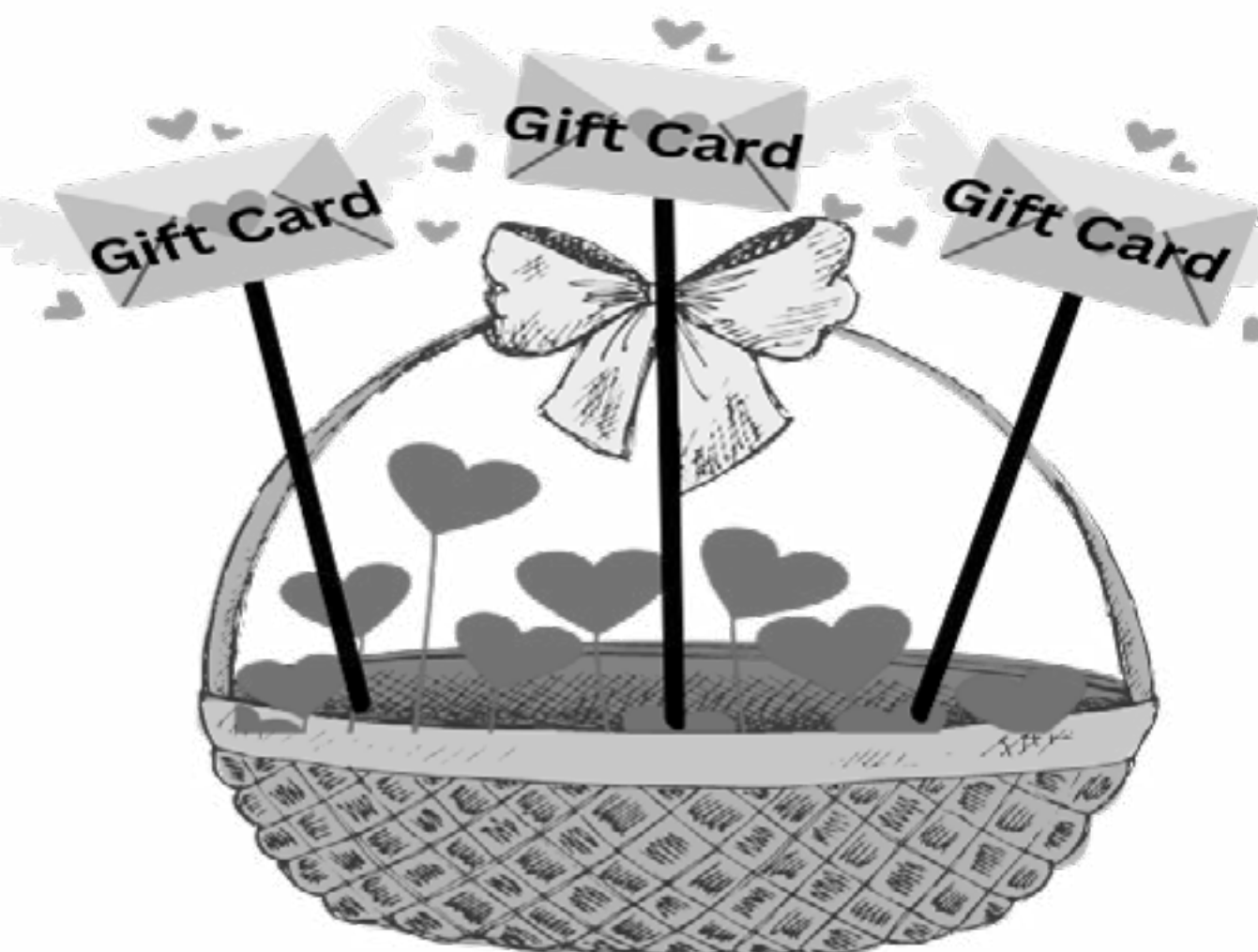
SEASON CLOSING THOUGHTS FROM JOHN, "THE RAFFLE MAN"

I would like to thank everyone for participating in our 2022 U Pick'em Fundraiser Raffle. Your continued support really helps our Veterans Center in so many ways. There have been a few requests to change the rules for the 2023 U Pick'em raffle. The change requests are about the "tiebreaker" rule. I will continue to survey the players and a final determination will be made by next season. My main concern is that the tie-breaker changes would cause more ties and that will mean the winners will have to split the raffle pot more often. This annual fundraising raffle made over \$3,000 for our local Veterans by supporting meals for transported Veterans, honor and color guard events, and general expenses that our grants do not cover. I'm looking forward to the 2023 season, "Go Steelers"!

Special Raffles

February 10th @3pm

- **Super Bowl Tailgate Basket**



- **Valentine's Day Date Night Basket**

Purchase tickets from John "The Raffle Man"

U PICK'EM FOOTBALL WINNERS

GRATULATIONS

AJ Lamere

THANKS. FOR PLAYING

Richard Schmockel

Gary Black



2ND

1ST

3RD

SUICIDE PREVENTION COLUMN:



Valentine's Day can be great for couples, but what if Cupid hasn't graced you with one of his arrows? This may leave you feeling depressed. While it may seem like everyone is in a relationship and happy, this is certainly not the case. There are plenty of other people just like you who are struggling with Valentine's Day depression.

While Valentine's Day is meant to be a day of joy and romance, a lot of people spend the day feeling lonely and depressed. In fact, some research suggests that Valentine's Day is the start of an annual rise in suicide rates that peaks in April. These statistics aren't that surprising when you consider that relationship problems are the number one cause of suicides in today's day and age. For some people, the romance and love associated with Valentine's Day become triggers for their depression.

"Valentine's day is the day of love, and people that commit suicide usually feel unloved or feel unworthy to love those that they're with," Dr. John Robertson said. Psychologists believe there is a connection between depression and suicide, and the day of love only brings awareness to those who feel lonely.

"They feel like they're a burden on their lives, their loved ones would be better without them," Robertson said. Robertson said there are warning signs people can look for if they think a loved one is con-

templating suicide.

"Behavior that's out of the ordinary— it could be changes for the good instead of bad," Robertson said. "Maybe someone has a negative and down personality, and all of a sudden they get a lot of energy and are up."

Dr. Robertson said if you are feeling suicidal, there is a way out. "Suicide is a permanent solution to a temporary problem. Depression is treatable. Go to your doctor, get your depression treated, and you'll feel better and won't want to commit suicide, and you'll be happy to have the rest of your life."

If someone you know is struggling emotionally or having a hard time, you can be the difference in getting them the help they need. It's important to take care of yourself when you are supporting someone through a difficult time, as this may stir up difficult emotions.

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.

It can be scary when a friend or loved one is thinking about suicide. It's hard to know how a suicidal crisis feels and how to act. Call 988 at any time for help if you or a friend is struggling.

SURVIVE AND THRIVE

YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE

WE CAN ALL HELP TO PREVENT SUICIDE

Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.

We Believe Hope Can Happen- Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives.

We Can All Take Action- Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

Crisis Centers are Critical- By offering immediate counseling to everyone that may need it, local crisis centers provide invaluable support at critical times and connect individuals to local services.

Know the Risk Factors- Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses

- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide

Know the Warning Signs- Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

U.S. COMMEMORATES 59TH CONSECUTIVE AMERICAN HEART MONTH

It's February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans.

President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.

Throughout the month, the American Heart Association's "Heart to Heart: Why Losing One Woman Is Too Many" campaign will raise awareness about how 1 in 3 women are diagnosed with heart disease annually.

The first Friday of American Heart Month, Feb. 5, is also National Wear Red Day as part of the AHA's Go Red for Women initiative. Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support for the fight against heart disease. For more information on the event and other activities during the month, visit goredforwomen.org.

This year, the federally designated event is even more important due to the impact of the coronavirus on the public's heart health, including potential harmful effects on the heart and vascular system, according to recent research.

Also, during the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and strokes – netting poorer outcomes and prompting the AHA to create "Don't Die of Doubt," a

national awareness campaign that reminds people that hospitals are the safest place to go when you have symptoms.

And while in lockdown, more people have engaged in unhealthy lifestyle behaviors, such as eating poorly, drinking more alcohol and limiting physical activity, that can contribute to heart disease.

Meanwhile, heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide, according to the AHA's Heart Disease and Stroke Statistics – 2021 Update.

The update, published in the association's flagship journal *Circulation*, reports that nearly 18.6 million people across the globe died of cardiovascular disease in 2019, the latest year for which worldwide statistics are calculated. That's a 17.1% increase over the past decade. And 523.2 million cases of cardiovascular disease were reported in 2019, a 26.6% increase over 2010.

During American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.

FEBRUARY'S HEALTH CAMPAIGN IS AMERICAN HEART MONTH

February is American Heart Month and we want to inform Veterans on the conditions that affect the heart and how you can help avoid potential heart problems.

Cardiovascular disease or heart disease is the leading cause of death in the U.S. Heart disease includes a range of conditions, many of which are related to atherosclerosis, a condition that develops when plaque or fatty material builds up in the walls of the arteries. The plaque makes the arteries smaller, making it harder for blood to flow through them. If a blood clot forms, it can block blood flow. This can cause a heart attack or stroke.

A heart attack happens when the blood flow to a part of the heart is blocked by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die. Depending on the

damage your doctor may prescribe medicine and recommend lifestyle changes.

A stroke happens when a blood vessel that feeds the brain gets blocked, usually from a blood clot or when a blood vessel within the brain bursts. When the blood supply to a part of the brain is shut off, brain cells will die. The result will be the inability to do normal things as before such as walking or talking. Some strokes can be fatal.

Risk Factors for Heart Disease

Risk factors are things that increase your chance of having heart disease. Heart disease (also called coronary artery disease) involves damage to arteries, blood vessels that carry oxygen-rich blood through your body. Things like smoking or unhealthy cholesterol levels can damage arteries. You can't control some risk factors,

such as age and a family history of heart disease. But most, including those listed below, are things you can control.

- Unhealthy Cholesterol Levels
- Smoking
- High blood pressure
- Negative Emotions
- Diabetes
- Excess Weight
- Lack of Physical Activity

The most common symptom of heart disease is chest pain. It's described as an uncomfortable feeling of heaviness or pressure in the chest. Some might also experience a burning, squeezing or aching feeling in the chest.

Other possible signs of heart problems can include:

- Shortness of breath
- Rapid or irregular pulse
- Dizziness

- Fatigue
- Pain, numbness, weakness or coldness in your legs or arms if the blood vessels in those parts of your body are narrowed
- Pain in the neck, jaw, throat, upper abdomen or back
- Anxiety

Some people mistake heart pain with indigestion or heartburn. That's why it's important to seek medical attention if you think you may be suffering from a serious heart condition.

Exercising, eating a healthy diet, not smoking, lowering cholesterol, controlling high blood pressure and maintaining a healthy weight can reduce your risks of heart disease. Talk to your health care provider to discuss what you can do to avoid heart related problems and live a healthy life.

THANK YOU FOR ALL YOUR CONTINUED SUPPORT!

VA TO PAY FOR ALL EMERGENCY MENTAL HEALTH CARE UPDATE

Starting Jan. 17, all veterans will be able to access emergency mental health care free of charge at any Veterans Affairs medical facility or outside clinic, regardless of whether they are already enrolled in department health care services.

The new policy applies to all veterans with any separation status except a dishonorable discharge, regardless of whether they qualify for other VA medical services.

Department officials announced the new policy on Friday as part of nationwide efforts to prevent suicide among veterans. According to the latest department data, about 17 veterans a day die by suicide.

About 18 million veterans are living in America today, but only about half are currently enrolled in veterans health care through the department.

“Veterans in suicidal crisis can now receive the free, world-class emergency health care they deserve, no matter where they need it, when they need it, or whether they’re enrolled in VA care,” VA Secretary Denis McDonough said in a statement. “This expansion of care will save veterans’ lives, and there’s nothing more important than that.”

Since 2019, all VA medical facilities have been required to provide same-day access to emergency mental health care to veterans.

Under the new policy, VA will either waive costs for care or — in cases of visits outside the VA system — provide reimbursements for emergency mental health care. Those costs can include appointment fees, transportation costs

and other related follow-up expenses.

statement.

The new plan also calls for VA to cover the costs of up to 30 days of inpatient or residential care for treatment of those mental health issues and up to 90 days of outpatient care if veterans are experiencing an acute suicidal crisis.

“But there is more work to do. As we embark on a new year and a new Congress, I will continue to prioritize meaningful solutions to help save veterans’ lives.”

The move is based on legislation adopted by Congress nearly two years ago. House Veterans’ Affairs Committee ranking member Mark Takano, R-Calif., who authored the measure, praised the department on Friday for its implementation.

Suicide prevention has been a top clinical focus for Congress and the department for more than a decade, but progress on reducing the number of military and veterans suicides has been limited.

“This new benefit removes cost from the equation when veterans are at imminent risk of self-harm and allows them to access lifesaving care when they need it most, regardless of whether the veteran has ever enrolled in or used VA healthcare benefits,” he said in a

Veterans experiencing a mental health emergency can contact the Veteran Crisis Line through 988 or at 1-800-273-8255. Callers should select option 1 for a VA staffer. Veterans, troops or their family members can also text 838255 or visit VeteransCrisisLine.net for assistance.

VA PLANS TO WAIVE MEDICAL COPAYS FOR NATIVE AMERICAN VETS



Veterans Affairs officials soon will waive most copayments related to medical care for American Indian and Alaska Native veterans in an effort to encourage more of them to use VA health services.

The department has already pledged to reimburse all eligible veterans for any copayments made between Jan. 5, 2022, and the date of that final approval. “American Indian and Alaska Native Veterans have played a vital role in the defense of the United States as members of the Armed Forces for more than 200 years,” VA Secretary Denis McDonough said in a statement accompanying the announcement.

Officials detailed the effort in a proposed rule released in the Federal Register on Tuesday. They have not yet released a timeline for exactly when the copayments will be ended, but the final rule is expected to be approved in coming months.

“This rule makes health care more accessible and allows us to better deliver to these veterans the care and health benefits that they have earned through their courageous service.”

veterans.

VA estimates about 150,000 American Indian and Alaska Native veterans are living in the country today, and Defense Department officials have estimated that roughly 24,000 active duty service

Individuals who already receive medical care through the Department of Health and Human Services’ Indian Health Service do not have to pay any fees related to health care appointments. Lawmakers said extending that to VA services as well provides parity and fairness in federal benefits.

members belong to the same groups.

The move also pairs with current VA efforts to encourage veterans to enroll in department health care services, allowing department specialists to track common problems among former military members and offer faster response to potential medical issues.

Veterans Affairs officials said they do not have a reliable estimate on how many of those veterans are currently using department health care services.

The move to eliminate the copayments for the group was mandated by Congress in 2021, as part of a package of initiatives to improve benefits for Native American

Copays for VA services can cost more than \$50 for specialty visits, but many veterans with service-connected disabilities already have those fees waived.

Under the new plan, Native veterans would have their first three copayments related to community-based urgent care covered, but additional emergency visits would trigger a fee. Follow-up care performed by VA physicians would be exempt from copayments.

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

Dial 988 then Press 1.



Officials said they are finalizing requirements to determine which veterans will be eligible for the benefit and how veterans will be able to file for repayment of those past fees.

More information on benefits for Native American veterans is available through the VA’s website.

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.

January'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

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

February's 2022 Suduko Puzzle

Answer in March's Newsletter

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

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 2022 YEAR END REPORT

**122,068
Miles
Driven**

**-MILES DRIVEN TO TRANSPORT OUR VETERANS
TO VA AND VA REFERRED APPOINTMENTS**



**3,190
Hours
Traveled**

**281
Veterans
Transported**

'IT'S A NEED': MONTANA SEES HIGH RATES OF VETERAN SUICIDE AND WORKS TO BRING NUMBERS DOWN

BILLINGS — According to the United States Department of Veterans Affairs (VA), 47,000 Montanans are enrolled veterans in the Montana VA healthcare system. But how many of those 47,000 veterans have easy access to that healthcare?

Dylan Jefferson is a U.S. Army veteran living in Billings. He is also a Crow tribal member who recently accepted a job with the VA doing tribal outreach.

Jefferson told MTN News that his job with the VA is important—and while those living on a reservation have access to healthcare—it oftentimes can be difficult to reach.

"It's even more scarce on the reservation. The Native veterans, we have access to healthcare, but when it comes to the veterans, that's where I come in," Jefferson said. "I reach out to the veterans who can't make it to these far cities. I show them in the office right there with a screen, and we talk to a doctor who's in Denver, we get them their needs, whatever they need. If they're having issues with any claims, mental health, any physical stuff."

Jefferson's wife, Julia, said Crow veterans used to be honored for their sacrifice of going to war, but over time, that respect has faded away.

The veterans on reservations were once viewed as the leaders of their house and had the honor of eating first during mealtimes and leading prayers, according to Julia. But now she believes these veterans, like her husband, are seemingly forgotten about.

Julia also said that all of the trash on the Crow reservation is burned, and Dylan added the smoke travels directly over the veteran housing. Dylan is a toxic burn pit victim from his time serving in Iraq and explained this burning of trash is incredibly harmful to those who are exposed.

According to the VA, Montana has one of the highest veterans per capita rates in the country. Dylan Jefferson added Montana is also home to many Native veterans.

The national veteran suicide prevention 2022 annual report from the VA explained the suicide rate in 2020 among American Indians or Alaska Native veterans was 29.8 per 100,000 individuals. Through his job at the VA, Jefferson

can help veterans get connected with the healthcare providers they need. But more funding is necessary to help bring down the high rate of veteran suicide.

"I took this job because Montana is number one in veteran suicide. It's actually number one in veteran Native suicide too. There's tribal outreach for all the reservations in all of Montana and even in Wyoming. It's a need," Jefferson said. "When the money runs out, it turns into like a, 'I can't get to you,' but if there's more money, there can be more of me running around."

Jefferson is also a member of Warrior Wishes Montana, which works to bring the number of veteran suicides down. The nonprofit was founded by another U.S. Army veteran, Miguel Gonzalez, in 2015.

Gonzalez said he has been working closely with Senator Tester to navigate ways to bring down Montana's high rate of veteran suicides.

"I was actually sitting with Senator Tester and we actually got word that a female had committed suicide. That was the 60th one, and that was Nov. 11, so we still had over a month and a half to go," Gonzalez said. "We need to do something to help slow that down, if not stop it. It's got to stop."

According to Gonzalez, the nonprofit works to get the word out that help and resources are available, even if they don't seem accessible.

"The way we do that is get the word out to those rural areas that there is help available, but they have to take initiative too, and try to look up some of those things. Bills that have been passed recently will help them out tremendously," Gonzalez said. "I know for a fact we have veterans who live two, three, four hours away to the closest facility. Every now and then you might come across somebody who did make that trip and then find out that their appointment was canceled for whatever reason, just didn't get the notification. So we need to take this notification to them, not make them work so hard to come to us."

Gonzalez said outreach is the first step, but more funding is also needed to help end the problem.

"I've already requested from Tester's office to give me pamphlets and booklets, and I'll take them out and

deliver them myself to the areas that could utilize those things the most," Gonzalez said. "We're trying to combat the 22 a day, and if they don't know what that is, it's the veteran's suicide rate. Everywhere in the states and this country, the numbers seem to be going down except in Montana. Check on each other. Make sure, especially around the holidays. It's the worst time of the year for veterans."

Jefferson agreed that it is important to check in on other veterans. He said the harsh reality of the high rate of veteran suicide pushed him to share his testimony with other veterans.

"Kevin Vallie, he was a young Navy SEAL, young. He was in his early 20s. He was struggling, even though I had him under my wing and was guiding him, getting his claim going. I didn't know what he was struggling with, but it was heavy. Sometimes these veterans, the only way out is taking their own life. He made that decision and it was really hard on all of us. One day he was here, and one day he wasn't. That was the moment I realized, I can't lose another one of these guys," Jefferson said. "Mental health. I shied away from it, but when I gave it a chance, I'm still here. And I have a purpose. I have a new purpose."

Jefferson explained that while he is grateful to have the job he does with the VA, he is also grateful for everything Warrior Wishes Montana has done for him and believes the work the nonprofit is doing is a necessity for veterans like himself.

"It was a breath of fresh air. I came from California. I'm from here, but I was down there doing my PTSD treatment. Being in a big city like that, there were just so many people and so much noise. So when I came back here, it was a change of pace. The very first day I was sitting next to Miguel and he just handed me his business card, and from there we just kicked it off," Jefferson said. "I fully supported everything he was doing because, in that time, I was kind of lost. Didn't know which direction I was going. But he saw me, and he didn't judge me, he just said, 'Come on, let's go,' and I've been involved ever since."

"If you're out there and you know of somebody who may be needing some help or a talk, call them, get ahold of them, and do that," Gonzalez said. "You might save their life."

FOLLOW US FOR NEWS AND UPDATES



WWW.GREATPLAINSVETERANS.ORG



THE GREAT PLAINS VETERANS SERVICES CENTER IS PROUD TO BE IN PARTNERSHIP OF THESE FOUNDATIONS.



BlueCross BlueShield of Montana



POTLATCH FUND



Help for Homeless Veterans
877-4AID-VET
 va.gov/homeless (877) 424-3838

FEBRUARY

Community Events

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Four Chaplain's Day GPVSC Weekly Raffle Drawing	4
5	6	7 VET CENTER 10am-3pm	8	9	10 GPVSC Weekly Raffle and Valentine's Day Drawing	11
12 SUPER BOWL LVII 2023 Lincoln's birthday	13	14 VET CENTER 10am-3pm American Legion Post 67 Meeting 6pm	15	16	17 Presidential Inauguration Day GPVSC Weekly Raffle Drawing	18
19 Happy Birthday Thomas Coast Guard Reserve's Birthday	20 President's Day	21 VET CENTER 10am-3pm Veterans Pancake Breakfast "Pancake Day" Time TBD Mardi Gras	22	23	24 GPVSC Weekly Raffle Drawing	25
26	27	28 VET CENTER 10am-3pm Hail & Farewell for separated and returning military in the community 11:30am				

National Salute to Veteran Patients-- Week of Feb 12th.

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

FOLLOW US FOR NEWS AND UPDATES

WWW.GREATPLAINSVETERANS.ORG



VETERANS SUPPORT SERVICES NEWS
 GPVSC LAUNCHES THEIR SSG FOX
 SUICIDE PREVENTION PROGRAM



WARRIORS
 CURRENTLY
 SERVING IN
 THE ARMED
 FORCES

ARMY

AIRFORCE

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

Trey Henderson
 Maia Henderson

NATIONAL
 GUARD/
 RESERVE

NAVY

Dominic Pullin

Jessica Stump

At the end of January, the Great Plains Veterans Services Center launched its SSG Fox Suicide Prevention Grant Program both in Rocky Boy and Browning, MT.

We are honored to bring this program to our communities. With this new program, we plan to provide or coordinate providing suicide prevention services to eligible Veterans and their families.

This VA program is to raise awareness of this stigmatized, and often taboo, topic and to let our fellow Veterans know; suicide is preventable, there is hope.

Everyone can be part of the solution by checking in with the Veterans in their life and encouraging them to reach out if they need help.

We all have a role in protecting those who protected us. Please join us in helping to put an end to Veteran Suicide.

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Call Dial 988 then Press 1, text 838255 or chat online at VeteransCrisisLine.net/Chat.

Visit <https://www.greatplainsveterans.org/what-we-do>.

Information on the SSG Fox SPGP can be found at

<https://www.mentalhealth.va.gov/ssgfox-grants/>.

ATTENTION!!!!
 Guard and Active Duty
 members or family
 members please contact
 the GPVSC to update
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