



GREAT PLAINS

VETERANS SERVICES CENTER

GPVSC



FORT BELKNAP BUFFALO HUNT

Article on pg 8

**February
2024**

NEWSLETTER

G.P.V.S.C STAFF

Executive Director
Chauncey Parker

Administrative Manager
John Gardipee, Sr.

Veterans Transportation Manager
Francois Nelis

Communications Specialist
Becky Lewis

VCO Administrative Assistant
Jalissa Parker

Finance Manager
Marianne Capellen

Veterans Outreach Case Managers
Rocky Boy Office

John Gardipee, Jr.
Jeffery Jones

Veterans Outreach Case Managers
Browning Office

Patrick Calf Looking
Ryan Hoyt

Veterans Service Driver
Rocky Boy Office

Keith Billy

Veterans
Support Services Manager
Browning Office
Leland Crawford

VSS Administrative Assistant
Rocky Boy Office
Dominic Pullin

Veterans Transportation Supervisor
Browning Office
Shane Sinclair

Veterans Service Drivers
Browning Office
Matt Webber
Louis Pollock

Veterans Service Driver
Rocky Boy / Ft. Belknap
Weston Sutherland

Veterans Outreach Case Manager
Ft. Belknap Office
Marcia Buchman

Food Service Operator
Rocky Boy Office
Brian Jones

Graphic Designer
Amber Lewis

G.P.V.S.C BOARD MEMBERS

Jon Monteaux
Board President

Robert Belcourt
Board Vice President

Joseph Eagleman
Board Treasurer

Darrell Sun Child
Member-at-Large

Marlene Kay Azure
Member-at-Large

Brandi King
Member-at-Large

CHECK OUT OUR FACEBOOK PAGE FOR UPCOMING BBQ'S AND OTHER EVENTS.



American Legion Post 67 Meeting

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

Tuesday February 13th 6:00pm

Support the Great Plains Veterans Services Center and Donate



Non-Veteran-
\$19.00

Veteran-
\$18.00

American Legion Post Member-
\$17.00



Follow us on Social Media



visit our website at www.greatplainsveterans.org



Happy Birthday



Est. February 4, 1941

In honor of
our country's leaders



HAPPY

PRESIDENT'S

DAY 2024



February 19



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

ATTENTION!!!!

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

NATIONAL SALUTE TO VETERAN PATIENTS FEB. 11- 17

The National Salute to Veteran Patients takes place during the week of February 14 every year. This year, it takes place from February 11 to 17. The purpose of the holiday is to honor and pay tribute to the brave military veterans who receive medical care at Veterans Affairs (V.A.) medical facilities. The holiday also seeks to create more awareness about the importance of these centers and encourage more people to visit and volunteer.

Though the history of National Salute to Veteran Patients is largely unclear, the basis for the holiday has been clearly set out. According to the United States Department of Veterans Affairs, there are three main reasons behind the creation of this holiday, which are — to pay tribute to veterans, to encourage people to visit and volunteer their services to veteran medical centers, and finally, to increase community awareness about the role of the V.A. medical centers.

According to statistics provided by the Department of Veterans Affairs, just under 100,000 veterans visit the medical centers

every single day. And each year, more than nine million veterans also receive medical treatment. These centers are run by the Veterans Health Administration (V.H.A), which is the largest integrated healthcare system in the United States. There are over 1,200 facilities run by the V.H.A, 171 of which are V.A. medical centers. In addition to this, there are also 1,112 outpatient centers as well. These statistics underscore the need for more helping hands in the program.

V.H.A medical centers offer a wide range of medical services to patients. These services include orthopedics, mental health care, surgery, critical care, radiology, pharmacy, physical therapy, speech pathology, neurology, and much more.

During the week, a host of activities to create awareness take place at various centers, such as recreational activities, Valentine's gifting, and school visits. This year, make it a point of duty to celebrate and appreciate the veterans whose selfless service has contributed to the safety and peace of our country.

VTS ANNOUNCES ADDITIONAL VEHICLES ADDED TO FLEET TO BETTER SERVE THE VETERAN COMMUNITY



The GPVSC is proud to announce the exciting addition of several new Subaru Outbacks to its Veteran Transportation Fleet. These cars will play a pivotal role in the various regions within GPVSC'S transportation efforts. "These new cars will be serving are in need veterans who live in the rural communities we currently serve, as we continue to expand our footprint in more counties here in rural Montana we will be adding more vehicles to our Fleet to serve those who were willing to give it their all," said Francois Nellis GPVSC Veterans Transportation Manager.

The new vehicles will Aid in transporting veterans around 17 counties across Montana. Gpvsc is able to offer these Services due to the va's highly rule Transportation Grant(hrtg). Program Grant. Hrtg is a grant based program that helps veterans and highly rule areas to be able to have transportation to VA or VA authorized Healthcare facilities. Hrtg provides Transportation programs and counties with fewer than seven people per square mile. There is no cost for veterans to participate in this program. Our goal at gpvsc is to provide all Montana veterans in service members who live in rural areas within transportation services to meet their travel needs to and from VA or VA authorized Medical appointments.

These vehicles have been carefully chosen to not only enhance our safety capabilities but also to strengthen our connection with the veterans community. Subarus, known for their safety features and all-wheel drive systems plus our new unique design Graphics will be used to raise Community awareness and promote positive relationships between our veterans transportation services and the veterans we serve.

Any additional information on GPVSC'S Veterans transportation services can be found on our website at www.greatplainsveterans.org or by calling 877-385-5250.

CALLING ACTIVE DUTY SPOUSES: SPEAK YOUR MIND IN NEW SURVEY

Each of the U.S. military's nearly 595,000 active duty spouses can now speak their mind about military life in the latest round of a survey designed to collect their thoughts.

Defense officials will rely on the 2024 survey's findings to make decisions that best meet spouses' needs, Patricia Montes Barron, deputy assistant secretary of defense for military community and family policy, said in a release Wednesday. The confidential poll will remain open for about eight weeks.

"We strongly encourage all active duty spouses to take a few minutes from their busy days to complete the 2024 Survey of Active Duty Spouses, so we can hear directly from them about what is and isn't working," Barron said.

The biennial survey gathers spouse perspectives on their satisfaction with military life, employment, relocation, child care and the overall health and wellbeing of military families. This year's poll also expands sections on remote work and financial stability.

Spouses can participate in the survey in one of two ways, Defense Department spokesman Bob Ditchey told Military Times. The first is as part of a scientific study involving about 74,000 randomly selected active duty spouses, who will receive invitations by mail or email to respond to a longer version of the survey. That version of the poll can take up to 20 minutes to complete, the Pentagon said. Invitations will include a QR code to reach the survey online.

A second option offers a shorter version of the survey, which takes about five minutes to complete and is open to people who are not part of the study sample, Ditchey said. All spouses can visit the survey portal at dodsurveys.mil and enter their DOD identification number to find the version that applies to them.

Eligibility is verified through the secure portal, but no personal information will be linked to survey responses.

The Pentagon has periodically surveyed active duty spouses since 1985. In

2021, officials broadened the pool by starting to solicit input from any spouse who is verified, in addition to those invited through traditional scientific sampling.

The questionnaires shed new light on what matters most to military families. For instance, the results of the 2021 spouse survey provided new details on food insecurity among military families. Nearly half of the junior enlisted spouses who responded said they had experienced food insecurity.

While several organizations offer nonscientific surveys of the military community online, official Defense Department surveys collect input that is verified as coming from slices of the military community — in this case, active duty spouses.

DOD also runs separate quality-of-life surveys for active duty and Reserve component troops as well as Reserve component spouses.

GPVSC
Valentine's
WEEKLY RAFFLE

YOU COULD WIN:

- ♡ \$1,000 CASH
- ♡ \$100 2ND CHANCE DRAWING
- ♡ VALENTINE DATE NIGHT BASKET

**DRAWING IS
FEBRUARY 9TH @ 3PM**

WHAT IS A HEART-HEALTHY LIVING AND TIPS TO OBTAIN ONE?



Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

Choose Heart-Healthy Foods. Heart-healthy eating involves choosing certain foods, such as fruits and vegetables, while limiting others, such as saturated fats and added sugars.

Your doctor may recommend the heart-healthy Dietary Approaches to Stop Hypertension (DASH) eating plan because it has been proven to lower high blood pressure and “bad” LDL cholesterol in the blood. See [Delicious Heart-Healthy Eating](#) for recipes, cooking tips, and more information.

These foods are the foundation of a heart-healthy eating plan.

- Vegetables such as leafy greens (spinach, collard greens, kale, cabbage), broccoli, and carrots
- Fruits such as apples, bananas, oranges, pears, grapes, and prunes
- Whole grains such as plain oatmeal, brown rice, and whole-grain bread or tortillas
- Fat-free or low-fat dairy foods such as milk, cheese, or yogurt
- Protein-rich foods:
- Fish high in omega-3 fatty acids (salmon, tuna, and trout)
- Lean meats such as 95% lean ground

beef or pork tenderloin or skinless chicken or turkey

- Eggs
- Nuts, seeds, and soy products (tofu)
- Legumes such as kidney beans, lentils, chickpeas, black-eyed peas, and lima beans
- Oils and foods high in monounsaturated and polyunsaturated fats:
 - Canola, corn, olive, safflower, sesame, sunflower, and soybean oils (not coconut or palm oil)
 - Nuts such as walnuts, almonds, and pine nuts
 - Nut and seed butters
 - Salmon and trout
 - Seeds (sesame, sunflower, pumpkin, or flax)
 - Avocados
 - Tofu

A heart-healthy eating plan limits sodium (salt), saturated fat, added sugars, and alcohol. Understanding nutrition labels [external link](#) can help you choose healthier foods.

Adults and children over age 14 should eat less than 2,300 milligrams of sodium a day. Children younger than age 14 may need to eat even less sodium each day based on their sex and age. If you have high blood pressure, you may need to limit sodium even more. Talk to your healthcare provider about the amount of sodium that is right for you or your child.

Try these shopping and cooking tips to help you choose and prepare foods that are lower in sodium:

- Read food labels and choose products that have less sodium for the same serving size.
- Choose low-sodium, reduced-sodium, or no-salt-added products.
- Choose fresh, frozen, or no-salt-added foods instead of pre-seasoned, sauce-marinated, brined, or processed meats, poultry, and vegetables.
- Eat at home more often so you can cook food from scratch, which will allow you to control the amount of sodium in your meals.
- Flavor foods with herbs and spices instead of salt.

- When cooking, limit your use of premade sauces, mixes, and instant products such as rice, noodles, and ready-made pasta.

Learn about how to cut down the amount of salt you take in each day with the [Tips to Reduce Salt and Sodium tip sheet](#).

Saturated or “bad” fats come from animal sources such as butter, cheese, and fatty meats. They should make up less than 10% of your daily calories. Unsaturated fats are also known as “good” fats and are found in vegetable oils and nuts.

- Read food labels and choose foods that are lower in saturated fats and higher in unsaturated fats.
- Eat leaner, lower-fat, and skinless meats instead of fatty cuts of meat and chicken with skin.
- Consume lower-fat dairy products instead of whole-milk.
- Use certain vegetable oils (such as olive and canola oil) instead of butter, lard, and coconut and palm oils.

You should limit the amount of calories you get each day from added sugars. This will help you choose nutrient-rich foods and stay within your daily calorie limit.

Some foods, such as fruit, contain natural sugars. Added sugars do not occur naturally in foods but instead are used to sweeten foods and drinks. They include brown sugar, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, raw sugar, and sucrose.

In the United States, sweetened drinks, snacks, and sweets are the major sources of added sugars.

Sweetened drinks include soft drinks or sodas, fruit drinks, sweetened coffee and tea, energy drinks, alcoholic drinks, and flavored waters. Sweetened drinks account for about half of all added sugars consumed. Snacks and sweets include grain-based desserts such as cakes, pies, cookies, brownies, doughnuts; dairy desserts such as ice cream, frozen

desserts, and pudding; candies; sugars; jams; syrups; and sweet toppings.

Choose drinks without added sugar such as water, low-fat or fat-free milk, or 100% vegetable juice.

Choose unsweetened foods for snacks or dessert.

Eat sweetened drinks, snacks, and desserts less often and in smaller amounts.

Limit alcohol

Talk to your healthcare provider about how much alcohol you drink. They may recommend that you reduce the amount of alcohol you drink or that you stop drinking alcohol.

Alcohol can:

- Add calories to your daily diet and possibly cause you to gain weight
- Raise your blood pressure and levels of triglyceride fats in your blood
- Contribute to or worsen heart failure in some people, such as some people who have cardiomyopathy
- Raise your risk of other diseases such as cancer
- If you do not drink, you should not start. You should not drink if you are pregnant, are under the age of 21, taking certain medicines, or if you have certain medical conditions, including heart failure.

How much should you eat?

You should eat the right amount of calories for your body, which will vary based on your sex, age, and physical activity level. Remember that some healthy foods, including oils and dairy, can still have a lot of calories. Some fruits can have a lot of natural sugar, especially when they are dried. Develop a personalized food plan at [Get Your MyPlate Plan](#) [external link](#).

You can visit the U.S. Department of Health and Human Services’ and U.S. Department of Agriculture’s [2020–2025 Dietary Guidelines for Americans](#) [external link](#) has information about healthy eating and recommendations for healthy eating patterns.

YOU ARE NEVER ALONE

SURVIVE AND THRIVE

YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE

Veterans
Crisis Line



DIAL 988 then
PRESS 1

STAFF SGT FOX SUICIDE PREVENTION GRANT COLUMN:

NEARLY 50,000 VETERANS USED FREE EMERGENCY SUICIDE PREVENTION IN THE FIRST YEAR OF PROGRAM

Nearly 50,000 veterans received free emergency suicide prevention care in 2023, the first year of the program, the Department of Veterans Affairs will announce on Wednesday.

In January 2023, the Department of Veterans Affairs instituted a new policy allowing eligible veterans and certain former service members in acute suicidal crisis to go to any VA or non-VA health care facility to receive emergency care at no cost. The policy covers emergency room care, inpatient or crisis residential care for up to 30 days, and outpatient care for up to 90 days.

The VA says 49,714 veterans have taken advantage of the no-cost emergency care policy since it was implemented exactly one year ago, amounting to more than \$64 million in saved health care costs.

"There is nothing more important to VA than preventing veteran suicide — and this expansion of no-cost care has likely saved thousands of lives this year," VA Secretary Denis McDonough said in a statement. "We want all veterans to know they can get the care they need, when they need it, no matter where they are."

And the veteran suicide rate has outpaced the rate of the general U.S. public. A 2023 report by the Department of Veterans Affairs found that in 2021, the suicide rate for veterans was 71.8% higher than non-veterans when adjusted for age and sex differences.

That same report found that 6,392

veterans died by suicide in 2021, an average of more than 17 veterans taking their lives every day.

Veterans and suicide risk: The warning signs — and how to get help.

In November 2021, the Biden administration released a new national strategy to reduce military and veteran suicide, calling it a "public health and national security crisis."

"I've often said that we have only one truly sacred obligation as Americans—to prepare and properly equip our women and men in uniform when we send them into harm's way, and to care for them and their families when they return," President Biden wrote in the introduction to the strategy document. "Yet for too many who are serving or have served, we are falling short."

The strategy included goals of enhancing crisis care and increasing access to high quality mental health care.

Veterans, including those not enrolled in the VA, can now to go any VA or non-VA emergency room for free emergent suicidal care. The policy also covers veterans who experienced sexual trauma while in uniform. It also covers some people who don't meet the technical requirements to be considered a veteran, like people who were released from active duty under conditions other than dishonorable.

Transportation costs are also covered by the VA. Any eligible

We're working with VA to
continue serving Veterans
in our community.

VETERANS

PLEASE JOIN US

for

the Launch of the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program.

Refreshments will be served immediately following ceremony.

**FRIDAY, FEBRUARY 2ND, 2024
@ 3:30PM**

FORT BELKNAP BINGO HALL
349 Agency Main St. Harlem, MT.
Questions? (406) 395-5610

GPVSC LAUNCHES A NEW SSG FOX SUICIDE PREVENTION PROGRAM IN FORT BELKNAP

Great Plains Veterans Services Center (GPVSC) is honored to launch its Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program (SSG Fox SPGP) program, in its third and final location, Ft. Belknap. This location at 281 Chippewa Ave. Harlem, MT., will assist in serving Veterans in Blaine, Chouteau, Glacier, Hill, and Phillips Counties to include the Ft. Belknap, Rocky Boy's, and Blackfeet reservations.

GPVSC has been working with the U.S. Department of Veterans Affairs (VA) to prevent Veteran suicide since its initial launch in January 2023 in our Rocky Boy and Browning branch offices. This program is providing funds to community-based organizations with innovative ideas for preventing Veteran suicide. Since we began this Suicide Prevention program, we have held many Veteran outreach events, supported our Veteran community that has been impacted by these mental health struggles, helped Veterans by providing assistance, services, and transportation all with the intent to uplift and encourage our Veterans.

We want to start the conversation and bring awareness around Suicide Prevention by shedding light on this highly sensitive topic. Our goal is preventing Veteran suicide by supporting our local Veterans. This

SSG Fox Suicide Prevention Grant award from VA is to continue with this life saving work. We are so thankful for the sacrifices that our fellow Veterans have made for our country, without their service we would not have the freedoms we have today.

Many Veterans struggle to adapt to regular life and can find themselves lost in "the system" once they get back from their service. Our organization helps local Veterans navigate the system and connects them to programs and resources to assist their needs.

GPVSC is a Non-Profit Veterans Organization with its main office located on the Rocky Boy's Indian Reservation in Hill County, Montana. Formerly known as the Rocky Boy Veterans Center, the organization has been serving Veterans since its establishment in June 2015.

People who are or who know someone who is having thoughts of suicide can contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, seven days a week, 365 days a year. They can dial 988 then press 1, or chat online at <http://www.VeteransCrisisLine.net/> Chat or text 838255.

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.

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

January's Answers

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

February's 2024 Suduko Puzzle

Answer in March's Newsletter

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

GPVSC WISHES A

happy workiversary

to:

SHANE SINCLAIR

THANK YOU FOR YOUR DEDICATION AND HARD WORK

\$ GPVSC Weekly Raffle \$

WIN!!!
\$1,000 CASH

SECOND CHANCE DRAWING
\$100 CASH

DRAWINGS
FRIDAY @ 3PM

 **@GREATPLAINSVETERANS**

GPVSC BURGER BOX

Warrior Wednesdays: Meet 'n' Greet Barbeques, Donut Days, Haircuts by Gary, and Special Events are great way to enhance communication and foster bonds among Veterans and others in the community. They are a place to meet friends, find resources, and have fun with other Veterans and community members.

IF YOU HAVENT TRIED IT... YOU'RE MISSING OUT!

Follow us on Facebook @BURGERBOX_RBFOODTRUCK

For updates and menus

GPVSC OFFICE- 46 Veterans Park Rd.



The Burger Box Grill
 Tuesday - Friday from 10 am - 2 pm

Burgers		Chicken	
Hamburger	\$5.00	Crispy Chicken Sandwich	\$6.00
Double Hamburger	\$7.00	Traditional chicken breast patty with American cheese	
Cheeseburger	\$6.00	Southwest Crispy Chicken Sandwich	\$6.00
Beef patty with American cheese		Traditional chicken breast patty with pepper jack cheese, jalapenos, BBQ sauce	
Double Cheeseburger	\$8.00	Chicken Breast Tenders	\$8.00
Two beef patties with American Cheese		Four chicken breast tenders with choice of dipping sauce (ranch or honey mustard)	
Southwest Burger	\$8.00		
Two beef patties with pepper jack cheese, jalapenos, onion rings, & BBQ sauce			
*add bacon to any sandwich \$2			
LEGION Burger	\$10.00		
Two beef patties with pepper jack cheese, jalapenos, and BACON			
Meals		Other	
served with fries & drink		Nachos	\$4.00
Hamburger Meal	\$9.00	Crispy tortilla chips with nacho cheese	
Double Hamburger Meal	\$11.00	Super Nachos	\$8.00
Cheeseburger Meal	\$10.00	Crispy tortilla chips with nacho cheese, taco meat, olives, jalapenos, salsa, & sour cream.	
Double Cheeseburger Meal	\$12.00	Pretzels with Cheese	\$4.00
Southwest Burger Meal	\$12.00	Smoked Sausage Sandwich	\$5.00
Crispy Chicken Sandwich Meal	\$10.00	Jalapeno cheddar smoked sausage sandwich with cheese & jalapenos	
SW Chicken Sandwich Meal	\$10.00		
Smoke Sausage Sandwich Meal	\$9.00		
Chicken Breast Tenders Meal	\$12.00		
*add bacon to any sandwich \$2			
LEGION Burger Meal	\$14.00		
Fries		Drinks	
Fries	\$5.00	Soda Pop	\$1.00
Cheese Fries	\$6.00	Pepsi and Coke products, Bottled Water	
Fries with nacho cheese			
Warrior Fries	\$10.00		
Fries with nacho cheese, taco meat, olives, jalapenos, scallions, salsa, & sour cream			

Phone Orders Call: (406) 395-5610
 Catering Available
 46 Veterans Park Rd. Box Elder, MT. 59521
 @burger.box.rbveteransfoodtruck
 www.greatplainsveterans.org

Phone Orders Call: Square
 www.greatplainsveterans.org

** we are not a Gluten-Free kitchen

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 2023

Community Events

FEBRUARY 2ND IS THE SUPER BOWL BOARD RAFFLE DEADLINE

Congenital Heart Defect Awareness Week February 7 - 14

Heart Failure Awareness Week February 11 - 17

National Salute to Veteran Patients Feb 11th- 17th

Sepsis Survivor Week February 11 - 17

National Eating Disorder Awareness Week February 26 - March 4



UNTIL THEY ALL COME HOME

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 SUICIDE LAUNCH FT. BELKNAP SuperBowl Tailgate Party Raffle Groundhogs Day GPVSC Weekly Raffle Drawing	3 Four Chaplains Day
4 USO Birthday World Cancer Day	5 2:30pm FACEBOOK LIVE DRAWING OF THE SUPER BOWL BOARD SCORING SQUARES	6	7 VET CENTER Warrior Wednesday 10am-2pm National Black HIV/AIDS Awareness Day	8	9 Valentine's Day Raffle GPVSC Weekly Raffle Drawing	10
11 SUPER BOWL	12	13 American Legion Post 67 Meeting 6pm	14 VET CENTER Warrior Wednesday 10am-2pm National Donor Day Valentine's Day	15	16 GPVSC Weekly Raffle Drawing	17
18	19 ALL GPVSC OFFICES WILL BE CLOSED Coast Guard Reserves Birthday President's Day	20	21 VET CENTER Warrior Wednesday 10am-2pm	22	23 GPVSC Weekly Raffle Drawing	24
25	26 ALL GPVSC OFFICES WILL BE CLOSED FOR STAFF TRAINING	27	28 VET CENTER Warrior Wednesday 10am-2pm	29 Rare Disease Day		

GPVSC: VETERAN SUPPORT SERVICES NEWS- FT. BELKNAP BUFFALO HUNT

Cover Photo Article:



INCREDIBLE HUNTING OPPORTUNITY
GREAT PLAINS VETERANS SERVICES CENTER
GPVSC
BUFFALO HUNT RAFFLE
HUNT LOCATION: FORT BELKNAP RESERVATION, MONTANA
HUNT DATE IS SET FOR NOVEMBER 2023.

26TH OCTOBER 2023

AT 3PM VIA FACEBOOK LIVE

*RAFFLE PRIZES:
1ST-BISON HUNT PACKAGE
2ND-GUN SAFE
3RD-MEAT PROCESSING KIT

RAFFLE TICKET PRICES:
\$10 EACH
\$20 FOR 3 TICKETS
\$50 FOR 8 TICKETS

TICKETS CAN BE PURCHASED ONLINE OR IN PERSON AT GPVSC.

PLEASE CALL (406) 395-5610 FOR INFORMATION.

*DETAILS ONLINE AT WWW.GREATPLAINSVETERANS.ORG

GREAT PLAINS
VETERANS SERVICES CENTER

safe, won by Reno Shambo, and 3rd place was for an at home meat processing kit, won by Sonni LaFromboise. There was an amazing participation for this raffle. This hunt was the first of those gracious gifts.

John "The Raffle Man" Gardipee walked us through the day. The Great Plains Veterans Services Center had the Buffalo Hunt on January 7, 2024. Our 1st place winner, Mike Winchell was there with his father Mike, a ex- Navy Veteran, who did the shooting. They brought along two of Mike Sr. 's grandsons; Jordan and Jazz Schroeder. They got a 4 year old bull.

It was a beautiful 14 below zero day with some wind. This was appreciated because it allowed the meat to stay fresh for the transport to processing. Stahl Meat Processing in Roundup, MT was who processed the buffalo. It took only about a half hour to locate the chosen buffalo and about an hour to put the buffalo down. The process of getting the animal ready for transport also took an hour.

We are blessed to be recipients of the gifts of the buffalos from Fort Belknap Reservation and honored to be able to host events such as this. Please follow our Facebook and website for upcoming events and raffles.

Back in October GPVSC sold raffle tickets for a Buffalo Hunt. This Hunt was possible by the gracious gift of 3 buffalos from The Giver of Life, Lifeline of Substance Fort Belknap's herd. We raffled off 3 places. Tickets were \$10.00 each. 1st place was the Buffalo hunt itself, which was won by Mike Winchell, 2nd place was for a gun

VA EYES MORE MEDICAL CARE FOR VETS WITH TOXIC EXPOSURE

Thousands of veterans who faced toxic exposure risks in the military may be eligible for expanded health care options through Veterans Affairs starting this March, under plans being finalized by department officials.

White House leaders last fall said they hoped to accelerate portions of the Promise to Address Comprehensive Toxics Act — better known as the PACT Act — passed by Congress in 2022 which expanded medical care and benefits eligibility for millions of former service members.

In the last 16 months, about 100,000 veterans have enrolled in VA health care thanks to provisions in the legislation, and more than 697,000 have received benefits claims approved.

But several other sections of the law were scheduled to be phased in over coming years, including language extending health care to all veterans stationed in Iraq after August 1990 or in Afghanistan after September 2001, many of whom were exposed to toxic smoke from burn pits.

Under Secretary for Health Dr. Shereef Elnahal told reporters on Jan. 22 that officials are confident they can handle the influx of new patients now, and so will move ahead with some

of those requirements early. The move will make free health care options available to some veterans years sooner than advocates had anticipated.

"It's a substantial number of veterans who will be eligible for VA health care," Elnahal said. "But as a reminder, we hired more external folks into the VA health care system last fiscal year than we ever had before."

Despite the large number of newly eligible veterans, department planners expect about 21,000 to take advantage of the free health care this year. That's because many of the newly eligible are already using private health care options through work or family.

About 85,000 additional veterans are expected to enroll in VA health care over the next decade as a result of the PACT Act changes. The new eligibility groups include:

- Veterans who "participated in a toxic exposure risk activity" while on active-duty or active-duty training;
- Veterans assigned to a duty station in Bahrain, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, Somalia, or the United Arab Emirates after Aug. 2, 1990;
- Veterans assigned to a duty station in

Afghanistan, Djibouti, Egypt, Jordan, Lebanon, or Syria after Sept. 11, 2001; Veterans deployed in support of Operation Enduring Freedom, Operation Freedom's Sentinel, Operation Iraqi Freedom, Operation New Dawn, Operation Inherent Resolve, or Resolute Support Mission. Under the law, the VA Secretary has the authority to expand that list to include additional countries or operations in the future.

The new cohort of veterans will be placed in priority group 6, putting them in line for care ahead of individuals with no service-connected disabilities but still behind veterans with severe injuries and illnesses from their time in the military. Staffing and appointment availability will determine whether the new group of veterans can receive some or all of their health care through VA.

The designation will also drop co-pays for most inpatient care and some outpatient medical visits. Officials said veterans will remain in that priority group unless VA determines they are eligible to be moved up into a more advantageous category.

Details on the changes will be outlined on the department's website in early March.



**ARE YOU INTERESTED IN SUPPORTING AND
ADVERTISING WITH GPVSC....
CONTACT REBECCA LEWIS FOR DETAILS
406-395-5610**