



# Great Plains Veterans Services Center

*"Veterans helping Veterans for a better future"*

PTSD AWARENESS DAY

NOT ALL WOUNDS  
ARE VISIBLE

— JUNE 27 —

**JUNE  
2023**

**NEWSLETTER**

# G.P.V.S.C STAFF

Executive Director  
Chauncey Parker

Administrative Manager  
John Gardipee, Sr.

Veterans Transportation Manager  
TBD

VTS Administrative Assistant  
Tallis Caplette

Communications Specialist  
Becky Lewis

Finance Manager  
Marianne Capellen

Finance Clerk/HR Assistant  
Leo Johnson

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  
Wesley Old Coyote

Veterans Transportation Supervisor  
Browning Office  
Shane Sinclair

Veterans Service Drivers  
Browning Office  
Matt Webber  
Louis Pollock

Veterans Transportation Supervisor  
Ft. Belknap Office  
Francois Nelis

Veterans Service Driver  
Rocky Boy / Ft. Belknap  
Weston Sutherland

Food Service Operator  
Rocky Boy Office  
Coby Stump

Food Service Assistant  
Rocky Boy Office  
Brian Jones

Veterans Service Driver  
Ft. Belknap Office  
Verlin Littlelight

Graphic Designer  
Amber Lewis



## American Legion Post 67 Meeting

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

**Tuesday  
June 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](http://www.greatplainsveterans.org)

# 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 AND  
INSTAGRAM PAGES  
FOR UPCOMING BBQ'S  
AND OTHER EVENTS.**



### JUNETEENTH'S WORLD WIDE CELEBRATION

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.

From its Galveston, Texas origin in 1865, the observance of June 19th as the African American Emancipation Day has spread across the United States and beyond.

Today Juneteenth commemorates African American freedom and emphasizes education and achievement. It is a day, a week, and in some areas, a month marked with celebrations, guest speakers, picnics and family gatherings. It is a time for reflection and rejoicing. It is a time for assessment, self-improvement and for planning the future.

Its growing popularity signifies a level of maturity and dignity in America long over due. In cities across the country, people of all races, nationalities and religions are joining hands to truthfully acknowledge a period in our history that shaped and continues to influence our society today. Sensitized to the conditions and experiences of others, only then can we

make significant and lasting improvements in our society.

General Order Number 3 One of General Granger's first orders of business was to read to the people of Texas, General Order Number 3 which began most significantly with:

"The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired laborer."

The celebrations that followed the reading of the proclamation by General Gordon Granger began a tradition that has lasted for over one hundred and fifty five years, and today is hosted in cities across America and beyond. The JUNETEENTH.com website is dedicated to this celebration and to those who tirelessly contribute to its continued existence and growth.

### \$ GPVSC Weekly Raffle \$

**WIN!!!**  
**\$1,000 CASH**  
 SECOND CHANCE DRAWING  
**DRAWINGS \$100 CASH**  
**FRIDAY'S @ 3PM**



@GREATPLAINSVETERANS

WISHING ALL FATHERS A  
  
**HAPPY**  
 ★★★★★  
**FATHER'S**  
 ★★ DAY ★★  
  
 FROM EVERYONE AT GPVSC



GREAT PLAINS VETERANS SERVICES CENTER

## RAFFLE

DRAWING AT THE POW WOW IN AUGUST

1ST PRIZE	2ND PRIZE	3RD PRIZE
<b>\$10,000</b>	<b>\$5,000</b>	<b>\$3,000</b>

NAME | PHONE | ADDRESS | EMAIL



# WHAT THE END OF THE PUBLIC HEALTH EMERGENCY MEANS FOR VA



When the COVID-19 Public Health Emergency (PHE) expires on May 11, 2023, some of VA's pandemic-related authorities will expire as well. VA has been preparing for this moment for months, working to make this transition as seamless as possible for Veterans, their families, caregivers and survivors. VA is also working with our partners in the Administration and in Congress to extend or reinstate many of these authorities when possible.

As our nation enters this new moment, VA remains committed to delivering world-class care and benefits to all those we serve. If you are concerned about the expiration of any of these authorities, we encourage you to reach out to your local VA medical center, call 800-698-2411, or go to VA's Contact Us webpage. We will make sure that you get the care and support that you have earned.

Here is an overview of how the end of the Public Health Emergency will impact VA care and services:

**Return to in-person visits for Veteran Family Caregivers.** During the pandemic, VA relaxed requirements for in-person visits associated with VA's Program of Comprehensive Assistance for Family Caregivers (PCAFC) and instead conducted most of those visits virtually. These visits included initial home-care assessments, home care reassessments and wellness contacts. This flexibility will end on May 11, 2023. In-person visits have already resumed for most Veterans and family caregivers applying for or participating in PCAFC who require in-home visits. VA is actively communicating with all participating Veterans and caregivers to help them through this transition.

**Expanded use of VA Video Connect for telehealth.** Following expiration of the PHE, the Department of Health and Human Services will resume enforcement of HIPAA Rules regarding telehealth. VA will resume use of VA Video Connect as the primary video platform authorized for scheduled video telehealth visits. Webex will be authorized as an alternative platform for scheduled video telehealth visits under specified circumstances, such as when VA Video Connect is unavailable.

During the public health emergency, VA clinicians have been able to prescribe controlled medicines to Veterans following a telehealth examination without first having an in-person examination. DEA and SAMHSA have announced a temporary rule that will extend the current PHE related flexibilities for prescribing controlled medications, so VA's prescribing flexibility will not expire when the public health emergency ends. Additionally, DEA, in concert with HHS and in coordination with VA, has proposed rules for telemedicine flexibilities beyond the declared public health emergency.

**Impact on Veterans experiencing homelessness.** During the PHE, Veterans experiencing homelessness and those participating in HUD-VASH could receive additional direct support from VA—including assistance needed for the safety and survival of the Veteran (such as food, shelter, clothing, blankets and hygiene items), transportation needed to support the stability and health of the Veteran (such as for appointments with service providers, conducting housing searches, and obtaining food and supplies), communications equipment and services needed to support the stability and health of the Veteran (such as tablets, smartphones, disposable phones and related service plans), and more.

After May 11, 2023, Veterans will no longer be able to receive this type of direct support under this authority. Congress has proposed legislation that would authorize VA to continue providing the assistance described above after the end of the PHE, but for now, we are taking all possible steps to make this transition as smooth as possible for Veterans experiencing homelessness—including offering support through our Supportive Services for Veterans Families program, local Centers for Development and Civic Engagement (formerly Voluntary Service), and community partners.

For more information, email [HomelessVets@va.gov](mailto:HomelessVets@va.gov) or visit VA's webpage for homeless Veterans. Veterans can also still seek health care travel reimbursement if they're traveling for care at a VA health facility or for VA-approved care at a non-VA health facility and are eligible for travel pay. To apply for those benefits, visit the travel pay website.

Reinstatement of pre-pandemic deadlines for VA travel reimbursement.

Under the PHE, VA extended the deadline for Veterans and caregivers to apply for travel reimbursement for mileage and other travel expenses to and from approved health care appointments, meaning that Veterans could apply for these benefits beyond the normal 30-day window. This flexibility will end on June 9, 2023. After that date, Veterans submitting a claim for travel reimbursement will have to submit it within 30 days of their VA medical appointment. Veterans will also be required to submit beneficiary travel appeals within 365 days. To learn more about travel reimbursement and eligibility, visit the Beneficiary Travel Self-Service website.

**Removal of VA's legal authority to provide COVID-19 vaccinations to spouses, caregivers and Veterans not enrolled in VA health care.** During the PHE, VA was authorized to provide COVID-19 vaccinations to spouses, caregivers and Veterans who are not enrolled in the VA health care system. Following the expiration of the PHE on May 11, 2023, VA will no longer have this legal authority. Spouses, caregivers and Veterans not eligible for VA health care are encouraged to remain up to date with recommended vaccines and access COVID-19 vaccination in the community.

**THE COVID  
PUBLIC HEALTH  
EMERGENCY  
IS OVER**

**MAY 11, 2023**



# JUNE IS POST TRAUMATIC STRESS DISORDER (PTSD) AWARENESS MONTH

June is National Post-Traumatic Stress Disorder Awareness Month, and is intended to raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD, and help ensure that those suffering from the invisible wounds of war receive proper treatment.

Monday, June 27, 2022 is also PTSD Awareness Day.

Department of Veterans Affairs 2022 PTSD Awareness Month Calendar  
Spread the Word. Raise Awareness.

- June 1: Take the pledge to raise PTSD Awareness.
- June 2: Use the VA's PTSD image as your Social Media profile pic.
- June 3: Share resources like the Veterans Crisis Line.
- June 4: Download PTSD Coach or PTSD Family Coach apps.
- June 5: Text a Veteran.
- June 6: Like the VA's PTSD Facebook page.
- June 7: Get key information on trauma, PTSD and treatment.
- June 8: Find or host a PTSD Awareness Event.
- June 9: Share the VA's video about PTSD symptoms on Facebook.
- June 10: Learn about and compare PTSD treatment options.
- June 11: Take an online course or program.
- June 12: Share stories of Veterans who have been there.
- June 13: Subscribe to the VA's PTSD Monthly Update.
- June 14: Watch "What is PTSD?" PTSD

explained in 4 minutes.

- June 15: Share the VA's PTSD social media posts.
- June 16: Retweet one the VA's #PTSDAwareness tweets.
- June 17: Find a local PTSD therapist.
- June 18: Practice mindfulness.
- June 19: Ask a Veteran how they are doing.
- June 20: Follow the VA PTSD profile on Twitter.
- June 21: Read "Understanding PTSD and PTSD Treatment."
- June 22: Order the VA's "What is PTSD?" card to share.
- June 23: Share the VA's PTSD photo on Instagram.
- June 24: Hear what PTSD is like for family members.
- June 25: Learn how to talk to your Veteran about mental health care.
- June 26: Share the VA's PTSD webpage with a Veteran.
- June 27: Subscribe to the VA's PTSD YouTube Channel.
- June 28: Hear what PTSD is like for Veterans.
- June 29: Mail or give out an AboutFace postcard.
- June 30: Explore the VA's PTSD website to learn even more about PTSD.

In 2010, Senator Kent Conrad pushed to get official recognition of PTSD via a "day of awareness" in tribute to a North Dakota National Guard member who took his life following two tours in Iraq (S. Res. 541).

Staff Sergeant Joe Biel died in 2007 after suffering from PTSD; Biel committed suicide

after his return from duty to his home state. SSgt. Biel's birthday, June 27, was selected as the official PTSD Awareness Day, which is now observed every year.

In 2014, the Senate designated the full month of June for "National Post-Traumatic Stress Disorder Awareness Month" (S. Res. 481).

Whereas the designation of a National Post-Traumatic Stress Disorder Awareness Month will raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD, and help ensure that those suffering from the invisible wounds of war receive proper treatment. S. RES. 481

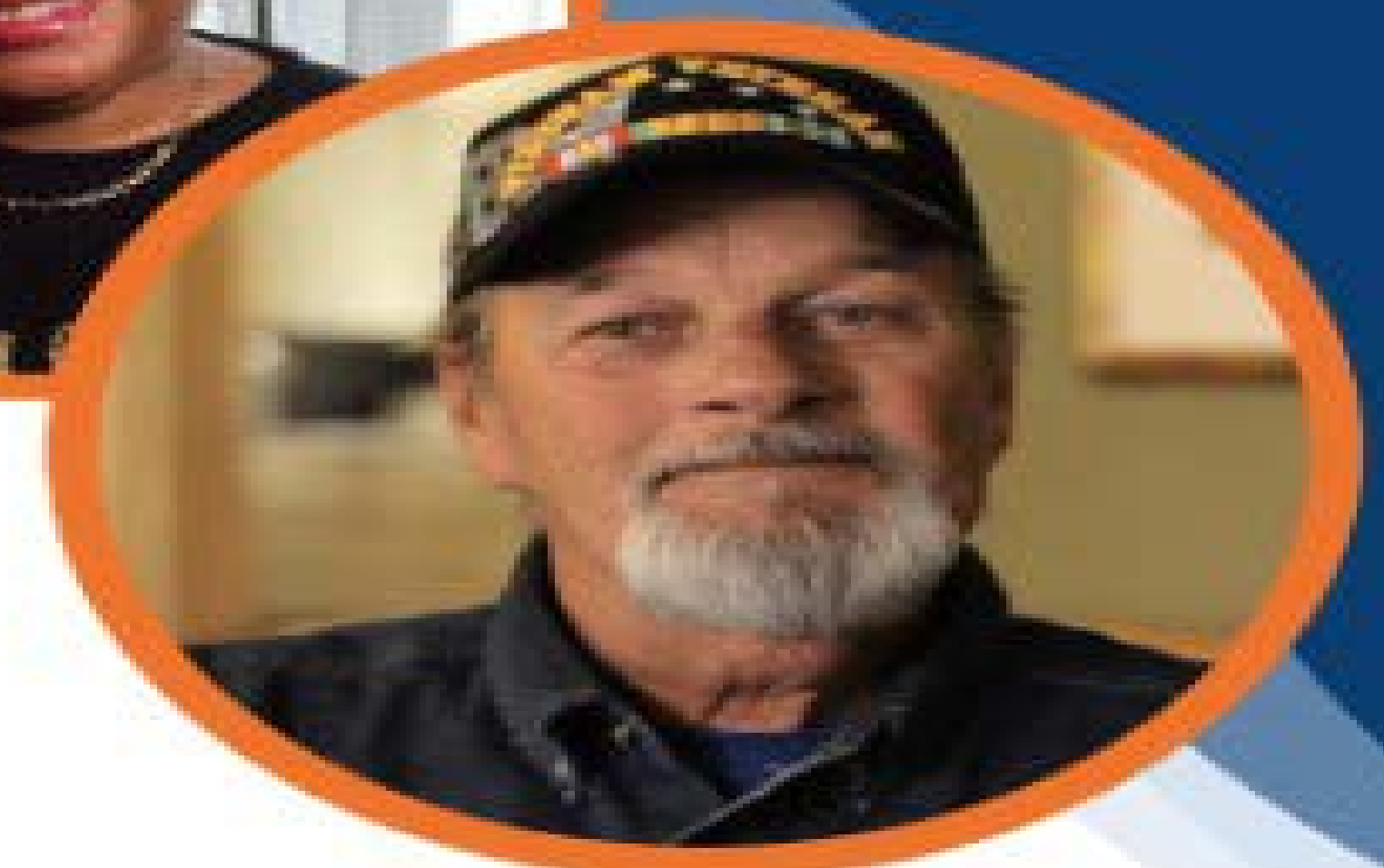
Get Treatment For PTSD-

Those who experience symptoms of PTSD or PTSD-like issues should seek help immediately. Department of Veterans Affairs medical facilities, private care providers, counselors, and therapists can all be helpful in establishing an initial care regimen or refer those suffering from PTSD to a qualified care provider.

The Department of Veterans Affairs has more information on help for PTSD on its' official site including help finding a therapist.

Those experiencing suicidal feelings or self-destructive urges should get help immediately. The Suicide Crisis Hotline (1-800-273-8255) has a specific resource for veterans and the Department of Veterans Affairs offers a Veterans' Crisis Hotline confidential chat resource.

## PTSD TREATMENT WORKS



## JUNE IS PTSD AWARENESS MONTH

# THANK YOU FOR ALL YOUR CONTINUED SUPPORT!



# SURVIVE AND THRIVE

YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE

## Veterans Crisis Line



DIAL 988 then  
PRESS 1

## SUICIDE PREVENTION COLUMN: LIVE WHOLE HEALTH #171: ROCKS AND PEBBLES A GROUNDING MEDITATION TO EASE DEPRESSION AND SUICIDAL THOUGHTS

By Marc Castellani, Ph.D., NBC-HWC--  
Whole Health Education Program Lead for  
the VHA Office of Patient Centered Care and  
Cultural Transformation

The demonstration begins with a pile of rocks,  
a pile of pebbles and a jar. The teacher pours  
the pebbles into the jar, which fills it up about  
halfway. She then tries to put the rocks in the  
jar, but they don't all fit.

The teacher takes everything out and starts  
again, but this time she puts the rocks in  
first. Once they're in the jar, she pours in the  
pebbles and everyone watches them fill the  
space between the rocks.

What are your rocks? What are the most  
important things you need in your life to feel  
healthy and well? Maybe it's relationships with  
your friends and family, or volunteering in  
your community, or being physically active  
every day. These are the things connected to  
your mission, aspiration or purpose—your  
MAP.

What are your pebbles? What's important to  
you but not vital? Maybe it's mowing the lawn,  
watching a ballgame or something else you'd  
like to do but isn't part of your MAP.

When you look at your daily calendar, are you  
focusing on your rocks? Or are your pebbles  
taking up most of the day? Do you find  
yourself trying to fit in what's most important

around what's less important?

Consider taking six minutes with Dr.  
Christiane Wolf in this grounding meditation  
and reflect on the rocks that make up your  
mission, aspiration or purpose. Maybe you'll  
find a way to build more of your time around  
what's most important to you.

There are many ways mindfulness, prioritizing  
what matters most, and how making small  
steps can lead to big changes in your overall  
health and well-being. Check out these brief  
educational resources or explore more short  
videos to learn more about the positive  
impacts of VA's Whole Health approach.

## SUICIDE PREVENTION IN THE LGBTQ+ VETERAN COMMUNITY

Many people don't think twice about scheduling an  
appointment with a doctor. Their biggest barriers may be  
insurance concerns or finding the time for a visit.

But what if you avoid seeking care because of historic  
attitudes toward your sexual orientation or gender  
identity? This is the situation many Veterans who identify  
as lesbian, gay, bisexual, transgender, queer or another  
minority orientation (LGBTQ+) face.

Further complicating matters is the fact that LGBTQ+  
people have greater rates of experiencing suicidality and  
suicide attempts than their non-LGBTQ+ peers, not due  
to their sexual orientation or gender identity but because  
of health care disparities and discrimination. LGBTQ+  
people are not inherently prone to suicide risk. Being  
aware of risk and protective factors can make it possible  
to provide appropriate and relevant emotional support  
when it's wanted or needed.

Listening to and validating someone's emotions are two  
quick ways to help in situations where someone needs  
support. Providers can also offer visible LGBTQ+  
affirming care and a welcoming environment. On a larger  
scale, there are things anyone can do to help LGBTQ+  
Veterans.

The first step  
Being affirming of Veterans' identities is essential. One  
difficulty in finding support for LGBTQ+ Veterans and to  
help lower their suicide risk is that many of their specific  
risk factors are directly related to discrimination, access  
to care and health equity issues. These things aren't easy  
to change immediately because they're part of a cultural  
bias toward LGBTQ+ Veterans. More importantly,  
community members and health care providers can  
address the barriers and discrimination LGBTQ+  
Veterans experience to help reduce this risk factor by

talking about why sexual orientation and gender identity  
matter in health care.

Being aware of other risk factors can empower LGBTQ+  
Veterans to get support. Here are some things to think  
about:

Loneliness and social isolation. Increased physical and  
emotional support from your family, friends, co-workers  
and others can lower suicide risk. Consider joining an  
LGBTQ+ Veteran group or one devoted to your hobby,  
or start a group if you can't find one. Veterans Service  
Organizations, such as local or national LGBTQ+  
Veteran groups, are also good places to find people who  
understand Veterans and the unique challenges they face.  
For more information, visit the VHA LGBTQ+ Health  
Program – Patient Care Services site.

Firearm ownership. Firearms are the leading cause of  
suicide among Veterans, and studies tell us LGBTQ+  
Veterans are twice as likely to own a gun (a significant  
independent risk factor for suicide) when compared to  
non-LGBTQ+ Veterans. Learn about safe and secure  
firearm storage to help lower your risk.  
Economic and social issues.

Homelessness, bias in the military and employment  
instability are just some factors that can increase suicide  
risk for LGBTQ+ Veterans. If you're a Veteran who  
is homeless or experiencing housing instability, find  
resources offered by VA's Homeless Programs. If you  
need help with job training, education, employment  
accommodations, resume development and job-seeking  
skills coaching, VA's Veteran Readiness and Employment  
program can offer assistance.

Sexual orientation and gender identity matter in health  
care.

LGBTQ+ Veterans face increased health risks and unique  
challenges in accessing affirming health care, especially if  
providers don't ask about sexual orientation and gender  
identity. VHA is working to assure that high-quality  
care—including suicide prevention—is provided to  
LGBTQ+ Veterans in a person-centered and respectful  
environment. Learn more about talking to your provider  
by reading these patient education brochures. Every  
facility has a local LGBTQ+ Veteran care coordinator  
(LGBTQ+ VCC).

Resources for Veterans and their loved ones  
You can find answers to frequently asked questions, how  
to upgrade your character of discharge from the military,  
and patient education information about health risks for  
specific subgroups of LGBTQ+ Veterans through VHA's  
LGBTQ+ Health Program.

Talk to your local LGBTQ+ VCC to find out what  
services are available at the facility nearest to you.  
We offer a range of resources available to all Veterans, not  
just those enrolled in VA benefits or health care:

- Veterans Crisis Line is a free, 24/7 confidential resource  
that connects Veterans and their loved ones to a caring,  
qualified responder. Dial 988 then press 1, chat online  
at the Veterans Crisis Line, or text 838255.
- VA Mental Health. VA's repository of mental health  
and suicide prevention resources, information and data  
materials.
- The National Resource Directory connects wounded  
warriors, Veterans, service members, their families  
and caregivers to national, state, and local services and  
resources.

If you care about a Veteran who identifies as LGBTQ+,  
you don't have to feel powerless. Small actions, like  
starting a conversation, can make a big difference.



# 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.**

## May'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

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

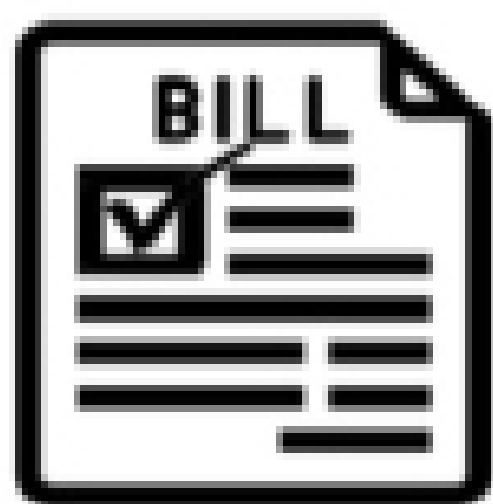
# June's 2022 Suduko Puzzle

Answer in July'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 FAREWELL AND GOOD LUCK TOM



Former Transportation Manager stated.

Thomas Lewis has served as the Veterans Transportation Manager since December 2020. He was instrumental in growing the Veterans Transportation Services program from a single office and serving three counties to five offices and serving 17 rural Montana counties and four Indian reservations.

During his time as the Transportation Manager, he grew the program and staff from three employees to nine. Under Tom's leadership, the program has served over 500 Veterans, logged over 192,000 miles, and made over 1000 trips.

Tom's commitment to and support of Veterans is in keeping with the GPVSC mission of Veterans helping Veterans for a Better Future.

"It was an honor to serve with Tom and see all the hard work he has done to bring the Transportation program to where it is today. He has built a rock-solid foundation for the organization to continue to build on," commented Chauncey Parker.

We would like to wish Tom Lewis our former Veterans Transportation Manager the best of luck in this new chapter in his life. Tom was offered a position through civil service with the Airforce. Tom retired with 24 years of service from the Airforce in 2014.

"I always felt a passion to help my brothers and sisters who sacrificed so much for our Country. To me the Veterans Center was a calling to help Veterans by making their lives a little better and easier. Now I feel that it is time for me to move on and open the door for someone new to add their ideas and vision to continue building this organization and providing services to better help serve our Amazing Veterans," Tom Lewis,

CONNECT TO OUR  
FACEBOOK PAGE FOR  
MORE NEWS AND UPDATES  
ABOUT THE 2ND ANNUAL  
VETERANS STAND DOWN  
AND THE UPCOMMING POW

## THANK YOU JOHN MITCHELL, FOR ALL YOUR DEDICATED WORK ON THE BOARD



John Mitchell was a founding board member of the Great Plains Veterans Services Center. During his tenure, he oversaw the transition of the organization from a single office in Rocky Boy to 5 offices serving 3 Indian reservations and 17 rural Montana counties, rebranding the organization and expanding the organization's programs.

John served for eight years on the board, from 2015-2023. He provided advice and knowledge that helped guide the GPVSC through various challenges over the years.

"His commitment to and support of Veterans has been significant in bringing the organization to where it is today," said Chauncey Parker.

## MEN'S HEALTH WEEK IS CELEBRATED THIS YEAR DURING JUNE 11TH- 17TH

June 1 Kicks Off Men's Health Month  
Father's Day is quickly approaching and now is the perfect time to encourage the men in your life to take care of themselves. The month of June is National Men's Health Month urges all boys and men to stay healthy by eating right, exercising and seeking regular medical checkups to prevent disease and injury so they may live long and healthy lives.

Men's Health Is A Family Issue, to quote Congressman Bill Richardson (Congressional Record, H3905-H3906, May 24, 1994): "Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters,

men's health is truly a family issue."

So the question is, what can men do to be healthier? The answer? Simple: Take action!

Eat healthy – add more fruits and vegetable into your diet and try to limit eating foods that are high in calories, sugar, salt and fat.

Get moving – make a personal goal to reach 2 ½ hours of physical activity per week. Participate in activities you enjoy will help you to stay motivated.

Quit tobacco- tobacco smoking is the number one preventable cause of death in the U.S. and the primary cause of COPD and lung cancer.

Make prevention a priority – schedule yearly checkups and regular health screenings with your doctor or local health department

Monthly testicular self-exams are important for the early detection of testicular cancer

June 27th is National HIV Testing Day and everyone between the ages of 13 and 64 should get tested for HIV at least once as part of their routine health care. Those who are at a higher risk for HIV should be tested more often. For free HIV testing, contact your local Health Department. Set an example – consistently pull the above healthy habits together and be a role model for those who may be watching you.

**FOLLOW US FOR NEWS AND UPDATES**



**WWW.GREATPLAINSVETERANS.ORG**

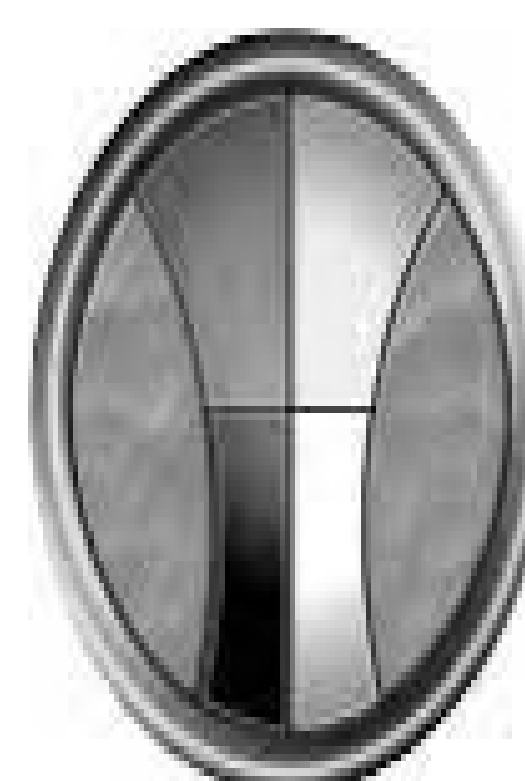




**THE GREAT PLAINS VETERANS SERVICES CENTER IS PROUD TO BE IN PARTNERSHIP OF THESE FOUNDATIONS.**



**BlueCross BlueShield of Montana**



**POTLATCH FUND**



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





# Community Events

Month of the Military Caregiver

National Military Appreciation Month

Public Service Recognition Week (PSRW)- First Full Week

National Correctional Officers Week- First Full Week

National Nurses Week- May 6th- May 12th

Armed Forces Week- May 13th- May 20th

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	2	3
					GPVSC Weekly Raffle Drawing	
4	5	6	7 VET CENTER 10am-3pm  Warrior Wednesday's Meet-N-Greet BBQ	8	9	10
		D- Day			GPVSC Weekly Raffle Drawing	
11	12	13	14 VET CENTER 10am-3pm Army Birthday US Flag Day  Warrior Wednesday's Meet-N-Greet BBQ	15	16	17
	Womens Veterans Day	American Legion Post 67 Meeting 6pm			GPVSC Weekly Raffle Drawing	
18 HAPPY FATHER'S DAY	19	20	21 VET CENTER 10am-3pm PTSD Event and Mens Health Fair  Warrior Wednesday's Meet-N-Greet BBQ	22	23	24
					Coast Guard Auxillary Birthday  GPVSC Weekly Raffle Drawing	
25	26 Rocky Boy GPVSC Office Closed until Noon	27 PTSD Awareness Day	28 VET CENTER 10am-3pm  Warrior Wednesday's Meet-N-Greet BBQ	29	30	
					GPVSC Weekly Raffle Drawing	

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# A GUIDE TO BETTER CYBER HYGIENE: WAYS TO PROTECT YOURSELF ONLINE

Cybercrime is on the rise, and everyone's a target. The challenges of staying ahead of cyber threats within your networks can feel like an overwhelming task, as there will continuously be developing risks that have the potential to disrupt or dismantle your online footprints. Hackers, advanced viruses, identity thieves and intelligent malware are all part of the hostile threat landscape, which leaves you exposed without exception when it comes to digital privacy.

While attempting to predict these threats can be taxing, preventing them is possible with cybersecurity best practices. Implementing best practices can maintain the safety of your identity so that pertinent account information can't be stolen or altered.

Best ways to stay safe  
Regularly using best practices can drastically improve the security of your online systems and information by being proactive against evolving cyber threats:

Enable an additional layer of security through two-factor authentication. Update your passwords by including upper and lowercase letters, numbers and symbols. Always clear your cookies and browser history to prevent autofill on your

device browsers. This will protect your information in case your device is lost or stolen.

Delete all unused applications and review the privacy permissions given to the apps you use. A good rule of thumb is to ask yourself whether the apps you're using need to have access to your location, photos and contacts. Learn more tips to help you understand and address this pervasive risk by checking out the VA Cybersecurity Checklist. It describes immediate ways you can improve cybersecurity by providing a deeper look into best practices, such as updating software and backing up your most critical files online and offline.

Cleaning up your digital life is one of the most practical, yet overlooked, ways to improve online safety. A decluttered digital presence can keep your accounts organized and manageable, giving you the power to ensure your data is only visible or accessible to authorized individuals.

Let's keep it clean  
Using cybersecurity best practices helps with account maintenance and security. By developing a security strategy that's personal to you, you can take precautions to help keep your sensitive data organized and protected from theft.

# 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

## \$ GPVSC Weekly Raffle \$

**WIN!!!**  
**\$1,000 CASH**

SECOND CHANCE DRAWING

**\$100 CASH**

**DRAWINGS FRIDAY @ 3PM**

**@GREATPLAINSVETERANS**

# ATTENTION!!!!

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



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