



Great Plains Veterans Services Center

"Veterans helping Veterans for a better future"

WHAT IS A VETERAN?



A VETERAN
-WHETHER ACTIVE
DUTY, DISCHARGED,
RETIRED, OR
RESERVE- IS
SOMEONE WHO,
AT ONE POINT
IN THEIR LIFE,
WROTE A BLANK
CHECK MADE
PAYABLE TO THE
"UNITED STATES OF
AMERICA" FOR AN
AMOUNT OF "UP TO
AND INCLUDING
THEIR LIFE..."

THAT IS HONOR

November
2022

NEWSLETTER

G.P.V.S.C STAFF

Executive Director Chauncey Parker	Veterans Service Driver Rocky Boy Office Weston Sutherland
Administrative Manager John Gardipee, Sr.	Veterans Transportation Supervisor Browning Office Shane Sinclair
Veterans Transportation Manager Thomas Lewis	Veterans Service Drivers Browning Office Matt Webber Louis Pollock
Transition Assistance Coordinator John Gardipee, Jr.	Veterans Transportation Supervisor Ft. Belknap Office Francois Nelis
Communications Specialist Becky Lewis	Veterans Service Driver Rocky Boy / Ft. Belknap Keith Billy
Finance Manager Marianne Capellen	Veterans Services Driver Scobey Office Marshall York
Finance Clerk/HR Assistant Cassie Morsette	Graphic Designer Amber Lewis
Elderly Veterans Outreach Coordinator Donald Meyers	
Veterans Outreach Coordinator Niles Wolf Chief	



American Legion Post 67 Meeting

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

**Tuesday
November 8th
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
Joseph Eagleman Board Treasurer	Brandi King Member-at-Large

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

HAVRE'S DISPLAY OF JASON GEER'S VETERAN'S LIFESTYLE PROJECT

Jason Geer, a local photographer, has been working on a project to help preserve Veteran history and create a visual archive of veterans and their passions, in hopes to dispel many of the stereotypes associated with being a Veteran. Jason will be displaying his photos from his recent Veterans Lifestyle Project to showcase veterans doing something they are passionate about. Framed prints will be available for purchase after the show. Any items not purchased will be moved to the Veteran's Lounge at MSU-Northern.

When: Veteran's Day Friday, November 11th, 2022

Where: Crawfords Distillery, Formerly the VFW

Doors open at 3:00pm and the show begins at 5:30pm



"A year in the making, the Veteran Portrait Project is in the final stages and coming together nicely. Showcasing local veterans, I aim to tell a story about their passion in a lifestyle portrait. The show is set for Veteran's Day, November 11th at Crawford's Distillery in Havre. Doors open at 3:00 pm with the unveiling at 5:30 pm of 28 unique veteran portraits with each telling a different story about their passions and hobbies. There is no cost to attend however donations will be accepted and applied to a local veteran project. Crawford's has graciously offered to donate \$1.00 per drink purchased. I am looking forward to telling everyone about the amazing things that our veterans do in our community." -Jason Geer

Employee Spotlight



This month's employee spotlight is highlighting Weston Sutherland. Weston started working for GPVSC through the WIOA Summer Youth Supportive Program. Once he completed the program, he was hired as a GPVSC employee. Since becoming an employee Weston has achieved some personal goals and got his drivers license.

Weston is the newest and youngest service driver for the Great Plains Veterans Services Center main office in Rocky Boy. Weston handles all the local runs for the veterans center that cover Hill and Blaine counties. He has also covered transports to Great Falls, Frazer, and Roundup. Weston is a man of many hats. He also takes care of the admin duties, makes sure the flags are put up and taken down every day, assists with the food truck and makes sure our vending machine is well stocked.

"You never know how much Weston actually does until he isn't here to do it. He is a great asset to GPVSC Team," said Transportation Manager Thomas Lewis.

When Weston isn't at work he enjoys listening to music and making voice imitations. "I love working at GPVSC because it allows me to learn new things everyday and be able to provide for myself and my household," remarked Weston.

Communications Specialist, Becky Lewis stated, "Weston is such a joy to have around the office, he always has a smile on his face and is ready to help brighten someone's day."

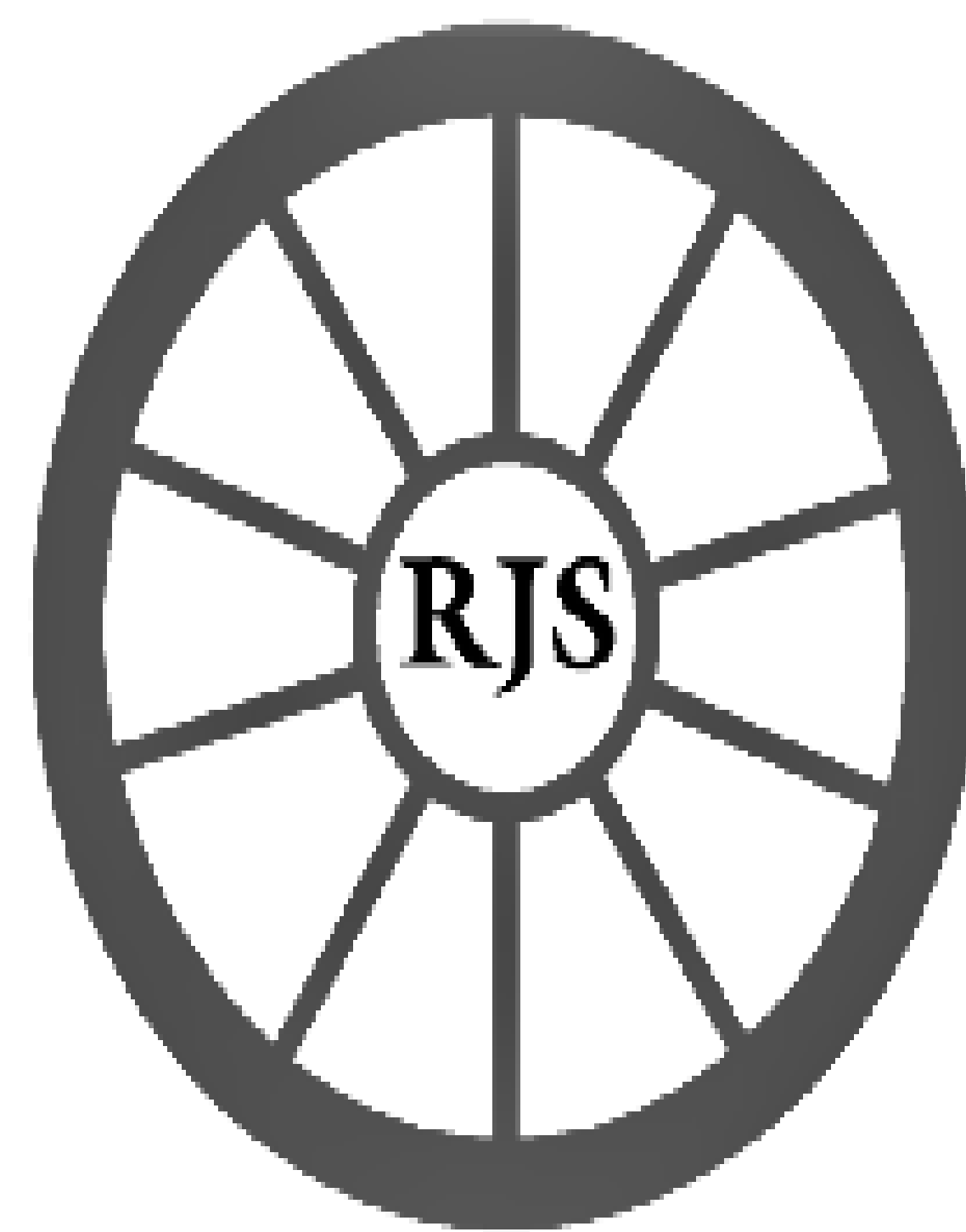
WIOA SUMMER YOUTH SUPPORTIVE PROGRAM

Chippewa Cree Tribe, WIOA Summer Youth Supportive Program (WSYSP) is a youth program funded by the Department of Labor. This program aims to teach our youth work skills and awareness of education and career goals.

- The youth learn to get up in the morning and be to work on time.
- They learn to follow directions.
- They learn respect for each other and listen to their supervisors.
- Which also gives them a chance to earn an hourly wage.

Some jobs the youth participated in this summer included chopping wood, stacking it for the elder Veterans, food truck, receptionist, filing, building picnic tables, some work with cement and cleaning the Veteran Cemetery. We are very proud of the many youth that chose to be in the program and we look forward to working with more youth again.

To learn more contact Kay Azure at The Chippewa Cree Tribe WIA Education & Training Office (406)395-5275.



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DIABETES EDUCATION TO PROTECT TOMORROW

Diabetes is a chronic disease in which the body cannot produce or properly use insulin. Normally, insulin brings sugar out of the bloodstream and into cells. If the body cannot make insulin or does not respond to it, the sugar stays in the bloodstream. As a result of high blood sugar levels, damage eventually occurs to blood vessels and organs.

More than 30 million Americans have diabetes, according to the Centers for Disease Control and Prevention, and 84 million more Americans are at risk to develop the disease. Many Veterans have the disease, including some who developed it as a result of being exposed to herbicides while serving in Vietnam.

Symptoms of diabetes include blurry vision, excessive thirst, fatigue, frequent urination, hunger, and weight loss. Persons with diabetes

need to have their hemoglobin A1c levels checked every three to six months.

A1c is a measure of average blood glucose during the previous two to three months. It is one of the markers, along with blood pressure and cholesterol control, of good diabetes care.

There are three major types of diabetes. Type 1 diabetes is usually diagnosed in childhood. In this type of diabetes, the body makes little or no insulin, so daily injections of insulin are needed.

Type 2 diabetes usually occurs in adults. In this type of diabetes, the pancreas does not make enough insulin to keep blood glucose levels normal, often because the body does not respond well to insulin. Between 90 and 95 percent of adults

PACKING YOUR DIABETES TOOLKIT

Do you find it hard to keep track of your supplies? Forget them when you need them most...

Make it easy by putting together a diabetes toolkit. Find a small makeup or travel bag. Then fill it with what you need to care for your diabetes. The list of supplies below can help you get started.

What to include in your toolkit? Talk with your doctor for help packing your Diabetes Toolkit that is best tailored to you and your situation.

- Extra insulin, syringes, pens, or insulin pump supplies
- Other medicines you take for diabetes-related problems
- A letter from your doctor describing your diabetes care, as well as copies of all prescriptions
- The pharmacy label that came with your insulin. This is needed for air travel.
- Fast-acting sugar such as glucose tablets for low blood sugar
- Glucagon for severe low blood sugar, when you can't safely swallow
- A blood sugar meter, lancing device, test strips, and a log book
- Extra batteries for your meter
- An ID card that says you have diabetes and lists emergency contact numbers



HEALTHY MEAL PLANNING TIPS FOR ONES LIVING WITH DIABETES

You can help keep your blood sugar level in your target range by eating healthy foods. Your healthcare team can help you create a low-fat, nutritious meal plan. Take an active role in your diabetes management. Follow your meal plan and work with your healthcare team.

A meal plan gives guidelines for the types and amounts of food you should eat. The goal is to balance food and insulin (or other diabetes medicines). That way, your blood sugars will be in your target range. Your dietitian will help you make a flexible meal plan that has many foods that you like.

Your meal plan will group foods by servings. To learn how much a serving is, start by measuring food portions at each meal. Soon you'll know what a serving looks like on your plate. Ask your healthcare provider about how to balance servings of different foods.

The basis of a healthy meal plan is eating lots of different foods.

Choose lean meats, fresh fruits and vegetables, whole grains, and low-fat or nonfat dairy products. Eating a wide variety of foods gives your body the nutrients it needs. It can also keep

you from getting bored with your meal plan.

Learn about carbohydrates, fats, and protein

Carbohydrates (carbs). These are starches, sugars, and fiber. They're found in many foods. These include fruit, bread, pasta, milk, and sweets. Of all the foods you eat, carbs have the most effect on your blood sugar. Your dietitian may teach you about carb counting. This is a way to figure out the number of carbohydrates in a meal. Healthier carbs are absorbed more slowly. They don't raise your blood sugar as much.

Fats. These have the most calories. They also have the most effect on your weight and your risk of heart disease. When you have diabetes, it's important to control your weight and protect your heart. Foods that are high in fat include whole milk, cheese, snack foods, and desserts. You can eat more of the heart-healthy fats such as avocados, salmon, tuna, and olive oil.

Protein. This is important for building and repairing muscles and bones. Choose low-fat protein sources, such as fish, egg whites, and skinless chicken.

Extra calories from sodas, sports drinks, and fruit drinks make it hard to keep blood sugar in range. Cut as many liquid sugars from your meal plan as you can.

This includes most fruit juices. They are often high in natural or added sugar. Instead, have plenty of water and other sugar-free drinks.

Eat less fat... if you need to lose weight, try to reduce the amount of fat in your diet. This can also help lower your cholesterol level to keep blood vessels healthier. Cut fat by using only small amounts of liquid oil for cooking. Read food labels carefully. Stay away from foods with unhealthy trans fats.

When it comes to blood sugar control, when you eat is as important as what you eat. You may need to eat several small meals spaced evenly throughout the day to stay in your target range. So don't skip breakfast or wait until late in the day to get most of your calories. Doing so can cause your blood sugar to rise too high or fall too low.

Here are some examples of snacks with less than 5 grams of carbohy-

drates

- 1 piece of string cheese
- 3 celery sticks plus 1 tablespoon of peanut butter
- 5 cherry tomatoes plus 1 tablespoon of ranch dressing
- 1 hard-boiled egg
- 1/4 cup of fresh blueberries
- 5 baby carrots
- 1 cup of light popcorn
- 1/2 cup of sugar-free gelatin
- 15 almonds

Snacks with about 10 to 20 grams of carbohydrates

- 1/3 cup of hummus plus 1 cup of fresh cut nonstarchy vegetables (carrots, green peppers, broccoli, celery, or a mix)
- 1/2 cup of fresh or canned fruit plus 1/4 cup of cottage cheese
- 1/2 cup of tuna salad with 4 crackers
- 2 rice cakes and a tablespoon of peanut butter
- 1 small apple or orange
- 3 cups light popcorn
- 1/2 of a turkey sandwich (1 slice of whole-wheat bread, 2 ounces of turkey, and mustard)

Portion sizes are important to controlling your blood sugar and staying at a healthy weight. Stock up on healthy snack items so you always have them on hand.

THE IMPORTANCE OF CARING FOR YOUR FEET WITH DIABETES



DIABETES FOOTCARE

TIPS TO HELP SAVE YOUR FEET

which control the moisture on your skin. Toenail fungal infections may lead to more serious bacterial infections. In certain cases, you will be asked to walk a short distance. This is done to check for bone, joint, and muscle problems.

If needed, your healthcare provider will suggest certain tests to learn more about your feet. These include:

- Doppler tests. These measure blood flow in the feet and lower leg.
- X-rays. These can show bone or joint problems.
- Other imaging tests. These may include an MRI, bone scan, and CT scan. These can help show bone infections.
- Other tests. These may include vascular tests. These tests study the blood flow in your feet and legs. This is done by comparing the blood pressures in your arm and ankle. You may also have nerve studies to learn how sensitive your feet are.

Based on the evaluation, your doctor will create a foot care program for you. This may be as simple as starting a daily self-care routine. And changing the types of shoes you wear. It may also include treating minor foot problems, such as a corn or blister. In some cases, surgery will be needed to treat an infection, or to treat mechanical problems, such as claw toes and hammer toes.

When you have diabetes, it's easier to prevent problems than to treat them later on. So see your healthcare team for regular checkups and foot care. Your healthcare team can also help you learn more about caring for your feet at home. For example, you may be told to not walk barefoot, even in your home. Or you may be told you need special footwear to protect your feet.

Foot problems can happen quickly. So follow your healthcare team's schedule for regular checkups. During office visits, take off your shoes and socks as soon as you get in the exam room. Ask your healthcare provider to check your feet for problems. This will make it easier to find and treat small skin issues before they get worse. Regular checkups can also help keep track of the blood flow and feeling in your feet. You may have pain or lack of feeling in your feet (neuropathy). Then you'll need

checkups more often.

If you notice any of these changes, it's a good idea to see your doctor:

- Thickened or yellow toenails
- Fungus infections, like athlete's foot
- A blister, sore, or corn
- An ingrown toenail
- Pain in your legs or feet
- Numbness (pins and needles) or swelling
- Hair loss on your toes, feet, and legs

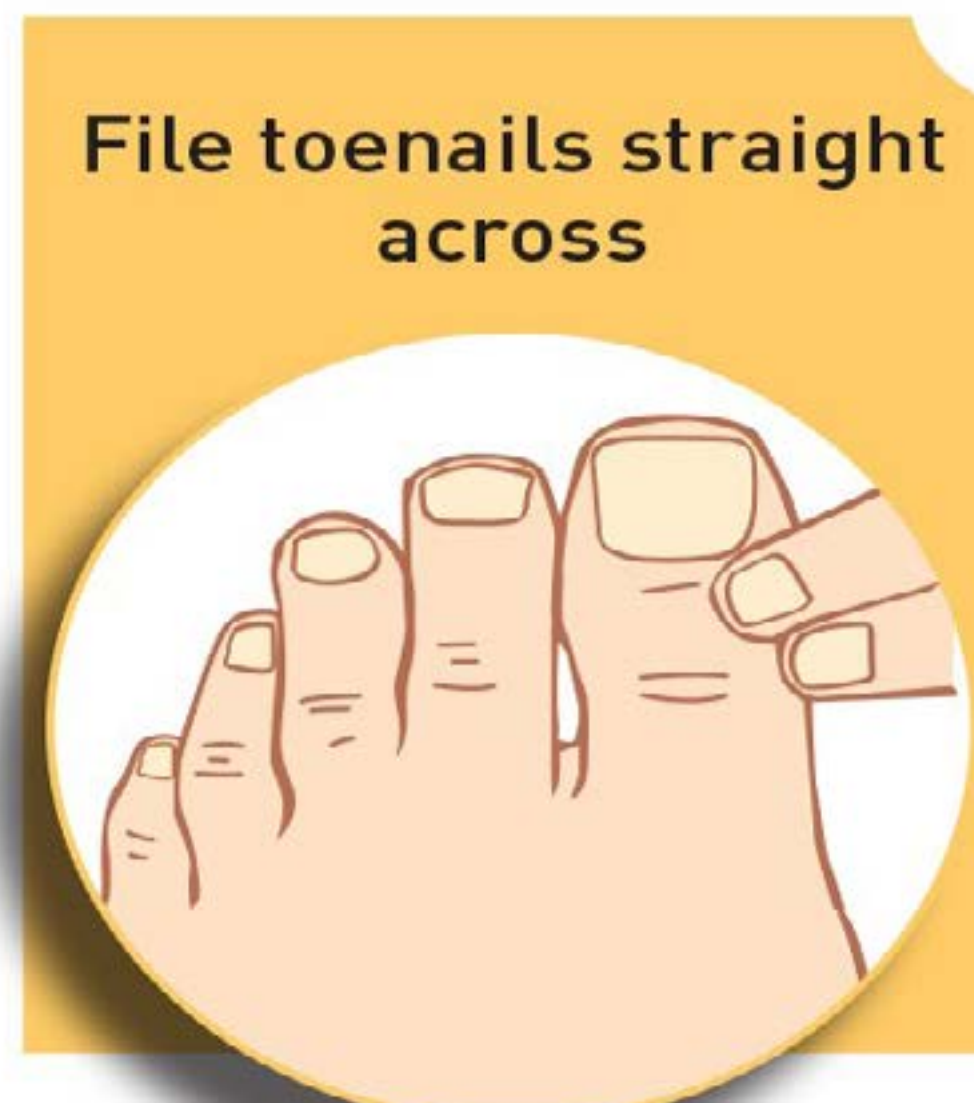
The more you know about diabetes and your feet, the easier it will be to prevent problems. Your healthcare team can teach you how to check your feet every day. And teach you to look for warning signs. They can also give you other foot care tips. Before your office visits, write down any foot care questions you have, so you are prepared to ask once at the office.



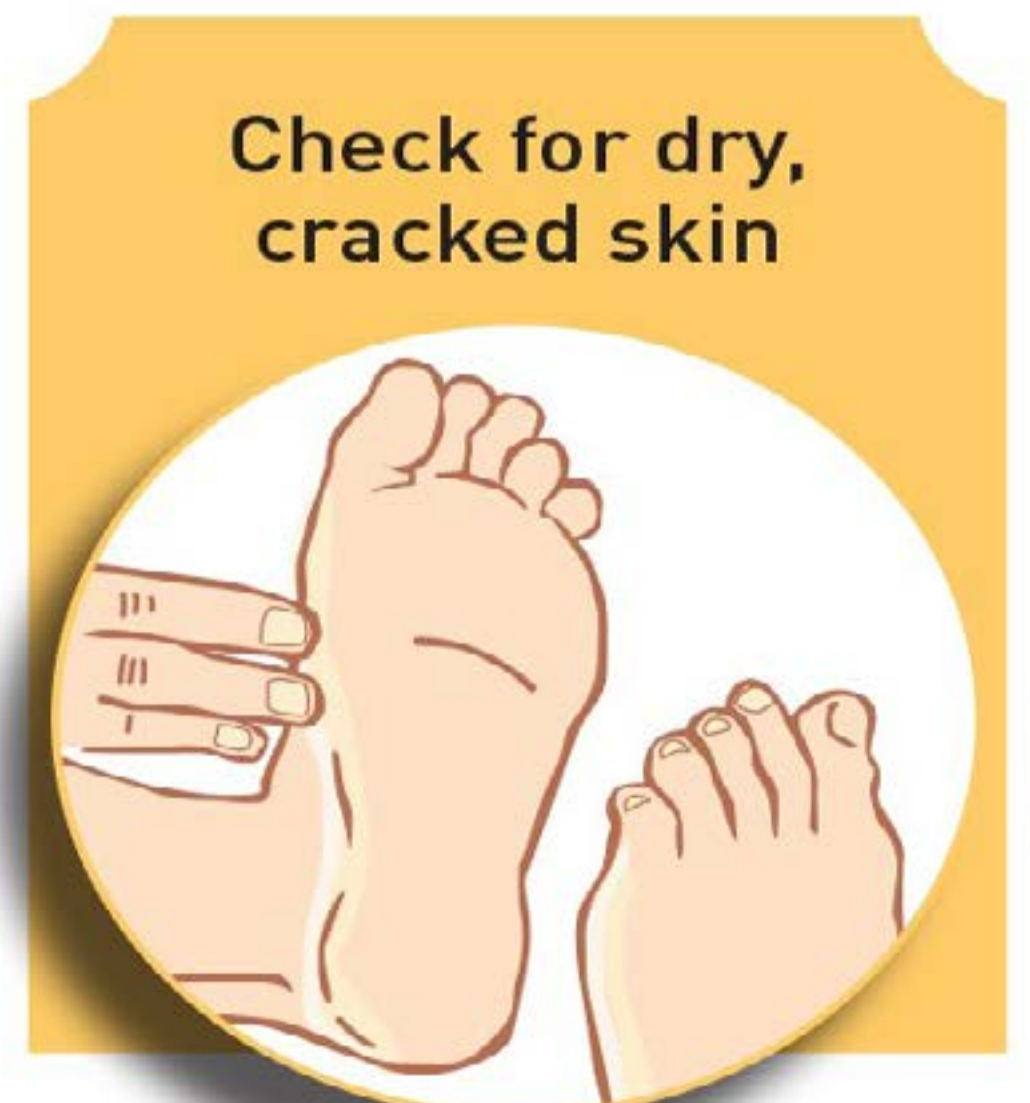
Wash daily



Dry well especially between toes



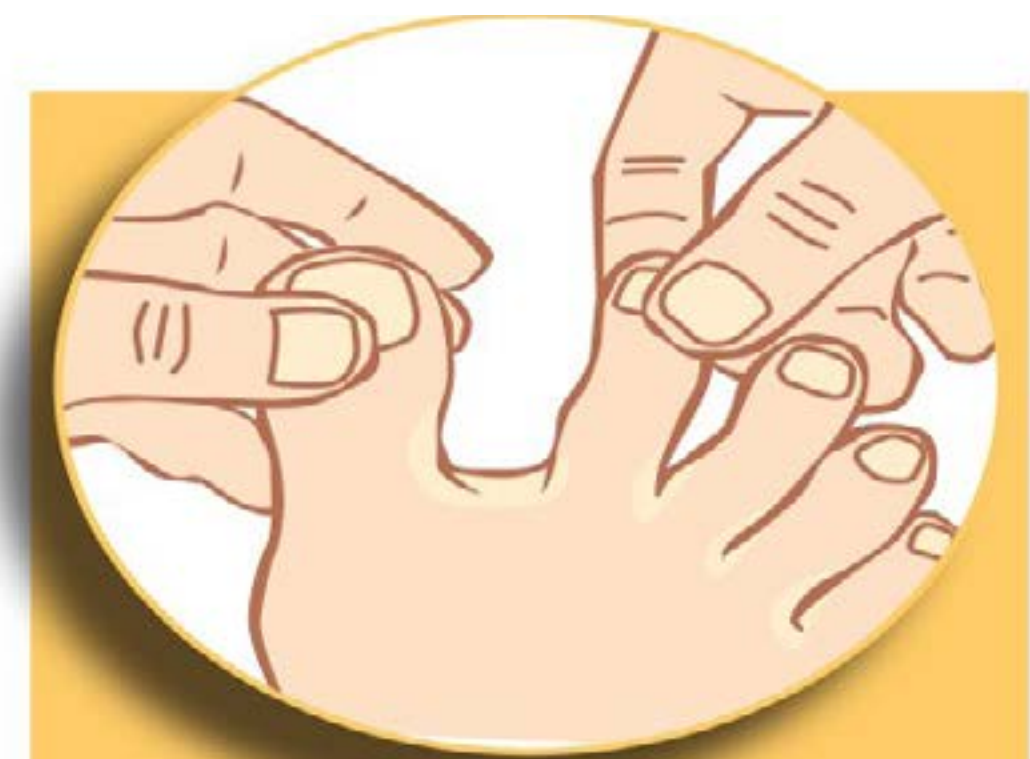
File toenails straight across



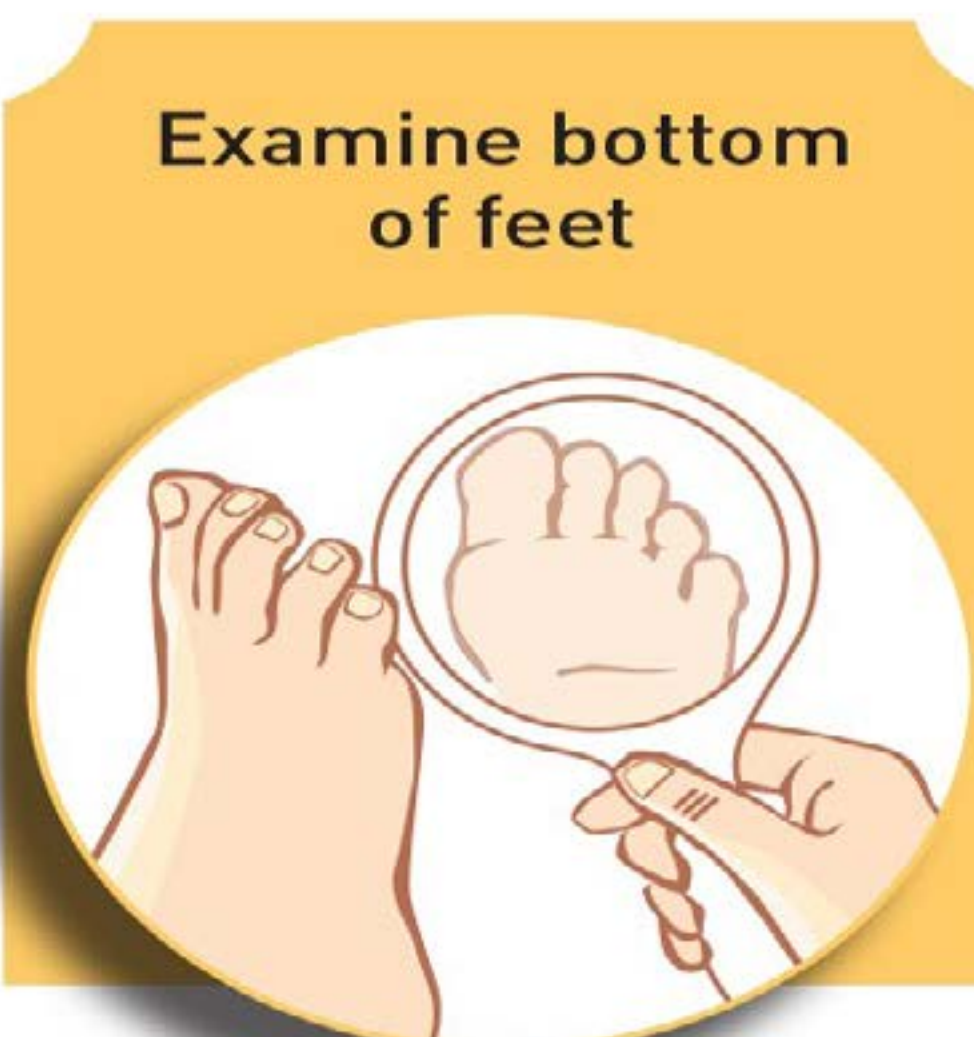
Check for dry, cracked skin



Feel for bumps or temperature changes



Look between toes; check each toenail



Examine bottom of feet



Track what you find

THANK YOU FOR ALL YOUR CONTINUED SUPPORT!

CONTINUED EFFORTS TO BRING EVERY POW AND MIA SERVICE MEMBER HOME

When service members take an oath to defend the Constitution of the United States, they do so knowing that they may be called upon to make great sacrifices to ensure and sustain our shared values. These patriots accept those risks and rush to fulfill the mission, no matter how harsh or dangerous the conditions. They embody the best of the American spirit. For the families and friends who wait at home, anxious for news of their loved ones, these sacrifices can cause great pain. For the families of the more than 81,600 service members who remain missing in action — the pain and grief is compounded by a lack of closure, and the hope that their sons and daughters, sisters and brothers, parents, and grandparents will one day return home.

On National POW/MIA Recognition Day, we remember the debt we owe to them and to their families. We pay tribute to our former prisoners of war and recommit to the difficult but essential task of seeking out answers for the families of those still missing. We will always remember and honor our Nation's prisoners of war and those still missing in action, and keep faith with our promise as a Nation to bring all of our heroes home. Every day, the iconic black and white flag — a powerful symbol in recognition of the heroism and sacrifice of American POWs and MIAs — is flown above the White House. It is a mark of reverence and of solidarity with all those who await answers. Each day, this flag flies over memorials and cemeteries, on military installations, at local post offices, and on the front lawns of homes across the Nation. This flag remains a symbol of America's commitment to honor the sacrifices of all those who serve.

My Administration is committed to recovering and identifying Americans missing from prior conflicts. Our efforts are global, and we are thankful for the continued cooperation

of all partner nations who advance these humanitarian efforts on behalf of American families. Loss and grief are hard enough without the added and too often prolonged pain of uncertainty. But this much is certain: the United States will never abandon the search for our service members missing and unaccounted for in overseas wars. They will never be forgotten. During National POW/MIA Recognition Day, our Nation conveys eternal gratitude to those who endured enemy captivity and those who made the supreme sacrifice and have yet to return home. We will stand with these heroes, who gave their all to protect and preserve our freedoms, and their families, who have kept the faith and longingly pursued answers across these many decades.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim September 17, 2021, as National POW/MIA Recognition Day. Along with my fellow Americans, I salute our former POWs who overcame unspeakable indignities to return home with honor. For those who made the ultimate sacrifice and never came home, America will work tirelessly to provide their families and our Nation the fullest possible measure of accounting. I urge all Americans to observe this day of honor and remembrance with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this sixteenth day of September, in the year of our Lord two thousand twenty-one, and of the Independence of the United States of America the two hundred and forty-sixth.

JOSEPH R. BIDEN JR.

SUICIDE PREVENTION COLUMN

Suicide is a tragic reality that is affecting a number of your family, friends, and neighbors. Many are suffering from mental health conditions and despair that can often lead to attempts to take their own lives. There are steps we can take to tackle the crisis and get our loved ones struggling in our communities the help they need.

The hope is to remove the stigma from disclosing mental health issues and to empower those in need of support and treatment to seek it. It's OK to talk about it-- and in doing so can lead to life saving outcomes.

This is not just a challenge that affects a particular demographic... it touches people in all walks of life. Veterans are a demographic that often gets hit pretty hard. Our Nation's Veterans, can often find themselves in a dire mental health crisis. Many who have served can bring back invisible wounds of war that can manifest in a variety of different ways.

The suicide statistic rates across all demographics are mind blowing. As a community there are things we are able to do to help. Understanding who is at risk is just one piece to the larger issue to preventing suicide. Trying to make resources and appropriate care available to all vulnerable populations is our next step.

988 is a National Suicide Hotline that is a quick and convenient way to connect any American who calls or texts to a trained crisis counselor. This critical tool can make a difference in the lives of those who are moments away from a tragic decision, by providing free and confidential guidance.

Coming together to confront this issue is what it takes to make a difference. Join us by empowering our community to talk about it and get the help they deserve.

VETERANS UNEMPLOYMENT UNDER 3% FOR SEVENTH MONTH IN A ROW

The veterans unemployment rate stayed below 3% for the seventh consecutive month in September, continuing the best stretch for veterans job prospects in America in more than 20 years.

Officials from the Bureau of Labor Statistics announced on Friday that an estimated 2.6% of veterans seeking steady employment were unable to find jobs last month. That translates into about 229,000 veterans across the country. The figure was up slightly from August (2.4%) but was still the third-lowest monthly figure for veterans unemployment in the last three years. The figure had peaked as high as 11.7% at the start of the Covid-19 pandemic in America in spring 2020.

The last time the veterans community saw comparably low unemployment estimates was in 2000, when BLS reported the rate was below 3% for eight out of nine consecutive months. Economic experts have warned about drawing

conclusions from a single month of veterans employment data because of potential volatility in how BLS samples the population in their research and calculates their estimates.

But the average unemployment rate for veterans in the first nine months of 2022 now sits near 2.8%, significantly lower than the 4.6% reported by Labor Department experts for all of 2021. As they have historically, veterans continue to outperform civilians without military experience in the job market. The national unemployment rate was 3.5%, matching its lowest mark since 2019.

Labor Department officials said the American economy added about 263,000 new jobs last month. Veterans of the Iraq and Afghanistan War era make up the largest portion of the veteran workforce, representing almost half of the 8.5 million veterans employed.

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.

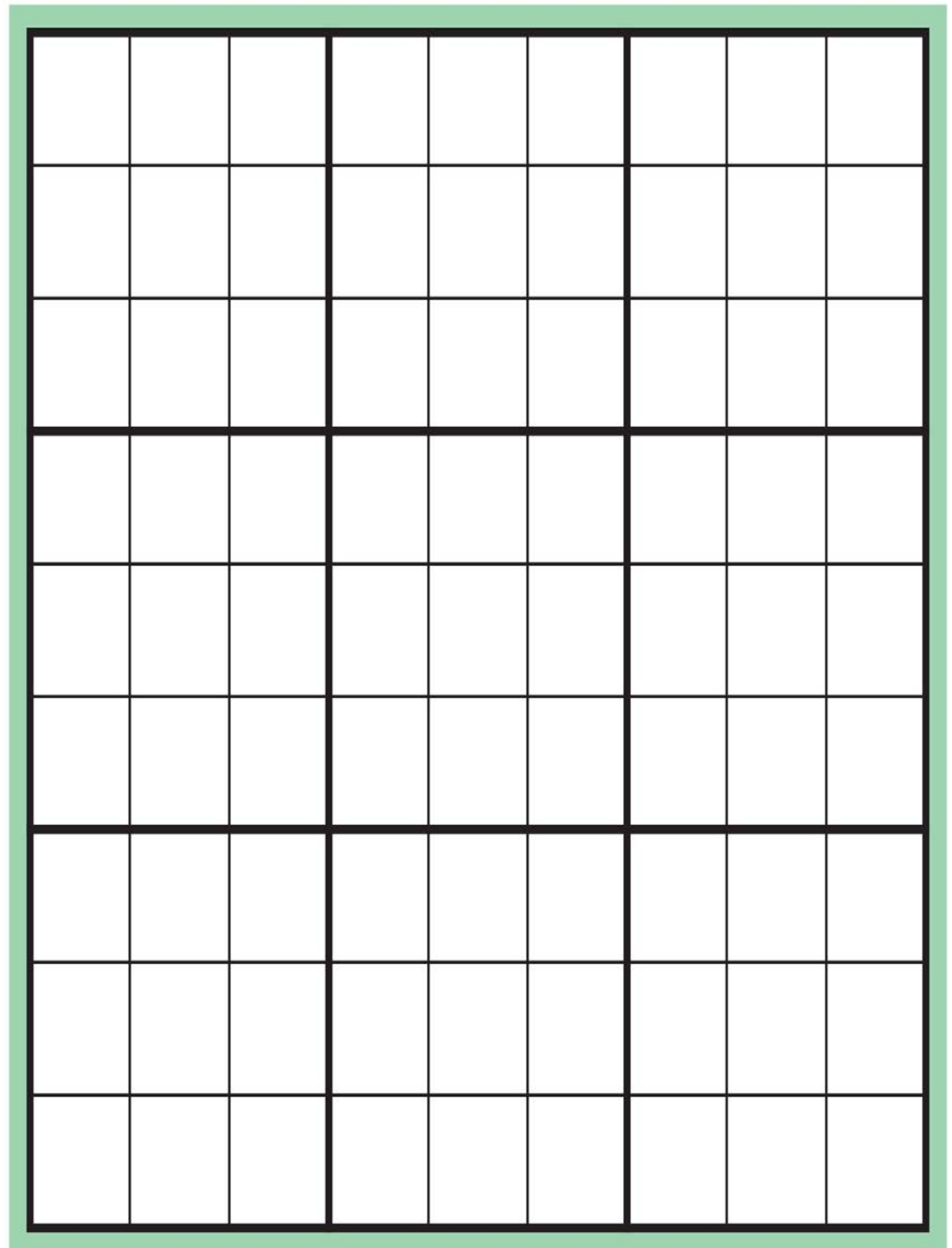
October's Answers

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

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

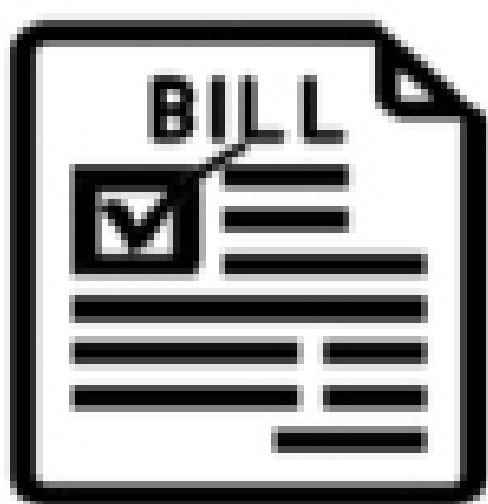
November 2022 Sudoku Puzzle

Answer in December's Newsletter



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



"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 MONTHLY NEWS

Approximately 35.3% of Veterans enrolled in VA benefits live in rural and highly rural areas, which can make it difficult to access the high-quality VA medical care they deserve. Although there may be many obstacles prohibiting these Veterans from obtaining medical care, distance and transportation are cited as being the most common. A top VA priority is to increase access to VA medical care and services for all Veterans, regardless of where they live. VA is accomplishing this in a three-pronged effort: facilities, programs, and technology. The Highly Rural Transportation Grants (HRTG) program assists Veterans in highly rural areas with their transportation needs to and from a VA or VA-authorized medical facilities.

For Veterans

The HRTG program increases access to transportation to VA or authorized non-VA medical facilities for Veterans who live in highly rural areas. By providing grants to eligible organizations, the HRTG program enhances transportation efforts through VSOs and State Veteran Service Agencies, expanding the coordination of transportation resources. This enables transportation for Veterans in highly rural areas who might otherwise be unable to access VA medical care because of where they live. These Veterans can contact GPVSC's Transportation Manager, Thomas Lewis (406) 265-5910 to arrange for transportation to a VA or VA-authorized medical facilities.

VETERANS SUPPORT SERVICES NEWS

A DD Form 214 proves military service. Obtaining a copy is essential if you want access to many of the benefits and services available to you. Often referred to as the Report of Separation (freedom documents, promotion to Mr. or Ms. citation, authorization for liberal grooming standards, etc...), this document contains very important information necessary for accessing benefits, retirement, employment, and membership in Veterans Service Organizations.

Information shown on the Report of Separation may include the service member's:

- Date and place of entry into active duty
- Home address at time of entry
- Date and place of release from active duty
- Home address after separation
- Last duty assignment and rank
- Military job specialty
- Military education
- Decorations, medals, badges, citations and campaign awards received
- Total creditable service
- Foreign service credited
- Separation information (date and type of separation, character of service, authority and reason for separation and separation and reenlistment eligibility codes)
- The report of separation form issued in most recent years is the DD Form 214, Certificate of Release or Discharge from Active Duty.

Contact our office and we can facilitate the retrieval of your DD214.



VETERAN'S DAY

We THANK YOU...

Honoring all that served with a **FREE LUNCH** on **Thursday, November 10th** at noon.

GREAT PLAINS VETERANS SERVICES CENTER
46 VETERANS PARK RD



MONDAY

11.14.22

10:00 AM



Join us for a
**DIABETES
AWARENESS
VETERAN WALK**



**GREAT PLAINS
VETERANS
SERVICES CENTER
MEMORIAL PARK**

Lunch & Beverages will be served after the Walk.

#WorldDiabetesDay

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



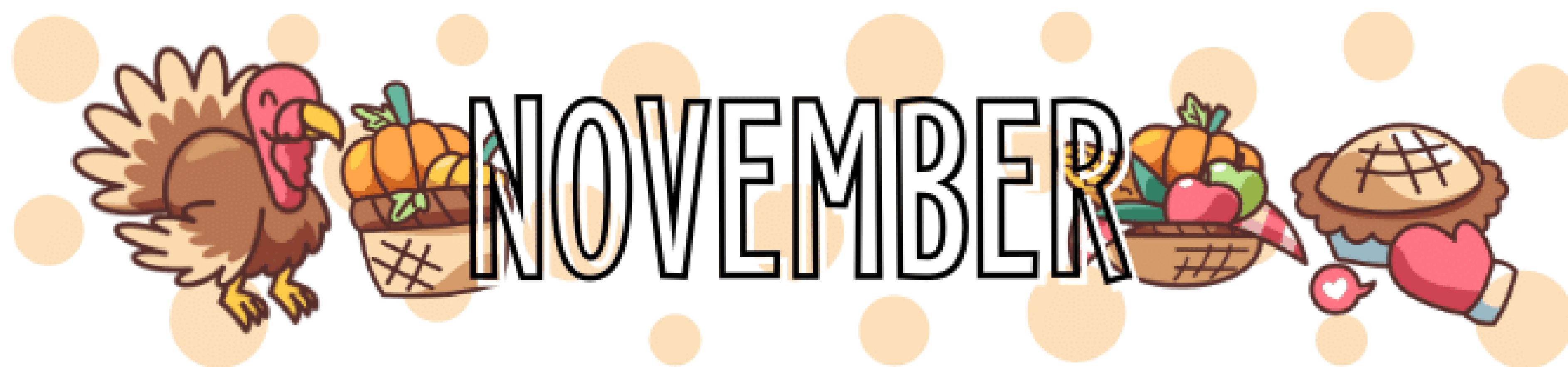
POTLATCH FUND



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

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 VET CENTER 10:30am-2:30pm	2	3	4 Happy Birthday Chauncey! GPVSC Weekly Raffle Drawing	5
6 Happy Birthday Rebecca! Day Light Savings Time Ends	7	8 VET CENTER 10:30am-2:30pm American Legion Post 67 Meeting 6pm	9	10 Veterans Day Lunch at 12pm Marine Corps Day/ Birthday GPVSC Weekly Raffle Drawing	11 All GPVSC Offices Closed Happy Veteran's Day Veterans Lifestyle Project Display at 5:30pm Amistice/ Remembrance Day	12
13	14 World Diabetes Day	15 VET CENTER 10:30am-2:30pm	16	17	18 GPVSC Weekly Raffle Drawing	19
20 Air Force Birthday Office of Sec. of Defense Birthday Air National Guard Birthday	21	22 VET CENTER 10:30am-2:30pm	23	24 All GPVSC Offices Closed Happy Thanksgiving! Thanksgiving	25	26
27	28	29 Giving Tuesday	30			

Community Events

GPVSC Veteran's Day Luncheon
Nov. 10th at 12pm

Jason Geer's Veterans Lifestyle Project on Display at Crawford's Distillery in Havre. Nov 11th
Doors open at 3pm.

GPVSC Diabetes Walk Nov. 14th at 10am

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U PICK 'EM FOOTBALL RAFFLE



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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

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AT 3PM

ATTENTION!!!!

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



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