



Great Plains Veterans Services Center

"Veterans helping Veterans for a better future"



November
2023

NEWSLETTER

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American Legion
Post 67 Meeting
At Northern Winz Casino
11275 US-87, Box Elder, MT 59521
Tuesday
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

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

VA PROVIDES CARE TO ELIGIBLE VETERANS' FAMILY MEMBERS



Did you know some Veterans and their family members have access to VA-covered care through several special programs such as the Civilian Health and Medical Program of VA (CHAMPVA)?

More than 700,000 beneficiaries (spouses and children) are eligible to receive specific types of care and services through four family member-focused VA programs:

CHAMPVA
Camp LeJeune Family Member Program (CLFMP)
Children of Women Vietnam Veterans (CWVV)
Spina Bifida Health Care Benefits Program (SBHCBP).

There are many Veterans and eligible beneficiaries who are not taking advantage of these services that are covered by VA. To get access, you first need to determine if you are eligible for one of the programs.

The four health care benefit programs for Veterans' family members and dependents (beneficiaries) are based on certain conditions and eligibility requirements.

Civilian Health and Medical Program of VA (CHAMPVA)
What: VA shares the cost of covered health care services for those who are eligible under this program.

Who is eligible for CHAMPVA?
A spouse, children of a Veteran, or surviving beneficiaries of a Veteran who is rated permanently

and totally disabled for a service-connected disability or who was at the time of death eligible for CHAMPVA. Find out more about the program: CHAMPVA eligibility.

How to apply: Complete and mail in the CHAMPVA application form and Other Health Insurance certification form. If you have Medicare, send a copy of your Medicare card. At this time VFMP cannot take electronic form submissions. Check back on the How to Apply for CHAMPVA webpage.

Mail forms to:
VHA Office of Integrated Veteran Care
CHAMPVA Eligibility
PO Box 469028
Denver, CO 80246-9063

CHAMPVA Help Line: 800-733-8387, open 8:00 a.m. – 7:30 p.m. ET Monday through Friday.

For more information on CHAMPVA: View this CHAMPVA Fact Sheet or visit the CHAMPVA website.

Camp Lejeune Family Member Program (CLFMP)
What: VA shares the cost of covered health care services for certain conditions for family members of Veterans who were stationed at Camp Lejeune, Aug. 1, 1953, through Dec. 31, 1987, and exposed to contaminated drinking water.

Who is eligible for CLFMP: Family members (spouse or dependent) of Veterans who lived or served at the Marine Corps Base Camp Lejeune, North Carolina, between Aug. 1, 1953, and Dec. 31, 1987, and were potentially exposed to contaminated drinking water. You must have lived at Camp Lejeune for 30 days or more during this time.

How to apply: Apply online (select "Start New Application for Family Member" near the bottom of the page) or fill out this CLFMP application form.

If filling out a paper application, you can fax to (512) 460-5536.

Mail forms to:

Department of Veterans Affairs
Financial Services Center
PO BOX 149200
Austin, TX 78714-9200

For questions about the applications, call 866-372-1144.

For more information on CLFMP: Visit the Camp Lejeune Family Member Program webpage.

Children of Women Vietnam Veterans Health Care Benefits Program (CWVV)
What: VA provides health care benefits to biological children of women Vietnam Veterans who the Veterans Benefits Administration (VBA) determined have a covered birth defect. The CWVV is not a comprehensive health care plan. This program pays for health care services necessary for treating those with a covered birth defect and associated medical conditions.

Who is eligible for CWVV:
Children whose biological mother is a Vietnam Veteran and who were conceived after the date the Veteran entered the Republic of Vietnam (period beginning Feb. 28, 1961, and ending May 7, 1975), and who have one of the covered birth defects as determined by VBA.

How to apply: Complete this form, and supply medical evidence such as medical records from your doctor, along with a copy of your birth certificate showing both parents and proof of service in Vietnam. Mail all documents to:

Department of Veterans Affairs
Evidence Intake Center
P.O. Box 4444

Janesville, WI 53547-4444

For eligibility questions, call 303-914-2900.

For more information on CWVV: Visit the CWVV webpage.

Spina Bifida Health Care Benefits Program (SBHCBP)

Overview: VA provides monetary allowances, vocational training and rehabilitation, and VA-financed health care benefits to certain Korea and Vietnam Veterans' birth children who have been diagnosed with spina bifida.

How to apply: Contact the Denver VA Regional Office at 303-914-2900 or by email to BDEFECTS.VBADEN@va.gov.

Who is eligible for SBHCBP:
Children of a Vietnam or Korean War era Veteran who have been diagnosed with spina bifida.

For more information on SBHCBP: Visit the Spina Bifida Health Care Benefits Program (SBHCBP) webpage.

Reinforcing VA's commitment to care

VA aims to give Veterans peace of mind by caring for their eligible beneficiaries. Our goal is to continue to simplify access to care while fostering a holistic approach to delivering excellent care for Veterans and eligible family members. VA is committed to assisting beneficiaries in making informed decisions about their care options and maximizing their available benefits.

DIABETES: BLOOD SUGAR TESTING- WHY, WHEN AND HOW

Blood sugar testing is an important part of diabetes care. Find out when to test your blood sugar, how to use a blood sugar meter and more.

If you have diabetes, self-testing your blood sugar (blood glucose) can be an important tool in managing your diabetes and preventing complications. You can use a device called a continuous glucose monitor (CGM). Or you can test your blood sugar at home with a portable electronic device called a blood sugar meter using a small drop of your blood.

Why test your blood sugar
 Blood sugar testing provides useful information for diabetes management. It can help you:

- Monitor the effect of diabetes medications on blood sugar levels
- Identify blood sugar levels that are high or low
- Track your progress in reaching your overall treatment goals
- Learn how diet and exercise affect blood sugar levels
- Understand how other factors, such as illness or stress, affect blood sugar levels

When to test your blood sugar
 Your health care provider will let you know how often to check your blood sugar levels. The frequency of testing usually depends on the type of diabetes you have and your treatment plan.

Type 1 diabetes

Your health care provider may recommend blood sugar testing 4 to 10 times a day if you have type 1 diabetes. You may need to test:

- Before meals and snacks
- Before and after exercise
- Before bed
- During the night (sometimes)
- More often if you're ill
- More often if you change your daily routine
- More often if you start a new medication

Type 2 diabetes

If you take insulin to manage type 2 diabetes, your health care provider may recommend blood sugar testing several times a day, depending on the type and amount of insulin you use. Testing is usually recommended before meals and at bedtime if you're taking multiple daily injections. You may need to test only before

breakfast and sometimes before dinner or at bedtime if you use just an intermediate- or a long-acting insulin.

If you manage type 2 diabetes with noninsulin medications or with diet and exercise alone, you may not need to test your blood sugar daily.

What if you have a continuous glucose monitor (CGM)?
 People living with diabetes, particularly those with type 1 diabetes, may also choose to use CGMs. These devices measure your blood sugar every few minutes using a sensor inserted under the skin. These sensors are typically worn for a week or two before they need to be changed.

The newest type of continuous glucose monitor has an implanted sensor that can detect blood sugar levels for up to three months. A transmitter worn on the body sends blood sugar information wirelessly from the sensor to a smartphone app.

Some devices show your blood sugar reading at all times on a receiver, smartphone or smartwatch, and an alarm goes off if your blood sugar is going up or down too quickly. Others require that you check your blood sugar by running the receiver over the sensor periodically.

Most of these devices still require finger-stick checks to calibrate the machine. Check your device's user's guide to learn if you need to check, and if so, how often you need to do it.

Certain medications, such as acetaminophen (Tylenol, others), albuterol (Proair HFA, Ventolin HFA, others) and lisinopril (Prinivil, Zestril, Qbrelis), may interfere with the accuracy of some CGM readings, particularly on older models of CGMs. Readings on newer CGMs don't seem to be affected by standard doses of acetaminophen (up to 1,000 milligrams for an adult).

If you need to take medications that may affect the accuracy of the readings, your health care provider may recommend double-checking your CGM results with a standard blood sugar meter. Check with your health care provider about using a CGM if you're pregnant, on dialysis or critically ill, as these conditions

may affect the blood sugar readings from a CGM.

Know your target range

Ask your health care provider what a reasonable blood sugar range is for you. Your health care provider will set target blood sugar test results based on several factors, including:

- Type and severity of diabetes
- Age
- How long you've lived with diabetes
- Pregnancy status
- The presence of diabetes complications
- Overall health and the presence of other medical conditions

The American Diabetes Association (ADA) generally recommends the following target blood sugar levels:
 Between 80 and 130 milligrams per deciliter (mg/dL) or 4.4 to 7.2 millimoles per liter (mmol/L) before meals

Less than 180 mg/dL (10.0 mmol/L) two hours after meals

But the ADA notes that these goals often vary depending on your age and personal health and should be individualized.

Some people will have slightly higher blood sugar goals, including people who:

- Are age 60 and older
- Have other medical conditions, such as heart, lung or kidney disease
- Have a reduced ability to sense low blood sugar levels (hypoglycemia unawareness)

How to test your blood sugar
 Blood sugar testing requires the use of a blood sugar meter. The meter measures the amount of sugar in a small sample of blood, usually from your fingertip, that you place on a disposable test strip. Even if you use a CGM, you'll still need a blood sugar meter to calibrate your CGM device daily.

Your health care provider or certified diabetes care and education specialist can recommend an appropriate device for you. He or she can also help you learn how to use your meter.

Follow the instructions that come with your blood sugar meter. In general, here's how the process works:

Wash and dry your hands well. (Food and other substances can give you an inaccurate reading.)

Insert a test strip into your meter. Prick the side of your fingertip with the needle (lancet) provided with your test kit.

Touch and hold the edge of the test strip to the drop of blood.

The meter will display your blood sugar level on a screen after a few seconds.

Some meters can test blood taken from an alternate site, such as the forearm or palm. But these readings may not be as accurate as readings from the fingertips, especially after a meal or during exercise, when blood sugar levels change more frequently. Alternate sites aren't recommended for use in calibrating CGMs.

Related information

Slide show: Blood sugar testing

Recording your results

Talk with your health care provider about how often you need to record your blood sugar results. The readings given by many devices can now be downloaded to a computer.

If you manually log your results, record the date, time, test results, medication and dose, and diet and exercise information. Bring your record of results with you to your health care provider's appointments.

Talk to your health care provider about what steps to take if you get frequent results that don't fall within the range of your target goals.

Avoiding problems with your meter
 Blood sugar meters need to be used and maintained properly. Follow these tips to ensure proper usage:

Check the user's guide for your device for instructions — procedures may vary from one device to another. Use a blood sample size as directed in the user's guide.

Use only test strips designed for your meter.

Store test strips as directed.

Don't use expired test strips.

Clean the device and run quality-control checks as directed.

Bring the meter to your health care provider's appointments to address any questions and to show how you use your meter

WINTER IS HERE... WAYS TO BE PREPARED FOR WINTER DRIVING

Driving in the winter can be harrowing, especially in snowstorms and icy conditions. By getting your car ready for winter and using some simple tips to drive safely, you can face almost any weather Mother Nature decides to send your way.

Prepare Your Car for Winter

In addition to annual maintenance, here are some tips to winterize your car:

- Test your battery, battery power drops as the temperature drops
- Make sure the cooling system is in good working order
- Have winter tires with a deeper, more flexible tread put on your car
- If using all-season tires, check the tread and replace if less than 2/32 of an inch
- Check the tire pressure; tire pressure drops as the temperature drops
- Check your wiper blades and replace if needed
- Add wiper fluid rated for -30 degrees
- Keep your gas tank at least half full to avoid gas line freeze

Remember to keep your car's emergency preparedness kit fully stocked, too.

Before You Start Out:

- Clean your car's external camera lenses and side mirrors
- Remove dirt, ice and snow from sensors to allow the assistive-driving features, like automatic emergency braking, to work
- In frigid weather, you may want to warm up the car before you drive
- To prevent carbon monoxide poisoning, never leave a vehicle running in your garage – even with the garage door up
- If the forecast looks dubious, wait out the storm; if you must travel, share your travel plans and route with someone before you leave

How to Avoid a Crash

- Avoid using cruise control in wintry conditions
- Steer in the direction of a skid, so when your wheels regain traction, you don't have

- to overcorrect to stay in your lane
- Accelerate and decelerate slowly
- Increase following distance to 8 to 10 seconds
- If possible, don't stop when going uphill

If visibility is severely limited due to a whiteout, pull off the road to a safe place and do not drive until conditions improve. Avoid pulling off onto the shoulder unless it is an absolute emergency. Limited visibility means other vehicles can't see yours on the shoulder.

Know Your Car's Capabilities

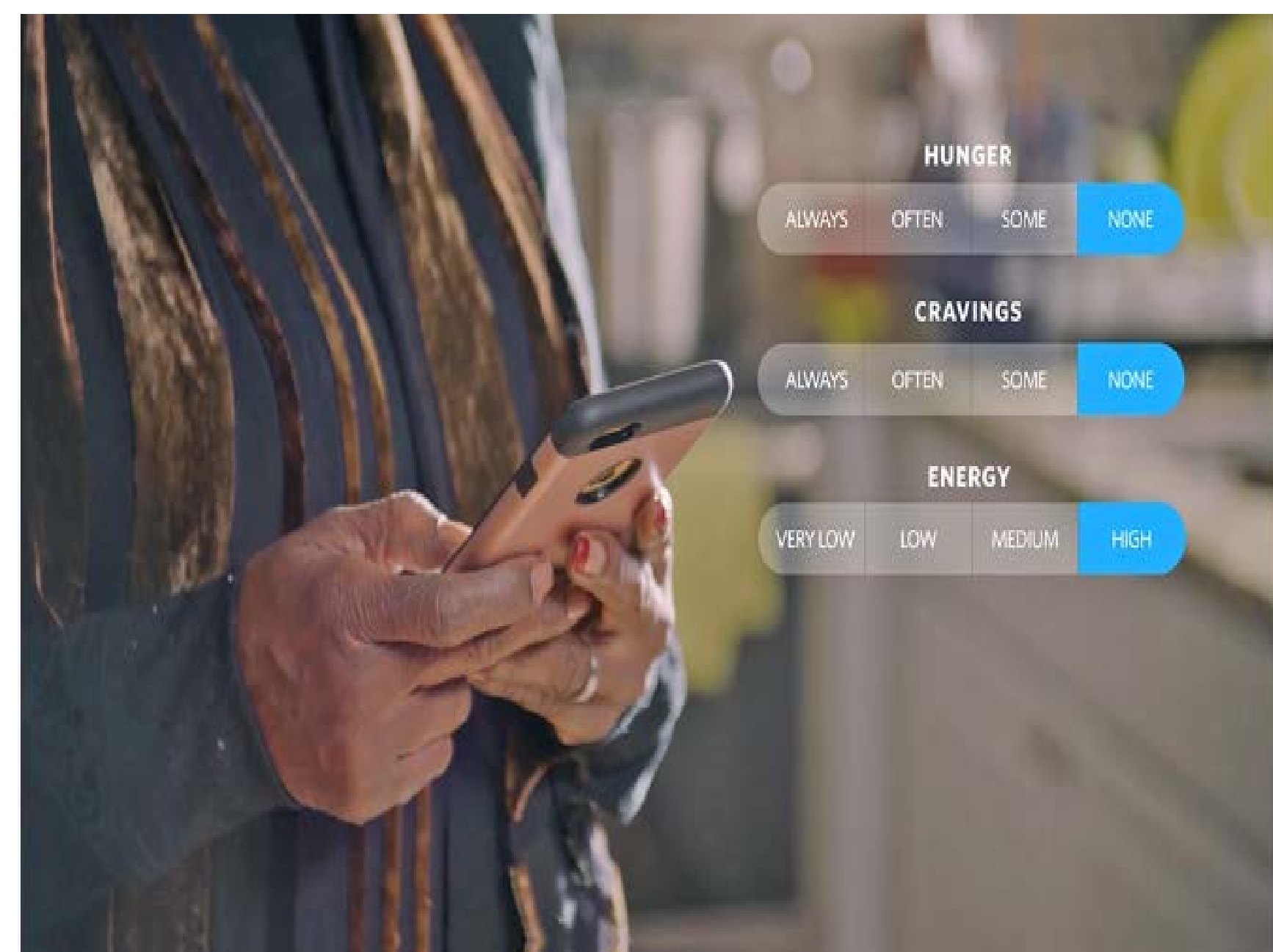
My Car Does What? is a national campaign to help educate drivers about the safety features built into vehicles. Search for your car and find out what safety features are already built in.

Traction control is now standard on most new vehicles. This function helps your vehicle gain traction on snowy, icy or wet surfaces, particularly when accelerating from a stopped or slowed position, or when trying to make it up a slippery hill.

Anti-lock braking system (ABS) helps you steer in emergencies by restoring traction to your tires and is standard on most new vehicles. ABS may vibrate or pulse when engaged. This is normal. Continue to press and hold pressure to the brake pedal.

Remember, you are your car's best safety feature. Take precautions to ensure you arrive safely at your destination. If you become stranded in an unfamiliar area, do not leave your car. Light flares in front and behind the car and make sure the exhaust pipe is not blocked by snow, mud or objects.

VA SUPPORTS VETERANS WHO HAVE TYPE 2 DIABETES



Health. The Virta treatment is designed to help people return blood sugar to normal levels while reducing the dose, number or need for diabetes medication.

Virta delivers care through a combination of telehealth in personalized nutrition, 1×1 coaching, provider supervision, peer support and a mobile application. VA has been working with Virta since May 2019 and, through this partnership, over 800 Veterans have started their journey in successful management of type 2 diabetes.

For Lester, the treatment gave him something he thought he'd lost: hope. "Before joining, I felt that I was going to end up with major health problems. I don't think that anymore. My energy levels have gone way up, my pain levels have gone down, and I am able to focus much better. I've also lost weight, and never have any issues with hunger," he said.

Results of pilot program presented at ADA scientific sessions
Virta presented preliminary data from their 2-year pilot program with VA at the American Diabetes Association Scientific Sessions.

Participants were able to reduce the number of prescription drugs they take by 33%, on average. Even

with a reduction of medication, this corresponded to a lowering of HbA1c (a measure of blood sugar) for those participating in the Virta treatment. Forty percent were able to lower their A1c to goal or better. Participating Veterans also reduced their weight by 7%, exceeding what is considered "clinically significant."

What's behind these outcomes? For many, Virta's model of care helps them adopt and maintain meaningful lifestyle changes. People living with type 2 diabetes often need to make hourly decisions about their health, so having an on-call support network through health coaches, peer support and providers can have real impact.

"My care team at Virta is so important to me. The coaches and doctors help me stay focused, and energize me when I need a boost," Lester added.

Virta health pilot augments VA health services
VA is committed to bringing Veterans quality care, wherever they are, and it pursues partnerships that create positive impact for our Veterans with innovative technologies that augment VA's existing services.

One in four Veterans live with type 2 diabetes. That's more than double the rate for the general population.

For many, the diagnosis can be life changing. It can mean a lifetime of medication, painful injections, work issues and side effects. Lester, a Veteran of the Army Reserve and Army National Guard, recalls hearing the news that he had type 2 diabetes: "It felt like a life sentence. I was scared," he said.

VA supports Veterans with Type 2 Diabetes through Virta partnership to support Veterans with type 2 diabetes in new ways, VA's Specialty Care Program Office has partnered with digital health provider Virta

YOU ARE NEVER ALONE

SURVIVE AND THRIVE

YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE

SUICIDE PREVENTION COLUMN: SUICIDE AMONG VETERANS



A major, yet preventable health problem in the U.S. is suicide.¹ Sadly, Veterans comprise nearly a quarter of suicide deaths in the U.S.¹

Suicidal Warning Signs

In 2020, there were 6,146 Veteran suicides, which averages to 16.8 Veterans dying by suicide every day.² Additionally, in the two decades between 2001 and 2020, the prevalence of mental health or substance use disorder (SUD) among participants using Veterans Health Administration (VHA) rose from 27.9% to 41.9%.²

Other commonly cited factors leading to increased suicide risk in Veterans as well as other groups:³

Anger, rage, mood swings, and episodes of anxiety and agitation. Expressing feelings of having no reason to live.

Increased alcohol and/or substance misuse.

Self-destructive and risky behaviors like driving while impaired.

Seek help right away if you or someone you know is experiencing signs of committing suicide.

Are Veterans at a Higher Risk for Suicide?

The suicide rate for Veterans is 1.5 times higher than that of the general population.⁴

Comparing the rate among women Veterans to non-Veteran adult women, the rate is 2.5 times higher.⁵ In 2017, the U.S. Department of Veteran Affairs (VA) reported the highest suicide rate among women using VA health services at 20 per 100,000. Since 2017, however, that number has decreased and was recorded to be approximately 14 per 100,000 in 2020.²

Suicide rates have been historically high among young Veterans and older Veterans as well. In the 20 years between 2001 and 2020, the suicide rate among Veterans between the ages of 18 and 34 increased by 95.3%. During that same time period, the suicide rate among Veterans between the ages of 55 and 74 rose 58.2%. From 2019-2020, however, the suicide rate for older Veterans decreased while the suicide rate among Veterans in the 18-34 age group increased.²

About 17 Veterans commit suicide a day.²

Several other factors besides gender and age, play a role in higher suicide rates among Veterans. Certain emotional precursors may precede suicide events, including feelings of loneliness, isolation, hopelessness, and depression.⁶ In a summary of multiple studies, the VA found a variety of factors that may increase the risk of suicide, especially where multiple factors exist. Some of these include:⁷

Acute psychosocial stressors.
Having low cholesterol.
Higher doses of opioid medications for pain control.
Insomnia.
Mental health conditions

like anxiety disorder, manic-depressive disorder, depression, post-traumatic stress disorder (PTSD), and traumatic brain injury (TBI).

Substance misuse, especially heavy binge drinking.

Call for Help

If you or someone you know needs help dealing with suicidal thoughts, help is available 24/7.

National Suicide Prevention Hotline, call 1-800-273-8255.

You can also text 838255 or chat online with a crisis counselor.

Connection between Substance Misuse and Veteran Suicide Risk
Veteran experiencing symptoms of suicide co-occurring with substance abuse and mental illness.

Alcohol and substance misuse can play a particularly and significant role in the increased risk of suicide. In fact, Veterans who misuse drugs or alcohol are more than twice as likely to die by suicide than other Veterans.⁸ In general, people misusing drugs and alcohol are more likely:⁹

To be depressed.

To have social and financial problems.

To engage in impulsive and high-risk behaviors.

More than 1 in 10 Veterans are diagnosed with a substance use disorder.¹⁰ Veterans are more likely to use alcohol; many also have a greater risk of opioid overdose.

Veterans and Mental Health Care
Mental illness has strong links to suicide among Veterans. While alcohol and drug abuse accounts for higher suicide risk, other co-occurring mental disorders are

often associated with substance misuse and suicide.⁸ The more common mental disorders among Veterans are PTSD and depression. For example, exposure to trauma or suffering a TBI while in the service can lead to increased risk of both substance misuse and PTSD or depression.¹⁰

It is estimated that up to half of returning Iraq and Afghanistan Veterans have a mental health diagnosis.¹⁰

Veterans coping with the dual diagnosis of substance misuse and PTSD are likely to have psychiatric and medical conditions, such as:

- Anxiety disorders.
- Bipolar disorder.
- HIV.
- Liver disease.
- Schizophrenia.
- Seizures.

Treatment and Care

In spite of these grim realities, Veterans have plenty of reason for hope. The VA has doubled its efforts to address the challenges that Veterans face. With the passage of the MISSION Act of 2018, the federal government is making aggressive efforts at extending outreach to Veterans. Among other things, the MISSION Act:¹¹

- Includes provisions that enhance the recruitment of clinicians.
- Authorizes access to community urgent care providers.
- Expands telehealth services.
- Treatment for Veterans at

- American Addiction Centers
- The provision of increasing access to community care providers is especially beneficial to Veterans who may be experiencing suicidal thoughts or intentions.

**Veterans
Crisis Line**



**DIAL 988 then
PRESS 1**

Instructions:

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

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

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

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

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

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

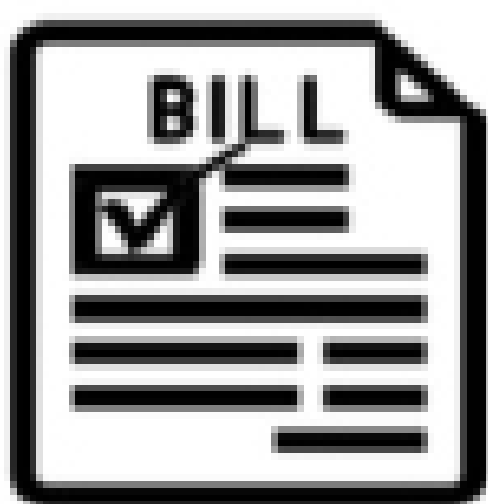
November's 2023 Suduko Puzzle

Answer in December's Newsletter

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

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

GREAT PLAINS VETERANS SERVICES CENTER

U PICK 'EM FOOTBALL RAFFLE

MORE INFO AT
WWW.GREATPLAINSVETERANS.ORG

\$ GPVSC Weekly Raffle \$

WIN!!!
\$1,000 CASH

SECOND CHANCE DRAWING
\$100 CASH

DRAWINGS
FRIDAY
@ 3PM

@GREATPLAINSVETERANS

GREAT PLAINS VETERANS SERVICES CENTER

BUFFALO HUNT RAFFLE WINNERS

THANK YOU TO ALL WHO ENTERED AND CONGRATULATIONS TO OUR WINNERS

**Meat Processing Set-
#797- Sonni
LaFromboise**

**Gun Safe-
#560- Reno Shambo**

**Buffalo Hunt-
#675- Michael Winchell**

VISIT WWW.GREATPLAINSVETERANS.ORG

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.

Thanksgiving Raffle
Friday November 17th @ 3pm

YOUR CHANCES TO WIN:
5 TURKEY BASKET MEALS
\$1000 CASH
\$100 CASH
SECOND CHANCE DRAWING

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


November 2023

Community Events

National Veterans & Military Family Month

Warrior Care Month

National Family Caregivers Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1	2	3	4	
			National Veterans Small Business Week November 1st-5th			WEAR RED FRIDAYS	Happy Birthday Chauncey
5  Daylight Savings Time Ends	6 Happy Birthday Becky	7	8 VET CENTER	9	10 WEAR RED FRIDAYS Marine Corps Day/Birthday Veterans Day Observed- meals and gifts by GPVSC @ 12pm	11 Veterans Day Armistice/ Remembrance Day	
			Ft. Belknap Traditional Buffalo Hunt Nov. 7th-11th				
12	13 ALL GPVSC OFFICES CLOSED	14	15 VET CENTER Warrior Wednesday's Meet-N-Greet BBQ 10am-2pm Haircuts by Gary	16	17 WEAR RED FRIDAYS GPVSC Thanksgiving Raffle @ 3pm	18	
19	20	21 GPVSC Thanksgiving Raffle @3PM	22 ALL GPVSC OFFICES CLOSED	23 ALL GPVSC OFFICES CLOSED Thanksgiving	24 WEAR RED FRIDAYS ALL GPVSC OFFICES CLOSED	25	
26	27 ALL GPVSC OFFICES CLOSED FOR STAFF TRAINING	28	29 VET CENTER Warrior Wednesday's Donuts and Haircuts 10am-2pm	30			



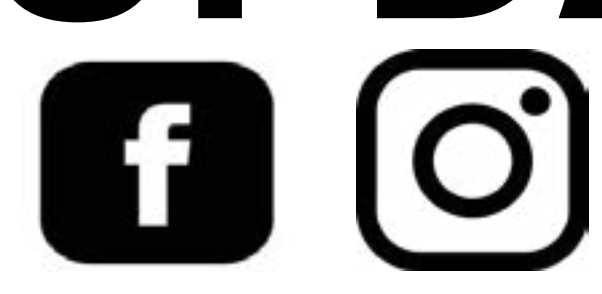
UNTIL THEY ALL COME HOME

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

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WWW.GREATPLAINSVETERANS.ORG





Thanksgiving

the facts you actually want to know

3,699 lbs
The World's Largest Pumpkin Pie  New Bremen, OH

The Recipe

-  1,211 lbs canned pumpkin
-  525 lbs sugar
-  2,796 eggs
-  7 lbs salt
-  109 gal evaporated milk
-  17.5 lbs spices

20 ft. Diameter
3 ft. Deep
5,000 slices

4,076,298 Calories

1,102 kcal/lb

248 million Turkeys are raised in the US a year.



These six states raise 2/3 of the nation's turkeys:

- MINNESOTA
- NORTH CAROLINA
- ARKANSAS
- MISSOURI
- VIRGINIA
- INDIANA

Tyson the Turkey

 86 lbs 

1st Place Heaviest Turkey Competition in 1989.



Did you know...

There are three cities in the United States named Turkey.

Turkey, TX. Turkey, LA. Turkey, N.C.



318 Turkey Trot events take place across the country.

Most turkey trot races are hosted by local or national charities.

The small town of Cuero, Texas took turkey trot to a whole new level from 1912 to 1972. For 60 years, thousands of spectators lined the streets each Thanksgiving to watch more than 18,000 live turkeys herded down Main Street.



In 1953, Swanson overestimated the number frozen turkeys that it would sell on Thanksgiving by 26 tons. The company decided to slice up the extra meat and repackage it—creating the first ever TV dinner.

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

- Dominic Pullin

Jessica Stump

ATTENTION!!!!

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



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