



Great Plains Veterans Services Center

"Veterans helping Veterans for a better future"



NATIVE AMERICAN WEEK



**October
2023**

NEWSLETTER

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American Legion Post 67 Meeting

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

**Tuesday
October 10th
6:00 pm**

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.**

HOW TO REWIRE YOUR BRAIN FOR POSITIVITY AND HAPPINESS

Ever go through a phase where you feel like every day is a Monday? You wake up, you hit snooze. Then you hit snooze again and you just don't feel it? Yes, I know that negative emotions can eat away at my productivity, creativity, decision-making skills. And yet, I have to admit that sometimes it's really difficult to reverse the course of a slump. The unfortunate superpower of the negative is that it has a stronger impact than the positive. In fact negative impact of setbacks in your work is three times as powerful in affecting motivation than positive progress. It's just easier to remember the bad stuff that has happened to you during the day than the good.

So why is it, that our brains have a such a negativity bias? The reason is quite simple: They're actually wired to pay more attention to negative experiences. It's a self-protective characteristic. We are scanning for threats from when we used to be hunter and gatherers. But such vigilance for negative information can cause a narrowing, downward spiral and a negative feedback loop that doesn't reflect reality. Fortunately, we aren't doomed by our natural disposition towards negativity. What's amazing is that we have the ability to break out of that negative feedback loop and we can actually rewire our brains to think positively. Understanding how the brain can refashion its own connections is the key to unlocking the durable power of positive thinking.

And that's exactly what this post is all about. Let's dive in: The Tetris Effect: What it tells us about how our brains learn new things. Anyone who's ever played the classic, old-school game of Tetris will know this. Whether on a clunky computer or gameboy or the latest mobile device we all know the game's surreal ability to spill into real life. After you shut off the game, you still see those Tetris blocks falling in your mind's eye.

You're grocery shopping, and you find yourself thinking about rearranging items on grocery shelves and carts in the parking lot. Somehow your mind continues to play the game, even when you're physically not. Robert Stickgold, Harvard professor of psychiatry, noticed something similar after a day's hiking a mountain in Vermont. That night, he dreamt that he was still going through the motions of mountain hiking, clinging to rocks. Curious about this dream replay he tried something: Stickgold got a group of college students of varying skill levels to play Tetris and sleep in the Harvard sleep lab. Over 60% of the study participants (including, surprisingly, those who suffered from amnesia) reported dreams of images of Tetris pieces falling, rotating, and fitting together. Interestingly, half the Tetris expert participants reported such Tetris dreams while 75% of the novices did. The mind was continuing to work on making sense of the game during sleep.

A more recent study from 2009 it was found that playing Tetris can grow your brain and make it more efficient. Adolescent girls played the game for an average of 1.5 hours a week over three months. The cerebral cortex, or the gray matter, of the girls grew thicker while brain activity in other areas decreased compared to when they'd started. Richard Haier, who had previously found in a 1992 study that there was a "Tetris learning effect" in which the brain consumed less energy as mastery of the game rose, concluded, "We think the brain is learning which areas not to use.. As you learn the game, it becomes more automatic."

Haier's 2009 study demonstrated how Tetris affected the brain's plasticity, or the brain's ability to change structurally, as the girls practiced and learned how to play the game. Neurons, or nerve cells, in your brain make connections, communicating through synapses. When you learn something, you change those neural connections. Every time you reactivate a circuit, synaptic efficiency increases, and connections become more durable and easier to reactivate. Stickgold's study and subsequent research that sleep plays a role in this memory process.

So to sum up, whenever you do specific tasks over and over again, they take

up less of your brain power over time. And that's pretty amazing, as this will be the basis for a huge opportunity to change our behavior for the better: So how can we combat our negativity bias? The Positive Tetris Effect. Indeed, it's quite simple: We can harness the brain's plasticity by training our brain to make positive patterns more automatic. When we practice looking for and being more aware of positive aspects of life, we fight off the brain's natural tendency to scan for and spot the negatives. Naturally we bring ourselves into better balance.

Shawn Achor frames this rewiring as "The Positive Tetris Effect" in *The Happiness Advantage*, drawing from the way Tetris impresses our brain so that we end up parsing the world in terms of the game. According to Achor, with the positive Tetris Effect, "We can retrain the brain to scan for the good things in life—to help us see more possibility, to feel more energy, and to succeed at higher levels." Yes, so something as trivial as the game of Tetris can have a scientifically measurable effect on people's brains and invade their dreams. If that's the case, the impact of practicing and retaining a more positive thinking pattern, especially on our wellbeing and happiness, can be even more powerful.

We are basically trying to find an undiscovered path that if walked once, makes us happy. The path being the synaptic connections in our brain. And then, because we enjoy it, we go along that path, hundreds and hundreds of times. Slowly a track forms and becomes very clear and easier to walk every time. Here is an example of a synapse, which represents the path we want to go over and over again, to make it a strong, easy to recognize pattern for our brains:

The best thing about such a practice is its long-term effects. In one study, people who did a "three good things" exercise for a week felt happier and less depressed after one month. The study then did the three-month and six-month follow-ups. Not surprisingly, the happiest participants were the ones who had continued the practice throughout.

So I think a good way to see the positive Tetris Effect like learning a foreign language. It will be the most difficult and unnatural-feeling at the beginning. And yet, the rewards will make you feel unbelievably happier if you stick with it. *4 Awesome Ways to Change Your Life to Be More Lastingly Positive*. Ok, now that we've been through the background it's time to get our hands dirty. How can we put all of this into practice? At the core, the Tetris Effect is about building a habit that becomes more automatic and therefore longer lasting. In turn, this will sustainably boost your productivity and creativity. As Achor notes,



NATIONAL DEPRESSION SCREENING DAY OCTOBER 10TH

Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice.

Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year. Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

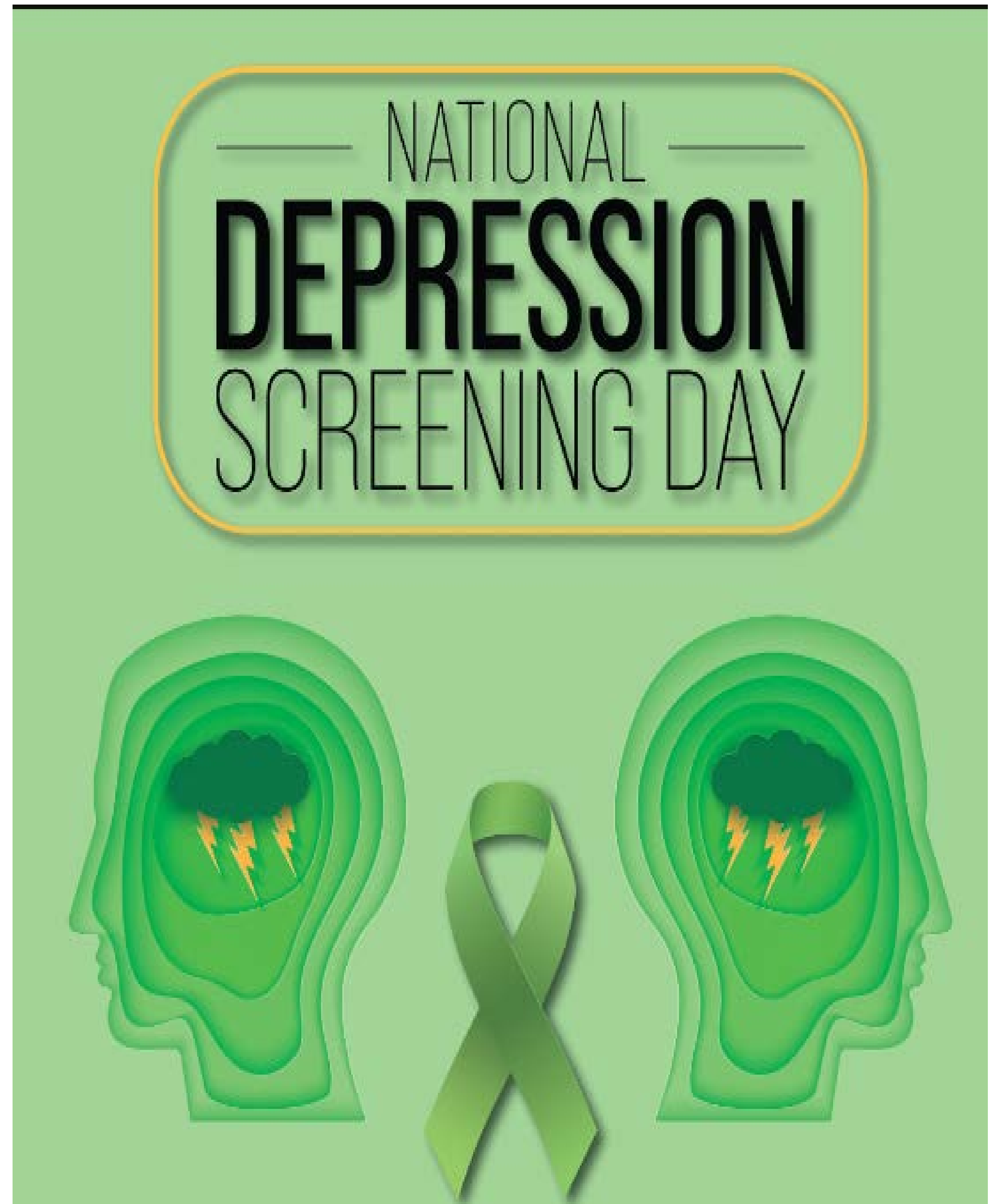
Why Screen For Depression?

- Clinical depression is a serious medical illness.
- Clinical depression can lead to suicide.
- Sometimes people with depression mistakenly believe that the symptoms of depression are a "normal part of life."
- Clinical depression affects men and women of all ages, races and socioeconomic groups.
- Only about a third (35.3%) of those suffering from severe depression seek treatment from a mental health professional. [2]
- Depression can co-occur and complicate other medical conditions.
- Screenings are often the first step in getting help.
- Who Should Get Screened?

People suffering from depression often experience some of these key symptoms:

- A persistent sad, anxious or "empty" mood
- Sleeping too little, early morning awakening, or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide

Screenings are not a professional diagnosis. Screenings point out the presence or absence of depressive symptoms and provide a referral for further evaluation if needed. You should see your doctor or a qualified mental health professional if you experience five or more of these symptoms for longer than two weeks or if the symptoms are severe enough to interfere with your daily routine.



World Homeless Day is observed internationally on the 10th of October. The concept of 'World Homeless Day' emerged from online discussions between people working to respond to homelessness from various parts of the world. The Inaugural World Homeless Day was marked on the 10th of October 2010. Since its founding, World Homeless Day has been observed on every continent except Antarctica, in several dozen countries. Use of the idea of 'World Homeless Day' is open for all to use... anywhere in the world.

The purpose of World Homeless Day is to draw attention to the needs of people who experience homelessness locally and provide opportunities for the community to get involved in responding to homelessness, while taking advantage of the stage an 'international day' provides - to end homelessness through improved policy and funding.

How To Make a Difference

- EDUCATE PEOPLE ABOUT HOMELESS ISSUES

- CELEBRATE AND SUPPORT LOCAL GOOD WORKS
- HIGHLIGHT LOCAL ISSUES IN THE MEDIA
- DONATE TO LOCAL SERVICE PROVIDERS
- VOLUNTEER AND PROVIDE HANDS ON HELP
- THANK VOLUNTEERS WITH CERTIFICATES AND AWARDS
- INVITE A GUEST SPEAKER
- HOST A HOUSING SUMMIT
- RELEASE NEW FUNDING
- TWEET #WORLDHOMELESSDAY
- COLLABORATE & DOUBLE YOUR IMPACT



WHAT YOU CAN DO FOR NATIONAL DAY OF THE DEPLOYED

National Day of the Deployed is a day that honors the sacrifices that deployed service members and their families have made and continue to make in defense of our country. This day is celebrated yearly on October 26th.

National Day of the Deployed is Oct 26, 2022

This commemorative day was first celebrated in Grand Forks, North Dakota in 2006 after being proposed by resident Shelle Michaels Aberle. As a way to celebrate her deployed cousin, LTC David Hosna, Shelle introduced the idea to the state's then-governor, John Hoeven. He initiated a state proclamation that October 26th, which happened to be LTC Hosna's birthday, would become Day of the Deployed, to honor local, deployed units out of Grand Forks Air Base.

It took about four years, but eventually, the majority of states began recognizing Day of the Deployed in some way. While it isn't a federally-mandated holiday, it is acknowledged through ceremonies and celebrations.

After John Hoeven became a North Dakota State Senator, he pushed for the establishment of Day of the Deployed as a nationally-recognized holiday. His resolution passed unanimously on October 18th, 2011, and has passed each year since.

Upon its first passing, Senator Hoeven released a statement that said, "Our men and women in uniform bravely and willingly answer the call to serve our nation. We are extremely grateful to them and their loved ones for all of the sacrifices they make on our behalf. These brave Americans are in our thoughts and prayers not only on this Day of the Deployed, but every day. While we can never thank them enough, the Day of the Deployed is a gesture to show our gratitude and appreciation for their sacrifices."

National Day of the Deployed: How You Can Get Involved and Celebrate

To support this day, and the people it represents, there are a number of ways you can get involved:

- Touch base with a deployed service member/family that you know
- Create and send care packages to troops (or donate money to the cause)
- Partner with or donate to Soldiers' Angels, a program that provides aid, comfort, and resources to the military, veterans, and their families
- Display a yellow ribbon, meant to indicate remembrance of those who serve far from home.
- Reach out and/or donate to a military support organization, such as the Veterans Of Foreign Wars, the United Services Organization, the Disabled American Veterans, and many others
- Use the hashtag #DayOfTheDeployed on social media on October 26th to raise awareness and encourage others to show support
- Prepare dinner or host a gathering for the family of a deployed

service member

- Take care of a deployed family in other ways, by lending a hand around the house, delivering groceries, offering to babysit, or treating the present parent to a spa day
- Openly recognize the sacrifice of both the service member and their family in any safe way you can think of
- No matter the gesture any act of kindness is greatly appreciated and does make a difference in the lives of those you are showing support to.



INCREDIBLE HUNTING OPPORTUNITY



SCAN HERE

GPVSC

BUFFALO HUNT' RAFFLE

HUNT LOCATION: FORT BELKNAP RESERVATION, MONTANA
HUNT DATE IS SET FOR NOVEMBER 2023.

\$10

26TH OCTOBER

2023

AT 3PM

VIA FACEBOOK LIVE



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

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

TICKETS CAN BE PURCHASED ONLINE OR IN PERSON AT GPVSC.

PLEASE CALL (406) 395-5610 FOR INFORMATION.

Our gratitude to Fort Belknap Reservation for making this Raffle possible
thank you



GREAT PLAINS
VETERANS SERVICES CENTER

*FOR DETAILS & TO PURCHASE ONLINE GO TO WWW.GREATPLAINSVETERANS.ORG

YOU ARE NEVER ALONE

SURVIVE AND THRIVE

YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE

Veterans Crisis Line



DIAL 988 then PRESS 1

SUICIDE PREVENTION COLUMN: MOOD AND BEHAVIOR WARNING SIGNS

Warning Signs: Mood

People who are considering suicide often display one or more of the following moods:

- Relief or sudden improvement
- Depression
- Anxiety
- Loss of Interest
- Irritability
- Humiliation or Shame
- Agitation or Anger

Warning Signs: Behavior

Behaviors that may signal risk, especially if related to a painful event, loss, or change.

- Increase use of drugs or alcohol
- Looking for a way to end their lives
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Aggression
- Fatigue

VA WILL BE HOLDING A Promise to Address Comprehensive Toxics (PACT) Act: Bringing VA Benefits Home event in your hometown.

During the event, you can:

- ✓ Speak with a VA representative
- ✓ Get answers to VA claim and benefits questions
- ✓ File your claim

Office of Tribal Government Relations

EVENT DATE & TIME/S:
Thursday, October 19, 2023
9:00am – 4:00pm

LOCATION:
Blackfeet Community College
504 SE Boundary Street
Browning, MT

POINT OF CONTACTS/PHONE NUMBERS:

Leo Pollock
(406) 338-2111 (Office) (406) 845-8088 (Cell)

POINT OF CONTACTS/PHONE NUMBERS:
W.J "Buck" Richardson
(406) 447-7547 (Office) (406) 439-6331 (Cell)

WORLD MENTAL HEALTH DAY: A DAY FOR MENTAL HEALTH EDUCATION

The 10th of October is known the World over as World Mental Health Day – the result of a global advocacy and awareness program started by the World Federation for Mental Health in 1992. Proudly, this is one of the World Federation for Mental Health’s most important and far-reaching programs.

The World Federation for Mental Health, founded in 1948 in London, has been engaged in advocacy and education to change perceptions of mental illness for 62 years. Each year the World Federation for Mental Health selects a theme for World Mental Health Day, produces public education material for the theme, and makes it available to organisations around the globe through website downloads and CD distribution. Last year we translated the material into eight languages in addition to English, and distributed thousands of CDs to organisations and individuals as close as the US and Canada and as far away as Bangladesh, Slovenia and Papua New Guinea.

Each year on 10 October, thousands of individuals and groups will gather to celebrate and promote the only global day for mental health awareness. This annual program was created as a way to bring more attention to mental illness and its effects on individual life, work, family and overall stability of communities and countries. This year our global theme is ‘Mental Health and Long Term Illness: The Need for Continued and Integrated Care’. We will produce and distribute over 5000 awareness CDs around the World to advocate for better services and understanding for those who suffer not only with long term physical illnesses, but who also experience mental health issues as a result of diminished health.

We all agree that one of the most important aspects of a ‘good life’ is our overall health. A meaningful definition of health as a ‘healthy state of well-being’ should address the whole person, ‘the general condition of the body and mind’. Studies show that physical and mental well-being have a major impact on one another – cancer, diabetes, chronic pain, cardiovascular or respiratory disease should not be viewed in isolation from the possible mental and emotional issues of an individual.

The most prominent long term illnesses are currently the leading cause of death and disability the world over; Dr Gauden Galea, UN/WHO Coordinator of Health Promotion, has noted that four chronic diseases – cardiovascular, diabetes, cancer and respiratory illness – are responsible for 60% of the world’s deaths, ‘and 80% of these deaths are happening in the poorest populations of the world’. The management of many of these long term illnesses has attracted attention because of its impact on mortality, health resources, quality of life, and the economic burden to government, healthcare and families.

This year’s theme for World Mental Health Day is a critical move forward in drawing attention to the effect of long term illness on patients with major chronic disease and their families, as well as its importance to mental health advocates. Addressing mental health issues will lead to better outcomes, better compliance, and improved quality of life for people who suffer from chronic illnesses. Campaign materials will focus on proven strategies for promoting emotional and mental well-being while living with long term physical illness, and the role

of primary care in improving access for those who suffer from mental health and long term health conditions. A special call to action section has been written by seven international health professionals, intended to show us the way forward.

As an advocate of health and healthcare, we urge you to join our major sponsors – Eli Lilly and Company, Otsuka America Pharmaceutical, Inc. and many additional organisations by endorsing the 2010 World Mental Health Day Campaign – ‘Mental Health and Long Term Illness: The Need for Continued and Integrated Care’. Help support the World Federation for Mental Health in its efforts to promote this day of international awareness by joining the list of endorsers and showing your commitment to improved global health for all. Your endorsement will create a stronger platform to bring much needed attention to the issues surrounding long term illness and mental health care. Having your support will allow us to increase the impact and global reach of this annual campaign.

Your endorsement, with your company name and logo, will be highlighted in all materials developed for World Mental Health Day, including the World Federation for Mental Health website and in advertising and promotional pieces.

We need your support. We need your endorsement. Please work with us on this important global program intended to raise awareness of the critical need for promoting emotional and mental well-being for those living with long-term chronic illnesses.

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.

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

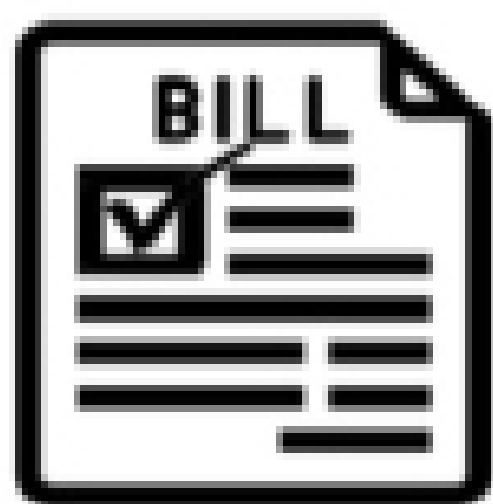
October's 2023 Sudoku Puzzle

Answer in November's Newsletter

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

CHECK CASHING SERVICES

Unload Debit Card, Bill Pay, Buy Bitcoin



DEBIT CARD SERVICES

Cash withdrawal fees:

Post 67 Member: \$1

Veterans: \$1.50

Non-Veteran: \$2.50



CHECK CASHING SERVICES

Fees:

Post 67 Member: 1%

Veteran: 1.5%

Non-Veteran: 2%



BILL PAY SERVICES

Fees

Veteran: FREE

Non-Veteran: \$3.50

Same Day Venders:

Hill County Electric

Triangle Communications

Other vendors allow 1-3 days posting time to your account

CHECK CASHING POLICIES

- ✓ NO MONEY ORDERS
- ✓ WE CASH CANADIAN CHECKS UP TO \$500
- ✓ US GOVERNMENT CHECKS CAN ONLY BE CASHED BY THE INDIVIDUAL TO WHOM THE CHECK IS ISSUED

CHECK CASHING HOURS:

MON-FRI: 8:30am - 4:00pm

SAT-SUN: CLOSED



MY ONE REASON FOR BUCKLING UP

"BECAUSE I WANT TO KEEP MY CULTURE AND TRADITIONS ALIVE"

- BREEANNA -

ALWAYS BUCKLE UP AND DON'T BE AFRAID TO ASK OTHERS TO DO THE SAME

When you don't buckle up, you endanger more than just your own life. Drivers and passengers often don't consider how unbuckled occupants can be thrown at high speed during a crash and can cause serious harm or even death, not only to themselves but to others in the vehicle. That's why it's so important to buckle up and insist others do the same.



[f /SafeOnAllRoads](#)

OCTOBER IS BREAST CANCER AWARENESS MONTH

October can feel different for each of us — some wear pink to celebrate, some quietly observe the month, some feel grief, and some feel unseen or misunderstood. We want to normalize it all. Here's what you need to know about Breast Cancer Awareness Month.

This information is provided by Breastcancer.org.

Breast Cancer Awareness Month

October can feel different for each of us — some wear pink to celebrate, some quietly observe the month, some feel grief, and some feel unseen or misunderstood. We want to normalize it all. Here's what you need to know about Breast Cancer Awareness Month.

What is Breast Cancer Awareness Month?

Breast Cancer Awareness Month, held in October every year, aims to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs — conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers — aimed at:

- supporting people diagnosed with breast cancer, including metastatic breast cancer
- educating people about breast cancer risk factors
- stressing the importance of regular screening, starting at age 40 or an age that's appropriate for your personal breast cancer risk
- fundraising for breast cancer research

Metastatic Breast Cancer Awareness Day

October 13 is nationally recognized in the United States as Metastatic Breast Cancer Awareness Day. About 30% of early-stage breast cancers eventually metastasize (spread to parts of the body away from the breast),

and the day is intended to drive awareness of the need for more research about metastatic disease.

Men's Breast Cancer Awareness Week

Although breast cancer is much more common in women, breast cancer affects men, too. In 2021, U.S. President Joe Biden designated October 17 to October 23 Men's Breast Cancer Awareness Week. About 2,710 American men this year are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease. But lack of awareness and stigma can be barriers to detection and care. Some men, trans men, and non-binary people choose to call their cancer chest cancer.

The history of Breast Cancer Awareness Month

The event began in 1985 as a week-long awareness campaign by the American Cancer Society, in partnership with Imperial Chemical Industries. It eventually extended to a month-long event. In 1992, the pink ribbon came into play.

The original use of ribbons for specific causes dates back to 1979, when "Tie a Yellow Ribbon Round the Ole Oak Tree" inspired Penney Laingen — whose husband was a prisoner of war — to display yellow ribbons as a symbol of hope.

The breast cancer awareness ribbon almost wasn't pink; a grassroots effort by Charlotte Haley began with peach-colored loops. At the same time, Alexandra Penney, Self magazine's Editor-in-Chief, partnered with Evelyn Lauder, Estée Lauder's Senior Corporate Vice President and a breast cancer survivor, to distribute pink ribbons after the magazine's second annual Breast Cancer Awareness Month issue.

Because of the incredible reach of the magazine and Estée Lauder brand, pink triumphed over peach, and is now used by breast cancer organizations around the world.

Breast Cancer Awareness Month controversy

Although many people feel supported by the month's events, activities, and pink merchandise, others — especially those diagnosed with metastatic breast cancer — intensely dislike Breast Cancer Awareness Month. The ubiquitous pink ribbons and celebratory atmosphere can seem like a distraction from the very real need for a greater understanding of the disease and more research leading to better treatments.

Many people are also offended by what's become known as pinkwashing — companies using pink ribbons to promote products or services that may actually increase the risk of breast cancer, or sponsoring pink-ribbon promotions that raise large sums of money with only a small portion going to breast cancer research or supporting people during their breast cancer treatment. Think Before You Pink is a campaign designed to improve awareness of pinkwashing and to help people donate in the most effective way to the cause.

Breast cancer awareness: Statistics

Breast cancer is the most commonly diagnosed cancer among American women.

Black women are most likely to die from breast cancer than women of any other racial or ethnic group. Experts believe that it's partially because about 1 in 5 Black women is diagnosed with triple-negative breast cancer, more than any other racial or ethnic group.

About 85% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.

Breast cancer risk factors

Just being a woman and growing older are the two biggest risk factors for breast cancer. Those factors are difficult to change, but you can change other risk factors, such as smoking, drinking alcohol, and not exercising regularly.

Breast cancer screening

Regular breast self-exams, an annual exam by your doctor, and yearly mammograms are important tools in breast cancer detection — especially early detection, when cancers may be more treatable.

Things to do this Breast Cancer Awareness Month

If you delayed your annual mammogram because of COVID-19, schedule your appointment now and encourage your friends and family to do the same.

Learn more about breast cancer and how it affects people's lives from our podcast, videos, and medically reviewed educational content on Breastcancer.org.

Join our community discussion forums to ask questions or connect with others. You can also attend a virtual meetup for support related to your diagnosis or if you are a caretaker for someone who's been diagnosed.

Support the work of breast cancer advocacy organizations, and consider making a donation to Breastcancer.org. Millions of people turn to Breastcancer.org to make sense of a breast cancer diagnosis. We're here to help people understand complex medical decisions and get the best care possible. Donations are an essential part of supporting our resource-intensive work and help us keep our website content and community forums free for everyone.

GPVSC BURGER BOX IS OFFICALLY OPENING SEPTEMBER 18TH SAME GREAT FACES... NEW MENU

Meet 'n' Greet Barbeques 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.



Follow us on Facebook
@BURGERBOX
RBFOODTRUCK
For updates and menus

WARRIOR WEDNESDAYS
MEET 'N' GREET BBQ'S
ALL VETERANS EAT FREE

GPVSC OFFICE- 46 Veterans Park Rd.



\$1,000 CASH & \$100 CASH



2nd CHANCE
DRAWING

PLAY TO WIN
GPVSC WEEKLY RAFFLE



FOLLOW US FOR NEWS AND UPDATES



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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


October 2023

Community Events

Hispanic Heritage Month
 ADHD Awareness Month
 LGBTQ+ History Month
 Breast Cancer Awareness Month
 National Book Month
 Socktober
 World Vegetarian Day
 Kindness To Animals Day
 World Teachers Day
 World Sight Day 2nd Thursday
 World Homeless Day
 National Coming Out Day
 World Hunger Day
 Spirit Day 3rd Thursday

 Buffalo Raffle- Online Ticket Sales end at Midnight on 10/25.

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 All GPVSC Offices Closed	2	3	4 VET CENTER 10am-3pm Warrior Wednesday's Meet-N-Greet BBQ 10am-2pm	5	6 GPVSC Weekly Raffle Drawing 3pm
8	9 All GPVSC Offices Closed Columbus Day	10 World Metal Health Day and World Homeless Day	11 VET CENTER 10am-3pm Warrior Wednesday's Meet-N-Greet BBQ 10am-2pm	12	13 GPVSC Weekly Raffle Drawing 3pm	14
15	16 VET CENTER 10am-3pm	17	18 Warrior Wednesday's Meet-N-Greet BBQ 10am-2pm	19 Browning PACT Act Event	20 GPVSC Weekly Raffle Drawing 3pm	21 Board Meeting
22	23	24	25 VET CENTER 10am-3pm Warrior Wednesday's Meet-N-Greet BBQ 10am-2pm	26 Day of the Deployed Tshirt giveaway Buffalo Hunt Raffle	27 GPVSC Weekly Raffle Drawing 3pm Wear RED Day in honor of Day of The Deployed Navy Day	28
29	30 	31				



September was a busy month for GPVSC. It marked the opening of GPVSC U PICK 'EMS Football Raffle. We appreciate all the community support and interaction with this Fundraiser.

September was National Suicide Prevention Awareness Month. That meant a month full of events for GPVSC. With Suicide prevention being one of the main campaigns running, many community events were planned to raise awareness and offer support and service to those at risk.

On September 6th, to honor National Suicide Prevention Awareness Month, we had an Ice Cream Social and Special Meal!! We served Bison/Angus Beef Chili and Fry Bread. The Frosty Box also came and served sweet and frozen treats to our guests.

In Memory of 9/11/2001, the American Legion Post 67 Honor Guard commemorated the 22 Anniversary of the 9/11 attacks at 8:46am. Members of the American Legion Post 67 and staff from the Great Plains Veterans Services Center gathered to honor the 2,996 killed that day.

September 12th, We hosted a Suicide Prevention walk. Our attendees filled out "In Honor or In Memory of" printed race bibs and pinned them to their shirts in remembrance or in honor of the loved ones who suffered or are suffering from Suicide. Immediately following the Walk we provided a community meal at the Veterans Center, raffle, gifts, and fellowship with people who care and to let you know that you're not alone.

September 14th we hosted a Veterans Sweat.

Grand Opening of GPVSC'S Burger Box was held on the 18th in celebration with National cheeseburger Day. We had a great turn out and had many giveaways and prizes to share with our customers.

Native American week 2023 was a huge success. On Wednesday, in celebration of Warrior Wednesdays, we hosted a BBQ to raise awareness for Puppy Mill Awareness Day and National Service Dog Month.

GPVSC continued the tradition of the Dunk Tank for a Cause and a traditional community feed of Bullet Soup and Fry Bread. The Frosty Box Ice Cream trailer offered many frozen treats for our guests.

Friday was the Native American Week Parade, GPVSC had a float decorated in honor of Suicide Prevention.

This month marked John "The Raffle Man" Gardipee's 13th year of having his weekly raffles and with that we had a huge celebration with lots of raffle givaways. Thank you for supporting and celebrating with us.

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

Dominic Pullin

NAVY

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