



Great Plains Veterans Services Center

"Veterans helping Veterans for a better future"

2023

HAPPY NEW YEAR!

**January
2023**

NEWSLETTER

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American Legion Post 67 Meeting

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

Tuesday
January 10th
6:00pm

Support the Great Plains Veterans Services Center and Donate



Non-Veteran-
\$23.00

Veteran-
\$18.00

American Legion
Post Member-
\$15.00



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G.P.V.S.C BOARD MEMBERS

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John Mitchell Board Secretary	Marlene Kay Azure Member-at-Large
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**CHECK OUT OUR
FACEBOOK AND
INSTAGRAM PAGES
FOR UPCOMING BBQ'S
AND OTHER EVENTS.**

Employee Spotlight



John Gardipee Jr. is January's featured Employee Spotlight.

John goes by JJ, as his father is also John. JJ grew up here in Rocky Boy. He has 2 children that he loves and adores. He also enjoys going to the gym and BBQ-ing and smoking meats.

JJ is a veteran with a E-4 Status, he is a 4th generation Army Veteran. He has been working at GPVSC since February 2019. His previous position was Transition Assistance Coordinator. He was in charge of making sure that the Veterans were cared for and their needs were met.

"My goal is to make a impact in my community, I love what I do," said JJ.

JJ recently, completed Soldier Heart Training in Anchorage, Alaska. This training is based on the Arrigah House process. This training is intensive and designed for combat Veterans and first responders to learn to process the effects of post-traumatic stress in a healthy way. He also completed the Arrigah House training. This training focuses on the impact of historical and complex trauma, including adverse childhood experiences and generational cycles of harm. Arrigah House creates a safe peer-led space in which those who have experienced harm, and those who have caused harm, can heal.

These continued trainings are going to help JJ with his new position at GPVSC as the new Outreach Case Manager. He hopes to use this new knowledge to better help Veterans.

Congratulations on your new position, you will help many people with your desire and passion for your community.

JOINING THE AMERICAN LEGION: TOGETHER, WE MAKE A DIFFERENCE



The American Legion was chartered by Congress in 1919 as a patriotic veterans organization. Focusing on service to veterans, servicemembers and communities, the Legion evolved from a group of war-weary veterans of World War I into one of the most influential nonprofit groups in the United States. Membership swiftly grew to over 1 million, and local posts sprang up across the country. Today, membership stands at nearly 2 million in more than 13,000 posts worldwide. The posts are organized into 55 departments: one each for the 50 states, along with the District of Columbia, Puerto Rico, France, Mexico and the Philippines.

Over the years, the Legion has influenced considerable social change in America, won hundreds of benefits for veterans and produced many important programs for children and youth.

The American Legion provides life-changing assistance and guidance for veterans, military personnel, their families and communities in thousands of ways every day around the world. Help comes in the form of personal assistance, cash grants, donated goods, disaster relief, labor, networking, volunteerism and advocacy.

The American Legion is built on a promise from men and women who swore with their lives to defend and protect the United States through military service. The promise begins at enlistment, grows through training and discipline in the U.S. Armed Forces and continues after discharge, as veterans in service to community, state and nation.

In times of crisis, The American Legion steps into the turmoil and fights to provide needed assistance for others. Young people who seek positive opportunities turn to The American Legion, which has mentored generations into responsible citizens. Veterans in need

of advocates to help them achieve meaningful careers, educations, health-care services, friends and stable homes are supported every day, free of charge, by The American Legion.

Active-duty, National Guard and Reserve personnel have dedicated supporters in The American Legion. A strong and well-resourced national defense is, and has always been, a central purpose of the organization. As former troops, Legionnaires understand the importance of home-front support.

Legionnaires constantly remind communities that freedom and prosperity come with a price, a price often paid in blood. They know the difference between Memorial Day and Veterans Day. They raise the money, put in the hours and bring into existence monuments and memorials to "preserve the memories and incidents of our associations in all wars."

The American Legion salutes the flag and asks all others to show respect for the unity, freedom and hope it represents. Among American Legion members, there is no rank or prejudice, only purpose. A veteran is a veteran. And the purpose of veterans in The American Legion is to strengthen the United States of America through programs, services, compassion and actions that have proven vital, timeless and life-changing for over a century.

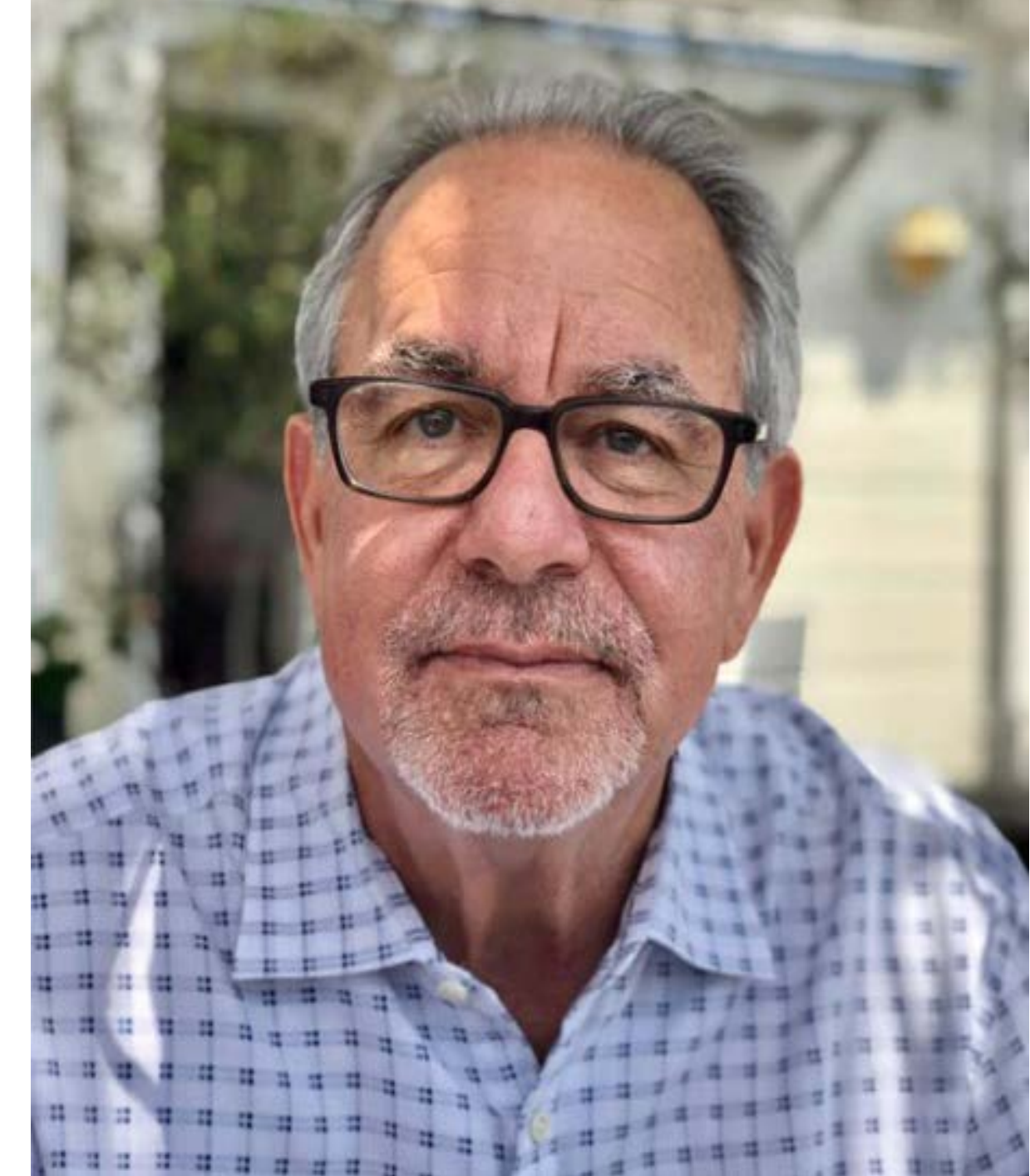
The American Legion's mission statement, as adopted by the National Executive Committee in October 2020, is: To enhance the well-being of America's veterans, their families, our military, and our communities by our devotion to mutual helpfulness.

THE AMERICAN LEGION'S MOTTO IS "VETERANS STRENGTHENING AMERICA."

MORE REASONS TO JOIN THE AMERICAN LEGION

- Free Subscription to The American Legion Magazine- Our nation's leaders speak directly to citizens on the pages of The American Legion Magazine. The American Legion's organizational goals are promoted using the words of talented writers, professional journalists, and world leaders.
- Benefits Assistance- The American Legion offers expert advice, support and representation for veterans and families seeking government benefits they are eligible to receive at the federal, state and local levels.
- Career Assistance- Hundreds of job fairs and career events every year, all across the map, are coordinated, sponsored, promoted or produced by The American Legion. American Legion business workshops also help veterans and their families pursue their entrepreneurial dreams.
- Comfort for the Recovering- Operation Comfort Warriors helps active-duty military personnel and newly discharged veterans recover and adjust to lifestyle changes.
- Education Assistance- The American Legion conducts student-veteran roundtables, networks with Student Veterans of America as well as college campuses, and works with agencies to better apply military experience toward professional and vocational licenses and certification credits.
- Family and Community Support- Cash grants and volunteer aid are among the ways The American Legion reaches out to families of military servicemembers and veterans during times of financial difficulty, short-handedness at home or natural disaster.
- Financial Services- The American Legion and USAA, two organizations driven by the same values for nearly a century, are allied through a "preferred provider" relationship that connects Legionnaires with the best advice and service in banking, insurance and personal finance.
- Homeless Veteran Outreach- The American Legion offers hundreds of opportunities for homeless veterans across the country, including temporary housing, mentoring and job training.
- Honor and Remembrance- American Legion honor guards provide official services at thousands of veteran funerals around the world each year. The Legion is also a leader at every level in the establishment and maintenance of memorials and monuments that honor military sacrifice.
- Member Discounts- The American Legion offers members and their families practical, money-saving discounts that can easily save many times the cost of annual membership dues.
- Advocacy in Washington- The American Legion is the nation's most influential, effective and dependable advocate of veteran affairs fighting for better active-duty pay, improved housing for active-duty families and helping to ensure that the VA's medical system can properly care for veterans.
- Volunteer Opportunities- The American Legion offers volunteer opportunities that fulfill needs in local communities throughout the country and beyond. The Legion and the Sons of The American Legion provide millions of hours of free community service, assistance at VA medical facilities and help at military installations each year.

A SOLUTION FOR VETS SEEKING TRANSITION RESOURCES



But one statistic that sticks with Silverman is one of the reasons why he's starting a new venture aimed exclusively at veterans who need help.

"A lot of people, I've learned over the years, when they run into barriers, they kind of give up," said Silverman, who fought addictions of his own but recently celebrated 30 years of sobriety and is the CEO of Confidential Recovery in San Diego. "But I heard this statistic from one of our supervisors in community management, that 80 percent of the veterans who have taken their own life, have not accessed any kind of mental health support."

Because of tragic statistics like that one, Silverman has started the Veterans Navigation Center in San Diego after hearing that many veterans don't have the necessary resources to transition successfully from active duty to civilian life.

The Veterans Navigation Center is only currently

operating in the San Diego area, but Silverman has plans to grow the program nationally. During his interactions with veterans at Confidential Recovery, Silverman found that the toughest hurdle for many veterans initially out of the military who need help is simply that they're afraid or too proud to ask for help.

"The number one issue is the fear of frustration, or denial of not knowing how to ask for help from an ego perspective," he said. "In order to eliminate those barriers, an individual really needs to have a coach or a navigator, a supporter, a case manager, a mentor, whatever label that one wants to put on it. What we're going to try to be is that person. Once they get that roadmap, they see what they have to do and know they can fall back on us if they need to. We can help hold their hand at whatever level they might need."

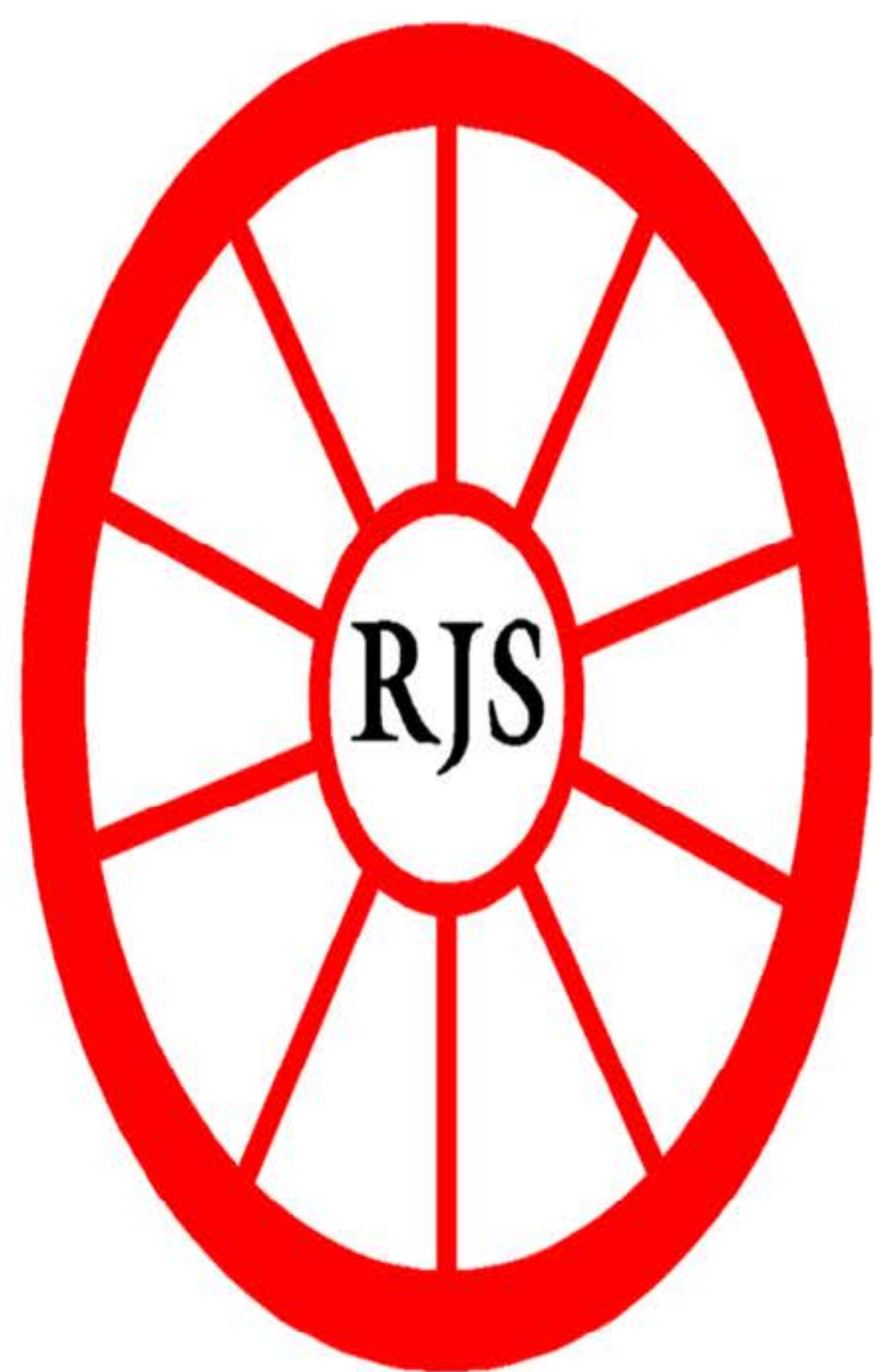
The Veterans Navigation Center uses veterans to help make the connection with their peers who are seeking assistance in areas such as:

acquiring benefits; developing work, life and skills training; substance abuse treatment; mental health counseling for depression, anxiety, post-traumatic stress disorder or trauma; family marriage and counseling; legal assistance; and finding housing.

One goal of the not-for-profit organization is to help individuals seeking help to better navigate the Department of Veterans Administration to unlock the recovery benefits it provides veterans. The relationship can serve as a two-way street as the VA will refer some individuals to the Veterans Navigation Center for assistance, but Silverman also hears from veterans who struggle to make a connection with the VA.

"The VA has a huge system and infrastructure, so we can find ways to build those bridges," Silverman said. "We'll be able to get people from A to B quicker, and from B to C more efficiently, and then from D to Z by being there as a support component."

As the CEO of a substance abuse recovery center in San Diego, Scott Silverman has seen his share of veterans who are struggling to make things meet upon leaving the military.



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GLAUCOMA: SIGNS, SYMPTOMS, AND TREATMENT

The optic nerve is a bundle of about 1 million individual nerve fibers that transmits the visual signals from the eye to the brain. In the most common form of glaucoma, primary open-angle glaucoma, the fluid pressure inside the eye increases. This increase in pressure may cause progressive damage to the optic nerve and loss of nerve fibers. Advanced glaucoma may even lead to blindness. Not everyone with high eye pressure will develop glaucoma, and some people with normal eye pressure will develop glaucoma. When the pressure inside a person's eye is too high for a particular optic nerve, whatever that pressure measurement may be, glaucoma will develop. Glaucoma is the second-leading cause of blindness in the U.S. It most often occurs in people over age 40, although an infant (congenital) form of glaucoma exists. People with a family history of glaucoma, African Americans over the age of 40 and Hispanics over the age of 60 have an increased risk of developing glaucoma. Other risk factors include thinner corneas, chronic eye inflammation and taking medications that increase the pressure in the eyes.

The most common form of glaucoma, primary open-angle glaucoma, develops slowly and usually without any symptoms. Many people are not aware they have the condition until they have significant vision loss. Initially, glaucoma affects peripheral or side vision, but it can advance to central vision loss. If left untreated, glaucoma can lead to significant vision loss in both eyes, and may even lead to blindness.

A less common type of glaucoma, acute angle-closure glaucoma, usually occurs abruptly due to a rapid increase of pressure in the eye. Its symptoms may include severe eye pain, nausea, redness in the eye, seeing halos or colored rings around lights and blurred vision. This is an emergency condition in which severe vision loss can occur quickly; see your doctor of optometry immediately. Glaucoma cannot currently be prevented. But if it is diagnosed and treated early, it can usually be controlled. Medication or surgery can slow or prevent further vision loss. However, vision already lost to glaucoma cannot be restored. That is why the American Optometric Association recommends an annual dilated eye examination for people at risk for glaucoma. Depending on your specific condition, your doctor may recommend more frequent examinations.

Causes & risk factors- There are many theories about the causes of glaucoma, but the exact cause is unknown. Although the disease is usually associated with an increase in fluid pressure inside the eye, other theories include a lack of adequate blood supply to the nerve.

The following are the different types of glaucoma and their potential causes.

- **Primary open-angle glaucoma**
This is the most common form of glaucoma.

Damage to the optic nerve is slow and painless. Those affected can lose a large portion of vision before they notice any vision problems. One theory about its development is that the eye's drainage system becomes inefficient over time. This leads to an increased amount of fluid and a gradual buildup of pressure within the eye. Another theory about the cause of this type of glaucoma is that there is poor blood flow (perfusion) to the optic nerve. Other theories also exist.

- **Angle-closure glaucoma-** This type of glaucoma, also called closed-angle glaucoma or narrow-angle glaucoma, is a less common form of the disease. It is a medical emergency that can cause vision loss within a day of its onset. It occurs when the drainage angle in the eye (formed by the cornea and the iris) closes or becomes blocked. Many people who develop this type of glaucoma have a very narrow drainage angle. With age, the lens in the eye becomes larger, pushing the iris forward and narrowing the space between the iris and the cornea. As this angle narrows, the fluid in the eye is blocked from the drainage system. Therefore the fluid builds up and eye pressure increases. Angle-closure glaucoma can be chronic (progressing gradually) or acute (appearing suddenly). The acute form occurs when the iris completely blocks fluid drainage. When people with a narrow drainage angle have their pupils dilated, the angle may close and cause a sudden increase in eye pressure. Although an acute attack often affects only one eye, the other eye may be at risk of an attack as well.

- **Secondary glaucoma-** This type of glaucoma results from an injury or another eye disease. It may be caused by a variety of medical conditions, medications, physical injuries, and eye abnormalities. Infrequently, eye surgery can lead to secondary glaucoma.

- **Normal-tension or low-tension glaucoma-** In this form of glaucoma, eye pressure remains within the "normal" range, but the optic nerve is damaged nevertheless. It is not known why this happens. Possibly, people with low-tension glaucoma have an abnormally sensitive optic nerve. Or they may have a reduced blood supply to the optic nerve caused by a condition such as atherosclerosis, a hardening of the arteries. Under these circumstances, even normal pressure on the optic nerve can cause damage.

Symptoms- The signs or symptoms of glaucoma can vary depending on the type. Primary open-angle glaucoma often develops slowly and painlessly, with no early warning signs. It can gradually destroy one's vision without even knowing it. The first indication that a person has glaucoma may occur after some vision has been lost. Acute angle-closure glaucoma results from a sudden blockage of drainage channels in the eye,

causing a rapid buildup of pressure. In this form of the disease, a patient would have blurred vision, the appearance of halos or colored rings around lights, and pain and redness in the eye.

Diagnosis- Glaucoma is diagnosed through a comprehensive eye examination. Because glaucoma is a progressive disease, meaning it worsens over time, a change in the appearance of the optic nerve, a loss of nerve tissue, and a corresponding loss of vision confirm the diagnosis. Some optic nerves may resemble nerves with glaucoma, but the patients may have no other risk factors or signs of glaucoma. These patients should have routine comprehensive exams to monitor any changes.

Glaucoma testing includes: Patient history to determine any symptoms the patient is experiencing and if there are any general health problems and family history that may be contributing to the problem. Visual acuity measurements to determine if vision is being affected.

Tonometry to measure the pressure inside the eye to detect increased risk factors for glaucoma.

Pachymetry to measure corneal thickness. People with thinner corneas are at an increased risk of developing glaucoma.

Visual field testing, also called perimetry, to check if the field of vision has been affected by glaucoma. This test measures your side (peripheral) vision and central vision by either determining the dimmest amount of light that can be detected in various locations of vision, or by determining sensitivity to targets other than light.

Evaluation of the retina of the eye, which may include photographs or scans of the optic nerve, to monitor any changes over time.

Supplemental testing, which may include gonioscopy. This procedure offers a view of the angle anatomy, which is where eye fluid drainage occurs. Serial tonometry is another possible test. This procedure acquires several pressure measurements over time, looking for changes in the eye pressure throughout the day. In addition, devices can be used to measure nerve fiber thickness and to look for tissue loss on specific areas of the nerve fiber layer.

Treatment- Glaucoma treatment is aimed at reducing pressure in the eye. Regular use of prescription eye drops are the most common and often the first treatment. Some cases may require systemic medications, laser treatment, or other surgery. While there is not yet a cure for glaucoma, early diagnosis and continuing treatment can preserve eyesight.

Medications- A number of medications are currently available to treat glaucoma. Typically, medications reduce elevated pressure in the eye. A single medication or a combination of medications may be prescribed. The type of medication may change if it is not reducing pressure enough

or if the patient is experiencing side effects.

Surgery- Procedures include laser treatment, making a drainage flap in the eye, inserting a drainage valve, or destroying the tissue that creates the fluid in the eye. All procedures aim to reduce the pressure inside the eye when medication is not sufficient. Surgery cannot reverse vision loss.

- **Laser surgery-** Laser trabeculoplasty helps fluid drain out of the eye. A high-energy laser beam stimulates the structure that drains fluid from the eye (the trabecular meshwork) so that fluid drains more efficiently. The results may be somewhat temporary, and the procedure may need to be repeated in the future.

- **Conventional surgery-** If eye drops and laser surgery aren't controlling eye pressure, the patient may need a trabeculectomy. This filtering microsurgery creates a drainage flap. Fluid can then percolate into the flap and later drain into the vascular system.

- **Drainage implants-** Drainage valve implant surgery may be an option for adults with uncontrolled glaucoma or secondary glaucoma or for children with glaucoma. A small silicone tube is inserted in the eye to help drain fluid.

Treatment for acute angle-closure glaucoma
Acute angle-closure glaucoma is a medical emergency. Those affected can take medication to reduce eye pressure as quickly as possible. They will also likely undergo a laser procedure called laser peripheral iridotomy. In this procedure, a laser beam creates a small hole in the iris to allow fluid to flow more freely into the front chamber of the eye where it then can drain.

Prevention- There is no cure for glaucoma. Patients with glaucoma need to continue treatment for the rest of their lives. Because the disease can progress or change without warning, compliance with eye medications and undergoing eye examinations are essential; treatment may need to be adjusted periodically.

Keeping eye pressure under control can slow or stop damage to the optic nerve and continued loss of vision. Your doctor of optometry may focus on lowering the eye pressure to a level that is least likely to cause further optic nerve damage. This level is often referred to as the target pressure and is likely a range rather than a single number. Target pressure differs for each person, depending on the extent of the damage and other factors. Target pressure may change over time. New medications to help fight glaucoma are always being developed.

Early detection, prompt treatment, and regular monitoring can help to control glaucoma and reduce the chances for vision loss.

THANK YOU FOR ALL YOUR CONTINUED SUPPORT!



Warrior Wagon Food Truck

DECEMBER 5th

FOLLOW GPVSC ON SOCIAL MEDIA FOR UPDATES

If you're in crisis, call the new Veterans Crisis Line number.

Dial 988 then Press 1.



JANUARY IS GLAUCOMA AWARENESS MONTH

Quality of care for Veterans includes raising awareness around important health topics. By highlighting some of the national health awareness campaigns each month, Veterans can get ideas, information, and resources on a variety of health matters.

January is Glaucoma Awareness Month, and we want to educate our Veterans about this serious eye disease and what you can do to protect your eyes.

Glaucoma is a group of eye conditions that damage the optic nerve. The health of this nerve is vital for good vision. This damage is often caused by increased pressure in your eye. Glaucoma usually starts without any symptoms. Later, there is some loss of peripheral vision or side vision. Objects straight ahead are seen clearly, but objects to the sides are not seen. As the disease progresses, the ability to see objects on the side is increasingly lost, and eventually the center of vision is affected.

African-American Veterans should especially get their eyes checked regularly, as glaucoma is six to eight times more common in African-Americans than Caucasians. Also, among Hispanic populations, glaucoma is the leading cause of blindness.

Approximately 120,000 Americans are blind from glaucoma, according to the Glaucoma Research Foundation. The disease is not curable, but it can be managed to prevent the eventual loss of vision. Among the

treatments currently used are eye drops and laser or traditional surgery.

VA's Center of Excellence for the Prevention and Treatment of Visual Loss is helping to solve this problem through new methods of detection and developing new treatment strategies. For example, VA now has portable digital eye cameras paired with cutting-edge software that automatically analyzes images of the eye to diagnose glaucoma and determine if it's changing with time. New research is also looking at new molecules that protect the optic nerve from damage and help preserve vision in addition to lowering eye pressure all together.

What can you do? Get tested for glaucoma right away. It is a painless procedure, and early diagnosis of glaucoma may reduce the damage of your eye and even save your eyesight.



SUICIDE PREVENTION COLUMN: STICKING TO YOUR RESOLUTIONS

New Year's resolutions can vary greatly, but they are all about achieving something that will have a positive impact in your life.

Whatever your goal is – the important thing is that you are on the right path to achieve it. Read through these tips to help you stick to your New Year resolutions and maximize your chances of not giving up.

1. Start with small goals
You may be feeling motivated and excited about your goal, but don't let your ambition lead you to unattainable levels. If you want to try a new activity, don't commit yourself to 5 times a week – start slowly and consistently so that your body gets used to it, and build from there. Giving yourself the ability to meet your goal in small steps can help you avoid discouragement along the way.

2. Make it measurable
For your goal to be attainable, it's important that you make it specific and measurable. For example, if you want to exercise more, set the amount of time you want this to be: 30 minutes a day, 4 times a week; or if you want to lose weight, make sure you know exactly what healthy weight figure you want to achieve. By assigning a measurement, you are specifying what goal success looks like.

To help you keep track of your progress, you can use an activity tracker where you can log your food intake and exercise.

3. Be realistic
Set your goals according to your lifestyle and with what you will be able to achieve, otherwise you might lose your motivation. Be honest to yourself and be sure to consider the resources and time you have available to help you meet your goals.

4. Make a plan
So you know what you want to accomplish, but make sure you also determine the when, where, and why of your vision – that way you can establish an action plan and set yourself on the right path to achieve your goal.

5. Stay positive
It can be difficult to make changes in your life, but focusing on the negative side will only discourage you. Try not to think about how tired you will feel after a session at the gym, or how much stress it may cause you if you stop smoking – believe in your goal and try to constantly remind yourself of the benefits and the impact it will have on your life. Focusing on the positives will help you stick to your resolution and make it happen.

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.

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

January's 2022 Suduko Puzzle

Answer in Ferbruary's Newsletter

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

CHECK CASHING SERVICES

Unload Debit Card, Bill Pay, Buy Bitcoin



DEBIT CARD SERVICES

Cash withdrawal fees:

Post 67 Member: \$1

Veterans: \$1.50

Non-Veteran: \$2.50



CHECK CASHING SERVICES

Fees:

Post 67 Member: 1%

Veteran: 1.5%

Non-Veteran: 2%



BILL PAY SERVICES

Fees

Veteran: FREE

Non-Veteran: \$3.50

Same Day Venders:

Hill County Electric

Triangle Communications

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

CHECK CASHING POLICIES

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

CHECK CASHING HOURS:

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

SAT-SUN: CLOSED



MY ONE REASON FOR BUCKLING UP

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

-BREEANNA-

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

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



f /SafeOnAllRoads

HRTG NEWS: WINTER DRIVING TIPS

Winter Driving Checklist

- Allow extra time to get to your destination.
- Clean off your car. Keep windows, mirrors and lights clear of snow and ice.
- Turn off cruise control.
- Always buckle up.
- Slow down in poor visibility conditions.
- Maintain a safe distance behind other vehicles.
- Expect ice on bridges and in shady spots.
- Don't pass snowplows unless it's absolutely necessary.
- Prepare your vehicle for winter driving at the start of the season.
- Check to be sure all four tires are in good condition.
- Don't wait until the last minute to get snow tires mounted.
- Keep an emergency travel kit in your car.

Our snowplows are on the road for your safety. When you encounter a snowplow, remember:

- Don't crowd the plow.
- Plow drivers have limited visibility so don't assume your vehicle is in view.
- Maintain a safe distance behind the snowplow.
- Plows aren't just removing snow. They may also be spreading sand or deicer on the road.
- Be patient—never pass through a white out.
- The driver will pull over when it is safe to do so to allow vehicles to pass.
- Slow down.
- Plows are large and move slower than highway speeds. It is difficult to judge distance when approaching the plow so slow down immediately to avoid a collision.

In the event you find yourself broken down while traveling or need to evacuate your home or office, you should have some supplies in your vehicle to keep you as comfortable as possible & help you survive.

Emergency Travel Kit

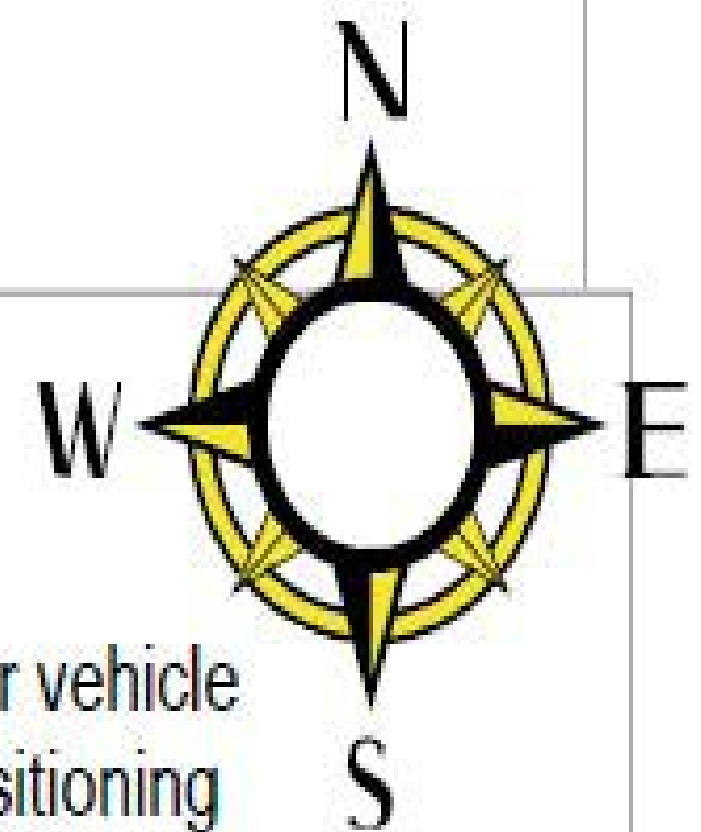
What You Need...

- NOAA Weather Radio
- Flashlight
- Extra Batteries
- First aid kit
- Blankets
- Season-appropriate clothing
- Whistle to signal for help
- Dust mask
- Moist towelettes, garbage bags & plastic ties
- Basic Tool Kit, Knife & Shovel
- Axe or Saw
- Tow Chain, Straps or Come-Along
- Spare Tire
- Wire & Rope
- Starter Fluid, Extra Oil, & De-Icer
- Flares
- Kitty Litter or Sand
- Booster Cables
- Water
- Non-perishable, high energy food
- Local maps

Additional Items to Consider:

- Prescription medications & glasses
- Infant formula & diapers
- Pet food & extra water for your pet

- Important family documents (copies of insurance policies, identification and bank account records in a waterproof container)
- Cash or traveler's checks & change
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies & personal hygiene items
- Mess kits, paper cups, plates & plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children
- Specialized items for disabled family member(s).



GPS can save your life!!

Your handheld or vehicle GPS (Global Positioning System) can be among your most valuable tools if you become lost. Know how to use it and take it with you on EVERY trip.

VETERANS SUPPORT SERVICES NEWS: HEATING HOMES CAMPAIGN

The Great Plains Veterans Services Center (GPVSC) is diligently working to raise funds to help Veteran families and our most vulnerable elders with heating costs. There are many Veterans, maybe your neighbor or family member, at risk of having no heat during these cold winter months. Families will have to make a tough choice between heating their home or paying other necessary bills or even purchasing food. We need your help to make sure our Veterans can stay warm and comfortable this winter. All proceeds will go directly to the "Direct Services Heating Assistance Fund" and will be used to assist our Veterans with their heating costs this winter.

Our Direct Services Heating Assistance Fund "DSHAF" helps qualifying Veteran household with funds raised by this "Winter Fundraising Campaign".

Follow our Facebook page to find out when our very own John "the Raffle Man" Gardipee will be around the community to gather donations. He will have a bucket that you can simply drop your donation into, or if you prefer we will have a link available on our website so that you can donate online.

EVERY DONATION HELPS!

YOU WILL BE MAKING SUCH A HUGE DIFFERENCE IN OUR VETERANS LIVES!



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

January 2023

Community Events

WHAT THE NEW YEAR BRINGS WILL DEPEND A LOT ON WHAT YOU BRING TO THE YEAR...

-VERN MCLELLAN

A representative from the Great Falls Vet Center will be at the office a couple times a month to answer any VA related questions, aid in enrollment, and offer counselling services for eligible Veterans. The representative will also be available to answer questions about benefits and services.

For more information or to schedule and appointment Call Rich or Becky at (406) 452-9048

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
ALL GPVSC OFFICES CLOSED						
New Year's Day					GPVSC Weekly Raffle Drawing	
8	9	10 VET CENTER 10am-3pm American Legion Post 67 Meeting 6pm	11	12	13 GPVSC Weekly Raffle Drawing	14
15	16 ALL GPVSC OFFICES CLOSED Martin Luther King Jr's Birthday	17 VET CENTER 10am-3pm	18	19	20 Presidential Inauguration Day GPVSC Weekly Raffle Drawing	21
22	23	24 VET CENTER 10am-3pm	25	26	27 GPVSC Weekly Raffle Drawing	28
29	30	31 VET CENTER 10am-3pm				

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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

Purchase NOW

FRIDAYS

\$1,000 Cash
 2nd Chance Winner:
 \$100 Cash

AT 3PM

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