



GREAT PLAINS

VETERANS SERVICES CENTER

GPVSC

FORT BELKNAP LAUNCHES ITS STAFF SGT FOX SUICIDE PREVENTION GRANT



March
2024

NEWSLETTER

G.P.V.S.C STAFF

Executive Director
Chauncey Parker

Organized Readiness Coordinator
John Gardipee, Sr.

Veterans Transportation Manager
Francois Nelis

Communications Specialist
Becky Lewis

VCO Administrative Assistant
Jalissa Parker

Finance Manager
Marianne Capellen

Veterans Outreach Case Managers
Rocky Boy Office
John Gardipee, Jr.
Jeffery Jones

Veterans Outreach Case Managers
Browning Office
Patrick Calf Looking
Ryan Hoyt

Veterans Service Driver
Rocky Boy Office
Keith Billy

VSS
Administrative Assistant
Rocky Boy Office
Dominic Pullin

Transportation Outreach Coordinator
Browning Office
Shane Sinclair

Veterans Service Drivers
Browning Office
Matt Webber
Louis Pollock

Veterans Service Driver
Rocky Boy / Ft. Belknap
Weston Sutherland

Veterans Outreach Case Manager
Ft. Belknap Office
Marci Buchman
Jamie Fox

Food Service Operator
Rocky Boy Office
Brian Jones

Project Manager
John Mitchell

Graphic Designer
Amber Lewis



American Legion Post 67 Meeting

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

Tuesday
March 12th
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

G.P.V.S.C BOARD MEMBERS

Jon Monteaux
Board President

Robert Belcourt
Board Vice President

Joseph Eagleman
Board Treasurer

Donald White Horse
Member-at-Large

Marlene Kay Azure
Member-at-Large

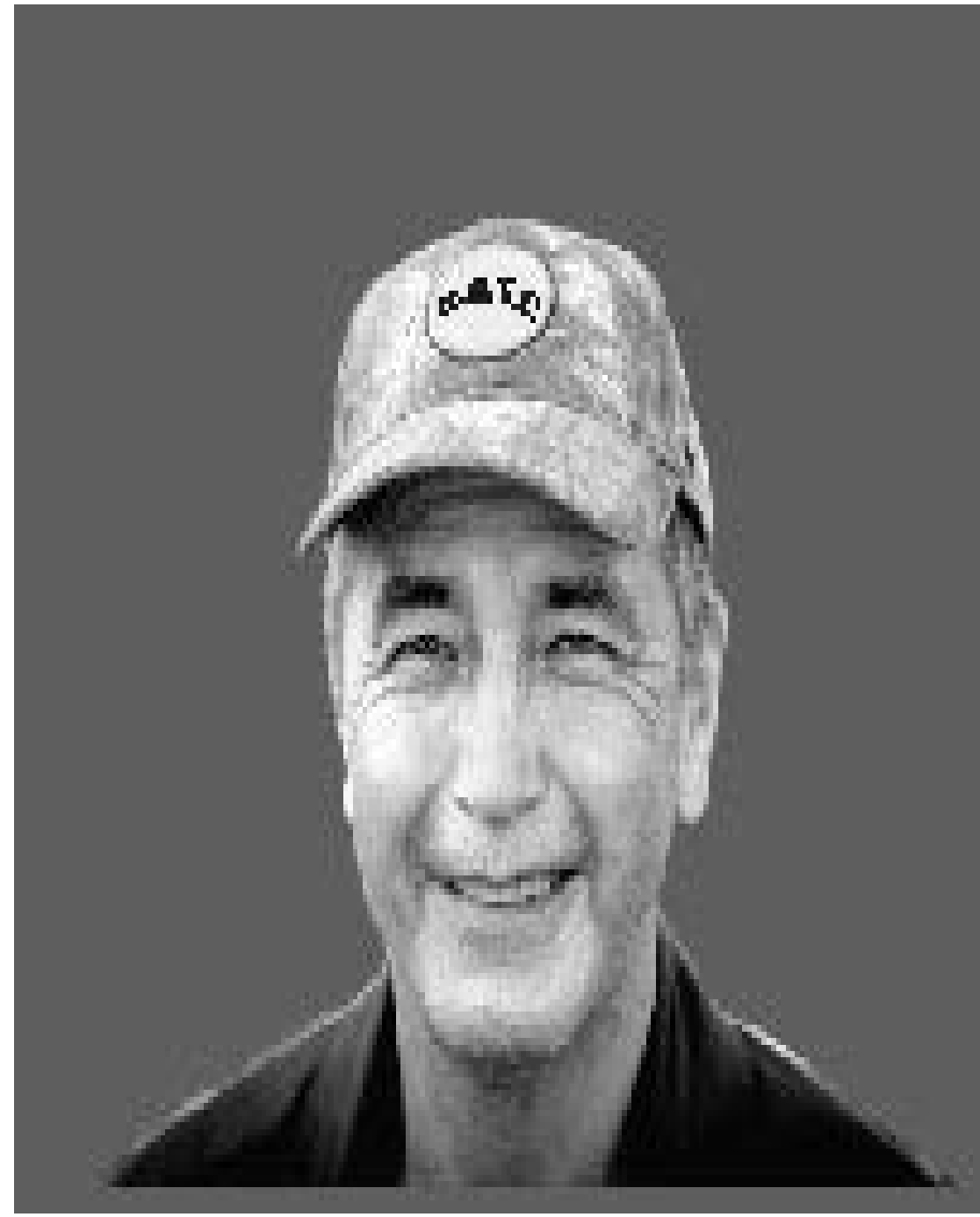
Brandi King
Member-at-Large

Lawrence BG Rhone
Member-at-Large

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



MESSAGES FROM JOHN "THE RAFFLE MAN" GARDIPEE SR.



I would like to thank all the players who participated in 2024 GPVSC'S Superbowl Raffle. We had a lot of fun and we couldn't have done it without all of you. If it wasn't for you playing it would be just another ole' Superbowl.

Thank you for making the 2024 GPVSC Super Bowl Raffle another huge success and congratulations to all the winners! We are looking forward to next year!

Week in and week out, I am out and about selling raffle tickets to you, our treasured community. Each week you are there to purchase

spots and to support our efforts here at GPVSC.

Thank You to all that play the weekly raffle, like I always say, "Its your raffle!" It been a pleasure to make many people smile, once a week for 13 years now. It has been an amazing 13 years, can't wait to see what the future brings.

Thank you so very much for keeping YOUR raffle going. We will be rolling out an additional raffle in March called the Queen of Hearts. Details below!

With many thanks,
John Gardipee Sr. "The Raffle Man"

QUEEN OF HEARTS New Game!!!

Great Plains Veterans Services Center (GPVSC) is starting a new raffle game! Raffle drawings will take place on Friday's at 3pm via Facebook LIVE.

GPVSC will begin by taking a deck of 52 playing cards and placing each card into its own envelope and sealing the envelope. This will be done blindly, so that no one knows where the QUEEN OF HEARTS is. The envelopes will be numbered 1-52 and pinned onto a locked bulletin board cabinet.

John "the Raffle Man" will sell raffle tickets for this new game weekly, alongside the regular weekly raffle. Tickets are \$1.00 for one (1),

\$5.00 for six (6), \$10.00 for thirteen (13) and \$20.00 for twenty-seven (27). There is no limit on how many tickets one person may purchase. 60% of all ticket sales go towards the pot and 40% go to fund GPVSC's Operations.

That week's tickets will be secured, and john will pick a winning raffle ticket each Friday at 3pm. The raffle winner shall come to GPVSC on the following Monday between 8am-10am to choose an envelope and remove it from the board. John will open the envelope. If the card inside the envelope is the QUEEN OF HEARTS, that person wins the entire pot!

If the QUEEN OF HEARTS is not chosen, and is NOT the Queen of Spades, Queen of Diamonds, or the Queen of Clubs, the entire pot rolls over to the next week. If the card is NOT the QUEEN OF HEARTS, but IS the Queen of Spades, Queen of Diamonds, or the Queen of Clubs, the raffle winner will receive 30% of "that" week's raffle sales and the balance of the pot rolls over to the next week.

If the card chosen is anything other than a QUEEN, the person loses, and the revealed card is placed on the board. Each week, the pot grows larger and larger and the odds get better, until the QUEEN OF HEARTS is chosen.



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

ATTENTION!!!!

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



DURING NATIONAL NUTRITION MONTH, LEARN TO DEVELOP HEALTHY HABITS FOR A HEALTHIER YOU

National Nutrition Month® started in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition.

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budgetfriendly tips for eating right. Cook more, eat out less. Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat. Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit [MyPlate.gov](https://www.MyPlate.gov).

Decide how much to make or buy. Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper. Determine where to shop Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.

Shop for foods that are in season Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

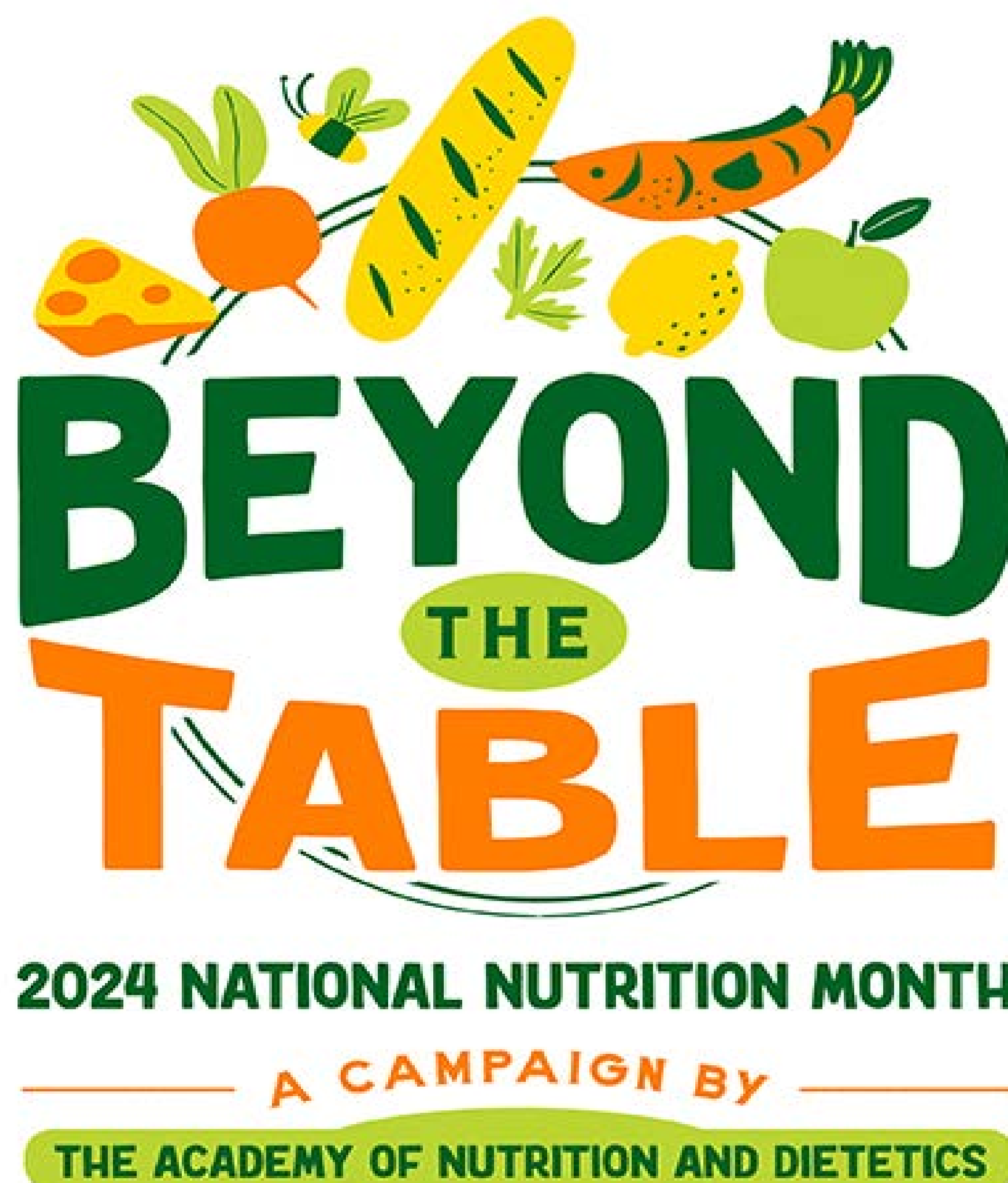
Watch portion sizes. Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates,

bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

Eat Right while on a Budget. Focus on nutritious, low-cost foods Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables. Make your own healthy snacks Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

Start a garden or visit a Farmers Market. A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price. Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area.

Quench your thirst with water. Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.



JOIN WITH THE AACR TO FIND WAYS TO PREVENT AND TREAT COLORECTAL CANCER

Colorectal cancer is the second leading cause of cancer death in the United States, behind only lung cancer. The National Cancer Institute estimates that 153,020 people in the United States received a diagnosis colon or rectal cancer in 2023. Approximately 52,550 died of it.

Colorectal cancer awareness is important because many cases of cancer of the colon or rectum are preventable. Screening by colonoscopy can prevent this cancer because precancerous polyps found during the procedure can be removed at the same time. Furthermore, colonoscopy can also detect the cancer at early stages, when treatment is more likely to be successful.

The five-year relative survival rate for cancer localized to the colon or rectum is 90.9 percent, according to the National Cancer Institute's Surveillance, Epidemiology, and End Results (SEER) Program. The survival rate drops significantly as the cancer spreads beyond those organs.

Cancer of the colon or rectum is more common in men than women. It is also more common among African Americans than people of other races. The median age of diagnosis in the United States is 66 years, while about 78 percent of newly diagnosed patients are aged 55 and older.

COLORECTAL CANCER AWARENESS: EARLY ONSET

The AACR's Cancer Progress Report 2023 reported on the rise in early-onset colorectal cancer — defined as a diagnosis before age 50. The incidence of early-onset colorectal cancer has increased about 2 percent per year in recent years. Ominously, it now accounts for about 12 percent of all colon or rectal cancer cases. The AACR blog, Cancer Research Catalyst, discusses this trend here: [Seeking Clues to Early-onset Colorectal Cancer](#).

Doctors are even seeing more cases of metastatic cancer in people in their twenties and thirties. The AACR journal Cancer Epidemiology, Biomarkers & Prevention (CEBP) published a study of early-onset metastatic colorectal cancer. A writeup of the article is here: [Younger Adults Have Sharpest Increase in Metastatic Colorectal Cancer](#)

AACR's magazine Cancer Today discussed the unique challenges that come with facing cancer in the prime of life. More in [Cancer Today: Colorectal Cancer in Young People](#).

A study led by Andreana Holowatyj, PhD, MS, of the Vanderbilt-Ingram Cancer Center in Nashville, used data from AACR Project GENIE to examine disparities in early-onset colorectal cancer by exploring somatic mutations among patients from different racial groups. Learn more about Dr. Holowatyj's research in [AACR Stories](#).

ONE PERSON'S STORY

Brian Beck of Ethridge, Tennessee, is living with stage IV colon cancer thanks to timely detection and participation in clinical trials of new therapies. Indeed, four and a half years after his diagnosis, he's still able to work full time. Read his story in the AACR Cancer Progress Report 2023:

THE LATEST ON COLORECTAL CANCER

People of African descent who receive genetic testing for colon or rectal

cancer have fewer actionable mutations compared with white people. Consequently, this suggests they have fewer treatment options. Read about it in Cancer Today magazine: [Decoding Disparities in Colorectal Cancer](#).

Colorectal cancer awareness has led to greater use of at-home screening tests like Cologuard and FIT. These widely-used tests are equally effective. However, FIT is a fraction of the cost of Cologuard. Read more in Cancer Today: [Comparing Costs of At-Home Colorectal Screening Tests](#).

WHAT THE AACR IS DOING IN THE AREA OF COLORECTAL CANCER RESEARCH

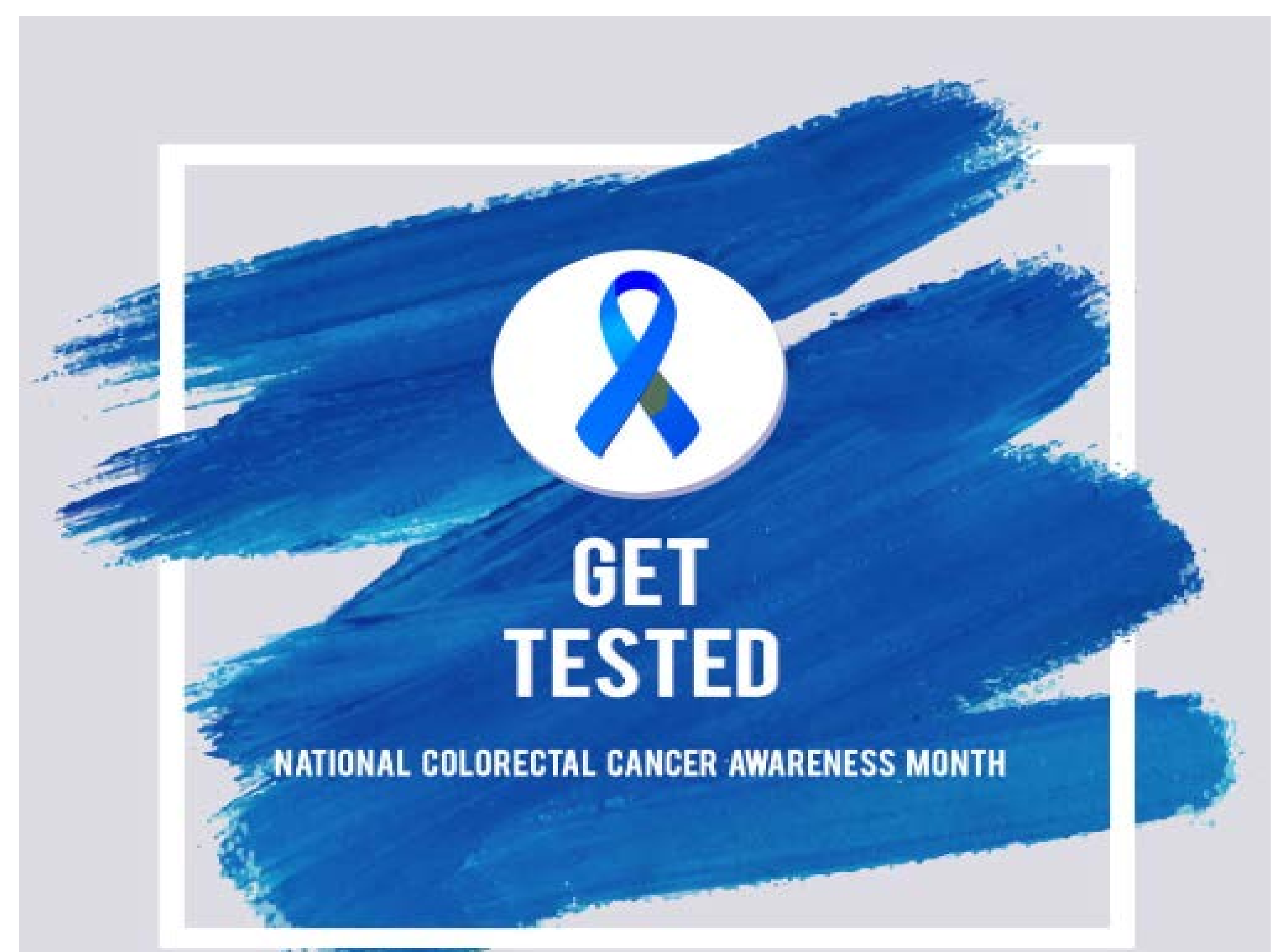
The AACR awards research grants to investigators pursuing promising research related to cancer of the colon or rectum.

In 2022, Yuanyuan Fu, PhD, a researcher at the University of Hawaii John A. Burns School of Medicine, received an AACR-Merck Cancer Disparities Research Fellowship to study colorectal cancer among Native Hawaiians and Pacific Islanders. Her research goal is to understand how genetic factors contribute to colorectal cancer disparities in this unique population.

"The study will help identify the ethnic-specific genetic effects on tumor progression and target them for therapeutic benefit," she explained.

In 2020, Karuna Ganesh, MD, PhD, an assistant member at Memorial Sloan Kettering Cancer Center, received a three-year AACR NextGen Grant for Transformative Cancer Research. To understand how colorectal cancer metastasizes, Dr. Ganesh is performing single-cell analyses of patient samples and 3D cell culture models called organoids. She aims to define how colorectal cancer cells morph into regenerative cell states that can help the cancer metastasize. Such an understanding is critical for the development of more effective treatments for metastatic cancer.

"This grant will provide critical funds to enable us to pursue an ambitious program of research to better understand and treat advanced cancers," says Dr. Ganesh.



YOU ARE NEVER ALONE

SURVIVE AND THRIVE

YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE

Veterans Crisis Line



DIAL 988 then PRESS 1

STAFF SGT FOX SUICIDE PREVENTION GRANT COLUMN: TO ALL VETERANS, THERE IS HOPE

Suicide prevention among veterans remains a public health priority, but the facts are clear. Suicide is preventable. Veterans need not suffer silently or alone. There is help 24/7 for Veterans in crisis as well as for family members who seek confidential support for their loved ones.

September bears the sobering, yet necessary, title of Suicide Prevention Month to raise awareness for veteran suicide, But it doesn't stop there. Suicide needs awareness and support all year round.

Veterans are taking their lives each day, and together we can commit to eliminating that statistic. VA encourages veterans and concerned loved ones to connect with needed resources to help prevent a suicidal event.

This year, in a move to save more veterans' lives, VA instituted the Comprehensive Prevention, Access to Care, and Treatment (COMPACT) Act.

Under this initiative, eligible Veterans experiencing an acute suicidal crisis can immediately present to any VA or non-VA health care

facility for emergency health care at no cost.

National crisis resources are also available 24/7. The Veterans Crisis Line is a free, confidential resource that connects any veteran or their loved ones to a live person specially trained to support veterans.

If help is needed please:

- Call 988 and select 1.
- Text 838255.
- Call 911.
- Go to the nearest emergency room.
- Go directly to your nearest VA medical center.

Life certainly has its challenges, but it can be better if we work together and support each other through #VetsReachOut.

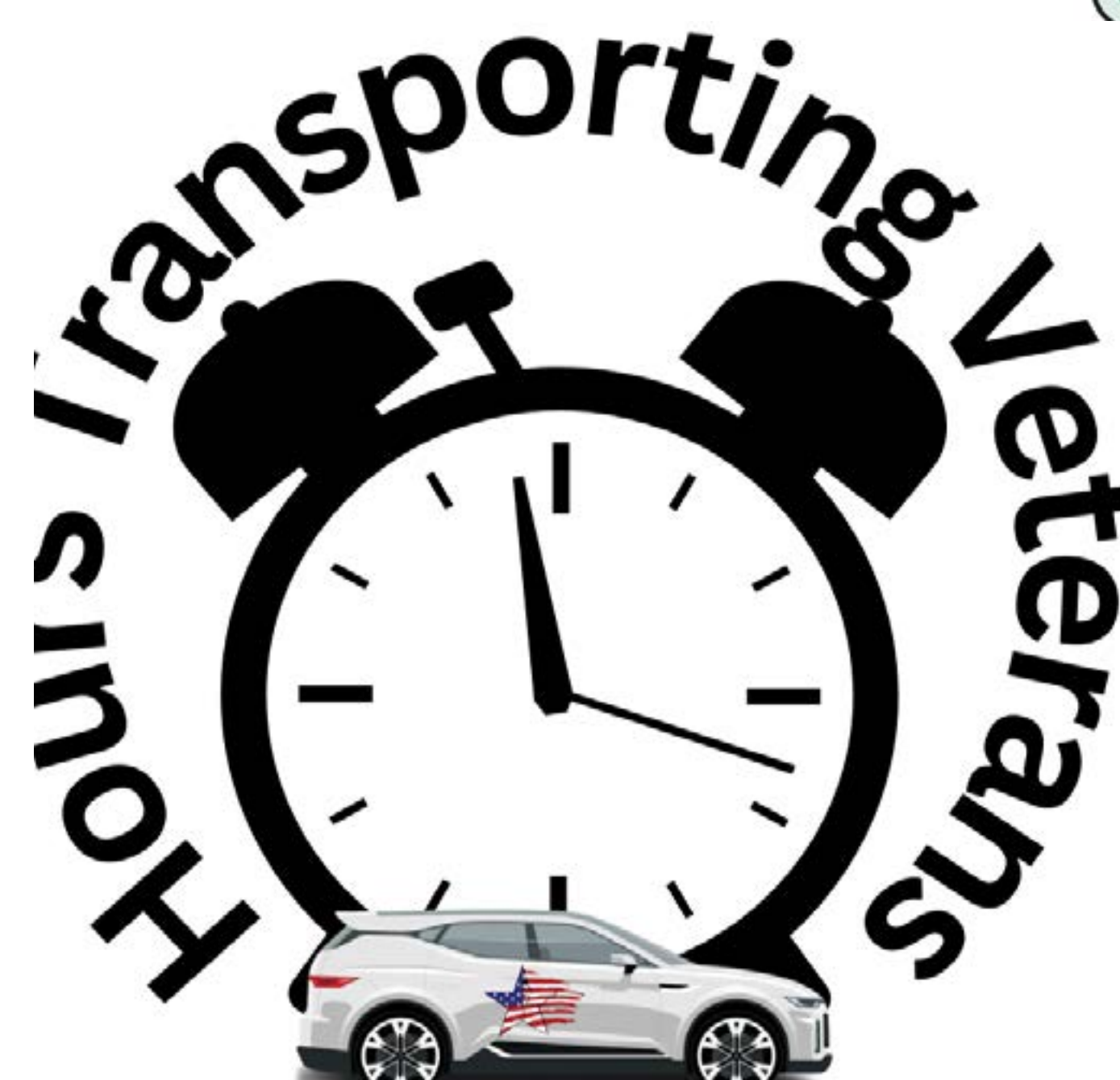
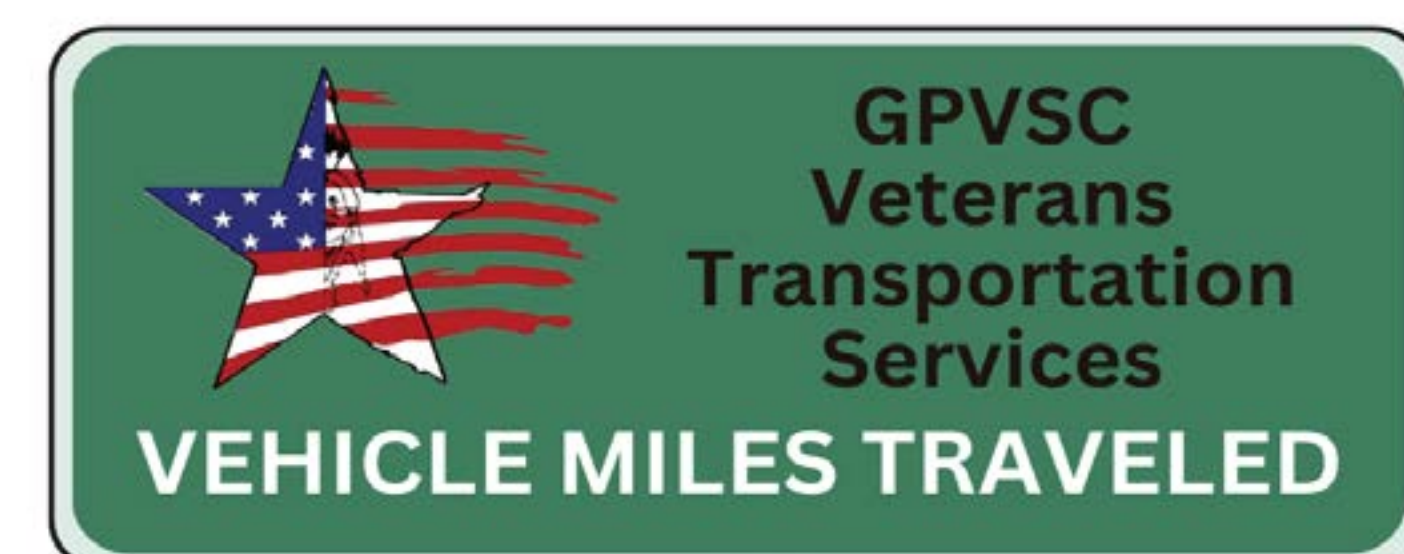
VETERANS TRANSPORTATION SERVICES: HRTG GRANT NEWS FEBRUARY NUMBERS

The final addition to the fleet has ARRIVED! Keep your eye out for them on the roads! In 2023, Great Plains Veterans Services Center (GPVSC) released a plan to replace its current fleet of Jeep Cherokees to Subaru Outback's. With the Subaru's smooth ride, roomy interior, and well-stocked safety features, we're sure our Veterans will be singing its praises!



28 TRIPS

9251 MILES



227

HOURS

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.

February'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

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

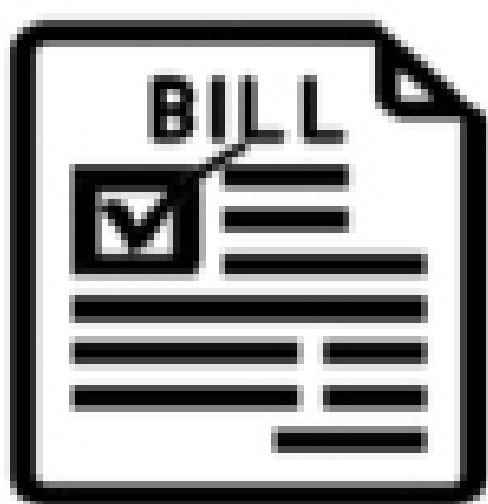
March's 2024 Suduko Puzzle

Answer in April's Newsletter

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

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

GPVSC WISHES A

happy workiversary

to:

KEITH

BILLY

THANK YOU FOR YOUR DEDICATION AND HARD WORK

\$ GPVSC Weekly Raffle \$

WIN!!!
\$1,000 CASH

SECOND CHANCE DRAWING
\$100 CASH

DRAWINGS
 FRIDAY @ 3PM

 [@GREATPLAINSVETERANS](#)

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.



The Burger Box Grill
 Tuesday - Friday from 10 am — 2 pm

<p>Burgers</p> <p>Hamburger \$5.00 Double Hamburger \$7.00 Cheeseburger \$6.00 Beef patty with American cheese Double Cheeseburger \$8.00 Two beef patties with American Cheese Southwest Burger \$8.00 Two beef patties with pepper jack cheese, jalapenos, onion rings, & BBQ sauce *add bacon to any sandwich \$2 LEGION Burger \$10.00 Two beef patties with pepper jack cheese, jalapenos, and BACON</p>	<p>Chicken</p> <p>Crispy Chicken Sandwich \$6.00 Traditional chicken breast patty with American cheese Southwest Crispy Chicken Sandwich \$6.00 Traditional chicken breast patty with pepper jack cheese, jalapenos, BBQ sauce Chicken Breast Tenders \$8.00 Four chicken breast tenders with choice of dipping sauce (ranch or honey mustard)</p>
<p>Meals served with fries & drink</p> <p>Hamburger Meal \$9.00 Double Hamburger Meal \$11.00 Cheeseburger Meal \$10.00 Double Cheeseburger Meal \$12.00 Southwest Burger Meal \$12.00 Crispy Chicken Sandwich Meal \$10.00 SW Chicken Sandwich Meal \$10.00 Smoke Sausage Sandwich Meal \$9.00 Chicken Breast Tenders Meal \$12.00 *add bacon to any sandwich \$2 LEGION Burger Meal \$14.00</p>	<p>Other</p> <p>Nachos \$4.00 Crispy tortilla chips with nacho cheese Super Nachos \$8.00 Crispy tortilla chips with nacho cheese, taco meat, olives, jalapenos, salsa, & sour cream. Pretzels with Cheese \$4.00 Smoked Sausage Sandwich \$5.00 Jalapeno cheddar smoked sausage sandwich with cheese & jalapenos</p>
	<p>Fries</p> <p>Fries \$5.00 Cheese Fries \$6.00 Fries with nacho cheese Warrior Fries \$10.00 Fries with nacho cheese, taco meat, olives, jalapenos, scallions, salsa, & sour cream</p>
	<p>Drinks</p> <p>Soda Pop \$1.00 Pepsi and Coke products, Bottled Water</p>

Phone Orders Call: (406) 395-5610
 Catering Available
 46 Veterans Park Rd. Box Elder, MT. 59521
 @burger.box.rbveteransfoodtruck
 www.greatplainsveterans.org

Phone Orders Call:  Square

**** we are not a Gluten-Free kitchen**

FOLLOW US FOR NEWS AND UPDATES



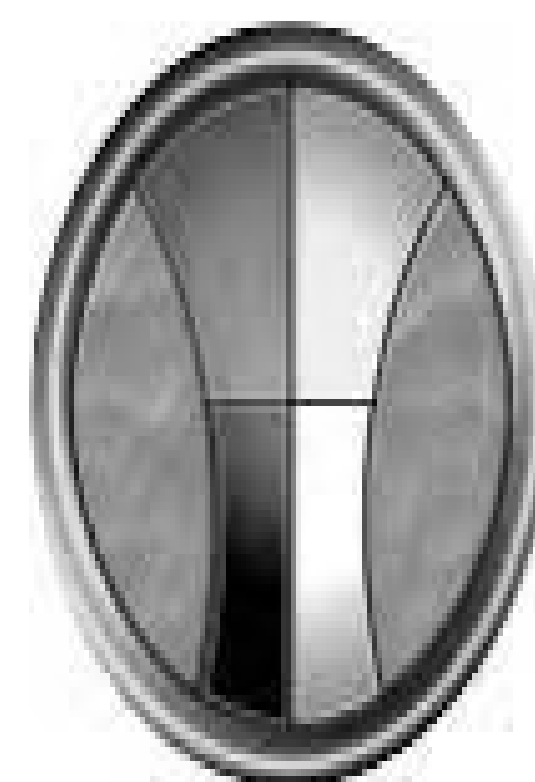
WWW.GREATPLAINSVETERANS.ORG



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

March

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	1 GPVSC Weekly Raffle Drawing 	2
3 Navy Reserve Birthday	4 Hug a GI Day	5 Seabee Birthday	6 VET CENTER Warrior Wednesday 10am-2pm	7	8 GPVSC Weekly Raffle Drawing 	9
10 Daylight Savings Time Begins	11	12 American Legion Post 67 Meeting 6pm	13 K-9 Veterans Day	14	15 GPVSC St Patrick's Day Raffle Drawing 	16
17 St. Patrick's Day	18	19	20 VET CENTER Warrior Wednesday 10am-2pm March Bday Celebration- cake will be served	21 Rosie the Riveter Day	22 GPVSC Weekly Raffle Drawing 	23
24	25 ALL GPVSC OFFICES CLOSED Medal of Honor Day	26	27	28 GPVSC'S Observation of Vietnam War Veterans Day	29 ALL GPVSC OFFICES CLOSED Vietnam War Veterans Day GPVSC Weekly Raffle Drawing 	30
31 Easter	1 ALL GPVSC OFFICES CLOSED	2	3	4	5	6

Community Events and Awareness

- Colorectal Cancer Awareness Month
- National Kidney Month
- National Nutrition Month
- Workplace Eye Wellness Month
- Women's History Month



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

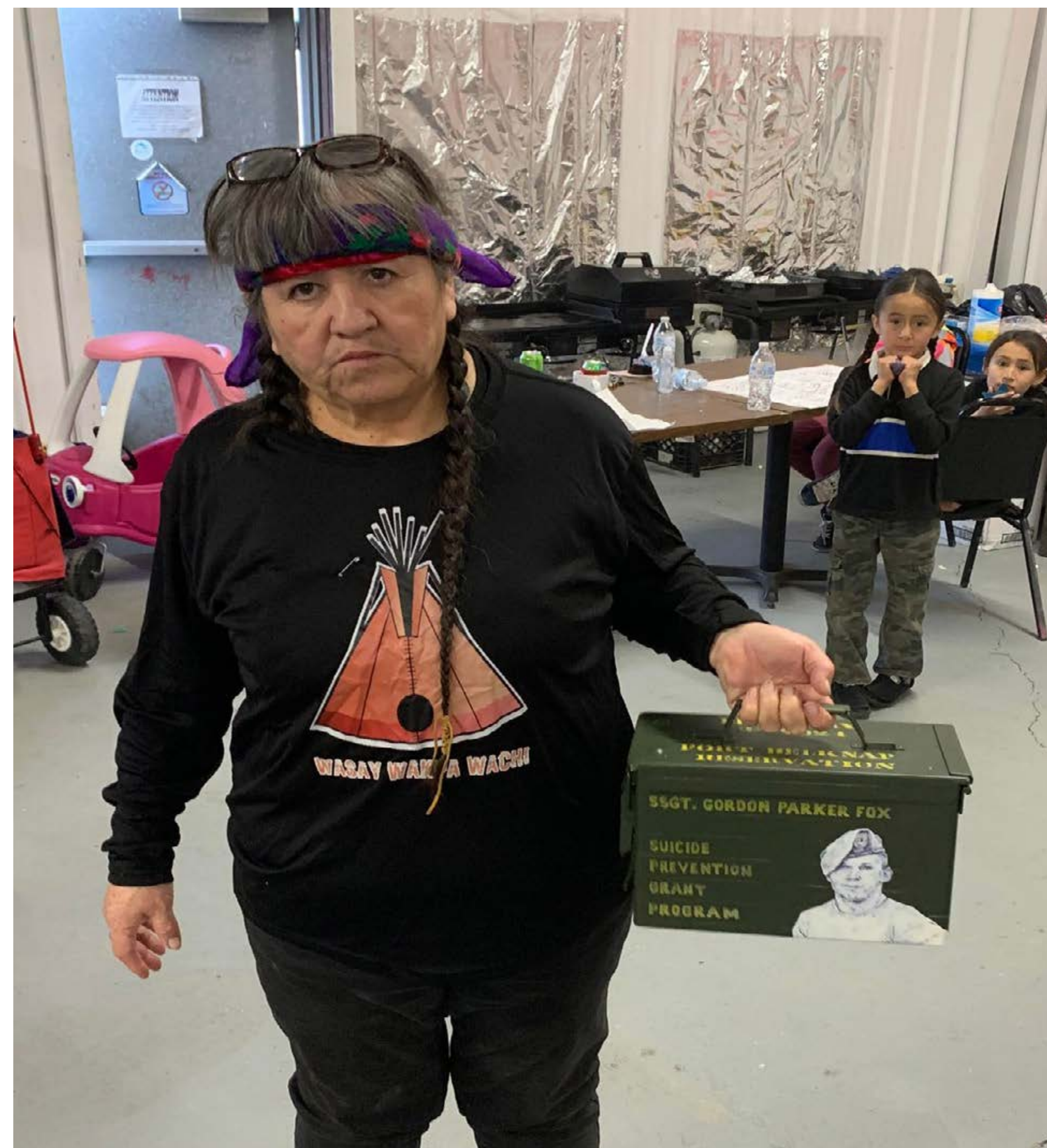
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GPVSC: VETERAN SUPPORT SERVICES NEWS

SSG FOX SUICIDE PREVENTION GRANT PROGRAM LAUNCHED IN FORT BELKNAP



Marci Buckman said, "I am very honored to be a part of this. Let's spread awareness of the mental health challenges faced by the local veterans who have dedicated their lives to serving this country. The VA has a great PTSD team that serves this area. We are here to help build those connections with the veterans that are wanting to seek further mental health resources."

This VA program is to raise awareness of this stigmatized, and often taboo, topic and to let our fellow Veterans know; suicide is preventable, there is hope. Everyone can be part of the solution by checking in with the Veterans in their life and encouraging them to reach out if they need help. We all have a role in protecting those who protected us.

Please join us in helping to put an end to Veteran Suicide. If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Call Dial 988 then Press 1, text 838255 or chat online at VeteransCrisisLine.net/Chat. Visit <https://www.greatplainsveterans.org/what-we-do>. Information on the SSG Fox SPGP can be found at <https://www.mentalhealth.va.gov/ssgfox-grants/>.

On February 2nd 2024, the Great Plains Veterans Services Center launched its SSG Fox Suicide Prevention Grant Program in Fort Belknap, Montana. There was a wide range of local Veterans in attendance, from Vietnam era through current Veterans.

The ceremony started off with an invocation by Fort Belknap Veteran, Catcher Cuts The Rope. It really meant a lot to the Fort Belknap branch office to have him start off and support the launch of the SSG Fox Program. Great Plains Veterans Service Center Executive Director, Chauncey Parker, guided the program of introductions and a ceremony of light demonstrating support for suicide prevention, to remember a lost loved one, and for the survivors of suicide.

GPVSC Fort Belknap Branch Office case managers in attendance were Marci Buckman and Jamie Fox. Jamie Fox, our newest Veterans Outreach Case Manager, stated, "To have a program that outreaches Veterans in suicide and mental health crisis right here on the Fort Belknap Reservation serving local Vets is such an important piece of the Veteran support puzzle - I'm honored to be a part in serving that outreach."

We are honored to bring this program to our communities. With this new program, we plan to provide or coordinate providing suicide prevention services to eligible Veterans and their families.



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