

Montezuma County Veteran Services Newsletter



MISSION STATEMENT

“To enrich the quality of life for Montezuma County veterans and their families by assisting them in accessing all Department of Veterans Affairs and Colorado State benefits they richly deserve.”



Montezuma County Veterans Services Newsletter, October 2023

“To enrich the quality of life for Montezuma County veterans and their families by assisting them in accessing all Department of Veterans Affairs and Colorado State benefits they richly deserve.”

My office is still here for veterans and their spouses who need help with veteran health care, disability claims, and more. Simply call 970-565-7155 and let me know how I can help. I (Frank) am the only VSO in Montezuma County and had to make some changes to keep my office running proficiently. I want to ensure everyone that my office remains fully operational to provide the services that Montezuma County veterans and their families.

Visit my website at Veteran Services - Montezuma County or check out my Facebook page at www.facebook.com/people/Montezuma-County-Veteran-Services

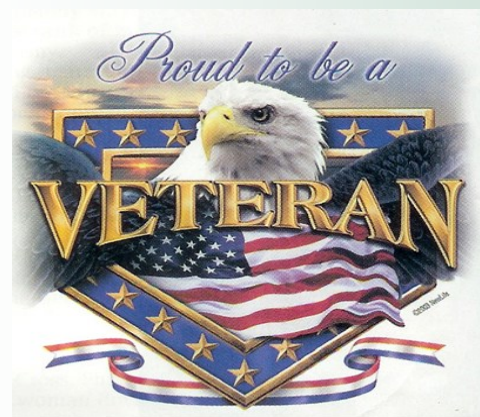
The Veteran Service office provides services for active, retired military personnel, and their families in Montezuma County.

New Office Hours

Monday through Thursday 8:00 a.m. to 3:30 p.m., Friday's Closed.

Montezuma County Veteran Services stands ready to assist our veterans and their family members with accessing a wide variety of Department of Veterans Affairs (VA) and Colorado State veteran benefits including:

- Benefits Overview
- Disability Compensation
- One time re-issue of Medals
- Claims for disability and pensions
- Accessing VA Health Care System
- Certificates of Eligibility for VA Home Loan Guaranty
- VA Education Benefits
- Survivor Benefits
- Burial Benefits
- Government Headstones and Markers
- VA Life Insurance
- Colorado State Veterans Nursing Homes
- Disabled Veterans License Plates
- Civil Service Preference Letters
- Locating Military Records
- One time re-issue of Medals
- VA Health Care System



**Office Closed for
October Holidays**



Montezuma County Department of Veterans' Services

Documents Checklist

Items to bring to a Veteran Services Officer to assist in filing a VA claim.

**** Please Note** - The following documents are not required to file a formal claim but will increase the likelihood of a VA award and will also expedite the process.

First Appointments:

- DD-214, WD AGO 53-55 (WWII), or Other Military Discharge
- Marriage Certificate, if applicable
- Dates of all Previous marriages/divorces for you and your Spouse
- Birth Certificates, if applicable for all Dependent Children
- Previous VA letters, if available
- Private Medical Records to support claim
- Bank Name, Routing #, Account #, and type of account (checking or saving) for Direct Deposit

If applying for compensation:

- Service Treatment Records, if available. All National Guard/Reserve treatment records, if available.
- Current VHA Problem List showing a diagnosis for the condition(s) claiming, if treatment is received at VHA
- Current Non-VA Providers Diagnosis records showing claimed condition(s)
- Any additional medical records showing continuity of treatment since military service

If applying for a non-service connected pension:

- Medical records showing total and permanent disability (s), if under age 65
- Proof of income — i.e. Social Security Award Letter, retirement letter (If applicable)
- Proof of net worth — i.e. bank accounts, IRAs, trusts, property other than home
- Proof of medical expenses — i.e. Medicare, private insurance, prescription receipts, personal care expenses

If applying for accrued benefits/dependency and indemnity compensation/widow's pension:

- Copy of veteran's death certificate
- Proof of income — i.e. Social Security Award Letter, retirement letter (If applicable)
- Proof of net worth — i.e. bank accounts, IRAs, trusts, property other than home
- Proof of medical expenses — i.e. Medicare, private insurance, prescription receipts, personal care expenses

If applying for burial benefits:

- Copy of veteran's death certificate
- Funeral/transportation bill
- Itemized contract/receipt showing paid in full from the funeral home and/or cemetery with claimant's

October 2023 Military / Federal Holidays

Oct 2	Monday	<u>Frances Xavier Cabrini Day</u>	State Holiday	Colorado
Oct 2	Monday	<u>Child Health Day</u>	Observance	
Oct 4	Wednesday	<u>Feast of St Francis of Assisi</u>	Christian	
Oct 6	Friday	<u>Last Day of Sukkot</u>	Jewish holiday	
Oct 6	Friday	<u>German American Day</u>	Observance	
Oct 7	Saturday	<u>Shmini Atzeret</u>	Jewish holiday	
Oct 8	Sunday	<u>Simchat Torah</u>	Jewish holiday	
Oct 8	Sunday	<u>Chicago Marathon (Tentative Date)</u>	Sporting event	
Oct 9	Monday	<u>Leif Erikson Day</u>	Observance	
Oct 9	Monday	<u>Leif Erikson Day</u>	Local observance	Colorado
Oct 9	Monday	<u>Columbus Day</u>	Federal Holiday	
Oct 9	Monday	<u>Columbus Day</u>	State Legal Holiday	Tennessee
Oct 9	Monday	<u>Columbus Day</u>	State Holiday	22 states
Oct 9	Monday	<u>Fraternal Day</u>	State Holiday	Alabama
Oct 9	Monday	<u>Yorktown Victory Day</u>	State Holiday	Virginia
Oct 9	Monday	<u>Discoverers' Day</u>	State Observance	Hawaii
Oct 9	Monday	<u>Native American Day</u>	State Observance	Oklahoma



October 2023 Military / Federal Holidays

Oct 9	Monday	<u>Native American Day</u>	State Holiday	South Dakota
Oct 9	Monday	<u>Indigenous People's Day</u>	State Observance	28 states
Oct 9	Monday	<u>Indigenous People's Day (Tentative Date)</u>	State Observance	Michigan, Minnesota
Oct 9	Monday	<u>Indigenous People's Day</u>	State Holiday	DC, ME, NE, NM
Oct 9	Monday	<u>American Indian Heritage Day</u>	State Holiday	Alabama
Oct 11	Wednesday	<u>Casimir Pulaski Day</u>	State Observance	MA, MI, RI
Oct 13	Friday	<u>Navy Birthday</u>	Observance	
Oct 14	Saturday	<u>Robert E. Lee's Birthday</u>	State Observance	Arkansas
Oct 15	Sunday	<u>Navratri</u>	Hindu Holiday	
Oct 15	Sunday	<u>White Cane Safety Day</u>	Observance	
Oct 16	Monday	<u>Boss's Day</u>	Observance	
Oct 18	Wednesday	<u>Alaska Day</u>	State Holiday	Alaska
Oct 21	Saturday	<u>Sweetest Day</u>	Observance	13 states
Oct 23	Monday	<u>Dussehra</u>	Hindu Holiday	
Oct 27	Friday	<u>Nevada Day</u>	State Holiday	Nevada
Oct 31	Tuesday	<u>Halloween</u>	Observance	



#VeteranOfTheDay Marine Veteran Alexander “Sandy” Bonnyman Jr.
Oct. 1, 2023: Sandy Bonnyman, Jr.

October 1, 2023
By DME Interns

Alexander “Sandy” Bonnyman Jr. was born in Atlanta in May 1910, but moved to Knoxville, Tennessee, when he was an infant. He studied engineering and played football at Princeton University, but left the school in 1932 to join the Army Air Corps. He was discharged from flight training a few months later for “flying deficiency.” So, he moved to New Mexico and founded a copper mining business.

At the outbreak of WWII, Bonnyman again enlisted, this time in the Marine Corp. He made a name for himself as a combat engineer during the Battle of Guadalcanal, and received a battlefield commission.

But it was the Battle of Tarawa in November 1943 that defined his legacy. Assigned to a shore party, and pinned down by the enemy, he led a small assault across the Betio Pier to obtain explosives, and directed the bombing of enemy sites. The next day, he led a larger demolition team to a bombproof building holding as many as 150 Japanese fighters. The assault flushed the defenders out, but he was fatally wounded in the attack.

Bonnyman was awarded the Medal of Honor after his death. His remains—and those of 70 others—were recovered from the lost battlefield cemetery in 2015. He now rests next to his family at West Knoxville’s Berry Highland Memorial Cemetery.

We honor his service.

A portion of this story was generated by AI. None of the data we reported included personal or sensitive information, and it was fact-checked and edited by a human copy editor prior to publishing.

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**1 IN 8 WOMEN
WILL HAVE BREAST CANCER**



Breast cancer care for deployed Veterans and The SERVICE Act

Check the locations and dates in this story to determine your eligibility

October 1, 2023

By Dr. Sally Haskell

Acting Chief Officer, VA Office of Women's Health

One in eight women will have breast cancer, the most diagnosed cancer among American women.

VA understands how startling that number can be, but we have your back when it comes to assessing your risk. While no direct link has been found between deployment and increased risk for breast cancer, we've heard your concerns and we're continuing to study if toxic exposures may be a cause of breast cancer.

In support of these efforts, the "Dr. Kate Hendricks Thomas Supporting Expanded Review for Veterans in Combat Environment ([SERVICE](#)) Act" was established to ensure that Veterans deployed in specified locations during certain periods are eligible for a breast cancer risk assessment and mammogram. This is if it is determined to be clinically appropriate based on your personal risk assessment regardless of your enrollment in VA health care.

Understanding your risk

Common risk factors for breast cancer include age, race, weight and use of alcohol. Other risk factors that may increase your chance of developing breast cancer are connected to your family and personal medical history. These include factors such as when you went through puberty, when you had your first pregnancy or if you've experienced pregnancy loss.

The use of certain medications, past chest radiation, history of breast biopsy or breast cancer, and certain breast characteristics, such as how dense your breasts are, can play a role in determining your risk as well.

Exposure to toxic substances

Toxic exposure, such as burn pits, could be a risk factor, but research to date has not shown that deployment increases your risk for breast cancer. Based on the [SERVICE Act](#), if you served in the following locations, we encourage you to speak with your VA health care team to assess your risk for breast cancer:

- Iraq between Aug. 2, 1990, and Feb. 28, 1991, and from March 19, 2003, until burn pits (areas of land used for the open-air combustion of trash and other solid waste products) were no longer used;
- The Southwest Asia theater of operations, including Kuwait, Saudi Arabia, Oman, and Qatar, from Aug. 2, 1990, until burn pits were no longer used;
- Afghanistan, Djibouti, Syria, Jordan, Egypt, Lebanon and Yemen from Sept. 11, 2001, until burn pits were no longer used.

While we emphasize the importance of receiving a breast cancer risk assessment if you served in the areas above, we recommend you speak with your VA health care team to assess your risk, no matter your service history.

Keeping an eye out for symptoms

You may be surprised to learn that both the American Cancer Society and VA no longer recommend routine clinical of self-breast exams for breast cancer screening. This means that during regular checkups your doctor won't physically examine your breasts for lumps as part of the screening process.



Breast cancer care for deployed Veterans and The SERVICE Act

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However, you should always tell your doctor about any changes you notice in your breasts, including lumps, skin changes, pain or nipple discharge.

Screening process

We want to make sure your risk assessment is simple and painless. Your doctor will begin by asking you questions about your military service and potential toxic exposures, your family and personal medical history and other risk factors. If they determine that there is a need, they will help you get a mammogram scheduled. During this procedure, a trained professional will take X-ray images of your breasts.

For women over 40, mammograms are the best test to look for early signs of breast cancer, even if you don't show signs or symptoms.

Reducing your risk

Staying up-to-date on your breast cancer screenings and continuing discussions about your risks with your doctor will help you keep up with your health. Besides that, there are many ways to stay healthy, such as exercising and maintaining a healthy weight. Additionally, avoiding or limiting your alcohol intake can make a difference.

Breast cancer services and resources available at VA

[Breast cancer support and resources](#) available through VA include:

- Breast cancer screening (including mammograms, ultrasounds, and MRI)
- Breast biopsy and surgery
- Cancer diagnosis and treatment

Full-service [oncology](#) (the study and treatment of tumors)

Connection to [clinical trials](#)

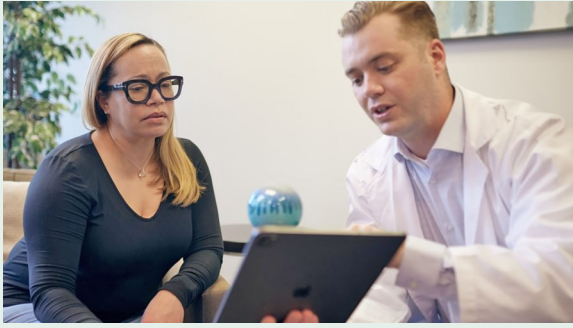
Mental health care

Breast cancer screening could save your life. Early detection is key to improving outcomes and increasing your chance of successful treatment. Speak with your VA health care team to assess if you're at risk. To learn more about breast cancer screening at VA, download our [SERVICE Act handout](#) or call 1-855-VA-WOMEN for more information.

Enrolled Veterans: If you do not have a primary care provider, you may contact your local VA facility to schedule a breast cancer risk assessment appointment with the SERVICE Act POC provider.

Unenrolled Veterans: You [may enroll](#) in VA health care. If you are not eligible or do not desire enrollment, you will be directed to Register only. After enrollment or registration, you may contact your local VA facility to schedule an appointment with the SERVICE Act POC provider.

VA / News continued



Five programs to increase your access to telehealth care

Five ways VA helps you connect with technologies needed for telehealth

October 2, 2023

By Treva Lutes

Communications Lead, VA Office of Connected Care

For Veterans, connecting to the internet means getting access to VA's online tools and resources, including telehealth care. VA telehealth expands care outside of the VA clinic and allows Veterans to access care from anywhere in the country.

VA wants to raise awareness of the importance of digital access for everyone. Broadband access remains a nationwide challenge. According to the Federal Communications Commission, over 8.3 million homes and businesses have no high-speed internet.

VA is bridging the digital divide so that Veterans can access telehealth care. Here are five ways that VA can help you connect with internet services and technologies needed for telehealth.

Digital divide consult

If you would benefit from video visits but don't have internet access or a video-capable device, VA's [Digital Divide Consult](#) can help.

The Digital Divide Consult is a process that connects Veterans who don't have internet access or a video-capable device with programs and resources that provide the internet service or technology needed for VA visits. Using the Digital Divide Consult option in your electronic medical record, your VA care team can refer you to a social worker who will assist you with your internet and technology options, such as:

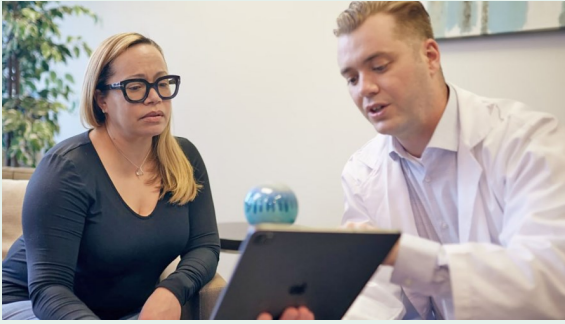
- VA's Connected Devices Program. Provides eligible Veterans with internet-connected tablets at no cost so they can access VA care through telehealth. VA helps with initial device setup and provides 24/7 tech support for VA-loaned devices.
- FCC's Lifeline program. Subsidizes the cost of broadband and phone services. Many Veterans are eligible for FCC Lifeline benefits, including Veterans with low incomes and Veterans who participate in Medicaid, qualifying VA pension, VA Survivors Pension and other federal programs.
- FCC's Affordable Connectivity Program. Provides eligible households with discounts toward home internet service. Households can also receive a one-time discount to purchase a computer or tablet.

EveryoneOn program. Works to connect people living in the U.S. with low-cost home internet service, affordable computers and tablets, and digital literacy training.

Mobile carrier partnerships

You can use the [VA Video Connect](#) app to have video visits with your VA care team using a computer or mobile device with an internet connection.

VA / News continued



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ATLAS

Many Veterans can meet with their VA care teams virtually through VA's [Accessing Telehealth through Local Area Stations](#) (ATLAS) program. ATLAS sites are comfortable, private spaces to meet with your care team via VA Video Connect. To date, there are two dozen ATLAS sites across the country, located at select American Legion posts, Veterans of Foreign Wars posts, Walmart stores and other sites. [Check to see if there is one near you.](#)

Clinical Resource Hubs

[Clinical Resource Hubs](#) expand access to care for Veterans who live in underserved or rural parts of the country. Clinical Resource Hubs use telehealth to provide primary care, mental health and specialty care services to community-based outpatient clinics and other facilities across VA's 18 health care networks.

Virtual Health Resource Centers

Not sure about your comfort level with telehealth? VA's [Virtual Health Resource Centers](#) are here to help. Learn about virtual health tools available, get help setting up and using a VA-loaned device or VA apps, receive tech support and determine which VA technologies are best for you by phone, video or in person. Visit the [VA Connected Care website](#) to learn more about VA's digital health offerings and check with your provider to see if telehealth works for you.

Want to know more! Go to VA News click on the link below and you will be redirected to more VA news that will peak your interest. Click here: [VA News and Information](#)

VA



U.S. Department of Veterans Affairs

Suicide Prevention

[VA](#) » [Office of Public and Intergovernmental Affairs](#) » [News Releases](#)

Office of Public and Intergovernmental Affairs

Starting Jan. 17, Veterans in suicidal crisis can go to any VA or non-VA health care facility for free emergency health care

Jan. 13, 2023, 09:02:00 AM

Starting Jan. 17, Veterans in suicidal crisis can go to any VA or non-VA health care facility for free emergency health care

WASHINGTON – Starting Jan. 17, Veterans in acute suicidal crisis will be able to go to any VA or non-VA health care facility for emergency health care at no cost – including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. Veterans do not need to be enrolled in the VA system to use this benefit.

This expansion of care will help prevent Veteran suicide by guaranteeing no cost, world-class care to Veterans in times of crisis. It will also increase access to acute suicide care for up to 9 million Veterans who are not currently enrolled in VA. Preventing Veteran suicide is VA’s top clinical priority and a top priority of the Biden-Harris Administration. This effort is a key part of VA’s 10-year [National Strategy for Preventing Veteran Suicide](#) and the Biden-Harris administration’s plan for [Reducing Military and Veteran Suicide](#). In September, VA released the [2022 National Veteran Suicide Prevention Annual Report](#), which showed that Veteran suicides decreased in 2020 for the second year in a row, and that fewer Veterans died by suicide in 2020 than in any year since 2006.

“Veterans in suicidal crisis can now receive the free, world-class emergency health care they deserve – no matter where they need it, when they need it, or whether they’re enrolled in VA care,” said **VA Secretary for Veterans Affairs Denis McDonough**. “This expansion of care will save Veterans’ lives, and there’s nothing more important than that.”

VA has submitted an [interim final rule](#) to the federal register to establish this authority

[under section 201 of the Veterans Comprehensive Prevention, Access to Care, and Treatment \(COMPACT\) Act of 2020](#). The final policy, which takes effect on Jan. 17, will allow VA to:

- Provide, pay for, or reimburse for treatment of eligible individuals’ emergency suicide care, transportation costs, and follow-up care at a VA or non-VA facility for up to 30 days of inpatient care and 90 days of outpatient care.
- Make appropriate referrals for care following the period of emergency suicide care.
- Determine eligibility for other VA services and benefits.
- Refer eligible individuals for appropriate VA programs and benefits following the period of emergency suicide care.

Eligible individuals, regardless of VA enrollment status, are:

- Veterans who were discharged or released from active duty after more than 24 months of active service under conditions other than dishonorable.
- Former members of the armed forces, including reserve service members, who served more than 100 days under a combat exclusion or in support of a contingency operation either directly or by operating an unmanned aerial vehicle from another location who were discharged under conditions other than dishonorable.
- Former members of the armed forces who were the victim of a physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces.

Over the past year, VA has announced or continued several additional efforts to end Veteran suicide, including [establishing 988 \(then press 1\) as a way for Veterans to quickly connect with caring, qualified crisis support 24/7](#); proposing a new rule that would [reduce or eliminate copayments](#) for Veterans at risk of suicide; conducting an ongoing public outreach effort on [firearm suicide prevention and lethal means safety](#); and leveraging a [national Veteran suicide prevention awareness campaign, “Don’t Wait, Reach Out.”](#)

Suicide Prevention cont.

If you're a Veteran in a mental health crisis and you're thinking about hurting yourself—or you know a Veteran who's considering this—get help right away. You're not alone.

How do I talk to someone right now?

Find out how to get support anytime, day or night.

If you're a Veteran in crisis or concerned about one, connect with our caring, qualified Veterans Crisis Line responders for confidential help. Many of them are Veterans themselves. This service is private, free, and available 24/7.

To connect with a Veterans Crisis Line responder anytime day or night:

Veterans Crisis Line: 1–800–273–8255 Press 1

Call [988](tel:988), then select 1.

Text [838255](tel:838255).

[Start a confidential chat.](#)

If you have hearing loss, call TTY: [800-799-4889](tel:800-799-4889).

You can also:

Call [911](tel:911).

- ◆ Go to the nearest emergency room.

Go directly to your nearest VA medical center. It doesn't matter what your discharge status is or if you're enrolled in VA health care.

[Find your nearest VA medical center](#)

How can I get ongoing support?

You can get ongoing support through your local VA health care facility or regional office:

Our specially trained suicide prevention coordinators—available in each VA medical center across the country—can help you get the counseling and services you need.

Our Vet Centers can help you—and your family—readjust to life at home after you've returned from serving in a combat zone.

Our Veterans Benefits Administration offices can help you access benefits for disability compensation (monthly payments), job training, home loans, and more.

[Find these and other resources near you](#)

You can also find information and support on our websites:

Get information about suicide prevention and the support we offer.

[Visit our suicide prevention website](#)

Go to our Make the Connection website to get resources and watch stories of Veterans who've overcome depression and other mental health challenges.

[Visit Make the Connection](#)

Information for family, friends, and caregivers

What are the signs that someone may be considering suicide?

Many Veterans don't show any signs of an urge to harm themselves before doing so. But some may show signs of depression, anxiety, low self-esteem, or hopelessness, like:

Suicide Prevention cont.

- ◆ Seeming sad, depressed, anxious, or agitated most of the time
 - ◆ Sleeping either all the time or not much at all
 - ◆ Not caring about what they look like or what happens to them
 - ◆ Pulling away from friends, family, and society
 - ◆ Losing interest in hobbies, work, school, or other things they used to care about
- Expressing feelings of excessive guilt or shame, failure, lack of purpose in life, or being trapped

They may also change the way they act, and start to:

- ◆ Perform poorly at work or school
- ◆ Act violently or take risks (like driving fast or running red lights)

Do things to prepare for a suicide (like giving away special personal items, making a will, or seeking access to guns or pills)

[Get the full list of signs that someone may be considering suicide](#)

Learn about common suicide myths and realities, Veteran-specific suicide risks, and warning signs.

[Recognize when to ask for help](#)

[Take our Veterans self-check quiz](#)

I want to help a Veteran adjust to life at home, but I don't know how. Can I get support?

Yes. If you're a family member or friend of a Veteran who's having trouble adjusting to life at home, we can help. Through our national Coaching Into Care program, our licensed psychologists and social workers will talk with you by phone, free of charge, to help you find your way around the VA system and figure out the best way to help the Veteran you care about. All calls are confidential (private).

To speak with a VA coach, call [888-823-7458](tel:888-823-7458), Monday through Friday, 8:00 a.m. to 8:00 p.m. ET.

To get tips and resources for spouses, parents, and Veterans, visit the Coaching Into Care website.

[Visit Coaching into Care](#)

How do I talk to my child about a suicide attempt in the family?

Get tips for talking to children of different ages about suicide:

- ◆ [Preschoolers](#)
- ◆ [School-age children](#)
- ◆ [Teenagers](#)
- ◆ [All ages](#)

Related health problems you may want to learn about:

- ◆ [Military sexual trauma \(MST\)](#)
- ◆ Learn about VA health services to help support Veterans dealing with issues related to military sexual trauma. [Substance use problems](#)
- ◆ Learn more about VA health services to help support Veterans with substance use problems. [Posttraumatic stress disorder \(PTSD\)](#)
- ◆ Learn more about VA health services to help support Veterans with PTSD. [Depression](#)
- ◆ Learn more about VA health services to help support Veterans with depression.

Post 5231 Montezuma County Post

Commander: Tommy Endres
Quartermaster: John Davis III

Check out our face book page at <https://www.facebook.com/VFWPost5231>

If you would like to join contact any VFW member or come to one of our meetings on the first Thursday of every month at the Senior Annex at 107 N. Chestnut, Cortez, CO 81321 the corner of Montezuma and Chestnut.

PO Box 561, Cortez, CO 81321, Phone: (970) 560-5242

Meeting Location & Time

107 North Chestnut, Cortez, CO 81321 7:00 pm 1st Thursday of the month

Our Mission: *To foster camaraderie among United States veterans of overseas conflicts. To serve our veterans, the military and our communities. To advocate on behalf of all veterans.*

Our Vision: *Ensure that veterans are respected for their service, always receive their earned entitlements, and are recognized for the sacrifices they and their loved ones have made on behalf of this great country.*

Who We Are: The Veterans of Foreign Wars of the United States is a nonprofit veterans service organization comprised of eligible veterans and military service members from the active, guard and reserve forces. We trace our roots back to 1899 when veterans of the Spanish-American War (1898) and the Philippine Insurrection (1899-1902) founded local organizations to secure rights and benefits for their service. Many arrived home wounded or sick. There was no medical care or veterans' pension for them, and they were left to care for themselves.

In their misery, some of these veterans banded together and formed organizations that would eventually band together and become known as the Veterans of Foreign Wars of the United States. After chapters were formed in Ohio, Colorado and Pennsylvania, the movement quickly gained momentum. Today, membership stands at more than 1.5 million members of the VFW and its Auxiliary.

Our voice was instrumental in establishing the Veterans Administration, development of the national cemetery system, in the fight for compensation for Vietnam vets exposed to Agent Orange and for veterans diagnosed with Gulf War Syndrome. In 2008, we won a long-fought victory with the passing of a GI Bill for the 21st Century, giving expanded educational benefits to America's active duty service members, and members of the guard and reserves, fighting in Iraq and Afghanistan. We were the driving force behind the Veterans Access and Accountability Act of 2014, and continually fight for improved VA medical centers services for women veterans.

Besides helping fund the creation of the Vietnam, Korean War, World War II and Women in Military Service memorials, in 2005 the VFW became the first veterans' organization to contribute to building the new Disabled Veterans for Life Memorial, which opened in November 2010. And in 2015, we became the first supporter of the National Desert Storm War Memorial which is planned for construction at our nation's capital.

We have many programs and services that work to support veterans, service members and their families, as well as communities worldwide. **No One Does More For Veterans.**

Our Core Values:

- Always put the interests of our members first
- Treat donors as partners in our cause
- Promote patriotism
- Honor military service
- Ensure the care of veterans and their families
- Serve our communities
- Promote a positive image of the VFW
- Respect the diversity of veteran opinions www.vfw.org/about-us



Montezuma County Stand Down

Saturday, September 16, 2023

9:00am until 3:00pm County Annex Building

107 N. Chestnut, Cortez CO

Corner of W. Montezuma Ave and N. Chestnut
Cortez, Co

Post 5231 Montezuma County Post



Veterans of Foreign Wars
Post #5231
invite you to our
5th Annual
Veteran Stand Down

"A Hand Up, Not A Hand Out"

Another year has passed, and another successful VFW Stand Down has been completed. We appreciate your support and participation in our event. Without YOU, we could not succeed! I would like to thank everyone who came out and took part in this year's Stand Down. Very useful information was distributed in abundance. My office is very appreciative of the people who work behind the scenes because, without you, this event might not have taken place. A special thank you to Ashton Neighbors for singing the national anthem! Excellent work. I hope to see you next year, for those who weren't able to make it out.

Always remember to mark your calendars and keep an eye on the VFW Facebook page for updates if you'd like to be a vendor at the 6th Annual Veteran Stand Down. Additionally, you can view images from the 5th Annual VFW Stand Down on the VFW's Facebook page at [\(20+\) Montezuma Stand Down For Veterans | Facebook](#)

What is a Stand Down?

During times of war, worn-out fighting forces that needed time to rest and heal were transferred from the battlefields to an area of comparatively safe and secure conditions. In safe base camp locations, soldiers could take care of their personal hygiene, acquire clean uniforms, eat hot meals, get medical and dental care, mail and receive letters, and take pleasure in the fellowship of friends.

The term "Stand Down" now refers to a grassroots, neighborhood-based intervention program created to assist the nation's estimated 107,000 homeless veterans in "combatting" life on the streets on any given night. For one to three days, homeless veterans are gathered in one place and given access to the services and resources available in the neighborhood so they may start dealing with their specific issues and start again. In the military, Stand Down provided combat-weary soldiers with the chance to restore their spirits, health, and general sense of well-being. Veterans who are homeless now have the same chance because of the Stand Down. Join us for the 2024 VFW Stand down if you'd want to learn more.

Ron Terry is the Commander

Hour of operation are Monday—Friday 9:00am to 3pm, closed Saturday and Sunday.

If you would like to join contact any DAV member or contact the office at (970) 565-4310 Check out our face book page at www.facebook.com/projectoutreachvets/ or visit us at 432 North Broadway Street, Cortez, CO, email: outreach.center@yahoo.com

The Disabled American Veterans (DAV) is an organization created in 1920 by World War I veterans for disabled military veterans of the United States Armed Forces that helps them and their families through various means. It was issued a federal charter by Congress in 1932. It currently has over 1 million members.

In 2020 and 2021 DAV celebrated its centennial anniversary and marked 100 years of service and support for America's injured and ill veterans and their families.

The Disabled American Veterans of the World War (now DAV—Disabled American Veterans) was founded by former Cincinnati Judge Robert S. Marx in 1920. Marx, a U.S. Army captain who received the Distinguished Service Cross during the First World War, recognized that the nation was ill-equipped to provide the medical care and services the more than 200,000 injured and ill returning war veterans needed—and had earned.

Since the time of our founding, we have stood as an organization of veterans serving veterans as they make the critical transition from military service to civilian life. Today, with a century of service and support under our belts and more than 1 million members in our ranks, DAV continues the fight to make medical care, employment, education and other earned benefits accessible to America's 4 million disabled veterans.

Veterans need our help today, as much as they did 100 years ago. They have earned the right to participate in the American Dream they helped to defend, and we will continue our work to help make that promise possible well into the future. Please join us as we mark this momentous anniversary in DAV's history of service to the men and women who served.

Mobile Service Office

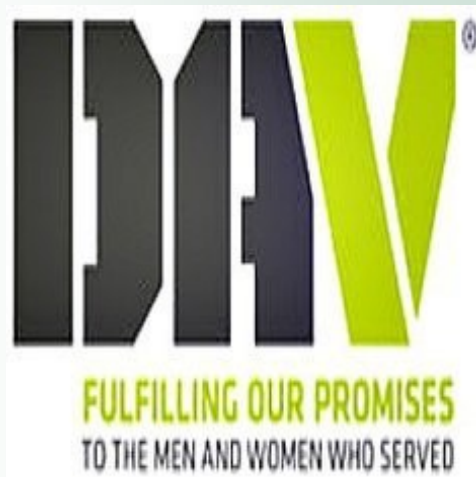
The DAV's Mobile Service Office (MSO) Program is designed to bring assistance for disabled veterans and their families living in geographic rural areas on veterans' benefits, filing claims and services closer to home by eliminating long trips for veterans to the National Service Offices. The DAV's specially equipped Mobile Service Offices "offices on wheels" visits communities according to the MSO locations schedule.

Veterans Information Seminars

This outreach program is designed to educate veterans, their families and survivors who are unaware of veterans government benefits and programs, counseling and claims filing assistance service by DAV's National Service Officers (NSO) at communities throughout the country. Veterans Information Seminars are free of charge to all veterans and do not have to be a member of DAV to attend the Veterans Information Seminars. DAV's Veterans Information Seminars are held at Local DAV Chapters and Community Centers.

Homeless Veterans Initiative

The Disabled American Veterans Homeless Veterans Initiative is supported by the DAV's Charitable Service Trust and the Columbia Trust, This initiative promotes the development of supportive housing and necessary services to assist homeless veterans become productive, self-sufficient members of society. The DAV works with Federal, state, county, and city governments to develop programs to assist homeless veterans. It also coordinates with the VA to get health care, substance abuse treatment, mental health services to put homeless veterans in transition to productive members of their community.



Scott Magness is the Commander. American Legion member meetings are the first Tuesday of every month. 7:00 PM - 8:00 PM

If you would like to join contact any American Legion member or contact the office at (970) 565-8151.

We are located at 320 N Harrison St, Cortez, CO 81321, 970-565-8151.

Check out our face book page at www.facebook.com/American-Legion-Ute-Mountain-Post-75-Cortez-CO-325568974578945/



Mission, vision and values

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 vision statement is "The American Legion: Veterans Strengthening America." The American Legion's value principles are as follows:

A VETERAN IS A VETERAN - which means The American Legion embraces all current and former members of the military and endeavors to help them transition into their communities.

SELFLESS SERVICE - which means The American Legion celebrates all who contribute to something larger than themselves and inspires others to serve and strengthen America.

AMERICAN VALUES AND PATRIOTISM - which means The American Legion advocates for upholding and defending the United States Constitution, equal justice and opportunity for everyone and discrimination against no one, youth education, responsible citizenship and honoring military service by observing and participating in memorial events.

FAMILY AND COMMUNITY ENGAGEMENT - which means The American Legion meets the unique needs of local communities.

ADVANCING THE VISION - which means The American Legion educates, mentors and leads new generations of Americans.

HONOR THOSE WHO CAME BEFORE US - which means The American Legion pays perpetual respect for all past military sacrifices to ensure they are never forgotten by new generations.

The American Legion's motto is "Veterans Strengthening America." www.legion.org/mission

Exercise your brain solution

Super Colossus Crossword Puzzle Answers

SOLUTION:

Across:

1 Advantages, 9 Vandal, 15 Classified, 19 Pander, 20 Better, 21 Medical, 22 Type, 24 Crisis, 25 Data, 28 Royalty, 29 Alcohol, 30 Notices, 31 Smashes, 32 Cost, 33 Vassal, 34 Ribs, 35 General, 37 Perch, 40 Nests, 43 Pulls, 46 College, 47 Tone, 48 Whereas, 50 Cocoa, 52 Was, 54 Dam, 56 Scrub, 57 Snail, 59 Asks, 61 Peas, 63 Frame, 65 Ruler, 66 Isn't, 68 Honest, 71 Shot, 73 Gates, 75 Burnt, 76 Cloud, 77 Seven, 79 Sneak, 80 Grand, 81 Flip, 82 Jelly, 83 South, 84 Slender, 85 Hi, 86 As, 88 Etching, 90 Scheme, 92 Characteristic, 93 Asleep, 95 Absence, 98 Me, 99 At, 100 Monkeys, 105 Is, 107 Ate, 111 Manners, 112 Raced, 114 Conscience, 115 Water, 117 Scratch, 118 Saw, 119 Pen, 120 Inn, 121 Sir, 122 Synonym, 126 Three, 128 Startled, 133 Metal, 135 Stretch, 139 Edges, 141 An, 142 In, 143 Small, 145 Equation, 146 Lad, 148 Centimetre, 149 Elf, 151 Announce, 152 Step, 153 Item, 154 Doses, 157 Prettiest, 159 Criterion, 160 Atlas, 162 Towel, 165 Halo, 166 Cells, 168 India, 170 Erased, 172 Time, 173 Tape, 174 Invade, 175 Ideal, 177 Tyke, 178 Rinks, 179 Sales, 180 Tray, 181 Reds, 182 Poet, 185 Roc, 187 Bat, 189 Hops, 191 Eyes, 194 Prices, 197 She, 198 Over, 199 Hit...

Down:

2 Dream, 3 Alias, 4 Trader, 5 Say, 6 Spelt, 7 Anyone, 8 Heroic, 10 Abreacts, 11 Animated, 12 Before, 13 Strict, 14 Order, 15 Cut, 16 Spoken, 17 Flame, 18 Extra, 22 Ticklish, 23 Paste, 26 Aside, 27 Answered, 31 Suppresses, 36 Leadership, 37 Peeling, 38 Roman, 39 Hawk, 40 Name, 41 Shush, 42 Swiftly, 44 Lost, 45 Streak, 46 Cable, 49 Serve, 50 Calves, 51 Core, 53 Ash, 55 Apt, 58 Acute, 60 Stanza, 62 Aspect, 64 Adult, 67 Struck, 69 Officers, 70 Separate, 72 O'clock, 73 Games, 74 Seeds, 77 Shine, 78 Noble, 84 Sea, 85 Ham, 87 Sit, 89 Gas, 91 Climbs, 94 Eighth, 96 Berry, 97 Clash, 101 Opera, 102 Yacht, 103 Onto, 104 Sewed, 105 Ice, 106 Sons, 107 Acid, 108 Ten, 109 Easel, 110 Page, 113 Cared, 116 Title, 123 Yours, 124 Nail, 125 Monster, 126 Tale, 127 Egyptians, 129 Tanks, 130 Ant, 131 Lie, 132 Enter, 133 Materials, 134 Lift, 135 Slammed, 136 Rang, 137 Canal, 138 Need, 140 Scripts, 143 Settles, 144 Hens, 147 Apple, 150 Linen, 155 Ounce, 156 Stay, 158 The, 159 Cot, 160 Asia, 161 Aware, 163 Weep, 164 Layer, 166 Canoe, 167 Lets, 169 It's, 171 Dried, 174 Issue, 176 Dye, 181 Rests, 183 Open, 184 Tie, 185 Recess, 186 Covering, 187 Brothers, 188 Thirty, 189 His, 190 Pray, 192 Sends, 193 Beam, 195 Classic, 196 Sell, 197 Stun, 200 Twin...

Exercise your brain solution

Here's a little Halloween fun! What movies do you see!? We've hidden 40 horror movies in one image!

Please identify the prop/character to find the movie it references. Name 1 movie from this picture. There are 40.

All the movies are Hollywood Movies. How many bone-chilling Horror films can you unearth? www.puzzles-world.com

