

# 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, November 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](http://Veteran Services - Montezuma County) or check out my Facebook page at [www.facebook.com/people/Montezuma-County-Veteran-Services](https://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., Fridays 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 November  
Holidays**

**Veterans Day 11/10  
Thanksgiving 11/23 & 11/24**



# 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

# November 2023 Military / Federal Holidays

## November 2023 Military Holidays

From my office, I wish everyone a Happy Veterans Day and a Happy Thanksgiving. I pray your Holiday season is full with joy, love, and happiness.

Frank



National Military Family Month

National Veterans and Military Families Month

US Marine Corps Birthday 1775 (USMC) - November 10

Armistice Day - November 11

**Veteran's Day - November 11**

Veteran Owned Business Anniversary - November 11

Nov 1 Wednesday All Saints' Day

Nov 1 Wednesday First Day of Native American Heritage Month Annual Monthly Observance

Nov 2 Thursday All Souls' Day

**Nov 5 Sunday Daylight Saving Time ends Clock change/Daylight Saving Time**

Nov 7 Tuesday Election Day Observance

Nov 10 Friday Marine Corps Birthday Observance

Nov 10 Friday Veterans Day (substitute) Federal Holiday

Nov 11 Saturday Veterans Day Federal Holiday

**Nov 23 Thursday Thanksgiving Day State Holiday All**

Nov 24 Friday Presidents' Day

**Nov 24 Friday Day After Thanksgiving State Holiday 22 states**

Nov 24 Friday Black Friday Observance

Nov 24 Friday Native American Heritage Day Observance

Nov 27 Monday Cyber Monday Observance

Nov 28 Tuesday Giving Tuesday Observance



R.E.D. Friday  
- Wear **RED**  
every Friday to  
Remember  
Everyone  
Deployed!



# VETERANS DAY

ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
SPACE FORCE  
COAST GUARD



NOVEMBER 11, 2023

HONORING ALL WHO HAVE SERVED

[WWW.VA.GOV](http://WWW.VA.GOV)





<https://www.bbbcustomdesigns.com/>

The holidays are approaching, and it is time to start shopping. Tumblers of different shapes and sizes are made by a local veteran and his wife.

This time of year is all about spending time with loved ones. It's all about making good experiences that endure a lifetime. What better way to do so than with a handcrafted tumbler manufactured right here in town? BBB Custom Designs is owned by Landon (veteran) and Monica, and with the holidays approaching, they are providing a 25% discount using the promo code: Vet25.



Order yours today and save money. Please order ahead of time because each tumbler is handcrafted, and if you want them by Christmas, order now!

Custom Merchandise for that Special Occasion  
**ORDER TODAY!**





## Veterans Day originated at the end of World War I

### October 17, 2023

#### By VA's National Veterans Outreach Office

World War I—known at the time as “The Great War”—officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles near the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, Nov. 11, 1918, is generally regarded as the end of “the war to end all wars.”

Veterans Day continues to be observed on Nov. 11, regardless of the day of the week on which it falls. The restoration of the observance of Veterans Day to Nov. 11 not only preserves the historical significance of the date but helps focus attention on the purpose of Veterans Day: A celebration to honor America's Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

#### *Veterans Day timeline*

In November 1919, President Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day with the following words: “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...”

The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m.

The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:

Whereas the 11th of November 1918 marked the cessation of the most destructive, sanguinary and far-reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and

Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and

Whereas the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples. An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as “Armistice Day,” which was primarily set aside to honor Veterans of World War I.

In 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history, and after American forces had fought aggression in Korea, the 83rd Congress—at the urging of the Veterans service organizations—amended the Act of 1938 by striking out the word “Armistice” and inserting in its place the word “Veterans.” With the approval of this legislation (Public Law 380) on June 1, 1954, Nov. 11 became a day to honor American Veterans of all wars.

Later that same year, on Oct. 8, President Dwight D. Eisenhower issued the [first “Veterans Day Proclamation” \(PDF\)](#), which stated: “In order to insure proper and widespread observance of this anniversary, all Veterans, all Veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible.”

#### 1958

In 1958, the White House advised VA's General Counsel that the 1954 designation of the VA Administrator as Chairman of the Veterans Day National Committee applied to all subsequent VA Administrators. Since March 1989 when VA was elevated to a cabinet level department, the Secretary of Veterans Affairs has served as the committee's chairman.

#### 1968

The Uniform Holiday Bill (Public Law 90-363 (82 Stat. 250) was signed on June 28, 1968, and was intended to ensure three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day and Columbus Day. It was thought that these extended weekends would encourage travel and recreational and cultural activities, and stimulate greater industrial and commercial production. Many states did not agree with this decision and continued to celebrate the holidays on their original dates.

#### 1971

The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971. It was quite apparent that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on Sept. 20, 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. This action supported the desires of the overwhelming majority of state legislatures, all major Veterans Service Organizations and the American people.

## Leashes of Valor: Discover how one leash can save two lives

### Leashes of Valor: A Lifeline for Veterans

October 31, 2023 By DME Interns

Writer: Sarah McDonald

Editors: Amanda Watkins & Michelle Shade

Graphic Designer: Grace Yang



Haag and Axel

[Leashes of Valor](#) (LOV) is a nonprofit organization that supports Veterans by pairing them with service dogs from local shelters. Based in Fredericksburg, Virginia, the 501(c)(3) provides psychiatric service dogs at no cost to post-9/11 Veterans who suffer from post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and other “unseen” wounds of military service.

*The inspiring story of Capt. Jason*

Retired Marine Corps Capt. [Jason Haag](#) founded LOV in 2015 after receiving his own service dog, Axel, whom he credits with saving his life. True to Haag’s own story of a rescue dog rescuing him, Leashes of Valor sources its dogs from shelters whenever possible, with the belief that one leash can save two lives—the life of the dog and the Veteran.

#### Haag’s journey with Axel

After three combat tours to Iraq and Afghanistan, Haag suffered from debilitating symptoms of PTSD and multiple TBIs. Despite many years of conventional treatment that included medication, outdoor therapy, counseling and a 30-day stay at an in-patient clinic, Haag experienced only temporary relief.

Then he met his service dog, a German shepherd rescue named Axel, in 2012, years before psychiatric service dogs were a commonly accepted treatment for Veterans with PTSD. Haag and Axel eventually began traveling the country together, educating the policymakers and the public on the benefits of service dogs. Their work helped to redefine service dogs to include psychiatric support in 2014, and earned Axel the title of American Humane Service Dog of the Year in 2015.

*Leashes of Valor’s rigorous training and selection process*

#### Leashes of Valor’s rigorous training and selection process:

Each LOV dog trains for up to two years before being paired with their Veteran, who is selected through an [application process](#). Veterans accepted into the program must have served during or after 9/11; have an honorable discharge and a verifiable diagnosis of PTSD, TBI, or military sexual trauma (MST); and meet additional criteria.



Mike Betts, a Marine Corps Veteran, with his service dog, Tesla, at the Valor Cup in 2022. Mike received Tesla, a rescue dog, from Leashes of Valor, and has since become an active volunteer with both LOV and the Valor Cup.

#### Honoring Axel: The inception of Axel’s Place

[Soon after](#) Axel died in January 2023, LOV moved into a new home called Axel’s Place on 10 acres in Fredericksburg, Virginia. Veterans who receive service dogs will live and train—all at no cost—at Axel’s Place for 10-14 days, where they receive hands-on, real-life training with their new companions and build lifelong connections with the LOV team. Axel’s Place will host its first class of Veterans in the spring.

#### The impact of service dogs on Veterans’ lives

“War changes every facet of your life,” said Mike Betts, a Marine Corps Veteran who received Malinois rescue dog, Tesla, as a service dog from Leashes of Valor. “When you hear a loud noise, you look around to see what body is laying on the ground as opposed to picking up the trash from the can that fell. You can’t undo those experiences, you can’t unsmell certain things, you can’t unsee certain things. From your sleep to your waking, everything is different.

“My service dog allows me to be present in the moment, to appreciate life, to hug my kids. She’s a glowing light in times of pitch black.”

Beyond service dogs: LOV’s outdoor programs and community building

In addition to providing service dogs, LOV also works to reach Veterans of every generation with its outdoor programs, including its annual golfing tournament called the [Valor Cup](#), a Ryder Cup-style event in Glen Allen, Virginia.

#### The Valor Cup: Golfing for a cause

Outdoor programs are run by Chris Bowers, LOV’s director of programs, who found healing through not only a service dog but golfing after a combat injury that resulted in the loss of his left leg. While providing community-building, golf also serves as one of LOV’s flagship fundraisers to support its primary mission of providing service dogs to Veterans. Veterans participate in golfing and other outdoor events at no cost.

Leashes of Valor’s upcoming events: Building a stronger Veteran community

LOV continues its mission to aid Veteran recovery at upcoming [fall and winter events](#) to raise awareness and provide space for Veterans and their families, friends and dogs.

## **Stay healthy together: Get your flu shot now**

### **Here are the four steps to getting your flu shot in the community**

#### **October 13, 2023 By Office of Integrated Veteran Care**

It's that time of year, the start of flu season. Getting your flu shot is an easy way to help keep yourself and those around you safe and healthy.

No-cost flu shots are now available to eligible Veterans. Be a part of the solution to a healthier community by getting your flu shot today. No-cost flu shots are available at your local VA medical center, in-network community pharmacies or urgent care locations nationwide.

Here are the four steps to getting your flu shot in the community:

#### **1. Check your eligibility before you go.**

To check your eligibility (for the community urgent care benefit, which includes the flu shot):

- ◆ Call 800-MyVA411 (800-698-2411), select option 1 (for urgent care information), option 3 (for urgent care information), and then option 1 again (to check urgent care eligibility), or

- ◆ Contact your local VA medical center.

Eligible Veterans are:

- ◆ Enrolled in the VA health care system, and
- ◆ Received care from a VA- or community care-provider within the past 24 months.

No prior approval is needed to get a flu shot.

#### **2. Find a participating provider.**

To find an in-network provider, go to the VA Facility Locator. On the search page:

- ◆ City, state or postal code: Enter your ZIP code.
- ◆ Facility Type: Select "Urgent Care" or "Community pharmacies (in VA's network)." If you select "Urgent Care," choose "In-network community urgent care."
- ◆ Click "Search."
- ◆ Choose a provider.

You can also call 877-881-7618 or your local VA medical center for help locating a community provider. Make sure the provider is in-network to avoid being charged for the flu shot.

#### **3. Before going to the provider:**

- ◆ Call ahead to make sure they have flu shots available and provide them on behalf of VA.
- ◆ Take the billing information card with you or have it pulled up on your mobile device. The billing information card has information your pharmacist or provider might need. You may still receive your flu shot if you do not have the billing information card with you.

When you arrive:

- ◆ Tell them you're a Veteran enrolled in VA health care, and
- ◆ You would like to get a flu shot, paid for by VA.
- ◆ Show your government-issued ID and the billing information card. You are not required to have the billing information card when you go to get your flu shot. You can still get your shot even if you don't have the billing information card with you.

#### **4. Get your flu shot**

### **Copayments**

There is no copayment if your visit is only for a flu shot. Flu shot-only visits don't count toward visits and/or copayments associated with using VA's community urgent care benefit. If you are charged for your flu shot, call 877-881-7618 for help.

### **Documentation**

Documentation of your flu shot is sent to VA by the community provider to update your medical record. You can also request a copy of the documentation showing you received your vaccination.

### **Support**

For help with eligibility and general questions, call 800-MyVA411 (800-698-2411), select option 1, option 3, and then option 1 again.

For help when getting a community flu shot, call 877-881-7618 or your local VA medical center.

### **Additional resources**

Flu Shots – Community Care

Influenza (Flu) – VA National Center for Health Promotion and Disease Prevention

Influenza (Flu) – Centers for Disease Control and Prevention (CDC)

## VETERANS DAY VS. MEMORIAL DAY



**The difference between Veterans Day and Memorial Day**  
**October 30, 2023**  
**By VA's National Veterans Outreach Office**

Both holidays (Veterans Day and Memorial Day) were established to recognize and honor the men and women who have worn the uniform of the United States Armed Forces.

Memorial Day, which is observed on the last Monday in May, was originally set aside as a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle.

Veterans Day is intended to thank and honor all those who served honorably in the military—living and dead—whether in wartime or peace. In fact, Veterans Day is largely intended to thank living Veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served—not only those who died—have sacrificed and done their duty.

To ensure the sacrifices of America's fallen heroes are never forgotten, in December 2000 the U.S. Congress passed and the president signed into law "The National Moment of Remembrance Act," P.L. 106-579, creating the White House Commission on the National Moment of Remembrance. The commission's charter is to "encourage the people of the United States to give something back to their country, which provides them so much freedom and opportunity" by encouraging and coordinating commemorations in the United States of Memorial Day and the National Moment of Remembrance.

The National Moment of Remembrance encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a two minute of silence to remember and honor those who have died in service to the nation.

On Oct. 7, 2016, President Obama signed the Veterans Day Moment of Silence Act. The law requires that the President issue a proclamation calling on the people of the United States to observe a two-minute national moment of silence on Veterans Day at 3:11 p.m. Atlantic standard time, 2:11 p.m. Eastern standard time, 1:11 p.m. Central standard time, 12:11 p.m. Mountain standard time, 11:11 a.m. Pacific standard time, 10:11 a.m. Alaska standard time, and 9:11 a.m. Hawaii-Aleutian standard time.

The full article is featured in [VA's 2023 Veterans Day Teacher Guide](#).

Learn more about Veterans Day at [Veterans Day – U.S. Department of Veterans Affairs \(va.gov\)](#).

# 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](#), then select 1.**

**Text [838255](#).**

**[Start a confidential chat.](#)**

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

## **You can also:**

Call [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](http://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

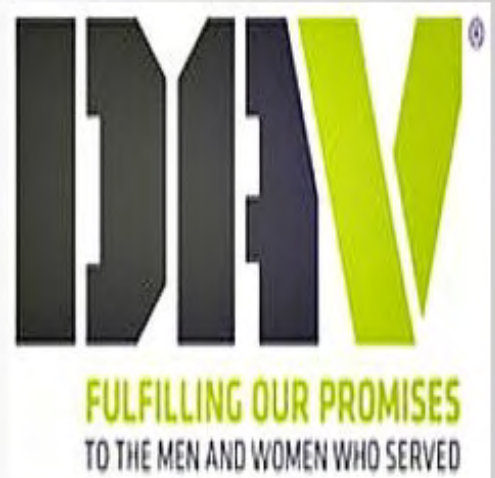
Ron Terry is the Commander

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/](http://www.facebook.com/projectoutreachvets/) or visit us at 432 North Broadway Street, Cortez, CO, email: [outreach.center@yahoo.com](mailto: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/](https://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](http://www.legion.org/mission)



## **AMERICAN LEGION POST # 75 VETERANS DAY EVENTS!**

**November 11, 2023**

**BREAKFAST Served 7AM**

**VETERANS DAY PARADE 1PM Montezuma Ave. Cortez**

**LUNCH 2-4 PM PROVIDED BY END OF TRAIL CATERING**

**DANCE TO VANISHING BREED 7-11PM \$5 AT THE DOOR**

**Breakfast-Lunch-Dance at American Legion 320 N Harrison St Cortez**



## *Exercise your brain*

# Veterans Day Word Search

X W X M T L Z M A Y M S O L D I E R E X Y O T D  
R U I K Z P R E C I F F O Y T T E P A Q V G B R  
K J P G I Z U C O M M A N D E R D E T A V I R P  
R T E R R U Z A R M E D F O R C E S B L Y I T P  
N C H A P L A I N A C Z Z R D A S E R G E A N T  
A D Y E W S H R Q R J A Z A O V Z A N G T O N N  
R E V P G X R E C I V R E S Y J M O V X M F A P  
E P X P E A R Z G N M G L Q D J A I D Z M W F Z  
T L D P Q V L O J E J W A K F M C M L B X J Y G  
E O L O W D R F L S T W R X S T O M G I Z B V S  
V Y B E K P J I U I S T I V H K F Q Z D T O A Z  
V M G E N E R A L O A V M P N E C P T M S A N E  
Z E N C I O O N M J M S D O K N N A Y Y Y J R M  
W N T W W Q L N I N F A A S J A X L R N D V Y Y  
D T M P F V M O L D F H C P B M I E I R J G Y H  
B Y S Q N T M W C H R W L Z G R C I H S A L M A  
U S G N I N I A R T C I S A B I F B J Q T B R R  
N A Z V T N A N E T U E I L F A P X M H Z E A T  
G R B E N P Q S P M I V O F I W B M T C L W D S  
I N I A T P A C F C C K O V A V H C K N I U B Z  
S J S T A T I O N E D Z X G M A D B N A K C Y G  
N L G Q B R R L A R O P R O C W A Y A R C E L N  
E M K N C B C Q S Y N A M A E S W Y R B O P M O  
Q P L U F A I R F O R C E N C O A S T G U A R D

admiral  
barracks  
chaplain  
deployment  
major  
pettyofficer  
sergeant

Air Force  
basictraining  
Coast Guard  
enlisted  
Marines  
private  
service

airman  
branch  
colonel  
ensign  
military  
rank  
soldier

armedforces  
camouflage  
commander  
general  
navy  
sailor  
stationed

army  
captain  
corporal  
lieutenant  
officer  
seaman  
veteran

Help the Turkey Out of the Maze!

EXIT

Gobble Gobble!



PRESENTED BY: DAILY DISH MAGAZINE