



South Dakota Department of the Military  
South Dakota Department of Veterans Affairs



## VETERANS OUTREACH EVENTS SCHEDULED FOR MADISON AND BROOKINGS

Mobile Vet Centers will be visiting Madison and Brookings. The first veterans outreach event will be held in Madison at the Lake County Courthouse (200 East Center Street) from 10:00 am to 2:00 pm on Thursday, March 16, 2017. The next event will be held at the Brookings City/County Government Center (520 3rd Street) from 9:00 am to 1:00 pm on Friday, March 17. **Look for the Mobile Vet Center!**

Doug McCuddin of Sioux Falls and Jeff Gorr of Rapid City, Outreach Specialists with the Vet Centers, will be on hand to provide "Combat-Era" Veterans with information on Vet Center counseling services and referral materials to other VA and Community agencies. They will be bringing their 38' Mobile Vet Center to meet in a confidential/private environment.

SDDVA Field Officer Michael Maske will be attending both events and will be on hand to visit with veterans regarding benefits and services.

The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam Era Veterans were still experiencing readjustment problems. Vet Centers are community based and part of the U.S. Department of Veterans Affairs. The goal of the Vet Center program is to provide a broad range of individual and group counseling, marriage and family counseling, outreach, and referral services to eligible veterans in order to help them make a satisfying post-war readjustment to civilian life. The family members of all Combat Veterans are eligible for Vet Center services as well.



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## DROP-IN LEGAL SERVICES FOR VETERANS

The next Drop-in Legal Service for veterans event will be held Friday, March 24, from 9:00 AM-2:00 PM at the DAV Headquarters in Sioux Falls (1519 W. 51<sup>st</sup> Street).

Licensed attorneys, University of SD law students, USD Federal Tax Clinic, Veterans Service Officers, Veterans Benefits, and VA Homeless Program staff will be available to assist veterans with questions, legal forms, and counsel.

For more information, contact Jason Krause, SD Young Lawyers Section, at 605-335-5740. There are no fees for this service.



## GREAT AMERICAN SPIT OUT

The U.S. Department of Veterans Affairs' (VA) is urging veterans with smokeless tobacco habits to participate in the "Great American Spit Out" on Feb. 23. Sponsored by the Department of Defense, the annual nationwide observance challenges smokeless tobacco users to quit for good by committing to a "quit date."

Veterans who use smokeless tobacco must deal with the heavy economic burdens that come with dipping or chewing. According to the American Cancer Society, a one-can-a-day habit can cost more than \$1,400 a year.

Research shows smoking is one of the most preventable causes of premature death. Yet smokeless tobacco, such as dip and chew, is dangerous and often overlooked. According to the U.S. Department of Health and Human Services (HHS), smokeless tobacco products contain 2,000 chemical compounds, including 30 cancer-causing chemicals, such as arsenic, nickel, lead and formaldehyde. These substances can increase a user's risk of death from heart disease and stroke; cause cancer of the mouth, esophagus and pancreas; and result in painful, chronic dental problems, such as mouth sores and tooth loss, HHS reported.

The Center for Tobacco Products Smokefree.gov initiative noted dip and chew tobacco contained more nicotine than cigarettes, which may cause an even stronger addiction than smoking. To observe this year's Spit Out, VA is partnering with other federal agencies, including the Centers for Disease Control and Prevention's Office of Smoking and Health, the Substance Abuse and Mental Health Services Administration, the National Cancer Institute's Smokefree.gov Initiative and the Food and Drug Administration's Center for Tobacco Products.

Veterans interested in becoming tobacco-free can access VA resources, including:

- Tobacco Quitline (855-QUIT-VET; (855-784-8838)): This VA hotline connects veterans with a trained counselor who can help them develop a quit plan, provide individualized counseling and identify strategies to prevent relapse.
- SmokefreeVET: By texting "VET" to 47848, veterans can sign up for VA's text-message support program, which offers 24/7 encouragement, advice and tips to help tobacco users quit for good.
- Smokefree.gov Quit Plan: veterans can use the resources developed alongside Smokefree.gov to build a plan that prepares them for quitting smokeless tobacco and increases their likelihood of staying tobacco-free. To learn more about tobacco cessation, visit: <http://www.publichealth.va.gov/smoking/index.asp>.



*You are invited  
to the  
Grand Opening  
of SDSU's  
Veterans Affairs & Resource Center!*

## **A RIBBON CUTTING CEREMONY**

*will take place  
on Friday, March 17th at 1:30 pm,  
followed by an open house.  
Please join us in Honors Hall, Rm 118 for  
the first part of the program.*

*Donated in part by Home Depot® & Student Veterans of America*

*[www.sdstate.edu/veterans-affairs-office](http://www.sdstate.edu/veterans-affairs-office)*



# Upcoming Events

- Feb. 28—SFVAHCS Open House of New Primary Care addition with Veterans Benefits Fair from 4:00 pm—6:00 pm (CT)
- Mar. 1—SFVAHCS Creative Arts Festival—Sioux Falls VA Medical Center 2:00 pm (CT)
- Mar. 29—"Clay County's Fallen" Research Contest—USD School of Education—Room 118—Vermillion—5:00-8:00 pm (CT)
- Apr. 13—SFVAHCS Veterans Town Hall—Dakota Playhouse—DSU Campus—Madison—5:00 pm (CT) with Benefits Fair at 4:00 pm (CT)
- Apr. 19—SD Veterans Council Meeting—DAV Headquarters—Sioux Falls—10:00 am (CT)
- Apr 28-30—DAV Annual Convention—AmericInn—Fort Pierre
- Jun 15-18—SD American Legion State Conference—Watertown
- Jun 22-25—State VFW Convention—Pierre
- Aug. 14-17—SDDVA Annual Benefits School—Pierre—Ramkota

Here's  
What's  
Happening!



Audry Ricketts, Public Information Officer  
South Dakota Department of the Military <http://military.sd.gov>  
South Dakota Department of Veterans Affairs <http://vetaffairs.sd.gov>  
Soldiers and Sailors Building - 425 E Capitol Avenue  
Pierre, SD 57501  
Phone: 605-773-8242  
E-mail address: [audry.ricketts@state.sd.us](mailto:audry.ricketts@state.sd.us)

