## VOLUME 1 OF 4 OCTOBER/NOVEMBER/DECEMBER 2024



North Central Chapter

# North Central Chapter 300



209 N. GARFIELD AVE SIOUX FALLS, SD 57104 INFO@NCPVA.ORG 605-336-0494



## Here's what has happened in the last few months and what's to come!

Thank you for supporting and following along with the PVA! In July, we hosted our Annual Picnic event and used this time to also celebrate Lisa Cummings, our long time Executive Director. Lisa brought so much positivity and guidance over the years so we thanked her for her service over the last few decades! Best of wishes to Lisa in her retirement

August brought the start of our new Office Manager, Tracey Salameh, and preparing for the trapshoot in September.

We are excited to announce that our Annual Banquet will be October 11th, 2024. The event will begin at 5:30pm and will include dinner, and the installation of the new board members.

Finally, we want to remind everyone that our nonprofit relies on the kindness and support of our community. If you are able to donate your time or resources, please do not hesitate to reach out to us.

Together, we can make a real difference in the lives of those who need it most. Thank you for your continued support!

Enjoy this month's newsletter!

Terry Paulsen & Tracey Salameh

## Upcoming Events

## October 2024

3-7: Women Veterans Retreat (Long Beach, CA)
5: 17th Annual Freedom Hunt (Flandreau SD)
11: NCPVA Annual Banquet (5:30 Social / 6:00 Dinner
16: South Dakota Veterans Council Meeting - Brookings SD 1:00 Mtg

## November 2024

5: Election Day
11: Veterans Day (Office Closed)
14: Membership Meeting
(12:00 - Lunch / 1:00 Mtg
16-18: Fall BOD Meeting (Orlando, FL)
20: SDVC Leg Rd Table (DAV) Sioux Falls
12:00 pm
21: SDVC Leg Rd Table (Legion) post 17
Watertown 11:00 am
22: SDVC Leg Rd Table (Legion) Post 22
Rapid City 11:00 mt
23: SDVC Leg Rd Table (Legion) Post 8
Pierre 11:00 am
28-29: Thanksgiving (Office Closed)

## December 2024

12: Annual Christmas Luncheon14: Wreaths Across America StateCemetery25-26: Christmas Holiday (Office Closed)





## Message from Tracey Salameh, Office Manager

Hello everyone!

My name is Tracey Salameh, and I was recently hired as the new Office Manager! I have had a really great time working for the NCPVA and I am excited to learn more about you all and support the organization!

I have a husband, Ramzi, and two children: Paxton (2 years old) and Sage (9 months old). I was a middle school math teacher for 6 years, and then worked at Sylvan Learning Center for 2 years before transitioning to the NCPVA.

I am so happy to be here and am very excited to get to know the chapter and all of the members better! Feel free to stop by and introduce yourself or email me at tracey@ncpva.org if you need anything!

Thanks, Tracey Salameh

# Social Media Update-<u>NEW FACEBOOK PAGE</u>

We are in the process of updating our social media pages and we needed to start a new Facebook page. Please follow our NEW Facebook page at https://www.facebook.com/profile.php?id=61566417141295 or by searching Paralyzed Veterans of America North Central Chapter and the page will look like the one below with the pheasant hunt picture. We will be posting events, pictures, and other news throughout the year on here to keep our members and community up to date on our chapter!







## North Central Chapter

# PVA NORTH CENTRAL CHAPTER

209 N. Garfield Ave., Sioux Falls, SD 57104

### OFFICERS

President, Chuck Doom Vice President, Harlan Schmidt Secretary, Greg Brandner Treasurer, Gene Murphy

### **BOARD OF DIRECTORS**

Duane Biesboer Rodney Melcher

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Legislation Director: Terry Paulsen/ Gene Murphy Volunteer Coordinator: Charles Doom VAVS: Tracey Salameh/Sheri Kloes Membership Officer: Duane Biesboer Newsletter Editor: Tracey Salameh / Terry Paulsen Sports Director: Mike Olson/Charles Doom P.O.C. Women Veterans Committee: Bonnie Schmidt P.O.C. MS Committee: Kristine Shaffer

> NATIONAL DIRECTOR Michael Olson

### OFFICE STAFF

Terry Paulsen, Executive Director Tracey Salameh, Office Manager 605-336-0494

Office Hours: Monday through Friday, 7:30 - 4:00

### NATIONAL SERVICE OFFICER

Brad Friez VA Dakota Regional Office 2501 West 22nd Street, Room 100 Sioux Falls, SD 57105 605-333-6801 800-795-3632 Sioux Falls VA Health Care SCI Coordinator

Melissa Suter, Social Worker 605-336-3230 ext. 7898

Fargo VA Health Care SCI Coordinator Tracy Lamont, SCI Coordinator 701-239-3765

Black Hills VA Health Care SCI Coordinator Amber Jones, SCI Coordinator 605-347-2511 ext. 17003

### — Attention Members —

THIS IS THE LAST NEWSLETTER THAT WILL BE SENT IN THE MAIL. We will only be sending this over email in the future. Please contact me at the Chapter Office (info@ncpva.org/605-336-0494) with your email address if you have not been receiving emails from me yet. This will help save the Chapter on postage and printing costs.



**Disclaimer:** The North Central Chapter PVA newsletter is published six times a year. It serves its members and interested parties by informing them about chapter activities, veterans' issues, SCI related matters, advocacy and legislative developments and other relevant issues concerning disabilities and the disabled community. The opinions expressed in this publication do not necessarily reflect the views of the North Central Chapter, its Officers, Board Members or the Editor. Similarly, appearance of advertising herein does not constitute an endorsement of their products or services. The editor has the right to edit all articles.

# 2024 PVA Trap Shoot Event

On September 06-08, The North Central Chapter held our Annual PVA Trap shoot at the Crooks Gun Club. The event was a huge success with over 40 shooters from Minnesota, Wisconsin, Oklahoma, Iowa, Illinois, South Carolina, North Dakota and South Dakota. The winners of the shoot are as follows:







North Central Trapshoot Awards - 2024			
	Class	Award Winners	Score
Singles	D 2nd Place	Vicki Dennis	79
	D 1st Place	Ken Buchholz	83
	C 2nd Place	Doug Eckhoff	82
	C 1st Place	Dan Mitchell	94
	B 2nd Place	Joe Stout	92
	B 1st Place	Tom Richey	98
	A 2nd Place	Richard Dertien	96
	A 1st Place	Rick Stauffacher	96
	AA 2nd Place	Dustin Fluth	92
	AA 1st Place	Gavin Graverson	100
Doubles	D 2nd Place	Troy Zimmerman	68
	D 1st Place	Carmen Vellinga	68
	C 2nd Place	John Murphy	63
	C 1st Place	Stephanie Dennis	73
	B 2nd Place	Mark Nielson	82
	B 1st Place	Bill Wagner	88
	A 2nd Place	Jonah Dancisin	91
	A 1st Place	Nick Seiter	92
	AA 2nd Place	Dennis Matthews	87
	AA 1st Place	Rodney Larson	91
Yardage	Short Yardage 2nd Place	Melanie Seiter	93
	Short Yardage 1st Place	Dan O'Rourke	94
	Medium Yardage 2nd Place	Ron Putzier	92
	Medium Yardage 1st Place	Scott Lanpher	93
	Long Yardage 2nd Place	Robert Barker	78
	Long Yardage 1st Place	Steve Wagner	92
Team 2nd Place		Doug Eckhoff	234
	Team Minnesota	John Murphy	218
	1053	Dan Mitchell	218
		Scotty Poehler	206
		Jim O'Brien	177
Team 1st Place		Dave David	274
	Team Wisconsin	Steve Wagner	269
	1256	Tom Richey	260
		Stephanie Dennis	235
		Ken Buchholz	218
	High Overall	Troy Balk	279
	John Rogers - High SCI/D	Dave David	274

# 2024 12th Annual Doug Brown Pheasant Hunt

The 12th annual Doug Brown Memorial Paralyzed Veterans of America Pheasant Hunt was held on 09 September 2024 at the Top Gun hunting lodge outside of Howard, SD. The hunt is a memorial to Doug Brown who served for years as the Veterans Benefits Representative at the Sioux Falls, South Dakota Veterans Administration. Chris Menzie (brother of Doug Brown) and the North Central Chapter of the Paralyzed Veterans of America organized the hunt. Eighteen disabled veterans from South Dakota, North Dakota, Minnesota, Iowa, Wisconsin, and Illinois participated in the hunt. The hunt was a huge success with the veterans bagging over 60 birds. Thanks to Kevin, all the volunteers and the veterans that helped make the hunt possible. All the hunters had a great time and are looking forward to attending again next year.



# 2024 South Dakota Pheasant Seasons





## SOUTH DAKOTA'S 2024 PHEASANT SEASON

## YOUTH ONLY SEASON:

START: SEPTEMBER 28, 2024 END: OCTOBER 6, 2024

RESIDENT AND NONRESIDENT YOUTH CAN HUNT BEFORE THE OPENING WEEKEND WHEN ACCOMPANIED BY AN UNARMED ADULT. THE SEASON IS OPEN ON BOTH PRIVATE AND PUBLIC LANDS.

## **RESIDENT-ONLY SEASON:**

START: OCTOBER 12, 2024 END: OCTOBER 14, 2024 THIS THREE-DAY SEASON IS OPEN TO THE STATE'S RESIDENTS, WHO MAY ONLY HUNT ON PUBLIC LANDS.

## **TRADITIONAL SEASON:**

START: OCTOBER 19, 2024 END: JANUARY 31, 2025 OPEN TO RESIDENTS AND NONRESIDENTS, THE TRADITIONAL PHEASANT SEASON ALWAYS OPENS THE THIRD SATURDAY OF OCTOBER.

REGARDLESS OF SEASON, SHOOTING HOURS ARE FROM 10 A.M. TO SUNSET, AND CENTRAL TIME IS USED FOR OPENING SHOOTING HOURS STATEWIDE. THE DAILY LIMIT IS THREE ROOSTER PHEASANTS, WITH A POSSESSION LIMIT OF 15.

## Membership Duane Biesboer

The Chapter currently has a total of 142 members and 90 Associate Members.

**Regular membership is FREE!** If you know of anyone who has a spinal cord injury or disease, please have them contact the Chapter office.

### Beginning October 1st, all Associate Members will be invoiced for Annual Dues. Annual dues are \$30 per year and Life Member dues are \$200.00.

Thank you to those who have sent in their dues!!

Please notify the Chapter when you have a change of address.



If you are a federal government employee or your employer offers a charitable giving campaign through United Way, you can help us to continue our programs and services we offer to our members, veterans, and other individuals with disabilities.

# CONTRIBUTION CODE: 54682



## 988- SUICIDE & CRISIS LIFELINE

# Volunteer Program

The Chapter had 2,546 volunteer hours from October 2023-September 2024.



Join us for our upcoming Annual Banquet this October! Here are the details:

- Date: Friday, October 11th, 2024
- Time: 5:30 pm Social
- Time: 6:00 pm Dinner
- Location: 209 N Garfield Ave, Sioux Falls, SD 57104
- RSVP Needed



THIS IS THE LAST NEWSLETTER THAT WILL BE PRINTED AND MAILED OUT. ALL FUTURE NEWSLETTERS WILL BE EMAILED. PLEASE SEND US YOUR EMAIL TO INFO@NCPVA.ORG IF YOU RECEIVED THIS AS A HARD COPY IN THE MAIL.

## **GOVERNMENT RELATIONS DIRECTOR**

## VETERANS ORGANIZATIONS HOLD PRESS CONFERENCE TO PUSH FUNDING FOR VA

In response to VA's budget shortfall, PVA leaders joined representatives from VFW, DAV, The American Legion, and other leading veterans organizations at a press conference on September 11 to raise concerns about the nearly \$3 billion shortfall in VA's benefits budget that would result in delay of veterans' benefits on October 1 if not addressed by September 20. PVA National President Robert Thomas spoke at the press conference regarding the importance of VA benefits for catastrophically disabled veterans. He also raised concerns about the \$12 billion shortfall for the Veterans Health Administration in fiscal year 2025, as well as the budgetary issues already causing staffing shortages and service reductions in the spinal cord injuries and disorders system of care. Following the press event, PVA announced the release of a letter signed by nearly 20 veterans organizations calling on Congress to address the funding shortfalls.

At this time, it appears the House and Senate have reached a compromise that would allow Congress to address the benefits shortfall prior to the September 20 deadline. We will continue to advocate for final passage of the benefits funding bill, as well as addressing shortfalls in the VA health care system.

## PROTECTION SERVICES FOR VETERANS AND THEIR FAMILIES

The Veterans Administration announced the launch of <u>VSAFE.gov</u> and 1-833-38V-SAFE (1-833-388-7233) — a new government-wide website and call center designed to protect Veterans, service members, and their families from fraud and scams. These new resources will help inform Veterans and their families of common fraud schemes, give them tools to protect themselves, and provide an outlet for reporting and further assistance. Launched as part of the White House VSAFE (Veterans, Servicemembers, and Families Fraud Evasion) interagency Policy Council effort, the call center and website combine resources from the Consumer Financial Protection Bureau, Department of Defense, Department of Education, Department of State, Federal Communications Commission, Federal Trade Commission, Internal Revenue Service, Office of Management & Budget, and Social Security Administration to ensure that there is no "wrong door" approach for Veterans and service members to access reporting tools and resources to combat fraud.

Fraud prevention resources are particularly critical at a time when VA is delivering more care and more benefits to more Veterans than ever before under the PACT Act, which was signed into law by President Biden two years ago tomorrow. This influx of new benefits may make Veterans, service members, and families targets for bad actors. VA and the entire Biden-Harris Administration are laser-focused on getting these heroes the tools they need to avoid fraud and scams.

"This new call center and website are a one-stop-shop for Veterans, service members, and their families to help avoid fraud and scams," said VA Secretary Denis McDonough. "We know that more Veterans than ever before are now receiving VA benefits, which sadly means that more bad actors are trying to steal those benefits. That's why we're launching these tools: to give these heroes every tool at the federal government's disposal to protect themselves and their families."

"Predatory actors are constantly looking for new ways to exploit new and evolving technologies to target service members, compromising their personal data and financial stability as well as their military readiness," said Consumer Financial Protection Bureau Director Rohit Chopra. "The VSAFE initiative is a key component of a whole-of-government collaboration to protect veterans from fraudsters and scammers, and the CFPB is committed to working with our partners in this important effort."

# VA hiring fell 'significantly short' of goals to expand substance abuse treatment for vets

The Department of Veterans Affairs is falling short of its hiring goals in a multiyear effort to expand veterans' access to substance use disorder treatment. The Veterans Health Administration launched a multiyear hiring initiative in fiscal 2022. VHA, in its 2022 budget request, told lawmakers that less than 30% of the 520,000 veterans in VA care with substance use disorders are receiving care specific to their condition.

The VA set ambitious hiring goals and received more than a quarter-billion dollars from Congress, between FY 2022 and 2023, to support this hiring initiative. However, its inspector general's office says the initiative "has fallen significantly short of expectations, leaving gaps in services for veterans struggling with substance use disorders."

"The program has been plagued by unspent funds, poor communication, and hiring delays," the IG's office <u>wrote in a report</u> released publicly on Wednesday. In two years — fiscal 2022 and 2023 — VA medical centers made only 837 new hires, about 65% of the nearly 1,300 approved positions. The department, however, was expected to fill 90% of its approved positions within one year — by the end of FY 2022. The VA, in those two years, received \$267 million to increase hiring, but spent less than half of that money on bringing in new employees.

The IG office found that VHA didn't spend more than \$100 million of the money and returned it to its finance office. It spent \$54 million on substance use disorder program purposes that didn't expand staffing. The agency watchdog said VA medical centers retained \$14 million of this money for "other purposes." The VA received \$267 million in two years (FYs 2022 & 2023) to increase hiring, but spent less than half of that money on bringing in new employees (Source: VA OIG).

Undersecretary for Health Shereef Elnahal told the inspector general's office that VHA agrees with its recommendations, and that "VHA is committed to ensuring that funds are spent in accordance with all applicable VA policies and federal laws."

More than one in ten veterans have been diagnosed with a substance use disorder, according to the <u>National</u> <u>Institute on Drug Abuse</u>. That's a slightly higher rate than the general population. Veterans are also heavily impacted by a nationwide opioid crisis. <u>Overdose mortality among veterans</u> increased by 53% between 2010 and 2019.

In FY 2022, VA medical centers only filled about 26% of their approved positions and spent only about \$8 million of the \$96 million available to hire behavioral health staff. Nearly 30 VA medical centers made no hires under the first year of this initiative, despite receiving funding to fill authorized positions.

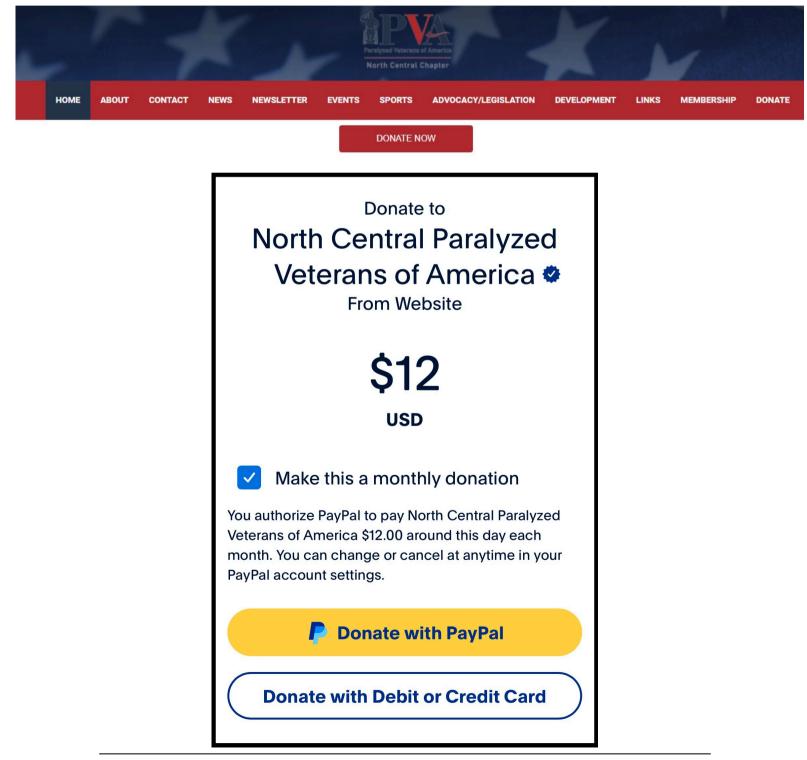
Auditors said VA centers didn't meet their hiring goal because VHA did not clearly communicate hiring priorities. While hiring improved in FY 2023, IG's office found many of these problems persisted. VA intends to continue with its hiring initiative. It requested another \$228 million in FY 2024 and \$237 million for FY 2025. With this level of funding, the IG's office says VHA could reach its goal of hiring nearly 1,300 new employees by the end of fiscal 2024 — about two years later than originally planned.

"However, if the medical centers do not make the goal and VHA does not address hiring delays and challenges, the program office will again return a significant amount of unused funds at the end of FY 2024," the IG report states. Among their challenges, VA medical facilities had difficulty finding qualified candidates in certain areas of the country, and balancing other hiring priorities — such as hiring for other behavior health positions.

At the end of March 2022, VHA's national average time-to-hire was about three months. "Historically, VHA has faced hiring delays due to circumstances beyond its control, such as recruitment challenges in rural and high-cost areas, lack of interested qualified candidates, and competing priorities," the report states. "For those reasons, it is critical for VHA to minimize hiring delays that are attributable to internal obstacles to better position its medical centers to meet national hiring goals."

# How to Donate to our Organization

Our organization depends on donations throughout the year to host events for our members. Please consider setting up a monthly donation through our website. On our website home page (www.ncpva.org), you will see a "Donate Now" button. When you click that, you can click the checkbox that says "Make this a monthly donation". We have had a large increase in participation at events, and we would like to continue to take as many people to these activities as possible. Thank you for your future donations!



## PVA Washington Post Updates- September Issue



PVA Participates in Forum on Accessible Air Travel

On September 11, Heather Ansley, Chief Policy Officer, presented at the All Wheels Up Global Forum on Wheelchair Accessible Air Travel at the U.S. Department of Transportation's (DOT) Volpe Center in Cambridge, Massachusetts. The form included leaders from the U.S. and Canadian governments, as well as the air travel industry, medical professionals, and the disability community. Ansley discussed the disability provisions included in the 2024 FAA Reauthorization Act and participated in a question and answer session with U.S. DOT officials. PVA was also a sponsor of the event.



## PVA Attends the VA Quadrennial Women Veterans Summit

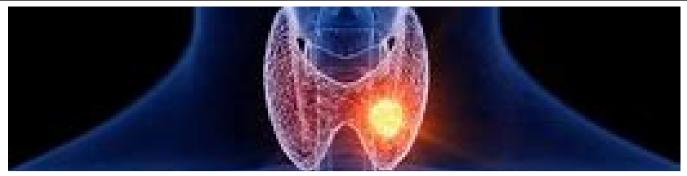
At the beginning of September, PVA was invited to attend and participate in the VA's Quadrennial Women Veterans Summit in Washington, D.C. Held every four years, the Women Veterans Summit is an opportunity for women veterans, veteran organizations, and other stakeholders to come together and highlight the various programs and supports VA offers for women veterans.

Staff from PVA's Research and Education program and Government Relations supported a table at the event's expo. PVA National Senior Vice President Tammy Jones also attended.

Julie Howell, Associate Legislative Director, participated in a panel discussion focused on the unique needs of women servicemembers who are transitioning out of the military. In addition to PVA, the transition panel included

The Platte Pheasant Hunt has been suspended this year. The hunt will be evaluated again next year to see if the interest and funding are available.





# THYROID DISEASE

About 60% of people with thyroid condition are unaware. Thyroid conditions can develop at any age. You may be at higher risk if you have a family history of thyroid disease, have other medical conditions (like diabetes), take certain medications high in iodine, are over 60 years old, or have had treatment for past thyroid disease or cancer.

What is the thyroid: a small putterfly shaped gland found at the front base of the neck. It controls many vital functions such as physical energy, temperature, weight, cholesterol levels, mood, in women- menstrual cycle and fertility, and in mengynecomastia (enlarged breasts) and erectile dysfunction.

The thyroid affects hormones within the body- testosterone in men and estrogen in women. While thyroid conditions affect everyone, about 1 in 8 women will develop thyroid problems during their lifetimes. Thyroid conditions can impact fertility and sometimes be mistaken for menopause. In fact, women are more likely to develop thyroid disease AFTER menopause. Thyroid disease usually affects men after age 40. PCPs often mistake obesity, diabetes, smoking, HTN, or heart disease as reasons for other disorders, rather than checking for thyroid disease.

Diagnosis: physical exam by PCP, sharing symptoms with PCP, Lab- TSH, T3, T4, Imaging- ultrasound of neck, CT, MRI, Radioactive iodine uptake.

Risk factors for thyroid disease: Being female (especially after menopause), having a family history of thyroid disease, medications that increase iodine in your system, being iodine deficient, being over 60 years old, radiation therapy to head/neck, having autoimmune diseases, and toxic exposures (pesticides, herbicides, industrial chemicals, heavy metals).

Two common thyroid conditions are: hypothyroidism (underactive) and hyperthyroidism (overactive). Thyroiditis, an inflammation of the thyroid, can cause hyperthyroid that progresses to hypothyroid- but it is a temporary condition. Each phase is treated with similar medications as the actual chronic disease.

### Hypothyroidism (underactive)

Symptoms: slowed down body functions like metabolism, cold intolerance, hair loss/thinning, puffiness, dry skin, slowed heartbeat, joint and muscle pain, weight gain, constipation, heavier periods, depression, fatigue, weakness, mass or swelling in neck. Hashimoto's disease is an autoimmune disease that runs in families and is a result of underactive thyroid. Causes: Thyroid damage secondary to other diseases: birth defect: iodine deficiency (often leads to goiter); tumor or mass. Treatment: HRT (Hormone replacement therapy- synthroid); iodized salt in our diets Complications: mood disorders, peripheral neuropathy, infertility, heart disease

### Hyperthyroidism (Overactive)

Symptoms: Increase metabolism and heart rate, feeling hot, excess sweating, eye irritation or bulging, muscle weakness, weight loss, lighter periods, diarrhea, anxiety, sleep disturbance, tremors, increased appetite. Grave's disease is an autoimmune disease that primarily affects women and is a result of overactive thyroid.

Causes: thyroiditis (inflammation), tumor of thyroid or pituitary gland, too much thyroid medication treatment for hypothyroidism, too much iodine in system from certain medications like amiodarone (heart medication).

Treatment: antithyroid medications, beta blockers for rapid heart rate, radioactive iodine ablation or thyroidectomy (which can lead to hypothyroidism).

Complications: A fib, stroke, congestive heart failure, osteoporosis.

If your thyroid isn't working properly, if you have risk factors or symptoms of thyroid disease, or notice swelling or a nodule in your neck, talk to your PCP about your concerns. Medications and treatment can help.



## PVA North Central Chapter Birthday Roster

## October 2024

Jerry Painter Darrell Christopherson Calvin Plienis Curtis Bentz Darrell Craig Robert Thiss Doug Feltman Leonard Ellens Daniel Kernen Chad Jacobs Daryl Schutte Scott Bentz Andrew Foss Raymond Berlin Robert Dietz Steve Stanga Richard Branaugh Philip Miller Ken Murphy Richard Scepaniak Jesse Luce Ronald Smith Charles Olson Dana Davis Monica Chesshir Kirk Spell

## November 2024

William Livingston Mark Grenfeld Michael Olson Michael Needham Dennis Doherty Rodney Melinsky Thomas Anez Dylan Lesselyoung Larry Miller Leola Klosterbuer Barbara Biesboer Darell Poss Dennis Weideman Steven Stewart Kristine Shaffer Kevin Weishaar

## December 2024

Lyle Monsees Michael Ollerich Alan Gobczynski Stephen Vogt Jon Olson Tony Hylland Darryl Schock James Huckabay Dennis Theel John Pike Frank Hood Dan Francis



## SD State Veterans Cemetery Endowment Fund

With the passing of SB 91, the South Dakota Veterans Council established an Endowment Fund with the South Dakota Community Foundation. This fund will be used for the maintenance and operations of the veterans cemetery in Sioux Falls, SD The South Dakota State Veterans Cemetery is located at the 1-90/I-229 area in Sioux Falls, SD and encompasses up to 50 acres of land donated by the City of Sioux Falls. All federally defined veterans, spouses, and dependent children are eligible for burial in the State Veterans Cemetery. We are proud to be able to give our veterans their final resting place on the eastside and keep them close to their families.

https://sdcommunityfoundation.org/foradvisors/existing-funds/south-dakotaveterans-cemetery-fund/



Have you considered including PVA North Central Chapter in your will or trust? This type of donation will serve as an investment in our organization that will reap our members benefits for many years to come.



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- Have trouble entering or leaving your home?
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# VA Health Care Systems Contact Information

### Sioux Falls VA Health Care System

2501 West 22nd Street Sioux Falls, SD 57105 Phone: (605) 336-3230 or (800) 316-8387 Fax: (605) 333-6878

### VA Black Hills Health Care System - Fort Meade Campus

113 Comanche Road Fort Meade, SD 57741 Phone: (605) 347-2511 or (800) 743-1070 Fax: (605) 720-7171

### VA Black Hills Health Care System

500 North 5th Street Hot Springs, SD 57747 Phone: 605-745-2000 Fax: 605-745-2091

### Minneapolis VA Health Care System

One Veterans Drive Minneapolis, MN 55417 Phone: (612) 725-2000 or 866-414-5058 Fax: (612) 725-2049

#### Fargo VA Health Care System

2101 Elm Street Fargo, ND 58102 Phone: (701)232-3241 Fax: (701)239-3705

#### VA Montana Health Care System

1892 Williams Street Fort Harrison, MT 59636 Phone: (406) 442-6410 Fax: (406) 447-7916

#### **Cheyenne VA Health Care System**

2360 E. Pershing Blvd. Cheyenne, WY 82001 Phone: (307)778-7550 Fax: (307) 778-7336

### Sheridan VA Health Care System

1898 Fort Road Sheridan, WY 82801 Phone: (307) 672-3473 or (866) 822-6714 Fax: (307) 672-1900

The PVA North Central Chapter proudly serves the states of North Dakota, South Dakota, Southwest Minnesota, and portions of Montana and Wyoming.