

## Resident Standouts



Laura Metcalf (left) Oh gosh where do we begin, haha. Her HUMOR - she can make a quiet room cry in laughter and, on top of that, she is so positive minded. She does an AWESOME program. She is also very devoted to her work. Every time she's called in, zero hesitation, she is ready to go! If you need someone for motivation, Laura would be the one to get you up and grooving! Thanks for the many laughs and Keep groovin,' you're doing great!



Katrina Brady (right) has been working

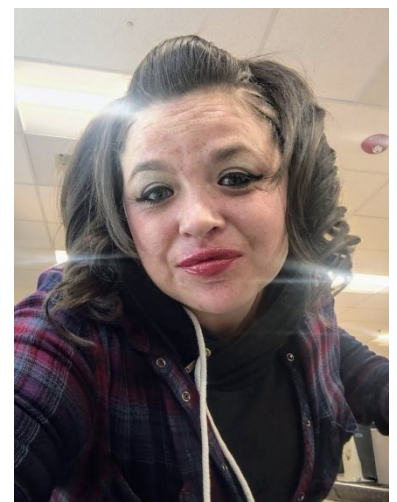
hard on her program and even though she has had some struggles, she seems to always have a joke and a big smile on her face. She is a ray of sunshine and she definitely tries at everything she does. She always takes her time on her chore to make sure it is complete every time. It is a pleasure to have Katrina here and I'm excited to see where her future goes.



I honestly want to recognize Donalda Main (left). She had such a rough start, but has since changed her approach. She always has a smile on her face and I see her doing what it takes to succeed. It's always good to watch when a resident truly wants to do their program and get back out in the world.



Genevieve Sam (right) has a very bright and positive demeanor. Even when times get rough or she's not having such a great day, she finds something positive out of it, even if its just saying "Tomorrow will be better." She carries herself very confidently. She goes to work every day that she's scheduled and then some! She does her program with confidence like it is a cakewalk. Genevieve's definitely got a bright future ahead of her and she deserves acknowledgement!



## Tyler Ossello – Honors Member

*By Sonja Roberts*



It only took Mr. Ossello one day to secure, on his first day at the Center, a job and to begin his recovery process. Getting back to work right away has helped him with his program. The staff here have been very supportive of his endeavors as well, helping him to learn the ropes and to get adjusted to this type of living, as he describes. When asked about what is this type of living to him, he responds that he is super family oriented and that he has worked for the family business in the past down in Butte, MT. So, having to be away from his family has been an adjustment. We would like to congratulate Tyler Ossello on his success with this adjustment as he has secured his spot as one of the latest additions to Honors.

Tyler misses his family deeply and longs to get back to them. Currently, he is taking DV classes and is hoping his progress will be well received by P&P, because his immediate future upon leaving the Center depends on it. You see, he wants to return to Butte, to his family and to his home, but this depends on whether he is allowed during his probation. He has submitted the request and is patiently waiting for the results.

His grandfather passed away a year ago on July 4<sup>th</sup> and this hit Tyler hard. Now, his grandmother lives alone on a large piece of property not far from Butte. She has her whole house and property to keep up with and it would be nice for him to be able to help her. Tyler's maternal grandparents come to visit Tyler weekly and his Mom and siblings come to visit when they can. When with his grandparents, he likes to take them to visit local museums, such as the Lewis & Clark Interpretive Center, Paris Gibson Museum of Art, and the CM Russell Museum. With his Mom and siblings, they like to engage in activities such as going bowling or playing mini golf.

Tyler's work locally with a rental equipment company has been supportive of his programming and gave him Mondays and Thursdays off so that he could focus on his programs on those days. He likes that he works on Saturdays and Sundays because it helps to get him out on the weekends. His work relationships are very positive and they really like working with him. If it were up to them, he would be staying in the area indefinitely. He has been working with heavy equipment for a long time, so the position suits him and he enjoys this aspect of his experience here in Great Falls.

When asked about his programming, Tyler expresses that it has helped him to dig deeper into why he kept getting into trouble, going to jail, and being under the supervision of P&P. His DV classes in particular have helped him to see how he has been abusive mentally, rather than physically, and how he was outright mean. When asked about where all of this stemmed, he admitted that it was his abuse of alcohol. His friends and family would always point out to Tyler that he becomes a different person when drinking. The classes have helped him to see for himself exactly what they were talking about.



Now, Tyler regularly attends the 111 Center AA meetings on Sunday evenings and he has secured a temporary sponsor who texts him regularly with words of encouragement. Tyler describes how the group is a bunch of “old timers” who have been around for a while. He enjoys being around them and listening to their stories. He hopes to continue the relationship with his sponsor when he moves back to Butte, but hopes to get a local sponsor in Butte as well. He plans to continue going to AA meetings upon his departure from the Center, no matter where he resides. His friends and family in Butte are also extremely supportive of Tyler and want nothing more than for Tyler to come home. They will support him every step of the way.

This is the first time Tyler has gone through a resident transitional program and he wants it to be his last. He had never attended AA meetings in the past, but started when he was in the Connections Corrections Program, where it was optional. He started going every night and continued going to meetings upon his arrival to Great Falls. He was familiar with what the meetings were all about by the time he got here.

Tyler, we are so glad you have found positive aspects of your life between your work, family visits, attending AA meetings and visiting with the old timers. Keep up the good path and you will be back with your family when it is the perfect time for you, even though we know sooner would be better than later. We wish you the best on the rest of your journey with us and thank you for being a positive example for your fellow residents.



## A Life-Changing Cancer Screening By Bret Kuntz



In May of 2023, at age 54, I was diagnosed with colon cancer after what was supposed to be a routine colonoscopy. I hadn't planned on getting screened—my girlfriend was the one who encouraged me to do it, and I finally went. I still remember sitting in the recovery room afterward, joking around with her, when the doctor walked in and said, "I have to tell you, I found a tumor." My exact response was an expletive followed by, "You've got to be kidding me." He simply replied, "I don't joke."

Two weeks later, I was in surgery. The plan was to remove the tumor arthroscopically, but it was too large, so they had to open me up. I spent about a week in the hospital recovering. After that came chemotherapy—eight large pills a day for three weeks. It was rough, and the side effects were unpleasant, but I made it through and I've been in remission ever since.

I can't encourage people enough to take care of your health, and don't put off getting a colonoscopy. It's not fun—but it absolutely beats the alternative.

Going through cancer changed me. When you're faced with your own mortality, your perspective shifts. You become more grateful. Life feels more fragile and you start appreciating things you once overlooked. I don't think anyone goes through cancer and comes out unchanged. My girlfriend was by my side through all of it, incredibly supportive, though we're no longer together.

The hardest moment of the whole journey was telling my parents. Even now, I'm much more conscious of how I live, and I try to take better care of myself. I encourage everyone to be screened for colon cancer. Average-risk adults should begin routine colorectal cancer screenings at age 45. Those with a family history or other risk factors may need to start earlier, and should talk with their doctor to determine the right plan.



Congratulations to East Campus resident William Madla for being accepted into the Honors Program! *Nice work William!*



## Honors Member – Bryan Williams

*By Sonja Roberts*

Congratulations to Bryan for making it into Honors as well as for being recognized as a Resident Standout!

Bryan Williams, resident of the East Campus, is a standout to me. He recently made honors after a bit of a challenging start. In groups, he is a standout as well, offering meaningful insight to fellow group members as well as standing up for others.

Well, it probably goes without saying that anyone who walks through the doors of the Great Falls Pre-Release has been through some challenges. It is what you make of the opportunity to be here that can set you apart and start you on the course towards a life of positivity and growth. Bryan is one such person who has done exactly that. He will tell you himself that he makes the best of everything God puts in front of him. Amen to that!

Prior to Bryan's most recent "challenges," he owned his own cleaning business. Upon obtaining a position in housekeeping for the Holiday Inn Express, Bryan utilized the skillsets he had developed in his business to move up quickly. He was soon promoted to Supervisor, a position in which he continues to excel.

Bryan's experience here at the Center has been smooth; he got his job right away, for example. Bryan explains that he has kept his head down and is learning the tools and skills that will help him when he gets out on his own. The classes that he was selected for and the people around him have been a huge part of overcoming those challenges that got him here. He feels that this has been a great path for him and that he is set up for definite success. He is being taught the tools he needs that he would not have learned had he not come here.

Bryan is excited to be back with his family on a regular basis, most notably his three children, who he describes as his heart and soul. One of his sons is in the Army, stationed in Helena, who comes to Great Falls regularly for training. He has a daughter in college and a second son going to high school in Washington. While his mother has passed away, Bryan has a great relationship with his father who has been very supportive.

Bryan plans to stay in the area long-term and continue in his current Supervisory position. Bryan's final words of wisdom are to keep your head up no matter what you've been through because things will always get better if you want them to! Absolutely, Bryan, we couldn't agree more. Please keep keeping your head up and standing up for others. We wish you all of the success and happiness in the world!



# Saying “See you Later” to a Real-Life Hero

How do you say “thank you” or “good-bye” or “wishing you the best” to someone who has dedicated 34 ½ years to an organization and who is leaving a tremendous legacy from which the rest of us can continue to build? Well, saying “see you later” to **Jeffrey Barnhart** has proven to be a formidable task, but one that the entire staff and leadership of the Center has embraced. Following are thoughts, memories and well-wishes that attempt to offer a glimpse into the appreciation we all have of our friend and colleague who will be departing our ranks soon, but whose dedication and camaraderie will carry on through all of us.

*From Brenda Demers*

Jeff is a bright light, full of positivity and curiosity. He never complains, is always open to suggestions, and approaches every challenge with determination and creativity. His wealth of knowledge and sharp memory make him a go-to resource for just about anything—he knows a lot about some things and a little about everything. And, all while never having carried a cell phone! Sometimes the real challenge is finding him; he’s our very own “Where’s Waldo?”



It’s always a treat (and sometimes a shock!) to see what Jeff comes up with for dress-up days.

And, on random days in between, his Mickey Mouse voice will suddenly make an appearance, bringing smiles and laughter to everyone around. Despite “getting up there” in age, Jeff remains remarkably strong and agile—carrying heavy boxes up and down the stairs and even joining a staff softball game a couple of years ago.

His “sciency-nerdy” newsletter contributions never fail to entertain and enlighten us, and although his office might be legendary for its chaos, Jeff always knows exactly where everything is.

Jeff is dependable and rarely misses work—but when he does, his absence is definitely felt. From the joy he brings to each of us to sharing his endless wisdom and curiosity, Jeff reminds us that while curiosity may have killed the cat, satisfaction surely brought him back.

Here’s a few of Jeff’s sayings:

The \_\_\_\_\_’s of the world . . .

That’s the nature of the beast.

It’s a crapshoot.

Kimberly, Kim, Kim, Kimberly!

Aww shut up!

Headin’ East!

Cool beans!

*From Sheena Jarvey*

Well, this is a tribute I had hoped never to have to write, since I imagined that Jeff Barnhart would work at the Pre-Release forever! But real life and reality calls and Jeff is taking on other responsibilities in his home life. I wish Jeff all the best. He was the best co-worker I could ask for. Whatever the issue I needed help with, Jeff could always find a solution. He assisted with problems large and small and always did so with his good nature. Jeff is funny, responsible, and always on top of his game. He knows the workings of the Center inside and out. His knowledge is vast

and his personality is large. Jeff was a true friend and co-worker and I can't say enough good things about him. We also had our inside jokes, but those stay in the vault, ha, ha. At any rate I wish Jeff all good things in life and just want to say that they don't make 'em like Jeff Barnhart anymore. Thank you, Jeff and sending you off with much gratitude and respect. You will be missed.

*From Karen Grove*

I have known Jeff for over 20 years, and Jeff is the kind of person the world needs more of. He is always considerate of everyone he meets. If you need assistance with anything, Jeff is willing to help. I can't put into words how much the center will miss him, but I wish him only the best in his retirement. It is well deserved. Jeff and Corky always exchange greetings in the Thai language saying "sah-wah-dee krap" (hello or goodbye).

*From Kathy Van Tighem*

Jeff was one of the first people to welcome me to the Center. He was kind, patient with my never-ending questions, funny and warm. Always the professional, working with him was something I looked forward to. His answers were well thought out, honest and always in the best interest of our mission. Personally, Jeff always took time to inquire about my interests outside of my work on the board, inquiring about my work as a high school counselor, my parents and Camp Francis. Whenever there was an excess of donations to the center, Jeff reached out to see if what he had could be put to good use for the kids. His heart is as big, if not bigger, than his smile. I will miss working with him. Well done, Jeff.

*From Curtis Thompson*

I have enjoyed sharing books with Jeff. He is an avid reader on a wide array of topics and is a delight to converse with on just about any subject.

*From John Gregory*

After watching him open and dump all those little sugar packages into his coffee cup, I wondered if it was sugar or coffee that he liked. Jeff speaks Canadian well. It was on display when he talked an Alberta deputy out of a speeding ticket!

*From Gary McFerrin*

There are many ways to describe what Jeff has meant to the Center.

*Integrity*, which speaks for itself.

*Cheerfulness*. His demeanor is an example of positivity.

*Steadfastness*. Willingly saw things to completion.

*Detailed*. His memory of anything he had or was working on is encyclopedic, and if need be, he provided details post haste.

*Loyalty*. He's always all in to do the best for the residents, employees, management team, or anything regarding the Center.

These qualities, amongst so many others, exemplify his second professional life, well done.

*Anonymous*

There was a point a few months ago when I was doubting my abilities as a CO or as a Shift Lead and thought about leaving. Jeff spoke sternly to me and let me know that I was doing a good job and to not do anything rash. He took me seriously and gave me a sense of agency and sometimes that's all you need to hear. Without that conversation, I don't think I would still be working here. Thank you, Jeff!



Jeff and Roger having a little fun  
– October 2018





**Jeff (Barney) Barnhart**  
served in the Air Force from  
1966-1991.

With the many hats Jeff wears, he somehow manages to always remain calm! He knows every nook and cranny of every building, too! In fact, we've often wondered if Jeff ever does retire, how would we ever fill his shoes? Well, the time has come for us to by all means figure it out. But, we know it won't be easy.

Jeff enjoyed acting in off-Broadway and local theatre in his earlier days. It is with great pleasure that we are able to offer a little insight to this time of his life with this article he has shared from the Tribune from August 6, 1992. Gosh, Jeff, we are going to miss you so much. Please come back to visit often!!



And, one final thought that Jeff will always leave us with is:

Now, for a little bit of history about Jeff, he grew up in Pennsylvania and joined the Air Force right out of high school. Jeff's 26 years in the service took him to Texas, Arizona, Colorado, Honduras, Greece and Thailand, where he was a bomb loader during the Vietnam War. While at Malmstrom Air Force Base, Jeff procured his broadcasting license and fulfilled his dream of becoming a radio announcer. Jeff began his career at the Center as a Resident Advisor and then moved into the Community Service Coordinator position. Later he was moved into the newly created Facility Services Director position, which at that time included being the maintenance person. Jeff is now in charge of everything related to buildings and grounds, including supervisor of the maintenance, food services, and compliance officer departments. He has also been the source of many intriguing and entertaining articles, exploring history and science, in our monthly newsletter that you are reading now.

## Comedy-drama to open tonight

With a name like this, it has to be good

**T**onight is opening night for OMNI Productions' new comedy-drama, "Lu Ann Hampton Lavery Oberlander."

The three-act play by Preston Jones is written in the style of Larry McMurtry's "The Last Picture Show." "Lu Ann Hampton Lavery Oberlander" is a character study of a girl growing up in a small Texas town who has dreams of getting away and being in charge of her own destiny, only to learn about real life the hard way.

Barbara Cossolini plays the title character and Jeff Barnhart plays her high school sweetheart, Billy Bob Wortman. Eric Smith plays Lu Ann's older brother, Skip Hampton, a Korean war veteran. Others in the cast include Maria Crocetti as Lu Ann's mother, Claudine Hampton, Ted Anderson as Dale Lavery; Sean Giberson as Corky Oberlander, Dan Cossolini as Olin Potts, Jerry Miller as Rufe Phelps, and Deidre Carter as Charmaine Lavery.

Direction is by Gary Carlson, assisted by Marilyn Borowski.

Filled with humor, pathos and sometimes irreverence, "Lu Ann Hampton Lavery Oberlander" spans the years from 1953 to 1973 in Bradleyville, Texas.

Performances are scheduled at 8 p.m. Thursday, Friday and Saturday, Aug. 6-8 and Aug. 20-22, at the Great Falls Performing Arts Center, 600 1st Ave. S.W.

It should be noted that some language may not be suitable for all family members.

■ **What:** "Lu Ann Hampton Lavery Oberlander" by OMNI Productions  
■ **When:** Aug. 6-8 and 20-22 at 8 p.m.  
■ **Where:** Performing Arts Center, 600 1st Ave. S.W.  
■ **Tickets:** \$7 for adults, \$6 for students and senior citizens at the door or by calling 791-8053.



Tribune Photo by Ken Blackbird  
Barbara Cossolini, who plays the title role of "Lu Ann Hampton Lavery Oberlander," is still charmed by Billy Bob Wortman, played by Jeff Barnhart, even with his hair tinted green.

**STAY SAFE.**



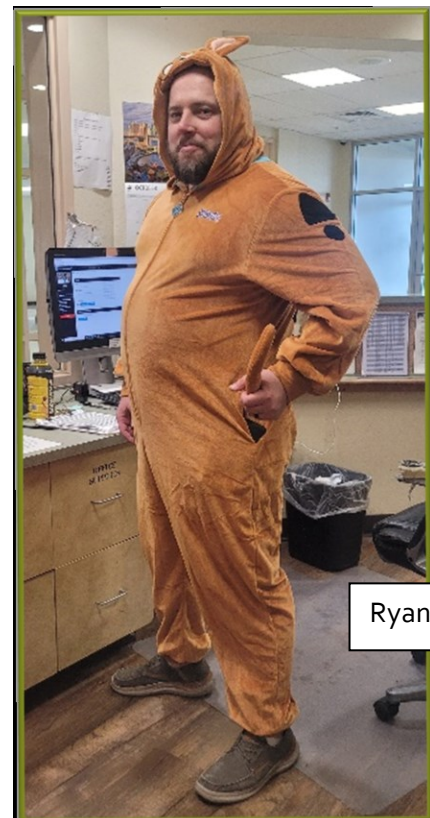
## Staff Representing the Spirit of the Holiday Season!



Cheryl Haynes & Jeff Barnhart



Nathan Kunz



Ryan Konecny

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Behind these walls, the days move slow,  
A measured pace where seasons show.  
The leaves outside turn gold, then fall—  
We count the blessings, one and all.

No turkey carved on Grandma's plate,  
No children's laughter at the gate,  
Yet still, within these quiet halls,  
A flicker warms the concrete walls.

For here, we learn what freedom means,  
Beyond the locks, beyond old scenes.  
We gather round, not just for food,  
But gratitude, and brotherhood.

We give our thanks for lessons earned,  
For bridges mended, tables turned.  
For second chances taking flight,  
For hope that glows in broken night.

A prayer is said—soft, humble, low,  
For those still lost, for those who grow.  
And though we serve our time apart,  
Thanksgiving beats within the heart.

Someday, beyond this fenced-in view,  
The skies will open, bright and new.  
And we'll remember where we came—  
The road of struggle, not of shame.

So pass the bread, the peace, the grace,  
Each man reborn within this place.  
For gratitude is freedom's key—  
And this Thanksgiving, we are free.

Anonymous submitted with thoughts of Thanksgiving, hope, growth & enlightenment.







## THE INSIDE WELLNESS MONTHLY



Issue #11 – Health & Wellbeing Edition

By: RN Hunter – Health & Education Treatment Team

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### 10 Small Habits for a Healthier November at GFPRC

Staying healthy while residing in a community center doesn't have to be complicated. Even with limited resources, small daily actions can make a big difference in your body, mind, and overall well-being. Here are ten habits to focus on this month:

1. Wash your hands often. Prevent the spread of germs by washing for at least 20 seconds with soap and water.
2. Stay hydrated. Drink 6–8 cups of water daily to keep your body and mind sharp.
3. Move every day. Do push-ups, squats, or short walks to stay active and boost your energy.
4. Stretch in the morning. Loosen your muscles and improve your mood by starting your day with light stretches.
5. Clean your space. A tidy area helps reduce stress and prevent illness.
6. Eat what's healthy when you can. Choose fruits, vegetables, and whole grains when they're available.
7. Take deep breaths. Inhale slowly through your nose, hold for 3 seconds, and exhale fully to calm your mind.
8. Rest well. Try to get consistent sleep—your body heals and resets while you rest.
9. Think positive. Focus on what you can control each day; gratitude and optimism improve mental health.
10. Encourage others. Share what you learn about health—wellness grows stronger in the community.



### Monthly Challenge

Try adding one new healthy habit each week. By the end of the month, you'll have built a stronger routine and a healthier mindset that lasts.

RN Hunter



# ANNUAL Pumpkin Carving CONTEST

Thank you and Congratulations to all the residents who participated in the pumpkin carving contest this year!

*The winners are:*

**West Campus**  
Christopher Esrey



**East Campus**  
Duane Azure & Richard Morsette



**Women's Campus**  
Tricia Gardipee & Cindy Stidham



*Honorable mentions:*



Chinook Reep,  
East Campus



Women's Campus

Cynthia Bright

Jen Burlison

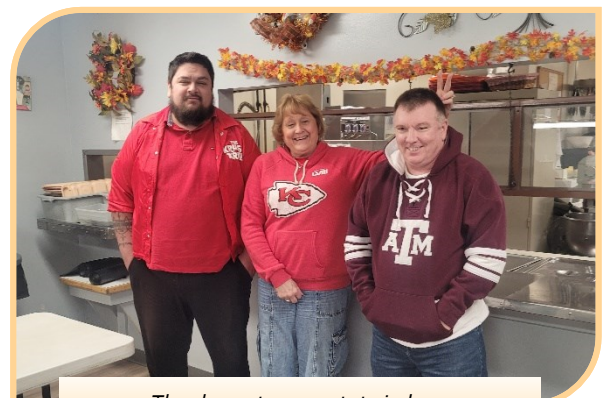
Also from East Campus...



Craig Headdress

Thomas Firebear &  
Nathaniel German

Richard Little Nest  
& Shapiro  
American Horse



*Thank you to our astute judges:*  
Dillon Lane, Cheryl Haynes,  
and Ray McClelland



# Fun and Games

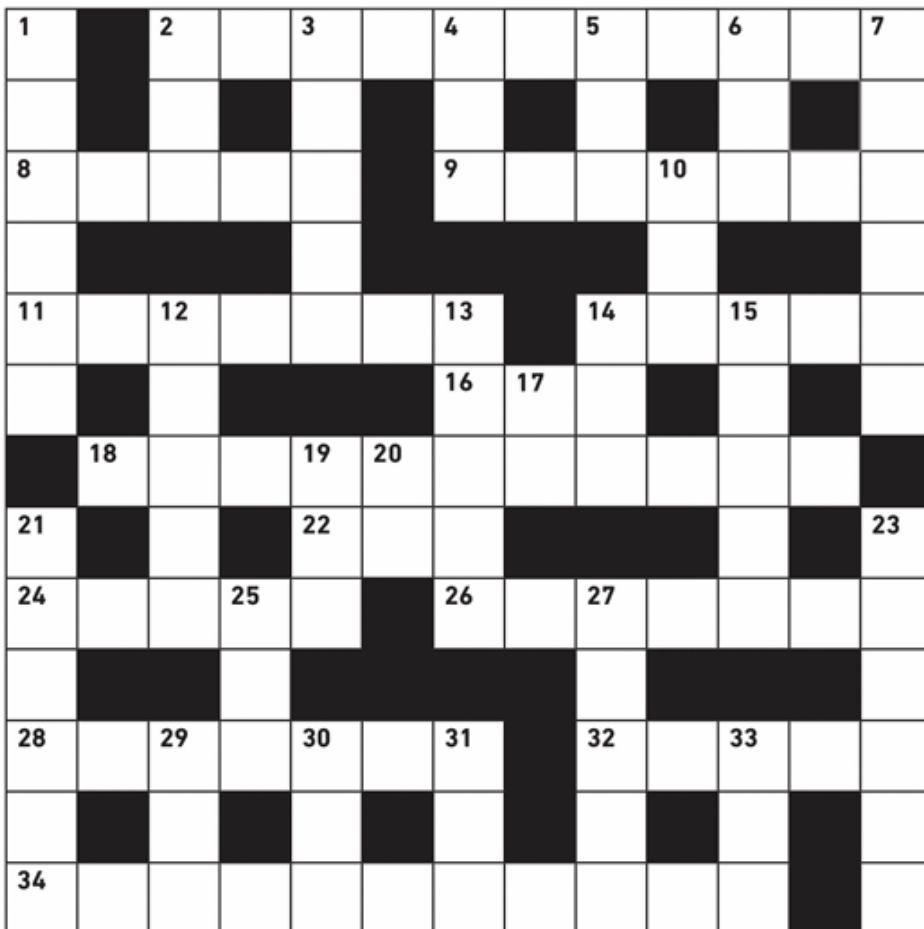
## Dickens Brain Teasing Crossword puzzle

### ACROSS

2. Subtitled "The Parish Boy's Progress"
8. With 32 across, a seemingly endless court case
9. Small spot of color
11. SRO patron
14. With 18 across, Dickens' "Favorite child"
16. \_\_\_\_\_ de Janeiro
18. See 14 across
22. 1990s judge Lance
24. With 34 across, "It was the best of times ..."
26. Soothe
28. Advice to the nervous
32. See 8 across
34. See 24 across
6. Pen Fluid
7. All the rage
10. IRS worker
12. Tropical greeting
13. Misstep
14. "\_\_\_\_\_ Hear a Waltz?"
15. Esteem
17. Bread 1971 hit
19. Type of chart
20. 1983 Best Picture nominee
21. Panda chow
23. Swiss city
25. Thompson or Michele
27. Christine of Swing Shift
29. Superlative suffix
30. Ring win initials
31. Gridder Manning
33. Times of boon

### DOWN

1. Full-bodied
2. Raw metal
3. Annoyed
4. Minnesota twins?
5. Dead heat



### Spot the difference



Visual Puzzles and Brainteasers That Will Challenge Your Mind, <https://www.rd.com/article/visual-brain-teasers-and-puzzles/>

*Happy Thanksgiving!*



R		O	L	I	V	E	R	T	W	I	S	T
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Feeling gratitude and  
not expressing it is like  
wrapping a present and  
not giving it.

William Arthur Ward

**PRE-RELEASE PRESS**

**Editor:** Sonja Roberts



**TRANSITION  
CENTER**  
GREAT FALLS PRE-RELEASE SERVICES INC.

**Residents:** You are encouraged to submit something for the next newsletter - a drawing, poem, song, article, quote, advice, etc. Please turn it in to the CO desk with your name or contact Sonja. Any suggestions are also appreciated. [sonja@gfprc.org](mailto:sonja@gfprc.org) 455-9324