

Resident Standouts



Albert Kubai

-Albert (left) is a quiet, hard-working resident. It may not seem like much, but it speaks volumes. Albert works crazy hours and two jobs along with fulfilling all of the requirements for his program. Albert is respectful and very motivated. We can't wait to see you continue to rock your program and build a great successful future for yourself!

Rayann Oscar

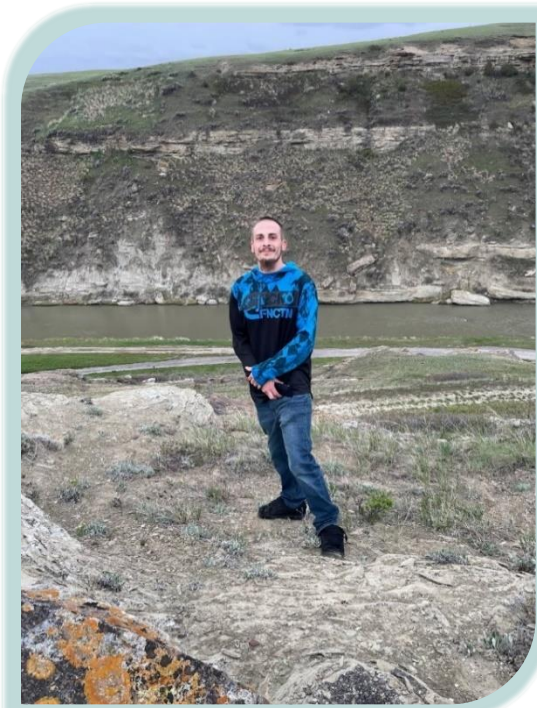
- Rayann (right) consistently continues to do a great program! Recently, she was hit with a curve ball in her Inmate Worker journey, but she took the change straight on and she has shown positivity, strength, determination and much more! She has a good demeanor and is very kind. She

makes the ladies and staff laugh, even if she's feeling down, and she finds a way to uplift others and make sure others around her are okay. I can't wait to see her absolutely destroy - in a good way - the State resident program, the career path she chooses, and the changes she makes for her future!



Justin Vieira

-Justin (left) has proven himself a standout in the "short" amount of time he has been in the center. MANY times I've seen him just cleaning around the center, doing extra work, and doing his chores to the fullest. Justin helps other residents out and he makes sure to check in with staff daily, asking if anything needs to be done, or even just asking how staff are doing in passing. Thank you for being so kind and polite Justin! I hope to see you complete a successful program!



Cindy Stidham

- Cindy (right) does a great program! She always has great knowledge for a little bit of everything. Good wisdom, advice and jokes exemplify Cindy! I enjoy listening to her share her ideas or opinions because they bring a good conversation. While they may not be agreeable, she has no problem listening to other opinions and considering them. She is known as "Mom" to a few girls because that's who she portrays—a positive, helpful "mother" figure. Seeing the ladies go to her for their questions, needs or just to talk is amazing! AND, she recently received a promotion at work - Manager – That's a huge accomplishment in and of itself because they expect a lot from her, daily. There are days she works for HOURS alone, opening the store and closing it. She's got it down and her workforce definitely sees her potential and good motivation just as we do at the center! Congratulations Cindy!



Katrina Brady

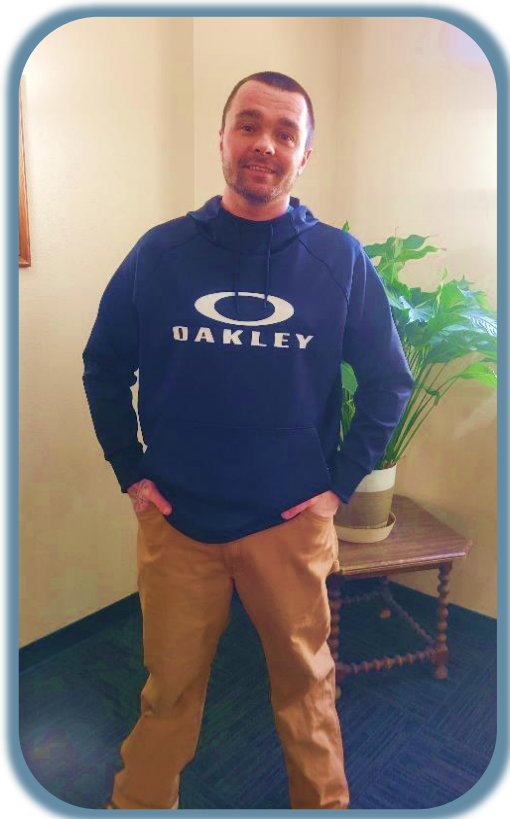
- Katrina (left) does a great job in the center. She has a wonderful sense of humor and honesty is no problem with her! She takes pride in her job and program. Katrina does a THOROUGH job doing the dishes in the center; even though she does dishes at work, there are zero complaints from her. Thank you for the tremendous effort Katrina, we appreciate you!



Brandy Johnson

- Brandy (right) is such a hard worker! She keeps to herself— you don't see or hear from her much, but she's noticed. Brandy is kind, respectful, and out-right a wonderful example of a good resident. She has so much patience. We thank you for your kind words and polite behavior and we can't wait to see you complete your journey here!





Jason Swanson

- Jason (left) has done a good program with confidence! Jason has a great sense of humor and a good, strong work ethic. Daily, Jason deals with rude, tired, grumpy men and he has the patience of a saint. Jason has no problem going out of his way to help staff and other residents, even if that means grabbing boxes that "short" staff can't reach. I can't wait to see Jason finish his Inmate Worker Program and then move to much greater, bigger opportunities out in the community. Jason, thanks for being such a down to earth, respectful standout resident.



Alfonso Munroe

- Alfonso deserves acknowledgement for the courage he demonstrates to push forward, go to work, and push himself to accomplish his requirements. In the face of adversity, Alfonso remains respectful, kind, polite and patient. Thank you for proving that even in rough, crazy times, you can still be successful and accomplish what needs to be done.

10 Steps To Beating The Winter Blues

1. Meditate to beach sounds
2. Bundle up and go for a walk
3. Get your seeds ready for your garden
4. Open the shades & let natural light in
5. Dress in bright colors
6. Paint your nails a fun color
7. Get yourself fresh flowers
8. Do a folding poem with friends
9. Do a raw food cleanse
10. Repaint a room in a bright color

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THE INSIDE WELLNESS MONTHLY 2026

Issue #2 – Health & Wellness Edition

By: RN Hunter – Education GFPRC Treatment Team



Safety First!

At GFPRC, safety is a shared responsibility. As part of my role as a registered nurse and CPR/First Aid/AED Instructor, I ensure that all staff maintain current certification in lifesaving skills so they are fully prepared to respond if a medical emergency occurs. This training is designed not only to protect staff, but to provide the best possible care for every resident.



A key focus of our program is recognizing early warning signs of medical distress. When staff can identify problems quickly, they can begin first aid immediately and activate the Emergency Medical Services (EMS) system without delay. Early action can significantly improve outcomes and, in many cases, save lives.

GFPRC staff receive comprehensive training in CPR, first aid, and Automated External Defibrillator (AED) use, with extensive hands-on practice. Staff train directly with AED equipment so they are confident using it during a cardiac emergency, when every second counts. First aid instruction also includes hands-on experience with splinting injuries, wound care, severe bleeding control, assisting with an EpiPen for life-threatening allergic reactions, and administering naloxone for suspected opioid overdose. Stop the Bleed techniques are practiced to stabilize a serious hemorrhage until advanced medical help arrives. In addition, staff complete Blood-Borne Pathogen training to ensure care is provided safely for everyone involved.

Staff are also trained in “lock zone” procedures and the critical step of first declaring that the scene is safe! This protects the injured person, responders, other residents, and bystanders. During an emergency, staff will take control of the situation so care can be delivered quickly and safely.



Residents play an important role in helping during these situations. The most helpful actions residents can take include:

- Alerting staff immediately to any medical concerns or warning signs that could lead to an emergency
- Reporting right away if you believe another resident needs medical help
- Staying calm
- Following staff instructions immediately
- Clearing the area when asked
- Giving responders space to work
- Not crowding or interfering with care
- Assisting only if specifically directed by staff



By promptly notifying staff of concerns, residents help ensure that problems are addressed early—often before they become serious emergencies. During an active incident, cooperation helps prevent additional injuries and allows trained responders to focus fully on the person in need.



We sincerely appreciate the commitment of GFPRC staff who dedicate time and effort to maintaining these skills, as well as residents who support emergency procedures when needed. This teamwork helps ensure that if something unexpected happens, everyone knows what to do to keep themselves and others safe.

Preparation saves lives. At GFPRC, our goal is a safe environment where trained staff and cooperative residents work together to respond effectively to any emergency.

RN Hunter



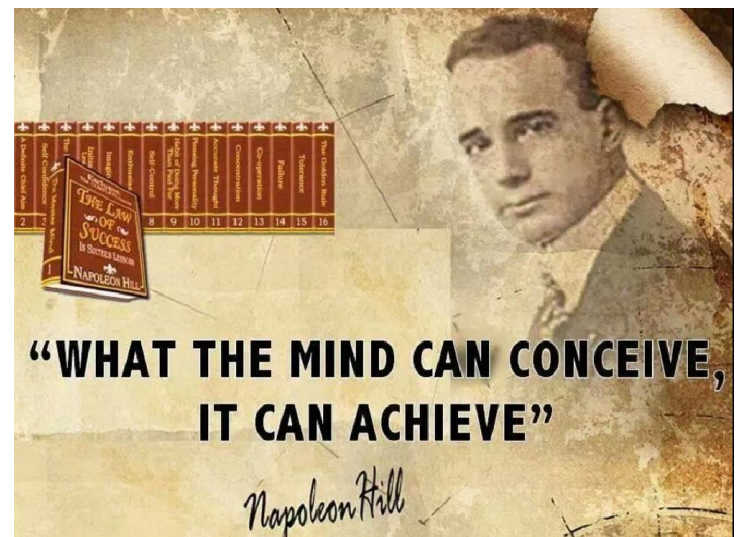
Tidbits from Your Editor

By Sonja Roberts

I would feel remiss if I didn't share with you the lessons of one of the most influential teachers of my life, Napoleon Hill. For much of my life I wondered what was wrong with me, why were people mean to me, and what was I supposed to do with my life in spite of these things. In my efforts to figure this out, I came across the teachings of this wonderful man. If you do any level of research to find out more about him, I expect you will quickly recognize some of his most famous works, including his book "Think and Grow Rich." However, the most influential contribution for me is a publication from Nightingale Conant and the Napoleon Hill Foundation, The Science of Personal Achievement. This comprehensive guide is available in audio format and expounds upon the 17 core principles of personal achievement that Mr. Hill cultivated. Mr. Hill was able to do this after having the opportunity to learn directly from exceptional leaders such as Andrew Carnegie and Henry Ford.

If personal development to overcome fears and to maintain self-discipline and confidence combined with a little bit of history sounds intriguing to you, I strongly recommend you scan the QR code below for an audio excerpt of this work. The concepts presented are timeless in my opinion. I hope you gain as much wisdom and encouragement towards goals of self-improvement and enlightenment that I gained personally from listening to the audio version. I listened to it as I drove up and down Interstate 81 between Virginia and North Carolina back in the 1990's, countless times, over and over and over again.

Napoleon Hill Science of Personal achievement Audiobook
<https://www.youtube.com/watch?v=S5CPUv4nnhA>



Daily Affirmations:

Trust in the Lord with all your Heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. Proverbs 3:5-6.

Oh, Infinite Intelligence, I ask not for more riches, but for more wisdom, with which to make better use of the blessings with which I was endowed at birth, through the privilege of embracing my own my mind and directing it towards ends of my own choice. Amen. (Napoleon Hill)

Human thoughts have the tendency to transform themselves into their physical equivalents. (Napoleon Hill)



Thank you Joe!

We would like to wish a heartfelt farewell to Joe Marten, who dedicated seventeen years of his career to the Great Falls Pre-Release. We thank you so much for all you have done to improve the lives of our residents as well as your colleagues. May the next stage of your life and career be as rewarding as the mark you left for us here.



Ray's Trivia and Fun Facts to Know Spotlight

February is the shortest month, named for Roman purification rites, and is unique for leap years (29 days) and potentially lacking a full moon. It's the height of summer in the Southern Hemisphere but coldest in the Northern Hemisphere.

Amethyst Birthstone



Zodiac Signs

Aquarius/Pisces

Shortest Month: Originally the last month, it was shortened to 28 days (an unlucky even number) by the Romans, and later became the only month with fewer than 30 days.

Leap Years: An extra day (Feb 29th) is added every four years to align the calendar with Earth's orbit, making February the only month that grows longer.

My Interesting Story about February: When I was in the Navy, my ship crossed the International Date Line going from Europe to the US. My ship crossed on February 29th. What does this mean? I had to repeat February 29th again...basically meaning I had a 30 day month of February.

Important Dates in February

1865: The 13th Amendment, abolishing slavery, is adopted.

1913: The 16th Amendment (income tax) becomes law.

1933: The 20th Amendment moves presidential inaugurations to January.

1943: The devastating Battle of Stalingrad ends, a major turning point in WWII with immense casualties.

1965: Civil rights leader Malcolm X is assassinated.

1990 : Nelson Mandela is released from prison.

1993: The World Trade Center is bombed, a precursor to future terrorism.



Ray McClelland

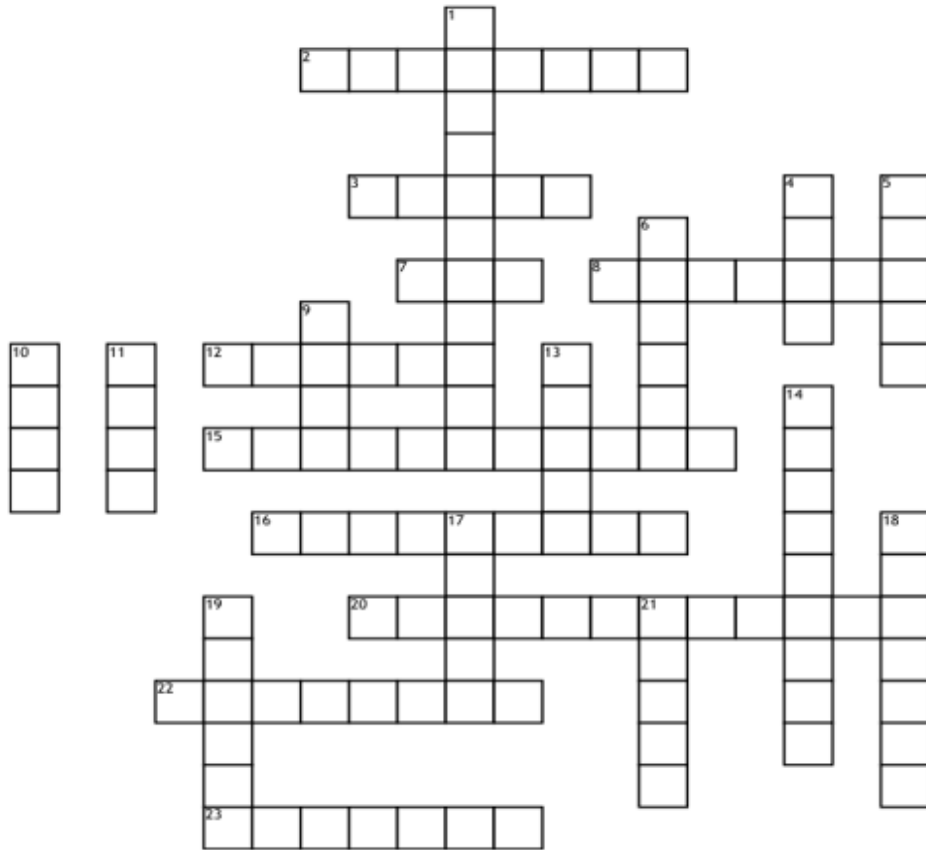
Fun and Games

30 Days of KINDNESS

List all the things you are grateful for.	Hold the door open for someone.	Give 5 people a high five.	Offer to help with a household task.	Encourage someone who looks unsure of themselves.
Say something positive about yourself out loud.	Paint some rocks with messages of kindness to leave around.	Tape a coin to a vending machine.	Write a thank-you note or message to someone special.	Tell a friend or family member why you appreciate them.
Tell yourself you are kind, brave, smart, strong and loved in the mirror.	Make a gift for someone you love.	Do something kind even if no one else is doing it. Be the leader of kindness.	Write a positive note with chalk on the footpath.	Jot down three things you're thankful for right now and read them in a year.
Help someone without them knowing—pick up something they dropped, tidy a space, or leave an anonymous kind note.	Tell someone how they have inspired you and why.	Before bed, think of three people who made your day better and why.	Write a thoughtful card to someone you love.	Leave a kind note in a letterbox of somebody you know.
Help prepare breakfast, lunch or dinner.	Go for a walk outside.	Donate some of your items to charity.	Come up with your own way to be kind for the day.	Be kind to nature, water a plant or plant a seed.
Make someone a bookmark.	Practise some mindfulness meditation.	List all the things you love about yourself.	List all the things you love about your family.	Create a kindness jar for home and record all the kindness you see others do.



February Crossword puzzle



Across

- 2. number of medium tote colors available in our store
- 3. color of denim that is stain resistant
- 7. number of color option in our store of the packable tote
- 8. womens swim top style that is great for hiding imperfections around the middle
- 12. wrinkle free finish applied to clothing
- 15. this swim collection has the greatest assortment of separates for women
- 16. "like sweats, only better"

- 20. only style of mens outerwear available in our store

- 22. mens slim but not too tight tops fit
- 23. iconic cable sweater for men and women available in our store

Down

- 1. mens relaxed and comfortable tops fit
- 4. fabric of mens polo in our store
- 5. this style of dress is timeless and universally flattering
- 6. number of womens scarf styles in our store

- 9. very soft, lustrous fabric of polo for men and women
- 10. number of colors available in our store of mens shorts
- 11. 100% canvas carrier
- 13. number of colors available in our store of the womens swim tee
- 14. classic Lands' End cardigan
- 17. number of womens denim fits in our store
- 18. womens slub tee fit
- 19. womens ribbed and cotton/modal tee fit
- 21. percentage of women that will buy a coverup with a swim suit



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Editor: Sonja Roberts

TRANSITION CENTER
 GREAT FALLS PRE-RELEASE SERVICES INC.

Residents: You're invited to please submit a drawing, poem, song, article, quote, advice, etc. for the next newsletter. Turn in to the CO desk with your name or contact Sonja.

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