Past national president and former executive director Homer S. Townsend, Jr. passed away peacefully on February 20, 2016. He was 63.

Mr. Townsend, Jr. first volunteered as acting executive director of Paralyzed Veterans in 2006. That same year he was awarded Paralyzed Veterans’ Speedy Award, the organization’s highest honor, in recognition of his significant contributions to improving the lives of America’s paralyzed veterans. He remained executive director, after being officially appointed to the position in 2008, until his recent retirement this past January. He also served as the first Chairman of the Paralyzed Veterans’ Field Advisory Committee, advocating for the VA Spinal Cord Injury/Disease (SCI/D) system of care. (Read entire article on page 7.)
Because all Iowa Chapter PVA members are In or Out patients of the VA Healthcare systems, I thought you might find the following Veterans Affairs news release of interest, announcing the appointment of a new Principal Deputy Under Secretary for Health.

Remember - We all have a stake in our health care decisions, so it is important to know who is taking the leadership role in dealing with our health care.

VA Announces Appointment of Principal Deputy Under Secretary for Health
Dr. Stone Brings Stellar Career Experience in Private Sector and Military Service

WASHINGTON — The Department of Veterans Affairs (VA) today announced the appointment of Dr. Richard A. Stone to the position of Principal Deputy Under Secretary for Health. Dr. Stone will serve as the second-in-command to Dr. David Shulkin, VA’s Under Secretary for Health. Dr. Stone began work today.

“We are excited to bring Dr. Stone on board as the Principal Deputy Under Secretary for Health,” said Dr. Shulkin. “Dr. Stone’s keen ability to provide oversight of complex healthcare systems, programs and services has been truly remarkable and his experience in leadership roles within health care validate his skills as an innovative and dynamic leader who will benefit VA as a whole as we continue transformational initiatives.”

A practicing physician in a career that has spanned three decades, Dr. Stone has served in both the uniformed military service and civilian clinical practice. In the military, he served as commander of military medical units at all levels of command—from detachment to medical command—including multiple recalls to active duty. Prior to that, he was the Director of the Health Care Operations for the Defense Health Agency (DHA) transition team, overseeing the complex and historic transition to DHA from the Military Health System. In this role, he served as the Chief Medical Officer and led a joint services team that provided business case analysis and business process re-engineering to 10 major shared services encompassing more than $30 billion in annual expenses. He also previously served as Deputy Surgeon General and Deputy Commanding General of Support to the Army Surgeon General.

In the private sector, Dr. Stone has owned and led an ambulatory medical and surgical practice, and served as senior medical officer for a community healthcare system in his home state of Michigan.

A graduate of Western Michigan University, Dr. Stone earned his medical degree from Wayne State University. He also earned a master’s degree from the Army War College.

Dr. Stone has a number of academic awards and honors to his credit including Distinguished Alumnus of Western Michigan University College of Arts and Sciences; and Legion of Merit, Bronze Star, and Combat Action Badge. He also has been a member of the Department of Defense Recovering Warrior Task Force since 2011 and is a fellow in the American Academy of Dermatology.

JRS
From the Desk of the National Director
Kenny Lloyd

2015 Deer Hunt

Our deer hunt was very interesting this year. All our tags were filled but it took three days to fill them. The first day we were able to take three deer. The second day was when it became really interesting. We went out that morning before day break and sat everyone in their positions. I had gone across a small creek and was sitting half way up this hill waiting for a chance to shoot another deer. On the first day, my brother Gary and I had filled our tags plus another person's tag and we were trying to help some of the others fill their tags.

It had started raining just after day break and was raining hard. Around 10 am Brian Tidman, one of our volunteers, came over to where I was sitting and told me we needed to get our guys back to the house. Where most of us were sitting, we had to go across this plowed field, which by the way was not frozen. The creek that I had gone across before was maybe a foot deep. When I went back across, it was up to my knees on my ATV. When I got to the plowed field, I knew I was going to have to keep the throttle at full speed to get across. I did get across okay but if we would have waited another half hour, I don't think we would have made it.

Of course it was not all good going across that plowed field for me. I had my wheelchair strapped on the back of my ATV and half way across the field the strap broke and my wheelchair fell off in the mud. With my ATV at full throttle and the mud flying everywhere, I didn't even know I lost it until after I had gotten across the field. Luckily Brian had been following me and picked up my wheelchair for me. I was glad I had another chair to get into at the house because I was not going to sit back in that one for awhile. It was going to need a power wash first! By the afternoon the field that we had gone across was flooded. I will have to say that was the first time in my life that I have seen it flood in December.

We had four more tags to fill and we decided to go out on Monday to see if we could fill the rest of the tags. Actually the flooding became an advantage for us. The deer had to leave the bottom ground around the river and go to higher ground so when we went into the timber, the deer were bunched up together. We had the rest of the tags filled within the hour.

For several years now we have been able to fill all the tags or maybe one not getting their tag filled. If you are interested in hunting with us, you can call our office at 1-888-909-4782 or my phone at 515-570-1402. Also next year we are going to have two track chairs to hunt with besides the huntmaster. The track chairs will also be available for our turkey hunt this spring and the pheasant hunt next fall. If you are interested in any of these hunts, you need to call us. I want to say thank you to all our volunteers for their hard work this year.

Service Dogs

Recently my service dog, Cally, developed a cataract in her left eye. It so happened, I was on my way to the Mid-Fall board meeting in Phoenix, Arizona. I did not notice it at home but when we got on the road and we would make a stop, Cally would keep running into my wheelchair. I decided when we arrived in Phoenix I would go and see a veterinarian to see what was going on. It was then we discovered that she had developed a cataract. The veterinarian told us that they could do surgery but I knew that we had great veterinarians back near our home at Iowa State University (ISU) in Ames, Iowa.

When we got back home, we went to ISU and found out this was a very expensive procedure. There was no question in my mind and my wife's mind that we were going to have the surgery performed on Cally regardless of the cost. ISU told us that there was a program through the Veterans Administration that would help us with the costs of care for Cally. I had no idea this program was available. ISU gave us a number to call in Washington DC to help us get started on trying to get enrolled in this program. What we found out was you had to purchase your service dog through a trainer that is either with the Assistance Dogs International or International Guide Dog Federation, certified to be approved by the VA. Your primary care provider must approve your use of a service dog. If you feel you need a service dog you need to speak with your physician.

Cally was not approved through the VA before we started and it was very hard to get her into the VA system. Since we were not aware of this program and with our own VA not knowing about this program, we were able get Cally grandfathered in. (Cally had been trained by a certified trainer and the VA had recognized this trainer, which made it possible to get Cally registered.)

To see where you may have to receive your dog, go to this website. http://www.assistancedogsinternational.org I was told from the VA in Washington DC that they would help with the cost of the transportation.

As for Cally, she is getting the best of care by ISU and I am fully confident that she will have full recovery of her eyesight.
As a disabled veteran, you may now be eligible for The ReWalk, a powered exoskeleton that has been cleared by the U.S. Food and Drug Administration (FDA) for use by individuals with spinal cord injury (SCI) who meet identified criteria. Although the ReWalk is very exciting news for any person with an SCI, the criteria for eligibility is quite extensive. Please see a list of some of the elements that are taken into consideration when being evaluated for the ReWalk:

**Critical components include but are not limited to:**

- Patient demographics
- Past medical history
- Current neurologic examination capturing level of injury and impairment
- Functional evaluation
  - Wheeled mobility skills
  - Transfers
  - Self-care/activities of daily living
- Physical examination
- Anthropometric
- Skin integrity
- Bone mineral density at the hip and knee
- Autonomic function
- Cognition
- Psychosocial assessment
  - Includes identification of at least one reliable companion that will participate in required comprehensive training and will provide supervision if/when the veteran uses the device in home and community settings.
- Environmental assessment
- Vision
- Pregnancy for female patients
- Identification and documentation of any risks for using the device in home and community settings
- Referral to the SCI Social Worker to be evaluated for travel considerations for veterans who must travel to the VA ReWalk Training Center

**Condensed List of Inclusion Criteria:**

- Patient has a SCI injury confirmed to be at the T4 level or below
- Patient’s functional skills related to wheeled mobility, transfers, and self-care are optimized
- Patient has functional use of both hands and adequate upper limb strength and coordination to safely and effectively use bilateral forearm crutches for static and dynamic standing.
- Patient is 18 years of age or older
- Patient weighs <220 lbs or less and is between 5’2” and 6’2” in height.
- Patient’s must have a companion identified that must also meet several criteria in ability.

The plan provides eligible veterans access to a referral and evaluation at designated ReWalk Training Centers across the country or one of the 24 Veterans Health Administration Spinal Cord Centers Nationwide after being deemed a candidate for the exoskeleton by their medical provider. Although this is exciting news, there are many exclusions regarding qualifying for the powered exoskeleton. Currently, only spinal cord injuries are eligible, spinal diseases are not eligible.

If you are not sure what the exoskeleton is, we recommend that you visit the ReWalk website. For more information regarding eligibility please contact your local Paralyzed Veterans of America National Service Officer at 515-323-7544.

Much of the information provided in this article was obtained from memorandum released to the Medical Center Directors on December 10, 2015, from the Acting Deputy Under Secretary for Health for Operations and Management.
From the Desk of the Executive Director
Kim Gould

Cecil H. Brewton, Jr.

Cecil H. Brewton, Jr. was born February 5, 1926 in Iowa City, Iowa and departed this life on February 17, 2016 in Des Moines, Iowa at the age of 90. Celebration of Life Gathering will be held from 2 to 5 p.m., Saturday, March 19, 2016 at Corinthian Baptist Church, 814 School Street in Des Moines.

In lieu of flowers, memorial contributions may be directed to St. John's Lutheran Church Arts and Music Program where Cecil was a member for 42 years.

Condolences may be expressed at www.HamiltonsFuneralHome.com

Cecil Brewton was actually the first person I met at Iowa Paralyzed Veterans of America. He was the administrative assistant at the chapter office for many years under Executive Director, Joni St. Pierre and I was their mail lady :). Cecil retired from the position in 2008, but he remained very active in the chapter. He attended virtually all of our events, LOVED coming to our Monday movie nights, and would deliver the prayers at our parties and annual dinners.

Cecil was the face of Iowa PVA for many years and people were always asking about him. He loved his music and was a member of the Iowa Military Band. We will miss him here on earth, but I am sure he playing, marching and eating to his heart’s content in heaven.

God Bless him.

Kim

IPVA Turkey Hunt

The IPVA Turkey Hunt will be held April 30th-May 1st in the Hardin County area. Lunches will be provided and there will be coffee and donuts to start the day. There will be a volunteer for each hunter. Also, our new Action Track chairs will be on site for use by wheelchair hunters! If you are interested in participating in the April Turkey Hunt, please contact Kenny Lloyd at 515-570-1402.

Attention

Elections for the Board of Directors and Officers of Iowa Paralyzed Veterans of America will be held in September for FY 2016-2017. If you are a member in good standing, would like to be considered for a position on the Board of Directors and wish to be included on the ballot, please contact Kim Gould at 515-669-8746 or email your request to iowapvakim@yahoo.com by June 27, 2016.

Per Iowa Paralyzed Veterans of America Election Policy and Procedures, ballots will be sent out to all members no later than August 15, 2016 along with a biography of all of the candidates and optional campaign letters. (Campaign letters will be limited to one page subject to appropriate editing by the Newsletter Editor and/or Election Committee Chair). Ballots must be returned by a mid-September date and counted prior to the September Board of Directors Meeting.
### Disabled Hunting Opportunities

We were recently contacted by a gentleman named Brent Wesemann. Mr. Wesemann and his parents live in NE Nebraska and would like to offer some hunting opportunities to disabled veterans.

At the moment, they have constructed some enclosed blinds that are raised approximately 7'-9' off of the ground with ladder access. They also have ground blinds available. This year they are not really set up for wheelchair hunting; however, they can get veterans out in wheelchairs. These hunters would be in portable ground blinds that really don't offer good vantage points for deer. They plan to make at least one raised blind with wheelchair access next summer.

Seasons available to hunt are rifle deer, muzzle loader deer, spring turkey, and pheasant. (The rifle and muzzle loader deer are full for the 2015 season). Pheasant hunting is open depending on the weekends that it will be hunted for deer and a couple of family hunts planned over the Thanksgiving long weekend and Christmas time. (Wheelchairs would be unable to work in crop fields). Spring turkey season opens in mid-April and goes till the end of May. There will be mobile ground blinds available for use by wheelchair hunters.

If the veteran is not wheelchair bound and Brent’s parents are home, they would love to host them in their home. (House and facilities are not wheelchair accessible.) There is also a small motel in town approximately 5 miles from the farm.

The Wesemann’s are not connected with any organization, are not compensated, nor looking for compensation. If you are interested in this opportunity, please contact Brent directly at bwesem@hotmail.com or call him at 402-677-5581 between 6-9 pm to discuss further details.

### Reading Glasses for our Vets

Paralyzed Veterans of America-Iowa Chapter is now the collection point for reading glasses to be donated to the Des Moines Veterans Hospital. These contributions will be very appreciated by our hospitalized Veterans so please feel free to drop off at our office at 7025 Hickman Road, Suite 1, Urbandale.

**Thank you for your help.**
Paralyzed Veterans of America Mourns the Loss of National Past President and Former Executive Director Homer S. Townsend, Jr.

WASHINGTON, DC—Paralyzed Veterans of America (Paralyzed Veterans) is mourning the loss of past national president and former executive director Homer S. Townsend, Jr. Mr. Townsend, Jr. passed away peacefully on February 20, 2016. He was 63. In a statement released on Saturday, Paralyzed Veterans National President Al Kovach, Jr. stated:

“The passing of Homer S. Townsend, Jr. is a tremendous loss for Paralyzed Veterans of America, and for every veteran and person with disability for whom he dedicated his life and career to defending. In addition to his military service to this country, he was a staunch advocate of civil rights and veterans benefits. He leaves an unmatched legacy. We are deeply saddened by his passing, and add our own sincere condolences to those being sent from around the country by friends, family, and colleagues.”

Townsend, Jr. dedicated 41 years of his life to Paralyzed Veterans, serving the organization in many capacities, from the chapter level to national, including as the organization’s 31st national president from October 1998 to September 2000. Since his passing, many leaders in the veteran community who have worked with Townsend, Jr. throughout the years have offered their condolences and remembered Mr. Townsend’s long career serving veterans and all people with disabilities.

“A disability rights champion, early in his career, while serving as Arizona chapter executive vice president, he was responsible for bringing the Access to the Skies Conference out of Washington, DC to Phoenix, AZ where thanks to his hard work advocacy it grew from 40 attendees to more than 200, bringing light to the access problems individuals with disabilities face when traveling.

In addition to his work with Paralyzed Veterans, Townsend, Jr. also served as a member of the President’s Committee on Employment of Persons with Disabilities, the Arizona Governor’s Committee on Employment of Persons with Disabilities (1992-1996), and the Mesa Mayor’s Committee on Handicap Awareness for six years, two of which he served as chair of the committee. He was presented the key to the city by the mayor for his dedicated service.

Originally from Woodland, Maine, Townsend, Jr. joined the U.S. Marine Corps in November 1969, where he served as an aircraft electrician for 5 ½ years. He sustained a spinal cord injury as a result of a motor vehicle accident in 1974, and was medically retired from the Marine Corps in 1975 at the rank of staff sergeant.

Mr. Townsend, Jr. is survived by his son Dale and his three grandchildren, as well as his brother Harold Townsend and sister Terry Townsend.

A viewing for Mr. Townsend, Jr. will be held on Wednesday, March 2, 2016, from 6-9 p.m. at Murphy Funeral Home (4510 Wilson Blvd in Arlington, VA). The memorial service will take place on Friday, March 4, 2016 at 9 a.m. at Murphy Funeral Home, followed by the interment at Quantico National Cemetery at 1 p.m.

Flowers may be sent to Murphy Funeral Home to arrive on Wednesday, March 2. In lieu of flowers, donations may be made to Paralyzed Veterans of America, 801 18th Street NW, Washington, DC 20006.
Have you considered including Iowa Paralyzed Veterans of America in your will or trust?

“It takes a notable person to plant a seed for a tree that will one day provide shade for someone he may never meet”

This type of donation will serve as an investment in our organization that will reap our members benefits for many years to come.

SUPPORT THE IOWA PVA

The Iowa Paralyzed Veterans of America relies solely on private donations and receives NO government funding! Your contribution is 100% tax deductible, as we are a 501(c)(3) corporation. Support by individual donors and businesses enable us to make our services FREE to members.

Please support our mission through a direct donation to:

Iowa Paralyzed Veterans of America (Iowa PVA)
7025 Hickman Rd, Suite #1
Urbandale, IA  50322

Thank you!

Assistive Technology for Transitions

April 20, 2016
10:00AM-11:30Am

The utilization of Assistive Technology may support individuals in transition. This hour and a half long presentation will demonstrate various devices that can be utilized for individuals with disabilities. All of the devices that will be demonstrated are available for a free 30 day trial period loan through Easter Seals Assistive Technology Center.

Prairie Lakes AEA
Twin Meeting Room
500 Northeast 6th Street
Pocahontas, IA 50574

Please contact Kim Karwal to RSVP and request any accommodations at kkarwal@eastersealsia.org (Email), 515-309-2394 (Phone), 515-289-4069 (TTY).

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Darl Kaldenberg, Manager
Phone:  515-962-0701
Fax:  515-962-9251
We are Lisa and Jeff Naslund of Galva, Iowa. We lost our son to Post Traumatic Stress. Our son, US Army SGT Dillion Naslund, completed tours of duty in Iraq and Afghanistan. Dillion believed that, as a soldier, he needed to deal with the demons that often flashed in nightmares and cold sweat by himself. He was highly decorated, highly revered, and at a desperate crossroads when he took his life on December 10, 2012, at the age of 25.

Together with Howard and Jean Somers, Parents of Daniel Somers, a California Army National Guardsman also lost to PTS, we have made it our mission and the mission of Operation Engage America to address the multiple barriers that keep our emotionally wounded from receiving the proper treatment they so desperately need.

One key factor that we’ve learned, PTSD is not military-specific.

PTSD affects our first responders, victims of domestic, child, and sexual abuse, those who’ve experienced natural disasters and automobile accidents. We want those suffering from PTSD to know that they are not alone. There are thousands of people who want to help them overcome and succeed.

Our focus is to educate veterans and community members suffering with PTSD, by educating them of the resources available in their own community. We also want to make families and friends of those with PTSD aware of the resources that will help them cope with loving someone with PTSD, and also help them help their loved one.

We would like to start putting those organizations together with America now. We would like to Engage America in the process of helping to heal our service members, our veterans, and their families. Our efforts are to bring awareness and support to PTSD and TBI issues by educating the community about local resources.

Our first Operation Engage America event of 2016 will be held April 30th in Storm Lake, Iowa. This open house forum resource fair is open to all who struggle with PTSD and their families, not just military members.

In addition, Operation Engage America will hold a Nationwide event in multiple cities across America on June 18th, 2016, in honor of PTSD Awareness Month.

Please do not hesitate to contact me if you have any questions.

One day at a time,

Lisa Naslund- Iowa Director
Operation Engage America
a 501(c)3 nonprofit organization
cell: 515.984.0661
website: www.operation-engage-america.org
email: lisa@operationengageamerica.org
Applications must be completed in full and postmarked no later than June 17, 2016. Download an application at pva.org, or for more information contact Christi Hillman at 800.442.8200, ext. 776; ChristiH@pva.org.

Previous award recipients may apply:

• U.S. college or university part-time student in an accredited
  accepted and enrolled as a full-or
  A United States citizen

Applicant must be:

For an academic year:

We will award scholarships in the amount of $1,000 to full-time students and $500 to part-time students. Scholarship funds to help with post-secondary education.

Our Educational Scholarship Program assists members and their immediate family members by providing.

Paralyzed Veterans of America invests in our members and their families.

Paralyzed Veterans of America's scholarship program now accepting applications.

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Paralyzed Veterans of America

PVA National Trapshoot Circuit

June 17-19th 2016
Cedar Rapids, Iowa

Otter Creek Sportsmen Club

Puy Chapter

Paralyzed Veterans of America

Fundraising Event

Questions

Directions

Other hotels along Collins Rd. use same street
will be posted.

Entrance to Otter Creek is on Left An Event
2 miles.

From Collins Rd Westbound
On Collins Parkway
From the Host Hotel and other hotels located

Hotel to Shooting Range

Turn right onto Collins Rd NE

Turn right

From exit #24A toward Collings Rd.
Talmage West
Turn Left and take ramp onto I-380 N

Airport to Hotel

Directions

Getting ammunition will be the role of the entire
Paralyzed Veterans of America.

Ammunition Policy

Money:

Shooter with the lowest will divide the prize.
30% 25% 15% and 10% respectively.

Silent Partner Competition:

Raffle prizes are also available.

Individual Awards:

Top Team Award:

Top Overall Award:

Top Overall and Top Overall Wheeler

Silent Partner Competition:

On Saturday and Sunday, each shooter

1st to 4th Place: Earns on all Target Rounds

Class: Based on recent classification

Handicap: 1st to 4th

Class AA, A, B, C, D

Doubles: 1st to 4th Place

Class AA, A, B, C, D

Single: 1st to 4th Place

Promise to a Championshp Award:

Receive a "Championship" Award if

Shooter on all Target Rounds with each

Top Overall and Top Overall Wheeler
June 2016

1. Please be sure to report to the Transportation during the
2. You are needing transportation during the
3. The 669-898-6007 to order transportation if there
4. Please confirm Direct Delivery at
5. Transportation can be provided from the
6. Transporation:

7. I certify your team as soon as possible
8. Please specify through the PMRF, Room
9. Additional costs in the area include the
10. When for receiving these special fees
11. The Inter-Sport code SHP (5/6 is the only
12. Room 319 E 32-11:00 a.m., or $50 a night plus taxes. Use
13. Veterans of America Allied Professional Mentors
14. Veterans in America and their families
15. The date is the Memorial weekend at 1200
16. Accommodations:

17. Competition:

18. For the Awards:
19. For the Awards:
20. For the Awards:
21. For the Awards:

22. Schedule:

23. Back Talk
QCA ADAPTIVE SPORTS ASSOCIATION

TRIVIA NIGHT

DATE: Saturday April 9th, 2016
TIME: 6:00 pm - 9:00 pm
WHERE: Knights of Columbus, 1111 W 35th St,
        Davenport, IA 52806

15 Tables/8 Person Table: $100.00 Per Table

Bring food/snacks for your group

DRINKS MUST BE PURCHASED FROM BAR!

Gift Basket Silent Auction

Fundraising Goals: To raise money for QCA Adaptive Rowing

Please sign up team by contacting Bob Juarez, (563) 349-1972.
Pre-pay team: Check can be made to: QCA ADAPTIVE SPORTS ASSOCIATION.
Send to 1808 East 61st Street, Davenport, IA 52807

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Hoopin’ on Wheels

Davenport North’s marketing class is hosting a wheelchair basketball game/fundraiser to promote wheelchair awareness. The proceeds will benefit QCA Adaptive Sports Association and Brittany’s Gifts.

March 15, 2016
Davenport North High School

4th Block game for North High students
6:30pm – 9:00pm open to public
$4 to attend both games
$3 to attend the evening game
### CALENDAR OF UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>3/1 - 3/4</td>
<td>Advocacy/Legislative Seminar in Washington DC</td>
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<tr>
<td>3/2</td>
<td>DSM VA VAVS Meeting at 2116 Ingersoll Ave - 9:30 a.m.</td>
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<tr>
<td>3/10</td>
<td>Iowa City VA VAVS Meeting at the Iowa City VA - 9:00 a.m.</td>
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<tr>
<td>3/10</td>
<td>Bingo at the Des Moines VA CLC - 6:30 p.m.</td>
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<td>3/16</td>
<td>Iowa PVA Board of Directors Meeting at the IPVA Office - 10:30 a.m.</td>
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<tr>
<td>3/17</td>
<td>MPLS SCI Center Site Visit at the Iowa City VA</td>
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<tr>
<td>3/18</td>
<td>MPLS SCI Center Site Visit at the Des Moines VA</td>
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<tr>
<td>3/19</td>
<td>Foreign Food Fair at the Iowa Veterans Home in Marshalltown, IA</td>
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<tr>
<td>3/24</td>
<td>Castaway Disabilities Fishing Event Meeting at the Iowa City VA - 2:30 p.m.</td>
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<tr>
<td>4/5</td>
<td>IVH Volunteer Awards Banquet in Marshalltown, IA</td>
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<tr>
<td>4/8</td>
<td>Senior Prom at the Iowa Veterans Home in Marshalltown, IA</td>
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<tr>
<td>4/10</td>
<td>Iowa PVA Bowling Event at Plaza Lanes in Des Moines, IA - 12:30 p.m.</td>
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<tr>
<td>4/14</td>
<td>Bingo at the Des Moines VA CLC - 6:30 p.m.</td>
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<tr>
<td>4/16</td>
<td>Iowa Veterans Home Spring Carnival - 1:00 p.m.</td>
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<tr>
<td>4/19</td>
<td>Iowa PVA Board of Directors Meeting at the IPVA Office - 11:00 a.m.</td>
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<tr>
<td>4/23</td>
<td>Agent Orange Symposium at Hy-Vee Hall in DSM IA - 9:00 and 1:00 p.m.</td>
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<tr>
<td>4/28</td>
<td>Castaway Disabilities Fishing Event Meeting at the Iowa City VA - 2:30 p.m.</td>
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<tr>
<td>4/30</td>
<td>Operation Engage - See Page 9</td>
</tr>
<tr>
<td>4/30 - 5/1</td>
<td>IPVA Turkey Hunt at the Lloyd Family Farm - See Page 5</td>
</tr>
</tbody>
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**Contact Us:**

Iowa PVA  
7025 Hickman Rd., Suite #1  
Urbandale, IA 50322  

515-277-4782  
888-909-4782  
515-277-8165—Fax  

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- Portable Ramp Systems

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**Paralyzed Veterans of America**  
Iowa Chapter  

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**Total Mobility**

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Doug & Michelle Laughlin  

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**Back Talk**

Contact Us:  
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Urbandale, IA 50322  

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888-909-4782  
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ATTENTION

Please check out our new and improved web page! [www.iowapva.org] Many items of interest will be posted frequently. This will bring you news about the chapter between newsletters. It is a work in progress, but you will find it very interesting and informative.

Please provide us with your email address. We would like to provide you your newsletter and other information electronically. This will make it easier for you and less expensive for us.
Caregivers are those that support or care for an individual that experiences a limitation or disability.

A Caregiver can be a family member, a paid support, or a friend but any definition comes with challenges of its own.

This free hour and a half session will include free refreshments and an opportunity to connect with other caregivers in your area.

Easter Seals Iowa Assistive Technology Center will be present to provide a brief overview of the use of assistive technology in caregiving situations.

March 25, 2016  
4:00PM-5:30PM

Eddyville Elementary School Cafeteria  
702 Vance Street  
Eddyville, IA 52553

Please address any accommodations needed with Kim by March 18, 2016. We will be unable to accommodate dietary needs, our apologies. Kim Karwal can be reached at 515-309-2394 (Phone), 515-289-4069 (TTY), and kkarwal@eastersealsia.org (Email).

Easter Seals Iowa provides exceptional services to ensure all people with disabilities or special needs, and their families, have equal opportunities to live, learn, work and play in our community.

Please join us April 23 from 7:30am to 12:00pm and even if you can’t make it to the Walk, please consider supporting Easter Seals Iowa with a monetary donation. All donations from Walk for Independence support Iowans with disabilities and are tax deductible.

DONATE TO WALK FOR INDEPENDENCE NOW!
Wheelchair Basketball

Adaptive Sports Iowa continues to host weekly wheelchair Basketball pickup games in Ankeny. The games are held at the First Family Church located at 317 SE Magazine Road. The facility is reserved from 6-8 p.m. every Thursday night. Adaptive Sports Iowa will have six sports chairs on site. There is no cost to participate. Come out and enjoy the fun.
IOWA PARALYZED VETERANS OF AMERICA
7025 Hickman Rd., Suite #1
Urbandale, IA 50322

Return Service Requested

ARE YOU MOVING???
Don’t forget to notify the office of your new address. If you are a PVA member, we will let National PVA and PN PARAPLEGIA NEWS know where you are moving to, so you won’t miss a single issue.
Call us at 888-909-4782.

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IOWA CHAPTER
PARALYZED VETERANS OF AMERICA
7025 Hickman Rd. Suite #1 Urbandale, IA 50322
(515) 277-4782

WHEELCHAIR AWARENESS
BOWLING EVENT
SUNDAY, APRIL 10

Choose your teams NOW!
Gather friends, family, co-workers
and have fun while experiencing what it’s like to
bowl from a WHEELCHAIR!

FREE
(DONATIONS WELCOME AND ACCEPTED)

* Each bowler plays 2 games (in a wheelchair) of 9 pin no tap. *
* We will provide the wheelchairs, some pointers and some laughter!* 
* This will give you some insight on problems faced by wheelchair users. *

* Pizza and Soda Provided*

________________________
Team Name or Company Name:

________________________
Address: City: State: Zip:

________________________
Contact Name: Phone:

_____ Yes, we want to enter a Team of 4____ or 5____. (We will get names when you check in.)

_____ No, but would like to contribute a tax deductible donation.

_____ Yes, I want to participate (individual).

Please make any donation checks payable to: Iowa Chapter PVA

The Paralyzed Veterans of America-Iowa Chapter is a Non-profit 501(c) 3 organization whose mission is to improve the quality of life for veterans of the U.S. Armed Forces and others who have a spinal cord injury or disease.

WHERE: Plaza Lanes
2701 Douglas Ave.
Des Moines, IA

WHEN: Sunday, April 10
CHECK IN: 12:30 p.m.
START TIME: 1:00 p.m.
ENTRY DEADLINE: April 4