On April 25, 2019, we had a PVA Awareness Event at the Des Moines VA from 9:00 – noon. We served cake and handed out awareness materials. From 1-3pm, we celebrated Kim Gould’s 10 year Anniversary with IPVA prior to our BOD/Members/Caregivers Meeting. Thank you Kim for all you do!
I read this recent news release and wanted to share with all of you!

JRS

FOR IMMEDIATE RELEASE
April 16, 2019
VA ensures Veterans have same-day access to emergency mental health care
WASHINGTON—As part of the U.S. Department of Veterans Affairs’ (VA) efforts to provide the best mental health care access possible, VA is reminding Veterans that it offers all Veterans same-day access to emergency mental health care at any VA health care facility across the country.

“Providing same-day 24/7 access to mental health crisis intervention and support for Veterans, service members and their families is our top clinical priority,” said VA Secretary Robert Wilkie. “It’s important that all Veterans, their family and friends know that help is easily available.”

VA’s Office of Mental Health and Suicide Prevention is the national leader in making high-quality mental health care and suicide prevention resources available to Veterans through a full spectrum of outpatient, inpatient and telemental health services.

Additionally, VA has developed the National Strategy for Preventing Veteran Suicide, which reflects the department’s vision for a coordinated effort to prevent suicide among all service members and Veterans. This strategy maintains VA’s focus on high-risk individuals in health care settings, while also adopting a broad public health approach to suicide prevention.

VA has supported numerous Veterans and has the capacity to assist more. In fiscal year (FY) 2018, 1.7 million Veterans received Veterans Health Administration (VHA) mental health services. These patients received more than 84,000 psychiatric hospital stays, about 41,700 residential stays and more than 21 million outpatient encounters.

Nationally, in the first quarter of FY 2019, 90% of new patients completed an appointment in a mental health clinic within 30 days of scheduling an appointment, and 96.8% of established patients completed a mental health appointment within 30 days of the day they requested. For FY 2018, 48% of initial, in-person Primary Care—Mental Health Integration (PC-MI) encounters were on the same day as the patient’s PC encounter. During the first quarter of FY 2019, 501% of initial, in-person PC-MHI encounters were on the same day as the patient’s PC encounter.

Veterans in crisis—or those concerned about one—should call the Veterans Crisis Line at 800-273-8255 and press 1, send a text message to 838255 or chat online at VeteransCrisisLine.net.

WELCOME:
TO OUR NEW IOWA PVA MEMBER
Dennis Keefe
2019 Legislation Advocacy

With all the bad weather we have had this winter, I had my doubts we would make it to Washington DC. After some plane changes and delays, we did! Kim Gould, our Executive Director, accompanied me this year. The first two days we went over talking points that we would be taking to the Capitol to talk with our legislators. Kim and I got to see all of our representatives but two. They were our two newest Congresswomen elected in Iowa.

PVA had picked out some important points they wanted to bring up first to our legislators since their time is limited to talking with us. The ones we brought up were:

**AIR CARRIER ACCESS ACT**

**The Issue:**
The Air Carrier Access Act (ACAA) prohibits discrimination based on disability in air travel. Despite progress, too many passengers with disabilities regularly encounter significant barriers. Enforcement of ACAA protections is limited to administrative action and civil fines. In October 2018, the President signed legislation to reauthorize the Federal Aviation Administration (Public Law 115-254). This legislation included several provisions from the Air Carrier Access Amendments Act (ACAAA), including increased civil fines for passenger injuries and wheelchair damage, development of an Airline Passengers with Disabilities Bill of Rights, and establishment of a Department of Transportation (DOT) Advisory Committee on the Air Travel Needs of Passengers with Disabilities. In the 116th Congress, PVA is supporting congressional oversight of these provisions to ensure that DOT carries out the law’s requirements. PVA is also working to ensure the reintroduction of legislation addressing the remaining pieces of the ACAAA not already enacted into law. Key provisions that still need to be passed by Congress include strengthening ACAA enforcement through referral of certain complaints to the U.S. Attorney General and a private right of action and requiring airlines to ensure that airplanes meet broad accessibility standards such as those found on other modes of transportation used by the public.

**CAREGIVER EXPANSION**

**The Issue:**
The Department of Veterans Affairs’ Program of Comprehensive Assistance for Family Caregivers must have the resources necessary to allow it to meet the expansion timelines provided for in the VA MISSION Act (Public Law 115-182) in order to service veterans injured before September 11, 2001. Congress must also pass legislation to allow primary caregivers to earn income credits for caring for disabled veterans, to safeguard primary caregivers’ own income security. Additionally, Congress must make eligible for the comprehensive caregiver program those veterans with catastrophic illnesses that are a result of their service.

**REHABILITATION AND PROSTHETIC SERVICES**

**(Automobile Allowance and Adaptive Equipment)**

**The Issue:**
PVA supports improvements to the Automobile Adaptive Equipment (AAE) Program and the Automobile Allowance Grant. Specifically, PVA supports legislation allowing veterans to utilize the Automobile Allowance Grant more than once for the purchase, not lease, of an adapted vehicle. Considering vehicles do not last a person’s lifetime, veterans should have the ability to purchase a vehicle, with the assistance of an AAE grant, once every ten years without having to shoulder the burden of the full cost of a vehicle themselves. In addition, VA must continue to reimburse for adaptive equipment requirements as stated in statute. Veterans should not have to submit an itemized list of this equipment to qualify for the grant. Finally, PVA supports improvements in the AAE program for veterans with non-service-connected disabilities.

These were the talking points we had time to talk to the legislator about. They all listened and didn’t make any commitments. Senator Ernst made the comment that she was going to try and “put the adaptive equipment allowance in the transportation bill” but she also made the comment that “she was not promising anything”.

Last year my wife and I learned how to take the metro from the hotel to the capitol and back. Kim and I decided to do the same thing since it is faster than riding on buses. Well, Kim and I learned a good lesson the last day we were there. When you come back from the capitol you do not want to take the blue line unless you want to go sightseeing. I have never admitted to being lost, so I always tell my wife I am sightseeing. I know Kim is going to tell you we were lost….but you will never hear that from me!

(Photos from my Washington DC trip can be found on Page 6.)
I received the following information from Kristi Catrenich, Public Affairs Officer, at the Des Moines VAMC. Please see the US Department of Veterans Affairs Fact Sheet below Kristi’s message.

Attached is important information about the close out with Health Net Federal Services (HNFS). There is more detailed information in the fact sheet but essentially Community Providers had until March 26, 2019 to submit claims to HNFS for payment for covered services they rendered through September 30, 2018. This includes appeals, denials, and adjustments. If the Veterans you serve received or receive any direct bills for these services, please have them work with the VA or call the Community Care Call Center at 1-877-881-7618. We understand some adverse credit reporting resulted from inappropriate or delayed billing and by calling this call center, they can talk the Veteran through this.

**Tips for Veterans**

**Health Net Federal Services and Veterans Choice Program Health Services Claims**

---

**Q2. What do I do if I receive a bill from a Community Provider for medical services provided under VCP?**
Veterans can work directly with the VA to resolve debt collection or adverse credit reporting resulting from inappropriate or delayed billing by calling the Community Care Call Center at 877-881-7618, Monday–Friday, 9 a.m.–5 p.m. EST.

**Q3. Will I still be eligible for VA health care if debt collection activity or adverse credit reporting resulting from inappropriate or delayed billing?**
Yes, Veterans are encouraged to continue working with their VA primary care team to obtain necessary health care services regardless of adverse credit reporting or debt collection activity.

**Q4. Who do I contact to set up medical care?**
Veterans must contact their local VA medical facility to coordinate needed care.

**Q5. How can I find my local VA medical facility?**
Veterans can use the Facility and Service locator to find their local facility. [https://www.va.gov/directory/guide/home.asp](https://www.va.gov/directory/guide/home.asp)
Dependents Education Assistance Program (Chapter 35)

By NSO Gus Gonzalez

The Department of Veterans Affairs (VA) offers education and training to eligible veterans, service members, survivors and dependents. The VA offers Survivors' and Dependents' Educational Assistance also known as (DEA) Program to assist with education and training. The education and training may be used to obtain a degree and certificate programs, apprenticeship and on-the-job training.

To be eligible for the DEA Program the veteran or service member needs to be rated Permanent and Total (P&T) by the Department of Veterans or has died due to the result of a service connected disability. For children wishing to receive DEA benefits, they must be between the ages 18-26 years old and a surviving spouse has 10 years from the date the VA find them eligible. If the service member passed away on active duty, your surviving spouse benefit will end 20 years from the date of the service members date of passing. If the marriage of the veteran ends in divorce, this benefit ends the day the divorce is settled. If the surviving spouse remarries prior to age 57, the eligibility will end on the date of the new marriage.

Before applying, be sure to review VA Form 22-5490 https://www.vba.va.gov/pubs/forms/VBA-22-5490-ARE.pdf and review the information and instructions on how to apply for Survivors' and Dependents Educational Assistance Program.

If you have any question or need additional assistance about these benefits you may contact a Paralyzed Veterans of America National Service Officer and we will be glad to assist you.

Gus Gonzalez
515-232-7544

THANK YOU—THANK YOU
To the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from March 1, 2019—April 30, 2019

Dan and Becky Alberts
Gene Harri
Bonnie Jacobson—Brittons Café
Joe Welch Equipment
OFFICE OF THE GOVERNOR
Governor Kim Reynolds « Lt. Governor Adam Gregg
FOR IMMEDIATE RELEASE: Monday Feb. 25, 2019

Gov. Reynolds announces appointments to Iowa’s boards and commissions
DES MOINES - Gov. Kim Reynolds announced several appointments to Iowa’s boards and commissions today.

Commission of Veterans Affairs
Darlene McMartin, Hancock
Steven Hyde, Marshalltown
Greg Pauline, Davenport
Kenneth Lloyd, Union
Orene Cressler, Fonda

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.

Indianola Home Medical Supply L.L.C.
207 South Howard St., Indianola, IA  50125
Wheelchairs, Scooters, Bathroom Safety and Daily Living Products
Full Service and Parts Department
Home Modifications, Patient Lifts, Entry Ramps, Stair Lifts, Porch Lifts, Scooter Lifts and Elevators
Darl Kaldenberg, Manager
Phone:  515-962-0701
Fax:  515-962-9251

Most Needed Items at Des Moines VA CHS,
3600 30th Street, Des Moines, IA
Men’s boxers and briefs: Size Medium and Large
Jackets and Coats / Hooded Sweatshirts: All sizes
T-shirts (short and long sleeves) : XL, XXL, 3XL
Sweatpants and Long Sleeve Shirts: All sizes
Belts: 2XL, 3XL, 4XL
Shoes and boots: Sizes 8 to 13
Non-Prescription Reading Glasses—All strengths
County Western CD’s (Artists from the 60’s, 70’s, 80’s)
Contact Voluntary Services with any questions for donations at 515-699-5818.
2019 Advocacy Legislative Seminar

1. United States Capitol Building
4. Supreme Court, Cally and Kenny Lloyd
5. Kenny Lloyd and Congressman Dave Loebsack
May

Glen A. Slate  May 2
Curt D. Barnes  May 3
Joni K. Lawai  May 9
Tina Marie Carter  May 21
Gerald R. Santos  May 22
Steven A Brinkmeyer  May 23
Daniel S Nichols  May 23

June

James D. Fidler  June 1
Robert L. Marchant  June 1
Randall P. Ingram  June 5
Larry W. Post  June 6
William E. Ballensky  June 10
Kenneth E. Lloyd  June 14
Robert J. Abel  June 15
John M. Burghorn  June 17
Eric T. De Kraai  June 20
Harold E. Janssen  June 21
Jerry A. Spiegelhalter  June 22
Carol L. Lilienthal  June 24
Bobbie D. Souer  June 27
Victor R. Nava  June 27
Roger W. Rupp  June 29
Robert V. Juarez  June 29
Bruce C. Culver  June 30

CALENDAR OF UPCOMING EVENTS

5/7  2019 Iowa Vietnam Veterans Recognition Day at Vietnam Veterans Memorial located south of the Iowa State Capitol—11:00 am.
5/9  Bingo at the Des Moines VA CLC - 6:30 pm
5/12  Happy Mother's Day
5/14-18  PVA National Convention—Denver, CO
5/15  VA2K, Walk-N Roll, VACIHCS Des Moines Campus, 10 am -1pm
5/23  SCI Quarterly Meeting with Des Moines VA at IPVA Office—10:00 am
5/23  BOD/Membership/Caregivers Support Meeting at IPVA Office - 11:00 am
5/27  Office Closed due to Memorial Day

6/5  VAVS Hospital Committee Meeting with Des Moines VA—10:00 am
6/13  Bingo at the Des Moines VA CLC - 6:30 pm
6/14 - 6/16  National PVA Pistol/Trapshoot Event in Cedar Rapids, IA—see pages 12-15
6/20  BOD/Membership/Caregivers Support Meeting at IPVA Office - 11:00 am
6/23 - 6/29  Midwest PVA Fishing Event in Ely, MN
6/28  Carrie England’s Retirement Party—see page 19 for details

7/11-16  National Veterans Wheelchair Games, Louisville, KY
9/7  Sweet Rides for Charity—see page 25 for details
9/26  Iowa PVA Annual Election—see page 21
10/4  Annual Dinner and Awards Banquet—Ramada Tropics, Des Moines, IA
The Mission Statement of Paralyzed Veterans of America

Paralyzed Veterans of America - Iowa Chapter 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:

Paralyzed Veterans of America - Iowa Chapter
7025 Hickman Rd, Suite #1
Urbandale, IA 50322

The Paralyzed Veterans of America, a congressionally chartered veterans service organization founded in 1946, has developed a unique expertise on a wide variety of issues involving the special needs of our members-veterans of the armed forces who have experienced spinal cord injury or dysfunction.

PVA will use that expertise to be the leading advocate for:

- Quality health care for our members,
- Research and education addressing spinal cord injury and dysfunction,
- Benefits available as a result of our members’ military service,
- Civil rights and opportunities which maximize the independence of our members.

To enable PVA to continue to honor this commitment, we must recruit and retain members who have the experience, energy, dedication, and passion necessary to manage the organization and ensure adequate resources to sustain the programs essential for PVA to achieve its mission.
Introducing Flexible Vehicle Modification Loans from the Iowa Able Foundation

Apply online at www.iowaable.org

With an Iowa Able Foundation vehicle loan, you can buy an accessible vehicle — or modify an existing vehicle with adaptive equipment.

Loans are designed for customers with special vehicle needs. Whether you’re buying or refinancing, we want to help you afford that new or used accessible car, van or light-duty truck—or modify an existing vehicle with adaptive equipment. Terms up to 84 months are available, so you have the flexibility to obtain financing that fits into your specific budget.

Apply online at www.iowaable.org
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.
Enter to Win!

Tickets are $10.00 each and will help support the Iowa Chapter - Paralyzed Veterans of America. Drawing will be held on Sunday, June 16, 2019. You need not be present to win.

(Mail your check and entry form to Iowa Paralyzed Veterans of America, 7025 Hickman Road, Suite 1, Urbandale, IA 50322)

OR $500

SIG P938 9MM HANDGUN

PARALYZED VETERANS OF AMERICA - IOWA CHAPTER
PVA National Trapshoot Circuit Event
June 14-16, 2019 Cedar Rapids, IA

SIG P938 9mm OR $500

EASY TO CONCEAL, EASY TO SHOOT.
Inspired by the P238, this more powerful 9mm is still easy to conceal and even easier to shoot. This lightweight, all metal, 9mm pistol builds on the trusted P238 platform delivering accuracy and reliability with duty caliber performance.

CHOICE OF GUN OR $500.

Drawing will be held on June 16, 2019
Cost: $10.00 per chance

7025 Hickman Rd. Suite 1 – Urbandale, IA 50322 ~ (515) 277-4782 ~ (888) 909-4782 ~ www.iowapva.org
**Iowa Paralyzed Veterans Trapshoot**

Hosted by the Iowa Chapter Paralyzed Veterans of America • June 14-16, 2019

Otter Creek Sportsman’s Club, Cedar Rapids, Iowa • Marriott Cedar Rapids

*Competition open to all shooters, able-bodied and disabled*

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### EVENT AWARDS

- High overall on 300 targets
- Keith Griggs Memorial Award (given to the top shooter with SCI/D) on 300 targets
- First and second place in short, mid-, and long yardage
- First and second place in Doubles, AA-D classes
- First and second place in Singles, AA-D classes

**Chapter Team Awards:**
A chapter team must consist of at least three shooters having SCI/D, and a minimum of two teams must be competing for awards to be considered.

- Top Team and Runner-Up Team Awards based on all 300 targets/shooter

**NOTE:** The Paralyzed Veterans of America Iowa chapter may hold special events on both Saturday and Sunday, as well as other different shooting options for the weekend and fun shoots. There will be information on any special events taking place during the shoot in the club house and the registration tables. Please see the registration staff for any questions pertaining to special events.

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### Schedule

**FRIDAY, JUNE 14, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 a.m.</td>
<td>Transportation to range Registration and practice (see club for practice fees)</td>
</tr>
<tr>
<td>5 p.m.</td>
<td>Welcome Reception (range)</td>
</tr>
</tbody>
</table>

**SATURDAY, JUNE 15, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Transportation (range) Breakfast &amp; registration (range)</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>100 Singles</td>
</tr>
<tr>
<td>Noon</td>
<td>Lunch followed by 50-pair Doubles</td>
</tr>
</tbody>
</table>

**SUNDAY, JUNE 16, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Transportation (range) Breakfast</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>100 Handicap</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Immediately following Handicap Awards Banquet at Otter Creek Sportsman’s Club</td>
</tr>
</tbody>
</table>

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**NOTE:** For additional details regarding the event, hotel information, addresses, etc, please go to [https://www.pva.org/adaptive-sports/participate/adaptive-sports-shooting-sports/fy19-schedule](https://www.pva.org/adaptive-sports/participate/adaptive-sports-shooting-sports/fy19-schedule)
REGISTRATION & PAYMENT

IOWA PARALYZED VETERANS: PISTOL SHOOT 10 A.M. FRIDAY, JUNE 14, 2019
The entry fee for this event is $75 which includes practice time and ammunition for competition. Please send your registration and payment to:

Iowa Paralyzed Veterans of America
7025 Hickman Road
Suites 1-2
Urbandale, IA 50322

On-site payment will be accepted in the form of cash or check. No debit or credit cards.

Name: __________________________
Street: __________________________
City: ____________________________ State: ________ Zip: ________
Phone: (____) __________ Email: __________________________
Branch of Service: ☐ USA ☐ USMC ☐ USAF ☐ USN ☐ USCG ☐ N/A
Voting member of Paralyzed Veterans? ☐ Yes ☐ No
Paralyzed Veterans Chapter: __________________________

Have you ever competed in a Paralyzed Veterans shooting event?
☐ Yes ☐ No

Email John Arbino at JohnAr@pva.org with information on the caliber firearm you plan on utilizing.

In case of emergency, please contact:
Name: __________________________
Relationship: ____________________ Phone: (____) __________

*Pistol ammunition will be provided for practice and competition.

The PVA Pistol Shoot will consist of 50 rounds of ammunition. Handguns will not be provided. No scopes or laser sights allowed, and nothing smaller than .32 caliber or larger than .45 caliber will be authorized for competition. The use of two hands is ok, as is the use of a safety strap for all wheelchair shooters. However, hands and arms must be completely free of support. Competition is open to all shooters, sitting or standing. Absolutely no reloaded ammunition may be used for practice or competition.

Course of fire:
- 10 shots of practice, 10 minutes.
- Slow fire at the 15-yard line, 10 shots in 10 minutes
- Quick fire at the 15-yard line, 5 shots in 30 seconds
- Quick fire at the 15-yard line, 5 shots in 30 seconds
- Slow fire at the 25-yard line, 10 shots in 10 minutes
- Quick fire at the 25-yard line, 5 shots in 30 seconds
- Quick fire at the 25-yard line, 5 shots in 30 seconds

*Awards for champion and runner-up will be given at the Sunday awards lunch at Otter Creek Sportsmen’s Club at noon.
**REGISTRATION & PAYMENT**

**IOWA CHAPTER PARALYZED VETERANS OF AMERICA TRAPSHOOT**

The entry fee will be $190, which includes 300 targets, 12 boxes of ammunition for competition, breakfast and lunch on Saturday, breakfast Sunday and the Sunday awards lunch. Please send your registration and payment to:

**Iowa Paralyzed Veterans of America**
7025 Hickman Road
Suites 1 & 2
Urbandale, IA 50322

**NOTE:** Please make checks payable to Iowa PVA, in the memo: “Trapshoot.” Please DO NOT send cash. Onsite registration will be accepted with check or cash payment. No credit or debit cards.

**TRAPSHOOT OPTIONS**

<table>
<thead>
<tr>
<th>Option</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entry Fee</td>
<td>$190</td>
</tr>
<tr>
<td>ALA CARTE OPTIONS</td>
<td></td>
</tr>
<tr>
<td>All include ammunitions and targets, no meals</td>
<td></td>
</tr>
<tr>
<td>Singles Only</td>
<td>$60</td>
</tr>
<tr>
<td>Doubles Only</td>
<td>$60</td>
</tr>
<tr>
<td>Handicap Only</td>
<td>$60</td>
</tr>
<tr>
<td>ADDITIONAL OPTIONS</td>
<td></td>
</tr>
<tr>
<td>Extra Lunch Ticket</td>
<td>$10</td>
</tr>
<tr>
<td>Extra Breakfast Ticket</td>
<td>$5</td>
</tr>
<tr>
<td>Extra Awards Lunch Ticket</td>
<td>$30</td>
</tr>
<tr>
<td>Tax-deductible donation to Iowa Paralyzed Veterans Chapter</td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL** $____

**Name:**

**Street:**

**City:** __________ State: ______ Zip: ______

**Phone:** (____) ______ Email: ______

**Branch of Service:**

- [ ] USA
- [ ] USMC
- [ ] USAF
- [ ] USN
- [ ] USCG
- [ ] N/A

**Voting member of Paralyzed Veterans?**

- [ ] Yes
- [ ] No

**Paralyzed Veterans Chapter:** ______

**Have you ever competed in a Paralyzed Veterans trapshoot?**

- [ ] Yes
- [ ] No

**Please indicate any equipment needed:**

- [ ] Shotgun Pouch
- [ ] Earplugs
- [ ] Safety Glasses

**Will you require transportation?**

- [ ] Yes
- [ ] No

*Transportation requests must go to Kim Gould at iowapvakim@yahoo.com no later than June 7, 2019.*

**In case of emergency, please contact:**

**Name:** ______

**Relationship:** ______

**Phone:** (____) ______

**ATA/PITA/Handicap YDG:** ______

**ATA#:** ______

*If a member of ATA or PITA, please bring your card with you!*

**Singles Average:** ______

**Doubles Average:** ______

We will be re-squading for the handicap events. We will honor requests for squadding for the singles and doubles events that you report here.

**Squad members:**

1. ______
2. ______
3. ______
4. ______
5. ______

**Will you be attending the awards lunch?**

- [ ] Yes
- [ ] No
FOR IMMEDIATE RELEASE

Contact: Tonya Logan
Director, Des Moines Rowing Club AMI
Phone: 515-208-9085
Email: Tmaher6132@aol.com

Press Release: 4/9/19

Nielsen-Kellerman supports Des Moines Adaptive Rowing

Des Moines Iowa - Des Moines Rowing Club - Adaptive Membership Initiative is proud to announce the Nielsen-Kellerman company has generously donated a $500 grant to our program. NK is an award winning manufacturer of sports performance electronics and environmental instruments, located in Boothwyn, PA. Each year, this company selects groups across America to receive funds to be applied to their products, that can enhance the experience of athletes and the effectiveness of coaches. These products will enable our members to train more efficiently and be better prepared for competition.

With our grant, we have chosen a SpeedCoach GPS 2, which our challenged athletes will use during training and competitions. This tool is rowing’s most popular performance monitor and offers athletes critical information about boat speed (split), stroke rate, distance and time. We look forward to adding this instrument to our program’s resources.

Des Moines Rowing Club – Adaptive Membership Initiative (DMRC – AMI) currently partners with the VA Central Iowa Health Care System, offering VA Erg Clinics and VA-Adaptive Learn To Row Days throughout the year. Other partners include the Des Moines Parks and Rec allowing DMRC-AMI to hold these events at the beautiful Gray’s Lake and the Iowa Chapter of the National Spinal Cord Injury Association.

The next scheduled VA Erg Clinic is April 29 at the Gray’s Lake Hensley Terrace. Interested military veterans who would like to give rowing a try, can make contact via the website: http://desmoinesrowing.org/adaptive-members-initiative/. DMRC – AMI loves to talk to potential rowers about all things rowing.
MANY THANKS

to the people and/or organizations who have donated directly to Iowa PVA from March 1, 2019—April 30, 2019

Alberts, Dan (monthly)
Anonymous Donators
Baldwin, Gretchen
Bettis, Russell
Delany, James (monthly)
Gould, Kimberly
Hartford Sportsmen Club of Hartford Iowa (monthly)
Iowa One Gift Donation (monthly)
Lavender-Bobenhouse, Nancy
Leary, Timothy & Laura (monthly)
Morrison, Heidi (monthly)
Pella Rolscreen Foundation (matching gift)
Personal Training (monthly)
Phillips, Larry
Shreeves, Elizabeth
Simons, Tish (monthly)
The Derek and Shelly Justice Family Fund, a Donor Advised Fund of Renaissance Charitable Foundation

THANK YOU FOR YOUR SUPPORT!!

Please feel free to contact us by mail, telephone or email...

Iowa PVA, 7025 Hickman Rd., Suite #1, Urbandale, IA 50322
515-277-4782 or 1-888-909-4782
iowapval@yahoo.com, iowapvakim@yahoo.com, or iowapvagretchen1@yahoo.com

On April 20, IPVA went to the Iowa Veterans Home in Marshalltown to volunteer at the Annual Spring Carnival.

We had over 100 veterans who played our card game “High-Low”. We made sure every veteran won a cash prize!

Pictured from near to far are: Pauline Lloyd, Keith Harvey, Andrew Bernstrom, Kenny Lloyd and Kim Gould.
Disaster Relief Form

Full Name: ___________________________________________

Street Address: _______________________________________

City: __________________________ State: ______________ Zip Code: ____________

Phone: __________________________ SSN: ________-______-______ no dashes

Second point of contact or location where you can be reached:

_____________________________________________________________________

PVA Member:  Yes ☐  No ☐
PVA Chapter (if member): __________________________

Are you service-connected:  Yes ☐  No ☐

Branch of service: __________________________________________

Nature of disability: _______________________________________

Name, address, and phone number of insurance company:

_____________________________________________________________________

_____________________________________________________________________

Reason assistance is required (check all that apply):

Accessibility Modifications ☐  Temporary Shelter ☐  Prosthetic Appliances ☐

Transportation ☐  Medical Supplies ☐  Food ☐

Please attach on a separate sheet an explanation of the damages sustained from the natural disaster and an itemized list of the cost of damages to include expenses paid for replacement items, i.e., cost of repairs to roof, food expenses, etc. Also include the following statement:

I certify that the assistance requested is the result of _________________, and that I am not receiving reimbursement of expenses from other sources. If funds are received (from insurance, etc.) to cover loss, I will reimburse PVA. By signing this application, I authorize agents of Paralyzed Veterans of America to independently verify the truth of the statements I have made both on this application and orally during the application process. I also understand that any misrepresentation of material fact may result in the voiding of my eligibility for funds. I understand that such misrepresentation will require me to reimburse Paralyzed Veterans of America the funds given to me.

Signature of Applicant: ____________________________ Date: ____________
April 8, 2019

Dear PVA Members of the Iowa Chapter,

I write this letter to announce my retirement from the VA CIHCS. The last day of my employment will be June 30, 2019.

With this letter, I would like to express my sincerest gratitude for my role as the SCI Clinic RN. It has been my honor and privilege to serve you.

My successor has not been established, but it’s very important to Dr Espeland and I to find the best possible replacement.

While I am excited for my retirement, and look forward to the next phase of my life, I will greatly miss the Veterans.

Everyone is invited to my Retirement Open House on June 28, 2019 from 12:30 to 3:00pm. The party will be held in room 1140 in Building 4. To get there you enter building 1 at the revolving door and follow the signs. Stop by if you can, but I know this is the week-end of the fishing trip. All I ask is that you catch a big fish in my honor and send me a photo. That way I will know it’s not “big fish tale” and I will have a sweet keepsake of my favorite people.

Sincerely

Carrie England, RN
Your Life. Your Ride.

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- At-Home Delivery
- Industry-Leading Customer Satisfaction
- Competitive Financing Options
- Customized Just for You

We take great pride in serving those who served our country.

It’s why we work with the Veterans Administration to make the process as simple as possible for you. This includes bringing the vehicle to the VA for inspection, taking care of all VA paperwork, and delivering the vehicle to your home once it’s ready.

Veterans get $1,000 off the purchase of your first Rollx van today!

Call 800-956-6668 or visit us at rollxvans.com.
Attention

Elections for the Board of Directors and Officers of Iowa Paralyzed Veterans of America will be held in September for Fiscal Year 2019-2020.

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 Gretchen Baldwin at 515-277-4782. You can also email your request to iowapvakim@yahoo.com or iowapvagretchen1@yahoo.com by June 28, 2019.

Per Iowa Paralyzed Veterans of America Election Policy and Procedures, ballots will be sent out to all members no later than August 13, 2019, 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.
ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

Camp Pendleton Air Gun Tournament
December 4-5, 2018
Oceanside, CA

Cal-Diego Air rifle and Pistol Tournament
January 26-28, 2019
San Diego, CA

Mid-Atlantic Air Rifle and Pistol Tournament
March 6-7, 2019
Richmond, VA

Wisconsin Air Rifle and Pistol Tournament
March 30-31, 2019
Milwaukee, WI

*New England Combined Air Rifle and Bocce Tournament* April 26-28, 2019
Brockton, MA

Buckeye Air Rifle and Pistol Tournament
April 26-27, 2019
Geneva, OH

PARALYZED VETERANS NATIONAL SHOOTING AND WESTERN SHooting Circuit

North Central Trapshoot
September 8-9, 2018
Sioux Falls, SD

Mid-Atlantic Shooting Sports Tournament and Handgun Shoot
November 9-11, 2018
Charles City, VA

Cal-Diego Shooting Sports Tournament & Pistol Tournament
March 26-31, 2019
Redlands, CA

Pistol Shoot - March 29, 2019
Lytle Creek, CA

Wisconsin Shooting Sports Tournament at a Pistol Tournament
May 17-19, 2019
Green Bay, WI

Ludwig Shooting Sports Tournament
May 28-June 2, 2019
Elburn, IL

Iowa Shooting Sports Tournament & Pistol Tournament
June 14-16, 2019
Cedar Rapids, IA

Lone Star Shooting Sports Tournament
June 21-23, 2019
Waxahachie, TX

PARALYZED VETERANS BOATING/FISHING TOUR

Mid-Atlantic Bass Tournament
September 21-23, 2018
Eufaula, OK

Ludwig Bass Tournament
October 5-7, 2018
Whittington, IL

Florida Gulf Coast Bass Tournament
March 29-31, 2019
Tavares, FL

Kentucky-Indiana Bass Tournament
May 3-5, 2019
Kuttawa, KY

Mid-Atlantic Bass Tournament
June 7-9, 2019
Henderson, KY

ANNUAL PVA/AWBA BILLIARDS TOURNAMENT SERIES

Mid-South Billiards Tournament
October 12-13, 2018
Memphis, TN

Mid-Atlantic Billiards Tournament at the Beach
November 16-18, 2018
Virginia Beach, VA

Mid-America Billiards Tournament
April 5-7, 2019
Oklahoma City, OK

Mid-Atlantic Billiards Tournament
April 26-28, 2019
Kilbourn, VA

Buckeye Billiards Tournament
June 14-15, 2019
Wickliffe, OH

Mountain States Billiards Tournament
June 21-22, 2019
Tucson, AZ

BOCCIA

Gateway Bocce Tournament
October 18-20, 2018
St. Louis, MO

Bayou Bocce Tournament
February 1-2, 2019
Gulfport, MS

Cal-Diego Bocce Tournament
February 19-20, 2018
San Diego, CA

New England Combined Air Rifle and Bocce Tournament
April 26-28, 2019
Brockton, MA

Mid-Atlantic Bocce Tournament
May 3-4, 2019
Hampton, VA

ANNUAL PVA/AWBA BILLIARDS TOURNAMENT SERIES

Great Plains Bowling Tournament
July 1-2, 2018
Council Bluffs, IA

Mountain States Bowling Tournament
August 15-18, 2018
Colorado Springs, CO

Mid-Atlantic Bowling Tournament
September 28-30, 2018
Glen Allen, VA

Nevada Bowling Tournament
November 29-30, 2018
Las Vegas, NV

Florida Gulf Coast Bowling Tournament
February 21-24, 2019
Tampa, FL

Mid-America Bowling Tournament
April 1-2, 2019
Shawnee, OK

Vaughn Bowling Tournament
May 23-26, 2019
Romeoville, IL

HANDCYCLING RACING

Off-road Spring Expo
April 19-21, 2019
Chesterfield, VA

PVA Learn to Race Camp
April 23-26, 2019
Gettysburg, PA

Blue and Gray Half Marathon and Criterium
April 27-28, 2019
Gettysburg, PA

Pittsburgh Marathon
May 5, 2019
Pittsburgh, PA

Wichita Omnium
June 14-16, 2019
Wichita, KS

PVA Triathlon Camp
June, 2019
Colorado Springs, CO

PVA Racing Mini-Camp
June 19-20, 2019
Debbie H., WI

Tour of America’s Dairylands
June 20-23, 2019
Milwaukee, WI

NATIONAL VETERANS WHEELCHAIR GAMES

For more information, visit: pva.org/sports
NOTICE REGARDING DONATIONS MADE DIRECTLY TO THE PARALYZED VETERANS OF AMERICA – IOWA CHAPTER

- 88% OF EVERY DONATION MADE DIRECTLY TO THE PARALYZED VETERANS OF AMERICA – IOWA CHAPTER GOES DIRECTLY TO THE EIGHT DESIGNATED PROGRAMS SUPPORTED BY THE PARALYZED VETERANS OF AMERICA - IOWA CHAPTER.

- THE PARALYZED VETERANS OF AMERICA - IOWA CHAPTER RELIES SOLELY ON DONATIONS AND GRANTS AND RECEIVES NO GOVERNMENTAL FUNDING. ADDITIONALLY, THE IOWA CHAPTER DOES NOT UTILIZE TELEMARKETING OR DIRECT MAIL SOLICITATION OF DONATED FUNDS.

- ALL DONATIONS MADE DIRECTLY TO THE PARALYZED VETERANS OF AMERICA - IOWA CHAPTER SUPPORTS LOCAL VETERANS AND IOWA CHAPTER MEMBERS.

- YOUR DONATIONS SUPPORT BOTH SERVICE CONNECTED AND NON-SERVICE CONNECTED DISABLED VETERANS.


IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT KIMBERLY GOULD, EXECUTIVE DIRECTOR AT 515-277-4782 ANY TIME DAY OR NIGHT.

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Are you wondering why this newsletter is all in black and white???

It costs .36 cents for a color page in our newsletter. This gets very expensive when we mail over 350 newsletters every other month.

Due to budget constraints, we are electing to save money on color pages (administrative costs) by sending out a black and white newsletter. We WILL continue with all of our programs (sporting events, family time, legislation advocacy, etc) which directly impacts our benefits of membership.

If you desire a full color newsletter, simply provide us with your email address and we will email to you instead of mailing. This will be a substantial savings to our organization. THANK YOU!

515-277-4782 or 1-888-909-4782
iowapvakim@yahoo.com or iowapvagretchen1@yahoo.com
WELCOME

WHO CAN PARTICIPATE?
Common disabilities served include spinal cord injury, amputation, cerebral palsy, spina bifida, visual impairment, multiple sclerosis, acquired brain injury, and other neuromuscular/orthopedic conditions.

For more information on who can participate, visit www.adaptivesportsiowa.org.

MISSION
To provide statewide leadership in the planning, promotion, education, and organization of sport and recreation opportunities for Iowans with physical and visual disabilities.

VISION
Improve the quality of life for all Iowans with physical and visual disabilities through access to consistent recreational opportunities.

WHAT WE OFFER
We offer free programming to all participants through the assistance of our generous sponsors and donors.

OUR PROGRAMS INCLUDE:
- Wheelchair Basketball
- Track & Field - equipment loans
- Youth Sled Hockey
- Cycling Team
- Airgun
- Beep Baseball
- Goalball
- Downhill Skiing

Equipment is provided during all of our programs.

VETERANS WITH DISABILITIES
The Veteran Outreach branch of Adaptive Sports Iowa was launched to better serve our veterans with physical and visual disabilities. Veterans will have the opportunity to gain instruction, participation, and competition in adaptive sports.

HOW TO GET INVOLVED
Are you or someone you know interested in participating?

Interested in sponsorship, donating, or volunteering?

Find more information at our website www.adaptivesportsiowa.org or contact us.

Hannah Lundeen, CTRS | Hannah.Lundeen@adaptivesportsiowa.org | 888.777.8881 ext. 115
Saturday, September 7, 2019
Vets Memorial Stadium
Parking Lot

2 ways to register
Pre-registration by mail (form available on Facebook)
or register the day of event.
Registration Fee: $15 (non-refundable)
Free t-shirt and goodie bag for the first 200 entries.

Pre-register by mail and receive a free raffle tickets day of the event!!

Food

50/50 Raffle

$1st – 3rd Place Trophies Awarded in Automotive Classes

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<thead>
<tr>
<th>A</th>
<th>Truck 2 WD</th>
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<th>Ford, Lincoln, Mercury</th>
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<th>Chevy Chevelle, Malibu</th>
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<td>B</td>
<td>Truck 4 WD</td>
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<td>Pontiac</td>
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<td>Chevy Nova, Monti, Impala</td>
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<td>C</td>
<td>Mo Par Pre '75 (Chrysler, Dodge, Plymouth)</td>
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<td>AMC Studebaker</td>
<td>R</td>
<td>Import &amp; Exotics</td>
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<td>D</td>
<td>Mo Par Post '75 (Chrysler, Dodge, Plymouth)</td>
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<td>Buick / Oldsmobile</td>
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<td>Street Rod</td>
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<td>E</td>
<td>Camaro '67 – '81</td>
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<td>Special Interest (Rat, Racer, Low Rider, etc.)</td>
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<td>F</td>
<td>Camaro '82 – Current</td>
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<td>Corvette '53 – '96</td>
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<td>Mustang '94 – Current</td>
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Special Trophies

Best In Show | Best Engine | Best Interior | Best Paint

Make checks payable to: Sweet Rides for Charity
Mailing address: PO Box 8864, Cedar Rapids, IA 52408
For additional information, contact: Missy Hinrichsen, Patricia Cash
Missy.Hinrichsen@adm.com, Patricia.Cash@adm.com
319-398-0795, 319-398-0649

Check us out on Facebook! https://www.facebook.com/sweetridescharity/
Photos from Winter Sports Clinic in Snowmass, Colorado

1. Scott Miller greeted by ROTC
2. Lana Gillaspie proudly wearing her medal.
3. Scott Miller transferring to the mono ski.
4. Lana Gillaspie showing off her trout.
5. Scott Miller about to transfer to the mono ski.
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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.