At the Iowa PVA Christmas Party on December 12, three veterans were each presented with a Quilt of Valor. These beautiful “works of art” were created by Jan Jordan and were presented to these veterans in a heart touching ceremony. **Pictured above (from left to right):** Jon Schneider—President of the Iowa Chapter of Paralyzed Veterans of America, Colin Jordan, Jan Jordan, Larry Clayton and Bob Barnard—Member of the Iowa PVA Board of Directors. The presentation was attended by approximately 90 people!!! It was a memorable ceremony and these three veterans were very deserving of this honor.

For more information on the Quilts of Valor and the history of these three recipients, please see Kim Gould’s article on page 4 of this publication.
A Message From The President
Jon R. Schneider

Thought many of you would find this recent News Release very informative....

JRS 🇺🇸

VA hospitals outperform private hospitals in most markets, according to Dartmouth study

WASHINGTON — According to an independent Dartmouth study recently published this week in *Annals of Internal Medicine*, Department of Veterans Affairs (VA) hospitals outperform private hospitals in most health care markets throughout the country.

“This is proof that the hard work and dedication of our VA employees is making a real difference in the lives of our nation’s Veterans,” said VA Secretary Robert Wilkie. “It validates the strong work we’re doing for Veterans under President Trump’s leadership in giving our heroes the very best quality of care that they have earned through their faithful service to our country.”

Dartmouth researchers assessed 121 regional health care markets with at least one VA facility and one non-VA hospital in conjunction with Hospital Compare data, a public database that ranks hospitals on quality measures like mortality rates and patient safety indicators.

According to the findings, VA hospitals provided the best care in most referral regions and rarely provided inadequate care. VHA hospitals provided the best care in most referral regions and rarely provided the worst care. VHA hospitals provided the best care in most referral regions and rarely provided the worst care.

One the most notable findings in study showed VA hospitals were the best or above average for treating heart attacks, heart failure and pneumonia. Additionally, VA ranked best in local markets at least half the time for measures including death rates among patients with serious complications after surgery; collapsed lung due to medical treatment; broken hip from a fall after surgery; and bloodstream infections after surgery.

While VA supports most of the study's findings, the agency does not agree with the authors' stance on community care, which ignores the fact that for decades it has served as a vital tool for ensuring VA has the ability to provide Veterans the best, most timely health care possible, and that it enjoys strong bipartisan support, as evidenced by passage of the MISSION Act. VA as been offering community care since the World War II era, starting with the then-Veterans Administration's Hometown Program that began in 1945. Former Secretary David Shulkin was a staunch advocate for community care and sought to increase its role at VA, arguing that competition with private providers is necessary for VA facilities to improve continuously. Former Secretary Bob McDonald also underscored the importance of this option for Veterans.

To learn more about the study visit [http://annals.org/aim/fullarticle/2718687/veterans-health-administration-hospitals-outperform-non-veterans-health-administration-hospitals](http://annals.org/aim/fullarticle/2718687/veterans-health-administration-hospitals-outperform-non-veterans-health-administration-hospitals).

On November 29, our chapter was visited by National PVA Vice President Liaison Tammy Jones. Mrs. Jones attended our quarterly SCI/D team meeting with the Des Moines VA team in the morning. In the afternoon, she attended our November Board of Directors meeting. At this meeting, she “knighted” Chapter President Jon Schneider and presented him with a plaque from National PVA recognizing his 30 years serving PVA as our President. This was a surprise to “Sir” Jon and a very nice gesture in recognizing not only Jon’s tenure but the Iowa Chapter’s 30 years of serving our membership.
The Great Deer Hunt

Wow! What a great time I had at the Great Deer Hunt. I got a lot more than just to go deer hunting. We started out with the flag-raising and I was amazed at the people from this community for coming out to meet us. When we left the hotel we had a police escort to downtown Miami, Oklahoma. Every car that we met was stopped along the side of the road. When we got downtown, we were supposed to get out of our vans and roll down the street but since it was raining we stayed in our vehicles. Despite the rain there were town’s people standing out in the rain watching the mayor give his speech and students from the elementary and high schools performing for us. I was inspired by the dedication these people have for the veterans. Now this flag-raising was amazing too. The flag was five stories tall. It went from the top of the building to the bottom. I have never seen a flag so big.

The meals at this event were very good. If anybody went away hungry it was their own fault. We had three meals a day. The last meal of the event was different than I have ever had. We had hog trough stew. Now you are probably thinking this was like a regular stew but this stew had different kinds of meat, potatoes, ears of corn, cabbage, and carrots. There was an actual hog trough sitting on the tables and when they brought the stew in, it was not in pans like you would think but in a cream can like we used when we were milking cows. They poured the stew in the hog trough and served up the stew for us. I can tell you it was very good.

After the first day, we were ready to hunt at the Dalrymple farm. We ate a hearty breakfast and then we were paired up with our guides for the weekend. One of the volunteers and coordinators of the guides, Bob Eads, had paired me with his stepson Bill. Bob paired me with a great guide. I was able to shoot a buck and a doe for this hunt. That first day I bagged my buck at seven o’clock in the morning. I did not have any luck the rest of the day getting my doe but the second day I was able to get my doe about five o’clock in the afternoon.

The last night there, we were honored by different volunteers and sponsors of the Great Deer Hunt. I must say, some of the speeches were very emotional for me. As writing this article today, I am still lost for words of what all those people did for the veterans that participated in this event. I so appreciate what they did and cannot say thank you enough to all the volunteers, staff, sponsors, and especially to Jack Dalrymple, Bill Kokendoffer, Bob Eads and his stepson Bill. I will never forget the great time I had at this Deer Hunt.
From the Desk of Kim Gould

As you read on page 1, three veterans were honored with Quilts of Valor at our Christmas Party on December 12. Quilt Maker Jan Jordan presented the quilts, described the Quilts of Valor process and provided a history of each veterans service. Below are the remarks shared by Jan Jordan at this presentation.

Tonight, we have the privilege of recognizing several friends and members of our community for their service in our military by awarding each a Quilt of Valor.

Quilts of Valor Foundation was started in 2003 by a mother whose son was deployed in Iraq. One night she had a powerful dream in which she saw a soldier struggling with his war demons in the wee hours before dawn. In the next part of her dream, Catherine Roberts saw the soldier wrapped, comforted, and calmed by a quilt. Shortly, she made the first Quilt of Valor. Catherine’s belief that quilts equal healing is at the core of what QOVF is today. The Quilts of Valor community includes over 9,000 members and volunteers across America who make and award quilts to veterans and service members. To date over 190,000 Quilts of Valor have been presented - in every state and to individuals from every branch of service. The quilts we award this evening will be recorded and added to that number. A Quilt of Valor says - in a way mere words cannot - thank you for your service and sacrifice. Thank you for putting your life on hold to protect the freedoms enjoyed by the rest of us. Your Quilt of Valor represents our appreciation for your fulfillment of your duty.

Bob Barnard was drafted into the U.S. Army during his senior year in college and entered the service in February 1968. He completed Basic Training at Fort Bliss in El Paso, Texas, followed by on-the-job training at Hunter Army Airfield in Savannah, Georgia. In November 1968, Bob was deployed to Vietnam and assigned to the Surgeon General’s Office at U.S. Army Headquarters at Long Binh as an administrative assistant. After attaining the rank of E-5 Specialist, Bob supervised a group of 20 men in his barracks and was in charge of a reactionary force on base. Bob was discharged from the Army in October 1969 and returned to complete his college education at the University of Iowa. Unlike many of Bob’s friends and acquaintances, he was spared from infantry combat during his tour of duty in Vietnam. However, he became one of the large and growing number of Vietnam veterans whose exposure to Agent Orange contributed to debilitating illnesses diagnosed decades after their service. Bob’s cancer diagnosed in 2014, resulted in spinal cord injury and paralysis in his legs. Today he reports he is thankful to the VA Health System for their skills and unending care and compassion. Bob is now proud to serve with his fellow spinal cord injury veterans as a Board Member of the Iowa Paralyzed Veterans of America. Bob, on behalf of the Quilts of Valor Foundation and a grateful nation, with our deepest appreciation, we award you this Quilt of Valor in recognition of your service.

Larry Clayton left Oakland, California for Vietnam on New Year’s Day 1969. After processing in at Bien Hoa, he was assigned to the 1st Cavalry Division (Airmobile). From Bien Hoa, he was transported to Phuoc Vihn, where he spent the first five and one-half months at Division Headquarters. While there, he requested a transfer to the field and spent the rest of his time on various landing zones north and west of Saigon until February, 1970. Larry served as a fire-direction specialist in a 105 howitzer battery. His job was to help fire support missions for the infantry when they made contact with enemy forces. Larry estimates he was on 12 or 13 landing zones during the eight and one-half months with his unit. Larry was awarded the Bronze Star for Merit. Larry has shared that he is proud of his service in Vietnam, and he feels very fortunate that he hasn’t had to deal with any severe health or emotional problems to date. He feels much sadness that some of his Vietnam brothers, and some of his childhood buddies have had to deal with the after effects of their service in the military. Larry, on behalf of the Quilts of Valor Foundation and a grateful nation, with our deepest appreciation, we award you this Quilt of Valor in recognition of your service.

Jon Schneider served our country in the U.S. Navy from 1955 to 1958. He served with the 6th Fleet aboard the USS Lowry. After leaving the service, he received a bachelor’s degree in advertising from Drake University in 1968 and a master’s degree in public relations from Ball State University in 1971. Jon has continued to serve his country in many ways. From 1995 to 2001, Jon was an executive officer and acting executive of the Iowa Commission of Veterans’ Affairs. In July 2001, he was appointed Regional Veterans’ Affairs Organization Liaison for the Department of Veterans’ Affairs by Secretary Anthony J. Principi. Jon was one of the six regional liaisons who maintained contact with state and local veterans’ organizations and related groups to exchange information on issues affecting veterans and the organizations that represent them. His region was far reaching including Iowa, Minnesota, North Dakota, Nebraska, Kansas, Missouri, Illinois, Wisconsin and Michigan. Jon is a co-founder and has been President of the Iowa Paralyzed Veterans of America for the past 30 years. He also served as a National Director from 1989 to 2001 and a member of PVA’s Research/Education and Long Range Planning Committees. Though wheelchair-bound, Jon, at age 81, works tirelessly for veterans’ needs. He can be found every weekday visiting veterans at the Des Moines Veterans’ Hospital or at the Iowa PVA office supporting the members of PVA. Jon, on behalf of the Quilts of Valor Foundation and a grateful nation, with our deepest appreciation, we award you this Quilt of Valor in recognition of your service.

How to request a Quilt of Valor:
• Log on to the qovf.org website.
• Click on the red “Take Action” button.
• Click on “Request a Quilt of Valor”, read the directions, fill out the form and submit.
• The appropriate State Coordinator will find a group or individual volunteer to fulfill your request.
MANY THANKS

to the people and/or organizations who have donated directly to Iowa PVA from November 1, 2018—December 17, 2018

Alberts, Dan (monthly)
Affinity Credit Union
American Legion Auxiliary —Pella, IA
Anonymous
Baldwin, Gretchen & Joshua
Barnard, Bob & Penny
Brown, Twyla (United Way)
Christiansen, Susan
Clubine, Delbert
Delany, James (monthly)
DePorter, Daniel (United Way)
Gould, Kimberly (United Way)
Hartford Sportsmen Club of Hartford Iowa (monthly)
Hensley, Theresa (United Way)
Iowa One Gift Donation (monthly)
Krause, Linda
Leary, Timothy & Laura (monthly)
Martinez, Rachael
Mayne, Kai (Network For Good)
Morrison, Heidi (monthly)
Norman, Joni
Paschall, Ross and Peggy (Memory of Jeff Paschall)
Peragine, Katherine (United Way)
Personal Training (monthly)
Prucha, RG & Bonny
Simonson, Donald and Terrill
Stuff Etc Inc
Swietlik, Steven and Sandra
Wold, Barbara
Zankowski, Louis

THANK YOU FOR YOUR SUPPORT!!

To the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from November 1 - December 17, 2018.

Barnhart, Lara
Dittmer-Purcell, Anita and Bill Purcell
Storey Kenworthy/Workspace Charitable Fund
Miller, Mike
Riverside Casino & Golf Resort, LLC (Funds earned by volunteers who usher for shows at the facility.)
Dependency and Indemnity Compensation

By: NSO Gus Gonzalez

Dependency and Indemnity Compensation (DIC) is a monetary award paid directly to eligible dependents such as surviving spouse, qualify children, and or dependent parents of deceased service member or veteran who died in the line of service or Veterans death, which was caused by his or her service connection injuries or disease.

Spouse- must meet one or more of the required eligibility for Dependency and Indemnity Compensation payments:
- Must have valid marriage to the service member.
- Must be married to the veteran who passed away while on active duty.
- Must have been married to the service member for at least one year or more.
- Had a child with the service member or legalize adoption prior to their 18\textsuperscript{th} birthday.
- Lived together as a common law husband and wife until death (Google - for more information on common law marriage per each state).
- A no fault separation.
- If not currently remarried.

Footnote- a surviving spouse who remarries on or after December 16, 2003, and on or after attaining the age 57, is still entitled to continue to receive Dependency and Indemnity Compensation award.

Surviving children- must meet the required eligibility for Dependency and Indemnity Compensation payments:
- The child must not be on the surviving spouse’s DIC award and unmarried.
- Under the age of 18 and in high school or 18-23 and attending college.

Required evidence needed for Dependency and Indemnity Compensation payments:
- If Service member died while on active duty, or active duty for training (Guard Reserves),
- Line of Duty needs to be provided OR
- Died from an injury or disease related to his or her service connection disability. Death certificate must state the cause of death (cause of death should relate to his or her disability) OR
- Died from nonservice injuries and was entitled to VA compensation for service connection that was rated as totally disabling for a period of 10 years immediately before death.
- At least one year before death if service member was a former POW who died after September 30, 1999.

There may be extra special allowance payable if the veteran was rated totally disabled for eight continuous years prior to his or her death.

How to Apply
To seek Dependency and Indemnity Compensation Benefits, the surviving spouse must complete a VA Form 21p-534ez and provide a certified copy of the death certificate.

If you have any questions about this benefit, you may contact a Paralyzed Veterans of America’s National Service Office and we will be glad to assist you. Also, I may be contacted directly at 515-323-7544 for questions regarding this benefit or any VA benefits.
To all of my PVA friends and family and people from ITC,

There are not enough words to express the way I feel about this new Track Chair. Thank you simply is not enough. However I’m going to try.

Before I got hurt, I was very much an outdoors kind of person. I would go hiking both on and off the beaten path, camping, and fishing wherever there was an open river bank. Nothing could slow me down until my chair became part of my life.

Since the delivery of this incredible gift we have gone all over. We hit the yard first to get a feel for it. Next came the city streets and broken sidewalks. Finally we hit both of the parks. This awesome machine drove through woodchips everywhere, over curbs, and climbed some of the steepest hills in Silvis.

I have laughed, enjoyed, and loved every minute of it. It is simply amazing. I have enjoyed the looks and conversations with people when they see what this new vehicle can do. I look forward to all of our future adventures!

I have also been moved to tears because I don’t know most of the people who raised the funds for this and more than that I don’t know what I have ever done to deserve such a magnificent gift. I LOVE IT. I hope whoever reads this can see it’s way more than a chair.

I know I probably should have said it before now...thank you from the bottom of my heart for the new Track Chair.

A million thank you’s and may God bless everyone who had a hand in making my dream a reality! I love it! ~Lonn Cunningham

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.
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<th>January</th>
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<td>Sandra J. Kelderman Jan 1</td>
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<td>Janet A. Gruber Feb 5</td>
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<td>Jesse E. Barwick Jan 10</td>
<td>Richard W. Beckwith-Adams Feb 8</td>
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<td>Robbie E. Robinson Jan 31</td>
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**CALENDAR OF UPCOMING EVENTS**

1/01 IPVA Office Closed in Observance of New Years
1/10 Bingo at the Des Moines VA CLC - 6:30 pm
1/21 Martin Luther King Jr. Day - Office Closed
1/23 Veterans Day on the Hill, Des Moines Capitol 9:00 - Noon
1/24 BOD/Membership/Caregivers Support Meeting at IPVA Office - 11:00 am
1/31 Deadline for Midwest PVA Fishing Event (see page 16)
2/14 Happy Valentines Day
2/14 Bingo at the Des Moines VA CLC - 6:30 pm
2/18 President’s Day - Office Closed
2/28 BOD/Membership/Caregivers Support Meeting at IPVA Office - 11:00 am
3/3 - 3/8 Advocacy/Legislation Seminar in Washington D.C.
3/31 - 4/5 Winter Sports Clinic at Snow Mass Village, Colorado
6/14 - 6/16 National PVA Pistol/Trapshoot Event in Cedar Rapids, IA
6/23 - 6/29 Midwest PVA Fishing Event in Ely, MN
The Mission Statement of Paralyzed Veterans of America

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.
IVH Pool Tournament
November 17, 2018

1st Place Winner: Allen Zalk
Presenter: Kenny Lloyd

2nd Place Winner: Loren Strong
Presenter: Kenny Lloyd

3rd Place: Sonia Owens
Presenter: Kenny Lloyd

Thank you to.....

During the month of October, Iowa PVA was charity of the month at Stuff Etc. Because of their support and the many customers who visited and donated, we received a donation of $300 on December 11, 2018. Pictured from left to right: Gretchen Baldwin -Office Manager, Kim Gould -Executive Director and employee at Stuff Etc.
Thank you to Affinity Credit Union for their generous donation of $1,750 to IPV A on December 7, 2018. We were chosen as one of their 12 Days of Giving.

**Front Row:** Bob Barnard, Keith Harvey.

**Back Row:** Christina (Affinity Credit Union), Chasity (Affinity Credit Union), Josh (Affinity Credit Union), Oscar Ballard, Bailee (Affinity Credit Union), Joey (Affinity Credit Union) and Gretchen Baldwin.
Thank you to Storey Kenworthy and their Foundation of Giving!
On November 15, 2018, we were awarded a $5,000 check to help fund the Midwest PVA Fishing Event in Ely, Minnesota in 2019. IPVA was one of five chosen for this award out of 76 applicants.

**Back Row:** Glenn Oberlin (Storey Kenworthy), Kim Gould, Gretchen Baldwin, Tiffane Cassady (Storey Kenworthy) and John Guenther (Storey Kenworthy).

**Front Row:** Keith Harvey, Duane Frideres and Jon Schneider.

*Des Moines VA CHS, 3600 30th Street, Des Moines, IA*

**Most Needed Donations (All clothing items must be NEW):**
- 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 (Dollar Tree)
- Country Western CD’s (Artists from the 60’s, 70’s, 80’s)

Contact Laura Kendrick with any questions for donations at 515-699-5818 or laura.kendrick@va.gov
This year’s pheasant hunt was held on the Mike Martin farm in Madrid, Iowa like it was last year. Mike has been generous enough to invite us back and I can’t say thank you enough for letting us hunt on his ground. As you can see in the pictures, it was cold that day. Regardless of the cold weather, we were able to bag more pheasants this year than we did last year.

Mike has already told us that he wants us to come back next year. I am sure all of us will be back and hopefully warmer weather. We were utilizing three track chairs this year and we will have four next year. We could have used four this year, but I could only get two on the trailer. Next year one of our volunteers, Stacy Knight, has offered to come and get a track chair in her trailer. That leaves room for more hunters if anybody is interested. Besides being on a great hunt, we also took time out to eat at Whatcha Smokin’ BBQ & Brew in Madrid, Iowa. Everyone enjoyed some great food.

I know it is a long ways off for the hunt next year, but if you want to hunt with us we need to know ahead of time so we can plan on how many volunteers we will need to help. There will be a notice in our newsletter next fall and you can contact me to hunt with us. We also have our Turkey and Deer hunts and like the pheasant hunt we need to know ahead of time to plan for those hunts. If you are interested in hunting with us, please call my cell number at 515-570-1402.
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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 28-29, 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 26-27, 2019
Brockton, MA

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

*Indicates combined events

PARALYZED VETERANS NATIONAL SHOOTING SPORTS 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

Arizona Shooting Sports Tournament
February 8-10, 2019
Phoenix, AZ

Cal-Diego Shooting Sports Tournament & Pistol Tournament
March 29-31, 2019
Redlands, CA

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

Vaughn Shooting Sports Tournament
May 20-22, 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-America Bass Tournament
September 21-23, 2018
Eufaula, OK

Vaughn Bass Tournament
October 5-7, 2018
Whitington, IL

Florida Gulf Coast Bass Tournament
March 28-31, 2019
Tavares, FL

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

Mid-Atlantic Bass Tournament
June 7-9, 2019
Henrico, VA

ANNUAL PVA/NWBA BILLIARDS TOURNAMENT SERIES

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

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

Mid-Atlantic Billiards Tournament
March 22-24, 2019
Midlothian, VA

Mid-America Billiards Tournament
April 14-15, 2019
Wickliffe, OH

Mountain States Billiards Tournament
June 21-22, 2019
Fountain, CO

BOCCIA

Gateway Bocce Tournament
October 19-20, 2018
St. Louis, MO

Mid-Atlantic Bocce Tournament
January 12-13, 2019
Richmond, VA

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

Cal-Diego Bocce Tournament
February 19-20, 2019
San Diego, CA

Arizona Bocce Tournament
April 7-8, 2019
Phoenix, AZ

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

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

Great Plains Bowling Tournament
July 12-15, 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-Dec. 2, 2018
Las Vegas, NV

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

HANDBICYCLING RACING

Museum of Aviation Marathon
January 12, 2018
Warner Robins, GA

P&W Racing High Performance Camp
January 26-February 1, 2019
Brooksville, FL

Top End Euro-American HC Championships
February 2-3, 2019
Gainesville, FL

Valley of the Sun
February 16-18, 2019
Phoenix, AZ

One City Marathon
March 2, 2019
Newport News, VA

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

P&W Learn to Race Camp
April 29-29, 2019
Gettysburg, PA

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

NATIONAL VETERANS WHEELCHAIR GAMES

For more information, visit: pva.org/sports
Midwest PVA Fishing Event

DEADLINE FOR ENTRY TO THIS EVENT IS JANUARY 31, 2019

The Iowa, Minnesota and Wisconsin Chapters of Paralyzed Veterans of America would like to announce their partnership in the 2019 Midwest PVA Fishing Event, which will be held June 23-29, 2019.

This week-long event will be held at the Veterans on the Lake Resort in Ely, Minnesota. Veterans on the Lake Resort was started for the sole purpose of creating a recreational facility for disabled veterans to enjoy and continues to be a non-profit facility. It is nestled in the Superior National Forest adjacent to Fall Lake and has over 2,700 feet of shoreline. It offers fishing from boats, pontoons and off the dock. (www.veteransonthelakeresort.org) Other fun activities will include: Fish-fry, campfires, and access to the local attractions. This event promotes rehabilitation by assisting physically challenged veterans the chance to experience the sport of fishing along with networking and camaraderie. Fishing assistance will be offered to anyone who needs it.

Participation in the Midwest PVA Fishing Event is open to all PVA members in good standing. Applications will be mailed out in the next couple of months. Once you receive your application, please return it as soon as possible. Space is limited and attendees will be selected on a first come first serve basis and dependent on space availability to accommodate disability levels and accessibility needs.

The Iowa, Minnesota and Wisconsin Chapters will make all of the arrangements at the resort for lodging and meals. PVA Members need to be aware the event is held at a resort and veterans and caregivers will room together. The Iowa, Minnesota and Wisconsin Chapters will make every effort to provide a safe and comfortable experience for everyone.

Medical treatment will be available at local hospitals and clinics at the participants expense. All participants requiring daily supportive care or assistance in activities or daily living MUST bring their own caregiver or support person. Nursing care for activities of daily living such as bathing, showering, chronic wound care and/or catheter or bowel care is NOT provided. We recommend that if you anticipate needing personal equipment or supplies such as catheters, leg bags, irrigating solution, etc. that you plan to bring these items with you due to Ely being a small town. It will also be very important for you to bring all required medications with you for the entire trip.

Participants will be responsible for a registration fee of $50.00 to cover their own attendance cost. Participants bringing a spouse or caregiver will need to pay an additional $50 for this person to attend.

- It will be expected that you will participate and remain at the event ALL WEEK, otherwise another PVA member could have enjoyed the week (unless prior arrangements have been made and approved).
- This event will be offered to PVA Members and 1 adult caregiver/family member. No additional family members can be accepted due to space.
- We are currently making arrangements for a fishing license to be provided for all participants.
- Fishing gear will be available for those participants who do not have equipment. All participants are encouraged to bring their own tackle and fishing gear, including wet-weather clothing.
- Boats and life jackets will be provided. If you have your own boat or life jacket and want to bring it, we would encourage you to do so. Gas for personal boats would be covered for fishing activities. You will be responsible to get your boat to and from the resort.
- You (and your caregiver) will be responsible for your own transportation to and from the event. If you have transportation issues, please contact your nearest chapter (Iowa, Minnesota, or Wisconsin). Transportation issues will be addressed on a case by case basis and every effort will be made to assist those PVA members with transportation. There is no guarantee that transportation assistance can be provided.

We hope you will consider being a part of this event. If you have questions or want additional information, please contact Kim Gould at 515-277-4782 or Kenny Lloyd at 515-570-1402.
**Des Moines Vet Center Group Meetings**

*For Combat Veterans*

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gaming</td>
<td>Monday</td>
<td>9:00am-10:00am</td>
</tr>
<tr>
<td>LGBTQ</td>
<td>Monday (2nd Mon month)</td>
<td>3:00pm-4:00pm</td>
</tr>
<tr>
<td>Concerned Person</td>
<td>Monday (1st &amp; 3rd Mon month)</td>
<td>6:00pm-7:00pm</td>
</tr>
<tr>
<td>PTSD PEER</td>
<td>Tuesday</td>
<td>10:00am-11:30am</td>
</tr>
<tr>
<td>PTSD VN</td>
<td>Tuesday</td>
<td>11:00am-12:30pm</td>
</tr>
<tr>
<td>OIF/OEF/OND</td>
<td>Tuesday (Drop in)</td>
<td>5:00pm-6:00pm</td>
</tr>
<tr>
<td>Grief / Loss</td>
<td>Wednesday (2x month)</td>
<td>10:00am-11:30am</td>
</tr>
<tr>
<td>Peer Combat Vets</td>
<td>Wednesday</td>
<td>10:00am-11:30am</td>
</tr>
<tr>
<td>PTSD VN</td>
<td>Thursday</td>
<td>1:30pm-3:00pm</td>
</tr>
<tr>
<td>MST (any service era)</td>
<td>Friday (1st &amp; 3rd Fri month)</td>
<td>7:30am-8:30am</td>
</tr>
<tr>
<td>PTSD Focus</td>
<td>Friday</td>
<td>11:00am-12:30pm</td>
</tr>
</tbody>
</table>

*Free and Confidential Individual counseling sessions are also available.*

(515) 284-4929  
Des Moines Vet Center  
1021 22nd St., #115  
West Des Moines, IA 50266

Please call to be scheduled for an appt or to be added to a group.

---

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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  
iowapvagretchen1@yahoo.com
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.**

• **100% OF DONATIONS MADE TO THE MIDWEST PVA FISHING EVENT GO DIRECTLY TO THE EVENT. NO ADMINISTRATIVE COSTS.**

• 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.
This year, I attended the Wheelchair Games in Orlando, Florida. This was my third Wheelchair Games. My previous times I went to Cincinnati and Salt Lake. My favorite was Orlando! The Wheelchair Games is the first time I ever participated in a sport while in and using my wheelchair.

The events I did this year were the power slalom, motor rally and stick bowling. I do everything in my power chair.

Power slalom is an obstacle course set up in the large convention center. There are cones sitting everywhere around the course. The idea is to go through the maze fast but not hit or touch any of the cones. If you hit or touch a cone then it adds to the time and your final time score. This year, one of the obstacles was going through a door frame. The cones are at the top of the door frame. You had to go up an incline, open the door, go through the doorway, partially down the incline, close and latch the door and then down the rest of the incline all without knocking off the cones. I was successful! Another obstacle was a platform and you needed to do a 360 turn in your chair and you can't get your wheels off the platform. One other obstacle was a plastic bar with tennis balls hanging at various lengths along the bar. You need to go through the maze backwards without touching any of the tennis balls. The power slalom looks very simple from a spectators point of view but is much different when you are in the course. It's very fun but is extremely challenging. It gives me a rush. I received a silver medal in the power slalom.

Motor rally is similar to a scavenger hunt. It is held outside around the area where the hotels are located. You have a volunteer with you that has a map of where all the stations are located. You go to the first station and you’re shown a trivia question about the city you are visiting. The questions are in front of you and you point to the one you feel is the correct answer, but you're not told if you answered correctly. The volunteer is not allowed to help you with the question but only helps navigating to the next station. You can visit with your volunteer and can become friends. Then you move on to the next station. I reviewed trivia about Orlando so I could answer the questions correctly. I received a gold medal in this event. This was my favorite event.

Stick bowling was a new event for me. This event was held in a bowling alley and I have never bowled. I thought this event was very hard. My arms were not strong enough and the ball would not even get to the pins during my practice runs. I was trying to decide how to hit the bowling ball. I tried the side and from the front. We had several practice tries. The stick used is like a pole and at the end is half circle that helps push the bowling ball. We bowled three frames which was too much for me. Obviously someone was worse than me because I received a gold in this event.

Playing sports again is such a fun outlet for me. It doesn't matter how adaptive the sport is, the thrill is still there. As long as you can accommodate a sport for me then I want to try it!! Bring it on!

If I focus on what I no longer can do, then I won't be able to enjoy what I still can do. In other words, I can still do things but a little differently or slower than before.

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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.
On November 29, this amazing group of Caregiver’s got together at Iowa PVA. Melanie Wenzel, SCI Coordinator/Social Work Supervisor organized the activity of making Gratitude Jars. After being creative, they enjoyed each others company and then had a nice meal of salad, pasta and breadsticks. They would LOVE for other Caregivers to join them!!

**Pictured from left to right:** Penny Barnard, Bev Frideres, Deb Sankey, Becky Harvey, Pauline Lloyd, Donna, Gina Nichols, Susan Brinkmeyer, Joyce Schneider and Melanie Wenzel.

**SOME RESOURCES:**

[https://www.va.gov/](https://www.va.gov)

VA just launched a new, customer-focused VA.gov which combines many different VA websites into one, unified, Veteran-centric platform. Rather than remembering which site to go to or the many user names and passwords - you can use this site to reach the top 20 services VA offers, such as "schedule an appointment," "file a claim," "apply for health care," etc. Of the over 10 million people that access VA websites in a month, over 80% are searching for these top 20 services! You can sign in using your DSLogin, MyHealthVet, or ID.me - which Veterans use regularly.

It gets better! Veterans can now simply and securely log into this one site and view and update user contact information - which will update ACROSS THE ENTIRE VA ENTERPRISE - which will assist in VACHCS trying to contact you for your health care and VBA contacting you on any service connection claims and benefits. You can also view a personalized dashboard that will show ALL VA benefits and services you, the Veteran are currently using and will also point you in the direction of additional benefits.

[https://www.va.gov/welcome-kit/](https://www.va.gov/welcome-kit)

Whether you’re just getting out of the service or you’ve been a civilian for years now, the VA Welcome Kit can help guide you to the benefits and services you’ve earned. You can download this kit to learn more about your earned benefits and how VA can meet your needs. The kit provides information about eligibility, disability ratings, how VA can support you throughout your life, provides an AWESOME checklist to access your deserved benefits and services and emergency resources.
Are you a Veteran with a service or non-service connected Spinal Cord Injury?

Did you know that the Department of Veterans Affairs has updated its national policy to expand access to ReWalk exoskeletons through a VA SCI Hub and Spoke or the VA Choice Program?

What is ReWalk?
ReWalk is a robotic exoskeleton that enables individuals with Spinal Cord Injuries to stand and walk, and is cleared by the FDA for home and community use.

How Do I Know If I Am a Candidate for a ReWalk?

Contact ReWalk for a Free Screening

www.rewalk.com/contact or 508.251.1154 Option 2

“Using ReWalk, I have more energy and less pain.”
Ret. Army Specialist Gene L.

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www.rewalk.com
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.