Let me start by saying thank you God, Phyllis, family, friends, all the people who voted for me, Mission Able, the Penske foundation, PVA, Shell Oil, VMI Corp., and last but not least Siebert Mobility of Iowa City.

The most unbelievable weekend of my life started Saturday night. We were treated like royalty. Everyone went to the Penske museum/dealership for interviews and later dinner. We were greeted by A/V crew and public relations staff for Mission Able who got us ready for individual interviews. After Sandra made us camera ready (makeup), and George interviewed us we had time to look at the cars inside the museum as well as the ones outside. Inside, there were race cars from formula track to (my favorite) Stock cars, all winners including Roger Penske’s Pontiac # 02 and Andretti’s Camaro #5. The cars outside the museum were equally spectacular; they ranged in flavor from Dodge Viper to Lamborghini Aventador to Bentley Continentals. We shared cocktail hour with Roger Penske, his family, Brad Keselowski, Sam Hornish, and PVA’s own Mark Dowis. Next came hors d’oeuvres which by themselves could have been a complete meal. After that we went upstairs for a four course dinner. This was all on Saturday and I still had Sunday to come.

Sunday started in a hurry with breakfast, then off to the racetrack. We got our passes and were in the inspection area by 10:20. Here we met the guys behind the scenes, the pit crews, the mechanics, and inspectors. I was like a kid in a candy store, with the sound of an 800 HP motor revving up, the smell of the garage, and car exhaust.

Next came the unveiling of my 2012 Dodge Grand Caravan SXT. Here is where I (yes I) was totally lost for words. This van is so AWESOME I do not know any other words to place on it. I am sure people don’t understand what this means to me. This is SO HUGE, the long and short of it is this: my old van was 12 years old and in very bad condition. In the last 4 years it has cost a lot in repairs, left me stranded on the roadside 3 times, has a hole in the floor the size of a saucer, and I have been without a/c for 5 or 6 years. The last part I know is a convenience, but it still makes you not want to go anywhere when its 100 degrees’ outside. It had become so unreliable I found I was spending more and more time shut in at home. Again, thank you to everyone who voted for me.

After the unveiling we wound our way over to meet Richard Petty, yes THE Richard Petty. Then it was onto the races, with a view from the suite. This is truly the way to enjoy NASCAR. Wow I still am at a loss for words.

My only words: God bless you all, you made a difference in our lives.

Lonn J. Cunningham
A Message From The President

Jon R. Schneider

FORBES 2012 NEWS
FOR PARALYZED VETERANS OF AMERICA (PVA)

For those who may not know, National Paralyzed Veterans of America (PVA) has been featured in the Forbes 2012 100 Largest U.S. Charities List, the only veterans service organization to make the prestigious list.

This news came of PVA’s News Release dated December 10, 2012, and I thought it was worth reviewing for our local Iowa Chapter.

Let us all remember that our veterans are our heroes for life. After serving our country, serious injury shouldn’t stop them from living the full, rewarding lives they deserve. At Paralyzed Veterans of America, we fight for better health care and benefits, aid in the search for a truly satisfying career, and provide the path to adventure through adaptive sports and other programs. Furthermore, we are committed to ongoing care by educating clinicians about spinal cord injury, and PVA is deeply invested in the future—a cure for paralysis.

Bill Lawson, National President of Paralyzed Veterans of America stated “The fact the PVA is featured on the Forbes 100 Largest Charities List speaks volumes about the generosity of the American public when it comes to helping those who have served and live with their sacrifices. It also speaks to the business-like way we manage our organization”.

As many know, Paralyzed Veterans of America is highly dependent on the support of our donors. In this tough economy, the need of support is more than ever to intensify the fight for some of our nation’s most vulnerable veterans.

President Lawson further stated “PVA is a relatively small group of hard-working people, trying to do big things through our programs for America’s veterans with disabilities and their families.

In closing I think all of us should take time to thank our National Director, Kenny Lloyd and those who serve on our National Board of Directors for all of their time and support of this outstanding non-profit organization in assisting our true heroes, our disabled Veterans

JRS
Iowa Veterans Summit
by
Kenny Lloyd
National Director

In October, I attended a seminar that was directed at helping our veterans deal with PTSD and other stressful situations in their lives. Maybe some of you have heard of it before. It is called Transcendental Meditation (TM). This is a David Lynch Foundation initiative to help veterans from all wars. The room was filled with different Veteran’s Service Organizations curious to what this was all about. We heard first hand from a World War II Veteran that was dealing with PTSD and did not get any help until he did the TM.

It is a procedure practiced 20 minutes a day while sitting comfortably with your eyes closed. The Transcendental Mediation lets your thoughts go into a peaceful level of consciousness and your body can become more rested. There has been research studies conducted in more than 200 universities and research centers. More than 100 journals have been published regarding these research studies. Transcendental Mediation had been handed down from the ancient Vedic tradition of enlightenment in India for thousands of years.

There is a David Lynch Foundation in Fairfield, Iowa. There were several guests that had attended sessions in Fairfield and told us how it had changed their lives. As published in the journal of Military Medicine, OEF/OIF veterans that practiced the TM technique had a 50 percent reduction in symptoms of PTSD after 8 weeks. TM is also helpful for our caregivers that may be stressed out with taking care of their veterans every day. It has helped the caregivers relax more after practicing TM.

At the time of this seminar, we were told there was no cost to the Veteran to learn Transcendental Mediation. If you are interested in trying TM you can call the David Lynch Foundation in Fairfield at 641-209-3060.

2012 Deer Hunt
By Kenny Lloyd

Well, we did it again. We had a 100% harvest rate at our 2012 deer hunt. There were nine disabled and volunteer hunters. The first day there were six deer killed and the second day one was killed. We did have to hunt three days to fill all the tags because my son and I had not filled ours yet. Some of our volunteers came back to help in filling all the tags. The weather was warm and our volunteers’ walking wished it was colder.

George Barber was a new hunter this year. George is a member of our chapter I had met several years ago at the Castaways event. He was in one of the Hunt Masters and was one of the first to fill his tag with a doe. Congratulations George and I am sure we will see him next year. (See George’s article and photo on page 8.) This makes the fourth season in a row that every hunter has filled their tags. This year there were three bucks and six does harvested. There was a nice ten and eight point buck taken. This makes the third year in a row that a ten point buck was taken.

We have over 1000 acres we hunt on and there are deer trails everywhere. We always get both Hunt Masters and have had luck out of both of them. For some of our new members, the Hunt Master is a lift that you can roll into and it lifts you 30 feet in the air. If you want to hunt with us, you can call me at 641-486-2564 or you can call our office at 1-888-909-4782.

I want to say thank you to all our volunteers for making this another successful hunt and to my wife Pauline for cooking for all of us.
VA Proposes To Add 5 Diagnosable Illnesses Secondary To Service-Connected Traumatic Brain Injury

By National Service Officer

Andrew Bernstrom

The Department of Veterans Affairs (VA) is publishing a proposed regulation in the Federal Register that would change its rules to add five diagnosable illnesses which are secondary to service-connected Traumatic Brain Injury (TBI). “We must always decide Veterans’ disability claims based on the best science available, and we will,” Secretary of Veterans Affairs Eric K. Shinseki said. “Veterans who endure health problems deserve timely decisions based on solid evidence that ensure they receive benefits earned through their service to the country.” VA proposes to add a new subsection to its adjudication regulation by revising 38 CFR 3.310 to state that if a Veteran who has a service-connected TBI also has one of the five illnesses, then the illness will be considered service connected as secondary to the TBI.

Service connection under the proposed rule depends in part upon the severity of the TBI (mild, moderate, or severe) and the period of time between the injury and onset of the secondary illness. However, the proposed rule also clarifies that it does not preclude a Veteran from establishing direct service connection even if those time and severity standards are not met. It also defines the terms mild, moderate, and severe, consistent with Department of Defense (DoD) guidelines. Comments on the proposed rule will be accepted over the next 60 days. A final regulation will be published after consideration of all comments received.

VA’s decision is based on a report by the National Academy of Sciences, Institute of Medicine (IOM), “Gulf War and Health, Volume 7: Long-Term Consequences of TBI.” In its report, the IOM's Committee on Gulf War and Health concluded that "sufficient evidence of a causal relationship” - the IOM's highest evidentiary standard - existed between moderate or severe levels of TBI and diagnosed unprovoked seizures. The IOM found "sufficient evidence of an association" between moderate or severe levels of TBI and Parkinsonism; dementias (which VA understands to include presenile dementia of the Alzheimer type and post-traumatic dementia); depression (which also was associated with mild TBI); and diseases of hormone deficiency that may result from hypothalamo-pituitary changes.

We will be reviewing our office files looking for clients with these five issue who have or have not been diagnosed with a TBI, we may be able to file a claim for TBI if you have the secondary disability and had a verifiable incident while on active duty. If you have any questions please contact the PVA service office at: (515) 323-7544 or toll free at 1-800-795-3602.


DISCLAIMER

Back Talk and the Iowa Chapter of the Paralyzed Veterans of America neither endorses nor guarantees any of the products or services advertised. We are pleased that we can offer you information about products and services that are available, but we strongly urge you to investigate any company or product yourself prior to using such services or products.

Back Talk is a publication of the Iowa PVA and is meant to inform its readers of Chapter activities, legislation, and other matters of concern to veterans and/or members of the disability community. Any opinions expressed in any article is that of the author and may not reflect the beliefs or policies of the Iowa Chapter.
The following information was provided by James Fishi, Associate Director of Field Services-Operations for the Veterans Benefits Department of Paralyzed Veterans of America.

Subject:  Important Policy Change Impacting VA Pension Income Reporting

Date:  December 20, 2012

The Department of Veterans Affairs has discontinued the use of Eligibility Verification Reports (EVR). From this point on the VA will rely on information made available from other Government agencies, which include the IRS and the Social Security Administration. VA beneficiaries will still be required to report any changes in dependency status and unreimbursed medical expenses. Changes in medical expenses should be reported on VA form 21-8416, and changes in income and net worth should be reported on VA Form 21-527, both forms are available online at www.va.gov/vaforms.

While this change is expected to have an overall positive impact on the services provided to VA beneficiaries, many may not become fully aware of the ramifications of these changes and thus will need to be reassured that their benefits will not be adversely impacted.

Claimants must still notify VA of any change in income for themselves or for a family member. This would include any variations in:

- Earnings
- Interest or dividends
- Retirement or Pensions other than VA
- Inheritance
- Rental Income

All beneficiaries currently receiving VA pension benefits will receive a letter from VA explaining these changes and providing instructions on how to continue to submit their unreimbursed medical expenses.


Copies of the VA news release and a sample of the letter that is being sent to VA pension recipients will be made available on the Iowa Chapter web page at www.iapva.org. It is possible that some letters to direct deposit beneficiaries will not be properly directed.

Happy Holidays!!

Kim
As a result of strategic planning by National Paralyzed Veterans of America and the local Chapters, research and analysis shows that we have all of the officially approved components to deliver brand consistency: a powerful name and an iconic logo in *Speedy*. Over the next twelve months, PVA National will implement brand consistency across the entire national PVA brand focused on our official logo *Speedy* and our tag line “Changing Lives, Building Futures”.

The Board of Directors of the Iowa Chapter, in a proactive move, has volunteered our chapter to serve as one of several test sites to implement and adopt the new logo. The new logo for the Iowa Chapter of Paralyzed Veterans of America can be found page 12 of this publication. It is fresh, innovative, easily recognizable and conveys our mission at a glance.

This change is part of the awareness process. Paralyzed Veterans of America and the Iowa Chapter provides so many services to our members, it is shameful that more people do not know who and what we are. Many of our own members do not know us well enough to take advantage of our benefits. Awareness will be a key focus in our ability to raise funds and survive in these difficult economic times. Learn about us, take advantage of what we have to offer and spread the word.
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**2012 IVH Pool Tournament**
By Kenny Lloyd

This year at the Iowa Veterans Home we had twelve participants. There were eight from the home and four from our chapter. It was not as large of a group as we have had in the past but it was still a great time. We play nine ball every year and it is a good thing you don’t have to call the pocket. The reason I say this is we had two players who took 1st and 2nd that were lucky at hitting the nine ball in on combination shots.

For the first time since we have been holding the pool tournament at the Iowa Veterans Home, none of the trophies stayed at the home. All of the trophies went home with the participants representing the IPVA chapter. Our third place winner was our secretary, Steve Brinkmeyer, the second place winner was my wife Pauline, and the first place winner was Kim Gould our Executive Director. We had a twelve place grid set up for playing pool that day and Pauline and Kim agreed to fill in the last two positions. All I have to say about Kim and Pauline is they must have spent a lot of time in the pool halls when they were kids. Congratulations to Steve, Pauline and Kim.

**Disabled Deer Hunt**

I would like to thank Pauline & Kenny Lloyd for having me at their home for the deer hunt that they hold every year. I had a wonderful time and thanks to my hunt buddy Tony, I was able to harvest my first deer in at least 12 years. I was put in a Hunt Master deer blind about 30 feet in the air, it provided shelter from the wind and was quite comfy. Even though the weather wasn’t that cold it was nice to have shelter, however, I still caught a cold but it was well worth it.

Believe me, you missed a great hunt. On the first day we saw 20 deer in the morning and at least 15 more in the afternoon. They took us out in the timber on 4 wheelers and back in for lunch. If you went hungry at lunch, it was your own fault. Pauline provided chili, ham sandwiches, deer bologna and homemade candy. Thanks Pauline!

All I had to do that weekend was harvest my deer, everything else was done for me. We ended the 1st day getting 6 deer (4 does, an 8 point buck and a 10 point buck). I plan on going back next year, if they will have me. I had a wonderful time and made new friends. I strongly suggest if you can go next year, go! I love being in the outdoors and even if it is just a few hours you can forget about everything else going on, it is so worth it.

George Barber
Using On-Line Job Searches

The Positives

- You can explore jobs according to your schedule
- You can search larger boundaries for openings
- You can complete more in-depth explorations in your area
- You can create new contacts
- You can develop new information on employers

Finding the Right Website

- Who runs the site or service?
- Do they list blind announcements or do they send you to the company site to apply?
- Does the site offer direct contact information?
- How timely are the job leads?
- Is there a fee for their services?

Helpful Hints

- Don’t search for jobs when you stressed out. Some job sites are very frustrating to navigate. Give yourself room to take a break.
- Ask for help if you are running out of ideas and areas for your search
- Use the website information as a tool to create your own job search researching companies that may not be listed but would offer positions to apply to.

Veterans with Spinal Cord Injury or Spinal Cord Disease who may be receiving SSDI or SSI and wish to work might consider calling a Paralyzed Veterans of America Certified Vocational Rehabilitation Counselor.

Contact information:

Jim Arndt
1 Veterans Drive, Building 76, Room SC139
Minneapolis, Minnesota 55417

Office: 612-629-7021
Email: jamesa@pva.org

www.OperationPAVE.org
On October 5, 2012, Dr. Barry Goldstein, was selected for a Title 38 position of Chief Consultant, Spinal Cord Injury and Disorders Services, Veterans Health Administration, Seattle, WA. Dr. Goldstein previously served as the Associate Chief Consultant, Spinal Cord Injury and Disorder Services, Veterans Health Administration, Seattle, WA.

Barry Goldstein, MD, PhD is the Chief Consultant in the Office of Spinal Cord Injury/Disorders (SCI/D) in VA Patient Care Services. As the Chief Consultant, he is involved in the development and interpretation of policy that pertains to the VA SCI/D System of Care. He is also a Professor in the Department of Rehabilitation Medicine at the University of Washington Academic and Medical Center and is board-certified in Physical Medicine and Rehabilitation and Spinal Cord Injury Medicine.

Dr. Goldstein has spent his medical career as a spinal cord injury expert and physiatrist. He has maintained a clinical practice in which he sees people who have spinal cord injuries and disorders. He has a particular interest in health maintenance, the prevention of complications, and healthy aging after a spinal cord injury. In 2012, he received the Excellence Award, a national award from the Academy for Spinal Cord Injury Professionals. He also currently serves as the director of the Clinical Coordinating Center of the VA Spinal Cord Injury Quality Enhancement Research Initiative (SCI QUERI) project, a VA Health Services Research and Development initiated project to study knowledge gaps, best practices, and perform research in the area of spinal cord injury and disease.

As a physician and researcher, Dr. Goldstein has studied problems that occur after spinal cord injury. With particular attention to high risk/high volume problems, identifying best practices, and developing quality improvement initiatives, Dr. Goldstein has studied pressure ulcers, obesity after spinal cord injury, the prevention of respiratory problems, and infections associated with spinal cord injuries. He has published numerous articles and chapters, primarily related to a better understanding of the prevention and treatment of spinal cord injury problems. He has had an active research career, since joining the VA and University of Washington, in basic and clinical sciences obtaining VA, NIH, and private foundation grants, including several studies on pressure ulcers.

Dr. Goldstein has had a distinguished career as a teacher during the past 30 years, at VA, the University of California at Los Angeles and the University of Washington Academic Medical Center, and has received many teaching awards. As a physician and teacher, Dr. Goldstein maintains the philosophy that educating patients, families, caregivers, as well as the next generation of physicians and current practicing physicians, is of vital importance. Having received his PhD in Anatomy and Cell Biology, he has focused his educational activities on spinal cord related anatomical, nervous system, and rehabilitation topics for Veterans and their families, pre-medical students, allied health students, medical students, graduate students, resident physicians, and practicing physicians.
CALENDAR OF UPCOMING EVENTS

1/10 - Bingo at the Des Moines VA CLC - 6:30 p.m.
1/21 - IPVA Office Closed in Observance of Martin Luther King Jr. Birthday Holiday
1/23 - “Veterans Day on the Hill” at the Iowa State Capitol Building 9:00 a.m. - 12:00 p.m.
1/23 - IPVA Board of Directors Meeting - 2:00 p.m. at the IPVA Office
1/31 - Sports Directors Conference Call - 1:00 p.m.
2/14 - Bingo at the Des Moines VA CLC - 6:30 p.m.
2/18 - IPVA Office Closed in Observance of President’s Day Holiday
2/21 - IPVA Board of Directors Meeting - 1:00 p.m. at the IPVA Office

Contact Us:
Iowa PVA
3703 1/2 Douglas Avenue
Des Moines, IA 50310

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On Saturday, November 17th, my wife hauled me to the Iowa Veterans Home in Marshalltown. The purpose of the trip was not to find a new home for me, thank goodness, but I was there to compete in a 9-ball tournament. The tournament is an annual event. The Paralyzed Veterans of America Iowa chapter shows up to shoot a little pool and have a great time visiting with the residents. I think this was the 9th year in a row I've been involved.

I was lucky this year and without cheating I finished in 3rd place. I have a nice trophy to prove it. Of course I would've been happier to be the winner but I was not good enough. Dang it!! The first and second place winners were women. Let me say this about that, "At sometime in their lives, Kim Gould and Pauline Lloyd have spent a lot of time playing pool in taverns."

The discussion question at last week's meeting of my Thursday afternoon Grey Book Reading Club was: If you go out of the house in late November and if you have a lot of loose and baggy skin on your chin and neck you are just asking for it. True or false?

ATTENTION

1. Please check out our new and improved web page!!!!!!! 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.
   www.iapva.org.

2. 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.

Wheelchair Basketball

Starting Thursday, May 26, Adaptive Sports Iowa began hosting 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.
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Fax:  515-962-9251

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**JANUARY**

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**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:

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Jazmynn Hutchings and Cecil Brewton at the 2012 PVA Christmas Party