Iowa PVA Sports Director Ron Smith (pictured), participated in the Iowa Winter Games in Dubuque, IA last month. See article on page 10.
A Message From The President

Jon R. Schneider

As some of you may know, the new MY HEALTHeVet is the VA’s Personal Health Record. It was designed for Veterans, active duty service members, their dependents and just as importantly, our Caregivers. My HEALTHeVet program has been developed to assist partners with your health care team. This new program is there to provide you with opportunities and tools to make informed decisions.

As your Chapter’s President, I hope you and your support team take this opportunity to use this tool. All users who have a My HEALTHeVet account are able to view their self-entered information. As discussed at the last quarterly SCI meeting (3/3/2012) at our Chapter office, if you are a veterans enrolled at a VA facility and have an upgraded account, you may be eligible to view:

- Information you self-entered into My HEALTHeVet
- Portions of your official VA health record (as it becomes available)
- Your Department of Defense (DOD) Military Service Information

As a side note, in the past year, more features have been added that allow you to view VA appointments and check lab results. The most popular feature is still online prescription refills. You can also view your prescription history. If you have an upgraded account, you may also send a non-urgent Secure Message to participating members of your VA health care team.

Use My HEALTHeVet and become an active partner in your health care. Remember, by working with your health care team and knowing your health conditions, you can learn to make healthy choices and better manage your health.

To get an upgraded account you must complete a one-time process called In-Person Authentication (IPA). Please take the time to register today. For further information please call your VA health provider.

jrs
This year we were back in Orlando, Florida for the Mid-Winter Board meeting. The first two days the weather was like Iowa instead of Florida. It would get down to 20 some degrees and the highs were like in the 40’s. It did start getting better though and we started feeling the 70’s and 80’s. I know we have had a good winter in Iowa but those warm days did feel good.

This year the Board had some very tough decisions to make. The National Directors had a special meeting and met in executive session for the first day. Donations have not been coming in to PVA as in the past and we all know this is because of our weak economy. We decided to cut the chapter contribution to $130,000 for the remaining of this fiscal year. Beginning the start of next fiscal year, the Executive Directors and Government Relations pay will not be matched by National PVA. This will be a hardship for several chapters. Our chapter is going to need to find ways to raise money in the upcoming year.

The next day, reports were heard from the Executive Committee, PVA staff, and different committees. The keynote speaker was John Gingrich, Chief of Staff of Veterans Affairs. There were several resolutions that were debated and voted on. I did amend the mileage resolution from .35 to .45 a mile. Below are the resolutions.

<table>
<thead>
<tr>
<th>Resolution</th>
<th>Chapter/Committee</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-F-1 PVA Membership</td>
<td>Southeastern Chapter</td>
<td>Referred to Committee</td>
</tr>
<tr>
<td>12-F-2 Term Limit PVA President</td>
<td>Minnesota Chapter</td>
<td>Withdrawn</td>
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<tr>
<td>12-F-3 PVA Standing Rules/ Special Rules of Order</td>
<td>Governing Documents Ad/Hoc Committee</td>
<td>Passed</td>
</tr>
<tr>
<td>12-F-4 Mandatory Resume</td>
<td>Great Plains Chapter</td>
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<tr>
<td>12-F-5 PVA Membership Eligibility Criteria</td>
<td>Membership Ad/Hoc Committee</td>
<td>Referred to Committee</td>
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<tr>
<td>12-F-6 Mileage Reimbursement</td>
<td>Executive Committee</td>
<td>Amended &amp; Passed</td>
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<tr>
<td>12-F-7 PVA Model Bylaws</td>
<td>Model Bylaws Comm.</td>
<td>Referred to Committee</td>
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<td>12-F-8 Verbatim Minutes</td>
<td>Executive Committee</td>
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<tr>
<td>12-F-0-1 Past President Travel</td>
<td>Gateway</td>
<td>Failed</td>
</tr>
<tr>
<td>12-F-0-2 National PVA Telemarketing Program</td>
<td>Cal-Diego</td>
<td>Passed</td>
</tr>
</tbody>
</table>

**IPVA April Turkey Hunt**

The IPVA Turkey Hunt will be held April 28th-29th in the Hardin County area. Lunches will be provided and there will be coffee and donuts to start the day. There will be a volunteer for each hunter. If you are interested in participating in the April Turkey Hunt, please contact Kenny Lloyd at 515-570-1402 or call the Iowa PVA office at 515-277-4782 or 1-888-909-4782.
A veteran in receipt of compensation or pension benefits from the Department of Veterans Affairs (VA) should plan for the future well-being of those who are dependent upon them. There are also some compensation and pension programs available to qualifying surviving dependents through the VA, though usually at significantly lower rates than the veteran’s current award amount. A spouse may be eligible for basic Dependent and Indemnity Compensation (DIC) which is currently $1,195 a month if the veteran passed away due to a service connected condition.

The VA pension benefits are solely income based. If the widow/widower does not qualify for VA assistance, hopefully she/he qualifies for Social Security. Unfortunately, there are many variables and everyone’s check amount will differ. We have recently witnessed the effects that the lack of estate planning can have on a widow/er.

Being a veteran does not excuse a person from financial planning. There are numerous ways to plan for the future. If you are unsure of your own planning skills please consult a professional. Your local service office can also provide information on possible VA benefit eligibility. Widow/widower’s who qualify for DIC may have to wait for several months for the VA to process their claims.

**VA Insurances**

Service-Disabled Veterans Insurance (S-DVI) is available for Service Connected (SC) veterans with a 0% or greater rating with an other than dishonorable discharge release after April 25, 1951. RH insurance is available from $1000 to $10,000 in increments of $500. RH insurance must be applied for within 2 years of being granted a new SC disability. Veterans who are rated total and permanently disabled at 100% can apply to have their basic premiums waived and purchase supplemental insurance up to $30,000 in increments of $500.

**Attention:**

Change in law, which was enacted on October 13, 2010, provides an increase in the maximum amount of Supplemental Service-Disabled Veterans Insurance from $20,000 to $30,000 and will take effect on October 1, 2011. All eligible veterans will have an opportunity to increase their coverage amounts. If you have any questions regarding this, please contact your local National Service Officer or the Department of Veterans Affairs at 1-800-827-1000.

**WEBSITE!!!**

We now have our very own website up and running. There are still some changes that need to be made and some things that need to be added, but this is a start. Check us out at: www.iapva.org
From the Desk of the Executive Director

Kim Gould

As outlined in National Director Kenny Lloyd’s article, the National Board of Director’s were faced with some difficult decisions at the Mid Winter Board meeting last month. PVA relies solely on donations and with the dire financial situation our country is in, it is no wonder that PVA’s revenue has taken a significant hit. The National Board of Director’s decided to again reduce our monthly Chapter Grant and starting in October, will no longer assist in paying the Executive Director’s salary (National PVA currently pays 50%). With this significant reduction is monetary assistance from national PVA, the Iowa Chapter finds itself in a very precarious financial situation. As a point of information, 96% of the Iowa Chapter’s revenue is made up of the monthly Chapter Grant and the Executive Director Matching Grant.

With all of that in mind, I can assure you that our Chapter members will not feel the effects of this financial distress in the form of a reduction in our programs. We will continue to support sporting events, education seminars to our medical providers, advocacy (legislative and benefit), Caregiver’s Day, Hospital Liaison site visits, movie night and family time functions, public education on disability and accessibility issues, support of research for a cure for paralysis and all other activities and responsibilities associated with accomplishing our mission. The Iowa PVA is committed to these programs and serving our membership.

For the past few years, we have been very thrifty in our spending outside of our membership programs and will continue this diligence. Our last two annual audits revealed that over 80% of our chapter expenditures were allocated to our programs. Less than 20% of our income has been spent on salaries, rent, utilities, office supplies and other administrative costs associated with maintaining the daily functions of our chapter.

In addition to saving money on expenses, I and the Board of Directors of the Iowa Chapter intend on launching a virtual awareness and fundraising campaign. Awareness in our local chapter is key in raising donations at the chapter level and fundraising events will be the norm rather than the infrequent occurrence it has been in the past. Please spread the word about our organization and solicit not only donations to our cause, but promote participation in our events as they come up. If you have local groups that you would like us to come and speak to about our organization, please call the office. We would be happy to put on a presentation.

The Iowa Chapter is not only here to assist our members, but we are nothing without our members. We need your help. Please participate and get the word out.

KIM

Send Us Your Email Address!!!!

In an effort to enter the computer age as well as reduce our newsletter expenses, we would like to provide your newsletter electronically. If you would like to receive your copy of Back Talk via email, please provide us with your email address. (See our contact information on Page 8.)
Travelers with Disabilities and Medical Conditions

This week, the Transportation Security Administration launched TSA Cares, a new helpline number designed to assist travelers with disabilities and medical conditions. TSA Cares will serve as an additional, dedicated resource specifically for passengers with disabilities, medical conditions or other circumstances or their loved ones who want to prepare for the screening process prior to flying.

Travelers may call TSA Cares toll free at 1-855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint. The hours of operation for the TSA Cares helpline are Monday through Friday 9 a.m. – 9 p.m. EST, excluding federal holidays. Travelers who are deaf or hard of hearing can use a relay service to contact TSA Cares or can e-mail TSA-ContactCenter@dhs.gov.

All travelers can contact TSA using Talk To TSA, a web-based tool that allows passengers to reach out to an airport Customer Service Manager directly, and the TSA Contact Center, 1-866-289-9673 and TSA-ContactCenter@dhs.gov, where travelers can ask questions, provide suggestions and file complaints.

How It Works

- When a passenger with a disability or medical condition calls TSA Cares, a representative will provide assistance, either with information about screening that is relevant to the passenger’s specific disability or medical condition, or the passenger may be referred to disability experts at TSA.
- TSA recommends that passengers call approximately 72 hours ahead of travel so that TSA Cares has the opportunity to coordinate checkpoint support with a TSA Customer Service Manager located at the airport when necessary.
- Every person and item must be screened before entering the secure area of an airport and the manner in which the screening is conducted will depend on the passenger’s abilities and any specific equipment brought to the security checkpoint.
- All travelers may ask to speak to a TSA supervisor if questions about screening procedures arise while at the security checkpoint.

Maureen McCloskey
National Advocacy Director
Paralyzed Veterans of America
801 18th st. NW
Washington, DC 20006
202-416-7696
202-416-7706 (fax)
maureenm@pva.org

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.
FOR IMMEDIATE RELEASE  
March 2012

CONTACT  
Lani Poblete (202) 412-1709

APRIL IS PARALYZED VETERANS OF AMERICA  
AWARENESS MONTH  
Theme: “Building a Nation Fit for Heroes”  
Action: Make Helping Veterans Part of Your Life’s Mission

WASHINGTON, DC — Paralyzed Veterans of America is marking the 66th anniversary of its founding this April by encouraging all Americans to take a stand and make helping veterans part of their life’s mission. The Iowa Chapter will be leading awareness raising efforts in our area.

With the theme Building a Nation Fit for Heroes and events across the country, Paralyzed Veterans Awareness Month highlights the unique challenges facing veterans with spinal cord injury/dysfunction. It spotlights the work of Paralyzed Veterans to empower seriously wounded heroes and their families with everything they need to thrive.

“Take a minute during April to think about the challenges facing paralyzed veterans every day and then please do something good for veterans in your community,” said U.S. Army veteran Bill Lawson, national president of Paralyzed Veterans. “Everyone can do something to change lives and build independent futures for those who have worn the uniform — from a school kid saying thanks to a paralyzed veteran who has just come home from Afghanistan to an employer hiring more veterans with disabilities.”

Lawson will be traveling around America during this very special month to raise awareness for Mission: ABLE, Paralyzed Veterans campaign to help veterans with disabilities fully live the lives they deserve and to receive what they need most: care, benefits and jobs. The campaign aims to enlist all Americans — citizens, communities and companies — in an effort to help paralyzed veterans and their families live full, independent and productive lives.

Paralyzed Veterans and its 34 chapters:

Fight for quality VA health care and veterans benefits.
Promote and provide wheelchair sports and recreational activities.
Lead the charge to make America more accessible.
Empower paralyzed veterans with the tools they need to secure good careers, at a time when the unemployment rate for veterans with severe disabilities is 85 percent.
Invest in research to find new treatments and a cure for paralysis.
Provide our services to all veterans and their families free of charge. We simply couldn’t do it without you generous support.

Paralyzed Veterans of America was founded by a group of seriously injured American heroes from the “Greatest Generation” of World War II. They created a non-profit organization to meet the challenges that they faced back in the 1940s — from a medical community not ready to treat them, to an inaccessible world. For 66 years, Paralyzed Veterans national office and 34 chapters across the nation have been making America a better place for all veterans and people with disabilities. www.pva.org
## CALENDAR OF UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/8</td>
<td>Bingo at the CLC</td>
</tr>
<tr>
<td>3/13</td>
<td>Iowa Vets Council Meeting at the Iowa Veterans Home @ 1:00pm</td>
</tr>
<tr>
<td>3/17</td>
<td>Foreign Food Fair at the Iowa Veterans Home</td>
</tr>
<tr>
<td>3/18–3/23</td>
<td>Advocacy/Legislation Seminar in Washington DC</td>
</tr>
<tr>
<td>3/22</td>
<td>IPVA Board of Directors Meeting @ 2:00pm</td>
</tr>
<tr>
<td>3/28</td>
<td>Diversity Day @ SE Polk Junior High School</td>
</tr>
</tbody>
</table>

**ENTIRE MONTH OF APRIL IS PVA AWARENESS MONTH**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/12</td>
<td>Bingo at the CLC</td>
</tr>
<tr>
<td>4/19</td>
<td>IPVA Board of Directors Meeting @ 2:00pm</td>
</tr>
<tr>
<td>4/21</td>
<td>Spring Carnival at the Iowa Veterans Home</td>
</tr>
</tbody>
</table>

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Des Moines, IA 50310  
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888-909-4782  
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Hello everyone,
I hope this finds everyone in a good mood and in great health.

Just a few lines to let you know of some of the fun I have had lately. In the form of winter fun, I've had the great pleasure of getting to compete in the Iowa Winter Games again this year. I have done this for the past 8 years or so, and have always had the best time skiing against able bodied people. A couple of years ago, I had the pleasure of besting a couple of them and was able to bring home the silver medal in both the slalom and the giant slalom courses. Unfortunately, I didn't have that pleasure this year, but I did my best and came in 4th place in both events.

It was a very cold day out there this year. The wind that was coming up the hill was bitter to say it nicely. At the starting gate it was right in your face and everyone that got into the gate was cold by the time they got to race. I made it through both courses and thought I did well to make it around each gate without getting disqualified or going out of bounds. By the end of the day I was ready to get out of my skis and get inside where it was warm.

This is the first year that I was not alone in the sit ski. There were two sit ski people there this year. There was another guy from Davenport that brought his ski this year. So for the first time, the sit down skiers were represented by more than just me, and I hope this is not the only time I get to ski with him. It was a thrill to have more than just me out there. I'll try harder next year to get another medal. I also had the pleasure of getting to ski in Seven Oaks Ski area in Boone this year. On the 9th and 10th of February, Adaptive Sports Iowa put on a ski weekend for anyone in the state. I attended it on both days and had fun skiing on the little hill. It's something else when you get to see the look on people's faces when they see us out there having fun. Don't ever let anyone tell you that you can't do something you want to do. Just get out there and do it anyway.

Well I'll keep trying and every once in a while I'll try to let you all know what's coming up next. I'll be leaving for Colorado at the end of this month for the DAV Winter Sports Clinics again and I'll have pictures and a note or two on how that went too.

I hope you're all doing well and that I get the chance to see you all soon. Until then take care and don't sit still.

Love you all,

Ron Smith
IPVA Sports Director

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Fax:  515-962-9251

SUPPORT THE IOWA PVA

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

Please support our mission through a direct donation to:

Iowa Paralyzed Veterans of America  (Iowa PVA)  
3703 1/2 Douglas Avenue  
Des Moines, IA  50310

Thank you!
## IOWA PVA CHAPTER BIRTHDAYS

### MARCH

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<thead>
<tr>
<th>Date</th>
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<tr>
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<td>Richard A. Tracey</td>
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<td>Mary Beth Mayne</td>
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<td>Garry S. Barry</td>
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<td>Peter Coffelt</td>
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<td>Jon R. Schneider</td>
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<td>Clarence G. Henry</td>
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<td>Oscar J. Ballard</td>
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<td>Cathy A. Hartmann</td>
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<td>Christopher P. Duncan</td>
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<td>3/30</td>
<td>Robert C. Burrell</td>
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<td>3/30</td>
<td>Richard C. Haw</td>
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<td>Harold L. Hymer</td>
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### APRIL

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<td>4/12</td>
<td>Luke B. Wagner</td>
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<td>Nancy E. Collins</td>
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<td>Donald R. Brus</td>
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<tr>
<td>4/26</td>
<td>John W. Jones</td>
</tr>
<tr>
<td>4/27</td>
<td>Gerald L. Lund</td>
</tr>
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## Monday’s Movie And A Meal

**Movie at 3:30 p.m. / Meal at 5:30 p.m.!!!!!**

**March**
- 3/5  “Dolphin Tale” / Potato Soup and Rolls
- 3/12 “Unfaithful” / Meat Loaf
- 3/19 “Country Strong” / Hot Beef Sandwiches
- 3/26 “Inside Man” / Pizza

**April**
- 4/2  “Rush Hour” / Ham and Bean Soup
- 4/9  “21” / Kentucky Fried Chicken
- 4/16 “Jungle to Jungle” / Fazolis
- 4/23 “Terms of Endearment” / Tacos
- 4/30 “Sophie’s Choice” / Hamburgers

**ALL MOVIES AND MEALS ARE SUBJECT TO CHANGE**
**PLEASE GIVE US A CALL IF YOU PLAN ON JOINING THE FUN!**
IOWA PARALYZED VETERANS OF AMERICA
3703 1/2 Douglas Avenue
Des Moines, IA 50310

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.