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March / April 2016

PVA Awareness
April 19, 2016
VA Central Iowa Health Care System
### A Message From The President

**Jon R. Schneider**

**ATTENTION** Iowa PVA members! Please take note of a major change in the VA communication below when you go to your next appointment regarding fasting.

*Please note that as of April 4, 2016 there will be a change made regarding fasting labs at our facility.* Due to an Evidence Based Project done by our Primary Care nurses, Wendy Freesmeier, Leanna Larson, and Katrina Rodriguez, non-fasting labs will be the norm. This project has the approval of the Primary Specialty Care Service Line.

Studies show that an A1C can be used to monitor diabetics and diagnose pre-diabetes. Fasting blood glucose levels can be obtained through home telehealth or personal glucometer. For cholesterol, the main measure affected is triglycerides, resulting in a 20% increase when obtained without fasting. The total cholesterol, LDL, and HDL are not affected and those are used to prescribe and titrate medications.

Providers will still have the option of ordering fasting labs when they feel appropriate. Veterans will be notified of this by a red FASTING stamp on their appointment letters. This change should nearly eliminate rapid response calls due to hypoglycemia caused by fasting (12% of calls during a 12 month period). It will also make afternoon appointments more attractive, which will help lessen the amount of Veterans at the facility in the mornings. This will improve the flow through phlebotomy, allow labs to be processed faster due to an even flow of Veterans, and have a positive effect on parking. This change should also improve our blood pressure monitoring scores, as many Veterans hold their medications when they are fasting, giving falsely elevated blood pressure readings, most importantly, we hope that this change will help improve Veteran satisfaction.”

As a reminder, should you have any questions or concerns, please be sure to contact your service provider.

JRS

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The Mission Statement of **Paralyzed Veterans of America** reads as follows:

*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.
From the Desk of the National Director
Kenny Lloyd

2016 Advocacy Legislation

I finally made it out to the Capitol in Washington DC this year for the Advocacy Legislation. I tried for a few years to talk with our Legislators from Iowa but it seemed like the weather didn’t want to cooperate. I did finally get to see all but one of them, Congressman King. He had something come up and had to cancel our meeting. I did visit his office but it was closed for the day so I couldn’t leave our point papers for him to review either.

The first two days were spent going over the point papers to prepare us for when we talked to our Legislators. Our National Staff was very helpful in assisting us with the wording we needed to use, since they have been doing this for several years. My good friend Gus Sorenson, from Wisconsin, has been advocating for thirty years. He recently retired this year and was awarded a plaque for his years of services with Government Advocacy.

Also, in the two days spent preparing to go to the Capitol, we had two people from the Department of Transportation talk to us about the Air Carrier Access Act. One was Kathleen Blank Riether, a senior attorney for the U.S. Department of Transportation Office of Aviation Enforcement. One of her jobs is to enforce the aviation civil rights. The other person was Peter Cacioppo, Transportation Analyst on disability issues in the U.S. Department of Transportation Aviation Consumer Protection Division. His job was to investigate all complaints alleging disabled passenger mishandling by U.S. and foreign airlines. This Air Access Act was one of our top points of discussion with our Legislators. If you experienced trouble flying and want to tell your story, you can go to www.airaccess30.org to share your story. You can also read other stories about passengers who have had difficulties flying. Believe me, I have had my share of difficulties as well. PVA’s position on the Air Access Act is to strengthen the statute to include specific protections and a private right of action. Also, the need to provide training to all airline personnel.

Besides the people from the Department of Transportation, we had the Veterans’ Affairs Committee of the Senate and the House present to answer questions that we might have. From the Senate side, Maureen O’Neill, Majority Staff Director, and Ethan Saxon, Minority Staff Director. From the House side, Christine Hill, Majority Staff Director - Health Subcommittee, and Cathleen Wiblemo, Minority Staff Director, - Health Subcommittee.

Some of the other issues we discussed with our Legislators included: Protection of Specialized Services to Include Reinstatement of Annual Capacity Report; Inclusion of Procreative Services in VA Health Care; Improve Beneficiary Travel for Catastrophically Disabled Veterans; Expand Eligibility for the VA Comprehensive Veterans; Complex Rehab Technology Recognition Under Medicare; and Senior and Veterans Emergency Benefits Act. If you have problems with any of these issues, you need to contact your Legislators, too. The more voices that are heard, the more chances we will have that they may work on fixing these problems.
A Message from PVA National Service Office
Gus Gonzales

ENTITLEMENT TO AN ANNUAL CLOTHING ALLOWANCE

Now is the time to get your clothing allowances ready for the upcoming year if you are rated for a service-connected disability that requires you to use prosthetic or orthopedic appliances. Examples of items the VA recognizes for eligibility for the clothing allowance are as follows: rigid braces, ankle and foot orthosis with hooks, rigid manual wheelchairs without clothing guards, specialized wheelchairs with sliding board with sliding transfer functionalities, wheelchairs with positioning and posturing adaptions, crutches, wrist braces, prosthesis, rigid orthotics, service dogs, colostomy or ileostomy, and cervical braces.

The allowance is also available if your service-connected skin condition needs prescribed medications that irreparably damage your outer clothing.

Many veterans are in a recurring situation in reference to clothing allowances from the VA. This means that they have been given one clothing allowance for years and do not have to request the clothing allowance for subsequent years going forward. They are automatically given that clothing allowance. But if a Veteran in a recurring situation has ever requested an additional clothing allowance, whether it was approved or not, they are no longer in a recurring situation and from then on they have to request their clothing allowances on an annual basis. For those who currently have multiple clothing allowances, they also have to request those clothing allowances on an annual basis.

You may qualify for the VA Clothing Allowance if you served in the active military or you are a current or former member of the Reserves or National Guard. If you ended your career under any condition other than dishonorable discharge, you may qualify for this allowance.

The annual clothing allowance is provided by the Department of Veterans Affairs (VA), and paid in a lump sum annually as long as your approved claim is established by August 1. The application for the Annual Clothing Allowance, VA Form 10-8678, is available at the Department of Veterans Affairs website.

Should you have any questions regarding the VA Annual Clothing Allowance, please contact your National Service Officer at (515) 323-7544.

iGive Shopping Donation Program

Iowa PVA recently became part of the iGive online shopping program. As friends and supporters of Iowa PVA, this is an easy and inexpensive (free) way to support our programs and causes.

1. Log in to iGive.com and create a free iGive account. You simply create a login in and password and designate Paralyzed Veterans of America - Iowa Chapter as your cause. By simply creating this account, $5 is donated to us automatically.

2. After your account is created, any online shopping you do from over 1000 participating stores generates a donation (%) to our organization. The only catch is that you must log in to iGive and then choose the store you wish to order from.

Please visit the iGive website. You will see that almost every store you can think of is listed as an option for your online shopping needs.

Thank you for your continued support.
From the Desk of the Executive Director
Kim Gould

I am sure many of you have heard about charities that may not be spending the dollars donated to them on the causes and programs they claim to support. I am often asked the question "How much of each dollar donated goes directly to the veterans?" I am also questioned regarding the reputation of certain charitable organizations including National PVA in this area. I would like to address some of these issues here and explain why I choose to donate my own money to this organization.

The concerns expressed with the reputation of our National PVA can be easily explained. National PVA (as well as Iowa PVA) relies entirely on grants and donations. We receive no government funding. National PVA for many years depended heavily on direct mail as the main source of donation generation. This was a very lucrative yet expensive endeavor. For example, it may cost $75 million to raise $100 million through direct mail. National PVA could not survive without the profit of $25 million but when you figured the administrative cost vs. program expenses ratio, it showed that National PVA's ratio was very low. In this scenario on its face, it would appear that only $.25 of every dollar donated to National PVA would go directly to the veterans. In recent years, every effort was made to were made and recent percentages are now acceptable.

The Iowa Chapter of Paralyzed Veterans of America is fortunate to be part of a large organization that provides each chapter with monthly financial support. This financial assistance along with local fundraising efforts allows the chapters to function and provide our eight programs to those veterans served as members of the Iowa Chapter. The Iowa Chapter is responsible for our own fundraising, files our own tax returns and undergoes our own separate independent annual financial audit. As a chapter, $.88 of every dollar donated goes directly to our veterans programs. Our administrative costs are kept very low. (Iowa PVA's Federal Income Tax return Form 990 is a matter of public record and these figures can be verified at www.iowapva.org.)

Another advantage to donating to the Iowa Chapter is that every dollar stays within our Chapter to benefit local service connected and non-service connected Paralyzed Veterans. The money raised through the majority of our fundraising efforts is directed toward financing the travel to and participation of our members and their caretakers in events. Each year the Iowa Chapter sponsors a team of athletes attendance to the National Veterans Wheelchair Games (NVWG’s). The NVWG’s is an annual event sponsored by National PVA and the U.S. Veterans Administration. It is held in a different city each year and is attended by approximately 600 wheelchair athletes. It is similar to an Olympic competition with approximately 40 separate sporting events (i.e. power soccer, track and field event, swimming, cycling, ping pong, rugby, archery, trapshooting, etc.) All events are wheelchair events. Adaptive sports are vital to the rehabilitation of these veterans. Adaptive sports are also very expensive. It costs the chapter alone over $2000 to send one athlete to these events. Iowa PVA also finances the travel and attendance of athletes to the Winter Sports Clinic in Snow Mass, CO each March for a week of snow skiing (in sit down sleds) and other winter sports. One of Iowa PVA's most expensive endeavors is a rehabilitation event called the Castaway Disabilities Fishing Event. Iowa PVA, in partnership with the Iowa City VA Hospital and the Iowa City Eagles Club, sponsors and hosts this week long fishing trip for 30-40 disabled veterans and their caretakers on the Lake Resort in Ely, MN. This is a huge undertaking and normally costs over $40,000 per trip. Iowa PVA and the Eagles Club split that cost. These are just a few of the programs that your donated dollars help finance.

I hope this explains why Iowa Paralyzed Veterans of America is a wonderful organization to donate your hard earned dollars to.

Kim
MAY | JUNE
---|---
Glen Slate | James Fidler  
Curt Barnes | Robert Marchant  
Joni St. Pierre | Randall Ingram  
Steven Ferris | Louis Grief  
Tina Marie Carter | Larry Post  
Gerald Santos | William Ballensky  
Steven Brinkmeyer | Kenneth Lloyd  
Kenneth Erickson | Robert Abel  
Carl Wonneman | John Burghorn  

Disabled Hunting Opportunities

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

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

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

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

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

Reading Glasses for our Vets

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

Thank you for your help.
NOTICE REGARDING DONATIONS MADE DIRECTLY TO
THE PARALYZED VETERANS OF AMERICA – IOWA CHAPTER

- 88.1% 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.

PLEASE SEE THE MOST RECENT FULL INDEPENDENT AUDIT REPORT
AND IRS FORM 990 UNDER THE FINANCIALS TAB OF OUR WEB SITE
www.iowapva.org.

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

Attention

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

Per Iowa Paralyzed Veterans of America Election Policy and Procedures, ballots will be sent out to all members no
later than August 15, 2016 along with a biography of all of the candidates and optional campaign letters. (Campaign
letters will be limited to one page subject to appropriate editing by the Newsletter Editor and/or Election Committee
Chair). Ballots must be returned by a mid-September date and counted prior to the September Board of Directors
Meeting.
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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Darl Kaldenberg, Manager
Phone: 515-962-0701
Fax: 515-962-9251
The adaptive rowing program is excited to christen our new boat adapted for athletes with physical challenges...please plan on helping us celebrate.

MAY 26, 2016 / 5:30 pm
DMRC-AMI's New Swift Boat Christening - Grey's Lake

Mother's Day is Sunday, May 8.

Use the link below in your email, on your website, and in social media and your supporters will be directed to great Mother's Day gift ideas in support of Paralyzed Veterans Of America.

AmazonSmile Mother's Day Link: http://smile.amazon.com/gp/charity/homepage.html?orig=%2Fgp%2Fbrowse.html%3Fnode%3D502659011&ein=42-1320922

Make Mom Smile

Buy your Mother’s Day gifts at smile.amazon.com and Amazon donates.
FOR IMMEDIATE RELEASE
March 22, 2016

IDVA
Iowa Department of Veterans Affairs

for more information, contact:
Colonel Robert C. King (Ret)
515.727.3444
Robert.King@iowa.gov

2016 Vietnam Veterans Recognition Day

The Iowa Department of Veterans Affairs will host the 2016 Vietnam Veterans Recognition Day Ceremony on Friday, May 6, 2016. The ceremony will begin at 11:00 a.m. at the Vietnam Veterans Memorial located south of the Iowa State Capitol building in Des Moines.

Governor Terry E. Branstad who was governor in 1984 when the monument was dedicated will officiate the ceremony and make remarks.

This year's ceremony includes the unveiling of a new plaque dedicated to the honor of the many Americans and Iowans that served in Vietnam and Southeast Asia who have for many years have suffered from the effects of their duty. This new Iowa Vietnam War In-Memory Memorial Plaque will be located along the sidewalk leading to the Vietnam Veterans Memorial and is dedicated to their honor and memory.

Many service men and women who served during this war continue to suffer and have had premature deaths related to their service. These deaths are the result of Agent Orange-induced illnesses, post-traumatic stress injuries, and a growing number of other registered causes. These service men and women are the “hidden casualties of Vietnam.” The new plaque reflects on these Iowans and provides a lasting monument to their memory and service.

Colonel Robert C. King (Ret), Executive Director, Iowa Department of Veterans Affairs, encourages Iowans to attend the ceremony that honors and commemorates our state's Vietnam veterans who returned from the war and those who gave their lives in the fight for the freedom of others.

AMVETS Post 2 will host a luncheon following the ceremony at their post located at 2818 - 5th Street. The free lunch is being provided by Disabled American Veterans (DAV).

Point of contact for the ceremony is Colonel Robert C. King (Ret), Executive Director, Iowa Department of Veterans Affairs, 515-727-3444.

###
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National Trapshoot Circuit
PVA National Trapshoot Circuit
Iowa Chapter
Paralyzed Veterans of America
Fundraising Event

Pit Talk

Any questions, please contact:

Questions:

Directions:

Other hotels close Collins Rd. use same
Station will be posted.

Entrance to other check is on Left.
An earthen

2 miles:

1 1/2 miles:

1 mile:

A mile:

1 mile:

From Collins Rd.
Westbound

From Collins Rd.
Eastbound

From the Host Hotel and other hotels located

Hotel to Shooting Range:

Where to Collins Rd NE

Turn Right into Collins Rd.

Take exit #24A toward Collins Rd

Turn Left and take ramp onto I-80 N

Turn Right onto Western Bypass Blvd SW

Airport to Hotel:


Ammunition Policy:

Money:

Shooters with the scores will divide the prize

Silent Partner Competition:

On Saturday and Sunday, each shooter

Team Awards:

Class: Based on recent classification

Handicap: 1st & 2nd

Class AA A, B, C, D

Double: 1st & 2nd Place

Class AA A, B, C, D

Singles: 1st & 2nd Place

Receive a "Championship Award"
2016 Bowling Event
CALENDAR OF UPCOMING EVENTS

5/12  BINGO AT THE DES MOINES VA CLC - 6:30 P.M.
5/17 - 5/21  PVA NATIONAL CONVENTION IN JACKSONVILLE, FL
5/25  IPVA BOARD OF DIRECTORS MEETING AT THE IPVA OFFICE - 10:00 A.M.
5/25  MEMBERSHIP MEETING AND CAREGIVER AT IPVA OFFICE - 12:30 P.M.
5/26  DES MOINES VA SCI TEAM SITE VISIT - 9:00 A.M.
5/26  CASTAWAY DISABILITIES FISHING EVENT PLANNING MEETING - 2:30 P.M.

6/2  CASTAWAY DISABILITIES FISHING EVENT PLANNING MEETING - 2:30 P.M.
6/4 - 6/11  CASTAWAY DISABILITIES FISHING EVENT - ELY, MN
6/15  IPVA BOARD OF DIRECTORS MEETING AT THE IPVA OFFICE - 1:00 P.M.
6/16  IPVA PRESENTING COLORS AT EAGLES STATE CONVENTION - 8:30 A.M.
(HOLIDAY INN ON MERLE HAY ROAD)
6/17 - 6/19  IPVA PISTOL AND NATIONAL TRAPSHOOT EVENT IN CEDAR RAPIDS, IA
6/27 - 7/2  NATIONAL VETERANS WHEELCHAIR GAMES IN SALT LAKE CITY, UT
6/29  VIETNAM VETERANS COMMEMORATIVE RECOGNITION AT THE IOWA VETERANS HOME IN MARSHALLTOWN, IA - 1:30 P.M.

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

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

iowapva1@yahoo.com
iowapvakim@yahoo.com
iowapvalin17@yahoo.com
www.iapva.org

Paralyzed Veterans of America
Iowa Chapter

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Service Matters: Help Serve Those Who Have Served

Penske Automotive Group has proudly teamed up with Paralyzed Veterans of America’s Mission: ABLE campaign. With one donation, you can help support Paralyzed Veterans of America’s Mission: ABLE campaign and ensure that veterans with disabilities get the care, benefits and job opportunities they’ve earned and deserve.

Service your vehicle at any Penske Automotive Group dealership now through December 31, 2015, and consider making a $1 or more donation to Paralyzed Veterans’ Mission: ABLE campaign. Your donation will be matched by Penske Automotive Group up to $500,000.

Thank you for considering a donation to Paralyzed Veterans of America and joining our commitment to serve those who have served. With your help, we can continue to change the lives of our American heroes.

Learn more about Paralyzed Veterans of America by visiting PVA.org/PAGServes or connect and share items marked #PAGServes on social media.

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.
OPERATION ENGAGE AMERICA

BRINGING LOCAL MILITARY MEMBERS, VETERANS, AND THEIR FAMILIES TOGETHER & CONNECTING THEM WITH THE SUPPORT AND RESOURCES AVAILABLE IN THEIR COMMUNITY.

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VIETNAM ARMY VETERAN, CHRIS ANTHONY

EVENT STARTS AT 11AM WITH SPECIAL SPEAKERS

Questions? Call Brandon Lay (515) 344-3306
Brandon@operationengageamerica.org
Adaptive Sports Iowa continues to host weekly wheel-chair 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.
Caregiver Support and
Paralyzed Veterans of America-Iowa Chapter Membership Meeting
Wednesday, May 25th at 1:00 p.m.

The event will begin with lunch provided for both the caregivers and the veteran members of Paralyzed Veterans of America – Iowa Chapter. (This is open to all family caregivers of veterans of all eras regardless of their veteran’s status as a member of PVA.)

Following lunch, a telephone education group, focused on strategies to enhance resilience and restore balance, will begin at 2:00 p.m. for the caregiver attendees. This session will be facilitated by the VA Caregiver Support Line. This month’s subject will be: Good Grief: Finding Hope in the Necessary Losses of Being a Caregiver.

While the caregivers are attending the education group, the members of Paralyzed Veterans of America – Iowa Chapter will attend a membership meeting to discuss issues related to membership, organizational goals and upcoming events. (Members are welcome regardless of attendance by a caregiver.)

This first session will be held at the PVA office located at 7025 Hickman Road, Suite 1, Urbandale, IA 50322. Future caregiver monthly education sessions will be planned in combination with our Paralyzed Veterans of America – Iowa Chapter membership meetings and will hopefully be held at various locations throughout Iowa.

If you would like to participate, please contact:

Membership Meeting: PVA – Iowa Chapter at 515-277-4782

Caregiver Education: Regina MacRae at 515-669-5999 Ext. 9-4015 or Sara Gustason at 515-699-5531

*Please register at least one week prior to event.

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.