A. Duane and Bev Frideres were presented the Alfred H. Blumanhourst Volunteer Appreciation Award for their assistance with events, representation on committees, and the time they spent promoting the programs of our Chapter.

B. Kenny, Pauline and Cally Lloyd were presented the Donald H. Gerdon Executive Director’s Service Award for their many years of service to our members and their commitment to our Chapter.

C. Linda Krause was presented the Jon R. Schneider Chapter President’s Award for her expertise, dedication and devotion to our mission and our members.
A Message From The President
Jon R. Schneider

I thought the following article would be of interest to our IPVA members...

**VA Seeks Partnerships to Build and Improve Health-care Facilities**

**WASHINGTON** — Today, the U.S. Department of Veterans Affairs (VA) released a Request for Information (RFI) seeking interest from potential partners who want to support efforts to build world-class health-care facilities for America’s Veterans.

Public Law 114-294, the Communities Helping Invest through Property and Improvements Needed for Veterans Act of 2016, also known as the “CHIP-IN Act,” authorizes VA to accept donations from up to five non-federal entities to help fund and expedite the construction of health-care related capital projects. The CHIP-IN Act aligns with VA Secretary Dr. David J. Shulkin’s efforts to modernize the department and enhance service to Veterans by streamlining and instituting infrastructure improvements to health-care facilities.

“Our strategic partnerships are one of many valuable tools that allow us to provide assistance to our Veterans,” Shulkin said. “Donations through the CHIP-IN Act will help us deliver health-care facilities for our Veterans in a faster, more cost-effective manner.”

The first CHIP-IN Act partner is helping to build a new Ambulatory Care Center in Omaha, Nebraska. The center will provide a much-needed facility to Veterans in the region faster than a traditional funding and construction timeframe, and with a reduced burden on the taxpayer. VA is looking forward to developing similar partnerships for future CHIP-IN Projects through the RFI.

The RFI, available on the Federal Business Opportunities website, is seeking interest from non-federal entities, including 501(c)(3) nonprofits, private entities, and donor groups, for the remaining four partnership opportunities. The donations must be: (1) real property that includes a constructed facility or that is to be used as the site of a facility constructed by the donor, or (2) a facility to be constructed by the donor on VA-controlled property. Interested parties must respond by Jan. 15, 2018.

The CHIP-IN Act will help VA forge even closer bonds to the community by developing strategic partnerships with existing and new partners that have close ties to the communities they serve. The CHIP-IN Act is also a roadmap for communities that want to support VA’s efforts to address the emerging needs of Veterans in a collaborative, cost-efficient manner, which will benefit taxpayers and communities broadly.

JRS
From the Desk of the National Director
Kenny Lloyd

2017 Mid-Fall National Directors Board Meeting

This year’s Mid-Fall National Directors Board meeting was held in San Antonio, Texas. The weather was a lot warmer than it was here in Iowa. Rolling around in your wheelchair is a lot easier in a t-shirt than putting on layers of clothes and a heavy coat. The meeting was three days long and then a leadership meeting was held in conjunction with the board meeting afterwards.

The reports from the Executive Committee and National staff were already passed out to the Board of Directors before the meeting so when we arrived we could be ready with our questions. There were other committee reports and the resolutions we had to debate as well. The resolutions that were passed were the National Directors face to face meetings, Code of Ethics and Standards of Conduct Jurisdiction Expansion, Suspension and Expulsion of Chapter members, Model Bylaw Change of Chapter Meeting Requirement, Sports and Spokes for all PVA Members and Suspension of Cash Flow into PVA’s investment portfolio. There were two resolutions that were referred to committee which were PVA Chapter Election Policies and Procedures and Code of Ethics and Standards of Conduct Zero Sexual Misconduct Tolerance. There was only one resolution that failed and that was Sports and Recreational Program Events. If you have any questions on these resolutions you can call me at 515-570-1402.

I want to say congratulations to Stan Brown, the National Director from the Gateway Chapter, for winning the member Speedy Award this year. I have known Stan for many years and he is a dedicated hard working member for PVA. He serves on several National Committees.

The leadership meeting was presented to us by the Executive Committee and National Staff. Some of the things they covered were The Blueprint for Building a Model Chapter, Finance of Chapter Audits and Annual Reports, The Future of SCI/D Healthcare, Fundraising 101, Being an Advocate for PVA, Creating a Five Year Strategic Plan, and Legal Matters. The meeting was very informative and there were lots of questions and answers after each presentation.

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.
CALENDAR OF UPCOMING EVENTS

11/4  IPVA Pheasant Hunt in Ogden, IA - See page 7
11/8  Veterans Day Tapping Party at Rock Bottom - See page 10
11/9  Action Track Presentation to Iowa PVA from ITC - 1:30 pm Sullivan Brothers Museum in Waterloo, IA
11/9  Bingo at the DSM VA CLC - 6:30 pm
11/10 IPVA Office Closed in Observance of Veterans Day Holiday
11/11 Veterans Day Holiday
11/14 Caregivers Appreciation / Flowers (as available). 10-noon DSM VA Main Lobby
11/16 BOD/ Membership/ Caregiver Support Meeting at IPVA Office - 10:00 am
11/18 IVH Pool Tournament at IVH - See page 18
11/21 Caregivers Appreciation / Swag Bags (as available) - 10-noon VA Main Lobby
11/23-24 IPVA Office Closed in Observance of Thanksgiving
12/9-10 IPVA Shotgun Deer Hunt in Union, IA - See page 6
12/13 BOD / Membership / Caregivers Support Meeting at IPVA Office - 3:00 pm
IPVA Christmas Party at 5:30 pm - See page 20
12/14 Bingo at the DSM VA CLC - 6:30 pm
12/25 - 1/1 IPVA Office Closed in Observance of Christmas and New Years Holidays

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
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Paralyzed Veterans of America
Iowa Chapter
From the Desk of Kim Gould

2017 Election of the Iowa PVA Chapter Board of Directors

October 1, 2017 marked the beginning of the FY2017-2018 term for our newly elected Chapter Board of Directors. As directors, these gentlemen hold a position of great honor and responsibility. They are leaders, managers, stewards, planners, and decision makers for Paralyzed Veterans of America - Iowa Chapter. They are also all volunteers. By serving as directors, they demonstrate a strong belief in, and a commitment to, Paralyzed Veterans of America and its mission, vision and goals.

PVA and its chapters are nonprofit corporations that have been granted tax-exempt status by the United States government. This status carries with it many federal and state laws, regulations and policies that affect our daily and long-term operations. In addition, organizations such as ours must perform in a highly competitive environment in order to best serve our members and other constituents, attract donors and ensure our continued relevance to society. The bottom line is… we are a business. It therefore makes sense to run our chapter as a business and to follow business-based best practices when setting policies and making critical decisions both individually as directors and collectively as a board.

Although volunteers, these elected stewards of the organization have very specific legal obligations to our chapter, PVA, our members, employees and donors. Since tax-payers indirectly support tax-exempt organizations, it can be argued that these organizations and their board of directors are public trustees and are therefore obligated to taxpayers to ensure that corporate funds and assets are managed in accordance with the organization’s nonprofit purpose. With these legal obligations come serious consequences for failing to fulfill them—both for the chapter and the individual directors.

The board of directors is the engine of nonprofit governance. It starts with the board, it ends with the board. The board sets the organization’s strategic direction, policies and programs. The board also sets the corporation’s budget and manages its affairs. The board bears the ultimate responsibility and accountability for the organization’s success or failure. Consequently, the effectiveness of the board of directors will determine the effectiveness and sustainability of the organization. This is a big job and I could not have more confidence than I have in the Officers and Board of Directors elected for this the upcoming fiscal year.

### Iowa PVA Officers and Board of Directors for FY2017-2018

- **President** - Jon R. Schneider
- **Vice President** - Kenneth E. Lloyd
- **Secretary** - Steven A. Brinkmeyer
- **Treasurer** - Duane Frideres

**Board of Directors** -
- Oscar Ballard
- Robert Barnard
- Michael L. Brady
- Lonn J. Cunningham
- David Graham
- Keith Harvey
- Larry M. Phillips

- **National Director** - Kenneth E. Lloyd
- **Sports Director** - Joyce Ellens

---

**Kim**

HELLO from Gretchen!

I am so excited to be a part of Iowa Paralyzed Veterans of America and hope to use some of my strengths to help this amazing organization and the many people it impacts.

I have always lived in Iowa. I grew up in Indianola, graduated from Central College in Pella and after graduation have lived in Bettendorf, West Des Moines, Madrid, Polk City, Granger and Johnston. The majority of my free time is focused on raising my amazing teenage son. Joshua, who happens to have Down Syndrome and who is also deaf, has given me the gift of seeing life a little differently and seeing miracles in what many people take for granted (ie: eating, walking, communicating, laughter, etc.) I have worked the past five years as the Business Manager in a physician's office. I believe my experiences with my son, my skills as a Business Manager and my desire to make a positive impact on the people I meet, will make me an asset for Iowa PVA.

I hope to meet you at one of our many exciting events in the near future!  ~ Gretchen
Iowa Veterans Home to Hold VA Town Hall & Vietnam 50th Commemoration

Regional Benefit Office To Host Benefit Claims Clinic For Veterans The Same Day At IVH

The Iowa Veterans Home will once again be the site of a VA Town Hall. The event will once again be co-hosted by the VA Central Iowa Health Care System and the Des Moines Regional Benefit Office and is scheduled for Monday, November 6, 2017 from 9:00 am to 11:00 am. The Town Hall is a open forum for VA officials to hear directly from veterans as a step to improve quality within the VA. There also will be a Vietnam 50th Anniversary commemorative that will be recognized with local Vietnam Veterans that are in attendance. The Town Hall will take place in the Malloy Leisure Resource Room, located in the Malloy Building.

The Town Hall will be co-hosted by the VA Central Iowa Health Care System, Des Moines Regional Benefit Office, IVH Commandant Timon M. Oujiri, and Guest Speaker Dan Gannon. Guest speaker Dan Gannon will be speaking during the Town Hall. Dan Gannon, chairperson of the Iowa Commission of Veterans Affairs. Gannon, a U.S. Marine, was wounded while serving in Vietnam. Gannon, who was awarded the Navy Commendation Medal with Combat “V” for valor, will provide remarks for those in attendance about his military experience and the importance of Town Halls.

The Des Moines Regional Benefit Office (VBA) will also a Benefits Claims Clinic on the same day, Monday, November 6, 2017 from 9:00 am to 1:00 pm. The event will be held in the dining area on the 1st floor of Loftus near the IVH switchboard. This will be the 5th Benefit Claims Clinic that the Iowa Veterans Home has held on its campus; promoting benefits for veterans.
Letter from Julie Johnson, Executive Director—Nevada Chapter

10/4/2017 1:03 PM

Dear PVA Family,

I want to thank you all so much for the outpouring of love and prayers. I am so sorry I have not responded to every email, call or text. The past few days have been very exhausting and overwhelming.

As of today we have zero reports of any of our NV PVA members being at the concert. With over 500 injuries it may take some time to get the information and we will keep you posted.

On a personal note, I was not at the concert but my son in law, both of my daughters and my 9 year old grand-daughter Addison were there with my best friend and her husband. My youngest, son in law, Marci & Tony were on top of the VIP area when it started. My friend Marci shielded my youngest daughter by laying on top of her. Then her husband retired military got them out to safety. Tony and Dave (my son in law) went back in to find Tamara and Addison they were on the right side of the stage where the shooting first began. Tamara saw a small trailer so she took Addison and hid under it.

While all this was going on my phone was ringing and I was getting calls for my kids in sheer panic and fear of their lives. They told me they loved me. I could hear all the people screaming and I could hear the bullets raining down on them. They saw so many bodies and blood and terror on this horrific night. I wish I could take all that pain away from them. Dave and Tony helped the injured get loaded into trucks to be transported to hospitals before the ambulances even got there.

Once all the kids were reunited the terror did not stop as there were reports of 4 or more shooters including ones at various hotels which have turned out to be false but the way the bullets kept raining down and the echoing and the panic and fear they said a group of people would be running away from the concert then another would be running back up towards it. They started calling me at 10:12 as we know the shots started at 10:08 and kept going for 11 minutes. They made their way to Thomas & Mack where a Lyft driver named Connie gave them a ride. Praise the Lord at 1:30 am the Lyft driver was dropping them off at my house.

There are many people we know that were either, shot, shrapnel wounds, injured and one who was killed Mr. Brennen Stewart, a family friend.

No one should ever go through this horror anywhere in the world especially on American soil. We are so very blessed and we know it could have been worse. Our hearts go out to those who lost someone and the injured. Our community is strong. A debt of gratitude for all the heroes that night and First Responders. #VegasStrong

Again, thank you to all who have reached out. I feel this was the best way to let everyone know what was going on and please keep Las Vegas in your prayers.

SHOTGUN DEER HUNT

December 9 & December 10, 2017

THE ANNUAL IPVA DEER HUNT WILL BE HELD SATURDAY AND SUNDAY AT THE LLOYD FAMILY FARM IN UNION, IA. THIS EVENT IS ALWAYS A GOOD TIME, WITH GOOD HUNTING AND LUNCHES PROVIDED BY PAULINE LLOYD.

IF YOU WOULD LIKE TO JOIN US, PLEASE CALL KENNY LLOYD
ANNUAL DINNER & AWARDS BANQUET ON OCTOBER 6, 2017
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FOR IMMEDIATE RELEASE
October 20, 2017

VA Central Iowa Health Care System works with local partners to support homeless Veterans

Centrally, VA encourages all Central Iowa residents to learn about resources available to help Veterans in their community.

Central Iowa — “VA remains committed to ending Veteran homelessness across the country. Our contribution to this important national effort is focused specifically on homeless Veterans in Central Iowa through outreach and successful stand downs,” said Gail Graham, Director of VACIHCS. “Working together with community partners, we can ensure that every Veteran throughout Central Iowa has a safe place to sleep.”

We are very fortunate to be a part of a larger homeless person serving team in Des Moines and Polk County, which resulted in reaching “functional zero” for the homeless Veteran population in the area mid 2016. The work doesn’t stop however and it takes each partner to come together, collaborate, and communicate to ensure needs are met. The Des Moines Homeless Veteran Stand Down is unique in that so many organizations come together over three days to serve local Veterans and their homeless brethren. We want to ensure we actively know about each Central Iowa Veteran experiencing homelessness is all 42 counties that we serve to ensure these deserving Veterans are connected with the resources they need.

For assistance, or to learn how you can support Veterans in your area who are homeless or at risk of becoming homeless, please contact our local contact at:

VA Community Resource & Referral Center (CRRC) – Des Moines
515-699-5637

Homeless and at-risk Veterans can also call 1-877-4AID-VET (1-877-424-3838) to access VA homeless services 24 hours a day, seven days a week, 365 days a year.

To learn more about VA programs and services designed specifically to help these Veterans, visit www.va.gov/homeless. An infographic on VA’s work to end Veteran homelessness can be found here.
For Immediate Release  
Sept. 13, 2017  

Veterans Crisis Line to Open Third Call Center in Topeka, Kansas  
VA also expects to hire 100 employees for new center

WASHINGTON — Today, the Department of Veterans Affairs (VA) announced it is opening a Veterans Crisis Line (VCL) call center in Topeka, Kansas, the third such center nationwide, and expects to hire 100 employees to staff the center, located on the campus of VA Eastern Kansas Health Care System.

VCL currently operates two centers in Canandaigua, New York, and Atlanta, Georgia. The new call center, expected to open this fall, will give VCL the additional capacity as VA expands the “automatic transfer” function, Press 7, to its Community Based Outpatient Clinics (CBOCs) and Vet Centers.

“When it comes to preventing Veteran suicide, we will do everything we can to make it as easy as possible for Veterans to reach us,” said VA Secretary Dr. David J. Shulkin. “The new center in Topeka gives us more feet on the ground and an easier way for Veterans to connect with us when they need us most.”

The Press 7 function is already available at VA Medical Centers and provides immediate access to the crisis line from a main phone tree. Currently, CBOC and Vet Center phone systems do not provide that option, forcing Veterans to take an added step by dialing 800-273-8255, and then pressing 1.

Since its launch in 2007, the VCL has answered more than 3 million calls and initiated the dispatch of emergency services to callers in imminent crisis more than 84,000 times. Since launching chat in 2009 and text services in November 2011, the VCL has answered nearly 359,000 and nearly 78,000 requests for chat and text services, respectively.

For more information or to apply for openings at the new call center, visit www.usajobs.gov/GetJob/ViewDetails/478700400 or www.usajobs.gov and search for announcement No. 10046052. The positions are open to applicants with prior comparable experience or a master’s degree in a health science, such as mental health, social work or psychology.

Veterans in crisis can call the Veterans Crisis Line for confidential support 24 hours a day, seven days a week, 365 days a year at 800-273-8255 and Press 1, chat online at VeteransCrisisLine.net/Chat or text to 838255.
Paralyzed Veterans of America’s Fellows Program provides paralyzed veterans the opportunity to advocate through its network of public, private and nonprofit organizations. Through public appearances and speaking engagements, Paralyzed Veterans Fellows will serve as leaders among their peers, elevating the nation’s awareness of the contributions and struggles of U.S. veterans living with spinal cord injury or disease. This position comes with compensation.

QUALIFIED APPLICANTS ARE:

- Paralyzed Veterans members or eligible for membership
- Available to work a minimum of 20 hours a month
- Able to travel
- Able to commit to the Fellows 2-year program

Completed Applications Must be Received by November 15, 2017
For more information, contact: commdept@pva.org

APPLY NOW: pva.org/fellowship

ParalyzedVeterans • PVA1946 • #VeteransMatter
OFFICE OF THE GOVERNOR
Governor Kim Reynolds ★ Lt. Governor Adam Gregg

FOR IMMEDIATE RELEASE: Thursday, October 26, 2017
CONTACT: Brenna Smith, (515) 281-5211

Iowa VA Executive Director Jodi Tymeson announces retirement

(DES MOINES) – Iowa Department of Veterans Affairs Executive Director Jodi Tymeson announced her retirement Thursday. Her last day at the department will be Friday, November 17, 2017.

“I am grateful for Gen. Tymeson’s tireless advocacy for Iowa’s veterans and their families,” Gov. Reynolds said. “Her leadership is what was needed to ensure every veteran receives the benefits they deserve, and her service will leave a lasting impact on our state. I thank Gen. Tymeson for her service, not only to her state, but also to her country, and I wish her all the best as she enters her retirement.”

“Gen. Tymeson’s dedication to Iowa’s veterans and their families will not soon be forgotten,” Lt. Gov. Gregg said. “She was the right person at the right time to lead the department.”

“It’s been an honor to serve veterans and their families at both the department and the Iowa Veterans Home,” Tymeson said. “I’m really looking forward to spending more time with all generations of my family.”

Tymeson retired from the Iowa Army National Guard in 2007 after 33 years of service. She was the first female promoted to brigadier general. Tymeson also served as a state representative for Dallas, Madison and Warren counties from 2001-10.

She was appointed as the executive director of the Iowa Department of Veterans Affairs in January 2011 before moving to the Iowa Veterans Home in May 2013. She served there as chief operating officer, then commandant. Tymeson returned to Veterans Affairs in May 2017 to again serve as executive director.

SUPPORT THE IOWA PVA

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

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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.
IVH Pool Tournament

DATE: NOVEMBER 18, 2017
TIME: 9:00AM

Location: Iowa Veterans Home
Malloy Building
LRC Room

This event is free and open to anyone who is shooting pool from a wheelchair. Please RSVP by November 12th by calling the IPVA office at 888-909-4782 or 515-277-4782. Kim or Gretchen will be happy to sign you up! Come have some fun with us!!

Date: December 6, 2017
Time: 6 - 8 pm
Location: Bldg 4, Auditorium

Any female Veteran!! Come to our Annual Holiday Party! We will provide a catered meal. We will visit, play games, and do a gift exchange. Please bring a gift worth about $15-20 to exchange (only if you want to participate). New this year—cookie exchange. Bring 2-3 dozen cookies to share plus the recipe if you’d like to participate. PLEASE RSVP to Suzanne (515-669-5999 x 4949) if you plan to attend so we know how much food to have on hand.
Veterans VA And Emergency Care At Non VA Facilities
by
Anthony Steele, Acting Central-Central Area Manager

There are times when a veteran is forced to seek care at a private non VA facility for an emergent issue or illness. The aftermath of an ambulance bill and fees for the service received from that hospital visit can be very extensive and wreak havoc on you financially. It may be that you cannot afford the bill and the debt and collectors are calling and the debt is reported to the credit bureau.

This scenario does happen and is often a nightmare for those caught up in the system of trying to get VA to assist with or pay for the care. The best way to avoid getting caught up in this type of situation is to know how you or your family should address the situation with VA immediately. Therefore, when or if you are faced with an emergency and you have to visit a private non VA facility for care, you should follow these steps:

- Contact your local or nearest VA Medical Center ASAP to inform them of your situation and what hospital you are seeking treatment.
- Provide them as much information on your situation and try to obtain authorization for the emergency visit.
- Try to obtain the name and position of the person you are speaking too and if possible request to speak with a supervisor or someone in Fee Basis.
- Be certain they make a note in the VA system/computer of your phone call and pursuing conversation.

If you as the veteran are unable to make this contact due to the nature of your situation, please have your spouse or other family member do it. If you cannot reach anyone at nearest VA then call this nation-wide telephone number for the VA at 1-877-222-8387.

Remember, when you are receiving inpatient emergency medical care in non-VA facility, you are required to notify the VA within 72 hours of admission.

You will need to provide the appropriate documentation with your claim:

For Emergency Room visits not leading to admission:
- HCFA Form UB92, UB04 or 1500 (Pink and White Original)
- Itemized billing statement from the facility
- Copy of the emergency room medical records

For Emergency Room visits leading to hospital admission:
- HCFA Form UB92 or UB04 (Pink and White Original)
- Itemized billing statement from the facility
- Copy of the emergency room medical records

Ambulance service to Emergency Room:
- HCFA Form 1500/UB92/UB04 (Pink and White Original)
- Copy of transportation log sheet

All other providers:
- HCFA Form 1500/UB92/UB04 (Pink and White Original)

You may also ask the vendor (hospital, physician, ambulance service, etc.) to send the documents directly to the VA.

Please note that obtaining the above documentation from the non-VA vendor is your responsibility. Also, it is your responsibility to ensure VA receives the documentation. The VA has no legal authority to intercede with non-VA facilities on your behalf. If you have any questions on this or any benefits issue, please contact the Des Moines National Service Office at 515-323-7544 or 1-800-795-3602.
MEMBERSHIP CHRISTMAS PARTY 2017

CALL TODAY, OUR PARTY IS COMING UP VERY SOON!!!!

Please join us for our special Holiday celebration on **Wednesday, December 13th**, at 7025 Hickman Rd. Suite 1, Urbandale. The evening will begin at **5:30p.m.**, with a catered dinner being served at 6:00 p.m. Dinner will be followed by a special visit from Santa with presents for the little ones.

If you have children/grandchildren twelve and under, PLEASE LET US KNOW so that we can notify Santa. We would appreciate a suggestion for a gift! Please understand we would love to satisfy all requests but can only spend up to approximately $20.00 per gift. (Possible ideas are Barbie dolls, CD with title, Legos, etc.) Our feeling is **THE MORE THE MERRIER-- ESPECIALLY CHILDREN!!!!** After all, what is a Christmas party without children ripping open their presents?!!!

**PLEASE CALL AS SOON AS POSSIBLE. SANTA, KIM, AND GRETCHEN NEED TO HAVE YOUR RSVP BY 12/1** so they may complete the shopping and be prepared for a wonderful evening of holiday spirit, food and gift giving.

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.