In October, we were contacted by Ethan Lahn, a Physical Therapist with Kinetic Edge Physical Therapy out of Oskaloosa, Iowa about a donation he would like to present to IPVA. He explained that in September his employer, Kinetic Edge Physical Therapy, held a wellness challenge across all of their clinics and employees called “Step-tember”. The competition was to get as many steps in during the month to help promote wellness and health. The winner of the challenge got to choose a charity to donate to. Ethan, the male winner, chose IPVA. On November 10th, we had a ZOOM meeting with several of our Board of Directors and Ethan to accept this donation. Ethan explained, “I chose IPVA because I am passionate about serving Veterans and what a better choice than IPVA.” Ethan explained he is an avid outdoorsman and was inspired by the hunting and fishing events we organize. Ethan hopes to join us at our annual trapshoot in Cedar Rapids in June 2021. We would be thrilled!

THANK YOU Ethan and Kinetic Edge Physical Therapy for supporting our veterans!
I thought all of you would find this News Release very informative.
Wishing you all health and happiness and a Happy 2021~  JRS

FOR IMMEDIATE RELEASE
Dec. 10, 2020

VA announces initial plans for COVID-19 vaccine distribution

WASHINGTON—The U.S. Department of Veterans Affairs (VA) today announced a preliminary plan for distributing COVID-19 vaccinations it will implement once the Food and Drug Administration issues an emergency use authorization for a vaccine.

VA has worked in close coordination with the Centers for Disease Control and Prevention (CDC) and Operation Warp Speed to plan for COVID-19 vaccination of VA staff and Veterans.

VA will first provide vaccinations to front-line VA health care workers and Veterans residing in long-term care units in 37 of its medical centers across the country.

The centers, listed below, were chosen for their ability to vaccinate large numbers of people and store the vaccines at extremely cold temperatures.

Health care workers will be among the first to receive vaccinations because they are at high risk for contracting and spreading COVID-19 to other staff members and patients, and their health is critical to ensuring the continued care of Veterans.

Veterans in VA’s long-term care facilities will be the first patient group to be vaccinated. As vaccine supplies increase, additional Veterans will receive vaccinations based on factors such as age, existing health problems and other considerations that increase the risk of severe illness or death from COVID-19.

VA anticipates a limited vaccine supply immediately after FDA’s approval, but expects more supplies to be available in short order.

“VA is well prepared and positioned to begin COVID-19 vaccinations,” said VA Secretary Robert Wilkie. “Our ultimate goal is to offer it to all Veterans and employees who want to be vaccinated.”

The 37 VA sites chosen for initial distribution of the vaccine will closely monitor patients and staff for side effects and log this information in its vaccine monitoring and tracking system. This is the same system VA uses to monitor reactions to all vaccines, including those for the flu and shingles.

VA will report directly to the CDC data on all vaccine doses administered by the VA. The department will also provide general, public updates on the number of people who receive the vaccination at these sites, similar to how VA posts COVID-19 testing figures.

The 37 VA sites are spread through the country and include:

- Birmingham (AL) VA Health Care System
- Phoenix (AZ) VA Health Care System
- Greater Los Angeles (CA) VA Health Care System
- Palo Alto (CA) VA Health Care System
- Eastern Colorado (CO) VA Health Care System
- Connecticut (West Haven Campus) VA Health Care System
- Washington DC VA Health Care System
- Orlando (FL) VA Health Care System
- Augusta (GA) VA Health Care System
- Edward J. Hines Jr. VA Hospital (IL)
- Lexington (KY) VA Health Care System
- Southeast Louisiana (New Orleans) VA Health Care System
- Maryland (Baltimore) VA Health Care System
- Bedford (MA) VA Health Care System
- Ann Arbor (MI) VA Health Care System
- Minneapolis (MN) VA Health Care System
- Harry S Truman Memorial Veterans Hospital (Columbia MO)
- St. Louis (MO) VA Health Care System
- Omaha (NE) VA Health Care System
- Southern Nevada (North Las Vegas) VA Health Care System
- Raymond G Murphy (NM) VA Health Care System
- New York Harbor (Brooklyn) VA Health Care System
- Western New York (Buffalo) VA Health Care System
- Durham (NC) VA Health Care System
- Cleveland (OH) VA Health Care System
- Oklahoma City (OK) VA Health Care System
- Portland (OV) VA Health Care System
- Corporal Michael J Crescenz VA Medical Center (Philadelphia PA)
- Pittsburgh (PA) VA Health Care System
- Caribbean (Puerto Rico) VA Health Care System
- Memphis (TN) VA Health Care System
- Dallas (TX) VA Medical Center
- Michael E. DeBakey VA Health Care System (Houston TX)
- Audie L. Murphy VA Hospital (San Antonio TX)
- Richmond (VA) VA Health Care System
- Puget Sound (WA) VA Health Care System
- Milwaukee (WI) VA Health Care System
Bow Hunting

Do not worry folks, I am still volunteering for the jobs I was elected to do but I decided to take a little time off to go deer hunting with my bow. I usually do not get much bow hunting in because of my busy schedule or the availability of a volunteer. Since our Fall Board meeting was on Zoom and I was not traveling on the road, this allowed me to go hunting this year. Also, for the volunteer part, my son has retired from the National Guard and moved only two miles from me! I usually have a volunteer that lives over an hour from me but my son moving back close has allowed me to get out and hunt more.

I have been out bow hunting before and have had success shooting does but never a buck. The rut was on. To explain for those that do not know, it is the breeding season of the year for deer. That is another part of me being gone during this time that I have never got to take advantage of being out there hunting during the rut. The bucks are not as cautious during the rut as the rest of the year. The rut only lasts a few weeks and that is when you will see most of your bow hunters out hunting the big bucks’.

The first morning I got up early and transferred from the wheelchair to my track chair. I always go out before day break for the deer to forget the noise I make getting into my blind. I have always been successful getting a deer when I do this. I was up at 4:30 a.m. getting ready to go out to my blind. The track chair is not fast, and I wanted to be in the blind by 5:30 a.m. Hunting deer with a bow takes a lot of patience. When I am hunting with my muzzle loader, I can shoot to around 100 yards. Most of the time the does I have shot with my bow have only been around 30 yards.

This year I had made up my mind that I wanted to shoot a buck. As I sat there waiting for daylight, I was wondering what my chances were going to be for me to shoot a buck the first morning. When daylight came, I saw a nice buck standing about 200 yards away. I had a doe call and I tried to call the buck towards me. But, he went the opposite direction. As I sat there waiting, a doe came from the direction the buck had went and the buck was behind the doe about 50 yards. This time the buck got closer but not close enough. I sat there about an hour after the doe and buck had gone back in the timber. I was sitting there watching when I saw a doe coming out of the woods 10 yards away. I got ready to shoot as I was hoping maybe a buck might be following her. I was right and it was the same buck I had watched go across the corn field twice before. As he stepped into range for me to shoot, it was not as close as the doe, but I decided to take the shot since it was 40 yards away. After I took the shot, the buck ran about 50 yards and went down. Of course, I called my son right away and he came out to field dress the buck for me.

For being my first buck with a bow I was happy it was a 10-point buck. Maybe it was beginners’ luck. But, I do practice before I go out to make sure I hit what I shoot at.

Like I said before, it does take a lot of patience to sit there for a long time to make sure you are making a killing shot.

Proud hunter, Kenny Lloyd, with his first 10 point buck by using a bow. (Note: Kenny is in his track chair which was donated by ITC.)
From the Desk of Kim Gould

Membership Outreach

The Board of Directors of Iowa Paralyzed Veterans of America has started to attempt to reach out to our members by phone. This has proven to be difficult at best. We have run into the situation where MANY of the phone numbers are no longer in service. The email addresses we have on file are also few and far between. There are opportunities and resources we are able to provide to our members, but not if we cannot reach them in a timely manner. National PVA is hosting virtual events and the local chapter held our Annual Meeting and Awards banquet via Zoom. We also hold monthly BOD, membership and caregiver support meetings via Zoom. Until the COVID-19 pandemic is under control and we are able to hold events safely in person, virtually is our only option. Many of these opportunities do not provide a lot of lead time. Waiting for the next issue of the newsletter is NOT a great option. I AM ASKING THAT OUR MEMBERS PLEASE CALL OR EMAIL OUR OFFICE AND PROVIDE US WITH A GOOD PHONE NUMBER AND/OR EMAIL ADDRESS CONTACT!

Along those same lines, Iowa PVA has partnered with our friends at ITC. ITC is a Midwest utility company whose employees and executives have supported us for the past five years by providing track chairs and monetary donations to our organization. ITC is hoping to connect with some of our members with either common interests or members who would simply like to network with someone. This could be a phone pal, email pal, etc. You could learn from each other, assist each other and/or just talk and have a friend. You will not be bothered unless you ask to be.

Finally, thankfully this crazy year is almost behind us. I hope you all have remained safe and healthy. I am sure you are bored and frustrated just like the rest of us. If you need ANYTHING, call us. I am not going to promise we can deliver in every case and satisfy every need, but we can at least try to get you to the people who can help. Happy Holidays and here is to 2021 bringing us back to normal!

KIM

Glen “the Can Man” Slate
5/2/22 - 11/24/2020

Iowa PVA lost a very good friend and member on Tuesday, 11/24/2020. Glen Slate was born May 2, 1922 in Wright, Iowa. Glen was the son of Herman and Edith (Hawley) Slate. Glen honorably served during WWII for the United States Coast Guard from February 1943 to December 1945. On May 27, 1951 he was united in marriage to Wilma “Ruth” Shaver in Marshalltown, where they lived together their entire married lives. Glen was employed as a manager at Kiowa Corporation until retiring. He was incredibly generous and known for many years as “the Can Man,” for collecting cans and donating the profits to the local Boy Scouts of America. He was a member of the Masonic Lodge, American Legion, and Iowa Paralyzed Veterans of America. Glen was an avid fisherman and enjoyed woodcarving and taking his grandkids boating to hear the loons sing.

Glen will be missed but never forgotten by his grandchildren: Kenneth Lloyd of Union, Vickie (Lloyd) Engelking of Eldora and Gary Lloyd of Altoona; 6 great-grandchildren; several great-great-grandchildren; his sister, June Haack of Gladbrook and his niece, Linda Haack of Des Moines.

In death, Glen is reunited in heaven with his wife of 57 years, Ruth; his daughter, Frances Glenney; his parents, Herman and Edith; his brother, Mearl Slate; sister, Charlene Slate and great-granddaughter, Leslie Stille.
MANY THANKS to the people and/or organizations who have donated directly to IPVA from......October 27, 2020—December 21, 2020

Albert, Jon (with GreenState Credit Union)
Alberts, Dan and Becky (monthly)
AmazonSmile
Anonymous (In Memory of Robert Matje)
Anonymous (Vets Center)
Bachman, Howard
Baldwin, Gretchen
Barnard, Penny
Beyer, Paul and Cathy
Christiansen, Susan and Roger
De Kock, Don & Elaine
DeLany, James (monthly)
Gould, Kimberly
Graves, Steven
GreenState Credit Union
Hartford Sportsmen Club of Hartford Iowa (monthly)
Hegna, William “Bill”
Iowa One Gift Donation (monthly)
Krause, Linda
Kinetic Edge Physical Therapy
Lahn, Ethan
Leary, Timothy & Laura (monthly)
Matje, Evelyn (In Memory of Robert Matje)
Meurer, Michelle (In Memory of Robert Matje)
Morrison, Gary and Judy
Morrison, Heidi (monthly)
O’Brien, Carol (monthly)
Paschall, Peggy (In Memory of Ross and Jeff Paschall)
Pella Rolscreen Foundation
Personal Training (monthly)
Plett, Peggy
Siebert Mobility—Rod Siebert
Santos, Gerald
Simons, Tish (monthly)
Simonson, Donald and Terrill
United Way of Central Iowa
Van Halen, Larry
Vet Center Group
Vian, Arleta (In Memory of Robert Matje)
Zankowski, Louis
DID YOU RECEIVE THIS NEWSLETTER THROUGH THE MAIL AND THERE IS NO COLOR?

Would you like to receive this newsletter in COLOR ???

Please contact us with your email address and we will email it directly to you…. plus you will be saving us postage!
515-277-4782 or iowapvagretchen1@yahoo.com

VETERAN’S TELEPHONE SUPPORT GROUP
Available every Monday, Wednesday, and Friday at 1:00 p.m. CST. (Until further notice)
These will be led by our VA Central Iowa’s Peer Support Specialists
Call: 1-800-767-1750  Access Code: 56999#

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.
Please support our mission through a direct donation to:
Paralyzed Veterans of America - Iowa Chapter
7025 Hickman Rd, Suite #1, Urbandale, IA 50322

How do I find activities for Enrolled Outpatient Veterans?

- Go to www.centraliowa.va.gov (In the lower right hand column, click on “Recreation & Music Therapy Calendar”
- Go to the VA Central Iowa Health Care System Facebook page (www.facebook.com/VACentralIowa)

Please feel free to contact us by mail, telephone or email…

Iowa PVA, 7025 Hickman Rd., Suite #1, Urbandale, IA 50322
515-277-4782 or 1-888-909-4782

iowapva1@yahoo.com, iowapvakim@yahoo.com, or iowapvagretchen1@yahoo.com
Iowa Able Foundation is pleased to announce we are expanding! Iowa Able empowers Iowans of all abilities to become financially independent

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4% 0%

Iowa Able interest rates will range anywhere from 4% - 0% for all loan recipients who also agree to participate in Iowa Able's Financial Empowerment Program

New Loan Products Now Available

Vehicle Repair
Fixing, mending, or replacing a part of a vehicle that is not functioning properly

Home Repair
Fixing, mending, or replacing a part of a home that is not functioning properly

Vehicle Purchase
Acquiring a vehicle as well as any expenses related to acquiring a vehicle such as registration fees

Education Equip
Physical hardware or software used to facilitate learning and improve education performance

Employment Equip
Modifying or purchasing equipment to acquire or maintain employment

Support Animal
Acquisition of the animal, its training, and up to one year of supplies for care

To learn more about these new opportunities or apply please visit iowaable.org

THANK YOU—THANK YOU

To the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from October 27, 2020—December 21, 2020

Randy Bryant
Country Wood Shed
Bob and Shirley Happs
Terry Wilson

THANK YOU to our Yearly Advertisers!!

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Rolix (Page 14)
Siebert Mobility (Page 17)
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New VA Program offers eligible veterans an Indego® Exoskeleton at no cost.

What is Indego?
A robotic device that enables veterans to walk again.

Indego is an FDA-approved exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries to stand and walk, offering a new level of independence.

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During the first Thursday of every month you can join a free live webinar to learn more about the Indego and hear from a veteran who owns a device already.

Contact us today to reserve your spot or find out if you are eligible to receive an Indego exoskeleton at no cost.
Email: support.indeo@parker.com
Phone: 844-846-3346

Watch Marine Veteran Steve Holbert’s story at www.indeo.com/veterans
A Message from the PVA Sports Team:

After careful consideration, due to the evolving COVID-19 pandemic, our sports and recreation team, following the guidance of our Executive committee, has decided to cancel the remaining sports and recreation events from FY 2020. This will cover events that were scheduled to take place through December 31st. We are saddened to cancel these events, but the safety and health of our members and all participants are our first priority.

We encourage you to check out our Virtual Events (https://www.pva.org/adaptive-sports/special-events/) page for a variety of current activities you can participate in from the comfort of your home.

(Check out website to watch sample classes of Air Rifle Instruction, Adaptive Yoga, Boccia, Nutrition Classes, Wheelchair Dance and Adaptive Fitness and MORE!)
## CALENDAR OF UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/10</td>
<td>Bingo at the Des Moines VA CLC—6:30 pm</td>
</tr>
<tr>
<td>12/17</td>
<td>CANCELLED—Caregiver Support Meeting</td>
</tr>
<tr>
<td>12/17</td>
<td>BOD/Membership Meeting on Zoom—1:00 pm</td>
</tr>
<tr>
<td>12/24</td>
<td>Christmas Eve—Office Closed</td>
</tr>
<tr>
<td>12/25-31</td>
<td>Christmas Holiday—Office Closed</td>
</tr>
<tr>
<td>1/01-3</td>
<td>Happy New Year—Office Closed</td>
</tr>
<tr>
<td>1/14</td>
<td>Bingo at the Des Moines VA CLC—6:30 pm</td>
</tr>
<tr>
<td>1/18</td>
<td>Martin Luther King’s Birthday—Office Closed</td>
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<tr>
<td>1/20</td>
<td>Veterans Day on the Hill (TENTATIVE), Iowa State Capitol Rotunda</td>
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<tr>
<td>1/21</td>
<td>Caregiver Support Meeting on Zoom—11:00 am (Speaker on Mindfullness)</td>
</tr>
<tr>
<td>1/21</td>
<td>BOD/Membership Meeting on Zoom—1:00 pm</td>
</tr>
<tr>
<td>2/11</td>
<td>Bingo at the Des Moines VA CLC—6:30 pm</td>
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<tr>
<td>2/14</td>
<td>Happy Valentines Day</td>
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<tr>
<td>2/15</td>
<td>President’s Day—Office Closed</td>
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<tr>
<td>2/18</td>
<td>Caregiver Support Meeting on Zoom—11:00 am (Playing game called MyIntent)</td>
</tr>
<tr>
<td>2/18</td>
<td>BOD/Membership meeting on Zoom—1:00 pm</td>
</tr>
<tr>
<td>3/1-5</td>
<td>Advocacy Legislative Seminar (Virtual)</td>
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</tbody>
</table>
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.

NOTICE REGARDING DONATIONS MADE DIRECTLY TO THE PARALYZED VETERANS OF AMERICA – IOWA CHAPTER

- 85% 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.


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

Please check out our webpage! [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. You can also check us out on Facebook!

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.
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VETERANS WINTER WELLNESS PROGRAM!

Let’s kick 2020 to the curb and start 2021 on the right foot!

STARTING JANUARY 4TH, 2021, join this 4-week program to improve your overall health and wellness! Goals can include: healthy eating, physical activity, stress management, healthy habits and more!

Participants will receive:
- Access to VA Wellness Staff to help you meet your goals!
- Access to VA Wellness courses
- Weekly video/phone calls to offer education and support!
- Weekly competitions with prizes to the winners!

DEADLINE TO SIGN UP: DECEMBER 31ST, 2020!

Questions? Ready to sign up?
Contact Joni Osmundson, Recreation Therapist:
515-699-5999 x24980
or secure message CI-Recreation Therapy
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 515-277-4782 or 1-888-909-4782