Jon R. Schneider
March 11, 1937 - April 11, 2021

Jon was born 3/11/37 in Keokuk, Iowa to Irwin and Georgia Schneider. Jon was one of five boys, including an identical twin, Don. Shortly after having Jon and Don, the family moved to Des Moines.

Jon graduated from North High School in Des Moines and at the age of 18, entered the United States Navy in January of 1956. After recruit training at Great Lakes, Illinois, he was assigned to the Destroyer USS Lowry DD-770 as a torpedo man out of Norfolk, Virginia. Training continued along the coast and in the Caribbean searching for Russian submarines near Guantanamo Bay, Cuba. They were preparing the Lowry for her first deployment with the Sixth Fleet in the Mediterranean for NATO "Strikeback" exercises in the North Atlantic. These exercises were for the deployment of Anti-submarine warfare and aircraft carrier strike forces, which involved 200 warships, 650 aircraft and 75,000 personnel from the United States Navy and other allies. The Lowry left Norfolk on December 7, 1956.

Shortly thereafter, while serving aboard the USS Lowry near Italy, Jon sustained a spinal cord injury resulting in the loss of use of his legs and damage to other organs. He was immediately flown from the deck of the Aircraft Carrier Coral Sea to the 2nd General Military Hospital in Landstuhl, Germany. After 30 days, he was transferred to numerous military hospitals and eventually flown to Philadelphia Naval Hospital where he spent almost six months recuperating from his injuries. All in all, Jon spent almost a year in military hospitals before being released to go home to continue his life-long rehabilitation. Jon received an Honorable Discharge with a service-connected spinal cord injury and was awarded Navy Occupation Service Medal.

“continued on Page 2”
A Tribute to Jon R. Schneider

“continued from Page 1”

Jon was 20 years old when he was sent home with a spinal cord injury that left him without the use of his legs among other issues. In the 1950’s, there was no ADA and things were very difficult to say the least. Many men in his situation might have given up. Not Jon. He started working almost immediately as an Assistant to the Production Director at the Des Moines Register newspaper. While working, he started taking classes at Drake University and in 1968, received his BA degree in advertising. Following graduation from Drake University, he went on to Ball State University in Muncie, IN, and in 1971 graduated with his Master’s Degree in Public Relations.

In 1987, Jon joined forces with a handful of paralyzed veterans (including Don Gerdom, Al Blumenhourst, James Hauk, Don Denning, Bob Bennett and Phil Hunt) along with a wonderful social worker at the Des Moines VA, Hilda Sickels. This group formed the Iowa Chapter of Paralyzed Veterans of America. The Iowa Chapter was officially established March 1, 1988. Jon was the first President of our Chapter and was our only president up until his death on April 11, 2021. Thirty-three years as our President! He served PVA not only at the Chapter level, but also at the National level.

Jon spent 62 years of his life serving veterans, his community and PVA. He has lived these 62 years with a spinal cord injury he sustained serving our country. It barely slowed him down. He has raised a family and been a teacher and mentor. He has tirelessly and selflessly served his community and veterans.

He will be greatly missed by all who knew him!
In the spring of 2013, Dr. Espeland came to the spinal cord clinic at the Des Moines VA. She was the first woman doctor at the Des Moines VA spinal cord clinic that I know of, or at least she was the first for me. I had seen other women doctors at the Minnesota VA spinal cord center and had no doubt she was professionally qualified to take care of the patients at Des Moines VA.

As a Hospital Liaison for the Des Moines VA spinal cord clinic, I was able to visit with Dr. Espeland more than just being a patient and to see if there were any difficulties where PVA could help. She did not have a lot of patients that were being taken care by her with spinal cord injury or disease at first but then she started getting more as time went on. There were problems when she got more patients because the VA had her doing different jobs and was not totally the spinal cord clinic. That is when our Chapter started advocating to the Des Moines VA Director to hire Dr. Espeland to be appointed full time to the spinal cord clinic. After the numbers got to be over a 100 plus patients, the VA Director agreed to put Dr. Espeland on full time.

Since Dr. Espeland has become the SCI (Spinal Cord Injury) physician, there have been many improvements. Sadly, Dr. Espeland has now decided to retire.

Over the past 8 years, I have seen how caring and kindhearted she is with everyone. I very much respect her professionalism and how she handles her patients. She always made sure all her patients understood everything about their health.

When it became time for our veterans to get the Covid-19 vaccine, Dr. Espeland advocated for the spinal cord clinic patients to be the first to get the vaccine. She will tell you that it was the VA Director’s decision to let the SCI patients go first and I suppose, she is correct. However, when I was at the Iowa Commission Veterans Affairs meeting, the VA Director personally told me to thank Dr. Espeland for advocating for us. I have told Dr. Espeland thank you in private and I want to say thank you again for all you have done for us while being our doctor at the Des Moines VA.

We wish her a great retirement and know she will be volunteering for our Chapter in the future.

**NOTE:** Article IV - Officers, Section 5 of the Iowa PVA By-Laws states in part: “In the event of vacancy in the office of President, the Vice President shall assume this office. Any person appointed to fill a vacancy as an officer of the Chapter shall hold office until the next regular election or until his/her successor is duly elected and qualified, whichever shall occur first.” Please congratulate and welcome Kenny Lloyd as the new Chapter President of Iowa PVA.

**Attention**

Elections for the Board of Directors and Officers of Iowa Paralyzed Veterans of America will be held in September for Fiscal Year 2021-2022.

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 Gretchen Baldwin at 515-277-4782. You can also email your request to iowapvakim@yahoo.com or iowapvagretchen1@yahoo.com by June 30, 2021.

Per Iowa Paralyzed Veterans of America Election Policy and Procedures, ballots will be sent out to all members no later than August 10, 2020, 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.
I was recently contacted by one of our more active members. This veteran is new to our chapter, very outgoing, very articulate and overall, very steady and stable. He would have been one of the last people I would have suspected of becoming vulnerable in the moment where he was feeling suicidal, but he had a heartbreaking and surprising story to tell. With the isolation and stress of the COVID-19 Pandemic, I am sure we have more veterans out there in crisis than we know. He asked for me to share his story in hopes of helping other veterans who find themselves in a similar situation. I admire his bravery and candor in sharing this very personal story.

On February 3, 2021, this veteran pulled into his driveway and a song was playing on the radio called "Sober" by Bad Wolves. This song triggered him. He literally went from 0 (doing fine, everything is O.K.) to 100 (the song having brought up negative thoughts that then lead him to feeling suicidal) in less than a minute. He had battled some depression in the past but typically his depression would take a slow spiral and he would be able to stay ahead of the deep darkness. This was the first time that it had come over him this fast. He had even had a good and productive session with his VA therapist earlier that morning. Fortunately, this veteran had a good support system and had procedures in place to deal with this type of event. He slowed himself down. He parked his car. He put on the windshield cover (it was snowing). He made his way up the ramp to his home, unlocked his door and went inside. Once inside, he broke down. He has a Signal Messaging app group in place that includes one of his brothers, cousin and a good friend. He was able to reach out to them and his brother responded. He also reached his wife. When she returned home she verified all their firearms were locked and secured and she had the only key.

He informed all of his doctors and everyone on his health care team, both civilian and VA. Each one reacted the same way. He was the very last person they would have thought would have thought would be having issues like this. On February 22, he had his first anxiety attack. He was having trouble breathing and did not understand that this is what was happening. He was able to get in to see his primary care physician and after being examined to rule out any other issues, it was determined the symptoms were caused by anxiety. He was provided with a few things to do in the short term and to follow up with his VA therapist. Over the next few weeks, he informed his healthcare team, close friends and family, and started working on the following:

1) Developing a Safety Plan
A safety plan is a document that supports and guides someone when they are experiencing thoughts of suicide. It helps them avoid a state of intense suicidal crisis. This plan is precise and designed so the veteran does not have to think and make decisions. He/she just follows the plan. This plan lists triggers, coping strategies, contacts & phone numbers etc. Your therapist should be involved in the formulation of this plan.

2) Developing a WRAP - Wellness Recovery Action Plan for Veterans and People in the Military -
https://mentalhealthrecovery.com/wrap-for-vets/
- This would be the second phase to the Safety Plan.
- The Wellness Recovery Action Plan can help you in the process of recovery - getting well, staying well, and assisting you in becoming who you want to be. It will also be helpful for you in adapting to any challenges you have in your life, such as chronic illness, serious disability, being on active duty, or dealing with extreme loss or grief. This has some crossovers with the Safety Plan, but also lists things to do for the veteran or have the veteran do until they get their footing.

3) Continuing to work with his healthcare professionals.
Below are additional resources he wanted to share.

Tools & Resources

Veteran's Crisis Line - https://www.veteranscrisisline.net 1-800-273-8255 PRESS 1
- Available 24/7 via phone, chat, text; Also available resources for the deaf & hard of hearing
- Serves all Veterans, Service members, National Guard and Reserve, their family members and friends

Coaching Into Care - https://www.mirecc.va.gov/coaching/ 1-888-823-7458
Coaching Into Care is a national telephone service of the VA which aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran. Our goal is to help Veterans, their family members, and other loved ones find the appropriate services at their local VA facilities and/or in their community.

National Suicide Prevention Lifeline - https://suicidepreventionlifeline.org 1-800-273-8255

Save A Warrior - https://saveawarrior.org/home

VA - Mental Health - Suicide Prevention - https://www.mentalhealth.va.gov/suicide_prevention/
- Veteran's Crisis Line
- Coaching Into Care - for family & friends of Veterans
- Coping with Suicide Loss - additional resources for family & friends who have lost Veterans

REACH - https://www.reach.gov/resources/tool/
MANY THANKS to the people and/or organizations who have donated directly to IPVA from......February 24, 2021—April 28, 2021

Affinity Credit Union (In Memory of Jon Schneider)
Alberts, Dan and Becky (monthly)
Anonymous
Bachman, Howard
Bachman, Lee or Paula (In Memory of Jon Schneider)
Baldwin, Gretchen and Joshua  (In Memory of Jon Schneider)
Barnard, Penny (In Memory of Jon Schneider)
Bazzocco, Karen (In Memory of Jon Schneider)
Burghorn, John and Amelia
Carlson, Dan R
Carlson, Donald and Carol
Cooper, Donna (In Memory of Jon Schneider)
Corrigan, Don (In Memory of Jon Schneider)
Crowl, Kathryn
DeLany, James (monthly)
Epps, Beverly (In Memory of Jon Schneider)
Espeland, Steven and Susan (In Memory of Jon Schneider)
Finch, Clarence
Frideres, Duane and Beverly (monthly)
Gould, Kimberly
Graves, Steven
Hartford Sportsmen Club of Hartford Iowa (monthly)
Harvey, Keith and Becky (In Memory of Larry Post)
Howell, Michael (In Memory of Jon Schneider)
Iowa One Gift Donation (monthly)
Leary, Timothy & Laura (monthly)
Mach-Weissenburger, Katina and Joe (In Memory of Jon Schneider)
May, Laura and Dave (In Memory of Jon Schneider)
McGriff, Kevin (In Memory of Linda Meyer)
Miller, Scott (In Memory of Jon Schneider)
Morrison, Heidi (monthly)
Nichols, Dan and Gina
O’Brien, Carol (monthly)
Personal Training (monthly)
Paralyzed Veterans of America—Great Plains Chapter (In Memory of Jon Schneider)
Russo Family Trust—James and Dianna Russo
Sankeney, Tom and Debra (In Memory of Larry Post)
Scarpino Stutz, Gail (In Memory of Jon Schneider)
Simons, Tish (Monthly & In Memory of Jon Schneider)
Sindel, Cindy
Stockle, Clarise (In Memory of Jon Schneider)
Swietlik, Steven and Sandra
Twedt, Owen or Ann (In Memory of Linda Meyer)
Wilson, Paula
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
iowapval@yahoo.com, iowapvakim@yahoo.com, or iowapvagretchen1@yahoo.com
Thank you to the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from February 24, 2021—April 30, 2021

Moyson Resources—Linda Moyna

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.

Thank you to our Yearly Advertisers!!

Indego (Page 18)
Rollx (Page 11)
Siebert Mobility (Page 8)
Veteran Owned and Operated

Iowa’s Leader in Mobility Vans

** ** $1000 Veteran Discount Available ** **

- Convenient Locations Serving Iowa, Nebraska & Illinois
- Top Dollar for Your Trade-In
- New & Used Wheelchair Vans
- Many Makes, Models & Conversions to Choose From
- Hundreds of Vans Available
- Sales & Service
- Wheelchair Lifts & Driving Controls
- VA Funding & Financing Available
- Buy-Back Program
- Stairlifts & Other Equipment
- 24 Hour Emergency Service

Phone: 319-351-3159 / 877-543-8826

www.iowamobility.com

Email rods@iowamobility.com
With the unfortunate cancellation of the 2020 event due to COVID-19 concerns, the Iowa and Minnesota Chapters of Paralyzed Veterans of America are pleased to be sponsoring the 2021 Midwest PVA Fishing Event, which will be held August 22-28, 2021.

The 2021 Midwest PVA (Paralyzed Veterans of America) Fishing Event will be a wonderful recreation event. It will provide an entire week of fishing, boating and social activities to approximately 30 paralyzed veteran heroes and their caregivers at Veterans on the Lake Resort in Ely, MN. Veterans on the Lake Resort was started for the sole purpose of creating a recreational facility for disabled veterans to enjoy and continues to be a non-profit facility. It is nestled in the Superior National Forest adjacent to Fall Lake and has over 2,700 feet of shoreline. The resort offers fishing from boats, pontoons and off the dock. (www.veteransonthelakeresort.org) Veterans on the Lake Resort has approximately 25 handicapped accessible cabins which will house our attendees. There are v-bottom boats for use by more mobile anglers and pontoon boats for use by all of our participants. Other fun activities include: Fish-fry, campfires, and access to the local attractions on your own time. This week provides participants with not only vital rehabilitation but gives them a sense of their identity before the injury or illness that changed their lives. It gives the veterans the opportunity to network with other individuals with similar challenges and share vital information and hints on "how to get by" in many cases.

Also in attendance at the event will be 20-25 volunteers to assist with fishing, transport to and from the dock areas, guide and boat captain services, and any recreational assistance that the veterans or caregivers might need.

Fishing gear will be available for those participants who do not have equipment. All participants are encouraged to bring their own tackle and fishing gear, including wet-weather clothing. Boats and life jackets will be provided. If participants have their own boat or life jacket and want to bring it, we would encourage them to do so. Gas for personal boats would be covered for fishing activities. Participants will be responsible to get their boat to and from the resort.

The Iowa and Minnesota Chapters will make all the arrangements at the resort for lodging and meals. PVA Members need to be aware the event is held at a resort and veterans and caregivers will room together. The Iowa and Minnesota Chapters will make every effort to provide a safe and comfortable experience for everyone.

Participation in the Midwest PVA Fishing Event is open to all PVA members in good standing. Participation acceptance will be on a first come, first served basis. This event is offered to PVA Members and 1 adult caregiver/family member. No additional family members can be accepted due to space. Fishing licenses are still a work in progress and we are working on attaining one week licenses for all attendees.

All veterans in attendance will be members of Paralyzed Veterans of America. 2 PVA Chapters, the Iowa and Minnesota Chapters, will be attempting to fund this August 2020 rehabilitation event. The total bill for this event is estimated at $40,000. This would be all inclusive of lodging, meals, boat rental / gas, bait, ice, etc. A small fee will be charged per person ($50) to ensure attendance.

**WATCH YOUR MAILBOX FOR YOUR APPLICATION. WE WILL BE MAILING THESE OUT SHORTLY WITH A REQUIRED RETURN DEADLINE OF JULY 1. THIS IS A FIRST COME FIRST SERVED EVENT WITH LIMITED WHEELCHAIR ACCOMODATIONS SO PLEASE GET YOUR APPLICATION IN ASAP.**
NOTICE REGARDING DONATIONS MADE DIRECTLY TO THE PARALYZED VETERANS OF AMERICA – IOWA CHAPTER

- 88% 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.
WE BRING THE VAN TO YOU!
SAFE. CONVENIENT. TRUSTED.

For nearly 50 years Rollx Vans has been providing Veterans Nationwide the safest most convenient way to purchase a wheelchair accessible vehicle. We take great pride in serving those who served our country.

SEARCH INVENTORY
SHOP ONLINE FROM HOME

FINALIZE DETAILS
SKILLED STAFF TO ASSIST YOU

FREE DELIVERY
TOUCHLESS HOME DELIVERY

ENJOY YOUR FREEDOM
100% SATISFACTION GUARANTEE!

Veterans get up to $3000 off the purchase of your Rollx Van!
Call 800-956-6668 or visit us at rollxvans.com
IOWA PVA SHOOTING SPORTS TOURNAMENT
Hosted by Iowa Chapter Paralyzed Veterans of America • June 11–13, 2021
Otter Creek Sportsman’s Club, Cedar Rapids, Iowa • Marriott Cedar Rapids
Competition open to all shooters, able-bodied or with a disability

EVENT AWARDS
- High overall on 300 targets
- Keith Griggs Memorial Award (given to the top shooter with SCI/D) on 300 targets

Class Awards:
- First and second place in Short, Mid, and Long yardage
- First and second place in Singles, AA-D classes
- First and second place in Doubles, AA-D classes

Chapter Team Awards:
A chapter team must consist of at least three shooters having SCI/D, and a minimum of two teams must be competing for awards to be considered.
- Top Team and Runner-Up teams award based on all 300 targets/shooter

NOTE: The Iowa Chapter Paralyzed Veterans of America may hold special events on both Saturday and Sunday, as well as other shooting options for the weekend and fun shoots. There will be information on any special events taking place during the shoot in the club house and the registration tables. Please see the registration staff for any questions pertaining to special events.
TRAVEL &
ACCOMMODATIONS:

OTTER CREEK SPORTMAN’S CLUB
9001 MILBURN ROAD
CEDAR RAPIDS, IA 52402
319.393.5814

From the host hotel, and other hotels, located on Collins Parkway: From Collins Road Westbound, turn right onto Edgewood Rd NE. At the “T” intersection, turn left onto Blairs Ferry Road NE. Go 1.1 miles. Turn right onto Milburn Rd NE. Go approximately 2 miles. Entrance to Otter Creek is on the left.

MARRIOTT CEDAR RAPIDS
1200 COLLINS ROAD NE
CEDAR RAPIDS, IA 52402

Reservations: Call Amanda Cushing at 309.261.0455 by May 20, 2021. Reference Paralyzed Veterans of America to get the group rate of $104 for standard guest room and $114 for king suite handicap accessible room per night (plus tax and fees).

Directions from Airport to Hotel:
Turn right onto Wright Brothers Blvd., SW. Turn left and take ramp onto I-380 N toward Waterloo. Take exit #24A toward Collins Road. Turn right. Merge onto Collins Rd. NE.

Alternative Area Hotels:
Hampton Inn & Suites Cedar Rapids North
1130 Park Place NE
Cedar Rapids, IA 52402

Homewood Suites
1140 Park Place NE
Cedar Rapids, IA 52402

Call Matthew at 319.832.1130 ext 2 by May 20, 2021. Reference Paralyzed Veterans of America for group rate of $99 per night (plus tax and fees).

NOTE: Transportation will be provided between the airport and hotel, and between the hotel and range. If requiring transportation from the airport, please contact Kim Gould at iowapvakim@yahoo.com no later than May 28, 2021. Please include flight number and date/time. Requests for transportation from the airport after June 8, 2021 will not be guaranteed.

MORE EVENT DETAILS

Equipment
Equipment may be provided on request and will be on a first-come, first-served basis. Please indicate on your entry form whether a shotgun and/or pouch will be needed.

Ammunition Policy
All ammunition utilized must be factory ammunition. Reloaded ammunition may not be utilized for competition due to liability. Anyone found utilizing reloaded ammunition will be disqualified from competition and refunds will not apply. Please see Paralyzed Veterans’ shooting sports rules for more information at www.pva.org/shootingsports.

Emergency Procedures
In the event of emergency, the tournament director will be notified immediately. The nearest medical treatment center is St. Lukes Hospital and Medical Center located at 1026 A Ave NE, Cedar Rapids, IA 52402; 319.369.8204

The nearest VA hospital is the Iowa City VA at 601 Highway 6W, Iowa City, IA 52246; 319.338.0581.

Postal Match Option (Virtual)
Due to COVID travel restrictions we are adding the option for PVA Members and Associate Members to participate in trap shoots under a Postal Match format. Those participating from their home range must register with the host Chapter two weeks prior to the scheduled event, including teams. Participants shooting on their home ranges will be required to email their results to the on-site host match official and John Arbino, johnar@pva.org by 5 p.m. Central Time on Saturday, June 12, 2021. If shooting as a team, then the team captain can send those results. The score sheet must also be signed by the scorer, the shooter in the first position and an officer of the trap club for award consideration.

Raffles & Auctions
The Iowa Chapter of Paralyzed Veterans of America will be holding raffles and/or silent auctions throughout the weekend.

* Please plan accordingly for any shipping, as the Iowa Chapter nor the National Office will be shipping any items.
REGISTRATION & PAYMENT FOR PISTOL SHOOT

IOWA PARALYZED VETERANS PISTOL SHOOT 10 A.M FRIDAY, JUNE 11, 2021

The entry fee for this event is $75 which includes practice time and ammunition for competition. Please send your registration and payment to:

Iowa Paralyzed Veterans of America
7025 Hickman Road, Suite 1
Urbandale, IA 50322

On-site payment will be accepted in the form of cash or check. No debit or credit cards.

SHOOTING OPTIONS

<table>
<thead>
<tr>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entry Fee $75.00</td>
<td>$75</td>
</tr>
<tr>
<td>Tax-deductible donation to</td>
<td></td>
</tr>
<tr>
<td>Paralyzed Veterans Shooting Sports</td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td>$</td>
</tr>
</tbody>
</table>

ADDITIONAL OPTIONS

<table>
<thead>
<tr>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever competed in a</td>
<td></td>
</tr>
<tr>
<td>Paralyzed Veterans shooting event?</td>
<td></td>
</tr>
<tr>
<td>Yes No</td>
<td></td>
</tr>
<tr>
<td>In case of emergency, please</td>
<td></td>
</tr>
<tr>
<td>contact:</td>
<td></td>
</tr>
<tr>
<td>Relationship:</td>
<td></td>
</tr>
<tr>
<td>Phone:</td>
<td></td>
</tr>
</tbody>
</table>

NAME: ____________________________
Street: __________________________
City: ____________________________ State: ______ Zip: ______
Phone: (____) __________ Email: __________________________

Branch of Service: USA USMC USAF USN USCG N/A
Age: __________ Sex: Male Female Other

Voting Member of PVA? Yes No
PVA Associate Member? Yes No
Paralyzed Veterans Chapter: __________________________

*Pistol ammunition will be provided for practice and competition.

Email John Arbino at JohnAr@pva.org with information on the caliber firearm you plan on utilizing.

The PVA Pistol Shoot will consist of 50 rounds of ammunition. Handguns will not be provided. No scopes or laser sights allowed, and nothing smaller than .32 caliber or larger than .45 caliber will be authorized for competition. The use of two hands is ok, as is the use of a safety strap for all wheelchair shooters. However, hands and arms must be completely free of support. Competition is open to all shooters, sitting or standing. Absolutely no reloaded ammunition may be used for practice or competition.

Course of Fire:

- 10 shots of practice, 10 minutes.
- Slow fire at the 15-yard line, 10 shots in 10 minutes
- Quick fire at the 15-yard line, 5 shots in 30 seconds
- Quick fire at the 15-yard line, 5 shots in 30 seconds
- Slow fire at the 20-yard line, 10 shots in 10 minutes
- Quick fire at the 20-yard line, 5 shots in 30 seconds
- Quick fire at the 20-yard line, 5 shots in 30 seconds

* Awards for champion and runner-up will be given at the Sunday awards lunch at Otter Creek Sportsmen's Club at noon.
REGISTRATION & PAYMENT FOR TRAPSUITE

IOWA CHAPTER PARALYZED VETERANS OF AMERICA TRAPSUITE

The entry fee for this event is $210 which includes 300 targets, 12 boxes of ammunition for competition, breakfast and lunch on Saturday, breakfast on Sunday and the Sunday awards lunch. Please send your registration and payment to:

Iowa Paralyzed Veterans of America
7025 Hickman Road, Suite 1
Urbandale, IA 50322

NOTE: Please make checks payable to Iowa PVA; in the memo: “Trapsuite.” Please DO NOT send cash. Onsite registration will be accepted with check or cash payment. No credit or debit cards.

TRAPSUITE OPTIONS

Postal Match/Virtual Fee: $50
In-Person Fee: $210
(Includes ammo, targets, and all meals)

A LA CARTE OPTIONS:
All include ammunition and targets, no meals.

Singles Only: $65
Doubles Only: $65
Handicap Only: $65

ADDITIONAL OPTIONS

Extra Lunch Ticket: $10
Extra Breakfast Ticket: $5
Extra Awards Lunch Ticket: $30
Tax-deductible donation to Iowa Paralyzed Veterans Chapter

Name: ___________________________ Phone: (_____) _________
Street: ___________________________
City: ___________________________ State: _______ Zip: _______
Branch of Service: USA USMC USAF USN USCG N/A
Voting member of Paralyzed Veterans? Yes No
PVA Associate Member? Yes No
Paralyzed Veterans Chapter:________

Have you ever competed in a Paralyzed Veterans shooting event? Yes No

Please indicate any equipment you might need:
Shotgun Pouch Earplugs Safety Glasses

I will be competing virtually: Yes No

Will you require transportation?* Yes No
*Transportation requests must go to Kim Gould at iowapvakim@yahoo.com no later than May 28, 2021.

In case of emergency, please contact:
Name: ___________________________
Relationship: ____________________

ATA/PITA/Handicap YDG: ________ ATA#: ________
If a member of ATA or PITA, please bring your card with you!

Singles Average: ____________ Doubles Average: __________

We will be re-squadding for handicap events. We will honor requests for squadding for the singles and doubles events that you report here.

Squad Members:
1. _____________________________
2. _____________________________
3. _____________________________
4. _____________________________
5. _____________________________

Will you be attending the awards lunch? Yes No

TOTAL $______
A Message from the PVA Sports Team:

We are looking forward to keeping you active and safe by continuing our virtual events into 2021, as well as giving you the opportunity to participate in new activities we have planned for this year. Please check our virtual events page for a variety of current activities that you can participate in from the comfort of your own home. We encourage you to keep checking the website and our Facebook page for event updates.

ADAPTIVE SPORTS

https://pva.org/adaptive-sports/

(Check out website to watch sample classes of Air Rifle Instruction, Adaptive Yoga, Boccia, Nutrition Classes, Wheelchair Dance and Adaptive Fitness and MORE!)
<table>
<thead>
<tr>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curt D Barnes</td>
<td>James D. Fidler</td>
</tr>
<tr>
<td>May 3</td>
<td>June 1</td>
</tr>
<tr>
<td>Joni K Lawai</td>
<td>Robert L. Marchant</td>
</tr>
<tr>
<td>May 9</td>
<td>June 1</td>
</tr>
<tr>
<td>Tina Marie Carter</td>
<td>Larry W Post</td>
</tr>
<tr>
<td>May 21</td>
<td>June 6</td>
</tr>
<tr>
<td>Michael J Moroney</td>
<td>William E. Ballensky</td>
</tr>
<tr>
<td>May 22</td>
<td>June 10</td>
</tr>
<tr>
<td>Gerald R Santos</td>
<td>Kenneth E Lloyd</td>
</tr>
<tr>
<td>May 22</td>
<td>June 14</td>
</tr>
<tr>
<td>Daniel S Nichols</td>
<td>Robert J Abel</td>
</tr>
<tr>
<td>May 23</td>
<td>June 15</td>
</tr>
<tr>
<td></td>
<td>John M. Burghorn</td>
</tr>
<tr>
<td></td>
<td>June 17</td>
</tr>
<tr>
<td></td>
<td>Eric T DeKraai</td>
</tr>
<tr>
<td></td>
<td>June 20</td>
</tr>
<tr>
<td></td>
<td>Harold E. Janssen</td>
</tr>
<tr>
<td></td>
<td>June 21</td>
</tr>
<tr>
<td></td>
<td>Carol L Lilienthal</td>
</tr>
<tr>
<td></td>
<td>June 24</td>
</tr>
<tr>
<td></td>
<td>Bobbie D. Souer</td>
</tr>
<tr>
<td></td>
<td>June 27</td>
</tr>
<tr>
<td></td>
<td>Victor R. Nava</td>
</tr>
<tr>
<td></td>
<td>June 27</td>
</tr>
<tr>
<td></td>
<td>Roger W. Rupp</td>
</tr>
<tr>
<td></td>
<td>June 29</td>
</tr>
<tr>
<td></td>
<td>Robert V Juarez</td>
</tr>
<tr>
<td></td>
<td>June 29</td>
</tr>
<tr>
<td></td>
<td>Bruce C Culver</td>
</tr>
<tr>
<td></td>
<td>June 30</td>
</tr>
</tbody>
</table>

**CALENDAR OF UPCOMING EVENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/1 - 2</td>
<td>Annual Turkey Hunt</td>
</tr>
<tr>
<td>5/9</td>
<td>Mother’s Day</td>
</tr>
<tr>
<td>5/13</td>
<td>Bingo at the Des Moines VA CLC—6:30 pm</td>
</tr>
<tr>
<td>5/17 - 21</td>
<td>PVA National Convention</td>
</tr>
<tr>
<td>5/27</td>
<td>Caregiver Support Meeting on Zoom—11:00 am</td>
</tr>
<tr>
<td>5/27</td>
<td>BOD/Membership meeting on Zoom—1:00 pm</td>
</tr>
<tr>
<td>5/31</td>
<td>Memorial Day– Office Closed</td>
</tr>
<tr>
<td>6/11 - 13</td>
<td>National PVA Pistol and Trapshoot Event in Cedar Rapids, Iowa (See Pages 12-15)</td>
</tr>
<tr>
<td>8/8 - 13</td>
<td>National Veterans Wheelchair Games (See Page 24 for details)</td>
</tr>
<tr>
<td>8/22 - 28</td>
<td>Midwest PVA Fishing Event in Ely, MN (See Page 9 for details)</td>
</tr>
<tr>
<td>9/30 - 10/2</td>
<td>PVA Women Veterans Empowerment Retreat (See Page 7 for details)</td>
</tr>
</tbody>
</table>

Indianola Home Medical Supply L.L.C.
207 South Howard St., Indianola, IA  50125
Scooters, Bathroom Safety and Daily Living Products

Full Service
Wheelchairs, and Parts Department

Home Modifications, Patient Lifts, Entry Ramps, Stair Lifts, Porch Lifts, Scooter Lifts and Elevators

Darl Kaldenberg, Manager
Phone:  515-962-0701
Fax:  515-962-9251
Getting Paralyzed Veterans Walking Again with Indego®

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.

Indego can currently be used with spinal cord injury levels of T3 to L5 in community or home settings.

Free Indego Webinars
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.indego@parker.com
Phone: 844-846-3346

Watch Marine Veteran Steve Holbert’s story at www.indego.com/veterans
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.
Des Moines Vet Center Group Meetings

For Combat Veterans*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gaming</td>
<td>Monday</td>
<td>9:00am-10:00am</td>
</tr>
<tr>
<td>LGBTQ</td>
<td>Monday</td>
<td>3:00pm-4:00pm</td>
</tr>
<tr>
<td>Concerned Person</td>
<td>Monday</td>
<td>(2nd Mon month)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6:00pm-7:00pm</td>
</tr>
<tr>
<td>PTSD PEER</td>
<td>Tuesday</td>
<td>10:00am-11:30am</td>
</tr>
<tr>
<td>PTSD VN</td>
<td>Tuesday</td>
<td>11:00am-12:30pm</td>
</tr>
<tr>
<td>OIF/OEF/OND</td>
<td>Tuesday</td>
<td>(Drop in)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5:00pm-6:00pm</td>
</tr>
<tr>
<td>Grief / Loss</td>
<td>Wednesday</td>
<td>10:00am-11:30am</td>
</tr>
<tr>
<td>Peer Combat Vets</td>
<td>Wednesday</td>
<td>10:00am-11:30am</td>
</tr>
<tr>
<td>PTSD VN</td>
<td>Thursday</td>
<td>1:30pm-3:00pm</td>
</tr>
<tr>
<td>MST (any service era)</td>
<td>Friday</td>
<td>(1st &amp; 3rd Fri month)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7:30am-8:30am</td>
</tr>
<tr>
<td>PTSD Focus</td>
<td>Friday</td>
<td>11:00am-12:30pm</td>
</tr>
</tbody>
</table>

*Free and Confidential Individual counseling sessions are also available.

(515) 284-4929
Des Moines Vet Center
1821 22nd ST. #115
West Des Moines, IA 50266

Please call to be scheduled for an appt or to be added to a group.

"Keeping the Promise"

---

Notice of Amtrak Claims Fund Under the ADA

Amtrak has entered into a Settlement Agreement with the U.S. Department of Justice to resolve a lawsuit brought under the Americans with Disabilities Act ("ADA"). The Settlement Agreement resolves alleged violations of the ADA.

If you were harmed by Amtrak’s lack of accessible transportation services between July 27, 2013 and December 2, 2020 you may be eligible to receive payment from a compensation fund established by Amtrak.

To be eligible for consideration for possible payment, you must submit a claim by May 29, 2021. You may obtain information on how to submit a claim in several ways: (1) by visiting AmtrakDisabilitySettlement.com, (2) by sending an email with your name, address, and telephone number to info@AmtrakDisabilitySettlement.com, or (3) by calling the Fund Administrator at (888) 334-9165 or TTY: (866) 411-9976.

A copy of the Settlement Agreement between the U.S. Department of Justice and Amtrak is available at AmtrakDisabilitySettlement.com. For further information about the ADA, visit www.ada.gov or call the Department of Justice’s toll-free ADA Information Line at 1-800-514-0301 (voice) or 1-800-514-0383 (TTY).

Esta Notificación y otra información están disponibles en español en AmtrakDisabilitySettlement.com.
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.

Welcome!

Our New Iowa PVA Members are...

John R McPherson
Kenneth D Rindels
The Iowa Chapter of Paralyzed Veterans of America (IPVA) is a non-profit veterans service organization chartered by Congress and is one of 33 chapters which represents our national organization, Paralyzed Veterans of America (PVA).

Our membership is free and consists of veterans of the United States Armed Forces who have suffered a spinal cord injury or received a diagnosis of disease affecting the spinal cord. Our organization:

- Provides a National Service Officer to assist veterans in the processing of their claims through the Veterans Administration.
- Sponsors athletes who attend the National Veterans Wheelchair Games and other sporting and recreational events.
- Provides funds for patient programs at both the Des Moines and Iowa City VAMCs and at the Iowa Veterans Home in Marshalltown.
- Provides funds for medical personnel to attend special training seminars dealing with the care and treatment of spinal cord injuries/dysfunction/disease.
- Provides funds for foundations and corporations who promote finding a cure and/or improving the quality of life for those with catastrophic spinal cord injuries or disease. These include both local and national research projects.
- Provides education and advocacy to the community at large to improve the accessibility to public and private institutions for all disabled individuals.
- Sponsors social activities for our members and their families.
- Provides caregiver support and education.

Iowa PVA relies solely on private donations and grants and receives no governmental funding. All contributions are tax deductible, as we are a 501(c)(3) corporation.

Contact Information:  
Paralyzed Veterans of America - Iowa Chapter  
7025 Hickman Rd. Suite #1  
Urbandale, IA 50322  
515-277-4782 or 1-888-909-4782  
www.iowapva.org  
www.Facebook.com/iowapva
We are so disappointed to miss Dr. Espeland’s retirement party!
Dr. Espeland is a “peach” and the best damn SCI doctor we’ve had at the VA.
We will miss her a lot! -Mike and Diann Foster
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