**See Page 2 for more information on this event**

Back Talk

### NATIONAL VETERANS WHEELCHAIR GAMES

- **JULY 7–12, 2022**
- **TEMPE, ARIZONA**
- **500+ Athletes**
- **22 Events**
- **6 Days**

CO-PRESENTED BY:

WheelchairGames.org • #WheelchairGames
A Message From The President
Kenneth Lloyd

2021 Deer Hunt

We returned this year with the deer hunt after we were unable to last year due to Covid. Maybe this was the reason not many hunters got a deer this year or maybe we were just unlucky. Unfortunately, this was the first time our deer hunt resulted in less than 100% of our hunters filling their tags. Between our members which were hunting and the volunteers, we had nine hunting this year. Out of the nine hunters, we only had four people who were able to fill their tags.

I saw plenty of deer but either the hunters did not have the opportunity to have a shot or they were missing when they shot. Either way, I know there will be plenty of deer to shoot at next year.”

The weather was not really bad this year. It was windy on Sunday, but it was not cold being out there. Of course, we all had heaters in our blinds if they needed them. For me, I had the heater on in the morning and then shut it off.

I want to say a special Thank You to my wife Pauline and my son Darrell for cooking the soups and maid rites. Also, thank you to all the volunteers!

If anybody wants to come hunt with us or volunteer for our hunts, you can call our office or me at 515-570-1402. We let all volunteers hunt with us too.

Pictured above on left: Shawn Meyers, member, patiently waiting for a deer.
Pictured above on right: George Barber, member, posing with his success for the weekend.

There have been many dental and hearing requests through the trust fund. Please review the below links for possible free dental and hearing aid options:

https://www.freedentalcare.us/st/iowa

https://humanrights.iowa.gov/cas/ds/resources/funding-hearing-aids

https://temp.lionsclubs.org/all/pdfs/lcif/lcif128.pdf

BACK TALK
From the Desk of Vice President
Scott Miller

Though it was my first time attending the Iowa PVA pheasant hunt, I would say it was a huge success! We had a great turnout with many members able to join us. We had great hosts in Michael and his wife. They provided the use of their land, all of the birds, a great lunch, and so much more. Also, many volunteers donated their time, dogs, and expertise to make sure everyone had a great day. The weather turned out amazing and allowed us to finish with 22 birds overall. Everyone was able to take some home if they were interested—which was great! They were beautiful and delicious and I would encourage anyone that is interested to join us next year. You won’t be disappointed.

Above: Photo from Annual Pheasant Hunt on October 30, 2021. Special Thank you to Mr and Mrs Mike Martin, Corteva Agriscience, Van Wall Equipment, True Impact Outdoors, and all the volunteers and their dogs!

Cover Page and Back Page:
NATIONAL VETERANS WHEELCHAIR GAMES & GOLDEN AGE GAMES

Applications for the National Veterans Wheelchair Games (NVWG’S) are open for the 2022 Games in Tempe, Arizona.

For members with issues of traveling longer distances, The National Veterans Golden Age Games (NVGAG) will be in Sioux Falls, South Dakota (Veterans age 55+).

Both events have sports for our members to participate in.

If anyone that has not participated in the NVWG’s before, please can contact Scott Miller or David Graham at iowapvasports@yahoo.com.

Anyone wanting to attend the NVGAG can contact Joni Osmundson with the DSM VA at joni.osmundson@va.gov.

Interested participants will need to start the application process soon. Due to changing Covid protocols, getting in to see your provider may need to be soon so the necessary medial forms can be completed.
From the Desk of Executive Director
Kim Gould

Paralyzed Veterans of America Disaster Relief Program

With the recent weather events throughout the country, I would like to remind everyone that there is help out there for those folks who have been adversely impacted and have sustained damage and loss.

Paralyzed veterans and their families who suffer demonstrable losses after a natural disaster can file for financial assistance through PVA's Disaster Relief Fund. The fund offers a grant of up to $1,500 to any veteran or veteran's family and was established to give recovering families a jumpstart toward the road to recovery, whether that means replacing lost food and clothing, repairing a damaged roof, or restoring a flooded basement back to livable conditions.

To assist requesters in the distribution of relief funds, they must comply with the following accountability procedures:

- Funds will only be provided to PVA members.
- A maximum of $1,500 per individual or family will be granted. Each application must be evaluated for need. Maximum disbursements will not be made in all cases.
- Funds may be used for transportation, temporary shelter, food, modifications for accessibility, prosthetic appliances, and medical supplies. The funds will not be provided if other assistance has been provided to pay for the items in the request (insurance, FEMA, etc.). Funds will also not be approved to cleanup, fix, or replace damages not related to the veteran’s primary dwelling.

Applications can be received by the PVA Chapter or the National Service Office. Once an application is received it is to be reviewed by the Chapter President or designee, and the National Service Officer. All applications require the approval of the Chapter President or designee, and the National Service Officer (NSO).

After approval from the Chapter and National Service Office the application is to be sent to the Associate Executive Director of the Veterans Benefits Department for final approval. (Include all estimates and receipts). Disbursements exceeding $1,000 must have verification that the assistance requested is valid. (Inspection by PVA, etc.)

In cases where the NSO and chapter disagree regarding approval, or either is not available the application will be sent to the attention of the Associate Executive Director of the Veterans Benefits Department for final decision.

All original documentation will be forwarded to the AED of Veterans Benefits for accounting and review purposes. Copies of applications are to be maintained in the PVA Chapter offices. Please contact either your local PVA Chapter office or your local NSO for a copy of the request form and/or assistance.

Another avenue to receive assistance is the Iowa Veterans Trust Fund. Please contact your local county Department of Veterans Affairs to apply for assistance.

Happy Holidays!

Kim

THANK YOU to our Yearly Advertisers!!
Pro - Bed (Page 8)
Rollx (Page 18)
Siebert Mobility (Page 11)
## Contact List

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Telephone</th>
<th>Ext.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provider</td>
<td>Dr. Ben Collins</td>
<td>515-699-5999</td>
<td>22137</td>
</tr>
<tr>
<td>Nurse</td>
<td>Tracy Hala, RN</td>
<td>515-699-5999</td>
<td>24369</td>
</tr>
<tr>
<td>SCI Coordinator</td>
<td>Melanie Wenzel, LISW</td>
<td>515-699-5999</td>
<td>24688</td>
</tr>
<tr>
<td>Clinic Scheduler</td>
<td>Mary Killebrew</td>
<td>515-699-5671</td>
<td></td>
</tr>
<tr>
<td>Occupational Therapy</td>
<td>Sarah Olson</td>
<td>515-699-5999</td>
<td>24781</td>
</tr>
<tr>
<td>Physical Therapy</td>
<td>Tim Lundberg</td>
<td>515-699-5999</td>
<td>24980</td>
</tr>
<tr>
<td>Speech Therapy</td>
<td>Jamie Flatness</td>
<td>515-242-4782</td>
<td></td>
</tr>
<tr>
<td>Therapy</td>
<td>Jodi Roesler</td>
<td>515-699-5999</td>
<td>24832</td>
</tr>
<tr>
<td>Respiratory Therapy</td>
<td>Tamara Harter</td>
<td>515-344-0548</td>
<td></td>
</tr>
<tr>
<td>Recreation Therapy</td>
<td>Joni Osmundson</td>
<td>515-699-5999</td>
<td>25428</td>
</tr>
<tr>
<td>Dietitian</td>
<td>Cody Schneider</td>
<td>515-699-5999</td>
<td></td>
</tr>
<tr>
<td>Chief of Prosthetics</td>
<td>Tuan Hoang Scott</td>
<td>515-699-5999</td>
<td>25428</td>
</tr>
<tr>
<td>Pharmacy Refill</td>
<td>1-800-294-8387</td>
<td>515-699-5832</td>
<td></td>
</tr>
</tbody>
</table>

VA after hours nurse line 1-844-778-5814  
(weekdays 4pm until 8am; 24hrs on weekends)

VA authorization for admission 1-844-724-7842  
(For non-VA Emergency Room/Hospital Admission; 72hr timeline)
THANK YOU - THANK YOU

To the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from **October 26 - December 17, 2021**

- Acme Tools—Cedar Rapids
- Albert Auto Service - South—Cedar Rapids
- All Hands on Deck
- Almost Famous Popcorn—Cedar Rapids
- American Sparks and Sawdust
- Anonymous
- Anvil Meat Market and Deli—Cedar Rapids
- Anything Country
- Applebee’s—Cedar Rapids
- Auto Zone Auto Parts—Cedar Rapids
- Ayers Engraving & Design—Marion
- Barn Board
- Benz Beverage Depot—Cedar Rapids
- Big Grove Brewery & Taproom—Cedar Rapids
- Blank Park Zoo
- Bloomsbury Farm—Atkins
- Carlos O’ Kellys—Cedar Rapids
- Casey’s General Stores—Corporate
- Cedar Rapids Event Center
- Children’s Museum
- CyberGrants
- Daisy’s Garage—Cedar Rapids
- Dominos Pizza—Cedar Rapids
- Drake, Jenny
- Earl May Garden Center—Cedar Rapids
- Essence Salon—Cedar Rapids
- Great Harvest Bread Co.—Cedar Rapids
- Great River Maple—Garnavillo
- Green Bay Packers
- Grill Works—Marion
- Harbor Freight
- Hurling Hatchet—Cedar Rapids
- Hy-Vee—Cedar Rapids
- Iowa Children’s Museum—Coralville
- Iowa Creations
- Isle Casino Hotel—Waterloo
- Jenny Drake
- Jersey’s Pub & Grub—Cedar Rapids
- Kiecks—Cedar Rapids
- King’s Material—Cedar Rapids
- Kwik Star—Cedar Rapids
- Kyle Framing & Gallery—Marion
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.
TAKE CONTROL OF YOUR HEALTH!

- Eliminate sleep deprivation
- Prevent pneumonia and other respiratory problems
- Prevent painful and life-threatening pressure injuries (bed sores)

The Freedom Bed is the most advanced patient positioning system on the market, providing:

- ✔ AUTOMATED BODY ROTATION
- ✔ PROGRAMMABLE TIMES & ANGLES
- ✔ SMOOTH AND SILENT OPERATION
- ✔ UNINTERRUPTED SLEEP

One of our representatives will be pleased to explain the features and benefits of THE FREEDOM BED, our value-added programs and services offered.

VA FSS CONTRACT: #36F7972BD0184

CALL TOLL FREE: 800.816.8243
EMAIL: INFO@PRO-BED.COM
WEB: WWW.PRO-BED.COM
Des Moines Vet Center Group Meetings
For Combat Veterans*

<table>
<thead>
<tr>
<th>Group</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 (2nd Mon month)</td>
<td>3:00pm- 4:00pm</td>
</tr>
<tr>
<td>Concerned Person</td>
<td>Monday (1st &amp; 3rd Mon month)</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 (Drop in)</td>
<td>5:00pm- 6:00pm</td>
</tr>
<tr>
<td>OIF/OEF/OND</td>
<td>Tuesday</td>
<td>6:00pm- 7:00pm</td>
</tr>
<tr>
<td>Grief / Loss</td>
<td>Wednesday (2x month)</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 (1st &amp; 3rd Fri month)</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”

Due to COVID-19 protocol, some groups are virtual and others will been at IPVA. Please call the Vet Center if interested so meeting location can be given.

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
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.
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
PVA’s Virtual Engagement Program, Veterans Career Live, Enters Second Year

By Lauren Lobrano, Director, Veterans Career Program

At the end of January 2020, PVA Veterans Career Program launched a new virtual employment initiative, Veterans Career Live (formerly PAVE Connect). Veterans Career Live was initially designed to address the ineffectiveness of traditional hiring and employment fairs for many of our clients — the overlooked and undervalued Veteran workforce.

Veterans Career Program staff had noticed that Veterans with disabilities, especially those who have significant disabilities, are less likely to attend large public events with crowds or in locations that are not easily accessible. In March 2020, when the COVID-19 pandemic began, opportunities for the Veteran community changed yet again, proving the value of a virtual engagement tool.

Veterans Career Live was designed to bridge the gap by reaching Veterans, caregivers, and spouses, when and where they need it. The program provides members of the veteran community the opportunity to interact with employers and employment experts, as well as access to an online, on demand library of recorded presentations. The goal is for Veterans and their families to discover a wide range of meaningful education, volunteer, and employment resources and opportunities.

Since Veterans Career Live was created, PVA’s Veterans Career Program has held 250+ virtual sessions with over 3,600 participants. These sessions handled topics ranging from “How to Write a Cover Letter” to “Understanding the G.I. Bill”, and employer sessions with companies of varying sizes and fields.

Veterans Career Live provides opportunities for all Veterans to interact and engage with their peers in a safe and accessible environment. One PVA member and Veterans Career Program client, Paul Guzman, who recently transitioned from the military, said, “I think just being able to access Veterans Career Live from wherever, whenever is super helpful. With my condition my right hand doesn't work as well as it used to. Veterans Career Live is an intimate setting, I'm able to just unmute myself and talk and ask a question and sort of exchange with the instructors or the staff.”

For others, Veterans Career Live not only provided them with employment information, but it also provided them with fellowship and opportunities for engagement. Charlie Thompson, a PVA member and Navy Veteran, shared, “it (Veterans Career Live) gives me opportunities. I'm in a wheelchair, so it gives me an opportunity to branch out and meet new people. I am a people person. So, I love meeting people. I don't get opportunities to go to job fairs, so you all provide that for us over the computer.”

Charlie’s and Paul’s experiences with Veterans Career Live highlight and reaffirm the purpose and mission behind the program. The Veterans Career Program remains committed to providing accessible virtual career and education information for PVA members, our clients and the Veteran community. You can register and learn more about Veterans Career Live on our website www.pva.org/veteranscareerlive.

If you, your spouse, or caregiver, are interested in career support including paid employment, education, or volunteer opportunities please visit pva.org/Veteranscareerprogram or email Veteranscareerprogram@pva.org for more information.
PROJECT HEALING WATERS FLY FISHING

On Tuesday, November 2, the Des Moines PHWFF Program held their first in-person fly-tying event in what seems like ages, and also at a new location.

"It was great to get back together with the others in a face-to-face encounter," Des Moines Program Lead Dale Sanders said. "The meeting place (Paralyzed Veterans of America - Iowa Chapter), was new to all of us and we had fun exploring it."

One of the participants, Jeff, took third place in the annual PHWFF Fly-Tying Competition a couple of years ago, with his Fishy Fullum’s DKW Fly.

"We have recently been using that fly to fish bluegills," Sanders said. "They really wanted a floating fly, and not a sinking one, so we used the class to modify the DKW."

The participants and volunteers used kapok from a life preserver for dubbing, a dry fly hackle and a dry fly hook.

"Success! Our testing showed that it floated like, well, a PFD!" Sanders exclaimed.

“We had one participant attend. I have always said we will do this for any veteran, even just ONE. We did. Although we didn’t have a large group, the spirit of PHWFF was present and we had great time.”

PHWFF DES MOINES PROGRAM LEAD DALE SANDERS

Sanders would like to thank Jeff Cook, for always being there for the program and for hooking the program up with IPVA space to use.

To learn more about the Des Moines Program of PHWFF please visit www.projecthealingwaters.org/programs/locations/
What is PVA Veterans Career Program?

By Lauren Lobrano, Director, Veterans Career Program

Paralyzed Veterans of America’s Veterans Career Program (formerly PAVE) was launched in 2007 to ensure that PVA members, their spouses, and caregivers, have access to meaningful employment, educational, and volunteer opportunities. Our team of certified vocational rehabilitation counselors and employment analysts provide high-touch, one-on-one assistance to guide Veterans through the process.

Studies have found that there are significant benefits for individuals who are engaged, including improved quality of life, enhanced self-confidence, expanded social network, a sense of community and increased income for those who are employed.

Veterans Career Program staff are specially trained to work with Veterans receiving Social Security Disability Insurance and other government benefits. We work hand in hand with PVA national service officers to take into consideration other benefits a Veteran may be receiving from the VA.

Despite the positive attributes of regular engagement, Veterans with significant service-connected disabilities are not currently seeking employment. More than 62% of Veterans with a service-connected disability rating of 60% or higher either struggle with or opt out of joining the civilian workforce. When layered with the added challenges of managing a new injury or medical diagnosis, many may feel that the barriers to gainful employment are overwhelming.

Veterans Career Program Counselors and Employment Analysts continue to be leaders in dispelling the myths and challenging stereotypes of those with disabilities. Working with dedicated employment partners, we will continue to create opportunities for quality and sustainable careers for those with significant and catastrophic injuries.

PVA Member Sean Ferry recently found success returning to work through the Veterans Career Program. In late 2018, Sean decided that he was ready to pursue employment opportunities again. He did not have a great deal of success working on his own and reached out to the Veterans Career Program in spring of 2019.

Sean worked one-on-one with Veterans Career Program Vocational Rehabilitation Counselor Genia Hachenberg, M.S., CRC, to explore his areas of interest and review the necessary accommodations at work. In September, Sean returned to work for the first time since his injury and shared the following about his experience working with the Veterans Career Program:

"After my injury in 2014, my life was turned upside down. It was not easy to transition from being a Mechanical Engineer, and a rather avid hunter and fisherman, into a wheelchair dependent individual. After five years of unemployment, I turned to the Veterans Career Program and its employees for assistance in getting back into the workforce. They were a great asset to me and a resource that helped me get my job and gain back my independence and self-confidence. Thank you, Veterans Career Program!"

If you, your spouse, or caregiver, are interested in career support including paid employment, education, or volunteer opportunities please visit pva.org/Veteranscareerprogram or email Veteranscareerprogram@pva.org for more information.

HAPPY NEW YEAR!!
ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

Cal-Diego Air Rifle and Pistol Tournament
December 3, 2021
Camp Pendleton
Camp Pendleton, CA

Wisconsin Air Rifle and Pistol Tournament
March 11-12, 2022
Milwaukee Tech Area College
Milwaukee, WI

Mid-Atlantic Air Rifle and Pistol Tournament
March 2022 (Dates TBD)
Colonial Shooting Academy
Richmond, VA

Buckeye Air Rifle and Pistol Tournament *
April 14-16, 2022
Spire Institute
Geneva, OH
*Buckeye Wheelchair Games

PVA BOATING/FISHING TOUR

Mid-America Bass Tournament
September 10-12, 2021
Lake Eufaula
Eufaula, OK

Vaughn Bass Tournament
October 8-10, 2021
The Lakes of Egypt
Marion, IL

Southeastern Bass Tournament
October 15-17, 2021
Thurmond/Clarks Hill Lake
Evans, GA

Florida Gulf Coast Bass Tournament
April 1-3, 2022
Lake Toho
Kissimmee, FL

Kentucky-Indiana Bass Tournament
April 22-24, 2022
Lake Barkley
Kuttawa, KY

Mid-Atlantic Bass Tournament
June 10-12, 2022
James & Appomattox Rivers
Hopewell, VA

Capital Clash Bass Tournament
June 17-19, 2022
Potomac River
Waldorf, MD

Buckeye Billiards Tournament
July 17-18, 2021
8 Ball Sports Bar & Billiards
Columbus, OH

Mid-South Billiards Tournament
October 15-16, 2021
Clicks Billiards
Memphis, TN

Mid-Atlantic Billiards Tournament
March 18-20, 2022
Diamond Billiards
Midlothian, VA

ANNUAL PVA/AWBA BILLIARDS TOURNAMENT SERIES

Great Plains Bowling Tournament
July 29-August 1, 2021
Thunderbowl
Council Bluffs, IA

Mid-Atlantic Bowling Tournament
September 24-26, 2021
Bowl America
Midlothian, VA

Florida Gulf Coast Bowling Tour.
February 23-25, 2022
Pin Chasers
Tampa, FL

Vaughn Bowling Tournament
April 2022 (Dates TBD)
Bowlero
Romeo, IL

PVA NATIONAL SHOOTING SPORTS CIRCUIT

North Central Trapshoot
September 11-12, 2021
Crooks Gun Club
Sioux Falls, SD

Cal-Diego Trapshoot
March 25-27, 2022
Redlands Shooting Park
Redlands, CA

Nevada Trapshoot
April 1-3, 2022
Clark County Shooting Park
Las Vegas, NV

Florida Gulf Coast Trapshoot
May 13-15, 2022
Silver Dollar Trap Club
Odessa, FL

Vaughn Trapshoot
June 3-5, 2022
St. Charles Sportsmen’s Club
Elburn, IL

Wisconsin Trapshoot
June 10-12, 2022
Brown County Sportsman Club
Green Bay, WI

Iowa Shooting Trapshoot *
June 17-19, 2022
Otter Creek Sportsman Club
Cedar Rapids, IA
*Year-End Tournament

Mid-Atlantic Trapshoot (Dates TBD)
Conservation Park of Virginia
Charles City, VA

BOCCIA

KY-IN Boccia Tournament
July 17-18, 2021
Indianapolis, IN

KY-IN Boccia Tournament
September 25-26, 2021
Bowling Green, KY

Bayou Boccia Tournament
February 11-12, 2022
Gulfport, MS

Buckeye Boccia Tournament *
April 14-16, 2022
Geneva, OH
*Buckeye Wheelchair Games

HANDCYCLING

Echelon Racing League ToAD Virtual Criterium Races
November 2021 - February 2022

PVAR High Performance Camp
January 29 – February 3, 2022
Brooksville, FL

Museum of Aviation Marathon
January 15, 2022
Warner Robins, GA

Carbonbke USA
February 5-6, 2022
Gainesville, FL

Off-Road Spring Expo
April 13-16, 2022
Chesterfield, VA

Redlands Cycling Classic
April 20-24, 2022
Redlands, CA

Gettysburg Marathon
April 2022 (Dates TBD)
Gettysburg, PA

Wichita Omnium
June 22022 (Dates TBD)
Wichita, KS

NATIONAL VETERANS WHEELCHAIR GAMES

July 7-12, 2022
Tempe, AZ

For more information: pva.org/sports

Updated 10/22/21
January

Sandra J. Kelderman Jan 1
Darren M. Jargo Jan 4
Jesse E. Barwick Jan 10
James E. Copeland Jan 12
Shawn L. Meyers Jan 16
Gerald W. Ebsen Jan 19
James A. DeLany Jan 24
Robbie E. Robinson Jan 31
Cynthia M. Greulich Jan 31

February

Travis L. Lamphier Feb 3
Janet A. Gruber Feb 5
Richard W. Beckwith-Adams Feb 8
Jerry L. Nail Feb 11
Rod K. Taylor Feb 13
Robert “Bob” J. Fencl Feb 17
George P. Lehman Feb 18
Paul A. Barton Feb 22
Miles M. Chaplin Feb 25
Burl T. Corrigan Feb 28

CALENDAR OF UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/21</td>
<td>Project Healing Waters - 7:00 pm at IPVA office (See Page 13)</td>
</tr>
<tr>
<td>12/25</td>
<td>Merry Christmas</td>
</tr>
<tr>
<td>12/25 - 31</td>
<td>Office Closed in observance of Christmas/New Years Holiday</td>
</tr>
<tr>
<td>1/1</td>
<td>Happy New Year</td>
</tr>
<tr>
<td>1/4</td>
<td>Project Healing Waters—7:00 pm at IPVA office (See Page 13)</td>
</tr>
<tr>
<td>1/13</td>
<td>Bingo at the Des Moines VA CLC—6:30 pm</td>
</tr>
<tr>
<td>1/17</td>
<td>Office Closed for observance of Martin Luther King, Jr Day</td>
</tr>
<tr>
<td>1/18</td>
<td>Project Healing Waters—7:00 pm at IPVA office (See Page 13)</td>
</tr>
<tr>
<td>1/19</td>
<td>Veterans Day on the Hill—Iowa State Capitol—10:30 am in-person and virtual</td>
</tr>
<tr>
<td>1/27</td>
<td>Caregiver Support Meeting at IPVA Office—1:00 pm</td>
</tr>
<tr>
<td>1/27</td>
<td>BOD/Membership Meeting at IPVA Office—1:00 pm</td>
</tr>
<tr>
<td>2/1</td>
<td>Project Healing Waters—7:00 pm at IPVA office (See Page 13)</td>
</tr>
<tr>
<td>2/10</td>
<td>Bingo at the Des Moines VA CLC—6:30 pm</td>
</tr>
<tr>
<td>2/13</td>
<td>Pizza Party at Iowa Veterans Home</td>
</tr>
<tr>
<td>2/15</td>
<td>Project Healing Waters—7:00 pm at IPVA office (See Page 13)</td>
</tr>
<tr>
<td>2/21</td>
<td>Office Closed in observance of President's Day</td>
</tr>
<tr>
<td>2/24</td>
<td>Caregiver Support Meeting at IPVA Office—1:00 pm</td>
</tr>
<tr>
<td>2/24</td>
<td>BOD/Membership Meeting at IPVA Office—1:00 pm</td>
</tr>
<tr>
<td>3/1</td>
<td>Project Healing Waters—7:00 pm at IPVA office (See Page 13)</td>
</tr>
<tr>
<td>3/10</td>
<td>Bingo at the Des Moines VA CLC—6:30 pm</td>
</tr>
<tr>
<td>3/15</td>
<td>Project Healing Waters—7:00 pm at IPVA office (See Page 13)</td>
</tr>
<tr>
<td>3/24</td>
<td>Caregiver Support Meeting at IPVA Office—1:00 pm</td>
</tr>
<tr>
<td>3/24</td>
<td>BOD/Membership Meeting at IPVA Office—1:00 pm</td>
</tr>
<tr>
<td>3/26 - 4/1</td>
<td>National Disabled Veterans Winter Sports Clinic</td>
</tr>
</tbody>
</table>
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.
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
PRESS ANNOUNCEMENT

FOR IMMEDIATE RELEASE
November 9, 2021

IMPACT accepting applications for Low Income Home Energy Assistance Program (LIHEAP)

(DES MOINES, Iowa) IMPACT Community Action Partnership is now taking applications from all households that meet income eligibility guidelines for the 2021-2022 Low-Income Home Energy Assistance Program (LIHEAP).

IMPACT offices are still currently closed to the public due to ongoing public health concerns surrounding COVID-19. Families in Boone, Jasper, Marion, Polk, or Warren Counties interested in applying for LIHEAP may apply by visiting our website at www.impactcap.org/energy-assistance to fill out an online application. Applicants may also call (515) 518-4770 to schedule a phone appointment. During their phone appointment, applicants will need to furnish some form of identification, a copy of their most recent heating and electric bill, social security or I-94 cards, and proof of gross income for all household members for the past 30 days, the most recent 12 months, or for the past calendar year.

This assistance is based on household income, household size, type of fuel, and other factors.

Eligibility income maximums for participation is established according to the following federal income guidelines:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Annual Gross Income* **</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$25,760</td>
</tr>
<tr>
<td>2</td>
<td>$34,840</td>
</tr>
<tr>
<td>3</td>
<td>$43,920</td>
</tr>
<tr>
<td>4</td>
<td>$53,000</td>
</tr>
<tr>
<td>5</td>
<td>$62,080</td>
</tr>
<tr>
<td>6</td>
<td>$71,160</td>
</tr>
<tr>
<td>7</td>
<td>$80,240</td>
</tr>
<tr>
<td>8</td>
<td>$89,320</td>
</tr>
</tbody>
</table>

*For households with more than eight members, add $9,080 for each additional member.

**All income will be annualized. Income will be collected for a 30-day period.

The program is funded by the Department of Health and Human Services through the Iowa Department of Human Rights/DCAA, and has been established to help qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs. This program is not heating the home.

###

IMPACT Community Action Partnership is a 501(c)(3) private, non-profit organization serving five counties in central Iowa. Our organizational mission is to reduce the barriers and burdens that families in poverty experience by increasing access to essential needs. Additional information can be obtained by contacting our Administrative Office at 3226 University Avenue in Des Moines, by dialing (515) 518-4770, or by visiting our website at www.impactcap.org.
See Page 2 for more information about this event

ARE YOU MOVING?!

Don’t forget to notify the office of your new address. If you are a PVA member, we will let National PVA and PN PARAPLEGIA NEWS know where you are moving to, so you won’t miss a single issue.

Call us at 515-277-4782 or 1-888-909-4782