On December 5, 2022, IPVA member, Tom Ostwald of Grimes, Iowa was gifted with a brand new Action Trackchair by ITC Midwest. Tom stated, “I was really excited to get the track chair. Since I received the chair, I’ve used it to take the dog on walks to the park and I’ve been able to go wherever he goes which gives me a new perspective. I haven’t tested the limits yet because I’m still getting used to it but I have gone down some significant hills that I thought would never be possible. I used to watch the weather for snow and ice and would cringe knowing I probably couldn’t get to my mailbox or take my service dog for a walk. But with the track chair, those worries have gone away and I’m kind of looking forward to the snow...”

Thanks to everyone at ITC Midwest who helped improve Tom’s overall quality of life!!!
A Message From The President
Kenneth Lloyd

IPVA Annual Pool Tournament

It has been three years since we have been able to hold a Pool Tournament at the Iowa Veterans Home because of Covid. Remember my last article when I said I didn’t see any happy faces at the Veterans Home? Well, I saw many smiling faces and laughter at our Pool Tournament in November. There were a lot of new people participating and there were a few of the people we have had in the past. We had twelve people in all participating at our Pool Tournament. There was first, second, and third trophies for the winners and plus we paid down to tenth place in cash prizes.

I paired off for my first round with a past first place winner, Randy Smith. Randy has won a few trophies and I wondered if he would get another one. We must win two out of three games playing nine-ball. Randy and I played three games and I beat him two out of three games, but they were all close games. My second person to pair with was Scott Miller, our Vice President and Sports Director. Scott was able to beat me two out of the three games. The two games that he beat me at was done with both games of a combo off the object ball to knock the nine ball in. I think he was just lucky, but he might say differently.

Final results of the IPVA Pool Tournament were: First Place winner was Scott Miller. The Second Place winner was Steve Every. The Third Place winner was Melanie Sickles, Scott Millers fiancée. Congratulations to all the pool players. I was told that IVH plans on having more pool tournaments throughout the year for their residents. I am going to guess we will have tougher competition next year at our pool tournament.

See Page 6 for photos of this event.

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 Paralyzed Veterans 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.
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Email rods@iowamobility.com
From the Desk of Executive Director
Kim Gould

In the fall of 2020, Paralyzed Veterans of America partnered with the Christopher and Dana Reeve Foundation to start a Peer Mentoring Program. This foundation and the people associated with the foundation experts in all areas dealing with spinal cord injury and the support of those injured and their family/caregivers. Scott Miller (IPVA Vice President), Keith Harvey (IPVA Secretary) and I have all taken the training offered by the Reeves Foundation. Scott and Keith are trained to assist those who have actually experienced the injury and I am able to assist the caregivers/family members.

With the colder and darker months approaching, it is important that our mental health and wellbeing are prioritized. Peers, especially those with a new injury or who are new to care giving, may find themselves in a mental health space that may be unfamiliar and overwhelming.

If you find yourself needing some assistance/guidance to resources or even just someone to talk to, you can call Scott Miller at 641-799-7943 or me at 309-737-3192. For more information on locating mental health resources, please contact the Christopher and Dana Reeve Foundation Information Specialists Team at 1-800-539-7309.

Find Support:
The Christopher & Dana Reeve Foundation- Virtual Support Groups
https://www.christopherreeve.org/get-support/reeve-foundation-virtual-support-group

The virtual support groups are held for those living with quadriplegia, paraplegia, and family members/caregivers. Support group meetings are led by two facilitators: a licensed social worker and a peer with lived experience. Meetings are an open forum for members to raise and discuss whatever issues or concerns they are experiencing as well as topics they want to learn about from other members. The support group meetings are free of charge.

Booklets:
Women’s Mental Health After Paralysis

Depression After SCI

Blogs:
Paralysis and Mental Health
https://www.christopherreeve.org/blog/life-after-paralysis/paralysis-and-mental-health

How Do I Deal with Depression and Adjustment to my SCI?

Addressing Mental Health and Accessing Resources
https://www.christopherreeve.org/blog/life-after-paralysis/addressing-mental-health-and-accessing-resources

6 Self-Care Tips for Caregivers
https://www.christopherreeve.org/blog/daily-dose/6-self-care-tips-for-caregivers-guest-blogger-cindy-kolbe

Tools:
Mayo Clinic: Self-Esteem: Take Steps to Feel Better about Yourself

Psychology Today: Find a Therapist
https://www.psychologytoday.com/us

We are always here for you! Happy Holidays!

Kim
A Message from IPVA Vice President
Scott Miller

I had the pleasure of attending the Fall Board of Directors meeting this year in Florida and representing our Chapter. I had a great time and learned a lot about our organization and how everything works. After three days of meetings and going through resolutions, I was able to see first hand how much of the business between the Chapter level and National staff is conducted. As a first timer at a National Board of Directors meeting, the volume of information to read through and understand was daunting at first to say the least! But as I read further and listened even more, most all of the information was covered thoroughly and explained well. This allowed me to have much more confidence voting in the best interest of the Chapter.

One of the biggest issues we discussed in detail was the DRTV program and how our investment in the program has not shown even close to the return we were hoping for. With huge losses, it was unanimously decided to halt DRTV until we can find a better company to work with to get the program back on track and going in the right direction.

The other major item that stands out is the Chapter grant process. They are considering bringing in an outside company to review the Chapter grant process, which could potentially reduce the amount of National grant we get. That could add up to a very large portion of our yearly operating costs.

The best part of the trip was the opportunity to meet people from so many different Chapters. It allowed us to network and learn things other Chapters are doing successfully that could maybe benefit Iowa, and also share the things that we are doing to maybe help them out such as our continued success with the Better Business Bureau.

Overall, I really enjoyed the experience and look forward to using what I learned to help grow our Chapter even further.

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
ken2000L@haertofiowa.net, iowapvakim@yahoo.com, or iowapvagretchen1@yahoo.com
Annual Pool Tournament  
November 19, 2022  
Iowa Veterans Home, Marshalltown, Iowa

Competition was fierce with seven teams starting at 9:00 am. Everyone played from wheelchairs and many had never tried this before. Three pool tables were used to allow multiple games at the same time. Lunch was provided by the Iowa Veterans Home. Event ended around 4:30 pm. with trophies awarded to the top 3 and cash prizes given to the top 10. All had a great time.

Pictured to the left are President Kenny Lloyd with the 1st Place to 5th Place winners.
Modification of your Home
Gus Gonzalez, NSO

There have been so many veterans that have told me this past year, they are waiting for the right time to use their Specially Adapted Housing Grant (SAH) or Special Housing Adaptation Grant (SHA).

Too many Veterans do not know how much the VA will provide for the SAH and SHA Grants. I discovered this while helping hundreds of Veterans over the past years, VA can also provide Temporary Residence Adaptation (TRA), if the veteran will be living in a different home for a short time.

This is a breakdown of the VA’s SAH and SHA Grants:

The maximum SAH Grant is $109,986 and the TRA is $44,299.

To qualify for the SAH or TRA, the veteran must meet one of the following criteria. The veteran must be service-connected for:

- Loss or loss of use of more than one limb,
- Loss or loss of use of lower leg along with residuals of an organic disease or injury,
- Blindness in both eyes (with 20/200 visual acuity or less),
- Certain severe burns,
- Loss or loss of use of one lower extremity after September 11, 2001.

The maximum for SHA Grant is $22,036 and the TRA is $7,910.

To qualify for the SHA or TRA, the veteran must meet one of the following criteria. The veteran must be service-connected for:

- Loss or loss of use of both hands
- Certain severe burns
- Certain respiratory or breathing injuries

You may also contact your local PVA Office for any additional assistance with VA Benefits.

THANK YOU to our Yearly Advertisers!!

Pro - Bed (Page 8)
ReWalk Robotics, Inc (Page 19)
Rollx (Page 12)
Siebert Mobility (Page 3)
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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
Buckeye Air Rifle and Pistol Tournament* May 9-19, 2022 *Virtual Buckeye Wheelchair Games

PVA BOATING/FISHING TOUR
Mid-America Bass Tournament September 10-12, 2021 Lake Eufaula Eufaula, OK
Vaughan 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

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES
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 Middletown, VA

ANNUAL PVA/AWBA BOWLING 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 Middletown, VA
Florida Gulf Coast Bowling Tour. February 23-25, 2022 Pin Chasers Tampa, FL

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
Vaughan 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

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 18-19, 2022 Gulfport, MS
Buckeye Boccia Tournament* May 9-19, 2022 *Virtual Buckeye Wheelchair Games
Mid-Atlantic Boccia Tournament May 2022 (Dates TBD) Richmond, VA

Boccia

NATIONAL VETERANS WHEELCHAIR GAMES

July 7-12, 2022 Tempe, AZ

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

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

For more information: pva.org/sports

Updated 02/08/22
MANY THANKS to the people and/or organizations who have donated to IPVA from November 1, 2022—December 15, 2022

Albert, Chele
Alberts, Dan & Becky (Monthly)
Anonymous through YourCause
Baldwin, Gretchen
Ballard, Oscar & Pamela
Beyer, Cathy & Paul
Bunnell, George and Deb
Daniels, Leanna (Monthly)
DeLany, James (Monthly)
Frideres, Duane and Beverly (Monthly)
Hartford Sportsmen Club of Hartford Iowa (Monthly)
Iowa One Gift Donation (Monthly)
Krause, Linda
Leary, Timothy & Laura (Monthly)
Manning, Joe
Martin, Michael
Miller, Scott
Morrison, Heidi (Monthly)
Nichols, Dan and Gina
O’Brien, Carol (Monthly)
Plett, Peggy (In Honor of Jim and Dianna Russo)
Santos, Gerald (Monthly)
Siebert Mobility of Iowa
Simons, Tish (Monthly)
Simonson, Don and Terrill
Swietlik, Steven and Sandra
Wells Fargo

THANK YOU - THANK YOU

To the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from November 1, 2022 - December 15 2022

ACME Tool—Cedar Rapids
AJ’s Copper Garden
Dan & Becky Alberts
All Hands on Deck
Sterling Andersen
Barry Family (Nancy, Christopher & Kyle)—In Memory of Garry Barry
Bass Pro—Altoona
Blank Park Zoo
Bloomsberry Farm—Atkins
Bluebird Café—Solon
THANK YOU - THANK YOU CONTINUED

To the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from November 1, 2022 - December 15 2022

- Briar Ridge Bikes—Solon
- Children’s Museum—Coralville
- Cook’s Jewelry—Tipton
- Creativity in a Cup—Marion
- Lonn and Phyllis Cunningham
- Earl May—Cedar Rapids
- Eastwood’s Sports Bar—Solon
- The Eat Shop—Solon
- Fleet Farm—Cedar Rapids
- Frida Kahlo of Solon
- Good Enough Crafts by Lucy & Cassie — Cedar Rapids
- Grand Funk Tool Truck—Iowa City
- Great River Maple—Garnavillo
- Green Willow Woodworking—Independence
- Ryan Halbur
- Harbor Freight—Cedar Rapids
- JFH Fabrication—Ainsworth
- King’s Material—Cedar Rapids
- Rick & Lola Kruse
- Kyle’s Framing & Gallery (Kyle Robinson)—Marion
- Mike Meinders
- Midwest Wheel Company—Cedar Rapids
- Milex Complete Auto—Cedar Rapids
- Scott Miller
- Mint Green Boutique—Davenport
- Mystic Tattoo—Cedar Rapids
- Carol Peckenschneider
- Janel Price
- Professional Bowling Concepts—Cedar Rapids
- Riverside Casino & Golf Resort
- Rocken Mikes Bladesmith Forge—Riverside
- Randy Rouse
- RS Welding Studio—Victor
- Ruzicka’s Locker—Solon
- Sam’s Main Street Market—Solon
- Scheels—Coralville
- Seehusen Insurance Agency—Mechanicsville
- Sky Zone—Cedar Rapids
- Solon El Sol—Solon
- Solon Legion—Solon
- Michele Steepleton
- Thai Spice—Solon
- Theisen’s NE—Cedar Rapids
- Whiskey River Grill—Pala
- Zoetic Coffee—Solon
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Christmas festivities began at noon with greetings from Santa. Bingo cards were distributed and cash prizes were given to numerous winners. Lunch of HUGE sandwiches, soup and chips were served promptly at 12:30. Raffle tickets were given for participating, for being a veteran, for winners and for wearing Christmas attire. Special Thank you to Heidi Morrison for volunteering AND donating all of the raffle items! Thanks also to our volunteers: Linda Krause, Dave Orr, Joni Osmundson, Larry Miller, Scott Miller, Brandon ? and Teece.
At the 2022 IPVA Christmas Party, we had numerous games set up around the hotel ballroom for everyone. After eating lunch, attendees played Bingo, a Raffle drawing, Giant Jenga, Shuffle Board, Corn Bags, Ping Pong and Boccia Ball. Everyone participated in Bingo and the raffle. However, the most popular game was Corn Bags. Scott Miller, IPVA Vice President, brought these beautifully created sets. A tournament was started with many people participating. Desserts of cookies and brownies concluded the afternoon. Many people expressed that this was one of the best parties we have had! We will definitely try to do this again!
Welcome!
To our New
Iowa PVA Member...
Joseph Sampson

Des Moines Vet Center Group Meetings
For Combat Veterans*

Gaming Monday 9:00am-10:00am
LGBTQ Monday (2nd Mon month) 3:00pm- 4:00pm
Concerned Person Monday (1st & 3rd Mon month) 6:00pm- 7:00pm
PTSD PEER Tuesday 10:00am-11:30am
PTSD VN Tuesday 11:00am-12:30pm
OIF/OEF/OND Tuesday (Drop in) 5:00pm- 6:00pm
OIF/OEF/OND Tuesday 6:00pm- 7:00pm
Grief / Loss Wednesday (2x month) 10:00am-11:30am
Peer Combat Vets Wednesday 10:00am-11:30am
PTSD VN Thursday 1:30pm- 3:00pm
MST (any service era) Friday (1st & 3rd Fri month ) 7:30am- 8:30am
PTSD Focus Friday 11:00am-12:30pm

*Free and Confidential Individual counseling sessions are also available.

(515) 284-4929
Des Moines Vet Center
1621 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"
I grew up in Iowa and from a very young age always looked forward to the first day of pheasant season. I remember when my dad and I would drive out to one of his favorite spots. The smell of coffee and the rumble of his old Ford truck are some of my fondest memories. I started with a Daisy BB gun. We would hunt pheasant at farms around Iowa and I would follow on his heels, he had his 16 gauge Browning, I had my BB gun. The rush of the dogs as they flushed the birds was exciting, and gave me a thirst for more. I watched as he hunted, studying every movement, and learning. I was hooked. I ran faster than the dogs to collect the bird, and brought it back to him with a smile from ear to ear. I had contributed to the hunt, and I was happier than I could imagine. Eventually I carried a single shot 410 gauge and then a 12 gauge, and was able to put to use the gun safety and hunting etiquette my father was able to instill in me. It's been almost 35 years since my dad passed away and I have been amazed how fresh the loss remains after that amount of time. Not sure I will ever get over it, and at some level I hope I don't. He was a good man and deserved to be missed.

I hadn't been pheasant hunting since I was 18 years old and due to mobility issues I had pretty much written it off as something I would never be able to do again. But as a member of the Paralyzed Veterans of America Iowa Chapter (IPVA) I was invited to participate in their annual pheasant hunt. At first I was hesitant doubting if this was really something I could do again. But after talking with the chapter athletic director he assured me they had everything needed to make it a safe and enjoyable hunt. When I arrived, they had an Action Track chair for me to use. (Donated by ITC Midwest and their employees.) I was able to go across all kinds of terrain and it felt almost like it did back with my dad. I brought his Browning sweet 16 to hunt with so I had a bit of him with me.

This was an opportunity I will try to never miss out on again and I hugely encourage all of our members to take part in the many events the IPVA has to offer and start making more great memories! A big thank you to Michael Martin, Marcus Johnson, Joe Manning and anyone else who helped make this event successful!

-Dan Nichols (IPVA Member and Board of Director)
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.
January
Sandra Sykes                      Jan 1
Darren M. Jargo                 Jan 4
James E. Copeland               Jan 12
Shawn L. Meyers                 Jan 16
Gerald W. Ebsen                 Jan 19
James A. DeLany                 Jan 24
George Peterman                 Jan 30
Robbie E. Robinson              Jan 31

February
Travis L. Lamphier             Feb 3
Janet A. Gruber                 Feb 5
Richard W. Beckwith-Adams      Feb 8
Jim O’Brien                     Feb 10
Jerry L. Nail                   Feb 11
Rod K. Taylor                   Feb 13
David Darrah                    Feb 14
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

12/25               Merry Christmas
12/23-1/2          Office Closed due to Christmas/New Years holiday
1/1                  Happy New Year 2023
1/3               Project Healing Waters—7:00 pm at IPVA office
1/12          Bingo at the Des Moines VA CLC—6:30 pm
1/16           Martin Luther Kin Jr Day
1/17          Project Healing Waters—7:00 pm at IPVA office
1/26        Caregiver Support Meeting at IPVA Office and on Zoom —1:00 pm
1/26         BOD/Membership Meeting at IPVA Office and on Zoom —1:00 pm
2/7                    Project Healing Waters—7:00 pm at IPVA office
2/9                    Bingo at the Des Moines VA CLC—6:30 pm
2/14                  Happy Valentines Day
2/20                Presidents’ Day
2/21               Project Healing Waters—7:00 pm at IPVA office
2/23        Caregiver Support Meeting at IPVA Office and on Zoom —1:00 pm
2/23        BOD/Membership Meeting at IPVA Office and on Zoom —1:00 pm
2/27-28              2023 Advocacy/Legislation Seminar—Washington DC
3/1-3/3            2023 Advocacy/Legislation Seminar—Washington DC
3/7                     Project Healing Waters—7:00 pm at IPVA office
3/9                Bingo at the Des Moines VA CLC—6:30 pm
3/12                  Daylight Saving Time Begins
3/17            Happy St Patrick’s Day
3/21               Project Healing Waters—7:00 pm at IPVA office
3/23        Caregiver Support Meeting at IPVA Office and on Zoom —1:00 pm
3/23        BOD/Membership Meeting at IPVA Office and on Zoom —1:00 pm
Want To Improve Your Bowel Function?

Recently published research reveals between 50 and 80% of participants reported improvements in bowel function and/or management after walking in an exoskeleton.*

Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton?

Contact ReWalk for more Information: rewalk.com/contact or 508.251.1154 option 2

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