At our Annual Dinner and Awards Banquet on October 9th, three people/organizations were presented with awards. IPVA wanted to recognize them for their assistance in making this year so successful. IPVA and our members are honored to have such committed and dedicated people giving their time, finances and energy to us.

THANK YOU!

Pictured above and to the left is: Lori Strottman. Pictured above and to the right is: Larry Miller and Scott Miller, IPVA’s Vice President. Pictured to left is: Buck Bartling.

Please read more about each of our award winners on page 4. Additional photos of this event are found on pages 16-17.
A Message From The President
Kenneth Lloyd

Iowa Veterans Home

I started volunteering at the Iowa Veterans Home (IVH) in 1996. I volunteered at least once a week. In 2001, I was elected to be the Vice President to the Iowa PVA Chapter and PVA National Director for the State of Iowa. I continued to volunteer at least once a month at the IVH until 2019 when I was appointed by the Governor to the Iowa Commission of Veterans Affairs. Through the years, I have seen many changes.

When I started volunteering at IVH, there was close to 900 residents. There were two to a room and maybe one shower for fifteen (15) veterans. I was on a committee called the Volunteer Advisor Committee to the Veterans Home. We started lobbying to the Commandant for one-man rooms and to have their own showers and bathroom. This took many years and several different Commandants before it finally happened. This cut the size of how many veterans could live there but I believe it resulted in a better place for our veterans.

Recently, the Iowa Commissioners have been receiving letters from the residents about the Iowa Veterans Home. There has been a big turnover with Commandants and the residents feel like some of them have not been treated fairly. This also came out in a recent meeting the Commissioners had at the home with the residents in Marshalltown, Iowa and the residents at the Veterans Home. They feel the last Commandant was forced out of his job and not because he resigned and went back to his family in Texas.

The Commissioners feel the same way that something is wrong when they are having such a big turnover at the Veterans Home with Commandants. They are having so much trouble with keeping enough staff to take care of the Veterans there, that they have cut back on how many people they can have there. The blame from the residents have put the blame on the upper management that is there at this present time at the home. Our Chair of the Commission of Veterans Affairs has taken our concerns and the concerns of the Veterans at the home to the Governor.

On October 25, 2022, Governor Kim Reynolds announced the appointment of Todd Jacobus as the Executive Director of the Iowa Director of the Iowa Department of Veterans Affairs and Commandant of the Iowa Veterans Home. Hopefully some of the problems will be resolved and the Veterans Home can be back to like it was before this all happened. I used to see happy residents and happy staff. I am not seeing that anymore and it would be nice to see it again.

The State Senate Veterans Committee has still needed to approve Todd Jacobus to these positions when I wrote this article but I think he will be appointed.
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.

Veterans get up to $3000 off the purchase of your Rollx Van! Call 800-956-6668 or visit us at rollxvans.com
On October 9, the Iowa Chapter held our Annual Dinner and Awards Banquet. This year marked our 34th year as a PVA Chapter! Each year, we seem to keep getting better and this year was no exception. We had about 60 people in attendance which included volunteers, supporters, donors, members, award winners, friends and of course our 2022-2023 Board of Directors. We had some very deserving award recipients to recognize again this year! Below is a brief description of how they have helped our Chapter and the wording on their award.

Lori Strottman has been a volunteer and donor with our organization for many years. She answers the phones on board meeting days, assists with mailings, donates money to us on a regular basis, fetches and sets up food for our meetings, parties and any events we have, does clean up and even serves on our election committee. She is a God send. Lori was presented the Donald H. Gerdom Executive Director’s Service Award which reads:

DONALD H. GERDOM
EXECUTIVE DIRECTOR’S SERVICE AWARD
Lori Strottman
In appreciation for the excellent job you do in assisting us at the Iowa Chapter of Paralyzed Veterans of America. Your contributions over the past 13 years are too numerous to list on this plaque, but please know how important your association with us is to providing the best possible experiences for our members. Your generosity of time, expertise and resources is greatly appreciated!

Larry Miller is Chapter Vice President, Scott Millers dad. Scott was able to present this award to Larry. It was a very nice moment for everyone in the room. Larry volunteers at the Midwest PVA Fishing Event, volunteers at our various hunts, transports our trailer as needed and is a terrific guy! Larry received the Jon R. Schneider Chapter President’s Award which reads:

JON R. SCHNEIDER CHAPTER PRESIDENT’S AWARD
Larry Miller
In recognition of your dedication to our veterans and the members of Paralyzed Veterans of America - Iowa Chapter. Your assistance and hard work as a volunteer for the Midwest PVA Fishing Event is greatly appreciated. Events such as this are vital for rehabilitation and also contribute to the quality of life of these veteran heroes. Thank you for your generosity of time and energy to support this wonderful disabled veteran experience.

Buck Bartling organized and led his first big fundraising event for us this past summer. Buck is a member of the Sons of the American Legion out of Tama, IA. It was a poker run with side by sides, ATVs, motorcycles, etc. There were auctions, raffles, etc and Buck made it a huge success! They raised $3,600 for us! Buck was awarded the Alfred H Blumanhourst Volunteer Appreciation Award which reads:

ALFRED H. BLUMANHOURST
VOLUNTEER APPRECIATION AWARD
Buck Bartling
Tama American Legion
In appreciation for your generosity toward Paralyzed Veterans of America - Iowa Chapter. The fundraising event you worked so hard to plan and execute raised a tremendous amount of money to assist us in serving our members. Thank you from Iowa PVA and all of the veterans who have and will benefit from your generous gift.
The Iowa PVA Chapter was nice enough to send my wife and I to the first event on this year's PVA Bass Tour.

This was my first time attending one of these great events and had a blast!!! The Mid-America PVA Chapter and their team of volunteers put on an amazing tournament with many great prizes and lots of good food.

I can’t wait to represent Iowa at future bass tour events and hope to recruit more members to join me!!!
When to apply for VA Insurance
By: Gus Gonzalez
National Service Officer

The Department of Veterans Affairs (VA), offers an insurance program called, Service-Disabled Veterans Insurance (SDVI) if you currently meet the criteria.

As of January 1, 2023, a new program of insurance is being implemented called “VA Life”, also known as Veteran’s Affairs Life Insurance. The VA Life Insurance will allow new applicants to apply as many veterans are unable to obtain life insurance due to their service-connected disabilities. The new VA Life Insurance will be available to all Veterans aged 80 and under who have a VA disability rating of 0% to 100% with no time limit to apply.

Those veterans who are 81 years or older and who have applied for a New Service-Connected Disability can also apply within two years of receiving their rating decision.

Veterans do not have to meet any health requirements to obtain coverage and once coverage is effective, premiums will never increase. Veterans must wait two years from the effective date of the coverage for their beneficiary to receive the full value of the coverage upon their death.

“*If you wish to receive SDVI, you must apply by December 31, 2022, before the new VA Life Insurance takes effect.*

SDVI policies are available in $1,000 increments up to $10,000. To be eligible, you must meet the following requirements: (1) you must have a military discharge other than dishonorable after April 25, 1951. (2) you must apply within 2 years of being granted a new Service-Connected rating this does not apply to an increased Service-Connected condition. (3) you must be in good health, except for your Service-Connected disability.

The veteran may be eligible for the waiver of premiums, in which the VA will cover your monthly life insurance premium for the first $10,000 of coverage. The requirements for the waiver are as follows: If the Veteran becomes totally disabled prior to their 65th birthday and has been considered totally disabled for 6 or more consecutive months.

If you have any questions regarding VA Insurance and premiums, please contact Government Life Insurance at 1-800-669-8477, or visit their website @www.insurance.va.gov. You may also contact your local PVA Office for any additional assistance with VA Benefits.
PROJECT HEALING WATERS

On September 28th, the Project Healing Waters group went to the Manchester Trout Hatchery for a day of cold-water trout fishing. A new experience for them and everyone had a great time. Fish were not cooperating but that didn’t deter them.

If you are interested in joining them for future activities, please contact Dale Sanders, Des Moines Program Leader, at iaflyfisher@outlook.com or 515-601-0750 (cell).

Pictured to the left is IPVA Member, Jeff Cook, working diligently to catch a trout.

Pictured below is the group who attended the event.

THANK YOU to our Yearly Advertisers!!

Pro - Bed (Page 8)
ReWalk Robotics, Inc (Page 19)
Rollx (Page 3)
Siebert Mobility (Page 12)
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One of our representatives will be pleased to explain the features and benefits of THE FREEDOM BED, our value-added programs and services offered.

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WEB: WWW.PRO-BED.COM
## ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cal-Diego Air Rifle and Pistol Tournament</td>
<td>December 3, 2021</td>
<td>Camp Pendleton, CA</td>
</tr>
<tr>
<td>Wisconsin Air Rifle and Pistol Tournament</td>
<td>March 11-12, 2022</td>
<td>Milwaukee Tech Area College, Milwaukee, WI</td>
</tr>
</tbody>
</table>

**Buckeye Air Rifle and Pistol Tournament**
- **May 9-19, 2022**
  - *Virtual Buckeye Wheelchair Games*

## ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

<table>
<thead>
<tr>
<th>Tournament</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buckeye Billiards Tournament</td>
<td>July 17-18, 2021</td>
<td>Columbus, OH</td>
</tr>
<tr>
<td>Mid-South Billiards Tournament</td>
<td>October 15-16, 2021</td>
<td>Midlothian, VA</td>
</tr>
<tr>
<td>Mid-Atlantic Billiards Tournament</td>
<td>March 18-20, 2022</td>
<td>Midlothian, VA</td>
</tr>
</tbody>
</table>

## PVA BOATING/FISHING TOUR

<table>
<thead>
<tr>
<th>Tour</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-America Bass Tournament</td>
<td>September 10-12, 2021</td>
<td>Lake Eufaula, Eufaula, OK</td>
</tr>
<tr>
<td>Vaughan Bass Tournament</td>
<td>October 8-10, 2021</td>
<td>The Lakes of Egypt, Marion, IL</td>
</tr>
</tbody>
</table>

## ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

<table>
<thead>
<tr>
<th>Tournament</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Great Plains Bowling Tournament</td>
<td>July 29-August 1, 2021</td>
<td>Council Bluffs, IA</td>
</tr>
<tr>
<td>Mid-Atlantic Bowling Tournament</td>
<td>September 24-26, 2021</td>
<td>Bowling Green, KY</td>
</tr>
<tr>
<td>Florida Gulf Coast Bowling Tournament</td>
<td>February 23-25, 2022</td>
<td>Pin Chasers, Tampa, FL</td>
</tr>
</tbody>
</table>

## PVA NATIONAL SHOOTING SPORTS CIRCUIT

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Central Trapshoot</td>
<td>September 11-12, 2021</td>
<td>Crooks Gun Club, Sioux Falls, SD</td>
</tr>
<tr>
<td>Cal-Diego Trapshoot</td>
<td>March 25-27, 2022</td>
<td>Redlands Shooting Park, Redlands, CA</td>
</tr>
<tr>
<td>Nevada Trapshoot</td>
<td>April 1-3, 2022</td>
<td>Clark County Shooting Park, Las Vegas, NV</td>
</tr>
</tbody>
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## BOCCIA

<table>
<thead>
<tr>
<th>Tournament</th>
<th>Dates</th>
<th>Location</th>
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<tbody>
<tr>
<td>KY-IN Boccia Tournament</td>
<td>July 17-18, 2021</td>
<td>Indianapolis, IN</td>
</tr>
<tr>
<td>KY-IN Boccia Tournament</td>
<td>September 25-26, 2021</td>
<td>Bowling Green, KY</td>
</tr>
</tbody>
</table>

## NATIONAL VETERANS WHEELCHAIR GAMES

**Handcycling**
- Echelon Racing League ToAD Virtual Criterium Races
  - November 2021 - February 2022
- PVAR High Performance Camp
  - January 29 – February 3, 2022

**Golf**
- Swamp Classic
  - February 5-6, 2022
  - Gainesville, FL
- Valley of the Sun
  - February 18-20, 2022
  - Phoenix, AZ
- US Paracycling Open
  - April 8-10, 2022
  - Huntsville, AL
- Off-Road Spring Expo
  - April 13-16, 2022
  - Chesterfield, VA
- Redlands Cycling Classic
  - April 20-24, 2022
  - Redlands, CA

**Marathon**
- Pittsburgh Marathon
  - May 1, 2022
  - Pittsburgh, PA
- Tour of America's Dairylands
  - June 16-20, 2022
  - Milwaukee, WI
- Wichita Omnium
  - Dates TBD
  - Wichita, KS

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

**Handcycling**
- Echelon Racing League ToAD Virtual Criterium Races
  - November 2021 - February 2022
- PVAR High Performance Camp
  - January 29 – February 3, 2022
- Brooksville, FL
**MANY THANKS** to the people and/or organizations who have donated to IPVA from September 1, 2022—October 31, 2022

Alberts, Dan & Becky (Monthly)
AmazonSmile
Anonymous (Styx Fundraiser)
Baldwin, Gretchen (Monthly)
Carlson, Beth
Carlson, Donald & Carol
CrossRoads Shooting Sports—Johnston, Iowa
CyberGrants (Matching Gift Donation by State Farm from Kelly Bertram)
Daniels, Leanna (Monthly)
DeLany, James (Monthly)
Elliott, Becky
Espeland, Steven and Dr. Susan (In Memory of Mary Lou Phillips)
Finch, Clarence
Frideres, Duane and Beverly (Monthly)
Graves, Steven
Hartford Sportsmen Club of Hartford Iowa (Monthly)
Hegna, William “Bill”
Hoffmann, Richard (ITC Donor for Action Track Chair)
Iowa One Gift Donation (Monthly)
Johnson, Marcus
ITC Holdings (ITC Donor for Action Track Chair)
Krause, Linda
Leary, Timothy & Larua
Logan, Jerry and Sharon
Martin, Michael
Morrison, Heidi (Monthly)
Nichols, Dan & Gina
Norman, Joni & Stephen (In Memory of Jon Schneider)
O’Brien, Carol (Monthly)
Sankey, Tom and Debra
Santos, Gerald (Monthly)
Simons, Tish (Monthly)
Umphress, Linda
United Way of Central Iowa
Vaughn, Kris
Wiedemeier, Karen

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

Duane Frideres, IPVA Treasurer
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 - THANK YOU**

To the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from **September 1, 2022 - October 31, 2022**

All Hands on Deck
Anonymous (Many donations from the Fish Fry Fundraiser in Cedar Rapids)
Robert Berkenpas and Pam Seaton Berkenpas
Dan Clark Trucking, LLC
Debbie Bunnell
Central States Group
CyberGrants—WestRock Foundation
Julie Danley
James DeLany
Mark and Joanne Hamilton
Keith and Rebecca (Becky) Harvey
M.J. and H.A. Howell
Robert and Nancy Juarez
Ron and Anita Kurth
Rickey and Lola Kruse
Scott Miller
MN PVA Chapter
Mark and Phyllis Snyder
Wells Fargo - YourCause Donation
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**Iowa PVA Officers and Board of Directors for FY2022—2023**

- **President** - Kenneth E Lloyd
- **Vice President** - Scott Miller
- **Secretary** - Keith Harvey
- **Treasurer** - Duane Frideres

**Board of Directors** -
- Oscar Ballard
- Michael L. Brady
- Lonn J. Cunningham
- David Graham
- Dan S Nichols
- Larry M. Phillips

- **National Director** - Kenneth E. Lloyd
- **Sports Director** - Scott Miller and David Graham

---

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Darl Kaldenberg, Manager
Phone:  515-962-0701
Fax:  515-962-9251
FISH FRY FUNDRAISER—Cedar Rapids, Iowa

On October 15th, the many volunteers on All Hands on Deck and the Eagles Club #2272 hosted their 4th Annual Fish Fry Fundraiser. Because of the amazing support of many people, business and organizations, they raised over $10,000 to go towards the Midwest PVA Fishing Event in Ely, Minnesota in August 2023. THANK YOU SO MUCH!!!

We were notified of this ranch-style wheelchair accessible home for sale in Des Moines. The previous owner was a Navy and Air Guard Veteran who served 22 years. They would love to have another Veteran live here.

Please check out our Facebook page to see more details: https://www.facebook.com/IowaPVA
Des Moines Vet Center Group Meetings
For Combat Veterans*

<table>
<thead>
<tr>
<th>Service</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>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.

Welcome!
To our New Iowa PVA Member...

David Darrah
James Wayman, Jr.
Over 50 people enjoyed IPVA’s Annual Dinner and Awards Banquet. The National Anthem was sung beautifully by Jackie Schmillen—Iowa TV Host on CW23. The Board of Directors were sworn in. Awards were given. A meal was shared, laughter was heard, tears flowed and lots of gratitude and blessings were given!

Iowa PVA thanks everyone for making this year phenomenal!!!
Pictured above: Tish Simons was the recipient of a Dwain Taylor Non-Member Recognition Certificate as one of the Top 10 Non-Member PVA Volunteers nationwide! Thanks Tish!!

BJL Fundraising presented our IPVA Board of Directors and members t-shirts stating “Freedom was not Free”
### November

- Rex E Ball  
  Nov 1
- John E Francis  
  Nov 2
- David L Moyland  
  Nov 7
- Bob J Stephens  
  Nov 9
- Ronald F Alberhasky  
  Nov 10
- Kevin L Wille  
  Nov 10
- Wayne A Admire  
  Nov 13
- Jerry L Sandvig  
  Nov 14
- Daniel L Sawyer  
  Nov 14
- Dennis A Timp  
  Nov 20
- Lisa E Neitenback  
  Nov 28

### December

- Kurtis R Yeoman  
  Dec 1
- Loren P Strong  
  Dec 2
- Teresa E Hout  
  Dec 3
- Kenneth E Whittaker  
  Dec 9
- John S Sykes  
  Dec 9
- Michael F Winter  
  Dec 12
- Steven L King  
  Dec 15
- Michael L Brady  
  Dec 17
- David S Escher  
  Dec 18
- Heath C Asmussen  
  Dec 20
- Herbert Price  
  Dec 23
- Larry R Pint  
  Dec 24
- Marianne D Berche-Nelson  
  Dec 28

---

**CALENDAR OF UPCOMING EVENTS**

- **11/1**: Project Healing Waters — 7:00 pm at IPVA office
- **11/10**: Bingo at the Des Moines VA CLC — 6:30 pm
- **11/11**: Veterans Day — Office Closed due to holiday
- **11/15**: Project Healing Waters — 7:00 pm at IPVA office
- **11/17**: Bi-Annual SCI Meeting on Zoom — 12:00 pm
- **11/17**: Caregiver Support Meeting at IPVA Office and on Zoom — 1:00 pm
- **11/17**: BOD/Membership Meeting at IPVA Office and on Zoom — 1:00 pm
- **11/19**: Annual Pool Tournament at Iowa Veterans Home in Marshalltown, Iowa
- **11/24**: Thanksgiving — Office Closed
- **11/25**: Office Closed in Observance of Thanksgiving Holiday
- **11/25**: Last day to RSVP for the Annual Christmas Celebration (See Page 20)

- **12/6**: Project Healing Waters — 7:00 pm at IPVA office
- **12/8**: Bingo at the Des Moines VA CLC — 6:30 pm
- **12/11**: Annual Christmas Celebration at Ramada Tropics Resort 12:00 pm — 4:30 pm (See Page 20)
- **12/15**: Caregiver Support Meeting at IPVA Office and on Zoom — 1:00 pm
- **12/15**: BOD/Membership Meeting at IPVA Office and on Zoom — 1:00 pm
- **12/20**: Project Healing Waters — 7:00 pm at IPVA office
- **12/25**: Merry Christmas
- **12/23-1/2**: Office Closed due to Christmas/New Year's 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
- **1/17**: 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
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

CHRISTMAS PARTY 2022

WHEN:  Sunday, December 11th, Noon—4:30
WHERE:  Ramada Tropics Resort & Conference Center at I35/80 at Merle Hay Road in Des Moines, Iowa

Please join us for our special Holiday celebration. We are doing things a bit different this year and will be hosting at the Ramada Tropics Resort & Conference Center. This will allow more room for socialization and games!

The fun begins at noon with a catered buffet dinner of soup, sandwiches and desserts being served at 1:30 p.m. There will be games (Bingo, Boccia Ball, and Air Rifle activities.), a cash bar and hopefully, we will be visited by Santa.

This event is FREE and open to anyone and all ages BUT you MUST register by November 25th!

THE MORE THE MERRIER!

PLEASE CALL OR EMAIL US AS SOON AS POSSIBLE:
SANTA, KIM, AND GRETCHEN NEED TO HAVE YOUR RSVP BY 11/25.

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