Chapter Vice President, Scott Miller, represented the Iowa Chapter at last week’s Advocacy /Legislative Seminar in Washington, DC. Scott met with each of Iowa’s representatives to Congress as well as Iowa’s U.S. Senators (and/or staff) to discuss National PVA’s initiatives and positions on upcoming issues before the U.S. House and Senate. These include veterans’ issues as well as disability issues relating to our members across the nation. The photo above shows Scott meeting with U.S. Senator Charles Grassley. Scott will give an overview of the issues discussed in the April/May issue of BackTalk.
A Message From The President
Kenneth Lloyd

Veterans Day on the Hill

On January 18th, I went to our state capitol to lobby for a bill to have accessible wheelchair vehicles to be tax free in the state for Veterans. I first took a resolution to our Board of Directors who approved it for me to take it to the Iowa Veterans Affairs Commission. Since I sit on this committee, I knew they would probably approve it to take to our legislatures at the state. The commissioners made a few corrections to the resolution which I thought would help. I contacted our National PVA office to see how many states already had exempt free state tax for accessible wheelchair vehicles. To my surprise, there was twenty-five states that were tax free in their states for Veterans.

Originally, I was contacted by a new member of the Iowa Chapter that had moved here from South Carolina. He told me that his state he had left was tax free for the state for Veterans. This is what prompted me to check into this. When the resolution our board had approved and the Iowa Commission of Veterans Affairs, I decided to contact a friend of mine that sits on the State House of Veterans Committee. I had met Timi Brown-Powers years ago when she was a recreational therapist at the Covenant Hospital in Waterloo, Iowa. I gave Representative Brown-Powers all the information I had and she put this information into a bill. She told me that she thought this bill would go through the veteran’s committees fine but would probably have a hard time getting through the Ways and Means committee. I also met with Representative Eddie Andrews who was in support of this bill.

A few years ago, I lobbied for another bill for people with disabilities to reduce the license tax on pickups just like it was for wheelchair vans. At that time, I was driving a pickup. I got a hold of my local representative in my district and he took my suggestion and drafted a bill. It went through the House side and the Senate side.

I don’t know if the state tax free on wheelchair vehicles bill will pass but it is not going to happen unless you lobby for it. When the final bill is ready, I will have the Chapter send out the bill number to all the members. If you want to see this bill pass, you need to go to the state legislatures in your area.

If you have something you think needs to be changed for our members or for people with disabilities and you need some help, you can get a hold of the Chapter and we will do our best to see if we can make that happen.

Remember: If you don’t try and get something passed that helps you and others in your community, it will never happen.
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Email rods@iowamobility.com
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 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.

   * 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.

Additional resources he wanted to share are on the next page.

As always contact your local NSO office at 515-323-7544 for additional assistance and information.

Kim
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.

**Tools & Resources** (Continued from Page 4)

**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** –Now “The Lifeline and 988” https://988lifeline.org/current-events/the-lifeline-and-988/
**1-800-273-8255** or 988

**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/
Thank you to the many IPVA members who reached out with their contact information!! (See below) This was very helpful!

The winner of the $100 visa gift card was Loren Beasley.

Ronald Alberhasky  Dennis Keefe
Dan Alberts        Travis Lee Lamphier
Aniel Allsup       Joni Lawal
William Ballensky Carol Lilienthal
Dennis Beal        Mary Beth Mayne
Loren Beasley      John McPherson
Marianne Berche-Nelson Shawn LeAnn Meyers
Rusty Bettcher     Scott Miller
Dean Blumanhourst  Michael Moroney
Michael Brady      Jerry Nail
Tina Marie Carter  Victor Nava
Miles Chaplin      Dan Nichols
Jeff Cook          Jim O’Brien
Burl Corrigan      Thomas Ostwald
Lonn Cunningham    Larry Phillips
David Darrah       L. Richard Pint
James DeLany       William Purcell
Vince Delay        Roger Rupp
Gerald Ebsen       Joseph Sampson
David Eddington    William Sandvig
Becky Elliott      Thomas Sankey
Robert Fencl       Gerald Santos
John Francis       Ronald Smith
Duane Frideres    Bobbie Souer
Lana Gillaspie     Robert Stephens
David Graham       Steven Swietlik
Bruce Hamilton     Richard Allen Tracy
Keith Harvey       Randy Upton
John Jones         Dominic Vargas
Robert Juarez      James Wayman Jr
Stuart Juarez      Michael Winter
Kurtis Yeoman

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@heartofiowa.net, iowapvakim@yahoo.com, or iowapvagretchen1@yahoo.com
Memorial Benefits
By Gustavo Gonzalez NSO

I have received many questions regarding memorial and burial benefits. Arranging a funeral for a loved one can be difficult and emotionally draining. It is best to be prepared as much as possible ahead of time, but this is not always possible. It helps to know what type of assistance the Department of Veterans Affairs (VA) can provide with memorial and burial benefits for the Veteran and his or her family.

Most Veterans are eligible for memorial and burial benefits through VA. If eligible, the VA may assist with rites, flags, headstones, markers, funeral expenses, plot allowance, and transportation to a cemetery. The spouse or dependents are eligible for a government headstone or marker, only if they are buried in a national or state cemetery.

First, the funeral cost must be been paid in full, the person who paid for the funeral expenses can submit a request for reimbursement by submitting VA Form 21P-530. There is a 2-year time limit in which the family needs to file for burial reimbursement. If the application is not submitted correctly, the VA will notify you to correct and resubmit within 1 year.

The Department of Defense can assist the family with military honors, consisting of folding and presentation of the United States flag, and the playing of Taps.

Here is a list of forms to help assist in the planning of burial benefits:

VA 40-130 Claim for Standard Government Headstone or Marker.
VA 40-1330M Claim for Government Medallion for Placement in Private Cemetery.
VA 21-2008, Application for United States Flag for Burial Purposes
VA 10-2065 Funeral Arrangements.
VA 40-0247 Presidential Memorial Certificates.

If any questions arise regarding burial or memorial benefits, please contact Gus Gonzalez, NSO at 515-323-7544, or at GustavoG@PVA.gov.
Many people donated to Iowa Paralyzed Veterans through AmazonSmile. Unfortunately, AmazonSmile was discontinued on February 20th, 2023. You are still able to donate to our Chapter if you signup for iGive.com. Below is some information regarding iGive and how your purchases can benefit our Chapter. Please consider this easy and beneficial program!

Over 1,500 of the web’s best stores participate in this free program, and up to 26% of each purchase benefits our cause!

Totally Free | No Hidden Fees | No Limits | Monthly Donation Checks

Search and shop online at www.iGive.com!
INDEPENDENT EATING IS POSSIBLE

TRY OBI!
Request to try Obi and experience independent eating in your home!
CONTACT US TODAY!

- Eat what you want, when you want!
- Easy to use and easy to clean
- Custom positions and switches

Qualifying veterans may receive Obi at no cost through the VA.
Manufactured in the USA

VA@MeetObi.com (844) 435-7624 www.MeetObi.com
MANY THANKS to the people and/or organizations who have donated to IPVA from December 15, 2022—February 15, 2023

Alberts, Dan & Becky (Monthly)
Anonymous
Barnard, Penny
Baumhover, Rick (On Behalf of Nathan Baumhover)
Bertocki, Gwyneth (In Memory of Donald Gerdom)
Beyer, Paul
Blount, Terri & Mark (In Memory of Eugene Greenwood)
Paul & Teri Bognanno Charitable Trust
Bunnell, George and Deborah
Burghorn, Amelia
Christiansen, Roger and Susan
Daniels, Leanna (Monthly)
DeLany, James (Monthly)
Duea, Ed
Frideres, Duane and Beverly (Monthly)
Hartford Sportsmen Club of Hartford Iowa (Monthly)
Henter, JD
HyVee Reusable Bag Program
Iowa One Gift Donation (Monthly)
Leary, Timothy & Laura (Monthly)
Los Alamos National Laboratory/Triad National Security
McFadden, Susan
Montague, Daniel and Kristi
Morgan Stanley Gift Fund
Morrison, Heidi (Monthly)
Nichols, Dan and Gina
Norman, Joni and Stephen (In Memory of Jon Schneider)
O’Brien, Carol (Monthly)
Pella Rolscreen Foundation
Recon Roofing & Construction
Santos, Gerald (Monthly)
Scholtes, Dan & Patricia
Simons, Tish (Monthly)
Urbatsch, Todd
Vaughn, Kris
Wells Fargo
Wilson, Paula
WorkSpace Inc—Des Moines
YourCause—Anonymous
Zajicek, Patricia
Zankowski, Louis O
THANK YOU - THANK YOU

To the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from December 15, 2022—February 15, 2023

All Hands on Deck
Anonymous
Applebee’s—Cedar Rapids
George and Deb Bunnell
Riverside Casino
Wells Fargo

Our new logos around our office have been completed!!

Thank you to Eric Myers with Myers Custom Signs & Screen Printing out of Centerville, Iowa who installed these logos and made several trips to our office to get these looking right.

Please reach out to Eric for any signing or printing needs. And, feel free to stop by our office to see them in person!

Top photo: Eric Myers standing next to the new colored logo in the William J Kauzlarich Community Center.

Photo above: Metal logo located in the Jon R Schneider Board of Directors Meeting Room.

Photo to the right: New white logos on our front doors.
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
Thank you to Ed Duea and JD Henter from Recon Roofing and Construction for volunteering their time and donating materials to make some needed repairs to our office.

We are SO appreciative!!

Ed and JD were GREAT to work with and did a great job! They also were very willing to work around our schedule and got the repairs done quickly.

Recon Roofing and Construction is located in Des Moines and offers a Military Discount to veterans.

515-489-0123
www.reconroof.com
This QR code is to the PVA Sports Calendar, which contains a complete listing of all upcoming events. Many events are coming up and we’d love to have you join! Please register! (Note: Our Year-End Trapshoot in Cedar Rapids is on this schedule in June!)

In addition to PVA’s in-person events, there are also several fitness, health, and wellness classes scheduled. Classes include women’s yoga, strength training and conditioning, and a women’s coaching group.

Please visit https://app.bookabl.io/pvafitnessstraining for more information or to register for a class.
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
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”

Welcome!
To our New Iowa PVA Members...

Jeffery Bisom
LeRoy Carlson
David Johnson
Samantha Kidd
NOTICE REGARDING DONATIONS MADE DIRECTLY TO
THE PARALYZED VETERANS OF AMERICA – IOWA CHAPTER

- 89% 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.

PLEASE SEE THE MOST RECENT FULL INDEPENDENT AUDIT REPORT
AND IRS FORM 990 UNDER THE FINANCIALS TAB OF OUR WEB SITE AT
www.iowapva.org.

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

GET PUMPED FOR PORTLAND
July 4–9, 2023 • Portland, OR

Join 500+ Veterans competing in 22 sports!

WheelchairGames.org
Facebook: @WheelchairGames
Twitter: @WheelchairGames

Co-Presented by:
VA U.S. Department of Veterans Affairs
PVA Paralyzed Veterans of America
March  
Richard A Tracy  March 6  
Mary Beth Mayne  March 8  
Peter L Coffelt  March 11  
Keith Harvey  March 11  
Oscar Ballard  March 14  
Nicole Beckford  March 17  
Jerry Nash  March 21  

April  
George Barber  April 6  
Dennis Beal  April 6  
Bryce Cherryholmes  April 8  
James Knudsen  April 8  
Clifford Hughes  April 10  
Becky Elliott  April 12  
William Purcell  April 12  
Daniel Scholtes  April 14  
Lawrence Francek  April 16  
Ann Dehli  April 18  
Thomas Hall  April 19  
Vincil DeLay  April 21  
Nancy Collins  April 23  
John Jones  April 26  

Apologies to IPVA Member Cynthia Greulich for the omittance of her January birthday. Happy Belated birthday Cynthia!

CALENDAR OF UPCOMING EVENTS

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
4/4  Project Healing Waters—7:00 pm at IPVA office
4/9  Happy Easter
4/13  Bingo at the Des Moines VA CLC—6:30 pm
4/15  Spring Carnival at Iowa Veterans Home—1:00 pm
4/18  Project Healing Waters—7:00 pm at IPVA office
4/27  Caregiver Support Meeting at IPVA Office and on Zoom —1:00 pm
4/27  BOD/Membership Meeting at IPVA Office and on Zoom—1:00 pm
5/20 - 5/25 National Veterans Golden Age Games (see page 20)
ReWalk is working to put veterans first.

In honor of all veterans.

"LEST WE FORGET"

It changes your whole perspective. It takes your life up a notch. I may not have everything else back, but I’ve got this part back.


ReWalk is proud to work with the VA to provide veterans with access to personal exoskeleton evaluations and training as soon as they are medically eligible and interested in the benefits of walking again.

Put Veterans First | Think ReWalk First

Contact ReWalk for more information

rewalk.com/refer-a-veteran  ·  508.251.1154
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