

The Wheeled Herald



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Great Plains Chapter

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www.greatplainspva.org

21st Annual Tee Off & Support Wheelchair Sports Golf Tournament

by Amanda Vazquez

On Sunday, June 5th, 216 golfers and 25+ volunteers gathered at Tiburon Golf Club in Omaha for Great Plains PVA's 21st annual golf tournament: Tee Off & Support Wheelchair Sports. This fundraiser supports our entire Adapted Sports & Recreation Program for the year and is a full day of golf, with contests, raffles, silent and live auctions, and a lot of fun sprinkled in!

Golfers tee'd off at 9am and were met out on the course by volunteers who ran poker stops, a 5 flags contest, a Hole in One contest for \$10,000 cash, and our Wheelchair Drive hole, which gives each golfer the opportunity to tee off from a wheelchair. Our own PVA members run this hole and have gotten to know many of our golfers over the years. In fact, one of the things our tournament is known for is the opportunity that the golfers get to meet and talk with the very people they are supporting. As golfers come in off the course, they fill a plate, bid on some fabulous auction items, and learn about the opportunities that Great Plains PVA provides for veterans and others with spinal cord injuries with funding that this tournament makes possible.

PVA staff work with our dedicated Golf Committee, led by Tournament Founder Dan Dolezal, for 6 months of planning to make sure we are well prepared and have collected plenty of donations to put on this first class event. We would like to give a very special thanks to our Golf Committee members: Dan Dolezal, Jim Thompson, Justin Cox, Russell Falconer, Mat Nisotis, Tim Shurts, Bill & Sue Dudzik, Brian Eaton, & Tim Fowler. We are so fortunate to have such dedicated volunteers who give so much of their time and efforts to ensure our tournament is successful!

*Thank you Best of Me Photography &
Don Labrie Photography for helping
capture these memories.*



President's Message *by Randy Squier*

Our summer marches on. I prefer the heat any day than the cold of winter. Hope your summer is going well for you.

We're getting ready for our Great Plains Chapter bowling tournament at the end of the month. The number's suggest 35 to 40 bowlers from around the country will join us. It's always a fun four day renewal of friendships where you test your skills against the bowlers who attend. As always, considerable effort goes into this tournament making it one of the best on PVA's bowling circuit. Our tournament Director Dave Nelson will host the tournament along with assistance from our very dedicated staff. This year's event will be held at Mockingbird Lanes in Omaha, Nebraska. Through the years we have had great support from our friends in the community who participate in our up and down event that Friday night. Standing room only is one way it is described.

Elections for our Great Plains Chapter Board of Directors is fast approaching. Please take the time to participate by returning your ballot with your selections.

Poker on Thursday afternoons continues at the chapter building. Our bowling league also continues, Wednesdays at 12 o'clock at Mockingbird Lanes in Omaha. Enjoy your summer.

Chapter Officers

Randy Squier, President
John Scott, Vice President
Will Leavitt, Secretary
Seth Kotouc, Treasurer

Chapter Directors

Dave Nelson, Director
Dick Helvey, Director
Tom Timmerman, Director

Immediate Past President

Mark Linquist

National Director

Dave Nelson

National Service Officer

Mike Sheets
402-420-4017
MikeS@pva.org
LauraN@pva.org

Executive Director

Mary Bushman
bushman@greatplainspva.org

Government Relations Director

Amanda Vazquez
vazquez@greatplainspva.org

Sports Director

Patrick Reynolds
reynolds@greatplainspva.org



Great Plains PVA Member Competes in Tennis Tournament

Great Plains PVA Member Chris Parnell traveled to Texas to compete in the Dallas Wheelchair Tennis Tournament earlier this summer. He placed 3rd in doubles and made it to the semi finals in singles. Chris trains year round and competes in multiple Tennis tournaments every year. Congratulations, Chris, on your most recent accomplishments!





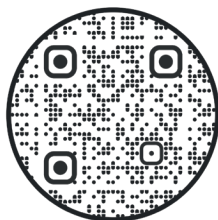
Ekso Indego® Gets Veterans Walking Again

Eligible veterans can receive an Ekso Indego exoskeleton at NO COST!

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What is the Ekso Indego?

Ekso Indego is an FDA-cleared, powered exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries (level T3-L5) to stand and walk, offering a new level of independence.



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Getting Veterans with SCI Back on Their Feet

A recently revised VA policy allows Ekso Indego to be issued to qualified veterans at no cost.*

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- Enjoy eye-level conversations again



Contact us to find out if you are eligible to receive an Ekso Indego at NO COST!

www.eksobionics.com/request-information/

* A screening process through the VA is required to determine eligibility for use of the Ekso Indego Personal device. For full indications for use, visit: www.eksobionics.com/indications-for-use/

PN: 044-028-001 Rev. A



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Executive Director's Report

by Mary Bushman

Dear Members,

I want to take this opportunity to let you all know about a very special raffle that our Chapter will be offering for the next few months. Great Plains PVA volunteers and supporters Bill and Sue Dudzik purchased a special edition HENRY rifle and are raffling it off as a benefit for our chapter. The rifle is a Military Service Tribute Edition .22 S/L/LR rifle. It is crafted in the Golden Boy style and is made from genuine American walnut with polished nickel and 24K gold plating.

The limited-edition rifle was made by HENRY Repeating Arms Company as a tribute to America's servicemen and women who led the fight to preserve freedom around the world and to keep our country safe. It is intended to be a reminder of duty calls answered, sacrifices made, and services appreciated.

Bill and Sue are donating their time to manage and facilitate the raffle for the Chapter. The rifle was first revealed at the Chapter Open House during the May PVA National Convention. Since then, it has been on display at the Chapter's golf tournament and at various Omaha city-wide events.

Raffle tickets are \$20 each and one winner will be drawn on Veteran's Day, November 11, 2023. If you would like more information on the raffle, or to obtain a ticket, please contact me at the Chapter office. A very special thank you to Bill and Sue for having the inspiration to make this project happen and for helping us to create awareness for our Chapter within our community.





Want to Get More Involved with Your PVA Chapter?

Nominations are now open in preparation for the election of our Board of Directors for 2023-2024. Have a voice in how your chapter operates!

If you would like more information, call the chapter office at 402-398-1422 or email Mary at bushman@greatplainspva.org.

REQUIREMENTS FOR GREAT PLAINS PVA'S BOARD OF DIRECTORS ARE:

- 1.) **MUST BE A MEMBER OF GREAT PLAINS PVA IN GOOD STANDING.**
- 2.) **MUST BE CERTIFIED BY NATIONAL PVA BEFORE ASSUMING OFFICE.**
- 3.) **MUST BE PROFESSIONAL IN YOUR DEMEANOR.**
- 4.) **MUST ATTEND 9 CHAPTER BOARD OF DIRECTORS MEETINGS PER YEAR (4 DIRECTORS NEEDED FOR A QUORUM).**
- 5.) **MUST ATTEND 2 GENERAL MEMBERSHIP MEETINGS PER YEAR (7 MEMBERS NEEDED, 4 OF WHICH MUST BE DIRECTORS, TO HAVE A QUORUM).**

Great Plains PVA Board of Directors Nomination Form
DEADLINE: August 7, 2023
(You may nominate 1 or more individuals)

NOMINEE: _____

NOMINEE: _____

NOMINEE: _____

NOMINEE: _____

NOMINEE: _____

NOMINEE: _____

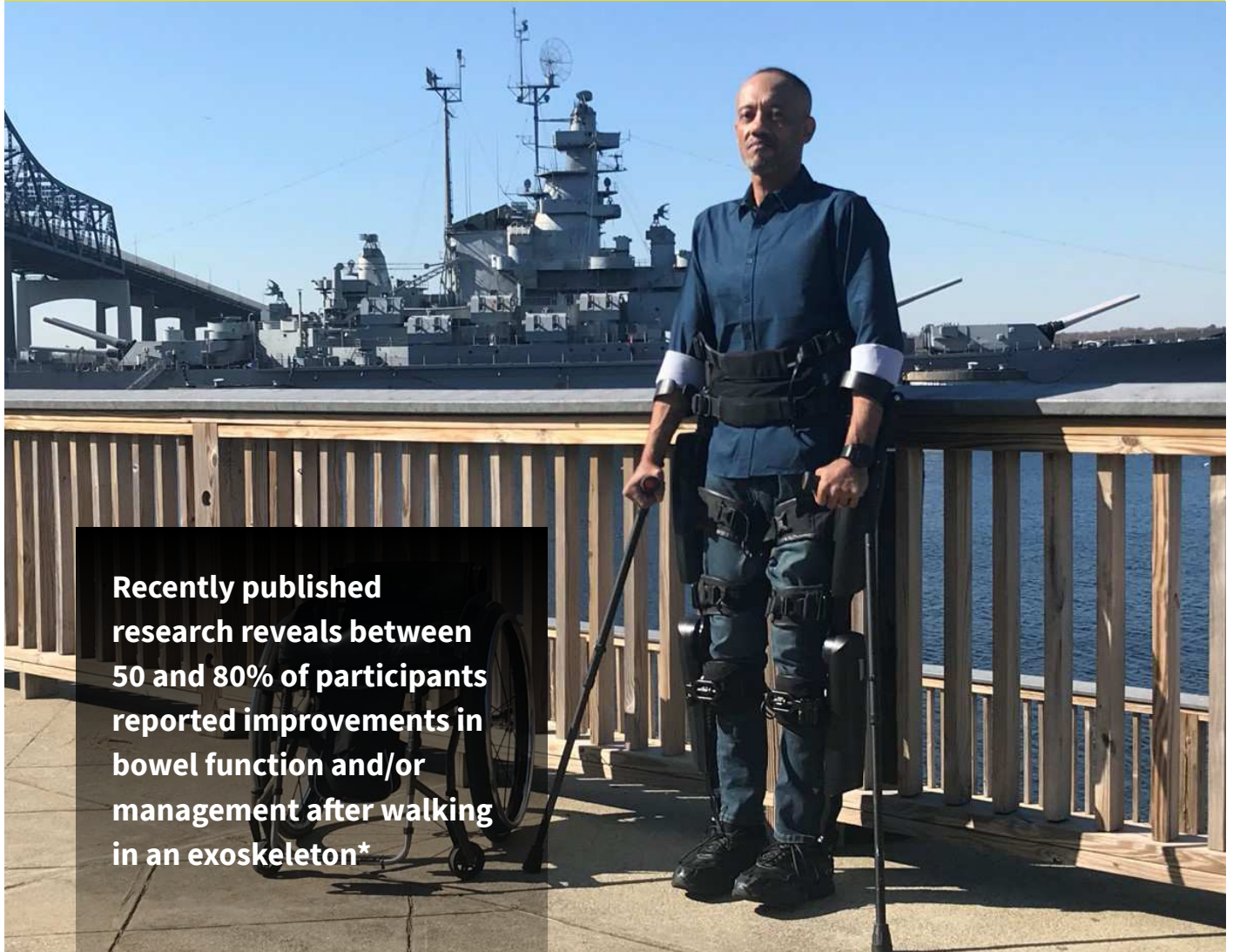
NOMINEE: _____

Ballots will be mailed to all voting members of Great Plains PVA in mid-August. The top **seven** vote getters will be elected. New Directors will be installed at the October BOD meeting.

Please submit your nomination form to Amanda
by email at vazquez@greatplainspva.org or
by mail at Great Plains PVA, 7612 Maple St., Omaha, NE 68134



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**

*Chun A, et al. Changes in bowel function following exoskeletal-assisted walking in persons with spinal cord injury: an observational pilot study. Spinal Cord. 2020;58(4):459-466.



PVA Great Plains Adaptive Disc Golf Clinic

Event Location

Great Plains Chapter, PVA
7612 Maple St
Omaha, NE 68134

Contact

(402) 398-1422
vazquez@greatplainspva.org

Event Date

September 23, 2023

Registration

pva.org/adaptive-sports/disc-golf

Deadline: September 20, 2023

Clinic Details

The clinic will cover adapted rules, driving, mid-range and putting shots, adapted throwing techniques, and more.

Lunch and drinks will be provided.

Discs will be available for use.

Contact

Vickie Lincks
Program Manager
Sports and Recreation
Paralyzed Veterans of America
(202) 416-7654
vickiel@pva.org



Sports & Recreation



Great Plains Chapter

Great Plains PVA's Tee Off & Support Wheelchair Sports Golf Tournament: In Pictures

Thank you to Don Labrie Photography for capturing these moments throughout the day!



Great Plains PVA Funds New SoloRider Golf Cart for Omaha Course

by Amanda Vazquez

In December 2021, long time friend of Great Plains PVA and co-host of our annual golf tournament, Gary Baber, passed away. Gary used a wheelchair and used to teach a wheelchair tennis program at Great Plains PVA for kids with disabilities. He spent his last 19 years helping us put on the best golf outing in the area, bringing in many teams through contacts he made through his work with Cormaci Construction.

Gary was one of the most positive people we knew. We could always count on him to call us up with a good morning song and lots of kind words to say. He was a bright spot in this world and such a blessing to all who knew him. In honor of him, we wanted to carry on his legacy of helping others and bringing sunshine to their lives. So, with proceeds from our annual Tee Off & Support Wheelchair Sports golf tournament, we purchased a SoloRider accessible golf cart for the Omaha community! It is available at Tiburon Golf Club for anyone who needs the accessibility features it provides, or even just wants to try it out.

On the middle area of the cart is an inscription - shown below - that depicts the sunny disposition Gary always had. We hope that this cart will carry on his legacy of making a positive impact on the lives of people with disabilities.



Pictured at left: PVA's Adaptive Fitness member, Barry Ridout, is seen golfing using Great Plains PVA's new SoloRider Golf Cart during our 21st annual Tee Off & Support Wheelchair Sports golf tournament. The cart has a patriotic wrap courtesy of Design8 Studios in Omaha.



IN LOVING MEMORY OF
GARY J. BABER

GARY MADE A POSITIVE IMPACT ON THE LIVES OF PEOPLE WITH DISABILITIES. THIS GOLF CART CONTINUES HIS LEGACY.



Washington Update

Check out the [PVAAction Force](#) page to view alerts and a list of key legislation.

WHITE HOUSE HOLDS MEETING ON ACCESSIBLE TRANSPORTATION

On July 11, Chief Policy Officer Heather Ansley joined Vice President Kamala Harris and Department of Transportation (DOT) Secretary Pete Buttigieg, along with fellow disability rights leaders, for an event at the White House. The purpose of the event was to mark the 33rd anniversary of the Americans with Disabilities Act and discuss recent efforts to improve accessibility across the nation's transportation system. The Secretary highlighted recent steps DOT has taken to improve access for people with disabilities in transit, air travel, and other transportation modes.

Ms. Ansley was one of five disability rights leaders selected to present to the Vice President and the Secretary during the event roundtable. She used the opportunity to discuss the lack of accessibility in air travel for passengers with disabilities. In her statement, she noted that passengers will continue to be injured, and wheelchairs mishandled until travelers can remain in their device. In the meantime, however, she called for improvements in training for workers who physically transfer passengers with disabilities and handlers who are responsible for wheelchair stowage. She also spoke of the need for not only stronger enforcement of the law but also amending it to require referral of certain passenger-filed complaints to the Attorney General and establishment of a private right of action.

A video of the convening's opening statements is available [here](#).

HOUSE PASSES NDAA

On July 14, the House passed its version of the National Defense Authorization Act (NDAA) for Fiscal Year 2024 (H.R. 2670). More than 1,500 amendments were proposed to the annual defense policy bill. Some of those amendments included increasing the mileage reimbursement rate available to beneficiaries for travel to or from VA facilities; allowing veterans with combat-related disabilities and less than 20 years to have concurrent receipt of VA and Department of Defense benefits; raising the amount of VA Dependency and Indemnity Compensation; and restructuring VA's Home Improvements and Structural Alterations grant program. The HISA amendment was offered at the request of PVA. Unfortunately, these amendments were not included in those considered by the House.

The Senate is also working on its own version of the bill. The Senate Armed Services Committee filed its legislation on July 11. PVA is supporting attempts to amend that bill in similar fashion. We will continue to monitor the NDAA in the House and Senate for inclusion of any amendments relevant to PVA members.

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Paralyzed Veterans of America



@PVA1946



@PVA1946

VA FAMILY CAREGIVER PROGRAM UPDATE

On June 30, VA's Caregiver Support Program held a meeting with stakeholders, including PVA, to provide program updates. Last year, VA convened an Integrated Project Team (IPT) to consider recommendations to reform eligibility for VA's Program of Comprehensive Assistance for Family Caregivers. The IPT has concluded meetings and has agreed to support certain changes to the program.

The recommendations will need to be adopted through regulation. PVA is pleased that one of the proposed changes should amend eligibility criteria to increase access to the program. We look forward to reviewing the proposed rule and will provide comments to the VA.

FEDERAL LAWSUIT ALLEGES ADA VIOLATIONS FOR VOTING IN LOS ANGELES COUNTY

The United States Attorney's Office recently filed a lawsuit alleging the county has failed to comply with the Americans with Disabilities Act (ADA) following a lengthy investigation about disability-based discrimination in Los Angeles County at vote centers during recent elections. The investigation found that the county excluded qualified individuals with mobility and vision disabilities from participating in the county's voting programs. The complaint filed in United States District Court seeks a court order directing the county to comply with the ADA, promptly develop a plan to completely remedy the alleged violations, and not further discriminate against individuals with disabilities.

The investigation focused on physical accessibility for persons with disabilities at the county vote centers during the 2020 primary election, the 2020 general election and the 2022 general election. The United States Attorney's Office also reviewed other aspects of the county's voting programs, including curbside voting and ballot drop boxes. The lawsuit is part of the Justice Department's ADA Voting Initiative, which seeks to increase accessibility for voters with disabilities across the country.

DOJ SETTLES CASE WITH SAN JUAN, PUERTO RICO ON ACCESSIBLE PUBLIC SIDEWALK SYSTEMS

On June 23, the U.S. Department of Justice (DOJ) filed a [proposed settlement agreement](#) with San Juan, Puerto Rico, that would require the city to take critical steps towards making their public sidewalks accessible for pedestrians with disabilities. In the case of [Betancourt-Colon et al v. City of San Juan](#), individuals with mobility disabilities sued the city, alleging San Juan violated Title II of the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act, by failing to install and maintain accessible sidewalks and curb ramps. The DOJ later [intervened](#).

The [proposed stipulated order](#) requires San Juan to train all city employees who supervise construction, repair, or maintenance related to public sidewalks on federal accessibility standards. In addition, San Juan must develop, implement, and report a process for soliciting and receiving input from people with disabilities regarding accessibility and conduct a self-assessment that accurately identifies any sidewalk barriers. A hired consultant will provide recommendations to remedy any sidewalk barriers that provide access to government offices and facilities, transportation terminals, places of public accommodations, and work places. In addition, San Juan must ensure any construction or alterations of public sidewalks will be compliant with ADA standards.

The U.S. Access Board, a federal agency that develops accessibility guidelines and standards, is expected to issue a final rule on [public rights-of-way](#) in the near future. The rule will address sidewalks, curb ramps, and other components of public rights-of-way. However, these standards will not be enforceable until adopted by DOJ and the U.S. Department of Transportation.

IMPLEMENTATION OF REFORMS TO VA'S CLOTHING ALLOWANCE

On December 29, 2022, Congress enacted the Cleland-Dole Veterans Benefits and Healthcare Improvement Act of 2022. PVA-supported section 201 provided for improvements to the claims process for VA Clothing Allowance. Specifically, the law requires VA to make recurring payments for a clothing allowance to

qualifying veterans until the veteran elects to no longer receive such payments or until VA determines the veteran is no longer eligible.

Veterans no longer have to submit an application by August 1 of the benefit year to receive payment for the benefit year. Instead, veterans will have until the end of the fiscal year (September 30) to submit their application for that benefit year. Veterans who received a clothing allowance payment in 2022 will receive the same number of clothing allowances in 2023, without having to submit an application this year or in subsequent years. Their clothing allowance payment will become an annual continuous / recurring payment.

First time applicants, applicants who previously received the benefit but did not apply for the 2022 benefit year, or applicants who received payment in 2022 but want additional clothing allowances will have until the end of the fiscal year to submit their application for the 2023 benefit. If approved, their clothing allowance payment will also become an annual continuous / recurring payment.

VA is finalizing an updated letter to send to veterans who received the clothing allowance in 2022 regarding the updated application requirements. In the meantime, please contact your PVA national service officer with any questions.

NEWS OF NOTE

DOL VETS Grant Awards

The Department of Labor's Veterans' Employment and Training Service (DOL VETS) announced in early July over \$53 million in Homeless Veterans' Reintegration Program (HVRP) grants to more than 150 recipients that will provide employment services to more than 20,000 homeless veterans looking to reintegrate into the workforce. More than \$25 million will be awarded to first-time recipients.

Grants were awarded to various state and local workforce investment boards, local public agencies and nonprofit organizations, tribal governments, faith-based and community organizations. The grantees offer

services and support to homeless and housing insecure veterans, such as occupational skills, apprenticeships, on the job training, and provide job placement assistance.

You can review the grantees [here](#).

Accessible Transient Lodging Webinar Now Available

The U.S. Access Board's recent [webinar on accessible transient lodging](#) is now available. This webinar addressed accessibility requirements for hotels, motels, and other types of transient lodging facilities. Presenters reviewed requirements in the Americans with Disabilities Act (ADA) and the Architectural Barriers Act Standards for dispersion of compliant guest rooms and suites with mobility and communication features, guest accommodations, such as sleeping areas, bathrooms, kitchens and kitchenettes, storage, signage, fire alarms, and phones, and other common amenities, such as check-in counters, fitness centers, swimming pools and spas, bars and restaurants, and conference rooms. The webinar series is hosted by the ADA National Network in cooperation with the Board.

ADVOCACY AND COMMITTEE ACTION

Disability Accessibility and Discrimination Issues at U.S. Ports of Entry Stories

Have you ever experienced disability accessibility or disability discrimination issues at U.S. ports of entry? PVA is collecting stories on members' accessibility issues or disability discrimination at [U.S. ports of entry](#) by air, land, or sea. This includes any passport kiosks or other technology, forms, passport control processes, inspections, or disability discrimination by Border Patrol agents. If you have encountered any accessibility difficulties or disability discrimination by [U.S. Customs and Border Protection](#), please email PVA Advocacy Attorney, Danica Gonzales, at DanicaG@PVA.org.

PVAction Force – Spread the Word!

PVAction Force is for everyone to get in involved, including family, friends, and the community. Please contact Lisa Elijah, PVA's Grassroots Advocacy Manager, at LisaE@PVA.org for more information.

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*by Pat Reynolds, Sports Director***2023 PVAFit Individual Open Results**

Several years ago we started holding an in-house individual competition in the spring and an in-house team competition in the fall. This year's individual open was nine-events over six-weeks featuring Travis Hasenkamp, Ethan Eckelbarger, Daniel Schmitt, Tim Hobbs, Chris Parnell, Barry Ridout and Seth Kotouc. Travis won five of the nine events and held the lead through the first three weeks, but Ethan grabbed the lead in week four and never relinquished. Ethan and Travis were only separated by 27 points, but the battle between 3rd and 6th was even closer. The difference between 3rd place (Tim) and 6th place (Chris) was only 20 points, which is about 3%. Below are some stats and the final leaderboard from the 2023 Individual Open:

- **Event Placings**
 - Ethan Eckelbarger (Best – 1st, Worst – 3rd)
 - Travis Hasenkamp (Best – 1st, Worst – 7th)
 - Tim Hobbs (Best – 1st, Worst – 7th)
 - Barry Ridout (Best – 2nd, Worst – 6th)
 - Daniel Schmitt (Best – 2nd, Worst – 6th)
 - Chris Parnell (Best – 1st, Worst – 6th)
 - Seth Kotouc (Best – 3rd, Worst – 7th)
- **Event Wins**
 - (5) Travis Hasenkamp – Events 1, 2, 3, 6 & 7
 - (2) Ethan Eckelbarger – Events 4 & 5
 - (1) Tim Hobbs – Event 8
 - (1) Chris Parnell – Event 9
- **Final Leaderboard**
 - (1) Ethan Eckelbarger – 815
 - (2) Travis Hasenkamp – 788
 - (3) Tim Hobbs – 667
 - (4) Barry Ridout – 653
 - (5) Daniel Schmitt – 651
 - (6) Chris Parnell – 647
 - (7) Seth Kotouc – 473

2023 June Challenge Format and Results

The June Challenge was three 4-minute AMRAPs (as many reps as possible) of a buy-in row then dips and deadlifts/lateral floor touches. Newcomer and professional wheelchair basketball player Josh Maier got the win, accumulating 171 reps and besting 2nd place Travis Hasenkamp by 15. Below is the format and leaderboard for the June Challenge:

- **Format**
 - Three 4-Minute Rounds for Max Reps:
 - Rounds 1&3,
 - - Row Buy In
 - Then AMRAP of,
 - - 20 Dips
 - - 20 Deadlifts or Lateral Floor Touches
 - - Max Dips
 - Round 2,
 - - Row Buy In
 - Then AMRAP of,
 - - 20 Deadlifts or Lateral Floor Touches
 - - 20 Dips
 - - Max Deadlifts or Lateral Floor Touches
 - *4 Minutes Rest Between Rounds
 - **Row Buy In; Standing - 20 Calories, Seated Two Hands - 12 Calories, Seated One Hand - 10 Calories
- **Leaderboard**

Adaptive Fitness continued...

- 1. Josh Maier – 171
- 2. Travis Hasenkamp – 156
- 3. Ethan Eckelbarger – 154
- 4. Daniel Schmitt – 145
- 5. Chris Parnell – 129
- 6. Bruce Froendt – 114
- 7. Seth Kotouc – 109
- 8. Tim Hobbs - 106
- 9. Barry Ridout – 89

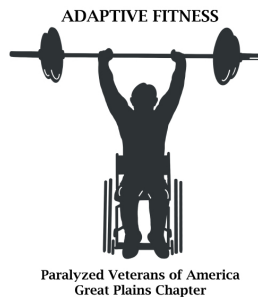
July Challenge

One of my favorite workout formats is the sandwich chipper, which is a couplet with the reps of one of the exercises split in half, separated by the other exercise. This sandwich chipper was 84 pulls (ring rows, ring pullups or pulldowns) and 21 ground to shoulder (medball or barbell). Below is the format for the July Challenge:

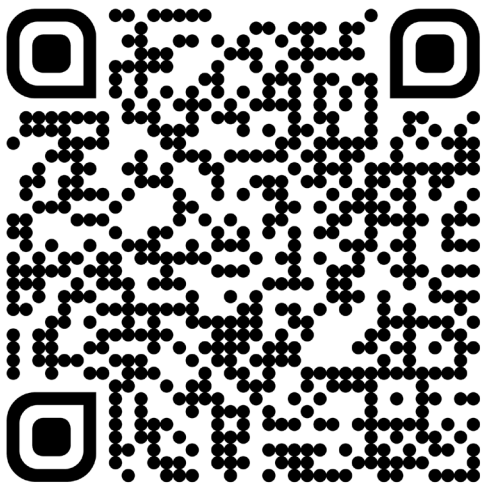
- For Time:
 - 42 Pulls
 - 21 Ground to Shoulder
 - 42 Pulls
 - Pulls – ring rows, pullups or pulldowns
 - Ground to Shoulder – medball or barbell

2023 WheelWod Update

Travis Hasenkamp was unable to compete this year due to injury, but Daniel Schmitt is going back to represent the Great Plains PVA. He finished 2nd in the semi-finals and looks poised to improve on his 2022 title of 3rd fittest in the world. The 2023 WheelWod Games are 4.5 months away and there is a lot of training to complete between now and then. We're really looking forward to this one!



PVA MS Resources



Are you a PVA Member living with MS? Learn how PVA supports its members with MS and the resources available through our partnerships with other organizations. You can read the latest newsletter, specifically designed for PVA members with MS, on PVA's website. Scan the QR code to the left with your phone's camera and it will take you to PVA's webpage where you can learn more.

Great Plains PVA has a member who is designated as our chapter's MS Lead - Shayna Goerdts. If you have questions or concerns, you are welcome to reach her by email at shayna@greatplainspva.org!

Upcoming Events

July

- 4th: Happy Independence Day!
- 13th: BOD Meeting 1:00pm
- 27th-30th: 6th Annual Great Plains PVA Invitational at Mockingbird Lanes

August

- 10th: BOD Meeting 1:00pm

September

- 4th: Happy Labor Day! *Office Closed*
- 14th: BOD Meeting 1:00pm
*General Membership Meeting - Date/Time TBD
- 23rd: PVA Disc Golf Clinic

CHAPTER BIRTHDAYS

July

Frank Kampovitz * Richard Mondragon * Harold Bartlett * John Owens * Garold Chalupa *
Thomas Timmerman * Richard Conley * David Nelson * Tammy Squier * Paul VanCleave *
Christina Caines

August

Larry Schenkel * Richard Peters * Larry Gries * Langston "Pete" Farrish* William Thuman * Larry
Kelly * Randy Tubbs * Carla Marciniak * Randy Conell * Joseph Ruhnke * Camille Hopkins-Bailey *
Joseph Mumm * Melanie DanHauer * Christopher Speer

September

John McDonald * Tedd Johnson * Dennis Mitchell * John Speck * Larry Dawson * Charles Howard *
Carl Schaffner * James Neal * Christopher Parnell * William Leavitt * Jabari Wright

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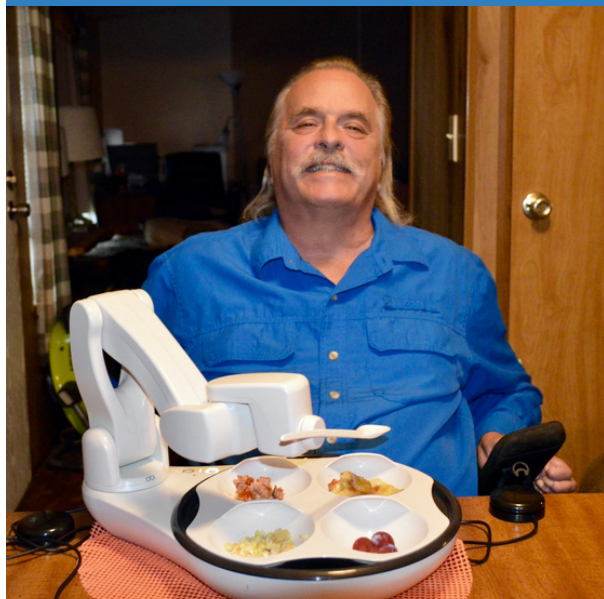
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- Set goals to achieve your career objective.
- Learn how to craft an effective resume and cover letter specific to your career interests.
- Develop effective interview and communication skills so you are confident in interviews.
- Craft job search strategies to meet your employment goals.
- Create an effective LinkedIn profile.
- Identify and engage in networking opportunities.
- Build confidence in your career pursuits.
- And much more!



We Will:

- Provide one-on-one guidance to help you find **meaningful employment, education and volunteer opportunities**.
- Assess your current abilities, training, and experience and help you identify career goals.
- Guide you through development and enhancement of your resume and cover letter.
- Teach you how to build an effective LinkedIn profile page.
- Practice mock interviews to hone your skills before you interact with employers.
- Regularly communicate with you to track progress and identify other resources to assist in the job search process.
- Be a **Partner for Life** to assist you for the duration of your career.



Paralyzed Veterans of America

Great Plains Chapter



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Great Plains PVA, 7612 Maple Street, Omaha, Nebraska 68134-6502

www.greatplainspva.org

402-398-1422



Paralyzed Veterans of America Great Plains Chapter (Great Plains PVA) is a non-profit organization that has dedicated over 50 years to helping veterans with spinal cord injuries, as well as other individuals living with disabilities across Nebraska, Western-Iowa, and Kansas. Great Plains PVA is dedicated to improving quality of life by providing education, promoting equal opportunities, encouraging independence, and enhancing lifetime health and fitness. PVA is at the forefront helping and advocating for the rights and benefits of veterans and all people living with disabilities.