

The Wheeled Herald

Published by the Paralyzed Veterans of America Great Plains Chapter

Omaha, Nebraska

Oct - Nov 2023

Inside This Issue

President's Report

Women Veterans
Empowerment Retreat

ED Report

Poster & Poem
Contest Winners

Christmas Party
Invitation

Fall Events &
Activities

Upcoming Events &
Birthdays

Adaptive Fitness

Washington Update



Great Plains Chapter

7612 Maple Street
Omaha, NE 68134
tel. 402.398.1422
fax: 402.398.1424

e-mail: pva@greatplainspva.org
www.greatplainspva.org

Swingless Golf at TopGolf in Omaha

Great Plains PVA hosted an evening for its members and auxiliary at TopGolf in Omaha. We wanted to give our members an opportunity to try out our new swingless golf clubs - innovative clubs designed to drive a golf ball up to 200 yards with the push of a button! We had a fantastic time learning how to use the club and aiming for the targets. This experience made it possible for some of our veterans to practice their golf drive - something they otherwise would not have been able to do with a traditional club.

Thanks to TopGolf for being welcoming hosts and providing hats for our veterans. We look forward to growing this new golf program in the coming year!



President's Message *by Randy Squier*

As the year's end is fast approaching there seems to be nothing I can do to slow it down. Here at the Chapter we've been busy with a number of fall events, including our annual trick or treat gathering of ghosts and goblins. The building provided a warm and welcome atmosphere to show off their best costumes. Over thirty displays were presented by various organizations that made this event a success. Talk about a sugar high.

The camaraderie continues with the bowling league as it continues to grow in numbers. Our bowling ambassador, Dave Nelson, continues to coach and inspire us all.

Representatives attended PVA's National Board of Directors meeting in Orlando, Florida this past month. It was informative and continues to promote continuity between the national office and its Chapters. Our Christmas party will be here in no time. Look for an invitation in this newsletter...

I would like to welcome Shayna Goerdts as our newest board member. Shayna was appointed to complete the term left vacant by the passing of one of our board members, Richard "Dick" Helvey. Sadly, Dick passed away shortly after being re-elected. We are grateful for the time we had with him and for all that he offered in support of our chapter. He will be missed. We welcome Shayna to this new role and look forward to working with her, and the ideas and perspective she will bring as we continue our work in support of our members.

Let's get together soon so we can keep moving forward to get the most out of our Chapter and its resources to help with our members' needs. Time marches on, let's get out there and enjoy.

Chapter Officers

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

Chapter Directors

Dave Nelson, Director
Tom Timmerman, Director
Shayna Goerdts, 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



Madness Haunted House Donation

Special THANK YOU to Madness Haunted House for their generous donation of \$1,500 to Great Plains PVA. Madness puts on an incredible haunt every fall and they have generously supported our organization for many years. We appreciate their support and wish them the best as they continue to explore new and exciting ways to provide a fun haunt for our community.



2023 Women Veterans Empowerment Retreat (WVER)

by Shayna Goerdt, MS/Women Veterans Lead

This year's WVER was held in Orlando, FL. Fifty women from across the country gathered to engage in a weekend of learning and networking. We kicked off with a keynote address from Tracey Cooper-Harris and moved through the day with a focus on the theme of resiliency from speakers Linda Mona, PhD and Cheryl Vines, MS. During the afternoon, we heard from Quadesha Bynum, CEO of Transition Forward who spoke on the topic "Unapologetically You, Showing Up in a Digital Age." The second day of the conference was focused on PVA history and dynamics and how to be a leader within the organization and how to advocate for our members.

With a heart full of inspiration and a pocket full of business cards from my new friends, I headed home to Nebraska. I approached my week with the goal of being resilient, but no sooner had I set that goal than I was knocked off my feet with a doozy of a cold. By day three, I was barely able to make it through a day of work, to say nothing of cooking dinner or cleaning the house! Best I could do was hold down the couch and stay on top of medications to keep symptoms from getting out of hand. But what about my goal? Was it a lost cause at this point? What tips had I just learned that might apply now that I was back home and brought down by sickness? Resiliency! The ability to withstand or to recover quickly from difficulties. It's not the ability to avoid difficulties, but to come back from them. So, with that WVER -inspired goal set squarely in mind, I withstood the exhaustion and illness throughout my week and focused on recovery.

While this was simply a common cold, the reminder to persevere through struggles and difficulties was impactful. Certainly we all have challenges with health, work, home-life, etc., and those challenges cannot always be avoided. But we can withstand them. We can recover from them. And hopefully, that recovery comes quickly.



Regain Your Mobility!

Wheelchair Accessible
Van & SUV Conversions
- NEW & USED -



Wheelchair & Scooter Lifts



Mobility Seating Solutions



Wheelchair/Scooter Lifts | Wheelchair Restraints
Mobility Seating | Hand Controls | Much More!

Call us today if it has been 2 or more years
since your last mobility review/service.

Superior[®]
Van & Mobility



Formerly Bill Siebert's, "**Heartland Mobility**"

SALES - SERVICE - RENTALS

11147 Mockingbird Dr., Omaha, NE

(402) 934-7826



For all your mobility
transportation needs 24/7...

SUPERIORVAN.com



Executive Director's Report

by Mary Bushman

Dear Members,

This past October our Chapter's National Director Dave Nelson and I traveled to Orlando for the National PVA Fall Board of Directors Meeting. The 3-day event brought Directors from each of PVA's 33 Chapters together to conduct business of the organization. One National Director for each chapter comprises the National PVA Board of Directors, which is responsible for governing PVA.

Over the 3 days, the Board received an audit presentation, governance trainings, financial and budget updates and reports from each of PVA's committees and program managers. On the last day, the Board voted on several New Business Resolutions affecting PVA's governing documents, investment policies and chapter operations.

Chapter Presidents and Executive Directors are invited to attend the Board of Directors Meeting and hear reports, but do not have voting rights. Chapter President Randy Squier attended each day of the meeting via zoom.

As Great Plains PVA Executive Director (ED), I belong to the PVA Association of Chapter Executive Directors (ACED). The purpose of the ACED is to foster communication among chapter EDs to strengthen the operations of all PVA chapters. The night before the Board of Directors Meeting started, the ACED hosted a Meet & Greet to promote its mission and introduced the National Executive Committee and National PVA staff members to Chapter Executive Directors from across the organization. The event was very well attended and was an excellent networking opportunity. The ACED also held a business meeting on the second morning where there was an enthusiastic exchange of ideas between chapter EDs along with updates on successful programs being administered chapter wide.

After the National Directors completed their business agenda and the meeting adjourned, the National PVA staff hosted the first of a series of Chapter Presidents and Executive Directors trainings. Randy Squier and I attended the training and heard presentations on HR Best Practices, Chapter Fundraising and PVA Brand Management. Additional zoom trainings are planned throughout the next year.



Veterans Day Poster & Poem Contest

Travel with Dignity was this year's theme for our annual Veterans Day Poster & Poem Contest. Students in 1st - 4th grades were encouraged to draw a poster and students in 5th - 8th grades were encouraged to write a poem relating to the theme. We were pleased with the large number of entries we received for both posters and poems this year and our veterans had a tough time choosing the winners! Congratulations to our winning students! Thank you to all of the students who submitted entries and to the teachers who talked with their students about veterans and the need to make air travel a more dignified and accessible experience for all.

Grand Prize Poster Winner
Aryanna, Sandoz Elementary



1st Place Poster Winner
3rd/4th Grade Category -
Cooper, St. Wenceslaus School



Grand Prize Poem Winner
Ellie, Beadle Middle School



1st Place Poem Winners Tied in 5th/6th Grade Category
Kolsen & Patrick, St. Wenceslaus School





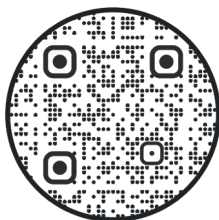
Ekso Indego® Gets Veterans Walking Again

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

Ekso Indego Personal

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.



Scan with your phone for more information on how you could receive your own Ekso Indego Personal.

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.*

- Regain your independence
- Improve your cardio & bone density
- 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



Proudly designed & assembled in the USA



Christmas PARTY

DECEMBER

FRIDAY | 8 | DINNER
AT 6PM

7612 MAPLE ST., OMAHA



Join us for dinner, dessert, bingo, and more!



Wear festive Christmas attire for extra raffle tickets!



Optional Ornament Exchange - bring a new, wrapped ornament if you want to participate!

RSVP BY DEC 4 TO AMANDA AT
VAZQUEZ@GREATPLAINSPVA.ORG.



READY TO STEP UP TO A NEW LEVEL OF FREEDOM?

ReWalk Robotics is proud to provide Paralyzed Veterans with technology that enables them to experience the benefits of walking again—
now with access to stairs and curbs.



John Benner
Air Force Veteran,
ReWalker since 2021

“ReWalk changes your whole perspective.
It takes your life up a notch.”



Take the next step.

Contact us today at 508.251.1154

rewalk.com/refer-a-veteran



We have had an eventful October and November at Great Plains PVA!
There have been a lot of activities to keep us busy from a Trunk or
Treat for Halloween to a Clothing Drive for Veterans Day. Check out
the following photos to see all of the fun!

Trunk or Treat - in partnership with Nebraska Spina Bifida - for
children living with a disability.

Due to cold weather, we moved our Trunk or Treat inside! There were over 30 "trunks" to trick or treat at and everyone had a great time.



Henry Rifle Raffle Drawing

On Veterans Day, we drew the winner of our Henry Rifle Raffle. Congratulations to our winner, Scott B., from Nebraska! Thank you to everyone who purchased tickets in support of this fundraiser. Special thanks to Bill & Sue Dudzik for administering this raffle.



Veterans Day Clothing Donation Drive - in partnership with Thrift World

Our community partner Thrift World was on site with us to collect donations. PVA members were inside to greet our donors and offer hot cocoa, coffee, and fresh popped popcorn! Thank you to Tim Runyan at Mobility Motoring for coordinating a company-wide donation in support of this effort!



Fall Tailgate - PVA Members, Auxiliary, and Staff gathered for an indoor Husker Tailgate in October.

We had a fun evening of food, friendship, and football! We were able to bring the football game into our larger space with our rolling TV to enjoy a meal together and cheer for our Husker team - at least most of us were cheering for them! We also had a Football Pool going to see who would win a prize each quarter!



Upcoming Events

November

9th:	BOD Meeting	1:00pm
10th:	Veterans Day (observed)	
11th:	Happy Veterans Day! Clothing Drive & Rifle Raffle Drawing!	TBD
23rd:	Happy Thanksgiving!	
28th:	Giving Tuesday	

December

8th:	Chapter Christmas Party	6:00pm
25th:	Merry Christmas!	

January

1st:	Happy New Year!	
11th:	BOD Meeting	1:00pm
TBD:	General Membership Meeting & Dinner	

CHAPTER BIRTHDAYS

November

Peggy Moore * James Moran * Jackie Denker * Tommy Hefley * Alan Mann * Leanne Irsik *
Ruth Pike * Mark Linqvist * Lenora Kenwolf * John Scott * Patrick Fraenza * Kelly Wubbels *
Andrea Banicki

December

Richard Collins * Alexander Tomic * Daniel Wick * Thomas Gerber * Renee Barnes * Stormy
Brandt * Richard Haith * Shayna Goerdts * Garret Wiley

January

Richard Cornett * Daniel Kurtenbach * Charles Geffen * Kim Hanson * David Burgess *
Jerry Trumble * Charles Fattig * Shawn Stencil * James Tichota

2023 WheelWod Games

The WheelWod Games begin Thursday, November 30th and our own Daniel Schmitt will be there to compete for the title of Fittest Neuro Athlete on Earth. I don't have any details as of now but I'm assuming the entire competition will be broadcasted via the WheelWod YouTube channel. As soon as details come in I will update everyone via email and our Facebook page (Great Plains PVA Fitness). Very exciting times and Daniel is ready!

2023 October Challenge

The October Challenge was 23 minutes of max rep intervals. Barry Ridout came out with the win, besting Chris Parnell by 11 reps. Below is the format and results of the October Challenge:

- **Format**
 - Six 3-Minute Rounds for Max Reps:
 - Rounds 1-3,
 - Calorie Row (Standing – 24, Seated – 12, Quad – 8)
 - Max Dips
 - 1 Minute Rest
 - Rounds 4-6,
 - 25 Knee or Chair Burpees
 - Max Calorie Ski
 - 1 Minute Rest
- **Results**
 - 1. Barry Ridout – 139 Reps
 - 2. Chris Parnell – 128 Reps
 - 3. Travis Hasenkamp – 119 Reps
 - 4. Ethan Eckelbarger – 117.7 Reps
 - 5. Tim Hobbs – 117 Reps
 - 6. Daniel Schmitt – 109.3 Reps
 - 7. Seth Kotouc – 102 Reps



2023 November Challenge

This is, I believe, the first team monthly challenge we've ever held and it's a thorough one. A beefed-up derivative of a team workout we did months ago, it's a 10-round, double couplet metcon separated by a 5-minute rest in the middle. Sadly because of odd numbers, I had to join the competition this month. Teams were Travis Hasenkamp/Daniel Schmitt, Ethan Eckelbarger/Seth Kotouc, Barry Ridout/Chris Parnell and Tim Hobbs/Me (I drew the short straw). Below is the format of the November Challenge:

- **Format**
 - 10 Rounds for Time:
 - 5 Rounds of,
 - Machine Work (Simultaneous)
 - 21 Shoulder to Overhead, Each (Switch Every 7)
 - *5 Minute Rest*
 - Then 5 Rounds of,
 - 10 Over Obstacle (Simultaneous)
 - Vertical Pulls, Each
- **Description**
 - Machine Work = 400 Meter Handbike or 600/400 Meter Echo Bike
 - Shoulder to Overhead = Barbell Push Press, Smith Overhead Press or Medball Wall Walks
 - Over Obstacle = Box Jumps, Box Step Ups or Curb Hops
 - Vertical Pulls = 21/12 Pullups, 21 Pulldowns or 6 High Rope Pulls



obi

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

YOUR WORLD. YOUR TERMS.

Experience freedom
in the iBOT® PMD

- ★ Available Nationwide
- ★ FULLY COVERED for Qualified Veterans
- ★ Backed by the VA FSS #36F79721DQ202

Contact Mobius Mobility to
schedule your demo today.



1-833-3GO-IBOT
(1-833-346-4268)
@mobiusmobility

mobiusmobility.com

iBOT® by Mobius Mobility

info@mobiusmobility.com

@mobiusmobility

Omaha Power Soccer Club Fall Season Ender

Our Omaha Power Soccer Club finished out their fall season this month with a pizza party before their last practice. Great Plains PVA members joined the team and their families for the pizza dinner and to congratulate the team on their accomplishments this season.

Special thanks to our volunteer coaches Mitch, Kylie, and Heather for all of their time and expertise that they provide for this team and our program. We are grateful for their commitment to providing this opportunity in our community!





Washington Update

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

CONGRESS APPROVES TWO-TIERED FUNDING BILL

This week, Congress approved a two-tiered, continuing resolution (CR) that keeps the government running into early next year. The first-tier funds the departments of Transportation, Housing and Urban Development, Energy, Veterans Affairs, and Agriculture through January 19, 2024. The second-tier funds all remaining government agencies through February 2, 2024. It does not include any unpopular spending cuts or policy provisions, which allowed it to clear both chambers in a bipartisan manner.

The last CR passed at the end of September and extended government funding through November 17. None of the 12 annual appropriation bills have been approved by both chambers and the new CR buys lawmakers time to work out a more permanent funding solution for the current fiscal year. Although Congress could reach agreement on some of the regular funding bills and pass them ahead of the deadlines established in this new CR, recent trends indicate that such action would likely prove to be difficult.

PVA SUBMITS COMMENTS ON PROPOSED RULE TO UPDATE SECTION 504 AND ACCESSIBLE MDE REQUIREMENTS

PVA, in collaboration with the Consortium for Constituents with Disabilities (CCD), submitted a [comment](#) in response to the U.S. Department of Health

and Human Services' (HHS) [proposed rule](#) to update an antidiscrimination law and medical treatment access requirements for people with disabilities. The proposed rule amends a 50-year old law, [Section 504](#) of the Rehabilitation Act, which prohibits disability discrimination by medical facilities and providers that receive HHS-funding, like Medicare. The proposed rule included requirements for accessible medical diagnostic equipment (MDE).

PVA spearheaded the MDE comments. PVA and CCD urged HHS to adopt an enforceable standard requiring MDE to have a 17-inch low transfer height; specific requirements for providers to acquire accessible exam tables, chairs, and weight scales; and mandated staff training on the use of accessible MDE. The CCD comment, submitted November 13, was signed by over 70 national disability rights organizations.

SVAC HOLDS HEARING ON VA RESEARCH

On November 1, the Senate Veterans' Affairs Committee (SVAC) held a hearing titled, "Foundation of Care: Examining Research at the Department of Veterans Affairs." Representing VA on the single-panel hearing was Dr. Rachel Ramoni, Chief Research and Development Officer from the Office of Research and Development. She was joined by Dr. Patricia Hastings, Chief Consultant for Health Outcomes and Military Exposures, and Dr. Sumitra Muralidhar, Program Director for the Million Veteran Program. Matthew



Kuntz, Executive Director of the National Alliance on Mental Illness Montana, also testified at the hearing.

As the only non-VA witness, Mr. Kuntz offered a unique perspective working with veterans outside of the VA health care system. Key takeaways from Mr. Kuntz's testimony were the need for VA to prioritize research concerning toxic exposures, spinal cord injuries, prosthetics, and brain health.

Several senators questioned research priorities within VA as they grappled with how long it takes research to be operationalized into improved care outcomes. Information about the Million Veteran Program was also a focus. The Million Veteran Program is a voluntary genetics project that VA has been working on for several years. Recent publications have highlighted discoveries like genetic markers shared among veterans who have died by suicide.

You can watch the hearing [here](#).

WOMEN VETERAN TASK FORCE PUBLISHES FINAL REPORT

The House Veterans' Affairs Committee's (HVAC) Women Veteran Task Force (WVTF) recently published its final report. Reauthorized earlier this year, the WVTF was an opportunity for various HVAC subcommittees to focus on women veteran issues within each area of jurisdiction.

The WVTF invited participants from several different veterans service organizations, VA, private sector experts, and individual veterans to a series of roundtables on various topics. The topics included women specific cancers and care, security at VA medical centers, access to disability benefits, and underemployment.

The report makes several recommendations to Congress and VA on ways it could better support women veterans. Key recommendations include updated training and guidance for regional office staff when it comes to processing benefits claims for women veterans, updating screening for women veterans who are vulnerable to rare cancers, improving interoperability of sexual harassment and assault

reporting at VA facilities, and working to increase GI Bill usage by women veterans.

The report can be read [here](#).

DAMA SUBCOMMITTEE REVIEWS PENDING LEGISLATION

The House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs (DAMA) recently held a legislative hearing to look at several pieces of pending legislation. The hearing was originally scheduled to take place on October 24, but was delayed roughly two weeks while the House worked to choose a new Speaker. Included among the 10 bills examined by the Subcommittee was H.R. 3790, the Justice for ALS Veterans Act of 2023, which would authorize payment of a higher Dependency and Indemnity Compensation (DIC) rate to surviving spouses of veterans who die from amyotrophic lateral sclerosis (ALS) regardless of whether the veteran had a disability rated as totally disabling for a continuous period of at least eight years immediately preceding death. The additional rate of DIC is commonly known as the "DIC Kicker."

The Justice for ALS Veterans Act was drafted with PVA's help and this change is a key part of our efforts to improve VA benefits and services for ALS veterans and their survivors. The current version of the bill asks VA to study and inform Congress on other conditions with high mortality rates that deserve similar consideration from lawmakers. VA recommended incorporating a clearer definition of high mortality rate in the bill to ensure implementation would be consistent with congressional intent.

The Subcommittee also looked at H.R. 5890, the Review Every Veterans Claim Act of 2023, which seeks to limit the VA's authority to deny a veteran's claim solely based on the veteran's failure to appear for a medical examination associated with the claim. Thousands of veterans' claims for service connection, claims for increase, and for other benefits like Total Disability Individual Unemployability and Aid and Attendance have been denied solely on the basis of missing an examination. There are many legitimate reasons why a veteran may not be able to attend a scheduled exam. We are also aware of numerous instances where VA

PVA.org

@ParalyzedVeterans

Paralyzed Veterans of America

@PVA1946

@PVA1946

contractors have erroneously recorded the veteran as a “no show.” PVA strongly supports passage of this legislation, which would ensure that a missed exam isn’t the only basis for denying a veteran’s claim.

At the request of the Subcommittee, PVA submitted a written statement for the hearing. To view the hearing or read the statement, click [here](#).

NEWS OF NOTE

Economic Opportunity Subcommittee Holds Pending Legislation Hearing

On November 2, the House Veterans’ Affairs Committee Economic Opportunity Subcommittee held a pending legislation hearing on several pieces of legislation and a few draft bills.

Several of the bills discussed focused on improving the transition process for separating servicemembers and increasing access to commercial drivers’ licenses. Also discussed were a few student veteran bills that would improve the VA work study program, increase the housing allowance for online learning, and reduce barriers to the Edith Nourse Rogers STEM Scholarship.

There was also a bill that seeks to reduce veteran suicide and another that would create a fourth administration within VA focused on economic opportunity issues such as education and employment.

One draft bill that caused strong reactions would move the Department of Labor’s (DOL) Veterans’ Employment and Training Service from DOL to the VA. Several Subcommittee members, VA and DOL, and veterans service organizations were staunchly opposed to the legislation.

You can watch the hearing [here](#).

HVAC Oversight Hearing on Veteran Employment

On November 7, the House Veterans’ Affairs Committee (HVAC) held an oversight hearing titled, “Veterans Helping Veterans: The Impact of America’s Business on Veteran Employment and Opportunity.” Several

business leaders testified before the Committee and shared how their companies are making veteran employment a priority. These leaders included the directors of veteran employment programs for Walmart, Verizon, Home Depot, as well as the President of Hiring Our Heroes. Several topics arose during the hearing, such as forced arbitration clauses, gender pay gaps, advancement opportunities, and ways in which Congress can improve the employment landscape for all veterans.

You can watch the hearing [here](#).

WEBINARS & HEARINGS

Reminder: Advocacy Training Webinars Available

PVA’s five-part series, “The 5 W’s: The who, what, where, why, and when of our government and the art of advocacy,” is now on [PVA.org](#). You can learn more about the [Fundamentals of Government](#), the [Legislative Process](#), [Stakeholders of Advocacy](#), [Understanding the Issues and Becoming a Change Agent](#), and [Connecting the Dots](#). If you have any questions about the series, please contact PVA Grassroots Advocacy Manager Lisa Elijah at LisaE@PVA.org.

Upcoming Veterans’ Committee Activities

Please visit the [House](#) and [Senate](#) Veterans’ Affairs Committee webpages for information on upcoming hearings and markups.





Paralyzed Veterans of America

Great Plains Chapter



Follow us on Social Media!

@greatplainspva



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.