

The Wheeled Herald

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www.greatplainspva.org



BATTLE OF THE BRANCHES



In an epic Battle of the Branches, members of Great Plains PVA & Wounded Warrior Project put their talents to the test in an afternoon of friendly competition. Members were grouped by their branch of service and played four different games: disc golf putting, cornhole, trivia, and family feud. The branches included Army, Marines, Air Force, Navy, & Coast Guard. Since we had just 1 Coast Guard veteran, he joined the Navy team to keep it all even. Points were tallied after each game and while the branches were all within 10 points of each other, the Navy/Coast Guard won it all with a commanding 7 point lead!

After the games were through, dinner was provided by Wounded Warrior Project and everyone gathered around the table to share a meal together.

This was our first event of this kind and it's safe to say everyone had a great time. We will plan to do another game night down the road.

President's Message *by Randy Squier*

Spring has sprung, ready or not. As we prepare for another busy spring and summer I'm reminded that the clock is ticking. Here at the chapter we have a number of events leaning toward participation. In the poker room on Thursdays, there's always a spirited gathering with a straight face or bluff to take your chips. In the billiards room, the winner plays on and the loser racks em' up.

Our bowling league continues at Mockingbird Lanes on Monday afternoon here in Omaha, practicing and preparing for our Chapter's bowling event in late June. This year, we're hosting the PVA National bowling event supported and promoted by our National office. Participation with our members is the name of the game. As we lean hard on the social interaction we'll all gain in the camaraderie and friendships that grow.

A few of us will be attending PVA's national convention in May this year in Minneapolis, Minnesota. It is a great time to sit face to face and interact with PVA's leadership. Our own National Director, Dave Nelson will be there along with our Executive Director, so our Chapter will be well represented. The Ladies Auxiliary will again host its Wine and Roses scholarship fundraiser in April, look for the invite on page 5. We'll keep you as busy as your schedule will permit. Time marches on. Find time to join us if you can. Enjoy your spring and summer...



Chapter Officers

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

Chapter Directors

Dave Nelson, Director
Tom Timmerman, Director
Shayna Goerd, Director

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Great Plains PVA In Action: Advocating for our Members *by Amanda Vazquez, Government Relations Director*



In February, I attended a hearing on LB 965 at the Nebraska State Capitol. This bill would provide veterans who qualify for a handicapped accessible license plate the option to get a veteran license plate with the international symbol of accessibility, allowing them to essentially have both options in one license plate. It would also change the designation from D.A.V. to "disabled veteran" and offer other military honor plates, as well. I joined other veteran advocates testifying in support of this bill.

This bill came out of LB 274 from last session that we opposed as it would have opened handicapped parking up to veterans who do not have a mobility disability and would have had a detrimental impact on our members. With the support of the Nebraska Veterans Council, the original bill did not leave committee. Senator Holdcroft, the bill's sponsor, met with PVA, other Nebraska Veterans Council representatives, the Nebraska Department of Veterans Affairs, and the DMV to hear our concerns and work on a bill that would improve the current situation without a negative impact to our PVA members and others who rely on the availability of accessible parking.

Reeve Foundation Peer & Family Support Program

by Shayna Goerd

The Christopher and Dana Reeve Foundation offers individuals with spinal cord injury or disease or their family members a peer mentor who has gone through similar physical challenges. The program tries to match people with similar backgrounds and injury levels to provide an mentor who has been in their shoes. The individuals seeking a mentor could be newly diagnosed with a spinal cord injury or disease, or they could have been dealing with one for quite some time.

I remember receiving my MS diagnosis vividly. I had so many questions. I didn't know what my future would look like or what treatment would be or how to tell my family. While I could ask my doctor some of the questions I had, many of them stretched outside of the clinical setting. I felt like I was surrounded by experts who understood my disease, but none of them were experts in living with the disease. A Peer Mentor is exactly that, an expert in living with a spinal cord injury or disease. The mentors are not doctors who can give advice on medication, but we can share our personal stories of things we have tried in the past and our experiences with them; we can provide guidance on where to go for researching the different options; we can talk someone through what side effects they personally find acceptable and those that are deal breakers for a new treatment plan. We can be a shoulder to lean on when accepting a diagnosis or progressive disability feels impossible and suggest options that have made it easier as we have navigated the same waters for ourselves.

Every one of us in the PVA is an expert in living with a spinal cord injury or disease. If you are interested in helping others, you can become a Peer Mentor and be that shoulder to lean on. The process is fairly simple, but it does require some effort on your part. Once you apply for the program, you will be scheduled for training to become a Certified Peer Mentor. The training is roughly 4 hours and can be completed virtually. It primarily consists of walking you through how to communicate with a mentee and connect with them in a beneficial way. The foundation also provides ongoing support for Peer Mentors through coordinators with more specific expertise in different areas should you or your peer mentee have questions you as a mentor aren't able to answer.

To learn more about the Peer & Family Support program, you can visit the Reeves Foundation website: <https://www.christopherreeve.org/todays-care/get-support/get-a-peer-mentor/>



**MULTIPLE SCLEROSIS
AWARENESS**

**March
is
Multiple Sclerosis
Awareness Month**

Great Plains PVA Ladies Night Out

by Mary Bushman



This past month, I had the honor of helping to present a special Ladies Night Out to recognize the ladies that help make Great Plains PVA so special. Chapter Government Relations Director Amanda Vazquez and I joined with Great Plains PVA member and Board Member Shayna Goerdts to plan an evening to celebrate our Chapter's female members, our Ladies Auxiliary members, wives and caregivers of our Chapter's male members and some special

volunteers that make our larger events possible. The evening also served as an introduction to our Chapter's Ladies Auxiliary and information was provided on the projects and events supported by the Auxiliary members.

The ladies enjoyed an hors d'oeuvres buffet, a special sangria recipe courtesy of Ladies Auxiliary President Tammy Squier, and a selection of decadent desserts. A highlight of the evening was several rounds of bingo where designer purses were awarded as prizes.

Great Plains is so fortunate to have a strong support team of ladies dedicated to the mission of our chapter. It is thanks to their efforts that we are able to host the larger events and fundraisers that we are known for. We also recognize the importance of the wives and caregivers that devote themselves to the care of our members. Their efforts aid in the overall health and wellness of our veterans and help enhance their quality of life.

Thank you to all the ladies who attended the event and to Shayna for helping us plan this special evening.





Wine & Roses

WINE TASTING FUNDRAISER

featuring Name That Tune!

hosted by The Music Bingo People



**Saturday
April 20th
5-8PM**



at

Great Plains PVA
7612 Maple Street

\$30

Prizes

Hors D'oeuvres
Silent Auction

RSVP by April 12th to Amanda at vazquez@greatplainspva.org or 402-398-1422.



Paralyzed Veterans of America

Great Plains Chapter

**Proceeds benefit the Great
Plains PVA Ladies Auxiliary's
McAleer/Pierce Memorial
Scholarship Fund for
students with disabilities.**



Ekso Indego® Gets Veterans Walking Again

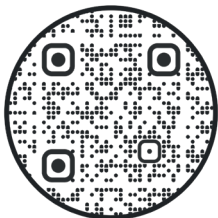
Eligible veterans can receive an Ekso Indego exoskeleton at NO COST!



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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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Great Plains Chapter



NEBRASKA

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6 WEEK PROGRAM

APRIL 16 - MAY 21

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Register Now, Limited to 10 Golfers**

Register now. Space is limited



<https://www.pga.com/things-to-do/events/pga-hope-west-omaha-pva>



**SUNDAY,
JUNE 2, 2024**

**TIBURON GOLF CLUB
OMAHA**



22ND ANNUAL TEE OFF & SUPPORT WHEELCHAIR SPORTS GOLF TOURNAMENT

Join us for
Paralyzed Veterans of America
Great Plains Chapter's
22nd Annual Golf Tournament!
Registration is open to the first 216 golfers.
The fee is \$125 per player.

REGISTER ONLINE AT:

[HTTPS://WWW.GREATPLAINSPVA.ORG/SITE/GOLF/](https://www.greatplainspva.org/site/golf/)

Schedule

7:30 Check In
8:30 Mega Putt
9:00 Shotgun Start
3:00 Dinner & Auctions

Featuring:

Hole-in-One Contests
Flight Prizes * Raffles
Silent & Live Auctions

QUESTIONS?

CONTACT AMANDA AT VAZQUEZ@GREATPLAINSPVA.ORG

Proceeds support our programs & services for
paralyzed veterans and other adults &
children living with a disability.



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*includes meal

Bronze Spoke-\$1,000

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Washington Update

Check out [PVA's new webpage on caregiving](#) and two new advocacy videos that highlight the [concerns in finding quality home care](#) and the [limitations of VA programs](#).

PVA NATIONAL PRESIDENT ROBERT THOMAS, JR. TESTIFIES BEFORE CONGRESS

On March 6, PVA National President Robert Thomas, Jr. testified before a joint session of the Senate and House Veterans' Affairs Committees regarding PVA's public policy priorities. During the hearing, he stressed the need for comprehensive support systems and policies that address the unique challenges faced by our nation's veterans with catastrophic injuries and diseases. President Thomas fervently advocated for legislative initiatives aimed at enabling and empowering disabled veterans, their families, and caregivers. He increased the impact of his message by referencing real-life challenges faced by actual PVA members, like [U.S. Army Veteran/PVA National Vice President Anne Robinson and her husband, Harry](#), who are among those unable to hire direct care workers due to the low pay and labor shortages. Throughout his testimony, President Thomas addressed several key policy priorities, including the dire need to protect and strengthen VA's specialized systems of care; address staffing shortages; expand access to long-term care services; improve availability of home and community-based services; and enhance VA benefits for paralyzed veterans and their survivors.

During the Q&A session, President Thomas was invited to comment on the process that SCI/D veterans must follow to get assistive devices through VA and how the Veterans Spinal Trauma Access to New Devices Act

(Veterans STAND Act) (H.R. 6373) would improve this process. The STAND Act seeks to improve veterans' access to assistive devices that promote independence and mobility. It also directs the VA to do a better job reaching out to SCI/D veterans about the importance of having annual medical exams. President Thomas testified that technologies that improve mobility and independence are great to have and noted that they are improving constantly. Also, he noted that annual exams are extremely important to maintaining the health and wellbeing of SCI/D veterans.

The two-panel hearing lasted nearly three and a half hours. At the start of the second panel, former Senator Elizabeth Dole talked briefly about the [Elizabeth Dole Home Care Act](#), which is now part of an omnibus package of veterans-related legislation currently being negotiated between the House and Senate. She spoke of the bill's importance and urged the two chambers to work together to pass it quickly. You can watch a recording of the hearing [here](#). Senator Dole's comments begin around the 1:26:00 mark and President Thomas's oral statement follows shortly thereafter. His full written statement is located [here](#).

PVA'S ELECTED LEADERS HIT THE HALLS OF CONGRESS

Last week, PVA National President Robert Thomas, Jr. and members of PVA's Executive Committee



participated in several meetings on Capitol Hill to discuss PVA's 2024 legislative priorities. The meetings coincided with President Thomas's testimony on March 6 before a joint session of the House and Senate Veterans' Affairs Committees.

PVA's leaders covered the House and the Senate, meeting with several member offices who sit on the Veteran Affairs' Committees and members who sit on the Appropriations Committees. The bipartisan meetings were a success and our leaders were able to share their experiences at the VA with members of Congress as well as their staff. There were also opportunities to meet with both majority and minority staff for each chamber's Committee on Veteran Affairs'.

The meetings were well received and they provided our leaders with the chance to share their stories and their unique experiences using the VA and the SCI/D system of care in support of PVA's top policy priorities and the funding priorities of the Independent Budget. You can review the 2024 policy priorities [here](#) and the recently released Independent Budget [here](#).

COMMENT PERIOD OPEN FOR DOT PROPOSAL ON IMPROVING THE AIR TRAVEL EXPERIENCE FOR WHEELCHAIR AND SCOOTER USERS

The U.S. Department of Transportation's (DOT) notice of proposed rulemaking on ensuring safe accommodations for wheelchair users in air travel is now open for comment. The proposed rule is based in large part on PVA's February 2022 DOT petition to initiate rulemaking authority, as well as follow up letters on the topic. The changes proposed by DOT include several vital steps that would dramatically improve the air travel experience for people with disabilities. Now we need your help!

WHO: PVA needs you to help us keep
#PushingAccessForward.

WHAT: Send your comments in response to the DOT's [proposed changes](#) to the Air Carrier Access Act rules that would improve the air travel experience for wheelchair and scooter users.

WHEN: Now until May 13, 2024.

WHERE: [Federal Register :: Ensuring Safe Accommodations for Air Travelers With Disabilities Using Wheelchairs](#).

WHY: The disability community needs to let the DOT know why better training is needed to stop injuries and wheelchair damage, and why you need your assistive device fixed or replaced as soon as possible if it's damaged or lost.

HOW: Leave [comments on the Notice of Proposed Rulemaking \(NPRM\)](#) and post on social media to share stories about your #Flightmares and why air travel must improve for wheelchair and scooter users.

ADMINISTRATION'S FY 2025 VA BUDGET PROPOSAL RELEASED

On March 11, the White House released its fiscal year (FY) 2025 budget request to Congress. Overall, it proposes \$7.3 trillion in total spending including \$369.3 billion for the VA. The latter figure includes \$134.0 billion in discretionary spending and \$235.3 billion in mandatory spending. The mandatory funding portion includes \$24.5 billion from the Cost of War Toxic Exposures Fund (TEF). Congress authorized the TEF in 2022 to cover the cost of health care and benefits associated with exposures to environmental hazards in the military. Specifically, the Administrations' proposal would provide:

- \$112.6 billion to fully fund inpatient, outpatient, mental health, and long-term care services. It includes \$17 billion to increase access to quality mental health care and lower the cost of mental health services for veterans, with the goal of helping them take charge of their treatment and live full, meaningful lives. Another \$583 million would be used to further advance the Administration's veteran suicide prevention initiatives, including continued support of the 988 Veterans Crisis Line (Dial 988, press 1) and additional support for VA's National Suicide Prevention Strategy.
- \$1.1 billion towards women's gender-specific care. More women are choosing VA health care than ever before, with women accounting for over 30 percent of the increase in enrolled

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veterans over the past five years. These investments support comprehensive specialty medical and surgical services for women veterans, improve maternal health outcomes, increase access to infertility counseling and assisted reproductive technology, and eliminate copayments for contraceptive coverage. The budget also improves the safety of women veterans seeking health care at VA facilities by supporting implementation of the zero-tolerance policy for sexual harassment and assault.

- \$3.2 billion to help the VA's efforts to end veteran homelessness and prevent veterans from becoming homeless in the future. This includes funding for the Department of Housing and Urban Development to expand housing vouchers to more veterans in need.
- \$4 billion to the Veterans Benefits Administration to support the continued timely processing of claims and delivery of benefits to veterans. The Administration's proposed increases in this area are extremely important because veterans are applying for benefits at record rates and VA is delivering benefits at record rates as a result of the PACT Act.
- \$2.9 billion for Caregivers Support Program which supports staffing, stipend payments, and many other services to help empower family caregivers of eligible veterans. In addition, this funding would support costs for potential program changes.
- \$2.8 billion for construction and expansion of critical infrastructure and facilities which includes \$2.1 billion for major construction and \$380 million for minor construction. The medical care budget also includes \$2.0 billion for base nonrecurring maintenance projects to address infrastructure deficiencies and prepare VA facilities for the department's new Electronic Health Record rollout.
- \$927 million total for Medical and Prosthetic Research which includes \$868 million in discretionary funding and another \$59 million from the TEF. If Congress agrees with this amount, it would be a \$57 million reduction compared to current year levels.

For the second year, the Administration is asking that VA medical care be considered as a third category within the federal discretionary budget. The Administration believes this move would allow the Congress to ensure adequate funding for veterans' health care without adversely impacting other critical programs, whether inside or outside of the VA.

You can learn more about the Administration's proposal for the VA [here](#).

FY 2024 Funding for VA Finalized

Recently, Congress passed [H.R. 4366](#), The Consolidated Appropriations Act, 2024, which includes VA funding for the current fiscal year (FY). The bill provides \$121 billion for VA medical care in FY 2024 to provide essential health services for more than 9.1 million veterans. This is in addition to funding previously appropriated to the Cost of War Toxic Exposures Fund (TEF) to cover the cost of health care related to toxic exposures. Some specific funding amounts are as follows:

- Rural Health: \$343 million, \$5 million more than FY 2023, to support improved access to care, including expanded access to transportation and telehealth.
- Caregiver Program: \$2.4 billion, \$556 million more than FY 2023, to help the VA implement this critical program and extend legacy participant eligibility and benefits through 2025.
- Women's Health: \$990 million, \$150 million more than FY 2023, for gender-specific health care services, as well as initiatives and improvements to healthcare facilities.
- Veteran Homelessness Prevention: \$3.1 billion, \$418 million more than in FY 2023, to support critical services and housing assistance for veterans and their families experiencing housing insecurity.
- Mental Health: \$16.2 billion, \$2.3 billion more than in FY 2023, to get veterans the mental health services they deserve. This includes \$559 million for suicide prevention outreach.



- Child Care: \$23 million to expand the Child Care Pilot Program to eliminate barriers for veterans in need of child care while attending medical appointments.
- Medical and Prosthetics Research: \$943 million which is \$27 million more than FY 2023.

The bill also provides \$3.9 billion, a \$36 million increase over FY 2023, for the VA to administer benefits, including disability compensation benefits to 6.6 million veterans and their survivors. Another \$1.7 billion was designated for major and minor construction projects, and \$47.2 million for the Court of Appeals for Veterans Claims so it can increase its capacity to adjudicate appeals in a timely manner.

DOD AND VA ANNOUNCE EXPANSION OF IVF SERVICES

Last month, we highlighted the announcement from the Department of Defense (DOD) and the VA that the departments intended to expand access to in vitro fertilization (IVF) for some veterans and servicemembers. As a reminder, longstanding DOD and VA policies required that servicemembers and veterans be able to produce their own genetic material and the benefit was only allowed for heterosexual married couples.

The DOD and VA have formally announced that both healthcare systems will soon drop the marriage requirement to access care meaning that single and same sex couples will now be able to access the benefit. Additionally, the prohibition on the use of donated genetic materials will be dropped, meaning that veterans and servicemembers can now access donations to facilitate IVF.

The VA policy for IVF has been linked to a DOD policy that originated in the 2012 National Defense Authorization Act. The policy stated that as long as appropriators authorized the resources to provide infertility treatments, then the VA and the DOD were allowed to offer the services. This year's appropriations bill included the resources to offer treatments and services and with both agencies expanding the eligibility criteria, this should allow more veterans and service

members access to the benefit. However, veterans still need to have a service connected infertility diagnosis. Thus, we will continue to push forward legislation that includes infertility services in the medical benefits package at the VA which would remove the service connection requirement. You can read the PVA press release on the announcement [here](#).

DELAWARE JUDGE RULES THAT DELAWARE'S EARLY VOTING AND PERMANENT ABSENTEE LAWS ARE UNCONSTITUTIONAL; DELAWARE DOJ TO APPEAL

On February 23, a Delaware Superior Court Judge ruled the Delaware statutes for early voting, passed in 2019, and permanent absentee voting, passed in 2010, unconstitutional. The [complaint](#), filed in February 2022, focuses on Delaware laws that allow voters to apply for "permanent absentee status," which means that voters will automatically receive absentee ballots without having to reapply every election cycle. The complaint argues that this violates the state constitution's strict requirements for absentee voting and may allow ineligible voters to cast an absentee ballot.

Delaware's Department of Justice (DOJ) intends to appeal the Superior Court decision. Attorney General (AG) Kathy Jennings informed the public that the DOJ will file a quick appeal to the decision and request a verdict in time for November's general election. Jennings emphasizes the ruling will affect severely disabled Delawareans and military members overseas who count on their permanent absentee ballot each year. The Delaware AG also clarified that this ruling does not affect Delaware's April 2 presidential primary – permanent absentee ballots will be sent out and early voting locations will be announced soon.

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["Women Veterans: The Journey to Mental Wellness,"](#)

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2024 January Challenge

The first challenge workout of 2024 was a ten-minute test with the realistic goal of getting through one round. Below is the format and leaderboard of the 2024 January Challenge:

- **Format**
 - As Many Reps As Possible in 10 Minutes of:
 - 115k VitaGlide (seated w/o grip), 1,150 meter Echo Bike (seated w/grip) or 1,750 meter Echo Bike (standing)
 - 30 Bench or Chest Press
 - Calorie Row (6 – one arm seated, 8 – two arms seated, 18 - standing)
 - 20 Bench or Chest Press
 - Calorie Row (6 – one arm seated, 8 – two arms seated, 18 - standing)
 - 10 Bench or Chest Press
- **Leaderboard**
 - 1) Travis Hasenkamp – 242 Reps
 - 2) Ethan Eckelbarger – 206 Reps
 - 3) Tim Hobbs – 187 Reps
 - 4) Seth Kotouc – 185 Reps
 - 5) Chris Parnell – 181 Reps

2024 February Challenge

This one was a fun push/pull sprint! Start with a 360'sled push/drag then finish with 18 high rope pulls or 90 pulldowns. Travis continued his 2024 win-streak here with a blazing time of 5 minutes flat! Below is the format and leaderboard for the 2024 February Challenge:

- **Format**
 - For Time:
 - 360' Sled Push/Drag (Push – 165lbs, Para Drag – 100lbs, Quad Drag – 55lbs)
 - 18 High Rope Pulls (with grip) or 90 pulldowns (without grip)
- **Leaderboard**
 - 1) Travis Hasenkamp – 5:00
 - 2) Ethan Eckelbarger – 5:25
 - 3) Chris Parnell – 5:45
 - 4) Tim Hobbs – 5:55
 - 5) Barry Ridout – 5:57
 - 6) Bruce Froendt – 8:46

2024 March Challenge

Ascending repetition tests feel so much harder than descending repetition tests. It can be the same amount of work but it will feel worse. So, of course I thought why not make this month an ascending test of a lot of pulling. Exercise selection is a bit all over the board due to limitations, but I think I made this a pretty fair test. Below is the format for the 2024 March Challenge:

- **Format**
 - For Time:
 - 10 Pullups/Pulldowns/Ring Rows or 2 High Rope Pulls
 - 5 Medball Cleans/Hang Cleans
 - 15 Pullups/Pulldowns/Ring Rows or 3 High Rope Pulls
 - 10 Medball Cleans/Hang Cleans
 - 20 Pullups/Pulldowns/Ring Rows or 4 High Rope Pulls
 - 15 Medball Cleans/Hang Cleans
 - 25 Pullups/Pulldowns/Ring Rows or 5 High Rope Pulls



Paralyzed Veterans of America

Great Plains Chapter

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Upcoming Events

March

| | | |
|-------|--|--------|
| 10th: | PVA & WWP Game Night - Battle of the Branches | |
| 12th: | Power Soccer Practice Begins | 6-8pm |
| 14th: | BOD Meeting | 1:00pm |
| 17th: | Happy St. Patrick's Day! | |
| 26th: | General Membership Meeting, Dinner, & Texas Hold'em Game | 6:00pm |
| 31st: | Happy Easter! | |

April

| | | |
|-------|-------------------------|--------|
| 14th: | BOD Meeting | 1:00pm |
| 20th: | Wine & Roses Fundraiser | 5-8pm |

May

| | | |
|------------|--------------------------------------|--------|
| 9th: | BOD Meeting | 1:00pm |
| 14th-18th: | PVA National Convention, Minneapolis | |
| 27th: | Memorial Day | |

**Omaha Power Soccer Club practices will be held on Tuesday evenings 6-8pm beginning
March 12th through April 30th.**

Poker games held every Thursday (except BOD meeting days) at the Chapter building at 12pm.

CHAPTER BIRTHDAYS

March

Eric Rudberg * Lindsay Stearns * Chris Holcomb * Richard Kahla * Michael Brown * William
Connor * Michael Warde * Michelle Shupe * Russell Rimovsky * Randy Squier * Chas Magdanz *
David Hebert * Joseph May * Barbara Bailey * Marvin McClaughry * Jerry Sandage * Charles Dus
* Robert Roskens * Lloyd Russell * Thomas Pollock * Darrell Albery

April

Tyrell Johnson * Peter Matson * Timothy Abshire * Glenn Fretz * Michael Ward * David Newburn*
William Cary * John Scott * Thomas Katalenich

May

Brian Steere * Seth Kotouc * Douglas Norwood * Troy Peterson * Alton Woolley

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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.