

The Wheeled Herald

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Adaptive Fitness



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PGA Hope Adaptive Golf Program



Great Plains PVA partnered with PGA Hope to provide an adaptive golf opportunity for our veterans to try out some adaptive ways to golf. We started inside practicing putting skills, then moved outside to try putting, chipping, and driving. After a couple of weeks, our veterans were able to try golfing a virtual course in Miracle Hill's Top-Tracer facility. Due to the rainy spring we've experienced, our final day was postponed until June 4th when we will hit the green to golf a couple holes to complete the program.



It has been an incredible experience for our members who thought the idea of golfing was a dream out of reach. There are many adaptive options available and it was exciting to try some of them under the direction of PGA professionals.

THANK YOU to PGA HOPE for taking this idea and making it reality for our veterans.



President's Message by Randy Squier



Grab your bag, get on the bus, we are leaving!!! I've heard those words before. We are in a rush to keep the momentum going. As we try to keep up with the calendar it seems like the days in this month and the next are already planned out. We have set our sights on attending the annual PVA Convention mid May in Minneapolis. Discussions with other chapter leadership will consume the busy week of continuing PVA's business. We'll get back just in time from Minneapolis to put it in high gear and prepare for our annual golf tournament June 2nd. It's our biggest event of the year and will certainly be a day for the record books. Twenty-two years ago, our golf tournament began as a birthday celebration. It continues as a testament of the people who have given of themselves and support to the PVA in so many ways. Their time and efforts and devotion to our cause is unmistakably phenomenal. What a great day for Great Plains PVA and our community at large.

PGA Hope with Seth Scollard has taken our Chapter under his wing and has provided the best of times on a golf course that I thought I would never have known. By sharing his love of golf and the opportunity to use modified clubs, some of us have enjoyed smackin' that little ball around. Seth and a few of the pros are hosting a six week introduction course at Miracle Hills Golf course here in Omaha. None of us will be playing on Sunday's PGA Tour but it's been a lot of fun.

Our Bowling league continues weekly at Mockingbird Lanes here in Omaha on Wednesday afternoons. The weekly poker games are held at the chapter on Thursdays. The gathering and camaraderie is spirited and a great conversation opportunity with our members. Our national bowling tournament is June 27-30th. It will be held at Mockingbird Lanes in Omaha. The bowling tournament will be PVA's National end-of-the-year event. Try to find time during your busy spring and summer to join us, we would love to hear from you. Stay safe.

Mark & Randy practicing their putting skills at Miracle Hill during the PGA Hope Adaptive Golf Program with Great Planis PVA.

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

Immediate Past President

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Sports Director

Patrick Reynolds
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Great Plains Board Members & NSO Visit New PT/OT Building **Ribbon Cutting on VA Omaha Campus**

The new 28,000 square-foot physical medicine and prosthetic center is the newest addition to the Omaha VA Medical Center and represents a monumental leap forward in the way VA will continue to provide physical therapy occupational therapy, amputee care and prosthetic services for Veterans in Nebraska and Western Iowa.

The physical medicine and prosthetics center offers eight private physical therapy examination rooms, one private occupational therapy examination room, and one pelvic floor physical therapy examination room. The new center also features a 4000 square-foot gym, equipped with state of equipment.

Great Plains Board Members Will Leavitt, John Scott, and Seth Kotouc joined NSO Mike Sheets at the VA's Ribbon Cutting ceremony celebrating the opening of this new building on the Omaha VA campus. The group was given a tour the new facility and saw firsthand the improved level of care it will certainly provide.



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PVA National Convention in Minneapolis

Great Plains PVA National Director Dave Nelson, Executive Director Mary Bushman, and President Randy Squier attended the PVA National Convention in Minneapolis earlier this month. It was a great opportunity to connect with other chapters as well as National staff to not only handle PVA business but also share ideas and learn what new approaches National is taking in regards to programs and services, communications, and donor relations.



Executive Director's Report

By Mary Bushman

Dear Members,

Tournament Director Dave Nelson and everyone at Great Plains PVA is very excited to be hosting the first PVA Bowling Series National Tournament June 27-30th at Mockingbird Lanes in Omaha. This will be our 7th year hosting a PVA wheelchair bowling tournament and we are pleased to announce some new additions and features for this year's event!

First, we want to welcome our PVA members with MS to the tournament with the addition of a new MS Standup Division. This new division is only for bowlers with MS who want to bowl standing and not in the wheelchair divisions. Great Plains PVA members with MS should have received an email from the Chapter introducing the new division.

Secondly, Mockingbird's on-site pro-shop The Bowling Store has put together some exclusive tournament-only specials including specially priced bowling balls that can be ordered during registration. The balls will be ready for bowlers to pick up when they arrive in Omaha.

Finally, the Chapter will be hosting a PVA Bowling Series Year-End Banquet on Saturday night at the Chapter office. The banquet will recognize bowlers' accomplishments during the past year's PVA Bowling Series tournaments. The banquet menu will be "A Taste of Omaha" and feature some of the foods Omaha is best known for!

We look forward to welcoming over 50 bowlers from across the country to this year's tournament. Great Plains is known for our midwestern hospitality and for putting on a first-rate tournament. Any member who wants more information on the tournament can contact the chapter office or email me directly at bushman@greatplainspva.org.



PVA Bowling Series Nationals
Hosted by Great Plains PVA
Up/Down 9 Pin Tournament
June 28, 2024
Mockingbird Lanes in Omaha
5:00 Registration 6:30 Tournament

\$1,500 Prize Fund- Payout to Top 5 Teams

Raffle & silent auction returns!

Featuring electronics, autographed memorabilia, bowling items, wine & spirits,
jewelry & accessories, home & family items and dining & entertainment packages!

Bowl with a wheelchair bowler and support local paralyzed veterans.

Sign up individually or as a team of 4. A wheelchair bowler will be paired with each team.

Entry Fee is \$35 per person and includes a t-shirt. **Registrations due by June 1st.**

2022-2023 BOOK AVERAGE WILL BE USED. HANDICAP IS 90% OF 230. IF NO AVERAGE, HANDICAP IS ZERO.

Please Print:

Bowler #1

Name _____ Average _____ T-shirt size _____
Address _____ City _____ State _____ Zip _____
Phone# _____ Email _____

Bowler #2

Name _____ Average _____ T-shirt size _____
Address _____ City _____ State _____ Zip _____
Phone# _____ Email _____

Bowler #3

Name _____ Average _____ T-shirt size _____
Address _____ City _____ State _____ Zip _____
Phone# _____ Email _____

Bowler #4

Name _____ Average _____ T-shirt size _____
Address _____ City _____ State _____ Zip _____
Phone# _____ Email _____

Please mail this registration form and check made payable to Great Plains PVA to:
Great Plains PVA, 7612 Maple Street, Omaha, NE 68134.

To pay by credit card, please email your registration to bushman@greatplainspva.org
and contact Mary Bushman at the Great Plains PVA office at 402-398-1422.

TOURNAMENT DIRECTOR: Dave Nelson 402-208-4841

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Ladies Auxiliary Honors Three Scholarship Recipients

by Peggy Moore, Auxiliary Secretary

The Ladies Auxiliary Scholarship Committee met on March 12th to review applications for the 2024 McAleer/Pierce Memorial Scholarship. After critical evaluations, three high school seniors were selected for scholarships.

Sunnie Rother attends Johnson County Central High School. She excels both academically and athletically at her school. Sunnie plans to study speech pathology so she can help kids succeed even when they may experience difficulties. She has not yet committed to a school of higher education.

Noah Buresh will graduate from Lincoln Pius X High School in Lincoln and is also currently enrolled at Southeast Community College. He was selected because he has a strong commitment to his faith, his family and his community. Noah plans a future in physical therapy.

Reagan Simpson ranks high in her class at Omaha Central High School. She has received many honors in school, holds a job and still finds time to volunteer. Reagan plans to attend UNL and will major in education.

The Great Plains PVA Ladies Auxiliary is pleased to honor these three worthy students as our 2024 McAleer/Pierce Scholarship recipients.

The Auxiliary administers the McAleer/Pierce Memorial Scholarship. It honors Jay and Joan McAleer and Jay's family members, Mr. and Mrs. Tom Pierce. Jay was a charter member of the GPPVA and Joan was a founding member of the Auxiliary. Scholarships have been awarded annually since 1988.

The Auxiliary welcomed three new members after the "Ladies Night Out" event that was sponsored by the Great Plains Chapter. They are Katie Borschel, Katie Fauss and Margaret Hollandsworth. We are delighted to have these ladies in our group.

The Auxiliary hosted our annual 'Wine and Roses' and silent auction fundraiser event on April 20th. It was nice to welcome new and old friends as well as those who have supported this event over the years. Our theme was 'Name That Tune', very similar to the music Bingo played last year. Auxiliary members offered light appetizers and delicious desserts. Several wines and Tammy's awesome Sangria were served. This annual event enables the Auxiliary to offer scholarships to area high school seniors who meet specific criteria.





Washington Update

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

VETERANS OMNIBUS INTRODUCED

After months of waiting, a comprehensive legislative package of veterans-related bills has finally been introduced. H.R. 8371, the Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act, combines several bipartisan and bicameral proposals to reform and improve the delivery of healthcare, benefits, and services at the VA for veterans, their families, and survivors into a single package. Provisions in H.R. 8371 would expand economic opportunities for veterans, improve mental health care access, and facilitate better oversight of the VA by Congress. Most important, the bill includes the entire Elizabeth Dole Home Care Act which:

- Increases the expenditure cap for noninstitutional care alternative programs from 65 percent to 100 percent of nursing home care costs;
- Expands access to VA's home and community-based services to veterans at all VA medical facilities, as well as to veterans living in U.S. territories and Native veterans enrolled in the Indian Health Service or tribal health programs;
- Requires the creation of a centralized website to disseminate information and resources related to home and community-based programs and help veterans and caregivers determine their eligibility;

- Requires the VA to review staffing and resource needs, accessibility, and other aspects of the Office of Geriatrics and Extended Care and the Caregiver Support Program Office to make certain they are appropriately serving veterans and their caregivers;
- Creates a pilot program to provide home health aide services for veterans that reside in communities with a shortage of home health aides; and
- Requires the VA to establish a warm handoff process for veterans and caregivers who are discharged from or ineligible for the Program of Comprehensive Assistance for Family Caregivers.

The bill also contains revised language from the Expanding Veterans' Options for Long Term Care Act (H.R. 1815/S. 495), which would test VA's ability to pay for veterans care at assisted living facilities. Currently, the VA can refer veterans to assisted living facilities, but it cannot directly pay for that care. Language in H.R. 8371 would allow VA to carry out a three-year pilot program, no later than two years after enactment for 60 eligible veterans in two Veterans Integrated Service Networks (VISNs) to assess the effectiveness of providing assisted living services to eligible veterans and assess the satisfaction of the program. At the conclusion of the pilot program, participating veterans will be given the option to continue receiving assisted living services at their assigned site, paid for by the VA. We believe this

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would help veterans and the VA alike by giving greater access to assisted living and reducing costs for long-term care, allowing more veterans to receive needed assistance.

Initially, the plan was to bring the bill to the House floor on or about May 21, but growing opposition to the bill within the chamber coupled with administrative challenges delayed action on the bill until early June. PVA is greatly disappointed with the decision, and is working with congressional members and VSO partners to make sure this bill is placed back on the calendar and swiftly passed.

HVAC HOLDS MARKUP SESSION

On May 1, the House Veterans' Affairs Committee (HVAC) held a lengthy markup where several bills of interest were examined and approved. They include:

- H.R. 6324, the Fiscal Year (FY) 2024 Veterans Affairs Major Medical Facility Authorization Act, which would authorize the VA to carry out 11 major medical facility projects during FY 2024 and sets maximum spending amounts for each one of them. PVA wholeheartedly supports this legislation which authorizes more than \$300 million to support the ongoing construction of a new SCI/D acute and long-term care center and related facilities at the San Diego VA Medical Center.
- H.R. 7150, the Survivor Benefits Delivery Improvement Act of 2024, which would direct the VA to collect demographic data on the survivor population. PVA believes this change would help the department and Congress better understand the utilization of survivor-related benefits and services. It also directs the VA to develop an outreach program for survivors, similar to the Solid Start program, to make sure that every survivor knows what benefits are available to them.
- H.R. 7342, the Veterans Accessibility Advisory Committee Act of 2024, which would create a

Federal Advisory Committee on Accessibility tasked with improving accessibility concerns, especially related to infrastructure and technology, throughout the VA. PVA helped develop this legislation, which would bring disability experts, disabled veterans service organizations, accessibility experts within VA staff, and other contributors together to identify accessibility barriers within the department and provide solutions to address them. With various experts sitting on the advisory committee, each aspect of accessibility could be highlighted and given the attention they need in order to reduce physical and technological barriers for our nation's veterans.

- H.R. 7777, the Veterans' Compensation Cost-of-Living Adjustment Act of 2024, which would direct the VA to increase amounts payable for disability compensation, additional compensation for dependents, the clothing allowance for certain disabled veterans, and Dependency and Indemnity Compensation for surviving spouses and children. The VA would be required to raise compensation amounts by the same percentage as the cost-of-living increase in benefits for Social Security recipients that is effective on December 1, 2024.

Several bills scheduled to be examined at this hearing could not be considered since the Congressional Budget Office (CBO) had not yet issued a score. They included PVA endorsed H.R. 3225, the BUILD for Veterans Act, which seeks to improve staffing to manage construction of VA's assets and ensure that there are concrete plans to improve the planning, management, and budgeting of VA construction and capital asset programs. H.R. 6373, the Veterans STAND Act, was also put on hold due to the lack of a score and concerns about potential amendments to the original language. PVA was involved in the development of the bill, which would ensure all veterans with SCI/Ds are offered an annual medical exam and make certain veterans are made aware of assistive technologies they may be eligible for during these annual evaluations.



FAA REAUTHORIZATION ACT OF 2024 SIGNED INTO LAW

On May 16, the President signed the FAA Reauthorization Act of 2024 into law. The Reauthorization includes several PVA-supported provisions focused on addressing the experience of air travel passengers with disabilities. Specific sections in the new law include training requirements for assisting passengers with limited mobility and properly stowing assistive devices; analyzing and improving the Department of Transportation's (DOT) complaint process; addressing the need for more access standards and accessibility of inflight entertainment, as well as improved access to airline websites, applications, and information communication technologies; and increasing access to seating accommodations.

The FAA Reauthorization Act also requires continued study into safe and secure in-cabin wheelchair tie-down systems, and if technically feasible, a study into their economic and financial feasibility; the need for DOT to perform a more in-depth analysis of airline-reported mishandled wheelchair data; and reauthorization of the Air Carrier Access Act Advisory (ACAA) Committee, as well as a requirement for the ACAA Committee to ensure safe transport for assistive devices powered by lithium-ion batteries. In addition, we were pleased to see the inclusion of a pilot grant program to increase airport accessibility and requirements for adult changing tables; new requirements related to the availability of onboard wheelchairs; expansion of the Advanced Materials Center of Excellence to address safe and accessible air travel for passengers with disabilities; and the creation of a known service animal pilot program. Moving forward, we will continue to work with champions in Congress to improve enforcement of the ACAA. We will also work with DOT on implementation of the FAA's requirements to ensure the safety and dignity of passengers with disabilities.

HHS ISSUES FINAL RULE UNDER SECTION 504 OF THE REHABILITATION ACT

On May 6, the U.S. Department of Health and Human Services (HHS), through its Office for Civil Rights, [finalized](#) a rule, Discrimination on the Basis of Disability

in Health and Human Service Programs and Activities, to update its prohibition against discrimination on the basis of disability under Section 504 of the Rehabilitation Act of 1973. Section 504, passed over 50 years ago, prohibits disability discrimination in programs and activities run by federal agencies or that receive federal financial assistance.

The final rule clarifies the application of 504 to several areas, such as medical care; accessible medical equipment, including adopting the U.S. Access Board's standards for accessible medical equipment; value assessment methods; web and mobile accessibility; and integration. The rule also updates Section 504 to improve consistency with developments in the Americans with Disabilities Act, such as permitting service animals and maintenance of accessible features. For more information, HHS published a [fact sheet](#) on the final rule. The rule will take effect on July 8, 2024.

SVAC HEARING ON THE PRESIDENT'S PROPOSED VA BUDGET FOR FY 2025 AND ADVANCED APPROPRIATIONS FOR FY 2026

On May 1, the Senate Veterans' Affairs Committee (SVAC) held a hearing on the President's fiscal year (FY) 2025 budget request for the VA. Secretary Denis McDonough testified before the committee.

Secretary McDonough stated the VA is delivering more care and benefits to more veterans than at any time in the department's history. They have enrolled more than 12,500 veterans under its PACT Act authority alone in the past year. He highlighted the fact that 29 million telehealth visits were provided during that same time. This is in addition to over 118 million clinical visits, 47 million of which were in the community and 42 million in person at VA facilities. He briefly mentioned the wide range of care, benefits, and services the VA has provided to veterans, including Veterans Benefits Administration benefits, preventing veteran suicide, ending veteran homelessness, supporting care for women veterans, modernizing information technology systems, processing benefits, and honoring veterans with their final resting places. The Secretary also noted that the American healthcare landscape has changed in the last

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six years. The pandemic and multiple major new statutes have led to monumental change for the VA.

Roscoe Butler, PVA's Senior Health Policy Advisor, discussed the Independent Budget's (IB) recommendations for VA Health Care. He noted how VA's reliance on community care has risen dramatically stating, "While we agree that veterans must have non-VA options to fill gaps in care, we believe VA must remain the primary provider and coordinator of veterans' care. While VA is requesting an overall increase for medical care, the community care program is growing at a faster rate than VA-provided care."

Lastly, he voiced concerns about the VA's plans to reduce the number of full-time employees in FY 2025 by 10,000, and the VA's projected use of \$12.7 billion in carryover funding rather than requesting new discretionary appropriations stating, "If VA's unobligated balance at the end of FY 2024 is less than projected, it could trigger a funding shortfall next year."

You can read the IB's statement and watch a video of the hearing [here](#).

U.S. ATTORNEY'S OFFICE REACHES SETTLEMENT WITH MARYLAND HOTEL OWNER

On May 2, the Department of Justice [announced](#) it reached a settlement agreement with AHIP MD Baltimore 5015 Enterprises LLC, the owner of a Hilton Garden Inn at White Marsh, located in White Marsh, Maryland, to resolve alleged violations of Title II of the Americans with Disabilities Act (ADA).

The agreement stems from an ADA complaint alleging an individual with a disability and relative were provided a room that was not accessible after previously reserving an accessible room, resulting in serious injury to the individual. The ADA protects individuals with disabilities when traveling and requires hotels to provide equal access to their rooms and facilities. The complaint led to an investigation by the U.S. Attorney's Office for the District of Maryland.

ROUNDTABLE TO DISCUSS VA OUTREACH LETTERS

Recently, PVA participated in a roundtable discussion on improving VA outreach letters received by veterans. The discussion included several VA employees from the Board of Veterans' Appeals and the Veterans Benefits Administration, as well as members of the House Veterans' Affairs Disability Assistance and Memorial Affairs Subcommittee.

In March, the subcommittee held an oversight hearing on how VA's disability claims and appeals letters should be simplified. During the hearing, the Chairman Morgan Luttrell (D-TX) suggested a working group and listening sessions to get stakeholder feedback on concerns about VA's outreach letters to veterans.

During the roundtable, we stressed the need for clarity in decision letters, citing several examples provided to us by our field staff, and pressed the VA to continue to engage with the veterans service organizations (VSO) in the improvement process. Other concerns were raised such as the need for increased auditing of outreach materials to improve accuracy, the prioritization of communications that may have a higher likelihood of miscommunication, and ensuring that the VA puts the veteran first in all changes.

This was the first roundtable discussion on the topic and there are likely to be several more. It will be a long process to review and adjust all of the letters, but the VA is working hard to identify and address concerns raised by VSOs and Congress.

NEWS OF NOTE

Comment Period Extended for DOT Proposal on Improving the Air Travel Experience for Wheelchair and Scooter Users

WHO: PVA needs you to help us keep [#PushingAccessForward](#).

WHAT: Send your comments in response to the U.S. Department of Transportation's (DOT) [proposed changes](#) to the Air Carrier Access Act rules that would

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improve the air travel experience for wheelchair and scooter users.

WHEN: Previously due May 13. Now open until June 12, 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.

House Passes Four Veteran Bills

On April 30, the House passed four pieces of veteran-related legislation, which will allow them to head to the Senate for additional input and review. Perhaps the most significant bill was H.R. 3738, the Veterans Economic Opportunity and Transition Administration Act. This bill would create a fourth administration under the VA that focuses on issues such as the G.I. Bill and other education programs, and the vocational readiness and employment (VR&E) program. Many advocates believe that creating a new administration to address education and employment benefits will result in improved monitoring and oversight, as well as policy and legislative improvements. PVA supports this legislation, hoping that it would allow the Veterans Benefits Administration to focus on benefits delivery and improvements.

HHS Issues New Rule Under Section 1557 of the ACA

On May 6, the U.S. Department of Health and Human Services (HHS) published their [final rule](#), Nondiscrimination in Health Programs and Activities, regarding section 1557 of the Affordable Care Act (ACA). Section 1557 of the ACA prohibits discrimination on the

bases of disability and other protected classes in covered health programs or activities. The rule requires covered health care providers, insurers, grantees, and others to let people know that accessibility services are available to patients at no cost. The rule also clarifies that nondiscrimination in health programs and activities continues to apply to the use of artificial intelligence, clinical algorithms, predictive analytics, and other tools. This rule will be effective on July 5, 2024.

SVAC Women Veterans Roundtable

As a follow up to the Senate Veterans' Affairs Committee (SVAC) hearing last month on women veterans, Chairman Jon Tester (D-MT) held a roundtable discussion to hear the concerns of other organizations that were unable to testify at the hearing. Julie Howell, Associate Legislative Director, testified on behalf of PVA at the hearing, but attended the roundtable to learn from the organizations represented at the event. We hope this roundtable will be the first of many discussions where Senators can hear about concerns for women veterans in a more informal way.

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 available 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.



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Omaha Power Soccer Club Finishes Spring Season

Special thanks to Madison McNary for taking photos of the Omaha Power Soccer Club this spring!



The Omaha Power Soccer Club (OPSC), under the direction of Coaches Mitch Treu and Kylie Comba, finished its Spring Session at Great Plains PVA. This is the 5th year since OPSC began and the players have really grown in their ability to control the ball, maneuver their chairs, and improve their overall skills. They have grown not only individually, but as a team passing the ball and anticipating each others' moves. They continue to work toward their ultimate goal of reaching a competitive level of play where they could compete against other teams in the midwest.

This program is such a unique experience for children and adults alike to experience sports in a competitive team environment. There are few options for people who use power wheelchairs and Great Plains PVA is proud to offer this exceptional program to the Omaha area. We believe in the positive impact sports participation and camaraderie among teammates brings to an individual's mental and physical well-being and look forward to continuing to provide these opportunities to our players and the community.



Upcoming Events

May

9th: BOD Meeting 1:00pm

14th-18th: PVA National Convention, Minneapolis

27th: Memorial Day



June

2nd: Tee Off & Support Wheelchair Sports Golf Tournament, Tiburon Golf Club

10th-14th: PVA National Advocacy/Legislation Seminar, Washington DC

19th: Juneteenth

20th: BOD Meeting 1:00pm

27th-30th: PVA Bowling Series Nationals Hosted by Great Plains PVA

July

4th: Independence Day

11th: BOD Meeting 1:00pm

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

CHAPTER BIRTHDAYS

May

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

June

Joshua Ourada * Jessica Nutz * John Weinburgh * Gary Miles * Dennis Wagner *
Dean Nelson * Richard Nobles * Daniel Griffin * William Stice * James Beversdorf *
Versie Anding * William Churchman * John McPhatter

July

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



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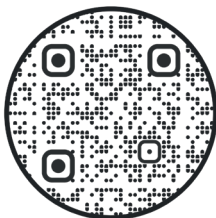
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What is the Ekso Indego?

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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2024 March Challenge

This was a fun ascending repetition test. Chris not only went unbroken, but he put his foot on the gas while doing so to win this monthly challenge workout. Below are the format and results 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
- **Results**
 - 1. Chris Parnell – 4:45
 - 2. Travis Hasenkamp – 4:53
 - 3. Tim Hobbs – 4:56
 - 4. Barry Ridout – 6:34
 - 5. Ethan Eckelbarger – 6:36
 - 6. Bruce Froendt – 6:41
 - 7. Daniel Schmitt – 7:49

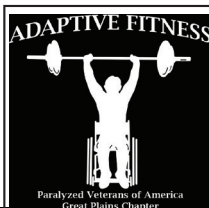
PVA Fitness 2024 Individual Open

This year's PVA fitness individual competition was a 13-event test to find the fittest adaptive athlete in the greater Omaha area. Travis Hasenkamp was this year's winner, and he did it in impressive fashion. He won the first two events and never relinquished the lead over the next 11 events. Winning 8 of the 13 events put a stranglehold on the point lead, and his average point lead in those 8 events was a little over 12. He never finished worse than 4th in any event and his average point total in the five events he didn't win was a robust 86.8. What I'm saying is, he did very well. Below are the event winners and final leaderboard of the 2024 Individual Open:

- **Event Winners**
 - Travis Hasenkamp – 8 (Events 1, 2, 3, 9, 10, 11, 12 & 13)
 - Barry Ridout – 2 (Events 5 & 7)
 - Chris Parnell – 1 (Event 4)
 - Tim Hobbs – 1 (Event 6)
 - Bruce Froendt – 1 (Event 8)
- **Leaderboard**
 - 1. Travis Hasenkamp – 1,234
 - 2. Bruce Froendt – 1,084
 - 3. Barry Ridout – 1,055
 - 4. Chris Parnell – 1,040
 - 5. Daniel Schmitt – 999
 - 6. Ethan Eckelbarger – 970
 - 7. Tim Hobbs – 521 (had to withdrawal from the last 6 events)

Daniel Schmitt competes in the 2024 WheelWod Semifinals

Defending fittest adaptive athlete (neurological division) is competing right now in the 4-event semifinal to make it back to the WheelWod Games in September. All scores are due on Monday, May 13th and I will update our Facebook page (Great Plains PVA adaptive fitness) if he earns a spot on the world stage for the third year in a row. Fingers crossed everybody!



Scan the QR code to see these incredible athletes in action on Great Plains PVA's Adaptive Fitness YouTube page!





Paralyzed Veterans of America

Great Plains Chapter

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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.