



The Wheeled Herald



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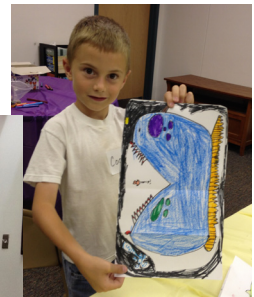
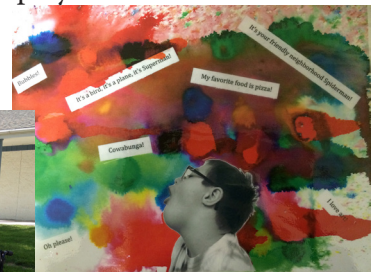


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Youth Summer Art Camp

Great Plains PVA recognizes the importance for children with disabilities to not only get out and be active in sports and recreation, but to exercise their minds and embrace their creativity in a safe, fun, adaptive environment. In mid-July, GPPVA hosted its first Summer Art Camp for children with disabilities and children of PVA members. GPPVA member Lindsay Stearns, who is working on her Bachelor of Arts in Education, planned a myriad of projects that ranged from thumb-print clay keychains, to tie-dying shirts, to creating a decorative stone handprint out of cement. The kids were given opportunities to express themselves in various art forms, make new friends, and create lasting memories. One of the projects - a popsicle stick quilt - which was a collaborative effort is hanging in the chapter office displaying the unique characteristics of each of the participants. We encourage you to stop by and take a look the next time you come by the office!



Executive Director's Report

by Mary Bushman

Stop by the PVA office building and you will see our summer facelift. Fresh coats of paint and new stalls in both the men's and women's restrooms have brightened up the facilities for members and renters. Security fencing has been placed around the new air conditioners and a light now illuminates the areas. The parking lot has been restriped to emphasize the handicap parking stalls and access isles. GPPVA member Jim Toelle continues to lead the maintenance team in caring for the lawn and keeping up with regular building maintenance needs. Thank you to Ladies Auxiliary member Tammy Squier for planting the flower pots that welcome guests into the building.



Summer also means it's time to hit the tee for an invigorating round of golf. The Great Plains PVA annual Tee Off and Support Wheelchair Sports Golf Tournament held on June 7th began with an invigorating rain shower that stayed with golfers for the first few holes. The rain didn't dampen spirits, though, and our hardcore, faithful golfers enjoyed a beautiful afternoon on the course after the rain passed.

Every year our dedicated team of tournament coordinators, Dan Dolezal, Jim

Thompson, Gary Baber and Dave Woods, set a goal of creating awareness for GPPVA's Adapted Sports & Recreation Program and raising more money than the previous year's tournament did. This year, once again, they succeeded in both! Signs spread throughout the course highlighted the sports & recreation program provided by the Chapter. Chapter members greeted golfers on various holes, struck up lively conversations and tried to refrain from too much unsolicited golf advice! This year's tournament raised over \$45,000 and topped last year's event by over \$5,000! Thanks to all our Chapter members who volunteered their Saturday to be with us on the course. The tournament is a highlight of the year and is the primary source of funding for the Chapter's Adapted Health & Fitness Center.

Chapter Officers

Randy Squier, President
John Scott, Vice President
Vincent "Jim" Toelle, Secretary
Craig Enenbach, Treasurer

Chapter Directors

Mike Moore, Director
Dave Nelson, Director

Immediate Past President

Mark Linquist

National Director

Randy Squier

National Service Officer

Mike Sheets
1-800-795-3615

Executive Director

Mary Bushman
bushman@greatplainspva.org

Government Relations

Director

Amanda Vazquez
vazquez@greatplainspva.org

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Development

Angelina Ramos
ramos@greatplainspva.org

Sports Director

Patrick Reynolds
reynolds@greatplainspva.org

Administrative Assistant

Jane Healy
Building Attendant
David Hansen



GPPVA Member Wins Big in Bowling

Great Plains PVA member Dave Nelson is an avid bowler who competes in multiple tournaments throughout the year all across the country. In June, he traveled to Richmond, Virginia to participate in the National Wheelchair Bowling Tournament. Dave won 1st place in the High Handicap division with a score of 251 and took 9th place overall. Congratulations Dave!





President's Message by Randy Squier

As we enjoy this summer weather, I know it's only a matter of time before Nebraska weather changes its mind and we'll have to get that sweater out. Having said that, I can report to you that we've had another successful golf tournament. As expectations for that event were high another great turnout ensued.

Also this summer, July 1st, Mr. Craig Enebach took over as Great Plains National Director, we entrust that position to him as he steps down as PVA's National Treasurer. His expertise at the highest level continues to help us all.



Mr. Jim Toelle and others, with support from the board, continue to make improvements to the building. From the changing of lightbulbs to the painting of walls, and the striping of the parking lot, our building is a great asset. It solidifies our presence in the community, and it's a great resource for the many gatherings and meetings held daily.

This summer we also welcome new members, Garold Chalupa and David Nelson. As the Great Plains chapter continues to reinvent itself with ever more exciting programs for its members and to expand on its community involvement, I know we have many to thank for our successes. No one believes we do this individually, it's surely a collective effort. Again, I hope you enjoy your summer and thank you for your continued participation.



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Or visit us at
heartlandmobility.com

NSO Report

by Mike Sheets

New National Service Officer

Many of you worked with Senior National Service Officer John Gogan over the years. Last August, John decided it was time to retire. John advocated for veterans for over forty years. In the almost four years that I have known John, he has taught me a lot about Department of Veterans Affairs (VA) benefits and life in general. John and I both share a special bond, the Purple Heart.

I am a Nebraska native, born in Lincoln, and graduated from Southeast High School in Lincoln. Shortly after graduating High School in 2002, I joined the Marine Corps. I deployed with 2nd Battalion 5th Marines 1st Marine Division to Iraq in March 2003. In August 2004, we deployed again to Iraq, this time we were stationed at Hurricane Point, Ar Ramadi, Iraq, which is located in the Al Anbar Province. I left the Marine Corps in 2006. In 2010, I was selected to be the first National Service Officer for the Military Order of the Purple Heart (MOPH) in Nebraska. I worked for MOPH from 2010 – 2014, when I was selected to be the Paralyzed Veterans of America (PVA) National Service Officer. Outside of work I am attending Doane College in Lincoln and hope to graduate with a Bachelors Degree in Human Relations in 2016. I am also an abide member of the Chapter 200 MOPH in Lincoln and the Cornhusker Detachment of the Marine Corps League in Lincoln.

VA Benefits

Everyone has heard about the VA backlog, but have you heard what VA is doing to eliminate this backlog? First, I can tell you the Lincoln VA Regional Office (VARO) is working a mandatory twenty hours of overtime each month to help clear this backlog. Lincoln is also working claims from numerous other Regional Offices to help eliminate the backlog. Veterans and active-duty military personnel with service-connected amyotrophic lateral sclerosis (ALS), commonly known as Lou Gehrig's disease, are now presumed medically eligible for Specially Adapted Housing (SAH) grant.

VA Health Care

Spinal Cord Injury/Disease (SCI/D) Centers and Spokes, I encourage all of you to make your annual visit to your SCI/D Center. I also encourage you to reach out to the SCI/D Spoke closest to you (Omaha, Lincoln, or Grand Island). When you visit with the SCI/D team make sure they have you listed on the SCI/D Registry, I am finding that a lot of our veterans with ALS and MS are not. It is imperative our SCI/D veterans are listed on the SCI/D Registry, even if VA is not your primary health care provider. As SCI/D Registry numbers decline the potential for dedicated SCI/D team members also declines. If you have not registered for My HealthVet, I encourage you to do so. This is by far the fastest way to communicate your medical concerns to your VA health care team. Log on to www.myhealth.va.gov for more information.

On the Road

Each month I have been traveling to the Spokes (Omaha, Lincoln, and Grand Island) in Nebraska. I have noticed each Spoke has its own unique advantages and disadvantages when it comes to providing care. With your help, together we can ensure we are getting the best care anywhere. If you have any questions or concerns please contact Laura or myself at 402-420-4017 or mail a letter to us at Paralyzed Veterans of America, P.O. Box 85816, Lincoln, NE 68501-5816.

Fitness Update

By Pat Reynolds, Sports Director

2014 June Challenge Results

June's challenge was a test of Handbike/Rower sprinting, recovery and a push strength chipper. Everyone with a spinal cord injury will do the Handbike sprints. All of our able bodied participants will do the C2 Rower Sprints. Here was the format:

- Handbike 400 Meters (3.0) or Row 300 Meters for Time:
- o Rest 2 Minutes
- Handbike 400 Meters (3.0) or Row 300 Meters for Time:
- o Rest 2 Minutes
- Then For Time; 10 Minute Time Cap:
- o 150 VitaGlide – 7
- o 50 Dips – 135lbs
- o 30 Chest Press – 132lbs
- o 10 Overhead Press – 30lbs

Each event was scored individually, with each athlete being given a point total for whatever place they finished. For example, if I placed 2nd, 8th and 4th I would have scored 2+8+4 for a final score of 14. The June challenge was steamrolled by Chris Parnell as he won each event and finished with a final score of 3 (which is the best he could have scored). Bruce Froendt placed second with a score of 8 and Ethan Eckelbarger placed third with a total of 12.

2014 July Challenge Announcement

This one is going to be rough! Here is the format:

- 7 Rounds for Time; 21 Minute Time Cap:
- o SkiErg 7 Calories (Para's will have 8 Calories)
- o 14 Chest Press @ 144lbs
- o 21 Pulldowns @ 144lbs (Para's will have 24)
- o 42 Strokes on the VitaGlide @ 5

As you can see athletes with use of their hands will have a penalty of an extra calorie and 3 extra pulldowns to help offset the time it takes for the quadriplegics hands to be strapped onto the bars. To finish this WOD in under the time cap, each athlete will have to average under 3 minutes a round for 7 rounds...not sure that's going to be doable but it'll be fun to see everyone try!

Nutrition for Pain

This may not be true but it seems that right now more attention and research is being directed towards our diet and how it affects us, specifically inflammation causing foods, than at any time before. I would like to share some information on the B Vitamins, calcium, magnesium and potassium and their role in pain management. The following is from "Eat Well, Live Well with spinal cord injury" by Joanne Smith and Kylie James.

There is a tendency in the Western diet to consume high amounts of refined grains, coffee, processed foods, alcohol and sugar. These together with poor cooking methods and poor quality of soil lead to vitamins and minerals being absent, lost or destroyed. In turn, these dietary, cooking and agricultural factors contribute to vitamin and mineral deficiencies in your body. Stress, smoking, medications and digestive problem also contribute to nutrient deficiencies.

Blood work can help determine if a nutrient is low or within normal range. Although, even normal nutrient ranges may not be adequate for optimal health, especially in individuals with SCI where nutrient demands are high. If you experience pain, ensure that you are consuming the water soluble B vitamins (B1, B6, B7 & B12) as well as calcium, magnesium and potassium as their nutrients may help with reducing pain.

Vitamin B1 – promotes healthy nerves and can provide nerve pain relief with a couple of months of supplementing.

Vitamin B6 – plays a critical role in pain management by making pain-inhibiting neurotransmitters. B6 can also help with a variety of pain-related conditions including, but not limited to carpal tunnel syndrome, diabetic pain, back pain, temporomandibular joint (TMJ) pain, swelling and nerve pain including tingling sensations.

Vitamin B7 – recommended to be used routinely for the prevention and management of neuropathy.

Vitamin B12 – helps nerve function. A deficiency in B12 can lead to issues such as loss of coordination in the limbs, spasticity and walking difficulties.

Foods high in the B Vitamins include: grass-fed beef, salmon, sardines, chicken, eggs, bananas, avocados, carrots, beans, lentils, brown rice, sunflower seeds and yogurt.

There are 8 B Vitamins. If you are taking B Vitamins in supplement form, it is best to take them together in a B-Complex to increase absorption.

Magnesium – a magnesium deficiency can promote inflammation and contribute to fatigue, sleep disorders, mood problems and muscle dysfunction, which are all factors that can influence pain. Studies show that magnesium can reduce osteoporosis pain, muscle cramps, muscle spasms and myalgia.

Foods high in magnesium include spinach, pumpkin, sunflower seeds, sesame seeds, broccoli, flax seeds, kale, ginger, salmon, quinoa, black beans, beets, tomatoes, almonds and dark chocolate.

Calcium – symptoms of calcium deficiency can include leg, bone and neck pain, as well as muscle cramps. Foods high in calcium include broccoli, kale, sesame seeds, parsley, almonds and yogurt.

Potassium – potassium is an essential mineral which is important for the function of all cells, tissues and organs in your body. A potassium deficiency can cause abdominal, leg and joint pain, muscle weakness and cramping. Foods high in potassium include avocados, apricots, salmon, white beans, bananas and spinach.

Avoid carbonated beverages as these can be high in phosphorous. Phosphorous can deplete calcium and magnesium stores.

Finally, I'd like to add a testimonial from the book from Joanne, a L1 paraplegic:

“Everyday for the first 10 years of my injury I lived with excruciating neuropathic pain and relied on heavy narcotic drugs to function. Frustrated with the constipation and fatigue associated with these pain killers and worried about the long-term effects on my health I was desperate to find another way to cope.

After cleaning up my diet, which involved eliminating all processed food, wheat, dairy, artificial flavors, colors and preservatives, eating more legumes, vegetables and taking daily supplements of probiotics, antioxidants and good fats my pain has virtually disappeared. On top of this I lost 10lbs, have more energy and rarely get headaches anymore.”

Support the CRPD

PVA supports the Convention on the Rights of Persons with Disabilities (CRPD) which is an international human rights treaty that promotes greater access to education, employment, community living and civic participation for people with disabilities worldwide. The Senate is expected to vote for ratification of the treaty very soon to coincide with the 24th anniversary of the Americans with Disabilities Act which was July 26th. Please call your Senators and ask for their vote in support of CRPD! For more information, please visit the United States International Council on Disabilities website: www.usicd.org.

In Memory of Joanne Boyer

Joanne Boyer, member of the Great Plains PVA Ladies Auxiliary, passed away on July 21, 2014. Joanne had been a member of the Auxiliary since it was formed, and was actually an integral part of forming the Great Plains Chapter itself. She worked as an Occupational Therapist at the Omaha VA Hospital and happened to meet Jay McAleer (GPPVA Founder) who was working on recruiting 10 veterans with spinal cord injuries to form a PVA chapter in Omaha. Joanne learned of Jay's endeavor and helped him with his mission. The Great Plains Chapter was founded in 1971 and Joanne had been involved all the way until her passing this month.



After her retirement from the VA, Joanne remained busy with many activities. Aside from being an active member of the Ladies Auxiliary - including various officer positions - she became the co-director and a faculty member at the College of Saint Mary after working to create a School of Occupational Therapy. She continued there as coordinator of Special Accommodations for Disabled Students. Joanne was then contacted by Radio Talking Book where she volunteered as office manager, recorded textbooks on tape, and read newspaper and magazine articles over the air on a special radio station for the blind. Knitting was a hobby of Joanne's so she knitted "Caps with Hugs" for the cancer center for women who lost their hair during treatments, as well as prayer caps for newborns and preemies.

Joanne was a generous woman, always giving of her time to help others. She was a very special part of our Chapter and its history, and she will be greatly missed.



Thank you to South Omaha Fraternal Order of Eagles (FOE) #154 for its \$2500 donation to Great Plains PVA. The club is proud to support local veterans. Pictured above is FOE member Dave Blanton presenting a check to GPPVA Executive Director Mary Bushman.

Attention PVA Members

Remember that nominations for the Board of Directors are **due August 8th**. You should have received a nomination form by mail last week. You can either mail the form back to the office or email Amanda at vazquez@greatplainspva.org. If you have any questions, call the office at 402-398-1422.



CHAPTER BIRTHDAYS



June

Daniel K. Griffin * Lillian Faith M. Cox * Susan A. Seitner * Dennis W. Wagner * John E. Weinburgh IV
* Daryl A. Vagts * Orville P. Bressman * William D. Stice * John T. McPhatter * Bruce E. Meyer * William M. Churchman * Dean P. Nelson

July

Kenneth R. Tealer * Frank J. Kampovitz * Thomas J. Timmerman * Wayne M. Lau * Garold E. Chalupa
* Shawn W. Wilbur * Dennis L. Ross * Tammy L. Squier * Stephen J. Bielfeldt * Richard (Dick) Mon-
dragon * Kenneth L. Sledge * David J. Nelson * Harold W. Sammons * Scott M. Grove * John C. Owens
* Paul L. VanCleave

**2014 GRAND ISLAND VETERANS' HOME
15TH ANNUAL CAR & BIKE SHOW
Sunday, September 14**

\$10 Show Vehicle Entry Fee - No Admission Fee

Event Registration: 10 a.m. to 1 p.m.
Car & Bike Show: 1 to 3 p.m.
Presentations/Awards: 3:30 p.m.

Call (308) 385-6252, ext. 322 for a registration form.

All show vehicles must stay parked until 4:00 p.m.
Rain Date is September 21, 2014



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Paralyzed Veterans
of America

Prosthetics Delay Report Form

Responsible PVA Service Office: _____ Date: _____

Last Name: _____ First Name: _____ MI: _____

SSN: _____ Age: _____ PVA Member: Yes No

Description of disabling condition that necessitates reliance on prosthetics,
including the date of injury:

Are you service-connected: Yes No

Item/Device/Equipment ordered:

Date Ordered: _____

Prescribing Clinician/Therapist: _____

VA Medical Center: _____

Veteran Integrated Service Network (1-23): _____

Order delayed more than 30 days: Denied:

Reasons given for decision:

Impact of delay/denial:

Send the completed form to the National Service Officer in Lincoln:

Mike Sheets, 3800 Village Drive, PO Box 85816, Lincoln, NE 68501 or by fax: 402-421-2973.

ADA & Accessibility Concerns

If you have experienced a situation in which you believe an individual or business is not in compliance with ADA laws, and you would like assistance from Great Plains PVA, fill out this form as completely as possible.

Your Name: _____

Address: _____ City/State/Zip: _____

Telephone: _____ Email: _____

Name of the Individual/Business that is not in compliance:

Description of the situation (including any steps you have taken to address the situation):

Date that non-compliance was realized: _____

If you have pictures or documents that could assist us with your case, please provide copies along with this form when it is returned.

If you have any questions, please feel free to contact Amanda Vazquez at 402-398-1422 or by email at vazquez@greatplainspva.org.

Return form:

by mail: Great Plains PVA, Attn: Amanda Vazquez, 7612 Maple St., Omaha, NE 68134;

by fax: 402-398-1424; or

by email: vazquez@greatplainspva.org



Upcoming Events



June

7th:	Golf Tournament	All Day
12th:	BOD Meeting at PVA	1:00pm

July

3rd-4th:	Closed for Independence Day	
10th:	BOD Meeting at PVA	1:00pm

August

8th:	BOD Nominations Due	
14th:	BOD Meeting at PVA	1:00pm
	Auxiliary Meeting at PVA	1:00pm

September

11th:	BOD Meeting at PVA	1:00pm
	General Membership Meeting	2:30pm
12th:	Veterans Games at Eastern Nebraska Veterans Home	8:00am-4:00pm

Great Plains Chapter Paralyzed Veterans of America

7612 Maple Street, Omaha, Nebraska 68134-6502



Great Plains Paralyzed Veterans of America (PVA) is a non-profit organization that has dedicated over 40 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.