

**A Member Chapter of the Paralyzed Veterans of America
Chartered by the Congress of the United States**



North Central Chapter

209 N. Garfield Ave., Sioux Falls, SD 57104
1-605-336-0494 * 1-800-505-4782
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National PVA Website: www.pva.org



Volume 365

June/July/August 2023

Upcoming Events June/July 2023



June 6 . . . D-Day (1944)

**June 8 . . . Membership Meeting,
Chapter Office, Noon Luncheon and
1:00 PM Meeting (Election of Offic-
ers)**

June 14 . . . Flag Day

**June 16-18 . . . Iowa Trapshoot, Ce-
dar Rapids, IA**

June 18 . . . Father's Day

**June 19 . . . Juneteenth (Office
Closed)**

June 21 . . . First Day of Summer

**June 21 . . . Annual Chapter Picnic,
11:45 AM - 1:00 PM**

July 3-4 . . . Holiday, Office Closed

**July 4-9 . . . 42nd National Wheel-
chair Games, Portland, OR**

**July 13 . . . Membership Meeting,
Chapter Office, Noon Luncheon and
1:00 PM Meeting**

**July 19 . . . SD Veterans Council
Meeting, Sisseton 9:00 a.m.**

**July 20 . . . SF Veterans Council
Meeting, Alliance Building, 7:00 PM**

Aug 19...SFVAHCS Show and Shine

**Aug 31...Veterans Day at the SD
State Fair**

Aug 31...Sept 4—SD State Fair

Dakota Winds Ministries dis- abled hunters pheasant hunt fund raiser

Saturday, October 21st, 2023



Matt Koob from Dakota Winds Ministries has invited all active, retired, disabled and or ambulatory veterans and law enforcement to attend a very special free pheasant hunt on Saturday, October 21, 2023. The hunt will be held in eastern Brookings county, 5 miles north of Elkton, SD. The hunt will be held on 10,500 acres of wild-life ground managed by Matt. Chukar, Hungarian Partridge and Pheasants will be hunted. Matt has stated that wheelchair hunters can also hunt from a world class tower and those that can walk will be afforded the opportunity to chase the wild birds. RSVP's must be received by September 21st in order to hunt. Please call Matt at (605) 496-3944 to reserve your hunt. Free will donations are always welcome.



SD State Veterans Cemetery Endowment Fund

With the passing of SB 91, the South Dakota Veterans Council established an Endowment Fund with the South Dakota Community Foundation. This fund will be used for the maintenance and operations of the veterans cemetery in Sioux Falls, SD

The South Dakota State Veterans Cemetery is located at the 1-90/I-229 area in Sioux Falls, SD and encompasses up to 50 acres of land donated by the City of Sioux Falls.

All federally defined veterans, spouses, and dependent children are eligible for burial in the State Veterans Cemetery.

We are proud to be able to give our veterans their final resting place on the eastside and keep them close to their families. 14582

If you would like to contribute to the Endowment Fund, please click on the following link:

<https://sdcommunityfoundation.org/for-advisors/existing-funds/south-dakota-veterans-cemetery-fund/>



Monday, July 3 & Tuesday, July 4
Office will be closed.

PVA NORTH CENTRAL CHAPTER

**North Central Chapter
Paralyzed Veterans of America**

OFFICERS

President, Chuck Doom
Vice President, Harlan Schmidt
Secretary, Greg Brandner
Treasurer, Gene Murphy

BOARD OF DIRECTORS

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Perry Grimme Rodney Melcher

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Legislation Director: Terry Paulsen/Gene Murphy
Volunteer Coordinator: Charles Doom
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Membership Officer: Duane Biesboer
Newsletter Editor: Lisa Cummings / Terry Paulsen
Sports Director: Mike Olson/Charles Doom
P.O.C. Women Veterans Committee: Bonnie Schmidt
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Michael Olson

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Brad Friez

VA Dakota Regional Office
2501 West 22nd Street, Room 100
Sioux Falls, SD 57105

605-333-6801

800-795-3632

OFFICE STAFF

Lisa Cummings, Executive Director
Terry Paulsen, Government Relations Director

Office Hours: Monday through Friday, 7:30 - 4:00

Sioux Falls VA Health Care SCI Coordinator

Melissa Suter, Social Worker

605-336-3230 ext. 7898

Fargo VA Health Care SCI Coordinator

Tracy Lamont, SCI Coordinator

701-239-3765

Black Hills VA Health Care SCI Coordinator

Amber Jones, SCI Coordinator

605-347-2511 ext. 17003

— Attention Members —

If you are receiving your newsletter by mail and would like to receive this via email, please contact me at the Chapter Office
(LisaC@ncpva.org/605-336-0494) with your email address. This will help save the Chapter on postage and printing costs.



<http://www.facebook.com/ncpva>

Disclaimer: The North Central Chapter PVA newsletter is published six times a year. It serves its members and interested parties by informing them about chapter activities, veterans' issues, SCI related matters, advocacy and legislative developments and other relevant issues concerning disabilities and the disabled community. The opinions expressed in this publication do not necessarily reflect the views of the North Central Chapter, its Officers, Board Members or the Editor. Similarly, appearance of advertising herein does not constitute an endorsement of their products or services. The editor has the right to edit all articles.

PVA NORTH CENTRAL CHAPTER

Membership-Duane Biesboer

The Chapter currently has a total of 153 members and 87 Associate Members.

Regular membership is FREE! If you know of anyone who has a spinal cord injury or disease, please have the Veteran contact the Chapter office.

Beginning October 1st, all Associate Members will be invoiced for Annual Dues. Annual dues are \$30 per year and Life Dues are \$200.00.

Thank you to those who have sent in their dues!!

Please notify the Chapter when you have a change of address.

Volunteer Program-Charles Doom

The Chapter had 299 hours for the month of May; YTD - 1,718. Jack Gill and Rodney Melcher were April/May 2023 Volunteers of the Month. Remember to look for your volunteer number in the newsletter and win a \$25 Gift Card! If you see your number, call the Chapter Office!



“Friends Aiming High”

by John Green

Framed and Matted - \$275

Print Only - \$75

To order your print, please contact the Chapter Office at (605) 336-0494

WHEELCHAIR ADVENTURES

Meet Dylan Lesselyoung, Founder/President of Wheelchair Adventures a 501 c (3) Non Profit for the outdoors. Dylan’s mission is to Advocate, Support, Empower, Promote and Enrich the lives of those with disabilities through adaptive equipment and outdoor recreation. You can contact Dylan at

- (605) 376-8357
- Wheelchairadventures.org
- wheelchairadventures@hotmail.com
- 4501 E Brennan Ave Apt 206 Sioux Falls, SD 57110



1-800-273-8255 PRESS 1



My Health, My Care: 24/7 Access to VA

988 - SUICIDE & CRISIS LIFELINE

PVA NORTH CENTRAL CHAPTER SPORTS & REC EVENTS

20th Annual PVA/ Firefighters Joel Neimeyer Gone Fishing Event

The 20th Annual PVA/Firefighters Joel Niemeyer Memorial "Gone Fishing" Event was held May 25-26 2023 in Chamberlain, SD. Once again, we had another successful year. We had a great turnout with 55 veterans/disabled anglers and 55 boats. Most anglers caught their limit of walleye on the first and second day. The VFW Post 628 sponsored an awesome hamburger & brat dinner on Thursday night for the veterans, firefighters and volunteers. The Chamberlain American Legion Auxiliary Potter Post Unit 3 did an outstanding job serving the food to all that attended. This year's big raffle winner for the Henry Golden Boy .22 Rifle was Robert Oosternink. Lisa Cummings was recognized by the boat captains and mates for all of her years of service and dedication to the PVA & Fishing event. Bill Curry presented this years "Outstanding Boat Captain to Bill Pappas of North Sioux City. Mark and Sue Bauman presented Dylan Lesselyoung the "Veterans Advocate Award" in memory of Joel Neimeyer and family.



Special Thanks to all the Boat Captains, Mates and Volunteers that continue to make this event so special, We look forward to seeing you all again next year!!



PVA NORTH CENTRAL CHAPTER, SPORTS & REC

South Dakota Game Fish & Parks would like to inform the PVA members that there are Turkey licenses for wheelchair hunters that go unapplied for every year. The turkey hunts are held at the Oahe downstream recreation area, Pierre SD, area 58d. Last year Scott Bentz attended the hunt and recommends it to all that qualify. For more information please go online to the SDGF&P website and fill out an application. gfp.sd.gov



“SAVE THE DATE”

The North Central Annual Trap Shoot will be held at the Cooks Gun Club 08-10 September 2023. The shoot consists of Singles, Doubles and Handicap scoring. Please spread the word to anyone that would like to attend this event. This event is open to the public and we encourage everyone that has a passion for Trap Shooting to attend. For more details call the chapter office at (605) 336-0494



42nd National Veterans Wheelchair Games

Portland, OR, July 4-9, 2023

(Registration ends Wednesday, April 5, 2023)

Welcome to the 42nd National Veterans Wheelchair Games!

The Department of Veterans Affairs and Paralyzed Veterans of America are so excited to finally bring the NVWG to Portland, Oregon! Set along the Columbia River and nestled between three volcanoes--Mt. Hood, Mt. Adams, and the latest to lose its top, Mt. St. Helens--the stage is set for energy packed competitions. 14678

Many thanks go out to the Portland VA Health Care System who is serving as the host of this year's Wheelchair Games. They were ready to go in 2020 and have kept up the momentum to make sure your experience is a memorable one.

This is going to be a NVWG for the record books! Refer to the 2023 National Veterans Wheelchair Games Event Guide for details on each of this year's sporting events, to include our new medal event Pickleball and exhibition events, Bass Fishing and Cornhole. You never know, one of them may be a new medal event in 2024! We'll look forward to your feedback.

The 2023 National Veterans Wheelchair Games Event Guide provides event information, game rules, and logistical guidance to help all Veteran participants have a safe and successful experience in Portland. Please review this Guide carefully. Additionally, if you are a food lover or an avid outdoorsman/woman, you are in for a treat and may want to plan a few more days to tour the area!

We look forward to seeing you in Portland!

Dave Tostenrude

Director, National Veterans Wheelchair Games, Department of Veterans Affairs

Jen Purser

Senior Associate Director, Sports and Recreation, Paralyzed Veterans of America

Additional information will be updated and available at WheelchairGames.org, as well as on the 2023 Wheelchair Games app.

PVA NORTH CENTRAL CHAPTER

Sioux Falls VA Health Care System Community Nursing Home Program

Where can I go for Nursing Home Care ?

There are two (2) types of agreements that a nursing home can have with a VA.

1. Local Contracts: Nursing Homes that have a contractual agreement with the Sioux Falls VA. Nursing Homes who are locally contracted can accept Veterans for all types of care including: Respite care, Hospice care, Skilled rehabilitation, and Long-Term Care
2. Community Care Network: Nursing homes who have joined VA's Community Care Network. Nursing homes who have joined this network are able to take Veterans who are administratively eligible for skilled rehabilitation

What does VA paid Nursing Home Care cover ?

Semi-private room and board, nursing care and services, lab work, supplies, provider visits, medications, and rehabilitative therapy.

What services are provided within the community nursing home program ?

All VHA enrolled Veterans who clinically require nursing home care are eligible for:

1. Inpatient respite care — All Veterans enrolled in VHA are eligible to utilize up to 30 days of inpatient respite per calendar year
2. Inpatient hospice — All Veterans enrolled in VHA and are seeking nursing home care due to hospice are eligible to utilize up to 6 months of paid nursing home care.

Veterans who also meet administrative requirements set by congress, are eligible for VA payment in a nursing home for:

1. Skilled Rehabilitation — following a hospitalization, some veterans need a short rehab stay in a community nursing home before returning home.
2. Long Term Care — Veterans who require nursing home level of care longer than 100 days are considered long term care.

Will my Benefits be Affected ?

Veterans will continue to receive monthly compensation for service-connected disabilities while in a community nursing home under VA pay. VA pension benefits are lower if a veteran is in paid nursing home care more than 90 days.

Administrative Requirements for Skilled Rehabilitation and Long-Term Nursing Home Care:

The VA will pay for nursing home care in a locally contracted nursing home or a community care network affiliated home if a Veteran requires nursing home level of care and meets one of the following administrative requirements:

1. 70% or greater combined service-connected disability rating
2. 60% for one disability and unemployable rating
3. Nursing home care is required because of a service connection condition.

VA will continue to evaluate the need for nursing home care and communicate regularly with the nursing home to ensure satisfaction with the care provided. If concerns arise during a VA approved stay, please contact the VA team members listed below

VA Community Nursing Home Program Point of Contacts:

Tamara Forseth, MSW, CSW-PIP Community Nursing Home Coordinator

Office: 605-333-6860

VA Cell: 605 323-9377

Jill Rysavy, RN Community Health Nurse Coordinator

Office: 605 336-3230 ext. 6354

VA Cell: TBD

Sara Whitley, MSW Community Nursing Home Social Worker

Office: 605 336-3230 ext. 6014

VA Cell: 605 585-3903

PVA NORTH CENTRAL CHAPTER, FUNDRAISING



We're proud to be a Thrivent Choice®-enrolled organization. Through the Thrivent programs, we are eligible to receive grant dollars, fee-free donations, and support from Thrivent Action Team service projects.

To learn more about Thrivent's membership benefits and generosity programs visit thrivent.com/generosity

Qualified Charitable Distributions



The Pension Protection Act of 2006 first allowed taxpayers age 70½ or older to make tax-free charitable donations directly from their IRAs. Technically, these taxpayers were allowed to exclude from gross income otherwise taxable distributions from their IRA ("qualified charitable distributions," or QCDs), up to \$100,000, that were paid directly to a qualified charity.

These gifts are also known as "Charitable IRA rollovers." The law was originally scheduled to expire in 2007, but was extended periodically through 2014 by subsequent legislation, and finally made permanent by the Protect Americans from Tax Hikes (PATH) Act of 2015.

**Newsletter Booster Program
Thank you for your support!**

Alan & Kathryn Gobczynski
Paul Hanson
Dennis Hahnemann
Jim and Marilyn Arneson

Please support your local Chapter!

Newsletter Booster Program

The North Central Chapter PVA publishes the newsletter 6 times per year. We would like to invite our PVA members, Associate Members, and business associates to help support the Newsletter Booster Program. Your name will be published in each newsletter (unless otherwise specified) for only \$10.00. Please help defray the cost of publishing by supporting **YOUR** Chapter. Thank you!

I wish to make the following donation to the Newsletter Booster Program:

Name _____

Newsletter Address _____

Booster City _____ State _____ Zip _____

Program Amount of donation \$ _____

Send all remittance payable to:

PVA North Central Chapter, 209 N. Garfield Ave., Sioux Falls, SD 57104

PVA NORTH CENTRAL CHAPTER, ADVOCACY/LEGISLATION-TERRY PAULSEN

CONGRESS APPROVES VA COLA BILL

On May 22, Congress passed S. 777, the Veterans' Compensation Cost-of-Living Adjustment (COLA) Act of 2023, which requires VA to increase rates for disability compensation, additional compensation for dependents, the clothing allowance for certain disabled veterans, and dependency and indemnity compensation (DIC) for surviving spouses and children. It directs VA to increase payment amounts for these benefits by the same percentage as the cost-of-living increase in benefits for Social Security recipients, which will be effective on December 1, 2023. The annual Social Security COLA is dictated by the Consumer Price Index (CPI), which measures the rate of inflation in the U.S. The figure used to determine next year's COLA is expected to be announced in mid-to-late October.

See Your 2023 VA Disability Pay Rates

The following tables show the monthly 2023 VA disability rates for veterans with a rating 10% or higher. These amounts are effective Dec. 1, 2022. They are tax-free.

VA disability payments are made to veterans who got sick or injured while serving in the military and to veterans whose service made an existing condition worse.

You may qualify for VA disability benefits for physical conditions (like a chronic illness or injury) and mental health conditions (like PTSD) that developed before, during, or after service.

An annual payment increase is tied to an increase to social security payments by the U.S. government known as a cost of living adjustment (COLA).

10 - 20% Disability

Percentage	Rate
10%	\$165.92
20%	\$327.99

30 - 60% Disability

Dependent Status	30%	40%	50%	60%
Veteran Alone	\$508.05	\$731.86	\$1,041.82	\$1,319.65
Veteran with Spouse	\$568.05	\$811.86	\$1,141.82	\$1,440.65
Veteran with Spouse and Child	\$612.05	\$870.86	\$1,215.82	\$1,528.65
Veteran with Child	\$548.05	\$785.86	\$1,108.82	\$1,400.65
Each Additional Child Under 18	\$30.00	\$40.00	\$50.00	\$60.00
Each Additional Schoolchild Over Age 18	\$97.00	\$129.00	\$162.00	\$194.00
Additional for Disabled spouse	\$56.00	\$74.00	\$93.00	\$111.00

PVA NORTH CENTRAL CHAPTER, ADVOCACY/LEGISLATION-TERRY PAULSEN

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70 - 100% Disability

Dependent Status	70%	80%	90%	100%
Veteran Alone	\$1,663.06	\$1,933.15	\$2,172.39	\$3,621.95
Veteran with Spouse	\$1,804.06	\$2,094.15	\$2,353.39	\$3,823.89
Veteran with Spouse and Child	\$1,907.06	\$2,212.15	\$2,486.39	\$3,971.78
Veteran with Child	\$1,757.06	\$2,041.15	\$2,293.39	\$3,757.00
Each Additional Child Under 18	\$70.00	\$80.00	\$90.00	\$100.34
Each Additional Schoolchild Over 18	\$226.00	\$259.00	\$291.00	\$324.12
Additional for A/A spouse	\$130.00	\$148.00	\$167.00	\$185.21

30 - 60% Disability (With Dependent Parents)

Dependent Status	30%	40%	50%	60%
Veteran with One Parent	\$556.05	\$795.86	\$1,122.82	\$1,416.65
Veteran with Two Parents	\$604.05	\$859.86	\$1,203.82	\$1,513.65
Veteran with One Parent and Child	\$596.05	\$849.86	\$1,189.82	\$1,497.65
Veteran with Two Parents and Child	\$644.05	\$913.86	\$1,270.82	\$1,594.65
Veteran with Spouse, One Parent and Child	\$660.05	\$934.86	\$1,296.82	\$1,625.65
Veteran with Spouse, Two Parents and Child	\$708.05	\$996.86	\$1,377.82	\$1,722.65

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PVA NORTH CENTRAL CHAPTER

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70 - 100% Disability (With Dependent Parents)

Dependent Status	70%	80%	90%	100%
Veteran with One	\$1,776.06	\$2,062.15	\$2,317.39	\$3,784.02
Veteran with Two	\$1,889.06	\$2,191.15	\$2,462.39	\$3,946.09
Veteran with One	\$1,870.06	\$2,170.15	\$2,438.39	\$3,919.07
Veteran with Two	\$1,983.06	\$2,299.15	\$2,583.39	\$4,081.14
Veteran with Spouse, One Par-	\$2,020.06	\$2,341.15	\$2,631.39	\$4,133.85
Veteran with Spouse, Two Par-	\$2,133.06	\$2,470.15	\$2,776.39	\$4,295.92

Increased Disability Payments For Veterans With Dependents

Veterans entitled to compensation who have a disability rated at 30% or more are entitled to additional compensation for dependents. Dependent children between the ages of 18 and 23 must be attending school and a dependent for tax purposes.

Parents may be considered dependents if the veteran provides more than 50% of their support. Veterans with a disabled spouse may also be eligible for increased benefits. Check with the VA for details.

There is also a [Dependency & Indemnity Compensation](#) benefit for survivors of some disabled veterans.



PVA NORTH CENTRAL CHAPTER

Fall River Hot Air Balloon Festival



Hot Springs in the southern Black Hills, will serve as the backdrop for the Fall River Hot Air Balloon Festival August 25-27. Balloon launches are scheduled for both Saturday and Sunday, about 6 a.m., from the Hot Springs Municipal Airport.

On Friday, there will be a magical show, farmers market, vendors, and a concert. Saturday will see 30 balloons launch from the airport. In addition, there will be activities throughout downtown Hot Springs, including an Art Walk & Chalk, a free Kid Zone and vendors in Centennial Park, walk-in balloon at The Mammoth Site, Balloon Fest Volksmarch, live music, sidewalk sales, and special events and discounts at local businesses. As the night casts its magical veil, the sky comes alive with an ethereal glow during the captivating "Glow around Town" event. Witness the dazzling luminosity of the balloons at The Mammoth Site, Centennial Park, Butler Park, and the Michael J. Fitzmaurice State Veterans Home. Admissions to this event is free. Balloon rides are available to purchase in advance. For more information about this event visit their website at: <https://www.fallriverballoonfest.com/>.

VA Programs to Support Veterans Who are Lonely

Everyone experiences loneliness. For many, especially our most vulnerable, this loneliness can become chronic. Your age, gender, race and socioeconomic background does not matter. Even those with strong social support networks can still experience loneliness. VA neurologist Dr. Indira Subramanian says a happily married couple "... can be lonely together." That's because loneliness is subjective. It is not a character flaw. It's the gap between your current state of connection and your desired state. Many of our veterans feel a loss of connection soon after discharge or during the latter stages of life when many of their family and friends have moved or passed away.

Loneliness has been identified by doctors, nurses and social workers for decades. Many veterans do not receive regular visitors or phone calls. These veterans are more likely to visit emergency departments.

They are more likely to phone crisis lines. And they are more likely to develop clinical conditions such as depression, anxiety and suicidal ideations. Some develop substance abuse issues. The VA has recognized the issue of loneliness and offers an array of programs to support veterans who may be struggling with it. Programs include pet therapy, music therapy and group therapy. In some areas, veterans with caregivers can request weekly visitation by a trained volunteer. This has the added benefit of providing regular respite for the caregiver. Since the pandemic, a new virtual social prescribing program has resonated with veterans and volunteers alike. It's called Compassionate Contact Corps. This program highlights the power of genuine human connection in combating loneliness and improving mental health outcomes. Compassionate Contact Corps is a non-clinical program. A trained volunteer, preferably from the community, is matched with a veteran that has been identified by their clinician as potentially benefiting from additional social connection. The volunteer phones the veteran weekly, usually for 15–60 minutes of meaningful conversation. It has become a signature program of American Red Cross and Soldier's Angels, and there is significant participation from other veteran service organizations helping to combat this issue. If you would like to help the VA support some of our most vulnerable veterans by volunteering for Compassionate Contact Corps or any of our other amazing volunteer opportunities, please go to VA's volunteer webpage to learn more

Save the Date

PVA North Central Chapter

Trapshoot

September 8-10, 2023

Crooks Gun Club

Sept. 11th-Doug Brown Pheasant Hunt

PVA NORTH CENTRAL CHAPTER

From the Office of Brad Friez

National Service Officer

As we approach the Fourth of July holiday I wanted to acknowledge and celebrate that our country has been around officially for 247 years.

From what I have been taught in school over the years from my education in South Dakota the founding fathers sacrificed mightily in breaking away from England.

Of those fifty-six men who signed the Declaration of Independence five were captured by the British as traitors and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons in the revolutionary war, another had two sons captured. Nine of the fifty-six fought and died from wounds or hardships of the revolutionary war.

One wealthy trader saw his ships swept from the seas by the British and died in rags. Another served in Congress without pay and was so hounded by the British that he moved his family constantly. He also died a poor man. One had his home and property destroyed and his wife was jailed and she died a few months later. One signer was driven from his wife's bedside as she lay dying and his thirteen children fled for their lives. For over a year he lived in forests and caves and when he did manage to return home he found that his wife had indeed died and his children vanished. A few weeks later he died from exhaustion and a broken heart. One wealthy plantation owner's house had been taken over by British General Cornwallis at the battle of Yorktown. He requested that General Washington open fire on his own home. The result of which was that his home was destroyed and this signer died bankrupt.

Forty-eight of the fifty-six men who signed the Declaration of Independence were born in the colonies. Eight signers were originally from Europe; one from Northern Ireland, two from Ireland, two from England, two from Scotland, and one from Wales. The oldest signer was Benjamin Franklin at the age of 70 and the youngest was Edward Rutledge who signed at the age of 26.

The signers' mutual pledge to themselves was to sacrifice their lives, their fortunes, and sacred honor for the cause of independence. This pledge reflects the serious tone of their dedication to that cause and to the people of the new nation. Perhaps we have all heard of an almost supernatural protection of General Washington and our Continental Army in their fight against England.

I so appreciate the sacrifices our founding fathers gave towards the forming of our nation and for all of those Veterans who ever since then have fought for our country. In spite of our many faults and problems we are still the greatest nation on Earth.

Some of our current Veterans suffer from PTSD because of their military service. If you are aware of a Veteran with PTSD encourage them as we celebrate our nation's founding this Fourth of July. Many are not able to attend fireworks displays.

A few updates for the good of the cause. The prosthetics department is encouraging all Veterans' applications for their annual clothing allowance to be turned in around the middle of July as there is an update to the process occurring on August first so they want to ensure all local Veterans' applications are in the pipeline in advance of that update. We will shortly be sending those off for your signature. Also, on January 5, 2023 President Biden signed the new Auto Grant legislation into law. This now allows an eligible Veteran to receive the Auto Grant every ten years. Previously, this benefit was only once in a lifetime. If you had questions about your eligibility for another Auto Grant please check with our office. Lastly, I will be on vacation from June 29 until July 11 and for emergencies during that time frame please reach out to our Wichita, KS PVA Service Office at (316) 688-6810.

CFC Campaign

If you are a federal government employee or your employer offers a charitable giving campaign through United Way, you can help us to continue our programs and services we offer to our members, veterans and other individual with disabilities.

CONTRIBUTION CODE: 54682



PVA NORTH CENTRAL CHAPTER

Veterans can now Access their Disability Benefit Decision Online

Veterans can now access their disability benefit claim decision notice letters electronically on VA.gov, empowering them to quickly and easily see their disability decisions. Before this option was available, veterans had to wait for a paper copy of their decision notice to be mailed to them.

While previous iterations of VA.gov allowed veterans to access benefits summary letters, they could not access the full copy of these decision notification letters from their electronic claims folders. This service became available to veterans on VA.gov on Jan. 17th.

Since launching, nearly 280,000 decision notice letters have been downloaded. The new electronic option is also expected to reduce calls to the National Call Centers, freeing up call center respondents to answer other questions and requests from veterans and their families.

Types of claims and appeals that can be tracked with this tool are:

- Disability compensation (including claims based on special needs like an automobile or clothing allowance)
- Veterans or survivors pension benefits
- Special monthly compensation (such as Aid and Attendance)
- Dependency and Indemnity Compensation (DIC)
- Burial allowance to help pay for a veteran's burial and funeral expenses.

Veterans can also use this tool to check the status of a claim or appeal for other benefits like:

- VA health care
- GI Bill or other education benefits
- Veteran Readiness and Employment (VR&E)
- A home loan Certificate of Eligibility (COE)
- A Specially Adapted Housing (SAH) or Special Housing Adaptation (SHA) grant
- Life insurance
- A pre-need determination of eligibility to be buried in a VA national cemetery.

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To use this tool, you'll need to have one of these free accounts:

- A verified Login.gov account, or
- A verified ID.me account, or
- A premium DS Logon account (used for eBenefits and milConnect), or
- A premium My HealtheVet account.

To access their decision letters, veterans can log in to VA.gov and check the status of their claim. For more details, visit [Check Your VA Claim Or Appeal Status | Veterans Affairs](#).

Helpline Center Offers New Survivor of Suicide Loss Website

The Helpline Center has offered support to those bereaved by suicide loss since 1999 and now, thanks to funds raised through The 437 Project, they are able to expand how they can meet individuals in their grief.

We're happy to announce that they have also launched a new website designed with the goal of providing hope and help to even more suicide loss survivors. There are many new features on the site and we encourage you to take a look and help us spread the word!

[Healing After a Suicide Loss](#) booklet, [In Remembrance](#) page, [Resource Library](#)

In addition to the website and resources, they will begin offering a virtual support group online on the third Wednesday of each month via Zoom. They truly want to support individuals across South Dakota and are hopeful these new opportunities will provide just that. To learn more about their survivor resources or their virtual support group, please email griefsupport@helplinecenter.org.



MS Walk-Fargo, ND

Executive Director Lisa Cummings and PVA NSO Brad Friez attended the MS Walk in Fargo, ND on May 20th.

PVA NORTH CENTRAL CHAPTER

VA Aid and Attendance benefits and Housebound allowance

VA Aid and Attendance or Housebound benefits provide monthly payments added to the amount of a monthly VA pension for qualified Veterans and survivors. If you need help with daily activities, or you're housebound, find out if you qualify.

VA Aid and Attendance eligibility

You may be eligible for this benefit if you get a VA pension and you meet at least one of these requirements.

At least one of these must be true:

You need another person to help you perform daily activities, like bathing, feeding, and dressing, or

You have to stay in bed—or spend a large portion of the day in bed—because of illness, or

You are a patient in a nursing home due to the loss of mental or physical abilities related to a disability, or

Your eyesight is limited (even with glasses or contact lenses you have only 5/200 or less in both eyes; or concentric contraction of the visual field to 5 degrees or less)

Housebound benefits eligibility

You may be eligible for this benefit if you get a VA pension and you spend most of your time in your home because of a permanent disability (a disability that doesn't go away).

Note: You can't get Aid and Attendance benefits and Housebound benefits at the same time.

You can apply for VA Aid and Attendance or Housebound benefits in one of these ways:

Send a completed VA form to your pension management center (PMC)

Fill out VA Form 21-2680 (Examination for Housebound Status or Permanent Need for Regular Aid and Attendance) and mail it to the PMC for your state. You can have your doctor fill out the examination information section.

Get VA Form 21-2680 to download
Find your PMC

You can also include with your VA form:

Other evidence, like a doctor's report, that shows you need Aid and Attendance or Housebound care

Details about what you normally do during the day and how you get to places

Details that help show what kind of illness, injury, or mental or physical disability affects your ability to do things, like take a bath, on your own

Learn about the evidence you'll need to support your claim

If you're in a nursing home, you'll also need to fill out a Request for Nursing Home Information in Connection with Claim for Aid and Attendance (VA Form 21-0779). Get VA Form 21-0779 to download.

Apply in person

You can bring your information to a VA regional office near you.

How long does it take VA to make a decision?

It depends. We process claims in the order we receive them, unless a claim requires priority processing.

Interested in becoming a PVA MS Mentor? We Need You

As a Veteran with MS, you are in a unique position to help those who've recently been diagnosed with MS, and who are still coming to terms and adjusting to life post-diagnosis. PVA's MS Peer Mentor program hopes to bring Veteran role models and peers together to help newly diagnosed Veterans cope and thrive with a diagnosis of MS. No one understands what it is like to live with MS better than another Veteran with MS. Through the Christopher Reeve Foundation, PVA is providing education on being a Peer Mentor through an accredited online training program, which is recognized by the VA. If you are interested in becoming a Peer Mentor, please reach out to Hack Albertson at HALbertson@pva.org.

FOR SALE

Cheryl Bixby notified the chapter office and wanted to offer a custom mechanical lift and custom wheel chair for sale at a discounted price. Cheryl stated that each piece of equipment sells for \$2000 per piece. The mechanical lift (Invacare Reliant 350) with extra battery has 2 slings adaptable for someone that can stand or for those that cannot. The custom wheel chair has only been used a couple of times and comes with a headrest. Cheryl stated that she is asking \$500.00 for each of the equipment listed above. If interested please reach out to Cheryl at (605) 215-7157.

PVA NORTH CENTRAL CHAPTER**PVA North Central Chapter****Birthday Roster - June/July 2023**

Chuck Doom	June 01
Alan Hughart	June 01
Eileen White	June 03
Raymond Durband	June 06
Brian Nelson	June 06
Kelly Eszlinger	June 10
Eugene Murphy	June 10
Joseph Snyder	June 10
Fidell Wadsworth	June 11
Cameron Hoverson	June 12
Jon Albers	June 13
Duane Biesboer	June 15
William Deknikker	June 15
Dennis Elfring	June 15
John Myers	June 15
Dean Wilson	June 19
Steve Anderson	June 20
Steve Wagner	June 20
Tony Metzinger	June 21
David Wren	June 21
James Arneson	June 24
Kerry Parker	June 27
Stephen Bruggeman	July 01
Brian Wallin	July 01
Gregory Brandner	July 08
Daniel Stapleton	July 21
Lisa Cummings	July 27
Arlind Williams	July 30

**South Dakota Veterans Council**

*The SD Veterans Council will hold their meeting
on **Wednesday, July 19, 2023***

Rosalies

Sisseton, SD, 11:00 a.m.

You are welcome to attend!

988 Suicide Crisis Line

On July 16, 2022, 988 became the national three-digit phone number for all mental health, substance use, and suicide crises. 988 will be routed to South Dakota's only National Suicide Prevention Lifeline center, **The Helpline Center**, transitioning from the current Lifeline number, 1-800-273-8255. 988 will offer rapid access to behavioral health support through connection with trained crisis specialists.

How will 988 differ from 211? 211 is a non-emergency number for finding community resources, such as food banks and shelters. 911 is currently used for all emergencies, including mental health emergencies. 988 will be a mental health crisis number, and calls will be handled by National Suicide Prevention Lifeline counselors.

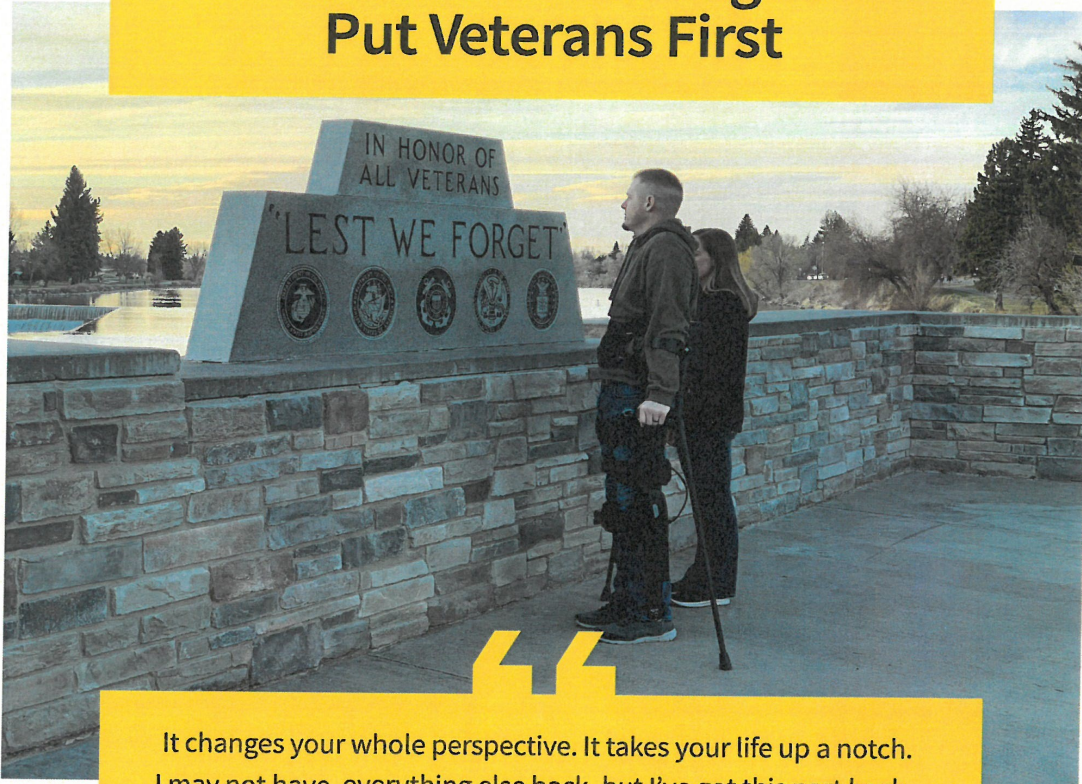
When should you call 988? Anyone in need of crisis support for themselves or someone else should call 988 which started on July 16th. 988 is an opportunity to transform our country's behavioral health crisis system to respond to anyone in need.

Is 1-800-273-8255 going away? No. Moving to 988 does not mean the 800 number goes away. Dialing either number will get people to the same services, no matter which number they use. In the end, 988 is an easier-to-remember way for all Americans to access a strengthened and expanded network of crisis call centers.

For more information about 988, click on: <https://sdsuicideprevention.org/988-2/>.

PVA NORTH CENTRAL CHAPTER

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PVA NORTH CENTRAL CHAPTER



Are you a Veteran in crisis?
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**Veterans
Crisis Line**
DIAL 988 then PRESS 1

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Paralyzed Veterans of America North Central Chapter relies solely on private donations and receives NO government funding! Your contribution is 100% tax deductible, as we are a 501(c) (3) corporation. Support by individual donors and businesses enable us to make our services FREE to members.

Please support our mission through a direct donation to:

PVA North Central Chapter
209 North Garfield Avenue,
Sioux Falls, SD 57104



Car Sunshades for Sale

Proceeds will benefit the Chapter's programs and services!

Contact the Chapter Ofc
(605) 336-0494

QUESTION:
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For Admissions information, please contact Lisa Woepffel at 605-745-5127 Ext 1500115



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Please donate that Auto, Boat, Yacht, Truck or RV that's no longer needed to NCPVA! Receive the maximum legal tax deductions and possibly a partial cash payment.

For more information about car, boat, RV and other property donations or to receive a "no obligation" evaluation of your potential vehicle or other property donation, please call toll free: (866) 2-GIVING or (866) 244-8464.

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ATTENTION VOLUNTEERS

BE SURE TO LOOK FOR YOUR
VOLUNTEER NUMBER OR VAWS
VOLUNTEER NAME SOMEWHERE
IN THIS NEWSLETTER AND CON-
TACT THE CHAPTER OFFICE IF
YOUR NAME OR NUMBER IS
LISTED.

CHUCK DOOM
VOLUNTEER PROGRAM
COORDINATOR

DISABLED AMERICAN VETERANS

1519 W. 51st Street, Sioux Falls, SD 57105

(605) 332-6866 / Fax: (605) 338-5489

National Service Office: (605) 333-6896 NSO Email: www.dav.vbasux@va.gov

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Paralyzed Veterans of America
North Central Chapter
209 N. Garfield Ave
Sioux Falls, SD 57104

ADDRESS SERVICE REQUESTED

VA Health Care Systems Contact Information

Sioux Falls VA Health Care System

2501 West 22nd Street
Sioux Falls, SD 57105
Phone: (605) 336-3230 or (800) 316-8387
Fax: (605) 333-6878

VA Black Hills Health Care System - Fort Meade Campus

113 Comanche Road
Fort Meade, SD 57741
Phone: (605) 347-2511 or (800) 743-1070
Fax: (605) 720-7171

VA Black Hills Health Care System

500 North 5th Street
Hot Springs, SD 57747
Phone: 605-745-2000
Fax: 605-745-2091

Minneapolis VA Health Care System

One Veterans Drive
Minneapolis, MN 55417
Phone: (612) 725-2000 or 866-414-5058
Fax: (612) 725-2049

Fargo VA Health Care System

2101 Elm Street
Fargo, ND 58102
Phone: (701)232-3241
Fax: (701)239-3705

VA Montana Health Care System

1892 Williams Street
Fort Harrison, MT 59636
Phone: (406) 442-6410
Fax: (406) 447-7916

Cheyenne VA Health Care System

2360 E. Pershing Blvd.
Cheyenne, WY 82001
Phone: (307)778-7550
Fax: (307) 778-7336

Sheridan VA Health Care System

1898 Fort Road
Sheridan, WY 82801
Phone: (307) 672-3473 or (866) 822-6714
Fax: (307) 672-1900

The PVA North Central Chapter proudly serves the states of North Dakota, South Dakota, Southwest Minnesota, and portions of Montana and Wyoming.