



WINTER/23

# MOUNTAIN STATES CHAPTER ANNUAL REPORT / NEWSLETTER



# FY' 22 OFFICERS & BOARD OF DIRECTORS

## EXECUTIVE COMMITTEE

IZZY ABBASS – PRESIDENT  
ERIC ALLEN – VICE PRESIDENT  
DARRON DUNSON – TREASURER  
LISA VERSE – SECRETARY  
IZZY ABBASS – NATIONAL DIRECTOR

## BOARD MEMBERS AT-LARGE

CAYETANO DE GUZMAN  
RICHARD GUERRERO  
DAN SPOTTS  
ANDREW LEWIS

## **MSCPVA ADMINISTRATIVE STAFF**

LAURA GIBSON – EXECUTIVE DIRECTOR  
MCKAYLAH SCHOEL

## **PVA NATIONAL SERVICE OFFICERS**

MARCO ROSSI – SENIOR NSO - COLORADO & WYOMING  
JONI LAWAL – SENIOR NSO - COLORADO & WYOMING  
MICHAEL KILLEN – SENIOR NSO - MONTANA & UTAH

## **UVC REPRESENTATIVE**

RICHARD GUERRERO

## **MONTANA VAVS REPRESENTATIVE**

DANIEL KOEHL

## **NEW MEXICO REPRESENTATIVE**

LISA VERES

## **WYOMING VAVS REPRESENTATIVE**

## **CHAPTER ADMINISTRATIVE OFFICE**

**WEBSITE: [WWW.MSCPVA.ORG](http://WWW.MSCPVA.ORG)**

**12200 E. ILIFF AVENUE, SUITE 107 AURORA, CO 80014-5376**

**TOLL FREE: 800.833.9400 PHONE: 303.597.0038 FAX: 303.597.0039 E-MAIL: [INFO@MSCPVA.ORG](mailto:INFO@MSCPVA.ORG)**



## PRESIDENT AND NATIONAL DIRECTOR'S REPORT



### Mountain States Chapter – 2023 Summary

It's been a very successful year for the Mountain States chapter, and we continue to build on the solid foundation we have been working to establish since going on two successive monitoring suspensions imposed by PVA National. A testament to this has been our earning the Most Outstanding Chapter Award for 2022 following our selection as the Most Improved Chapter in 2021. These awards reflect the hard work of our members, our auxiliary, our board, and of course our paid staff. A summary of our accomplishments for 2023 includes:

- We've increased our membership by more than 10% and we now have 535 members across the chapter. Our biggest growth area has been in attracting Veterans with Multiple Sclerosis following the passage of the resolution at National which made all honorably discharged Veterans eligible to join PVA. Our chapter was instrumental in passing this resolution and since its passage, we have supported the PVA's presence at the National Consortium of Multiple Sclerosis Centers in May of 2023.
- We have greatly strengthened our financial health by adding a second bingo operation on Thursdays in Aurora Colorado to augment our existing operation in Colorado Springs which is allowing us to put more into investments rather than withdrawing funds from our investment accounts.
- We continue to support the Rocky Mountain VA's SCI-D clinic by presenting over \$40,000 in scholarships to clinicians at the clinic, and we supported and sponsored the first-of-its-kind, Hub and Spoke meeting in February which brought clinicians from other states where the VA has a presence in our VISN.
- We purchased Blood Flow Restriction therapy equipment for use in the SCI-D clinic which is a proven novel therapy to increase strength and conditioning for Veterans with Multiple Sclerosis.
- Finally, we continue to build chapter leadership through the election of new officers to help us continue the upward trajectory we have focused on for the past three years.

Finally, rather than keeping chapter leadership in the same roles for way too long, we have been cultivating our successors to assume the next position so that our chapter continues to innovate. We now have new MS leads for the chapter and we have set the groundwork for our chapter to host the first chapter-level Women Veterans Empowerment Retreats in the Fall of 2023. It is also for this need to continue our innovation that I am stepping down as President and turning the chapter over to our Vice President, Eric Allen. Eric has been shadowing me over the past 6 months and he has attended several National events so that he understands the larger efforts of PVA.

It has been an amazing few years, as President and I'm very happy to say, that our Chapter is in a much stronger position financially with more members and a larger core leadership cadre than it was when I first assumed the Presidency.

President and National Director  
Mountain States Chapter  
M: 303-522-3943  
E: [izzy@mscpva.org](mailto:izzy@mscpva.org)  
CO-MT-NM-UT-WY  
12200 E Iliff Ave. Suite 207  
Aurora, CO 80014



# NEW PRESIDENT ERIC ALLEN



I sat down to write this letter to you all several times over the course of a week. I was looking for a time when my Multiple Sclerosis and eye pain would cooperate and joyous festive words would flow. That time never materialized, I found these words during an afternoon I hope to never relive but I almost certainly will.

With any disability we must fight our way through grief. For me the holiday seasons seem the worst. My eyes were burned in the Army decades ago. While shopping for Christmas Lights at Home Depot this weekend I found myself in a familiar situation. I was suddenly blinded, it felt like someone was putting a cigarette lighter against the surface of my right eye. Meanwhile a swarm of pissed off wasps were trying to sting their way out from behind it. The next thing I knew I was sitting on the floor while a herd of holiday shoppers pushed around me. The pain was horrific but that was not the scary thing. It's amazing how pain can be replaced by anxiety, fear and ANGER in the blink of an eye. Was this attack going to end? Will it last days, weeks, months? Where's the store exit? Will someone help me get home? Where did my wife go? What was she thinking walking off without me? I'm an idiot! To top it all off my Multiple Sclerosis symptoms went up by a factor of ten. I found myself in a very dark place (pun intended) struggling to cope with my situation. I started with a breath.

My wife soon arrived and we worked through the situation together. I was lucky the VA had given me a tool twelve months prior. We were able to start blocking the pain using my Iphone to send current from the battery implanted in my chest to 16 electrodes placed in my brain and face. As the pain subsided on the car ride home it was replaced by increased anxiety. Thoughts raced through my mind "I have too much that needs to get done, I don't have time to lay down and keep my eyes shut for days, I'm useless and the medications I should take will make me even more so".

As I spent the following days in bed with my eyes covered and iced, I grappled not only with the anxiety but the fear and anger as well. I used to thrive on all three allowing me to dig deeper and keep moving forward. But most of us use them improperly and in an unhealthy way allowing the anger to rear its ugly head in the face of the very people we love the most when we find ourselves in despair.

Why did I just tell you this long story? Because, I believe that everyone with the qualifications to belong to the Mountain States Chapter of the Paralyzed Veterans of America can relate in their own unique way. While this season can hold so much joy, it can also hold pain that is difficult to share. During every season, but especially this one, we must all remember to take care of ourselves, both mentally and physically. We have all answered the call and come to the aid of others, and now we cannot forget to care for ourselves. If you are ever in need of help please give me a call at 720-591-7096. Over the years, members of this chapter have come to my aid when I needed it and I'm here to pass it on. Let's keep the ball rolling!

It's four days later and my new Christmas lights are up (thanks to the help of others). I can't wait for my grandchildren to see them turn on while I watch their faces tomorrow.

Merry Christmas and Happy Holidays

Eric Allen  
President Mountain States Chapter of the Paralyzed Veterans of America  
[eric@mscpva.org](mailto:eric@mscpva.org)

(720) 591-7096

P.S. myself or another member of the chapter will be calling to check in with you early next year. Please answer the phone!



# CHAPTER PROGRAMS

Mt. States Chapter adheres to PVA national guidelines requiring member service in eight key program areas: *Administration, Advocacy, Communication, Fundraising, Liaison, Service, Membership, and Sports and Recreation*. These program responsibilities are facilitated in many ways to meet the needs of our membership. Although recommendations are provided from PVA national regarding these responsibilities, Mt. States Chapter, like the other 33 regional chapters, relies on the direction and coordination of its Board of Directors and internal administration to govern this activity.

---

## ADMINISTRATION

Our chapter headquarters is located in Aurora, Colorado. The Mountain States Chapter is serviced administratively by full-time staff, a Board of Directors, volunteer representatives, field service contacts and three PVA Senior National Service Officers. This cadre of individuals work together collectively and separately to ensure our membership receives the highest compliment of services we can financially provide. The administrative element of the Mt. States Chapter, which consists of the executive staff, is responsible for maintaining day-to-day chapter operations.

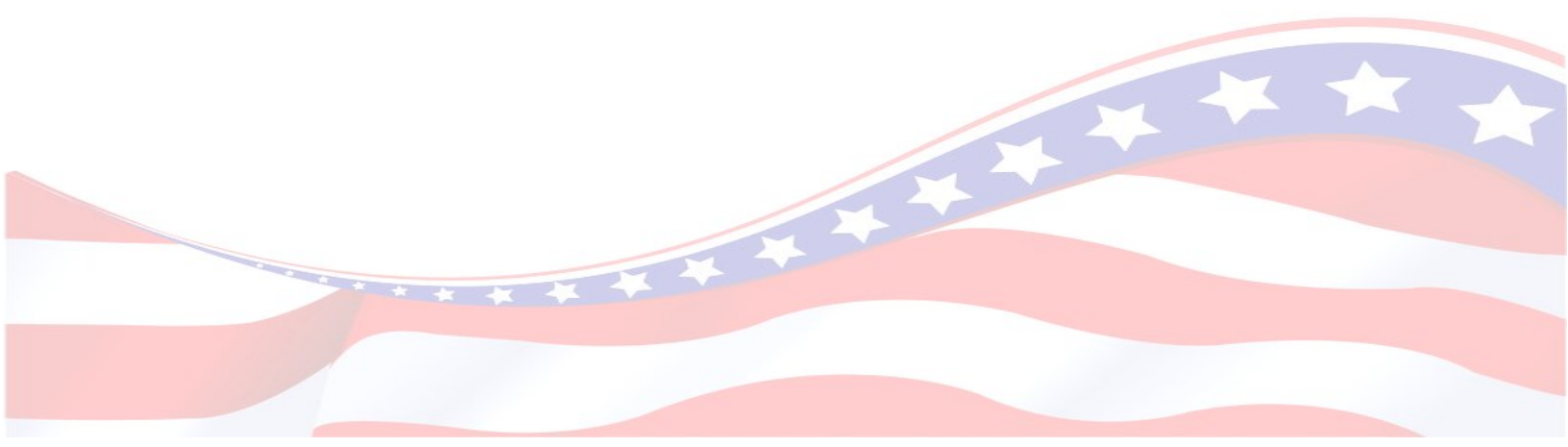
**We welcomed the President of the Board Izzy Abbass, back for another 2 years, plus a new Board. Laura Gibson finally hired an office manager Mckaylah Schoel and We are working hard keeping our finances in order plus running the Bingo programs and working closely with the SCI Unit at Rocky Mountain Regional Medical Center, Salt Lake City VA and the New Mexico VA.**

## ADVOCACY

The chapter's Advocacy Program is essential to ensure members, as well as those in the community, are represented at the local, state, and federal level. It is the role of the Board of Directors and staff to advocate for policies and laws which foster and strengthen the rights of those with SCI/D and those with disabilities in general.

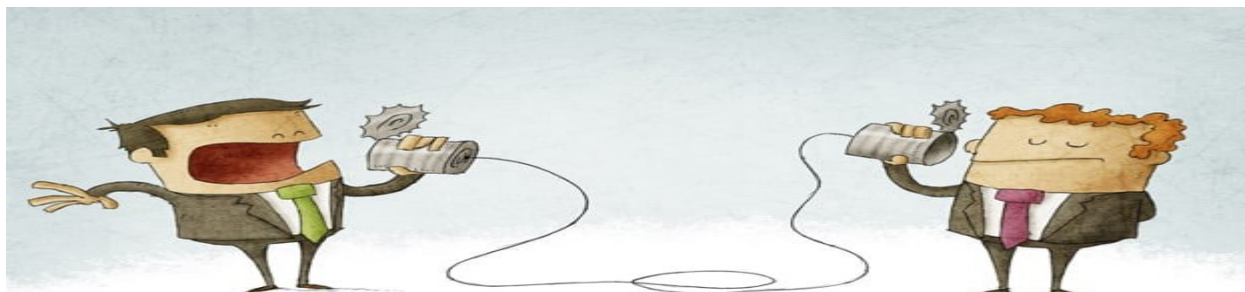
President and National Director Abbass stayed abreast of current affairs regarding the legislative bodies and the chapter. Mr. Richard Guerrero follows and remain involved with the United Veterans Committee of Colorado for the chapter. MSCPVA has 21 national legislative officials (Congressmen and Senators) in our 5 state region that MSCPVA must keep informed regarding veterans related activities. We attend a Government Relation Seminar in Washington DC and meet with our federal representatives on a myriad of issues, including veteran's Air travel and Caregiver Act. In 2023, with Covid still lingering MSCPVA only sent 1 volunteer representative 4 attended Zoom meeting with our 21 Congressional.

MSCPVA also remains vigilant to ensure that the new Rocky Mountain Regional VA Medical Center remains on track and that the current Denver VA hospital continues to service our members appropriately. The Chapter has capitalize on a partnership between the VA in new ways. We have a strong bond with VA and it's staff and with the regional Representatives in all five states.



## COMMUNICATIONS

In FY'22, the Mountain States Chapter published quarterly editions of *The Mountain States News* to keep our members, volunteers, donors and chapter Auxiliary members up to date on veterans affairs. *The Mountain States News* has become a major resource for veterans and people with disabilities throughout the Rocky Mountain region. In 2022, MSCPVA distributed more than 2300 newsletters to members, volunteers, interested parties and our donors. We also send out Social e-mail blast for current events that are happening in areas of the Mountain States Region.



[WWW.MSCPVA.ORG](http://WWW.MSCPVA.ORG) our website remains a valuable communication vehicle to our multi-state membership and with the regional disabled community. The website provides the disability community information about upcoming events, veteran service links, shopping access, savings opportunities, educational resources, and quick links to PVA National's website. Our website remains a dynamic resource to our constituent base.

The Chapter ensures that it provides consistent and concise reporting of major events and activities to local and regional media through press releases, public service announcements and by establishing relationships with various news editors, correspondents, journalists and reporters. Through these various mediums, communication with the press is consistent. The Mountain States Chapter welcomes articles, photos, editorial contributions from members, advertisements from sponsors and submissions regarding current events. In order to increase public relations with media, MSCPVA recently developed a Media Kit that is available to all who have questions regarding the work of MSCPVA and PVA national.

## FUNDRAISING



MSCPVA is an IRS 501(c)(3) non-profit, charitable organization and is registered as an official charity in each of the four states within our region— Colorado, Montana, Utah, New Mexico and Wyoming. **MSCPVA receives no federal funding or federal grant support.** Corporate sponsors, foundation grants, families and individuals who contribute to MSCPVA make our mission possible. All of MSCPVA's fundraising efforts are conducted in accordance with state and federal solicitation guidelines in the four states we represent. We meet the stringent standards of the Better Business Bureau Wise Giving Alliance.

Thank you to all our great sponsors in 2023. Changes in the regional economy have created higher demands on our community based sponsors, family and corporate foundations. In light of this, MSCPVA actively submits grant applications for funding consideration with a focus on organizations whose mission closely matches our own. We send only two direct appeals to existing chapter donors each year - Memorial Day and Veterans Day. We continue our partnership with Action Donations to process the donations of vehicles of all types. Our Bingo fundraiser continues to grow, now going on our 13th year. . MSCPVA will accept donations, endowments, bequests, stock transfers and other planned giving donations. If you wish to consider creating a Living Trust, Charitable Remainder Trust or other living will, contact the chapter office for details.

## LIAISON & SERVICE

### Chapter Coordination with the VA ECHS

The Mountain States Chapter has been a very active participant in strengthen our relationship with the SCI-D leadership and staff as well as cultivating a strong relationship with Mr. Michael Kilmer, the Director of the ECHS System.

The Chapter still provide monthly lunches to the staff who are providing great service to our members utilizing the SCI Clinic. The Chapter provided an ice cream Social for the SCI/D unit staff and inpatients for the 4th of July, and Veterans Day. 600 gift bags for Thanksgiving and Christmas for all inpatients in 2022. We added lots of beauty to the courtyard with flowers and herbs for the inpatients to maintain and enjoy. The Chapter continuously furnishes all items for the “day room” of the SCI unit to include various board games, paints, craft items and a slew of puzzles. We update the day room every few months to keep it up to date with new items to keep our Veterans active.

The Chapter continue to sponsor a Christmas event at Fitsimmons VA Retirement Center



Finally, the chapter launched an outreach that has been to creation a scholarship fund. The Mountain States SCI Scholarship Fund was established to provide financial support of SCI Staff for continuing education and additional certifications. Our first scholarship was a grant to a CNA who wished to get certification in Wound Care Management. In the passed 18 months we have award 24 scholarships. This scholarship is available to any staff member in the SCI clinic looking to further their skills/education in supporting the clinic's patients and provides up to \$1,000 per individual per year.



To further our focus on SCI/D care, MSCPVA began an endowment with the University of Colorado, School of Nursing in 1997 to ensure training and commitment to health care in the field of spinal cord injury treatment. This endowment ensures that practitioners and students will receive specialized training in spinal cord injury and neurological dysfunction.

Moreover,

MSCPVA's continued investment shows our willingness to maintain a long-term program geared towards the education and treatment of paralysis so nurses and physical therapy students are appropriately trained in the specialized area associated with our disabilities. This ensures that our members treated by those trained in this specialized field receive the best care possible. This is an investment in the future health and treatment of our members and others with spinal cord injury or disease. There were 6 recipients in 2023 who received a scholarship to help with their education in the Medical field.



# A YEAR IN PICTURES

7/1/2022 - 06/30/2023



Montana

4th Food Truck Feed



Taking members to the zoo.

Community Living center at the Wynn & Wyoming

## SERVICE

### NATIONAL SERVICE OFFICE

Our National Service office, located at the Denver VA Regional Office in Lakewood, Colorado maintains outreach efforts for veterans who have sustained spinal cord injuries and/or diseases, through contacts at VA medical centers and local hospitals.

Our Service Officers' provide direct services by assisting veterans with claims and survivors' benefits, including compensation, pension, education, loan guarantees, automobile adaptation grants, specifically adapted housing grants, prosthetics and medical care.

MSCPVA has PVA National Service Officers (NSOs) as follows: Marco Rossi and Joni Lawal cover Colorado and Wyoming. Michael Killen and Daniel Stewart are based in Seattle, Washington and cover Montana. For the state of Utah, is Covered by Senior NSO, Mr. Jason McDonald who is out of Reno, NV.

**In FY '23, the Denver National Service Office made contact with over 4422, veterans, with 425 of these contacts resulting in claims filed to VA. Total grant benefits in the amount of \$ 3,988,005. 00**

### MSCPVA AUXILIARY

The MSCPVA Auxiliary assists the chapter with meeting the mission of the organization. The mission of the Auxiliary is to support the membership of the chapter by promoting disability awareness and community outreach through fundraisers, donations and support to the chapter programs.

MSCPVA is only the 2nd chapter out of 33 chapters that has created such a program! To date, the Auxiliary consists of members from the Denver and Colorado Springs area. In 2023 the slowing of Covid the Auxiliary, to raise Awareness, funds and help with special projects for the Chapter.

The MSCPVA Auxiliary would like reach out to others within the five state region to broaden outreach and support to our members. We look forward to their continued volunteer support for our programs and members.

## REGIONAL SUPPORT

The Mt. States Chapter covers a five state region, which includes: Colorado, Montana, Wyoming, Utah and New Mexico However, the majority of our members reside in Colorado. For the non-central areas of our Chapter, we have field service contacts who communicate with and assist our fellow veterans. They also work diligently to coordinate our programs in these outlying areas. Our veterans at the medical center received visits during the holiday seasons. this has become an annual tradition. The veterans know that PVA cares about them. Our members appreciate our involvement very much. Members in Wyoming participated in several events in and throughout the state.

### COLORADO

Over 385 members of MSCPVA reside in Colorado, primarily in the two metropolitan areas of Denver and Colorado Springs.

### MONTANA

Montana has 20 members that reside scattered across the state and is serviced by Senior National Service Officers out of the Seattle, WA office

### UTAH

Utah has 25 members located in the Salt Lake Basin and are served by the Reno, NV National Service Office

### WYOMING

Wyoming has 18 members that reside in or about Cheyenne. They are serviced by the Denver Senior NSOs

### NEW MEXICO

New Mexico has 15 members that are in the Albuquerque region. They are service by the NM National Service Office.

### OUT LINING STATE

THERE IS ABOUT 81 IN OTHER STATES NOT IN THE MOUNTAIN STATES REGION.

## IN THE COMMUNIT

MSCPVA believes that community education is very importation and starting with our young children will make the biggest impact on how they help our Veterans.

Trinity Lutheran School, has raised over \$500.00 for our Female Veterans and their children and over a 1000 goodies bags for volunteer services at Rocky Mountain VA in Denver.

Way to go Trinity!!



## MEMBERSHIP

Serving our members is the cornerstone of MSCPVA's focus. The purpose of our Chapter is geared toward promoting membership involvement in our various programs. The Chapter's membership efforts are therefore concentrated on providing programs and services to our members.

MSCPVA has made it a priority to educate our members about the various benefits and services available to them. The Chapter is also a major community resource contact for our members. MSCPVA maintains direct communication with our National Headquarters and the PVA Regional Service Office.

The Chapter provides for three types of membership; Full Membership and Associate Membership. Mountain States Chapter has a total 501 full members and an additional 47 Associate Members.

### FULL MEMBERSHIP

Any veteran of the United States Armed Forces who has been discharged, other than dishonorably, and suffered paralysis caused by spinal cord injury and/or disease, is eligible for a free lifetime membership in PVA.

### ASSOCIATE MEMBERSHIP

This is for individuals who are interested in our programs and services. This membership category is offered for a nominal fee of \$100 for Lifetime Associate Membership. Associate Membership has allowed disabled persons and others to have greater direct involvement with PVA. From family members, health care professionals, and non-veterans who've sustained various physical limitations, or persons without disability, Lifetime Associate Membership offers others an opportunity to become actively involved in PVA programs and activities.

### HONORARY MEMBERSHIP

This is a category of membership provided at the discretion of the Chapter Board of Directors and is generally given to those who take an active interest in the affairs of disabled veterans and MSCPVA.

# Welcome

A special Welcome to the New Members of  
Mountain States Chapter

<b>Bradford Bolinder</b>	<b>Jake Simmons</b>	<b>Isele Haper</b>
<b>Gary Zachman</b>	<b>Cody McDuffie</b>	<b>Ismael Baca</b>
<b>John Kaminski</b>	<b>Erik Hetzler</b>	<b>Anne Moffatt</b>
<b>Thomas Cremeens</b>	<b>Daryl Brown</b>	<b>Thomas Ahern</b>
<b>Rex Terry</b>	<b>Anthony Kraus</b>	<b>Steven Roberts</b>
<b>Christian Kioberdanz</b>	<b>Patrick Ayers</b>	<b>Steven Katapski</b>
<b>Matix Morton</b>	<b>Anna Wiggers</b>	<b>Brendan Slye</b>
<b>Justin Quintane</b>	<b>Debra Rees</b>	<b>Max Delgado</b>
<b>Danny Daigle</b>	<b>Howard Fitch</b>	<b>Gordan Brewer</b>
<b>Taylor Dunlap</b>	<b>Daniel Strizek</b>	<b>James Torrez</b>
<b>Willard Minor</b>	<b>Larry Jones</b>	<b>Trevin Kistle</b>
<b>Richard Hayenloh</b>	<b>Donald Knott</b>	<b>Wayne Sechriest</b>
<b>John Hendersen</b>	<b>David Parshall</b>	
<b>Joseph Chandler</b>	<b>Michael Awmiller</b>	
<b>Brianna Brave-Heart</b>		

## IN MEMORY OF OUR MEMBERS



## THEY WILL NOT BE FORGOTTEN

In the fiscal year of 2023, to our deep regret, 12 members of MSCPVA passed away. We salute the following comrades for their service to our country and our Chapter. May they all rest in peace.

**Richard Finnin**  
**John McCarthy**  
**Michael Moore**  
**Larry Volberding**  
**Gary Kaylor**  
**Patrick Biernat**  
**Vern Jackson**  
**Michael Smith**  
**Edrick James**  
**Lisa Verse**

**James Souturas**  
**Richard Hoover**



## VOLUNTEERS

Every facet of the chapter relies on volunteers. Without dedicated volunteers many of our chapter programs simply would not exist. MSCPVA has a collaboration of **25** individuals that contribute to the success of our Chapter. Their service and dedication is a true asset to our organization. Each volunteer is to be commended for their time and contribution in serving our veterans in the Rocky Mountain Region.



## SPORTS & RECREATION

Through participation with various local organizations, disability service providers and local community based organizations, MSCPVA is able to coordinate and/or participate in the following programs:

**Archery - Wheelchair Basketball - Bowling - Alpine Skiing - Fishing - Handcycling - Hunting - River Rafting - Sled Hockey - Cards - Softball and Tennis - Diving and other activities.**

Financial support for these programs is essential. Without the generous contributions from external sources, these activities would be unavailable to our members and associate members.

It is with sincere gratitude that MSCPVA thanks our benefactors for their continuing support and generosity. Their contributions financially provide activities not only for PVA members but for disabled persons in our region.

### BOWLING LEAGUES

Several members participate in a weekly bowling league sponsored by MSCPVA in Colorado Springs and Aurora, Colorado.



## SPORTS & RECREATION

### Walk –N– Roll

**This is an annual event that is held in Colorado Spring at the Memorial Park. This is an event of walking and Rolling around the lake, and then continue with a BBQ Lunch, games, music and fellowship with Veterans in the Mountain States Chapter**



### 36TH NATIONAL VETERANS WHEELCHAIR GAMES



The National Veterans Wheelchair Games are presented each year by the Department of Veterans Affairs (VA) and the Paralyzed Veterans of America (PVA), are open to all U.S. military veterans who use wheelchairs for sports competition because of spinal cord injuries, amputations, certain neurological conditions or other mobility impairments. The National Veterans Wheelchair Games were held in Portland, Oregon in 2023.

We will see you in New Orleans for the 2024 games that will feature competition in a dynamic group of events. This week-long event is the largest wheelchair sports event in the country.



### DAV WINTER SPORTS CLINIC

**Celebrating its 37h year in 2023 the National Disabled Veterans Winter Sports Clinic has been a leader in helping Veterans with disabilities rehabilitate by introducing them to adaptive winter sports.**

**MSCPVA members attended the 37th DAV Winter Sports Clinic held in Snowmass, Colorado. The week was marked with skiing, snowmobiling, and winter festivities. Members in attendance were financially sponsored by MSCPVA.**



**PROUD AIR FORCE  
VETERAN**

## **Chapter Leaders Visit VA Nursing Home**

On December 11th, Laura Gibson, Eric Allen and Tom Wheaton visited the State Veterans Nursing Home at the Fitzsimons Campus in Aurora, CO. Laura had arranged 2024 MSCPVA Calendars which we gave to the Veterans who were bedridden and staff. Many of the residents who could walk or wheel to the day room were entertained by Fran Meyers, who graciously donated her time signing Christmas Carols and playing her violin.

We acknowledge that all of the residents were heroes, one was a WWII veteran, many shared of their experiences of so many decades ago and their excitement of the upcoming holidays. Some expressed sadness and loneliness of losing loved ones recently. One of my mentors from the 1990s is Marvin Meyers. Marv was quite instrumental in leading veteran and disability causes for many decades. As the President of the United Veterans Coalition of Colorado (UVC) he spearheaded the design and eventual construction of the Fitzsimons Veterans Nursing Home. Now at the ripe age of 93, he is one of the residents needing care and it was beyond a pleasure to see him and chat for a while. Marv also had a brief stint serving as the Executive Director of the Chapter over 20 years ago. Through his insistence, the Chapter submitted a resolution during the 2001 PVA Convention for PVA to nationally advocate for a VA SCI Center in Colorado. PVA's Board of Directors passed it unanimously! And, for the last four years that Center has provided vital care for our members.

To gain a sample of Marv and his dedication to ensure veterans have dignity, we encourage you to watch and listen to him narrate the following youtube link:

[https://youtu.be/OkaHa\\_c7Z6g](https://youtu.be/OkaHa_c7Z6g)

I assure you that taking the time to watch that video will inspire you during this winter season. We all have much to be grateful for.

Blessings,



# FIRST WOMEN'S CONFERENCE

On November 17 - 18 2023, the Mountain States Chapter hosted its first-ever Women Veterans Retreat. Five women, all members of the chapter, attended the retreat to gain knowledge of Paralyzed Veterans of America at both the national and chapter levels and what each can do for them, as well as what they can do for PVA.

The women were treated to sessions by Tammy Jones, PVA Vice-President, welcoming them to the retreat, discussed the efforts for women through the Anita Bloom Committee, and much more. An additional virtual session was conducted by Lisa Elijah, PVA National Grassroots Advocacy Manager, on Connecting the Dots to better understand government relations and how to advocate for both your rights and the priorities of the Paralyzed Veterans of America.

Members were then able to meet Camille Wells from Rocky Mountain Regional (RMR) Women's Clinic. Ms. Wells was able to tell the women what services were available at RMR and took down information on questions the women had about the clinic.

The retreat then had representatives Jessica Radmilovic, Jonas Ely, and Leara Glinzak - all from RMR Recreation Therapy, and Leara is the new (and first) art therapist at RMR. Leara brought an activity for the ladies that involved drawing, trading papers, and working with partners. Everyone loved the activity, and it involved a lot of laughing.

Chapter Executive Director, Laura Gibson, also talked to the ladies about volunteering and then hosted a bingo session, with the winner earning gift cards. Yay!

The Chapter was able to pay for the hotel rooms for the women and most of the meals during the event. The retreat included a dinner on Friday night with the chapter board members. It was a wonderful opportunity for the board to get to know the women and even had some members get reacquainted after many years. After dinner, everyone played bocchia (or bocce) ball, just for fun, and new friendships were built.

On Saturday morning, President Eric Allen, met with the women and a lot of things were discussed. Nothing was off limits, including what needs the women felt the chapter could focus on in the future. All the women felt the chapter retreat was a great weekend and the hope is future activities can be planned similarly to the retreat and have more women in attendance.



The 2023 Margaret Samsel Memorial “Strike Up Awareness” Bowl-a-thon was held on

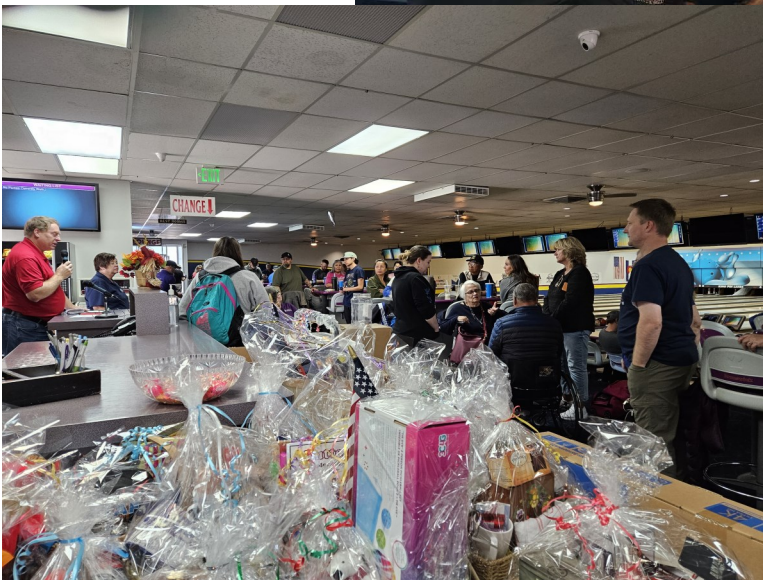
## MSCPVA Auxiliary 2023 Bowl-a-thon

November 11 at King Pin Lanes. Our volunteers were on fire this year and the results proved it.

This year we had seventeen “Lane Sponsors” who sponsored twenty-two lanes, fifty-eight registered bowlers, fiscal donations, raffle donations, and even concert tickets. What does this translate into? A net balance of over \$6,070.00 for the MSCPVA Chapter. What does this create? More opportunities for our veterans to participate in more sporting opportunities!

A special shout out to Carol Doan, owner of King Pin Lanes, without her, this would not be possible!

Way to go volunteers, sponsors, and participants!!!! We appreciate everyone!!! What a success!





# ROCKY MOUNTAIN VIRTUAL CHALLENGE

Hello Fellow PVA members! With this new year, we are offering something new you can do from your home: the opportunity to join a virtual challenge to explore the Rocky Mountains

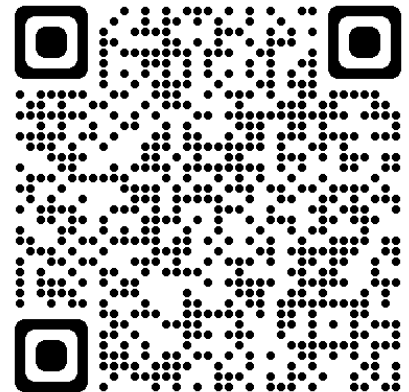
The Conqueror website offers us the ability to roll, hand bike, walk or swim the distance through the beautiful Rocky Mountain scenery.

Better yet, you can join us on our MSCPVA sponsored team to track other teammates and chat on our Facebook page.

We are opening this to all MSCPVA members and VA SCI patients free of charge.

Please see this link for details of the challenge

**Rocky Mountains Virtual Challenge**  
[theconqueror.events](http://theconqueror.events)





**PARALYZED VETERANS OF AMERICA, MOUNTAIN STATES CHAPTER**  
**STATEMENT OF FINANCIAL POSITION**  
**JUNE 30, 2022 AND 2021**

	2023	2022
<u>Assets</u>		
Current assets		
Cash and cash equivalents	\$ 215,943	\$ 361,309
Investments	357,776	231,718
Total current assets	573,719	593,027
Net property and equipment	8,903	-
Total assets	582,622	593,027
<u>Liabilities and Net Assets</u>		
Current liabilities		
Accounts payable	4,335	1,727
Accrued liabilities	-	4,801
Total current liabilities	4,335	6,528
Total liabilities	4,335	6,528
Net Assets		
Net assets without donor restrictions	578,287	576,499
Net assets with donor restrictions	-	10,000
Total net assets	578,287	586,499
Total liabilities and net assets	\$ 582,622	\$ 593,027

See independent auditor's report and financial statements



**PARALYZED VETERANS OF AMERICA, MOUNTAIN STATES CHAPTER**  
**STATEMENT OF ACTIVITIES**  
**FOR THE YEARS ENDED JUNE 30, 2022 AND 2021**

	Net assets without donor restrictions	Net assets with donor restrictions	2023 Total	2022 Total
<u>Revenue and other support</u>				
PVA grant	\$ 151,066	\$ -	\$ 151,066	\$ 157,760
Contributions	59,054	-	59,054	157,746
Interest and dividends	6,642	-	6,642	8,872
Unrealized gain (loss)	19,626	-	19,626	(34,755)
Fundraising	116,294	-	116,294	74,399
TRNA released from restrictions	-	-	-	-
Total revenue and other support	352,682	-	352,682	364,022
<u>Expense</u>				
<u>Program services</u>				
Advocacy, liaison and service	142,410	-	142,410	113,256
Membership	64,448	-	64,448	25,103
Communication	32,069	-	32,069	23,474
Sports and recreation	60,483	-	60,483	36,014
Total program services	299,409	-	299,409	197,847
<u>Supporting services</u>				
General and administrative	33,208	-	33,208	26,435
Fundraising	28,277	-	28,277	24,653
Total expense	360,894	-	360,894	248,935
Change in net assets	(8,212)	-	(8,212)	115,087
Net assets, beginning of period	586,499	-	586,499	471,412
Net assets, end of period	\$ 578,287	\$ -	\$ 578,287	\$ 586,499

See independent auditor's report and financial statements



**Paralyzed Veterans of America**

## Mountain States Chapter

PRIMARY BUSINESS ADDRESS  
ADDRESS LINE 2  
ADDRESS LINE 3  
ADDRESS LINE 4 AVENUE  
UNIT #107  
AURORA, CO 80014  
PHONE: 555-555-5555  
FAX: 555-555-5555  
EMAIL: SOMEONE@EXAMPLE.COM

*CURRENT RESIDENT OR:*

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
PERMIT #286  
DENVER, CO 80266



**WE'RE ON THE WEB!**  
**WWW.MSCPVA.ORG**  
**OR FOLLOW US ON:**

**Serving Colorado, Montana, Utah,  
New Mexico and Wyoming's Paralyzed  
Veterans for over 59 years!**

