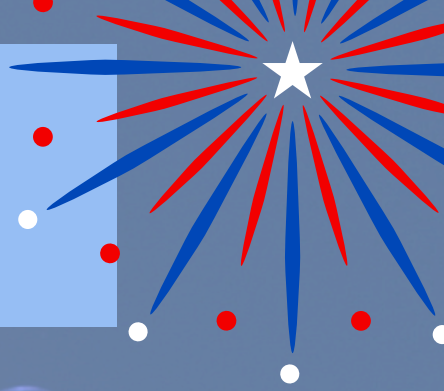




# Out On A Limb

July 2025



## Peer Group

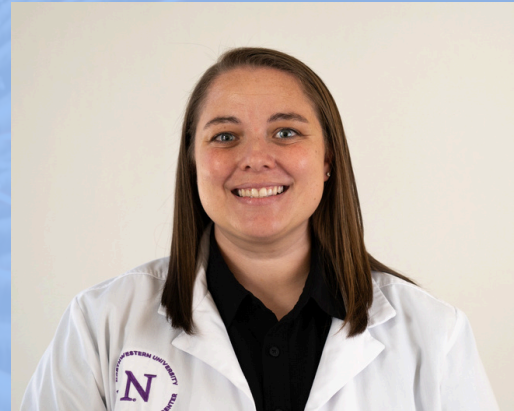
**As someone very special always said: COME TO GROUP!**  
**Peer group is offered every Wednesday at 1100 in room 1C150 all month!**

**JULY 30<sup>th</sup>– We have guest speaker Dr. Aguila!**

**The following is a good resource to explore all the benefits after death that we discussed with our previous speaker:**

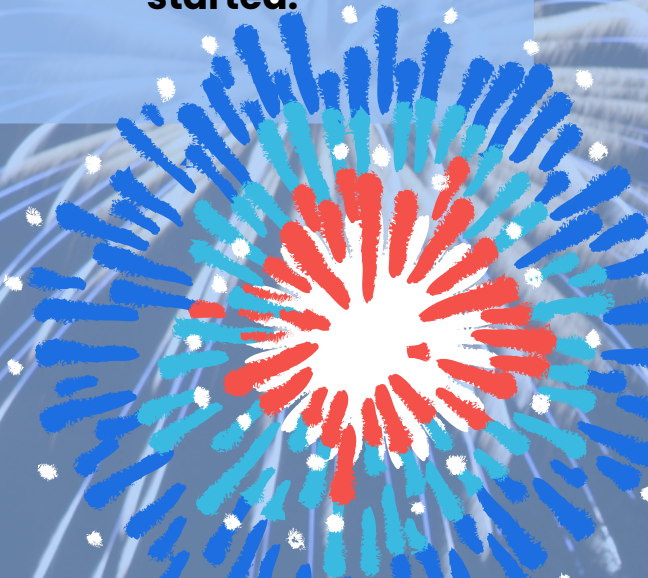
**<https://www.dav.org/wp-content/uploads/DeathBenefitsGuide.pdf>**

## New Prosthetist!



**We are excited to announce our newest addition to Amputee Clinic, prosthetist Rachael Millon! Ms. Millon completed her prosthetics residency at the Minneapolis VA and her orthotics at the Omaha VA.**

**Please extend your support and warm wishes as she gets started.**





## Events in Alamo!

Thank you Mr. Holman for sharing these events in Alamo, Nevada!

<p><b>Thursday, July 3rd</b></p> <p><b>5th annual Heat Scorchers Golf Tournament</b> Contact Michael Strong for info. 775-962-2923</p> <p><b>Alamo's got Talent at the Church Pavilion</b> 5:15pm: sign ups, 5:30pm: start time Age groups 3-7, 8-11, and 12-16. Contact Bridget Ruh for info 775-277-0972</p> <p><b>Volleyball Tournament at the Town Park supporting PVHS Volleyball</b> Teams of 4, can have one sub. \$5 per person 5:30pm Sign-ups, 6:00pm Game time Contact Milly Walch for info. 702-672-9610</p> <p><b>Friday, July 4th</b></p> <p><b>6:00am: 5K Firecracker Fun Run/Walk at the town park supporting PVHS Cheerleaders.</b> \$20 per entry Includes T-Shirt. Call early to sign up. Contact Chrisanne Walch for info. 702-232-8969</p> <p><b>7:00am: Flag Raising Ceremony at Veteran's Monument</b> Contact Jason Mouritsen for info. 847-454-4677</p> <p><b>7:30am: Breakfast supporting Christian Bible Fellowship at the Town park.</b> \$10 per plate or \$50 per family of 6. Veterans and Active Duty - No charge. Contact Liz Coenen for info. 435-671-7137</p> <p><b>9:00am: PARTY LIKE IT'S 1776 Parade</b> Grand Marshal: Doug and Vicki Miller Parade entries meet at 8:30am at firehouse. Free entry. Categories: Most Patriotic, Best Use of Theme, Most Unexpected, Liveliest, &amp; Best in Show. \$100 prize/category Contact Annette Wadsworth for info. 702-373-7413</p>	<p><b>Friday, July 4th</b></p> <p><b>10:00am-2:00pm: Food, Games, crafts &amp; more at the Town Park</b> \$20/non food/non power, \$40/food/power Contact Shannon Higbee. 702-376-9313</p> <p><b>10:00am-4:00pm: Big Water slide supporting 4<sup>th</sup> of July Firework Fund</b> Ages 2 and up. \$10 - All day wristbands. Parent or Guardian must sign waiver.</p> <p><b>10:00am: Cornhole Toss Tournament</b> Contact Wade Paulsen for info. 775-962-1674</p> <p><b>10:30am: Children's foot races. Free event</b> Contact Lynette Thiriot for info. 702-376-4578</p> <p><b>11:00am: 3 on 3 Basketball Tournament in PVHS Gym</b> Supporting PVHS Boys Basketball \$40 per Team of 3 and 1 sub Contact Michael Strong for info. 775-962-2923</p> <p><b>12:00pm: Money Fire Hose Spray Sponsored by Green Valley Grocery</b> Ages 12 &amp; under. Free Event.</p> <p><b>12:30pm: Cowboy Poetry &amp; Music Gathering</b> The Church of Jesus Christ of Latter-Day Saints cultural Hall Contact Delores Fluckinger for info. 775-962-3523</p> <p><b>5:00-7:00pm: Community Dinner at the town park supporting 4<sup>th</sup> of July Firework fund</b> Pulled pork or shredded beef sandwiches, potato salad, coleslaw, baked beans, watermelon &amp; cookies.</p> <p><b>Home Run Derby Supporting PVHS Baseball Team</b> 6:15pm Sign ups, 6:30pm: Game time. Ages 11 &amp; up. \$10 per person. Alamo Little League Field. Contact Adam Lytle for info 775-962-1496</p>	<p><b>Friday, July 4th</b></p> <p><b>8:30pm: Glow in the dark Bike Parade</b> Parade entries meet at 8:15 at PVES parking lot. END - Ambulance barn parking lot. Bring your already decorated bike.</p> <p><b>9:00pm: PARTY LIKE IT'S 1776 Firework Show</b> LOCATION - ALAMO RODEO GROUNDS Thank you to our Volunteer Firefighters!</p> <p><b>9:30pm: Dance Party at the Town Park</b> Contact Susan Higbee for info. 775-962-2162</p> <p><b>Saturday, July 5th</b></p> <p><b>Mutton Busting at the Alamo Rodeo Grounds</b> 7:00am: Sign up. 7:30am: Start. Ages 10 &amp; under - 60lb weight limit. \$15 per entry must sign wavier. Early sign up encouraged Contact Lynette Thiriot 702-376-4578 to sign up/info</p> <p><b>11:00am - 1:00pm: Slip 'N Slide at the Town Park</b> Sponsored by PVHS Sophomore Class. Free Event.</p> <p><b>Motorcycle &amp; Quad Barrel Races at the Rodeo Grounds</b> 5:30pm: Sign ups for all events 6:30pm: Peewee races (ages 4-12) start 7:00pm: Intermediate (ages 12-16) &amp; adults (17&amp; up) Contact Kade Wadsworth for info 702-343-3529</p> <p><b>Sunday, July 6th</b></p> <p><b>7:00pm: Flag Retirement Ceremony presented by Ruby Mouritsen, Girl Scout Troop 386</b> The Church of Jesus Christ of Latter-Day Saints Pavilion. Contact Ruby Mouritsen for info. 847-454-4677</p>
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## My HealtheVet

Thank you Mr. Klein for reminding us of these events!

**Get live support for VA's sign-in changes**





www.myhealth.va.gov

Join us to receive live help to create your new account for

**LOGIN.GOV** or **ID.me**

**July 31 and August 26**  
**9 a.m. to 1 p.m.**  
**North Las Vegas VA Medical Center**  
(Auditorium)

Here's what to bring:

- Mobile phone or tablet
- Social Security number
- ID (driver's license, state-issued ID, or passport)
- Other ID documents you may need (VA ID card, DD214, utility bill with your name)

Learn more about these changes at, [www.va.gov/sign-in-changes](http://www.va.gov/sign-in-changes)







## Life Science Anatomical

Thank you, Mr. Rapoport, for introducing the important idea of considering all available options for end-of-life planning. One such option is the Southern Nevada Veterans Memorial Cemetery (702-486-5920), where eligible Veterans may be interred at no cost and spouses for a 450 dollar fee. This includes the cemetery plot, opening and closing of the grave, a concrete vault, headstone, and perpetual care. Another thoughtful option that Mr. Rapoport shared is Life Science Anatomical, an organization that allows individuals to donate their bodies to medical research and education. In return, cremation is provided at no cost. More information is available at [lifescienceanatomical.com](http://lifescienceanatomical.com).

As we've discussed in group, it is always wise to reflect on your end-of-life preferences and make plans in advance.

## Veterans In Motion

Veterans in Motion is a non-profit serving Bullhead City, AZ and Laughlin, NV. They are dedicated to improving Veteran's lives through music, movement and access to medical care. They offer music therapy, motion therapy (dancing), support programs and even transportation to get there.



## Annual Visits

Thank you to everyone who contributed to this month's edition of Out On A Limb. The care and support you continue to show one another is truly inspiring.

Remember to schedule your annual appointment to get new supplies or address any issues you may be experiencing. Annual appointments are important—even if you see a community prosthetist.

To schedule your appointment, please call:  
702-791-9000 x 15985