

OUT ON A LIMB

JUNE 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!

Guest Speakers

June 11: We have the PVA VSO returning to talk to us about death benefits. All family members are welcome to attend.

Reminders

Don't forget 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

Upcoming Events

VA Southern Nevada Healthcare System

Veterans Town Hall and Resource Fair

Phone: [Redacted]
Email: [Redacted]

Thursday June 5, 2025
In person and virtual on Microsoft Teams

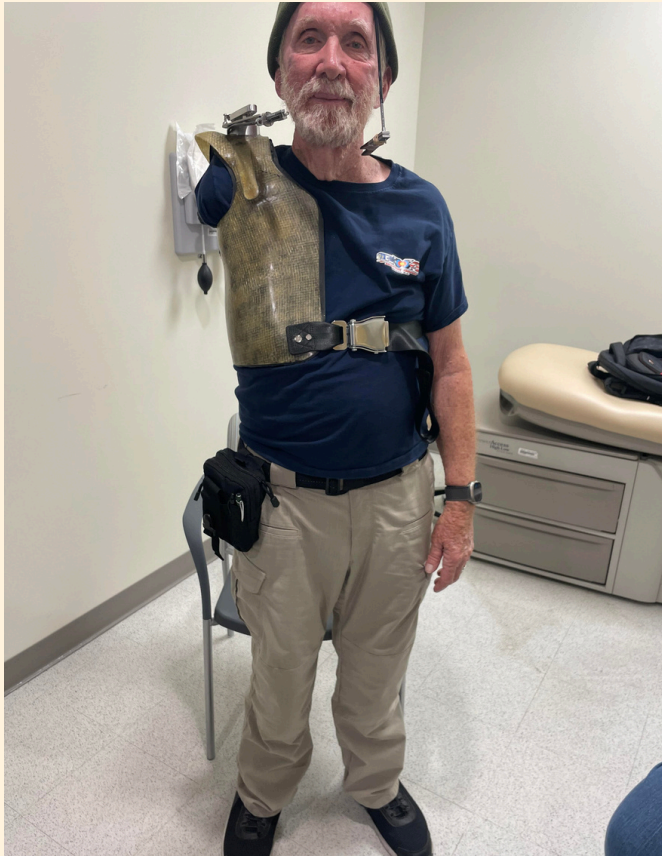
4 - 7 p.m. Resource Fair
5 - 6 p.m. Town Hall
with moderated Q & A

North Las Vegas VA Medical Center
(Auditorium)
6900 North Pecos Road
North Las Vegas, NV 89086

For more information, scan the QR code or visit:
<https://www.va.gov/southern-nevada-health-care/events/79078/>
Veterans can submit their questions via email prior to the event
vhalaspaomailbox@va.gov

U.S. Department of Veterans Affairs
Veterans Health Administration
Southern Nevada Healthcare System

BACK BY POPULAR DEMAND....



"If you don't think you can, you won't," Air Force Veteran Mark Pollman said as he shared his story of living life after his amputation. Mr. Pollman indicated that fibrous tumors began growing in his right arm in 1985 and after multiple treatments for the neurofibrosarcoma, the tumors began forming in the soft tissue until he had no median nerve function. In 1990, he underwent a right transhumeral amputation.

Mr. Pollman's indomitable spirit persevered on a journey of resilience and determination as he continued to work and engage in activities he loved doing, such as shooting, recumbent biking and scuba diving. It was through his mindset and ability to adapt and continue that he met and married fellow Air Force Veteran and outstanding person, Susan through scuba diving in 1995.

In 2020, Mr. Pollman decided he wanted to try and take up archery after watching a video of a man with no arms shooting a bow and arrow. He and Susan went to Aces and Arrows in Henderson to watch archers on their indoor range. Mr. Pollman started talking with Rusty, one of the coaches, who said that they could help develop a way for him to start in archery. Rusty built a leather rig that strapped on his chest and fitted it with a chin release so the arrow could be fired. This worked well.



In 2023, while attending the largest indoor archery event in the world, The Las Vegas Shoot with over 4,000 indoor archers at the South Point Hotel, Mr. Pollman learned of GX4 Adaptive Archery, a registered 501c3 nonprofit which provides adaptive archery equipment with the mission of making archery accessible for everyone (free of cost).



CLICK ON PICTURE FOR VIDEO

Based in North Carolina, the founder Gary Gardner created this program after his spouse, Wendy, had a stroke and was unable to use her left side. Since origination, Wendy has made the USA Para-Archery Team.

Prosthetist Ryan King, with the Las Vegas VA, was able to make a mold of his chest and Mr. Pollman shipped it to Mr. Gardner in North Carolina. Mr. Gardner used the mold to produce a fiberglass socket. Being able to make the mold locally and ship it to NC saved a trip out to NC which meant Mr. Pollman only needed to go see Mr. Gardner for the final fitting as Mr. Pollman covered his own costs of travel. Mr. and Mrs. Pollman traveled to North Carolina and spent a day with The Gardners to get the fiberglass socket fitted and then returned back to Vegas. Mr. Pollman can now put on the socket himself, securing it with what looks like an airline seat belt. He uses a standard compound bow and arrows and uses a bite release (a clothes pin attached to a cable) to fire the arrow. Mr. Pollman is able to continue his love of archery where clearly he is good at hitting the target. Mr. Pollman stressed the importance of mindset and positive self-talk, indicating that sometimes you have to “Just get out and do it”.



If anyone is interested in adaptive archery, feel free to reach out to Amputee Clinic.
Thank you Mr. Pollman for sharing your story!!!