

# Speedy Gazette

"Improving Lives... Building Futures"



**Paralyzed Veterans  
of America**

Texas Chapter

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Crosby, Texas 77532  
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*Happy*  
**FOURTH OF**  
*July!*



## Paralyzed Veterans of America

### Texas Chapter

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The SPEEDY GAZETTE is published approximately once a month by the Paralyzed Veterans of America, Texas Chapter, in the interest of Chapter members. Subscriptions are free to members of TPVA.  
Send address changes to the TPVA Chapter address.



Please Welcome our  
**NEW MEMBERS!**  
**Marissa Hernandez**  
**Terrence Young**

**SPEEDY GAZETTE**  
Available via email, send your email address to [info@texaspva.org](mailto:info@texaspva.org) or visit us at [www.texaspva.org](http://www.texaspva.org) to read your  
**SPEEDY GAZETTE**  
**ON-LINE**  
For the latest PVA National news, visit [www.pva.org](http://www.pva.org)



# President's Report

*by Anne Robinson*



Greetings TPVA Members, Family & Friends,  
Well, it definitely looks like the Texas summer heat has set in, already looking forward to fall. We are working to make sure that there are going to be plenty of indoor activities for everyone to participate in, so if you're in need of something to do please let us know. Also, don't forget, if there is something that you would like to do on your own, like visit a museum or enjoy a concert, you can get reimbursed from the Chapter up to \$120 toward your outing.

We are currently working on our budget for the next fiscal year, which starts October 1, 2017. Our goal is to include a vast array of activities that will include something for everyone, so if you have ideas or would like to be involved in working out the budget, please let us know.

As everyone is aware, there are lots of things going on within the VA as far as changes, and for the most part they are looking better. However, until the day everything is run efficiently, we are so going to run into problems. If you have experienced more than the 30 day delay in any prosthetics equipment, or appointment times, please let me know. Also, if you have been denied any type of service or any service, such as home healthcare has been cut without proper documentation, please let us know or contact your respective NSO's in Houston, San Antonio, and Temple.

Congratulations to our election winners and thank you to all of those who participated in the election process and ran for office. Looking forward to working with you in the upcoming year. For those of you who might be interested in serving on the Board or some other capacity, please let us know!

Sincerely,  
Anne Robinson

**Attention TPVA Members**

Have you been wanting to go out and do something fun and exciting, but maybe did not have the extra funds to do so? Well, start making plans to have fun. You can be reimbursed up to \$120 by the Texas Chapter once a year, for that special outing. All you have to do is go have fun and save your receipts and send them to the office for reimbursement. We would ask that you take pictures, especially if it someplace accessible to tell the rest of the membership about it. Call the chapter office if you have any questions.

# Dear Cici

Dear Cici,

My brother is on Hospice Care and given only weeks to live. He was diagnosed with inoperable cancer six months ago. I have been his caregiver for nearly five years, and the rest of my siblings have been absent other than a few visits during the year because they live out of state? I am single and chose to give up my job and move here to become his full time caregiver. The two of us have become even closer since his spinal cord injury and my becoming his caregiver. Our parents live close by, but they are elderly and cannot care for him.

Now that he has such a short time left, everyone has descended on us with their own ideas of how things should be handled. One of my siblings even went so far as to tell me I'm not allowed to cry because it shows weakness. Cici, I'm a mess. I'm already upset over my brother's impending death. I'm confused, hurt and resentful. I don't want to hurt anyone's feelings, but I also don't want to have this mixture of feelings either.

Antonia (Toni)

Dear Toni,

An impending death of a loved one is a life altering thing, and individuals respond to death and dying differently. While it's safe to say that each of us should be allowed to grieve our own way, it's also realistic to understand that our

personalities dictate most of our actions. It would be good for you and your siblings to have a conversation not only of how you're feeling, but of what responsibilities have to be met and how they can be shared.

Your feelings are not unusual for those facing the death of a loved one. Because you, your siblings, your brother and your parents know this, use whatever time you have left to share thoughts, words and actions that let your brother know how much he is loved. If that means crying with him or by yourself, then do that too. You should also do what you can for yourself to help cope and to heal your wounded spirit. Exercise, prayer -- if you believe in it--, grief counseling, getting out more, etc, can prove to be beneficial.

While it's one thing to be concerned about how your words or actions might be taken by your siblings, it's another thing to know what will make you feel better. In short, no one but you can dictate what is best for you, and you are the only one who can take care of you. Be sure to schedule some getaway time for yourself during and after your brother's time on earth. You made a choice to care for your brother, now it's time to do that for yourself. You'll be more content and confident if you do.

Cici

ON THE LIGHTER SIDE....( Please note that nothing is meant as offensive, Just hoping to give you a laugh).

1. WHAT TYPE OF BEE CAN NEVER MAKE UP THEIR MIND?

ANSWER: A MAY-BEE

2. CAUTION! MEN AT WORK!!! Men have to put a sign, but women never do because they are always working!

3. Instead of cleaning my house, I just watch an episode of Hoarders... Now my house feel super clean!

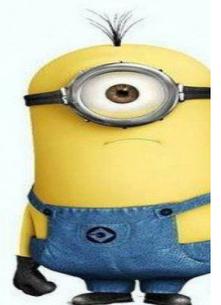
4. What bow can't be tied?  
A RAINBOW!

5. What does a snowman always smell?  
A CARROT!

I hate when I go to a restaurant and they ask

"Would you like a table?"

"No, I want the floor"..



**AUSTIN BLADES: WHO WE ARE**

A Sled Hockey team for kids, teens and adults. We are always looking for individuals that would like to join us on the ice.

We provide an on-ice skating experience for children and adults with physical disabilities by introducing them to the competitive sport of sled hockey.



Our program allows individuals with physical challenges to be a part of a competitive sport team just like able-bodied individuals.

Abled-bodies are welcome. We are currently trying to form the Austin Blades Jr. team. The age range will be from 5 years old to 17 years old.

**OUR MISSION**

To empower physically challenged individuals by providing the opportunity to enjoy the competitive sport of sled hockey.



**OUR SPONSORS**

These fine organizations make what we do possible. Please show your support to these amazing sponsors and thank them for their commitment to our organization.



**OUR MOTTO**

Putting our dis-Abilities on the ice!

**FOR MORE INFORMATION**

[www.austinblades.org](http://www.austinblades.org)



The Austin Blades Sled Hockey Corporation is a 501 (c) 3 non-profit organization.

**AUSTIN BLADES**  
*Providing positive ice skating experience for children and adults with physical disabilities*

**AUSTIN BLADES SLED HOCKEY**  
[www.austinblades.org](http://www.austinblades.org)

*Red, White and Blue Salsa*



Red, White and Blue Salsa

Prep time: 25 minutes

Makes 3 servings

Ingredients for Red, White and Blue Salsa

Amount	Ingredient
3 tablespoons	fresh lime juice
3 teaspoons	honey start with 2 and add more if needed
1	jalapeno chilies medium, finely chopped
1 clove	garlic finely minced
1/	

# VICE PRESIDENTS REPORT

By: Tammy Jones



The social media continues to move forward.  
Facebook - Paralyzed Veterans of America, Texas Chapter  
Twitter - @pvatexas  
Flickr – [www.flickr.com/photos/pvatexas\\_chapter/](http://www.flickr.com/photos/pvatexas_chapter/)  
Pinterest – Texas Chapter PVA  
Instagram – PVA Texas Chapter

**We are retiring the name “Speedy Gazette“. Send an email to [info@texaspva.org](mailto:info@texaspva.org) with the new name of our monthly newsletter. Be creative, think outside the box, reach down and pull out a fun and exciting new title for our newsletter. We will be accepting suggestions till 1 September 2017. Your Board of Directors will vote on the new title at the September BOD Meeting, so we will start the new year with a new name. If we pick your suggestion you will win a valuable gift card. Start those brain cells!**



Thomas F. Winand  
Richard J. Viale  
David Foster  
William Packer  
Jim Conyers  
Wayne Stukenholtz  
Harry “ Benjie “ Nielsen



**Patriotic Strawberries**  
Prep Time: 30 Minutes  
Makes 4 Servings  
1 Pound Strawberries  
8 Ounces White Chocolate Baking Squares,  
Almond Bark, or White Chocolate Chips.  
Blue Sanding Sugar or Sprinkles.

I had the privilege of being one of the Texas Chapter representatives at the PVA National Convention May 16-20, 2017. I got a great overview of the inner workings of the national organization. It's safe to say that we are excellently represented in our nation's capitol.

The Texas Chapter received awards for: "Most Outstanding Chapter" and "Most Outstanding Chapter Website".

One of the biggest takeaways for me was an emphasis on the importance on local grass roots advocacy. Fortunately for Texas veterans, we are positively supported by our congress members however we need to remain positively engaged to ensure that no veteran gets left behind.

### Are you having issues getting the things you need from the VA?:

Living with a spinal cord injury or disease requires lots of different types of equipment, backup wheelchairs, specialized chairs, beds, and assistive devices. If you have requested/or inquired about any type of equipment and have been denied on either a new piece of equipment or something that you've had in the past, PLEASE TELL YOUR RESPECTIVE NSO'S IMMEDIATELY. Also, if you have requested services or have been cut in services, such as home health care, PLEASE TELL YOUR RESPECTIVE NSO'S IMMEDIATELY. They do not get notified that you have been denied needed equipment or services and they can help you form the correct follow-up letters of appeal, but you have to let them know.



Hi,

My wife & I attended the Military Ball on Armed Forces Day. Greg Treacy did a great job as the MC! There I also met HPD Sgt. W. Liu (photo) who provided volunteer security for the event. We all had a wonderful time with like-minded people. Thanks for the support!

John Fraser (Out on Recreational Reimbursement Program)

# PVA Texas Chapter Ongoing Sports/Recreation Events - San Antonio



**Paralyzed Veterans  
of America**

Texas Chapter

## **Mondays**

- Adaptive Gaming** - 1-3pm ALM SCIC Rec Room  
POC Jose/Tinyada
- Wheelchair Softball** – 6:00-9:00pm, MWL Event  
Center POC Brooke Matula (STRAPS)

## **Tuesday**

- Archery** – 10:00am Oasis for Wounded Warriors  
Hwy 46 Pipe Creek, POC Jose Laguna
- Road Biking** - WTB cycling shop BLDG 3640 Rm  
135; Adv 0900, Begnr 1330; fitting only at 1200  
POC Jayme Brown or Brad Bowen
- Boccia** – 12:00-3:00pm ALM SCIC Rec Room  
POC Jose Laguna
- Air Guns** – 1300 -1500 Cole High School POC  
Ilyssa Cruz/Jose Laguna
- Wheelchair Basketball** – 1300 at METC Fitness  
Center Gym, Ft. Sam, POC Abdul Brown
- Goalball** – 10/6/2015 – 3/2016 6:30-8:30pm,  
MWL Event Center, POC Brooke Matula  
(STRAPS)

## **Wednesday**

- Archery** - 0830-1030 **Fort Sam Outdoor Archery**  
**Range POC Ilyssa Cruz**
- Bowling** – 9:30-11:30am Oak Hills Bowling Lanes,  
POC Jose Laguna
- 1300-1400 - Fort Sam Bowling Lanes POC Brad  
Bowen
- Air Guns** – (starts 1/25/17) 1300 -1500 Cole High  
School POC Ilyssa Cruz/Jose Laguna
- Wheelchair Football** - 6:00-8:00pm MWL  
Parking lot, POC Brooke Matula(STRAPS)

## **Thursday**

- Wheelchair Rugby** – 6:30–9:30pm, San  
Antonio FIRE Center, POC Gabe Diaz de Leon/  
Barry Muth
- Shooting Sports** – National Shooting Sports  
Complex, POC Jose Laguna/Josue Lopez
- Road Biking** - WTB cycling shop BLDG 3640  
Rm 135; Adv 0900, Begnr 1330; fitting only at  
1200 POC Jayme Brown or Brad Bowen
- Wheelchair Basketball** – 1300 at METC  
Fitness Center Gym, Ft. Sam, POC Abdul  
Brown
- Music Group (Appt needed)** - 1400-1500  
WTB Rehab Clinic Bldg 3646 POC Jose  
Manzano
- Kayak** – 1300 Olympic Outdoor Center, San  
Marcos, POC Ben Kvanli
- Boccia** – 5:30-7:30pm, Morgan’s Wonderland  
Event Center POC Brooke Matula (STRAPS)

## **Friday**

- Air Rifles** - 9:30am-12:00pm ALM SCIC Rec  
Room POC Jose Laguna

## **Saturday**

- Wheelchair Rugby** – 10:00am–1:00pm  
Thousand Oaks YMCA, POC Gabe Diaz de  
Leon/Barry Muth
- Table Tennis** – San Antonio Table Tennis  
Center, [www.satabletennis.org](http://www.satabletennis.org)

## **Sunday**

- Power Wheelchair Soccer** – 5 -7:00 MWL  
Event Center, POC  
Jennifer Weatherford (STRAPS)

# Connect With What Matters



## Being there makes a difference

It could be a simple trip to the mall, a ride to the movies or just a visit to friend's home. The little things in life can make a big difference. It's why MobilityWorks has been helping veterans connect with who and what matters most since 1997. Veterans have unique needs so we treat each of them as individuals. First of all, we listen. Then, we work together to find the best solution.

MobilityWorks considers it a privilege to help our nation's veterans. Every day we work with local VISNs and service organizations to make the process of securing accessible vehicles, lifts and driving equipment for veterans as easy as possible.

MobilityWorks has more than 65 locations across the country with the largest selection of accessible vehicles and adaptive solutions:

- Converted minivans, full-size vans, SUVs and trucks — Chrysler, Dodge, Ford, Honda and Toyota
- Pre-owned accessible vehicles
- The latest in adaptive technology including transfer and turning seats, scooter lifts and hand controls
- Complete maintenance and service on adaptive driving equipment, lifts and conversions
- Daily, weekly and long term rental vans
- Financing options to fit your personal needs
- 24-hour roadside assistance with wheelchair transportation

MobilityWorks is committed to serving you. Contact us today so we can evaluate your needs and find a solution that best fits your lifestyle.



Certified Mobility Consultants Provide Comprehensive Needs Analysis



Scooter lifts, turning seats, and driving accessories

## USA's largest accessible van dealer!

**Austin**  
239 Commercial Dr.  
Buda, TX 78610  
512-523-6484

**Dallas**  
4150 Interstate 30  
Mesquite, TX 75150  
214-736-1710

**Ft. Worth**  
2110 N Beach St.  
Fort Worth, TX 76111  
682-316-1947

**Waco**  
2700 Franklin Ave.  
Waco, TX 76710  
254-300-9700



[www.mobilityworks.com](http://www.mobilityworks.com)





LICENSE to...

*enjoy your freedom.*

With one of the largest selections of wheelchair accessible vehicles and mobility equipment in Texas, Adaptive Driving Access will help you find the right vehicle and equipment to meet your needs. In addition, take advantage of our van rentals and rely on our maintenance, repair and 24/7 emergency assistance services.



**LET AN ADA MOBILITY SPECIALIST HELP YOU GET ON YOUR WAY, BECAUSE YOUR MOBILITY IS OUR MISSION.**

- ✓ New & Certified Pre-Owned Vehicles
- ✓ Side & Rear Entry Vehicles
- ✓ Lowered Floor & Raised Roof/Door Vehicles
- ✓ Wheelchair Lifts & Restraints

- ✓ High-Tech Driving Systems
- ✓ Scooter & Wheelchair Lifts
- ✓ Power Transfer & Lift-Up Seats
- ✓ Hand Controls & Steering Devices

*Operation*  
**WE SALUTE YOU.**

ADA proudly supports all military veterans. To show our thanks, stop by one of our locations for **\*\$500 off any conversion vehicle.**

\*Some exceptions may apply. Please see an ADA Mobility Specialist for details.

PASADENA | HOUSTON | CORPUS CHRISTI | MCALLEN | COLLEGE STATION

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LEARN MORE AT [ADAPTIVEDRIVING.COM](http://ADAPTIVEDRIVING.COM)  
**281.408.2457**



## Every Monday

*The Sugar Land Skeeters would like to thank all active, retired, and future U.S. Military members for their dedicated service.*

**WITH A FREE SKEETERS GAME TICKET!**

*Additional Tickets can be purchased for a discounted rate of \$8*

*Dollar Dogs and Discounted Margaritas*



[www.SugarLandSkeeters.com](http://www.SugarLandSkeeters.com) • 281.240.4487



Enjoy \$1 Hot Dogs & Discounted Margaritas! Call the Chapter Office @ 713-520-8782 to reserve your FREE tickets for the July 17th game. Game starts @ 7:05 P.M.

Houston area members interested in shooting sports are needed .We've had several shooting events recently where sponsors have paid for Veterans to attend local shooting events and have reached out to us for participants .We need a list of members who would be willing to attend some of these events .Often times it's short notice of the availability of these spots .So we need an accurate list of members we can call that would like to attend some of these when they happen .Also we would like to organize a recurring range day of shotgun practice here in the Houston area .Either trap, skeet 5 ,stand or maybe even sporting clays .So please call or email the office and let us know if you'd like to come

out and try busting some clay pigeons. Also we need to know what area of town you live or which gun range is closest to you so we can figure out the best place to organize a practice day.



## Exoskeletal-Assisted Walking in Persons with SCI: Impact on Quality of Life

### Purpose of the Study

To determine the effects of exoskeletal-assisted walking in the home/community on the quality of life of Veterans with SCI. Physical, mental and social well-being changes will be evaluated with total body fat mass determination and quality of life questionnaires. If eligible, your time commitment would be approximately 10 months.



Protocol #15-11

### Do You Qualify?

#### This study is open to Veterans only.

For eligibility, please consider the following questions:

- Are you a Veteran?
- Do you have a spinal cord injury at or below C6?
- Do you have hand grip function?
- Do you use a wheelchair as your primary mode of mobility?
- Is your spinal cord injury greater than 6 months old?
- Are you at least 21 years of age?
- Is your height between 63 and 75 inches?
- Do you weigh less than 220 pounds?
- Are you legally able to sign for your own consent?
- Are you interested in learning more about the study process?

If you said "yes" to all of the questions above please contact the study team at the numbers provided.

There are several additional eligibility criteria related to your bone health and medical status that will be evaluated by the study team prior to being able to engage in all study procedures.

### Points of Contact

#### Site Investigator

Sally Ann Holmes MD  
713-791-1414 x23234

#### Research Coordinator

Daisy Courtade 713-791-1414 x24233

#### Trainers

Huma Qureshy 713-791-1414 x24784  
Elaine Pablo 713-791-1414 x28004



#### Michael E. Debakey VA Medical Center

2002 Holcombe Blvd  
Houston, TX 77030

Version date: December 2016



## MAY / JUNE

May:

Debbie K. Williams	Steven A. Webster	John A. Neel	Everett J. Voortman
Frank R. Daeblliehn	Thomas A. Powell	Lloyd F. Ford	Juan T. Tejada
James K. Burkes, Jr.	Edgar E. Machado	Charles H. Garcia	Daniel J. Ross
Sylvie T. Ochoa	Gregory A. Joyce	Richard E. Uzzel	Maria C. Gonzalez
Martha J. Foster	Marylyn R. Harris	Adam Needham	Dorothy A. McGary
Levy Johnson, Jr.	Steven E. Fikes	Lilly Lee	Jonathon L. Smith
Johnie E. Stewart	Gilbert I. Gomez	Richard L. Parker	Roger A. McDowell
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Joseph W. Weaver	Paul R. Colyer	Paul Smith	Daniel D. Thornhill
Clarence E. Green	Alejandro R. Cano	Peter J. Garner	Larry N. Cherry
Troy E. Tallent	Steve Hernandez, Jr.	James B. Hutchens, Jr.	
Frederick J. Garraway	Richard A. Pulliam, Sr.	Deanna J. Griffin-Harper	

JUNE:

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Willie K. Simmons, Sr.	William G. Maier	Joseph P. Robinson	Lorenzo Thomp-
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Raymond W. Burford, Jr.	Jaime Garcia	Jerry W. Hall	Johnny M. Caraba-
jal			
Diana L Arias	Kirkland L. David	Wanda L Youpee	Larry D. Bates
Elmer J. Canady	Clifford J. Shuff	Don L. Haney	Ginger L. Rhodes
Kedgerick O. Smith	Damon A. McDay	Carol A. Havelka	Brent K. Norris
Norris Honeycutt	Hugh D. Pitts	Lawrence Benefield	Catherine Callahan
Justin S. Perez-Gorda	Richard A. Wight	Jim B. Harris	Raymond Franssen

## Vice Presidents Report

By: Tammy Jones

### Determine your Risk

Find out today what types of wind and water hazards could happen where you live, and then start preparing now for how to handle them. Hurricanes are not just a coastal problem. Their impacts can be felt hundreds of miles inland. It's easy to forget what a hurricane is capable of doing. The U.S. has not been directly impacted by a major hurricane (Category 3 or higher) in more than a decade. However, hurricanes such as Ike, Sandy and Isaac reminded us that significant impacts can occur without it being a major hurricane. Many people are suffering from hurricane amnesia in the forms of complacency, denial and inexperience. This remarkable hurricane streak is going to end, and we have to be ready for it to happen this season.

### Develop an Evacuation Plan

The first thing you need to do is find out if you live in a storm surge hurricane evacuation zone or if you're in a home that would be unsafe during a hurricane. If you are, figure out where you'd go and how you'd get there if told to evacuate. You do not need to travel hundreds of miles. Identify someone, perhaps a friend or relative who doesn't live in a zone or unsafe home, and work it out with them to use their home as your evacuation destination. Be sure to account for your pets, as most local shelters do not permit them. Put the plan in writing for you and those you care about.

### Assemble Disaster Supplies

You're going to need supplies not just to get through the storm but for the potentially lengthy and unpleasant aftermath. Have enough non-perishable food, water and medicine to last each person in your family a minimum of one week. Electricity and water could be out for at least that long. You'll need extra cash, a battery-powered radio and flashlights. Many of us have cell phones, and they all run on batteries. You're going to need a portable, crank or solar powered USB charger.

### Secure an insurance check up

Call your insurance company or agent and ask for an insurance check-up to make sure you have enough homeowners insurance to repair or even replace your home. Don't forget coverage for your car or boat. Remember, standard homeowners insurance doesn't cover flooding. Whether you're a homeowner or renter, you'll need a separate policy for it, and it's available through your company, agent or the National Flood Insurance Program at [www.floodsmart.gov](http://www.floodsmart.gov). Act now as flood insurance requires a 30-day waiting period. [www.flash.org/pdf/ActuarialFoundationInsuranceGuideEnglish.pdf](http://www.flash.org/pdf/ActuarialFoundationInsuranceGuideEnglish.pdf)

### Strengthen your Home

If you plan to ride out the storm in your home, make sure it is in good repair and up to local hurricane building code specifications. Many of these retrofits do not cost much or take as long to do as you may think. Have the proper plywood, steel or aluminum panels to board up the windows and doors. Remember, the garage door is the most vulnerable part of the home, so it must be able to withstand the winds.

### Check on your Neighbor

Many Americans rely on their neighbors after a disaster, but there are also many ways you can help your neighbors before a hurricane approaches. Learn about all the different actions you and your neighbors can take to prepare and recover from the hazards associated with hurricanes. Start the conversation now with these Neighbor Helping Neighbor strategies.

# Executive Director's Report

## Amanda Saunders

Hello Texas Chapter Friends,

I hope everyone is doing great and enjoying your summer so far! It's already steamy and we haven't even made it to the "hot" part of summer. If you're going to be outside please remember to drink plenty of water and not get overheated. I know for me, from now until about October you can find me on my off time either in the water somewhere or inside in the air-conditioning somewhere. This Texas heat is no joke! We have been busy around the chapter office since our last newsletter mailing. We've done the ballot mailing and count, Family Fishing in Port Aransas, more fishing in Galveston Bay and attended the Annual PVA Convention in Maryland. On Memorial Day we attended and participated in the ceremony at the Houston National Cemetery. We also partnered with Texas Premier Sporting Arms, who put together a shoot benefitting the Texas Chapter. We look forward to growing the Texas Premier Gives Back shoot annually. On June 9<sup>th</sup> Houston area members and several in-patients attended an Astros game. It was a good game but unfortunately we lost. Most

recently we held our Flag Day Fishing trip at Flour Bluff's Marina in Corpus Christi. Let me tell you, if you've never participated in Flag Day Fishing you should give it a try. This was my first trip and it was a blast! We were fishing for Trout and the limit is 5 per person. 5 fish – No problem. I was sure I would reach my limit within an hour or 2 max. Boy was I wrong! 4 hours later and I had only caught 2 that were keepers. Needless to say, I did not win the "biggest fish" contest. I mentioned it a little while back but would like to know if you guys think a weekend at Moody Gardens in Galveston would be fun. Almost all of their attractions are wheelchair accessible and indoors. Win, win!! Please let me know if this sounds fun. Our June Membership Forum is scheduled for Wednesday, June 28<sup>th</sup>. This meeting will begin early at 11 am for a Suicide Prevention Training session presented by the VA Social Worker, Jane Wiley. She has asked for as many to attend as possible. As always, please feel free to reach out to me at any time.

Thank you,

Amanda



Have you moved or changed your mailing address? Please call the Chapter office @ 713-520-8782 Ext. 4 to update your mailing address. We want to make sure you are receiving all of our fantastic mailings that have exciting updates and important and useful information. Keep in the loop ! :)

# Become A Donor

Annual contributions for 2016-2017 will be :

- Platinum Donor \$1,000 or more
- Titanium Donor \$500 – \$999
- Gold Donor \$250 – \$499
- Silver Donor \$100 – \$249
- Bronze Donor \$50 – \$99
- Brass Donor \$25 – \$49
- Supporter \$5 – \$24



## 2016-2017 DONOR CLUB as of May 2017

**Platinum:** United Way, Adaptive Driving Access , Joyce Barnard , Patricia Hubbard, Kelley Facility Services, Alamo Safari, Takata, American Endowment Foundation, Alvin & Stephanie Guererro, Alamo Mobility,

**Titanium:** Pinnacle Asset Integrity Services LLC , Jerilynn Lutjens, Joel Dauley, Ladies Auxiliary , The Garver Foundation, Ancira Winton Chevrolet, Dixie RV & Boat Storage, Michael Lewis, Paxton Arms , Pro Hay, Rabalais Constructors LLC, Stacy Allen, Travis County Attorney, Mobility Works, Fidelity Charitable Gift Fund, Reagent Chemical & Research

**Gold:** Mary Stehlin , Ken Swanson, Michael, Jerilynn Lutjens, Joel Dauley, Laura Cameron, Glen Propes, Jarvis Prather, Laura Cameron, Maps of Texas

**Silver:** Edda Tinis, Frances Thurow, John Rodak, True Vine Missionary Baptist Church, Alan Wilcox, Vivian Hand, Your Cause, AT&T, Carol Fisk, Chad Walker, Cornelius McCarthy, Gary & Lynn Cook, Kimberly Carlegis, Melissa Taldykin, Billy Ray, Chad Walker, Michael Lusk, Robin Allshouse, S & L Smith Enterprises, United Fire Group, AR Federal Credit Union, John Rodak, Law Offices of Steven Hayes, Robert Giles,

**Bronze:** Maureen Franz, Nina Dennis, Edward Macias, Floyd Pease, Mary Ann Ruth, Tommy Corbell, Joanne Messenger, Kimberly Carlegis, Ambit Energy , Catherine Piorowski, Collier Harvešt, Cornelius McCarthy, Dallas Ft. Worth Metroplex CFC, DOW Consulting, Elizabeth Lawley, JC Penney, Sean & Judy Oliver, Katherine Hensley, Maureen Franz, Melinda Wenzk, Melissa Taldykin, Rita Hayes,

**Brass:** , Sharon Phillips, Linda Cowles, Mike Stewart, American Online Giving Foundation, Edward Macias, Floyd Pease, Kostas Lambrakos, Edward Evans, Janice Shuler, John J. Henderson, Robert & Deborah Block, Tamara Waldron, Tommy Corbell,

Supporter: Gisela Manning, Liliya Ueberschaar, Josh - Daniel Davis, Ignacio Soriano, Network for Good, Rodrigo Arceo, Ruth Henry, Gisela Manning, Alacia Benrey, Elizabeth Lawley, Christine Skogg,

# CLASSIFIEDS / SERVICES / ANNOUNCEMENTS

## ADVERTISE WITH THE SPEEDY GAZETTE

All submissions for the Classified Section of the **SPEEDY GAZETTE** must be submitted to the TPVA Office no later than the **1<sup>st</sup>** of the month. The charge is \$15.00 for 15 words ( each additional word is 25 cents). Payment must accompany the ad. If you are a member in good standing with TPVA, you may place a 15 word ad for FREE! An incentive of a 10% discount applies on ANNUAL commitments.

DISPLAY ADVERTISEMENTS: To offset some of the cost of printing and mailing the SPEEDY GAZETTE, the following ad rates apply:

SIZE:	MONTHLY :	ANNUAL (Approximately 6 issues per year):
Business Card	\$20.00	\$120.00 less 10% = \$108.00
¼ Page	\$30.00	\$180.00 less 10% = \$162.00
½ Page	\$55.00	\$330.00 less 10% = \$297.00
Full Page:	\$125.00	\$750.00 less 10% = \$675.00

Please call 1-800-933-4261 or 713-520-8782 ( EXT. 4) to place a Display Advertisement or Classified Advertisement & watch your business get noticed!



**YOU JUST NOTICED THIS AD!**  
**NOW SEE WHO WILL NOTICE YOURS!!**

# Statistically Speaking

By Elizabeth Duncan

In the United States, it is estimated that there is about 400,000 people with MS and about 10,000 new cases every year. That's about 200 cases a week.

MS is more common in females than males. Studies show that there is a variation of a gene that produces high levels of a protein called Interferon Gamma. This protein aggravates MS by promoting inflammation and tissue damage. More women than men have this gene.

MS is mostly diagnosed between 20-50 years of age, but symptoms usually appear between the ages of 30-35. MS affects different age groups differently. For example, people who are diagnosed at the age of 50 or older, usually have a more progressive type of MS.

It seems that more people are being diagnosed with MS now than in previous years. Researchers think that it is because there is more awareness of MS and better ways to diagnose it. There are researchers working every day to find a cure.

Since I have been diagnosed, there have been 15 Disease Modifying Therapies (DMT) that your physician can choose from:

- 8 Injectable medications
- 3 Oral medications
- 4 Infused medications

I'm sure there will be more. If you would like to find out more information about MS, go to [multiplesclerosis.net](http://multiplesclerosis.net) or [nationalmssociety.org](http://nationalmssociety.org)

## Government Relations

By: Kerry Reyna

Congrats again to our Chapter for being named Best Chapter by National and our website also receiving that honor. I encourage our Membership to attend local Veterans activities that are put on by our County, State and National elected officials. You might ask why? Because County, State and National elected officials notice when your at their events. They somehow remember via sign in rosters and pictures taken at the event that you were there. This makes our Chapters job easier when we go to advocate the TPVA issues to the elected officials. If the elected officials send you a survey please take the time to fill it out as this is another way for the official to measure what is important to their constituency. There is a lot of talk about Veterans issues and it is important that we let our officials know our thoughts.

Flag Day and Independence ay are coming up so please display the flag.

Kerry

# PVA NATIONAL SERVICE OFFICERS

## Houston

### Regional Office

Gegory Treacy, SNSO  
(800) 795-3571, (713) 383-2727/2723  
(713) 383-2724 FAX  
Houston VA Regional Office 6900 Almeda Rd., Room 1028  
Houston, Texas 77030-4200  
Olga Fernandez, Sr Secretary

### Houston Michael E. DeBakey VAMC

Kimberly Springfield, Benefits Advocate  
(713) 794-7993 (713) 794-7525 FAX  
2002 Holcombe Blvd, Room 1-B-164  
Houston, Texas 77030  
Angel Chapa, Secretary

## San Antonio

### Audie L. Murphy VAMC

Armando De La Rosa, SNSO  
(800) 795-3572 (210) 617-5300 ext. 1-6819 or 1-5275; (210) 615-7498 FAX  
7400 Merton Minter Blvd., Rm. C-012.1  
San Antonio, Texas 78229  
Patricia Phelps, Sr Secretary  
PAVE Counselor - Susan Sprayberry

## Temple

**PVA VLO** Jack Soto 254-743-1686  
SCI Clinic (Mondays, Wednesdays and Thursdays Only 8:30 - 2:30)  
SCI Physician, Dr. Idowu 800-423-2111 ext 44528  
SCI Coord Derrick Matthews x 41769  
SCI RN Karen Page ext 43042 or 43043

## Waco

### Waco Regional Office

Ty Mc Whorter, NSO II or Dan Meckel, NSO II (800) 795-3573  
(254) 299-9944/9942/9941/9940 (254) 299-9943 FAX  
One Veterans Plaza  
701 Clay Avenue, Room 115  
Waco, Texas 76799  
Rhonda Broughton, Sr Secretary

## Paralyzed Veterans of America Applauds Passage of VA Accountability Bill Long-awaited legislation reduces burden of proof to terminate VA employees

WASHINGTON, DC— Paralyzed Veterans of America (Paralyzed Veterans) National President Al Kovach, Jr. today commends the U.S. Congress for passing the “VA Accountability and Whistleblower Protection Act,” which will heighten accountability at the Department of Veterans Affairs (VA); and ease restrictions that have protected VA employees exhibiting or condoning underperformance, negligence and/or criminal behaviors:

“Paralyzed Veterans of America applauds the House and Senate for final passage of this bill,” said National President Al Kovach, Jr. “Our organization has led the charge for the need for meaningful accountability at the VA from the beginning, and we are gratified to see the U.S. Congress placing a priority on the quality of workers caring for our veterans and the VA facilities. We do not believe this could have happened as efficiently as it did without Veterans Affairs Committee Chairman Phil Roe’s stewardship, and we thank him for his support of America’s veterans.

Paralyzed Veterans is the only veterans’ organization that conducts regular site visits in VA medical centers. We meet with clinical staff and patients regularly, and we have seen firsthand the negative impact of weak accountability. We look forward to President Trump’s swift signature, and Secretary Shulkin’s leadership in implementing the new accountability office.”

President Trump is expected to sign the legislation into law later this week.

### About Paralyzed Veterans

Paralyzed Veterans of America is the only congressionally chartered veterans service organization dedicated solely for the benefit and representation of veterans with spinal cord injury or disease. For 70 years, we have ensured that veterans have received the benefits earned through their service to our nation; monitored their care in VA spinal cord injury units; and funded research and education in the search for a cure and improved care for individuals with paralysis.

As a partner for life, Paralyzed Veterans also develops training and career services, works to ensure accessibility in public buildings and spaces, provides health and rehabilitation opportunities through sports and recreation and advocates for veterans and all people with disabilities. With more than 70 offices and 34 chapters, Paralyzed Veterans serves veterans, their families and their caregivers in all 50 states, the District of Columbia and Puerto Rico (pva.org).

## TPVA Volunteer Points are accrued in the following manner:

### **35 points**

Attend biennial TPVA Advocacy and Legislative Seminar and participate in Austin legislative visits

### **25 Points**

**One time annual** per year award for members working full-time (40+hrs per week) or attending higher education in full-time (12+hrs semester or equivalent) student status

### **20 Points**

Participate in TPVA sponsored Veterans Day Activities, TPVA sponsored Memorial Day Activities

### **15 Points**

Participate in PVA/TPVA Paralyzed Awareness week (PAW) or PVA Awareness month (PAM) Events

Participate full term as an approved member on any TPVA Committee

Participate in the Christmas Inpatients/Staff purchasing and distribution to inpatients/staff

**One time annual** per year award for members working part-time (less than 40 hrs per week) or attending higher education part time (less than 12 hrs a semester or equivalent) student status

### **10 Points**

Promote TPVA/PVA Awareness during the year at a community event, (prior approval of TPVA BOD)

Attend a Chapter BOD Meeting—BOD members excluded

Recruit a voting TPVA member (must inform the Membership Director or President)

Participate in an organized TPVA fund raising event

Write an article for the Chapter News Letter or Website, must be published—BOD Members excluded

Sign up a local school for PVA Poster/Essay Contest. Points awarded each year the school participates.

### **5 Points**

**Attend** a TPVA function-membership meetings, sporting events, or community event/per day

**Volunteer** At a TPVA function, the VA hospital, the chapter office or satellite office

**Represent** TPVA at a local community event (requires BOD approval)

**Contribute** to the TPVA newsletter, website, blog, or other forms of external communication

**Communicate** with elected officials - send a copy of communication with points sheet

**1 hour of practice equals 1 point** in a registered sport (i.e. USA Sports, Blaze Sports, Texas Regional Paralympic Sports, STRAPS, state, regional or national sport governing body) with Coaches signature or Point of Contact with phone number/email on Volunteer Points Form.

When submitting TPVA Volunteer points sheet use the points as well as the hours you volunteered at the event. The chapter will use the points and the hours will be used to send to PVA.

**When using the TPVA Event Funding Form(pg 22) submit 30 days prior to the event application deadline**

Texas PVA,

I wanted to personally thank you for the opportunity to tag along on the fishing trip. It meant so much that we could go with my brother Steve and participate in an activity that he enjoys so much. My grand kids had such a good time and were so excited that they caught some fish too. They have actually gone fishing again since we got back to Kansas.

Hopefully more of the veterans bring along some of their family for some great family time.

But most of all I wanted to tell you what an unexpected impact it had on the kids. They have been around Steve all their lives and just take for granted him being in a wheelchair without giving any thought to his restrictions. After the fishing trip they had a whole new appreciation for how challenging it is to be paralyzed. They had questions for Steve the next day about how he does several different things. We had some great discussion about how grateful we all should be for just the ability to walk.

It is a wonderful organization that you work for and I am very impressed with the opportunities you provide for our veterans!

Thank you again

Deanna Essmiller (Steve Holbert's sister)



# GALVESTON FISHING TRIP 2017



Group picture! Thank you to everyone that came out! it was a blast!



One of the many large boats we saw while out on the water!



David & Mitzi King!



Bait!



In Patients working hard to catch fish!



Everyone enjoyed their time! !