

# Speedy Gazette

"Improving Lives... Building Futures"



## Paralyzed Veterans of America

Texas Chapter

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Crosby, Texas 77532  
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6418 FM 2100 Road  
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## Paralyzed Veterans of America

Texas Chapter

### Officers - Board of Directors, Program Directors

President.....Anne Robinson  
Vice President.....Tammy Jones  
Secretary.....John Taylor  
Treasurer.....Alvin Guerrero  
Parliamentarian.....Eric Lindsay  
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Board Member #2.....Josue Lopez  
Board Member #3.....Derrick Perkins  
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San Antonio Satellite Dir.....Tammy Jones  
Legislative Dir.....Darrell Wilson  
Government Relations.....Kerry Reyna  
Advocacy Dir.....Derrick Perkins  
Sports & Recreation.....Kedgerick Smith  
Outdoor Sports.....Josue Lopez, David Bradshaw  
Membership.....Edgar Machado  
MS Director.....Elizabeth Duncan  
VAWS San Antonio.....John Shores, Hope Cooper  
VAWS Houston.....Derrick Perkins  
Chaplain.....Charlie Gant

### TPVA Staff

Executive Director.....Amanda Saunders  
Accountant.....Brian Pflug  
Administrative Assistant.....Fanny Rios Spears  
E-Mail.....info@texaspva.org

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### National Service Officers

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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.**

## Presidents Report by Anne Robinson



Hello Texas Chapter Family & Friends, Strong. That's the way that I would describe Texas on an average day, but since the hurricane, I would have to say Amazingly Strong. The stories of loss are abundant. For some it's a whole house, for others it is furniture and clothes, a few lost cars, and many others lost irreplaceable memories. TPVA members from Corpus Christi to Rockport to Houston to Beaumont and many places in between have been affected tremendously by Hurricane Harvey.

Fortunately, everyone we have talked to is physically okay, a little shaken, but okay. The Houston SCI staff were amazing during the hurricane, staying days at a time during the storm to ensure everyone was taking care of. The VA and the NSO's have been a tremendous help in disseminating information and coordinating communications with the VA so that everyone stays informed. Very grateful to PVA National, as they have provided unwavering support to everyone in need during a time when so much is unknown. The Chapter staff and Board of Directors have contacted everyone that we have working phone numbers and emails for to see who might be in need of what assistance. If you were not contacted, please ensure that we have a valid phone number or email so that you can stay informed of what is going on at the Chapter and if any important information comes out, we can get it to you.

We have received phone calls from throughout the country to check on TPVA members who weathered the storm and to send prayers. Donations have come in to an established Hurricane Harvey disaster relief fund and we are providing grants to individuals based on needs. If you would like to contribute, a monetary contribution or gift cards to restaurants and stores that they can start rebuilding from would be greatly appreciated. If you were affected by the hurricane and are in need of help, please contact the chapter office as soon as you can. National PVA has put together a list that makes a great emergency backpack, some of which they passed out to Houston SCI patients during their visit. The chapter will provide the list to everyone and suggestions on how to plan for an extreme emergency, so that you don't compromise your health or safety.

Our annual Jack Sanders Banquet is being held on Friday, October 6 in San Antonio where the board meeting to follow the next day. We will be installing officers for the 2017-2018 fiscal year and presenting that Jack Sanders award, as well as several others. Please make sure you RSVP to the office as soon as you can.

I would like to say thank you to everyone who is made this year so successful, our spouses, caregivers, & volunteers, we could have not done it without you!

Sincerely,  
Anne Robinson

# 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.

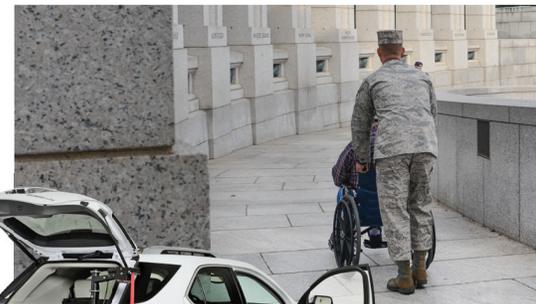
MobilityWorks has more than 65 locations across the country with the largest selection of accessible vehicles and adaptive solutions:

- 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.



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

  
**mobilityworks®**  
*be there*

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



# Executive Directors Report by Amanda Saunders

Hurricane Harvey ravaged the Texas Coast and left Houston — the nation's fourth-largest city — grappling with unprecedented flooding. Residents of 11 counties may be eligible for D-SNAP, a program that offers short-term food assistance for families impacted by Harvey. The United Way Helpline at 211 has information on shelters and other forms of assistance. You can apply for disaster assistance with local, state, and Federal assistance relief programs and you can also file a personal claim with your insurer.

Try the Texas Department of Insurance's consumer hotline at 1-800-252-3439 for insurance help.

Register yourself "safe and well" through this Red Cross list. Follow government guidelines on replacing important documents. If you lost your job because of the hurricane, you may be eligible for unemployment benefits. For additional assistance with Harvey assistance please contact the TPVA Chapter Office or me directly for additional agencies for support. Below is a summation of steps to consider post Harvey you may consider following but is not a conclusive list.

**Protect yourself.** Always be careful when entering a damaged building. If there is serious structural damage, contact local officials before entering. Report downed power lines or gas leaks. Keep electricity turned off if the building has been flooded.

**Protect your property.** Take reasonable steps to protect your property from further damage. This could mean boarding up windows and salvaging undamaged items. Your insurance company can tell you what they will pay for regarding protection.

**Report the loss as soon as possible.** Contact your insurance agent or insurer as soon as you can. Provide a general description of the damage and have your policy number handy if possible. Write down the adjuster's name, phone number and work schedule as soon as you have them.

**Prepare a list.** Keep damaged items or portions of them until the claim adjuster has visited, and consider photographing or videotaping the damage to document your claim. Prepare a list of damaged or lost items for your adjuster.

**Keep receipts.** If you need to relocate, keep records and receipts for all additional expenses. Most insurance policies cover emergency living arrangements.

**Return claim forms.** After your insurance company has been notified of your claim, they must send you the necessary claim forms within a certain number of days (time period varies by state). Fill out and return the forms as soon as possible. If you do not understand the process, be sure to ask questions and write down the explanation.

**Cleanup.** When starting the cleanup process, be careful, and use protective eyewear and gloves if available. Adjusters may tell business owners to hire a professional cleaning service.

**Build stronger next time.** When you're ready to start repairs or rebuild, work with your contractor to make the new structure disaster-resistant.

**Beware of debris.** Storms with extensive rain and high winds, such as tropical storms and hurricanes, can cause severe damage and create hazardous conditions such as fallen trees and other types of dangerous debris including downed power lines, broken glass, small pieces of buildings, commercial signs, and road signs. After the storm passes, residents should be extremely careful as they sort through the wreckage to assess the damage.

**Handle power outages safely.** Power outages are common after storms and many residents and businesses rely on back-up generators until power can be restored. While power generators are quite useful, they also pose certain risks including fire, damage to electrical equipment, and even injury or death. Before using a generator, it's important to understand these risks and the necessary precautions for safe operation.



## Vice Presidents Report by Tammy Jones



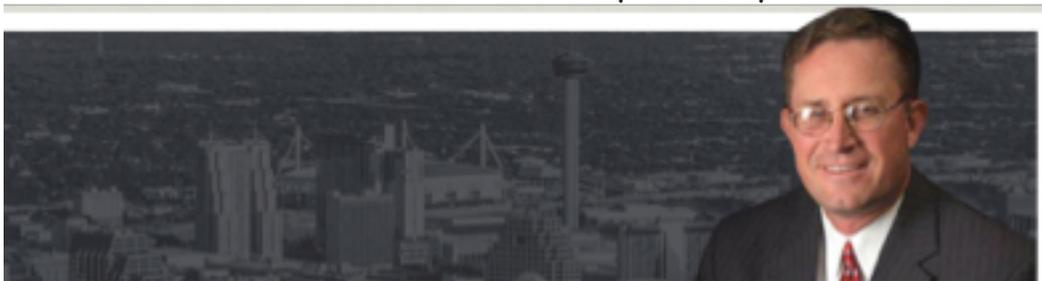
Did you know that September is National Spinal Cord Injury (SCI) Awareness Month? Originally cosponsored by Marco Rubio and Bill Nelson, the bill for this awareness month was created to recognize the prevalence of spinal cord injuries in the country as well as highlight the achievements of those who living such an injury are accomplishing. According to the Paralyzed Veterans of America, a person becomes paralyzed every 48 seconds in the United States. Here are several other statistics of note about spinal cord injuries, presented by the United Spinal Association:

- There are approximately 12,500 new spinal cord injuries each year.
- The number of people in the United States in 2014 who have a spinal cord injury has been estimated to be approximately 276,000 (with a range from 240,000 to as many as 337,000 individuals).
- The average age at injury has increased from 29 years of age during the 1970s to 42 years since 2010.
- Approximately 79% of spinal cord injuries occur among males.
- Vehicle crashes are the leading cause of injury, followed by falls, acts of violence (primarily gunshot wounds), and sports-related accidents.

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Jon R. Disrud  
Board Certified Family Attorney



I have been a licensed attorney for 27.5 years. I also have 27 years of military service, active and reserve as a Judge Advocate. I have a general law practice covering many areas but I am a Family Law specialist having experience and compassion for military members going through a divorce. I also represent military members before the Formal Physical Evaluation Board regarding military medical separations.

At the Law Offices of Jon R. Disrud, our practice comprises a wide range of legal services, including:

- Divorce and Texas family law
- Criminal law and military courts-martial defense
- Military medical discharge problems
- Estate preservation documents, estate planning and probate administration

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

Law Office of Jon R. Disrud  
13750 San Pedro, Suite 410  
San Antonio, Texas 78232

Telephone: (210) 494-6633  
Telecopier: (210) 494-6640  
[jon@jdisrudlaw.com](mailto:jon@jdisrudlaw.com)

## 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.



### 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

### 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

## National Veterans Health Benefits Specialists (formerly NSO's)

From your friendly neighborhood VA Regional Office NSO:

### VA STATUS OF DEPENDENTS QUESTIONNAIRES - IMPORTANT - PLEASE READ

Each month, the VA's Hines Information Technology Center (ITC) automatically releases:

- VA Form 21-0538, Status of Dependents Questionnaire, to approximately 1 percent of Veterans in receipt of additional compensation for a spouse and/or child(ren), and
- VA Form 21-0537, Marital Status Questionnaire, to approximately 1 percent of surviving spouses in receipt of Dependency and Indemnity Compensation (DIC).

Completion of VA Form 21-0538 and VA Form 21-0537 by beneficiaries allows the VA to verify the following approximately once every eight years:

- status of the dependents of all Veterans in receipt of additional compensation for a spouse and/or child(ren), and
- marital status of surviving spouses in receipt of DIC.

### Time Limit for Responding

- You must complete the required items fully and accurately and return the form to the PVA Service Office within 60 days from the date of the request for completion of the form, and
- inform beneficiaries that failure to respond will result in the reduction or discontinuation of benefits.

### VA STATUS OF EMPLOYMENT QUESTIONNAIRE - IMPORTANT - PLEASE READ

Each month, the VA's Hines Information Technology Center (ITC) automatically releases:

- VA Form 21-4140-1, Employment Questionnaire, annually to Veterans receiving compensation at the 100 percent rate based on being unable to secure or follow a substantially gainful occupation as a result of service-connected disabilities (Individual Unemployability or IU).

If you were self-employed or employed by others, including the Department of Veterans Affairs, at any time during the past 12 months, complete Section I of this form. If you have not been employed during the past 12 months, complete Section II of this form.

You must complete the required items fully and accurately and return the form to the PVA Service Office within 60 days. If you do not return the form within 60 days, your benefits may be reduced.

I've received multiple rating decisions and debt letters within the last month due to PVA Members not returning these questionnaires, or not returning them in a timely manner, and/or not submitting them through the PVA Service Offices. This results in pay disruptions and a requirement to re-apply for a benefit that had already been established. That's like taking a hill, then giving it back to the enemy!

Help me help you!

Greg

# Dear Cici

Dear Cici,

I was pleased the other day when a nurse at the VA asked how I was doing. It made me feel so special because everyone here seems to be focused on the vet in the wheelchair. It also made me wonder if there is a special day to honor those of us who give care for others whether it is our aging relatives, our disabled spouse or our disabled children. I've never heard of a National Caregivers Day. Is there a day when we honor those who unselfishly give of themselves for the sake of others?

*Just Wondering*

Dear J W,

More than a few people fail to recognize the value of caregivers. According to Holiday Insights, some 65 million Americans are caregivers in some way; and, according to the Department of Labor, approximately 40 million US residents 15 and older are unpaid caregivers just for the elderly. That's monumental when you stop to think about it. Yet there has never been a presidential proclamation or Congressional Act designating a special day or month to honor those who give so unselfishly of themselves.

There are, however, individuals and organizations that have set aside days to pay tribute to caregivers. Since the groups and individuals are varied, so are the days to recognize caregivers. Some celebrate on the third Friday of Feb, some on November 13, others on March 3. In 1994 the National Caregiving Network declared November National Caregivers Month.

You know, JW, this might be something the PVA Legislative Director might be interested in pursuing. It would seem appropriate.

In the meantime, here are a few tips we can all practice:

- Thank the caregiver for his/her service
- Send a note or email message now and then with words of encouragement
- Encourage the PVA to honor caregivers with certificates of appreciation or other gestures of recognition
- Give a caregiver you know time off by filling in for them at a doctor's appointment or by preparing a meal for the family
- Be creative in the ways you can help someone who is so helpful to others.

As a caregiver, don't wait for someone else to honor you, honor yourself by taking the 3M (making moments for me) approach. Be kind to yourself, treat yourself to a few moments of respite each day; spend a little extra on something for yourself — maybe a spa treatment or a new hairstyle. Those little things make a great deal of difference in our lives. And remember to acknowledge the caregivers you know as often as you can.

Sincerely Grateful,

*Cici*

## GUIA RÁPIDA DE RECURSOS

# Familias de Niños con Discapacidades Afectadas por el Huracán Harvey

## FEMA

Registrarse **1-800-621-3362**

Teletipo/ Personas con Discapacidades Auditiva

**1-800-462-7585**

711 or Servicio de Retransmisión de Vidas

**1-800-621-3362**

**www.DisasterAssistance.gov**

Es MUY importante ser explícito sobre las necesidades específicas de su discapacidad en la línea 20 de su solicitud

Descarga la aplicación de FEMA para más información y para seguir el progreso de su solicitud

## SAMHSA'S

DISASTER DISTRESS HELPLINE

**1-800-985-5990**

or

Mandar un Texto a:  
**Hablanos al 66746**

SOBREVIVIENTES DE CATÁSTROFE  
CON DISCAPACIDADES

## LINEA DIRECTA

Resolución de Problemas  
Relacionadas con Desastres

Estrategias y Problemas de  
Evacuación

Cuestiones de Accesibilidad al  
Refugios

Estrategias de Vivienda Temporal  
Dispositivos de Asistencia, Equipo  
Médico Estable, Referencias de  
Suministros Médicos Consumibles

**1-800-626-4959**

## TEXAS PARENT TO PARENT

Conectarse con Recursos y  
Apoyo de Otras Familias

**1-866-896-6001**

## AUTISM SOCIETY OF TEXAS

Asistencia para las familias  
con niños con autismo

**1-800-3-Autism**  
(288476)

## DISABILITY RIGHTS TEXAS

Asistencia para las personas con  
discapacidades para ingresar a refugios  
con sus animales de servicio y  
cuestiones de derechos civiles

**1-800-252-9108**

PROPORCIONADO POR  
TEXANS FOR SPECIAL  
EDUCATION REFORM

Deaflink ha producido un video utilizando Lenguaje de  
Señas Americano con información sobre refugios y  
contactos de emergencias

**<http://www.deaflink.com/houston>**

**POR FAVOR DISTRIBUIR A TODAS LAS FAMILIAS CON NIÑOS CON DISCAPACIDADES**

# Legislative Directors Report by Darrell Wilson

Greetings ALL. We are at the end September and October is fast approaching. I was just recently appointed by the President Anne Robinson and ratified by the board of directors as your new Legislative Director. Although this is a new appointment I have held this program position before. It was an honor to be nominated and ratified and I look forward to using my past experiences and training to advance the legislative causes for the TPVA. I would like to start off by explaining what a Legislative Director is and what does the job entail.

What is a Legislative Director? And what does the Legislative Director do for the Paralyzed Veterans of America, Texas Chapter (TPVA).

The Legislative Director, together with the TPVA board of directors, program directors and Chapter volunteers, advises the Chapter President on all legislative areas and on any legislative issues which affect the TPVA's veterans. This legislative director assists in the development of policy positions and legislative initiatives and assists in managing the legislative agenda on a local and national stage.

As the Legislative Director through the years Paralyzed Veterans of America (PVA) has worked closely with federal and state legislatures to improve the quality of life of the disabled community. Independent living and advocating for the civil rights of disabled Americans are two of our on-going legislative objectives. We work with congress to maintain the VA budget for adequate funding and to maintain services for all veterans. TPVA supports accessible housing programs and efforts to secure adequate funding for attendant care through federal and state agencies.

TPVA every other year in Austin, Texas hosts a local Advocacy and Legislation Seminar coordinated with the Texas Legislative Sessions. Additionally, each year in March in Washington D.C. the PVA hosts an Advocacy and Legislation Seminar. This is a mandated program from National PVA that each chapter take an active role in both legislation and advocacy issues. All members are encouraged to attend. The purpose of this seminar is to educate our Board of Directors, as well as other PVA members

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To stay current with current legislative issues and many other issues that affect you and the community at large, please access the TPVA website at [texaspva.org](http://texaspva.org). In addition, regarding current updates there is a treasurer drove of information on what is going on within TPVA. If you have any concerns that affect you legislative please contact me directly 210-896-6146 or via my email at [darrell624@gmail.com](mailto:darrell624@gmail.com).

# Solar Eclipse Party - San Antonio



Please join us for our Annual Jack Sanders Banquet on Friday, October 6th in San Antonio. BOD meeting on Saturday, October 7th 2017



# 4th Annual Freedom Shoot

**Paralyzed Veterans  
of America**

Texas Chapter

**December 2nd, 2017**

Mail checks to: PVA, TEXAS  
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**SCORE CARDS IN BY 1:00 PM**

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4 man teams

Mulligans available / 4 max per person / \$5 per Mulligan

**Golf Carts available by reservation only**

If reservation is not made 3 days in advance, golf cart availability is not guaranteed

**Bringing your own UTV, ATV or golf cart is allowed**

For more information visit [www.texaspva.org](http://www.texaspva.org)

Amanda 713-520-8782 x 2 or via email [amandas@texaspva.org](mailto:amandas@texaspva.org)

Team name: \_\_\_\_\_ Email address \_\_\_\_\_

Shooter # 1 \_\_\_\_\_ Wheelchair Y/N - Lady Y/N

Shooter # 2 \_\_\_\_\_ Wheelchair Y/N - Lady Y/N

Shooter # 3 \_\_\_\_\_ Wheelchair Y/N - Lady Y/N

Shooter # 4 \_\_\_\_\_ Wheelchair Y/N - Lady Y/N

## MAIN EVENT

100 bird sporting clay course \$100  
entry - \$400 entry per team

## FUN EVENTS

### Target of Terror

\$10 per attempt

### Wascally Wabbit

\$15 per attempt

## SPONSORSHIP OPPORTUNITIES

### **Veteran Team Sponsor - \$400**

Includes one 4 man team of vets, lunch, name on banner, sign on course

### **Station Sponsor - \$100**

Includes 1 station sign at 1 out of the 10 stations, name on banner

### **Bronze Sponsor - \$1000**

Includes one 4 man team, lunch, name on banner, sign on the course

### **Silver Sponsor - \$1500**

Includes two 4 man teams, lunch, name on banner, sign on the course

### **Gold Sponsor - \$2000**

Includes three 4 man teams, lunch, name on banner, sign on the course

For question on these events please contact  
us at: [questions@claymoundsporting.com](mailto:questions@claymoundsporting.com)  
(936) 334-9200

Please contact Amanda  
713-520-8782 x 2 or [amandas@texaspva.org](mailto:amandas@texaspva.org)



## Sports & Recreation Directors Report by Kedgerick Smith

From: Tostenrude, David A.

Date: August 21, 2017

Subject: 38th National Veterans Wheelchair Games - Orlando

Just wanted to give everyone a heads up for planning in Orlando next summer. We are already getting calls from individuals and teams to support transportation and other logistics for arriving in Orlando prior to the event dates or staying later. There have been accommodations made in prior NVWG's and the cost has been significant to the organization and staff supporting the service. So this is the bottom line....

We will only be able to provide transportation, DME, medical or other logistical support for the published events dates of the 38th NVWG. Transportation for arrival will be July 29 (all day) & July 30th till 12noon for arrival and August 5 (till 3pm) for departure. Outside those times, teams and individuals will need to make their own arrangements. Medical, DME and other logistic support will be available July 29 - Aug 5.

Dave Tostenrude  
Director, National Veterans Wheelchair Games  
VA Puget Sound Health Care System (Magnolia Campus)  
1660 S Columbian Way  
Seattle, WA 98108  
(206) 445-3519  
Email: david.tostenrude@va.gov  
Web: [www.wheelchairgames.org](http://www.wheelchairgames.org) ; [www.va.gov/adaptivesports](http://www.va.gov/adaptivesports)

**Bubba's on the Brazos**  
*Situated on the Stephen F. Austin Paddling Trail*

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- 1/2 or Full Day Rentals
- Multi-Day Rentals
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f



July 29 – August 4 2018  
Orlando, FL



**Paralyzed Veterans  
of America**

Texas Chapter



April 1 - 8, 2018  
Snowmass, CO

1 August registration opens

## Membership Events

### SEPTEMBER

- 7 - SAS Membership forum ALM SCIC Rec room Dinner 5:00pm Forum 6:00pm
- 9 - Gateway to Gold US Paralympic Introduction, Turner Stadium, Humble, TX POC Houston Sports Authority 713-308-5900
- 13 - TPVA Board teleconference
- 14 - ALM SCIC Women w/SCI Support Group
- 22 -23 DITW Anglers on Wheels II  
Port Aransas Fri - 5-9pm, Sat 1-5pm POC Jenny Blair
- 25-29 - Southwest Valor Games, registration closed

- 27 - Houston Membership Forum MED SCIC Dayroom 12pm

### OCTOBER

- 6 - Jack Sanders Banquet Magnolia Pancake Haus 10333 Huebner Rd San Antonio, TX 78240 6pm RSVP Chapter office
- 7- TPVA Board meeting 10 am
- 12 - ALM SCIC Women w/SCI Support Group
- 22-26 - PVA Fall BOD Marriott Rivercenter  
\*Volunteers Needed\*

**Houston Oktoberfest - Thursday, Oct 26th**

### NOVEMBER

- 2 - SAS Membership Forum ALM SCIC Rec room Dinner 5:00pm Forum 6:00pm
- 9 - ALM SCIC Women w/SCI Support Group
- 11 - Veterans Day
- 14 - **Thanksgiving Luncheon ALM SCIC**
- 15 - TPVA Board teleconference

**Houston Thanksgiving - Thursday, Oct 16th**

### DECEMBER

- 7 - **SAS Christmas Party Magnolia Pancake Haus 10333 Huebner Rd San Antonio, TX 78240**  
**RSVP Chapter office**
- 13 - TPVA Board teleconference
- 14 - ALM SCIC Women w/SCI Support Group
- 19 - **Inpatient/Staff Christmas gift buying ALM SCIC**
- 22 - **Inpatient/Staff Christmas Distribution ALM SCIC**

**Houston Christmas - Thursday, Oct 14th**

# Happy Birthday

## August

Arthur Ricks  
Gilbert Garcia  
Daniel Decker  
Franklynn Ellis  
Stanley Lambert  
Steven Fenton  
George Evans  
Jeff Jackson  
Valarie Valentine  
Jimmy Tucker  
Jerry Baker  
Christian Barthol  
Kendrick Kahler  
James Landreneau  
Robert Wolf  
Conrad Crump  
Sidney Hogue  
Michael Griffin  
Randy Pike

Bruce Kuker  
Riley Woods  
Guillermo Garcia  
Michael Briggs  
Raymond Baxter  
Waldo Schroeder  
Joe McMinn  
Federico Cantu  
Khalid Mahdi  
John Fraser  
Leah Jasik  
Marianne Bogel  
Bradford Morgan  
Truman Fountain  
Michael Keiser  
Raul Rivas  
Courtney Prater  
Chris Post  
Fred Flores

Dwight Pennington  
Efren Diaz  
Dianna Lopez  
Michelle Cwiklinski  
Ronald Bruellisauer  
Stanford Slaton  
Chris Ison  
Nathan Gonzalez  
Gerald Fesenmeyer  
Thomas Price  
Joseph Gibson  
Richard Moskal  
Jason Tabansky  
Isaac Hearns  
Alan Babin  
Kirby King  
Jose Ibarra  
Veronica Kuras  
Maurice Hampton

## September

Charles Todd  
Lawrene Sciba  
Robert Strambler  
Oscar-Moore  
Macario Olmos  
Warrant Goins  
Dee-Kilpatrick  
Ris Rollins  
James Czarnecki  
Tiffany Johnson  
Johnny Kelm  
Jay Watlington  
David Dotson  
Gilbert Acosta  
Steven Lynn  
Peter Brower  
Ray Foster  
Mary Ann Alexander  
Alan Beaty  
Gregory Estes  
Kenneth Gorrell

Daniel Castillo  
Jose Sifuentes  
David Cooper  
Robert Lucente  
James-Maddox  
Ismaro-Cardenas  
David-Learned  
Miguel Castillo  
Gilbert Morgan  
Clint Washington  
David Buller  
William Dietz  
Benjamin Garza  
Dallas Chambless  
Nicholas Martin  
Maurice Brunot  
Ralph Rollins  
Rene Guerrero  
Rojelio Nunez  
Hunter Morris  
David Cromwell

Gordon Shockley  
Ralph Stewart  
Mark Ascher  
John Taylor  
Julio Garcia  
Armando Atkinson  
Rolando Carrizales  
Alaric Solomon  
Ivan Moya  
Lee Norsworthy  
Don Townsend  
Willie Arch  
Billy McCrary  
Juan Webber  
David King  
David Meador  
David Cuevas  
Jimmy Jenkins  
Albert Blackmon

# Points Accrual

## 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 Events, 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 Inpatient/Staff purchasing & distributing 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 forum other than PAW or PAM, (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
- 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 an elected official—send copy along with the volunteer 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 submit 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.”

Additionally, The TPVA Event Funding Request forms to be submitted 30 days prior to event for timely BOD consideration.



# Walk to Defeat ALS®

The ALS Association

SAN ANTONIO WALK | OCTOBER 21, 2017



## CORPORATE PARTNERSHIP OPPORTUNITIES

COMPANIES COMING TOGETHER  
IN THE FIGHT AGAINST ALS

### BECOME A PART OF THE MISSION

Joining with The ALS Association in a corporate partnership creates new opportunities for you to educate and inform your employees how Lou Gehrig's Disease impacts people in their families and in your community.

### SUPPORT THE FIGHT AGAINST ALS

Your participation will benefit those living with Lou Gehrig's Disease and their families. Your support will help fund integral patient care programs, public policy efforts, and global ALS research.

### FORM A WALK TEAM

Studies show that companies with team building charity work have better employee morale and retention. Start a corporate Walk team to bolster your employees' sense of purpose in supporting their community.



# MS Directors Report by Elizabeth Duncan

## Multiple Sclerosis and Heat Intolerance

What is Multiple Sclerosis heat intolerance?

We just went through two of our hottest months, July and August. This was not a good time to be outside if you have MS and like the outdoors. The hot weather, hot baths and showers, saunas, and increased activities are all things that can cause issues for people with MS. These can trigger something known as an “MS Pseudoexacerbation”. This is the experience of having symptoms appear or worsen because of the heat.

YOU SHOULD UNDERSTAND MS PSEUDOEXACERBATION. IT'S DIFFERENT FROM A RELAPSE BECAUSE WHEN THE BODY'S TEMPERATURE COOLS TO NORMAL, THE SYMPTOMS DISAPPEAR. THERE IS ALSO NO NEW DAMAGE, SUCH AS INFLAMMATION, NEW LESIONS, OR LOSS OF MYELIN DURING A PSEUDO-EXACERBATION.

What does MS related heat intolerance feel like?

Even though every person with MS is different, common symptoms worsen with heat. These symptoms include: numbness, fatigue, tremors, blurred vision. Actually any MS symptom can worsen in the heat, sometimes symptoms show up that we may have not felt before.

How does heat intolerance differ for different people? There are 3 ways:

1. Threshold: Some people can be fine taking a walk in the park in 90 degree weather as long as they have their cold water and stay in the shade. Others can start feeling bad with less activity and at a lower temperature.
2. Severity and type of symptoms: Here again, depending upon the individual, symptoms can range from annoying by tingling in the feet, to debilitating like severe weakness or crushing fatigue.
3. Length of time to resolve symptoms: All symptoms that are the result of heat intolerance should get better once the body returns to normal temperature. But for some people this takes longer.

What causes heat intolerance in people with MS?

People with MS have plaques on their nerves. These plaques cause demyelination that slows the ability of the nerves to function. Heat further slows down the nerve's impulse transmission. Even as little as 1/4 of 1/2 of a degree is enough to cause symptoms of heat intolerance. So even if you have a fever that could cause an exacerbation also. Some people are just more sensitive than others. Some of us with MS are more sensitive to cold than we are to heat, and get different symptoms with different temperatures. For instance, cold can cause these symptoms, especially spasticity. Some unlucky MS sufferers can be sensitive to both heat and cold, and can't go anywhere comfortably.

How common is heat intolerance?

There are not any exact statistics on this - but most of us are sensitive to the heat. In the past there were no advanced radiologic tests to diagnose MS. A hot bath test was one of the tests done to determine if you had MS. You were watched, and if your neurologic symptoms developed or worsened, you were diagnosed with MS. I had this “test” done to me early on in my illness. Fortunately, we now have more advanced tests like MRIs to diagnose MS, and the hot bath test is no longer used.

Heat intolerance can be extremely debilitating. It can be controlled by using cooling vests, mini personal fans, wearing light weight, light colored loose clothing, drinking cool water, and by staying out of the direct sun. Some people with heat intolerance are unable to function even in slightly elevated temperatures. They need to consider where they live, (they may want to avoid San Antonio in July and August ) unless they want to stay inside all of the time!

If you are a veteran who is interested in INDEGO, please contact your closest VA SCI Center to schedule an appointment for available screening days.



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

## Powering Veterans Forward

Indego enables veterans with spinal cord injuries to stand, walk, and gait train in therapy and personal settings.

- **Rapid Set-up**
- **Variable Assist**
- **Lightweight, Slim, Modular Design**
- **Extended Battery Life**
- **Natural Human Movement**
- **Manage Parameters & Record Progress**



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# *In Memoriam* *Always in our hearts*

Anthony Broussard  
Barry Muth





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*enjoy your freedom.*

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| ✓ Wheelchair Lifts & Restraints             | ✓ 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.

Paralyzed Veterans of America  
Texas Chapter  
P.O. Box 989  
Crosby, TX 77532

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Another Bit of Information from the NSO's  
if Storm damaged vehicle purchased w/auto adaptive grant

The VA provided the procedures for the subject application.

The Veteran (or his NSO) needs to complete a new 21-4502 ensuring the information in block 10 is completed by putting an "X" in "YES" providing the date of the first auto grant application and typing "REPLACEMENT DUE TO NATURAL DISASTER"

The request should include the following information (provided on a separate sheet of paper) :

- make, model, and year of vehicle purchased with original grant
- circumstances surrounding the destruction of the vehicle, including month, day, and year of destruction
- city and state where vehicle was located at the time of destruction
- description of the disaster and damage done to the vehicle
- verbal or written confirmation that the Veteran has certified to VA that he/she has not received compensation from an insurer for the loss.

The finance department also stated that it would help speed up the process if the documentation from the damage appraiser was submitted with it.

NSOs submitting these type of claims - ensure the authorizer does not put a check in the block in block 18.