Speedy Gazette

"Improving Lives... Building Futures"

Paralyzed Veterans of America

Texas Chapter

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May/June 2019

Paralyzed Veterans of America

Texas Chapter

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President Report
Derrick Perkins

Greetings Everyone,

This year seems to be buzzing by fast. The heat and humidity are in full effect in Texas. Hopefully you are making fun plans for the summer. But, before you go.... take a look at some interesting and informative articles in this newsletter. We have plenty of fun events coming up and recaps of events past. This year's PVA Convention was very interesting.

REMINDER: This is hurricane season so make sure you have important medical supplies packed in your Disaster Preparedness Bag and a pre-planned Evacuation Destination. I have always chosen to hunker down at home in the past but came close to a county voluntary evacuation during Hurricane Harvey and realized that there were a few things that I didn't consider. Let's be proactive.

Sincerely,
Derrick Perkins
President

Hello Texas Chapter Members and Friends,

I hope your summer is off to a fantastic start despite the extreme heat we are experiencing here in south Texas! Please use caution when you have to be outside this summer. It is HOT already.
To say it's been a busy couple of months would be an understatement. On May 4th we hosted our 5th Annual Freedom Shoot. While the event was successful, the number of participants was down. We ended up with approximately 30 shooters but a good time was had by all. On June 1st we had a crawfish boil fundraiser with the Sugar Land Chapter of Iron Order Motorcycle Club International. I look forward to the developing friendship between their chapter and ours. We are also in the process of liquidating the large donation of antique rugs.
Good luck to the athletes attending the NVWG's in July. The chapter is sending 13 members and their caregivers. If you've never been to the NVWG's or WSC, please contact the office for more info.
Also, just a reminder, each member has a recreational outing reimbursement of up to $120 per fiscal year. This can be used for any recreational outing of your choice. Please let me know if you have any questions about this.
As always, please reach out to me if I can be of assistance to you.

Amanda

Vice President Report
Tammy Jones

Weekly Ongoing Events

San Antonio

ALMVA SCIC

Location, unless stated otherwise, ALM SCIC Rec Room
Monday - 1pm Adaptive Gaming
Tues - 10am Indoor Archery Boerne Leading Edge
1pm Boccia
Wed - 9am Bowling Oak Hills Lanes
1pm Table Tennis 9 ball, etc.
Thurs - Wellness and Social
Friday - 9:30am Air Rifle/Pistol

STRAPS

Location Morgans Wonderland unless stated
Sunday - 9am Spurs w/c Baskball
3:30pm Power Soccer
6pm W/c rugby
Monday - 6pm W/c soccer
Wed - 3:30pm Boccia
Thurs- 3:30pm Spurs W/c Baskball
7:30pm Adapted Crossfit Mind Body Soul

Austin/Harker Heights (www.texasregionalparalympicsports.org)

Sunday- 5:30-7pm Sled Hockey Northcross Mall Ice Rink
Monday- 8:30am-11am Rowing for All (every other Mon) Call Genny 210-241-2508; Texas Rowing Center
Tuesday- 1:30-4:30pm Archery; Harker Heights Rec Center
Saturday- 8:30-11am Rowing; Texas Rowing Center (www.texasrowingforall.org)
4-6pm W/c Basketball Harker Heights Rec Center

Houston Area

Houston Parks & Recreation
Metropolitan Multiservice Center (1475 W. Gray)

Monday- 6-9pm W/C Basketball open gym
Tuesday- 6-8pm Basketball/Rugby Off season Training Program
Wed- 6-9pm W/C Basketball open gym
7-9pm Kayak Basketball League
Thurs- 7-9pm W/C Rugby League
Friday- 7-8:30pm W/C Tennis
Saturday- 10-11am Sled Hockey Memorial City Mall Ice rink

TIRR Memorial Hermann
http://tirr.memorialhermann.org/patient-resources/adaptive-sports/

For more information on the sports below visit the website(above) or call 713-797-5928
W/C Basketball - Jr. Hotwheels & Adult Hotwheels Teams
Quad Rugby - TIRR Texans
W/ C Ultimate Frisbee
Handcycling
Paralympic Sport

Paralyzed Veterans of America

ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

Cal-Diego Air Rifle and Pistol Tournament
January 28-29, 2019
San Diego, CA

Mid-Atlantic Air Rifle and Pistol Tournament
March 6-7, 2019
Richmond, VA

Wisconsin Air Rifle and Pistol Tournament
March 30-31, 2019
Milwaukee, WI

New England Combined Air Rifle and Boccia Tournament*
April 26-28, 2019
Brockton, MA

Buckeye Air Rifle and Pistol Tournament
April 26-27, 2019
Geneva, OH

indicates combined events

PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

Cal-Diego Shooting Sports Tournament & Pistol Tournament
March 29-31, 2019
Redlands, CA
Pistol Shoot - March 29, 2019
Lytle Creek, CA

Wisconsin Shooting Sports Tournament & Pistol Tournament
May 17-19, 2019
Rifle/Pistol Shoot - May 17, 2019
Green Bay, WI

Vaughan Shooting Sports Tournament
May 31-June 2, 2019
South Elgin, IL

Nevada Shooting Sports Tournament
June 7-9, 2019
Las Vegas, NV

Iowa Shooting Sports Tournament & Pistol Tournament
June 14-16, 2019
Pistol Event - June 14, 2019
Cedar Rapids, IA

Lone Star Shooting Sports Tournament
June 20-22, 2019
Waxahachie, TX

PARALYZED VETERANS BOATING/FISHING TOUR

Mid-America Bass Tournament
September 21-23, 2018
Eufaula, OK

Vaughan Bass Tournament
October 5-7, 2018
Whittington, IL

Florida Gulf Coast Bass Tournament
March 29-31, 2019
Tavares, FL

Kentucky-Indiana Bass Tournament
May 3-5, 2019
Kuttawa, KY

Mid-Atlantic Bass Tournament
June 7-9, 2019
Henrico, VA

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

Mid-South Billiards Tournament
October 12-13, 2018
Memphis, TN

Mid-Atlantic Billiards Tournament Battle at the Beach
November 16-18, 2018
Virginia Beach, VA

Mid-America Billiards Tournament
April 5-7, 2019
Oklahoma City, OK

Mid-Atlantic Billiards Tournament Chuck Willis Mem
April 26-28, 2019
Midlothian, VA

Buckeye Billiards Tournament
June 14-15, 2019
Wickliffe, OH

Mountain States Billiards Tournament
June 21-22, 2019
Fountain, CO

BOCCIA

Gateway Boccia Tournament
October 18-20, 2018
St. Louis, MO

Bayou Boccia Tournament
February 1-2, 2019
Gulfport, MS

Cal-Diego Boccia Tournament
February 19-20, 2019
San Diego, CA

New England Combined Air Rifle and Boccia Tournament
April 26-28, 2019
Brockton, MA

Mid-Atlantic Boccia Tournament
May 3-4, 2019
Hampton, VA

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

Great Plains Bowling Tournament
July 12-15, 2018
Council Bluffs, IA

Mountain States Bowling Tournament
August 15-18, 2018
Colorado Springs, CO

Mid-Atlantic Bowling Tournament
September 28-30, 2018
Glen Allen, VA

Nevada Bowling Tournament
November 29-Dec 2, 2018
Las Vegas, NV

Florida Gulf Coast Bowling Tournament
February 21-24, 2019
Tampa, FL

Mid-America Bowling Tournament
April 12-14, 2019
Shawnee, OK

Vaughan Bowling Tournament
May 23-26, 2019
Romeoville, IL

HANDCYCLING RACING

Off-Road Spring Expo
April 19-21, 2019
Chesterfield, VA

PVA Learn to Race Camp
April 23-26 , 2019
Gettysburg, PA

Blue and Gray Half Marathon and Criterium
April 27-28 , 2019
Gettysburg, PA

Pittsburgh Marathon
May 5, 2019
Pittsburgh, PA

Wichita Omnium
June 14-16, 2019
Wichita, KS

PVA Para-Triathlon Camp
June, 2019
Colorado Springs, CO

PVA Racing Mini-Camp
June 19-26, 2019
Delafield, WI

Tour of America's Dairylands
June 20-23, 2019
Milwaukee, WI

NATIONAL VETERANS WHEELCHAIR GAMES

For more information, visit:
pva.org/sports

PVA National Convention
Denver, Colorado

.....The Latest Events on the Gulf Coast.....
Hunting, fishing, scuba diving and most importantly....Bonding!!

Indego Exoskeleton Available for Veterans Thanks to New VA Policy

Powering Veterans Forward

- Injury Level T3 and below
- Lightweight (26 lbs) with modular design that breaks into 5 components for easy transportation
- Slim design can be worn in most wheelchairs
- Ability to transfer in/out of car while wearing Indego
- Rapid self set up (average 5 minutes)
- Extended battery life (4 hours continuous walking)
- Wireless control via iPod allowing for real time software adjustments
- Designed and assembled in the USA

Contact National Sales Manager, Brian Schultz, for more information or to try Indego at a screening day near you.

1.217.343.7506
brian.schultz@parker.com
www.indego.com

Indego® is a registered trademark of Parker Hannifin Corporation

My Very Own Robot

by Steve Holbert

Have you ever dreamed about owning your very own robot? I don't know if I've ever dreamed about that, but I do have my very own robot now. Actually, I think they refer to them as an exoskeleton. It's the robotic exoskeleton Indego made by Parker Hannifin. Yes, the VA will buy a set for you if you "qualify". First there are some physical parameters you must meet such as height and weight and injury level. If you meet those you can request a screening with your physical therapist at the VA. There they will measure you and get the robot adjusted for your size. They'll give you some basic instructions and you basically take a test drive in the robot. If things all go well, you and your assistant get scheduled for training at the VA. Due to the way the robot got FDA approval you must always have an assistant with you while in the device.

Both you and your assistant will have to attend approximately 30 hours' worth of training in the device with the therapists at the VA. At the end of the 30 hours you'll both have to pass both a written and a competency test in the device. Which after the 30 hours is fairly easy and straight forward. Then you'll be sent home with a loaner device to use at home or wherever you'd like for 45 days. In that 45-day trial period you have to use it at least 30 minutes three times per week. After the 45-day trial you'll have to take another competency test at the VA with your therapist and assuming you pass that the VA will purchase your very own robot. That's it, you too can get your very own robot!

Paralyzed Veterans of America
Texas Chapter

2019 Nominations Award for Jack Sanders

- Jack Sanders Award: _____
  (Must be a member for at least 10 years and must not have won it before)

- Volunteer of the Year -Houston: _____

- Volunteer of the Year - San Antonio: _____

- VA Employee of the Year – Houston: _____

- VA Employee of the Year - San Antonio: _____

- Excellence Award: _____
  (Business or Associate member who has contribute greatly to the organization)

- Spirit of the Games _____
  (Nomination to be made only from those who attended National veteran's wheelchair games and by athletes that participated.

Please send your nominations to the office by September 1, 2019
E-mail: info@texaspva.org
Fax (713) 520-8217
Awards Chairman, Derrick Perkins at rico281@comcast.net

White House VA Hotline Update

94% of the Total Cases Created Have Been Resolved

Pledged by President Donald J. Trump as part of his administration's commitment to reforming the U.S. Department of Veterans Affairs (VA), as of 14 MAY, the White House VA Hotline has answered more than 250,195 calls since it went live June 1, 2017. The hotline, 855-948-2311, serves Veterans, their families, caregivers and survivors by giving them a direct, nonemergency, contact line available 24 hours a day, 365 days a year with agents — the majority of whom are Veterans or from a Veteran family — who are trained to address general and common VA inquiries. "The White House VA Hotline is quickly becoming VA's front door for questions or concerns about VA and community resources," said VA Secretary Robert Wilkie. "This milestone is a testament to VA's commitment to improving the Veteran experience."

While Veterans are encouraged to use existing VA contact centers, the hotline offers an alternative "always the right number'" approach, transferring calls when needed to VA subject matter experts, such as the Veterans Crisis Line. The hotline serves as VA's front door to listen to Veterans' experiences, identify trends in Veteran feedback and resolve Veterans health, benefits and services concerns anywhere in the department. More than half the calls to the hotline are general inquiries about VA's care, benefits and memorial services. Concerns that cannot be resolved immediately are entered as cases, accessible to VA Offices of Client Relations. To date, 94% of the total 157,346 cases created have been resolved.

According to recent data from April, the average wait time to speak to a live agent was nine seconds, with calls typically lasting about 15 minutes. About 1% of all calls were compliments. For more information about the hotline, visit https://www.va.gov/ve/whvahotline.asp. Veterans, their families, caregivers and survivors can call the White House VA Hotline at 855-948-2311. [Source: VA News Release | May 21, 2019 ++]

Discovering Provider Awareness of Assistive Technologies and Clinical Guidelines

You may be eligible to participate if:

- You are 18 years of age or older
- You currently work to provide, maintain or develop mobility related assistive technology

Researchers at the Human Engineering Research Laboratories want to know what you know about assistive technology

If you decide to participate, you will be asked to complete a brief research questionnaire pertaining to what you know about specific assistive devices and what sources you use to obtain your information. You will also be asked to provide basic demographic and employment information.

To access the questionnaire, go to: https://is.gd/providerawareness

Principal Investigator: Rory Cooper, PhD

Human Engineering Research Laboratories
Bakery Square, 6425 Penn Avenue, Suite 400
Pittsburgh, PA 15206 ~ 412-822-3700

If you have questions or are interested in learning more about the study, please contact our Clinical Coordinators at (412) 822-3700.

Multiple Sclerosis and Heat Intolerance June 8, 2019

by Elizabeth Duncan

What is Multiple Sclerosis heat intolerance?

June is here and we are having triple digit temperatures already! - get ready for our hottest months, July and August! These months are 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 pseudoexacerbation.

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?

Approximately 75% of people with MS have heat sensitivity. 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 is not always possible to stay out of the heat. Summer brings Little League Baseball games, outdoor picnics, vacations or when you just want to enjoy the backyard with your grandkids. Practical cooling strategies can help, the heat can be controlled by using cooling vests, mini personal fans, wearing light weight, light colored loose clothing, drinking ice water, using wet wraps 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!

Crawfish Boil in Sugar Land, TX

Paralyzed Veterans of America

WASHINGTON UPDATE

Recent news regarding legislation and regulatory actions affecting veterans and people with disabilities.
Written and produced by Paralyzed Veterans of America - Government Relations Department

May 21, 2019 **Volume 25, Number 5**

NEW TEXT FEATURE AVAILABLE THROUGH VA'S WOMEN VETERANS CALL CENTER

VA added a text messaging feature to the Women Veterans Call Center last month. Women veterans can now send text message to 855-829-6636 to receive answers and guidance about VA services. The Women Veterans Call Center is staffed by trained, women VA employees, who can link callers to available resources, such as health care, benefits and cemetery information via phone, chat, and now text.

Since April 2013, the call center has received nearly 83,000 inbound calls and has initiated almost 1.3 million outbound calls. As the number of women veterans continues to grow, VA is expanding its outreach to ensure they receive enrollment and benefits information through means that are user-friendly and responsive. For more information about the Women Veterans Call Center, please visit: https://www.womenshealth.va.gov/programoverview/wvcc.asp.

U.S. ACCESS BOARD WEBINAR: ACCESSIBLE PUBLIC RIGHTS-OF-WAY OPEN QUESTION & ANSWER SESSION (JUNE 6TH)

Ensuring that public streets and sidewalks are accessible to people with disabilities can be a challenge, especially since accessibility guidelines for public rights-of-way have yet to be finalized. The next webinar in the U.S. Access Board's free monthly series will take place June 6th from 2:30 – 4:00 (ET) and will be devoted to answering the various questions that come up in addressing access to sidewalks and street crossings, pedestrian signals, on-street parking, roundabouts, transit stops and other components of public rights-of-way as well as shared use paths. Board Accessibility Specialists will answer questions submitted in advance or during the live webinar and offer guidance, solutions, and best practices based on guidelines the Board proposed for public rights-of-way. Attendees are encouraged to submit their questions in advance.

For more information or to register, visit www.accessibilityonline.org. Questions can be submitted in advance of the session (total limited to 25) or can be posed during the live webinar.

Veterans Compensation Claims Appeals Modernization Act

BY: Dan Meckel, NSO

On August 23, 2017, the President signed into law the Veterans Appeals Improvement and Modernization Act, also known as the Appeals Modernization Act (AMA). This law, which is expected to go into effect in February 2019, creates a new framework for Veterans dissatisfied with VA's decision on their claim to seek review. VA, subsequently decided to move things more rapidly and instrumented the Rapid Appeals Modernization Program (RAMP) in November 2017. RAMP is an effort VA launched to offer appellants with a pending disability compensation appeal the option of converting that appeal into a Higher-Level Review and Supplemental Claim under the AMA framework, prior to AMA's full implementation in February 2019. In the place of the legacy framework, this program offers Veterans the choice of three review options/lanes:

- **Supplemental Claim** — new and relevant evidence added to the record is reviewed by the same agency has made the original decision; VA will assist the Veteran in gathering this new evidence.
- **Higher-Level Review** — a more experienced reviewer at the same agency has made the original decision conducts a *de novo* review of the same evidence of record.
- **Board Appeal** — the claim is reviewed by the Board of Veterans' Appeals, with options to submit additional evidence and/or have a hearing with a Veterans Law Judge.

The three options above implemented under RAMP allows the veteran to choose the review that best suits their claim, to possibly achieve the earliest possible resolution of their appeal. Under AMA, no matter whichever option is chosen, the Veteran's effective date is safeguarded, and if they remain dissatisfied with VA's decision, they may continue to seek review through another lane within one year of the decision.

VA also plans to move forward with the second phase of AMA in February 2019. Under this second phase Veterans will have the option to bypass VBA and have their appeals heard at the Board of Veterans Appeals (BVA) by judges. In a Board Appeal, a Veterans Law Judge at the Board of Veterans' Appeals conducts a de novo review of the claim. There are three options for Board review that can be selected:

- **Direct review** — the judge will review the appeal using the same evidence that was considered in the original decision. The record is closed, so there is no submission of additional evidence.
- **Evidence submission** — the Veteran may submit additional evidence with their appeal, or within 90 days of filing their appeal.
- **Hearing** — the Veteran requests a hearing before a Veterans Law Judge; additional evidence may be submitted at the hearing or 90 days thereafter.

There is a lot here to unpack and it could be confusing so, if you have a recent decision from the VA that you disagree with and would like to determine if the RAMP option is a better choice to select to resolve your disagreement, you should speak with your local representing service organization and together decide the best option for you to proceed.

Advocacy and Legsilation Seminar
Austin, Texas

TPVA speedy article
May 2019

Members of the TPVA board of directors travelled to Austin, Texas on April 9 and 10th to discuss several issues affecting the paralyzed and disabled veteran community in Texas. Our talking points included accessibility issues such as enforcement of the air carrier access act, disabled veterans license plates, and long term healthcare accessibility for veterans requiring nursing home services. Time will tell if our visit was successful but engagement by the membership with their Texas representatives and senators at the state and federal level can only help.

We encouraged the representatives and senators to compel airports and municipalities to purchase equipment (Eagle 2 lift) that ensures smoother and more effective transfers for disabled passengers. We highlighted past training incorporating PVA members and airport terminal personnel to ensure future safe, efficient and effective travel experiences for disabled passengers. We further stressed to the legislators that communication between airline staff, terminal personnel and disabled passengers was critical in the event of wheelchair damages. Finally, we reminded the state legislators that three major airlines are headquartered in Texas which should be leveraged to facilitate positive travel experiences for the disabled community.

Our second major talking point involved the issuance of DV license plates and disabled parking. We encouraged lawmakers to adopt a more nuanced system for ensuring that the most disabled individuals have the greatest access to disabled parking spots. We highlighted the VA disability rating loophole that enables disabled but not mobility impaired veterans to park in disabled parking with only DV plates. This loophole takes parking spots away from those who really need them and not just disabled or paralyzed veterans. Lawmakers were intrigued and we'll revisit the issue during a possible legislature off-cycle visit to Austin.

Finally, we discussed the inadequate long-term nursing home options for veterans in Texas. We illuminated the shortcomings of the VA in this area and encouraged lawmakers to try to find solutions to the absence of long-term nursing care for veterans. We also encouraged lawmakers to expand their nursing home oversight programs and compliance mechanisms to ensure that the highest quality healthcare is available in these facilities.

The board of directors will likely increase the frequency of our visits to Austin to at least once a year. We learned during this visit that legislation is drafted during the off-cycle and bills are filed prior to the start of legislative sessions. So for our community to be able to get legislation drafted that supports our accessibility and healthcare needs we will need to meet with our representatives and senators more than once every other year. This includes possibly scheduling office calls with them or their staffs in their district offices. We desperately need the help of the entire membership to get the attention of our elected officials. Accessibility is a civil right! The Americans with Disabilities law is under constant assault by a wide range of special interests and if we don't defend our rights they will be taken away.

Texas state representatives can be contacted through the following website https://house.texas.gov/

Texas state senators can be contacted through the following website https://senate.texas.gov/

Respectfully,

Eric Lindsay

Eric Lindsay
Legislative Director

Act Now: Urge Congress to increase funding and expand PRC services

https://www.christopherreeve.org/blog/daily-dose/act-now-urge-congress-to-increase-funding-and-expand-prc-services

Since its founding in 2002, the Paralysis Resource Center (PRC) has helped millions of people access information, receive direct mentoring and support, and participate in grant-funded programs that improve quality of life. Recently, the Administration for Community Living (ACL) re-awarded the Reeve Foundation a three-year grant to continue running the national PRC.

However, being selected for the grant is only step one—the PRC also needs support from Congress. While ACL provides the grant, it's Congress that funds it. The more funding Congress provides, the more the PRC can do to help families impacted by paralysis.

We are thrilled to report that the Senate Appropriations Committee recently voted to increase funding for the national PRC by $1 million, to a total of $7.7 million for the next year of the three-year grant.
The committee noted that the PRC "has long provided essential, comprehensive information, and referral services that promote independence and quality of life for the 5.4 million people living with paralysis and their families." These funds will enable the PRC to extend the reach of its programs and services and help more families navigate the immediate realities and long-term challenges of paralysis. There is more work to be done, more people to help, and this increase in funds will power the PRC to have a deeper and greater impact across the paralysis community nationwide.

Unfortunately, the House Appropriations Committee did not match the Senate's increase. Instead, the House version of the bill "level-funds" the PRC, keeping it identical with last year's funding level. Luckily, there's still time to ask your Representatives to match the Senate level.

Eventually, the House and Senate will meet to iron out differences in their respective funding bills. If enough members of Congress hear from advocates like you, the more likely they are to accept the Senate numbers and formally pass the $1 million increase. That is why we need your voice to explain why this increase in funds is not only vital but also a smart use of federal dollars given the depth and breadth of PRC services. With your story and advocacy, legislators will understand the value of these additional dollars and how they will tangibly help families impacted by paralysis.

How you can help:

You can use Reeve's advocacy portal to contact your Representative and urge them to increase funding for the PRC. We strongly urge you to personalize your letter with information on how the PRC and its programs have helped you and your family. Legislators want to hear from you and understand your unique story as someone impacted by paralysis. It will take only a few minutes, but the impact has the potential to change lives and help more families living with paralysis.

As Christopher Reeve said, "It comes down to us. We have the power to make an extraordinary difference," **Your voice can and will make a difference"** *so please act now and help us secure more life-changing funding for the Paralysis Resource Center.*

Become A Donor

Annual contributions for 2017-2018 will be as follows:

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**

2018-2019 DONOR CLUB as of Oct 2018

***Platinum**: Wayne & Joann Moore Foundation, Fred and Donna Mason, Mr. & Mrs. William Mandell, Greater Houston Community Foundation, Stanley Kolodzey,Navy Federal Credit Union, Barbara Weiszhaar, Maps of Texas, Joyson Safety, Jose Laguna, PVA NAtional, Adaptive Driving Access, Julius Harris.*

***Titanium:** Pamela Brown, Advance Orthodontics, American Petroleum Institute, Jill Lancaster, Network for Good, Christus/Uniformed Services Family Health, Paxton Arms, IBTX Risk Services, Dixie RV & Boat Storage, Amanda Saunders, Reagent Chemical & Research, Amazon Smiles, Willard Allen, Butch Roberson, Ed Fladger, Charles Poole, Michael Grimes, Dan McNeil, Henry Browder, Juan Guerrero, Tom Byrd.*

***Gold**: Diana Durand, Ed Ruppert, ReWalk Robotics, Inc, Dana Wilson, David Bradshaw, Timothy Harms, CFC TASC, Wayne & Sherrill Swaim.*

***Silver:** Aderbad Tomball, True Vine Missionary Baptist Church, Fidelity Charitable Gift Fund, Chris & Shannon Shultz, TTK Catering Inc., Xtreme Texas Cookers, Chris Henry Construction LLC, Kirk Flipp, Richard Wood, Houston Combat Vets Association, Kathryn & Kenneth Baldwin, Steve & Teresa Holbert, Gary Danford, Texas Coast CFC, Robin Allhouse, Alamo City Chocolate Factory, Charles Pryor, Paul Jasin, Paul Jordan, Dennis Coburn, Vivian Hand, Judith Oliver, Your Cause AT&T, Van Cook, Terrance Shaver, Michael Taggert, Lucinda Delgado, CFCNCA, Mike Williams, John Salmon.*

***Bronze:** American Online Giving Foundation, Robert Giles, Jacob Vanderlei, Laura Swan Lane, Bridgeport Boat Owners Association, Dock Board Employees, Jim Baccus, Mr. & Mrs. Randall Smith, Edison International, Juana Pagel, Samuel Ramsey, Linda Cowles, Rosemarie Zimmer, Aetna Foundation, Charity Aid Foundation, Brandy Sausse.*

***Brass**: Angela & Carmen Gonzales, John Del Barrio, Lisa Clark, Scott Spicer, Jose Olivarez, Casine Cennamo, Darlene Byler, Olga Teran, Carolina Thomas, Chevron Matching Funds, Chris Jenkins, Brenna Zinsmeyer, David Stonaker, Kostas Lambrakos, Sammy Gephart, Cyber Grants, Alan & Laverne Muller.*

***Supporter:** Joel Freland, Pauline Noble, Vanessa Tavera, George Bily, Keri Hill, Marikay Saranthus, Vishal Patel, Nina Dennis, Pamela Griggs, Shari Dalchau, Elizabeth Pena, Michael Sebetka.*

May Birthdays 2019

Debbie k. Williams, Steven A. Webster, Everett J. Voortman, Frank R. Daebelliehn, Thomas A. Powell, Lloyd F. Ford, James K Burkes Jr., Edgar Machado, Charles H. Garcia, Daniel J. Ross, Gregory A. Joyce, Richard E. Uzzel, Jesus Moreno Jr., Dorthy A. McGary, Roger A. McDowell, Larry N. Cherry, Jonathon L. Smith, Johnie E. Stewart, Richard L. Parker, Jesse R. Vasquez Jr., Juan I. Banda, Eric D. Cameron, Paul R. Colyer, Daniel C. Burney, Daniel D. Thornhill, Clarence E. Green, Alejandro R. Cano, Peter J. Garner, Troy E. Tallent, Deanna J. Griffin-Harper, Frederick J. Garraway, Richard A Pullman Sr., Paul Smith, Mariano Benavidez Jr., Joe C. Thompson, Billy C. Williams, David A. Haslock, John W. Murray, John P. Collins, William R. Spivey, Claudie B. White, Linda G. Neiberger, Jerome J. Jones, Robert Torres, Bruce E. Rodgers, Mario M. Rodriguez.

Welcome to our New Members

Javier Barraza

June Birthdays 2019

Rodger T. Nelson, Carlos Nesmith, Timothy D. Taylor, Daniel Ebarb, Joe Hinton, Edward Born Jr, Lemar Murphy, Don Marshall, Moises Medrano Sr, Bennie Sullivan, Victor Ventura, Warren Tinseth Jr, Charles Randolph, Patrick Moore, Bobby Barton, Shelitta Breland-Ray, Mario Galvan-Castro, William Duckworth, Rodger Figg, Dillon Cannon, Albert Adler, Willie Simmons Sr, William Maier, Joseph Robinson, Lorenzo Thompson Jr, Raymond Burford Jr, Jaime Garcia, Jerry Hall, Diana Arias, Kirkland David, Johnny Carabajal, Wanda Youpee, Larry Bates, Elmer Canaday, Clifford Shuff, Don Haney, Ginger Rhodes, Kedgerick Smith, Charles Robinson, Damon McDay, Carol Havelka, Brent Norris, Norris Honeycutt, Hugh Pitts, Lawerence Benefield, Catherine Callahan, Justin Perez-Gora, Richard Wight, Raymond Fransen, Jim Harris, Leslie Hester, Larry Binger, Kirk Black.

Welcome to our New Members

Willis Taylor

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 1st 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:

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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

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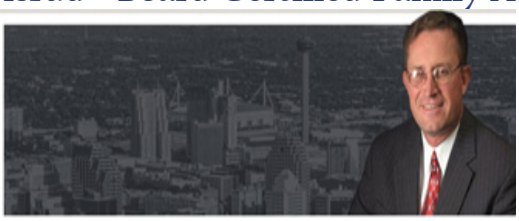
Jon R. Disrud - Board Certified Family Attorney



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.

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Authority of Health Care Providers to Practice Telehealth - By Timothy Hicks, Area Manager

The Department of Veterans Affairs (VA) is amending its medical regulations by standardizing the delivery of care by VA health care providers through telehealth. This rule ensures that VA health care providers can offer the same level of care to all beneficiaries, irrespective of the State or location in a State of the VA health care provider or the beneficiary.

The new federal rule will allow VA doctors, nurses and other health-care providers to administer care to Veterans using telehealth, or virtual technology, regardless of where in the United States the provider or Veteran is located, including when care will occur across state lines or outside a VA facility.
Previously, it was unclear whether VA providers could furnish care to Veterans in other states through telehealth because of licensing restrictions or state-specific telehealth laws. This new rule exercises federal preemption to override those state restrictions, paving the way for VA to expand care to Veterans using telehealth enabling Veterans nationwide to receive care at home, the rule will especially benefit Veterans living in rural areas who would otherwise need to travel a considerable distance or across state lines to receive care. The rule also will expand Veterans' access to critical care that can be provided virtually — such as mental health care and suicide prevention — by allowing quicker and easier access to VA mental health providers through telehealth. Most of us are used to and will only accept our medical care via a face to face meeting with our physician whether it requires a drive or a ride with a friend or a love one to do so. For others who may be looking for a faster to receive care for routine medical issues in the convenience of your home using your phone or tablet is even more of an option now that VA has adopted the practice because of new law.

Telemedicine is a modern-day version of the doctor's house call where you see your physician via your video or smartphone conferencing. And as previously mentioned, while on-demand telemedicine isn't an end all be all approach to complete medical care, and probably not a good idea when you have complicated needs, it often works well when you have a straightforward complaint, such as a cold, allergies, rashes, sprains, strains or joint pains. With passage of the new rule and forthcoming VA implementation, it is safe to assume that many veterans will opt to use this form of care, therefore, it is important to become familiar with some of the benefits and drawbacks of telemedicine. Some of the upsides of telemedicine include convenience or ability to have access care anywhere, anytime and in many cases your doctor can quickly assess you from the comfort of your home and answer questions about medications. And, if you need additional care, your physician can then schedule you for an in-office visit or to an urgent care center or specialist. In addition to saving time traveling to an appointment, you don't have to spend additional time sitting in a waiting room.

For those concerned about privacy issues, VA policy stipulates that telemedicine systems must abide by all HIPAA guidelines and offer you the same level of privacy you receive when you see a doctor in the clinic.

One of the drawbacks of telemedicine include the mode of care is not suitable for all cases. Yes, a veteran can get a fast evaluation using telemedicine, but you can't get a full, routine physical exam. And in those cases where physical type tests or labs are required, a remote consultation will not be sufficient. Your primary care physician will need to arrange for you to physically visit a facility in those case or when you require care for more serious and involved medical issues.

As with any electronic communication, there is always the possibility to experience electronic glitches. When using telemedicine, you are dependent on technology, and thus you're at the mercy of anything that can interrupt your connection such as bad weather, loss of power or even outdated software.

This final rule achieves important Federal interests by increasing the availability of mental health, specialty, and general clinical care for all beneficiaries. This final rule is effective June 11, 2018.
If you are interested in learning more about the program, you can read more about the VA telehealth program by visiting http://news.careinnovations.com/blog/va-issues-rule-on-authority-of-health-care-providers-to-practice-telehealth or speak with your primary health care provider.

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Paralyzed Veterans of America
Texas Chapter

IBCA
International Bar-B-Que Cookers Association

Paralyzed Veterans of America, Texas Chapter
SANCTIONED BY IBCA
http://ibcabbq.org/wp-content/uploads/IBCA-Rules-Feb-2019.pdf

Jackie's Brickhouse 1053 Marina Bay Dr, Kemah

Friday, Oct 18th and Saturday, Oct 19th

$150 Entry

(Teams paid before 9/10 will be entered in a drawing for FREE entry fee)

CHICKEN, PORK SPARE RIBS & BRISKET. 80% payout OPEN $25

11:00 AM OPEN (NO DESSERT)

12:00 Chicken Turn In (two (2) separate ½ fully jointed chickens (to include breast, wing, thigh and drumstick). SKIN ON

1:30 Pork Spare Ribs (9 individual pork spare ribs)

3:00 Brisket (9 Full Slices)

(Standard Turn-In Times Apply Up To 100 Teams)

AWARDS AND PRIZE $$$ FOR TOP 3 IN EACH MEAT CATEGORY $2500 Guaranteed prize money (with 35 paid teams) PLUS Added Money!!

Raffles & live auction (custom AR15 & a YETI Cooler)

AUCTION ITEMS NEEDED

Early set up Thursday & out by noon on Sunday. No electric but water is available. Cooks meeting @ 6 pm Friday. 30X30 spaces (need bigger please call to make arrangements)

ALL FUNDS RAISED WILL BENEFIT THE PROGRAMS OF THE PARALYZED VETERANS OF AMERICA, TEXAS CHAPTER

BBB ACCREDITED CHARITY bbbhouston.org

GuideStar GOLD PARTICIPANT

Contact Amanda at 713-520-8782 x 2 or via email amandas@texaspva.org
For more info please visit www.texaspva.org

Paralyzed Veterans of America, Texas Chapter
BBQ Entry Form

International Bar-B-Que Cookers Association

Name:_____

Team Name:_____

Address:_____

City-State-Zip:_____

Phone Number: _____ **Email:** _____

Team Members:

_____

_____

_____

_____

FEE $150.00_____
(Teams paid before 9/10 will be entered in drawing for FREE entry fee)

Chicken_____**Pork Spare Ribs**_____**Brisket**_____

Open (No Dessert) $25.00_____

Total Amount Paid: _____

Do you have an RV? Yes___No___If yes what size is it_____Ft.

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