

Speedy Gazette

"Improving Lives... Building Futures"



**Paralyzed Veterans
of America**

Texas Chapter

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Celebrating 240 Years of Independence

Volume 36, Issue 8



**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 contact me with more information about
volunteer opportunities and other ways I can help
TPVA!**

Name: _____

Address: _____

Phone: _____

Email: _____

Interests: (Circle all that Apply) Membership /Volunteering
Donating Sponsorship Other

****Please cut out, and mail back to the Chapter Office at:**

6418 FM 2100 Road

Crosby, TX 77532

SPEEDY GAZETTE

*Available via email, send us your email
address to info@texaspva.org or visit us to read your*

***SPEEDY GAZETTE
ON-LINE***

www.texaspva.org

PVA National www.pva.org



**We would like to welcome
the following new members**

Steven Thompson

PVA Service Officers-see p 27 for detailed contact info

Houston-Greg Treacy, SNSO—800-795-3571/713-383-2727

Houston-Kimberly Springfield, BA—713-794-7993

San Antonio-Armando De la Rosa, SNSO—800-795-3572/210-617-5300 x 1-6819

Temple-Jack Soto, VLO—254-743-1686

Waco -Dan Meckel, NSO II—254-299-9944, 800-795-3573

President's Report By Anne Robinson



Hello Texas PVA members,

I hope this finds everyone having a great summer! We have had several summary of events and have had great success and very good times.

The athletes that attended the National Veterans Wheelchair Games brought home 31 medals, 2 possible Paralympic invitations and gave 3 novices a look at what things are possible when living with a disability. They are excited to return next year to see what else they can take on and conquer.

We will be holding a board meeting on July 20, starting at 10 AM in San Antonio at the Hilton Airport Hotel. Our major agenda item is to create a balanced budget for the Chapter for the fiscal year of 2016-2017, which will start on October 1. If you would like to have input and attend the meeting, please let us know so that we can ensure there is lunch for you.

Our inpatient population in both the Houston SCI and the San Antonio SCI are high at the present time, having quite a few folks that will be stuck there for a few months. If you find yourself with some free time, visiting the inpatients is a great way to ensure your fellow veterans are okay and to earn points to participate in the sporting events. It's always good to talk to somebody you can relate to, especially for those who do not have a family support system.

The annual Jack Sanders banquet will be held in October and we are looking for nominations for awards. The nominations need to be in by August 12 and they are: Jack Sanders, volunteer of the year for Houston area, volunteer of the year for San Antonio area, employee of the year for Michael E DeBakey, employee of the year for Audie L Murphy, The Excellence Award, and Spirit of the Games for an athlete that attended the National Veterans Wheelchair Games. I know we have lots of deserving individuals, so please submit your nominations to the office or any board member.

Sincerely,
Anne Robinson



Let's Hear It for Body, Mind, Spirit! by Roger Rahill, STVHCS SCIC Chaplain

As he sits cross-legged with his hands lightly resting on his knees and his shoulders and face relaxed, the Celadon Man smiles and is still. He seems oblivious to his surroundings (or is he thoroughly aware?). His demeanor never changes. I think he must be at peace, content with some hidden pleasure of the spirit. Is he listening? Does he hear? What's he thinking? I find myself rapt in his presence and mirroring his expression.

He was a gift to me from Army colleagues in Korea on the occasion of my father's death. When I returned from officiating Dad's funeral in California, there he was, poised on my desk – just...there. Only nine inches tall, green, shiny, welcoming me with calm and reminding me that Dad was in Heaven, and that God was with us both.

My Celadon Man desktop statue evokes strong emotions, mostly confidence. Dad's alright. I'm alright. There is nothing to do about the past or future; there is only the present to be fully appreciated. The time is now. This moment counts. Breathe. Smile. Feel connected. "Be still, and know that I am God."



Vice President By Tammy Jones

Hello Y'all,

Hope this finds you staying cool and hydrated. We are looking to have more opportunities for membership to volunteer. If you know of events in your area that promote our mission and help people learn about what we have to offer both the veteran and civilian community please let me know

(tammyjtpvasports@gmail.com).

If anyone is interested in serving on a Chapter committee, contact me, Anne or Chapter office and we will see where we can fit you in.

Together We are TPVA!

DEAR CICI-a Caregivers Column—this column is designed to be interactive. Caregivers please send us your input to info@texaspva.org or fax 713-520-8217. Call 800-933-4261 x4 if you have any questions.

Dear Cici,

The strangest thing has happened, and it's about to drive me crazy. Before my spouse was in a wheelchair and could drive, he rarely commented on my driving. Now that he no longer drives, he criticizes everything I do when I'm behind the wheel. He also feels it is necessary to tell me when I should turn or which route I should take whenever he's riding with me. Sometimes I just ignore him; other times I want to strangle him. What can I do to make this man quit being a "side seat" driver?

I'll sign this "Driving me mad!!"

Dear DMM,

It's interesting that you are sometimes able to tune your spouse out and at other times you're not. The fact that your spouse is giving you advice doesn't seem to bother him at all, so he's not inclined to stop unless you have a real conversation about how this annoys you. Even then, if it has become a habit, it won't stop overnight. A gentle reminder that he's "doing it again" might help.

Maybe he really thinks he's helping you, or, according to some psychologists, he could feel that he's losing control of the things he was able to do before being in the chair. You won't know this unless you ask.

In any event, if you can sometimes tune him out, you might practice doing that more often. According to a recent British survey, one in seven accidents are caused by back seat drivers distracting the driver of a vehicle. You definitely don't want to be one out of the seven who gets into an accident.

Good luck and safe driving.

Cici

Secretary By Matthew Bourbon

Veterans Benefits from Texas Department of Public Safety (2).docx1/ 2

Veterans Benefits from Texas Department of Public Safety Fee Exemption for Disabled Veterans Texas driver license or ID card may be provided free-of-charge to a veteran of the United States Armed Forces if the veteran:

1. Was honorably discharged
2. Has a service-related disability of at least 60 percent
3. Receives compensation from the United States because of the disability
4. Is not subject to sex offender registration requirements

NOTE: The driver license fee exemption does not apply to commercial driver licenses.

Verification of Disability

To qualify for a fee exemption, veterans must present documents to verify their disability status while at the driver license office. If renewing by mail, the verification documents must be included with the renewal invitation. Once the disability status is established, the veteran will be eligible to use online services for fee-exempt driver license transactions.

To verify the disability, please present one of the following:

A signed letter on disability status issued by the U.S. Department of Veterans Affairs; or
Official documents certifying conditions 1, 2, and 3 above.*

*If a veteran receives disability compensation but does not have a letter from the U.S. Department of Veterans Affairs, verification of the disability must be provided by the veteran's branch of military service.

Veteran Designation for Driver Licenses and Identification cards

DPS offers a VETERAN designation printed on the face of driver licenses and identification cards for qualifying veterans.

Eligibility

To be eligible for the veteran designation, an individual must be a veteran who was honorably discharged.

For this purpose, a veteran is someone who served in the:

U.S. Army

Navy

Air Force

Coast Guard or Marine Corps

Texas National Guard (but not Texas State Guard), including the Texas Army and Air National Guard

Verification of Veteran and Discharge Status

Veterans must visit a driver license office and present their DD-214, DD-215, NGB-22, U.S. Department of Veterans Affairs disability letter, or U.S. Department of Veterans Affairs Proof of Service/Verification of Honorable Service Card. The document can be a copy or an original, but it must show that the veteran received an honorable discharge or a general discharge (under honorable conditions). The veteran must provide a written request for the designation.

Notice: Driver License offices now accept the new U.S. Department of Veterans Affairs Proof of Service /Verification of Honorable Service Card for Veteran designation. For questions on how to obtain this card, please visit <https://iris.custhelp.com/> or <http://benefits.va.gov/benefits/>

Disabled Veterans

Veterans that qualify for a fee-exempt driver license as outlined in the "Fee Exemption for Disabled Veterans" section will not be charged the duplicate license fee to add the veteran designation.

PVA Texas Chapter Ongoing Sports/Recreation Events

Ongoing Sports – San Antonio Area

Sunday

Power Wheelchair Soccer – September 4th, B team 5-5:30, All 5:30-6:30, A Team 6:30-7:00 MWL Event Center, POC Jennifer Weatherford (STRAPS)



Paralyzed Veterans of America

Texas Chapter

Mondays

Archery – 10:00am Oasis for Wounded Warriors Hwy 46 Pipe Creek, POC Jose Laguna

Adaptive Gaming - 1-3pm ALM SCIC Rec Room POC Jose/Tinyada

Wheelchair Softball – 6:00-8:30pm, MWL Event Center (Bad weather practice moves inside) POC Brooke Matula (STRAPS)

Tuesday

Boccia – 12:00-3:00pm ALM SCIC Rec Room POC Jose Laguna

BAMC Wheelchair Basketball – 1300 at METC Fitness Center Gym, Ft. Sam, POC Troy Hopkins or Abdul Brown

Goalball – 10/6/2015 – 3/2016 6:30-8:30pm, MWL Event Center, POC Brooke Matula (STRAPS)

Track & Field Practices – 2/2016-6/2016 POC Brooke Matula (STRAPS)

Wednesday

Bowling – 9:30-11:30am Oak Hills Bowling Lanes, POC Jose Laguna

Air Guns – 1300 -1500 Central Catholic High School POC Jennifer Cooper/Jose Laguna

Operation Comfort Adapted Cycling – 9:30-11:30am Locations change, contact Janis to get on email list

Operation Comfort Automation – 1300-150018811 FM2252, San Antonio, TX 78266 POC Brad Bowen/Chris Leverkus

Wheelchair Football - 5:00-7:00pm MWL Parking lot, POC Brooke Matula(STRAPS)

Skeet Shooting – Evening, Bandera Gun Club, POC David Bradshaw

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/Alvin G
Air Guns – 1200 -1500, **24 hr advance notice to Jennifer for location & equipment **BAMC**

Wheelchair Basketball – 1300 at METC Fitness Center Gym, Ft. Sam, POC Troy Hopkins or Abdul Brown

Kayak – 1300 Olympic Outdoor Center, San Marcos, POC Ben Kvanli

Boccia – 6:00-7:30pm, 10/22/15-6/16 Morgan's Wonderland Event Center POC Brooke Matula (STRAPS)

Friday

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

Karate – 0900-1100 at Jimmy Brought Fitness Center, Ft. Sam Houston POC Brad Bowen

Saturday

Wheelchair Rugby – 10:00am–1:00pm Thousand Oaks YMCA, POC Gabe Diaz de Leon/Barry Muth

Operation Comfort Cycling – See Wedn. **San Antonio Sled Rampage**, Ice & Golf Center at Northwoods, POC Chris Leverkus or www.operationcomfort.org

Table Tennis – San Antonio Table Tennis Center, www.satabletennis.org





July 17 – July 22, 2017
Cincinnati, OH

Membership Events



**Paralyzed Veterans
of America**

Texas Chapter

July

- 7 - TPVA Membership Meeting ALM SCIC Rec room Dinner 5:00pm Forum 6:00pm**
- 9 – Sporting Clays Tournament, Premier Shooting Complex, Sealy, TX
- 14 – ALM SCIC Women w/SCI Support Group
- 27 – Houston Membership Forum, MED VA SCIC Dayroom Lunch 12pm w/meeting to follow
- 28 - ALM SCIC Women w/SCI Support Group
- 28 - Corpus Christi Membership forum POC Chapter office for time & place

August

- 4 - SAS Membership Forum ALM SCIC Rec room Dinner 5:00pm Forum 6:00pm
- 9 - 9ball Tournament Fast Eddies Braun & 1604 Checkin 11:30
- 11 – ALM SCIC Women w/SCI Support Group
- ALM SCIC Women w/SCI Support Group
- 25 - Corpus Christi Membership forum POC Chapter office for time & place
- 26 - Bowling Tournament, Oak Hills Lanes SA 10:30 Checkin
- 31 – Houston Membership Forum, MED VA SCIC Dayroom Lunch 12pm w/meeting to follow



September

- 1 - Opening Day Dove Hunt Buda POC Alvin
- 8 - SAS Membership Forum ALM SCIC Rec room Dinner 5:00pm Forum 6:00pm
- 6 - Boccia Tournament ALM SCIC Rec room 1pm
- 8 – ALM SCIC Women w/SCI Support Group
- 21 - 23 - Valor Games Southwest San Antonio
- 23 - 24 DITW Anglers on Wheels II w/ Island Queen (Port Aransas) Fri- 5pm-9pm, Sat 1pm-5pm
- 25 ~10am-noon: A Day with Paralympian Amy Purdy!!(STRAPS)
- 28 – Houston Membership Forum, MED VA SCIC Dayroom Lunch 12pm w/meeting to follow
- 29 - Corpus Christi Membership forum POC Chapter office for time & place

October

- 1 - Adapted Sailing DITW, 11am Canyon Lake POC Jennifer
- 6 - SAS Membership Forum ALM SCIC Rec room Dinner 5:00pm Forum 6:00pm
- 7 - Jack Sanders Banquet, Sheraton N. Houston, 6:30pm call Chapter office to RSVP
- 13 – ALM SCIC Women w/SCI Support Group
- 26 – Houston Membership Forum, MED VA SCIC Dayroom Lunch 12pm w/meeting
- 21 - Morgan's Wonderland Picnic 10am-2pm
- 27 - ALM SCIC Women w/SCI Support Group
- 27 - Corpus Christi Membership forum POC Chapter office for time & place

November

- 3 - SAS Membership Forum ALM SCIC Rec room Dinner 5:00pm Forum 6:00pm
- 10 – ALM SCIC Women w/SCI Support Group
- 11 - Veterans Day *Volunteers needed for Parades call Chapter to be on list*
- 12 – Freedom Shoot Sporting Clays, Liberty, TX *Volunteers needed*
- 17 - ALM SCIC Thanksgiving Dinner
- 26 - ALM SCIC Decorating

December

- 1 - SAS Membership Forum ALM SCIC Rec room Dinner 5:00pm Forum 6:00pm
- 2-4 - Metal & Muscle Sports Expo, George R. Brown Conv. Center, www.houstontx.gov/parks/adaptivesports.html
- 8 – ALM SCIC Women w/SCI Support Group
- 11 - DITW A Country Christmas @ Cowboys Dancehall 1-5pm POC Jennifer
- 17 - SAS Christmas Party, Hyatt Hill Country, RSVP Chapter office
- 22–ALM SCIC Women w/SCI Support Group
- 25 - Christmas



Sports and Recreation By Tammy Jones

Sports and Recreation Directors Report

To begin, a BIG TEAM TEXAS CONGRATULATIONS WOOOOHOOOO!!!! We are so proud of all of our athletes, Novice & Returning. If any of our athletes would like to write a couple of paragraphs & pictures about your experiences either traveling to & from or your experience during competition please feel free to email them to Jennifer (jenniferw@texaspva.org) or me (tammyjtpvasports@gmail.com) and we will put them in the newsletter and post them to our website.

Below is a list of athletes & their medals:

2016 Games List

Team Texas San Antonio

- Edgar Machado:** Novice Bowling Ramp Silver, Slalom Silver
- Jason Tabansky:** Novice Gold Archery, Bowling Gold, Silver Trapshooting, Air Rifle Bronze
- Juan Vargas:** Missed Bronze by one point in Air Rifle
- Nook Gustamante:** Gold Bowling, Silver 9-Ball, Silver Slalom
- Jim Castaneda:** Gold Air Rifle
- Irma Pennington:** Gold Bowling, Gold Slalom, Bronze Javelin, Bronze Rally
- Jr Tinseth:** Silver Trapshooting
- Marco Delarosa:** Gold Pistol, Silver Air Rifle, Archery Gold, 9-ball Bronze
- Dwight Hayes:** Archery Silver
- Brent Norris:** Archery Bronze
- Jose Ibarra:** Bronze Archery
- Rick Laurel:** Gold Bowling, Silver in Rally
- Josue Lopez:** Silver Air Pistol, Silver in Powerlifting, Silver in Archery, Bronze in Air Rifle
- Fred Garraway:** Swimming 50 Free Silver, 50 Back Gold, 75 M IM Silver
- Kevin Kuddes:**
- Emmitt Richardson:**

Coaches and Assistants

- Jose Laguna** Team Texas San Antonio
- Bruce Kuker**
- Susan Soto**
- JeMarques Handy** Team Texas Houston

Remember to send your points in next years games are in Cincinnati, Ohio July 17-22, 2017

Stay active & hydrated





Paralyzed Veterans of America

Texas Chapter

POC Information

Tammy Jones – tammyjtpvasports@gmail.com
Alvin Guerrero – alvin-guerrero@att.net
David Bradshaw – dbradshaw1@sbcglobal.net
Matthew Bourbon – matthew_bourbon@yahoo.com
Frank Ellis – hotwheels0114@gmail.com
Jose Laguna – jose.laguna@va.gov
Barry Muth – bmuth@satx.rr.com
Gabe Diaz de Leon – diazlions@msn.com
Jennifer Cooper Weatherford – 830-377-1238, jcooper@afsc.com
Brooke Matula – 210-336-4135, brooke@strapssports.com
Brad Bowen – 512-988-7711, bbowen@afsc.com
Todd Erickson – 210-379-5170, ticoachtodd@att.net
Chuck French – 713-562-4089, Charles.french@houstontx.gov
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Abdul Brown - 240-338-5717 abdul.r.brown.civ@mail.mil
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Janis 210-826-0500 jroz814@operationcomfort.org
Ben Kvanli (512-203-0093/ben@kayakinstruction.org



Websites

www.texaspva.org
www.pva.org
www.texasregionalparalympicsport.org
www.sanaantoniosports.org
www.strapssports.org
www.wheelchairgames.org
www.mrc.pasadenatexas.net



Legislative By Matthew Bourbon

I have PTSD. These past couple months, and the fireworks of the 4th of July, have weighed upon me and the limits of me dealing with PTSD symptoms. I know this is not a subject a lot of us want others to know, or share with people without PTSD, but I feel the need to address the elephant in the VA. Being a spinal cord injury patient, and hanging out with my PVA vets, I have recognized that most of us share this affliction. As the anxieties of life adds upon our lives a person with PTSD does not cope with it as others without do. So, i write this article to educate our readers that do not understand the person they love and their PTSD issues.

I have just recently discovered I have a PTSD. For almost twenty years I have had symptoms of PTSD, but me and wife didn't understand what it was. I thought it was me being a good soldier, a good NCO; being aware of my surroundings (paranoia), trying to control everything in my life (not wanting to be out of control), going off my fears to dictate my actions and emotions (instead of using logical thought), horrible and realistic dreams of negative times from my past, any anxiety would make me aggressive to the world around me, overreacting to the simplest things in life, scared of everything around me being a threat to myself and the ones I cared about (ex: garbage in the streets as IED's, or people around me hurting us), and finally the worst offense I put on others, because of my fear, my PTSD rage (where I lose complete control of my mouth, my actions, and even becoming physical with people I see as a threat). However, for the last 3 years I have sought the help of the VA's mental health section, and was educated by the mental health providers for PTSD specialist, and now I know my triggers and symptoms of PTSD when it tries to control my life. It comes and goes for many of us, but when it does flare it damages relationships around us, and in many ways those with PTSD will seclude themselves from others so as not to hurt themselves or others.

I share this with you so that those without PTSD, or never thought of being diagnosed with mental illness, may understand us that do have it. I was married for 17 years, and my wife tried to handle it by herself, and because of PTSD everything I strove for such as education, career, marriage, house and possessions, and even my dogs have been lost because of PTSD. Now I look back on my life, I wish I would've found out about the symptoms of PTSD sooner. It may have saved myself and those I love a lot less grief. So, I reach out to you, and I am providing a list of symptoms and ways to better understand this crippling mental issue:

What is posttraumatic stress disorder (PTSD)? (<http://maketheconnection.net/>)

"You feel on edge. Nightmares keep coming back. Sudden noises make you jump. You're staying at home more and more. Could you have posttraumatic stress disorder (PTSD)?"

If you have experienced severe trauma or a life-threatening event — whether during a time of war or in a noncombat situation — you may develop symptoms

of posttraumatic stress, or what is commonly known as PTSD. Maybe during the event you felt as if your life or the lives of others were in danger or that you had no control over what was happening. While in the military, you may have witnessed people being injured or dying, or you may have experienced physical harm yourself.

Some of the most common symptoms of PTSD include recurring memories or nightmares of the event, sleeplessness, loss of interest, and feelings of numbness, anger or irritability, or being constantly on guard, but there are many ways PTSD can impact your everyday life. Sometimes these symptoms don't surface for months or even years after the event occurred or after returning from deployment. They may also come and go. If these problems persist or they're disrupting your daily life, you may have PTSD.

“Even though I knew they were just fireworks on the Fourth of July, to me they still sounded like incoming mortars. It took me right back to my deployment...”

Some factors can increase the likelihood of a traumatic event leading to PTSD, such as:

- The intensity of the trauma
- Being hurt or losing someone you were close to
- Being physically close to the traumatic event
- Feeling you were not in control
- Having a lack of support after the event
- What are the signs of posttraumatic stress disorder?

A wide variety of symptoms may be signs that you are experiencing posttraumatic stress disorder. The following are some of the most common symptoms of PTSD that you or those around you may have noticed:

- Feeling upset by things that remind you of what happened
- Having nightmares, vivid memories, or flashbacks of the event that make you feel like it's happening all over again
- Feeling emotionally cut off from others
- Feeling numb or losing interest in things you used to care about
- Feeling constantly on guard
- Feeling irritated or having angry outbursts
- Having difficulty sleeping
- Having trouble concentrating
- Being jumpy or easily startled

It's not just the symptoms of posttraumatic stress disorder but also how you may react to them that can disrupt your life. You may:

Frequently avoid places or things that remind you of what happened continued on next page)

Consistently drink or use drugs to numb your feelings

Consider harming yourself or others

Start working all the time to occupy your mind

Pull away from other people and become isolated

What is the treatment for posttraumatic stress disorder?

If you show signs of PTSD, you don't just have to live with it. In recent years, researchers have dramatically increased our understanding of what causes PTSD and how to treat it. Hundreds of thousands of Veterans who served in the Army, Marine Corps, Navy, Air Force, and Coast Guard have gotten treatment for PTSD and found significant relief from their symptoms.

Two types of treatment have been shown to be effective for treating PTSD: counseling and medication. Professional therapy or counseling can help you understand your thoughts and reactions and help you learn techniques to cope with challenging situations. Research has shown several specific types of counseling to be very effective for treating PTSD. Medications can also be used to help reduce tension or irritability or to improve sleep. The class of medications most commonly used for PTSD is called "selective serotonin reuptake inhibitors," but a doctor can work with you to figure out which medication works best for you.

“In therapy I learned how to respond differently to the thoughts that used to get stuck in my head.”

In just a few months, these treatments can produce positive and meaningful changes in your symptoms and quality of life. They can help you understand and change how you think about your trauma and how you react to stressful memories. You may need to work with your doctor or counselor and try different types of treatment before finding the one that's best for dealing with your PTSD symptoms.

What can I do if I think I have posttraumatic stress disorder?

In addition to getting treatment, you can adjust your lifestyle to help relieve PTSD symptoms. For example, talking with other Veterans who have experienced trauma can help you connect with and trust others; exercising can help reduce physical tension; and volunteering can help you reconnect with your community. You also can let your friends and family know when certain places or activities make you uncomfortable.

“I wanted to keep the war away from my family, but I brought the war with me every time I opened the door. It helps to talk with them about how I feel.”

Your close friends and family may be the first to notice that you're having a tough time. Turn to them when you are ready to talk. It can be helpful to share what

Take the next step: Make the connection.

Whether you just returned from a deployment or have been home for 40 years, it's never too late to get professional treatment or support for PTSD. Receiving counseling or treatment as soon as possible can keep your symptoms from getting worse. Veterans who did not realize they had PTSD for many years also have benefited from treatment that allows them to deal with their symptoms in new ways.

You can also consider connecting with:

Your doctor. Ask if your doctor has experience treating Veterans or can refer you to someone who does. If you feel comfortable enough with your physician, he or she may be able to help you find tools to manage PTSD even without direct experience with Veterans.

A mental health professional, such as a therapist.

Your local VA Medical Center or Vet Center. VA specializes in the care and treatment of Veterans.

A spiritual or religious adviser.

In addition, taking a self-assessment can help you find out if your feelings and behaviors may be related to PTSD. This short list of questions won't be able to tell you for sure whether you have PTSD, but it may indicate whether it's a good idea to see a professional for further assessment. If you believe you may be living with PTSD and are ready to take the next step, find a professional near you who may be able to help."

I am taking a chance here, and opening myself up, so that I may reach out to those in need and their loved ones. Hopefully I can help those who have PTSD before it is too late. For those who live and love someone with these symptoms, please do not blame them, but help them cope with the world around them. Every good Soldier, Marine, Airman, Sailor, and Coastie; come their time to no longer be "a warrior", justly deserves peace.



Houston Satellite Director by Frank Ellis

Well folks, summer has finally set in and the heat is really starting to take hold here in Houston! Triple digit heat indexes, with an occasional brief shower, cools us for ten minutes, but then turns into a sauna right after. And, as I have been telling people for the past few weeks, “it ain’t even August yet!”

With all that going on here though, we in the Houston area have learned how to cope, to an extent, with the heat. Most of us either start outside work before the sun comes up and plan indoor activities during the heat of the day, or just stay ultra-hydrated with plenty of breaks from the sun during the day. Whatever your technique for beating the Texas heat, please be safe and try to stay hydrated. Know your body and your own limitations when it comes to dealing with these extreme weather conditions and please, please, please don’t try to push yourself beyond those limits. The consequences can be severe...or even deadly.

Also on the subject of weather, Hurricane season is in full swing. The tropics are not very favorable right now for the formation of a hurricane, due to the Saharan sand in the tropical jet stream and high level wind shear, but that doesn’t mean you should not be prepared now. We have already had 4 named storms this year and the season lasts till well into November. As SCI folks, we need a few more things than able-bodies to “pop smoke” and extract, so waiting till a storm is in the Gulf to prepare may be too late. A simple bug-out bag in your closet with two or three days worth of medication and “you specific” medical supplies is a must. Make a plan for the storm, either to evacuate or hunker down and ride it out, and gather what you will need now to execute that plan. If your plan is to leave and you are not completely able to do so by yourself, most cities and towns have registries to assist physically challenged individuals in the event of a natural disaster. Do your research now to know what is available to you and how you will weather the storm.

If you have any questions about anything mentioned above, please contact the chapter office or myself as soon as possible.

God’s speed and God bless.

Brand new
manual
wheel chair
available.
Contact the
Chapter
Office if
YOU’RE
interested





Employment Specialist By Shaun Smith

SCI Vocational Rehabilitation is a service offered at Michael E DeBakey VA Medical Center. When working with veterans who have Spinal Cord Injuries, it is important to remember that a Spinal cord Injury does not have to prevent you from continuing with life. For some, an important piece of life is work. Finding a job after have a spinal cord injury can be very intimidating. Some veteran think that since they have a Spinal Cord Injury, they can never work again. I can tell you if you want to work, you can work. Work does not have to be 40 hours a week. Work can be 1 day a week for 1 hour a day if that is what you want. You might be asking yourself, how I can find a job that will allow me to work only 1 hour a day for 1 day a week. This is where vocational rehabilitation can help. I have heard from some veterans, I cannot work because of my benefits. You would be surprised how many benefits allow veterans to go to work with causing any limitations to their benefits. Are you registered with the Houston VA? Are you part of the Spinal Cord Injury Clinic? Are you interested in working? If you answered yes to these questions, please feel free to give me a call.

713-791-1414 ext 23659

TO ALL VETERANS, FAMILIES, AND CAREGIVERS:

It is IMPORTANT to be aware that one of the services the VA office is the Veterans Crisis Line. The number is 1-800-273-8255, Press 1

This is confidential help for Veterans and their families. It is staffed with committed employees trained to help save lives. Many of them are Veterans. If you feel you need help or if someone you know needs help please make the call. If for some reason there is a problem with the crisis hotline then Dial 911. We are losing too many lives. So it is



Contact the Chapter Office to read the entire article

*****PRIORITY*****

The Government Relations staff is still looking for stories about problems that our members have experienced during air travel. Please visit www.AirAccess30.org and share your story.



HAPPY BIRTHDAY TO YOU IN JULY It is never our intention to leave anyone out

Alan	Babin	Craig	James
Christian	Barthol	Leah	Jasik
Charles	Bauer	Kendrick	Kahler
Matthew	Bourbon	Michael	Keiser
Ronald	Bruellisauer	Kirby	King
Federico	Cantu	Bruce	Kuker
Conrad	Crump	Veronica	Kuras
Daniel	Decker	Stanley	Lambert
Efren	Diaz	James	Landreneau
Franklynn	Ellis	Dianna	Lopez
George	Evans	Bradford	Morgan
Steven	Fenton	Richard	Moskal
Gerald	Fesenmeyer	Dwight	Pennington
Fred	Flores	Randy	Pike
Truman	Fountain	Chris	Post
John	Fraser	Courtney	Prater
Gilbert	Garcia	Thomas	Price
Guillermo	Garcia	Arthur	Ricks
Joseph	Gibson	Raul	Rivas
Nathan	Gonzalez	Waldo	Schroeder
Michael	Griffin	Bennet	Stelly
Maurice	Hampton	Jason	Tabansky
Isaac	Hearns	Jimmy	Tucker
Lori	Henson	Valarie	Valentine
Sidney	Hogue	Russell Keith	Williams
Jose	Ibarra	Thomas	Winand
Jeff	Jackson	Robert	Wolf
		Riley	Woods

IN MEMORIAM

LET US TAKE A MOMENT TO REMEMBER THOSE WHO ARE NO LONGER WITH US



We have several different kinds of frozen deer meat in the Chapter Office freezer. Please contact the Chapter office at info@texaspva.org or 800-933-4261 x0

National Champion

Yep, I get to call myself a National Champion now. I attended my first ever National Veterans Wheelchair Games in Salt Lake City and took Gold in trapshoot. If it wasn't for the PVA Texas Chapter and several people continually encouraging me to go I wouldn't be able to say that. I have to admit I was a bit apprehensive about going. Since my injury I hadn't been away from home for a week straight before. Other than shooting trap I hadn't even participated in any of the other sporting events that they offer at the games. I didn't know what events to enter or what I could even do. Not to mention worried about bowel or bladder or travel issues while there. As it turned out all those worries were unfounded.

Before going several people told me I would have a lot of fun. They were 100% right. Not only was JeMarques Handy with us for the whole week for guidance and to help out, at the airport there were several volunteers helping us with baggage or whatever we needed. Once we arrived at Salt Lake City there were even more volunteers to help out. Everything was organized really well to make getting around in a wheelchair the best it could be. Even on the first day of registration you would think that with nearly 600 vets in wheelchairs trying to work through the registration process it would be a chore but it wasn't. With tons of volunteers and lots of booths in the Expo with things to see and do and freebies to grab even that was fun. Then opening ceremonies was not only impressive to see but to participate in as well. That was the start of the building of a big family and cohesiveness feeling. The next day as the events all started it just built on that same feeling.

If you're not familiar with the games you get classified based on your injury and physical abilities. Starting with quads as a class I all the way up to a more functional class V. You also get grouped into Divisions. First time participants are in the Novice division. So the whole time you'll compete against somebody fairly equal to you. Or as in my case somebody just as unfamiliar with the sport as myself. In the team sports you get grouped evenly between teams. That way no single team ends up with an advantage. In my case as a class II Novice of never playing softball before, I got to play on a team with some really good guys and we won the Bronze medal after several close and exciting games. Plus it's not just the good players getting to play, everybody plays. There is such camaraderie, encouragement and positive attitude it's just a great time.

The week seemed to fly by and was over before I knew it. After participating in my events and watching so many other ones my only regret is that I didn't enter in more of them. I was afraid I'd do really poor trying things I'd never done before but as it turned out most of the other novice participants hadn't ever done them before either. After seeing so many guys that were just as bad or just as good as me (depending on which way you want to view it) I'm sure I could have won some more medals. I think for me just as Sherman Gills, Jr. said in his speech during the closing ceremonies it makes you feel normal. That was the best part about the whole thing. I want to thank the PVA the VA the therapists and volunteers and especially those that encouraged me to go. Thank you so much!

By: Steven Holbert





Medal Counts



FRED GARRAWAY
 Bronze Boccia
 Bronze Bowling
 Gold Swimming-50 meter backstroke
 Silver Swimming-50 meter freestyle
 Silver Swimming- 75 meter Individual Medley

ANTOINE GRAY
 Gold Swimming-Breaststroke 100yds
 Silver Swimming-Freestyle 100yds
 Bronze Track-100m
 Bronze Track-200m
 Basketball
 Slalom

GEORGE KELLOGG
 Silver Softball
 Gold Trapshooting
 Silver Swimming-Backstroke 100yds
 Silver Swimming-Breaststroke 100yds
 Swimming-Ind. Medley 200yds
 Swimming-Freestyle 200yds
 Swimming- Butterfly 50yds
 Bobsled
 Air Rifles
 Archery

SILVIANO RIVERA, JR
 Bronze Track-100m
 Bronze Swimming-Freestyle 100yds
 Swimming-Backstroke 100yds
 Bowling
 Softball
 Air Rifles

STEVEN HOLBERT
 Bronze Softball
 Gold Trapshooting
 Bronze 9 Ball

RODNEY BLANTON
 Bronze Basketball
 Softball
 Air Rifles
 Slalom

THOMAS SAGPAO
 Bronze Bowling
 Gold Slalom
 Bronze Cycling 10K
 Weightlifting
 Softball

KEVIN KUDDER
 Bronze Bowling
 Silver Motorized Rally
 Silver Motorized Slalom

EMMITT RICHARDSON
 Bowling
 Motorized Rally
 Boccia Ball
 Motorized Slalom

IRMA PENNINGTON
 Gold Bowling
 Gold Slalom
 Bronze Javelin
 Bronze Rally



Veterans Annual Hill Country Dove Hunt

Hosted by



Paralyzed Veterans of America

Texas Chapter

www.Texaspva.org

in

Buda, Texas



TPVA members and wounded heroes who wish to participate in our annual dove hunt must sign up now since the season starts on Sept. 1st. You must have: a hunter safety course, a current hunting license, a migratory dove stamp and a HIP certification.

OPENING DAY • THURS. SEPT. 1, 2016 • FROM SUNUP TO SUNSET
Pre-registration the evening of AUG. 31, 2016 @ the hotel (Time TBD)

- Every member and wounded hero can bring one extra person with them as an attendant/helper—**RSVP by Aug 25th** Jennifer at the Chapter Office at **800-933-4261 x 4**.
- Lodging will be at the Comfort Inn & Suites in Buda. Reservations must be made through Jennifer at the Chapter Office (see number above).
- Meet at 5:00 a.m. 9/1 at Cabela's. The north side of parking lot (Area G) will be designated for registration and parking for those who wish to leave their vehicles there.
- Lunch provided at the Onion Creek Senior Citizens Center in Buda.
- Rest and relaxation before the afternoon hunt.
- Afternoon hunt to begin at 3:30.
- Please bring a hat, eye protection, ear plugs, thick soled shoes (mesquite thorns) and bug spray (chiggers).

*******We will not be providing Ammo - Please bring your own*******

Monetary donations may be made via credit card through Amanda Saunders, **800-933-4261 x 2**, or check payable to - TPVA, P.O. Box 989, Crosby, TX 77532 Attn: Amanda.

Need a hunter safety course? For dates and times, at least 2 weeks before the hunt (by 8/15) contact: Jose Laguna, Audie I. Murphy SCI Rec. Dept. Frank Ellis, in Houston at 800-933-4261 Available online - http://www.hunter-ed.com/texas/approved_hunting_course.html

SPONSORS: logos must be in by 5:00 pm August 18th for signage and must be provided in vector art format. Sponsors please RSVP if you're going to participate.

We Appreciate And Are Proud To Recognize Our Wonderful Sponsors!

Executive Director Report By Amanda Saunders



Hello TPVA Friends!

The Texas Chapter held our Poker Run Rally & BBQ Cook-Off on June 25th in the Houston area. We ended up with 19 cook teams and 20 participants in the Poker Run. We raised about \$5,000 but more importantly we were able to introduce our organization to the local community. We learned a few things to do differently but overall it was a fun-filled, successful day. I anticipate this event will continue to grow to be bigger and better each year. Thank you to the members and volunteers who came out to show your support and try some tasty Texas BBQ!

We are gearing up for our First Annual TPVA Pullin' for Guts & Glory event in Sealy on July 9th. So far we have 9 teams registered but I expect more to come in over the next few days. I'm excited to see the Texas Premier Sporting Arms' brand new facility. It's 100% wheelchair accessible, so it should be much easier for our folks to get around out there. I'll keep ya'll posted on how that event goes.

August 5-7 is the Abilities Expo in Houston. We will need volunteers to help out at the booth. Please let me know if you are available.

On August 22nd I will travel to Las Vegas, NV for Executive Director training. I'm looking forward to the seminar and learning valuable knowledge from the group of Chapter ED's. It's great to hear what is working for other PVA Chapters.

I'm working with WetHook Guide Services to plan our 9/11 Patriot's Day Fishing event on Lake Conroe. Sept 11th falls on a Sunday so we may go fishing a day or 2 before or after but I will let everyone know once I have all of the details.

Please give me a call if you need anything at all.

WE ARE HOSTING A CATERED BRUNCH AT THE MICHAEL E. DEBAKEY VA MEDICAL CENTER ON SATURDAY, AUGUST 13TH. WE WILL START SERVING AT 10 AM. PLEASE RSVP TO THE CHAPTER OFFICE IF YOU AND A GUEST WOULD LIKE TO JOIN US!!!



Government Relations Report By Kerry Reyna

We all check sometime during the year whether we are getting the best deal and that should apply to our earn Veterans Benefits. I strongly recommend that we all check the Texas Veterans Commission website to ensure you are update to on your Texas Veteran Benefits. The website is www.tvc.state.tx.us and subscribe to your e vets monthly newsletter.

While flying the other day I was reading the AARP (American Association of Retired Persons) magazine and found an article about travel grants for caregivers. This nonprofit organization offers caregivers financial assistance of up to \$1300.00 to join one of its trips in the US that cost \$1400.00 or less. For details check out roadscholar.org/caregivergrant or call 1-800-454-5768. I called to verify this grant and it is authentic on 12 July 2016.

Below are some of the guidelines:

You're an eligible caregiver if...

- your loved one is receiving Home Care, Hospice, visiting nurse, LPN services, or comparable or related services.
 - your loved one is in Hospice, Adult Day Care, Memory-care, Nursing Home or comparable or related facility.
 - you recently lost a loved one who was in any of the above situations.
- you live in the United States and are 50 years of age or older .



CAMP LEJEUNE: PAST WATER CONTAMINATION

From the 1950s through the 1980s, people serving or living at the U.S. Marine Corps Base Camp Lejeune, North Carolina, were potentially exposed to drinking water contaminated with industrial solvents, benzene, and other chemicals. This chemical exposure may have led to adverse health conditions.

YOU MAY BE ELIGIBLE FOR VA HEALTH BENEFITS IF YOU SERVED ON ACTIVE DUTY (VETERANS) OR RESIDED (FAMILY MEMBERS) AT CAMP LEJEUNE FOR 30 DAYS OR MORE BETWEEN AUGUST 1, 1953 AND DECEMBER 31, 1987:

- Veterans who are determined to be eligible will be able to receive VA health care. In addition, care for qualifying health conditions is provided at no cost to the Veteran (including copayments).
- Eligible family members receive reimbursement for out-of-pocket medical expenses incurred from the treatment of qualifying health conditions after all other health insurance is applied.

QUALIFYING HEALTH CONDITIONS INCLUDE:

- Bladder cancer
- Breast cancer
- Esophageal cancer
- Kidney cancer
- Leukemia
- Lung cancer
- Multiple myeloma
- Myelodysplastic syndromes
- Non-Hodgkin's lymphoma
- Female infertility
- Hepatic steatosis
- Miscarriage
- Neurobehavioral effects
- Renal toxicity
- Scleroderma

VETERAN ELIGIBILITY:

- A Camp Lejeune Veteran does not need to have one of the 15 health conditions to be eligible to receive VA health care, nor do they need a service connected disability to be eligible as a Camp Lejeune Veteran for VA health care.

VETERANS

ENROLL IN VA HEALTH CARE

- Inform VA that you served on active duty at Camp Lejeune for at least 30 days during the covered time period.
- Already enrolled? Contact your local VA health care facility at <http://www.va.gov/directory/guide/> to sign up for the Camp Lejeune Program and receive VA care.
- Not yet enrolled? Apply online at <http://www.va.gov/healthbenefits/apply/> or call toll-free 1-877-222-8387.

FAMILY MEMBERS

GATHER DOCUMENTS

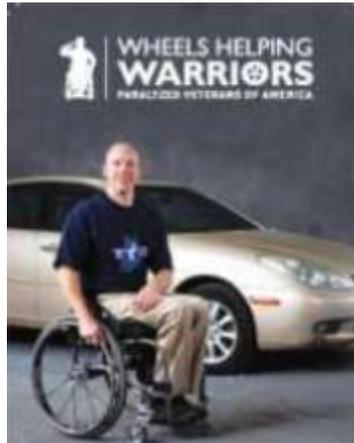
- Show your relationship to a Veteran, such as a marriage license or birth certificate.
- VA will assist you with verifying residency on Camp Lejeune during the covered timeframe.

GATHER QUALIFYING EXPENSE RECEIPTS

- By law, VA may only compensate for eligible out-of-pocket expenses after family members have received payment from all other health plans.

APPLY FOR REIMBURSEMENT

- Apply online at <https://www.cfamilymembers.fsc.va.gov> or call toll-free 1-866-372-1144.



How Your Vehicle Can Help Veterans

Every vehicle has value, whether it runs like the day you drove it off the lot or doesn't start at all. Regardless of the condition, it will sell at auction. In return, donors receive a tax deduction, and the proceeds of the sale help provide rehabilitation services, job training, quality healthcare, benefits, and funding for education and research for veterans living with spinal cord injury/dysfunction.

It's simple: Be sure the vehicle title is on hand, fill out the online form or call a Wheels Helping Warriors representative, and schedule a pickup free of charge. Paralyzed Veterans of America's Wheels Helping Warriors Vehicle Donation Program accepts a variety of vehicles:

- Airplanes
- Boats
- Farm/construction equipment
- Horse trailers
- Motorcycles
- Motorized wheelchairs
- RVs/campers
- Semi-tractors
- Trucks/SUVs

Any of these vehicles can become a new beginning for a paralyzed veteran. Be a hero to a hero today and consider vehicle donation to help someone who has served and sacrificed.

Donate Today!

Call or visit us online to donate your vehicle today:

855-744-0782

wheelshelpingwarriors.org



One Car One Difference is IAA's public awareness campaign promoting the benefits of vehicle donation. © 2013 Insurance Auto Auctions, Inc. All rights reserved.

In addition, feel free to use the following Wheels Helping Warriors you tube ad on your website and through social media.

:30 spot <http://www.youtube.com/watch?v=GCn255-xYL0>

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RAMPS AND OTHER THINGS—Our veteran friend, Carmen Gonzalez, works with the Boy Scouts. To help the boys earn their Eagle Scout status, they will build things like ramps at no cost other than the material. He said they will build portable or stationary ramps and other small projects. This is their community work they have to do. Contact Carmen by calling the Chapter

OFFER OF LAWN CARE-Houston area
Name: Casey Norris—My husband and I would like to offer free lawn care to wounded veterans in the Houston metro area as a thank you for all they've done, and a way to relieve some pressure from their families. If you have any information that can help us accomplish this, we would greatly appreciate it. We have at least one full day open per week to dedicate to this. Thank you!
email: Caseynorris90@gmail.com phone: 918-407-5476



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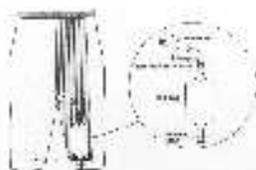
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If your VA location is not offering the URO BAG SYSTEM, please have them contact Uro Concepts Inc.
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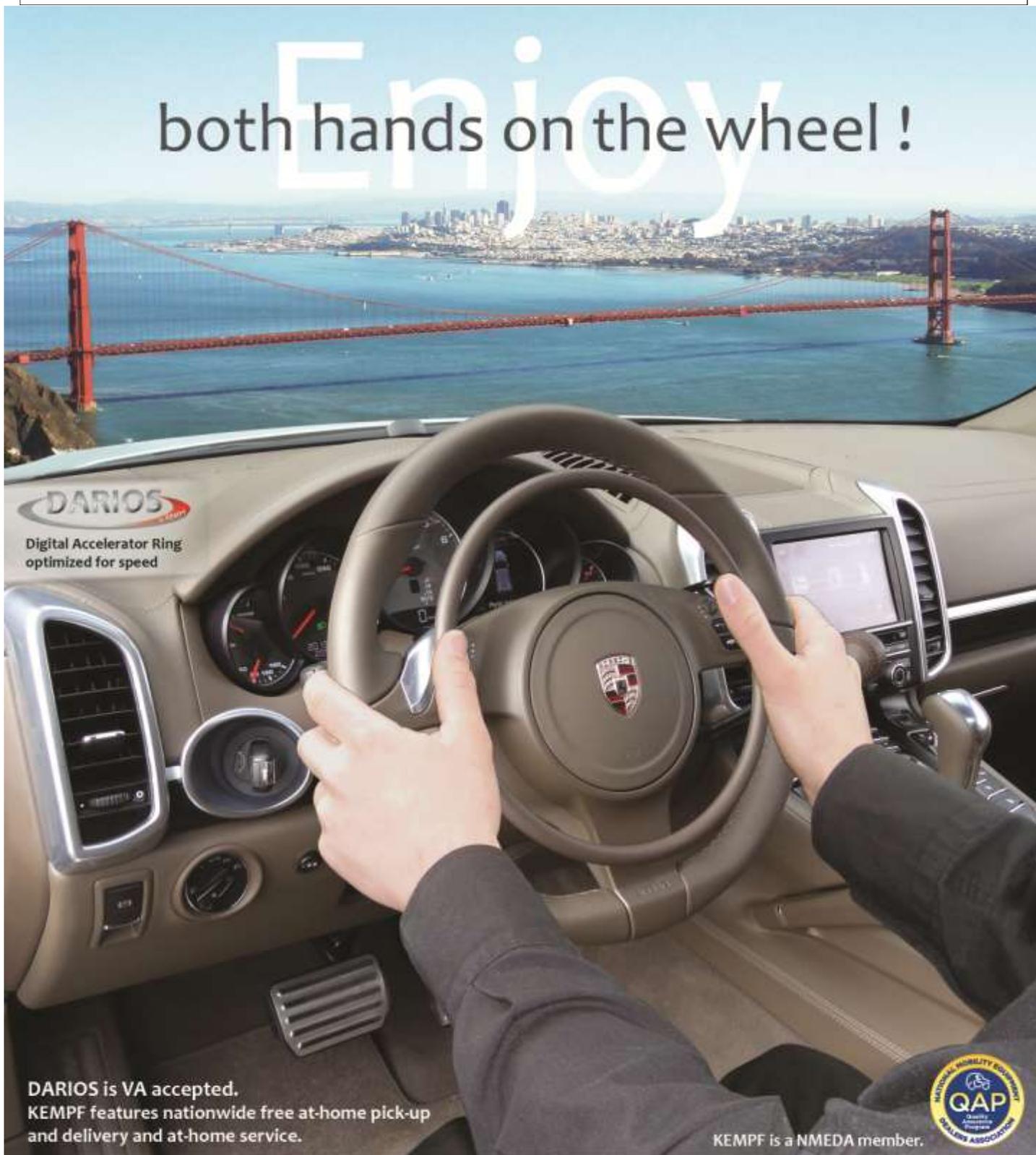


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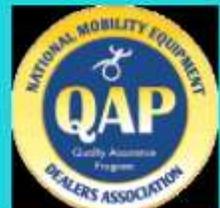
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Titanium Donor	\$500 – \$999
Gold Donor	\$250 – \$499
Silver Donor	\$100 – \$249
Bronze Donor	\$50 – \$99
Brass Donor	\$25 – \$49
Supporter	\$5 – \$24

2015-2016 DONOR CLUB as of October 1, 2015

PLATINUM	- Burns & McDonnell (Johnny Godwin), John Stacy Kemp II, Excel Modular Scaffold, Scott McLendon, Wayne Swaim, Help Our Wounded, Ancira Winton Chevrolet, TK Holdings, Baker Nissan, . JB & Kelly Kolodzey, TAKATA, Jaime's Roustabout Service, VFW Post 7108, Alamo Safari Club
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GOLD	- Johnson Glass & Mirror, Spring Klein Chamber of Commerce, Global, The Source, Briley, Lone Star Arms & Ammo, Bayou Electrical, PK Industrial, H.D. Mercer, Dan McNeil, Christopher Medina, Alamo City Chocolate Factory, Decot Hy-Wyd Sport Glasses
SILVER	- Steve Ellis in memory of F.A. Stokley, Michael Taggart, R&R Traps & Sales, Gulf So Fence & Access, The Woodlands United Methodist Church, Briley, Thomas Morgan, Perazzi USA, Krieghoff International, Inc., Pineforest Jewelry, Mary Ann Ruth, Decon Richmond Phillips with Veterans of True Vine and Shiloh Baptist Churchs & The Community of Barrett Station, Morris Williams, JoAnn Clark, Ana Timmins in memory of Jose C. Laguna, Patricia Hamzy, Woodco USA, Ron & Sharon Rolando, Ron Sommers & Charles Mary Kubricht in honor of Corrine McCormick, Alice Benson, John Rodak, Vickie & Richard Tanner, Robert Giles, Hermes Rodriguez, Karen Carlson, Matthew Sealy on behalf of Valda Mae Gates for her continued support of Las Palmas, Warren Hamrick, Sylvia Garza, TX St Rifle Assoc., Lisette & Clemente Zabalza, Speedbump Stockworks, Richard Cain, Mohan's, Sabrina & Leroy Robinson, Jo Ann Glickman, Dean Cambourakis, Silvia Garza, Judith Withers, Honeywell International, Don Langford, Mr. and Mrs. Mercer, Houston Gulf Coast Building, Marlon Punch, Christina Rogers, Michael Taggart, Sandra Randolph, Nina Dennis, Jose Aguilar
BRONZE	- Ben & Peggy Jurek in memory of Michael Hefferan, Shauna Akers, Mattie Cornwall, Robin Allhouse, Sean & Judi Oliver, J.C. Street, Mike or Linda Dockal in memory of Reed Bond, Ruth Brunt in memory of Michael Hefferan, Chico & Yvonne Mason in memory of Mary Aguilera, Becky Martin in memory of Reed Bond, Thaddeus Berry, Ralph Weston, Williams Companies, Sarah Wysocki, employess @ TX DOT-Structural Section, Tammi Danielson, Lydia Baugh, Cynthia Overholser DDS & Staff in memory of William "Bill" McKenzie, Carie Angelico, Lillian Street in memory of Christopher Bowling, Robin Allhouse, James Nelson, John Millet, Linda Cowles, Betty and Martin Ellyn, Dennis Selfridge, Brianne Gravatt, Gail Evans, James Ignatovich, Krueger Engineering, Mark Joyce, Judith Oliver
BRASS	- William & Marian Tannahill in memory of F.A. Stokley, El Tejano, Alvin Guerrero, Woman's Club of Cleveland, Rosemarie Zimmer, Darlene Byler, Robert or Teresa Ochoa in memory of Mary Aguilera, Rebecca Edwardes, Frances Colaianne, Diann Fiore, Patricia Chapman, JC Penney, Hussein Nijim, Chevron, AT&T, Barbara Zavala, Bonnie Donaho, Home Away from Home, Walt Gish, Phyllis Pittman Communications, Pam Langenbahn, Paul Yozzo, Cory Job, Nipa Kamdar
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The opinions expressed in this newsletter do not necessarily reflect the views of the Chapter, Board of Directors, Officers, or the Editor. Similarly, any appearance of advertising, or mention of products, does **NOT** constitute an endorsement of products or services.

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All submissions for the classified section of the **SPEEDY GAZETTE** must be in the TPVA office no later than the 1st of the month. The charge is \$15.00 for 15 words (each additional word is \$.25). Payment must accompany the ad. If you are a member in good standing of TPVA, you may place a 15 word ad for FREE. An incentive 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:

<u>SIZE</u>	<u>MONTHLY</u>	<u>ANNUAL (approximately six issues a year)</u>
Business Card	\$20	\$120 less 10% = \$108
1/4 Page	\$30	\$180 less 10% = \$162
1/2 Page	\$55	\$330 less 10% = \$297
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PARALYZED VETERANS OF AMERICA

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