

Speedy Gazette

"Improving Lives... Building Futures"



PVA

Paralyzed Veterans of America

Texas Chapter

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October - December 2022



*Merry Christmas
& Happy New Year!*



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A Message from our Executive Director

Greetings Texas Chapter,

Tis the holiday season! I hope each of you and your families are happy and healthy. I would like to wish you a happy holiday season and all the best for the new year in 2023.

Things have been busy at the chapter office. We hosted our Inaugural Fall Shoot in October, our Annual BBQ Cook-off in November and will host our 15th Annual Kill'n Clays Classic in February. We also held our Annual Jack Sanders Banquet at SeaWorld. I hope everyone who attended had a nice time. We participated in the Veterans Day Parade in Houston and San Antonio. We are currently planning our holiday luncheon, Christmas gifts for inpatients and SCI staff. We haven't been able to get back into the hospitals for our luncheons but hopefully the restrictions will be lifted soon. For Thanksgiving we had meals catered for both hospitals.

I want to remind everyone about our once per year recreational reimbursement up to \$120. So get out and have some fun! All you have to do is submit your receipts and we will reimburse you. We also have Spa Days up to \$300 annually for all of the ladies of Texas PVA.

Jose Laguna has been brought on as our Adapted Sports Consultant. Be on the lookout for more sports opportunities. Please reach out if there's an adapted sport you would like to try.

Please reach out anytime if we can be of assistance to you.

Merry Christmas and Happy Holidays!

Amanda

ADULT RESEARCH VOLUNTEERS NEEDED: WITH SPINAL CORD INJURY

WHO: If you are between the ages of 18-75 **AND** sustained a spinal cord injury over 6 months ago, you may qualify for participation.

WHAT: This project is examining whether or not practicing movements with both hands/arms with the use of Non-Invasive Brain Stimulation will affect how the brain communicates with those hand/arm muscles.

Participants will be asked to use hand and/or arm movements to follow instructions given on a computer screen and by research investigators.

- Each testing session will last up to 2-2.5 hours.
- Up to 2-3 visits will be scheduled according to your preference and availability.
- Compensation will be provided for your time and effort.

WHERE: Motor Neuroscience Lab
The department of Health and Kinesiology
2929 Research Pkwy
College Station, TX 77845

CONTACT: yx1907@tamu.edu or 979-862-3392

TAMU IRB#: IRB2020-0071F: IRB Approval Date: 09/02/2020

VA



U.S. Department of Veterans Affairs

Veterans Health Administration

South Texas Veterans Health Care System

SENT ON BEHALF OF SOUTH TEXAS VETERANS HEALTH CARE SYSTEM

As you know, the PACT Act is the largest expansion of Veteran health care and benefits in decades. Millions of Veterans, their families, and their survivors could be positively impacted by this landmark legislation, and we at VA want to make sure that every one of them gets the benefits and health care they deserve.

To that end, South Texas Veterans Health Care System is hosting a PACT Act Week of Action event to inform Veterans, their families, caregivers, and survivors about the PACT Act and encourage them to apply for the toxic exposure-related health care and benefits they have earned. This is one of 80+ Week of Action events at VA facilities nationwide between December 10th and 17th. Our event will feature a 30-minute speaking program and overview of PACT Act. VA staff will also be present to help Veterans to apply for benefits, complete toxic exposure screenings, and enroll in VA health care.

The PACT Act event for the San Antonio Northwest Health Care Center scheduled for Monday, December 12 is cancelled. The Audie L. Murphy Memorial Veterans Hospital scheduled for December 14 remains. There is a time change on the event, which is 2-6 p.m.

You are a tireless advocate for Veterans, and we at VA so appreciate your partnership in serving Veterans, their families, caregivers, and survivors as well as they have served our country.

Thank you for all you do. I hope you can join us to spread the word about this historic expansion of Veteran benefits and care. For additional information, please contact the Office of Public Affairs at (210) 617-5274.

Assistive Eating Device

Hello Houston PVA!

We recently launched an assistive eating device that may be of great benefit to some of your members. There is a huge difference between eating a whole burger or pizza slice vs. chopped up versions as must be the case with robotic equipment. An independent review video is below.

<https://www.youtube.com/watch?v=mhQ27xa42Xg&t=171s>

We are donating \$20 from each purchase to the PVA or ALS association. (alternating) Please send us an advertising rate card also. Thanks for the work you do! A short blurb about the product that might be applicable for your newsletter is below.

Best Regards,

Norm Gustafson MS, OT PS: social media word spreading is appreciated!

New Assistive Eating Device:

Individuals with significant upper extremity movement restrictions can now enjoy eating hot dogs, hamburgers, sandwiches, pizza and more independently.

Panini Eatzii, a newly launched non robotic eating device is already empowering hands free eating of tasty burgers ... and much more!

No batteries, no cords, no robotics ... the user's own head movement operates the device.

Panini Eatzii is available from Mercer County Rehab, a Veteran Owned Small Business and a VA approved vendor.

For more information or ordering please visit www.mercercountyrehab.com. and enter Panini Eatzii in the search bar or call 800-258-4212

ALS Medical Research Article:

Recently the FDA approved a small molecule drug for ALS. The drug slowed functional decline by 2 pts in 6 months. On the 48-point functional scale, two points is the difference between being able to walk vs using a wheelchair, feeding or bathing yourself, or breathing without a bipap. Furthermore, when analyzing the OLE data, it improved ALS survival by an average of 10 months in comparison with placebo & natural history. In approving this new drug with just one Phase II trial, the #FDA acknowledged it would exercise the "broadest of regulatory flexibility" for the "urgent unmet need" in #ALS.



WELCOME NEW MEMBERS

Clayton Monroe
Scott Graham
Juan Reyes
Albert Morales
Juan Maldonado
Doanld Stepp
George Williams
Susan Marie Lusk
David E. Good
Lonnie D. Hayes

William Jennings Jr.
Joseph McReynolds
Robert Thompson
Vicente Turrubiates
Bradley Hoover
Rodney Lee
Clifford J. Shuff
Willie L. Kuykendall
Joe K. Hinton
Oscar Moore

REST IN PEACE



Michael W. Adams
Justin S. Perez-Gorda
Joseph N. Cueva
Pete Zavala
George Chmielewski
Lucy Lefler
Jessie L. James
Michael Barrychuck
Piedad Tristan
Todd Russel
Baltazar Coronado
Deborah Richardson
Edward Tuggle
Robert Jones

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of America**



Michael E. DeBakey Launches Inaugural ALS Clinic By: Greg Treacy, SNSO

It is my pleasure to report that the Houston Michael E. DeBakey VA Medical Center conducted its inaugural ALS Clinic this past Monday.

Pitchaiah Mandava M.D. is the Director of Clinic, with James Orengo M.D. the ALS Physician/Neurologist, and NP Richel Aliboso as the ALS Clinic Coordinator. The other disciplines included in the ALS Clinic are Social Worker, Respiratory Therapy, OT/PT, Dietician, Mental Health, Prosthetics, ALSA, and yours truly from PVA.

With the help of the PVA, the multi-disciplinary ALS Clinic's "Soft Open" on 12 September was a success. Dr. Mandava requested that only 3 Veterans be invited. Only 2 were able to make it, but the Team made it well worth their visit.

A Ribbon-Cutting Ceremony was conducted with the VAMC Chief of Staff Mark Kobelja, MD, Chief of Neurology, SCI Chief Sally Holmes, and ALS Veteran Ernest Henderson and his spouse Susan. Once I get the pictures from Public Relations, I'll forward them to you. It should make VA Headlines as well. One would think so.

They will begin seeing 3-4 Veterans every week on Mondays from 1:00-4:00 pm in the SCI Outpatient Clinic. For Veterans in the Houston VAMC catchment area interested in being scheduled for the clinic, contact me.

This is the reality of a plan that has been coming together for 8 years for me, and 2 years for Dr. Mandava at the VA since his appointment as the Director of the Clinic.

The Clinic Staff and I are confident the ALS Veterans in our area will find the Clinic as not only a medical resource, but a support resource as well.

HOUSTON BAR ASSOCIATION



VETERANS LEGAL INITIATIVE



HOUSTON VOLUNTEER LAWYERS

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FREE LEGAL CLINIC FOR VETERANS & FAMILY MEMBERS

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VA BENEFITS

FAMILY LAW

GUARDIANSHIPS

WILLS & ESTATES

CRIMINAL RECORD CLEARING

LANDLORD/ TENANT ISSUES

TAX & BANKRUPTCY

CONSUMER MATTERS

OTHER CIVIL LEGAL ISSUES

Every Friday beginning September 9th from 1 PM-
3:30 PM

MICHAEL E. DEBAKEY VA MEDICAL CENTER

Building 108A – Steps from the main medical center entrance

2002 HOLCOMBE BLVD. HOUSTON TX 77030

Services are dependent upon financial eligibility such as income and assets.

If you are unable to attend in person, visit us online at
www.legalhelphouston.org to apply for assistance.

**Do you
have urine
leakage?**



**You may qualify to be part of a
clinical trial examining a
medication to improve
symptoms of urine leakage in
people with spinal cord injury.**

For more information

Kate Randolph kmrandol@utmb.edu

Lauren Dawson Indawson@utmb.edu

***utmb* Health**

Working together to work wonders.

VA LIFE (Veterans Affairs Life Insurance)

By Deontre Williams, NSO II, Houston VARO

VA LIFE is the new VA Life Insurance Program, replacing the former Service Disabled Veteran Insurance (SDVI). The new insurance program will take effect on January 2023, and is applicable for all Veterans with service connected disabilities at ages 80 and below. Some Veterans over 81 could possibly be eligible as well, as long as they applied for disability compensation before age 81, and they received a new service connected disability after 81. The key feature of the new program is that a Veteran can be service connected from anywhere between 0% and 100% disabled with no time limit to apply. This would be beneficial for Veterans who have not been able to receive a rating above 0 percent service connection. No other insurance policy in the world is giving Veterans additional insurance coverage based on the fact that they have a service connected disability.

This program, created by Public Law 116-315, will have guaranteed acceptance, and will offer whole life policies that will not require medical exams or any kind of health care questionnaires. As long as premiums are paid, one could have insurance coverage for their entire life. And, fortunately, **DOES NOT** have a two-year window in which a Veteran can apply. Veterans would be able to sign up at any time for VA LIFE and would never have to worry about increases in premiums as the policy holder ages.

Approvals would be instant with VA LIFE and coverages come in increments of \$10,000 up to a maximum of \$40,000. Similar to what SDVI offered, but the supplemental life insurance coverage would take longer to be approved. Premiums are also expected to beat policies from private sector insurance plans which gives VA LIFE a great advantage to flourish. Rates will be better the earlier a Veteran applies and the policy would produce cash value that builds over the life of the policy after the first two years of enrollment. And again, premiums would never increase! Life Insurance is foundational in family financial planning, as 63% of adults have coverage to protect their spouse, children, or other beneficiaries.

Veterans currently possessing S-DVI policies remain in force until the full coverage of VA LIFE begins, as long as a Veteran's application for VA LIFE is received between Jan 1, 2023 and Dec 31, 2025. Afterwards, SDVI will close to new enrollment. Therefore, interested Veterans should apply by this date. With this being said, the Veteran would still be able to have life insurance coverage while waiting on the VA LIFE policy to become available.

The premium for VALIFE are fixed and based on your age and when you enroll. Monthly rates can be located at the table located at <https://www.benefits.va.gov/insurance/valife.asp>. The rates are proposed based on current estimates and may change prior to implementation of VA Life on January 1, 2023. Under the new program there are no premium waivers.

VA Insurance services is making the application process easier for Veterans by improving their automation system for the "ultimate customer experience" through DocuSign. DocuSign was made available on the VA's Life Insurance website. DocuSign is a cloud-based software solution for sending and signing digital documents. This allows beneficiaries to have the option to electronically sign and submit forms to claim the proceeds of VA-issued life insurance policies.

If you are interested in applying for or learning more about VA Life (Veterans Affairs Life Insurance), you may visit <https://www.benefits.va.gov/insurance/valife.asp>. Once the program is open, the application will be available online at <https://www.benefits.va.gov/insurance/VALife.asp>. Additionally, Veterans can receive email updates about VA LIFE by registering here: <https://public.govdelivery.com/accounts/USVAVALI/subscriber/new>. VA Life Insurance Call Center: 800-669-8477 (Monday-Friday 8:30 a.m. to 6 p.m. EST). Also, you may contact your National Service Officer (NSO) if there are additional questions.

Donate your gently used clothing and household items to help support our chapter. Please be sure to mention you'd like your donation to benefit the TEXAS PARALYZED VETERANS. All donations are tax deductible. To schedule a pickup please call:

346-319-2222



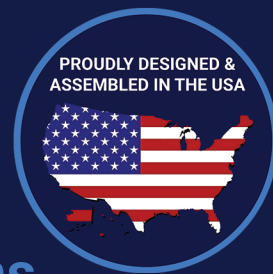
Don't



Remove hangers, check the pockets and wash if possible. Don't forget we need shoes, purses, and accessories.

Even towels and bedding that are threadbare can have a second life as they are used for cleaning up, and recycling.

Indego® Gets Paralyzed Veterans Walking Again



NEW VA Program offers eligible veterans an Indego® exoskeleton at NO COST!

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- ✓ Regain your independence
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Scan with your mobile phone to receive more information or schedule a demonstration.



Contact us today to find out if you are eligible to receive an Indego exoskeleton at no cost.

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Email: support.indego@parker.com



VA proposes updates to disability rating schedule



PHOTO BY AIRMAN 1ST CLASS CHRISTOPHER MORALES/U.S. AIR FORCE

■ The Department of Veterans Affairs has proposed changes to the VA Schedule for Rating Disabilities that pertain to the respiratory and auditory systems. The changes will incorporate medical advancements for treating certain disabilities and modern medical knowledge to more accurately compensate veterans for their service-connected disabilities, according to the VA.

“Veterans who currently receive compensation for a service-connected condition in these body systems will not have their disability rating impacted when the VA Schedule for Rating Disabilities is updated,” said Thomas Murphy, the acting undersecretary for benefits.

Some of the proposed changes include modernizing the evaluation criteria for sleep apnea by evaluating it

based on the symptoms’ responsiveness to treatment. If symptoms are fully treated with a CPAP machine or other treatment, a veteran would be rated at 0% and not receive compensation; the VA will award progressively higher percentage evaluations based on how symptomatic the condition remains after treatment.

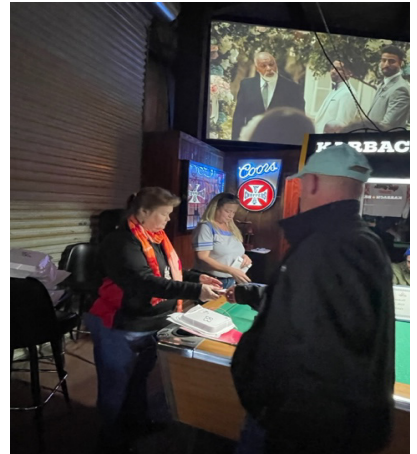
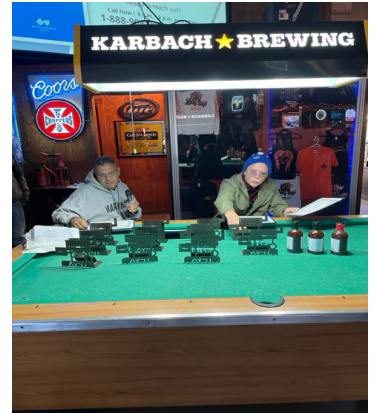
In public comments, DAV stated that the proposed change is a failure to “address the functional impairment caused by sleep apnea” and asserted that the current 50% rating is appropriate.

For tinnitus (ringing in the ears), proposed changes would recognize that symptom as part of a veteran’s broader ailment. The veteran would receive service-connected compensation for tinnitus through the disease to which it is attributed, rather than as a stand-alone disability.

DAV also opposes this change, noting the proposal contradicts a legal precedent decided in 1994 that said veterans are entitled to separate evaluations—and distinct ratings—for conditions that stem from a single disability if they are not duplicative.

“No change to a veteran’s current rating would automatically occur due to these proposed changes,” said National Service Director Jim Marszalek. “When and if the proposed changes are finalized, veterans should seek assistance from a veterans service organization like DAV before filing a claim for increase to determine the impact of the final rules.”

On November 12th we hosted our annual BBQ Cookoff in Crosby, TX.



We continue to offer free, In Person, mental health counseling for military veterans and their families. We practice social distancing guidelines and have hand sanitizer available. We can also help with transportation needs with weekly bus passes.

Charles Jackson MA LPC
Licensed Professional Counselor
Healthy Minds, Healthy Heroes

American GI Forum – National Veterans Outreach Program
210-248-9933 Phone
cjackson@nvop-sa.org
206 San Pedro, Suite 201, San Antonio, TX 78205

San Antonio membership forums will
take place on the 1st Wednesday of each
month at 2 pm

October- December Birthdays

Joseph Cropprue
Adam Pollock
Brandon Renfro
Peter Gabriel
Virgil Moppin
Irvington Ray
Ignacio Avalos
Jeffrey Marlin
Vernon Warner
Scott Pagan
Kenya Hyatt
Marcus Ellison
Kevin Grace
Jim Castaneda
Edward Mares
Troyon Myree
Danixa Vessels
Michael Watts
Nook Gustamante
Jennifer Herrera
Steven Holbert
Charles McCausland
John Brannon
Hope Cooper
Greggory Dunham
Raymond Fuller
Charlotte Weiss
Bobby Daley
James Williams
Robert Jones
John Nagel
Jack Soto
Lonnie Hunter
Vernon Spurlock
Don Brock
Armando Martinez
Elizabeth Inman
John Haynes
Edward Bernd
Carl Brookshire
Roger Warman

Thomas Bates
John Beers
Jeffrey Bowerman
Philip Clausen
Charles Cooper
Marco De La Rosa
Donald Durkee
George Georges
Steven Grant
Clifford Harrison
Jimmy Hennesy
Bradley Hoover
Samuel Hudson
Aaron Hunt
Raymond Jackson
Richard Jean
Elvin Jones
Timothy Jones
Paul Kellum
Dorian Leon
Eric Lindsay
Alexander Lukats
Roger Martin
Joseph Massey
Michael Mcauliffe
Jose Mendiola
Christopher Montera
Albert Morales
Timmy Morgan
Bobby O'Mealey
Patrick Pennington
Ricardo Perez
Anne Robinson
Armando Rodriguez
Dalbert Rozzlle
Jon Russell
Philipp Schweizer
Marcus Sims
Thomas Sleeper
Jimmy Solis
John Townley
Juan Vargas
Arturo VasQuez
Steven Wardlow
William Watson
Rose Weidner
RobertoYbarra

Lance Brune
Roberto Elizondo
Ryan Snowden
Bradly Bevel
Tonya Andrews
Richard Thompson
Jeremecia Perry
Jeremie Thiers
Willie Davis
Will Matay
Stephen Dawson
Mark Hamman
Mylerrie Thomas
Rodger Woods
James Cox
Theodore Weaver
Donald Burton
Edward Alderete
Steve Smith
Charlie Parra
Ronald McAnally
Christopher Stanford
Cornelio Ochoa
Nicolas Contero
Ronald Emory
Frederick Melvin
Leroy Clement
Elizabeth Duncan
Frederica Miller
Earnest McGrue
Billy Wilson
Esteban Montes
Jose Liquez
William Adams
Rodney Lee
Michael Read
Rosendo Scott
Lynne Gregory
James Shelton
Isville Jackson
Robert Preston



Houston parks and recreation-adaptive division scheduled events

West Gray weekly schedule

Monday

1pm-2pm Bocchia

5pm-7pm developmental wheelchair rugby

7pm-9pm wheelchair basketball

Tuesday

1pm-2pm tabata Tuesday (adaptive fitness)

5pm-6pm beep baseball team fitness

6pm-8pm beep baseball practice

6pm-7pm prep wheelchair basketball skills and drills

7pm-9pm juniors wheelchair basketball

Wednesday

6pm-9pm wheelchair basketball

Thursday

10am-12pm cycling

1pm-2pm dance fitness

5pm-7pm VI fit

7pm-9pm wheelchair rugby

Friday

7pm-9pm wheelchair tennis

6pm-8pm wheelchair lacrosse

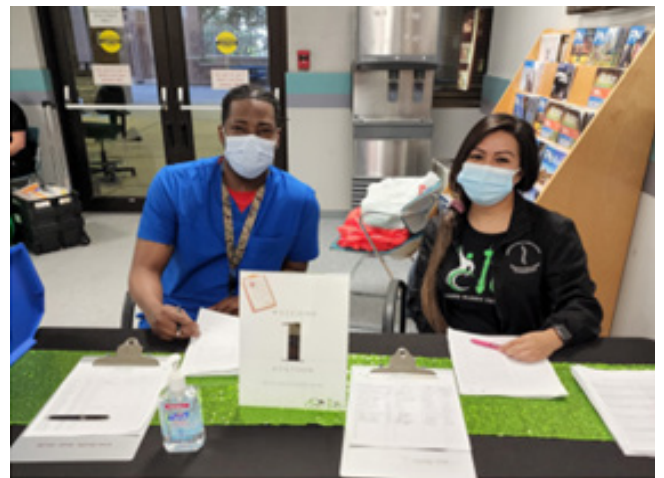
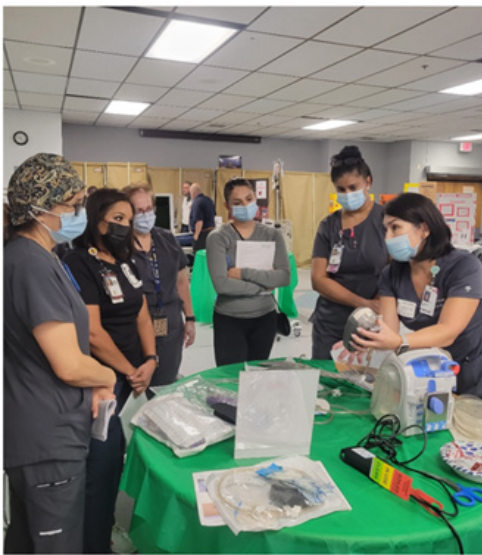
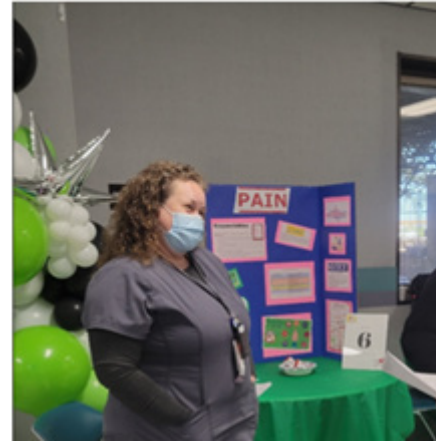
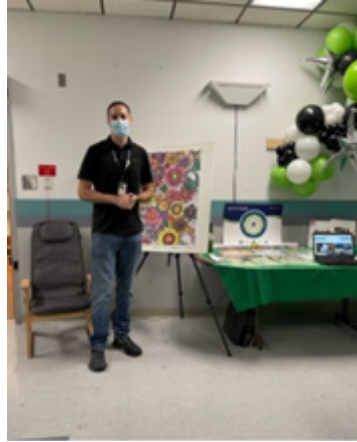
Saturday

9am-11am wheelchair rugby

11am-2pm power chair soccer

2pm-4pm deaf basketball

On Aug 18, the Spinal Cord Injury Center (SCIC) hosted their first post-pandemic Educational Fair. It was a phenomenal success with 20 educational stations managed by a mixture of both SCIC staff and vendors, to include 3M (central line dressing kits), Arjo (beds), Kalogon (Wheelchair cushions) and Silhouette (wound imaging). The Paralyzed Veterans of America® (PVA) also partnered with the SCIC team, serving as ushers and greeters. Over 240 nursing staff also received education and skills validation during the event.



TICKETS FOR THE BRAVE



4 FREE TICKETS FOR ARMED FORCES MEMBERS

On behalf of the Lockheed Martin Armed Forces Bowl and our corporate sponsors, we would like to take the opportunity to honor ALL past and present armed forces members and their families with up to 4 free tickets for this year's bowl game. Thank you for your service to our country.

Log on to get your free tickets:
ArmedForcesBowl.com/tickets



KNOW A HERO? SUBMIT THEIR PHOTO

Submit a photo of you or any family member, friend or acquaintance that's donned the stars and stripes of our nation for the Wall of Heroes. The Wall of Heroes presented by the EXCHANGE and will be on display at the 20th annual Lockheed Martin Armed Forces Bowl inside Amon G. Carter Stadium.

To submit a photo, please visit:
ArmedForcesBowl.com/wall-of-heroes



THUR. DEC 22, 2022 | 6:30 PM | AMON G. CARTER STADIUM | FORT WORTH, TEXAS



The PACT Act Fact Sheet

To ensure Veterans can receive high-quality health care screenings and services related to potential toxic exposures, the PACT Act expands access to VA health care services for Veterans exposed during their military service. For post-9/11 combat Veterans, the bill extends the period of time they have to enroll in VA health care from five to ten years post-discharge. For those combat Veterans who do not fall within that window, the bill also creates a one-year open enrollment period. These expansions mean that more Veterans can enroll in VA health care without having to demonstrate a service connected disability.

The PACT Act codifies VA's new process for evaluating and determining presumption of exposure and service connection for various chronic conditions when the evidence of a military environmental exposure and the associated health risks are strong in the aggregate but hard to prove on an individual basis. PACT requires VA to seek independent evaluation of this process as well as external input on the conditions it will review using this framework. The new process is evidence-based, transparent, and allows VA to make faster policy decisions on crucial exposure issues. This new process has already fundamentally changed how VA makes decisions on environmental exposures and ensures more Veterans have access to the care they need.

The legislation removes the need for certain Veterans and their survivors to prove service connection if they are diagnosed with one of 23 specific conditions. This greatly reduces the amount of paperwork and need for exams that Veterans diagnosed with one of these conditions must complete before being granted access to health care and disability compensation, thereby speeding up their receipt of the benefits they have earned. This list includes 11 respiratory related conditions, along with several forms of cancer, including reproductive cancers, melanoma, pancreatic cancer, kidney cancer, and brain cancers such as glioblastoma. Survivors of Veterans who died due to one of these conditions may now also be eligible for benefits.

To better understand the impact of toxic exposures, the PACT Act requires VA to conduct new studies of Veterans who served in Southwest Asia during the Gulf War and analyses of post-9/11 Veterans' health trends. The new law also directs the Secretary of Veterans Affairs to convene a new interagency working group to develop a five-year strategic plan on toxic exposure research.

Ensuring Veterans get the care they need includes ensuring that they are screened for toxic exposure and that VA personnel have the appropriate education and training. The PACT Act requires that Veterans enrolled in VA health care be screened regularly for toxic exposure related concerns. This new law also requires VA to establish an outreach program for Veterans regarding toxic exposure related benefits and supports, and to require additional toxic exposure related education and training for VA personnel.

This bill also delivers critical resources to VA to ensure it can deliver timely access to services and benefits for all Veterans eligible – including those already enrolled. The PACT Act provides VA with mechanisms to enhance claims processing and to increase the workforce. The bill also invests in VA health care facilities by authorizing 31 major medical health clinics and research facilities in 19 states.

Requiring Training for VA and Non-VA Providers: Health care providers and compensation and pension examiners sometimes do not have the training to understand or treat Veterans' exposure concerns. To address this challenge, VA directed compensation and pension providers and Veterans Health Administration clinicians to complete a training module on assessing deployment related to environmental exposures. VA is also encouraging all providers who care for Veterans outside of VA through the Community Care Network contract to complete training on the TRAIN Learning Network, VA's publicly available training site. Furthermore, VA employees and community care providers have been directed to utilize the Exposure Ed App to help providers provide information to Veterans on health effects associated with certain exposures during military service.

Implementing a Network of Specialized Providers and Call Center: Veterans with concerns about the health outcomes of military exposures experience inconsistent care to address these specific issues, especially outside of VA. Earlier this year, VA launched VET-HOME, The Veterans Exposure Team-Health Outcomes of Military Exposures. VA plans to hire health professionals, including physicians, nurse practitioners, and physician assistants who will specialize in conducting patient assessments regarding the health effects of military exposures. By January 2023, VA expects to have a fully operational call center and network of experts to help Veterans concerned about environmental exposure and provide consultative services to Veterans in primary care clinics.

The PACT Act Fact Sheet

What changes will the PACT Act bring?

While some ailments caused by toxic exposure can present quickly, other illnesses can take years to manifest. This left many Veterans outside their eligibility window to enroll in Department of Veterans Affairs (VA) health care and others struggling to prove a service connection because of the time that had lapsed. To address this, the PACT Act makes significant changes to the timeline Veterans have to enroll in VA health care. The PACT Act:

Increases the period of time Veterans have to enroll in VA health care from five to 10 years following discharge for post-9/11 combat Veterans.

Establishes a one-year open enrollment period.

Additionally, the legislation codifies VA's new process for evaluating and determining presumption of exposure and service connection — removing the burden of proof from the Veteran.

How do I know if I've been exposed to burn pits?

If you served in any of these locations and time periods, VA has determined you have a presumption of exposure to burn pits or other toxins.

On or after Sept. 11, 2001, in any of these locations:

Afghanistan, Djibouti, Egypt, Jordan, Lebanon, Syria, Uzbekistan, Yemen, and the airspace above any of these locations.

On or after Aug. 2, 1990, in any of these locations:

Bahrain, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, Somalia, The United Arab Emirates, and the airspace above any of these locations

What new presumptive conditions were added for burn pit exposure?

The PACT Act added more than 20 new condition, including a dozen cancers, which are now presumed to be caused by exposure to burn pits and other toxins. This change impacts Gulf War era and post-9/11 Veterans.

Brain cancer, Gastrointestinal cancer of any type, Glioblastoma, Head cancer of any type, Kidney cancer, Lymphatic cancer of any type, Lymphoma of any type, Melanoma, Neck cancer, Pancreatic cancer, Reproductive cancer of any type, Respiratory (breathing-related) cancer of any type,

Additionally, these illnesses are also now considered presumptive:

Asthma that was diagnosed after service, Chronic bronchitis, Chronic obstructive pulmonary disease, Chronic rhinitis, Chronic sinusitis, Constrictive bronchiolitis or obliterative bronchiolitis, Emphysema, Granulomatous disease, Interstitial lung disease, Pleuritis, Pulmonary fibrosis, Sarcoidosis

What changes were made for Vietnam-era Veterans?

The PACT Act added two additional Agent Orange presumptive conditions:

High blood pressure (hypertension) and Monoclonal gammopathy of undetermined significance (MGUS)

Additionally, **five new presumptive locations** were added for Vietnam-era Veterans:

Any U.S. or Royal Thai military base in Thailand from Jan. 9, 1962, through June 30, 1976

The PACT Act Fact Sheet

Laos from Dec. 1, 1965, through Sept. 30, 1969

Cambodia at Mimot or Krek, Kampong Cham Province from April 16, 1969, through April 30, 1969

Guam or American Samoa or in the territorial waters off of Guam or American Samoa from Jan. 9, 1962, through July 30, 1980

Johnston Atoll or on a ship that called at Johnston Atoll from Jan. 1, 1972, through Sept. 30, 1977

What new radiation presumptive locations were added?

VA added three new response efforts to the list of presumptive locations:

Cleanup of **Enewetak Atoll**, from Jan. 1, 1977, through Dec. 31, 1980

Cleanup of the **Air Force B-52** bomber carrying nuclear weapons off the coast of **Palomares, Spain**, from Jan. 17, 1966, through March 31, 1967

Response to the fire onboard an **Air Force B-52** bomber carrying nuclear weapons near **Thule Air Force Base** in Greenland from Jan. 21, 1968, to Sept. 25, 1968

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Display Advertisements: to offset some of the cost of printing and mailing the SPEEDY GAZETTE, the following ad rates apply:

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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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Gold Donor	\$250 – \$499
Silver Donor	\$100 – \$249
Bronze Donor	\$5 – \$99



2022-2023 DONOR CLUB as of November 2022

Platinum: Martha Joan Russell Estate, Wayne & Joann Moore Charitable Foundation.

Titanium: Alvin Guerrero, Willard Allen, Richard Carson, Anonymous Donors, United Access LLC, Syamal K Poddar. -

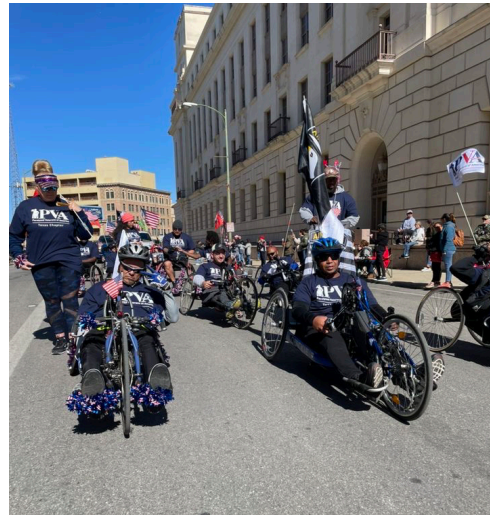
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Bronze: Laurie Stiteler, Robert Waite, Tym & Gerry Kelley Charitable Fund, Marlon M Punch, ED Peacher, American Family Corporate, City of Houston, Texas, Robin Allshouse, Jo Ann Rahn, Richa Devlugt, Sandra Vasek, Giving a Foundation, Inc, Juana Pagel, Network for Good, Judith A Oliver, Jeanne Phelps, Shaheen Ansari, UMB Financial Co.



San Antonio Veterans Day Parade at Hemisfair Park



Houston Veterans Day Parade



Challenged Athletes Foundation Application Is Now Open



CAF ANNUAL GRANT PROGRAM

CAF's flagship grant program aims to remove the barriers that exist between adaptive athletes and their pursuit of sport and fitness.

ELIGIBILITY

Individuals worldwide with permanent physical disabilities are eligible to apply for the CAF grant. Teams, organizations, etc. are not eligible to apply. Hearing impairments, Intellectual and developmental disabilities do not qualify for support through CAF. Medical Verification of Disability is required.

GRANT REQUEST OPTIONS

Applicants may request one of the following grant types:

- Sports Expenses Grant
- Equipment Grant

APPLICATION WINDOW

The 2023 CAF Annual Grant application opens on September 1, 2022. If you are a 2022 CAF grant recipient, [click here](#) for information about grant receipts and FAQs.

2023 ANNUAL GRANT PERIOD TIMELINE

The 2023 CAF Grant Period runs from September 1, 2022 – January 31, 2023

Sept 1, 2022: 2023 Grant application opens

Nov 4, 2022: 2023 Grant Application closes

March 22-31, 2023: Grant Award notifications sent out

March 22, 2023 – May 31, 2023: Grant Award Acceptance & Distribution period

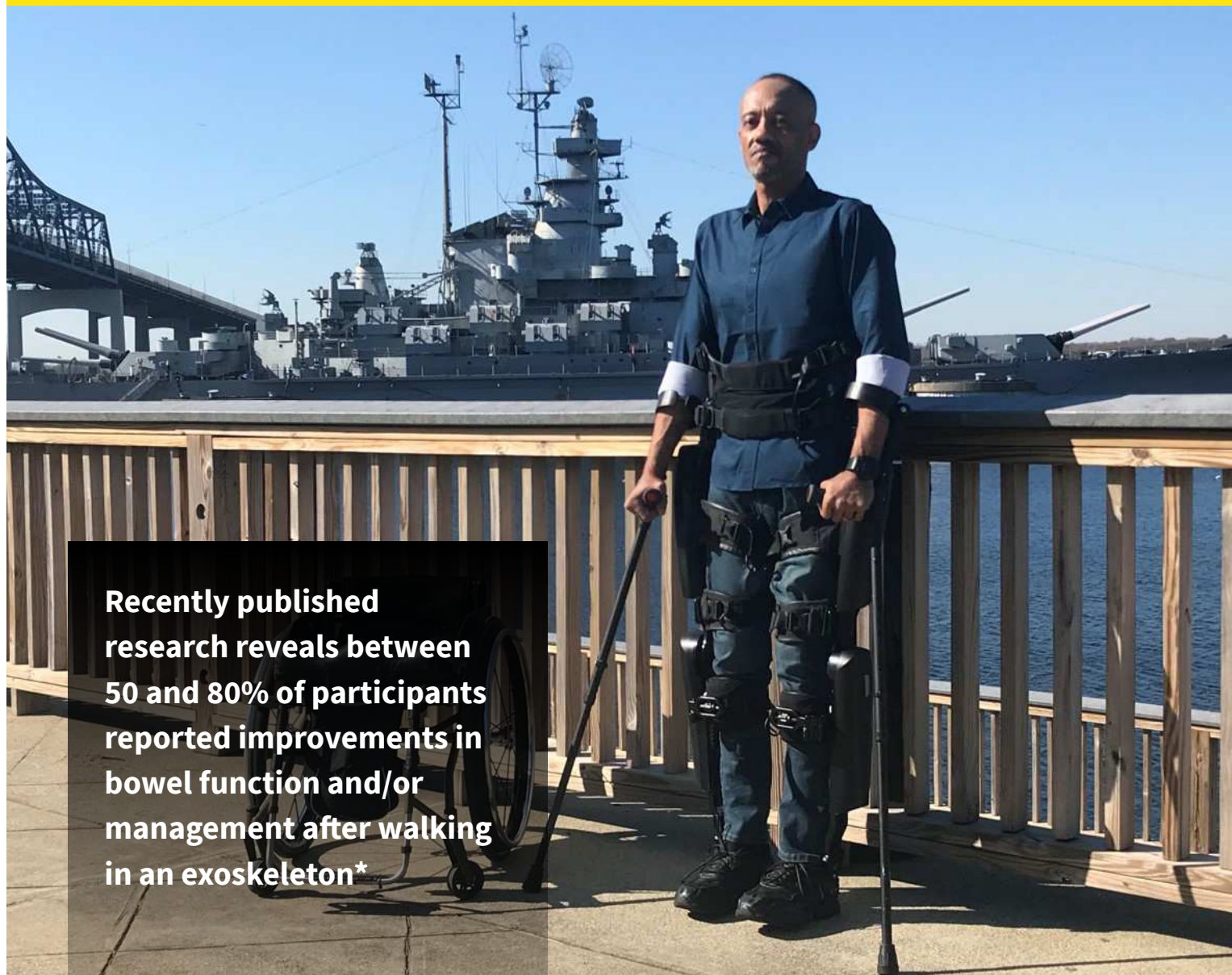
May 31, 2023: Deadline to accept the 2023 grant

January 31st, 2024: 2023 Grant Period closes. Monetary grants must be spent, and receipts uploaded

September 1, 2022 – November 4, 2022, the first 1,600 U.S. applicants to successfully submit their application will have the option to receive a FREE pair of Nike Revolution FlyEase shoes! These shoes have accessible features that are quick and easy to get into, so you can keep moving and enjoy the sport to its fullest.

The offer applies only to applicants in the U.S.

Want To Improve Your Bowel Function?



Recently published research reveals between 50 and 80% of participants reported improvements in bowel function and/or management after walking in an exoskeleton*

Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton?

**Contact ReWalk for more Information:
rewalk.com/contact or
508.251.1154 option 2**

Membership Rewards Program

Hello Texas Paralyzed Veterans of America Members! Your BOD just implemented a new membership rewards program. It's a very simple program. **During your birth month**, just contact the Chapter Office or one of your Board of Directors and let them know you want to participate. At the end of each month a drawing will be held and five lucky members will each receive a gift card worth \$200 to spend however you wish.

As long as you're on the phone with us, let us know how you're doing. Get an update on the latest Chapter news and events. You can also make sure your phone number and address are up to date. Remember we're an organization made up of members trying to help other members. We need to know who you are, where you are and what kind of concerns or ideas you may have. Plus you may be able to volunteer some time with us.

Remember if it's your **Birth Month**, all that it takes for a chance at a \$200 Birthday gift is just a phone call. If you don't call in, you won't be entered.

Frank Daebelliehn 281-256-5652 frankd@texaspva.org
Steve Holbert 281-359-2909 steveh@texaspva.org
Jason Mead 713-553-4095 offrdcwby@gmail.com
Candice Caesar 832-654-1916 kandikaneruns@gmail.com

We have venison available for members

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