

# Speedy Gazette

"Improving Lives... Building Futures"



**Paralyzed Veterans  
of America**

Texas Chapter

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Crosby, Texas 77532  
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[www.texaspva.org](http://www.texaspva.org)

July & August 2022



**HAPPY  
LABOR DAY**





Texas Chapter

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Vice President  
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David Bradshaw  
Steve Holbert  
Zachary Jones  
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Christopher Stanford & Edward Mares  
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Juan "Johnny" Banda  
Joe Bludeau  
Anne Robinson  
Steve Holbert  
Open  
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Kedgerick Smith, Victor Ventura  
Josue Lopez, Kirk Black  
Candice Caesar  
Joe Bludeau  
Open  
Open  
Open

TPVA Staff

Executive Director .... Amanda Saunders  
Admin Assistant .... Catherine Webster  
Accountant .... Jinu Jose  
E-Mail .... [info@texaspva.org](mailto:info@texaspva.org)

National Service Officers

Gregory Treacy, SNSO Houston VARO, 713-383-2705 [GregoryT@pva.org](mailto:GregoryT@pva.org)  
John Allen, SBA Houston SCIC, 713-794-7993 [JohnA@pva.org](mailto:JohnA@pva.org)  
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Armando de la Rosa, SNSO Audie L. Murphy SCIC, 210-617-5300 X 16819 [ArmandoD@pva.org](mailto:ArmandoD@pva.org)  
Joel Hoot, Veterans Career Program, 210-617-5300 x 10148 [JoelH@pva.org](mailto:JoelH@pva.org)

# Message from Frank Daebehelliehn, Chapter President



Greetings to everyone in the Texas PVA Family. We are finally getting some long overdue rain and the rain is bringing some cooler temperatures. It has sure been a ridiculously sweltering summer. Do not let your guard down, summer is not over and temperatures can climb back into the triple digits. Keep cool and hydrated as you venture out.

Congratulation to all who attended the NVWG's all of our athletes made a big impression and came home with lots of accomplishments and medals. Excellent job to all of you. If any of you would like to draft up a story about your experiences please contact the office to get them submitted for the newsletter.

The Jack Sanders banquet is coming up on October 7th and will be enjoyed at Sea World in San Antonio, TX. Please start getting your RSVP into the office so we can have an exciting time seeing everyone. You will also have a pass to attend Sea World over the weekend, great fun to be had. I put in a request for great weather, not too hot or not too cold and no rain.

As hunting season is coming just around the corner, ready your best and fill your freezer for the coming year. Getting out for an outing or attending an event helps get us out of the house and enjoying the great outdoors or pushing our way through a crowd to enjoy the sports, shows or the rodeo. I just encourage you to get out and use your creativity to enjoy yourself and enjoy other members of the Texas chapter. We are one family and need to pull together to help each other.

Please do not hesitate to contact us if there is anything we can do or help with.

One team, one fight.

## PVA Expands Membership, Invites All Veterans with MS to Join

WASHINGTON, D.C., (May 31, 2022) – With more than 28,000 cases of multiple sclerosis reported to the Department of Veterans Affairs annually, Paralyzed Veterans of America – the nation’s premier nonprofit of choice for disabled veterans, their families, and caregivers – is expanding its membership as medical technology advances early detection of MS, inviting all veterans with MS to join.

According to Charles Brown, national president of Paralyzed Veterans of America, “PVA has long helped veterans with MS involving the spinal cord who needed quality health care and disability benefits due to their diagnosis. Our National Service Officers are experts in securing their benefits, navigating the VA system, and helping these veterans throughout their continuum of care. It’s important we keep pace with the improvements in MRI technology, which provides more precise imaging resulting in the early detection of MS. We want to help even more veterans living with the disease and become their go-to resource.”

The membership expansion means all Veterans with MS are now eligible to become a PVA member and obtain the same vital benefits as their counterparts with spinal cord injuries and diseases, like ALS. Among the benefits now available are: access to educational materials specific to MS; support from on-staff licensed architects who can review plans and provide subject matter expertise for making their homes more accessible; admission to PVA’s private, members-only Facebook Groups that keep members abreast of important news that impact them; engagement with over 33 chapters across the country that support advocacy efforts specific to the MS community; and opportunities to take part in important surveys and webinars, as well as participate in sports and recreation events both virtually and in-person around the country.

“Every case of MS reported is a person... a mother, a father, a son, a daughter, a proud Veteran, who selflessly served our nation, and they deserve our care and support now,” continued Brown. “By expanding PVA’s membership, we are not only helping more veterans but also honoring our roots, recognizing veterans like Gilford Moss – PVA’s first president, who also had MS. We want all veterans with MS, from those actively serving to those who already served, to know that PVA is here and they are not alone.”

In August 2021, PVA created its first-ever MS Committee – a permanent committee of the Board of Directors – made up of eight PVA members from across the country who represent the everyday interests of veterans with MS. The committee acts as a voice on legislative issues concerning veterans with MS; provides first-hand input from its members with MS; puts out a weekly podcast on issues specific to those with MS; and serves as an expert resource for all veterans living with the disease. In addition to its committee and advocacy efforts, PVA also partners with expert groups in the field of MS, including the National MS Society and the VA’s Multiple Sclerosis Centers of Excellence.

To become a member, please contact the Texas Chapter Office at 713-520-8782



## **FAMILY WEEKEND**

# **FISHING TRIPS AT PORT ARANSAS ON THE ISLAND QUEEN**

**FRIDAY EVENING, OCT 14th---5 PM UNTIL 10 PM**

**SATURDAY MORNING, OCT 15th---8 AM UNTIL 12 PM**

## **BARBECUE**

**SATURDAY AFTERNOON, Oct 15th**

**LOCATION: To be determined**

**FOR FISHING TRIP AND BBQ RESERVATIONS CALL/EMAIL**

**800-933-4261 or 713-520-8782**

**Email [info@texaspva.org](mailto:info@texaspva.org)**

## Medical Alert Systems Contact

I hope this email finds you well. I thought you might be interested in learning about our new resource on how veterans can avail of free medical alert systems since you share helpful information for veterans in your community here: <https://www.tcvo.org/>.

The VA recommends wearing a medical alert bracelet to get help quickly in an emergency. Whether due to a physical disability, health concerns, or advancing age, veterans may qualify for a free medical alert system from the VA or state assistance programs.

Our resource discusses how to qualify and apply for a free medical alert system from the VA, which systems are free, and other ways to get a free device in your state.

You can view it here: <https://www.assistedliving.org/best-medical-alert-systems/free-medical-alerts-for-veterans/>

If you think your community would find our guide valuable, I'd love it if you would include it on your website, so it's easy to access. We believe it would be of tremendous value to veterans and their families in your community.

Anna Margarita  
Community Outreach  
Assisted Living Research Institute  
AssistedLiving.org



Nat'l VP Tammy Jones & Irma Pennington



Nook Gustamante & Irma Pennington



WELCOME NEW MEMBERS

Charles Mitchell  
Jennifer Sexton  
Oscar Quincy  
Charles Mitchell  
Chad Stuart  
Seth McGraw  
George Georges

Cynthia Hernandez  
Lonnie Hayes  
Jon Russell  
Lisa Coryell  
Charlotte Weiss  
David Starritt  
Jeffrey Marlin



REST IN PEACE

Emmitt Richardson  
Jon-Michael Adcox  
Waldo Schroeder  
Baltazar Coronado  
Deborah Richardson

Patrick Collins  
Peter Westerfield  
Jeffrey Conlon  
George Galan  
Thomas Price  
James Brennan  
Jessie James  
Lloyd Lindsay  
Jim Nelson  
Todd Russell

Patrick Collins  
Glenn Scott  
Kenneth Cooper  
Jeff Jackson  
Piedad Tristan  
Charlie Gant  
Lawrence Sciba  
Carl Gustafson  
Edward Tuggle

# Friendly Shoes

**SUPPORT  
TEXAS PVA**

*YOUR  
MISSION  
MATTERS*

**SPECIAL  
OFFER**

**STYLE & COMFORT  
MADE EASY FOR ALL**



**20% DISCOUNT**

**+**

**10% GOES TO TX PVA**

**USE CODE: TEXASPVA**

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2022 USA Boccia Texas Regional Tournament

Submitted by Dan Castillo

The South Texas Regional Adaptive Para Sports recently hosted the 2022 USA Boccia Texas Regional Tournament in San Antonio, Texas on 18-19 June. Athletes traveled from throughout the US converged on Morgan's Wonderland to compete in a USA Boccia sanctioned tournament. A big thank you to Morgan's Wonderland Recreational Therapy Staff, USA Boccia officials, fellow athletes, caregivers, volunteers, and family members who supported this year's event. This year USA Boccia held 3 Regionals, first in Ohio then in Kansas and finally in Texas! Top medalists and finalists will compete at the upcoming USA Boccia Nationals 2022 which will be held in Cedar Rapids, Iowa at the Alliant Energy Powerhouse Arena on August 3-7.

Continue next page



## Texas Boccia Regional 2022

### Throwers Final Standings:

Gold – Jeremy Finton

Silver – Eddie Gonzalez

Bronze – David Cromwell (TPVA Member)

4th place – Gabe Diaz De Leon (TPVA Member)

5th place – AB Anwar

6th place – Joseph Castillo

7th place – Daniel Acosta

### BC3 Ramp Final Standings:

Gold – Dan Castillo (TPVA Member)/Ramp Operator DyAnn DeLeon

Silver – Austin Hanson/Ramp Operator Julia Dykes

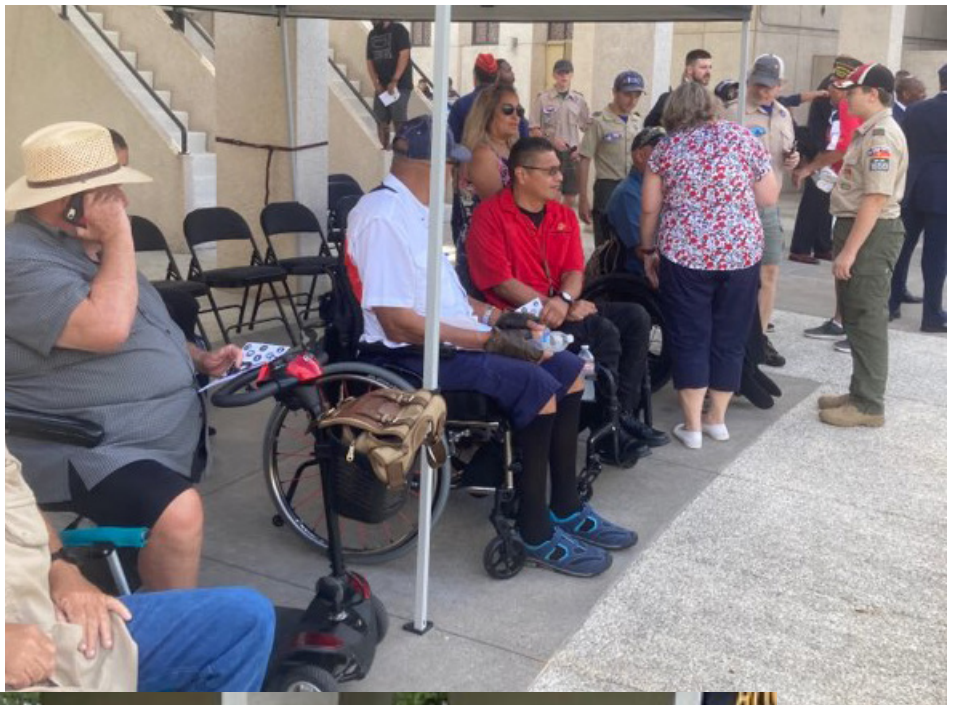
Bronze – Steve Dell/Ramp Operator Casey Snodgrass





Toai Nolan, Norris Honeycutt, Juan "Johnny" Banda, Jason Mead, Frank Daebelliehn  
Second row: Adessa Nolan, Steve Holbert, Carmen Gonzalez









## Flag Day Fishing - Bluff's Landing Marina



## Reminder for vets to submit their Clothing Allowance applications

Submit Clothing Allowance applications no later than August 1, 2022 to your local Prosthetic and Sensory Aids Service (PSAS).

Applications are accepted by the local Prosthetic Service by Centralized Mail Portal (CMP), email, mail, fax, etc.

Supporting documentation such as medical documentation/evidence can also be submitted through the Centralized Mail Portal, email, mail, fax, etc.

If extenuating circumstances (e.g., hospitalization, mail disruptions) exists, local sites may accept clothing allowance applications submitted after August 1, 2022.

Clothing Allowance denials: Once a decision has been rendered then appropriate appeal procedures must be followed, as the program office can not overturn local decisions for Clothing Allowances.



To: Texas Paralyzed Veterans of America

From: Mr. Carmen Gonzalez Jr. Sgt USMC

Date: July 29 2022

Subject: Hunting With Heroes Salute to Veterans, Lakota Iowa and Kossuth County Speedway

Hunting With Heroes and Kossuth County Raceway, along with local businesses and the community, sponsored a Salute to Veterans night to raise money for the Hunting With Heroes programs.

Mr. Bernie Becker and his son Jason, represent Hunting With Heroes, and Mr. Ron Reeder, the track manager for Kossuth County Raceway. These gentlemen, along with the local community, worked very hard to bring this event together.

Over \$125,000.00 in food, drinks, and prizes were given out to Veterans. All Veterans and widows of Veterans were admitted to the races for free and received a free meal, drinks, gifts, koozies and a \$20.00 gift card to a local business.

The event was a sellout with standing room only. Hundreds of Veterans and their family and friends attended the event. The last three races of the evening provided a number of surprises and excitement. The program began with the singing of our National Anthem and a parade of colors by the race car drivers. The parade also included 1st responders. The crowd showed their gratitude with loud screams and applause. The Veterans were each paired with a race car driver. If their driver finished in the top four, that Veteran received a prize and picture with their winning driver. The Veteran's car who finished first received an engraved Old Henry Golden Boy lever action 22 rifle.



## 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.

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

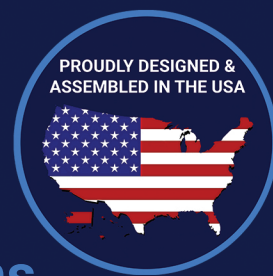
American GI Forum – National Veterans Outreach Program

210-248-9933 Phone

[cjackson@nvop-sa.org](mailto:cjackson@nvop-sa.org)

206 San Pedro, Suite 201, San Antonio, TX 78205

# Indego® Gets Paralyzed Veterans Walking Again



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

## What's the Indego exoskeleton?

It's an FDA-approved robotic device that enables spinal cord injury patients (level T3-L5) to walk again.

- ✓ Regain your independence
- ✓ Improve your cardio & bone density
- ✓ Enjoy eye-level conversations again



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.

Phone: 844-846-3346

Email: [support.indego@parker.com](mailto:support.indego@parker.com)



I was declared 100% disable by the VA about a year ago which resulted my home to be modified for wider doors, ramped thresholds, remodeled bathrooms with safety bars and a roll-in showers etc, This was completed and I have approximately \$18,000 remaining. I could have left that amount there for additional remodeling when my situation becomes worse. Or, another option was to for me to use that remaining money to reduce the principal outstanding balance on my mortgage.

This was a nice surprise to me because my career was in mortgage lending for over 50 years until my retirement in April of this year. It was even a nicer surprise because of my mortgage background to realize that with these added funds it would allow me to refinance my home using a Reverse Mortgage. This would then allow me to eliminate my mortgage payment for as long as I or my spouse live in the home. This solved a major concern for me with respect to my wife's cashflow availability should I pass away first and the loss of my income as well.

So, I wondered if any of my fellow disabled veterans that have these funds available to do something similar . Now, I am not an expert on all the workings of whether my fellow disabled Vets are eligible for funds or not. They would need to contact their respective VA representative with PVA like my friend Greg Treacy was to me and Chester Nunez with VAz on the remodeling aspect. However, I am an expert on the Reverse mortgage and this works and may work in your particular situation. You don't have to have VA funds available to you for the Reverse Mortgage to work but it may help in eliminating your mortgage payment and getting needed cash back at closing.

I am offering my time to be available to explain and offer advice on eligibility of the Reverse Mortgage maybe coupled with funds for the VA that would help my fellow disabled Vets achieve their respective financial goals.

Thanks.

Gary

send me an e-mail at [glb46@icloud.com](mailto:glb46@icloud.com) with any questions

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

# Reckless Wheelchairs

By Steve Holbert

Quite the name for a wheelchair Company! Sami Rahman is the owner of Disability Lab. At Disability Lab people go to them and they help them solve problems within the disability space. Think of a Maker Space for disability. They are a design and prototyping company. They solve problems. Also they subsidize client projects in exchange for the rights to commercialize them. They have done a wide range of projects from iPhone cases for clients who are deaf and blind to designing tools and wheelchair parts. One project lead to designing bearing tools and then bearings for wheelchairs. Sami said “I was trying to change the bearings on my sons' chair and f'ed up a pair of expensive Spinerge wheels”. That lead to [wheelchairbearings.com](http://wheelchairbearings.com) a brand of disability lab. Sami's son was born with a disability requiring the use of a wheelchair his entire life. Those of us in a wheelchair know first hand of what it's like trying to figure out what is the correct wheelchair for us. Not to mention all of the other variables that go with a wheelchair from the simplest of picking a color to the the finest detail of fit and function. It can be a very daunting task. Add all of that up and add in being a parent of a child that continuously outgrows his wheelchair and having to work through the whole process over and over again. Especially trying to work with an insurance company on what they think you might or might not need or what they are willing to fund. Sami experiencing that with his son and he knew there had to be a better way. So he set out to not only build a wheelchair for his son but to provide that service to other wheelchair users. That led to Reckless Wheelchairs.



So the name Reckless Wheelchairs came from Sami's son. It seems Sami's son was able to wreck or break every wheelchair he had. Most times due to poor design or poorly assembled parts. The same can be said for most of their sports chair clients. Hence the name Reckless! Light weight and bullet proof. They specialize in custom aluminum rigid frame welded wheelchairs. Every single wheelchair made at Reckless is individually designed and manufactured right there in their shop. Which is located right here in Houston, TX. By using aluminum and welding the chair to every individuals specifications, it takes out all the bolts,

nuts, screws, adjustable parts and whatever else that may wiggle loose, fall off or just break.

They specialize in sports chairs but you can get an everyday chair just the same.

Reckless Wheelchairs lets a user get right in on the ground floor of designing the wheelchair that is right for them. Not just let you be a part of, but demand that you are involved in the design to make sure you get exactly what you want and need and **the correct fit**.

Wheelchair Bearings is how they help clients get control of their own chairs, maintain their own chairs and modify them so they can live the way they want. For example they help clients all the time take old wheelchairs and modify them to go offroad or make a weekend beater chair.

Wheelchair parts is what brought me to Reckless Wheelchairs. I was able to talk with Sami extensively about wheelchair deficiencies and whatnot at the Paralympic Air Rifle selection matches. He was assisting one of the SH-2 shooters there who he designed and built a specific shooting chair and table for. After several conversations with him I decided I needed some better wheelchair bearings and visited his shop and got a full tour. Since I just received a new wheelchair from the VA, I'm out of luck there of having the VA buy me a new wheelchair. But I did buy myself some new bearings. (Tighter tolerances and less rolling friction) I also contacted my VA physical therapist and requested a new set of Eagle Brakes. Reckless and Wheelchair Bearings are a VA approved vendor! The Eagle Brakes are aluminum scissor brakes that are nearly identical to the plastic ones that I keep breaking. I just installed my Eagle brakes yesterday and boy oh boy, they are ten times better than the plastic ones. So much smoother and easier to engage and release. Being aluminum they are way more durable too. A bonus is you can order them in the anodized color of your choice.



The shop is completely set up for wheelchair users. The day that I was there the only person who could walk was Sami. Everyone else was in a wheelchair! Not only does he provide employment opportunity for wheelchair users, he opens the shop up for use almost as a therapeutic setting. A wheelchair user can come and just hang out or help out with assembling a wheelchair or if they would just like to learn how to use the equipment in the shop. He is totally supportive of that.

Sami said “Reckless Wheelchairs is how we help clients design and build a custom tool for the life style or sport they want.

For example one of our clients Adam Lucio came to us and wanted to be able to walk himself up stairs in his everyday wheelchair, we designed a special frame with extra support so he could do that. That same design was used for Jazmin’s shooting chair to give it extra rigidity. If I could send one message to your audience it is that whether it is your existing chair or a new one, we are all about our clients living. We design tools to live more. For example, Everett has been in a wheelchair his whole life. He has never been able to sit with his feet flat on the footplate because of his Cerebral Palsy. We not only designed a chair to better support his body but we also designed a footrest that captures his feet and prevented them from sticking out. The result, see picture of Everett and his daughter. Before our chair his daughter was not able to sit on his lap. Now she takes a ride everyday”.



Everett & his daughter



Adam Lucio in his Reckless wheelchair that he uses to go up and down stairs in



Zack Ruhl, holds the world record bench press at 502 lb in his Reckless Wheelchair



Jazmin Almlie-Ryan in her custom Reckless Wheelchair at the 2020 Toyko Paralympics



Sami's son in his insurance supplied wheelchair using a \$2,000 seat cushion vs in his custom designed and built Reckless Wheelchair using a \$100 cushion. Which chair provides the best posture?

# Do you or a veteran you know suffer from hunger?

**Meals for Vets** helps veterans battling hunger by providing **daily, nutritious meals**.  
And something else...hope, dignity, and respect.

## **Veterans we serve:**

- Under age 60 with low or no income
- **Students struggling financially**
- Over age 60 with special circumstances

## **To qualify:**

- Must have served 180 days or more
- Provide proof of service (such as DD214)
- Provide proof of income

## **To apply, please call:**

**830.992.3375 or 800.676.1389**

8:00 am - 5:00 pm CST

**MEALS FOR**  
  
**VETS**

[mealsforvets.org](http://mealsforvets.org)



*"This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families."*



# July & August Birthdays

Michael Crawford  
Steven Flemming  
Colin Doyle  
Talina Ferrell  
Robert Adkins  
Joseph Bludeau  
Tanjaman Walker  
Orlando Cepeda  
Gina Paja  
Sean Barr  
Steve Copsey  
Tammy Jones  
Danny Scott  
Jack Fenton  
Alvin Guerrero  
John Nappi  
Robert Webb  
Randy Sendejo  
Ralph Wilson  
William Luper  
Barry Smith  
Julio Rodriquez  
Glen Williams  
Steven Hickam  
Mary Castro  
Floyd Porter  
Robert Bagley  
Israel Yarchun  
Rene Cardenas

David Luera  
William Jennings Jr  
Jerome Apodackis  
Gregory Clark  
James Peevey  
Gary Ogburn  
Lionel James  
Lonnie Wilson  
Roy Inks  
Edward Rebeaud  
David Metcalf  
Roy Hayes  
Jason Tabansky  
Alan Babin  
Chris Post  
Nathan Gonzalez  
Courtney Prater  
Guillermo Garcia  
George Evans  
Riley Woods  
Raul Rivas  
Candice Caesar  
Dwight Pennington  
Bradford Morgan  
Kenneth Wells  
Franklynn Ellis  
Joseph Gibson  
Leah Jasik  
Gilbert Garcia  
Bruce Kuker  
Maurice Hampton

Kendrick Kahler  
Valarie Valentine  
Craig James  
Calvin Binns  
Russell Keith Williams  
Veronica Kuras  
Ronald Bruellisauer  
Dianna Lopez  
Steven Fenton  
John Fraser  
Jose Ochoa  
Daniel Decker  
Kirby King  
Jose Ibarra  
Isaac Hearn  
Efren Diaz  
Randy Pike  
Otis Robinson  
Robert Wolf  
Arthur Vasquez  
Michael Griffin  
Arthur Ricks  
Michael Keiser  
Joseph Miguez  
Federico Cantu  
Sidney Hogue  
James Landreneau  
Truman Fountain  
Fred Flores  
Jimmy Tucker  
Michael Adams





# **HUNGER**

## **AMONG VETERANS**

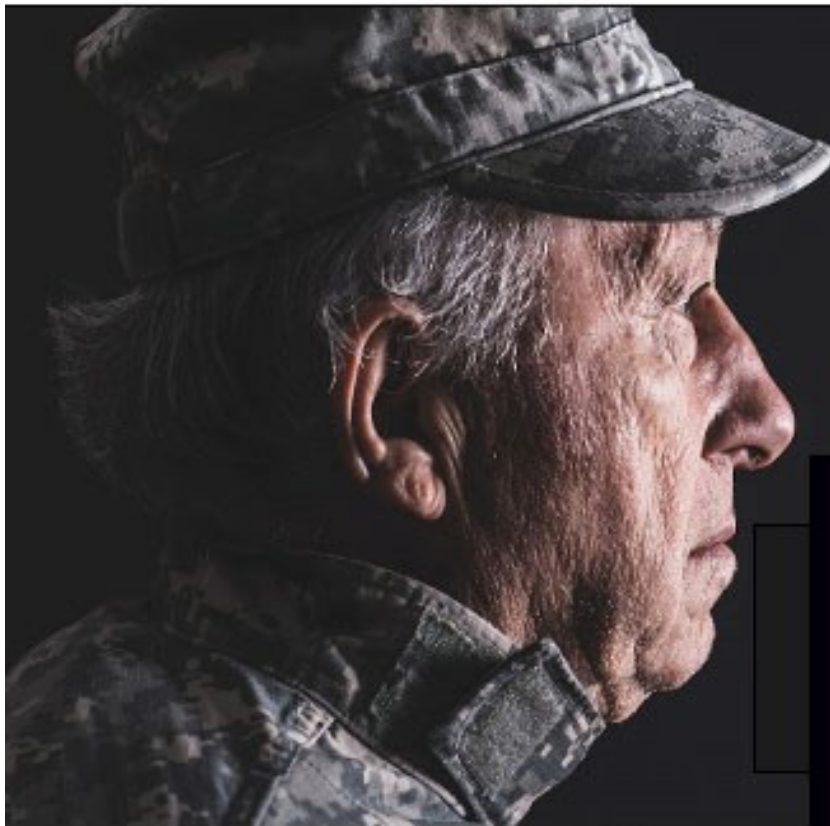
### **A National Crisis**

**Food Distribution for Veterans**

**OCTOBER 2022**

**5900 Canal, Constable Silvia Trevino**

**Contact: Elias Sanchez-Perez 832 618 3472**



# 1.4M

veterans,  
in every part  
of country need  
supplemental food!



**Help Serve those**

**Pre-registration**

**Military or VA ID contact [Elias@Uh.Edu](mailto:Elias@Uh.Edu)**



29.697903, -95.278297

# 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

**Do you  
have urine  
leakage?**



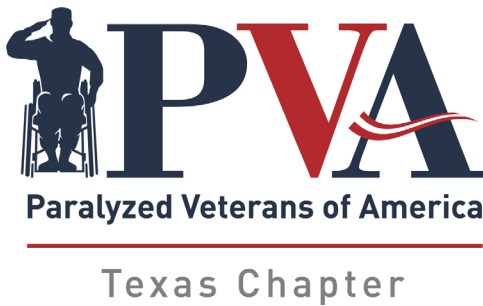
**You may qualify to be part of a  
clinical trial examining a  
medication to improve  
symptoms of urine leakage in  
people with spinal cord injury.**

**For more information**

Kate Randolph [kmrandol@utmb.edu](mailto:kmrandol@utmb.edu)  
Lauren Dawson [Indawson@utmb.edu](mailto:Indawson@utmb.edu)

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## 2022 JACK SANDERS BANQUET

The Paralyzed Veterans of America Texas Chapter would like to cordially invite you to SeaWorld San Antonio for our 2022 Jack Sanders Banquet! We will have dinner, an Award Ceremony as well as swearing in the incoming Board of Director members.

**When:** October 7, 2022, 6 p.m. – 10 p.m. with dinner being served at 7 pm and Awards Ceremony to follow.

**Where:** SeaWorld San Antonio. The Explorer's Reef banquet room.

10500 Sea World Dr,  
San Antonio, TX 78251

Remember to vote for those members, staff and volunteers on the back of this invitation. We also ask you if you plan to attend, RSVP with the Chapter Office. We look forward to seeing everyone there!

RSVP To: Amanda or Catherine by *September 20th, 2022.*

Email: [info@texaspva.org](mailto:info@texaspva.org)

Fax: (713) 520-8717 or Call: 713-520-8782

The PVA Chapter will be purchasing tickets to the theme park for members who would like to attend. The tickets will be good for the whole weekend. Please let us know if you will be attending and how many tickets you will need.



Texas Chapter

## 2022 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 20th, 2022

Email: [info@texaspva.org](mailto:info@texaspva.org)

Fax: (713) 520-8717 or Call: 713-520-8782

# 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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SIZE:	MONTHLY:	ANNUAL (Approximately 6 issues per year):
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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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Rep. Julia Brownley, Chairwoman of the House Veterans Affairs Health Subcommittee hosted an in-person listening session in Houston. Her purpose was to hear Veterans issues with Veterans Administration (VA) healthcare. Issues and concerns were presented and expressed were dental care, appointments, Women's healthcare, having the right equipment in place to treat veterans in wheelchairs and accessibility to appointments within a reasonable time period.

There were thirty people present to include care takers, service members, veterans and families to express concerns. Congresswoman Brownley was very attentive and took extraordinary lengths to listen and answer questions.

Please continue to write and call your Congressional Representative. Why? Since I have been conducting Government Relations for Texas Paralyzed Veterans of America, I personally have witnessed the power writing, calling and visiting elected representatives.

Stay safe and well.

Kerry Reyna



# Become A Donor

**Annual contributions for  
2021-2022 will be as follows:**

Platinum Donor	\$1,000 or more
Titanium Donor	\$500 – \$999
Gold Donor	\$250 – \$499
Silver Donor	\$100 – \$249
Bronze Donor	\$5 – \$99



## 2021-2022 DONOR CLUB as of August 2022

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**Titanium:** Debra Smith, Amazon Smiles, Anonymous Donors, Robert Waite, Network for Good, ReWalk Robotics, Inc, Bill Vitzakovicch, Texas Hunters for Hero's, Paxton Arms LLC, Mark Vrataric, Quality Fence & Outdoors, Tym & Gerry Kelley Charitable Fund, Thomas A West, & Adaptive Driving.

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## **Geriatrics and Extended Care for Veterans**

**By John Allen, SBA, Houston VAMC**

Home- and Community-Based Services (HCBS) are types of person-centered care delivered in the home and community. HCBS are often designed to enable people to stay in their homes, rather than moving to a facility for care. This article focuses on general information about the benefit and how to apply for it with the Veterans Administration. Home and Community Based Services include, Adult Day Health Care, Home Based Primary Care, Homemaker & Home Health Aide Care, Hospice Care, Palliative Care, Respite Care, Skilled Home Health Care, Remote Monitoring Care, Veteran-Directed Care.

Adult day Health Care is for Veterans who need help with activities of daily living, and allows for social activities, peer support, companionship and recreation throughout the day. Examples include help with bathing, dressing, or fixing meals and this program is available even when their caregiver is experiencing burden and the veteran is isolated because Adult Day Health Care can be used with other Home Community Based Services, such as care from nurses, therapists, social workers and others. Based on availability you can create a regular schedule for either a half-day or full day several days a week at an Adult Day Health Care Center and may get assistance with transportation to and from.

Home Based Primary Care is home health care services provided at home. This is a benefit for veterans with complex health care needs for which routine clinic-based care is not effective. This provides in-home support for ongoing diseases or illnesses that affect their health and daily activities due to the severity of their illnesses, when they are often housebound. This program is for veterans who are (isolated and or their caregivers are experiencing burden). A team of health care professionals will review the needs of the veteran and offer the appropriate support and treatment. This will allow a Primary care visit at home by physician, nurse or physicians' assistant, for things like social work, rehabilitation, psychology, nutritional needs and pharmacy needs.

Homemaker Home Health Aide Care are individuals who are not nurses but are supervised by a registered nurse who will help with daily living needs. They will come to a veteran's home and assist the veteran take care of themselves and their daily activities. This program is for veterans who need skilled services, including bathing, dressing, fixing meals, eating, using bathroom and getting to appointments. This program can be used as part of an alternative to nursing home care, and to get respite care as needed.

Hospice Care offers care and comfort to you and family members if you have a terminal condition, with less than six months to live and you are no longer seeking treatment other than palliative care. This care can be provided at home or inpatient and outpatient environment. Hospice care relieves suffering and helps control symptoms, and it will respect your personal, cultural, and religious beliefs and practices.

Palliative Care focuses on relieving suffering and helps control the symptoms in order for you to carry out daily activities that are important to you. It generally assists in improving your quality of life. It can be started at the time you have been diagnosed and may be continued throughout the course of the illness. Services is provided by an interdisciplinary team consisting of a medical provider, social worker, nurse, chaplain, mental health provider and others.

Respite Care pays for short time care when the caregiver needs time off for errands, vacations or needing to take care of personal errands. There are two types: Home Respite Care and Nursing Home Respite Care. Home respite care pays for a person (Home Health Aide) to come to the home or for a veteran to go to an adult day care program and is usually available for six hours at a time. Nursing Home Respite Care pays for the veteran to go to a nursing home so that family members don't have to worry about leaving

the veteran at home while they are away for a few days. This will usually take place at a VA community living center or nursing home and lasts up to 30 days each year.

Skilled Home Health Care provides skilled nursing, case management, physical therapy, Occupational therapy, speech therapy, wound care or IV antibiotics. Generally, this is provided to veterans who live far away from the VA and will allow for care to be delivered by a community-based home health agency that has a contract with the VA. Nursing care, (such as wound care or catheter care), Therapy visits for physical, occupational or speech therapy, Education about medicines or illness, IV antibiotics or home infusion, home safety evaluation and social work support, are the services received.

Remote Monitoring allows a medical condition to be monitored by a nurse or physician by using home monitoring equipment. It is approved by the VA if the clinical need is met. The veteran will provide health information by either special equipment, by a computer or by phone. A care coordinator will talk with the primary care team and get back with the veteran with the next course of action should any of the health measurements are not within the normal parameters

Veteran directed care is for veterans of all ages and gives the veteran an opportunity to receive Home and Community services in a consumer-directed way. Veterans who need assistance with bathing and getting dressed or instrumental activities of daily living like fixing meals may qualify for this program. A flexible budget for services managed by their caregiver allows veteran to continue to live at home and community.

The VA Geriatrics and Extended Care program offers Veterans an extremely opportunistic ability to continue to live and home and community with numerous health care options. If you feel this may be right for you please visit [www.va.gov](http://www.va.gov) or speak with your local Veteran Service officer or your VA social worker to find out if you are eligible and if these services are available in your location.



## NVWG Medal count

### Games Medal Count 2022

1 Irma Pennington 177

(Bowling Gold, Rally NM, Javelin Silver, Slalom Gold, Rally NM)

2 Brent Norris

Basketball Bronze, Air Guns Silver

3 Gil Garcia

(Basketball, Bowling, 9-Ball)

Silver BB, Cycling Gold

4 Danny Castillo

Boccia - Gold Medal, Bowling - Gold Medal, Club Throwing - Gold Medal (Personal Best Throw), Slalom (Obstacle Course) - Bronze Medal, Power Soccer - Bronze Medal!

5 Marco DeLaRosa (Archery, Pistol, softball) 178

Air Pistol Gold (559)

6 Gabriel Diazdeleon

(Bowling Gold, Table Tennis Gold, Discus Gold, Shot Bronze, Javelin Gold, Rugby Gold, 9-ball Silver)

250

7 Nakia Merritte (Bowling? Basketball, 9-ball)

Bronze BB, Gold 9-ball

7 athletes:

21 medals!!!

12 Gold

4 Silver

5 Bronze







Top Row: Marco De LaRosa, Gil Gilbert, Rec Therapist Anise Perez  
 Middle Row: Gabe Diaz DeLeon, Daniel Castillo, Nakia Merritte  
 Bottom Row: Brent Norris, Irma Pennington, Coach Jose Laguna

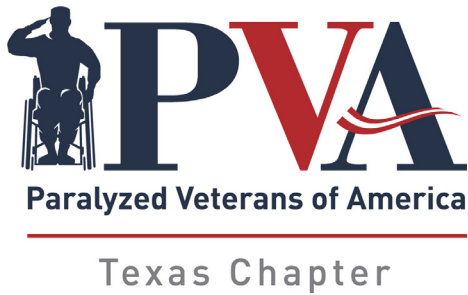
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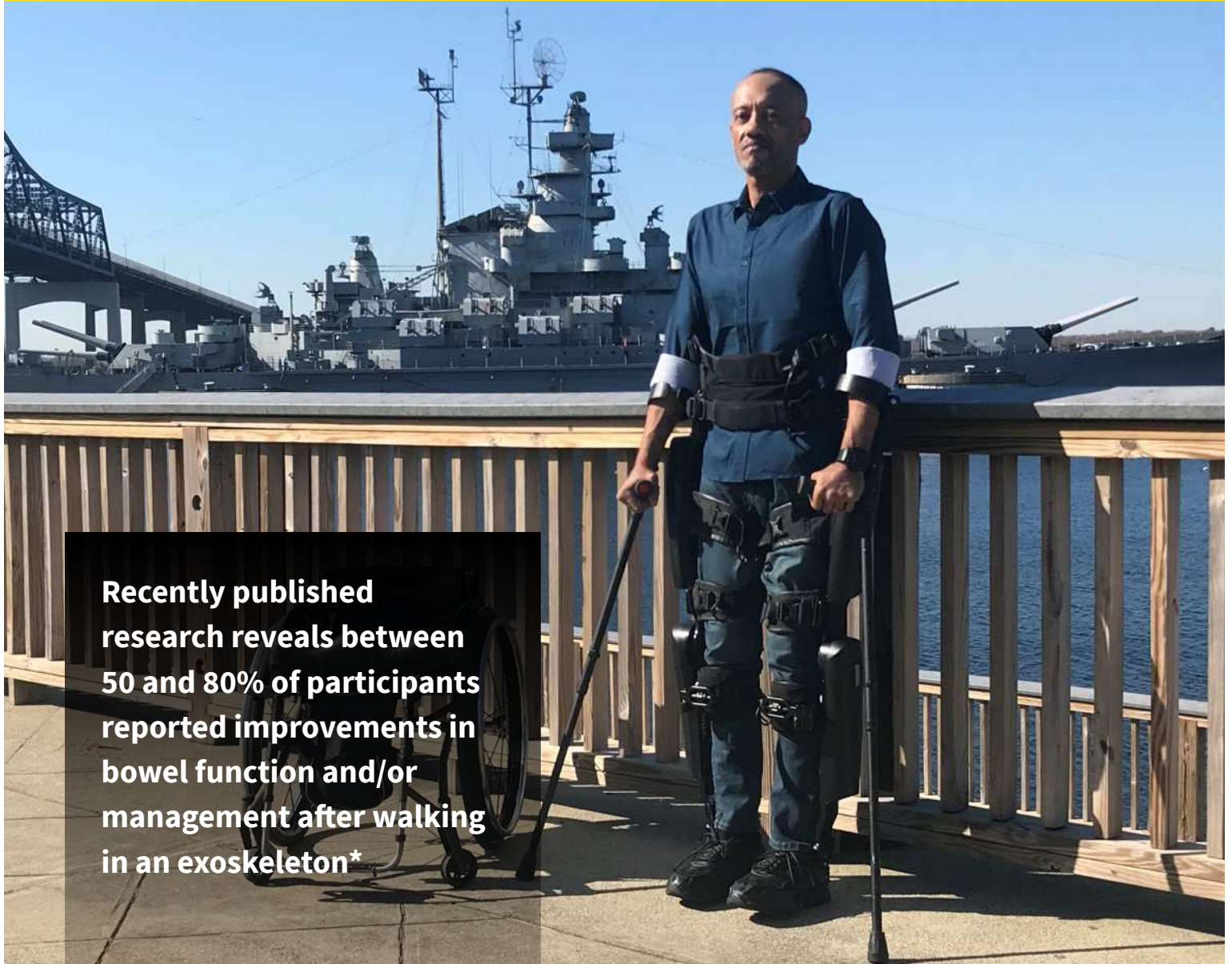


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## Membership Rewards Program

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.

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Steve Holbert 281-359-2909 steveh@texaspva.org

Jason Mead 713-553-4095 offrdcwby@gmail.com

Candice Caesar 832-654-1916 kandikaneruns@gmail.com

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