

Speedy Gazette

"Improving Lives... Building Futures"



PVA

Paralyzed Veterans of America

Texas Chapter

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www.texaspva.org

August 2024





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| | |
|--------------------------------|-------------------|
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National Service Officers

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Dan Meckel, SNSO Waco VARO, 254-299-9944 DanM@pva.org
Armando de la Rosa, SNSO Audie L. Murphy SCIC, 210-617-5300 X 16819 ArmandoD@pva.org
Joel Hoot, Veterans Career Program, 210-617-5300 x 10148 JoelH@pva.org

Message from Frank Daebehelliehn,



I hope this newsletter finds everybody in good health. The National Veterans Wheelchair Games were a huge success. You should be getting an article with pictures for the newsletter. With all the glorious Athletes a big congratulations for everyone's accomplishments. Keep up the good work and the practice because next year hopefully we can really knock them dead. A quarterly meeting. With Doctor Holmes (SCI Chief) from Houston VA. The issue was brought

up about missed appointments. If you have an appointment and cannot make Your appointment, please call and reschedule or cancel it so they can get another veteran in to fill that appointment time.

So far it's been a great summer, not the extreme heat that we had last year, but don't let your guard down. When you go out, please play it safe with plenty of hydration and electrolytes to keep you going. Don't put yourself at risk, please. Being from Wyoming, we always had a survival bag in the vehicle. That helped for winter situations and can also help with the extreme heat in the same way. We kept sleeping bags and food and water inside the vehicle in case there was a storm or other problems when traveling, or just stuck due to traffic. Try to think ahead and prep for any circumstance. Prior planning prevents poor performance.

One Team One Fight

Frank D

ADAPTIVE ATHLETICS
at
UNIVERSITY of HOUSTON



WHEELCHAIR TENNIS

UH Adaptive Athletics

- Free practices with coaches for wheelchair tennis
- Practices are open for all types of mobility impairments
- Train with other athletes
- **Contact Coach Gabe before you attend your first practice!**

Practice Dates/Times:

Thursday's: 7pm-9pm Sunday's: 9am-11am

Address:

1475 W Gray St, Houston, TX 77019

Contact information:

Coach Gabe

281-256-5804

Gabrieljgutierrez26@gmail.com

UHadaptiveathletics@gmail.com

- No experience needed
- All ages and levels are welcome
- Learn how to serve, return, and play matches!



**RESEARCH
PARTICIPANTS
NEEDED:**

Adaptive Sports and Acquired Disabilities



This research study is designed to evaluate the impact adaptive sports has on adjustment to an acquired disability.

Any person with an acquired disability is eligible to participate, no adaptive sports experience necessary!

Scan the QR code or go to https://eku.co1.qualtrics.com/jfe/form/SV_ewyxTdhxc5ef4cm to participate.



Study Title: Adaptive Sports as a Facilitator of Post-Traumatic Growth



2024 Jack Sanders Banquet

The Paralyzed Veterans of America Texas Chapter would like to cordially invite you and a guest to Magnolia Halle in San Antonio for our 2024 Jack Sanders Banquet! We will have dinner, an Award Ceremony as well as swearing in the incoming Board of Director members.

When: Friday October 11, 2024, 6 p.m. – 9 p.m. with dinner being served and Awards Ceremony to follow.

Where: Magnolia Halle, 10333 Huebner Rd. San Antonio, TX 78240

Please send in submissions for the following awards.

- Jack Sanders Award
- Houston and San Antonio VA Employee of the Year
- Houston and San Antonio Volunteer of the Year
- Spirit of the Games
- Excellence Award

Please let us know your choice of beef, chicken, or vegetarian.

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 **Wednesday September 25th.**

Email: info@texaspva.org or Call: 713-520-8782

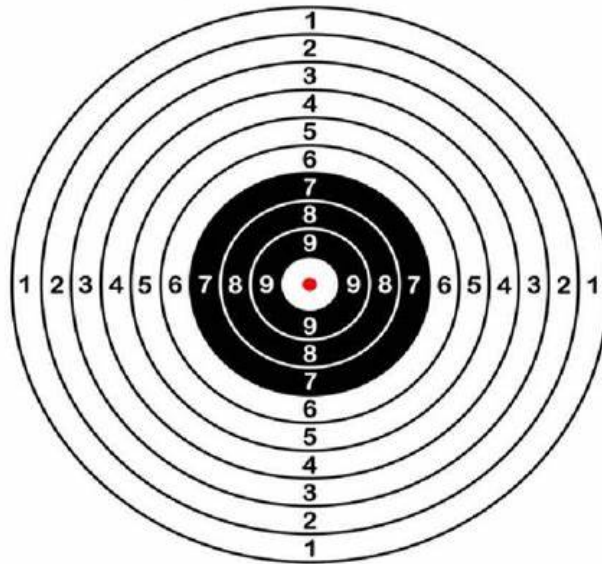


SCI RECREATION THERAPY

AIR RIFLES

Want to try a new sport?

Improve your
marksmanship, dexterity and
focus



**For more information request consult from your
physician and/or**

SCI Recreation Therapist

Located in the SCI Recreation gym

C012

Every Friday 10:00-12:00



STAND UP AND PLAY FOUNDATION

San Antonio, Texas

Adaptive Golf Clinic through the Stand Up and Play Foundation

San Antonio

This clinic is designed to get wheelchair and severely mobility challenged

Individuals standing and swing golf clubs.

All individuals, no matter what your experience with golf are

encouraged to register.

Dates and Times:

2nd Friday of the month Topgolf 10-12

5539 N Loop 1604 West, San Antonio, TX 78249

3rd Friday of the month Mac Wylie Golf Center 10-1

9701 Rochelle Road, San Antonio, TX 78240

Registration: Jeffrey Ulrich, PGA jauskigolf@yahoo.com 214-208-3040





WELCOME NEW MEMBERS

Monica Davis
Robert Meaney
Pablo Banuelos
Kenneth Jordan
Lucas Lamb

REST IN PEACE



David Luera
Jay Travis
Walter Peterson
Raymond Harris
Bruce Richardson
George Kawanami



Has
Joined



TO BECOME THE LARGEST MOBILITY DEALERSHIP IN TEXAS WITH 10 LOCATIONS!

Let United Access help you get on your way, because your mobility is our mission

- ✓ New & Pre-owned Wheelchair Accessible Vehicles
- ✓ Accessible SUVs, Minivans and Full Size Vehicles
- ✓ Scooter & Wheelchair Lifts
- ✓ Power Transfer & Lift Up Seats
- ✓ Hand Controls & Steering Devices
- ✓ High Tech Driving Systems
- ✓ Wheelchair Accessible Van Rentals



We're here to help!

Call us today or stop by and take a test drive.



877-501-8267
www.unitedaccess.com



Proud Supporters of the



**Paralyzed Veterans
of America**



Ongoing Sports Practices

Archery Tuesday

1pm-3pm

Archery HQ

Boccia Wednesday

1pm-3pm

SCI Rec Room

Bowling Thursday

11am-12pm

The Lanes at Oak Hills

Trap Shooting Thursday

1pm-3pm

San Antonio Gun Club

Air Guns Friday

10am-11am

SCI Rec Room

9 Ball & Table Tennis Friday

1pm-3pm

SCI Rec Room

Coffee Tuesdays



Coffee Tuesdays

Coffee & Pastries provided

Every Tuesday @ 9 am -11:15 am

SCI Rec Therapy Room



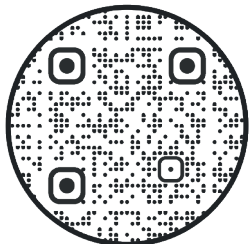
Ekso Indego® Gets Veterans Walking Again

Eligible veterans can receive an Ekso Indego exoskeleton at NO COST!

Ekso Indego Personal

What is Ekso Indego?

Ekso Indego is an FDA-cleared, powered exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries (level T3-L5)* to stand and walk, offering a new level of independence.



Scan with your phone for more information on how you could receive your own Ekso Indego Personal.

Getting Veterans with SCI Back on Their Feet

A recently revised VA policy allows Ekso Indego to be issued to qualified veterans at no cost.**

- Walk at home and in your community
- Improve your cardio & bone density
- Enjoy eye-level conversations again



Contact us to find out if you are eligible to receive an Ekso Indego at NO COST!

An evaluation by your provider at a SCI/D center is required to determine eligibility for use of the Ekso Indego Personal device



Proudly designed & assembled in the USA
www.eksobionics.com

* For full indications for use, visit: www.eksobionics.com/indications-for-use/

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

Veterans when you sign up the tickets that you request will be at will call the day of event. This is all over the country and they have events like Disney on ice, monster trucks, nba, nfl, mlb, college sports, comedy shows, you name it.

Website: <https://www.vettix.org/tixer/my-account/login>

San Antonio membership forums will take place on the 1st Thursday of each month at 2 pm in the SCI Rec. Room



Hope your summer went well and got out to enjoy some family time. We are going to start our meetings again Thursday, 5 September 2024 at 1:00 pm.

The purpose of this meeting is the following:

- 1) Name our TPVA Women's Committee.
- 2) Discuss the coming WVER Conference in October 2024 and anything you want me to bring up to leadership.
- 3) What PVA is working on advocacy wise.
- 4) I'm going to have our new service officer - Mr Clyde Reed, clyder@pva.org, 501-370-3748 to introduce himself and provide a short update.

See you soon!

Regards,
Kerry

Kerry Reyna
TPVA
Government Relations
Co-Chair PVA Anita Bloom Committee

August Birthdays

Alan Babin
Calvin Binns
Stephen Braccini
Ronald Bruellisauer
Candice Caesar
Federico Cantu
Kevin Chandler
Daniel Decker
Efren Diaz
Franklynn Ellis
George Evans
Steven Fenton
Fred Flores
Truman Fountain
John Fraser
Gilbert Garcia
Guillermo Garcia
Joseph Gibson
Ray Gill
Nathan Gonzalez
Michael Griffin
Clayborne Harris
Roy Hayes
Isaac Hearn
Sidney Hogue
Jose Ibarra
Craig James
Leah Jasik
Kendrick Kahler
Michael Keiser
Kirby King
Bruce Kuker

Veronica Kuras
James Landreneau
Dianna Lopez
Joseph Misquez
Bradford Morgan
Jose Ochoa
Dwight Pennington
Randy Pike
Chris Post
Courtney Prater
Arthur Ricks
Raul Rivas
Otis Robinson
Reginald Smith
Jason Tabansky
Jimmy Tucker
Valarie Valentine
Danny Vichensont
Kenneth Wells
Russell Keith Williams
Robert Wolf
Riley Woods



July Birthday Raffle Winners:

1. Joseph Bludeau
2. Steve Copsey
3. Ralph Healan
4. Cynthia Hernandez
5. Roy Inks

August 2024 Houston Parks and Recreation – Adaptive Programs Metropolitan Multi Service Center (West Gray) 1475 West Gray, Houston TX 77019

Monday –

9am-10am Water Fitness Class
12pm – 1pm Line Dancing
1pm - 2pm Boccia
2pm - 4pm Air Rifle
6pm – 8pm Track and Field
6pm - 9pm Wheelchair Basketball

Tuesday –

8am – 12pm Pickleball
1pm – 2pm Tabata Tuesday
(Adaptive Fitness)
6pm – 9pm – Kids Wheelchair
Sports Night

Wednesday –

9am-10am Water Fitness Class
1pm – 2pm BINGO
4pm – 5pm Wheelchair Soccer
6pm – 9pm Wheelchair Basketball



Thursday –

1pm – 2pm Dance Fit
6pm – 8pm Wheelchair Rugby
7pm - 9pm Wheelchair Tennis

Friday –

8am – 12pm Pickleball
9am-10am Water Fitness Class
12pm - 2pm Pool Volleyball
1pm - 2pm Uno Crew
6pm – 8pm Wheelchair Lacrosse
7pm - 9pm Wheelchair Tennis

Saturday –

9am-11am Wheelchair Rugby
11am - 2pm Powerchair Soccer
2pm - 4pm Deaf Basketball
6pm – 8pm Wheelchair Tennis

Sunday – CLOSED

9am – 11am Wheelchair Tennis



Chuck French | Administration Manager
Front desk 832-395-7333
charles.french@houstontx.gov

Hannah Walker | Recreation Facility Manager
Nolan Griffin | Recreation Therapist

hannah.walker@houstontx.gov www.houstonparks.org



San Antonio Sports Practice:

Air Guns- Fridays at 10am in the SCI Rec. Room

Bowling- Thursdays at 11am at the Lanes at Oak Hills

Boccia- Wednesdays at 1pm in the SCI Rec. Room

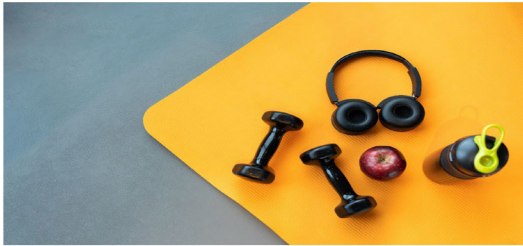
Trap/Sporting Clays- Thursdays at 1pm (Membership Meeting Days) at San Antonio Gun Club



SCI RECREATION THERAPY PHYSICAL WELLNESS

A stronger YOU starts now!

Increase your strength, flexibility, physical
and mental wellbeing with Recreation
Therapy!



For more information request consult
from your physician and/or
SCI Recreation Therapist
Located in the SCI Recreation gym C012
Open Gym Sept 10 and 24 @ 11:00-12:00



SCI RECREATION THERAPY CREATIVE WELLNESS

Want to expand your creative
expression?
Increase dexterity,
manage stress and cognition



For more information request consult from your
physician and/or

SCI Recreation Therapist

Located in the SCI Recreation gym C012

Sept 13 and 20 13:00-14:00

No Cost Counseling, Groups & Peer Support services through the American GI Forum Veteran & Family Wellness Program

I am reaching out to extend information regarding American GI Forum Veteran & Family Wellness Program that may be beneficial to your community.

While many are familiar with our organization's intensive job search, housing coordination and one on one job counseling services -to name just a few; You may not know that our new Veteran & Family Wellness Program provides Individual, group, couples, and family therapy sessions at No Cost throughout the State of Texas.

All services are conducted by Licensed Clinicians & Peer Support via Telehealth statewide; a virtual therapy option that allows clients to attend appointments in real-time through confidential, HIPAA-compliant video conferencing software. To utilize Telehealth, clients need a secure internet connection and a device such as a smartphone, computer, or tablet with audio and video capabilities. Our services are specially designed for Veterans, and military families who are looking to build a renewed sense of community, strengthen bonds with others through shared experiences, and learn new solutions that will assist them in handling all types of challenges. The individual, group, couples, and family therapy sessions provided as well as various supports help our clients achieve their goals.

Our Clinical Staff utilize Certified Peer Support navigators to provide a unique layer of support to Veterans. The Certified Peer Support use their shared lived experience with similar situations to those they support; Having been successful in recovery themselves, they illustrate that recovery is possible. They use firsthand knowledge to assist Veterans in accessing substance abuse help, facilitating access to community resources and supports; as well as supportive guidance to those seeking recovery from SUD, disabilities, mental health, and medical conditions adding value in a supportive role to the Clinical team.

Veterans engaged in Peer support services -such as groups- most often lead to better communication and relationships with healthcare providers, increased participation, and consistency in treatment, as well as reducing the need to utilize more intensive services.

Please call our office at 210-948-9933 to obtain instruction on how to join us. Our Veteran support groups via telehealth are held on Wednesdays at 12 PM; as well as Thursdays at 6 PM. We welcome Any additional questions, and look forward to hearing from you very soon.

Thank you,

Yosepa Scott,

Certified Peer Support Navigator

American GI Forum -NVOP-Veteran and Family Wellness Program

2002 N. IH 35

San Antonio, Texas 78208

210-248-9933 (office)

Email: lbessinger@agif-nvop.org

Pan American Games

Pan American Games
June 11th- 17th



Peer Partners

In order to be an SCI peer partner, you must meet the following criteria:

someone who has been living with a spinal cord injury for at least 6 months, is now reintegrated into their community, productive in their daily life, and has completed a training program preparing him/her to visit another individual facing a similar experience. A Peer Support (PS) agrees to:

- Serve as a role model
- Offer emotional support and maintain confidentiality
- Provide information about the resources available locally and nationally
- Serve as a conduit to a contact person on the Peer Support Program team at the Michael E. DeBakey VA Medical Center; this person will follow through with any needed referrals

A PS is a sensitive listener who will use their communication skills to facilitate the New SCI veteran's own recovery and self-exploration so that they may make good decisions for themselves.

If you are interested in becoming a PS, please email Sonia Suarez at Sonia.suarez@va.gov. Those interested in being a PS will have to go through an interview process with MEDVAMC SCI team, complete training through VA's Volunteer Program, and sign in and out when visiting with inpatient Veterans at the hospital.



Are You Interested?

We are in need of SCI Veterans interested in becoming Peer Partners to our SCI Inpatient Veterans.

Please reach out to Heidi Candler for more information at
#281-513-3260



AIR GUN TRAINING CAMP WITH MIDWAYUSA FOUNDATION

USA Shooting is proud to announce an Air Gun training camp with MidwayUSA Foundation!

USA Shooting invites air rifle and air pistol athletes of all ages and skill levels to sign up for hands on training in Colorado Springs, CO with National Team Coaches and Olympic athletes. This 3-day camp will allow athletes one-on-one training time both on the range and in a classroom setting with elite coaches.

Registration will be a donation to the youth shooting team endowment of your choice at MidwayUSA Foundation and will be matched! The USA Shooting Youth Program's Lones Wigger endowment can benefit from your donation, allowing young athletes more opportunities to prepare for national and international competitions.

For more information visit the MidwayUSA Foundation page [Air Gun Training Camp at the Olympic Training Center - MidwayUSA Foundation](#).

Information is also posted on the Events page of the USA Shooting website here: <https://usashooting.org/get-involved/events/>

Everyone over the age of 18 is required to have SafeSport Training and Background Screening on file to participate in this camp.

To register for this event, follow the links below:

Athlete Registration: <https://ems.usashooting.org/midwayusa-training-camp-athlete-registration>

Coach Registration: <https://ems.usashooting.org/midwayusa-foundation--coach-registration>

If you have any questions, please contact Ashley MacAllister at ashley.macallister@usashooting.org.

<https://birdease.com/hogsandstrings>

VETERANS BENEFIT

ALL PROCEEDS RAISED BENEFITING
INDIAN SPRINGS CAMP
VETERANS HELPING VETERANS & YOUTH



Music ALL DAY
INDIAN SPRINGS CAMP, KOUNTZE, TX

\$20.00 online or **\$25.00** at the gate
SATURDAY PASS INCLUDES ALL ACCESS
TO THE BBQ COOK-OFF
and CONCERTS



BIG THICKET HOGS & STRINGS

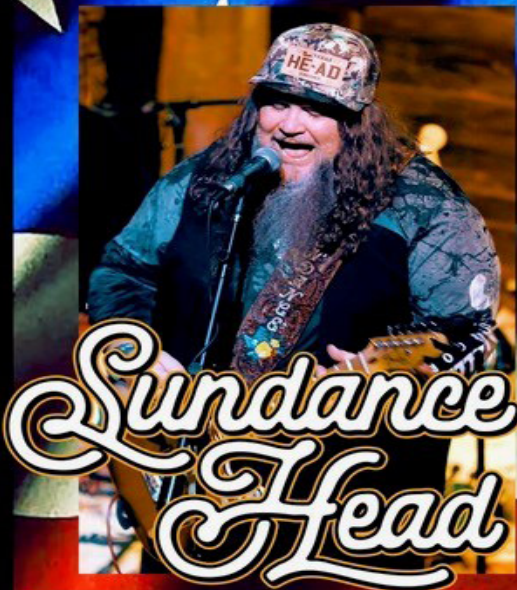
COOKOFF & MUSIC FESTIVAL

October 19, 2024

GATES OPEN TO THE PUBLIC
10:30AM - 8:30PM



FEATURING
THE BAND OF HEATHENS



JORDAN NIX



GORDIE & JAXON



BEAU RIVERS
LIVE. LOUD. ORIGINAL TEXAS ROCK MUSIC

Kountze Deer Hunt

The annual Disabled Veteran Deer Hunt that takes place at Indian Springs Campground and RV Park located near Kountze TX is just around the corner. This free range deer hunt is scheduled November 1st, 2nd and 3rd.

There are eight wheelchair accessible hunting blinds. Priority will be given to a PVA member that has never participated before.

If you are interested, please call the chapter office at 713-520-8782 or 800-933-4261 for more info or to reserve a spot.

The camp's annual fund raiser Hog's & Strings is scheduled for Oct 19th. This is also free to PVA members including spouse or one guest. This event is a great opportunity to visit the camp, enjoy live music and eat great BBQ during the festival.

Call or email the chapter office for more details.
Info@texaspva.org

USA Boccia National Tournament

Irma Pennington and Nook Gustamante won silver in Paris at the USA Boccia National Tournament.

Nook Gustamante also won the gold medal for the 2nd year in a row in his class and is ranked the #1 Player in the Nation.

Dan Castillo won the silver medal in his class.



Winter Sports Clinic 2025

Dear Athletes:

The VA Western Colorado Healthcare System invites you to participate in the 2025 National Disabled Veterans Winter Sports Clinic (NDVWSC). This annual event promotes rehabilitation by instructing physically challenged veterans in adaptive Alpine and Nordic skiing and will provide an introduction to other adaptive activities and sports.

What:

Adaptive Snowboarding, Alpine and Nordic skiing. Alternate activities and clinics will offer a variety of exciting adaptive activities.

When:

March 30, 2025- April 6, 2025. Registration will take place Monday, March 31, 2025 at the Viewline Event Center. **Closing ceremonies will be held Saturday evening, April 5, 2025.**

Where:

Snowmass Village at Aspen

Nestled in the majestic peaks of the Rocky Mountains, Snowmass Village is a friendly, cozy mountain town. It is located eight miles from the internationally cosmopolitan town of Aspen. The base elevation is 8,104 feet and the summit elevation is 12,510 feet. For more information, please visit the Snowmass Village website at www.snowmassvillage.com.

Who:

Participation is open to male and female military service veterans with qualifying disabilities such as spinal cord injuries, orthopedic amputation, visual impairments, certain neurological problems and other disabilities. Veterans who currently have inpatient or outpatient status at a VA medical facility will have first priority. All disabilities are subject to review by the Winter Sports Clinic Medical Director and Program Director. Must be eligible for VA care.

Their decisions are final.

Here are a few examples of common non-qualifying diagnoses for this clinic:

Low back pain (even if you've had surgery), fibromyalgia, degenerative joint disease/osteoarthritis, post-traumatic stress disorder and chronic pain. Degree of service-connectedness, whether in general or specifically related to an injury, does not influence qualification for the clinic. If you have any specific questions about whether or not a disability may qualify a participant for the clinic please contact Teresa Parks directly.

Special note for visually impaired participants:

All visually impaired/blind participants are expected to possess good mobility and independent living skills. You will be expected to join in on all scheduled events. Many visually impaired/blind veterans have participated in past winter sports clinics—their testimony to its success and benefits are well known. We look forward to having you as a participant, experiencing the unique and exciting challenges of this special event.

How:

Eligible veterans can apply by completing the enclosed application. If your application is not filled out completely and properly signed, your registration will not be accepted and will be sent back to you. Your application will then need to be resubmitted.

All applications and forms must be mailed or scanned to:

VA Western Colorado HCS
Teresa Parks/WSC
2121 North Avenue
Grand Junction, CO 81501

or Scan to: Teresa.Parks@va.gov

*Please contact with questions or concerns.

NOTE: Registration deadline is November 30, 2024.

Applications can be downloaded at

www.wintersportsclinic.org

Activities:

The five day clinic will consist of ski lessons, training, a challenge race, adaptive sports workshops, educational classes, plus sponsored and self-directed alternate activities. Qualified adaptive ski instructors will provide ski instruction. **All Participants are required to ski.**

Medical Care:

Each participant must have a physician complete and sign the enclosed General Medical/Physical Exam form. **If the General Medical/Physical Exam form is not filled out completely and properly signed, your registration will not be accepted and will be sent back to you. There will not be any exceptions to this policy. In addition to these forms there is additional medical information that is required.**

If you are a PVA member and would like to volunteer please see below volunteer events.

VOLUNTEERS / COMMITTEES Positions for PVA Texas Chapter

- Peer Partner needed POC SAT DIR and SCI Directors
- Jack Sanders Banquet Committee POC Frank, Amanda, Cat
- Making Birthday Calls- POC Cat, Bruce
- October 3rd Annual Fall Shoot- POC Amanda, Bruce, Alvin
- MS150 October 5-6, 2024, ride to the river- POC Bruce, Joe B
- November BBQ Cook Off- POC Jason, Frank, Amanda, Cat
- PVAT Coffee Days in San Antonio -Tuesdays Only POC Bruce, John S, Amanda
- **Veterans Day Parade** – We are Registered in San Antonio – POC Gill G and Amanda
- **PVAT Board or Duty Positions Open** - Membership, Fundraising, Government Relations, Peer Support. Advocacy, Chaplin,

Would like to share pertinent updates with you for wider dissemination.

1.I am reaching out for your support to help share with our SCI/D Veterans to ensure they have the most current information regarding resources. We have been receiving multiple requests and complaints about the wheelchair clinic and I continue to redirect them to the Wheelchair clinic leadership which is not under SCI/D service line, it is under a different service altogether – i.e. under PM&R Service(PM&R is parallel to SCI/D service care line).

While I am here to continue to advocate for and support our Veterans' SCI/D needs – want to ensure that everyone is aware that the wheelchair clinic is not under my purview and it belongs to PM&R. Their leadership is Acting Service Chief, Dr. Tracy Johnson and Section Chief, Rehabilitation Technology, Dr. Angela Vrooman. Thank you for your continued support!

2.I've been informed this week that there is a plan for permanent closure of STVHCS Therapy pool (located in polytrauma hallway and under PM&R service) given it has been operational 7 months in 4 years and another leak occurred in July 2024 with prolonged closure expected.

As I was not involved in this conversation until the decision had been finalized, I requested guidance on any information available regarding community/VSO/other options for aquatic therapy for SCI/D Veterans to share forward and received the following –

“ Operation Comfort has indoor and outdoor adaptive water sports programs. Details are provided on their website. The school districts also have large indoor and outdoor aquatic facilities. Since they are supported by tax dollars each facility has open swim times that are available to the public.”

Happy to discuss any/all of above at your convenience and look forward to continuing to collaborate to serve our Veterans more effectively.

Divya Singhal M.D., F.A.A.N.

Professor, Departments of Neurology and PM&R, UT Health San Antonio
Service Chief, SCI/D Center (Spinal Cord Injuries & Disorder Center), South Texas VA
ABPN Board Certified in Neurology, Epilepsy & Clinical Neurophysiology
7400 Merton Minter Dr, MC 128



1875 Eye Street NW, Suite 1100,
Washington, DC 20006
(O) 202.872.1300
www.PVA.org

501(C)(3) Veterans Non-Profit

July 15, 2024

PVA Chapters,

I am writing to provide you with a recap of PVA's 2024 Advocacy/Legislation Seminar held on June 11-13 and provide important reminders for next year's event. This year's Seminar was a tremendous success and we appreciate your strong support. We look forward to building on that success in 2025.

Our first Advocacy/Legislation Seminar held in June provided PVA with the opportunity to host over 120 PVA Chapter members, leaders, and volunteers as we worked to push advocacy forward during visits on Capitol Hill and in a special hearing before the House Veterans' Affairs Committee (HVAC) focused on the needs of veterans with spinal cord injuries and disorders (SCI/D). Seminar participants visited the offices of nearly 300 members of Congress. PVA's Seminar-focused priorities included preserving the SCI/D system of care and passage of legislation supporting long-term services and supports, housing modifications, survivor benefits, and dignified access to air travel-related security screenings.

On June 11, we were joined by HVAC Chairman Mike Bost (R-IL) who provided a keynote address to Seminar participants and took a number of questions from those in attendance. Later in the week, on June 13, CEO Carl Blake and I testified before the HVAC in a hearing titled, "[A Call to Action: Meeting the Needs of the Spinal Cord Injury and Disorders \(SCI/D\) Veteran Community.](#)" In my testimony, I focused on the importance of care provided to veterans through the VA's SCI/D system of care. I also called on the VA to properly deploy its resources and request the funding the department needs to provide the level of care outlined in Veterans Health Administration Directive 1176. CEO Blake's statement took exception to VA's claims that staff vacancies are low as he outlined staffing deficiencies in the SCI/D system of care and their impact on paralyzed veterans. He noted the SCI/D system of care is "at a breaking point."

On the day of our testimony, PVA also released a [new video](#) focused on the importance of the VA's SCI/D system of care. My wife and I were honored to be featured in the video as we discussed the critical importance of having access to VA SCI/D care. It's not only my story, but it's the story of all of our members.

The close of Seminar presents new opportunities for Chapters to continue building relationships with congressional offices, so that the need for robust VA care and benefits for veterans with SCI/D remains at the forefront of policymakers' minds. We hope that your Chapter will invite your representatives to your events and reach out to meet with them in their state and district offices. These relationships are critical to PVA's success in advocating for legislation that ensures our members have access to the health care and benefits they have earned and deserve.

It's also never too early to begin thinking about PVA's 2025 Advocacy/Legislation Seminar. Next year's event will be held on June 10-12. It was wonderful to see so many Chapters this year invest in their members and bring additional participants. We appreciate your commitment to this event and the importance of grassroots advocacy. We need PVA members from each Chapter who can come to Capitol Hill to share their stories and tell their members of Congress why support for our priorities is important to them.

I would like to give a few helpful reminders as we think about our 2025 Seminar. First, PVA National develops the materials that should be provided to your members of Congress. Chapters should not make materials about PVA's priorities for distribution. However, materials about your Chapter, the impact of the legislative priorities on veterans in your Chapter, or information about state or local issues of interest to a particular member of Congress may be provided.

Please also remember to be professional and courteous in your outreach to members of Congress and their staff members. If you are having difficulties connecting with a particular office, please contact PVA National for assistance. Developing relationships with members of Congress and their staffs is the best way to facilitate each year's meetings.

Also, ensure that your Chapter's participants know they are coming to Washington, DC, to push for PVA's priorities. Engaging in personal agendas or promoting other organization's priorities dilutes the effectiveness of PVA's message. By speaking with one voice, we can have a greater effect on the legislative process.

Finally, as noted in PVA's Administrative Guide, "appropriate business-like attire" is required for Advocacy/Legislation congressional visits. As noted on p. 29, "For men, as a minimum, this equates to dress slacks, shirt and tie. For women, as a minimum, this equates to dress slacks, skirts or dresses. Caps or hats are not permitted with exception of religious head wear." Since we often have members of Congress and other special guests participate in our education day in the hotel, such attire is required for each day of the event. Please ensure that your Chapter's attendees know this requirement well in advance to allow them to make necessary preparations for their participation.

Thank you again for your help in making this year's event a great success. It was my honor to advocate alongside of my fellow PVA members. We look forward to even greater opportunities to tell our story in the coming year.

Sincerely,

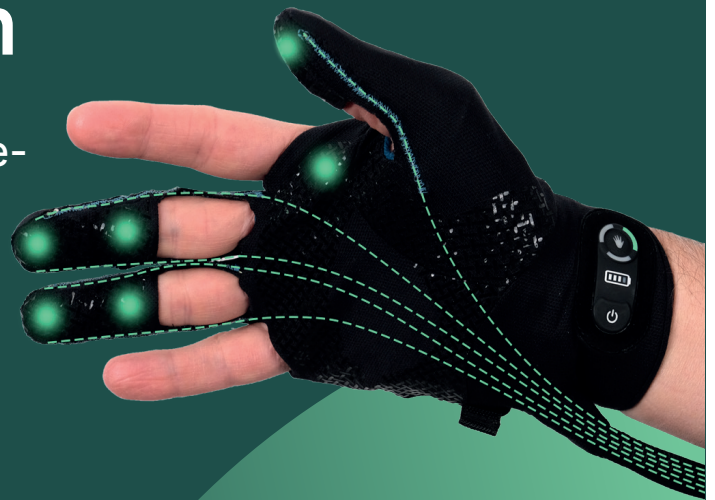


Robert Thomas, Jr.
National President

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info@regulusmedconsultants.com or 210-701-0844

ALS CLINIC

The ALS Clinic is scheduled for ALS patients only, but they will do their best to help assist emergency walk-ins. They can do that through the Emergency Room, Neurology, Pulmonology, and the other discipline clinics as well.

The Clinic is held on Mondays from 1:00 - 4:00 pm in the Michael E. DeBakey VAMC SCI Ward Out-patient Clinic.

For Veterans to get on the ALS Clinic schedule, Veterans must be enrolled in VA Health Care, then contact ALS Clinic Coordinator NP Richel Aliboso 281.660.7538 or email Richel.Aliboso2@va.gov

Also, Veterans can contact me since I attend the Clinic every week.

Gregory T. Treacy
Senior National Service Officer
Paralyzed Veterans of America
6900 Almeda Rd. Room 1028
Houston, TX 77030
RingCentral Phone/Fax/Text: 202.416.1011
gregoryt@pva.org



State of Texas Emergency Assistance Registry (STEAR)

The State of Texas offers the option to register with the STEAR program, a free registry that provides local emergency management planners and responders with information related to your needs during an emergency.

Who Should Register?

- People with disabilities
- People who are medically fragile
- People with functional needs such as:
 - Limited mobility
 - Communication barriers
 - Require additional medical assistance during an emergency event
 - Require personal care assistance
- People who require transportation assistance



Register online at
Stear.tdem.texas.gov



Call 2-1-1 or use your video
phone relay option of choice

State of Texas Emergency Assistance Registry

Please respond to VEText emergency/disaster updates, by either requesting a contact from VA Staff if needed or letting us know you are safe and do not need to be contacted. There will generally be VEText contacts before and after the natural disaster.

We encourage Veterans to respond to VEText appointment reminders. If you need to reschedule an appointment, please respond to the VEText reminder message, and/or contact the SCI Clinic at 713-794-7057. This ensures your appointment needs are met and allows other Veterans to be scheduled during all available appointment time slots.

Principal Investigator

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dgsayenko@houstonmethodist.org

Study Coordinator

Jenny Dinh
346.238.6429
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Website

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092023

IRB ID: PRO00037483 IRB Approved: 9/28/2023 - 3/27/2024



Spinal Cord Injury Participation in Clinical Research



IRB ID: MOD00007233 IRB Approved: 4/25/2024 - 9/11/2024

What is the study?

Harnessing neuroplasticity of postural sensorimotor networks using noninvasive spinal neuromodulation to maximize functional recovery after spinal cord injury.

We will investigate how two types of spinal stimulation, lumbosacral **epidural spinal stimulation (ESS)** and **transcutaneous spinal stimulation (TSS)**, can help improve the ability to stand and control the lower limbs voluntarily during recovery.

Goals of the study:

We want to understand how the nervous system works in each person who receives TSS or ESS. Additionally, we want to determine how effective rehabilitation, combined with TSS or ESS, is in helping people regain their ability to move and use their muscles better. Participants will be randomized into treatment groups of TSS, ESS or Sham stimulation.

Interventions:

In this study, we will use two types of stimulation: TSS and ESS.

- TSS is noninvasive and involves placing adhesive electrodes on the skin to send electrical pulses that can improve muscle movement.
- ESS requires a small surgery to place an electrode lead in the lower back. An external device sends electrical pulses to the spinal cord to enhance muscle contraction.
- Stimulation intensity will be adjusted for comfort and safety and used only during study visits.

Participants will receive physical therapy combined with targeted stimulation. They will have three weekly training sessions for four weeks.

To understand how the brain responds to stimulation, we will use fMRI neuroimaging with a 3T MRI scanner to monitor structural and functional changes.

Commitment:

- All visits will be held at Houston Methodist Hospital in the Texas Medical Center.
- Participants will complete up to three sessions per week for 16-18 weeks, depending on what group you will be assigned, and each session will last an average of three hours.

Benefits:

- This research may allow for advances in the development of diagnostic tools that researchers and physicians can use to predict if TSS or ESS will be beneficial for an individual based on their needs.
- Participants will be compensated for their participation.

Risks:

- The study may involve skin irritation from recording or stimulation electrodes.
- There is a chance of discomfort from TSS/ESS.
- After ESS implantation, there is a risk of infection, migration of the leads and pain at the incision site.

Please contact a study team member for more detailed information about the associated risks.

Inclusion Criteria:

- Between the ages of 22 and 60 years old
- 1-16 years post-spinal cord injury
- Must be in stable medical condition
- Eligible for fMRI per safety questionnaire
- Neurological level of injury T2-T10

Please contact a study team member for more detailed information about the inclusion criteria.

Important Note: This research study is not Veterans Affairs' (VA) research and it is not done by the VA. This means that it has not been reviewed by the VA's Institutional Review Board (IRB). The VA will not cover any costs you may be responsible for if you decide to join this study. The intent of this brochure is to provide information.

IRB ID: PRO00037483 IRB Approved: 9/28/2023 - 3/27/2024

DAVID GRAHAM Digitally signed by DAVID GRAHAM
Date: 2024.05.14 13:50:49 -05'00'

IRB ID: MOD00007233 IRB Approved: 4/25/2024 - 9/11/2024



Welcome our new PT Ashlyn Koslovsky PT, DPT

We are very excited to have Ashlyn join our SCI center in June 2024.

She will be providing veteran care primarily in Outpatient clinic, will cover inpatient as needed.

Another wonderful Physical therapist has recently joined SCI/D service care line and STVHCS family starting late June 2024.

@Koslovsky, Ashlyn E.

CLASSIFIEDS / SERVICES /ANNOUNCEMENTS

ADVERTISE WITH THE SPEEDY GAZETTE!

All submissions for the Classified Section of the SPEEDY GAZETTE must be submitted to the TPVA Office no later than the 1st of the month. The charge is \$15.00 for 15 words (each additional word is \$.25 cents). Payment must accompany the ad. If you are a member in good standing with TPVA, you may place a 15-word ad for FREE! An incentive of a 10% discount applies on ANNUAL commitments.

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

| SIZE: | MONTHLY: | ANNUAL (Approximately 6 issues per year): |
|---------------|----------|---|
| Business Card | \$20.00 | \$120.00 less 10% = \$108.00 |
| ¼ Page | \$30.00 | \$180.00 less 10% = \$162.00 |
| ½ Page | \$55.00 | \$330.00 less 10% = \$297.00 |
| Full Page: | \$125.00 | \$750.00 less 10% = \$675.00 |

Become A Donor

**Annual contributions for
2023-2024 will be as follows:**

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



2023-2024 DONOR CLUB as of August 2024

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Texas Chapter

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Fax 713-520-8217

Submit 30 days prior to the event application deadline

Members name _____

Members email, phone _____

Event participating in _____

Sports participating in _____

Do you have medical clearance to participate in this event? YES NO

Are you requesting funding from Texas Chapter, Paralyzed Veterans of America to participate?

YES NO

Will you be flying? YES NO

Will you be driving, license plate number/state? _____

Will you be taking a caregiver or spouse/partner? YES NO

Full name on ID _____

Type of wheelchair manual or power?

Width of wheelchair. _____

When booking hotel rooms list preferences accessible room (1,2,3)

_____ Accessible room - Roll-in shower

_____ Accessible room - w/bathtub

_____ Room with extra space and bathroom door removed

_____ King Bed _____ Double Bed

Do you need the bed raised, for lift use? YES NO

In order to receive funding from TPVA you must have 75 points accrued for the event. Points must be submitted to the Chapter office by 10th of each month. If you do not have 75 points accrued, you must submit a request to the Chapter or Sports Director to be considered for the Maginot Award. The Maginot award is a lottery drawing with all members who request it and then one (1) name is drawn.

signature

date

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MENU

- How We Help ▾
- Signs of Crisis
- Resources and Support ▾
- About ▾

Dial 988 then Press 1

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Benefits Helpline: 1-866-734-0857

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ball**



For more information request consult from your physician and/or

SCI Recreation Therapist

Located in the SCI Recreation gym C012

Every other Wednesday



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Located in the SCI Recreation gym

C012

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

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of America**
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