

# Speedy Gazette

"Improving Lives... Building Futures"



# PVA

Paralyzed Veterans of America

Texas Chapter

6418 FM 2100 Road  
Crosby, Texas 77532  
Phone: 713-520-8782  
Toll Free: 800-933-4261  
Fax: 713-520-8217  
Email: [info@texaspva.org](mailto:info@texaspva.org)  
[www.texaspva.org](http://www.texaspva.org)

## November & December 2024

Happy  
Holidays



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Joel Hoot, Veterans Career Program, 210-617-5300 x 10148 [JoelH@pva.org](mailto:JoelH@pva.org)



# PICKLEBALL TOURNAMENT

**November 9-10, 2024 • 8am-3pm**

## Morgan's Sports

5025 David Edwards Drive, San Antonio, TX 78233

Join us to see why pickleball is the fastest growing sport in America! This event features a wheelchair doubles tournament and a unified up/down tournament.

Paddles will be available for those who need to borrow one. Balls will be provided.

PVA Pickleball Tournaments follow USA Pickleball Adaptive Rules.

### Beginners are welcome!

We will offer a short Pickleball 101 Clinic to kick off the event.

### Entry Fees

There are no entry fees for this tournament.

### For More Information, Contact:

**Katelynn Johnson**

*Katelynnj@PVA.org • (202)416-7637*

### Hosted by:



# Archery Day

Houston area Discover Archery Day has come and gone. It was a small turn out. Along with a few local PVA members the Houston VA Recreational Therapist did bring three inpatients to the event. With the expert tutelage of para archery coach Jeremy Velez and his vast supply of adaptive equipment, he was able to get everyone shooting arrows. Here are a couple of examples of different setups.

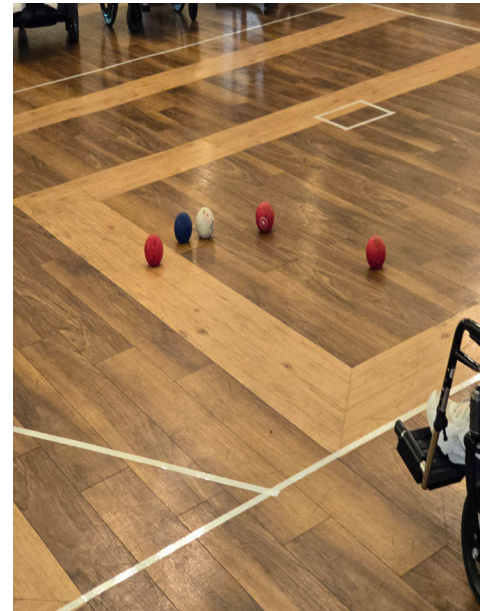


Candice tries out the shoulder harness set up. For archers that are not able to pull back the bow string they can be fitted with a harness over one shoulder. The bow string is attached to the harness. Then the user pushes out the bow with one arm. This set up is used with a chin operated arrow release device. There are many other variations on arrow release devices for the shoulder harness type situation. There is also “quad glove” type of set up to help grip the bow in case of poor hand function.

Lower left, PJ demonstrates how a person can shoot a bow and arrow using only their legs and feet. Again with a harness to hold the bow string, then pushing out the bow to extend the bow string. The arrow could be released with a chin or mouth operated device.

## TPVA Bocchia Community Outreach

Pictured are residents of the Regents Nursing Home learning Bocchia Basic from TPVA Coach Jose Laguna and assisted by TPVA Bocchia players Nook Gustamante, Irma Pennington, Jimmy Castaneda, Elizabeth Ann Duncan. Also present were PVA member Dan Castillo, PVA spouse Alona Castaneda, and caregivers were there for support and encouragement during game play! Residents enjoyed the games and comradery. A set of Bocchia were donated to the Regents facility for residents to enjoy playing! Great job of community service by Texas PVA Bocchia!



# THROTTLE & THRIVE

*Detox, Substance  
Misuse & Mental  
Health Facility*

*Exclusively for  
First Responders  
& Veterans*



## WHAT WE DO

Throttle & Thrive is a 12-step residential treatment program for substance misuse and mental health EXCLUSIVELY for Veterans & First Responders. We also offer medical detox.

All clients receive individual EMDR therapy sessions at least TWICE per week in addition to the daily group therapy sessions.



### CONFIDENTIAL

HIPAA compliant and 100% confidential. We won't tell anyone you're here.

### COST

We bill medical insurance. Most PPO plans accepted. We are in-network with The Holman Group and TriWest.

### IN HOUSE CHEF

Home-made meals served fresh daily.

### SIZE

Our 6-bed facility is highly private and provides specialized care for all clients.



## Throttle & Thrive

Shavonne Thompson, Founder

Call/Text: 805 - 701 - 1309

info@throttleandthrive.com

www.throttleandthrive.com



**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!

**ADAPTIVE ATHLETICS**  
at  
UNIVERSITY of HOUSTON



## TENIS EN SILLA DE RUEDAS

UH Adaptive Athletics

- Prácticas gratis con entrenadores de tenis para personas en silla de ruedas
- Las prácticas están disponibles para toda clase de discapacidades
- Entrena con otros atletas
- **Por favor contacte a el Entrenador Gabe antes de asistir a su primera práctica**

Horario de las Prácticas

Jueves: 7pm-9pm Domingos: 9am-11am

Ubicación

1475 W Gray St. Houston, TX 77019

Información de Contacto

Coach Gabe

281-256-5804

Gabrieljgutierrez26@gmail.com

UHadaptiveathletics@gmail.com

- No se necesita experiencia
- Todas las edades y niveles son bienvenidos
- Aprender junto a nuestros jugadores y entrenadores!

## 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

Please call 1-800-933-4261 or 713-520-8782 (EXT. 4) to place a Display Advertisement or Classified Advertisement and watch your business get noticed!

## Dental Help

Many patients we serve have a problem – they cannot afford the extensive dental care they need. We have a solution – a free solution. Dental Lifeline Network (DLN) operates the Donated Dental Service (DDS) program which helps the following people with their dental needs. Such as Veterans, people with disabilities or who are elderly (65 and older) or medically fragile/compromised, who cannot afford needed dental care and are considered poverty income level in Pennsylvania and Alaska. DLN is a national humanitarian organization, started in 1985, and is a charitable affiliate of the American Dental Association (ADA).

Dentists volunteer their time and expertise and donate treatment in their own offices.

Patients cannot have any form of insurance coverage for the services they need. They must be disabled, over the age of 65 and/or a Veteran and qualify as low income under Pennsylvania and or Alaska income guidelines.

We tell all patients that we are not able to provide dental implants, so they are aware of that ahead of time. We also tell all patients should we decide to send them to one of our volunteers, they are not allowed to request dental implants.

We are now accepting applications from people needing comprehensive dental treatment. Please visit our website [dentallifeline.org](http://dentallifeline.org) to fill out an application online or to download a paper application. Share this material with staff in your agency/office. Applications are processed in the order in which they are received.

If you have questions about the program, please don't hesitate to call me at 717-776-3262. I have also attached a flyer to post at your facility. We look forward to working with you to provide dental services to those who are in need in Pennsylvania and or Alaska.

Sincerely,

Tammy Shumaker

DDS Coordinator







WELCOME NEW MEMBERS

Mac Galvan Jr.  
Angela Sublett  
Boddy Broadnax  
Doug Siemonsma  
Guy Woolman  
Robert Wozencraft

REST IN PEACE

Sylvester Barner  
Raymond Jackson  
Steven Hoffman





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**





# Ekso Indego® Gets Veterans Walking Again

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

## Ekso Indego Personal

### What is the 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.\*

- Regain your independence
- 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!

[www.eksobionics.com/request-information/](http://www.eksobionics.com/request-information/)

\*A waiting period through the VA is required to receive a gift by law of the Ekso Indego Personal device. For full details on VA use, visit: [www.eksobionics.com/request-information/](http://www.eksobionics.com/request-information/)

PKM-1-02-00 Rev. A



Proudly designed & assembled in the USA

The North American Spinal Cord Injury Consortium (NASCI) has developed a free online course to present information and resources necessary to understand the complexities of an SCI. This will ultimately aid individuals with SCI and caregivers to serve as research advocates, as well as allow SCI researchers and healthcare providers to effectively partner with the SCI community. We believe that your current clientele and staff would benefit from this resource.

This information is condensed and presented in video form with additional supplementary material. The topics of each module are:

- Module 1 = Introduction to Research Advocacy
- Module 2 = Understanding the Research Process and R&D Decision-Makers
- Module 3 = Addressing Historical Challenges for SCI Studies
- Module 4 = SCI Biology Part I
- Module 5 = SCI Biology Part II – Aging with a Spinal Cord Injury
- Module 6 = Neuroprotection (Acute application)
- Module 7 = Regeneration (Neurorepair)
- Module 8 = Cell Replacement (Neuroreplacement)
- Module 9 = Neuroplasticity
- Module 10 = Quality of Life
- Module 11 = SCI 101 for Researchers
- Module 12 = Getting Started!

Registration for the course is free for everyone and can be accessed on the NASCI website at:  
<https://nasci.org/courses/nasci-community-engagement-program-cep/>

We also have a Course Guide that may help you navigate the website and course features:  
<https://vimeo.com/825186784?share=copy>

Please let me know if you have any questions about the course. We'd also love to hear from you about feedback and how we can collaborate to disseminate this course further. Enjoy this free resource!

**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.

# Community Boccia

I had the privilege of attending a community event in San Antonio. The event was to show/teach the game of bocchia to residents at Reagent Nursing Facility in San Antonio, TX. We did one full game. Jose Laguna marked the court (taped) and he facilitated scoring and balls retrieval. The four players were Elizabeth Duncan (ramp), Nook Gustamante, Jim Castaneda, and Irma Pennington. Danny Castillo also attended and gave some residents strategies to play the game.

There were many people interested to play, and we stayed to help them play 2 games for 8 people to participate. Overall, I felt like my time was well spent seeing the residents enjoy learning to play bocchia.

- Irma Pennington



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



# November & December Birthdays

Bobby O'Mealey  
Ken Taylor  
Robert Preston  
Isville Jackson  
Juan Vargas  
Stanley Craig  
Arturo Vasquez  
Philip Clausen  
Robert Thompson  
Jose Mendiola  
James Shelton  
Alexander Lukats  
George Georges  
Fred King  
Rosendo Scott  
Jeffrey Bowerman  
Dalbert Rozzle  
Clifford Harrison  
Elvin Jones  
Roberto Ybarra  
William Adams  
Guy Woolman  
Donald Durkee  
Jimmy Hennesy  
Jon Russell  
Lee Perry  
Winfred Stevenson  
Jose Liquez  
Esteban Montes  
June Pugh  
Billy Wilson  
Earnest McGrue

Frederica Miller  
Elizabeth Duncan  
Thomas Sleeper  
Conrad Breaux  
Norman Jones  
Leroy Clement  
Frederick Melvin  
Roger Martin  
Ronald Emory  
Nicolas Contero  
Cornelio Ochoa  
Arnold Lyle  
Christopher Stanford  
Ronald McAnally  
Samuel Hudson  
Steve Smith  
Edward Alderete  
Thomas Bates  
Donald Burton  
Steven Wardlow  
Richard Jean  
Paul Kellum  
Theodore Weaver  
Rose Weidner  
Jimmy Solis  
Rodger Woods  
William Watson  
Joseph Massey  
Kevin Wagner  
Mylerrie Thomas  
Timmy Morgan  
Mark Hamman

Bradley Hoover  
Aaron Hunt  
Stephen Dawson  
Charles Cooper  
Philipp Schweizer  
Daniel Wallace  
Will Matay  
Anne Robinson  
Eric Lindsay  
Doug Siemonsma  
Marco De La Rosa  
Scott Vetter  
Willie Davis  
Welton Gossett  
Jeremie Thiers  
Marcus Sims  
Jeremecia Perry  
Richard Thompson  
Christopher Montera  
Patrick Pennington  
Monica Davis  
Ricardo Perez  
Timothy Jones  
Bradly Bevel  
Roberto Elizondo  
Ryan Snowden  
Armando Rodriguez  
Trent Cryer  
Tonya Cueva Leon-Cole  
Dorian Leon  
Nichole Thomas  
Michael Mcauliffe  
Kevin Figueroa  
Tyler Roberts  
Jose Fuentes



## October Birthday Raffle Winners:

Rob McMichael

Troyon Myree

Pablo Banuelos

Steve Holbert

Ignacio Avalos

### 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 one of your Board of Directors and let them know you want to participate. At the end of each month a drawing will be held and five lucky members will each receive a gift card worth \$200 to spend however you wish.

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

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

Catherine Webster 713-520-8782 [admin@texas.pva.org](mailto:admin@texas.pva.org)  
Frank Daebelliehn 281-256-5652 [frankd@texaspva.org](mailto:frankd@texaspva.org)  
Bruce Kuker 210-632-0495 [bwkuker@gmail.com](mailto:bwkuker@gmail.com)



## 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](mailto:jauskigolf@yahoo.com) 214-208-3040



# 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**

# 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

MS150 2024

Thank You all that supported us at the 2024 Bike MS  
“ RIDE to the RIVER”

Only with a lot of Team Work from Bike MS, Team America Cycling, Tandem Trikes 4 MS, PVAT & Pedal Guerrero were we able to get a cyclist like Jody, the oldest Cyclist with MS @ 72yrs old (Widow of a VET) out of the House, to the event and then complete this 2day event of 150miles. Tho, it was the 1st Year that Jody and Bruce K (PVAT) had to use a tandem Recumbent Trike. She never quit nor complained. Jody proved MS won't stop her because this was her 13th year attending the MS150 in San Antonio Texas.

\* NOTE: Bike MS donates Cycling Slots yearly to local DV Groups. They also waive the required min Donation amount. However, This Year Individual Cyclist from Team America Cycling Voluntary Raised the min required amount and more with a grand total of \$2,520.57 for MS research.

Next year PVA needs to (and will) have a larger presence within the Cycling, Marketing, Fundraising and/or the simple Volunteering areas. Ride to the River is a fun 2-day event that 100% promotes a Cure for MS. It absolutely takes Teamwork and ... You!!

Mark your Calendars and we Hope to see you next Year. BWK

Go PVA Texas



Veterans often wait decades for the VA to acknowledge toxic exposure caused their illnesses, report finds

By LINDA F. HERSEY

STARS AND STRIPES • September 18, 2024

WASHINGTON — It takes more than 30 years on average after a service member is initially exposed to toxins for the Department of Veterans Affairs to acknowledge the illness, leaving tens of thousands of veterans waiting decades to receive compensation and health care, according to a new analysis. The Disabled American Veterans and the Military Officers Association of America released a report Wednesday that examined the reasons for prolonged delays by the VA in awarding disability benefits and offered recommendations for Congress to shorten the time that it takes to assist veterans exposed to toxins. The analysis found veterans who have experienced toxic exposures have extremely long waits to get a determination from the VA of a presumptive service connection for their illnesses and injuries. “There has been no change to my situation,” said Mark T. Jackson, a former Army staff sergeant, who served at Karshi-Khanabad Air Base in Uzbekistan in 2003 and 2004. Jackson, 47, said he has been trying for more than a decade to have the VA acknowledge that his health problems are related to toxic exposures from radiation, caches of chemical weapons and jet fuel at the former Soviet base. Jackson has severe osteoporosis, anemia and a thyroid that quit functioning shortly after he left military service. He suffers frequent unexplained infections that require hospitalization. But he has only received benefits for his thyroid condition, which means he must cover the medical costs for his other conditions — either out of pocket or through private insurance. “The onus is on me to prove everything,” Jackson said about his attempts to receive VA health care and disability compensation for medical conditions that he believes are related to toxic exposures at K2. The VA, on average, takes 31 years to acknowledge a toxic exposure after the first incidence, according to the report. Presumptive service connections are established, on average, 34 years after the first exposures occurred. Presumption is a legal term for the link between a veteran’s health condition and military service. Affected veterans often can access benefits more quickly when medical conditions are presumed to be connected to their military service.

“This analysis validated what we thought — that it takes decades to establish presumptives,” Peter Dickinson, senior executive adviser at the DAV, said about findings in the report. Veterans with toxic exposures often don’t develop illnesses until years later, which makes it difficult to prove a connection to military service and contributes to the delays, according to the report. Veterans also tend to have a harder time obtaining evidence to support their claim of toxic exposure because they might not have known at the time that they were being exposed to hazardous materials or their health problems were related to it. In addition, the analysis found policymakers “typically wait decades before establishing toxic-exposure presumptive service connections” because of evidence and information that is missing or incomplete. The report, which is titled “Ending the Wait for Toxic Exposed Veterans,” offers recommendations for overcoming delays in connecting a toxic exposure to a service member’s illness. Congress needs to establish deadlines and greater oversight for evaluating sites that might contain toxic materials, confirming service members were exposed to toxins, and establishing presumptive service connections for VA benefits, the report said. “Each of these steps would be linked through a series of timelines, triggers, thresholds and deadlines, all based on well-grounded research and analysis,” the report said. Congress also must invest more in research on how toxic exposures and environmental hazards impact veterans’ health.

The report described how it took decades for the military and VA to recognize the cancers and other diseases that Vietnam veterans later developed were connected to exposure to Agent Orange and other herbicides sprayed in Vietnamese jungles during the war. “Although the Department of Defense was known to have used dangerous chemicals that service members were exposed to during the war, it took years for these men and women to develop cancers and other debilitating conditions that they believed were caused by Agent Orange exposure,” according to the report. The VA has acknowledged 30 toxic exposures since World War I. About half of the exposures are now considered presumptive when awarding benefits. Once a presumptive service connection is established, veterans can file claims for benefits for diseases and disabilities identified as resulting from the toxic exposure. They do not have to prove their illness was caused by the exposures. Other toxic exposures connected to veterans’ illnesses and injuries have included radiation exposure from atomic testing in World War II, water contamination at Camp LeJeune in North Carolina and toxic fumes from sandstorms, burn pits and other airborne hazards in the Middle East and Afghanistan. “As soon as there is any awareness [of a toxic exposure], there needs to be an acknowledgement of it by the federal government. There is no formal requirement now about when that should take place,” Dickinson said.

LINDA F. HERSEY Linda F. Hersey is a veterans reporter based in Washington, D.C. She previously covered the Navy and Marine Corps at Inside Washington Publishers. She also was a government reporter at the Fairbanks Daily News-Miner in Alaska, where she reported on the military, economy and congressional delegation.

## Winter Sports Clinic 2025

Registration for the Winter Sports Clinic is open and the deadline is November 30. The application must be completed and all documents submitted prior to the deadline, including the Medical/Physical Exam Form. Please submit a Funding Request Form if you are requesting funding.





**Lone Star Paralysis Foundation has all kinds of great stuff going on in the Austin area! Call or email Ryan for more info.**

**Weekly Programs:**

Archery - Mondays/Thursdays 6pm @ Austin Archery club or Hill Country Bowhunters in Liberty Hill

Wheelchair basketball w/ the Austin Rec'ers - Tuesdays

Handcycling - Wednesdays 7pm @ Austin Tennis Center

**Upcoming Events:**

September 8-10th - Dove Hunt in Albany, TX. Staying at Lazy Creek Lodge (one spot left as of writing this email, hurry)

December 1-3rd - Camping at Inks Lake State Park! Bring on the cold air, we'll be prepared

December 10-12th - Pheasant hunt in Perryton, TX

\*Our Monday evening adaptive paddling outings will resume in the very near future and those times will be updated. We plan to have another paddling trip down the Colorado in the fall so keep a lookout for that!

As always, if you have any questions or concerns or hesitations please feel free to give me a call

**Ryan Sproull**

**Director of Outdoor Recreation**

**Lone Star Paralysis Foundation**

**512 484 3683**

**[doors.lonestar@gmail.com](mailto:doors.lonestar@gmail.com)**

**[lonestarparalysis.org](http://lonestarparalysis.org)**



# TRPS Adaptive Boxing Clinic

Led by  
Eric Morante



**Second Tuesday of  
each month... October  
10th, November 14th  
and December 12th**



**11:30 to 12:30pm  
Max of 15 people  
Email Jenn at  
jcweatherford10@gmail.com to  
register**

**Randazzo Boxing Gym  
12806 Nacogdoches Rd.  
San Antonio, Tx 78217**

## CLASSIFIEDS / SERVICES / ANNOUNCEMENTS ADVERTISE WITH THE SPEEDY GAZETTE!

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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

Please call 1-800-933-4261 or 713-520-8782 (EXT. 4) to place a Display Advertisement or Classified Advertisement and watch your business get noticed!

Wheelchair football will be on Wednesday nights from 6:30-8:30 at Morgan's Wonderland Sports Complex on September 6th. This sport will be from September- December.

Wheelchair Soccer will start on 14 Aug. At Morgan's Wonderland!! Monday nights from 6-8:30

Point of contact

Merritte,Nakia  
merritte101@gmail.com  
931-237-2039

Are you interested in helping those new to SCI/D adjust to their new reality?

We are looking to start a pilot peer mentoring program virtually to connect new SCI/D veterans with other veterans who have personal experience with SCI/D. With Covid restrictions, it's difficult for new patients to meet others who have faced similar circumstances. Communication would be via phone, text or zoom. If interested in helping others who are adjusting, please provide your SCI/D condition, sex, age or other demographics. Your information will only be given to veterans who wish to reach out regarding your experience with SCI/D and other questions pertaining to their condition.

# Wheelchair Lacrosse Nationals

Our team had 3 vets  
Myself (Sean Nguyen)  
Victor Ventura  
Mo Davis



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- Eliminate sleep deprivation
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**LATERAL ROTATION**



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WEB: [WWW.PRO-BED.COM](http://WWW.PRO-BED.COM)



**PRO BED**  
Medical USA Inc.

# Become A Donor

*Annual contributions for  
2024-2025 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



## ***2024-2025 DONOR CLUB as of November 2024***

**Platinum:** Wayne & Joann Moore Charitable Foundation, Michael R & Annabel C Wheeler, Branding Hearts Home Health, & Bighorn Services LLC.

**Titanium:** Maxwell Medical Services Inc, & CFC TASC.

**Gold:** Brian & Stephanie Rokyta, & Mary Slaughter..

**Silver:** Gilbert Koehler, Summer Chesson, Carole Ryan, Teresa Evans, ED Peacher, Leisa Boydston, & Frank R Daebelliehn.

**Bronze:** America's Charities, Douglas Howell, Tym & Gerry Kelley Charitable Fund, Brandy Sausse, Lisa Clark, Diane Green, Judith A Oliver, Robin Allshouse, Jeanne Phelps, Barbara McDonald, Nishidha Kumaresan, Juana Pagel, Elizabeth Pena, & UK Online Giving Foundation.



# Program of Comprehensive Assistance for Family Caregivers

By John Allen, SBA

A family caregiver is a person who provides any type of physical and/or emotional care for an ill or disabled loved one at home. Loved ones in need of care include those suffering from a physical or mental illness, disability, or other condition. In most cases, the primary caregiver is a spouse, partner, parent or adult child. Caregivers often take on the responsibilities of the patient while still providing for themselves and other family members.

The Program of Comprehensive Assistance for Family Caregivers, allows Family Caregivers provide crucial support in caring for Veterans to enhance the health and well-being of veterans in a home environment.

To be eligible for the Program of Comprehensive Assistance for Family Caregivers, Veterans must first be enrolled for VA health services, if not enrolled previously. The veteran must need personal care services because of an inability to perform one or more activities of daily living and/or need supervision or protection based on symptoms or residuals of neurological impairment or injury, traumatic brain injury, psychological trauma or other mental disorder-incurred or aggravated in the line of duty. As of October 1, 2022, this program is now open to family caregivers of eligible Veterans of all eras. This includes eligible Veterans who served after May 7, 1975, and before September 11, 2001. So, Family caregivers of eligible Veterans of all eras can now apply.

The Veteran can appoint 1 Primary Family Caregiver (the main caregiver), and up to 2 Secondary Family Caregivers (people who serve as backup support to the primary caregiver when needed) Eligible Primary and Secondary Family Caregivers can receive Caregiver education and training, Mental health counseling, Travel, lodging, and financial assistance when traveling with the Veteran to receive care. Eligible Primary Family Caregivers may also receive a monthly stipend (payment), Access to health care benefits through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)—if you don't already qualify for care or services under another health care plan, and Respite Care (not less than 30 days per year).

Eligibility requirements for the family caregiver:

- You must be at least 18 years old. And at least one of these must be true for you:
- You're a spouse, son, daughter, parent, stepfamily member, or extended family member of the Veteran, or
- You live full time with the Veteran, or you're willing to live full time with the Veteran if we designate you as a family caregiver

Eligibility requirements for the Veteran All of these must be true for the Veteran you're caring for:

- The Veteran has a VA disability rating (individual or combined) of 70% or higher, and
- The Veteran was discharged from the U.S. military or has a date of medical discharge, and
- The Veteran needs at least 6 months of continuous, in-person personal care services

If you think you meet the requirements for this benefit. The veteran and caregiver will need to apply together and participate in an application process to determine the Veterans eligibility for the Program of Comprehensive Assistance for Family Caregivers. You'll both need to sign and date the application, and answer all questions for your role. Each time the Veteran wants to add a new family caregiver, the Veteran and the new caregiver will need to submit a new application. Remember, there can only be 1 Primary and up to 2 Secondary Family Caregivers designated at any one time. You may online or complete a VAF 10-10G and mail to Health Eligibility Center **or carry the completed form to your local VA medical center's Caregiver Support Coordinator.**

Additional application assistance can be found via phone at 1-877-222 VETS (8387).

# Free Scuba Training for Service Connected Veterans

I am a 100% service-connected veteran and am 77 years old. My granddaughter (16 years old) and I are participating in the WAVES certification program for open-water scuba diving. We travel to Temecula for that program. The staff at WAVES have been highly supportive. And if my granddaughter and I can get certified, anyone can. After certification, we will have the opportunity to take other classes that lead to advanced certifications.

The WAVES Project is a 501c(3) non-profit program. The WAVES' mission is to share the benefits of scuba diving with veterans with service-connected disabilities. These disabilities include but are not limited to amputations, spinal cord injuries, neurological issues, PTSD, etc. WAVES' main office is in Temecula, California. But they have programs in Texas and Florida. They train not only the veteran but the veteran's companion as well.

There is a whole beautiful underwater world out there that is beyond belief. What an adventure for a veteran who has a service-connected disability. And there are physically therapeutic advantages to diving as well.

I am confident that many service-connected veterans need to be aware of this program. Veterans would have to travel to California, Texas, or Florida sites for training.

If you have any questions, please email Todd Thompson at [todd@wavesproject.org](mailto:todd@wavesproject.org). You may also visit <https://www.wavesproject.org/> for more information.

I have also attached some more information concerning WAVES. Please post these in your facilities.

Thank you,  
Bob Young.

Robert S. Young  
[rsyoung8@gmail.com](mailto:rsyoung8@gmail.com)  
360-320-5001

GRATITUDE is about the FUTURE!



## OUR MISSION

Sharing the therapeutic benefits of water with veterans who have service connected injuries, such as, amputations, spinal cord, neurological & PTSD. Using the platform of SCUBA diving we provide adaptive training, associated activities and mission oriented diving opportunities that build confidence, camaraderie & purpose.

The WAVES Project is a 501c (3) Non-Profit and has been established to provide an opportunity for American Veterans with service connected injuries and their families to experience the benefits of scuba diving. Once a qualified veteran is enrolled in to our program, they're encouraged to bring along a companion, this can be any family member or friend. Our programs are offered to the veteran and their companion at no cost to them.

For more information visit: <https://www.wavesproject.org/>



HEAR WHAT OUR VETERANS ARE SAYING:

“WAVES PROJECT is the first thing I’ve been excited about since joining the service. I had no interest in life, had contemplated suicide, the only thing I had to live for was my daughters. Since WAVES, I have felt like I had a purpose.”

“Diving has been an incredible experience, and the first time in years I have felt peace. The camaraderie with other veterans gives me a sense of community I haven’t had since the military.”

“My first year with WAVES has been the best year of my life since leaving the military. I’ve had personal growth, adventure and made new friends”

TO LEARN MORE ABOUT WAVES PROJECT:  
PLEASE CALL 951.308.0049  
OR VISIT WAVESPROJECT.ORG



WAVES PROJECT works with all types of injuries including PTSD, Anxiety, Brain Injury, Paralysis and Amputations.



DISCOVER  
OUR UNDERWATER WORLD

RECOVER  
THROUGH ADVENTURE

REBUILD  
FAMILIES AND RELATIONSHIPS

wavesproject.org

SUPPORT OUR VETERANS BY BECOMING A:  
**PATRIOT PARTNER**  
YOUR DONATION WILL SUPPORT:

**OPEN WATER DIVE TRAINING**

Research shows regular diving can reduce symptoms of Post-Traumatic Stress and Anxiety Disorders for up to 6 weeks. Your donation will provide dive training for our wounded veterans.



**MISSION ORIENTED DIVE TRIPS**

Giving our veterans a challenge helps retain their recovery by working with the National Park Service. Veterans experience great satisfaction when they take part in these public service projects.





## PVA Texas Sporting Clays News

Meet two new PVA Texas members to join our Shotgun Sports program.

During Doug's (Navy) treatment at ALMVA he joined the Chapter and now enjoys Fishing, Hunting and all Shot Gun Sports.

"Scottie" (AF) has returned to our Chapters Functions i.e.: Sporting Clays after a 7-year Hiatus.

Luckily they both joined in time for the 2024 National Sporting Clay Championships in San Antonio Tx. Their timing and participation has helped us 100% fill our 3 PVAT Teams registered at this year's Competition.

You can meet them while shooting or at our Membership Meetings.





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[info@wecareprovidersvcs.com](mailto:info@wecareprovidersvcs.com)



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 \$3,000 per month  
 to help offset the  
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**OUR MISSION**

To provide our clients with exceptional Home care services and achieve the wellness they deserve. With us, we ensure around-the-clock services and supervision to help you achieve optimum health and wellness.

**OUR STORY**

We proudly provide non-medical home care services to individuals with disabilities, injuries, difficulties with mobility or illnesses.



**OUR SERVICES**

Live-in Care  
 Personal Hygiene  
 Dementia Care  
 Companionship  
 Veterans Care  
 Personal Care  
 Respite Care  
 Mobility Assistance  
 Daily Activities  
 ALS

**OUR SERVICES**

Housekeeping  
 Laundry  
 Bathing/Dressing  
 Wheelchair Transfers  
 Grocery Shopping  
 Errands  
 Meal Preparation  
 Medication Reminders  
 Incontinence  
 Toileting



# PVA Texas Adaptive Cycling

## 2024 Conquer the Coast- Corpus Christi Tx.

This unique Cycling Event welcomes ALL Cyclist to include Recumbent and Handcyclist (with or w/o power) to ride around the beautiful Corpus Christi Bay. There is an 5K, 20 mile or 66 mile routes to choice from. The routes are well marked and fully supported by Texas A&M, Corpus Parks and Rec, N.A.S. and the local Police Departments.

This Sept - at another beautiful Texas Sunrise, PVAT Members along with other Adaptive Cyclist meet up at the "Start Line" to hash out last min support issues. After starting and finishing at WhataBurger Field; Family Members and Cyclist joined together to celebrate a successful & safe Ride. This is a wonderful way to enjoy a weekend at the Bay.

\*NOTE: There is discounted early registration. \*also a DV/Vet discount code (\*by written request only).



# Jack Sanders Banquet 2024- San Antonio



Master of Ceremonies- Greg Treacy,  
Senior NSO Houston VA



San Antonio Volunteer of the Year-  
Bruce Kuker



Houston Volunteer of the Year-  
Carmen Gonzalez



Spirit of the Games- Toai Nolan



Excellence Award- Joe Bludeau



President's Award-  
Carmen Gonzalez



Jack Sanders 2024 Award Winners



Jack Sanders Award-  
Marco De La Rosa



Presentation of the Flags-  
VGW Post 76 SATX



Guest Speaker-  
Jay Johnson



## 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](http://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.

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Veterans can  
get an iBOT®  
through their  
local VA!



Discuss the  
iBOT® at your  
next mobility  
consultation at  
the VA!

To learn more about the iBOT® scan the QR code  
Or call us at **1-833-346-4268**

Please mention you saw this in your local PVA Chapter's Newsletter

[info@mobiusmobility.com](mailto:info@mobiusmobility.com) [mobiusmobility.com](http://mobiusmobility.com) **1-833-346-4268**



# Coffee Tuesdays



## Coffee Tuesdays

Coffee & Pastries provided

**Every Tuesday @ 9 am -11:15 am**

SCI Rec Therapy Room

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

**TEXAS**  
**VETERANS NETWORK**  
POWERED BY COMBINED ARMS

*January - December 2024*

**MONTGOMERY COUNTY VETERAN MOBILE FOOD PANTRY**

**The Ark Church**  
**Secondary Parking Lot**  
**450 Humble Tank Rd,**  
**Conroe, TX 77304**

**VETERANS & SERVICE MEMBERS**  
 Join us and receive food for you and your family and get connected to loads of resources!!

To register visit: [www.combinedarms.us/mocofoodpantry](http://www.combinedarms.us/mocofoodpantry)  
 or

SCAN TO REGISTER



**EVERY 3RD THURSDAY OF THE MONTH 4p-6p**

**IN NEED OF RESOURCES NOW OR HAVE QUESTIONS? CALL US! 1-844-489-8387**

*These institutions are equal opportunity providers*

**Veterans Crisis Line**  
 DIAL 988 then **PRESS 1**

**MENU**

How We Help ▾

Signs of Crisis

Resources and Support ▾

About ▾

**Dial 988 then Press 1**

**Chat**

**Text**

**FIND SUPPORT**

Benefits Helpline: 1-866-734-0857

Veterans Crisis Hotline: 988 , Press 1

Women Veterans Hotline: 1-855-829-6636

Caregiver Support: 1-855-260-3274

Donor Hotline: 1-800-555-9140

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**Help Starts Here**



**Call  2-1-1**  
**Free • Confidential • 24/7**

**Serving the following counties:**  
 Atascosa | Bandera | Bexar | Comal  
 Frio | Gillespie | Guadalupe | Karnes  
 Kendall | Kerr | Medina | Wilson

2-1-1 Texas/United Way Help Line is a public/private partnership between the Texas Health and Human Services Commission and United Way of San Antonio and Bexar Counties.

**If you or someone you know needs:**

- Food
- Clothing
- Health care
- Employment
- Child care
- Elder care
- Utility/bill assistance
- Counseling/mental health
- Adult literacy
- Drug treatment
- or many other services

**Call 2-1-1 or 210.227.4357**



Texas Chapter



## Request for Event funding from TPVA

P.O. Box 989  
Crosby, TX 77532  
Fax 713-520-8217

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

# 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](mailto: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.

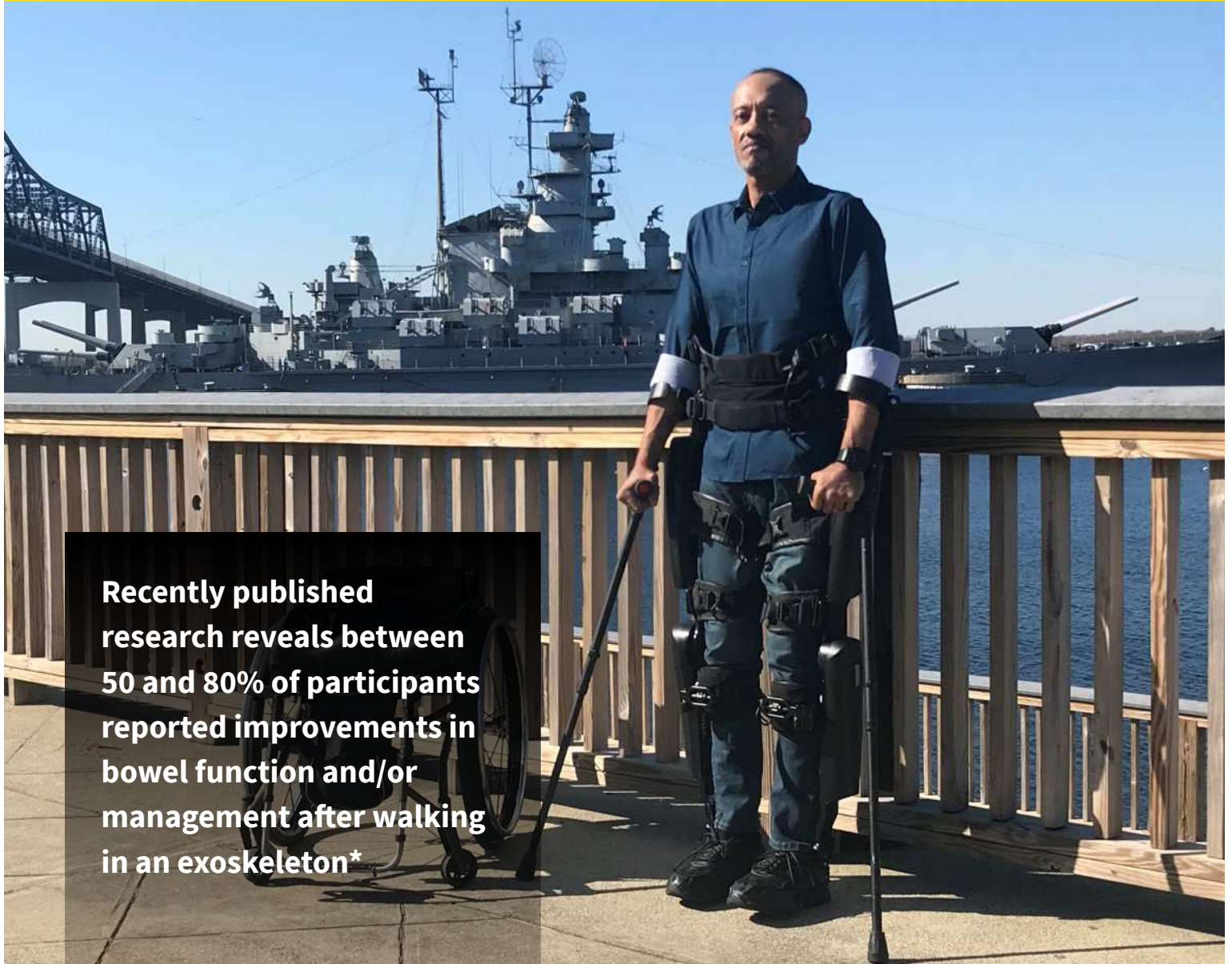


**Are You Interested?**

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

## Want To Improve Your Bowel Function?



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

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

**Contact ReWalk for more Information:  
[rewalk.com/contact](https://rewalk.com/contact) or  
508.251.1154 option 2**

# Empowering Veterans with reduced grip strength

Carbonhand is a 3-finger glove, with state-of-the-art technology using embedded pressure sensors and artificial tendons to enhance the grip.

For veterans with grip deficiencies due to neurological or orthopedic issues.



Scan here to learn more and to see if Carbohand can assist you

[www.bioservo.com/us/carbohand](http://www.bioservo.com/us/carbohand)

Scan to see one Veteran's experience: What would Carbonhand® do for your daily living? "It would change my life"



Your Texas VA Contact:  
[info@regulusmedconsultants.com](mailto:info@regulusmedconsultants.com) or 210-701-0844

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

San Antonio, TX 78229

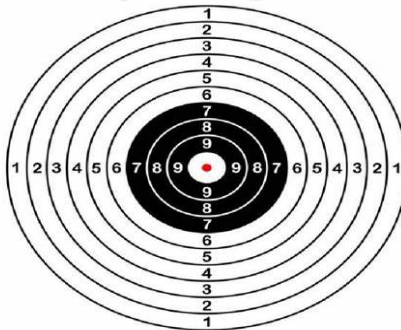


## SCI RECREATION THERAPY

# 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

## 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 Outpatient 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](mailto: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

Paralyzed Veterans of America  
Texas Chapter  
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99476



**Paralyzed Veterans  
of America**  
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**Turn Your Used Vehicle Into Support  
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We'll use the proceeds from the sale of your car,  
truck, RV or boat to change lives and build brighter  
futures for our seriously injured heroes.

To learn more, call or visit us online:  
**877-900-VETS | [pva.careasy.org](http://pva.careasy.org)**