

Speedy Gazette

"Improving Lives... Building Futures"



PVA

Paralyzed Veterans of America

Texas Chapter

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Aug - Sept - Oct - 2025

★ ★ ★ ★ ★
VETERANS DAY
★
HONORING ALL WHO SERVED





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Hello Texas Chapter Members and Friends,

Happy Fall Y'all! Wishing everyone a nice Veterans Day and Happy Thanksgiving! We have some volunteer opportunities to assist with the Thanksgiving and Christmas Luncheons. We also need volunteers to help us with Christmas shopping for the in-patients in Houston and San Antonio SCI units.

Below are Veteran, Elderly, Disabled Related Bills Results from 4 Nov 25 Propositions to TX Constitution:

From the KVUE 5 Nov 25 report.

Proposition 7 (HJR 133): Tax exemption for veterans' spouses (For 87% Against 13%)

The ballot language: "The constitutional amendment authorizing the legislature to provide for an exemption from ad valorem taxation of all or part of the market value of the residence homestead of the surviving spouse of a veteran who died as a result of a condition or disease that is presumed under federal law to have been service-connected."

What it means: This change would allow state lawmakers to give property tax breaks on homes to the un-remarried spouses of U.S. veterans who the federal government determined died in connection to their service. State Rep. Chris Turner, D-Grand Prairie, said during legislative discussions that the change is meant to align Texas with a more recent federal law that expanded benefits for veterans exposed to toxic substances during their service.

Proposition 11 (SJR 85): School tax exemption for the elderly or disabled homeowners (For 78% Against 22%)

The ballot language: "The constitutional amendment authorizing the legislature to increase the amount of the exemption from ad valorem taxation by a school district of the market value of the residence homestead of a person who is elderly or disabled."

What it means: This constitutional amendment would allow the state to raise a homestead exemption, a discount on school property taxes that lowers how much of a home's value can be taxed to pay for public schools. The increased exemption would shave off \$60,000 from the taxable value of elderly or disabled Texans' homes, rather than just \$10,000 under the current exemption.

Coupled with another homestead exemption generally available to Texas homeowners, which lawmakers are also asking voters to increase to \$140,000 through another ballot proposition, elderly or disabled Texans could get homestead exemptions of up to \$200,000 if the other proposition is also approved by voters.

If the increased exemption for elderly or disabled homeowners is approved by voters, the state would have to help pay for revenue school districts lose. That could cost the state more than \$1.2 billion in general revenue for the next two fiscal years and upwards of \$477 million annually after that, according to a fiscal note from the state's Legislative Budget Board. Recapture payments, or the tax revenue that school districts with higher property values send back to the state to help fund poorer school districts, would also go down.

Proposition 13 (SJR 2): Increased school tax exemption for homeowners (For 79% Against 21%)

The ballot language: "The constitutional amendment to increase the amount of the exemption of residence homesteads from ad valorem taxation by a school district from \$100,000 to \$140,000."

What it means: This constitutional amendment would allow Texans who own their home to see a boost in the state's homestead exemption, or the slice of a home's value that can't be taxed to pay for public schools. The proposal would shave off \$140,000 off the taxable value of the home, instead of the current \$100,000.

The owner of a typical Texas home — valued at \$302,000 last year, according to Zillow — would have saved about \$490 on their school property taxes had the higher exemption been in place last year, a Tribune calculation shows. Those savings result from a combination of the increased homestead exemption and cuts to school tax rates in the state's upcoming two-year budget.

Accompanying legislation would put the state on the hook for the revenue school districts lose if the increased exemption passes. That's estimated to cost the state more than \$2.7 billion in general revenue for the 2026-2027 budget cycle and more than \$1 billion annually after that, according to the fiscal note for the accompanying school finance legislation. Recapture payments, or the tax revenue that school districts with higher property values send back to the state to help fund poorer school districts, would also go down.

From Setbacks to Service: Nate Turner's Journey of Faith and Perseverance

In a world where challenges can feel insurmountable, the story of Nathan "Nate" Turner stands as a powerful testament to the transformative power of perseverance, faith, and an unwavering belief that every setback can become a setup for something greater. His journey from a small-town police officer to a respected educator and state-level safety expert illustrates how God's plan often unfolds through our most difficult moments.

Nate's story of service began in 2001 when he left his position as a senior patrol officer with the Lake Jackson Police Department to answer a higher calling. Despite already holding a Bachelor's Degree in Criminal Justice, he chose to enlist in the U.S. Army as a Counterintelligence Special Agent, determined to serve his country in the wake of September 11th. His original flight to Fort Jackson was delayed due to the terrorist attacks—a small sign of how his path would be marked by unexpected turns that would ultimately serve a greater purpose.

Stationed at Fort Lewis, Washington, with C Troop, 1-14 Cavalry, 3rd Brigade, 2nd Infantry Division, Nate served with distinction, including a tour in support of Operation Iraqi Freedom in 2004. However, in October 2005, during a live fire exercise at Fort Bliss, tragedy struck. A friendly fire incident left Nate with a career-ending gunshot wound to his dominant right hand. Multiple surgeries followed, leaving him with limited range of motion, weakened grip strength, chronic pain, and arthritis.

For many, this would have been the end of the story. Nate faced the reality that both his military and law enforcement careers were over. But rather than surrender to despair, he chose to persevere, trusting that this setback was part of a larger plan he couldn't yet see.

While on terminal leave awaiting his honorable medical discharge in January 2007, Nate began substitute teaching in Texas Hill Country school districts. What started as a temporary solution quickly revealed itself as a calling. Marble Falls ISD recognized his potential and recruited him as a full-time teacher aide for their middle school BEST program, working with emotionally disturbed students.

Here, Nate discovered something remarkable: his military experience, combined with his natural ability to connect with young people, made him uniquely qualified to mentor students facing their own challenges. He immediately began working with a young man who needed a strong mentor, demonstrating the same dedication to service that had marked his military career.

Refusing to settle for just getting by, Nate enrolled in iTeach Texas, an online alternative teacher certification program, while working full-time. His perseverance paid off when Burnet CISD's athletic director called, offering him a position as a freshman World Geography teacher and assistant football coach. Teaching and coaching quickly became more than a job—they became his passion.

Nate's commitment to growth didn't stop there. In 2009, he began pursuing a Master's Degree in Education Administration from Lamar University, earning both his degree and principal certification by 2010. Each step forward demonstrated his belief that setbacks don't define us—our response to them does.

Just as Nate was hitting his stride as an educator, life delivered its most devastating blow. On a Sunday afternoon in 2012, two days before the start of the school year, Nate was enjoying a family birthday celebration at their lake house. A swing he had constructed over Lake LBJ—one he had used safely many times before—failed catastrophically.

The fall crushed his L-1 vertebrae and damaged his spinal cord. Doctors warned his family he might never walk again. For a man who had been a four-sport varsity letterman in high school, a two-sport collegiate athlete, and was still competing as a semi-professional football player, this news was devastating.

But Nate's response to this crisis revealed the depth of his character. Instead of asking "Why me?" he asked "What now?" During his three-and-a-half weeks at St. David's Rehabilitation Hospital, supported by family who refused to leave him alone, Nate grieved his losses but also prayed for God to show him a new path.

His first attempt to stand lasted only five seconds, but it was enough to begin a journey that would astound medical professionals. Within three weeks, Nate had accomplished what typically takes patients with his injuries six months or more. His neurosurgeon called it a "miracle," and when Nate walked into her office for his follow-up appointment to present her with flowers, tears filled her eyes.

Returning to work in a limited capacity for the spring 2013 semester, Nate often taught from his wheelchair but pushed himself to stand and walk whenever possible. Though he could no longer coach in the same capacity, he found new ways to contribute—working with the high school kicker and punter, serving as PA announcer for varsity baseball games.

His determination to reclaim aspects of his former life led him back to the golf course.

With leg and foot braces that were extremely uncomfortable but provided better balance, Nate discovered something unexpected: his terrible slice had vanished. When

he made solid contact, his ball flew straight and true—something he'd never achieved consistently before his injury. Even in limitation, God was revealing new gifts.

During speaking engagements at local schools, Nate shared the keys to his recovery: the right attitude, family support, faith in God, and perseverance through tough times. He encouraged students to look to these same foundations when facing their own challenges.

After their son, Trevor, graduated high school, Nate and Emily returned to their hometown, both taking administrative roles with Brazosport ISD. Despite being 100% service-connected disabled from his military injuries, and dealing with the ongoing effects of his spinal cord injury, Nate continued to excel in leadership roles.

A routine visit to the Michael E. DeBakey VAMC in Houston opened new doors when Nate discovered the VA's Spinal Cord Injury clinic. Through this connection, he joined the Texas Chapter of Paralyzed Veterans of America (PVA), which introduced him to recumbent cycling, hunting and fishing opportunities, and other engaging activities like the National Disabled Veterans Winter Sports Clinic.

Each new opportunity reinforced a crucial truth: limitations don't have to limit impact. Nate's daily reality included constant pain—his back always hurt from the metal hardware, and his feet caused significant discomfort as he learned to balance on his heels, having lost plantar flexion in both feet. Yet he chose to see these challenges as reminders of his purpose rather than reasons to quit.

In 2021, a call from his sister led Nate and Emily to Pecos, Texas, where he became Safety & Security Coordinator for Pecos-Barstow-Toyah ISD. His military background, combined with his educational experience and personal understanding of overcoming adversity, made him uniquely qualified for this role.

Nate's curiosity about the Texas School Safety Center led him to research their staff and discover job openings. When he found the Associate Director of School Safety Readiness position, Emily's response was immediate: "You can not not apply." Despite his hesitation about leaving a role he enjoyed, Nate trusted the process.

His appointment came just days before the tragic shooting at Robb Elementary in Uvalde. When the TxSSC Director called to confirm his continued interest, Nate's response was immediate: "Yes, now more than ever." The tragedy had transformed the role's requirements, but Nate understood that his unique combination of military service, educational leadership, and personal resilience had prepared him for exactly this moment.

During his two years as Associate Director, Nate was instrumental in creating the Intruder Detection Audits mandated by the Governor for all Texas schools. He drafted plans for additional safety measures that were ultimately adopted by the Texas Education Agency and became the foundation for the District Vulnerability Assessment now required statewide.

After recognizing the toll the high-stress position was taking on his mental health and marriage, Nate made the difficult decision to resign from the TxSSC. This decision required the same faith that had carried him through previous transitions—trusting that stepping back was part of moving forward.

His return to PBTISD as an Assistant Principal, and eventually back to his original role as Director of Safety & Security, completed a circle that demonstrated how God's plan often involves returning to familiar places with new wisdom and experience.

Nate Turner's journey offers several powerful lessons for anyone facing seemingly insurmountable challenges:

Setbacks Are Setups: Every career-ending injury, every moment of doubt, every closed door became preparation for the next opportunity. Nate's military injury prepared him for education; his spinal cord injury deepened his empathy and resilience; his educational experience prepared him for state-level safety leadership.

Service Transcends Circumstances: Whether as a patrol officer, soldier, teacher, coach, or safety director, Nate consistently chose to serve others regardless of his personal limitations. His focus remained on contribution rather than compensation.

Faith Provides Foundation: Throughout every challenge, Nate's faith provided the foundation for perseverance. Rather than questioning God's plan, he trusted it, even when he couldn't see the destination.

Family and Community Matter: From Emily's unwavering support to his family's hospital vigil to his sister's job referrals, Nate's story illustrates how we're not meant to face challenges alone.

Growth Requires Discomfort: Nate consistently chose the harder path—additional education, new roles, uncomfortable braces, painful physical therapy—because he understood that growth happens outside our comfort zones.

Today, Nate Turner stands as a walking miracle—literally and figuratively. His journey from a small-town police officer through military service, devastating injuries, educational leadership, and state-level impact demonstrates that God's plan often unfolds through our most difficult moments.

For veterans struggling with service-connected injuries, for educators facing overwhelming challenges, for anyone who feels their circumstances have disqualified them from their dreams, Nate's story offers this truth: your setbacks are not your story's end—they're the setup for your greatest impact.

Every morning, despite constant pain and physical limitations, Nate chooses to get up and push through because he believes there's a reason he's still here. His life exemplifies the truth that when we align our perseverance with faith, when we choose service over self-pity, and when we trust God's timing over our own understanding, we become living testimonies to the power of hope.

Nate Turner's story reminds us that we don't have to be perfect to be used powerfully, we don't have to be whole to help others heal, and we don't have to see the entire staircase to take the next step. Sometimes, the very thing that breaks us becomes the foundation for breaking through to our greatest purpose.



Nate Turner at the NDVWSC, April 2024



2025 PROSPECTUS

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Texas PVA Achieves Outstanding Success at the 2025 National Veterans Wheelchair Games

The Texas Paralyzed Veterans of America (PVA) proudly showcased the dedication, resilience, and talent of its athletes at the 2025 National Veterans Wheelchair Games, earning an impressive 34 gold medals, 21 silver medals, and 11 bronze medals. These achievements reflect months of rigorous training, exceptional teamwork, and the unwavering determination of our members.

This year's Games were particularly inspiring, as we welcomed a new wave of wheelchair athletes whose enthusiasm and commitment have strengthened our team's spirit. Their participation is a reminder that new beginnings can emerge from even the most challenging circumstances.

Reflecting on my own journey following a life-changing injury in 1995, I recall the uncertainty of the future and the thought, 'What now? My life is over.' At that time, returning to competitive sport seemed impossible. Today, I stand as living proof that with support, perseverance, and community, a new path forward is always possible.

We are privileged to have a remarkable support network, including Recreational Therapists Joel Caltrider and Cheryl Kelley, whose tireless dedication and care uplift our athletes. Coach Jose Laguna is also a constant source of motivation, bringing both expertise and an infectious positive spirit that keeps our team focused and energized.

Our novice athletes achieved exceptional results at this year's Games: - Roy Rangel – 2 Gold, 1 Silver - Doug Reeves – 1 Gold, 1 Silver - Jeff Brackett (U.S. Marine Corps veteran) – 4 Gold, 1 Silver

Brackett, introduced to air rifle by Cheryl Kelley and Coach Laguna, also competed in bowling. His proud display of medals was a sight to behold — one that would make even Mr. T take notice.

Doug Reeves, a recently injured U.S. Navy veteran, began air rifle training last year under the guidance of Joel Caltrider. His consistent attendance at Friday morning practices has been a model of commitment. At the 2025 Games, Reeves earned a gold medal with a score of 548.8, sharing that the sport rekindles fond memories of target shooting in open fields during his youth. Today, it provides him with an opportunity to connect with fellow veterans while engaging in healthy, competitive activity.

On behalf of all our disabled veterans, I extend heartfelt gratitude to the National PVA and our Texas PVA for their steadfast support. Special recognition goes to Amanda Sounder, Bruce Kukal, Jose Laguna, Joel Caltrider, and Cheryl Kelley — your contributions have been instrumental in making these accomplishments possible.

From all of us at Texas PVA, thank you for helping us prove that determination has no limits and that the competitive spirit thrives at every stage of life.

– Toai Nolan



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!

Kountze Deer Hunt

Our friends over at Indian Springs Campground and RV Park are working on their Annual Deer Hunt for Texas PVA. The hunt will take place October 31st - November 2nd. We are putting together a preliminary list of attendees. Please let us know if you would like to participate and if you will be bringing a caregiver.

There may also be an opportunity to hunt at a high fence ranch nearby.

More details will be coming soon.

RSVP: 713-520-8782 or email: info@texaspva.org

From our friends over at Family Service Center of Galveston
We are now accepting mental health appointments for veterans, their dependents, and surviving spouses. Appointments can be made by visiting www.fscgal.org or calling 281-576-6366

Representatives and I along with our sister chapter LSPVA, Executive Director Steve Steves were in Washington, DC 9-14 June 2025 discussing the following legislative policies to discuss with Texas Congressional members.

2025 Policy Priorities

1. Protect VA's Specialized Health Care Services
2. Increase Access to Long-Term Services and Support for Veterans with SCI/D
3. Improve Veterans' Financial Security
4. Enhance Access to Health Care Services for Veterans with SCI/D
5. Defend the Freedoms of Veterans with Disabilities

Pictures from the Advocacy Seminar, Washington, DC



Kerry Reyna





WELCOME NEW MEMBERS

Raphael Harris
Kerry West
Rudy Juarez
Nelson Vazquez
Cindy Prestidge
Bruce Brown
Clinton Crumpton

REST IN PEACE



John Bemben
Donald Burton
Edward Miley
Earl Conner
William S. Schreibman
Don Marshall
Leroy Clement

In-Patients at ALMVA received modern Personal Hygiene products to improve moral while receiving care within the SCI Ward. This is a collective effort between the PVAT Volunteers, ALMVA SCI Ward Nurses/Techs & PVA of Texas to provide items on a Quarterly basis. We all strive to continuously improve the Quality of Life of our In-Patients/ Veterans & Members.

* Volunteers are always needed at a local VA near you.



We have a gracious donor who has donated a brand-new Baja Raptor 2 scooter. We will be raffling it off so please let us know if you'd like to put your name in the hat. Please be advised that this is big. It's much larger than a regular scooter.



To enter please respond via email or contact the Chapter office.

713-520-8782



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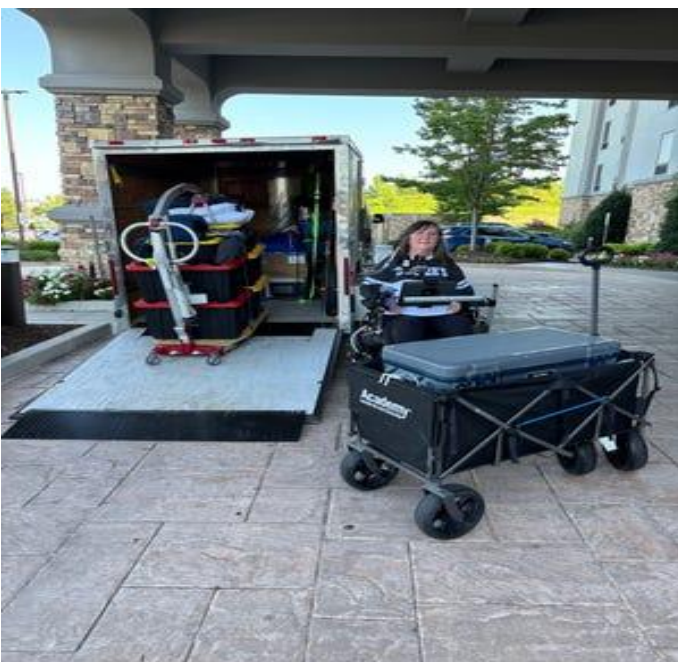
August 2025



See Something Say Something! It has been a month of doing that. Recently, TPVA member and National Vice President Anne Robinson was featured in an on-line article the significant travel challenges she and other members face. The key points of the USA Today article dated 25 July 2025 article included the following:

- Paraplegic and quadriplegic Army veterans face significant travel challenges, especially with air travel and accessible accommodations.
- Airlines are required to accommodate wheelchairs, but paralyzed veterans often experience issues with damaged equipment and unsafe transfers.
- Finding accessible restrooms and lodging with consistent standards remains a major hurdle for wheelchair users.
- Despite these challenges, veterans with disabilities are determined to continue traveling and advocating for improved accessibility.

Robinson travels upwards of 25,000 miles a year, all by land.



Regards, Kerry Reyna

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



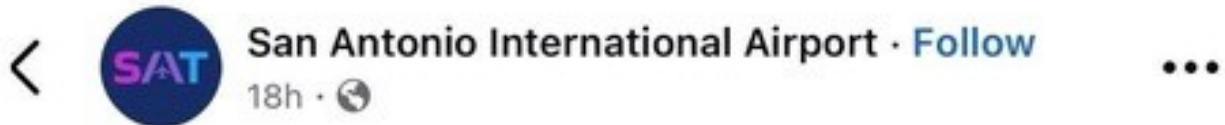
Remove hangers, check the pockets and wash if possible. Don't forget we need shoes, purses, and accessories.

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

Effective November 1, 2025, the San Antonio airport will offer the following special parking privileges to individuals with Texas-registered DV or military specialty license plates. You must enroll in the program to receive parking privileges. Go to FlySATParking.com/DV for additional information or to enroll.

The changes are as follows.

- ★ Complimentary parking up to 30 days in economy lots
- ★ 50% discount in long-term garage
- ★ 25% discount in short-term garage
- ★ Purple Heart and POW parking remains complimentary
- ★ Reservations for all airport parking, excluding valet



To our airport patrons who have served our country, there are upcoming changes to our Disabled Veteran & Military Plates Parking Program that will go into effect November 1, 2025.

The updated program will continue to provide complimentary and discounted parking to individuals with a Texas-registered DV and military specialty license plate. Please note that individuals must be enrolled in the program to receive parking privileges.

We remain committed to providing a first-rate experience to our military community and veterans. Learn more about the program updates and enroll online at FlySATParking.com/DV.



If you're a novice and have never attended the National Veterans Wheelchair Games or Winter Sports Clinic the chapter will provide funding for airfare and a hotel room for you and a guest to attend. Contact the chapter office for more information.

If you're not a novice, 75 volunteer points are required to qualify for funding.



*40th Annual
National Disabled
Veterans Winter
Sports Clinic*



Application Deadline November 30, 2025 (completed application including medical)

<http://www.wintersportsclinic.org>

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
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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

Houston membership forums will take place on the 1st Tuesday of each month at 11 am

Aug - Sept - Oct - Birthdays

Raymond Baxter
Michelle Cwilinski
Marianne Bogel
Khalid Mahdi
Michael Briggs
Stanford Slaton
Chris Ison
Jerry Baker
Bradford Morgan
Randy Pike
Michael Keiser
Nathan Gonzalez
Kendrick Kahler
George Evans
Valerie Valentine
Riley Woods
Candace Caesar
Craig James
Ronald Bruellisauer
Fred Flores
Dianna Lopez
Alan Babin Jr.
Otis Robinson
Chris Post
Courtney Prater
Veronica Kuras
Frankynn Ellis Jr.
Jose Ibarra
John Fraser Jr.
Russell Keith Williams
Bruce Kuker
Daniel Decker
Leah Jasik
Michael Griffin
James Landreneau
Steven Fenton
Guillermo Garcia
Arthur Ricks
Jason Tabansky
Jose Ochoa
Christopher Tiroff
Roy Hayes
Stephen Braccini
Danny Vichensont
Reginald Smith

Ray Gill
Kevin Chandler
Clayborne Harris
Kenneth Wells
Louis Cedillo
Lewis Taylor
gilbert Garcia
Robert Wolf
Kirby King
Issac Hearn
Jimmy Tucker
Joseph Gibson
Summer Hambrick
Truman Fountain
Joseph Miguez
Jimmy Jenkins
William Dietz
Tiffany Johnson
Lee Norsworthy
Hunter Morris
David Cuevas
David Meador
David King
Ray Foster
Armando Atkinson
Rolando Carrizales
Willie Arch Jr.
Miguel Castillo
Billy McCrary
Mark Ascher
Ralph Stewart
Daniel Castillo
David Cooper
Rene Guerrero
Kenneth Gorrell
Charles Todd
Dee Kilpatrick
David Cromwell
Jay Watlington
Mary Ann Alexander
Ris Rollins
Macario Olmos, III
Johnny Kelm
Juan Webber
Gilbert Morgan Jr.

Clint Washington, III
Michael Schacherbauer
Alan Beaty
Robert Lucente
Dallas Chambless
James Czarnecki
Maurice Brunot
Nicholas Martin
David Learned
David Dotson
Albert Blackmon
Julio Garcia
Benjamin Garza
Warrant Goins
Bonnie Karl-Meacham
Gilbert Acosta
Ivan Moya
Alaric Solomon
Ralph Rollins
Steven Lynn
Gregory Estes
James Maddox, Jr.
Quentin Miles
Rashad Shahid
Lloyd Gilmore
Aimee Furr
Nathanael Jackson
Brent Von Aschen
Robert Meaney
William Callahan
David Dillon
David Starritt
John Rimpson
Roger Livingston
Robert Phillips
Richard Neubert
Danny Fleener
Thomas Diaz
William Schreibman
Robert Peck
Marilyn Calloway
Troyon Myree
Scott Pagan
Nook Gustamante
Jennifer Herrera
Bobby Daley

John Brannon
John Haynes
Hope Cooper
Armando Martinez
Vernon Spurlock
Roger Warman
Raymond Fuller
Lonnie Hunter
Charles McCausland
Robert Jones
Edward Mares
Brandon Renfro
Edward Bernd
Carl Brookshire
John Nagel
Kenya Hyatt
Don Brock
Adam Pollock
Michael Watts
Kevin Grace
Jim Castaneda
Joseph Cropprue
Steven Holbert
Elizabeth Inman
Peter Gabriel
James Williams
Irvington Ray
Danixa Vessels
Charlotte Weiss
Ricardo Rodriguez
Greggory Dunham
Audrey Nesbitt
Armando Gonzales
Virgil Moppin
Pierre Broughton
Jeffrey Marlin
John Crawford
Daniel Aguilar
Rob McMichael
Mary Chandler
Ignacio Avalos
Pablo Banuelos
Raphael Harris
Bruce Brown
Houston Thomas

August & Sept Birthday Winners:

Riley Woods	Daniel Castillo
Craig James	Benjamin Garza
John Fraser Jr.	Robert Phillips
Jose Ochoa	Robert Peck
Reginald Smith	Marilyn Calloway

October Birthday Winners:

Steven Holbert
Peter Gabriel
John Crawford
Ignacio Avalos
Scott Pagan

Membership Rewards Program

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

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

Remember if it's your Birthday 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.

Chapter office 713-520-8782 info@texas.pva.org

Bruce Kuker 210-632-0495 bwkuker@gmail.com



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



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

Greetings

Went to the new PVA Board of Directors training in DC. Participated in testimony hearings which PVA President Robert Thomas gave compelling testimony on SCI matters.

All the best,
Kerry



Houston parks and recreation-adaptive division scheduled events

West Gray weekly schedule

Monday

1pm 2pm Boccia

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

Become A Donor

Annual contributions for 2025-2026 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



2025-2026 DONOR CLUB as of October 2025

Platinum: Greater Houston Community Foundation.

Titanium: CFC TASC.

Gold: *Lone Star Chapter PVA, Timothy Crank.*

Silver: Gary Stanley, William Davis, Thomas Thrash, David Hall, Gabriel Fernandez, Scott E & Elisa Caudill, Charles Poole, John Branum, Benjamin Arreguin, Jose Laguna, & Ty Tillman.

Bronze: Summer Chesson, Tym & Gerry Kelley Charitable Fund, Christopher Hagelin, Bruce & Becky Brown, Brandy Sausse, Nishidha Kumaresan, Barbara McDonald, Community Marketing Partnership, Manuel Fustes, Lisa Clark, Judith A Oliver, Jeanne Phelps, Elizabeth Pena, & UK Online Giving Foundation.

PVA - Houston VA Employee of the Year

Heidi Braun, PA-C, Spinal Cord Injury Unit

Congratulations to PA Heidi Braun for being recognized by the Texas Chapter of the Paralyzed Veterans of America (PVA) as the Houston VA Employee of the Year!

PA Braun was recognized by the Veteran Service Organization for her tremendous dedication to clinical care and advocacy for Veterans served by the SCI Care Line. She accepted the award at the organization's annual Jack Sanders Banquet on Oct. 10.

She said she was deeply honored to receive the award and said it is a privilege to care for paralyzed Veterans during the most challenging transitions of their lives, help them regain strength, independence, and confidence through compassionate, team-based care.



“Every day, I am inspired by their resilience and courage. Working at the VA allows me to give back to those who have given so much for our country, and it is truly rewarding to be part of a mission that honors their service while helping them achieve the best possible quality of life.”

Article about Golf Clinic

I would like to share an event I attended on September 7-13.

The event is hosted by Riverside Hotel and Golf Resort in Riverside, Iowa. Golfing is held at various Golf courses in Iowa City area. The National Disabled Veterans Golf Clinic. The program helps to build confidence and a lifelong love of playing golf outside and not just in door putting. In 2026 the event is going to be September 13 to September 18. The application submission is January 26 to March 27 - turn in your application early for a good chance to be admitted. Information about the event can be found at <https://www.veteransgolfclinic.org> In this event there are more volunteers present than athletes.

You are able to take one person with you to be a volunteer "buddy". The buddy places the golf ball on the green, retrieves the ball among other things. Breakfast and dinner are buffet and of course your buddy can help you with the food as well; lunch is boxed meal at the golf club. The clinic provides transportation to/from the airport. The clinic also provides free accommodation and free meals. There were some alternative activities in Iowa city area; some adaptive recreational sports included air rifle, bowling, bicycling, kayaking among others. There is instant camaraderie; the volunteers everywhere help make the golf experience unforgettable.

The adaptive golf for me was at Riverside, Iowa. The first day we are given golf instruction by PGA experts. There is provision of personal golf clubs and golf carts. There are different individual Solo go carts available. We are divided into teams of four people. The start of golf with the team is part of the day. There seems to be instant camaraderie formed as if we had known each other for a long time. There are four days of golf: time enough for a least four holes. It is inspiring to see how everyone adjusts to their disability. There was a blind man in my team, he played well. He was told how much distance to the hole; where sand dunes and water were. He was also taken to where to stand and club direction.

Irma Pennington

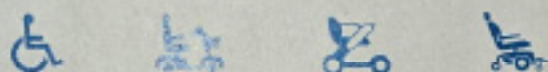


Mobility Device Repair Services for US Veterans, enrolled in VA care.

Currently offered for Veterans who receive VA Healthcare at the following facilities:

Biloxi, MS [Gulf Coast] • Fayetteville, AR [Ozarks] • Houston, TX • Jackson, MS
Little Rock, AR [Central Arkansas] • New Orleans, LA [Southeast Louisiana]
Pineville, LA [Alexandria] • Shreveport, LA

Do you have a custom manual wheelchair,
powerchair, or scooter that was provided by the
VA and is in need of repair?



Call: 1-888-583-VETS (8387)

"No consult or appointment required. We'll take it from here!"

Veterans Affairs has partnered with Scootaround, the nation's leading personal transportation solutions company, to provide a single point of contact for the repair of US Veterans Affairs issued wheelchairs, powerchairs, and scooters. This best-in-class repair service provides US Veterans with access to fast and efficient repairs and superior customer service.

Submit a repair request through Phone or Web:

Toll-free:
1-888-583-VETS (8387)

Online 24/7:
scootaround.com/va

Weekdays:

8am to 6pm EST & PST

Weekends & Federal Holidays:

10am - 6pm EST / 7am - 3pm PST

or

Scan QR code
with your
smartphone
camera:



Once you've submitted your repair request, Scootaround will reach out and arrange a time and location to complete the repair.



Personal
Transportation
Solutions

VA



U.S. Department
of Veterans Affairs



Hi, I'm **Armando De La Rosa**, a licensed Realtor with **LPT Realty**, proudly serving clients in the San Antonio area and its surroundings. My mission is simple: to help individuals and families find the perfect home—one that matches their lifestyle and unique needs.

I specialize in **residential real estate** and have built strong relationships with **home builders throughout San Antonio**, particularly in facilitating **ADA (Americans with Disabilities Act) modifications** for veterans and individuals with mobility challenges.

In collaboration with a trusted network of contractors, I ensure homes are not only beautiful and functional but also **accessible**. From widened doorways to roll-in showers, we focus on making your home truly work for you.

With extensive experience assisting veterans, I'm well-versed in VA programs, including:

- **Specially Adapted Housing (SAH) Grant**
- **Special Housing Adaptation (SHA) Grant**
- **Home Improvements and Structural Alterations (HISA) Grant**
- **VA Home Loans**

I'm here to be your **advocate, advisor, and partner** in real estate — whether you're buying your first home, modifying an existing property, or exploring options across borders.

Let's connect and create a plan tailored to your goals and needs.

Armando De La Rosa
LPT Realty
210-577-3253/ armando78dlr@gmail.com

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!

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

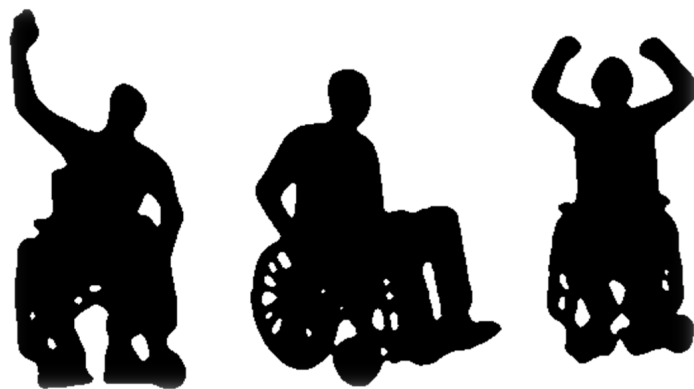
Point of contact

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.

Using Smartphones to Improve Physical Activity Levels of Individuals with Spinal Cord Injury



The **purpose** of this study is to help individuals with spinal cord injury improve their physical activity levels in the community.

If you are an **individual with spinal cord injury**, you may be **eligible** to participate if you ...

- are between 18 and 75 years of age
- are at least 6 months post-injury and medically stable
- use a manual or power wheelchair in the community
- use your upper arms for exercise
- are able to use a smartphone and a smartwatch independently
- are interested in starting an exercise program
- do not have health conditions that medically restrict you from physical activity.

Time Commitment: You will be enrolled in the study for 24 weeks (~6 months).

Number of visits: A member of the research team will meet with you four times at your home or via a video conference meeting software.

Testing: You will be using a smartphone based physical activity monitor system that will measure your physical activity in the community. You will also be required to answer questions related to your physical activity on a regular basis.

Compensation: Participants can receive up to \$20 per month for six months of the study and \$40 for interviews and equipment return.

If interested, please contact:

Shivayogi Hiremath, PhD
Shiv.Hiremath@temple.edu

215-204-0496

4th Annual Fall Shoot, Sunday, October 5th @ Moyesway Shooting Sports



On September 27, 2025, a group of Paralyzed Veterans from the Texas Chapters shined at a local Olympic Trap Tournament held at the San Antonio Skeet and Trap club. This facility is very beautiful; it was also a good time for anyone who is trying to become a member of team USA ParaOlympic Team to hone their skills in this new para sport.

Under perfect Texas weather as shots rang out active and associate TPVA members sat ready eyes sharp on clay targets bursting into the sky. Their wheelchairs lined the stations, but their focus never wavered- this was their moment to compete in a para olympic trap tournament.

Adaptive sports like this one changes lives for veterans. They turn challenges into triumphs and build bonds that last. This event showed how grit and support help paralyzed heroes thrive.

ParaOlympic Trap is a clay target sport run by the International Shooting Sports Foundation. Shooters stand at five stations and fire at disks launched from a trap house. Targets fly at different angles and speeds, up to 50 yards away and 70 miles an hour, testing aim and timing. You get two shots per target, aiming to hit as many as possible in a round. It's a mix of skill and calm nerves. This format keeps things fair and exciting. The TPVA hosts ParaOlympic Trap fun shoots and training twice a month with professional instructors at this wonderfully welcoming club, which is 100% ADA friendly. Contact the main TPVA office for more information.

The day wrapped with awards, everyone cheered each other on, making it more than a contest. It felt like family gathering with a competitive edge.

Thanks to everyone who showed; pretty much a record turn-out!! Appreciate everyone bearing with us while we sorted out some issues.

Days like this show what we need to work on for next year's PTOs and other events.

Thanks to PD for sorting out the mic issues and to Brian for responding quickly to the machine glitch and for the new setting for this event.

Congratulations to Nicole for the HOA score with a borrowed gun (take it back to where you got it!!!!)

See everyone around and we'll kick these fun shoots off again after the New Year when the weather permits.





16th Annual HAVA National Family Day

Date: Saturday, November 15, 2025

Time: Activities begin at 10:30 a.m.
(Sign-in starts at 9:00 a.m.)
Ending 7:00 p.m. (Approx.)

Location: San Antonio Police Training Academy

12200 S.E. Loop 410
San Antonio, Texas 78221

What:

- A day of sport shooting, competition, food, prizes and fun

Who is invited:

- Wounded U.S. Veterans and Active-Duty Military *and immediate families*

Activities:

- Shooting events with products from leading firearms manufacturers (*Child Care and activities for kids provided*)
- See an amazing shotgun demo...Micah McMillan
- Music by Hunter Sharp
- Lunch & Dinner Provided and Amazing Raffle Prizes
- Backpack provided with prizes for all pre-registered Disabled Vets

SPECIAL DEMO: MICAH McMILLAN
See Micah's amazing shotgun demo



TO REGISTER, PLEASE GO TO:

<https://www.honoredveterans.org/familyday2025>



Live fire with a variety of both traditional and the newest guns...and adaptive devices .



Featuring multiple shooting stages (Rifle, Pistol & Shotgun).



Activities, food and fun for the entire family.



What is H.A.V.A. (Honored American Veterans Afield):

- H.A.V.A. is a 501(c)3 non-profit organization that was formed by companies in the shooting and outdoor industry with the purpose of raising awareness and further assisting disabled active-duty military and veterans with their healing process through hunts, shooting sports and other active outdoor sports activities.





WILSON COUNTY GOT YOUR SIX WILCOGY6 FINANCIAL ASSISTANCE

Grant

SCAN HERE TO APPLY



For more information contact us at
(830)391-3844 or WilCoGY6@wilsoncountytexas.gov



This program is supported by a grant from the Texas Veterans Commission *Fund for Veterans' Assistance*. The *Fund for Veterans' Assistance* provides grants to organizations serving veterans and their families. For more information, visit www.TVC.Texas.gov.

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. 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
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.





Jack Sanders Banquet & Awards 2025









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.



18TH ANNUAL KILL'N CLAYS CLASSIC

Saturday, March 28, 2026

National Shooting Complex- 5931 Roft Rd, San Antonio, TX 78253



**Registration: Please make your check payable to
PVA, Texas Chapter and mail it along with this registration form
PVA, Texas Chapter
P.O. Box 989
Crosby, Texas 77532**

www.texaspva.org / amandas@texaspva.org

**If you have any questions or want to use a credit card, call
PVA, Texas Chapter 713-520-8782**

Team Name: _____

Address: _____

City/State/Zip: _____

TPVA Member: yes or no (circle one) _____

Emergency Contact: _____

Entry Fee: \$150 _____

Extra Dinner tickets \$10 available day of tournament

Special Event—\$20 per person _____

1) Shooter—TEAM CAPTAIN—Name _____

Male or Female (circle one) NSCA # _____

wheelchair shooter: yes or no Youth: yes or no (circle one)

Phone & Email _____

2) Shooter—Name _____

Male or Female (circle one) NSCA # _____

wheelchair shooter: yes or no Youth: yes or no (circle one)

Phone & Email _____

3) Shooter—Name _____

Male or Female (circle one) NSCA # _____

wheelchair shooter: yes or no Youth: yes or no (circle one)

Phone & Email _____

4) Shooter—Name _____

Male or Female (circle one) NSCA # _____

wheelchair shooter: yes or no Youth: yes or no (circle one)

Phone & Email _____

Sponsorship Opportunities

Gold Sponsor---\$2,500

Includes three 4-man teams, name on banner and lunch for each, company name on banner & sponsor board as well as on course

Silver Sponsor---\$1,700

Includes two 4-man teams, name on banner & lunch, company name on banner & sponsor board as well as on course

Bronze Sponsor---\$1,000

Includes one 4-man team, name on banner & lunch, company name on banner & sponsor board as well as on course

Veteran Team Sponsor---\$600

Sponsor one 4-man veteran team, name on banner & lunch, company name on banner & sponsor board as well as on course

Station Sponsor---\$100

Includes one station sign at 1 out of the 10 stations

Lunch Sponsor---\$1,000

Premier recognition of company at event – name on banner and sponsor board

Post recognition on Texas PVA website and in printed newsletter

Award Sponsor---\$1,000

Premier recognition of company at event – name on banner and sponsor board

Post recognition on Texas PVA website and in printed newsletter

Golf carts make your own reservations through the National Shooting Complex

SCHEDULE OF EVENTS

Mar 28, 2026—San Antonio

8:00 a.m. —Registration

9:00 a.m. —Sporting Clays Start Time

ALL DAY —Other Shooting events

12:00 p.m. —Awards Dinner

Silent Auction All Day

MOBIUS MOBILITY



Qualified
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 🌐 mobiusmobility.com ☎ **1-833-346-4268**



FREE CMA

Curious about what your home is really worth?

We offer a free, no-obligation home valuation report to help you determine your home's current market value. Whether you're thinking about selling or just want to know where you stand let us help you make informed decisions with confidence!

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PLEASE CONTACT US

P: 210.577.3253

E: Armando78dlr@gmail.com

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



POWERED BY COMBINED ARMS

January - December 2024



BOB WOODRUFF FOUNDATION
Investing in the Next Chapter for Our Veterans




U.S. Department of Veterans Affairs
Veterans Health Administration
Michael E. DeBakey VA Medical Center




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**

or

SCAN TO REGISTER



**IN NEED OF
RESOURCES NOW
OR HAVE
QUESTIONS?
CALL US!**

1-844-489-8387

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

These institutions are equal opportunity providers

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

PVA is a 501(c)(3) tax-exempt, non-profit organization

Federal Tax ID number 13-1946868

Chartered by United States Congress

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.

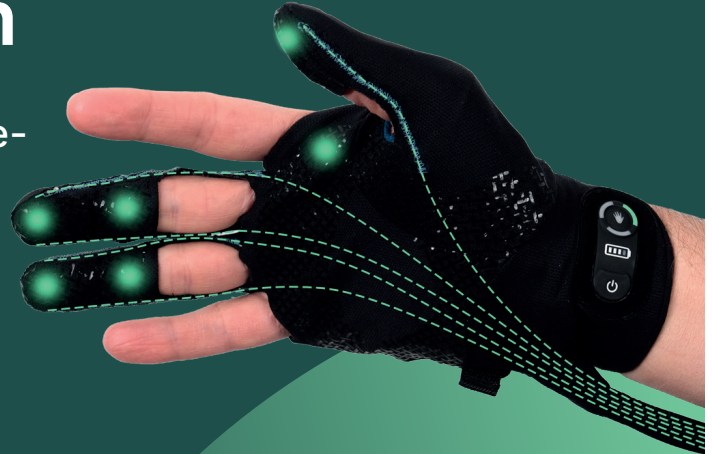
Please reach out to Heidi Candler for more information at
#281-513-3260



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/carbonhand

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 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



MONTHLY CYCLING CLINIC

**2ND WEDNESDAY
OF EVERY MONTH**

**9 AM AT MCALLISTER
PARK IN THE BIG
PARKING LOT BY THE
DOG PARK**

**For details email Jenn
jenn@texasparasport.org**



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

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

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