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Paralyzed Veterans of America
Sports & Recreation

PVA Bass Tournament

sanctioned by B.A.S.S.

TEXAS ROUND-UP

October 27-30, 2023 • Pilot Point, TX



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9:00 AM—5:00 PM. MONDAY-FRIDAY
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WWW.MYLSPVA.ORG

LSPVA THRIFT STORE

214-324-5026

DALLAS VA SCI/SCD UNIT

SCI, AO 214-857-1758
Outpatient Clinic 214-857-1782
Inpatient Clinic 214-857-1762
Prosthetic's 214-857-0548
Wheelchair Repair 214-857-0550
Internet Café 214-857-5075
Telecare 800-677-8289
Medication Refills 800-849-3594

DALLAS OFFICE SERVICE OFFICERS:

NSO Ryan Prunty
Sr. ADMINISTRATOR: Zelda Herrera
Dallas VA Medical Center
4500 S LANCASTER RD, SCI UNIT ROOM 1A
102
DALLAS TX 75216
214-857-0105/0106

WACO REGIONAL OFFICE

NSO: Dan Mecke
NSO: Ty McWhorten
Sr. ADMINISTRATOR RHONDA BROUGHTON
ONE VETERANS PLAZA 701 CLAY. Rm 115
WACO TX 76799
254-299-9944

FORT WORTH VA OUTPATIENT CLINIC

2201 SE Loop 820, Fort Worth, TX 76119
Phone: 817-335-2202 or 817-335-2202

TYLER VA PRIMARY CARE CLINIC

3414 Golden Rd. Tyler, TX 75701
Phone: 903-590-3050

TEMPLE SCI CLINIC

SCI Coordinator
1901 Veterans Memorial Dr., Temple, Texas 76661
Phone: 254-778-4811

BONHAM SCI CLINIC

1201 East 9th Street. Bonham, Texas 75418
Phone: 903-583-2111 or 903-583-1330
800-924-8387

PVA National Office

801 Eighteenth Street, NW
Washington DC 20006-3517
800-424-8200
www.pva.org



Lonestar Chapter

LSPVA MAGAZINE

NEWSLETTER EDITOR:

SONYA COGAN

972-276-5252

Contact Sonya if you want a copy, or, want to submit an article for the newsletter.

Sonya@lspva.net

The Lone Star Chapter, Paralyzed Veterans of America is a non-profit organization. All voting members of Paralyzed Veterans of America have sustained spinal cord injury, disease or dysfunction and are veterans.

Any article that appears in this magazine are the option of the author and may not represent it's officers, Board of Directors or the national organization. The Lone Star Chapter, Paralyzed Veterans of America Magazine is published quarterly. The editor or assistant has the right to edit articles, add content as needed. The office of the Lone Star Chapter, Paralyzed Veterans of America Magazine is located at 3925 Forest Lane, Garland, TX, 75042. 972-276-5252

Lone Star Chapter Paralyzed Veterans of America

Chapter Mission Statement

The Lone Star Chapter Paralyzed Veterans of America, a congressionally chartered veteran service organization established August 19, 1989 is locally involved in the support of its members or veterans who served in the armed forces that have experienced spinal cord injury or dysfunction.

We Advocate For:

- Quality health care for its members and veterans
- Ensure its members that they will receive education addressing their spinal cord injury or dysfunction
- Ensure its members get help in securing benefits as a result of their military service.
- Ensure its members that their Civil rights and opportunities are met to maximize their independence.

To enable LSPVA to continue to honor this commitment, we must recruit and retain members in the North Texas area, who have the experience, energy, dedication and passion necessary to help guide the organization and ensure adequate resources to sustain the programs essential for LSPVA to achieve its mission.



Like our Newsletter? Check out our website and like us on Facebook. Keep up with all the happenings, we update daily. Stay in the know!

www.mylspva.org

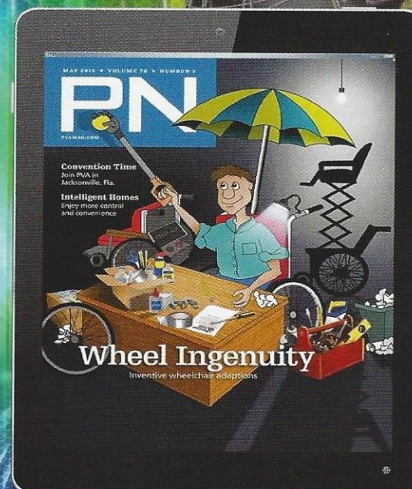
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GO TO PVAMAG.COM/GO/SNSDIGISIGNUP
TO UPDATE CONTACT INFO AND ADD YOUR EMAIL ADDRESS.



Hello all, now that the cooler weather has started to get here hopefully everyone will start to get out and about again. It is a busy time both here at the chapter and also at the Dallas VA SCI Center. Here at the chapter we held our first PVA Bass Tournament since 2017 at Lake Ray Roberts, October 27-29th and even though it was a small turnout it was still a great event. Then we turn around and gear up for the holidays in November and December and I know those events will be a good time for all. Keep an eye out for the invitations that will be sent out in the coming weeks. At the Dallas SCI Center they will do an official ground breaking ceremony on November 13, 2023 to start the construction of the SCI Long Term Care facility. This is a major project that has been in the works almost twenty years and we are finally building it. It is projected to take three years to complete and will be a great addition to the Dallas SCI. But with this build there will be growing pains, the SCI Parking lot and SCI main entrance will be closed and veterans will have to use the North entrance at the front of the VA. As we know a lot of people hate change and this move of the parking lot and entrance will be confusing at first, but please remember this is just a small inconvenience for the SCI veterans and in the long run we will have a bigger and better SCI Center. It will also take away almost three hundred general parking spots, so when coming to the Dallas VA please be patient and remember we do have a dedicated SCI parking lot that will be located near the North entrance and your parking placards will work on that gate as well. On a sadder note we lost a long time member of the chapter Oct 1, 2023. Michael M. Brucino passed away and he was a well know member of the chapter and a co-founder of the LSPVA Honor Guard. Mike was a combat wounded Special Forces veteran who was wounded in 1969 in Vietnam before the age of 20. Mike took life on head first and never looked back, he did amazing things throughout his life, including pushing his wheelchair from Texas to Washington D.C. in support of his fellow veterans. He was always on the move it seemed, and from a personal note he was on the selection board that interviewed me and ultimately hire me as the Executive Director. I looked up to Mike and he was always ready to lend a hand in anything that I asked him to do. Rest in Peace Mike, you will be missed. In closing, let's remember to be thankful for all we have and pray for peace with all the issues taking place in the world.

We proudly support PVA Lone Star Chapter



You may qualify for VA funding assistance for wheelchair accessible vehicles, driving modifications, scooter lifts and other mobility solutions. Contact one of our mobility specialists to discuss options today.

Arlington

2432 E Randol Mill Rd
Local: 817-402-0069

Carrollton

2109 Luna Rd Ste 200
Local: 972-432-5538

Rowlett

2704 Lawing Lane Ste 300
Local: 941-706-4687



We're here to help!

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



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**Paralyzed Veterans
of America**





Paralyzed Veterans
of America

Produced by the Paralyzed Veterans of America • Government Relations Department

Washington UPDATE

Recent news regarding legislation and regulatory actions affecting veterans and people with disabilities.

A Few Highlights

**To read each Washington Update in full please
go to www.pva.org**

DEFENSE POLICY BILLS ADVANCING

HOUSE VA SUBCOMMITTEES ADVANCE VETERANS LEGISLATION

AMTRAK BOARD OF DIRECTORS MEETS WITH DISABILITY RIGHTS ADVOCATES

DOJ ISSUES NPRM ON ADA TITLE II WEBSITE AND MOBILE APP ACCESSIBILITY

HOUSE COMMITTEE MOVES ELIZABETH DOLE HOME CARE ACT FORWARD

HOUSE COMMITTEE SCRUTINIZES VA DISABILITY EXAMS PROCESS

Veteran Volunteers Wanted

2023 Clothing Allowance Benefit Updates

Summer is finally upon us and the heatwave across the country has many of us cooking. This also means that under the previous guidelines of 38 USC 1162 it is time to file for your annual clothing allowance benefits. HOWEVER, the VA has made some recent changes assisting veterans and service organizations with maintaining and filing for these benefits for the veterans that we serve.

On December 29, 2022 the Cleland-Dole Veterans Benefits and Healthcare Improvement Act of 2022 was enacted. The act addresses Veteran homelessness, telehealth services, long term care, Prostate Cancer Research, rural health, substance use disorder and several other things. The 80 Sections that comprise the law, allow easier access to care for our Veteran community, improve mental health care for Veterans, and provide support to caregivers and caseworkers to enable better “whole health” care for all Veterans.

Section 201 of the Act covers the Annual Clothing Allowance Benefit for eligible Veterans. Under this new law there are some changes that are outlined below.

Veterans no longer need to apply for Clothing Allowance Benefits by the August 1 deadline to receive payment for the 2023 benefit year.

Veterans will have until the end of the Fiscal Year (September 30, 2023) to apply for first time clothing allowances.

Veterans who received Clothing Allowance Benefits for 2022 will AUTOMATICALLY receive the same amount of clothing allowance payments for 2023 WITHOUT having to apply for 2023 Benefit Year. (This means their clothing allowance payments will become an annual continuous/recurring payment)

First Time Applicants, Applicants who previously received the Clothing Allowance Benefit but did not apply for 2022, or Applicants who received payment in 2022 but would like to file for additional Clothing Allowance Benefits: will have until the end of the Fiscal Year (September 30, 2023) to submit the application for 2023 Benefit Year. If approved this payment will become annual continuous/recurring payment.

The Department of Veterans Affairs is working on providing an informational Batch Letter to send to all veterans who are eligible for this benefit. In the meantime, should you have any additional questions or concerns regarding your eligibility or entitlement to the Clothing Allowance Benefit please contact your nearest NSO.



2024 EVENT SCHEDULE



Air Guns

- **Winter Air Gun National Tournament**
December 2023
Colorado Springs, CO
- **Wisconsin Air Gun Tournament**
March 8-9, 2024
Milwaukee, WI
- **Texas Air Gun Tournament**
May 4-5, 2024
San Antonio, TX

Bass Fishing

- **Okie Open Bass Tournament**
Hosted by Mid-America PVA
September 15-17, 2023
Eufaula, OK
- **Southeastern Challenge Bass Tournament**
Hosted by Southeastern PVA
September 29-October 1, 2023
Evans, GA
- **Land of Lincoln Bass Tournament**
Hosted by Vaughan PVA
October 6-8, 2023
Rend Lake, IL
- **Texas Round-Up Bass Tournament**
Hosted by Lonestar PVA
October 27-29, 2023
Lake Ray Roberts, TX
- **Citrus Slam Bass Tournament**
Hosted by Florida Gulf Coast PVA
April 5-7, 2024
Kissimmee, FL
- **Bluegrass Bass Bash Bass Tournament**
Hosted by Kentucky-Indiana PVA
April 19-21, 2024
Kuttawa, KY
- **Capital Clash Bass Tournament**
Hosted by PVA National
June 7-9, 2024
LaPlata, MD

Billiards

- **Mid-South Billiards Tournament**
October 13-15, 2023
Memphis, TN
- **Mid-Atlantic Billiards Tournament**
March 15-17, 2024
Midlothian, VA
- **Mid-America Billiards Tournament**
May 23-24, 2024
Oklahoma City, OK

Boccia

- **West Virginia Boccia Tournament**
October 11-12, 2023
Hurricane, WV
- **New England Boccia Tournament**
November 4-5, 2023
Boston, MA
- **Bayou Boccia Tournament**
February 2-3, 2024
Gulfport, MS

Bowling

- **Great Plains Bowling Tournament**
July 27-30, 2023
Omaha, NE
- **Texas PVA Bowling Tournament**
September 20, 2023
San Antonio, Texas
- **Nevada Bowling Tournament**
November 30 - December 3, 2023
Las Vegas, NV
- **Florida Gulf Coast Bowling Tournament**
January 31-February 2, 2024
Tampa, FL

Paracycling

- **PVA Racing High-Performance Off-Road Camp**
August 12-21, 2023
Crested Butte, CO
- **Off-Road Handcycling Championship**
August 18-20, 2023
Crested Butte, CO



2024 EVENT SCHEDULE



- **U.S Para-Cycling National Championship**
(PVA High-Performance Team)
August 21-24, 2023
Augusta, GA
- **Pocahontas Off-Road Fall Camp**
September 13-18, 2023
Chesterfield, VA
- **Army 10 Miler****
October 6-8, 2023
Washington, DC
- **Northwest Arkansas Adaptive Off-Road Cycling Adventure****
October 26-30, 2023
Bentonville, AR
- **Marine Corps Marathon****
October 27-30, 2023
Washington, DC
- **PVA Racing High Performance Racing Camp**
January 27-February 2, 2024
TBD Florida
- **Swamp Classic****
February 3-4, 2024
Gainesville, FL
- **Valley of the Sun Stage Race****
February 17-18, 2024
Phoenix, AZ
- **Pocahontas Off-Road Spring Camp**
April 10-14, 2024
Chesterfield, VA
- **PVA Off-Road Classic**
April 13, 2024
Chesterfield, VA
- **Tennessee Paracycling Open****
May 2024
Oak Ridge, TN
- **PVA Learn to Race Camp**
June 2024
Milwaukee, WI
- **Tour of America's Dairyland****
June 2024
Milwaukee, WI
- **US Paracycling Road National Championships**
(PVA High Performance Team)
June 2024
Location TBD

Trapshooting

- **North Central Trapshoot**
September 8-10, 2023
Sioux Falls, SD
- **Cal-Diego Trapshoot**
March 22-24, 2024
Redlands, CA
- **Vaughan Trapshoot**
May 24-26, 2024
Elburn, IL
- **Wisconsin Trapshoot**
June 7-9, 2024
Green Bay, WI
- **Iowa Trapshoot**
(Year End)
June 21-23, 2024
Cedar Rapids, IA

Non-Series Events

- **Lakeshore Basketball Camp**
August 17-20, 2023
Birmingham, AL
- **Great Plains Disc Golf Camp**
September 23, 2023
Event Location TBD
- **Rugby Camp**
September 28 - October 1, 2023
Phoenix, AZ
- **PVA Rugby Invitational**
January 11-14, 2024
Louisville, KY
- **National Veterans Wheelchair Games**
July 25-30, 2024
New Orleans, LA

Note: ** means this is not a PVA-sponsored event.

Your LSPVA Board of Directors



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Ted Smith

Your PVA Benefits & Claims Professionals



Ryan Puntry
214-857-0106
RyanP@pva.org



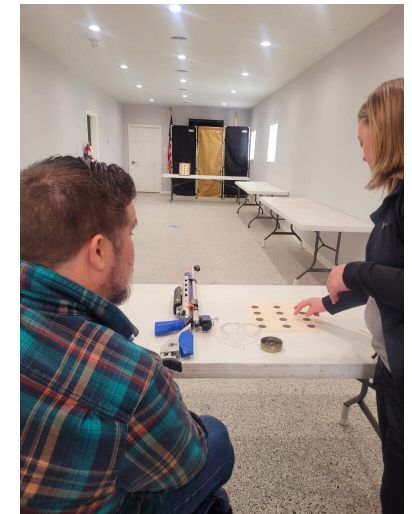
Zelda Herrera
214-857-0105
ZeldaH@pva.org

If you are a veteran with spinal cord injury or disease, or if you have MS or ALS, and are in need of assistance with benefits and claims please contact Ryan or Zelda at the Dallas VA in the SCI Center.



Adaptive Sports & Recreation Fun!

Anna is your SCI In Patient Rec Therapist and Kelsi is your SCI Out Patient Rec Therapist. They are both doing some amazing things. If you are an SCI veteran and are interested please call our office so we can connect you.



LSPVA is saying goodbye to Shannon O’Rawe. We are all very sad to see her go and will miss her terribly but wish her the best in her new position and promotion. She will continue to do adaptive sports and recreation at the VA in Salt Lake City, Utah. We enjoyed every minute having her here at the LSPVA Office and the veterans adored her. Good luck on your new adventure, Shannon!





Membership Application

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted or commissioned for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States, or our allies as evidenced by other-than-dishonorable character of service documented by a verifiable DD-214 or DD-215 (entry-level separation not acceptable); (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. **Complete and return application to the chapter of choice or by mail/email to: Paralyzed Veterans of America Membership Department, 801 Eighteenth Street, NW, Washington, DC 20006; (E) members@pva.org.** Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.

Chapter Name: _____

First Name: _____ Middle Initial: _____ Last Name: _____

Date of Birth: ____ / ____ / ____ Social Security Number: _____ Male Female

Race/Ethnicity:

- Asian/Pacific Islander African American/Descent Hispanic/Latino
 Native American/Alaskan Native Caucasian

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Home Phone: _____ Cell Phone: _____

VETERAN STATUS INFORMATION

Please submit the following with application:

- DD Form 214 showing character of discharge.
- Medical evidence of spinal cord injury or involvement (medical records or physician's statement).

Proof of active duty status must be verified prior to membership approval.

Have you been discharged under conditions that are less than honorable? Yes No

If yes, please explain: _____

Are you a United States citizen? Yes No

Do you have a spinal cord injury or disease? Yes No If disease, specify: _____

Is your spinal cord injury or spinal cord disease service connected? Yes No

If Paralyzed Veterans of America is your accredited representative, do you permit PVA Service Officers to provide information to PVA National Membership Department relative to your membership eligibility? Yes No

I declare under penalty of perjury that the foregoing is true and correct, that I have read and meet the qualifications and I understand that my membership could be denied or revoked if any information provided is inaccurate.

Applicant Signature: _____ Date: ____/____/____

Witness Signature: _____ Date: ____/____/____

Please have physician submit this statement on letterhead stationary.

_____ is a veteran who has a spinal cord injury or disease such as MS with spinal cord involvement, ALS, transverse myelitis etc. His/her neurological dysfunction is _____ (eg. paraplegia, quadriplegia, Brown Sequard Syndrome , cauda equine syndrome etc.)

Physician's Signature

Physician's Name

Physician's Title

Date Signed

Delicious appreciation lunch for the SCI Staff, Patients, Volunteers, and LSPVA Members. Thank you BOD Member Steve Stevens and everyone for such a wonderful day. We will do it again soon. Also, thank you to El Pollo Pollo in Dallas for the delicious food.





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AD SIZE	RATE PER ISSUE
Business Card (2 x 3 ½)	\$30
¼ Page Vertical (3 ½ x 4 ¾)	\$50
¼ Page Horizontal (7 ½ x 2 ½)	\$50
½ Page (7 ½ x 4 ¾)	\$100
Full Page (7 ½ x 9 ¾)	\$200

To place your ad email Sonya@Lspva.net or call 972-76-5252

Join Us For Our 2023 Christmas Party!

Saturday, December 9, 2023

Museum of Biblical Arts

7500 Park Lane, Dallas

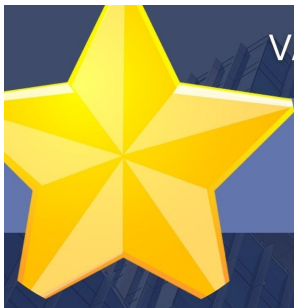
12:00 Noon to 3:00PM

Traditional Christmas Meal, Raffle, Santa, etc.

Please bring an unwrapped toy for Toys for Tots

Please RSVP by Dec 1st 972-276-5252

VA SCI Recreation Therapy



COMMUNITY PROGRAMS AND ADAPTIVE SPORTS

If you watch a game, it's fun. If you play it, it's recreation. If you work at it, it's golf. – Bob Hope

Outdoors

- Adapted Gardening
- Adapted Hunting
- Adapted Yoga
- Adapted Fishing
- Adapted Camping
- Equine Program
- Adapted Rowing

Creative

- Art Groups
- Photography/Photo journaling
- Guitars 4 Vets

Water Sports

- Adapted Scuba
- Adapted Sailing
- Rowing
- Adapted Kayaking

Leisure Education Series

- Goal Writing
- Travel and Transpiration
- Community/Accessibility Planning
- "A Day in the Life" Program: an IRL demo on returning to leisure and community activities from a wheelchair level.

Community Outings

Monthly community outings to museums, festivals, special events, movies, and dining out.

Adaptive Sports & NVWG*

- Quad Rugby
- Wheelchair Football
- Wheelchair Basketball
- Sled Hockey
- Adapted Golf
- Air Rifle*
- Bocca Ball*
- Track/Field*
- Handcycling*
- 9-Ball*
- Adapted fitness*
- Archery*
- Power Soccer*
- Pickleball*
- Table Tennis*
- Corn Hole*

Interested?

Contact Kelsi Rivera, CTRS; 214.857.4909



U.S. Department of Veterans Affairs
Veterans Health Administration
VA North Texas Health Care System



Bowling

LIKE A BOSS

TUESDAYS

REDBIRD LANES

NOON TO 3PM

LUNCH PROVIDED

Contact Kelsi Rivera, CTRS
214.857.4909



LONE STAR PVA AIR RIFLES

THURSDAYS

- ✓ Adapted shooting
- ✓ Standard shooting
- ✓ Lunch Provided
- ✓ Groovy Tunes

11:30AM - 3:00PM

**CONTACT
KELSI RIVERA, CTRS**

214.857.4909



U.S. Department of Veterans Affairs
Veterans Health Administration
VA North Texas Health Care System



PARTICIPATE IN THE

PARA PICKLEBALL PROGRAM

1st & 3rd Wednesdays
Chicken N Pickle-Grand Prairie 6PM-8PM

2nd & 4th Wednesdays
Chicken N Pickle-Grapevine

CHICKEN N PICKLE.

BIRTHDAYS

October

James Foster	Sean Parson	Troy Pruett
Gerald Cox	Susan Ellis	Alan Rivera-Serra
Larry Ripaldi	Brian Pawlowski	Jeffrey Jackson
Terry Dunnam	Clifford Wherley	Armando Gonzles
Cynthia Hale	Maria Dwyer	
Donald Birdschge	Gary Norton	
Thomas Regnier	Jared Schmidt	
Terry Cotton	Vance Johnson	
Monroe Nevels	Raymond Miller	
Brian Reauz	James Bishop	
Benjamin Canaba	Richard Mahaney	
Sue Bisher	William Fischer	
Evelyn Brown	Ray DelBosque	

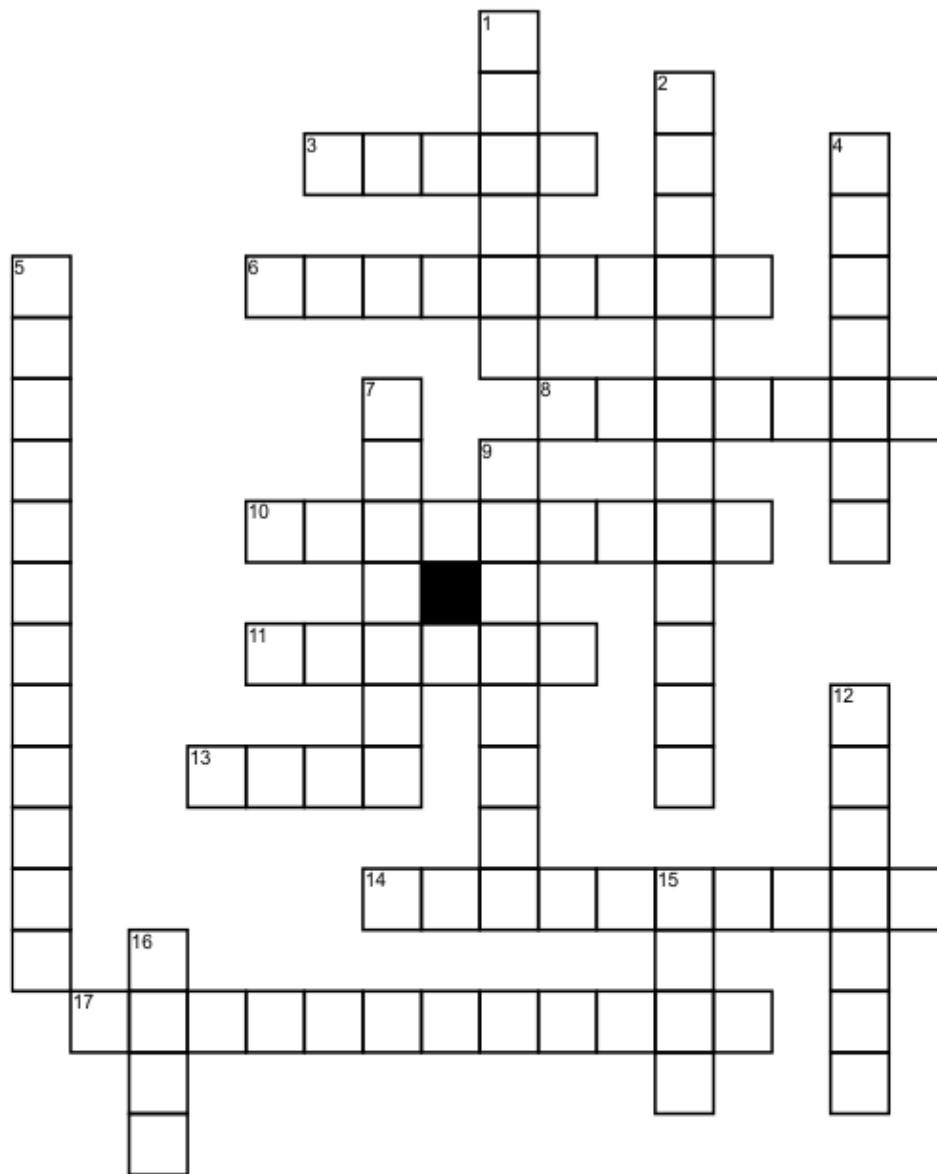
November

Austin Brightman	James Munke	Marshall Cook	Glen Oliver
Keith Dunnington	Melvin Hasenyager	Aaron Sears	Adam Williams
John Ryan	Ronald Roland	Keith Hogeland	
Henry Stark	John Sweeney	Unton Shallow	
Jesus Patino	Joe Parham	Mack Wright	
Andrew Crowe	Arlene Salazar	Cecil Rich	
Carlos Gonzales	James Howard	Clark Campbell	
Jason Morgan	William Glenn	Stuart Saint	
Glendon Bentley	David Fritz	John Cooper	
Juan Hernandez	Anthony Mitchell	Niki McClure	
Jonathan Merchant	Gary Bybee	Michael Kuchinsky	

December

Stanley Gordon	William Sadlin	Robert Ronquillo	Warren Crutcher
Phillip Daniel	Geok Madewell	John Hanks	
Gary Zuspann	Dwight Roach	Vernon Jackson	
Ashby Jones	Michael Little	Benjamin Hetrick	
Max Baxter	Thomas Colombrito	Kamron Slaydon	
Lewis Merrell	Louis Harris	Therease Weaver	
Judy Curry	Laura Jeanne	Michael Shook	
Tommy Moore	Robert Butler	Charles Armstead	
Mike James	Guy Johnson	Jocelyn Blackwell	
James Methvin	Bruce Rodgers	William Rogers	

Fall Harvest Crossword Puzzle



Across

- 3.** Fruit of the oak tree
6. Scares birds from cornfields
8. Month preceding November
10. Holiday on October 31
11. They change colors in the fall
13. Used to gather leaves

14. Horn of plenty

17. Carved Pumpkin

Down

- 1.** Traditional Thanksgiving bird
2. Mexican Holiday on the first of November
4. To gather; to reap
5. Holiday for giving thanks
7. Leaves on tree

9. Month of preceding December

12. In astronomy, the first day of autumn is called the autumnal

15. Grows on tall stalks

16. Another name for Autumn



FALL



Z E G A J S D M Y F U N I Q W B
 P K R N C X T S E V R A H L S O
 L O D I B Y R A Z T S W K E R J
 S C V T F O E P J Q K O E A E M
 D X F E L N Z L U A G R S V D T
 R P H O G W O I L C T C U E I G
 I L C S V E R B D O Y E J S P N
 B F Q J M R T X G R W R E D S I
 H N A R E O S A K N Q A X T F G
 Y M Z L H E O V B P J C H O L N
 C U S X L U T R F L I S O R K A
 N T J P Z D E G H M E T I A Y H
 Q U P U M P K I N S B S L N E C
 F A B H S I C W R A U D Y G X Q
 G N I K A R A F L X H M P E C V
 A R W E D H J L T S O R F B U K



acorn	colors	leaves	scarecrow
apples	fall	mushrooms	spiders
autumn	football	orange	squirrels
birds	frost	pumpkins	trees
bonfire	harvest	raking	vegetables
changing	jacket	red	yellow



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(972) 272-5651



LSPVA Loan Closet

Lone Star Chapter PVA is now offering the use of durable medical equipment to our members as well as the rest of the community. All of our equipment has been gently used and is in good condition.

Some examples of items available for loan are:

Canes

Crutches

Walkers

Power Wheelchair

Manual Wheelchair

Transfer Seats

LSPVA always appreciates items in good, clean, usable condition.

If you are interested in borrowing equipment or donating items please contact us. 972-276-5252



Lonestar Chapter

Lone Star Chapter PVA

3925 Forest Lane

Garland TX 75042

972-276-5252

972-276-5350 FAX

ispva@ispva.net

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