



Lone Star Paralyzed Veterans of America

April—June 2023

Lonestar Chapter

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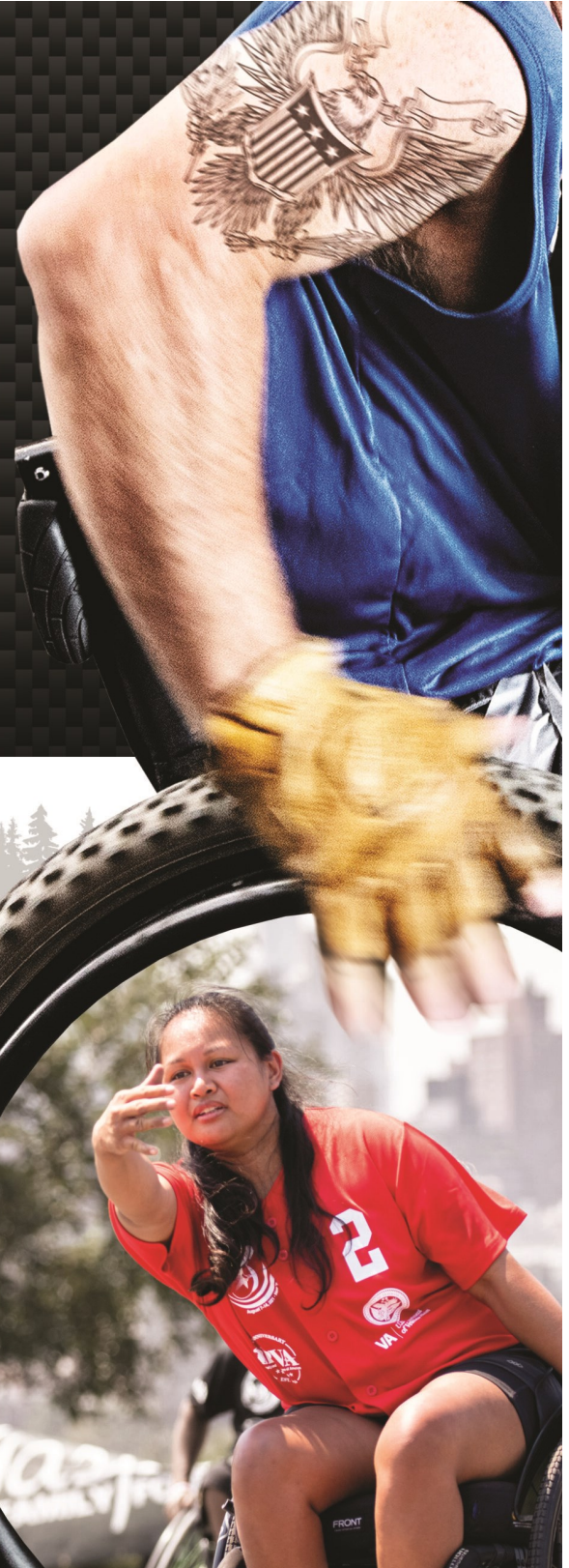
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Phone: 817-335-2202 or 817-335-2202

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

SCI Coordinator:
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



Paralyzed Veterans of America

Lonestar Chapter

LONE STAR CHAPTER PVA MAGAZINE

NEWSLETTER EDITOR:

SONYA COGAN

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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!

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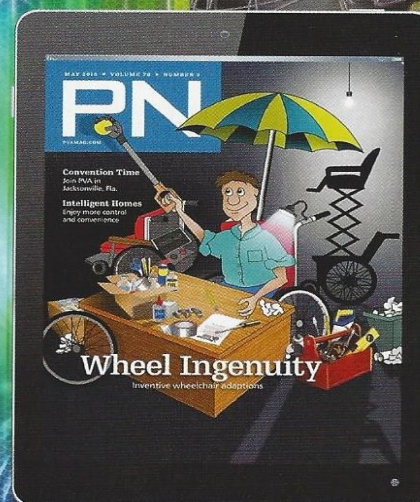
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Hello everyone,

Well it is hard to believe that it is June 2023 already, almost half of 2023 is behind us. So much has taken place in the beginning of 2023, and we look forward to more to come in the upcoming months. Last month, Jack Hasenyager, Steve Stevens, John Fay and myself traveled to Omaha, Nebraska for the Annual PVA Convention. It was a very informative convention and we received a lot of good information along with the elections of our new PVA National Executive Committee.

The first big thing that we received was a Zoom meeting with the Secretary of Veterans Affairs, the honorable Mr. Denis McDonough. He gave us a detailed report on what is happening at the VA's nationwide, starting with the auto grants. Earlier this year President Biden signed into law that all veterans service connected that qualify for the auto grant and we injured prior to 1993 are now eligible for a second grant and then another one every 10 years after that. This means that the one time grant is no more and this is just the start of service connected veterans receiving additional auto grants every 10 years. That is a great assistance for the veterans who are in need of a new car, but can't afford it. It is starting with the 30 plus year veterans and then it will go down from there eventually covering all service connected veterans entitled to the auto grant. But it is important for the veterans to remember they must submit a VA Form 4502 to their PVA service officer and receive it back from the VA signed before purchasing a vehicle. If a veteran purchases a vehicle before receiving the signed 4502 back from the VA they more than likely won't be reimbursed for the purchase. So please be patience and get the 4502 signed copy back before purchasing the vehicle, because the dealership must submit it to the VA for compensation. This was a huge accomplishment that PVA has been pushing congress to approve and it will help our veterans. Another item he touch on was new construction throughout the VA system, notably the construction of the Long Term Care facility at the Dallas VA SCI. He stated that ground breaking should take place later this year and completion within 2 years. This is something we have been looking forward to and will keep you up to date on the progress.

During the convention the National Executive Committee elections were held and here is the results. Our new president is Mr. Robert Thomas, Senior Vice President is Mr. Hack Albertson, Vice Presidents are Tammy Jones, Josue Cordova, Ken Ness and Ann Roberson, Secretary Marcus Murray and Treasurer Tom Wheaton. Congratulations to all of them.



Please call 972-276-5252 if you can volunteer at our fishing event coming up Oct 27, 28, 29th. We will need at least 15 able bodied non-wheelchair volunteers to help out. It's a lot of fun and we pay your meals.

Happy Fishing!



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**

SVAC APPROVES NINE VETERANS BILLS

BIPARTISAN LEGISLATION INTRODUCED TO END SSDI AND MEDICARE WAITING PERIODS

HUD ISSUES FINAL RULE IMPLEMENTING HOTMA EXCLUSION OF A&A AS INCOME

SANDERS INTRODUCES SOCIAL SECURITY EXPANSION ACT

ADMINISTRATION'S FY 2024 REQUEST OFFERS SUPPORT FOR SEVERAL PROGRAMS IMPORTANT TO AMERICANS WITH DISABILITIES

VA RECOGNIZED FOR EXPANDING ACCESS TO VOTING INFORMATION AND REGISTRATION

HELPING HEROES ACT REINTRODUCED

HVAC HOLDS HEARING ON VISTA

BIRTHDAYS

April

Rachel Moses	David Miller	Arthur Williams	Harry Cockley
Janet Clay	Brian Smith	Rodney Schoen	Marcus Murray
Stanley McGowen	Guadalupe Losoya	James Buehler	Dan Garza
Max Thomas	Dan De Lao	Rickie Drew	Craig Smith
Daniel Smith	Thomas Crow	Allison LaComb	Ray Johnson
Mario Lampley	Jerry Bockman	Steven Byerly	Joe Grayson
John Fay	Rebecca Brennan	David Elmore	Diamilet Collazo
Marty Davis	John Leavell	Billy Ferrell	
Manuel Romero	Angela Brd	Gabriel Kanawite	
Bobby Thronton	Bobby Sides	Vicki Catlin	
William Johnson	Richard Barber	Giles Antaya	
Gerado Carlos	Robert Cody	Artae Curry	

May

John Abram	Edward Entwistle	Daniel Connelly	David Ficklin
Louis H.B. Le	Billy Riddle	Richard Dowd	Michael Wilson
Robert Smith	Larry Shapiro	Losten Scott	Connie Martin
Fredrick Rehders	Lige Mathews	Samuel Sanchez	Paul Offill
David Owens	Anthony Douglas	Francis Moran	
Steven Ray	John Mason	Peter Scobill	
David DiFrancesca	Nova Glahn-Stepan	Sean Salmon	
Patricia LaBar	Brenda Vega	Robert Siemens	
Alvin Luster	Randy Simpson	Michael Jones	
James Morris	Cheryl Cauley-	Jack French	
Jerry Porter	Ingram		

June

David Bergeron	Gavin Cox	Aaron Ross Bradley	David Wall
Darryl Dean	Aubarey Vernon	Pahlke	Cristin Hartman
Charles Garvey	Elic Knight	Meshell Horton	Tammy Beeler
James Lee	Arthur Schilling	Karla Clay	Buena Ventura
William Graham	Rory Bandy	Lola Sanderson	Sandoval
David Self	Jonathan Mitchell	Edward Nierengarten	
Robert Ross	Ben Dobson	Jenise Peoples	
Dan Narangi	Richard Peterson	Robbie Green	
David Pierce	Paul Mohl	Norman Trout	
Susan Ficklin	Patrick Magee	Kya Parker	
Eugene Wash	Samuel Seidemann	Abul Hayat	
Arthur Bauldwin	Kevin Warner	Sharon Hunter	
Russell Burleson	Gregory Ransom	Kenneth Mumford	

2023 Calendar of Events



PVA Bass Tournament Series

Southeastern Challenge June 2-4, 2023 Evans, GA

Capital Clash June 9-11, 2023 Waldorf, MD

PVA Billiards Tournament Series

Buckeye Billiards Tournament June 24-26, 2023 Columbus, OH

PVA National Shooting Sports Circuit

Iowa Trapshoot (Year-End Tournament) June 16-18, 2023 Cedar Rapids, IA

Handcycling

Echelon Racing League Paracycling Series November 2022- February 2023
ONLINE

Additional Programs

Southeastern Pickleball Camp August 2023 TBD

Mountain States Disc Golf Camp June 2-3, 2023 TBD

Mountain States Pickleball Camp August 2023 TBD

Lakeshore Basketball Camp August 28-30, 2023 Alabama

Gateway Disc Golf Camp September 15-16, 2023 Potosi, MO

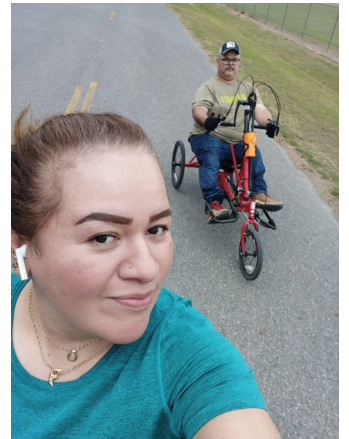
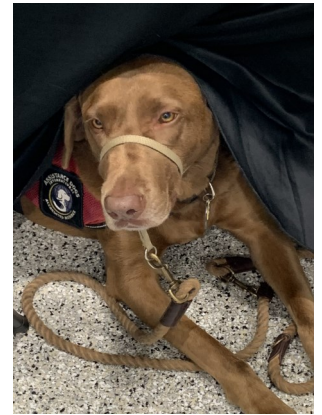
Rugby Camp September 23-25, 2023 Phoenix, AZ

Great Plains Disc Golf Camp September 23, 2023 TBD

National Veterans Wheelchair Games July 4-9, 2023 Portland, Oregon

For more info visit www.pva.org or www.mylspva.org

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Mobility for living. Service for life.

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.

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Rowlett

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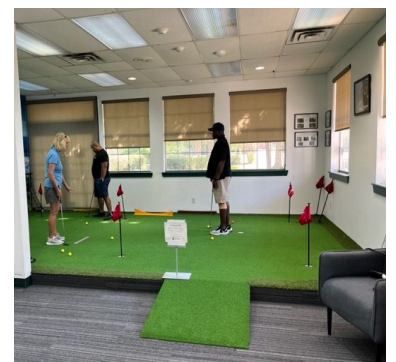
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Are you a veteran with spinal cord injury and or disease and interested in bocchia, bowling, or other fun activities? If so, please call Kelsi or Anna at 214-857-4909



Are you any veteran interested in air rifle, shuffle board, boccia, corn hole, equine, SCUBA, golf, cycling, or other fun activities? If so, please call Shannon at 214-316-6966 or you can email her at: Shanon.O'Rawe@va.gov





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

Service Dogs Heling Disabled Veterans by Providing a Better Quality of Life

Under the ADA, a service dog is defined as a dog that has been individually trained to do work or perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the veteran's disability.

Promotion of Functional Ability and Independence

- Assistance Dogs complete essential tasks so a person with a disability can return to the community, increase independence and improve their quality of life
- People can live alone and improve and maintain functional ability
- Dog provides help with Activities of Daily Living (ADL's) such as shopping tasks, fine motor tasks. This leads to less wear and tear on the body
- Decrease the amount of family and hired caregiver hours required by providing concrete physical assistant
- Bringing peace of mind to loved ones of person with disability
- Increased sense of security. Retrieve phone or caregiver. Get help, pull cords

Psychosocial Barriers Reduced

- Promote improved social interactions
- Promote increased participation in community-based activities.
- A person with disability seems more approachable to others
- Allows the person with disabilities to gain confidence in community reintegration situations
- Decrease loneliness and depression, the dog becomes someone to interact with, a companion, part of the family. Creates a purpose.
- A calming effect; allows the person with disabilities to focus on another not themselves
- Care of the dog decreases stress and anxiety. It provides a sense of responsibility and a daily routine

Physical Barriers Reduced

- Provides physiologic benefits such as lowering blood pressure, cholesterol, triglycerides, and decreased heart rate
- Enhanced levels of dopamine and endorphins, decreased levels of stress hormone cortisol
- The physical warmth and compression of the dog laying on/near you reduces perceived pain levels
- Motivates to adopt long term behavior changes that lead to weight loss and positive health outcomes
- People with disabilities exercise more by taking dogs for a walk, fetch, and grooming activities.

*For more info please visit K9 for Warriors, <https://www.k9sforwarriors.org/>
Information provided by Paws with a Cause: <https://www.pawswithacause.org/>



Caregiver Spa Day 2023

Caregivers are such an important part of our members lives and the work they do is so critical. Every year it's our privilege to provide them with a relaxing day at the spa. They enjoyed manicures, pedicures, facials, massages, a delicious lunch, and tasty mimosas. A big thank you to Belfiore Salon and Eggsquisite Restaurant.



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Thank you to our new and great BOD member Steve Stevens for attending the PVA Legislation & Advocacy Seminar year on behalf of the Lone Star Chapter.





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