

Lone Star Paralyzed Veterans of America

April - June 2024

Lonestar Chapter

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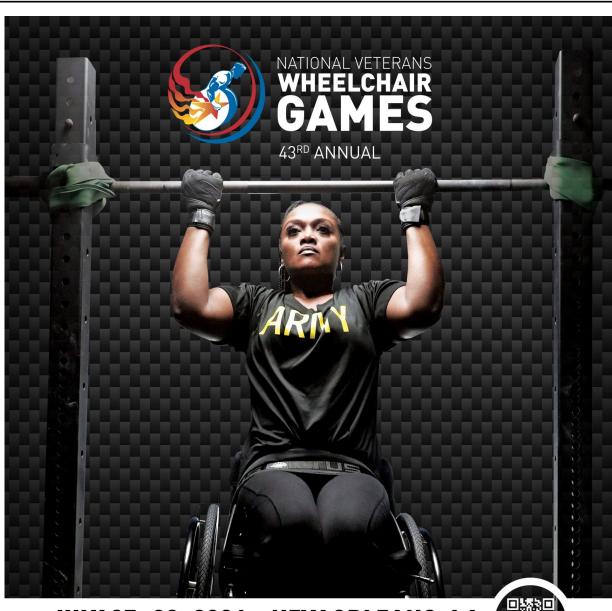
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LONESTAR CHAPTER PVA

CHARTED BY CONGRESS OF THE UNITED STATES OF AMERICA

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LONE STAR CHAPTER, PVA

3925 FOREST LANE. GARLAND, TEXAS 75042 9:00 AM—5:00 PM. MONDAY-FRIDAY

972-276-5252 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 Vacant

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

0110. 303 303 2111 01 303 303 13

800-924-8387

PVA National Office

801 Eighteenth Street, NW Washington DC 20006-3517

800-424-8200

www.pva.org



Paralyzed Veterans of America

Lone Star 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:

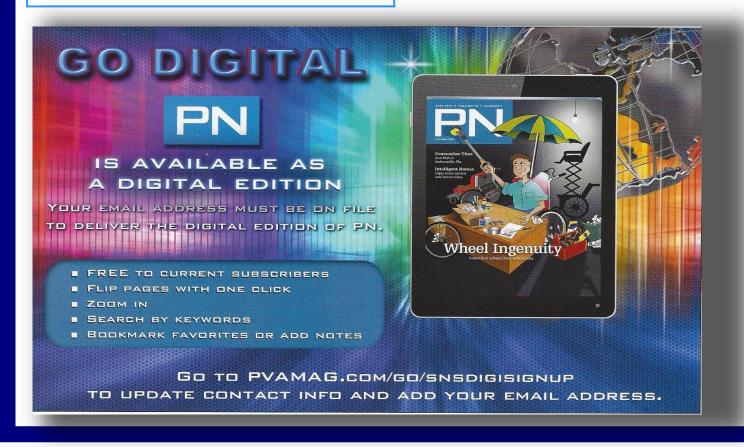
- Quality health care for its members and veterans
- •Ensure its members that they will receive education addressing their spinal cord injury or dysfunction
- •Ensure its members get help in securing benefits as a result of their military service.
- •Ensure its members that their Civil rights and opportunities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



A Message From Our Executive Director

Glen Bentley



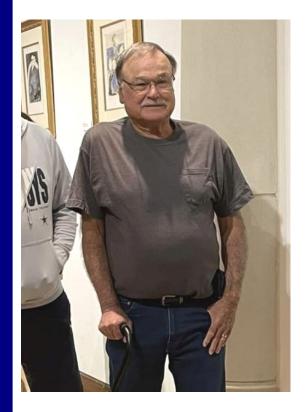
As Time goes on it seems that it is always harder to think of what to write for my Executive Director reports. It seems that I am talking about the change of seasons, the weather, or the loss of a member. After almost 25 years you would think it is easier writing this article, but it isn't. I reflect on my last 25 years here and all the changes that have taken place, some good, some bad. But overall, everything is as it should be I guess. We have come a long way, the chapter continues to grow and we co see changes within the chapter, need Board of Director members, some new ideas for the chapter and we continue to grow with these new ideas.

After the first of the year the Dallas VA finally did start the construction of the SCI Long Term Care Center and it should be done in 3 to 5 years. This will be the first 30 bed unit of its kind west of the Mississippi river and state of the art. We look forward to the day we can open the doors to our veterans and their families. But with construction comes growing pains, mostly with patient parking and smaller spaces for our clinics during construction. Please be mindful that this is a growing process, and we all need to be patient and considerate to the staff during this time. I know that we have been spoiled with the great care that the SCI staff has provided since the SCI Center opened in 1996 but remember once the SCI Long Term Care Center is completed our SCI Outpatient Care Unit will be bigger and better than it was before the construction. As for parking we still currently have SCI parking in the Freedom Garage and there is a shuttle service that will take you to either the South or North entrance of the main hospital. These shuttles run on a regular basis and are all wheelchair accessible, you just have to be patient and the drivers will make sure you get to and from the Freedom Garage safely. Hopefully by the end of April we will also have some SCI parking in the North parking lot near the North entrance, this will a gated area and you can use the same code to access this area as the code to the SCI area in the Freedom garage. If you don't have the code, call the outpatient clinic or ask the staff for it and they will provide it to you. Remember this construction is to improve the care for all our SCI/D veterans and is a very good thing.

We are gearing up for the Veterans Wheelchair Games in New Orleans in July, our Rec Therapist is working hard to get all our veterans ready for the Games and are doing practices on a regular basis. If you are scheduled to do these practices, please make sure to attend as many as possible so that you will be great at the Games. Also thank Kelsi and Anna when you see them for the hard work, they are doing to get everyone registered and trained for the Games. Their commitment to the Games is what helps us have a great showing there. We look forward to having a lot of medals coming back to North Texas from these Games.

Finally on a sadder note, we again lost a former Board of Directors member who was active with the BOD until late last year. Glenn Davis passed away last month, this was a shock to a lot of us and he will be greatly missed. Glenn was very active not just with the BOD, but also with the fishing events as well as the Veterans Wheelchair Games. We will miss him dearly. Please take care of yourself and each other and have a great summer.

Remembering Paul Offill



Paul was a wonderful volunteer and fundraiser for the LSPVA for many decades. He was a great friend to the Chapter and he will be deeply missed.



Remembering Glenn Davis

Glenn was a LSPA Board of Directors member and a great friend. We will miss him very much.





ADVERTISE WITH THE LONE STAR CHAPTER PVA

Are you looking to get your business or information to the Paralyzed Veteran, MS, and ALS Community? Look no further than advertising with the Lone Star Chapter Newsletter. Our newsletter is published quarterly with an online version we place on our website and your ad will also be on the front page of our website. Your ad also includes a quarterly post on our social media. Our newsletter contains lots of great information specifically to improve the lives of our members. If you're interested in placing an ad in our next issue please call 972-276-5252

AD SIZE	2024 RATES PER ISSUE
Business Card (2 x 3 ½)	\$30
¹ / ₄ Page Vertical (3 ¹ / ₂ x 4 ³ / ₄)	\$50
¹ / ₄ Page Horizontal (7 ½ x 2 ½)	\$50
½ Page (7 ½ x 4 ¾)	\$125
Full Page (7 ½ x 9 ¾)	\$250

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



Veterans Wheelchair Games

by Jack French

Having had the opportunity to attend a few of the Veterans Wheelchair Games, I thought I would take a moment to put down some thoughts about this absolutely amazing experience. The opportunity came up a few years back to attend, and after choosing to take advantage of this chance, my wife and I attended the games.

The experience for myself and my wife began with the training prior to the games and came to a head the day we arrived at the airport to fly out. Meeting with the other veterans and waiting to board began the week long experience of the games themselves. You create friendships and camaraderie that is so easy to fall into because of mutual experiences in the military.

The first evening after arrival were the opening ceremonies. I was completely unprepared. When you first enter a room with 600 or more of your fellow wounded, injured or ill as in my case, you will be struck by the true cost of freedom that our brothers and sisters have paid for literally hundreds of years. As the Honor Guard carries out flag, (in this case dressed in period costumes from the Revolutionary War) I was speechless for several moments, thinking of all the sacrifices made to create and maintain our great Nation.

Once you begin the games, the time seems to rush by as you are so busy, first checking out the vendors in the great hall or maybe spread throughout the hallways. As you compete in the games, the competition, while serious is so friendly you find yourself watching other competitions and even cheering for people you have never met. By the end of the games, don't be surprised if you have made friends with people from places all over the world. We are looking forward to this year and seeing friends we have made and are in touch with from the very first game we attended.

If you have the opportunity to attend the games, please do so because it can be life changing and life affirming. Don't think you cannot do it, there is always a way to compete. Just contact the recreational therapists at your local VA to get started.

While at the games there will be professionals and volunteers to aid in the overall experience. Hope to see you in New Orleans this year!

Getting Veterans with SCI Back on Their Feet

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

What is Ekso Indego?

A powered exoske leton that enables individuals with spinal cord injuries (T3-L5)* to stand and walk, offering a new level of independence.

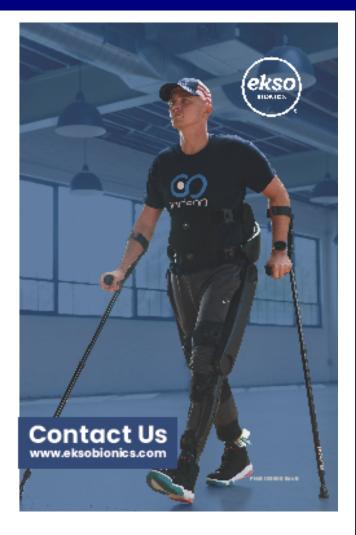
- Fastest walking speeds
- Lightest weight exoskeleton
- Modular design for easy transportation

VA policy allows Ekso Indego to be issued at no cost for those who qualify.

How to Get Qualified

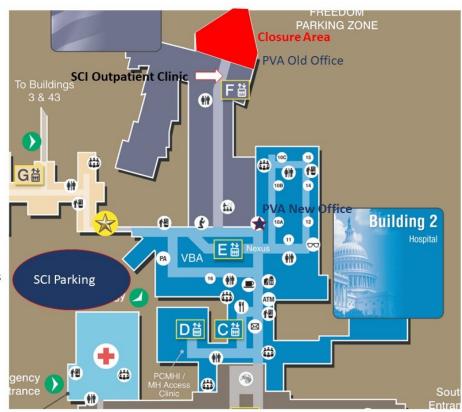
Contact us to find out if you may be eligible. An evaluation by your provider at a SCI/D center is required to determine eligibility for use of an Ekso Indego Personal device.

*For full in dication a tor use, visit: www.eksobionics.com/indications-for-use/



Dallas VA SCI Center Parking Map

- SCI Parking will be relocated to the North Entrance between the Police Station and Building 1. The gates will be moved to this location, and all previously issued stickers will give access to this temp. parking lot.
- PVA New Office is located just across from clinic 10A found on the map.



- SCI Outpatient
 Clinic is now
 located in the
 old SCI Admin
 Suite. Signage is
 posted on the
 door.
- Outpatient waiting area is located in the Internet Café.
- Check in with reception desk located in outpatient clinic before going to waiting area.

Fish Fry for patients and staff at the Dallas VA SCI Center





Florida Gulf Coast Bowling Tournament in Tampa











Adaptive Sports & Recreation FUN with Kelsi & Anna















Meet the Recreation Therapists

of VA SCI: Anna



About Me

- Dallas Native
- Lived in Philly for 13 years
- · City Life is for me
- I own a '47 Studebaker
- I practice what I preach about recreation/leisure



My Background

- Graduated from UNT with degree in Recreation and Leisure Studies (yes, that's a thing)
- Certified in Therapeutic Recreation Services
- Worked with SCI at Magee Rehab, in Philly till 2012
- Started at the VA in 2012 including the homeless, medical foster home, and now, SCI

What do I do for inpatient SCI?

- 1:1 sessions
- Prepare veteran for outpatient programming
- Leisure Education Groups
 - Community Planning
 - Driving
 - Goal Writing
 - Assertiveness Training
 - Rec/Leisure Days
 - Gardening
 - Art Groups
 - Sexuality Groups
 - Adapted sports + Education

What is Recreation Therapy?

We work on physical, social, emotional, and spiritual goals/objectives using recreation and leisure to facilitate full participation in life.

LSPVA Caregiver Spa Day 2024 at Belfiore Salon

















Adaptive Sports & Recreation FUN with Caressa















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



Sports & Recreation

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
- Pocohantas 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.



Chapter Name:

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, 1875 Eye Street, NW, Suite 1100, Washington, DC 20006; (E) members@pva.org. Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.

First Name:	Middle Initia	al: Last	Name:	
Date of Birth:/Soci	al Security Number	r:		○ Male ○ Female
Race/Ethnicity:				
☐ Asian/Pacific Islander	 African America 	an/Descent	 Hispanic/Latino)
○ Native American/Alaskan Native	 Caucasian 			
Address:		ity:		
State:	Zip:	Email:		
Home Phone:	Cel	l Phone:		
VETERAN STATUS INFOR	MATION			
Please submit the following with appli				
DD Form 214 showing character of	_		-4	
Medical evidence of spinal cord inju				itementj.
Proof of active duty status must be ve	rified prior to mem	bership appi	roval.	
Have you been discharged under cond	itions that are less	than honora	ble? □ Yes □ No	
If yes, please explain:				
Are you a United States citizen? Yes	O No			
Do you have a spinal cord injury or dis	ease? Yes No	lf disease, sp	ecify:	
Is your spinal cord injury or spinal cord	d disease service co	nnected? 🔾	Yes 🗆 No	
If Paralyzed Veterans of America is you	r accredited repres	entative, do	you permit PVA Serv	ice Officers to provide
information to PVA National Members	hip Department rela	ative to your	membership eligibil	ity? º Yes º No
I declare under penalty of perjury that:	the foregoing is true	e and correct	that I have read an	nd meet the qualifications
and I understand that my membership			•	•
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			
	ent, ALS, transverse myelitis etc. His/her neurological			
	(eg. paraplegia, quadriplegia, Brown Sequard			
Syndrome , cauda equine syndro	me etc.)			
Physician's Signature				
Physician's Name	-			
· · · · · · · · · · · · · · · · · · ·				
Physician's Title	•			
Date Signed	_			



Volunteer Time Sheet

Paralyzed Veterans of America

Membership & Volunteer Program

1875 Eye Street, NW, Suite 1100 * Washington, DC * 20006

888-838-7782 * Direct Membership Line

First Name:		Last Name:		
Volunteer Identi	fication Number:	Month:	Year:	
Chapter Name	:		_	
		Program Code Numbers	3	
Resear Admini	acy/Housing/Barrier /Employment	5. Legislation 1: -free 6. Hospital Liaison 1: 7. Attendant Program 8. Sports	1. Other 2. Executive Control Totals Only) *Working Control on for	ork performed in program des 4, 9, and 12 can lly be included as service the chapters
Date	Program Code	Assignment Description	Hours	Points Supervisor Signature
Volunteer's Sig	nature		Date	
Volunteer Coor	rdinator's Signatu	re	Date	



April

Vicki Catlin Gilles Antava Gabriel Kanawite **Billy Ferrell** David Elmore **Steven Byerly** John Fay **Marty Davis Manuel Romero Bobby Thornton** William Johnson

Gerardo Carlos David Miller Brian Smith Guadalupe Losoya Rodney Schoen Dan De Lao **Thomas Crow** Jerry Bockman Rebecca Brennan John Leavell Angela Bard **Bobby Sides**

Richard Barber Robert Cody Arthur Williams James Buehler Rickie Drew Allison LaComb **Harry Cockley** Dan Garza **Craig Smith** Clarence Lee Jr.

Ray Johnson Joe Grayson Clifton Davidson

May

Randy Simpson David Ficklin Louis H.B. Lee **Robert Smith** John Rosskopf Fredrick Rehders **David Owens** David DiFrancesca Patricia LaBar **Alvin Luster** James Morris

Jerry Porter Billy Riddle Edward Entwistle Robert Smith Larry Shapiro Lige Mathews Anthony Douglas John Mason Nova Glahn-Stepan **Daniel Connnelly** Losten Scott

Samuel Sanchez Francis Moran **Peter Scovill Robert Siemens** Michael Jones Jack French **Cheryl Cauley-Ingram** Kirby McLain **Dennie Fordham** Brenda Vega **Demeka Christian**

June

Patrick Magee Samuel Seidemann Richard Peterson Ben Dobson Jonathan Mitchell **David Self Robert Ross** Dan Narangi **David Pierce**

Susan Ficklin **Eugene Wash Arthur Bauldwin Russell Burleson** Gavin Cox **Buena Ventura Sandoval Aubarey Vernon** Elic Knight **Arthur Schilling**

Rory Bandy Edward Nierengarten **Jenise Peeples** Robbie Green Lola Sanderson Karla Clay Meshell Horton **Bradley Pahlke**

Aaron Ross Gregory Ransom Kevin Warner Doyl Harris David Hagen Diana Hain

LSPVA Uses a Point System for Members Wanting Funding to an Event

We will be using the point system for anyone who is wanting funding for an event. In order to get funding for an event you MUST volunteer and turn in your time sheets to Sonya. You may download a time sheet on our website and be sure to turn in before the 12th of every month.

Here are few examples of ways to volunteer and points you will earn.

Example Activity	Points
Volunteer at an official LSPVA event	20
Attend a Memorial or Funeral with Honor Guard	15
Write an (approved) original half page article for our newsletter	15
Sign up a new LSPVA member (PVA Employees not eligible)	25
Chair an active committee of the LSPVA	25
Attend a monthly BOD meeting as a non board member	15
Direct individual fundraising efforts. Get 5 points for every \$50 r	aised.

Please note in order for the volunteer to receive 100% funding to attend an event, the volunteer must have earned 100 points one month prior to the upcoming event. Points and funding are in percentages i.e. 50 point receive 50% funding, 25 points receive 25% funding, etc. Examples of approved events include, fishing tournaments, trap shoots, Golden Age Games, Wheel Chair Games, hand cycling, and Boccia.

For more information please call 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*
- Boccia 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

BINGO!

COME HAVE A FUN EVENING OUT. FOOD, DRINKS, PRIZES AND MORE. SOMETHING FOR EVERYONE! COME JOIN THE FUN.



Longhorn Bingo

4413 West Walnut St. #433 Garland, TX 75042 (972) 272-5651

LonghornBingo.com





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
2 Power Wheelchairs
Manual Wheelchairs
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



Lone Star Chapter

Lone Star Chapter PVA

3925 Forest Lane

Garland TX 75042

972-276-5252

Ispva@Ispva.org

www.mylspva.org



Longhorn Bingo

LONE STAR CHAPTER PARALYZED

Longhorn Bingo - 4413 W Walnut Suite 419 - Garland TX 75042 -

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