



Paralyzed Veterans of America

Lone Star Chapter

Lone Star Paralyzed Veterans of America

July - September 2024

What's Inside

ED Letter....4

Article.....5

Point System..6

Esko Indego..7

MS Walk....8

Advocacy Week..9

Election

Dinners...10

Cook Out...11

Fundraiser...11

Membership

Application 12-13

Volunteer Time

Sheet...14

Birthdays....15

Point System..16

Word Search...17

Article... 18-22

Crossword

Puzzle....23

Bingo....24

Loan Closet...25

NATIONAL
VETERANS
GOLDEN AGE GAMES

ATHLETIC 228

AUGUST 24-29

2024

SALT LAKE CITY

www.VeteransGoldenAgeGames.va.gov

@Sports4Vets

VA U.S. Department of Veterans Affairs VCS Veterans Canteen Service

LONESTAR CHAPTER PVA

CHARTED BY CONGRESS OF
THE UNITED STATES OF AMERICA

OFFICERS:

PRESIDENT:

John Fay

VICE PRESIDENT:

Jack Hasenyager

SECRETARY:

Paul Attaway

TREASURER:

Jack French

BOARD OF DIRECTORS:

Jackie Childress

Ron Roland

Steve Stevens

Laura Jeanne

NATIONAL DIRECTOR:

Jack Hasenyager

PROGRAM DIRECTORS:

HOSPITAL LIASON:

Jack Hasenyager- Dallas

Jackie Childress- Bonham

GOVERNMENT RELATIONS

LEGISLATIVE DIRECTOR:

Steve Stevens

MEMBERSHIP DIRECTOR:

Jack Hasenyager

SPORTS DIRECTOR:

John Fay

OFFICE STAFF:

EXECUTIVE DIRECTOR:

Glendon Bentley

EXECUTIVE ASSISTANT

Sonya Cogan

OFFICE ADDRESS

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 Jermaine Cohen
Sr. ADMINISTRATOR: Zelda Herrera
Dallas VA Medical Center
4500 S LANCASTER RD,
DALLAS TX 75216
214-857-0105
214-857-0106

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



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.org

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

GO DIGITAL

PN

IS AVAILABLE AS
A DIGITAL EDITION

YOUR EMAIL ADDRESS MUST BE ON FILE
TO DELIVER THE DIGITAL EDITION OF PN.

- FREE TO CURRENT SUBSCRIBERS
- FLIP PAGES WITH ONE CLICK
- ZOOM IN
- SEARCH BY KEYWORDS
- BOOKMARK FAVORITES OR ADD NOTES

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

A Message From Our Executive Director

Glen Bentley



Well, it is time for another Executive Director Report, you would think these get easier, but after 25 years it is difficult to think of new things to say. But here goes, a lot has been happening here at the chapter with the nominations for the Vice President, Secretary, and 3 Board of Directors positions. I am happy to say we did have all the positions filled with someone running for them. On July 13th we counted the ballots and even though we only received 43 ballots from the 400 we sent out; we did get all the candidates elected to the positions. They were

Jack Hasenyager as Vice President, Paul Attaway as Secretary, Jackie Childress, Laura Jean, and Clifton Howard as Board members. Congratulations to all of them, I am sure they will do a great job during their 2 years term on the BOD. It is always a disappointment that such a small number of our members did vote, since it is the membership that gives us guidance on the way the chapter should run and where they would like to see us go. So please, even though you may not have voted for whatever reason, feel free to reach out to us with any concerns or ideas that you may have to better the chapter, we strive to improve the chapter all the time.

In the next few days we are gearing up to send one of the largest group of veterans to the annual Veterans Wheelchair Games in New Orleans, LA. This should be a great time and we have several new veterans going for their very first time. It will be an exciting time in New Orleans and hopefully they will participate in future Wheelchair Games. This will also be my first year as an official at the games instead of an athlete, and I too look forward to this, but judging from my schedule I received, I will be a very busy person that week. But all in all, we all should have a wonderful time there.

In the recent month we have heard from some of our veterans about subpar care in contracted care facilities contracted by the VA. If you or someone you know isn't getting the quality care the VA should provide, please reach out to us at the office or our NSO at the Dallas VA so we can alert the leadership at the VA. No veteran should have to suffer with substandard care or assisted living conditions in these contracted facilities. That is why we so look forward to the completion of our Long-Term Care facility at the Dallas VA SCI Center. That facility is coming along nicely and hopefully it will be open in about 3 years.

In closing, I hope everyone has a safe and fun filled summer and look forward to seeing how many medals our veterans bring home from New Orleans. Be safe out there.

The Veterans Administration Service Dog Program

By: Ty McWhorter, Senior National Service Officer

The bond between humans and dogs has long been recognized for its therapeutic benefits. For veterans returning from service, this bond takes on an even deeper significance. Recognizing this, the Veterans Administration (VA) has a service dog program aimed at assisting veterans with physical and mental health challenges. This program not only provides veterans with specially trained service dogs but also offers a beacon of hope, companionship, and support in their post-service lives.

Understanding the need is important because many veterans face challenges upon returning from service, ranging from physical injuries to mental health issues such as PTSD (Post-Traumatic Stress Disorder) and depression. The in addition can be used as guide dogs for the blind, Hearing dogs for the deaf, seizure response dogs, and even diabetes assistance dogs to detect blood sugar highs and lows. These challenges can significantly impact their daily lives, relationships, and overall well-being. Traditional treatments and therapies are effective but some veterans find these methods insufficient or not suited for their needs. This is where service dogs come into play. These Specially trained dogs are more than just pets; they are trained to perform tasks that assist veterans in their daily lives, providing both physical and emotional support. From helping with mobility issues to offering comfort during anxiety attacks, service dogs can make huge difference in a veteran's life. Service Dogs are covered by the Americans with Disabilities Act (ADA) and afforded the rights to enter public establishments. Service Dogs are recognized separately than Therapy and Emotional support animals.

The VA Service Dog Program works by pairing eligible veterans with a service dog that has been trained to meet their specific needs. The program covers the cost of acquiring, training, and caring for the service dog, making it accessible to veterans regardless of their financial situation. The process begins with an assessment to determine the veteran's needs and suitability for a service dog. Once approved, the veteran is matched with a dog from a reputable training organization or shelter. The VA works closely with these organizations to ensure that the dogs are well-trained and suitable for service. The training for both dog and the veteran is integral part of the program. Veterans learn how to work with their service dogs, while the dogs are trained to perform tasks such as retrieving items, opening doors, and providing stability during mobility. Additionally, the dogs are trained to recognize signs of panic, anxiety and distress and are able to offer comfort and support when needed.

Benefits from service dogs to veterans is invaluable, and they extend far beyond the benefits previously mentioned. Companionship and unconditional love offered by these dogs can have a profound impact on veterans' mental and emotional well-being. They can provide the veterans a new sense of purpose when paired with their service dog. The responsibility of caring for a dog and the bond that develops can help veterans feel less isolated and more engaged in their daily lives. This can be particularly beneficial for veterans struggling with PTSD and/or depression, offering a lifeline during difficult times.

While the VA Service Dog Program is helpful it still has its challenges. There is an extremely high demand for service dogs compared to the number of dogs trained. This causes significant wait times for veterans seeking to be paired with a service dog. Additionally, the program relies heavily on training organizations and shelters. The VA requires these organizations to maintain high standards of training. The dogs training is essential for the program's success. Not every dog is one size fits all solution. Although many veterans benefit greatly from having a service dog, it may not be the right option for everyone, and the VA takes this into account during assessment process, while ensuring that veterans are matched with a service dog that meets their specific needs. VA Service Dogs can be prescribed by the Department of Veterans Affairs are provided veterinary care and equipment through the VA Prosthetics and Sensory Aids Service.

In conclusion the VA Service Dog Program is an example of the power of the human-animal bond. The program offers a unique and effective way to support veterans in their post service lives; assisting with daily tasks to offering emotional support, these dogs make tangible difference in the lives of veterans facing physical and mental health challenges. Although there are significant challenges and considerations with the program, the impact it has on assisting veterans in their lives is undeniable. The VA's goal is help veterans become more independent and confident in their needs in the veteran community, and it is crucial that they continue to support and expand programs like this one. By doing so the VA is able to honor and support veterans in a meaningful and lasting way, ensuring that they receive the care, respect and assistance they deserve.

Ty McWhorter retired from the US Army in 2009 after 23 years. He previously worked for TVC, DAV and now serves as a National Service Officer for Paralyzed Veterans of America at the Waco Regional Office.

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
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)	\$125
Full Page (7 ½ x 9 ¾)	\$250

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

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 exoskeleton 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 indications for use, visit: www.eksobionics.com/indications-for-use/



 **Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

STAND BY THEM

Confidential help for
Veterans and their families

• • • • Confidential chat at **VeteransCrisisLine.net** or text to **838255** • • • •

MS WALK



Thank you to Nothing Bundt Cakes for raising money for the Lone Star Chapter PVA. We appreciate their support!



Advocacy Week in Washington DC



LSPVA Chapter Nomination Dinner



LSPVA Chapter Election Dinner



4th of July Cook Out at the Dallas VA SCI Center



LSPVA Fundraisers at Bass Pro





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.***

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

Volunteer Coordinator's Signature _____ Date _____

BIRTHDAYS

July

James Patin	James Murphy	Kenneth Figiel
Albert Patlan	Ronald Cyrus	David Springer
Ignacio Pabon	Clifton Howard	Michael Cavel
Michael Comer	Ken Frosch	Lara Olsen
Alberta Holloway	Thomas Cummings	John Grumbles
Jack Franklin	Jose Molinary	Charles Buchanan
Alton Timm	Jennifer Lyons	Michael Peterson
Jeffrey Miller	Dennison Hockett	
Paul Crawford	Ivy Thomas	
David Shortnancy	Christopher Freeman	
Hugh McGee	Randy Shack	
Alton Hallmark	Larry Gay	
Phillip Smith	Bernard Noel	

August

Debbie Aulenbacher	Paul Ward	Carroll Fuller	Stacy Pilgreen
Charles (Tom) Tracy	Martha Phillips	Russell Amaya	Gary Grubbs
Kerry Morris	Elbert (Don) Coxey	Jack Barber	William Stevens
Ron Sykes	Charles Biggs	Timothy Crosby	
Jeffery McGee	Arnold Harris	Steve Ehlert	
Talmadge Hutchins	Tammy McIntyre	James Ralston	
Richard Grozier	Brian Duffy	Larry Crawford	
Alfred Coe	Jay Neumann	George Dunaway	
Ross Temple	Angus McDonell	James Roberson	
Jackie Childress	Chiletha Harmin	Juan Ramirez	
Lloyd Burris	James Lewis	Edmond Henderson	

September

Lisa McCormick	James Huffstetler	Detra Gardner	Jessica Lewis
Michael Davis	Elizabeth Lancaster	Jarrod Wayman	Ralph Minatra
Eddie Bonner	Mickey Mickelson	Ryan Mazey	David Porter Jr.
Matthew Lathrop	Michael Riley	Liam Fowler	Leslie Yendrey
Toby Goodman	Larry Chrislip	David Hayes	David Lusk
Bobby Holder	Isesha Middleton	Antonio Santos	
Robert Velasquez	James Couder	Donals Cobb	
Thomas Bohannan	Tiffany Bolding	Malika Bell-Williams	
Fred Sutton	Ronald Mauldin	Walter Brake	

Lone Star Chapter PVA Health and Recreation Points System

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 raised.	

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



Summer Holidays



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

August
barbecue
beach
biking
bonfires
books
camping

canoeing
cottage
family
friends
games
hammock
hiking

holidays
ice cream
July
lake
lemonade
memories
picnics

pool
popsicles
puzzles
reading
relax
road trips
sports

sprinkler
strawberries
summer camp
swimming
traveling
vacation
watermelon

My name is William (Steve) Stevens and I am the Advocacy Director here at Lone Star PVA. In June, I had the privilege of going to Washington, D.C. to advocate for Veterans. I wanted to make sure that you are aware of the top priorities for PVA National. The following information you can find at <https://pva.org/wp-content/uploads/2024/01/PVA-2024-Policy-Priorities.pdf> Expand Access to VA Long-Term Services and Supports

THE ISSUE

Facility and Home-Based Care

The country's lack of sufficient long-term services and supports, including the nationwide shortages in direct care workers, is a barrier to proper care for people with catastrophic disabilities. The majority of PVA members are aging and will require even greater levels of assistance. While the Department of Veterans Affairs (VA) provides or purchases these supports and services for eligible veterans through institutional settings like nursing homes and home and community-based services (HCBS), veterans are often faced with significant challenges in accessing and using this assistance. Few nursing home facilities can appropriately serve veterans with spinal cord injuries and disorders (SCI/D). VA operates six specialty long-term care facilities. Its Long Beach VA Medical Center is the only facility located west of the Mississippi River to support veterans served by 11 acute SCI/D centers. Many aging veterans with SCI/D need VA facility based care, but the department currently has limited capacity and provides for approximately 180 patients. Although specialty SCI/D facilities are being constructed in Dallas and San Diego, the need still far outweighs the supply of beds. VA has the authority to place veterans in community nursing home facilities; however, it is nearly impossible in some places to find community placements for veterans who are ventilator-dependent and those with bowel and bladder care needs. Additionally, community providers often lack SCI/D training, which can result in compromised quality of care and poor outcomes. In addition to increased options for facility-based care, including the need to allow VA to pay for care provided by assisted living facilities, VA HCBS must be more accessible to veterans with catastrophic disabilities. Under current law, VA is limited on how much can be spent on each veteran's home care. Specifically, VA is prohibited from spending more than 65 percent of what it would cost if the veteran was provided nursing home care. When VA reaches this cap, the only alternatives are to place the veteran into a VA or community care facility or rely on the veteran's caregivers, often family, to bear the extra burden. Veterans who are placed in a VA community living center and have mandatory eligibility (i.e., rated 70 percent service connected or higher or require nursing home care due to a service-connected disability) receive care at no cost. Veterans who do not have mandatory eligibility can receive care in a VA community living center on a space resource-available basis and may be subject to copays. Congress should raise the cap on how much VA can pay for the cost of home care from 65 percent of the cost of nursing home care to 100 percent and allow the department to pay more whenever it is in the best interest of the veteran. This would enable greater numbers of veterans to age in place while mitigating the demand on VA institutional care. In January 2022, VA initiated a five-year expansion of its Home-Based Primary Care, Medical Foster Home and Veteran-Directed Care (VDC) programs. An executive order issued a year later urged the department

to consider expanding the VDC program to all 171 VA medical centers by the end of fiscal year 2024. The VDC program allows veterans to receive HCBS in a consumer-directed way and is designed for veterans who need personal care services and help with their activities of daily living. Examples of the assistance they can receive include help with bathing, dressing, or fixing meals. Veterans are given a budget for services managed by the veteran or the veteran's representative. VA's expansion of VDC is on track to be completed by the end of calendar year 2024. Until then, it is not available at all VA medical centers and it currently has an enrollment of only about 6,000 veterans. Even though VDC is available at a facility, it doesn't always mean that it is available for veterans throughout the facility's catchment area. VA needs to expand VDC, both in terms of the numbers of veterans it serves and the actual areas in which it is available. Also, for disabled veterans with the greatest support needs, the requirement for a caregiver does not go away when the veteran is hospitalized. Neither community hospitals nor VA medical centers are adequately staffed or trained to perform the tasks SCI/D veterans need. Prior to April 2023, veterans with high-level quadriplegia and other disabilities were required to pay out of pocket for their caregivers or caregivers donated their time, as veterans could not receive caregiving assistance through VA programs while in an inpatient status. Last year, VA issued guidance to the field stating if a veteran is assigned Case Mix "V" or who has a score of "K" they may continue to receive VDC services during inpatient hospitalization, if it is clinically indicated and in support of the veteran's care needs. While we greatly appreciated this change, it benefits a very limited number of veterans. Plus, it excludes many deserving veterans with catastrophic disabilities who rely on caregivers, but are not assigned into Case Mix "V" or have a score of "K." Many SCI/D veterans are still unable to receive payment for their caregivers when they are hospitalized. This limitation must be addressed as these veterans not only need their caregivers while hospitalized, but also to ensure that they can be timely discharged home. In addition to VA HCBS, the VA's Program of Comprehensive Assistance for Family Caregivers (PCAFC) provides eligible service-connected veterans and their caregivers with needed supports, including a stipend, that allows many veterans to remain in their homes. Although veterans of all eras of service are now eligible to apply for this program, VA's eligibility criteria have made it difficult for catastrophically disabled veterans to remain in or qualify for the PCAFC. As VA seeks to revise the program's regulations, congressional oversight is needed to improve program access for these veterans. Even with VA HCBS and caregiver supports, many veterans with significant disabilities struggle to find direct care workers to assist them with daily activities or to supplement the efforts of their family caregivers. The direct care sector is projected to add over 1 million new jobs between 2021 and 2031, more than any other occupation in the United States.

However, mounting workforce challenges, a growing population of older adults, and increased use of home based care will make it difficult to meet the demand. Recent data from the National Center for Health Workforce Analysis shows the demand for direct care workers is projected to increase by 48 percent for nursing assistants, 43 percent for personal care aides, and 42 percent for home health aides between 2020 and 2035. Increasing pay for these critical workers alone is not sufficient to solve the crisis we face. Applying multiple strategies at a national level, such as raising public awareness about the need and value of caregiving jobs, providing prospective workers quality training, and developing caregiving as a sound career choice are a few of the other changes that could help address this problem. PVA POSITION VA must adequately assess and receive funding to serve the veterans who need specialty, facility based long-term care and prioritize infrastructure projects for those types of facilities. Congress must pass the Expanding Veterans' Options for Long Term Care Act (H.R. 1815/S. 495) to pilot allowing VA to directly pay for care provided by assisted living facilities. Congress must pass the Elizabeth Dole Home Care Act of 2023 (H.R. 542/S. 141), which would make critically needed improvements to home and community-based services, including raising the cap on non-institutional care, expanding the VDC program, creating a pilot program to address direct care worker shortages, improving family caregiver supports, and paying for caregivers serving hospitalized veterans in the VDC program. • Congress must provide oversight of VA's PCAFC and ensure veterans ineligible for PCAFC are provided access to alternative programs, like VDC. • Congress must pass legislation to expand the direct care labor force through better pay and working conditions and support family caregivers through technical assistance and training and Social Security credits for those not in the workforce due to caregiving duties. Improve VA Benefits and Health Care Services for Paralyzed Veterans and their Survivors Veterans and Survivor Benefits Congress must increase VA Special Monthly Compensation/Aid and Attendance benefits for catastrophically disabled veterans to offset increased costs for home care and other needed supports. Congress must continue to improve access to services and benefits for veterans who have experienced military sexual trauma. Congress must pass legislation ending forfeiture of military retirement pay to receive VA disability compensation. Congress must increase the rate of Dependency and Indemnity Compensation (DIC) for surviving dependents and lower the eligibility threshold. Congress must also ensure survivors of ALS veterans have access to enhanced DIC benefits. Transportation Programs and Supports Congress must authorize veterans who have nonservice-connected catastrophic disabilities to receive adaptive equipment from VA to drive their vehicles.

VA and Congress must also provide improved transportation services and supports that help veterans access needed health care, including increasing the beneficiary travel reimbursement rate and reforming the reimbursement process. Life Insurance Benefits Congress must reform VAlife to allow premium waivers for catastrophically disabled veterans and ensure ALS veterans' survivors receive these critical benefits. Home Modification Grants Congress must raise the rate of funding available through VA's Home Improvements and Structural Alterations grant program to allow eligible veterans to access needed housing modifications due to their disabilities. Health Care and Benefits for Women Veterans VA must consider the unique needs of women veterans with SCI/D when delivering and developing services and benefits, including those that are gender specific. Assisted Reproductive Technologies Congress must repeal VA's ban on IVF and authorize VA to provide assisted reproductive technology, including IVF, surrogacy, and gamete donation at VA for any veterans enrolled in VA health care. Protect the Civil Rights of People with Disabilities Protecting the civil rights of people with disabilities is important to ensuring their ability to access the opportunities and freedoms available to all Americans to allow them to live, work, travel, and fully participate in society. Improve Access to Air Travel Congress must make systemic changes in the next FAA Reauthorization to improve air travel for people with disabilities, particularly wheelchairs users, by reforming the Air Carrier Access Act to add standards for aircraft accessibility and improve enforcement of the law. Congress must also improve paralyzed veterans' access to programs that facilitate the security screening process.

Increase Disability Access

Congress must enhance tax incentives to help businesses comply with their obligations under the Americans with Disabilities Act (ADA). Also, the Department of Justice (DOJ) must investigate more individual ADA complaints and publicly report information on filed and adjudicated complaints. DOJ must also issue long-overdue regulations related to hotel bed height and accessible medical equipment standards. Industries creating new models and forms of transportation, including electric and autonomous vehicles, must ensure disability access as a matter of equity. Existing transportation providers must also increase accessible features to ensure greater access for people with disabilities. Improve Access to Social Security Benefits Congress must end the five-month wait for Social Security disability insurance benefits to ensure people with disabilities have financial support when they most need it. Congress must also ensure that caregivers who are out of the workforce due to caregiving responsibilities are able to receive credit under Social Security. Increase Employment Prospects for Veterans with Disabilities Congress must increase access to employment opportunities for veterans with significant disabilities through

tax incentives for employers and improvements to supports provided to veterans through the state workforce system. VA's Veteran Readiness and Employment program must ensure veterans with catastrophic disabilities are able to fully access the services that allow them to return to work. Please, go to the following website, PVAAction Force <https://www.votervoice.net/PVA/home> and click on which ever bill that you want to send to your Congressional Representatives and enter your zip code and a pre-written letter will appear depending on which Bill you have selected. There will also be a box to put your personal story in. Be sure to tell your Congressional Representatives why this Legislation is important to you. If you need help, please, reach out to me at 972-515-5588 or Steve.Stevens@lspva.org and I will be happy to assist you. Here is a list of Legislation that Congress is working on now and again please, send a letter to your Congressman urging him/her to pass the following legislation: Elizabeth Dole Home Care Act (H.R. 542/S. 141) Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act (H.R. 8371). Veterans Accessibility Advisory Committee Act/Veterans Accessibility Act (H.R. 7342/S. 2516). Autonomy for Disabled Veterans Act (H.R. 2818/S. 3290) Justice for ALS Veterans Act (H.R. 3790/S. 1590) VETS Safe Travel Act (H.R. 7365)

Clean out those closets and declutter your home, and help support veterans. The LSPVA Office has a conveniently located donation drop box. You can also call for a scheduled pick up at 214-324-5026 We thank you for your continued support.



Name: _____ Date: _____

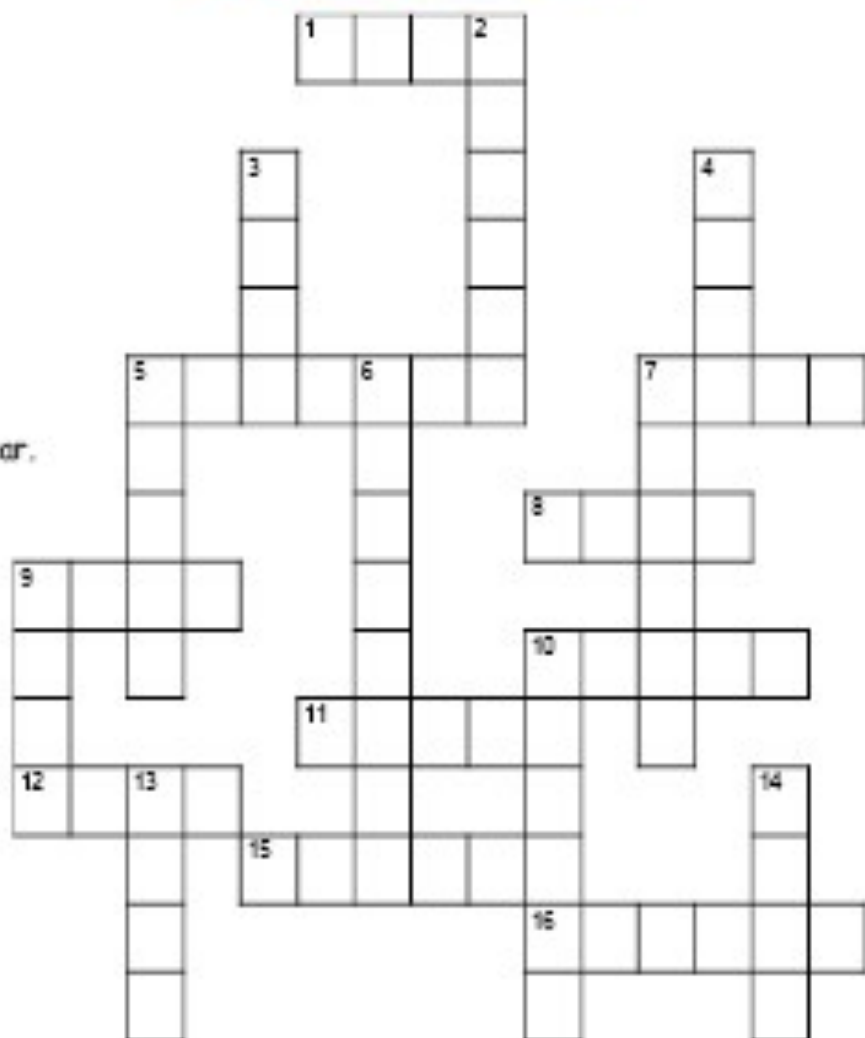


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim.
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE,
LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM

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

**ALL FULL PAY
GAMES**

\$7,500
PAID WEEKEND NIGHTS
GUARANTEED

\$5,000
PAID WEEK NIGHTS
GUARANTEED



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
Knee Scooter
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

lsuva@lspva.org

www.mylspva.org

NON PROFIT
ORG.
U.S. POSTAGE
PAID
PERMIT NO. 276
GARLAND TX



Longhorn Bingo

LONE STAR CHAPTER PARALYZED

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