



Paralyzed Veterans of America

Lone Star Chapter

Lone Star Paralyzed Veterans of America

January—March 2026

## What's Inside

*Info...2-3*

*ED Report..4*

*Advertise with  
us...5*

*Forms....6-8*

*Point System..9*

*Synchron..10*

*Events...11-12*

*Rec Therapy..13*

*Christmas  
Dinner..14-15*

*Caregiver  
Luncheon..16*

*Birthdays...17*

*Bingo...18*

*Loan Closet..19*



## **LONESTAR CHAPTER PVA**

CHARTED BY CONGRESS OF  
THE UNITED STATES OF AMERICA

### **OFFICERS:**

#### **PRESIDENT:**

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#### **VICE PRESIDENT:**

Jack Hasenyager

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#### **TREASURER:**

John Fay

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Ron Roland

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### **OFFICE STAFF:**

### **EXECUTIVE DIRECTOR:**

Steve Stevens

### **EXECUTIVE ASSISTANT & OFFICE COORDINATOR**

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**

875 Eye Street, NW, Suite 1100

Washington DC 20006

800-424-8200

www.pva.org



**Paralyzed Veterans of America**

## **Lone Star Chapter**

### **LSPVA NEWSLETTER & WEBSITE EDITOR:**

**Sonya Cogan**

**Sonya@Lspva.org**

**972-276-5252**

### **TO ADVERTISE IN OUR NEWSLETTER OR TO WRITE AN ARTICLE:**

**Sonya Cogan**

**Sonya@Lspva.org**

**972-276-5252**

**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, MS, or  
ALS, and are veterans.**

**Any article that appears in this  
magazine are the opinion of the  
author and may not represent  
its 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 find us on Facebook. Keep up with all the happenings. We update our website daily so you can stay in the know! [www.myfspva.org](http://www.myfspva.org)

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TO UPDATE CONTACT INFO AND ADD YOUR EMAIL ADDRESS.



Hello Lone Star Members,

I hope this newsletter finds you well and I hope everyone had a Merry Christmas and a Happy New Year. 2025 came and went in a flash and as I get older time is going by faster and faster every year.

I want to thank everyone that came to our Christmas party this year, unfortunately I was unable to attend, because I was in the hospital. From what I've heard from everyone that they had a great time. I would also like to thank Jack and Shuli French for organizing the event. Also, I would like to thank our donors for the raffle items.

The wheelchair games will be here before you know it and if you are planning on attending the games in Detroit this year be sure to volunteer and turn in your time sheets to Sonya.

### **Lone Star Chapter PVA Health and Recreation Points System**

We will be using the point system for anyone who wants 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 from 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

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.

In order for the volunteer to receive 100% funding to attend an event, the volunteer must earn 100 points one month prior to the upcoming event. Points and funding are in percentages i.e. 50 points receive 50% funding, 25 points receive 25% funding, etc. Examples of approved events include fishing tournaments, trap shoots, Golden Age Games, Wheelchair Games, hand cycling, and Boccia. For more information, call 972-276-5252

Best regards,

Steve Stevens

## 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 1/2)	\$30
1/4 Page Vertical (3 1/2 x 4 3/4)	\$50
1/4 Page Horizontal (7 1/2 x 2 1/2)	\$50
1/2 Page (7 1/2 x 4 3/4)	\$125
Full Page (7 1/2 x 9 3/4)	\$250

To place your ad email [Sonya@Lspva.org](mailto:Sonya@Lspva.org) or call 972-76-5252



## 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 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 Identification Number: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

Chapter Name: \_\_\_\_\_

Program Code Numbers		
1. Service	5. Legislation	11. Other
2. Advocacy/Housing/Barrier-free Design/Employment	6. Hospital Liaison	12. Executive Committee* (Chapter Totals Only)
3. Research	7. Attendant Program	
4. Administration/Secretarial* (Chapter Totals Only)	8. Sports	
	9. Fundraising* (Chapter Totals Only)	*Work performed in program codes 4, 9, and 12 can only be included as service for the chapters
	10. Membership	

Volunteer's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Volunteer Coordinator's Signature** **Date**

## **Lone Star Chapter PVA Health and Recreation Points System**

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

<b>Example Activity</b>	<b>Points</b>
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.	

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For more information please call 972-276-5252

## YOUR VOICE CAN SHAPE THE FUTURE OF THERAPY.

### HOW CAN I GET INVOLVED?

Building this technology is not just about science – it's about people. We've conducted hundreds of interviews with people living with paralysis, their caregivers, physicians, and therapists. Their voices are shaping how we build for autonomy, independence, and privacy.

That's why we created the **Synchron Community**. By joining, you'll be able to:

- Learn about BCI technology
- Stay informed on our progress
- Tell your story and shape the future of therapy



SCAN THE QR CODE  
TO REGISTER  
[SYNCHRONBCI.COM](https://synchronbcicom)

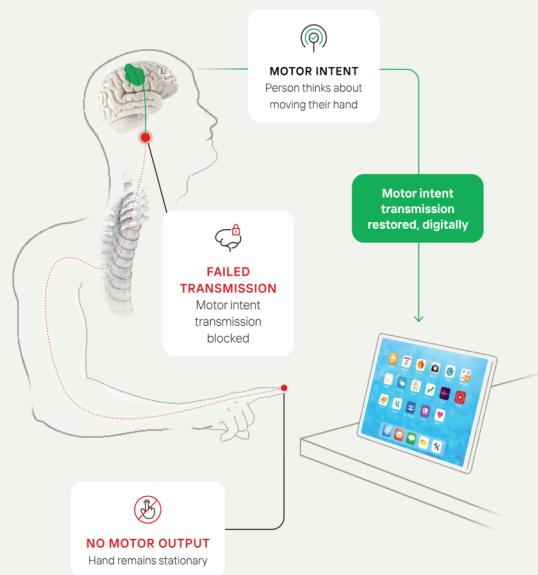
### WHO IS SYNCHRON?

Synchron is a company dedicated to restoring digital independence for people living with paralysis. We are developing a technology called a brain-computer interface (BCI) – a neuroprosthetic system that translates brain activity into digital commands.

In practical terms, this means a person with paralysis could use their thoughts to control a computer, tablet, or phone – to send a message, browse the web, manage daily tasks, or connect with loved ones.

The Synchron BCI is implanted through the blood vessels of the brain, without open-brain surgery. Early clinical trials in the U.S. and Australia met all key safety goals with results published in peer-reviewed journals.

### UNDERSTANDING OUR BCI



WANT MORE CONTENT? FOLLOW US ON [SYNCHRONBCI.COM](https://synchronbcicom)

# Dallas VA SCI Center Veteran's Day Cook Out



## 2025 Abilities Expo at Dallas Market Hall

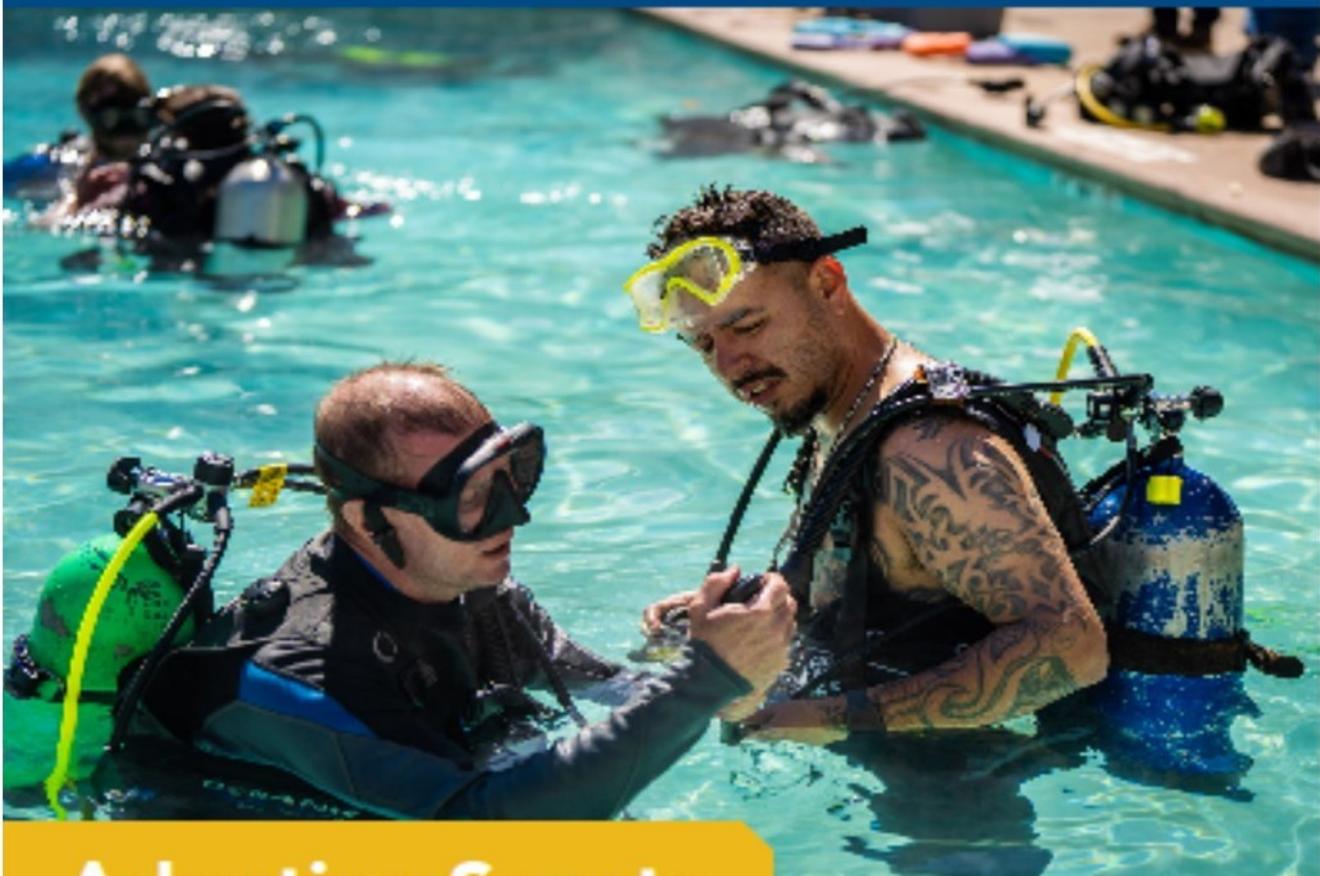


# LTSCI Beam Topping Ceremony



## Veterans Interested in Adaptive Sports & Recreation

Caressa Blackman, CTRS Recreational Therapist  
Adaptive Sports Caressa.Blackman@va.gov  
Phone: 903-583-1405



**Adaptive Sports**

## OUTPATIENT THERAPY

Recreational Therapy  
VA North Texas Health Care System

# 2025 Annual Christmas Dinner & Party



# 2025 Annual Christmas Dinner & Party



# 2025 Caregiver Luncheon



# BIRTHDAYS

## January

Jim Sifers  
Christopher Cook  
W. James Anderson  
Bernd Dorflein  
Wayne Leavitt  
Albert Claveran  
Charles Johnson  
Lue Shelton  
Gustine Rogers  
William Lawson  
Heather Miner  
Lauren Billings  
Michael Hayes  
James Burnett  
Michael Rider  
Robert Pinson  
Cedric Murphy  
Nicole Clines  
Catherine Carter  
Edward Graves  
Richard Davis  
Jonathan Huff  
Terence Ziskowski  
Roger Lippert



## February

Joe Medrano  
Amy Duvall  
Billy Thinnes  
Stephen Smith  
Donald Martin  
Joe Lopez  
James Cushman  
Bobby McCullough  
Harvey Mackley  
Eric Mullett  
Smiley Wallace  
Alford Waites  
Jarel Hutyra  
Steven Sigmon  
Danny Matula  
Richard Singleton  
Michael Lucas  
Eddie Gomez  
Aaron Evans  
Eric Bonier  
Jamie Choate  
Alfonso Reyes  
Josh Price  
Christina Kassatly  
Rodney Buchanan  
John Ostrowski  
Keith Graham  
Clinton Pritchett  
Michael Henry  
David Saenz



## March

William Burns  
Kenneh Carden  
Angalee O'Dell  
Clemon Akins  
Ray Jennings  
Charles Allen  
Charles Clark  
David Moore  
Sharon Williams  
Mikkel Hanson  
Deneed Cavett  
Robert Wolfe  
Penny Owen  
Jack Fanning  
Charles Strawn  
Chris Orahood  
Thomas Quinn  
Stephen Fornal  
Matthew Long  
John Johnson  
Leo Prichard  
Luke Querner  
Gregory Harrison  
Paul Attaway  
Russell Donahue  
Michael Medlock  
Mitchell Gammill



# 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](http://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:**

- 1 Cane
- 1 Crutches
- 2 Walkers
- 4 Manual Wheelchairs
- 1 Transfer Seat
- 1 Knee Scooter
- 2 Powerchairs

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