



Paralyzed Veterans of America

Lone Star Chapter

Lone Star Paralyzed Veterans of America

January—March 2026

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LONESTAR CHAPTER PVA

CHARTED BY CONGRESS OF
THE UNITED STATES OF AMERICA

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Steve Stevens

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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
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4500 S LANCASTER RD,
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214-857-0105
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NSO: Ty McWhorten
Sr. ADMINISTRATOR RHONDA BROUGHTON
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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



Lone Star Chapter

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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.mylspva.org

GO DIGITAL

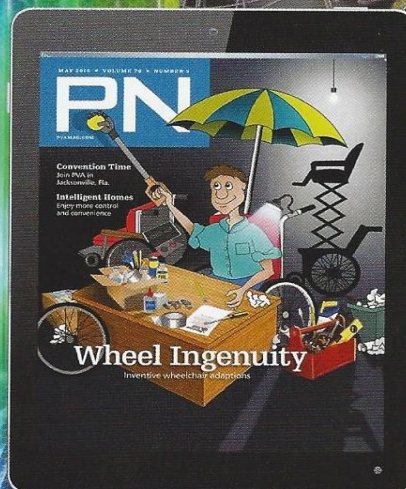
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GO TO PVAMAG.COM/GO/SNSDIGISIGNUP
TO UPDATE CONTACT INFO AND ADD YOUR EMAIL ADDRESS.





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 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.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* (<i>Chapter Totals Only</i>)
3. Research	7. Attendant Program	<i>*Work performed in program codes 4, 9, and 12 can only be included as service for the chapters</i>
4. Administration/Secretarial* (<i>Chapter Totals Only</i>)	8. Sports	
	9. Fundraising* (<i>Chapter Totals Only</i>)	
	10. Membership	

Date	Program Code	Assignment Description	Hours	Points	Supervisor Signature

Volunteer's Signature _____ Date _____

Volunteer Coordinator's Signature _____ Date _____

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.	

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For more information please call 972-276-5252

YOUR VOICE
CAN SHAPE
THE FUTURE
OF THERAPY.

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 neuro-prosthetic 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.

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.

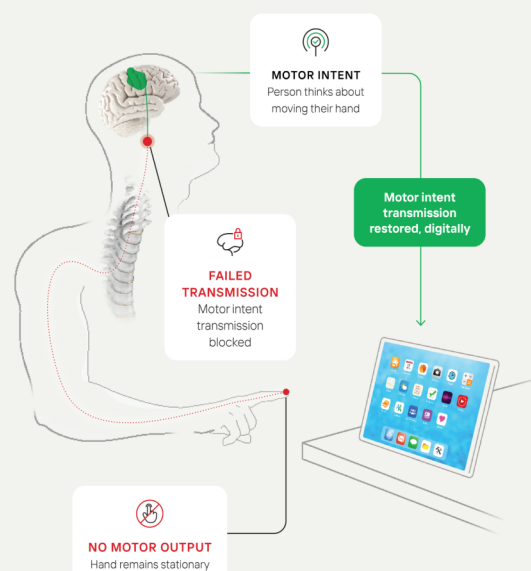
That's why we created the **Synchron Community**. By joining, you'll be able to:

- ✓ 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

UNDERSTANDING OUR BCI



Dallas VA SCI Center Veteran's Day Cook Out



2025 Abilities Expo at Dallas Market Hall



LTSCI Beam Topping Ceremony



**LIVE ASSISTANCE**
General information, directory assistance and technical support for VA.gov

**VA HEALTH CARE**
Eligibility, enrollment, locations and COVID-19

**COMMUNITY HEALTH CARE**
MISSION: All eligibility, copayments

**NATIONAL CEMETERIES**
Burial benefits, interment scheduling and national Veteran marker

**VETERANS CRISIS LINE**
Immediate connection to caring, qualified responders



DEBT MANAGEMENT
Debt details, payment options and debtor rights 

FACILITY LOCATOR
Locations of medical centers, benefits offices or cemeteries 

BENEFITS ASSISTANCE
Information about a variety of VA benefits 

HOMELESS VETERANS LINE
Information and support for homeless and at-risk veterans 

COVID-19 INFORMATION
Frequently asked questions and live assistance for COVID-related questions 

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 Thinnies
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 Guinn
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

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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