



Paralyzed Veterans of America

Lonestar Chapter

Lone Star Paralyzed Veterans of America

January - March 2024

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New Long Term SCI Care Center Coming to the Dallas VA



LONESTAR CHAPTER PVA

CHARTED BY CONGRESS OF
THE UNITED STATES OF AMERICA

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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.MYLSPPVA.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 Ryan Prunty

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
800-924-8387

PVA National Office

801 Eighteenth Street, NW
Washington DC 20006-3517
800-424-8200
www.pva.org



Lonestar 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

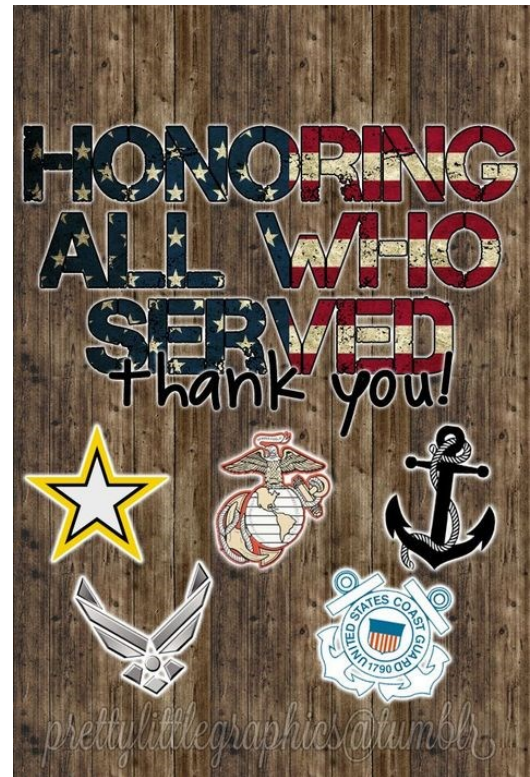
Chapter Mission Statement

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

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

PN
MAY 2011 • VOLUME 16 • NUMBER 1

Convention Time
Join PVA at
Richwood, IL

Intelligent Homes
Enjoy more control
and convenience

Wheel Ingenuity
Inventive wheelchair adaptations

A Message From Our Executive Director

Glen Bentley



Let me start off with Happy New Year 2024!! I hope that this ED Report finds everyone in good health and that 2024 brings everyone joy and happiness. The chapter is moving forward with several new things within the organization. With new board members they bring a wealth of knowledge and ideas for improving the chapter, and we welcome these ideas. So, with that we are moving forward with some changes within the organization, first of which is moving our documents and important chapter information for a physical server in the office to the cloud. This is a more secure way of storing our information and less likely to lose vital information of the chapter. We are also reinstating the points system for chapter funding so please go to our chapter website at mylspva.org and look at our sports section and check out our sports policy. Hopefully this will enable more of our chapter members to participate in several different events throughout the year. Here at the chapter, we are striving to make 2024 a great year, we will increase the number of activities that the chapter host and we will be trying to have more cookouts and luncheons at the Dallas VA SCI now that the covid restrictions are being loosen up at the SCI center, permitting us to get more involved with the in patients. We will also be trying to do some of the same things we have done in the past, such as the spouses spa day. I know our spouses enjoy these days and our members spouse or significant other do deserve a day of pampering as well.

If you haven't noticed at the Dallas VA SCI center, construction as begone for the Dallas VA SCI Long Term Care facility. With this construction comes the loss of SCI parking and closure of the main entrance to the SCI facility. This means that our SCI veterans must either park in the Freedom garage and either take the shuttle, which is wheelchair accessible to the North entrance, our wheel around the sidewalk and enter the VA through building one. The other option is parking in Lot 1A, that will eventually be a gated and dedicated lot for SCI near the North entrance. This lot is yet to gated or the parking spaces remark so ramp equipped vehicles can safely utilized them. So, for the time being if is first come first serve parking in lot 1A. I know this will be a headache for us all, but we must just deal with this, knowing that in 3 to 5 years the new center will be complete, including new parking and it will be great for SCI veterans to use.

On a final note, we must say goodbye to a lifelong member of the chapter and a former leader of the chapter. On November 7, 2023, we lost Mr. Steven Ray, many of you know Steven and what he did for our chapter. He served in almost every position on the Lone Star PVA Board of Directors, to include being our current past president. Steven was also responsible for numerous cookouts and gathers were he and his family provided most of the cooking and setup for the events. Steven also represented us on the PVA National level as our National Director for several years as well. He will be truly missed, and our thoughts and prayers are with his family in this trying times.

A Message From Our Chapter President

John Fay



This is the first time I've written one of these, but I felt that I needed to write it.

There are some changes to the way we fund members to various events. We are going back to the point system. This can be found on our website, mylspva.org. Go to the Sports tab. In the drop-down, you can see the Sports policy.

We want to be more methodical on how we will allocate our budget for the upcoming year to support our community of paralyzed veterans best. We have outlined several potential objectives and initiatives that we could pursue.

- **Family and Field Day with BBQ or Chili Cookoff:** This event could be a great opportunity for social interaction and community building among veterans and their families.
- **Improving Transportation Access for Paralyzed Veterans:** Enhancing mobility options could significantly impact the daily lives of our members, offering them greater independence and ease of access to various services.
- **Budget for VA Rec Therapists' Event Planning:** Allocating funds for recreational therapists at the VA to plan events could result in more engaging and frequent activities for our members. They are essentially free labor for us to utilize for community events.
- **Regular Staff Lunches at VA SCI Clinics:** We already do this, but can make it official.
- **Regular Barber Services for SCI Patients:** These services could offer convenience and a sense of normalcy for our SCI patients.
- **Community Garden at VA SCI:** A garden could serve not just as a therapeutic space but also as a community project that brings people together and promotes physical activity. If we continue waiting for the VA to do something, it will never happen.
- **Increased Marketing Budget:** Enhancing our marketing efforts could help attract more donors, thereby expanding our reach and impact.
- **Donors Dinner with Raffle or Auction:** This event could serve as a means to acknowledge our current donors and attract new ones.

Each of these initiatives has the potential to positively impact our community in unique ways. The Board agrees with this plan.

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 as an online version that we place on our website. Your ad will also be on the front page of our website. Your ad also includes two posts on our social media and we also send out an email blast to our members and volunteers. 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

LSPVA at the 2023 Abilities Expo at Dallas Market Hall



Ground Breaking Ceremony For The New Long Term Care Center At The Dallas VA.

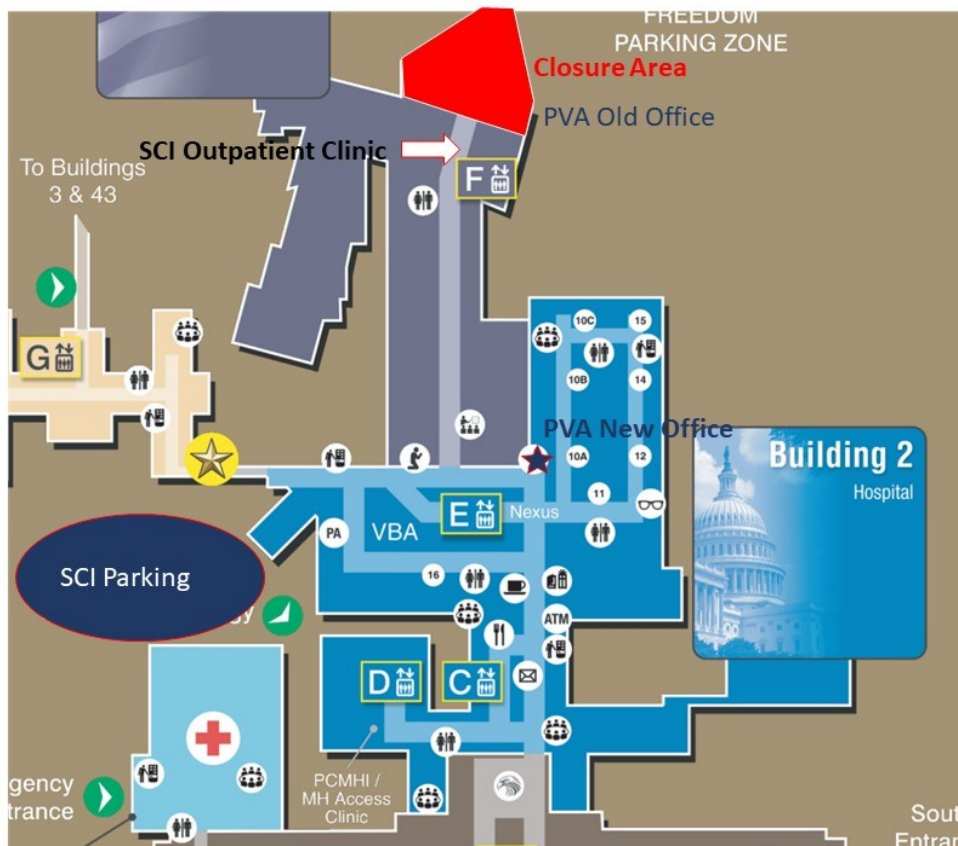




Parking Map During Construction

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.

A big thank you to Paul Offill and his student helpers who worked tirelessly to decorate the SCI Center at the Dallas VA. They made everything look beautiful for the holidays.



Another big thank you to Anna Martin, Steve Stevens and his family for putting on a wonderful Christmas dinner for the Dallas VA SCI staff and inpatients. Everyone had a great time and loved the food.





NATIONAL VETERANS
**WHEELCHAIR
GAMES**

43RD ANNUAL



JULY 25-30, 2024 • NEW ORLEANS, LA



Co-Presented by:



VA U.S. Department
of Veterans Affairs



#WheelchairGames



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



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
- **Pocahontas 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.

2023 Annual LSPVA Christmas Party

Thank you to everyone who came out for our annual Christmas dinner and party. A big thank you to: The Museum of Biblical Arts for the beautiful venue, The Savory Texan for the delicious food and Kathy Winchester for her amazing cake. We would also like to thank our dedicated volunteers: Shuli French, Karen Roland, Annette Fay, and Carlos & Denise Turic. Steve Stevens our BOD member donated some wonderful items for our raffle so a big thank you to him. The Bold Foot Sock company graciously donated to our raffle as well so a big thank you to them. Also we had four super helpful kids assisting us this year. Ryan Puntry's three boys helped during the raffle and Liam assisted Carlos with the front table. We also wanted to thank and honor Lauren Billings for everything she does for the Lone Star Chapter with the MS group, she's been so wonderful and we are so glad to have her. Paul Offill has been an incredible volunteer and fundraiser for us for many years and we owe him a huge thank you for everything he has done for us. Thank you everyone!







Membership Application

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted or commissioned for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States, or our allies as evidenced by other-than-dishonorable character of service documented by a verifiable DD-214 or DD-215 (entry-level separation not acceptable); (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. **Complete and return application to the chapter of choice or by mail/email to: Paralyzed Veterans of America Membership Department, 801 Eighteenth Street, NW, Washington, DC 20006; (E) members@pva.org.** Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.

Chapter Name: _____

First Name: _____ Middle Initial: _____ Last Name: _____

Date of Birth: ____ / ____ / ____ Social Security Number: _____ Male Female

Race/Ethnicity:

Asian/Pacific Islander African American/Descent Hispanic/Latino

Native American/Alaskan Native Caucasian

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Home Phone: _____ Cell Phone: _____

VETERAN STATUS INFORMATION

Please submit the following with application:

- DD Form 214 showing character of discharge.
- Medical evidence of spinal cord injury or involvement (medical records or physician's statement).

Proof of active duty status must be verified prior to membership approval.

Have you been discharged under conditions that are less than honorable? Yes No

If yes, please explain: _____

Are you a United States citizen? Yes No

Do you have a spinal cord injury or disease? Yes No If disease, specify: _____

Is your spinal cord injury or spinal cord disease service connected? Yes No

If Paralyzed Veterans of America is your accredited representative, do you permit PVA Service Officers to provide information to PVA National Membership Department relative to your membership eligibility? Yes No

I declare under penalty of perjury that the foregoing is true and correct, that I have read and meet the qualifications and I understand that my membership could be denied or revoked if any information provided is inaccurate.

Applicant Signature: _____ Date: ____/____/____

Witness Signature: _____ Date: ____/____/____

Please have physician submit this statement on letterhead stationary.

_____ is a veteran who has a spinal cord injury or disease such as MS with spinal cord involvement, ALS, transverse myelitis etc. His/her neurological dysfunction is _____ (eg. paraplegia, quadriplegia, Brown Sequard Syndrome , cauda equine syndrome etc.)

Physician's Signature

Physician's Name

Physician's Title

Date Signed



Lonestar Chapter

Lone Star Chapter Sports Funding Request Form

Name _____

Address _____

Phone _____ Email _____

Event _____

Location of Event _____

Amount Requesting _____ Date of Event _____

Items Requesting

Airfare	Yes ()	No ()	Approved	Yes ()	No ()
Hotel	Yes ()	No ()	Approved	Yes ()	No ()
Food	Yes ()	No ()	Approved	Yes ()	No ()
Fuel	Yes ()	No ()	Approved	Yes ()	No ()
Caregiver	Yes ()	No ()	Approved	Yes ()	No ()

Other Reason Requesting Funds (If not an event)

Signature _____ Date _____

PVA Official _____ Date _____

BIRTHDAYS

January

Alta Greenslade	Gordon Burns	Warren Albrecht
Jim Sifers	Orval Hensley	Jonathan Huff
Christopher Cook	Matthew Vinson	W. James Anderson
Linda Adams	Heather Miner	
Bernd Dorflein	Laruen Billings	
Wayne Leavitt	Michael Hayes	
Charles McIntosh	James Burnett	
Albert Claveran	Michael Rider	
Charles Johnson	Robert Pinson	
Lue Shelton	Cedric Murphy	
Gustine Rogers	Nicole Clines	
Tillmon Ward	Catherine Carter	
William Lawson	Edward Graves	

February

Joe Medrano	Eric Mullett	Aaron Evans
Amy Duvall	Glenn Davis	Eric Bonier
Billy Thinnes	Smiley Wallace	Jamie Spurlin
Stephen Smith	Alford Waites	Alfonso Reyes
Donald Martin	Jared Hutyra	Josh Price
Joe Lopez	Steven Sigmon	Christina Kassatly
James Cushman	Danny Matula	John Ostrowski
Gerald Marsh	Richard Singleton	Rodney Buchanan
Kenneth Richardson	Jackie Jones	Keith Graham
Bobby McCullough	Michael Lucas	Amber Edwards
Harvey Mackley	Eddie Gomez	

March

Sidney Odom	Michael Grigsby	Chris Orahood	Paul Attaway
Kenneth Carden	Sharon Williams	Thomas Guinn	Russell Donahue
Angalee O'Dell	Mikkel Hanson	Stephen Fornal	Michael Medlock
Clemon Akins	Deneen Cavett	Gerald Ward	Mitchell Gammill
Ray Jennings	Jason Burk	Matthew Long	
Charles Allen	Robert Wolfe	John Johnson	
Greg George	Penny Owen	Leo Prichard	
Charles Clark	Jack Fanning	Luke Querner	
John Ames	Charles Strawn	Gregory Harrison	
David Moore	Dale Ward	Thomas Bily	

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 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

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

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA North Texas Health Care System

CHICKEN N PICKLE. PARA PICKLEBALL PROGRAM

1ST & 3RD WEDNESDAYS

6PM
— TO —
8PM

ALL SKILL LEVELS WELCOME

ONSITE WHEELCHAIRS ARE
AVAILABLE FOR USE

For additional information contact CNP Community Ambassador Taylor Nichols 817-909-5379

OUR MISSION: Promote inclusivity, health, and awareness through active participation in adaptive Pickleball, in order to improve and foster wellness, socialization, and advocacy in all people with physical disabilities.



2965 S. Hwy 161 Grand Prairie, Texas 75052

A Quick Note:

Our LSPVA Newsletter from now on will be ONLINE ONLY. If you would like to receive a paper copy please email our office at Lspva@Lspva.org or call us at 972-276-5252 and we would be more than happy to mail you a hard copy.



Last Year, PVA served
OVER 174,000
veterans, their families,
and caregivers.



**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** • • • •

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
2 Power 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



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Lonestar Chapter

Lone Star Chapter PVA

3925 Forest Lane

Garland TX 75042

972-276-5252

972-276-5350 FAX

ispva@ispva.net

www.mylspva.org



Longhorn Bingo

LONE STAR CHAPTER PARALYZED

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