



Paralyzed Veterans of America

Lonestar Chapter

Lone Star Paralyzed Veterans of America

July - Sept 2023

What's Inside

Ed letter...4

Volunteers ...5

*Washington
Updates....6*

Birthdays...7

Adaptive Sports...8-9

*Wheelchair
Games...10*

*Golden Age
Games....11*

United Access...12

Obi.....13

Beat the Heat....14

Join the fun...15

Application..16-17

*Wheelchair Games
2024....18*

Election Dinner..19

Bingo...20

Wendy...21



HEALTHCARE SUMMIT EXPO

Renaissance Orlando, Orlando, Florida • August 14 - 17, 2023



LONESTAR CHAPTER PVA

CHARTED BY CONGRESS OF
THE UNITED STATES OF AMERICA

OFFICERS:

PRESIDENT:

John Fay

VICE PRESIDENT:

Jack Hasenyager

SECRETARY:

Ted Smith

TREASURER:

Jack French

BOARD OF DIRECTORS:

Jackie Childress

Paul Attaway

David Porter Jr..

Ron Roland

Steve Stevenson

Laura Jeanne

NATIONAL DIRECTOR:

Jack Hasenyager

PROGRAM DIRECTORS:

HOSPITAL LIASON:

Vacant-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.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:

NATIONAL SERVICE OFFICER

Ryan Prunty

Sr. SECRETARY:

Zelda Herrera

VA DALLAS MEDICAL CENTER

4500 S LANCASTER RD, SCI UNIT ROOM 1A
102

DALLAS TX 75216

214-857-0105/0106

WACO REGIONAL OFFICE

NATIONAL SERVICE OFFICER:

Dan Meckel

NATIONAL SERVICE OFFICER:

Ty McWhorten

Sr. SECRETARY

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

SCI Coordinator: Vacant

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



Paralyzed Veterans of America

Lonestar Chapter

**LONE STAR CHAPTER
PVA 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, Para-
lyzed Veterans of America is a
non-profit organization. All vot-
ing members of Paralyzed Veter-
ans of America have sustained
spinal cord injury, disease or dys-
function 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, Gar-
land, 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

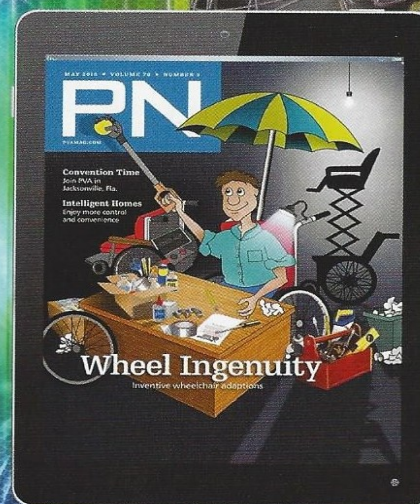
PN

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.





Hello Members,

It is a very HOT summer we find ourselves in again, but that is Texas for you. Please be careful going out, stay hydrated and in the shade if possible. This past few months have been busy ones around the chapter, several of our members just returned from the National Veteran's Wheelchair Games in Portland, OR, and brought home several medals. Congratulations to those participated. The Chapter election results were announced at the General membership lunch here at the office and welcome to the two new Board members, David Porter Jr, and Paul Attaway. I am sure they come with fresh ideas for the chapter and will continue to improve the chapter. **Welcome to you both.**

The chapter continues to strive to do what is needed for our members, as the Dallas SCI starts to open back up we will be restocking the Internet café with water and light snack when we are cleared to allow our volunteers back into the facility. Currently only inpatients can use the Café, but hopefully soon everyone will be able to use it.

We were told recently that the ground breaking of the new SCI Long Term Care Facility will take place this fall, and we are looking forward to it happening. The current funding plan is for a 30 bed unit, but our legislative director Steve Stevens has asked the PVA National staff to try to lobby congress to make it a 60 bed unit before it is complete. We know that we can easily fill it being there are very few long term care beds west of the Mississippi and none in Texas. Thank you Steve for the hard work on this project.

In October we are going to do another Bass Fishing tournament with PVA National on their Bass Tournament circuit. This one will be at Lake Ray Roberts on October 27-29, 2023. I know it is early, but please plan on coming out and supporting this event as an angler, volunteer, or just to support the event as an observer. We always have a great time at these events.

Well, that's about all for this issue, please stay out of this heat and stay safe, we look forward to hearing from about anything you may have to say to improve the chapter, just to say Hi..



Please call 972-276-5252 for details if you can volunteer at our fishing event coming up Oct 27, 28, 29th. We will need quite a few able bodied non-wheelchair volunteers to help out. It's a lot of fun and we pay your meals. Happy Fishing Everyone!



**Paralyzed Veterans
of America**

Produced by the Paralyzed Veterans of America • Government Relations Department

Washington UPDATE

Recent news regarding legislation and regulatory actions affecting veterans and people with disabilities.

A Few Highlights

**To read each Washington Update in full please
go to www.pva.org**

VA GUIDANCE ON ADDITIONAL AUTO GRANT RELEASED

STANDARDIZED BOWEL AND BLADDER FORM CLOSE TO BEING APPROVED BY OMB

ELIGIBLE VETERANS IN THE VDC PROGRAM CAN RECEIVE AUTHORIZATION TO PAY THEIR CAREGIVERS WHEN HOSPITALIZED

.MOBILE ACT INTRODUCED

TAX CREDIT BILL TO EXPAND ACCESSIBLE HOUSING INTRODUCED

HVAC HOLDS OVERSIGHT HEARINGS

JOINT HVAC HEARING ON VA RECRUITMENT AND RETENTION

SOCIAL SECURITY 2100 ACT ANNOUNCED

BIRTHDAYS

July

James Patin	David Shortnancy	Lorraine Swann	Randy Shack
Albert Patlan	Hugh McGee	Richard Naze	Larry Gay
Joe Royal	Claudia Offill	Karl Cromley	Bernard Noel
Ignacio Pabon	Robert Lopez	Clifton Howard	Kenneth Figiel
Dean Menzies	Alton Hallmark	Ken Frosch	Clare Fisher
Michael Comer	Bertha Johnson	Thomas Cummings	David Springer
Alberta Holloway	Todd Collins	Jose Molinary	Faron Key
Jack Franklin	Phillip Smith	Jennifer Lyons	Michael Cavel
Alton Timm	Cheryl Smith	Dennison Jockett	Charles Buchanan
Jeffrey Miller	James Murphy	Ivy Thomas	Michael Peterson
Paul Crawford	Ronald Cyrus	Christoper Freeman	

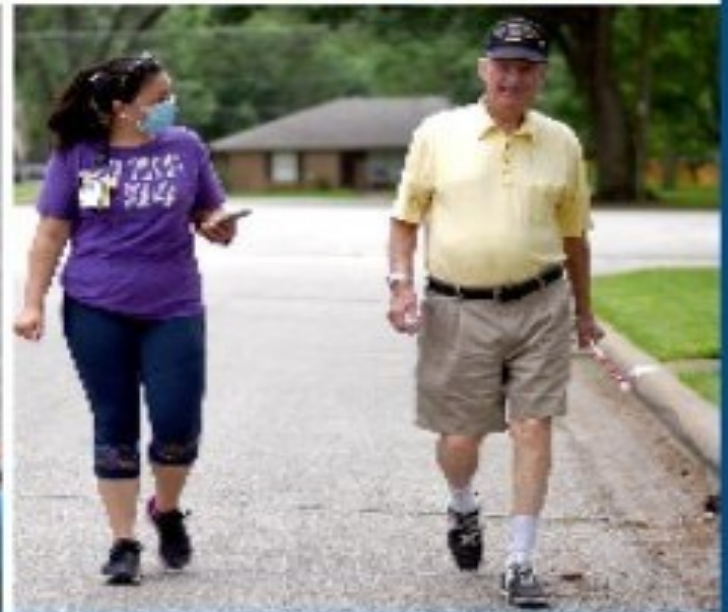
August

Debbie Aulenbacher	Paul Ward	Jay Neumann	Carroll Fuller
Tom Tracy	Martha Phillips	Phillip Ross	Russell Amaya
Kerry Morris	Don Coxey	Dorothy Walker	Jack Barber
Ron Sykes	Charles Biggs	Cheryl Beshears	Timothy Crosby
Jeffrey McGee	Arnold Harris	Mamie Carter	Catherine Schultz
Talmadge Hutchins	Tammy McIntyre	Jasmine Green	Steve Ehlert
Richard Holmes	Frances Hill	Angus McDonell	James Ralston
Richard Grozier	Harrison Speaker	Gail Steen	Larry Crawford
Alfred Coe	Robert Wallace	Chiletha Harmin	George Dunaway
Ross Temple	Brian Duffy	James Lewis	Herbert Rich
Tony Taylor	Charles Cooper	Bruce Saulsberry	James Robertson
Jackie Childress	Jerry Stevens	Jessica Swanson	
Lloyd Burris	Johnny Boyer	Claudia Beltram	

September

Lisa McCormick	Elizabeth Lancaster	Tiffany Bolding	Malika Bell-Williams
Michael Davis	Mickey Mickelson	Ronald Mauldin	Walter Brake
Eddie Bonner	Michael Riley	Detra Gardner	Jessica Lewis
Matthew Lathrop	Rodney Taylor	Jarrold Wayman	Ralph Minatra
Toby Goodman	Mary Peavy	Ryan Mazey	David Poter Jr.
Bobby Holder	Michael Huynh	Billy Climer	Leslie Yendrey
Robert Velasquez	Larry Crislip	Ethan Smith	David Lusk
Thomas Bohannan	Lee Jones	Liam Fowler	
Fred Sutton	Harold Kinsey	David Hayes	
Truett Linehan	Isha Middelton	Antonio Santos	
James Huffstetler	James Couder	Donald Cobb	

Come Join the *fun!*



Outpatient Adaptive Sports Recreation Therapy Program

VA North Texas Health Care System

Shannon O’Rawe, MS, CTRS/LRT, ATRIC, ATLS, CARSSS II
Recreational Therapist • Work Cell: 903-867-0353

VA SCI Practice Times



Tuesdays: Bowling

Red Bird Lanes 11:30

Thursdays: Bocce Ball, Air

Rifles, Corn Hole

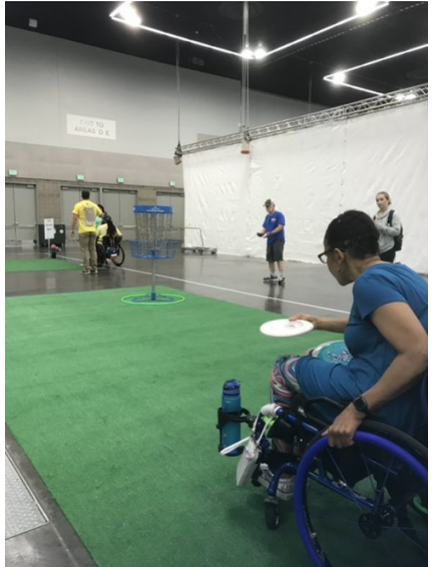
PVA Office 11:00

All Levels Welcome

Contact Kelsi Rivera, CTRS

214.857.4909

Wheelchair Games 2023



Golden Age Games 2023



We proudly support PVA Lone Star Chapter



Mobility for living. Service for life.

You may qualify for VA funding assistance for wheelchair accessible vehicles, driving modifications, scooter lifts and other mobility solutions. Contact one of our mobility specialists to discuss options today.

Arlington

2432 E Randol Mill Rd
Local: 817-402-0069

Carrollton

2109 Luna Rd Ste 200
Local: 972-432-5538

Rowlett

2704 Lawing Lane Ste 300
Local: 941-706-4687



We're here to help!

Call us today or stop by and take a test drive.



Proud Supporters of the



**Paralyzed Veterans
of America**





obi

INDEPENDENT
EATING
IS POSSIBLE

TRY OBI!

Request to try Obi and
experience
independent eating
in your home!

**CONTACT US
TODAY!**

- Eat what you want, when you want!
- Easy to use and easy to clean
- Custom positions and switches

**Qualifying veterans may receive
Obi at no cost through the VA.**

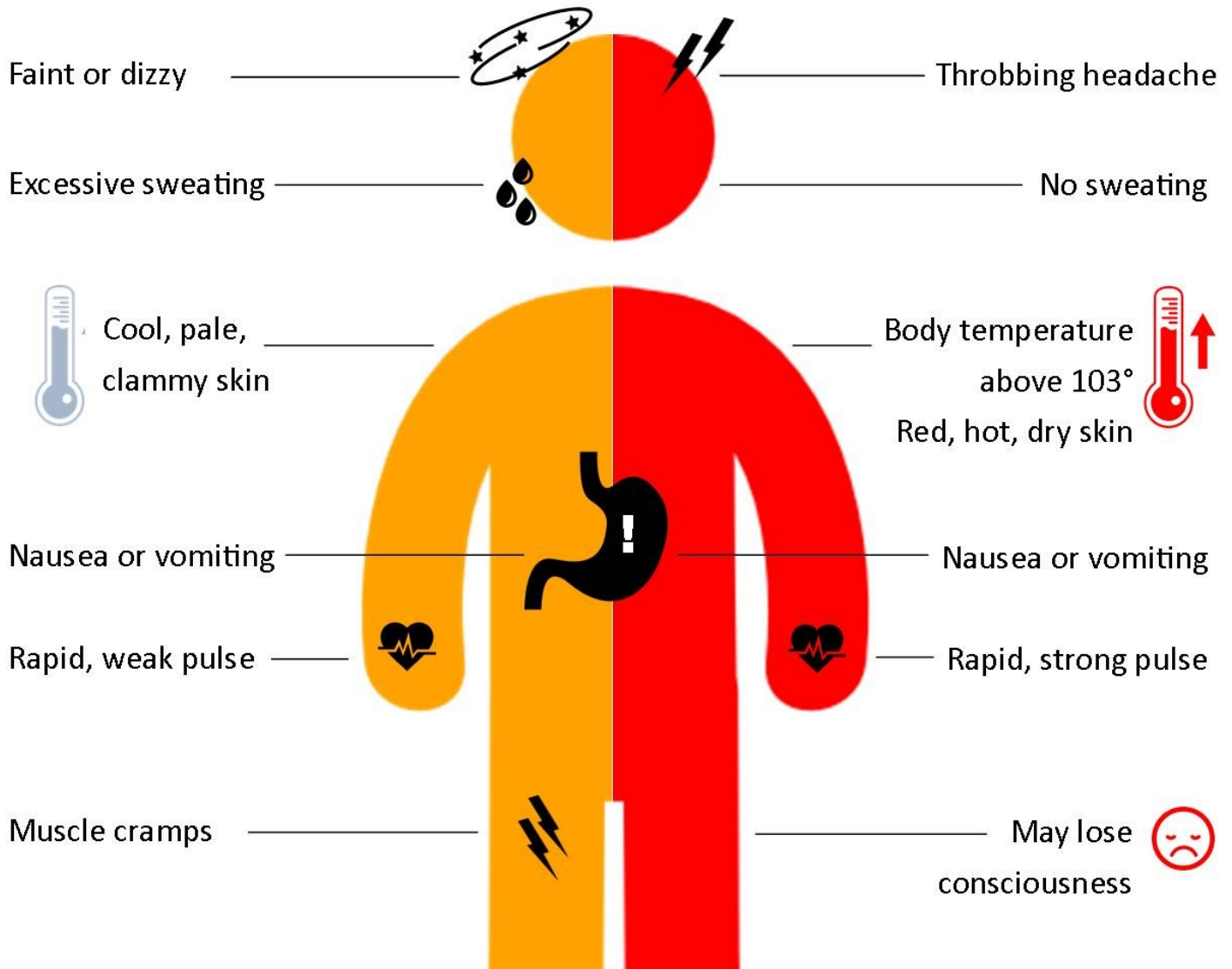
Manufactured in the USA

VA@MeetObi.com (844) 435-7624 www.MeetObi.com

HEAT EXHAUSTION

OR

HEAT STROKE



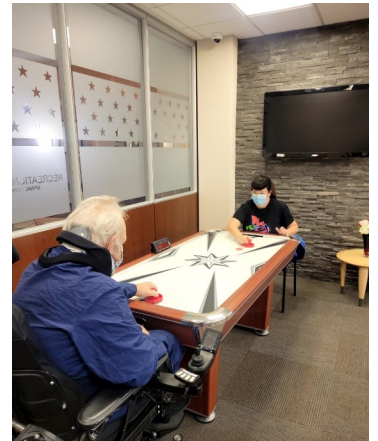
- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

mjflynn

Come Join the FUN!





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



SAVE THE DATE



NATIONAL VETERANS **WHEELCHAIR GAMES**



JULY 25—30, 2024 NEW ORLEANS, LOUISIANA

Co-Presented by:



Chapter Board Member Election Dinner



Congratulations to our newest board member, David Porter



BINGO!

COME HAVE A FUN EVENING OUT. FOOD,
DRINKS, PRIZES AND MORE. SOMETHING
FOR EVERYONE! COME JOIN THE FUN,
DON'T MISS OUT!



**ALL FULL PAY
GAMES**

\$7,500

PAID WEEKEND NIGHTS
GUARANTEED

\$5,000

PAID WEEK NIGHTS
GUARANTEED

LongHornBingo.com

4413 West Walnut St.
#419 Garland, TX 75042

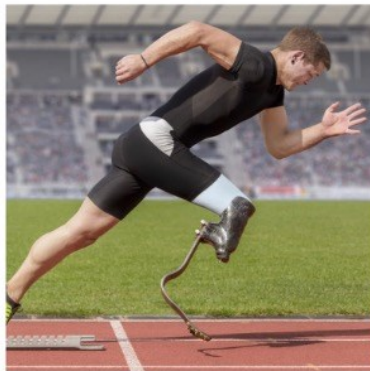
(972) 272-5651

ADAPTIVE ATHLETE THERAPY PROGRAM

INTEGRATED BIOMECHANIC THERAPY

IDEAL FOR ATHLETES IN

Softball Baseball Volleyball Football Wrestling
Track & Field Powerlifting Swimming Lacrosse
Golf Cheerleading Soccer Basketball Gymnastics



MEET YOUR PRACTITIONER

Wendy Hajik - IBT Founder & Inventor



- 9+ years License Massage Therapist
- 15+ years Certified Personal Trainer
- Former State, National, and World Record Holding Powerlifter



WHAT IS INTEGRATED BIOMECHANIC THERAPY?

The world's first and only adaptive therapy management system to integrate orthopedic soft-tissue techniques with corrective/strength exercise. (Patent pending)

WHY IS IBT GOOD FOR ADAPTIVE ATHLETES?

Living with a disability and using adaptive equipment can contribute to muscular dysfunction and pain. IBT addresses and restores muscular balance by synergizing the release of tight muscles and the strengthening of weak muscles.

HOW IS IBT IDEAL FOR MY SPORT?

IBT utilizes an adaptable, coded technique system to create and implement standardized protocols. IBT Sports Therapy Protocols are chosen, adapted, and tracked based on your sport, condition, and individual need

American Indoor Sports Facility
1400 W Hebron Pkwy Carrollton, TX 75001

Rates In Gym:
\$85/hr

469-573-2667
Intbiomec.com



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

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 -