

GATEWAY GAZETTE

*The Official Publication of the Gateway Chapter Paralyzed Veterans of America
A Member Chapter of the Paralyzed Veterans of America*



Veterans Day 2008

By Stan Brown



Above: The Chapter Van is in the parade. Below: Members and JB physical therapist, Matt Luitjohan pose for the camera.



Pictured above in the group photo are some Gateway Chapter PVA members and the Gateway Jr. ROTC participating in the November 8, 2008, Veterans Day parade in downtown St. Louis. The front row chapter members from left to right are: Dennis Durrwachter, Bill Skiles, James Williams, Rose Ganz, Chris Brown, Terri Fuda, Ruth Kult, Ann Malburg (standing), Mike Norris, Jim Spencer, Ed Caldwell, and Stanley Brown. It was a cold day with temperatures in the 40s. The parade starts for us at 15th Street and Olive Boulevard, goes by the front of the Soldiers Memorial (now accessible thanks to us), continues east to Tucker and then goes west on St. Louis' busiest street, Market Avenue. After the parade, our members warmed up and had lunch together at a nearby restaurant. Participating in the parade is a moving experience. The crowd is small, actually less than the participants in the parade, but energetic and express their thanks with waves, salutes, and tears. All the members should think about participating in 2009, you won't regret it, plus you'll earn participation points!

Inside...

President's Message

Teamwork

Attaboy

Metamorphosis

Participation Points insert and much more!

Stan Brown

Mike Norris

Ruth Kult

Terri Fuda

"Veterans with Spinal Cord Injury or Disease, Living Life to the Fullest"

Gateway Chapter Paralyzed Veterans of America

<http://www.gatewaypva.org>

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St. Louis Service Office

400 South 18th St., Room 109—St. Louis, MO 63103
Office: (314) 552-9887 or (800) 795-3614

Fax: (314) 421-3709

Tony Timmons	National Service Officer II
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Jefferson Barracks VA Medical Center

Fred Bradley, SBO—Senior Benefits Advocate
JB SCI, Room 2S25

#1 Jefferson Barracks Drive—St. Louis, MO 63125

Office: (314) 894-6467 or (866) 328-2670

Fax: (314) 894-6465

Kansas City Service Office

(800) 795-3612	(816) 861-4700 extension 6032/33
Bonnie Hilburn	Senior National Service Officer

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Sannita Brown	Administrative Assistant
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Has your address changed? Please inform us by email to: susanlyle@gatewaypva.org, or you may write or call us at the following:

Gateway Chapter PVA

9738 Lackland Road

St. Louis, MO 63114

Office (314) 427-0393 or (800) 426-4058

Fax (314) 427-4183

The Robert M. Woolsey, M.D. Spinal Cord Injury/ Disorder Center in St. Louis invites all family members, caregivers and close friends to our next "Family Education Workshop." It will be held on Friday, February 20, from 9 AM to 3:30 PM at our SCI Center at Jefferson Barracks Division of VA Medical Center, Building 52.

Topics will include medical, nursing, rehabilitation, dietary and psychosocial aspects of spinal cord injury, as well as neurological impairments of the spinal cord that are considered non-progressive, such as certain types of multiple sclerosis.

The workshop will be helpful for those family members of veterans who are newly-injured or diagnosed, as well as those who have been living with their impairments for many years.

Written materials to supplement the program will also be provided.

For questions or further details, please call Bob Sontag, Social Worker at 314-652-4100 x6-4819.

Prosthetics Services Card: Come and Get It!

By James Holland, PhD

Service connected veterans may pick-up Prosthetics Services Cards at the Prosthetics Office in Building 23 at Jefferson Barracks V.A.M.C. The procedure for picking up a card is as follows: you may go to the Prosthetics Office, or to avoid waiting you may call ahead to Joe Lopez to request a card. You must give your name and last four digits of your social security number. The telephone number is (314) 894-6645. The card must be signed by you in the office. It will be laminated and given to you. The amount of money allowed for repairs will be determined by the type of prosthesis or wheelchair you possess.

The material contained herein expresses the opinions of the writer and not necessarily the opinions of the editor or the Gateway Chapter, Paralyzed Veterans of America. All material in the *Gazette* may be reprinted unless specifically prohibited. Readers are encouraged to submit their articles or rebuttals to:

editor@gatewaypva.org or in the US mail at the address shown to the left and send to the attention of the editor.

President's Report

By Stan Brown

Tis the Season...

On behalf of all the board members, I want to wish all our membership and newsletter readers, a joyous holiday season. Whether Christian, Jewish, Muslim, or other belief, most religions stress the importance of living "outside ourselves," in service to others. *"Each of us, as good managers of God's different gifts, must use for the good of others the special gifts we have received from God."* 1 Peter 4: 10. What better use of our time and energy than helping our fellow veterans? When called, they served, many putting their lives in harms way. Gateway members serve as peer counselors to the newly injured. As I roll down the hall of the spinal cord unit at Jefferson Barracks, I always see our members talking or merely listening to our hospitalized patients. What a marvelous gift of friendship and compassion our members share. I believe it's so important when we look directly in the eyes of that newly injured person, and say: "Yes, I know, I went through that, but it does get better." Many of our members and supporters volunteer their time in raising funds for our membership. Through their efforts we are able to enrich the lives of so many of our fellow veterans in wheelchairs. I also need to express my thanks and best wishes for this season, to Gateway's Board of Directors. They generously give their time, some take off work, and all bring their special talent and energies in service to others. It is, indeed, a season to be thankful and share our "different gifts" with others.



Membership Involvement

As a Chapter I believe we have made great strides in the last three years in coming back from severe financial problems. We have expanded our programs and even in today's economic recession, we continue to function at the same level and look to get more members involved and out into the community. I must admit however, I continue to be frustrated in our efforts to get more people involved. This last year I put notices in this newsletter for free Cardinal baseball tickets, Rams tickets, and Chiefs tickets. We had only one call and that was for the baseball tickets. This was also before the football season, so both football teams' abysmal performance may have been predicted, but not known. In this newsletter issue members of our board have written articles about our new program for using "participation points" to do a wide variety of non-sports events. There is another article on a new program we are starting, as part of our strategic plan goal of increasing membership involvement, to begin trying to reach every one of our members during the year. We need help making those calls and will give participation points for that effort. On December 18, I'm going to be visiting near Springfield, Missouri, a Missouri Department of Conservation outdoor shooting range with grounds for hunting. They are supposed to have "wheelchair accessible" hunting and hopefully the Chapter can sponsor a turkey or deer hunt for our members in the future. In November the Executive Director and I attended a "membership forum" at the Kansas City VA Medical Center. Our board voted to have these meetings twice a year to encourage participation/involvement from the western part of the state. In sum, these are all our efforts to get more people involved. We welcome your suggestions in that regard.

Wanted – Volunteers to make phone calls to Gateway PVA members and fill out a survey for each member they have called. The job would start in January and our goal is to survey 12 members per week for one year in order to reach all of our members. You would be compensated with participation points that can be used to go to the wheelchair games, winter sports clinic, or for a gift card to a restaurant or retail store. If interested contact Bobby Jackson at 636-274-9800 and leave a message that you are interested in volunteering for the survey. Don't forget to leave your name and number. We would like to spread out the workload to several interested members in order to expedite the survey process. Thank You!

Attaboy

By Ruth Kult



IT'S TIME FOR A LITTLE HISTORY:

SPEAK SOFTLY AND CARRY A BIG STICK and you will go far, and far he did. My next ATTABOY dealt with great obstacles and succeeded. This attaboy was the Vice President of the Gateway Chapter of the Paralyzed Veterans of America from 1996 to 2002. He became President in our 23rd year of existence, and re-elected President in the 24th year!

Very softly spoken and accomplishing great feats; these are qualities held by the now Vice President of the Gateway Chapter PVA—our very own Robert L. Huskey, PhD.

Being a Board of Directors' member allows me to see this man in action. He is very much the thinker. Unlike many people, he thinks clearly about the idea first, then he'll comment on it. Some people incorporate that logical way of thinking and speaking in their everyday life. Unfortunately, some people speak before they think, which may or may not cause problems.

When the nomination ballots for the 2007-2008 elections came around again last year, it was Bob's choice to be a board member and not an officer. The members elected Stan Brown as President and Matt Wilcox as our Vice President. Sadly, Matt Wilcox passed away in December 2007, and once again Bob Huskey stepped up. He filled the Vice President's position without blinking an eye. What a trooper, and as usual, a great Vice President and leader. Bob was re-elected as Vice President for the 2008-2009 fiscal year.

Bob has many accomplishments. I'm only going to show a few examples because there are many and it would take a while, plus space was limited in this issue of the Gazette.

He was an SP4 in the Army, which implies his connection to the PVA which he joined in 1956. For many of us who have been members for a while, you may recall that Bob took over as President after Gene Crayton resigned to be Senior Vice President in our National PVA office in D.C.

Bob's background is pretty impressive to say the least. He graduated high school in Crystal City in 1953. He received his Bachelors in Special Education from Southern Illinois University in 1962. He earned his Masters in Speech Pathology and Audiology from Southern IL University in 1963. Bob did graduate work at both Southern Illinois University and the University of Missouri. He then earned his PhD Degree in Education from St. Louis University in 1975.

Bob's been involved with so many different organizations. He's sat on the Board of Directors and Advisory Councils for a countless number of organizations like Easter Seals, both local and national, Boy Scouts and Girl Scouts. He is also a great advocate for the healthcare of our paralyzed veterans organization.

Dr. Robert Huskey is awesome. He is loved, admired, and well-respected by all who know him. He has traveled to many different places, as in countries not just the states. Being in a wheelchair does not mean a person has to stay at home and not enjoy their life. He shows you can carry out your life's plans no matter what obstacles get in your way. Another example of veterans with spinal cord injury or disease living their lives to the fullest.

Happy Holidays and thanks for reading!

Metamorphosis...Breaking Through

By Terri Fuda



There is no “miracle pill” that will help with acceptance of your diagnosis. Everyone has their own time frame and I learned that lesson the hard way.

This has been a pivotal year in my transition. The multiple activities helped ease me into the acceptance and move me into the next phase of my journey.

For many years, the coaching staff tried to persuade me to participate in many different activities for disabled veterans, but evidently I was not ready until this year.

My key to unlock this secret was the depth of involvement of activities for disabled veterans. The more I fought or repressed the thought of being in a wheelchair, the harder the journey was.

My “ah-ha” moment came when, instead of watching the veterans parade, I actually participated this year. Not only did I have a sense of tremendous pride, but finally the feeling of acceptance to be part of this group ... Disabled Veterans.

I had such a great year and wonderful experiences because I allowed myself to. I had experiences this year that I had denied myself up until this point. My involvement in these activities have allowed me to break through and be the person I once was again.

You know you are feeling comfortable in your own skin when others notice the change in you. No more “Are we there yet?” ... it has been replaced by “I have ARRIVED.”

Gateway Chapter PVA Wishes to Welcome the Following New Members:

Christopher Brown—Scott AFB, IL

Jeffrey Derringer—Chester, IL

Thomas McIntosh—Sparta, IL

Norman Trigg—Kansas City, MO

Bryson Casey—Kansas City, MO

Billy Groom—Independence, MO

LaCeon Minor—St. Louis, MO

MIA

Have you seen or know the whereabouts of these members? They are in danger of being dropped from the PVA roster. Please call us, write to us, or e-mail us if you know where any of these members are! Our contact info is on page 2. Thanks!

Austin, Jason

Jones, Davett

Snyder, Ron

Williams, James E.

Brown, Christopher

Kiesling, Elmer (Bill)

Stuckmeyer, Milton

Bunch, Jack

Kilcoyne, Tim

Washpun, Odell

Delly, Nancy P.

Monahan, James

Werner, Robert

Israel, Abinadab

Rosenthal, Robert

White, Eric D

Teamwork

By Mike Norris

As a member of our "Honor Roll," I know that we all have our work to do. Don't worry, there is no manual labor involved in our work. Our work isn't work at all. We have a fundraiser January 11th at the High Ridge Elks Lodge; the festivities start at 12 noon. Come out and support your teammates and sponsors. The ELKS have stood with us for a long time, now we have a chance to show our appreciation. We need you there.

We have 14 veterans attending the Winter Ski Clinic in Snowmass, Aspen Colorado. Our team will once again be lead by Coach Amy Will, assisted by Victor Ganz.

January 1st, 2009, applications will be available for the 2009 National Veterans Wheelchair Games. Applications need to be turned in to the Recreation Therapy (RT) department in building 52 by January 14th. This year the games will be held July 13th-18th in Spokane, Washington.

Applications and paperwork are an individual responsibility. Do your paperwork early and turn it in before the deadline. You cannot call in to fill out your application. The coaches, Amy and Matt, cannot fill out your paperwork. So pick it up, fill it out, and turn it in. This simple act will save a lot of time and will help the RT shop run smoothly at a very busy time of the year.

Keep looking in your newsletters for more fundraising events and team updates. Also, any changes to our points program will posted here (see below). Times are hard and some requirements may change so stay informed.

The Gateway Board of Directors and your hard working coaches are dedicated to helping you, and your team. Questions or comments can be sent to:

Mike Norris—Gateway Chapter PVA
(314) 427-0393
info@gatewaypva.org

Amy Will—Jefferson Barracks VA Medical Center
(314) 652-4100 x 64590
amy.will@va.gov



Gateway Chapter PVA—Participation Points

- A. Points may be used to qualify for Sports & Recreation events funding.
- B. Points may also be used to qualify for Membership Entertainment purposes in the form of gift cards for dinners, movies, event tickets, and merchants. Membership Entertainment Participation Points will be calculated at \$1.00 per point earned, up to \$150 annually per member. Participation Points may be used twice per year for either Entertainment or Sporting events; may not be combined with Sports Points used. To redeem your Participation Points, please complete the insert and mail back to our office.
- C. If multiple events are attended during the year, qualifying points will be subtracted after the event is attended.

Points Categories/Opportunities

- | | |
|--|----|
| 1. Attend a chapter function (i.e. JB monthly luncheon or other activities such as the annual Lone Elk Park picnic, etc.) | 5 |
| 2. Attend a community function as a chapter representative (i.e. Elks Meat Shoots, PVA Awareness Week events, & the Veterans Day Parade) | 10 |
| 3. Attend a quarterly membership meeting as a non-board voting member or affiliate member | 15 |
| 4. Attend a monthly BOD meeting as a non-board member (Board members do not accrue points) | 15 |
| 5. Chair an active committee of the Gateway Chapter PVA | 25 |
| 6. Actively serve on an active committee of the Gateway Chapter PVA (As determined by the Committee Chair) | 15 |
| 7. Write a published original submission in the bi-monthly newsletter (Only one per year for President & VP) | 15 |
| 8. Sign up a new voting Gateway PVA member | 25 |
| 9. Volunteer in the Chapter office by folding/ mailing newsletters, making copies, or other in-office tasks as needed | 15 |
| 10. Attend a Gateway PVA fundraiser (i.e. golf events, Kuk Sool Won demonstrations, CFC events, etc.) | 20 |
| 11. Direct fundraising efforts (sales) - receive points for every \$50 raised (i.e. tickets sold) | 5 |
| 12. Documented volunteer Peer Counseling as part of an approved VA Program (per hour) | 5 |
| 13. Attend a memorial and/or funeral of a Gateway Chapter PVA member | 15 |
| 14. Make calls/welcome new Gateway Chapter PVA (one hour) | 5 |
| 15. Visit John Cochran spinal cord patient and report to our Hospital Committee Chairman on patient's healthcare (each visit) | 5 |

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Co-payments

By Fred Bradley

Some veterans are subject to co-payments for their care (you know who you are). Those who make co-pays for medication must pay \$8.00 for each 30 day supply. The good news is that will remain the same in year 2009.

Those subject to co-pays for inpatient care should be aware that if they are hospitalized, they are required to pay \$1,024 as a co-payment. This is the rate for the first 90 days. It does not matter if you're hospitalized one day or for 90 days, the amount is the same. The co-pay for each additional 90 days is \$512. In addition to that, you are also charged a rate of \$10 per day per diem.

For those subject to outpatient co-payments, the rate is \$15 per visit to your Primary Care Provider (PCP). For outpatient visits with Specialty Care Services, it is \$50 per visit. If you visit your PCP and also see a Specialty Care Provider on the same day, you can be billed at the \$15.00 rate. One way to minimize the outpatient co-payment is to try to get many of the services scheduled on the same day if possible. In other words, if you visit three (3) Specialty Care Providers on the same day, your co-pay should be \$50.00, not \$150.00. (I hope I didn't lose anyone here.)

The Paralyzed Veterans of America (PVA) has approached Congress for a change in law regarding veterans who are classified as catastrophically disabled (Priority Group IV) to render them exempt from all co-payments. Regrettably, this may take some time and the outcome is up to Congress. You can help this process by letting your elected officials know that you would like to see all veterans who are in Priority Group IV placed in an exempt status from all co-payments.

On another note, the newsletter contains a list of all the "spokes" (see below) for the Woolsey-SCI unit at Jefferson Barracks. This is good information to have if you are not presently using a spoke for your general healthcare. If you are using your spokes for care, PVA and the SCI unit staff strongly encourage you to visit a Spinal Cord Injury unit once a year for a comprehensive annual examination. For those subject to co-payments for inpatient care, the annual examination may cost. (Remember what was stated previously about contacting your elected officials?)

This whole subject of co-payments can be complicated, so if you have any questions about this or other benefit topics, please contact your local National Service Officer.

List of "Spokes" Clinics:

Kansas City, MO:
4801 E. Linwood Blvd., Bldg 1
Kansas City, MO 64128
816-861-4700/800-525-1483

Poplar Bluff, MO:
1500 N. Westwood Blvd.
Poplar Bluff, MO 63901
573-686-4151

St. Louis, MO:
915 North Grand Blvd.
St. Louis, MO 63106
314-652-4100/800-228-5459

Marion IL:
2401 West Main
Marion, IL 62959
618-997-5311/866-289-3300

Leavenworth, KS:
4101 S. 4th Street
Leavenworth, KS 66048-5055
913-682-2000/800-952-8387

Topeka, KS:
2200 SW Gage Blvd.
Topeka, KS 66622
785-350-3111/800-547-8387

Wichita, KS:
5500 E. Kellogg
Wichita, KS 67218
316-685-2221/888-878-6881

Louisville, KY:
800 Zorn Ave.
Louisville, KY 40206
502-287-4000/800-376-8387

Lexington, KY:
1101 Veterans Drive
Lexington, KY 40502-2236
859-233-2511

Lincoln, NE:
600 South 70th Street
Lincoln, NE 68510
402-489-3802

Grand Island, NE:
2201 No. Broadwell Ave.
Grand Island, NE 68803-2196
308-382-3660/866-851-6052

Omaha, NE:
4101 Woolworth Ave.
Omaha, NE 68105
402-346-8800/800-451-5796





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Secretary Peake Announces Travel Reimbursement Increases for Eligible Veterans

WASHINGTON – The U.S. Department of Veterans Affairs (VA) announced today that eligible veterans will see an increase in the mileage reimbursement they receive for travel to VA facilities for medical care.

Secretary of Veterans Affairs Dr. James B. Peake announced today that he will use his authority to raise the mileage reimbursement from the 28.5 cents per mile to 41.5 cents per mile for all eligible veterans.

“We owe it to our veterans to give them the best care possible,” said Peake. “The increase will once again provide assistance to our veterans, especially in these difficult economic times, to help offset gasoline costs and to assist veterans with access to the VA’s world-class health system.”

Congress, which mandates such increases, recently provided funding to VA to increase the reimbursement rate, which goes into effect on November 17, 2008. Service connected veterans, veterans receiving VA pensions, and veterans with low incomes are eligible for the reimbursement.

“As I have travelled the country and spoken with many of our veterans, they have expressed the need for such an increase,” added Peake. “We are pleased to be able to provide them with the increase needed and we will continue to work with our veterans to ensure they receive the quality care they need.”

While increasing the payment, the current deductible amounts applied to certain mileage reimbursements will remain frozen at \$7.77 for a one way trip, \$15.54 for a round trip, and capped at a maximum of \$46.62 per calendar month. On January 9, 2009, these deductibles will decrease to \$3 for a one way trip, \$6 for a round trip, with a maximum of \$16 per calendar month. Deductibles can be waived if they cause a financial hardship to the veteran.

Richard Jones designed Missouri Ornament for White House Christmas Tree ***by Becky Ballard***

Every year, the White House asks each Congressional office to submit an ornament for the official White House Christmas tree decorated by an artist in their state or district representing the spirit of that region. Senator Claire McCaskill selected veteran Richard Jones of the St. Louis area to design this year's ornament. On one side of the ornament, Mr. Jones depicted the westward journey of Lewis and Clark. The Arch and the Old Court House was represented on the other side.

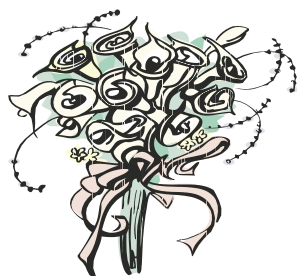
Mr. Jones and his wife, Willie, were able to participate in festivities at the White House, where artists were invited to see their completed work on the White House Christmas Tree. This was a dream come true for Richard. Not only did he get to see his ornament hanging in the White House, but it was his first trip to our nation's Capitol. He also met many artists throughout the nation and was in the front row as First Lady, Laura Bush, addressed the gathering.

Richard is a regular participant in the local creative arts festival. The festival this year will take place on February 27th. We encourage all artists that receive care at the St. Louis VA to submit their artwork. You never know where your art may wind up! Please call Becky at 314-652-4100 ext. 64512 for details about the 2009 Local Creative Arts Festival.



Shown Above: Gateway Chapter PVA member, Richard Jones, proudly holds up the ornament that was destined for the Whitehouse Christmas tree!
At Right: Mr. Jones poses in front of the Whitehouse tree.

Please have someone contact our Chapter in the event of a member's death so that we can inform other members who might wish to pay their respects to the departed.



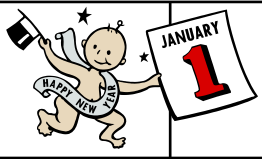
Patro Olden
Dion Ortiz


In memory of...

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Bolivar, MO

10/23/2008
11/03/2008



<i>January 2009</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1 Happy New Year from Gateway PVA!	2 Office Closed	3
4	5	6 Annual SCI Patients Steak Dinner @ JB—5pm	7	8 Patient Support Group @ JB 1:30 - 2:30 pm	9	10
11 Canoy Memorial Vets Meat Shoot @ Noon—High Ridge Elks Lodge	12	13 BOD Meeting Overland 11:30 AM	14	15 Member-ship Lunch/ Chili Cook-off at JB—Noon	16	17
18	19 MLK, Jr. Day Office Closed	20 Inauguration Day	21	22	23	24
25	26	27	28	29	30	31

<i>February 2009</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2	3	4	5	6	7
8	9	10 BOD Meeting Overland 4 PM	11	12 Patient Support Group at JB 1:30 - 2:30 pm	13 Member Newsletter Articles Due	14 Happy Valentine's Day
15	16 Washington's Birthday- Office Closed	17	18	19 Membership Luncheon @ JB - Noon -	20 Family Education Workshop 9-3:30 Bldg 52	21
22	23	24	25 Ash Wednesday	26	27 Local Creative Arts Festival	28
						

Address Service Requested

Gateway Chapter
Paralyzed Veterans of America
9738 Lackland Road
St. Louis, MO 63114



**For More Information and
Registration Materials Contact:**

Paralyzed Veterans of America
Sports and Recreation Program
(800) 424-8200, ext. 752 or 657,
(800) 795-4327 (tty)

or
Spokane VAMC
Carla Lippert
(509) 434-7508,
carla.lippert@va.gov

or visit
www.wheelchairgames.va.gov

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