

GATEWAY GAZETTE

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

Chapter News...

By Susan Lyle

Our chapter office has officially moved! Our new address is shown on page 2, but you can read all about it in the President's Report on page 3. Also on page 2 you will find information about the enclosed nomination ballot. Each member should complete the ballot with nominees for the 2010-2011 Board of Directors' and Officers' positions. Fold the nomination form into thirds so that our pre-printed address shows on the outside, and then mail it back to us by the deadline. This election is EXTREMELY important! Read more about expanded eligibility in the President's Report under "Proposed Gateway PVA Bylaw Change."

The Star Touring & Riding Association (Chapter 273) recently held a motorcycle rally in Hannibal, MO. They contacted our chapter to let us know they are donating the proceeds to Gateway in the amount of \$2,520. Thank you to all of our friends at Chapter 273 for thinking of us and congratulations on such a successful rally!

We recently held our annual bowling fundraiser at the St. Clair Bowling Alley in Fairview Heights, IL. Associate member Roy Gantt was instrumental in putting it together for us this year. We thank him and the folks at St. Clair Bowl for donating the lanes, too. They collected \$1,016 for the Gateway Chapter sports program!

Ken DeClue of the High Ridge Elks invites all PVA members to attend their 8th Annual Veterans Appreciation Day held at the Elks Lodge from Noon to 6:00 p.m. on Saturday, August 28th. This event is worth member participation points and the proceeds will be given to the Jefferson Barracks VAMC sports team. Please show your support!

Last, but not least, I would like to mention our most successful annual fundraiser ever. Our thanks goes to Professional Equities' volunteer staff and friends for helping us the past several years. The 15th Annual Jack Buck/PVA Golf Tournament will be held on September 14, 2010. Christine Buck will be our Master of Ceremonies once again. We need your support this year. Please consider getting some items donated for our auction or registering a team (or two)!!! This event ensures our area paralyzed veterans get services and support for which they might not otherwise have access. For example: free transportation, free monthly patient luncheons and daily snacks at the Spinal Cord Injury (SCI) unit at Jefferson Barracks, phone cards, funding for sporting events, emergency assistance, and so much more. Call our office for a registration packet!



Inside—Important Upcoming Events & More...

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Stanley Brown
Ruth Kult
Bonnie Hilburn

"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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President	Stanley Brown
Vice President	Robert Huskey, PhD
Treasurer	Dennis Durrwachter
Secretary	Bob Larkin
National Director	Stanley Brown

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Bobby Jackson	Ruth Kult	Ann Malburg
Mike Norris	Jim Spencer	James Williams

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Tony Timmons	National Service Officer III
Susan White	Secretary
Tom Herrington	NSO Candidate

Jefferson Barracks VA Medical Center

Fred Bradley SBO—Senior Benefits Advocate
Vanessa Medlin Secretary
JB SCI, Room 2S25
#1 Jefferson Barracks Drive—St. Louis, MO 63125
Office: (314) 894-6467 or (866) 328-2670
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Vacant	Administrative Assistant
Steve Muench	Telemarketing
John Vasel	Transportation

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

Gateway Chapter PVA
1311 Lindbergh Plaza Center Drive
St. Louis, MO 63132
Office (314) 427-0393 or (800) 426-4058
Fax (314) 427-4183

Assistant Marketing Position

Seeking veteran applicants. *Warson Brands* is the official licensee of Converse, Rockport, and Florsheim branded occupational and duty uniform footwear. To learn more about the company please visit the website, www.warsonbrands.com. Position would be involved in a myriad of marketing projects, from writing market analyses to designing point-of-sale materials. Good people skills, undergraduate degree, computer skills, and career focused veterans are encouraged to apply.

Contact Information:

Charlie Claggett
314-757-3595
cclaggett@warsonbrands.com

Please join us at our next Family Education Workshop on Friday, July 9, from 9-3:30 at the Jefferson Barracks SCI Center in Building 52.

Family, caregivers, and close friends will learn 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 MS. For further details, call Social Worker, Bob Sontag: 314-652-4100 X64819.

Attention Members - By Susan Lyle

As promised, this edition of the *Gateway Gazette* has an insert (for members only) to nominate their choice for the 2010-2011 Board of Directors and Officers. Please take the time to pull out the insert and carefully choose a member who you feel best represents your chapter.

All positions take a commitment on behalf of the nominee, so make sure you have discussed your nomination with the member of choice. Officer positions take more time and their availability to attend Gateway functions and events is essential. Choose wisely—Vote carefully!

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 Stanley Brown



New Building

We completed moving into our new building at 9:20 p.m. on June 11, 2010. It was almost six months to the day after we took possession. What a long and arduous challenge with contractors, inspections, and both St. Louis County and municipality code requirements. In our last move in 2006 we really cleaned house in discarding broken furniture, unusable computers, and a mountain of paperwork/magazines that had been accumulating. This time was much different because we were fairly "lean and mean" in our possessions. In our last move, we had to pay movers twice and put the belongings in storage while our rental space was being renovated. The total moving cost was \$3,749.72. This year our Executive Director and her family, John (our driver), and me minimally by pushing boxes with my wheelchair, accomplished the move at the minimal cost of renting a U-Haul for \$113.93. Our phone numbers have not changed. The new address is 1311 Lindbergh Plaza Center, St. Louis, Missouri (63132). We'll schedule an open house soon.

Relocation of the Spinal Cord Injury Unit to John Cochran

VA plans are still in place to build a 20-bed SCI unit at an expanded John Cochran Hospital. Board members and I have met with both Missouri and Illinois congressional leaders and staff seeking their support to stop these plans. The actual plans for a 20-bed SCI unit is contrary to published VA Planning Criteria which says a minimum of 30 beds must be built for any SCI unit. Gateway continues to oppose any SCI/D rehabilitation beds at John Cochran. We still need members to e-mail, write, or call their congressional representatives. Please call me at the office (314-427-0393) locally or (800-426-4058) toll-free, to get local contacts for the congressional offices.

Gateway Bylaw Change to Include More Distant Board Members

At our June 8, 2010, Board of Directors' meeting, the Board approved a bylaws change to increase the geographical diversity (non-St. Louis area) of our board membership. We have set aside two board positions for members who reside greater than 100 miles from the chapter office. These two members would be selected annually by the elected board in the fall each year beginning in 2010. They would only need to attend two board meetings in person each year and will be reimbursed reasonable expenses. Attendance by teleconference would be required for the other meetings. The text of the bylaw change is printed below. Please call our office if you are interested in being appointed; we are committed to getting new people involved from outside the immediate St. Louis area.

Proposed Gateway PVA Bylaw Change

ARTICLE VII- BOARD OF DIRECTORS

Section 1: Number. The Board of Directors shall consist of no less than *seven (7)* and no more than thirteen (13) members, which include the officers mentioned in ARTICLE IV Section 1, the National Director to PVA, and no more than *seven (7)* directors to be elected by vote.

Section 2: Election. The *seven (7)* candidates receiving the highest number of votes shall be directors. The election process described in ARTICLE IV Section 2 shall govern the election of Directors. *Two (2) additional directors shall be selected annually by the board to provide geographical distribution of its board membership. The two (2) selected board members must reside 100 miles or more from the Gateway PVA office.*

Section 5: Removal. Add the following last sentence—*Directors who reside greater than 100 miles from the Gateway PVA office are required to attend and be reimbursed reasonable expenses for two (2) Board of Directors' meetings in person each fiscal year, and may attend remaining meetings by teleconference.*

Attaboy

By Ruth Kult



Well hello people. This will be short. No one wants to spend too much time inside reading when there might be more important things, like singing in the rain or getting your wheelchair stuck in the mud. Summer is upon us in a soggy fashion of too much stink'n rain. Many areas were flooded. On a positive note - if you live in a house, less water is needed to water the lawn. If it's not rain, then it's wind or the threat of the dreaded T-word (tornado). There were a few awesome, absolutely beautiful days in the mix, though.

Speaking of awesome days, the local wheelchair games brought out over 60 sports enthusiasts. A few of us veterans will be going to the National Veterans Wheelchair Games in Denver, Colorado, this year. Participating in the events at the local games at Jefferson Barracks was good practice for the nationals. Even with the threat of rainy weather that didn't happen at its forecasted time, the games turned out to be the usual success. It was both windy and sunny at the beginning of the day, which wasn't bad. The sun would duck behind a cloud every so often, but when the sun was shining it was bright and hot. All-in-all it turned out to be a pretty nice day and the Track & Field events were done outside. As many who attended witnessed, it really didn't start sprinkling until after the events were over and people were well on their way home.

There were so many events, like the slalom, bowling, table tennis, and more. I had two in particular that stood out for me - well maybe three. I thought the brain game (aka Poker Run) was exciting. That's probably because I won the gold. I don't know how, but I guess luck and the cards a person picked was the name of the game. I'm not a total goof, but I've near been considered smart. Maybe a smart-aleck, but not smart. In all my years, never for one second did I ever think golf would be for me. No patience, but the golf clinic provided at the local games was rather interesting to me. I come from a golfing family. Both my older brother and my nephew are avid golfers. My brother-in-law golf's in a league; even my sister has golfed a time or two. Quite a few of my relatives golf and I'd even have to say my brother is a fanatic (when he isn't working, fishing, eating or sleeping, he's golfing.) Golfing is kind of expensive, so he tries to golf during the week because it's cheaper than on the weekends. They also play in our Annual Jack Buck/PVA Golf Tournament, which by the way is coming up on September 14 at the Landings at Spirit Golf Club. So, I see it played all the time, but have never picked up a golf club in my life. Who knew I would enjoy it so much. Of course my third favorite is and always will be weight lifting. I'm not good at it, nor am I real strong, but it's challenging and there's always room for improvement.

There were many people who couldn't attend due to transportation issues or not being able to get away from work. Maybe using a vacation day might be a worthy suggestion. It's a chance to meet other veterans and possibly share stories. The people who didn't come, but really could have, missed out. It's a win-win situation; eating, socializing with old friends, making new friends, and challenging your skills—it's all fun! Next year, please think about coming. There are many events; you never know what you can do until you try. I know this from experience. I'm a veteran first and we're all in this boat together.

A special thanks to all of the volunteers and Jefferson Barracks staff. Please take a moment to look at the pictures on the back cover from the JB local wheelchair games! Thanks for reading.

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 for your help!

Jason W. Austin
Floyd R. Henderson
Melvin W. Mueller
Leon Smith

Dennis L. Bazant
Paula S. Lemon
Moses F. Outlaw
James Sullivan-McGuire

Kenneth E. Frye
Jonathan D. Lewis
James T. Roden
Jeramie C. Walters

Spinal Cord Injury/Dysfunction Service invites you to our

OUTPATIENT SUPPORT GROUP

- Are you a veteran with a spinal cord injury or dysfunction?
- Would you like to meet on a monthly basis with others who have similar issues, problems and concerns?
- Do you think your own experiences can be helpful to your fellow veterans?
- **If so we have just the thing for you!**

We meet on the second Thursday of every month, from 1:30-2:30 pm in Building 52, Second Floor conference room. Those who are unable to attend in person can attend “virtually” by teleconference. Call toll-free 1-800-767-1750 access code 29945#

VAMC ST. LOUIS

VAMC St. Louis
#1 Jefferson Barracks Dr.
St. Louis, Mo.
63125

Phone: 314-652-4100 ext 64819

Fax: 314-845-5039

E-mail: Robert.sontag@va.gov

Having a spinal cord injury or dysfunction challenges each person in many fundamental ways and can create a profound sense of isolation and even depression. Take advantage of the opportunity to reach out to get help and to help others.

VA Makes Filing Claims Easier

VA has shortened application forms to reduce paperwork for Veterans. The new forms, which are being made available on VA's Web site at www.va.gov/vaforms <<http://www.va.gov/vaforms/>>; include:

* A shortened VA Form 21-526 for Veterans applying for the first-time to VA for disability compensation or pension benefits. This form has been cut in half - from 23 to 10 pages. It is immediately available to Veterans via Web download, and will be available through VA's online claim-filing process later this summer at <http://vabenefits.vba.va.gov/vonapp/main.asp>

* VA Form 21-526b for Veterans seeking increased benefits for conditions already determined by VA to be service-connected. This new form more clearly describes the information needed to support claims for increased benefits.

In order to make the claims process faster, VA has also introduced two new forms for Veterans participating in the Department's new fully developed claim (FDC) program, which is one of the fastest means to receive a claims decision.

Gathering the information and evidence needed to support a Veteran's disability claim often takes the largest portion of the processing time. If VA receives all of the available evidence when the claim is submitted, the remaining steps in the claims-decision process can be expedited without compromising quality.

To participate in the FDC program, Veterans should complete and submit an FDC Certification and VA Form 21-526EZ, "Fully Developed Claim (Compensation)," for a compensation claim, or a VA Form 21-527EZ, "Fully Developed Claim (Pension)," for a pension claim.

The forms were designed specifically for the FDC program. These six-page application forms include notification to applicants of all information and evidence necessary to "fully develop" and substantiate their claims. With this notification, Veterans and their representatives can "fully develop" their claims before submission to VA for processing.

Along with the application and certification, Veterans must also submit all relevant and pertinent evidence to "fully develop" their claims. A claim submitted as "fully developed" may still require some additional evidence to be obtained by VA, to include certain federal records and a VA medical examination. Disability compensation is a tax-free benefit paid to a Veteran for disabilities that are a result of -- or made worse by -- injuries or diseases that happened while on active duty, active duty for training or inactive duty training. Pension is a benefit paid to wartime Veterans with limited income, and who are permanently and totally disabled or age 65 or older.

For additional information, go to www.va.gov <<http://www.va.gov/>>; or call VA's toll free benefits number at 1-800-827-1000.

Gateway Chapter PVA Wishes to Welcome the Following New Members:

Robert Balling-St. Louis, MO
William Deubler-Sedalia, MO
Javawn Morris-Belleville, IL
Stephen Snider-Lees Summit, MO

Katherine Busch-Poplar Bluff
Teddy Harmon-Whittington, IL
Edward Paule-St. Louis, MO
James Walther-St. Louis, MO

Ann Coleman-Oak Grove, MO
Richard Jordan-House Springs, MO
George Smith-Kansas City, MO
Larry Whestine-Independence, MO



In memory of...

Allen, Donald R.	Ozark, MO	05/05/10
Bagby, Donald	Quincy, IL	03/23/10
Cornelius, Odell D.	Melbourne, FL	04/02/10
Hill, John W.	Florissant, MO	05/09/10
Pierce, Richard P.	Friendship, WI	04/26/10



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.

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VA Announces Change to Medication Copays for Some Veterans

Bonnie G. Hilburn
Senior National Service Officer



Under the newly signed Senate Bill 1963 Caregivers and Veterans Omnibus Health Services Act of 2009 many new benefits were established. One of which is Under Title V, Section 515, the “Full Text” provides it is contained in 511.

SEC. 511. PROHIBITION ON COLLECTION OF COPAYMENTS FROM VETERANS WHO ARE CATASTROPHICALLY DISABLED.

(a) In General- Subchapter III of chapter 17 is amended by adding at the end the following new section:

*‘Sec. 1730A. Prohibition on collection of copayments from catastrophically disabled veterans
‘Notwithstanding subsections (f) and (g) of section 1710 and section 1722A(a) of this title or any other provision of law, the Secretary may not require a veteran who is catastrophically disabled, as defined by the Secretary, to make any copayment for the receipt of hospital care or medical services under the laws administered by the Secretary.’.*

On June 10, 2010, the Department of Veterans affairs announced that co-payments for VA medication will be increased to \$9 a prescription from the previous \$8. The really good news is that veterans that have been changed from Category 8 (income limits) to Category 4 (catastrophically disabled) will no longer have to pay co-payments for health services and medication.

The change doesn’t impact Veterans in Priority Groups 2 through 6 who will continue to pay \$8 for each 30 day supply of medication for their non-service connected conditions unless otherwise exempted. These veterans will also continue to have their out-of-pocket expenses for VA outpatient medications capped at \$960 per calendar year.

Even though the increase in co-pay to \$9 has already been implemented, the “catastrophic co-pay exemption” may take up to a year to implement. **Until the Secretary defines an effective date and other regulations, the VA will continue to charge co-payments.**

As always, veterans who have an injury or illness connected with their military service resulting in a disability rated 50% or greater (Priority Group I) are exempt from the co-pay all together.

There are a variety of ways that you can qualify for this benefit. In order to be considered “catastrophically disabled” a veteran must have a doctor complete VA Form 10-0383. It must be submitted and approved by the Chief of Staff at the VA hospital where you are enrolled.

VHA has defined a “catastrophic disabled” veteran to be a veteran who has a permanent severely disabling injury, disorder, or disease that compromises the ability to carry out the activities of daily living to such a degree that the individual requires personal or mechanical assistance to leave home or bed or requires constant supervision to avoid physical harm to self or others.

Disabilities that are considered catastrophic are quadriplegia, paraplegia, blindness or persistent vegetative state. There is a list of other permanent disabilities that qualify, such as amputation of two limbs or dependent in three or more activities of daily living (eating, dressing, bathing, toileting, transferring, incontinence of bowel and/or bladder), or a score of ten or less under Folstein Mental State, or a score of 2 or lower on at least 4 of the 13 motor items using the Functional Independence Measure (FIM), or a score of 30 or lower using the Global Assessment of Functioning (GAF).

There are many aspects attached to Senate Bill 1963 that we will bring to you in the near future. I felt it was essential to make you aware of the co-pay exemption so that you can make sure that you have been properly categorized in the VA system as “Category 4.” If you have any questions or need assistance with this process, please contact your local NSO.

Bonnie Hilburn-1(800)795-3612
Tony Timmons-1(314)552-9887



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President Signs Critical Veterans Legislation into Law Caregivers and Veterans Omnibus Health Services Act

On May 5, President Obama signed into law P.L. 111-163, the "Caregivers and Veterans Omnibus Health Services Act," that will provide help to many groups of veterans including Paralyzed Veterans of America (PVA) members. PVA and other veteran service organizations strongly supported this legislation that will make an enormous difference to the recovery and rehabilitation of our injured, ill and disabled veterans and their families.

The bill was originally passed on April 21 by the House of Representatives and the following day by the United States Senate. PVA has worked tirelessly on parts of the legislation for several years. The new law covers a broad array of health-care initiatives and reforms contained in multiple bills that have been pending since the start of the 111th Congress, including a prohibition against the collection of co-payments by the VA from veterans who are catastrophically disabled. It has long been a goal of PVA to eliminate co-payments for Priority Group 4 (catastrophically disabled non-service connected) veterans. This now prohibits VA from collecting co-payments from those catastrophically disabled veterans for medical services rendered. Paralyzed Veterans' members are the highest users of VA health-care services. This important legislation will ensure that our non-service connected, catastrophically disabled veterans will continue to receive the highest quality health care without the heavy financial burden that many have faced in the past."

The new law covers a number of different areas to help our nation's veterans. In addition to the co-payment provisions, it provides help for caregivers who take care of veterans with disabilities. Many family members take care of their disabled loved ones, but never receive any training on how to properly provide the care. The new law provides training, support and in-home respite care to ease the overwhelming burden placed on caregivers of veterans. In addition, many family members give up their jobs to provide this care. Now they will have access to health care, as well as a stipend for caregivers who live with and care for seriously wounded veterans of Iraq and Afghanistan.



VA HEALTH CARE

Fact Sheet 16-14

April 2010

Information for Veterans about Health Care Reform

Many Veterans have questions about the new health care reform law. The Veterans Health Administration (VHA) offers the following information about the law and its impact on Veterans. This document addresses only the most pressing questions that have been raised. VHA will provide additional information about the new law as it is developed.

Impact

Nothing in the new law changes anything about VA health care

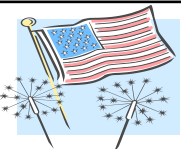

- The law contains many complex provisions, including many reforms to the practices of the health insurance industry.
- Nothing in the new law changes anything about the Veterans' health care program.
- Enrolled Veterans may still rely on VHA for their health care in the same manner as before the law.

Beginning in 2014, everyone will be required to have health care coverage

- The law requires that every individual must have some form of health care coverage.
- The coverage must meet a minimum standard so that everyone will be able to have a minimum level of care.
- Congress wrote into the law a provision that says the Veterans' health care program, administered by VHA, meets the standard for health care coverage.

Enrolled Veterans do not have to purchase additional coverage

- Because the Veterans' health care program meets the standard under the law, Veterans enrolled in the VA health care program do not need to obtain additional health care coverage.
- Veterans may continue to purchase additional coverage if they wish, but the law does not require them to do so.

<i>July 2010</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 NVWG 4-9 Independence Day	5 Office Closed	6 Office Closed	7	8 Patient Support Group @ JB 1:30 - 2:30 pm	9	10
11	12	13 BOD Meeting at new office 11:30 am	14	15 Member Luncheon @ Noon—JB Building 52	16 Trap Shoot at Olin in East Alton @10am	17
18	19	20	21	22	23	24
25	26	27  Honor Veterans. Fly the Flag!	28	29	30 Summer Splash @ Creve Coeur Lake	31 Summer Splash @ Creve Coeur Lake

<i>August 2010</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 at new office 4 pm	11	12	13  Newsletter Articles due	14
15	16	17	18	19 Member Luncheon @ Noon—JB Building 52	20 Trap Shoot at Olin in East Alton @10am	21
22	23	24	25	26	27	28 8th Annual Vets Appreciation Day @ High Ridge Elks Noon-6 p.m.
29	30	31				



Address Service Requested

Gateway Chapter
Paralyzed Veterans of America
1311 Lindbergh Plaza Center
St. Louis, MO 63132



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