

Gateway Gazette



Gateway Chapter President receives the "Most Outstanding Chapter" Award for 2016.
Photo courtesy of Alex Quijano, Art & Alex Photography



Dr. Jai Park receives the non-member category "Speedy Award" for 2016.
Photo courtesy of Alex Quijano, Art & Alex Photography

70th Annual PVA Convention



Gateway Chapter President accepts the President's Award for 2016.
Photo courtesy of Alex Quijano, Art & Alex Photography



Gateway Chapter President with Dr. Jai Park, Park's husband Dr. Chong Park, and her two grandchildren Nicholas and Tessa.

Gateway Chapter
Paralyzed Veterans of America
<http://www.gatewaypva.org>

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

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Stanley Brown

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Fax: (816) 922-3369
Brent Follas, National Service Officer II

National Liaison VP

Charles Brown

Gateway Chapter PVA

Wishes to welcome our new members:

Shane Hill	Clarence Geiger
Shirley Bealer	James Conrad
Scott Hampton	Tony Brandenburg

Time to update your address or email?

Please email us at:
info@gatewaypva.org

or

write or call us at the following:

Gateway Chapter PVA
1311 Lindbergh Plaza Center
St. Louis, MO 63132
(314) 427-0393 or (800) 426-4058
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editor@gatewaypva.org or via US mail at the address shown above and send to the attention of the editor.



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President's Message

By Stanley Brown



Fiscal Year End Expenditures

As this issue of the Gazette goes to press, we are approaching June 30, the end of our fiscal year. We spent well over \$400,000 in our operating budget for fiscal year 2016, and I project as in the past, over 90% of those expenditures will be going to members or member programs. In my President's message for the last Gateway Gazette, I announced that we had opened up the generator grants and the accessible vehicle modification grants programs again for the last two months of the fiscal year. By June 30, 2016, we will have awarded in this fiscal year, seven generator grants in the amount of \$33,579.14, to assist in purchasing a portable generator or a whole house permanent/automatic generator. This fiscal year we have also awarded a total of \$77,577.02 to assist members with accessible transportation. We recently awarded two \$10,000 accessible vehicle grants and one \$35,000 accessible vehicle grant. Names were randomly drawn from written entries. I am hoping we will be able to do the same thing next year toward the end of the fiscal year. In this current fiscal year we have awarded \$7,839.86 for vehicle hand controls for members. Gateway provides home accessibility grants year long and this fiscal year (FY2016) we will have awarded \$62,203.08 in home accessibility grants for thirteen members. Lastly, in one of our biggest budget expenditures, funding members to attend recreation/sporting events in various parts of the country, we have again spent considerable funds. Not even counting what we will be spending on this upcoming National Wheelchair Games, we have spent \$37,394.66 for thirty-four individuals to attend these events in fiscal year 2016.

Disaster Relief Funding

Over the past few years we have had two different policies concerning emergency funding for members. For two years we had the policy that an individual could receive up to \$750 for emergencies. Two Board meetings ago we passed a policy that emergencies were defined as "affecting the health and safety" of a member and we also thought a \$10,000 limit was appropriate. At the June Board meeting we changed the policy again. It was quickly apparent that the policy wording was beyond our financial capability because situations such as roof repairs, new furnaces, new air conditioners and new electrical wiring, would all qualify as "emergencies." At the June Board meeting a new "disaster relief" policy was adopted with a cap of \$5,000. Members who suffer a natural disaster (flood, tornado, lightning strike, etc.) would be eligible to apply for a \$5,000 grant to repair or have a replacement of something damaged by the natural disaster. The grant would be given after the member had applied for the National PVA funding available (similar disaster relief grant) and after insurance payments had been applied (Gateway grant may also cover the insurance deductible).

Longtime Gateway PVA friend Fred Bradley retires June 30, 2016

Gateway PVA and all veterans who know him, will miss Fred Bradley and his quiet wisdom and knowledge. Fred helped me 20 years ago when I was first injured and in a step down unit at Mercy Hospital in St. Louis. He quickly got me signed up for both my Social Security disability claim and my VA claim. Over the years he has been the individual I always went to with questions concerning VA policy and veterans benefits. He will stay on at the regional office in a part-time capacity, training a replacement. I'm glad he is going to help train someone but Fred is truly one of those "irreplaceable" people you meet during a career. Please wish Fred the best of luck.

National Director's Report

By Stanley Brown



Gateway Awards at the PVA Annual Convention

The 70th Annual PVA Convention was held in Jacksonville, Florida, May 16, 2016 through May 21, 2016. I attended on behalf of Gateway and Dr. Jai Park came with her extended family for the awards ceremony on Saturday, May 21, 2016. Both our Chapter and Dr. Park were formally recognized with PVA's most prestigious awards for 2016. As shown on the front cover (upper left) of this newsletter, on behalf of the Chapter I accepted the "Most Outstanding Chapter" Award for 2016 (there are 34 Chapters of Paralyzed Veterans of America). This follows having received the same award for 2015. Also on the front cover (bottom left) is a picture of me accepting on behalf of the Chapter the 2016 "President's Award" for the most "innovative and successful" new program of a PVA Chapter. The award was for our free veterans law clinic that we hosted at the SCI/D Unit on January 21, 2016. In the upper right picture on the cover, Dr. Park is pictured receiving the non-member Speedy Award for 2016. This award is given "in recognition of significant contributions to improving the lives of America's paralyzed veterans." Dr. Park gave a moving acceptance speech, that was not unexpected knowing Dr. Park, and spoke of her honor to serve veterans for over 35 years and how we were her "second family." Even being a jaded curmudgeon (or so I'm told), there was moisture in my eyes. The bottom right photo shows me resplendent in my pink shirt and shorts, with Dr. Park, her husband Dr. Chong Park, and her two grandchildren Nicholas and Tessa. Dr. Park's daughter and husband flew in with her grandchildren.

Resolutions/Business Items

There were 22 resolutions/new business items submitted on the agenda for the convention meeting. Of those that passed, the following I think would be of interest to Gateway members:

16-M-3

PN Magazine Editor Status—the editor of the two PVA magazines was approved as a nonvoting member of the National PVA Board of Directors, meaning they can attend and speak at meetings.

16-M-6

PVA Medical Requirements of Membership—veterans with a spinal cord disease/dysfunction was clarified to mean a "pathology that affects the spinal cord producing a loss of motor and sensory function in extremities and/or bowel/bladder dysfunction." A veteran with a diagnosed disease like MS, would not be eligible for membership if their disease had not progressed to impair their mobility or cause bowel/bladder dysfunction.

16-M-13

Membership Certification Application—PVA membership eligibility in the past, to include Chapter membership, required a veteran to provide proof of their service with a discharge that was not dishonorable, plus proof of their spinal cord injury or disease. To be "certified" as a member of the Chapter Board of Directors, the veteran also had to provide proof of citizenship. With passage of this resolution, veterans to even be members of PVA or a Chapter, must provide proof of citizenship (a birth certificate or passport suffices).

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Gateway Honored by Ladue News

Gateway Chapter was honored at the June 16, 2016, Charity Awards Benefit sponsored by Ladue News. The publication recognized nine local charities and selected three as their "winners." We were one of the three and received a \$1,000 monetary award. Pictured below are Gateway members Rose Ganz, Doug Barnes, Chad Buder, LaRoy Smith, and me (absent shorts and a pink shirt). Also pictured below standing from left to right are Victor Ganz, Debby Barnes, Kendall Maedge, Dave Barnes and Barb Hamilton. We attended the benefit and accepted the check. They played a video of Bob Huskey and I talking about our organization. The link to that video is on our website and Facebook page at www.facebook.com/GatewayChapterPVA (please note that there are two Gateway Chapter Facebook pages and this is the new/correct page to like and follow).



Photo courtesy of Ladue News

MIA

-Lynn McGrane-

-James Matcuk-

-Perry Burch-

-David Berg-

-Michael Elzey-

-Allen Medford-

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 they are! Our contact info is inside the front cover.



Below are the names of those who have contacted the office in regards to the Vietnam Era (a veteran who served during November 1, 1955 to March 15, 1975) Commemoration lapel pin and certificate. Members listed below will receive their certificate and lapel pin in the mail. If you have served during the Vietnam Era and do not see your name listed below or in the May/June 2016 Gazette, and are interested in receiving these items, please contact the office and we will mail the items to you as soon as possible.

Thank you to all of our members for your service!

Navy

James Thomann
Robert Prescott

Marines

Michael White

Army

Michael Savidge
Steve Spurgeon
Michael White
Charles Middlemas



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The 2016 Local Wheelchair Games were held on May 6th at the Jefferson Barracks VA behind the SCI/D Unit building and inside the SCI/D Unit "cave." It was a beautiful day for everyone to enjoy the games, food, and friends. Thank you to Matt Luitjohan and Charley Wright for putting together a spectacular time!

21st Annual Jack Buck/GPVA Golf Tournament

This years tournament will be held on Tuesday, September 20, 2016, at The Landings at Spirit Golf Club in Chesterfield, Missouri. Please help spread the word about our biggest annual fundraiser! Individuals or companies have many options to help support our fundraiser such as a *Hole Sponsorship* (\$200), donating auction items, playing on a team, and many other levels of sponsorships. Members also need to help secure auction items like gift certificates for services (oil changes, computer repair, etc.) We also need our members at the tournament to thank our donors. Member attendance is worth 20 participation points! Please contact the office for registration/fundraising forms and more information on how you can support our annual golf tournament!

A Smile can be great for our health

By Rodney Harris, Senior Benefits Advocate



When I enter into a veteran's hospital I look around and see people of all ages and backgrounds. I see men and women that bore the battle by the obvious wounds that they deal with daily and I also see the veteran sitting there with no apparent injury that can be seen by the human eye. Often they are awaiting a clinic visit or maybe a prescription refill that is taking longer than normal which has them a little aggravated. I also see VA employees working hard to serve the men and women who have worn the uniform of the United States military, but there is one thing missing that could brighten even the hardest of vets and that is a smile.

There are many types of smiles. There is the obligatory smile that is given because someone else smiled at you. I see a lot of the false smiles which is usually given because a person is rushed and I in some way am slowing them down. This smile can sometimes be interpreted as a sneer instead of a warm greeting. I really try to give the benefit of the doubt to most people as I can relate to the overwhelming needs of our country's finest. They deserve the greeting that the VA promised and that should start with a smile when they come into a VAMC.

Smiling is an attractive expression, which is more likely to result in a positive interaction rather than a negative experience. It will make a person more approachable and more confident in life which in turn will make them a better human being and more of a positive contributor to society. Smiling releases endorphins which are also known as the body's pain killers. So people suffering with chronic pain can actually see and feel the results that laughing and smiling do for pain management. There are a number of studies that show people who are happier in life, live longer and suffer less stress and pain. The more we stimulate our brains to release this chemical the more often we can feel happier and relaxed.

I make it a point to try and laugh with as many people as I can daily. When I approach a patient's room my first thoughts are to in some way make this person smile, even if for just 5 minutes it may make a difference in their whole day. I may have a joke about a current event or the weather but making that person smile is also therapy for me as well. I know the issues I deal with are nothing like what he/she may be dealing with, so a smile or a laugh is the least I can do for them.

In memory of...



Porfirio Prieto	Tucson, AZ	06/14/15
Walter Musgrave	Kansas City, MO	06/26/15
Christopher Keenor	Murphysboro, IL	10/08/15
Gary Gardner	Joplin, MO	12/03/15
Kenneth Payne	Macedonia, IL	04/16/16
Gary Schaefer	Fenton, MO	06/07/16



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



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subject line "Gateway PVA" to
marketing@unitedaccess.com and
we'll add you to our email list.



We're here to help

If you have a **service-connected disability**, you may qualify for VA funding assistance for wheelchair accessible vehicles or driving modifications. And if your current mobility vehicle is **over 2 years old**, you may qualify for a brand new conversion.



Our mobility specialists like Alan (pictured here) are trained to educate veterans on the benefits provided by the VA!



Visit us on     UnitedAccess.com | info@unitedaccess.com | 888.939.1010

The Gateway Chapter is always thankful of every donation that we receive. We are not federally funded by the government, therefore we depend on donations to operate and support our membership programs. We would like to give special thanks to the following:



Thank you to...

Matt Schaefer for his donation in memory of his father, Gary Schaefer, to sponsor a member for Trout Lodge.

Also, Donna Sheehan, long time friend and attendant of Gary Schaefer, for her donation in honor of Gary, to sponsor a member for Trout Lodge as well.



Thank you to...




The American Legion Post 162 for their charitable donation. We would also like to thank them for attending our June luncheon at the Jefferson Barracks SCI/D Unit.





Thank you to...

The Combat Veterans Motorcycle Association for their generous donation. We would also like to thank the Combat Veterans Motorcycle Association for enjoying our May luncheon at Jefferson Barracks with the patients and our Chapter members!

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				 1 OFFICE CLOSED	2	
3	4 Independence Day OFFICE CLOSED	5	6	7	8	9
10	11	12 BOD Mtg. @ GPVA 11:30 am 15 pts. Non-BOD Mbr.	13	14	15	16
17	18	19	20 	21 Member/Patient Luncheon @ Noon 5 pts	22	23
24 <u>Nationals—Kansas City</u>	25	26	27	28	29	30
31						

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Newsletter Articles Due 15 pts. published	2	3	4	5	6
7	8 VJ Day (1945)	9 BOD Mtg. @ GPVA 4:00 pm 15 pts Non-BOD Mbr.	10	11	12	13
14	15	16	17	18 Member/Patient Luncheon @ Noon 5 pts	19	20
	22	23	24	25	26  Bocce America Legion 12pm-4pm	27
28	29	30	31			



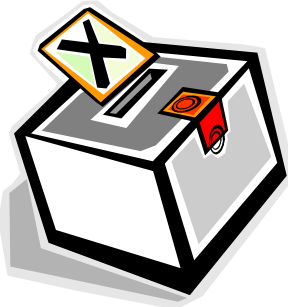
**Paralyzed Veterans
of America**

Gateway Chapter

**1311 Lindbergh Plaza Center
St. Louis, MO 63132**

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**BOD Election Ballot is enclosed!
(Due by July 11, 2016)**

Your official election ballot for the **2016-2017** Board of Directors of the Gateway Chapter, Paralyzed Veterans of America is enclosed in this newsletter. Please note, only one ballot per member will be counted.

All mailed voting ballots should be sent to us by **Monday, July 11, 2016**, at the Gateway Chapter office (address already printed on the back of your tri-fold ballot). Please carefully read and follow the instructions printed on your ballot. **ALL** member ballots will be opened and counted. Fiscal year 2017 Board officers and members will be announced on July 12, 2016. An email with results will be sent to all members. If you do not have an email feel free to call the office.

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