

GATEWAY GAZETTE

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

And the Winner is...

Rose Ganz was the winner of this year's JB Chili Cook-Off! Congratulations Rose! Thanks to all who participated. Plus, a special thank you goes to United Access for providing the winner with a \$25 gift card to Outback Steakhouse. Yum!



Victor's peeking again!

Inside—Important Upcoming Events & More...

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Dental Chair.....Bobby Jackson

"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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John Vasel	Transportation
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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
St. Louis, MO 63132
Office (314) 427-0393 or (800) 426-4058
Fax (314) 427-4183**

JB Annual Trivia Night

Saturday, March 1, 2014

Doors open at 6 p.m., fun begins at 7 p.m.

Jefferson Barracks Gymnasium

Clothing Donations Now Accepted at GPVA Office

You can now drop off the following items for donation at the GPVA office and earn **1 Participation Point per bag**:

- ◆ Clothing & Shoes
 - ◆ Drapes
 - ◆ Bedding
 - ◆ Clocks
 - ◆ CDs
 - ◆ Ceramics
 - ◆ Jewelry
 - ◆ Housewares
 - ◆ Books



Please note that we cannot accept large items such as appliances, upholstered furniture, mattresses, box springs and console TV's.

**NMEDA's Local Hero Contest**

Local heroes are defined as people who: volunteer, educate, advocate, achieve and/or persevere. At least 3 customized wheelchair accessible vehicles will be awarded.

To enter, or for more information, please visit:

<http://www.mobilityawarenessmonth.com/local-heroes/>

February 25, 2014 Story Submission Period Begins

May 30, 2014 Winners Contacted

March 11, 2014 Voting Begins

June 2014 Winners Announced

May 9, 2014 Story Submission and Voting Closes

June-Aug. 2014 Vehicles Delivered



**Gateway Chapter
Paralyzed Veterans of
America**

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 via US mail at the address shown to the left and send to the attention of the editor.

President's Message

As Written By Executive Director Susan Lyle

Due to circumstances beyond his control, President Brown regrets that he was unable to find the time to write his usual (or some may say "unusual") bi-monthly message to our Gateway Chapter members. Stan hopes that he will be able to make it up to all of you in the next issue of the Gazette! Stay tuned...



2014 Duke McDonald Gateway PVA Local Wheelchair Games

By Charley Wright

The 2014 Duke McDonald Gateway PVA Local Wheelchair Games will be held on Friday, May 2, 2014, in and around the Gymnasium (Bldg. 63) on the Jefferson Barracks Campus. We will begin at 9 a.m. and are encouraging everyone interested in competing to pre-register with either Charley or Matt. For additional information, applications, or to have any questions answered, please contact either Charley at 314-652-4100 x64590 or charles.wright6@va.gov or Matt at 314-894-6602 or matthew.luitjohan@va.gov.

We will again be having: a Golf Clinic, Weightlifting, 9-Ball, Bowling, Slalom, a Poker Run, Boccia, Table Tennis, Shot Put, Discus, Javelin, Club Throw and the Community Expo (as weather allows). However, this year we are adding our first annual softball tournament the day after (on May 3) at Spirit Field in Spanish Lake, MO.



Monthly Trapshooting with the Missouri Department of Conservation

By Matt Luitjohan

The SCI Recreation Therapy Department and Gateway Chapter PVA have again teamed up with the High Ridge VFW and the Missouri Department of Conservation to offer monthly trap shoots/archery. They will start on May 5, 2014, and be held on the first Monday of the month from May through September. They will be held at the Jay Henge's Shooting Range at the Missouri Department of Conservation just off of Antire Road and I-44. The address is 1100 Antire Rd., High Ridge, MO 63049. We are limited to 10 veterans to participate in this program, so if you are interested in signing up, please contact: Charley Wright at 314-652-4100 x64590 or charles.wright6@va.gov or Matt Luitjohan at 314-894-6602 or matthew.luitjohan@va.gov.



GATEWAY CHAPTER PVA
WISHES TO WELCOME OUR NEW MEMBER

Jerry Fraley Affton, MO



THE GATEWAY CHAPTER, PARALYZED VETERANS OF AMERICA (PVA)

Title VI Program Announcement

Notifying the Public of Rights under Title VI

The Gateway Chapter PVA posts Title VI notices on our agency's website, in public areas of our agency, in our board room, and on our bus and/or paratransit vehicle.

The Gateway Chapter PVA operates its programs and services without regard to race, color, or national origin, in accordance with Title VI of the Civil Rights Act of 1964.

If you believe you have been discriminated against on the basis of race, color, or national origin by the Gateway Chapter PVA, you may file a Title VI complaint by completing, signing, and submitting the agency's Title VI Complaint Form.

How to file a Title VI complaint with the Gateway Chapter PVA:

To obtain a complaint form, call, email, or write a letter to the Gateway Chapter PVA.

In addition to the complaint process at the Gateway Chapter PVA, complaints may be filed directly with the Federal Transit Administration, Office of Civil Rights, Region VII, 601 East 12th Street, Room 353, Kansas City, MO 64106; 1-800-368-1019 or TDD 1-800-537-7697, fax 816-426-3686.

Complaints must be filed within 180 days following the date of the alleged discriminatory occurrence and should contain as much detailed information about the alleged discrimination as possible.

The form must be signed and dated, and include your contact information.

If information is needed in another language, contact the Gateway Chapter PVA at 1-800-426-4058 for assistance.

Procedure for Filing a Title VI Complaint

The complaint procedures apply to the beneficiaries of the Gateway Chapter PVA's programs, activities, and services.

RIGHT TO FILE A COMPLAINT: Any person who believes they have been discriminated against on the basis of race, color, or national origin by the Gateway Chapter PVA may file a Title VI complaint by completing and submitting the agency's **Title VI Complaint Form**. Title VI complaints must be received in writing within 180 days of the alleged discriminatory complaint.

HOW TO FILE A COMPLAINT: Information on how to file a Title VI complaint is posted on our agency's website, and in public areas of our agency.

You may download the Gateway Chapter PVA Title VI Complaint Form at www.gatewaypva.org, or request a copy by writing to the Gateway Chapter PVA at 1311 Lindbergh Plaza Center, St. Louis, MO 63132. Information on how to file a Title VI complaint may also be obtained by calling the Gateway Chapter PVA at 1-800-426-4058.

(Continued on next page...)

Notifying the Public of Rights under Title VI (Continued)

You may file a signed, dated complaint no more than 180 days from the date of the alleged incident. The complaint should include:

- Your name, address and telephone number.
- Specific, detailed information (how, why and when) about the alleged act of discrimination.
- Any other relevant information, including the names of any persons, if known, the agency should contact for clarity of the allegations.

Please submit your complaint form to Stan Brown at Gateway Chapter PVA, 1311 Lindbergh Plaza Center, St. Louis, MO 63132.

COMPLAINT ACCEPTANCE: The Gateway Chapter PVA will process complaints that are complete. Once a completed Title VI Complaint Form is received, the Gateway Chapter PVA will review it to determine if the Gateway Chapter PVA has jurisdiction. The complainant will receive an acknowledgement letter informing them whether or not the complaint will be investigated by the Gateway Chapter PVA.

INVESTIGATIONS: The Gateway Chapter PVA will generally complete an investigation within ninety (90) days from receipt of a completed complaint form. If more information is needed to resolve the case, the Gateway Chapter PVA may contact the complainant. Unless a longer period is specified by the Gateway Chapter PVA, the complainant will have ten (10) days from the date of the letter to send requested information to the Gateway Chapter PVA investigator assigned to the case.

If the requested information is not received within that timeframe, the case will be closed. Also, a case can be administratively closed if the complainant no longer wishes to pursue the case.

LETTERS OF CLOSURE OR FINDING: After the Title VI investigator reviews the complaint, the Title VI investigator will issue one of two letters to the complainant: a closure letter or Letter of Finding (LOF).

- A closure letter summarizes the allegations and states that there was not a Title VI violation and that the case will be closed.
- A Letter of Finding (LOF) summarizes the allegations and provides an explanation of the corrective action taken.

If the complainant disagrees with the Gateway Chapter PVA's determination, the complainant may request reconsideration by submitting the request in writing to the Title VI investigator within seven (7) days after the date of the closure letter or Letter of Finding, stating with specificity the basis for the reconsideration. The Gateway Chapter PVA will notify the complainant of the decision either to accept or reject the request for reconsideration within ten (10) days. In cases where reconsideration is granted, the Gateway Chapter PVA will issue a determination letter to the complainant upon completion of the reconsideration review.

A person may also file a complaint directly with the Federal Transit Administration (FTA), at the FTA Office of Civil Rights, 1200 New Jersey Avenue SE, Washington, DC 20590.

If information is needed in another language, contact the Transportation Officer, Stan Brown, at the Gateway Chapter PVA at 1311 Lindbergh Plaza Center, St. Louis, MO 63132 or at 1-800-426-4058.

Prosthetics

By Sherman Gillums Jr., PVA Associate Executive Director

As most of you know, PVA remains the lead voice on issues related to prosthetics and recent changes in the process that have caused delays for far too many of our members. We're confronting the problem at all levels, from individual facilities to VISNs to VA Central Office. Now, we've added one more element to our strategy that involves our Chapter partners.



Enclosed (newsletter insert) you'll find a newly created Prosthetics Delay Report Form. The form serves two purposes. First, it is intended to give our members the timely opportunity to let us know when their prosthetics are delayed or wrongly denied. Second, it provides us with a data gathering instrument that we can use to identify trends and influence future prosthetics policy.

As directed on the form, PVA members can fax the completed form to the National office or email it as an attachment to the address shown on the form.

Lakeshore Foundation's Free Lima Foxtrot Programs

By Matt Luitjohan

Lakeshore Foundation announces the 2014 programs for its Lima Foxtrot Programs for Injured Military. To be eligible, the service member must have sustained a severe physical injury during their time of service on or after September 11, 2001. Both active duty and veterans are eligible. Travel, lodging and meals are included in each program at no cost.



Operation Perseverance (April 2-6) is for military personnel who have sustained physical injuries for an introduction to Paralympic sports. Clinics will be led by Paralympic athletes and coaches. All skill levels are welcome. Sports scheduled to be included are Archery, Biathlon, Cycling, Shooting, Sitting Volleyball, Sled Hockey, Swimming, Tennis, Track & Field, Triathlon and Wheelchair Basketball. Sessions on nutrition, strength and conditioning, and goal setting will be included.

Operation Refocus (June 25-29) is a program for servicewomen who have sustained spinal cord injuries, traumatic brain injuries, vision impairments, amputations, burns, and/or disfigurements while serving our country on or after September 11, 2001. As a female-only event, it gives an opportunity to address the needs which are specific to women.

Operation Down Home (July 16-20) introduces recreational sports opportunities to the entire family of servicemen and women who have sustained a significant injury or vision loss. Qualifying injuries include, but are not limited to, spinal cord injuries, traumatic brain injuries, vision impairments, amputations, burns, and/or disfigurements. This camp is limited to families of four and all children must be at least 6 years old or older. Provisions for larger families may be made on a case-by-case basis.

To apply, interested applicants should visit www.lakeshore.org/lima-foxtrot to fill out or download an application. Applications are accepted on a first-come, first-serve basis and space is limited for each operation. All applicants will be pre-screened prior to being accepted into the camp. For questions or additional information, contact Susan Robinson at (205) 313-7461 or susanr@lakeshore.org.

In memory of...



<i>Ronald Alexander</i>	<i>Haysville, KS</i>	<i>12/07/13</i>
<i>Timothy Endicott</i>	<i>Cottage Hills, IL</i>	<i>10/16/13</i>
<i>Michael Glover</i>	<i>Fenton, MO</i>	<i>12/03/13</i>
<i>Joseph Lindquist, Jr.</i>	<i>Kansas City, MO</i>	<i>11/22/13</i>
<i>Jesse Ontiberos</i>	<i>Dodge City, KS</i>	<i>12/16/13</i>



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 might wish to pay their respects to the departed.

Service Disabled Veterans Insurance (S-DVI)

By Brent Follas, NSO Candidate



Service-Disabled Veterans Insurance (S-DVI) is life insurance for veterans who have received a service-connected disability rating by the Department of Veterans Affairs. The basic S-DVI program, commonly referred to as "RH Insurance," insures eligible veterans for up to \$10,000 of coverage. S-DVI policies are issued for a maximum face amount of \$10,000. Veterans who have the basic S-DVI coverage and are 100% service-connected rated totally disabled are eligible to have their premiums waived.

If a waiver is granted, totally disabled veterans may apply for additional coverage of up to \$30,000, in thousand dollar increments, under the Supplemental S-DVI Program. Premiums for Supplemental S-DVI coverage, however, cannot be waived.

An increase in an existing service-connected disability or the granting of individual un-employability of a previously rated condition does not entitle a Veteran to S-DVI.

General Program Requirements

To qualify for S-DVI, you must be a Veteran of the uniformed services who meets the following criteria:

- You were released from active duty under other than dishonorable conditions on or after April 25, 1951; **AND**
- You were rated for a service-connected disability (even if only 0 percent), **AND**
- You are in good health except for any service-connected conditions, **AND**
- You apply within 2 years from the date VA grants your new service-connected disability

Supplemental S-DVI

Supplemental S-DVI is additional supplemental insurance coverage if:

- You have an S-DVI policy, **AND**
- VA is waiving the premiums on your basic coverage due to total disability, **AND**
- You apply for Supplemental S-DVI within one year of being notified of the waiver, **AND**
- You are under 65 years of age

The insured has up to one year to apply after being notified of his/her eligibility for waiver on the basic policy. No waiver of premiums due to total disability can be granted on Supplemental S-DVI coverage.

Application Process

To complete an application (VA Form 29-4364), contact your local Paralyzed Veterans of America benefits office for assistance. There are nine different insurance plans, so make sure you pick the one that best applies to you. The S-DVI website is <https://insurance.va.gov/portal/default.aspx> and first time users must register to use the site.

Always contact your local Paralyzed Veterans of America service officer so they can submit any forms to the VA related to your claim and benefits. Communication is paramount so Paralyzed Veterans of America can properly represent you. Contact information for the service officers is located on page 2.



William Grier
Shawn Kemp
John Turner



Billy Hughes
Arthur Ratliff



*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.*



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Or at

www.UnitedAccess.com

Dental Office has New Device for Wheelchair Patients

By Bobby Jackson

The dental office at the Jefferson Barracks VAMC has a new device for wheelchair patients called the Dianco Dental Chair. It is made in England and is mobile; the dental office stores the Dianco Dental Chair in the corner of their office so those who can use the regular dental chair can. For the rest of us that are unable to transfer out of our wheelchairs, and for those who choose to stay in their wheelchair for their dental treatment, there is the Dianco Dental Chair.

When the Dental Assistant has the Dianco Dental Chair in place, the patient rolls back through the door of the dental office onto the ramp. The dental chair can accommodate any manual or electric wheelchair up to 1,100 pounds. The dental chair tilts the patient and their wheelchair back to 90 degrees from the sitting position, comfortably facing the ceiling. There is a headrest that supports the patient's head. For those with EZ-locks on their wheelchairs, there is nothing on the dental chair platform to catch on. Now, going to the dental office is a little less painful for wheelchair users who stay in their chairs for dental treatment.



For more information on the dental chair, go to www.diancodental.com or go to www.youtube.com and search Dianco Dental Chair to see a video of the chair in use.

There has been some questions about who is eligible to receive dental care at the dental office. According to the Office of Eligibility, those who are 100% service-connected, or have a dental injury from when they were in service, are eligible to receive dental treatment.

Thank You Ken DeClue and the High Ridge Elks Lodge...

By Executive Director, Susan Lyle



The Gateway Chapter PVA wishes to thank Mr. Ken DeClue for his sports fundraising efforts for the Jefferson Barracks VA Sports Team.

Ken announced his retirement at our December Luncheon held at Jefferson Barracks. Ken and the High Ridge Elks Lodge have supported the Jefferson Barracks VA Sports Team for many, many years. Their annual meat shoots and Veterans Appreciation Days raised over \$64,000 to fund our Veterans with a spinal cord injury or disease to attend sporting events, which helps to keep our servicemen and women physically active in both body and mind.

The Gateway Chapter PVA members, as well as the JB SCI Recreation Therapy Department, will forever be grateful to Ken for his dedication to our Veterans.

Happy Retirement, Ken—You will be missed!



ROAD TRIP

GATEWAY GETAWAY

MEMPHIS MARCH 28TH-30TH
2014

\$85.00+TAX PER NIGHT
LIMITED TO 10 SPOTS
CARDINALS VS. MEMPHIS RED BIRDS
TRANSPORTATION PROVIDED WHILE SPACE AVAILABLE FROM JEFFERSON BARRACKS VA

CALL OR EMAIL CHARLEY WRIGHT
314-652-4100 EXT 64590
CHARLES.WRIGHT6@VA.GOV

Newsletter Inserts

By Susan Lyle

IMPORTANT MESSAGE

Within this issue of our Gazette, members will find a few important inserts. With the recent change of our Chapter's fiscal year to July 1—June 30 to coincide with the fiscal year of our national office, we are also changing the term for our Board of Directors (BOD). Therefore, the enclosed ballot is for the nomination of members as Directors or Officers for the new fiscal year beginning July 1, 2014. If you or someone you know is interested in running for the BOD, please write their names on the nomination form, fold the form into thirds, and mail it back to our office no later than March 31. I will contact the nominees to confirm their interest in a BOD position before their names are added to the official election ballot.

Next, as explained on page 6, there is a prosthetics delay report form inserted, which can be completed to inform PVA of problems with your prosthetics (delays or denials). Additional forms may be found on our website under "Other" and then "Forms."

Finally, I have included a flyer for the June 7th Pattonville Fire-fighter's Clay Shoot. Guns may be limited, so it is important that our members call us to reserve their spot /gun. If you have your own gun, you're encouraged to bring it along; shells are provided.

Rentals Available



Amerivan



Vision

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- Bruno TAS/Valet Seats
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NATIONAL MOBILITY
ASSOCIATION



March




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	March 20th is the first day of Spring!!!					1 VA Trivia Night Doors open at 6 pm JB Gym
2	3	4 BOD Mtg. @ GPVA 11:30 am 15 pts. non-BOD Mbr.	5	6	7	8
9	10	11	12	13 JB Airguns Event @ BullsEye, LLC 10:00 a.m.	14	15
16	17 St. Patrick's Day 	18	19	20 Mbr/Patient Luncheon/Qtr. Mbr Mtg. at JB @ Noon 5/15 pts.	21	22
23 30	24 31	25	26	27	28 Gateway Getaway II—Memphis, TN	29
Winter Sports Clinic 3/30-4/3						



April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Winter Sports Clinic—March 30 thru April 4 in Snowmass Village, CO					4 Newsletter Articles Due	5
6	7	8 BOD Mtg. @ GPVA 4:00 pm 15 pts. non-BOD Mbr.	9	10 JB Airguns Event @ BullsEye, LLC 10:00 a.m.	11 PVA Bass Tournament Kentucky Lake 11th & 12th	12
13	14	15 Adaptive Cycling Clinic in Louisville, KY	16	17 Mbr/Patient Luncheon at JB @ Noon 5 pts.	18	19
20 	21	22	23	24	25	26
27	28	29	30			Do have a happy day.

*Nomination Ballot Enclosed
(Info on page 10)*

Address Service Requested

1311 Lindbergh Plaza Center
St. Louis, MO 63132

Gateway Chapter

Paralyzed Veterans
of America



34th National Veterans Wheelchair Games

Registration is now open for the 34th National Veterans Wheelchair Games in Philadelphia, Pennsylvania: "Where Heroes Make History"

Please make sure to contact Coach Charley Wright (charles.wright6@va.gov) if you have any questions. If you haven't received your application in the mail by now, check out the www.pva.org website under the "Get Sports" section and download the application. We need your athlete registration form turned in to

the Recreation Therapy office at the Jefferson Barracks VA by March 14, 2014. REMEMBER ...

You need to set up an appointment with the SCI Clinic prior to coming so that we have the medical portion of the application filled out beforehand.

Don't wait until the last day to get this done...



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