

MARCH/APRIL 2024

Volume

49

No. 2

Board Member Nominations

more on page 4

Baseball Tickets

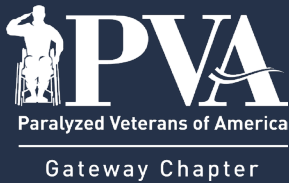
STL Cardinals and KC

Royals 2024 season

Trivia Night Recap

Funding our mission with
our night of fun





VETERANS WITH SPINAL CORD INJURY OR DISEASE, LIVING LIFE TO THE FULLEST

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YOUR CONTACT INFORMATION?**

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**DO YOU WANT TO RECEIVE
YOUR NEWSLETTER BY EMAIL?**

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Contact us at one of the following:

Gateway Chapter PVA
1311 Lindbergh Plaza Center
St. Louis, MO 63132

314.427.0393 or 800.426.4058
Fax 314.427.4183

info@gatewaypva.org

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Ruth Kult
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Kansas City, MO 64128
(816) 922-2882 or (800) 795-3612
Fax: (816) 922-3369

Brent Follas, Senior National Service Officer

St. Louis Service Office

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St. Louis, MO 63132
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Nathan Vail, National Service Officer
Nedra Douglas, Administrative Assistant

Jefferson Barracks VA Medical Center

JB SCI, Room 2S25
#1 Jefferson Barracks Drive
St. Louis, MO 63125
Office: (314) 894-6467 or (866) 328-2670
Fax: (314) 894-6465

Rodney Harris, Senior Benefits Advocate

PVA National Liaison VP

Ken Ness

PRESIDENT'S MESSAGE

Rose Ganz

MARCH

We just held our annual Trivia Night Fundraiser, Saturday evening, February 17th . This event was the most organized and smoothly run Trivia Night we ever held! Thank you, Katarina, for jumping in with both feet and working tirelessly as well as bringing your family to Trivia Night! Thanks to everyone that donated items and made monetary contributions. We raised just at \$9,500 to support our mission.

The Gateway Chapter encourages our members to participate in every facet of this Chapters' operations. We try to get members out of their homes, to socialize, network, and to find out about the support that is available to our paralyzed veterans.

- Rose Ganz, President



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GAMES**
JULY 25-30, 2024 • NEW ORLEANS, LA

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Co-Presented by:





Interested in being a Board Member?



Nominations are now open for Board Member positions for FY25!



April 5, 2024 @ 3pm
Nominations **MUST** be submitted by this date and this time

It is time to submit nominations for Board Member positions, as well as officers for the Office of Vice President, Treasurer, and Secretary

Who can you nominate?

Any current Gateway Chapter member, including yourself!

How can you send a nomination?

- Email Chris@gatewaypva.org
- Send a letter to our office:

1131 Lindbergh Plaza
Center
St. Louis, MO 63132



June 3, 2024 @ 5pm
Last day to accept completed election ballots

Absolutely no late nominations will be accepted
Ballots will be mailed out in the May/June Gateway Gazette

Getting Veterans with SCI Back on Their Feet

Eligible veterans may receive an Ekso Indego exoskeleton at NO COST!

What is Ekso Indego?

A powered exoskeleton that enables individuals with spinal cord injuries (T3-L5)* to stand and walk, offering a new level of independence.

- Fastest walking speeds
- Lightest weight exoskeleton
- Modular design for easy transportation

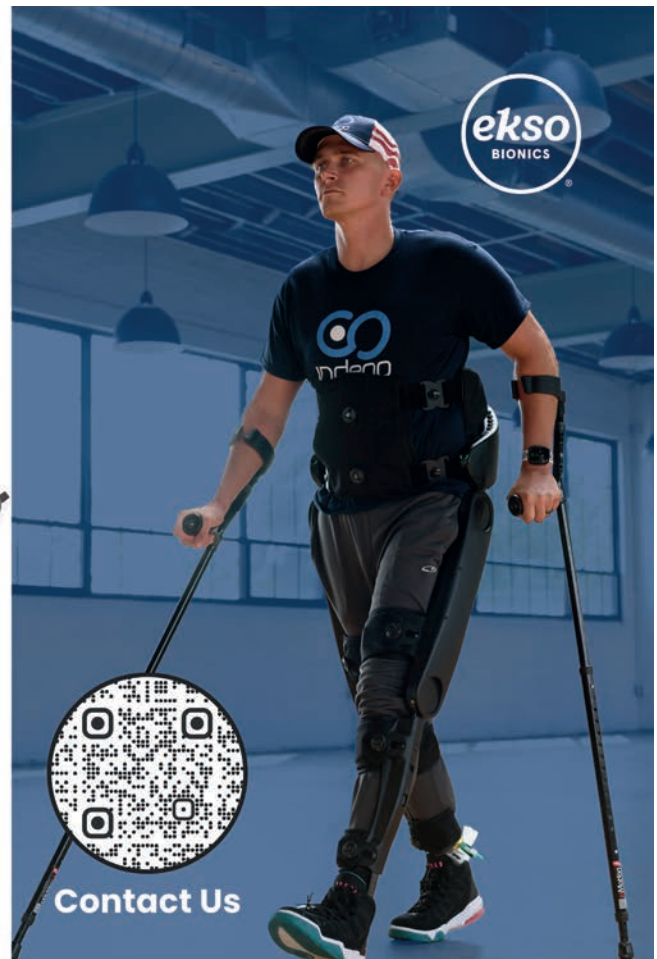


VA policy allows Ekso Indego to be issued at no cost for those who qualify.

How to Get Qualified

Contact us to find out if you may be eligible. An evaluation by your provider at a SCI/D center is required to determine eligibility for use of an Ekso Indego Personal device.

*For full indications for use, visit: www.eksobionics.com/indications-for-use/



GENERAL INFORMATION

March

12

March 12 @ 11:30am
Board of Directors meeting
In-Person & Via Zoom
15 points for nonBOD members

21

March 21 @ 11:30am
JB Luncheon*
5 points
Quarterly Membership Meeting
In-person at JB*
15 points
*As long as Jefferson Barracks is open to the public

APRIL

April 1-7
NVWG Winter Sports Clinic
April 9 at 11:30am
Board of Directors meeting
Via Zoom (contact office for link)
15 points for nonBOD members
April 9 @ 11:30am
JB Luncheon





BASEBALL TICKETS

As the Chapter does every season, we have purchased all home games of the St. Louis Cardinals and a flex pass for the Kansas City Royals. Both the St. Louis Cardinals and Kansas City Royals are two accessible spots (KC Royals comes with paid parking). Information about obtaining tickets is below.



ST. LOUIS CARDINALS

Members can win up to TWO total games for the St. Louis Cardinals (for the full season). As always, if there are multiple requests for the same game, the winner of the tickets will be drawn at random.

There are two ways to enter:

1. Members can enter the giveaway solely by lottery method for any available game or a specific game.
 - o Members can put their name "in the hat" for more than the allowed amount to win. Priority will go to members that have not yet won a game.
2. Members may enter the giveaway by purchasing tickets at half price, \$80, to ensure a specific game.
 - o If the tickets are won via lottery, the winner will still have to purchase the requested tickets.

Ticket requests and lottery entries need to be emailed to Katarina@gatewaypva.org or Chris@gatewaypva.org by March 22.

Winners will be contacted and tickets will can be distributed via mail or visiting the office. No electronic ticket transfer.



KANSAS CITY ROYALS

Members can win up to TWO total games for the Kansas City Royals. As always, if there are multiple requests for the same game, the winner of the tickets will be drawn at random.

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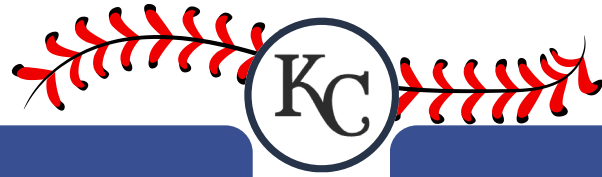
Winners will be contacted. Royals ticket winners MUST be able to receive their tickets virtually with the MLB Ballpark app on a smart phone, so please provide their email associated with your MLB Ballpark app. There will be no physical tickets mailed.



SAINT LOUIS CARDINALS

Apr 4, 2024 vs Miami
Apr 6, 2024 vs Miami
Apr 7, 2024 vs Miami
Apr 8, 2024 vs Philadelphia
Apr 9, 2024 vs Philadelphia
Apr 10, 2024 vs Philadelphia
Apr 19, 2024 vs Milwaukee
Apr 20, 2024 vs Milwaukee
Apr 21, 2024 vs Milwaukee
Apr 22, 2024 vs Arizona
Apr 23, 2024 vs Arizona
Apr 24, 2024 vs Arizona
May 3, 2024 vs Chi. White Sox
May 4, 2024 vs Chi. White Sox
May 5, 2024 vs Chi. White Sox
May 6, 2024 vs N.Y. Mets
May 7, 2024 vs N.Y. Mets
May 8, 2024 vs N.Y. Mets
May 17, 2024 vs Boston
May 18, 2024 vs Boston
May 19, 2024 vs Boston
May 20, 2024 vs Baltimore
May 21, 2024 vs Baltimore
May 22, 2024 vs Baltimore
May 24, 2024 vs Chi. Cubs
May 25, 2024 vs Chi. Cubs
May 26, 2024 vs Chi. Cubs
Jun 6, 2024 vs Colorado
Jun 7, 2024 vs Colorado
Jun 8, 2024 vs Colorado
Jun 9, 2024 vs Colorado
Jun 11, 2024 vs Pittsburgh
Jun 12, 2024 vs Pittsburgh
Jun 13, 2024 vs Pittsburgh
Jun 20, 2024 vs San Francisco
Jun 22, 2024 vs San Francisco
Jun 23, 2024 vs San Francisco
Jun 24, 2024 vs Atlanta
Jun 25, 2024 vs Atlanta
Jun 26, 2024 vs Atlanta

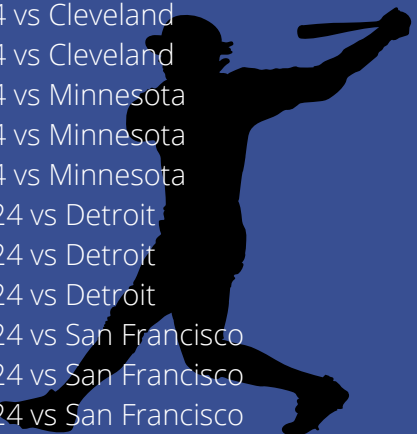
Jun 27, 2024 vs Cincinnati
Jun 28, 2024 vs Cincinnati
Jun 29, 2024 vs Cincinnati
Jun 30, 2024 vs Cincinnati
Jul 9, 2024 vs Kansas City
Jul 10, 2024 vs Kansas City
Jul 12, 2024 vs Chi. Cubs
Jul 13, 2024 vs Chi. Cubs
Jul 14, 2024 vs Chi. Cubs
Jul 26, 2024 vs Washington
Jul 27, 2024 vs Washington
Jul 28, 2024 vs Washington
Jul 29, 2024 vs Texas
Jul 30, 2024 vs Texas
Jul 31, 2024 vs Texas
Aug 6, 2024 vs Tampa Bay
Aug 7, 2024 vs Tampa Bay
Aug 8, 2024 vs Tampa Bay
Aug 16, 2024 vs L.A. Dodgers
Aug 17, 2024 vs L.A. Dodgers
Aug 18, 2024 vs L.A. Dodgers
Aug 20, 2024 vs Milwaukee
Aug 21, 2024 vs Milwaukee
Aug 22, 2024 vs Milwaukee
Aug 26, 2024 vs San Diego
Aug 27, 2024 vs San Diego
Aug 28, 2024 vs San Diego
Aug 29, 2024 vs San Diego
Sep 6, 2024 vs Seattle
Sep 7, 2024 vs Seattle
Sep 8, 2024 vs Seattle
Sep 10, 2024 vs Cincinnati
Sep 11, 2024 vs Cincinnati
Sep 12, 2024 vs Cincinnati
Sep 16, 2024 vs Pittsburgh
Sep 17, 2024 vs Pittsburgh
Sep 18, 2024 vs Pittsburgh
Sep 19, 2024 vs Pittsburgh
Sep 20, 2024 vs Cleveland
Sep 21, 2024 vs Cleveland
Sep 22, 2024 vs Cleveland



KANSAS CITY ROYALS

Mar 28, 2024 vs Minnesota
Mar 30, 2024 vs Minnesota
Mar 31, 2024 vs Minnesota
Apr 4, 2024 vs Chi. White Sox
Apr 5, 2024 vs Chi. White Sox
Apr 6, 2024 vs Chi. White Sox
Apr 7, 2024 vs Chi. White Sox
Apr 9, 2024 vs Houston
Apr 10, 2024 vs Houston
Apr 11, 2024 vs Houston
Apr 19, 2024 vs Baltimore
Apr 20, 2024 vs Baltimore
Apr 21, 2024 vs Baltimore
Apr 22, 2024 vs Toronto
Apr 23, 2024 vs Toronto
Apr 24, 2024 vs Toronto
Apr 25, 2024 vs Toronto
May 3, 2024 vs Texas
May 4, 2024 vs Texas
May 5, 2024 vs Texas
May 6, 2024 vs Milwaukee
May 7, 2024 vs Milwaukee
May 8, 2024 vs Milwaukee
May 17, 2024 vs Oakland
May 18, 2024 vs Oakland
May 19, 2024 vs Oakland
May 20, 2024 vs Detroit
May 21, 2024 vs Detroit
May 22, 2024 vs Detroit
May 31, 2024 vs San Diego
Jun 1, 2024 vs San Diego
Jun 2, 2024 vs San Diego
Jun 7, 2024 vs Seattle
Jun 8, 2024 vs Seattle
Jun 9, 2024 vs Seattle
Jun 10, 2024 vs N.Y. Yankees
Jun 11, 2024 vs N.Y. Yankees
Jun 12, 2024 vs N.Y. Yankees
Jun 13, 2024 vs N.Y. Yankees
Jun 24, 2024 vs Miami

Jun 25, 2024 vs Miami
Jun 26, 2024 vs Miami
Jun 27, 2024 vs Cleveland
Jun 28, 2024 vs Cleveland
Jun 29, 2024 vs Cleveland
Jun 30, 2024 vs Cleveland
Jul 2, 2024 vs Tampa Bay
Jul 3, 2024 vs Tampa Bay
Jul 4, 2024 vs Tampa Bay
Jul 19, 2024 vs Chi. White Sox
Jul 20, 2024 vs Chi. White Sox
Jul 21, 2024 vs Chi. White Sox
Jul 22, 2024 vs Arizona
Jul 23, 2024 vs Arizona
Jul 24, 2024 vs Arizona
Jul 26, 2024 vs Chi. Cubs
Jul 27, 2024 vs Chi. Cubs
Jul 28, 2024 vs Chi. Cubs
Aug 5, 2024 vs Boston
Aug 6, 2024 vs Boston
Aug 7, 2024 vs Boston
Aug 9, 2024 vs St. Louis
Aug 10, 2024 vs St. Louis
Aug 19, 2024 vs L.A. Angels
Aug 20, 2024 vs L.A. Angels
Aug 21, 2024 vs L.A. Angels
Aug 23, 2024 vs Philadelphia
Aug 24, 2024 vs Philadelphia
Aug 25, 2024 vs Philadelphia
Sep 2, 2024 vs Cleveland
Sep 3, 2024 vs Cleveland
Sep 4, 2024 vs Cleveland
Sep 6, 2024 vs Minnesota
Sep 7, 2024 vs Minnesota
Sep 8, 2024 vs Minnesota
Sep 16, 2024 vs Detroit
Sep 17, 2024 vs Detroit
Sep 18, 2024 vs Detroit
Sep 20, 2024 vs San Francisco
Sep 21, 2024 vs San Francisco
Sep 22, 2024 vs San Francisco



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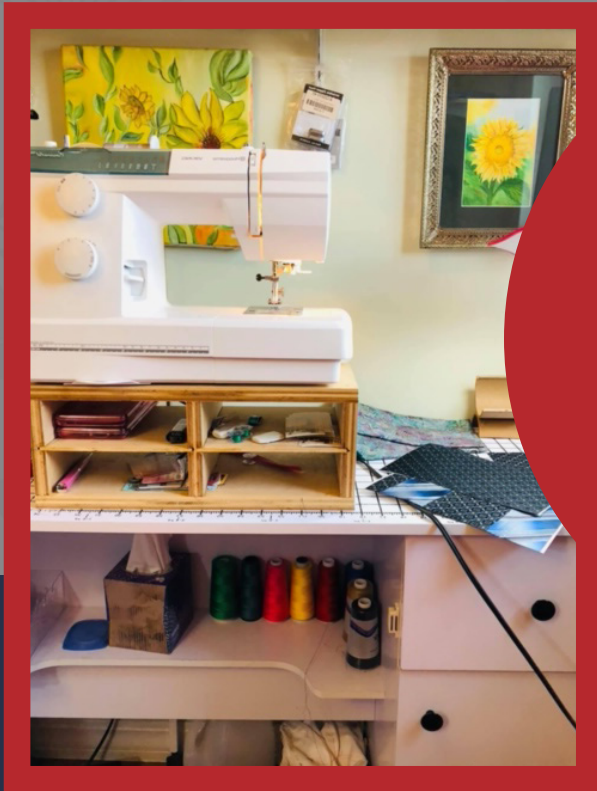
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I HELD MY BREATH

Wendie Colvin

It was a cool November in 2015. The air felt good in my nostrils and the sweat felt great against my arms as I was near completion of a 5K run. I finished before my husband; we both had a good laugh (more me than him) about it. The rest of the day was uneventful after we got home that Friday afternoon tired and hungry. I remember dropping my glass of water but ignored it because I had been told I suffer from carpal tunnel syndrome. I felt off but I could not tell what was causing it.

I could not move my left side when I woke up Saturday morning. After an ER visit, followed by doctors' appointments at the VA, cervical spine surgery was completed on that following May. We held our breaths convinced that full recovery would follow and eager to go back to the running trail for a rematch. I told him: "If I walk again, we will dress up in period costumes and go to the KC Renaissance Fair" With the assistance of a quad cane, we did. Our costumes were so good that several people asked if we worked there!

After two years of intermittent physical therapy, it was evident that running was out of the question, I continued holding my breath while ignoring my favorite hobbies: sewing, crocheting, and drawing, riding bicycle (now tricycle) and walking even at a snail's pace. Numb fingers, shaking hands, and wobbly legs were betraying me at each try. I felt angry, sad, depressed, and lost the will to even exercise. I became a recluse and shed friendships, canceled plans, and was not seen or heard from much for a long time. That period was a blur, but I remember the darkness we were living in.

Seven years later I walked in the Saint Louis JB SCI Clinic for an intake appointment. We were both jaded and were not expecting much but figured it could not hurt. To my surprise, there was a team of

medical professionals dedicated to bringing a measure of independence and care specific to my needs. I was in awe at the compassion and respect afforded to us by everyone we interacted with that day. A plan was put in place and an arsenal of tools was provided to us to help with our day-to-day activities in a safer way. One of the tools provided to us was the daily VVC toga, mindfulness, stretch and strengthening, and the cooking class which I reluctantly joined. The friendship and camaraderie during those meetings have made an impact on our lives. The play button has been pressed, and slowly we are beginning to take those metaphorical deep breaths that had ceased that distant November day. I realized I had two choices: to accept a new normal while learning to do things differently and continue to live and create new experiences or simply give up completely.

**"we now perceive
the roses to be more
fragrant after the storms"**

I am happy to report we have chosen the former, not the latter and although there are a lot of thorns along this path and sometimes the dark cloud cover is above, we now perceive the roses to be more fragrant after the storms. He took up trout fishing and I opened my sewing room, dusted my sewing machine, and began the lengthy process of re-learning the skill another way while spending time making donation items. It will be hard, but we know in the end it will be much better for us to live knowing that our breaths are precious, and emotions must be felt.

I conclude with an anonymous phrase:

"You must go through it to get through it, you must remember to take deep breaths along the way"

MY PVA EXPERIENCE

Don Feldott

Let me tell you about my experience in joining, or trying to join The Paralyzed Veterans of America organization. If it was not for a dear friend of mine, Norm Keller I would not have known PVA existed. He was receiving care from the therapists at the SCI/D clinic and going to the monthly luncheons that the Gateway Chapter provided.

During one of our visits with Norm and Henrietta, he mentioned PVA and wanted to know why I was not a member and going to these luncheons. Anyway, I went to the SCI/D center and got evaluated, and was qualified to receive care through that unit. I do not quite remember where I got the PVA application, but I filled it out and provided all my medical history and it was submitted to PVA Headquarters. I was told by the Gateway Chapter that I was accepted, but nothing had been received from National stating I was a member. I started going to the monthly luncheons with Norm and each month I would ask the Executive Director, Chris Blanchard if he received anything yet. After a couple of months, Chris resubmitted the application, along with my medical history. This went on for what, seemed like forever, and each time I went to the luncheons I was getting these strange looks. After many telephone calls and text messages the application was finally approved, and I received my PVA Membership card.

Now that I was a documented member of PVA and a Gateway Chapter member I started going to the monthly board meetings. Since I was new during the first few meetings, I just kind of sat back and watched what was going on. After a few meetings I was feeling ready to participate, so when first and second motions came around, I would second motions as others were slow in responding. President Stan Brown quickly informed me that I could not, as I wasn't a board member. He put me in my seat. I regularly attended the monthly

meetings and eventually became a member of the board. From there I became Treasurer, and am now a board member and the National Director for the Gateway Chapter.

If it was not for Norm Keller and talking with other PVA members, I would not have known about all the PVA, VA and Chapter benefits and support out there for which I was entitled. PVA is not a well branded organization, but PVA National is working to correct that. You as a PVA members should, when seeing others, especially anyone in a wheelchair, or hear about someone with MS or ALS inquire if they are a veteran. If so, it is your responsibility to inform them about PVA and the Gateway Chapter. We should wear our PVA shirts and hats whenever we are out and about promoting PVA. You do not know if you do not know.

One of the best moves I ever made!



Want your story to get featured in the next issue of the Gateway Gazette? Email your submissions to katarina@gatewaypva.org!

All qualifying submissions, even if unpublished, will earn you 15 sports points.



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