

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

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#### St. Louis Service Office

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St. Louis, MO 63132

Office: (314)253-4480 or (800)795-3614

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Jeremy Lile, National Service Officer Susan White, Accredited Administrator

#### **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**

**Charles Brown** 

#### 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 • Fax (314) 427-4183

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 to **info@gatewaypva.org** or via US mail at the address shown above and send to the attention of the editor.





# Paralyzed Veterans of America

**Gateway Chapter** 

www.gatewaypva.org

www.twitter.com/PVA\_Gateway

www.facebook.com/GatewayChapterPVA

### President's Message—Spring 2018

### **By Stanley Brown**





#### Free Legal Clinic Thursday, May 17, 2018-Monthly PVA Luncheon

The VA Advocacy Project of St. Francis Community Services and St. Louis University Law School will again be furnishing attorneys and assistance to help Gateway members prepare and execute wills, trusts, powers of attorney, handle minor civil matters, and traffic tickets. Legal teams will meet with our members at the Jefferson Barracks VA SCI/D Unit, Building 52, in the south dayroom of the building. The legal teams will be available from 10:30 AM until 1:30 PM. Please call our office at (314)427-0393, to schedule an appointment and give us an idea of how many legal staff we need. These attorneys are both licensed to practice in Missouri and Illinois, so Gateway members who reside in either state should take advantage of this free service. Bring relevant documents that you have, to include names and addresses of beneficiaries.

#### St. Louis Cardinals and Kansas City Royals Baseball Tickets

Gateway has again this year purchased the entire home season of the Cardinals and this year purchased 22 home games of the Royals. The Cardinal tickets are field box seats almost directly behind home plate and about 20 rows from the ground. In sum, these are tremendous seats (field view shown on cover). There is a regular stadium seat and a spot for a wheelchair. A folding chair can be placed in the wheelchair spot if need be. Again like last year, we are offering to sell at half price, up to four (4) games per member. Prices of each game will be posted on our Facebook and website. If you want to be assured of a particular game as opposed to requesting the game with a lottery drawing, tell us what games you want to purchase. The vast majority of the tickets we will give away by drawing names. Please submit a list of those games you wish to purchase or receive free by lottery, in order of your preference by end of business (5pm) Friday, March 16, 2018. Kansas City Royals tickets will be distributed the same way, except you will be allowed to purchase up to two (2) games at half price (total of \$51 per game) per member. All tickets must be picked up in person, nothing will be mailed. See the details of this program on page 7 of this newsletter.

### Vehicle Grant Program Open Again

The Gateway Chapter has opened its Vehicle Grant program to coincide with the end of the fiscal year. Gateway awards \$10,000 and \$35,000 vehicle adaptation grants to members of the chapter. The monetary grants can be used toward purchasing a new vehicle or perhaps fixing up your existing vehicle for your use or trade-in. Interested members should send their request to the chapter explaining the need for the grant and the difference the grant would make in their life. At the April Board of Directors meeting the Board will consider the entries, not attempting to prioritize them, and then randomly draw a certain number depending on our financial status at the end of the fiscal year. Last year we awarded \$100,000 in total to seven members. Written or email entries must be received at the chapter no later than close of business (5 PM) on April 9, 2018.

#### Disabilities Commission Opening for St. Louis County Residents

I currently sit on the St. Louis County Commission on Disabilities. It is an advisory commission established by St. Louis County Ordinance. The Commission meets once a month, except for the summer, at a County Highways building on Lindbergh, just north of Olive. Meetings take place at that building which is just five minutes from our Gateway office. The mission of the Commission is to advise the County Executive and County Counsel on disability issues and legislation affecting St. Louis County residents. Please contact me if you're a St. Louis County resident and if you have any interest. The Commission is in desperate need of disabled members.

### Continued on Page 8

### Monthly Compensation vs. Improved Pension

### By Jeremy Lile, National Service Officer



I have encountered many veterans that do not fully understand the difference between monthly compensation and pension. Therefore, I believe it is a good idea to shed some much needed light on the ways a veteran may be eligible based on their time spent in the military. First I will explain what service connection means and then discuss the four different categories by which a veteran can be service connected (38 CFR §3.304, 3.306, 3.307, 3.310).

A veteran that is injured or contracts a disease while on active duty, may be eligible for a tax-free monthly compensation benefit from the Department of Veteran's Affairs. VA Compensation is quite similar to workers' compensation in that monetary benefits and/or medical care is provided to workers who are injured or become ill as a direct result of their job.

The first is called direct service connection. This means that the veteran's injuries are directly related to his or her military service. For example, the veteran worked on an airfield where there were loud noises and now experiences ringing in his ears. A claim could be filed for Tinnitus due to the exposure to loud noises.

The next category is a pre-existing injury or condition that was aggravated while in the military. This is when a veteran had a medical issue prior to military service, but then something occurred while on active duty that made the pre-existing condition worse. For example, veteran has psoriasis prior to entering the military, but then is exposed to some chemicals that made the psoriasis worse than it ever would have been on its own. A service connection claim could be filed for aggravation a pre-existing injury or condition.

The third category is presumptive service connection. This is when a veteran suffers from certain conditions or diseases that are presumed to be service connected. For example, any veteran that was in Vietnam and exposed to Agent Orange and now has a diagnosis of Parkinson's disease, could file for a presumed service connection.

The last category is secondary service connection. This is when one service connected disability causes another disability. The second disability does not need to be directly related to military service, but would not have occurred without the first service connected disability. For an example, a veteran that is service connected for Type II Diabetes may experience kidney failure or peripheral neuropathy. Both of these conditions could then be filed as a secondary service connection to the Type II Diabetes.

When filing any of these service connection claims, it is always necessary to have adequate medical documentation to file along with the claim. Likewise, an ideal piece of evidence for any claim is a nexus letter from a physician confirming diagnosis or providing a link to the issue or disease to military service.

The next topic is the VA Pension (38 CFR §3.3). The first requirement for a veteran to qualify for the VA Improved Pension is to have served for at least 90 days on active duty, with at least (1) day during a wartime period. Serving during a wartime period does require the veteran to have physically been involved in the battle. For veterans that enlisted into the military after September 7, 1980, they must have served at least 24 months with at least (1) day during a wartime period. Other criteria requires that the veteran have limited or no income, 65 or older, or if under age 65, be permanently and totally disabled but not as a result of willful misconduct.

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### **Continued from Page 4**

### Monthly Compensation vs. Improved Dension

The income requirement set by Congress dictates that the annual income requirement for a single veteran must not exceed \$13,166. The annual income requirement for a veteran with one dependent is \$17,241. A veteran that cannot perform their activities of daily living (i.e. Eating, Bathing, Toileting) may be eligible for a Special Monthly Pension. And so, a veteran without dependents cannot exceed \$21,962 annually and a veteran with one dependent cannot exceed \$26,036 annually.

If a veteran's income does exceed the threshold, the veteran can submit what is called unreimbursed medical expenses. The VA will then subtract the amount of the unreimbursed medical expenses from the veteran's monthly income. As a rule, the VA will assess those unreimbursed medical expenses that exceed 5% of the maximum annual VA pension payment rate. Hospital expenses, prescription/non-prescription drug costs, and medical insurance premiums are just a few of the many items that can be submitted as unreimbursed medical expenses.

As always, seek the assistance of a highly trained veteran service officer for any questions and/or assistance when there is a need to file a compensation or pension claim.



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# GATIEWAY GI

General Information



### Welcome to Our New Members

George Frost • Steven Gray • LaMon Miller • Steven Newel • David Porter

### Missing in Action

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.

Troy Bucklew • Thomas Dooley • Nicholas Hendrickson Harry Knoblauch • Randy McGahan • Edward Williams

### Receive Gazette via Email

We are offering the option to receive our Chapter's newsletter by email. Members taking advantage of electronic delivery will help to reduce the cost of printing and postage. In turn, this will allow the Chapter to put more funds toward our members and member programs. If you have not done so already, please contact Administrative Assistant Amber Lee at amber@gatewaypva.org, or Executive Director Chris Blanchard at chris@gatewaypva.org, if you would like start receiving your newsletter electronically.

### Enter Your Article for the Gazette

We are always open to articles from our members to publish in the Gateway Gazette. If you have recently attended a recreational event, won one of our giveaways, experienced a vacation with great accessibility that your fellow members could enjoy, etc., please share with us! Your published article is also worth fifteen (15) sports/participation points! You can submit pictures with your article as well. We look forward to reading your stories!

### In Memory Of

Kerry Davis	St. Louis, MO	07/03/14
Allen Morehouse	DeSoto, MO	11/2016
Adam Thomure	Mountain View, MO	07/19/17
Raymond Stark	Plattsmouth, NE	09/2017
Richard Doak	Kansas City, MO	10/10/17
Loyd Schroeder	Kansas City, MO	11/09/17
Jose Colbert	St. Louis, MO	11/20/17
Henry Boyle	Quincy, IL	12/11/17
Mark Waldmann	St. Louis, MO	12/19/17
Walter Stone	Branson, MO	12/20/17
Larry Larsen	Topeka, KS	12/22/17
William Welsch	O'Fallon, IL	12/24/17
Ronald Krigbaum	Warrenton, MO	12/31/17
Dale Hutson	Council Grove, KS	01/05/18
David Huesing	St. Charles, MO	01/25/18
Roy Goforth	Fenton, MO	Unknown

### Kansas City Royals Tickets

Saturday, April 14, 2018 versus Angels @ 6:15pm
Sunday, April 15, 2018 versus Angels @ 1:15pm
Saturday, April 28, 2018 versus White Sox @ 6:15pm
Sunday, April 29, 2018 versus White Sox @ 1:15pm
Saturday, May 19, 2018 versus Yankees @ 6:15pm
Saturday, June 2, 2018 versus Athletics @ 1:15pm
Sunday, June 3, 2018 versus Athletics @ 1:15pm
Saturday, June 16, 2018 versus Astros @ 1:15pm
Sunday, June 17, 2018 versus Astros @ 1:15pm
Friday, July 6, 2018 versus Red Sox @ 7:15pm
Saturday, July 7, 2018 versus Red Sox @ 6:15pm

Friday, July 20, 2018 versus Twins @ 7:15pm
Saturday, July 21, 2018 versus Twins @ 6:15pm
Friday, August 10, 2018 versus Cardinals @ 7:15pm
Saturday, August 11, 2018 versus Cardinals @ 6:15pm
Friday, August 24, 2018 versus Indians @ 7:15pm
Saturday, August 25, 2018 versus Indians @ 6:15pm
Saturday, September 1, 2018 versus Orioles @ 6:15pm
Sunday, September 2, 2018 versus Orioles @ 1:15pm
Saturday, September 15, 2018 versus Twins @ 6:15pm
Saturday, September 29, 2018 versus Indians @ 6:15pm
Sunday, September 29, 2018 versus Indians @ 6:15pm
Sunday, September 30, 2018 versus Indians @ 2:15 pm

If you want to be assured of a particular game as opposed to requesting the game with a lottery drawing, tell us what games you want to purchase (maximum of two [2] games at \$51 per game). Please submit a list of those games you wish to purchase or receive free by lottery, in order of your preference by end of business (5pm) Friday, March 16, 2018.

For St. Louis Cardinals tickets details please visit our website at www.gatewaypva.org.

Are you aware of the VA Home Modification Grants? Contact us!



We are veteran owned and local firm providing home mobility & accessibility solutions.

855-620-1923 x1

lynn@promisehomeworks.com www.promisehomeworks.com

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#### We (Gateway) Now Have Tenants Again

Good news, financially, because we now have tenants in the other half of our 10,000 square-foot building. The St. Louis Arc is a nonprofit organization that provides day programs for developmentally disabled adults and children. This organization is a perfect fit, or synergy, for our mission. We have modified half our building to accommodate their needs, to include removing all the old carpeting and cubicles, and replaced the flooring with vinyl composite tile. We also had constructed a new front entrance door on the south end of the building. Our revenue from rent more than covers our utilities and leaves a nice net income per year.

### Wheelchair Accessible Van for Sale

2007 Toyota Sienna Rampvan

\$19,500 or Best Offer

If interested please contact Jane White at (314)625-6649



2007 Toyota Sienna Rampvan that has recently been converted for full wheelchair accessibility. Fully equipped with motorized door and ramp, and rotating driver's seat for easy transfer from wheelchair into driver's seat. It also has hand controls. It's metallic blue, in excellent condition with 72,000 miles.

Please note, this van is being sold by the individual and not Gateway Chapter PVA. Please contact the phone number above with any questions and/or interest.



### We proudly support **Gateway PVA!**

### Sign up for our email newsletter

You'll be entered to win a Yeti Tundra Cooler!

Send an email with the subject line "Gateway PVA" to marketing@unitedaccess.com. 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. If your current mobility vehicle is over 2 years old, you may even qualify for a brand new conversion.

### Contact us today!

St. Louis (North) Store 9389 Natural Bridge Rd. St. Louis, MO 63134

St. Louis (South) Store 10232 Rahning Rd A St. Louis, MO 63127







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

### Adapted 2000 Dodge Grand Caravan Giveaway

A civilian with a desire for a combat veteran to receive it, has donated this adapted (wheelchair modified) 2000 Dodge Grand Caravan complete with side entry ramp. This van has the shorter opening of 53 inches high, and will not work easily with some power chairs or tall veterans. We will give the vehicle to an eligible member by lottery method. If you are interested, please tell us the difference the vehicle will make in your life and furnish your DD214 or other documents showing that you served in a combat theater or zone. The vehicle has 77,248 miles, driver side seat (removable) with hand controls, and a front seat passenger side wheelchair space with tie downs. Side panels can be remotely operated. Van kneels with a fold down ramp. Applications should be by email or hard copy and received no later than close of business, 5pm, Monday, April 9, 2018.









## March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Atlanta, GA				1	2	3
Scuba  10 pts  4 Meat Shoot Legion Post 162 1pm—6pm	5	6	7	8	9	10
Daylight Saving Time Begins	12	BOD Mtg. @ GPVA 11:30 am 15pts. Non-BOD Mbr.	14	15 Member/Patient Luncheon @ Noon Quarterly Mbr Mtg. after Luncheon 5/15 pts	16 Boccia A. Legion 162	17 Cappy
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# **April 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10 pts  1 Meat Shoot Legion Post 162 1pm—6pm	2 National Di	3 sabled Veter	4 ans Winter S	5 ports Clinic	6 2000	7
8	9 Articles Due 15 points when published	BOD Mtg. @ GPVA 4:00 pm 15pts. Non-BOD Mbr.	11	12	13	14
15	16	17	18	19 Member/Patient Luncheon @ Noon 5 pts.	Boccia A. Legion 162	21
22	23	24 <b>25</b>	25 <b>4<i>Bocc</i></b>	26 ia	27	28
29	30		11			



Current Resident or

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