

GATEWAY GAZETTE

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



Winter Sports Clinic, Snowmass, Colorado

(left to right) Front row: Bobby Jackson, Henry "Bud" Boyle, Aubrey Youngs, Mike McEnaney, Peter Coffelt. Second row: Jeri Obenhaus, Jeff Grace, Amy Will, Matt Luitjohan, Victor Ganz. Third row: Ron Malburg, Ann Malburg, Rose Ganz and Teri Fuda. Additional photos from the Winter Sports Clinic located on the back cover

MIRACLES ON A MOUNTAINSIDE

2008 Winter Sports Clinic by Amy Will

Every year the National Disabled Veterans Winter Sports Clinic held in Snowmass, CO offers Team St. Louis a chance to challenge athletic abilities while enjoying top notch entertainment and camaraderie. This year surpassed expectations providing a picture perfect week on the slopes. The combination of over 30 inches of fresh snowfall along with sunny skies made skiing and alternate activities all the more enticing. Cross Country Skiing, Snowshoeing, Snowmobiling, Gondola Rides, Fly Fishing and Scuba Diving are just a few of the activities that the St. Louis veterans had the opportunity to experience during this majestic week. And although every clinic moment offers its own experience, many of our veterans agreed they felt a huge sense of accomplishment tackling the mountain's challenges on skis. Hopefully many of you will consider joining our group next year; our team promises that you will take home special memories and amazing personal experiences.

PVA AWARENESS WEEK ACTIVITIES APRIL 14-18, 2008

Gateway Chapter held several activities during PVA Awareness week which was April 14-18, 2008. On April 16, President Stan Brown, Board Member Ann Malburg, and National Service Officer Tony Timmons (his daughter is a member of this troop) attended the Girl Scout Troop #305 meeting in Troy, Illinois to talk with the troop about disabilities as part of PVA Awareness Week. On April 17, the monthly Membership Luncheon was held at Jefferson Barracks. On April 18th the Gateway PVA Trap Shoot was held at Olin/Winchester Trap & Skeet Facility in East Alton, IL.



Photo to the left: Stan Brown, Ann Malburg and Tony Timmons with Girl Scout Troop #305 during PVA Awareness Week.

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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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St. Louis Service Office

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 (314) 421-3709 (fax)
 Tony Timmons NSO
 Cathy Steele Secretary

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 St. Louis, MO 63125

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Tammie Winkler	Administrative Assistant
Jim Tumulty	Van Driver
Tammie Winkler	Editor

Telemarketing Department

Steve Muench William Perry

IRS TO HIRE DISABLED VETERANS

The Internal Revenue Service has a great need for employees across the U.S., and is making a special effort to hire veterans, especially those with disabilities.

See <http://jobsearch.usajobs.opm.gov/a9trirs.asp> for the types of jobs available.

Applications can be submitted on-line at <http://www.usajobs.opm.gov>. The IRS career site is at www.jobs.irs.gov/app_steps.html.

Explanations of grade levels and salary (across the federal employment sector) can be found at www.opm.gov.

Veterans with service-connected disabilities are able to work without their VA Compensation check being reduced.

Please call me for any questions:

Bob Sontag, LCSW
 Social Worker
 Robert M. Woolsey Spinal Cord Injury Center
 St. Louis, MO 63125
 314-652-4100 x6-4819

GPVA TRAPSHOOTS

3RD FRIDAY EACH MONTH
 (May 16, June 20, July 18, August 15, September 19)

COME JOIN THE FUN!!!

OLIN TRAP & SKEET FACILITY - EAST ALTON, IL

RSVP BY CALLING THE GPVA OFFICE AT
 314-427-0393 OR TOLL-FREE AT 800-426-4058

FRED BRADLEY'S NEW CONTACT INFORMATION

As of 4/1/08, Fred Bradley has moved to Jefferson Barracks VA Medical Center (see contact information to the left). Any questions regarding the status of any compensation or pension claims with the St Louis Regional Office should be directed to Tony Timmons, National Service Officer. His address is 400 South 18th Street, St. Louis, MO 63103, 314-552-9887 OR 1-800-795-3614.

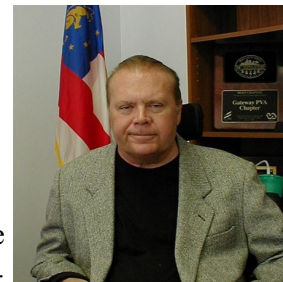
Has your address changed? Please inform us by email to: susanlyle@gatewaypva.org, or writing or calling using the below information:

Gateway PVA
9738 Lackland Road
St. Louis, MO 63114
(314) 427-0393 or (800) 426-4058
(314) 427-4183 (fax)

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: Tammie@gatewaypva.org or in the US mail at address shown above and mark with attention to the Editor.

President's Report

By Stan Brown



SCI Move "Off the Table"

I have witnessed a strange but for the moment acceptable, turn of events concerning the movement of the Jefferson Barracks SCI/D unit to new construction at John Cochran Hospital. In a teleconference April 4, 2008, with representatives from Senator Christopher Bond's office, the VISN 15 Director, the St. Louis VA Medical Center Director, and myself, the VISN 15 Director stated that although there were discussions in the past, there are no current plans to close the existing SCI/D Jefferson Barracks unit and relocate it to new construction at John Cochran. Pleased with that statement, I didn't want to belabor the point by saying I was at that moment looking at a St. Louis VA Medical Center document that used the language "relocation of SCI unit from JB..." and that several VA individuals had acknowledged the plans to move. At the end of the teleconference I had an extremely puzzled look, and if I were able, I would've been scratching my head. I mentioned this bizarre scenario at our April Board of Directors meeting, and received some interesting conjectures on what had occurred. In sum, I think this ill-advised move is for the moment derailed, but we have no guarantees for the future.

PVA Disaster Relief Fund

Members need to be reminded that our national organization has a Paralyzed Veterans of America Disaster Relief Fund. Funds may be used for transportation, temporary shelter, food, modifications for accessibility, prosthetic appliances, and medical supplies. Funds will not be provided if other assistance has been provided to pay for the items. Replacement damages are only for the veteran's primary dwelling and there is a \$2500 maximum per individual or family. Applications can be received from our Gateway Chapter office or your local National Service Officer. The initial application should be submitted to your NSO who will forward the application to the chapter for submission to National PVA.

Baseball Tickets/Rides

We did not receive any free Cardinal tickets this year, but purchased some excellent box seats for four games. Three of those games we donated to inpatients. We do have two tickets (at least one wheelchair) for the August 20, 2008 evening Pirates game. Send us a letter postmarked no later than May 31, and we will randomly pick someone for free tickets. And lastly, I really would like to see our van giving members rides on Mondays and Fridays. As mentioned elsewhere in this newsletter, please let us know if we can help you.

And Finally-Healthcare

Although we all enjoy trap shoots, luncheons, and going to the summer games, we must never lose sight of our primary purpose - to ensure our members receive the healthcare they have earned and deserve. If you feel strongly about this issue, you simply must get involved and put your experiences in writing. My voice and the Board's are not enough. In response to my last letter to membership, how many of you actually wrote a letter to your Congressional representatives? If you did, please send us a copy. You have no idea how important these letters are. The Chapter will also, with NSO help, soon begin surveying members' experiences at John Cochran. I urge you take the time to complete those surveys.

UPDATING OUR RECORDS

Are you receiving your member newsletters and birthday cards from our Chapter? If you're not getting them, you're truly missing out. Please call or email us with the correct member information so that we may update our records and ensure that you are kept current with all of the latest Gateway Gazette news and other important Gateway Chapter PVA information! Our phone number is 1-800-426-4058 or for those of you residing in the St. Louis area 314-427-0393. Also, if you would like to be informed about last minute member news or events that didn't make our newsletter, please email me at: SusanLyle@gatewaypva.org and I will make sure your name is added to the "last minute updates" email list. I promise I won't inundate you with emails! Thanks...

By Susan Lyle, Executive Director

Attaboy

by Ruth Kult

Hello everyone.

It's really hard to lose a friend. Well, when the acknowledgement of a friend's death is not made, it doesn't make the person's demise any less important. I didn't mention Harold Brakefield's name in the newsletter from last issue. This was clearly an oversight on my part. I wrote a little on how everyone will miss Matt Wilcox. I'm sure many people knew Harold and will miss him just as much.

I apologize to all the recipients of this newsletter and with a special heartfelt apology to his widow, Mrs. Eula Brakefield.

I am going to have to refer to Becky Ballard's Arts-n-Craft's Room. This is like my home base. This is where I first met Harold. I would talk to him in almost amazement. To look at him, you wouldn't know that he had been in a wheelchair for some fifty plus years. Whoa buddy, that is one-long time.

I knew Harold well, but not as well as his (jokingly) stepson, Marvin Foster. Those two were quite a pair and worked very smoothly together in the Arts-n-Crafts Room. Marvin Foster, who is a high quad, had Harold do the little things like turn ceramics around and Harold helped feed Marvin, which in turn gave Becky more time to assist other patients.

Harold is the person who gave me the idea and supported my decision in running as a Board of Director's member for our local PVA chapter. If I'm not mistaken, he was happy too when Rose Ganz came onboard. I believe he thought it was great to have women's point of views considering times are different and now there are more female veterans. He'd be even happier because now there are three women on the Gateway Chapter Board of Directors; Rose Ganz, Ann Malburg and myself.

PARAQUAD 2nd ANNUAL EAST-WEST ROLL ON THE RIVER 5K RACE AND 1M FUN RUN

Paraquad is proud to announce the **2nd Annual East-West Roll on the River 5K Race and 1M Fun Run**. Mark your calendars! This walk, run, and roll will be held in downtown St. Louis on Saturday, June 14, 2008. Paraquad, Impact, and Linc Centers for Independent Living are collaborating to coordinate this exciting event.

Your support will help people with disabilities overcome barriers in our local community. You will be helping capable people to become productive members of society and to integrate fully into the community. Please join us as we seek to enable people with disabilities to lead lives of dignity and self-reliance.

For more information: www.ewrollonriver.com



DO YOU NEED A RIDE?

The Gateway Chapter is currently seeking additional riders for our transportation routes for Veterans. If you are a member and need a ride somewhere, particularly on Mondays and Fridays, please call our office to see if we will be in your area at the time desired. Our driver is currently providing rides to doctor's appointments, therapy, banks, light shopping, and other miscellaneous local destinations. Our van is in service Monday through Friday 9:00 a.m. to 4:30 p.m. Call our office for details: 314-427-0393

By Susan Lyle, Executive Director

THE VA PATIENT ADVOCACY PROGRAM

Our hospital strives to be a customer-centered healthcare facility where all patients and their families are treated professionally and with respect, compassion, understanding and courtesy. If we sometimes don't live up to this expectation, we need to know about such instances and take care of them.

The Patient Advocacy Program was established to ensure that veterans and their families who are served within the VA system get the best care possible. Patient advocates are specially trained VA employees who assist you and your family with any concerns about your hospital stay and outpatient visits. If we don't meet our own standards of excellent care, we want to address your concerns in a convenient and timely manner.

The goal of the program is to resolve questions and complaints. Furthermore, it seeks to classify them based on their nature and to utilize each issue in order to improve how we care for veterans. The program is a crucial aspect of patient satisfaction. It contributes to our efforts to provide world-class customer service. We want you to know that we take your concerns very seriously.

A patient advocate can be reached by phone or in person by outpatients or inpatients or their families. Typically, we are contacted because of an occurrence, whether it be a compliment or question or to report dissatisfaction with service. Our phone numbers are posted throughout both divisions of the Medical Center.

The patient advocate visits SCI patients at JC and JB and talks with them and their families. We generally ask how you are doing, if you wish something done that you forgot to tell your provider or if you just want to talk. Staff in the SCI Service knows how to contact us. We will come to see you as soon as possible to help in many different ways.

The Patient Advocate can be contacted with any questions, complaints or suggestions at 800-228-5459 or 314-652-4100, ext. 5-7022 (JC) or 6-5712 (JB).

At John Cochran the office is located just to the left of the main entrance in Room A175.

At Jefferson Barracks the office is in Building 1, C104, down the hall from the main desk.

Cynthia Corkery, Patient Advocate

Florian P. Thomas, MD, PhD, Director, Spinal Cord Injury/Dysfunction Service

Saint Louis VA Medical Center

Paralympics To Hold Free Adaptive Sports Camp for Disabled Veterans

We received an email from Jenny DiLaura, Paralympic Services Coordinator at the Rehabilitation Institute of Chicago (RIC). They are joining with the US Paralympics to hold a free adaptive sports camp for current and former servicemen and women who have a physical disability. The camp will be held July 18-20 in Chicago, IL and will feature 5 sports: sled hockey, basketball, rugby, power lifting, and sailing.

The sports camp is free! All lodging, activities, and the majority of the food is paid for by RIC. The estimated out-of-pocket food expense will be \$50-75 for the participants. The only other expense may be the transportation, but that is also available to select individuals. You may find out more by calling Jenny DiLaura at 312-238-5005 or you may email her at: jdilaura@ric.org.

Please have someone contact the Chapter in the event of a member's death so that we can inform other members who might wish to pay respects to the departed.



In memory of...

Wilson, James N.	Springfield, MO	10/14/2007
Prichard, Susan	Jennings, MO	01/06/2008
Holmes, Timothy J.	St. Louis, MO	02/26/2008
Lowery, Donald	Omaha, NE	03/11/2008
Smith, Terrence	Coffeen, IL	03/24/2008
Dinnela, Donald C.	DeSoto, MO	03/25/2008
Erlund, Matthew P.	Topeka, KS	04/04/2008



LAWMAKERS URGE EASING OF INCOME RESTRICTIONS FOR VETERAN HEALTH BENEFITS

A coalition of lawmakers is urging the Department of Veterans Affairs (VA) to drop an “outdated” income restriction and re-open enrollment in the VA health care system to as many as 1.5 million “Priority 8” middle-income veterans who have been denied entry into the system. This Priority 8 group includes vets with no service-connected disabilities who exceed a certain income threshold—currently as low as \$28,430 in some areas. Priority 8 vets were barred from the VA health care system under a 2003 administration directive. The ban was implemented due to cost constraints. But lawmakers seeking the change—including Sen. Daniel K. Akaka, D-Hawaii, chairman of the Senate Veterans Affairs Committee, and Rep. Bob Filner, D-Calif., chairman of the House Veterans Affairs Committee—said that because Congress recently provided VA with the largest funding increase in the department’s history, it’s time for the ban to be dropped. We have also informed Congress that as many as a million more soldiers currently serving will not enroll when they separate from the Dept. of Defense (DOD). I would encourage everyone to call and write the representatives from Missouri and encourage them to get on board to drop the ban on Cat. 8’s. To see more on this issue go to <http://veterans.senate.gov>.

Respectfully submitted,
Bob Larkin

BLOOD DRIVE TO BE HELD JULY 12TH

Your help is needed. A Blood Drive will be held on July 12, 2008 from 10:00 a.m. until 2:00 p.m. at the Masons Lodge, located at 9950 St. Clair Avenue, Fairview Heights, IL 62208. Please come out and donate blood to keep the resources plentiful. To sign up, call Bob Thompson at 618-234-5137. Thank You!



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**DEPARTMENT OF VETERANS AFFAIRS****Medical Center****#1 Jefferson Barracks Drive
St. Louis, MO 63125-4199****ANNUAL EVALUATIONS AT ST. LOUIS VA SPINAL CORD INJURY CENTER**

Submitted by Robert Sontag, LCSW

Our St. Louis Spinal Cord injury Center offers annual evaluations for all of our veterans with spinal cord injuries or disorders that live in our catchment area, which includes Missouri, Kansas, Kentucky, Nebraska and southern Illinois.

Many veterans are unaware that national guidelines call for this comprehensive workup, which can only be completed at one of the 23 SCI Centers in the U.S. It is recommended that it be done as an inpatient, which typically involves a 3-day stay. If that is impossible for an individual, it can be arranged as an outpatient. Please note that by late summer of 2009, we anticipate the availability of a "Fisher House" at our Medical Center, which will allow a patient and/or family to stay for free while receiving medical services.

During the annual evaluation, the veteran will be seen by a SCI board-certified physician, RN, Physical Therapist, Occupational Therapist, Psychologist, Social Worker and Dietitian.

Services provided include the following:

- | | |
|---|---|
| *physical examination | *labwork |
| *ultrasound to evaluate kidney function | *preventive health screenings |
| *immunizations | *pain control |
| *treatment of spasms | *consultation with other specialists |
| *wheelchair and cushion evaluation | *dietary counseling |
| *review of bowel and bladder needs | *referral to community resources |
| *ordering of any needed durable medical equipment | *counseling on smoking cessation, substance abuse and sexual concerns |

To schedule your annual evaluation, call 314-894-6677 (direct-dial) or 1-800-228-5459

WHEELCHAIR VETERANS POOL TOURNAMENT

Wheelchair Veterans Pool Tournament is coming up on May 17, 2008 at 11:00 a.m. at High Ridge Elks Lodge 2455. Plenty of good food donated by the local merchants, attendance prizes and beverages (soda and draft beer). It's a double

elimination 8-ball pool tournament with a \$2.00 entry and trophies for 1st, 2nd and 3rd place plus cash prizes. It's a good fun day that you don't want to miss. Guests are welcome. Any questions call Ken DeClue at 636-671-0398.

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 at (314) 427-0390 or toll-free (800) 426-4058, write us at GPVA, 9738 Lackland Road, St. Louis, MO 63114 or email us at SusanLyle@gatewaypva.org if you know where any of these members are!

Anderson, Roamin
Calhoun, Michael
Kilcoyne, Timothy L.
Morehouse, Allen W.
Pfeifer, James E.
Washpun, Odell

Austin, Jason W.
Fuqua, William
Lauderdale, Charles T.
Needham, Florida
Roden, James T.
White, Eric D.

Bunch, Jack
Kiesling, Elmer (Bill) W.
McPherson, Darrell
Olmsted, Donald L.
Sullivan-McGuire, James

PROCEDURES FOR ADDRESSING ISSUES OR COMPLAINTS AT ALL MEDICAL CENTERS OR CLINICS - By Matt Wilcox (posthumously)

Any time you are admitted into the hospital or just come to a clinic you should be treated professionally. Otherwise, something is wrong! A variety of issues can arise and most are minor. It is sometimes easier to let things pass, but later you wish you had done something. Our concerns are that a few staff constantly violates the rules or that specific areas are troublesome for patients. We would like you to bring these issues to our attention; If not for your own satisfaction, then maybe to stop it from happening again to the next person.

There are ways to address improper care. Some individuals are concerned with possible retribution by just receiving minor attention by staff members if an issue is brought out. We believe this will not be tolerated by the administration! We, as the elected board of the Gateway PVA Chapter, are constantly checking on your care and other issues. There are "Patient Satisfaction Surveys" and if you fill it out, we can document issues and record it with the Chapter. Or you can bring up issues directly to the nurse manager (Jim Weindel) or Mary Ann Jacobs (Nurse Practitioner). Please also notify someone from the Chapter. The majority of issues are resolved at this point. There is also a Patient Care Advocate for SCI/D patients at John Cochran and Jefferson Barracks. If you feel an incident is serious enough, you are free to file a formal complaint with the Advocate or to the PVA Service Officer, Fred Bradley, or your Congressional representatives. In these cases please also notify a board member of the Chapter.



PRESENTATION OF PROCEEDS CHECK TO JEFFERSON BARRACKS WHEELCHAIR SPORTS TEAM BY HIGH RIDGE ELKS LODGE

Photo to the left: Ken DeClue of the High Ridge Elks Lodge presents Amy Will with a check for proceeds from the Elks' Meat Shoots to benefit the Jefferson Barracks Wheelchair Veterans Sports Team. The Elks have collected \$8,541.07 for the vets since last April. Thank you so much!

PARAQUAD REPAIR SERVICES

Paraquad is pleased to announce our newest service, the Repair Service Program for mobility devices. The addition of the Repair Services Program allows the Assistive Technology Center to provide a well-rounded service to mobility device users.

The Repair Services Program provides evaluations and repairs for new and used devices. Our staff members include three repair technicians with over 35 years in experience. Appointments are available four days a week.

We accept **Missouri Medicaid, Illinois Medicaid, Medicare, and Tri-Care**. Limited funding is available for Paraquad participants.

REPAIR SERVICE HOURS

Monday	9am - 5pm by appointment only	Tuesday	9am - 5pm by appointment only
Wednesday	9am - 5pm by appointment only	Thursday	9am - 5pm drop-ins welcomed
Friday Repair Center Closed			

EQUIPMENT REPAIR

Manual wheelchairs, power wheelchairs, scooters, canes, crutches, and walkers

ACCESSORY REPAIR

Axles and bearings, wheel locks and extensions, tires, inserts, handrims, chargers and batteries, joysticks, armrests, legrests, footplates, cushion covers, and growth modifications

PARAQUAD REPAIR SERVICES

5240 Oakland Avenue, St. Louis, MO 63110

314-289-4272 (voice) 314-289-4346 (fax) 314-289-4252 (tty)

It is encouraged to make an appointment for repair service

ACCESSIBILITY OF HOTEL ROOM BEDS - By Dennis Durrwachter

Finding a satisfactory wheelchair accessible hotel room can be a challenge. With so many lodging options from which to choose, wheelchair users struggle to find a hotel with the accommodations that best meets their needs. The Americans with Disabilities Act (ADA) has gone a long way to helping us out during our travels outside our homes, but there are still some areas that could be improved, especially when it comes to the person who has to transfer from a wheelchair into and out of a hotel bed.

ADA section 9.2.2(1) addresses one aspect of bedside clearances. It states:

"Where one bed is provided in a room, maneuvering space at least 36 inches wide is required on both sides of the bed. If two beds are provided, this maneuvering space is required only between the beds. Note that the requirement for an accessible route to accessible elements and spaces may result in a 36 inch clearance on the other side of double beds nonetheless."

The 36 inch clearance requirement addressed above comes out of section 305 entitled "Clear Floor or Ground Space." Notice that nowhere in the paragraph is bed height addressed. Also, nothing addresses clearance beneath a bed, however under the bed clearance is a great concern for many quadriplegics who must use a lifting device. Most hoist lifts require an under the bed clearance of at least 6 inches. A lot of hotel beds are set on box frames with no clearance available. You can request hotel staff to place the box frame on blocks with sufficient clearance for the legs of the lifting device. This is what is often done at hotels hosting the PVA sponsored events. Requesting a separate rollaway bed might also work, but oftentimes is not the most comfortable.

Also, too high a bed creates problems trying to manually transfer into the bed from the wheelchair. Why are most hotel beds so high off the floor? Probably because it is easier for most elderly people to get in and out of a higher level bed or may be just because of current styling. On the other side of the coin, for some of us the beds seem too low. Either way, ADA does not regulate furniture. So what can you do other than trying to get ADA changed?

1. Call the hotel directly and ask questions.

Call your preferred hotel and ask about their ADA accessible rooms. Ask whether the beds have open frames or box frame, ask about the height of the bed and ask about other traits of the room such as what type of bath/shower facilities are in the room and how wide the doors are leading into the bathroom. Ask if the beds and other furniture can be moved in order to make the room more comfortable and accessible? Depending on the room size and configuration, you may not need to make any adjustments. Yet, it is a good question to ask particularly if you are unfamiliar with the hotel chain.

2. Listen "in between the lines."

A disabled traveler should be listening for clues that indicate the hotel staff has a good understanding of the difficulties faced by an individual with a disability. If the reservation desk at the wheelchair accessible hotel is knowledgeable about ADA requirements such as passages, counter heights, door hardware, bathroom fixtures, and roll-in showers, there is a good chance the hotel frequently serves disabled guests. However, be wary of hotel representatives that appear to promise too much. If the hotel seems too good to be true... it probably is. Ask to speak to the person's supervisor if you don't get the help you need. Remember as the old saying goes: "An ounce of prevention is worth a pound of cure."

NATIONAL ADA SYMPOSIUM AND EXPO AND THE ASSISTIVE TECHNOLOGY CONSUMER FAIR

May 12, 2008 12:00 p.m. - 8:00 p.m.

May 13, 2008 9:00 a.m. - 4:00 p.m.

America's Center - Downtown St. Louis, MO

Paraquad and ADA Great Plains Center are pleased to announce the National ADA Symposium and Expo and the Assistive Technology consumer fair are collaborating on this joint event. This new cooperation will provide a comprehensive outlet on information and resources for people with disabilities on ADA, Assistive Technology and related issues. Admission is free. For more information: www.atfair.org or call Paraquad at 314-298-4200.

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<i>May 2008</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 Patient Support Group at JB 1:30 - 2:30	9 Local Wheelchair Games @ JB	10 Vietnam Veterans Travel- ing Wall Replica in DeSoto, MO
11 Mother's Day	12 Nat'l ADA Symposium & Expo @ America's Ctr. thru 5/13	13 BOD Meeting Overland @ 11:30	14	15 JB Luncheon @ Noon	16 Trap Shoot @ Olin - East Alton 10am	17 Wheelchair Veterans Pool Tournament 11 am High Ridge Elks Lodge 2455
18	19	20	21	22	23	24
25	26 Memorial Day - Office Closed	27	28	29	30	31 2nd Annual Sweat with the Vets @ JB

<i>June 2008</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 Overland @ 4:00	11	12 Patient Support Group at JB 1:30 - 2:30	13	14 Paraquad's 2nd Annual East- West Roll on the River 5K Run
15 Father's Day	16	17	18 Newsletter Articles Due This Week	19 JB Luncheon @ Noon	20 Trap Shoot @ Olin - East Alton 10am	21
22	23	24	25	26	27	28
29	30			COMING UP: July 25-29, 2008 28th National Veterans Wheelchair Games to be held in Omaha, NE For more information: www1.va.gov/vetevent/nvwg/2008/default.cfm		

Address Service Requested

Gateway Chapter
Paralyzed Veterans of America
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