

GATEWAY GAZETTE

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

2011 DUKE McDONALD-GATEWAY PVA LOCAL WHEELCHAIR GAMES

Join us for the Local Wheelchair Games May 6, 2011, in Building 63 (Gymnasium) on the Jefferson Barracks Campus. Below are pictures from last year's Local Games. We will be starting registration at 8:15 a.m. with the first event scheduled to start at 9 a.m. We will once again be opening up competition to non-veterans and we will have the community expo for you to learn about what resources are available to you. We have fit eight events into one day so we have a very tight schedule. If you are planning to attend or have any questions, please call Matt at 314-894-6602 or Charley at 314-652-4100, extension 64590 as soon as possible so that we can preregister you.

We hope to see you soon.



**Bob Huskey participating
in the Club Toss**



Rusty Ezzell throwing the Javelin



**Rose Ganz teaching the golf
instructor to putt!**



Ken Koester playing Ping-Pong

Inside—Important Upcoming Events & More...

President's Message Stanley Brown
National Director's Report Stanley Brown
GRD Report..... Jessica Dunsmore

Winter Sports Clinic 2011 Terri Fuda
Respite Care Fred Bradley
WSC Matt Luitjohan

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

Gateway Chapter Paralyzed Veterans of America

<http://www.gatewaypva.org>

GPVA Officers

President	Stanley Brown
Vice President	Robert Huskey, PhD
Treasurer	Dennis Durrwachter
Secretary	Jim Spencer
National Director	Stanley Brown

Board of Directors

Rose Ganz	James Holland, PhD
Bobby Jackson	Ruth Kult
Bob Larkin	Ann Malburg
W. "Rusty" Montague	Mike Norris

St. Louis Service Office

400 South 18th St., Room 109—St. Louis, MO 63103
Office: (314) 552-9887 or (800) 795-3614
Fax: (314) 421-3709

Tony Timmons	National Service Officer III
Susan White	Secretary
Tom Herrington	NSO Candidate

Jefferson Barracks VA Medical Center

Fred Bradley SBO-Senior Benefits Advocate
Vanessa Medlin Secretary
JB SCI, Room 2S25
#1 Jefferson Barracks Drive—St. Louis, MO 63125
Office: (314) 894-6467 or (866) 328-2670
Fax: (314) 894-6465

Kansas City Service Office

Bonnie Hilburn Senior National Service Officer
Rebecca Warchola Secretary
(800) 795-3612 (816) 861-4700 Ext. 6032/33

GPVA Staff

Jessica Dunsmore	Government Relations Director
Susan Lyle	Executive Director/Editor
Steve Muench	Telemarketing
John Vassel	Transportation
Jaclyn Wetteroff	Admin. Assistant/Co-Editor

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**

Show-Me Motorcycle Rally

To Benefit the Gateway Chapter PVA

June 3-4, 2011

At the Doubletree Hotel & Conference Center
16625 Swingley Ridge Road - Chesterfield, MO

Presented by the Missouri Chapters of the
Star Touring & Riding Association

**Event is worth 20 participation points!*

This year's theme is "Beach Party."



Sweat with the Vets

Run, Walk, Roll

June 25, 2011

8:00 a.m.

At Jefferson Barracks

U2 Concert Tickets Raffle

To benefit Gateway PVA & Camp Hope

June 25, 2011, at 5 p.m.

Gateway Harley-Davidson
3600 Lemay Ferry Rd.
St. Louis, MO 63125

All Patriots Run

July 16, 2011

Arnold, MO VFW
2301 Church Rd.
Arnold, MO 63010

Events listed above sponsored by:
Combat Veterans Motorcycle Association

Free Car Wash for Paralyzed Veterans



Jack Schmitt Car Wash
6109 N. Lindbergh
Hazelwood, MO 63042

- **You Can Stay Inside Your Vehicle**
- **\$14 Value**

Questions, please call Steve Schmitt or Lynda Lawless
(314) 731-1166

All other Veterans receive \$3 discount with ID



**Find us on
Facebook**

**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

By Stanley D. Brown



Passing of Two St. Louis Disability Icons

Recently, we lost two Gateway PVA members who were legends in the disability movement. Max Starkloff and Jim Tuscher passed away within four months (December 2010 and March 2011) of one another. Max founded the St. Louis Center for Independent Living, Paraquad, and Jim working with him made the organization a powerful voice for persons with disabilities. I considered them friends and had the greatest admiration for both. They were Marine Corps veterans who enjoyed swapping boot camp stories, and after their injuries, devoted their lives to improving the lives of the disabled community. I can still remember being newly injured in St. John's Hospital and Max taking public transportation to visit with me on a cold December afternoon in 1996. Under Jim's quiet leadership, I sat on the Governor's Council on Disability, where we stirred things up while trying to implement positive change for the disabled until we were both not appointed again under a new administration. There are in-depth stories of the accomplishments of Max and Jim that are obtainable by a quick internet search under each name. Max Starkloff and Jim Tuscher will be sadly missed, but their work and dedication provide a legacy and should serve as an inspiration for all of us in the disabled community.

SCI Veterans Annual Memorial Service

SCI staff members Dr. Angela Cass-Prost, Stacy Duncan, and Charlotte Coleman, have come up with a truly wonderful idea. They are planning, and Gateway PVA will be involved in support, to have an annual memorial service and tribute for SCI/D veterans on our Jefferson Barracks SCI Center register, who have passed away during the year. Initial plans are to have a flag ceremony with a color guard, and invite family members and friends of the deceased veterans. Plans include holding the ceremony annually in August at Jefferson Barracks. The first ceremony is scheduled for August 18, 2011, at 1:30 p.m. Details are just now being finalized, so please contact any of the involved staff or Gateway PVA with suggestions.

Gateway PVA Accessible Transportation

I would just like to remind our members that we have an accessible mini-bus and great driver, available during the week to provide free transportation to our members. With sufficient notice, we should be able to give you that needed ride to a medical appointment or some other event. If you have a scheduled, recurring trip we should also be able to help you. Tuesday through Thursday we have a scheduled pickup of area members with a Jefferson Barracks destination. Other trips could be scheduled during that time frame also. Please call the office with your requests or questions.

Busy Spring and Summer

This edition of the Gateway Gazette will attest to all of the activities coming in the next few months. Our local PVA/VA Annual Duke McDonald wheelchair games will be Friday, May 6, at the SCI unit. The National Veterans Wheelchair Games will be August 1-6 in Pittsburgh. If you've not done so, get your registration packets to the SCI recreation therapists. If a Gateway member has been active during the year, funding from the VA sports fund and Gateway PVA will basically cover all expenses for the Gateway member and eligible attendant to attend the games in Pittsburgh. What a deal!

Give Us Your E-Mail Addresses So We Can Sell Them

The above is a late April Fool's Day joke. Seriously folks, if you provide your e-mail address to us we are able to contact you on short notice for special events or benefits (like baseball or football tickets) that come to us unexpectedly. These pleasant surprises are scheduled quickly and we are unable to send letters to everyone or place a timely notice in the Gateway Gazette. If you're so inclined, please send your e-mail address to our Administrative Assistant (jaclynw@gatewaypva.org).

Gateway PVA Member Survey Enclosed

Included in the fold of this newsletter is a survey we hope you will return. I can painfully remember a statistics course I once took that taught me a good survey must be both valid and reliable. To be valid, a survey must provide information on your interest topic. Our interest is to find out what we can do to make each member's life better. How's that for a lofty goal? To be reliable, a survey must have enough responses to provide a good sample. Only you can help by completing the survey and putting a stamp on the envelope. Returning the survey is worth 10 participation points you can use for recreation events or gift certificates.

National Director's Report

By Stanley D. Brown

I attended PVA's Mid-Winter meeting March 23-25 in Arlington, Virginia, a Washington, D.C., suburb. Prior to the meeting I participated, along with our new Government Relations Director, Jessica Dunsmore, in two days of advocacy/legislation training; Jessica and I then visited on Capitol Hill with nine area congressional offices.

The 2011 PVA Mid-Winter meeting was very productive. PVA continues to operate with each chapter having one vote, regardless of the size of the chapter. Gateway submitted three resolutions and made one unsuccessful motion at the meeting. Our resolutions were:

- 11-M-4** Appeal of Hearing Panel Chapter Revocation Decision-*referred to committee*
PVA's Administrative Guide authorizes a chapter's charter to be revoked by the Board of Directors and also by an appointed Hearing Panel, without appeal to the Board, that may have been monitoring the Chapter. This resolution would have removed the Hearing Panel's authority to revoke a charter without an appeal to the Board of Directors.
- 11-M-5** Disclosure of Judicial Committee Actions-*passed*
Final actions of the Judicial Committee, to include the prohibited conduct and the name of the offending parties, will be disclosed in executive session to the Board of Directors. An exception is provided when a two-thirds (2/3) vote of the Executive Committee determines disclosure would cause substantial harm to PVA.
- 11-M-6** Vote Requirement for the Annual Budget-*passed*
PVA's annual budget is approved each year at the Annual Convention, usually held in August. This resolution clarifies in writing in the Administrative Guide that a balanced budget need only be approved by a majority vote of the Board, and also adds that a budget showing a negative balance must be approved with a two-thirds (2/3) vote of the Board.

Motion from the Floor Changing PVA's Position on Moving the SCI Unit
Gateway moved and was seconded, that the National PVA organization change its position of supporting the VA plans to move the Jefferson Barracks SCI unit to an expanded John Cochran facility, to a position of "neutrality" until after the six-bed SCI satellite unit at John Cochran was operational for a sufficient amount of time to be reviewed. The motion failed. At PVA's Annual Convention in August 2010, Gateway made a motion for National PVA to change its position of supporting the SCI unit move, to a position of opposing the move. That motion also failed.

Other Significant Resolutions Not Submitted By Gateway

- 11-M-7** Changes to the PVA Reserve Allocation-*passed*
PVA's Administrative Guide has been changed to reflect that the annual budget must have one percent (1%) of net revenue, before program expenses, set aside for the reserve or investment program.
- 11-M-8** Chapter Program Expenditure Rate-*withdrawn*
This resolution would have required chapters to obtain a program/expense ratio of at least 65% (65% of total expenses going to programs) as determined by the Chapter annual audit. Failure to meet this requirement could result in a reduction in funding from the national organization. The 65% is one of the requirements for Better Business Bureau approval status. Gateway has met this requirement for five of the last six years and been on the St. Louis Better Business Bureau "Wise Giving Guide."

PVA Demographics

As of April 7, 2011, our PVA organization has 18,956 members; 17,691 are male and 1,265 female. We have 9,014 that are service connected and 9,972 members that are not service connected. Spinal cord injuries account for 13,127 and multiple sclerosis members total 4,132. Of the spinal cord injured members, the largest (4,565) resulted from vehicle accidents. White (non-Hispanic) members total 12,208, African-American members total 2,612, and Hispanic members total 1,115. We are unfortunately overrepresented by an aging population with only 589 members being under the age of 35. Estimates indicate we have approximately 200 new members from the current conflicts in the Middle East. Traumatic brain injury (TBI) and posttraumatic stress disorder (PTSD) are the "signature" injuries of the current conflicts. In my opinion, an important PVA discussion of the future will be to consider expanding our membership catchment, but doing so will require a change in our PVA congressional charter as well as perhaps diluting our focus on spinal cord injury and disease.

Government Relations Director's Report

By Jessica Dunsmore

I'm thrilled to be writing my first Government Relations column for the Gateway Gazette. It is my distinct honor to serve as an advocate for our members with regards to state and national legislature, ADA and accessibility concerns, healthcare, travel and VA issues.



In addition to serving in this capacity, I look forward to attending our chapter's sporting and special events, representing our organization in the community, and collaborating with our Board of Directors. Please feel free to contact me with any questions or concerns, and I will do my best to assist. I look forward to serving all of you who bravely served our great country.

News and Notes

PVA Advocacy and Legislation Seminar/Capitol Hill Visits

In conjunction with PVA's National Advocacy and Legislation Seminar held in DC in March, each chapter made visits to Congress to discuss key legislative issues affecting our members. President Stan Brown and I had the opportunity to meet with aides from nine Missouri/Illinois congressional offices. Check out a few pictures from our visit on the back of the newsletter as well as on our website and Facebook page!

A few of the key issues discussed (among others):

- Sufficient funding for VA healthcare in FY 2012 and straightforward and timely funding for VA healthcare in FY 2013
- Preventing inappropriate medical billing from the VHA and third-party collection agencies
- Preserving the VA healthcare system and preventing a voucher system for private care from being implemented
- Reauthorizing and adequately funding the Lifespan Respite Care Act in 2012
- Increasing Special Monthly Compensation (SMC) benefits for severely injured veterans
- Increasing the CHAMPVA beneficiary age to 26

April: PVA Awareness Month

Although we are well on our way into spring (thank goodness!), our chapter has concluded PVA Awareness Month by visiting area schools to talk about PVA, related veterans' issues and to answer any questions. Please notify me if you have a group, school or organization that may be interested in having us come in and speak sometime in the future.

National Caregiver Support Line

The toll-free National Caregiver Support Line is a new resource offered by the Department of Veterans Affairs to anyone seeking information or support related to caring for a veteran. Licensed clinical social workers will be available to answer questions, listen to concerns, and provide information on Caregiver Support Coordinators at local VA Medical Centers.

Support Line #: 1-855-260-3274

Support Line Hours:

Monday through Friday 7:00 a.m. - 10:00 p.m. (CST)

Saturday 9:30 a.m. - 5:00 p.m. (CST)

TRICARE Beneficiary Age Raised

Effective later this year, TRICARE has extended its coverage to include dependents up to age 26. Individuals who qualify for the TRICARE Young Adult (TYA) program must also be unmarried and not eligible for employer-sponsored health coverage. Participants will be able to purchase coverage on a month-to-month basis. Also, eligible family members who receive healthcare services anytime from January 1, 2011, (until the TYA program officially sets in), can purchase retroactive coverage (until January 1, 2011), so save your receipts! For the latest on this issue, you can subscribe to receive e-mail alerts at: www.tricare.mil/subscriptions.

Illinois Department of Veterans Affairs "Helping Our Hometown Heroes" Program

Helping Our Hometown Heroes program provides assistance to veterans in Illinois with helpful information on Social Security, healthcare, housing, unemployment benefits, and specialty programs available for minority, women, disabled and homeless veterans. Visit <http://www2.illinois.gov/veterans/programs/Pages/hometown-heroes.aspx> for contact information and future dates.

Upcoming Dates (Contact Phone #: 618-548-4710):

June 8, 2011 Collinsville, IL--Collinsville American Legion (10 a.m. - 2 p.m.)

June 15, 2011 East St. Louis, IL--Eagles Nest (10 a.m. - 4 p.m.)

(GRD Report Continued on page 14)



PVA Educational Scholarship Program

The purpose of the PVA Educational Scholarship Program is to provide assistance to PVA members and members of their immediate family to meet their educational goals. The 2011-2012 scholarships will be in the amount of \$1,000 for full-time students and \$500.00 for part-time students for an academic year. The scholarship awardees will be required to verify their status as a full-time or part-time student at an accredited college or university.

The scholarship program is open to all PVA members, their spouses, and unmarried children under age twenty-four (24), who are dependent (as defined by the IRS) on the member for principal support.

Individuals who wish to apply for the program can find all the details and download the application at www.pva.org (click on "For Veterans," then click "Membership," and then "Scholarship Program") or send a request to Paralyzed Veterans of America, Attn. Scholarship Program, 801 Eighteenth Street, NW, Washington, D.C. 20006. Phone (800) 424-8200 Ext. 775 or 776, or via e-mail douglasb@pva.org or christih@pva.org. An application packet will be returned to the requestor for completion. Completed applications MUST be returned to PVA in six copies NO LATER THAN June 17, 2011.

Get in on the Action with DASA

Organization Provides Opportunity to Participate, Compete and Succeed

By Mike Knopf

Watching sports is fun, but playing is much better. You can get in on the action now by participating in all levels of sports with St. Louis-based Disabled Athlete Sports Association (DASA).

DASA offers a wide-range of sports for disabled athletes and youths with physical or visual impairments. You can take part right now in hand cycling and track and field. DASA also offers sled hockey, power chair soccer, swimming, archery, tennis, rock climbing, and fencing throughout the year. Contact DASA at 636-477-0716 or visit www.dasasports.org to learn more about getting started.



DASA Athlete, George Anglin

DASA focuses on an individual's ability. The sports programs feature competitive, recreational, and instructional levels. Teams and individuals compete to be the best in their respective sports. International achievement, national recognition, and the Paralympics are not only goals, but also a realization for many of the athletes.

DASA athlete and St. Louis native Steven Cash was the goaltender for the U.S. team that won the first-ever International Paralympics Sled Hockey World Championship in 2010. He was named Paralympics Sportsman of the Year and Best Male Athlete with a Disability by ESPN at its annual ESPY awards. Steven also was in the nets for the gold-medal winning U.S. team in the 2006 Paralympics in Torino, Italy.

Steven learned about DASA after his right leg was partially amputated due to bone cancer. He continued to play ice hockey with a prosthetic leg, but his ability to play his favorite sport flourished when he took up sled hockey.

"DASA not only introduced me to my niche in life, but also showed me tremendous benevolence and hospitality throughout the years," Steven said.

DASA athletes excel and gain confidence through their athletic achievements. Founder and Executive Director Kelly Behlmann was a physical therapist who broke the boundaries of therapy for people dealing with disabilities.

"Too often we focus on the 'dis' with the disabled and not enough on their ability," Kelly said. "DASA was created to provide meaningful athletic competition, physical fitness, and build the self-confidence of the athletes who participate."

Wheelchair Accessible Home For Sale 2117 Morning Mist, Florissant MO

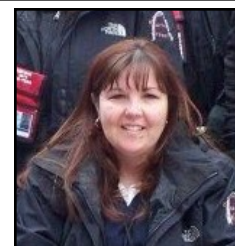
3 bedroom, 2 bath ranch with a 2 car oversized garage. Home has a gas fireplace, emergency generator, and an interior sprinkler system. Price \$179,500. Contact John Canoy at (314) 412-5126 for an appointment or for more details.



Winter Sports Clinic 2011

By Terri Fuda

It was another wonderful year at Snowmass, Colorado. This was the 25th Anniversary of the Winter Sports Clinic and it was grand! Team St. Louis attended with a small, yet very fun group! The winter sports clinic is set up so that each athlete gets to snow ski twice and can enjoy alternate activities two days, plus a race day. There are also many activities to do at night if you want. This year's activities included a surprise guest. Vice President Biden and his family were at the opening ceremonies. Vice President Biden gave a very inspirational speech and some of the team was lucky enough to get to meet with him and his son and get pictures. Throughout the week we were treated to an array of concerts. Hazel Miller started the series off with a great concert. The following concert was honestly one of the largest crowds I've seen at the convention center...CHUBBY CHECKER!!! I wish I had the words to express what a wonderful concert it was; I will say he was a superb entertainer that drew the crowd in! The concert lasted a little over an hour and that hour was jam packed! We twisted the night away!!! It was a lot of fun and I hope no one missed him! As much fun as Chubby Checker treated us to, we were also treated to another



"A few of us tried curling..."

concert. The next concert was country singer Craig Morgan! This was also a wonderful night. Craig only brought himself and two band-mates to entertain us. However, you would have never known it, the music was great! He is prior military and interacted with the crowd as much as he could; after the concert he hung around and had a meet and greet session with the veterans and their families. A very nice man, he was there for some time!

This wasn't all the fun we had. Throughout the week we had our outings and our skiing. We had teammates who sit skied down the hill to standing skiing down the hill, Snowboarding and of course those who chose to do cross country skiing instead. All, I heard from had a great time.

There was a wide range of alternate activities this year. Some decided to snowshoe to the top of the mountain, as I hear it was a very fun time. A couple teammates went to the Hot Springs; this

too was a fun, yet relaxing, day out. Another went to the shooting range and got to shoot things up! I haven't been to this, but I must say it's on target for me to try very soon. Everyone who went raved about how much fun it was! A few of us did the trip to Aspen for the

lunch with the Elks and the Gondola ride up Aspen Mountain. We were not able to go out on the snowcats due to the snow, but I believe some of the others were able to do this. I have actually gone on this trip four years now. Each year is just as fun as before. I would recommend you try it at least once! Snowmobiling was also another favorite of our group. The scenery is beautiful and the ride is a lot of fun! A few of us tried curling at the downtown ice rink. Personally, I found this activity very enjoyable! I also heard through the grapevine that a few of our teammates caught the shuttle to downtown Aspen to do some shopping. And it wasn't us girls!!! Then there was the Snowmass Village that offered end of year sales to shop at also. To be honest, I really don't think there are many activities at the clinic that can't be considered fun! It's really what you choose and how much you just let yourself enjoy the moment!

There were a few different things this year. We were once again treated to the Taste of Snowmass. This was a way of getting to try out different restaurants for our first and last day's meals. We were also given a voucher to go out on Thursday night and try another restaurant. I noticed a lot of people getting together and going with a group. I thought it was very interesting to see some teams eat together and others who mixed teams and ate together. What a great way to enjoy friends whom you've met the years prior! A very special night for our team was when Matt and Jean treated us all to pizza! It was enjoyable to have a meal with the team and visit and share stories! Thank you Matt and Jean!!!

Our week ended on the best beat ever! At closing ceremonies, as they were announcing all the awards, Team St. Louis' own coach Matt Luitjohan was voted BEST COACH!!! We all knew he was great! Now everyone knows how lucky we are to have him as our very own. We are very proud of you Matt, you deserve this and much more! Congratulations!!!

As I've said before, Winter Sports Clinic is fun and relaxing at the same time...you'll have to try it to see what I'm saying. Hope to see some new faces out on the mountain next year! There's still lots of fun to be had!



The St. Louis Team gathers for a group photo.

SALES • SERVICE • RENTALS



*Mobility for Living...
Service for Life®*



**United Access is a Proud
Sponsor of the Gateway PVA**



7 Locations to Serve You!

St. Louis, MO • Columbia, MO • Springfield, MO • Lenexa, KS
Springfield, IL • Champaign, IL • Memphis, TN

888-939-1010

www.unitedaccess.com

Quality

Convenience

Reliability

Peace of Mind

Choice

Safety

Respite Care

By SBO, Fred Bradley



The information below comes from the Veterans Health Administration (VHA) Handbook 1176.1, page 6.

“Respite care is recognized as an important consideration for families and caregivers of physically dependent veterans. Each veteran using **attendant care** (emphasis added) is offered respite care on the SCI Unit in a VA medical center having an SCI Center, unless a veteran requests its provision in another setting. The duration of any respite care admission, absent complicating medical factors, will not exceed 14 days. However, the total of all respite care for a veteran in a year, absent complicating medical factors, is not to exceed 30 days.”

Please note that the care must be planned in advance such as when a spouse wants to go on a vacation. The planning is necessary in order to ensure that a bed will be available. It is best to initiate respite care through your Social Worker at the SCI Center. The Social Worker will coordinate the admission with the SCI staff.

However, respite care can be provided on an emergency basis. Examples are: a sudden medical emergency for the caregiver, damage to a home from a natural disaster making the home temporarily uninhabitable, power outages, severe snow or ice storms, etc. When these types of events occur, the veteran may not be able to be admitted to the SCI Center if a bed is not available. In these cases, VA will make arrangements for admission elsewhere in the medical center or even contract it out to a nursing home if necessary.

This service is not based on whether a veteran is service connected or non-service connected. It is based on the criteria quoted from the VHA Handbook (above).

Please contact your service officer if you have questions. (*Phone numbers are listed on the inside cover.*)

Spinal Cord Family Education Workshop at Jefferson Barracks VA

The staff at the Robert Woolsey Spinal Cord Injury/Disorder Center in St. Louis would like to invite family members, caregivers and close friends to our next Family Education Workshop. It will be held on Friday, June 10, 2011, from 8 a.m.- 4:30 p.m., at our SCI Center located in South County on Jefferson Barracks Drive, Building 52 in the 2nd floor conference room. Additional Workshops will be held on September 23, 2011, and December 2, 2011.

Topics will include medical, nursing, rehabilitation, dietary and psychosocial aspects of spinal cord injury, as well as neurological impairments of the spine such as MS (Multiple Sclerosis).

This workshop will be helpful for those family members of veterans who are newly-injured or diagnosed, as well as those veterans who have been living with their impairment for many years.

To register for the class, please contact Jean Loemker, MSW, LCSW, MPH Social Worker at (314) 652-4100, extension 64819.

Spinal Cord Education Seminar for Professional Staff

The Robert Woolsey Spinal Cord Injury/Disorder Center at the Jefferson Barracks Campus of the Veterans Hospital in St. Louis will be hosting a professional seminar for staff working in the area of spinal cord injury or disease. This one and a half-day class will be held on Wednesday, May 25 and half-day on Thursday, May 26, 2011, at our SCI Center located in South County on Jefferson Barracks Drive, Building 52 in the 1st floor dining room. Registration begins at 7:45 a.m. and the program starts at 8 a.m. Additional Seminars will be held September 14-15, 2011, and December 7-8, 2011, both in the 2nd floor conference room.

Topics will include medical, nursing, rehabilitation, dietary and psychosocial aspects of spinal cord injury, as well as neurological impairments of the spine such as MS (Multiple Sclerosis). The seminar will be presented by our rehabilitation team members, including Medical Director Dr. Florian Thomas, our therapists, social worker, psychologist, recreation therapist, and dietician. On day two of the seminar the attendee will be matched with a member of your own discipline.

This seminar will be helpful for those professionals who care for patients who have spinal cord injuries or disease. Certificate of attendance is provided. To register for the class, please contact Jean Loemker, MSW, LCSW, MPH Social Worker at (314) 652-4100, extension 64819.

To Bobby, With Love

By Lanna Brickhaus



My motivation to write in the PVA newsletter did not come from another "Attaboy" per say; rather, it came from a person, a special person who needs to be recognized. As such my article is not quite the normal "Attaboy", but it is as close as I can get. Let me tell you about that special person in my life...

My name is Lanna. Many of you know me as the caregiver for **Bobby Jackson**. Over the years I have heard many complaints about poor help and substandard care giving. I kind of listen with half a grin, because when you complain to me you are also complaining about my profession. I have been a caregiver for over 25 years, and I would like to share with you my story.

When I was 21, I met one of the neatest guys in the world, **Bobby Jackson**. I had just finished my schooling for Medical Assistance. My mom was a manager of a mobile home park. One day a woman from the VA hospital came to the mobile home park looking for a mobile home lot for **Bobby**; he was getting out of the hospital and he needed a place to stay. His only other option would be a nursing home. The woman asked me if I would like to work for **Bobby** on the weekends. What a question for a 21 year old girl! I was so scared, and I didn't have a clue what to do or how to do it. My fears were unfounded, however; **Bobby** trained me in every detail, walking me through the whole process until I was competent and comfortable.

This year, in March, I will have taken care of **Bobby** for 25 years. I started working full time for **Bobby** in October 1986, one week before I got married to my husband, Doug. **Bobby** has always been an integral part of our family life. I often joke that I am lucky enough to have 2 husbands who take good care of me. Most people would think taking care of someone in **Bobby's** health would be a burden; they would be wrong. Without **Bobby** our family would not be a family. He has been nothing but kind, generous and loving to me, my husband, my children, and all my extended family. I have two boys who love **Bobby**. Like a second father or a favorite uncle, they have learned so much from him. My extended family knows that if you say "Lanna's family," you mean the blood relatives and **Bobby**.

When people have been married for 25 years they celebrate a Silver Anniversary. On this, our 25th anniversary, we want **Bobby** to know he is more precious than gold and an irreplaceable part of our lives. **Bobby**, for me, for my family, you are our ATTABOY!

Gateway Chapter PVA Wishes to Welcome Our New Members

Donald Harness Imperial, MO

Von Virdure St. Louis, MO

Thomas Fister Florissant, MO

MIA

Jason Austin
William Grier
Floyd Henderson
Paula Lemon
Robert Norgaard

Keith Roberts
James Roden
Cecil Rodgers
James Sullivan-McGuire



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 any of these members are! Our contact info is inside the front cover.



*Please join us in welcoming
our newest board member...*



Greetings from Central Missouri!

I am William "Rusty" Montague and I have been appointed to the Gateway Board of Directors. It is an honor for me to be your Columbia, Missouri, area representative. Please feel free to contact me for any questions concerning the Gateway Chapter of Paralyzed Veterans of America. My e-mail is wmontagu@ktis.net and my phone number is (573)253-3348. I look forward to hearing from you.

What Happened

By Rusty Ezzell

*One day I awoke from a dream
I was sitting next to a stream
Not knowing why or when
To my amazement I was not able to stand
Traded my legs for wheels
The bottom part of my body I could not feel
What has God done to me?
Why doesn't he set me free?
A trap, a confinement, A prison
Opening my eyes my visions, like a prism
What have I done to deserve this?
The pain I feel is like a shot
From the barrel of the gun that's still hot
Shot me through the heart
Think now I'll make a new start!*

**Thank You to
Our Veterans**



*wheelchair ramps
for rent or purchase*

888-715-7599

www.amramp.com

Universal Home Modifications



YOUR ACCESSIBLE HOME SPECIALIST
UHM Thanks you for your service!



**MODIFY YOUR HOME TO MAINTAIN
SAFE, INDEPENDENT LIVING!**

**UNIVERSAL HOME MODIFICATIONS
29 FORUM SHOPPING CENTER
CHESTERFIELD, MO 63017**

314-434-4UHM(846) WWW.UHMONLINE.COM



GRAND OPENING CUSTOMER APPRECIATION DAY

Friday, May 20th 11:00 am – 7:00 pm
Saturday, May 21st 9:00 am – 2:00 pm

COMPLIMENTARY
FOOD AND
BEVERAGES

DOOR PRIZES

Ribbon Cutting Ceremony
Friday, May 20th @ 11:30 am



COME AND SEE THE LATEST MOBILITY & COMMERCIAL PRODUCTS

COMPLIMENTARY
CAR WASHES FOR ANYONE
WITH A MOBILITY VEHICLE

Lowered Floor Minivans • TAS Seats • Hand Controls • Wheelchair/Scooter Lifts • Transfer Seats

Turtle Top • Diamond • Braun • Vision • Eldorado • B & D Independence • Bruno • Q'Straint



80 South Highway Drive, Valley Park, MO 63088
(I-44 & Hwy. 141)
866-327-1600

www.southernbusandmobility.com



National Disabled Veterans Winter Sports Clinic 2011

By Matt Luitjohan

Every year around the end of March, disabled veterans from across the country arrive in Snowmass Village, Colorado, for the National Disabled Veterans Winter Sports Clinic. The week is filled with entertainment, education, new experiences and camaraderie. This year for the 25th anniversary of the clinic, the Gateway PVA- St. Louis VAMC's Disabled Ski Team had nine veterans that attended; they were Floyd Porter, Terri Fuda, Jeremiah Deguire, Rose Ganz, Jeff Grace, Robert Wake, Lewis Haynes, Jason Steele, and first timer Ben McDermott.

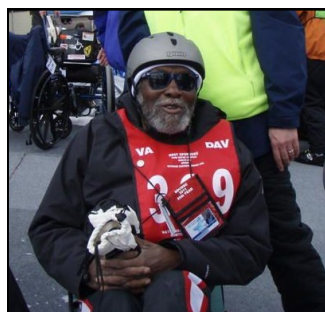
During opening ceremonies, there was a surprise visitor. Vice President Joe Biden stopped by to thank the Veterans and told them how inspiring they are. Throughout the week the athletes' days were filled with skiing down the mountains, snowmobiling, sled hockey, SCUBA diving, cross-country skiing, a relaxing visit to Glenwood Hot Springs, various shooting sports, curling, fly fishing, rock climbing, and/or sightseeing gondola rides in Aspen. It didn't matter whether it was the veterans first time or they were a seasoned participant of the Winter Sports Clinic, professional instructors from all over the world assisted the veterans to learn and excel. The evenings were filled with classes, goal ball and concerts by the Hazel Miller Band, Chubby Checker, and Craig Morgan.

If anyone is interested in learning more about this event, participating in it next year, participating locally in the Gateway Disabled Ski Program, finding a local curling team, sled hockey team, etc. please talk with one of the athletes that have participated or contact me at matthew.luitjohan@va.gov or call me at 314-894-6602. Jean Ferguson and I would like to thank the veterans that attended this year for being so wonderful, for setting such a great example of camaraderie, for being such great cheerleaders, and for showing everyone else how great Team St. Louis is. You're the best!



Jean Ferguson and Matt Luitjohan in Snowmass Village, Colorado.

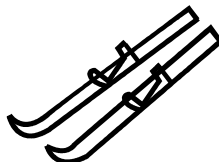
Matt with his "Most Excellent Coach" Award



Floyd Porter



Rose and Victor Ganz



CONGRATULATIONS to Matt Luitjohan CTRS for receiving the "Most Excellent Coach Award" at the 25th Annual National Disabled Veterans Winter Sports Clinic! We are fortunate to have Matt at the St. Louis VA representing us and supporting the veterans!

Congrats!

Way to Go!

Sail to Prevail

The National Disabled Sailing Program

2nd Annual PVA Sailing Clinic

June 18-19, 2011
Newport, RI

For more information-
www.sailtoprevail.org
(401) 849-8898



(GRD Report Continued from page 5)**Americans with Disabilities Act (ADA) Regulation Changes and Issues**

Last year marked the 20th Anniversary of the ADA, and new regulations within Title II and Title III were enacted on March 15, 2011. Items of particular note include:

- Defining service animals as “dogs that are individually trained to do work or perform tasks for the benefit of an individual with a disability” (trained miniature horses may be a substitute in certain occasions).
- Wheelchairs (and other devices designed for use by people with mobility impairments) must be permitted in all areas open to pedestrian use. Power-driven mobility devices (such as a Segway® PT) must also be permitted unless the entity covered by the ADA can demonstrate that such use would fundamentally alter its programs, services, or activities, create a direct threat, or create a safety hazard.
- Ticket sales for accessible seating, season tickets, ticket pricing and preventing fraudulent purchase of accessible seating.
- 2010 ADA Standards for Accessible Design will be required for new construction and building alterations effective March 15, 2012. On that same date, hotels and places of lodging will be required to adhere to new reservation and accessible room policies as well.

Remember, the ADA is a CIVIL RIGHTS LAW that protects individuals with disabilities with regards to employment, public accommodations and services, transportation and telecommunications. In addition, there are several other federal laws that protect the rights of individuals with disabilities. If you have any questions, concerns, or think you may have come across a violation, please contact me.

Pending Legislative Issues**Missouri General Assembly-**

HB 239-Establishes the Veteran Workforce Act which requires the Office of Administration to develop rules and regulations ensuring a uniform hiring preference for veterans, disabled veterans, and their spouses.

HB 555 (Omnibus Disability Bill)- 1) Specifies that the disability or disease of an individual cannot be the basis for termination of parental rights, or rule that an individual is unfit or not suitable to be an adoptive parent without specific findings. 2) Beginning August 28, 2011, all newly erected signs relating to disabled parking must contain the words “Accessible Parking” and must not contain “Handicap Parking” or “Handicapped Parking.” 3) October of each year is designated as “Disability History and Awareness Month” in all Missouri public schools.

Illinois General Assembly-

HB 3275-Creates the Veterans Traumatic Brain Injury and Post-Traumatic Stress Disorder Public Service Announcement. Donations to the Department of Veterans' Affairs will be deposited into this fund for the purpose of providing PSA's discussing benefits and resources (provided by the State) to veterans suffering from TBI or PTSD.

We will continue to monitor bills and keep you apprised of any pertinent legislative news on the local, state and national levels. Again, please contact me with any questions about legislation, accessibility issues, ADA compliance or related issues at 314-427-0393. I am happy to help.

In memory of...

Richard Feldt	Kenton, TN	03/20/11
Jimmie Frazier	Springfield, MO	04/12/11
Thomas Mayhew	St. Louis, MO	12/01/10
Robert Mischka	Doniphan, MO	11/23/10
Robert Piofcyk	Rosebud, MO	04/11/11
Bill Shanklin	Union City, TN	03/20/11
Charles Shriver	Kansas City, KS	09/10/10
Leo Smith, Jr.	Grandview, MO	01/24/11
Homer Stuart	Willow Springs, MO	12/31/10
Jim Tuscher	St. Louis, MO	03/01/11



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

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Local Wheelchair Games @ JB VAMC	7
8  Mother's Day	9	10 BOD Meeting 11:30 am	11	12	13	14
15	16	17	18	19 Member/Patient Luncheon at JB Noon	20 Trap Shoot at Olin-East Alton, IL 10 am - 2:30 pm	21
22	23	24 Karting for a Cause pva.org/gokart	25 SCI Seminar for Professional Staff held @ JB (See pg. 9 for details)	26	27 Mid-America PVA Trapshoot Tournament Sedgwick, KS May 27-29	28
29	30  Memorial Day Office Closed	31				

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Show-Me Rally Motorcycle Rally Doubletree Hotel in Chesterfield, MO (see page 2 for details)	4
5	6	7	8	9	10 Newsletter Articles Due Family Education Workshop (see pg. 9)	11
12	13	14 BOD Meeting 4 pm	15 Handcycling Clinic in Detroit 10am-2pm	16 Luncheon at JB @ Noon/Qtr. Membership Meeting	17 Trap Shoot at Olin-East Alton, IL 10 am - 2:30 pm	18 Sail to Prevail June 18-19 sailtoprevail.org
19 Father's Day 	20	21	22 Handcycling Clinic Salt Lake City 10am-2pm	23	24	25 "Sweat with the Vets" 8am @ JB Combat Vets' U2 Raffle (see pg. 2)
26	27	28	29	30		

Address Service Requested

Gateway Chapter
Paralyzed Veterans of America
1311 Lindbergh Plaza Center
St. Louis, MO 63132



Below-
Stan and Jessica just outside the U.S.
Capitol building in Washington, D.C.
during the 2011 PVA Advocacy &
Legislation Seminar



Right-
Kristina Weger, Legislative Assistant
to Missouri Senator Roy Blunt, Stan
Brown and Jessica Dunsmore of the
Gateway Chapter PVA, and Lauren
Weidmaier, Legislative Correspondent
to Senator Blunt



Left-
Jessica Dunsmore and Stan
Brown from the Gateway Chap-
ter PVA are pictured with Will
Chapman, Legislative Corre-
spondent to Missouri Senator
Claire McCaskill



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