

Gateway azette

May/June 2022

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No.3





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

www.gatewaypva.org
www.twitter.com/PVA_Gateway
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**NEED TO UPDATE
YOUR CONTACT INFORMATION?**

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

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Contact us at one of the following:

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

314.427.0393 or 800.426.4058
Fax 314.427.4183

info@gatewaypva.org

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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.

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Don Feldott, Treasurer
Bram Lucieer, Secretary

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Government Relations Officer - Vacant
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National Director - Don Feldott
Hospital Committee - Harry Brown

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Amber Lee, Administrative Assistant
John Vasel, Transportation
Martha Rampani, Transportation

Kansas City Service Office

4801 Linwood Blvd, Rm. M1-566
Kansas City, MO 64128
(816) 922-2882 or (800) 795-3612
Fax: (816) 922-3369

Brent Follas, Senior National Service Officer
Lena Oliver, Secretary II

St. Louis Service Office

9700 Page Blvd. Suite 101, Room 1-114
St. Louis, MO 63132
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Fax: (314) 253-4170

John Moyle, National Service Officer Candidate
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

Josue Cordova



PRESIDENT'S MESSAGE

by Rose Ganz



FY 2023 Board of Directors and Officers

It is once again time to vote on the Board members and the Offices of President, Vice President, Treasurer, and Secretary.

Please take time to fill out the enclosed FY23 Gateway Chapter ballot and read the ballot instructions carefully and return your completed ballot to the Gateway Chapter office.

If you have any questions please contact the Chapter office. Ballot entries will close at 5pm on June 10, 2022.

Gateway's Accessible Vehicle Grant

Gateway is now opening its grant for accessible vehicles again. We will be giving \$35,000 grants for purchasing an accessible vehicle, \$17,500 for a non-accessible vehicle with the knowledge that hand controls will be installed, and \$10,000 grants to assist in trading in your existing vehicle for a newer and better model with probably less miles.

If you are interested, please complete the Accessible Vehicle Grant Application that can be found on our website www.gatewaypva.org under the "Forms" tab. You can email the application to us at chris@gatewaypva.org or send it to the office address.

The form helps explain your need for the vehicle and what difference the grant would make in your life. Entries must be received by May 31, 2022.

As in the past, we will not grade or rank the entries but rather put all qualified requests in a container to be randomly drawn at our June Board of Directors meeting. So, if you're interested, you need to get your entry in as soon as possible. I'm not sure at this time how much money we can allocate for grants, but will know more with our finances at the Board meeting in May.

Please call the office with any questions. Over the last six years we have awarded \$717,495 in vehicle accessibility grants.

FROM THE DESK OF GATEWAY CHAPTER'S EXECUTIVE DIRECTOR

Chris Blanchard

BASEBALL TICKET GIVEAWAY

---CARDINALS (Section 147, Row 19ADA, Seat 3 and Seat 4)

The Gateway Chapter has again purchased tickets for St. Louis Cardinals. The list of available games for St. Louis Cardinals can be found on page 12. Please carefully read the bullet points below for further details:

- Members can win up to FOUR total games for the St. Louis Cardinals
- Members can put their name "in the hat" for more than the allowed amount to win. Priority will go to members that have not yet won a game.
- Members may enter the giveaway by purchasing tickets at half price (\$80 to purchase) to ensure a specific game. If more than one member wants to purchase the same game, the names will be put into a hat and the winner will be drawn at random - the winner will still need to purchase said tickets.
- Members may also enter the giveaway solely by lottery method for any available game or a specific game. If more than one member has put in for the same game, the names will be put into a hat and the winner will be drawn at random.
- Entries must be given to myself or Amber (amber@gatewaypva.org) no later than Monday, May 16, 2022, at 12pm for Cardinal tickets. If we leave you a message, please make sure to contact us ASAP so that we can make sure all tickets will be used. Please email us instead of calling the office so that we have a paper trail of the games that you have requested.
- Please be aware that if you are wanting us to mail your tickets, we cannot guarantee that the USPS will get your tickets to you in time.

---ROYALS (Section 100s, ADA Seats)

The Gateway Chapter has also purchased tickets for Kansas City Royals. The list of available games for Kansas City Royals can be found on page 14. Please carefully read the bullet points below for further details:

- Members can win up to TWO total games for the Kansas City Royals.
- Members can put their name "in the hat" for more than the allowed amount to win. Priority will go to members that have not yet won a game.
- Priority for Kansas City Royals games goes to Kansas City area members.
- Members may enter the giveaway by purchasing tickets at half price (\$60 to purchase) to ensure a specific game. If more than one member wants to purchase the same game, the names will be put into a hat and the winner will be drawn at random - the winner will still need to purchase said tickets.
- Members may also enter the giveaway solely by lottery method for any available game or a specific game. If more than one member has put in for the same game, the names will be put into a hat and the winner will be drawn at random.
- Entries must be given to myself or Amber (amber@gatewaypva.org) no later than Monday, May 16, 2022, at 12pm for Royals tickets. If we leave you a message, please make sure to contact us ASAP so that we can make sure all tickets will be used. Please email us instead of calling the office so that we have a paper trail of the games that you have requested.
- Royals ticket winners MUST be able to receive their tickets virtually with the MLB Ballpark app on a smart phone. I will need your email that you used for the MLB Ballpark app so that I can forward the tickets to you.

VA Foreign Medical Program

by Rodney Harris, Senior Benefits Advocate

Are you, planning a trip outside of the United States anytime soon? If so, are you service connected? Do you know about the VA's Foreign Medical Program (FMP)?

The FMP is a health benefits program for U.S. veterans who are residing or traveling abroad and have a VA rated service connected condition/disability. VA assumes responsibility of payment for certain necessary health care services associated with treatment for those service connected disabilities or any disability associated with and held to be aggravating a service-connected condition. (Veterans living in Canada are under the jurisdiction of FMP; however, inquiries and claims must be directed to the Foreign Countries Operations in Canada.) Additionally, VA may authorize necessary foreign medical services for any condition of a Veteran participating in the VA Vocational Rehabilitation Program (38 U.S.C. 31).

How do I know if I am eligible for FMP?

The eligibility requirements are different for veterans outside the U.S. than for those within the U.S. VA may authorize foreign medical services for veterans only for a VA rated service connected condition, or a condition associated with and aggravated by a VA rated service connected disability. Disability percentage has no bearing on determining eligibility for FMP.

Should I notify FMP if I am traveling abroad?

Pre-registration for eligible Veterans is not necessary. However, Veterans who are permanently relocating to a country under the FMP Office's jurisdiction are encouraged to notify the FMP Office upon establishing a permanent foreign mailing address (address and telephone number). At that time, arrangements will be made for FMP registration and the mailing of detailed program material. Included in the program material will be an FMP Program Guide which provides detailed information on benefit coverage and limitations, how to select health care providers and claim filing instructions. Veterans who are simply

traveling abroad need not bother with notification. However, program information is available upon request. Please use VA Form 10-7959f-1 when registering with FMP.

What is/is not covered under FMP?

Unlike typical health benefit/insurance plans, where the range of benefits is standard among all enrolled beneficiaries/subscribers, FMP benefits are limited to services that are medically necessary to treat a VA-rated, service-connected disability or for a condition that is associated with and held to be aggravating a service-connected disability. Supporting medical documentation is always required. The FMP does not pre-authorize services. A copy of the medical documentation must be submitted to determine if the care was related to a service connected disability. Claims filed under the FMP should be submitted no later than 2 years from the date of services or in the case of inpatient care, within 2 years of discharge date.

Covered benefits include:

- Durable medical equipment
- Emergency services
- Hospitalization
- Skilled nursing care
- Outpatient services
- Physical therapy, when under the direct supervision of a licensed physician
- Prescription drugs (including insulin) that are FDA approved
- Emergency ambulance services to the nearest medical facility for a VA rated service connected disability
- HISA-Home Improvement and Structural Alteration grant (must be preauthorized)

There are a number of exclusions to FMP, so before relocating contact the Health Administration Center in Denver, CO. at 303-331-7950 for help. For more information visit the PC@HAC website at www.va.gov/hac or contact your local PVA NSO for assistance.

We proudly support Gateway PVA



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 is more than two years old, you may even qualify for a brand new conversion.

St. Louis North

9389 Natural Bridge Rd.
St. Louis, MO 63134
Local: (314) 989-1010
Toll-Free: 877.501.8267

St. Louis South

980 S. Highway Drive
Fenton, MO 63026
Local: (314) 292-5150
Toll-Free: 877.501.8267



We're here to help!

Call us today or stop by and take a test drive.



Proud Supporters of the



**Paralyzed Veterans
of America**



KC - News Flash

by Bonnie Hilburn, Gateway Chapter Member

The Kansas City VA Medical Center finally have created special parking spaces for those enrolled in the Spinal Cord Injury Clinic.

The spaces are located in the front far left on 1A by the Freedom Pavilion, and are specifically marked for SCI with a red parking tag. If you don't have a red parking tag, you can still park there until you can obtain your tag. If you don't have a tag, you should notify the police located in the main entrance of the building that you are going to obtain a tag.

If you still can't find a spot there, I suggest that you pull up front and go in to the Police Dept (right inside the main entrance) and they say they will assist you in finding appropriate parking. I have also had good luck in parking on the 3rd level of the parking garage by the elevator. You may have to take two spaces to accommodate your wheelchair lift. But, its close to the entrance of the building.

To obtain a red SCI tag, you will need to contact the Spinal Cord Injury Coordinator at # 52740 or the SCI Nurse at #57575.





GATEWAY G.I.

WELCOME TO OUR NEW MEMBERS

Daniel Fry
Jesse Heineken
Stephen Lovell
Michael Simmons
Ben Smith, Jr.
Johnny Williams

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 contact the Gateway office with current contact information for the following members:

Ronnie Anderson
Lynda Hauth
Jarid Hill
Kevin Jackson
William Jacobson
Robert Melchior
Charles Packard
Sylvester Roddy
Laurice Sappington
Robert Schneider
Donnell Thames
Willis Walker

IN MEMORY OF

| | |
|--------------------------------------|------------|
| Larry Coile of Wichita, KS | 06/30/2021 |
| Jeffrey Baecht of Jerseyville, IL | 01/09/2022 |
| Ronald Whitford of Ottawa, KS | 01/11/2022 |
| Kenneth Yancheck of St. Louis, MO | 01/18/2022 |
| Stephen Huffmon of Brookfield, MO | 02/11/2022 |
| Christopher Alexander of Bourbon, MO | 02/25/2022 |
| William "Mike" Norris of DeSoto, MO | 03/13/2022 |

GENERAL INFORMATION



MAY

MAY 10 at 11:30am

Board of Directors meeting

Via Zoom (contact office for link) and

in person w/proof of COVID vaccination
and signed waiver

15 points for nonBOD members

MAY 30

OFFICE CLOSED



JUNE

JUNE 14 at 11:30am

Board of Directors meeting

Via Zoom (contact office for link) and

in person w/proof of COVID vaccination
and signed waiver

15 points for nonBOD members

JUNE 16 at 1:30pm

Quarterly membership meeting

Via Zoom - contact office for link

15 points for members



Sales, Service, Rentals, Leasing, & Financing

PROUD SUPPORTER OF THE GATEWAY PVA

Southern Bus & Mobility offers:

- New & pre-owned wheelchair accessible vans
 - Rear & side entry ramps
- BraunAbility, VMI, & ATC Mobility conversions
 - BraunAbility, VMI, & ATC
- Wheelchair / scooter lifts
- BraunAbility Turny EVO seating
- Hand controls & more



Braun Chevy Traverse



Rear Entry Van



ATC Truck



Scooter Lifts



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Breese, IL 62230
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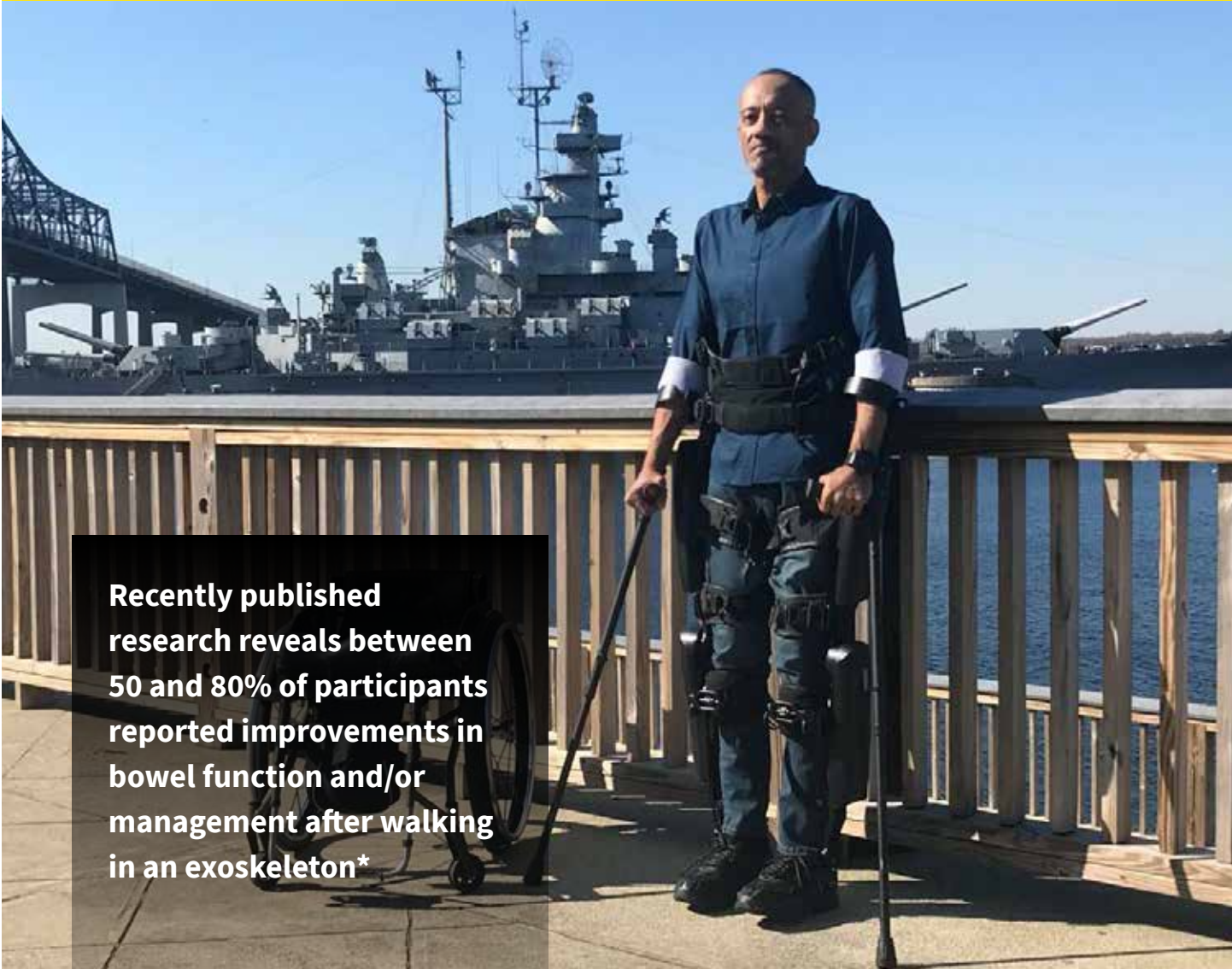
CONTACT US TODAY!

80 S Highway Drive
Valley Park, MO 63088
☎ +636-825-0700





Want To Improve Your Bowel Function?



Recently published research reveals between 50 and 80% of participants reported improvements in bowel function and/or management after walking in an exoskeleton*

Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton?

**Contact ReWalk for more Information:
rewalk.com/contact or
508.251.1154 option 2**

*Chun A, et al. Changes in bowel function following exoskeletal-assisted walking in persons with spinal cord injury: an observational pilot study. Spinal Cord. 2020;58(4):459-466.





St. Louis Cardinal Baseball Game Giveaway



May 23 vs Blue Jays @ 6:45pm
May 24 vs Blue Jays @ 6:45pm
May 26 vs Brewers @ 6:45pm
May 27 vs Brewers @ 7:15pm
May 28 vs Brewers @ 1:15pm
May 29 vs Brewers @ 1:15pm
May 30 vs Padres @ 1:15pm
May 31 vs Padres @ 6:45pm

June 1 vs Padres @ 12:15pm
June 10 vs Reds @ 7:15pm
June 11 vs Reds @ 1:15pm
June 12 vs Reds @ 1:15pm
June 13 vs Pirates @ 6:45pm
June 14 vs Pirates @ 6:45pm
June 15 vs Pirates @ 6:45pm
June 24 vs Cubs @ 7:15pm
June 25 vs Cubs @ 1:15pm
June 26 vs Cubs @ 1:15pm
June 27 vs Marlins @ 6:45pm
June 28 vs Marlins @ 6:45pm
June 29 vs Marlins @ 6:45pm

July 8 vs Phillies @ 7:15pm
July 9 vs Phillies @ 1:15pm
July 10 vs Phillies @ 1:15pm
July 11 vs Phillies @ 6:15pm
July 12 vs Dodgers @ 6:45pm
July 13 vs Dodgers @ 6:45pm
July 14 vs Dodgers @ 6:15pm
July 15 vs Reds @ 7:15pm
July 16 vs Reds @ 1:15pm
July 17 vs Reds @ 1:15pm

August 2 vs Cubs @ 6:45pm
August 3 vs Cubs @ 6:45pm
August 4 vs Cubs @ 6:45pm
August 5 vs Yankees @ 7:15pm
August 6 vs Yankees @ 6:15pm
August 7 vs Yankees @ 1:15pm
August 12 vs Brewers @ 7:15pm
August 13 vs Brewers @ 6:15pm
August 14 vs Brewers @ 1:15pm
August 16 vs Rockies @ 6:45pm
August 17 vs Rockies @ 6:45pm
August 18 vs Rockies @ 12:15pm
August 26 vs Braves @ 7:15pm
August 27 vs Braves @ 6:15pm
August 28 vs Braves @ 1:15pm

September 2 vs Cubs @ 7:15pm
September 3 vs Cubs @ 6:15pm
September 4 vs Cubs @ 1:15pm
September 5 vs Nationals @ 3:15pm
September 6 vs Nationals @ 6:45pm
September 7 vs Nationals @ 6:45pm
September 8 vs Nationals @ 12:15pm
September 13 vs Brewers @ 6:45pm
September 14 vs Brewers @ 6:45pm
September 15 vs Reds @ 6:45pm
September 16 vs Reds @ 7:15pm
September 17 vs Reds @ 6:15pm
September 18 vs Reds @ 1:15pm
September 30 vs Pirates @ 7:15pm

October 1 vs Pirates @ 6:15pm
October 2 vs Pirates @ 1:15pm

Jacqueline Black, PT, ATP

April is Occupational Therapy month, so it's time to give a shout out to our Outstanding SCI/D Occupational Therapy staff! Please join me in thanking our outstanding SCI/D Occupational Therapists for their exceptional services to our veterans with SCI/D: Kayla Bayne, Whitney Cadagin, Cassy Cook, Kimberly Dale, and Becky Mollett. While you see 5 names, please realize that 4 OTs are "job sharing" positions, which means we have 3 full time OT positions serving our SCI inpatient and outpatient teams. We also have an experienced SCI COTA (Certified Occupational Therapy Assistant), Lisa Todd, who has been a huge help filling in for coverage, as needed, during vacations, sick times, maternity leaves, and high census times. We also can't forget our fabulous OT Driver Rehab Specialist, Pat Niewoehner! What a great group!

Our Occupational Therapists are a critical part of our SCI/D Rehab program and lifelong system of SCI/D care. OTs help our 1300+ veterans with SCI/D across the lifespan to participate in the things

they want to do through the therapeutic use of everyday activities. This provides individualized purpose and true meaning to the rehabilitation. OTs have been providing a holistic approach to evaluations and interventions before the term "holistic" was a trendy term in healthcare.

Did you know that our OTs are responsible for evaluation, training, and reassessing about half of our FIM (Functional Independence Measure) tasks? ADLs (Activities of Daily Living) are a commonly used term in OT, and I think we sometimes take for granted how MUCH our OTs cover when teaching the skills needed to maximize participation in daily life. While ADLs may seem like the foundation of OT in rehab- our SCI/D OTs cover SO much more! The long list includes, but is not limited to, Assistive technology- including communication devices, environmental control units/ home automation; Transportation- management and access; Travel; Fine motor skills; Matching the individual for the proper adaptive devices for bowel and bladder management; Evaluation and prescription of customized bathroom equipment; Home evaluations; Community access; Community reintegration; Caregiver education; Caregiver management; Community resource management; Adapted sports and recreation; VA and community grant resource education/ consultation - the list goes on! They have even collaborated with our fabulous St Louis Prosthetics team on custom solutions using the 3D printer!

We cross-cover quite a bit in complex rehabilitation, but I think OTs might win the prize for overlapping all disciplines on our Interdisciplinary team. So- let's say a big THANK YOU to our tremendous team of SCI/D OTs!



Kansas City Royals Baseball Game Giveaway



May 20 vs Twins @ 7:10pm
May 21 vs Twins @ 6:10pm
May 22 vs Twins @ 1:10pm

June 3 vs Astros @ 7:10pm
June 4 vs Astros @ 3:10pm
June 5 vs Astros @ 1:10pm
June 10 vs Orioles @ 7:10pm
June 11 vs Orioles @ 3:10pm
June 12 vs Orioles @ 1:10pm
June 24 vs Athletics @ 7:10pm
June 25 vs Athletics @ 3:10pm
June 26 vs Athletics @ 1:10pm

July 22 vs Rays @ 7:10pm
July 23 vs Rays @ 6:10pm
July 24 vs Rays @ 1:10pm

August 6 vs Red Sox @ 6:10pm
August 13 vs Dodgers @ 6:10pm
August 14 vs Dodgers @ 1:10pm
August 28 vs Padres @ 1:10pm

September 11 vs Tigers @ 1:10pm
September 25 vs Mariners @ 1:10pm



Getting Paralyzed Veterans Walking Again with Indego®



New VA Program offers eligible veterans an Indego® Exoskeleton at no cost.

What is Indego?

A robotic device that enables veterans to walk again.

Indego is an FDA-approved exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries to stand and walk, offering a new level of independence.

Indego can currently be used with spinal cord injury levels of T3 to L5 in community or home settings.

Free Indego Webinars

During the first Thursday of every month you can join a free live webinar to learn more about the Indego and hear from a veteran who owns a device already.



Contact us today to reserve your spot or find out if you are eligible to receive an Indego exoskeleton at no cost.

Email: support.indego@parker.com

Phone: 844-846-3346



Watch Marine Veteran Steve Holbert's story at www.indego.com/veterans





Gateway Chapter
1311 Lindbergh Plaza Center
Saint Louis, MO 63132

Current Resident or



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Even the back of your closet.

Donating clothes and other household goods
can help improve the lives of injured veterans.



Paralyzed Veterans
of America

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WARRIORS

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Paid for by the Jeffrey Carlton Charitable Foundation



Paralyzed Veterans
of America

Goods Inspiring Veterans Everywhere

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pva.org/givegoods today!