

# GATEWAY GAZETTE

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



Gateway PVA Golf Tournament Organizers shown above from left to right: Charlie & Shirley Carlson, June Matulewic, Bob Rives, Jerry Hollingsworth, Kathy Hamby and Fred Waelters.

## 2007 Gateway PVA Golf Tournament a Great Success!

On September 10, the annual Gateway PVA golf tournament was held at the Landings at Spirit Golf Course in Chesterfield Missouri. We had a beautiful day for the event and a great turnout of golfers. For the past 2 years, an amazing group of people (pictured above) have volunteered their services to help our chapter plan and execute our Annual Jack Buck Memorial Golf Tournaments. During this time, we have met so many wonderful people and made so many good friends with the help of Mr. Bob Rives from Professional Equities. We owe him a debt of gratitude for bringing these people into our lives and increasing our fundraising efforts so dramatically from previous years. Our volunteers are the heart and soul of our tournaments and they have given an untold amount of hours to help us reach our goals. We would like to recognize those long hours of hard work and thank each and every one of them for their selflessness and compassion. We would also like to thank our Diamond Sponsor, Emerson, and our Silver Sponsor, Anheuser Busch for their

donations. In addition, we should also mention the delicious lunches that were donated to us by the Honey Baked Hams St. Peters, MO location and the terrific bakery goods from Haas Bakery in St. Louis. Our breakfast and lunch items were picked up for us and delivered to the golf course by Jerry Hollingsworth and Kathy Hamby. A big thank you goes to all of our volunteers, our spinal cord injured members who attended and helped out, and to all of our friends who donated and/or participated in this year's event....you truly help our veterans "live life to the fullest."

*Susan Lyle Executive Director GPVA*

### *Inside...*

President's Report  
Attaboy  
Hospital Liaison  
*And much more!*

Stan Brown  
Ruth Kult  
Matt Wilcox

## Gateway Chapter Paralyzed Veterans of America

<http://www.gatewaypva.org>

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

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

## FREE - TRY SCUBA DIVING FOR DISABLED AMERICAN VETERANS

Midwest Aquatics Swim and Scuba Center, 7565 West 160 Street and the Midwest Aquatics Scuba Club, in honor of Veterans Day, will host a free Try Scuba for all Disabled American Veterans on November 17, 2007 from 1:00 to 6:00P.M.

Midwest Aquatics has scuba instructors that have been certified by the Handicapped Scuba Association and Scuba Schools International as Adaptive Instructors. People with paraplegia, quadriplegia, amputations, blindness etc. can be taught to dive and experience the freedom of being weightless underwater.

For those people who after trying scuba sign up to become certified divers on November 17, 2007, a drawing will be held. Five people will be awarded a free Open Water Certification Program including all class and pool training, books, diver's log book, personal fit equipment which could include mask, fins, snorkel and dive boots, plus a Houseboat Trip to Table Rock Lake to finish their open water training. This is a value of \$850.00.

Here are the details:

1. You must RSVP by Saturday November 10, 2007 to reserve your space
2. A Medical Release must be completed and signed by your physician that it is acceptable for you to dive. This form must be in the hands of Midwest Aquatics before you will be allowed to participate in the Try Scuba. The form can be downloaded from our website, [www.midwestaquatics.com](http://www.midwestaquatics.com). Once in the site click on Forms and Documents and then click on Medical Release. Once completed the forms can be faxed to 913-871-0417 for your convenience.
3. Bring a bathing suit and towel
4. Please arrive at Midwest Aquatics at the time indicated when you RSVP.
5. If you have any questions please contact Midwest Aquatics at:

7565 W 160 St., Overland Park, KS 66223  
Telephone: 913-402-0403  
Fax: 913-871-0417

E-mail: [darin@divemwa.com](mailto:darin@divemwa.com)

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## President's Report

By Stan Brown

Not to Paint a Rosy Picture but...

On September 10, 2007, we held our most successful golf tournament in the history of our organization. Our friends Bob Rives, Fred Waelter, Jerry Hollingsworth, Charlie and Shirley Carlson, June Matulewic, and Kathy Hamby, are seen on the cover of this newsletter. They, and many other volunteers, are directly responsible for the successful tournament fundraiser. I can't thank them enough. I also want to directly thank Jim Canoy, nephew of our long-time member Denis Canoy. Jim again this year, on his own and without our assistance, organized a successful golf tournament at the Lake of the Ozarks in honor of his uncle. Jim and Denis designate proceeds go directly to our sports and recreation account. The success of these events and others, as well as our financial oversight, enabled us to provide \$17,185 directly to members in fiscal year 2007 for sports and recreation events. Individual members with sufficient PVA participation (points), received up to \$2000.

With our successful budgetary fiscal year, our Board of Directors voted to immediately increase our Building 52 hospital luncheons to be a monthly event. A few months ago we approved the distribution of the snacks and beverages on the spinal cord unit, to be three days a week. It seems like we are buying cases of soda every week, but it's the least we can do for those confined to bed or hospitalized at Jefferson Barracks. The Board also approved expanding our transportation program from three days per week to five days per week. We are specifically looking for our members who need transportation on either Monday or Friday. If you live within 35 miles of our office in Overland or 20 miles of Jefferson Barracks, we may be able to pick you up, take you to your destination, and return you home. If you want to do recreation activities at Jefferson Barracks, we should be able to get you there by 10 a.m. and leave by 2:30 p.m. Transportation to and from VA medical appointments, as well as your civilian medical offices, are trips we also want to provide if there is no VA transportation available. Because of my own personal experience in nursing homes, I would especially like to provide transportation to some of our members in those nursing homes, or even in their own home without transportation. Ideally we would set up regular routes and riders, but we will also try to accommodate special requests for transportation if you give us five days notice. Our PVA van can accommodate four wheelchairs. Please call the office if you're interested.

At the September general membership meeting, ballots were counted and the same slate of officers were voted in for another term. Ann Malburg was voted in as a new member of our Board. Congratulations to Ann, returning officers, and board members. Let's continue with our service to members!



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### **PROSTHETICS** (Taken from PVA Medical Monitor Newsletter)

The most common prosthetic problems encountered in VA hospitals involve: (1) Consults (2) Documentation (3) Evaluation & Follow Up, and (4) Prosthetic Service Cards (PSC). Listed below are explanations associated with each Prosthetic issue.

#### ***Consults:***

When requesting prosthetic equipment, it is very important to ensure that your primary care physician understands your medical needs and use for the correct prosthetic device.

#### ***Documentation:***

Primary Care Physicians (PCPs) must complete the prosthetics consult properly by documenting justification of the equipment based on the medical need.

#### ***Evaluation & Follow Up:***

After the Therapist has evaluated the need for prosthetic equipment, the patient and the caregiver should have a good understanding of the use and type of equipment ordered. Follow up on all scheduled appointments must be done to ensure proper fit and training use for the prosthetic equipment is accomplished.

#### ***Prosthetic Service Cards (PSC):***

PSCs are issued to Veterans for emergency prosthetic equipment repairs. The Prosthetic Chief at your local VA Medical Center has the authority to issue a PSC if you do not have one. Prosthetic problems should be handled by the local/regional PVA Service Officer.

## Attaboy

By Ruth Kult

Finally! It happened. Yes, people are doing what I requested. I realize only a handful of people (actually maybe two handfuls) are responding, but that is better than nothing. When anyone thinks of the months and years that crept by so fast. Ten or so Attaboy submissions don't amount to very many so I had to come up with quite a bit to write about, which I did. Gratefully, we have a lot of good people around. I don't mind writing especially since it's always good things about great people. This makes it much simpler. Keeps my mind functioning. But come on now throw me a bone every now and then. I don't like being the only person who notices and spreads the word about the great qualities of others.

Well, besides the requests from well-known people, I received one from a woman who isn't a frequent visitor to Jefferson Barracks. I finally got the long requested bone tossed to me via mail. Thank you very much Ms. Lynda Hauth. I didn't know who Lynda Hauth was so I asked Cathy Fenod. Ms. Hauth wrote to Cathy. Well, the element of surprising these women is gone now, but not to worry. I think that just knowing that someone appreciates the kindness and compassion it takes to be a nurse, let alone what these three women did for this person is thanks enough.

I'm going to tell a little of Ms. Hauth's story so people reading understand the reason why Lynda Hauth feels these three ladies deserve this little in-house honor.

PA Mary Ann Jacobs, nurse Cathy Fenod and wound specialist Charlotte Coleman are the women in the spotlight. What a fantastic group to write about. These three women earn every bit of respect and are given much-deserved gratitude for being professionals.

Ms. Hauth was seeing Mary Ann for a recent large wound to her leg when Mary Ann recognized that the leg also had a previous injury. Due to complications from her spinal cord injury she had restricted blood flow in this leg. Mrs. Mary Ann knows her stuff. She realized the new wound would take quite a bit longer to heal than Ms. Hauth anticipated. After realizing this Mrs. Mary Ann got Cathy and Charlotte involved.

I realize this is a part of their job, but the circumstances were not pretty, and they followed through. It's not exactly cool outside now and just remember how unbearably hot it was a month or so ago. These three women despite the terrible heat and the existence of Ms. Heath's notorious dog went once a week for six weeks to change her dressings and check on her living condition.

The outcome must have been a fairly good one since Ms. Hauth is praising them for their great work. This has got to make our veteran's confidence level rise in the abilities and knowledge of our wonderful nursing staff at Jefferson Barracks Spinal Cord Unit.

Thanks for reading.



## Fifth Annual Deny Canoy Hack-a-Thon Golf Tournament



Jim Canoy presenting Gateway PVA President Stan Brown funds generated by the 5th annual Deny Canoy Hack-a-Thon golf tournament held on September 22 at Deer Chase Golf Course in Lynn Creek Missouri, near Camdenton. About 60 golfers participated in this tournament this year. Our special thanks go out to Jim Canoy and the whole Canoy family and friends who participated and volunteered their time and efforts at the golf tournament. Proceeds from this tournament go directly into the Gateway sports fund which is used to augment our chapter members abilities to attend events such as the Winter Sports Clinic, National Veterans Wheelchair Games, Golden Age games and National PVA sponsored fishing tournaments.



## How to Request Military Service Records or Prove Military Service via mail

Military personnel records can be used for proving military service, or as a valuable tool in genealogical research. Most veterans and their next-of-kin can obtain **free** copies of their DD Form 214 (Report of Separation) and other military and medical records several ways:

1. Obtain a standard form 180 (SF-180) by one of the below methods:

Download and print a copy from: <http://www.archives.gov/veterans/military-service-records>

From Federal Administration Centers

From local VA offices

From local service organizations such as the American Legion and the VFW

2. Write a letter to: The National Personnel Records Center at 9700 Page Avenue St. Louis, Missouri 63132

If you are not able to obtain SF-180, you may still submit a request for military records. Requests must contain enough information to identify the record among the more than 70 million on file at NPRC (MPR). Certain basic information is needed to locate military service records. This information includes:

The veteran's complete name used while in service, service number or social security number, Branch of service, dates of service, date and place of birth may also be helpful, especially if the service number is not known. If the request pertains to a record that may have been involved in the 1973 fire, also include: Place of discharge, last unit of assignment, place of entry into the service, if known.

While this information is not required, it is extremely helpful to NPRC staff in understanding and fulfilling your request: The **purpose or reason** for your request, such as applying for veterans benefits, preparing to retire, or re-searching your personal military history. Any **deadlines** related to your request. We will do our best to meet any priorities. For example, you may be applying for a VA-guaranteed Home Loan and need to provide proof of military service by a specific date. Any other specific information, documents or records you require from your Official Military Personnel File (OMPF) besides your Report of Separation (DD Form 214).

Please submit a separate request (either SF 180 or letter) for each individual whose records are being requested.

You can also request this information completely over the internet, just go to the above link and select the eVetRecs box and then follow the directions.

### 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, write us or Email us if you know where any of these members are! Contact info is on page 2.

Anderson, Roamin  
Fuqua, William  
Nibarger, Robert W  
Turner, John E

Berg, David A  
Horras, Phillip W  
Radecki, Raymond J  
Williams, James E

Brocious, George  
Jones, Davett N  
Salyer, Dale

Downs, Garry W  
Lauderdale, Charles T  
Sullivan-McGuire, James-

*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....*



Ditmeyer, Robert  
Morton, Joseph  
Sikes, John C

St. Peters, MO  
Chesterfield, MO  
Fenton, MO

08/14/2007  
08/20/2007  
09/94/2007



## Hospital Liaison Report

By Matt Wilcox



On September 27, 2007 we had a meeting with Dr. Thomas. The renovations of the SCI Center had been scheduled to start in the fiscal year 2007 (October 1, 2006). The renovations budget (depending on who you talk to) is 5 or 6 million dollars. This is shared with the domiciliary. Another building needs to be completely gutted to accommodate the domiciliary and nothing has been done.

Other SCI Centers have been renovated over the past five years. Cleveland, at a cost of more than 20 million five years ago. Milwaukee last year, more than 30 million. We will be lucky to have three to four million for renovations! You can imagine how much renovation can be done with that amount.

I have heard complaints concerning certain staff at the at the SCI Center. For the most part, those certain few are giving minimal care and not returning when they say "I'll be right back"! One inpatient talked with the nurse manager. Overall, care given at JB remains very good. Another member was at John Cochran for five days and his care was good and bad. He has spelled out the details. This is the only way we can address these issues.

The reorganized PVA-John Cochran VAMC Committee met in September. They have assembled new members and assigned new committees to redo what seems to have failed. They want to keep documentation regarding their concerns for SCI/D patient care. The Gateway chapter needs to be involved in this committee, if for no other reason than to emphasize excellent care for SCI/D individuals is applied throughout the John Cochran Medical Center!

We recently had a peer support meeting. The group discussed the number of inpatients that are or have been involved in the program. It still continues to be about a third of the inpatients. This is a excellent percentage and the volunteers and inpatients say they are very comfortable with the program. Please stay in touch with the chapter!



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## **Ticket to Work Health Assurance Program**

(Information presented on this page and continued on page 8 was furnished by Megan Schulz, Policy Analyst/Organizer at ParaQuad and brought to our attention by Kansas City SNSO Bonnie Hilburn)

The Ticket to Work Health Assurance Program, which was sponsored by Representative Charles Portwood, is expected to help approximately 4,000 Missourians with disabilities work and keep their health care by "buying into" the Medicaid program. Who Benefits? This could impact you if you:

1. Have a disability and are employed but are paying high out-of-pocket costs for your health care, personal assistance services and/or durable medical equipment.
2. Used to work, but had to quit your job when the old Medical Assistance for Workers with Disabilities Program was eliminated because you could not afford the high spend down.
3. Want to go to work, but have been unable to do so because you cannot afford to go without health care, personal assistance services and/or mental health services.

If you earn income through work and meet certain eligibility guidelines related things such as income, savings and age, you may qualify for the Ticket to Work Health Assurance Program. If eligible, you would have access to all Medicaid benefits, and depending on your income, you would pay a monthly premium.

### **How Do I Apply?**

You apply by going to your county Family Support Division office and look for your county under "Income Maintenance and Self-Sufficiency Programs". If you are already a participant in Medicaid, contact your case-worker. One of the requirements is that you have earnings and can show that Social Security taxes are being paid. This is different than the old program. Since this is a new program and information is just now going out to county office staff, you will probably need to be very specific about your interest in the Ticket to Work Health Assurance Program.

### **How Much Can I Earn and How Much Do I Pay in Premiums?**

The Missouri Department of Social Services has a brochure that outlines general guidelines of the program. The brochure gives general information about savings, premium levels and income limits. Most of this information is given on page 8. To get a general idea of whether you might be eligible, you can fill in your information on a worksheet on Paraquad's website. If you have a disability and earned income, it is worth contacting the county Family Support Division office. If you do not qualify for the Ticket to Work Health Assurance Program, there may be other options.

### **Following are the general eligibility requirements an individual must meet to qualify for benefits under the Ticket to Work Health Assurance (TWH) Program:**

1. An individual must be permanently and totally disabled.
2. An individual must be age 16 through age 64.
3. An individual must be employed.
4. An individual must be a US citizen or an eligible qualified immigrant.
5. An individual must be a resident of Missouri and intend to remain in Missouri.
6. An individual must provide their Social Security Number or apply for one.
7. An individual may not have "available resources" in excess of \$999.99. A couple may not have available resources in excess of \$2,000.00. Resources include (but are not limited to) bank accounts, stocks, bonds, certificates of deposit, cash, cash surrender value of life insurance or prepaid burial, and certain real or personal property not in use.
8. The following assets are not included in available resources:
  - The home in which you live.
  - One vehicle used by the household. Additional vehicles may be excluded depending on use.
  - Certain Independent Living Accounts and Medical Savings accounts funded with your earnings while participating in this program.

*Ticket to Work Health Assurance program continued on page 8*

**TICKET TO WORK HEALTH ASSURANCE (TWhA) PROGRAM** (*continued from page 7*)

9. Gross income must not exceed \$2,553.00 per month for a single individual and \$3,423.00 for a couple. This amount will be updated each April. Your children's income will not be included.
10. Net income must not exceed \$724.00 for a single individual and \$970.00 for a couple. This amount will be updated each April. Your children's income is not included. To determine net income the following is disregarded:
  - All earned income of the employed person with a disability.
  - The first \$65 and one half of the remaining earned income of a non-disabled spouse's earned income.
  - A twenty dollar standard exemption.
  - Health insurance premiums.
  - A seventy five dollar a month standard deduction for the employed person with a disability's optical and dental insurance premiums. If the optical and dental premiums exceed \$75 the actual amount is allowed as a deduction.
  - All SSI income.
  - The first \$50 of the employed person with a disability's SSDI payment. And
  - A standard deduction equal to ½ of employed person with a disability's earned income for impairment-related work expenses.
11. Single persons with gross income between \$851.00 and \$2,553 per month must pay a premium to obtain coverage. Married persons with gross income between \$1141 \$3423 per month must pay a premium to obtain coverage. The amount of the premium varies from \$34 to \$171 per month depending on the amount of your income. The income range and premium amounts will be updated each April.

**WHERE DO I REQUEST TICKET TO WORK HEALTH ASSURANCE (TWhA) PROGRAM?**

You can apply for this assistance with the local Family Support office in the county in which you reside.

**HEARING RIGHTS**

If you disagree with the decision concerning your eligibility, you may request a fair hearing within 90 days of the date of decision. If you request a hearing, you may present your information yourself or may ask anyone else to assist you. You have the right to present witnesses in your behalf and to question witnesses who appear at the request of the Family Support Division.

**REPORTING RESPONSIBILITY**

You must report any changes in circumstances within 10 days of when they happen, no matter what causes the change. You have a continuing obligation to report and cannot wait until you are contacted. Any information provided is subject to verification by Federal, State and Local officials. You may be denied benefits and/or be subject to criminal prosecution for knowingly providing false information.

**DISCRIMINATION**

The Missouri Department of Social Services is committed to the principles of equal access to services. Applicants for or recipients of services from DSS who believe they have been denied a service or benefit because of race, color, national origin, sex, age, disability, or religion may file a complaint by writing to:

Missouri Department of Social Services  
Office for Civil Rights  
P.O. Box 1527  
Jefferson City, Mo 65102      or the

US Department of Health and Human Services  
Office for Civil Rights,  
601 East 12<sup>th</sup> Street Rm 248,  
Kansas City, Mo 64106.



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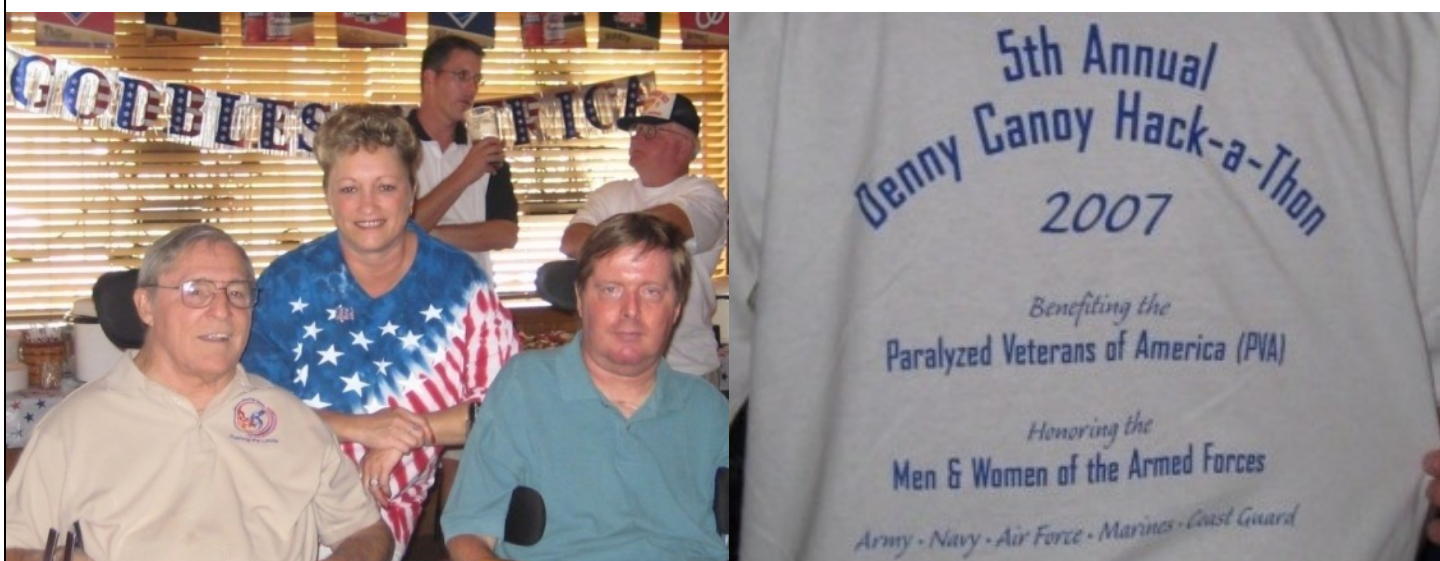
Choice

Safety





Left, winners of the year end Trap Shoot are presented with awards and right, a group picture from the same event



Left, Denny Canoy and Bob Kiger at the annual Denny Canoy Hack-a-Thon with event T-Shirt shown at right



Left, pictures from the annual Halloween luncheon and right, the annual Lone Elk Park event. On the back cover the JB staff are dressed as "Black Eyed Peas".

*November 2007*

<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 Sup- port Group at JB 1:30 - 2:30	9	10 Vets Day Parade Noon Downtown
11	12 Veteran's Day Office Closed	13 BOD Meeting Overland 11:30	14	15 Thanksgiving Luncheon JB	16	17
18	19	20	21	22 Thanksgiving Office Closed	23 Thanksgiving Office Closed	24
25	26	27	28	29	30	

*December 2007*

<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	11 BOD Meeting Overland 11:30	12	13 Patient Sup- port Group at JB 1:30 - 2:30	14 Newsletter Articles due	15
16	17	18	19	20 Christmas Luncheon JB	21	22
23 30	24 Office closed 31	25 Christmas Office closed	26	27 Annual Steak Dinner JB	28	29



Address Service Requested

Gateway Chapter  
Paralyzed Veterans of America  
9738 Lackland Road  
St. Louis, MO 63114



*JB therapy staff dressed up for the annual Halloween party. What are they dressed as? See inside for answer.*



*Veterans with Spinal Cord Injury or Disease . . . Living Life to the Fullest*