



GATEWAY GAZETTE

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



Pattonville Firefighters 3rd Annual Sporting Clays Shoot

By Jim Trombley, Secretary

On June 23rd, the Pattonville Firefighters held their 3rd Annual Sporting Clay Shoot fundraiser. This year the competition was held to support the Muscular Dystrophy Association and the Gateway Chapter Paralyzed Veterans of America. It was the first year Gateway PVA was designated as a recipient of part of the proceeds.



James Williams, Jim Trombley, LaRoy Smith and Stan Brown, Gateway PVA President.

There was an outstanding representation by the Gateway Chapter Paralyzed Veterans of America. Our president Stan Brown, I, and four other members were in attendance. Our chapter team was sponsored by one of our faithful donors, allowing us to shoot at no charge. Unfortunately, once we got there we noticed the range was not fully accessible and we would not be able to formally compete. Even though we were not able to compete, we still were able to shoot clays at several of the 14 stations.

Each team competing consisted of four members and each team member had an opportunity to shoot four (4) clays at each station. The team with the highest score would of course win the competition. Shooting the clays was very challenging as they went in different directions at each station. Some clays rolled across the ground like rabbits, while others went almost straight up, went left, right, and fast and slow. There were cash prizes as well as other drawings and raffles. Many prizes were given away and everyone from our team won something. The crowd was very enthusiastic about our organization and many winners returned their cash prizes in support of the fundraiser. Drinks and food were also provided. The barbecued pig and homemade potato salad were really good.

The Pattonville firefighters and volunteers were extremely helpful and accommodating. There were several golf carts available and we were chauffeured around. A rental company even donated a ramp equipped golf cart for those that could not transfer to a golf cart seat. Eventually, it became too much and we quit early due to the heat, jolting and general difficulty of getting around. All Gateway Chapter PVA members in attendance earned 20 sport points each.

The event was well-planned and carried out without a hitch. It was very hot and dusty, but the firefighters and volunteers made sure we had plenty of shade and cold drinks. I am thankful to the Pattonville Firefighters for including us in their fundraising efforts and to the owners of Black Hawk Valley Gun Club for supporting this event. One important thing to remember about fundraisers: Event sponsors and staff love it when they get a chance to meet the veterans they are supporting. If you or any member you know can attend a future fundraiser, I highly recommend it.



Mark Woolbright and Bryan Vancil of the Pattonville F.D. with Gateway President, Stan Brown.

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

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18th Annual Jack Buck/GPVA Golf Tournament

September 10, 2013

The Landings at Spirit Golf Club
180 N. Eatherton Rd.
Chesterfield, MO 63005
Registration at 10:30 am



20 points!

Kuk Sool Won Martial Arts Demonstration

September 14, 2013

St. Charles High School
Gymnasium 10:00 am



20 points!

Annual Membership Picnic

September 27, 2013

10:00 am-3:00 pm
Des Peres Park
12325 Manchester Rd.
Des Peres, MO 63131

5 points!

Canoy Hackathon

September 28, 2013
Deer Chase Golf Club
Lake of the Ozarks

20 points!

Annual JB Memorial Service

October 17, 2013, 1:30 pm-4:30 pm
Following the GPVA SCI Member/
Patient Luncheon

The Memorial Service will be held in
the Auditorium, Building 1.

10 points!

National Veterans Creative Arts Festival

October 21-27, 2013
Reno, Nevada



**Gateway Chapter
Paralyzed Veterans of
America**

**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
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St. Louis, MO 63132
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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



SCI/D Unit in Freefall

I realize that was a strong title for a paragraph in my article, but hopefully it got your attention. We have been without a full-time, permanent SCI Chief since January of this year. Two previous selection panels made a choice of individuals who declined accepting the position. Regrettably, no PVA representative or other patient stakeholder were involved on either selection panel other than that of an "observer." I had made known my strong objection to the lack of any veteran patient representative participating in the selection process. I'm now scheduled to be part of the interviewing process on additional candidates.

In the absence of a permanent SCI Chief, I can't help but feel that the independence and spirit of the SCI unit have been stressed, if not broken. One SCI professional recently left, apparently quitting, without any notice being given to SCI staff until the day of departure. There was no arrangement or thought of continuity of care for our members. SCI nursing staff and management have, in my opinion, also been treated less than professionally and not in compliance with the Veterans Health Administration Handbook concerning the spinal cord injury service. Departing PVA NSO Tony Timmons and I have been making a strong argument to "right this ship," but the struggle continues.

John Cochran Again Ranks Lowest in Patient Satisfaction

In July, through a Freedom of Information Act request, I received a copy of the fiscal year 2012 Veterans Health Administration Consumer Assessment of Healthcare Provider Systems (CAHPS) of all VA facilities. Unfortunately, John Cochran once again, for the fourth year in a row and since the inception of the survey, had the lowest inpatient satisfaction score of any VA facility in the survey (132 VA facilities). Prior to this survey, the VA had a Survey of Health Expectancy of Patients (SHEP) where for the three years of that survey's existence, John Cochran recorded the most inpatient "satisfaction" responses that were "significantly worse than the national average" of any VA hospital. The prior St. Louis VA Medical Center Director has accepted another position in the Philippines and a search for a replacement Medical Center Director is ongoing. In the interim, we have been working with acting directors concerning our members' care.

John Cochran Positive News-SCI Parking Spaces at JC

We've been working with management for some time to obtain reserved John Cochran spots for veterans who drive their vehicles with hand controls because their vehicles cannot be readily parked by the valet service. Two such spots have now been marked off. We're working with the VA on arranging distribution of special placards for the spots for those who qualify. Don't have the details yet, but call our office in September and hopefully we will have this worked out with the VA. We'll also contact everybody we have email addresses for when information becomes available.

Service Officer Tony Timmons Departs

As noted in his article in this newsletter, Tony is leaving in October for his home state of South Carolina. On behalf of all members we wish him well and safe travels. Tony was a strong advocate for veterans benefits and especially medical care. He's recently been a tireless voice in raising issues concerning the SCI unit. Rodney Harris will be his replacement and take over the Jefferson Barracks SCI unit office on the second floor. I also know Rodney to be a strong advocate on our behalf.

Free Rams Football Tickets

We have three Terrace Level seats for two (2) St. Louis Rams football games this year that we are giving away by a lottery method. For each game, one seat is a wheelchair space and the other an able-bodied seat. The tickets are for the September 26, 7:25 p.m. game against the 49ers and the October 6, 12:00 p.m. game against the Jaguars. Please contact our office no later than close of business on September 12, 2013, if you are interested in tickets for either or both games. Winners will be notified by email or phone to arrange picking up or mailing their game tickets.

Attaboy

By Ruth Kult



Well, Hello. I haven't written in forever.

Basically, I admit the lazy bug bit me and I'm thinking it held on there for a long time. It didn't drown in the shower or in the tub. But the lake water at Creve Coeur Lake broke it loose and I left it behind. Creve Coeur Lake is where the MDWSA (Missouri Disabled Water Ski Association) held their 2013 Summer Splash Water Ski Clinic.

In this article I'm going to give one bit and two pieces PLUS an Attaboy.

The "one bit" is about my dear friend Floyd Porter. Sad, Sad, Sad. I found out that Floyd had passed away while at the Tampa Airport when we were flying back from the wheelchair games. Rose Ganz told me. She didn't want to say anything until we got back. We didn't get back to St. Louis in time for his funeral.

Porter was a fighter. He loved going to the games, especially in Alaska. He seemed to be up for anything, even snow skiing at Hidden Valley. Good ole' Porter. I know some intelligent people and I'd rank Porter right up there with the best of them. He kept me informed with the latest current affairs. By just looking at him you'd never know the man was well educated. Some of us were lucky enough to know him and have lunch with him every Thursday at the Canteen. After lunch a few of us would go to the bowling alley and he was always one of the few. Even though his chemotherapy treatments made him feel tired, he still managed to make it to Jefferson Barracks on Thursdays.

"Two pieces" refers to Nurse Anita and her amazing daughter, volunteer extraordinaire, Emily. Bill Skiles and I hired Anita Price as our attendant at the National Veterans Wheelchair Games. We both had very different needs. Anita would get Bill dressed and ready for the day. In the evenings she would go to his room and get him ready for bed. Harry Brown was also there. He became very ill. Thankfully, Anita was familiar with his situation and she jumped right in to help him to start feeling better. Emily was trying to keep Harry intact, which is like having a full time, nerve wracking job.

We were at weightlifting one evening and it was like she was meant to be there. A man walked by where she was sitting. He was kind of stumbling. I think he might have fallen at one point and was coerced by everyone to have a seat on the bleachers. He was having some kind of a diabetic issue. All of the sudden we saw a big swarm of red. They were younger Red Cross volunteers that had not really been informed on how to deal with such a situation. Anita jumped right in and said "I got this, I'm a nurse." She helped him. The man, obviously disorientated and very scared, was lucky Anita was there to help.

All in all, I had more fun at these games. Anita is just a fun person. Anita and Harry are both free spirits. Maybe this is why they get along so well.

Anita deserves an Attaboy. Nurse Anita, you're a very good nurse. I'm happy I had you as my attendant. It just worked well for everyone. Thanks!

Thank you for reading!

MARVIN FOSTER RECEIVED HIS AWARD



It took a while to organize the presentation, but on August 7, 2013, Gateway President Stan Brown and Past President Dr. Robert Huskey presented Marvin with the "Living Life to the Fullest" award. Marvin was smiling, although it's hard to see in the picture, and Stan was awake, even though his eyes are closed!

Gateway Chapter PVA Recreation Points Review

By Jim Trombley, Secretary



The members of Gateway PVA are actively involved in many recreation activities. Members participate in swimming, quad rugby, handcycling, archery, air rifle, bowling, basketball, track and field events, fishing, billiards, table tennis, slalom, sled hockey, weight lifting, snow and water skiing. Two of our most popular activities are the Winter Sports Clinic held in Snowmass, Colorado, and the National Veterans Wheelchair Games (NVWG) held every year in a different location. There is also the PVA Bass Tournament and Trap Shoot Circuit, which are held in various locations throughout the U.S.

The goal of the GPVA Recreation Points program (also known as Sports Points) is to motivate and engage our veterans to participate in activities that benefit them in multiple ways. Members can make new friends, participate in friendly competition, and enjoy food, fun and sun, while living life to the fullest. Points can be earned throughout the year to help with funding to participate in the two main PVA sponsored activities (Winter Sports Clinic and NVWG). Also, for those members who don't have an interest in attending athletics/sports activities, points can be earned and used for other forms of entertainment (such as movies, gift cards, concert tickets, etc.; not available for Associate Members). This usage will be awarded at \$1 per point earned, up to \$150 annually, and only awarded in a non-cash distribution such as gift cards or event tickets (minimum of 25 points). Members can redeem points for entertainment or sports, but not both. Entertainment points was established to allow members that are not interested in sports to redeem points for tickets to ball games or gift cards to have dinner out with friends or family.

Recreation Participation Points are awarded for different categories (please refer to our website for points details). To obtain Recreation Points credit, members must be present for 1/2 hour at luncheons and one hour at all other events. It is the member's responsibility to sign the roster at each event. Please ask if you don't know who is taking attendance at the event. The person taking attendance must forward the roster to Susan at SusanLyle@gatewaypva.org for approval and she will then forward it to me for data entry. Gateway Chapter PVA point earning activities include Chapter luncheons, Board and Membership meetings, fundraising events and other activities, such as getting an article published in the Chapter Newsletter. I maintain an Excel spreadsheet for all members' points. Make sure you get signed in at all activities and your points will be up to date. Please contact me at jimtrombley@charter.net to find out how many points you've earned so far.

Continued on page 7

In memory of...



John Haddon	Caruthersville, MO	06/14/13
James Monahan	Moberly, MO	07/02/12
Florida Needham	Ferguson, MO	05/13/13
Mark Oakes	Elkland, MO	06/23/13
Floyd Porter	E. St. Louis, IL	07/17/13
Matthew Schremp	Perryville, MO	07/07/13
Dan Shay	Gardner, KS	04/19/13



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

Gateway Chapter PVA Wishes to Welcome Our New Members

Robert HoisingtonCatawissa, MO
Georgia Lymore.....Granite City, IL

Kevin Lipscomb Mexico, MO
Joseph Piotrowski Higbee, MO

Veterans Benefits Department Advocates

By Tony Timmons, Senior National Service Officer



What is the Veterans Benefits Department, and who are the advocates?

For those of you who do not know, the Veterans Benefits Department (VBD) is the “other side of the shop” of PVA. The majority of you are familiar with the Gateway Chapter and what it does for its members, non-members, veterans in general and the community. Only one of the hundreds of things that the Chapter does is publish this newsletter.

VBD includes Field Services and Vocational Rehabilitation, among its responsibilities. Field Services is the department heading that PVA Service Officers fall under. The Service Officers are the advocates of the VBD. In the State of Missouri, we have four such advocates. Fred Bradley, Senior Benefits Advocate, Rodney Harris, Senior National Service Officer and myself, also a Senior National Service Officer, are located in St. Louis. The newest addition to our group, Brent Follas, is a National Service Officer Candidate in our office at the Kansas City VAMC.

We not only work with veterans in the State of Missouri, we assist veterans in neighboring States. We are often tasked with assisting offices in other States by going on Temporary Duty (TDY) to those locations.

Did you know that on the PVA Membership Application there is a paragraph that states, “The Veterans Benefits Department advocates for quality health care for our members and can assist you to obtain the appropriate benefits available as a result of your military service. Is PVA presently your benefits representative?” Then there are boxes for checking “Yes” or “No.” Unfortunately, we are seeing too many of these coming to us marked “No.”

As Service Officers for PVA, we pride ourselves in doing our jobs better than any other Service Organization. We specialize in handling the complicated cases associated with veterans who have spinal-cord injuries or spinal-cord diseases. Even though we specialize in handling these types of cases, we are expertly trained to handle all types of claims. If you are not currently represented by PVA, contact one of us and we will be more than happy to discuss with you the possibility of having PVA designated as your representative for VA claims matters.

On a personal note: As the old saying goes, “all good things must come to an end.” Which is what is happening with me and my time here in St. Louis. By the beginning of October 2013, I should be in my new office in Columbia, South Carolina. I will be transferring to our office there at the VA Regional Office. I grew up in the Charleston area, so this transfer is giving me an opportunity to return to my home state.

I have met and worked with, and for, a lot of interesting and diverse people during my 7+ years here. The members and our clients, including their spouses and family members have been a tremendous source of joy, laughter, excitement, sorrow, tears and pleasure over this time. The members of this Chapter have touched, and affected, my life in a way that very few people will ever have the opportunity to experience. I want to say “Thank You” for sharing this with me.

As veterans, or people who care for or are related to veterans, we have the need to deal with the Department of Veterans Affairs (VA). As with many agencies, you will run into good “apples” and bad “apples.” There are people who understand and accept the reason they work for the VA and treat the needs of veterans accordingly. Then there are others who are not. You know the type of people who see themselves first and foremost as the “stewards of tax-payers money.” As a veteran, YOU are your most important advocate. I urge you to never lose sight of that in your experiences with the VA.

I thank all of you who have served our Country, and have served our Country’s veterans and their families. May God bless you all! God bless the United States of America!

Gateway PVA Recreation Points Review—Continued from Page 5

By Jim Trombley, Secretary

If multiple events are attended during a sports year, the qualifying points are subtracted from the member's total (e.g. a member has 130 points and the NVWG uses 100 points for full funding, then remaining points = 30). Also, for example, if the Board of Directors votes to make full funding \$800 for 100 points, then someone with 100 points will get reimbursed up to \$800 for the event. Using this formula, if you don't have 100 points, then 25 points = \$200, 50 points = \$400, 75 points = \$600. Points are only used in multiples of 25. A sports year begins the day after the BOD (Board of Directors) meeting that occurs at least 30 days prior to the start of the NVWG and ends the day of that BOD meeting. All points redeemed for Entertainment must be claimed by the end of our sports year. Participation Points may be redeemed twice a year for Entertainment or Sporting events, but not both. To get reimbursed for your travel expenses, you will need to complete a travel claim form and attach original receipts. Associate members may use Recreation Participation Points for the Winter Sports Clinic or the NVWG, but are not eligible for Entertainment tickets or gift cards.

Participating in events throughout the year is a lot of fun. Fundraisers are my favorite because they usually include sports such as Trap and Skeet, Meat Shoots and Bowling. The funds you redeem with your points come from the Gateway PVA Sports account. Attending fundraisers can really help raise funds for Gateway PVA's Sports account. I hope to see you at one or more of our functions in the coming year. For more information on how to receive points, see our website "sports" tab listed under Programs: <http://gatewaypva.org/Programs/Sports/Sports.htm>

Reflections of Life, Reflections of Water

By Bonnie Hilburn

Thirty years ago, Bonnie Hilburn was a patient at the Rehabilitation Institute of Kansas City (RIKC). To this day she is grateful for all RIKC has done for her. Each year she attends Day at the Lake, which has also had a dramatic effect on her life. Below is Bonnie's personal reflection that she submitted to RIKC.



Bonnie sits in her skis as she waits for the adventure to begin.

Now that I'm retired, and experiencing increasing disability, I've had increased opportunities to reflect on my life since spinal cord injury.

At the age of 29 I was involved in an automobile accident that left me with C6 quadriplegia. I was "rehabbed" at the Rehabilitation Institute of Kansas City, MO over 30 years ago. I've worked for 25 years following my injury because I wanted to be a "dues paying member of society." One of the community outreaches of the Rehab Institute is Day at the Lake (DATL). This day provides an awesome opportunity for individuals with spinal cord injury to experience water sports including water skiing, kayaking, canoeing and boat rides. There are usually also clubs offering trials on hand cycles and other adapted cycles, information on opportunities for kayak & canoe outings and other adaptive sporting events. There are also vendors of supplies and equipment to make our lives easier.

For many of the years I worked, the only vacation I took was the one day I went out to DATL. I've been attending DATL for 10 years now and I'd like to share what it's meant to me.

I was never a particularly athletic person and after my injury I initially thought people with disabilities got into sports because that was all they were capable of doing. What a misconception! As an able-bodied person prior to my accident I enjoyed summer the most. At DATL, one of the things I was exposed to was adapted water skiing. Over the years this has become my favorite activity and my brief escape from reality. One day a year I feel whole and I have many nights filled with dreams of flying and floating and warm summer days.

I am indebted to the Rehabilitation Institute of Kansas City for not only providing the rehabilitation, which helped me realize my full potential as a person with a disabling spinal cord injury but also for giving me the best nights of sleep following my participation in DATL and realizing dreams far beyond my expectations.



Bonnie gets up on the skis with the help of a volunteer.



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33rd National Veterans Wheelchair Games

By Charley Wright

Across the nation, veterans prepared for the 33rd National Veterans Wheelchair Games. The Games, representing the largest annual wheelchair sports event in the world, were presented by the Department of Veterans Affairs and the Paralyzed Veterans of America. More than 600 Veterans from across the United States, Puerto Rico and Great Britain competed in Tampa, Florida, from July 13-18.

"The National Veterans Wheelchair Games provide an incredible opportunity for veterans who have been training and competing all year to showcase their talents on the world's stage," said Secretary of Veterans Affairs Eric K. Shinseki. "VA is committed to world-class care for our Nation's veterans and we encourage them to use adaptive sports as a key component of their physical rehabilitation. These athletes, more so than anyone, know the healing power of competition and camaraderie that this event provides."

The 33rd Games included competitions in 18 different events such as swimming, basketball, table tennis, archery and wheelchair slalom, which is a timed obstacle course, and Boccia, new this year as a medal event. We are very proud of our St. Louis Athletes who brought home: 18 gold, 8 silver and 9 bronze for a total of 35 medals.

We want to congratulate all of over athletes.

- * Bill Skiles (1 Gold & 1 Bronze)
- * Charles Marion (2 Silver) & (New athlete team member)
- * Terri Fuda (5 Gold & 1 Silver)
- * Rose Ganz (4 Gold, 1 Silver & 1 Bronze)
- * Bobby Hutchinson (2 Bronze)
- * Joey Avellone (1 Gold & 1 Silver)
- * LaRoy Smith (1 Gold, 3 Silver & 2 Bronze)
- * Harry Brown (1 Bronze) (7 years since his last wheelchair games)
- * Ruth Kult (4 Gold)
- * Doug Barnes (1 Silver)
- * Roderick (Hot Rod) Hodges (2 Gold & 1 Bronze) (New athlete team member)
- * Glen Fretz (1 Gold & 1 Bronze) (New athlete team member)

Joey Avellone with his Gold Medal!



Bill Skiles with his Medals!

In addition to the competitions and the opening and closing ceremonies, the Games included a "Kids Day at the Games." Local children with disabilities had the opportunity to interact with the athletes, participate in sporting events and watch the veterans compete. Team St. Louis was represented by Terri Fuda and Joey Avellone as Team Members for Kids Day. Great Job!!!



Terri Fuda at "Kids Day" at the NVWG.

"Participating in the Games is a truly life-changing experience for seriously injured veterans of every generation," said Bill Lawson, U.S. Army Veteran and National President of Paralyzed Veterans of America. "Please take a moment to tell disabled veterans in your neighborhood about the Games. Encourage them to get involved. We can't wait to welcome them to the 34th National Veterans Wheelchair Games in Philadelphia next summer."

As the games were coming to a close in Tampa, Team St. Louis set its sights on August 12-17, 2014, in Philadelphia. We are anticipating at least 1/4 of our team will include new athletes, bringing Team St. Louis to over 20 athletes competing in the 34th NVWG.

We want to also include a big thank you to "Permobil" for their generous donation to cover all of our athletes' and team members' shirts, hats and also backpacks.

Please visit the Team St. Louis Facebook Page at <https://www.facebook.com/pages/Team-Saint-Louis/218213408217740> for more information and pictures!

MIA
William Grier



*Have you seen or know the whereabouts of this member?
He is in danger of being dropped from the PVA roster.*

Please call us, write to us, or e-mail us if you know where he is! Our contact info is inside the front cover.



ATTENTION ATTENTION ATTENTION

By Matt Luitjohan

Applications for the 28th National Disabled Veterans Winter Sports Clinic will be available soon. If you are interested in participating, or have questions about the event, please contact Matt Luitjohan at 314-894-6602 or email me at matthew.luitjohan@va.gov. We would love to have you participate as a member of Team St. Louis. The clinic offers world class training and education in adaptive downhill skiing and cross country skiing. Other areas of interest include training and exposure in Sled Hockey, Curling, Snowmobiling, SCUBA diving, Kayaking, Trapshooting and Rock Climbing. Talk to you soon and I hope to see you on the slopes!



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September




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Labor Day- Office Closed	3	4	5	6	7
8	9	10 Golf Tournament at Landings at Spirit Chesterfield, MO 20 pts.	11	12 Election Ballots Due! (9/19)	13	14 Kuk Sool Won Martial Arts Demo St. Charles High School @ 10 a.m. 20 pts.
15	16	17 BOD Mtg. @ GPVA 4 pm 15 pts. non-BOD Mbr.	18	19 Mbr/Patient Luncheon/Qtr. Mbr Mtg. at JB @ Noon 5/15 pts.	20	21
22	23	24	25	26	27 Annual Member Picnic at Des Peres Park 10 am—3 pm 5 pts.	28 Canoy Hackathon Lake of the Ozarks 20 pts.
29	30					



October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Newsletter Articles Due	5
6	7	8 BOD Mtg. @ GPVA 11:30 am 15 pts. non-BOD Mbr.	9	10	11	12
13	14 Columbus Day- Office Closed	15	16	17 Member/Patient Luncheon at JB @ Noon 5 pts. Also on 10/17 - Annual JB SCI	18	19
20	21 Nat'l Veterans Creative Arts Festival Reno, NV—October 21-27	22	23	24 Memorial at 1:30 pm in the Auditorium 10 pts.	25 Halloween Party at JB SCI	26
27	28	29	30	31  HAPPY HALLOWEEN		

Don't forget to complete the enclosed
election ballot for the 2013-2014
Board of Directors!
(Ballots are due by September 19)



Address Service Requested

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



Congrats
Team St. Louis
for bringing home
35 medals!

Way to Go!

Great
Job!



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