



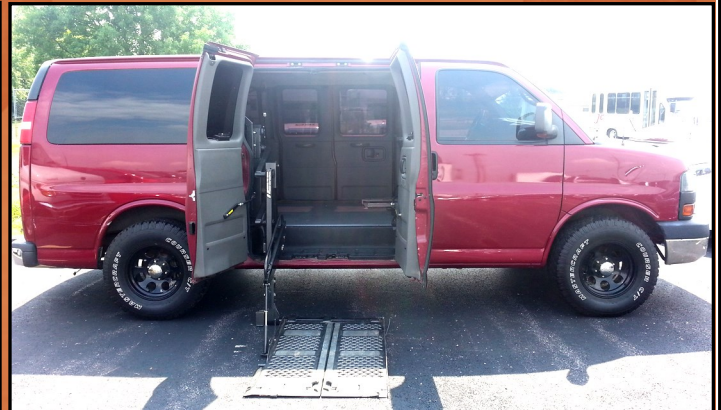
# GATEWAY GAZETTE

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



## The Great Gateway Giveaway By Stan Brown, President

In an unprecedented Chapter giveaway, we purchased and gave away 4 gently used accessible vans with a total cost of \$101,500.00. A few months ago we were in a favorable financial position and the Board chose to “share the wealth” by giving back to our members in a different way—furnishing accessible transportation to members in need, to get them out of their house and start “living life to the fullest.” We thought the van purchases were a great idea. Pictured on the top left is President Stan Brown with member/winner Kip L. and his 2012 Town & Country; at the top right is Stan and member/winner Larry C. with his 2010 Town & Country. The bottom left picture is the 2010 Ford Transit Connect won by member Vernon H. The bottom right picture is the 2006 GMC Van, which was just transferred to member Anthony M.



### Inside—Important Upcoming Events & More...

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

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Paralyzed Veterans of America**  
<http://www.gatewaypva.org>

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Kansas City, MO 64128

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**Has your address changed? Please inform us by email: [susanlyle@gatewaypva.org](mailto: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**

**Trap/Archery**  
**Missouri Dept. of Conservation**  
**Jay Henges Shooting Range**  
**The final event will take place on the second Monday,**  
**September 8, due to the Labor Day holiday.**  
**1100 Antire Rd.**  
**High Ridge, MO 63049**



**19th Annual Jack Buck/Gateway PVA  
Golf Tournament**

Tuesday, September 9, 2014  
Landings at Spirit Golf Club in Chesterfield

**Kuk Sool Won Martial Arts Demonstration**

Saturday, September 13, 10:00 a.m.—Noon  
St. Charles High School Gym  
725 Kingshighway  
St Charles, MO 63301



**Veterans Appreciation Day at  
High Ridge Elks Lodge**

Saturday, September 13, Noon—6:00 p.m.  
2808 Old Hunning Rd.  
High Ridge, MO 63049

**YMCA Trout Lodge Adventure**

September 25—28, 2014



**Canoy Hackathon**

Saturday, October 4  
Lake Valley Golf & Country Club  
367 C.C. Blair Drive  
Camdenton, MO 65020

**2014 National Veterans  
Creative Arts Festival**

October 27—November 2  
Milwaukee, WI



<https://www.facebook.com/GatewayPVA>

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 Brown



### *Great Gateway Giveaway of Accessible Transportation*

Early this summer we found ourselves in the enviable position of having a nice reserve of liquid assets. This, in large part, has come from prudent financial management and the rise in the stock market over the last several months. I would be remiss if I also didn't mention the unbelievable success of our annual charity golf tournament last September, which has been phenomenal thanks to our volunteers. Early this summer the Board of Directors voted to spend a substantial sum (just over \$100,000) to purchase used, low mileage, accessible vehicles for a member drawing. The end result, as noted on the front page, is that we purchased four vehicles for a total cost of \$101,500. All four vehicles have now been given to members and we (Gateway) are paying for hand controls for those able to drive.

Not unexpectedly, the most difficult question was the selection of the vehicle recipients. By a letter to all our members with addresses, I informed membership of our program to purchase and give away vehicles. Members were invited to email or write to us and describe their need for a vehicle and what difference it would make in their life. We received 26 responses and from that narrowed it down to the 15 "most deserving." The 15 names were then placed in a tin and board members at our June meeting drew eight names in order. I then "vetted" those names as best I could for actual need, criminal history record, and ability to use and maintain the vehicle. We then tried to match the vehicles we were considering with the individuals. The vehicles were ultimately purchased from two local vendors, an Illinois resident (ad in the paper a board member saw), and one of our members. We are hoping these vehicles make a big difference in the lives of the recipients, and help them realize Gateway's vision of "living life to the fullest."

### *Big Changes Coming in VA Healthcare?*

I put a "?" on the title for this section because I'm not sure anyone really knows what the VA system for our healthcare is going to finally look like. The \$16 billion Veterans Access, Choice and Accountability Act has now been signed into law. In recent months the VA has been all over the news, highlighted with the delays and cover-up of those delays and appointments at the Phoenix VA. On the national level, in response to these issues and congressional inquiries, PVA has responded both in written and oral testimony. This month (August 2014) there are PN magazine articles from the PVA Executive Director (Homer Townsend) and the magazine's editor (Richard Hoover), that provide an excellent analysis of what's going on and the possible consequences. PVA and I both have concerns with the rapidity of the consideration of the bills, the effect of expanding access to non-VA contract care, and maintaining the significant value of specialized VA care. The many values and benefits of a SCI/D unit, with specialized professional staff and the camaraderie/therapeutic value of the veterans being together, will be lost in piecemeal contract service arrangements with area private hospitals.

### *I Can't Believe She's Leaving—MaryAnn Jacobs (NP)*

The nicest, smartest, best nurse a fellow veteran could ask for, is retiring in September. Nurse Practitioner Mary Ann will be leaving the Jefferson Barracks SCI/D unit, the new six-bed acute care unit at John Cochran, and wherever else she was needed, to travel with her husband and spend time with grandchildren. I don't often say this, but she will be "irreplaceable." I know she will miss me interrupting her 15 minute lunch breaks to ask her questions or reorder a script. Gateway and all its members will miss this wonderful lady, but wish her the best of retirements!

### *Rams Tickets*

Gateway has purchased two sets of tickets (able-bodied and wheelchair space) for upcoming Rams games. We have two seats available for the Sunday, September 21, 2014, 12 pm game against the Dallas Cowboys, and two seats available for the Sunday, November 30, 2014, 12 pm game against the Oakland Raiders. These seats are located approximately on the 30 yard line and in the wheelchair section with excellent sight lines. If interested, please call or email the office by 5:00 p.m. on Friday, September 5, to enter the drawing.

## Attaboy

By Ruth Kult



### SAD NEWS

No, it's not the passing of someone, but to a few of us it's just about as bad. Our beloved Mrs. Mary Ann Jacobs will be retiring in September. I wish I could say it was an ugly rumor. I know that some people say everyone is replaceable. Yes, maybe the position is replaceable, but no one can replace the person.

Mrs. Mary Ann started Nursing School at Jewish Hospital School of Nursing, then continued on at the University of Illinois for a Bachelor's of Science in Nursing (BSN). She then received her Master's in Nursing from St. Louis University. She's an Advanced Practical Nurse (APN).

She has always worked in spinal cord injury. During her education and training she worked in a rehab unit and liked it so much, she continued her training and experience at the Rehabilitation Institute of Chicago. She then made everyone grateful on this side of the river by moving to St. Louis. Mrs. Mary Ann liked the Rehabilitation Institute of Chicago, but is more of a country person than a big city girl. It is easier to get out to the country from St. Louis than it is from Chicago. At that time, Jewish Hospital was the only hospital in St. Louis offering spinal injury rehabilitation. She started out as a staff RN where she began teaching and then became a clinical nurse specialist.

Mrs. Mary Ann has had many years of experience as a wound care nurse, both at Jewish Hospital and the VA. Until about a year ago, she consulted as a wound care nurse at Missouri Baptist Hospital.

Mrs. Mary Ann Jacobs is married. She has one daughter who is married and expecting her first child. I'm sure that Mary Ann will be a wonderful grandmother. Just look how kind and caring she is to people who are not even part of her actual family. She definitely has a wonderful, kind and caring demeanor. After Mrs. Mary Ann retires, she and her husband plan to travel around the United States. They would like to go to Alaska to visit some good friends.

One of the highlights of Mrs. Mary Ann's work at the VA Spinal Cord Unit has to be the people. She will miss her VA "family." The staff and veterans form long-term relationships; this is what kept her here with us. These relationships don't seem to take long to build between the veterans and the staff. It's part of the attraction to her job. She also likes to see the progress that people make—how they get better and better over time.

Some of the comments made by SCI staff and veterans about Mrs. Mary Ann: "She's my go-to person," "Very resourceful," "Caring," "My spiritual advisor," "Her vast experience in all aspects of SCI," "Great sense of humor," "Good storyteller," "A natural teacher," and "Always so calm, so steady." These are just a few of the, I'm sure hundreds of, compliments about Mary Ann.

This article was a collaboration of one great mind and the person who brings you all of the great "Attaboy" stories—me. Dr. Angie Cass-Prost did pretty much all of the footwork on this. Thanks Dr. Angie!



<i>In memory of...</i>		
<i>Allen Baird</i>	<i>Ozark, MO</i>	<i>06/14/14</i>
<i>Donald Blanchette</i>	<i>O'Fallon, IL</i>	<i>05/20/14</i>
<i>Marvin Foster</i>	<i>St. Louis, MO</i>	<i>07/12/14</i>
<i>Hershel Huff</i>	<i>Curryville, MO</i>	<i>05/11/14</i>
<i>Samuel Lowery</i>	<i>Leavenworth, KS</i>	<i>08/21/13</i>
<i>James Modafari</i>	<i>Cincinnati, OH</i>	<i>12/04/11</i>
<i>Briskley Phillips</i>	<i>St. Louis, MO</i>	<i>01/09/13</i>



*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.*



## 2015 National Disabled Veterans Winter Sports Clinic

### ARE YOU READY FOR WINTER? NO, WELL IT'S READY FOR YOU!

Come join Team St. Louis and be a part of the "Miracles on the Mountain Side" at the 2015 National Disabled Veterans Winter Sports Clinic in Snowmass, Colorado, on March 28 – April 4. If you haven't been there and would like more information, or went a few years ago and are interested in going again, please contact Matt Luitjohan for an application at 314-894-6602 or by e-mail at [matthew.luitjohan@va.gov](mailto:matthew.luitjohan@va.gov). You can also check it out at <http://www.va.gov/opa/speceven/wsc/docs/history.asp> or Google the "National Disabled Veterans Winter Sports Clinic." If you went last year, an application should be mailed to your address in the next month or so. I am hopeful we will have a big team this year and that you will have an amazing experience learning to ski down the mountain.

If you have any other questions or would like more information, please contact me. Applications will be due by the middle of October, so schedule your physical with the doctor now to ensure it is completed by the deadline. Also, if you are over the age of 40, let them know when you call that you will also need an EKG done.





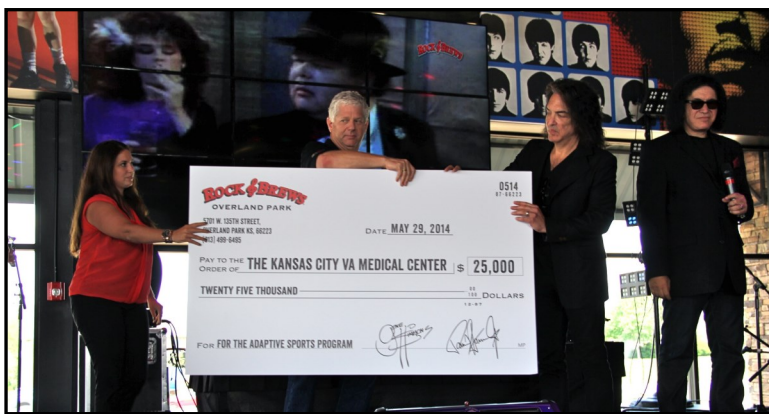
## KISS Gives Back to Veterans

By Brent Follas, NSO II

On May 29, 2014, there was an event called *Give Back to Veterans* held at the new *Rock and Brews Restaurant* in Overland Park, Kansas. Only veterans were allowed in during a period of time for lunch and a personal meet and greet with the KISS band members, Gene Simmons and Paul Stanley. Everyone was in agreement that the food was delicious. The Rock and Brews meal began with vegetable sticks, followed by different salads, such as potato salad, garden salad, and cole slaw. Pulled pork sliders, pizza, and chicken wings were the main course, and let me tell you, it was hard to savor every bite. If you're ever in Overland Park, definitely make this a place to stop, relax, and enjoy some great food.

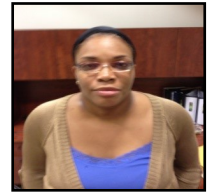
Gene and Paul were busy mingling with everyone. It was a surreal experience as veterans gathered around the Rock Hall of Famers for their autographs. Gene Simmons and Paul Stanley rallied the "KISS Army" to focus on the stage. All of the local news stations were in attendance to report on the dynamic duo's \$25,000 check presentation to the Kansas City VAMC Adaptive Sports Program. As we cheered and clapped, Gene Simmons and Paul Stanley said they have a deep admiration, affection, and appreciation for America's Veterans.

Some of the members in attendance were: Jeff Carneal, Shane McCray, Kevin Bye, Cara Combs, Bonnie Hilburn, Vienna Smith, Michael Laughman, David Herring, and Kathy Wayne. VA employees who were there were: Kevin Inkley, Associate Director; Glenna Greer, Public Relations; Kathy Ricker, SCI Coordinator; Melissa Jacobson, Chief of Voluntary Services, and Chief Kearney, Chief of VA Police. Of course, I was there! (also see picture on page 9)



## Returning to the Workforce

By Pat 'Trice Smith, MS CRC Vocational Rehabilitation Counselor



Are you considering returning to the workforce? Answer these 4 questions before embarking on your career search:

- Are you really ready to reenter the job market?
- Have you kept up with the trends and issues impacting your industry?
- Are your skills current and up to date?
- Do you have realistic expectations of today's workplace?

Below are three tips on how to return to the workforce like you never left:

### 1. Beautify your resume and/or cover letter.

Break down all your skills and put them on a functional resume, one that focuses on your skills and abilities, not a chronological resume, that focuses on work history. Then, once you are face-to-face with an employer figure out ways to showcase your skills and successes through meaningful and relatable anecdotes. For example, if you've renovated your home, explain that enormous undertaking and your role in managing it.

### 2. Develop Yourself-Turn time out into time well spent!

Be ready to articulate what you've been doing and why it's relevant to what you want to do next. Seek out your transferable skills. You'll need to package them in a way that shows you are ready, willing and qualified to handle anything that comes your way. Hopefully, you have maintained your credentials, kept your skills sharp, and/or enrolled in training/classes; if not there is still a silver lining: there is a looming labor shortage that means many employers will be willing to look at nontraditional candidates and obtaining additional training is easier than ever. There are several websites where you can enroll in classes from the comfort of home. Some are free and others paid. Some examples are: Coursera (which offers free courses) and Udemy (which has both free and paid courses). Coursera has more than 600 free courses from top universities and organizations.

### 3. Network

You must focus on meeting people the same way you do in other aspects of life: through mutual friends and contacts. Connect with former colleagues and working friends. Ask for leads on jobs and ask for other contacts. Another great way to meet people in your industry is to join a professional group. You'll find associations in every field as well as working women support groups and LinkedIn. Even your alumni association – no matter how long ago you graduated – is a stellar resource.

Veterans with Spinal Cord Injury or Spinal Cord Disease that wish to work might consider calling a Paralyzed Veterans of America Certified Vocational Rehabilitation Counselor. Pat 'Trice Smith can be reached at: (708) 202-5832 or by email [pattrices@pva.org](mailto:pattrices@pva.org).

# 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 to us, or e-mail us if you know where they are! Our contact info is inside the front cover.*

**Richard Banton**  
**Chad Kocina**  
**Raymond Radecki**  
**Rick Taylor**

**Shawn Kemp**  
**Jonathan Lewis**  
**Dale Salyer**  
**Philip Wickinson**





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The Annual Gateway Chapter PVA Trap Shoot took place on Friday, June 20, 2014. It was a perfect day for everyone in attendance, but especially for our 3 big winners! Shown below are: On the left, 1st Place Para, Ken Johanning; far right, 1st Place Quad, James Williams; and in the center is Grand Champion, Jim Trombley.



**CONGRATULATIONS TO OUR NEW AND RETURNING BOD OFFICERS AND DIRECTORS FOR FY 2014-2015:**

**PRESIDENT—STAN BROWN**

**VICE PRESIDENT—ROSE GANZ**

**TREASURER—DENNIS DURRWACHTER**

**SECRETARY—JIM TROMBLEY**

**DOUG BARNES**

**STEVE BIRKEMEIER**

**CHAD BUDER**

**JAMES HOLLAND, PHD**

**ROBERT HUSKEY, PHD**

**RUTH KULT**

**SCOTT RICHARDS**

**JAMES SMITH**



**Paralyzed Veterans  
of America**

Gateway Chapter

At Right: KISS singer, Paul Stanley, poses with member, Shane McCray and his service dog, Sonata.



**Congratulations to Noah Agne, son of Gateway Chapter PVA member Charles Agne. Noah was awarded a PVA Educational Scholarship for 2014-2015.**



**GATEWAY CHAPTER PVA**

**WISHES TO WELCOME OUR NEW MEMBERS**

Clyde Hixson ..... Atchison , KS

Artie Loveall ..... Warsaw, MO

Larry Rice ..... Wichita, KS

John L. Wood ..... Winfield, MO

Cynthia Kilgore ..... St. Louis, MO

Conrad Madding ..... Mount Erie , IL

Michael Shearer ..... Blue Springs, MO

## Royals Lose, but PVA Wins...

By Cara Combs

We all enjoy a good Royals game, right? It's even better when experienced with a good friend. Thanks to the Gateway Chapter PVA, we got to enjoy a game with 10 good friends. It was spectacular to watch such an exciting game with some old faces, as well as some new ones. I enjoyed watching Bonnie Hillburn and her companion sample every food possible in the stadium. To be able to chat with fellow members over a game and really catch up with them was absolutely priceless. It was also nice to see everyone get involved with the outing, too.



By the time this newsletter is produced, we will have had our Kansas City Member Forum with GPVA President Stan Brown, scheduled for August 8. I hope a lot of members showed their appreciation by attending this meeting and letting him know we would like more outings like the one Gateway gave us on July 29th!

Thanks for a great evening!



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 <h1 style="text-align: center; color: #DAA520;">September</h1> 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Labor Day Office Closed</b>	2	3	4	5	6 10 pts. <b>Vets App. Day High Ridge Elks September 13</b>
7	8 <b>Trap/Archery Jay Henges Range (pg. 2)</b>	9 <b>Golf Tourney @ Landings at Spirit See pg. 2 20 pts.</b>	10	11 <b>KC Handcycling Clinic September 11-12</b>	12	13 <b>Kuk Sool Won St. Charles High See pg. 2 20 pts.</b>
14	15	16 <b>BOD Mtg. @ GPVA 11:30 am 15 pts. non-BOD Mbr.</b>	17	18 <b>Member/Patient Luncheon @ Noon / Qtr. Mbr Mtg. at JB 5 pts./15 pts.</b>	19 <b>Member Picnic Des Peres Park 10 am-3 pm 5 pts.</b>	20 <b>AMVETS Kirkwood Pig Roast/BBQ 20 pts.</b>
21	22	23	24	25	26	27
28	29	30				
<b>YMCA Trout Lodge Adventure 9/25—9/28</b>						

 <h1 style="text-align: center; color: #FF8C00;">October</h1> 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 <b>Canoy Hackathon See pg. 2 20 pts.</b>
5	6 <b>Newsletter Articles Due</b>	7	8	9	10	11
12	13 <b>Columbus Day Office Closed</b>	14 <b>BOD Mtg. @ GPVA 4:00 pm 15 pts. non-BOD Mbr.</b>	15	16 <b>Member/Patient Luncheon at JB @ Noon 5 pts.</b>	17	18
19	20	21	22	23	24	25
26	27 <b>National Veterans Creative Arts Festival in Milwaukee, WI October 27—November 2</b>	28	29	30	31 <b>Happy Halloween</b>	



**Paralyzed Veterans  
of America**

Gateway Chapter

**1311 Lindbergh Plaza Center  
St. Louis, MO 63132**

Address Service Requested

## **-Thank You Pattonville Fire Protection District-**

On Saturday, June 7, the Pattonville Firefighters held their 4th Annual Sporting Clays Shoot to benefit both the Gateway Chapter PVA and Responder Rescue. This is the second year that PFD chose the Gateway Chapter as a recipient. Pattonville Fire District is also heading up our charity golf tournament this year! We sincerely appreciate the efforts of our firefighters and volunteers. Thank You!!!



**President Stan Brown (Left) and Secretary/Sports Director Jim Trombley (Right) at the Clay Shoot**



**Rodney Bland from the Pattonville Fire District (Right) presents a check to GPVA Board Member Dr. Bob Huskey**

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