

GATEWAY GAZETTE



Veterans with spinal cord injury or disease living life to the fullest!



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

“Veteran’s with Spinal Cord Injury or Disease, Living Life to the Fullest”

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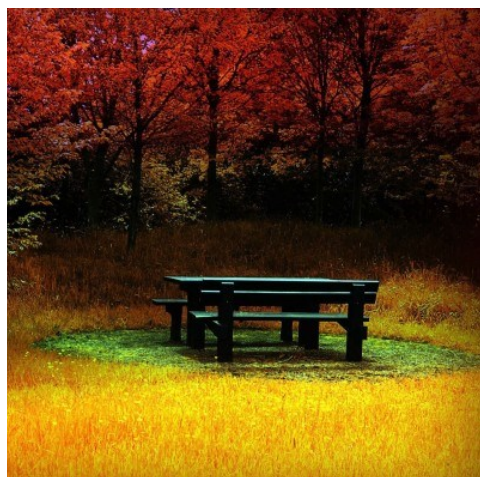
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Veterans Outdoor Adventures



The Gateway Chapter PVA “Shoot for the Gold” Annual Trap Shoot will be held Friday, October 2nd, at the Gateway Gun Club in Bridgeton, MO. This is a free event for our members. If you want to have a chance at a trophy, be sure to arrive by 10 a.m. to get some practice shots in! Lunch will be served.



Annual Membership Picnic

~ Lone Elk Park ~
 September 25, 2015
 10 a.m. – 3 p.m.



Paralyzed Veterans of America

Gateway Chapter

Time to update your address or email?

Please email, write or call us at:

info@gatewaypva.org

Gateway Chapter PVA
 1311 Lindbergh Plaza Center
 St. Louis, MO 63132
 (314) 427-0393 or (800) 426-4058
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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 Report by Stanley D. Brown

Sports/Recreation Points

At National PVA meetings, I have the opportunity to discuss with other chapter representatives how they fund their members for National Veterans Wheelchair Games (NVWG), Winter Sports Clinic, and other recreation events. Every chapter complains about lack of membership participation and, anecdotally, I believe the majority of chapters use some type points or participation system whereby funding is based upon a member's participation in chapter events. It's my personal believe, and the Board's for the last several years, that this system is necessary. It is extremely easy to amass points, even if you live away from the chapter. Every member who lives more than 100 miles from either the chapter office, works full-time, or has another "hardship" like living in a nursing facility, has their points doubled. Points are accumulated each "sports year" and do not carry over from one year to the next. The year usually ends one day after the National Veterans Wheelchair Games and begin the next day the next sports year. This year any point you had accumulated prior to the wheelchair games would be applied to funding your participation in the 2015 games in Dallas. This year also presents two events early in the sports year that will require funding for most people: the Kansas City Bocchia tournament (where we are paying the hotel bill), and the upcoming Trout Lodge. At the board meeting on August 11, 2000, the board approved allowing a member to go -40 points in the negative to cover those two events until September 15, 2015, when a member can earn 20 points for attending our annual charity golf tournament. All the opportunities are printed in each newsletter and can be found on our website. Your to date point accumulation, can also be found on our website.

New Participants

Members participating in the NVWG or the Winter Sports Clinic for the first time, will receive full funding regardless of their point accumulation. The same rule will apply for a member's first time attending the Outdoor Adventures at the Trout Lodge.

Payments and the Amount Paid

Usually at the board meeting preceding an event, the board determines the funding levels required for full or partial funding. The board considers what we are told traveling, lodging, meals, and participation will cost for the event AND what the VA recreation funds or other funding sources will provide for a participant. The board will then determine what that remaining balance is in considering the funding amount is necessary to go without personal cost. We would then determine what amount of points to cover those costs. We have continued to equate 10 points equaling \$100. For example, merely showing up for a free meal at the monthly SCI/D luncheon is five points, which translates to \$50. Coming to our golf tournament is a fundraising event, which is worth 20 points and translates to \$200. If we are providing \$500 (to cover full funding after other sources are applied), a member needs to have accumulated 50 points. If they have less than 50 points, their funding would be a percentage based upon their point total (if they've accumulated only 25 points, they would only receive \$250).

Mode of Travel and Attendant Funding

When the board estimates that dollar amount is needed for "full funding," they have considered what it cost to either fly or drive to the event. If you are flying without an attendant, your airfare cost would have been considered in determining what it takes to attend the event after subtracting other available funding sources. Driving reimbursement is based upon round-trip mileage times \$.40 per mile. If an individual member is receiving "aid and attendance" funding in their VA pension and compensation or someone (could be a family member) is receiving VA payment for "bowel and bladder care," we will consider that member to be in need of an attendant for travel, and provide some assistance. The member will be reimbursed for the attendant's airfare and meals, if not otherwise provided. If the member travels by car, the attendant obviously will also not receive mileage reimbursement. Likewise, the attendant is expected to stay in the member's room and will not receive any funding for separate lodging. The rule now (decided at the August 11, 2015 board meeting) for attendant payment/salary for her pay staff or the days assisting a member is as follows: In cases where the member is rated R1 or R2 for their pension and compensation, Gateway will not provide any additional payment for or to the attendant. The rationale is that a member would be paying an attendant anyway, and the member would continue to receive VA funding for "aid and attendance" during the event and travel. Members who are not classified as R1 or R2, for instance, does members living in nursing homes or VA facilities, would still be eligible for their attendant to receive \$75 per day from Gateway. If an attendant works for two members on the same trip, they would be considered "sharing" an adult payment of \$75 per day would be paid to the attendant. Gateway needs to be the attendant directly after the member submits a voucher. All forms for reimbursement or payment authorization for an attendant can be found on our website at <http://gatewaypva.org/Forms/Forms.htm>.

Sports Equipment

Alan Knabe, NSO II



The National Veterans Wheelchair Games (NVWG) was in June this year in Dallas. Hundreds of athletes from across the country were in Texas to participate in dozens of events. Co-sponsored by the Paralyzed Veterans of America (PVA) and the Department of Veterans Affairs (VA), the NVWG are a rehabilitation and sports program for veterans of all athletic abilities.

One of the goals of the event is to empower vets with spinal-cord injury or disease (SCI/D) to live more active and healthy lives. Being active and participating in sports is shown to have many health benefits, including reducing stress, lowering blood pressure and decreasing the risk of pressure sores.

You may be considering participating in a sport or just want to get active, but don't know how to get the equipment needed for some activities. Sports, such as quad rugby, require specialized chairs that can get a bit pricey. However, the VA can help you get sports and recreation equipment. Here are some tips to help get you started:

Forms & Approvals

You need to be enrolled in the VA health care system, but once you find a sport or activity you enjoy, let your recreational therapist know.

You must be engaged in the sport, which requires a specially-designed sports model wheelchair. Next, you need to be medically cleared by your physician to participate in the activity for the requested equipment. After being medically cleared, your doctor will need to put in a prescription. The prescription/request to receive the sports model wheelchair will go through the Major Medical Equipment Committee, a local wheelchair committee or a physician who specializes in rehabilitation medicine.

Like anything with the VA, there are a few forms (10-2641) to be filled out. Your provider will need to complete a Recreation and Sports Equipment Request form supplement to Form 10-2641, which will get you medically cleared to participate in activities.

Then, the VA will determine what type of equipment you'll receive based on your competitive goals. You'll need to provide documentation showing you're serious about pursuing the equipment you're requesting in order to be competitive. As an example, if you want to race and be competitive, you may have to submit letters and participation data and also satisfy equipment trials before the VA will approve a racing handcycle or other necessary equipment.

The VA wants to ensure the equipment they're spending money on won't be used once and then never used again.

The List

Here's a quick checklist of the required documentation for all requests:

- Completed and signed Form 10-2641
- Prosthetics consult & prescription
- Diagnosis and date of illness or injury onset
- Physical condition/functional limitations and reason device prescribed
- Functional benefit gained from device
- Ability of veteran to operate device with or without assistance

Continued on page 5 →



- Extent of equipment tried
- Alternatives considered and/or tried (be specific)
- Training provided to veteran and/or caregivers
- Itemized quote from vendor
- Illustrative literature and/or scientific publications

Keep in mind that if you're already taking part in a sport or activity with approved equipment, the VA won't replace things just because you want a new model. You have to demonstrate a need for it to compete at a higher level.

This list may seem extensive, but it's important for the VA to have all the necessary documentation. Your local PVA National Service Officer (NSO) can help you acquire all documents and assist you along the way during this process.

Find Your Sport

You can visit pva.org to learn more about what sports are available to you.

PVA has a wide range of activities and programs through its chapters across the country, including bass fishing, shooting sports, billiards, bowling and more. Some of these activities don't require specialized sports wheelchairs either.

You can also contact the recreational therapy unit at your local VA SCI/D facility. The recreational therapy service offers several sports ranging from boccia, quad rugby, basketball or tennis. The facility may also coordinate a number of recreational activities for those not so competitively-minded.

For more information or help working through the list or requirements, visit pva.org or contact the nearest NSO from the PVA Service Office.



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It's finally here—Our 20th Annual Jack Buck / Gateway Chapter PVA Golf Tournament. Members earn 20 points by attending the biggest fundraiser of the year. Please join us on Tuesday, September 15, 2015 at the Landings at Spirit Golf Club in Chesterfield, MO 63005. Don't miss out on the FUN!



Interested in a free online course to help veterans deal with stress, coping with physical injuries, and financial or relationship difficulties? Go to this VA website and press the “Start the Course” button. It is completely anonymous and definitely worth your time:

<http://www.veterantraining.va.gov/MovingForward/>

GATEWAY CHAPTER PVA WISHES TO WELCOME OUR NEW MEMBERS

Brian DePaul.....Kansas City, KS

Larry Moss.....Excelsior Springs, MO

Michelle Melland.....Kansas City, MO

Richard Lindenbusch.....Kansas City, MO
MO

George Brown.....Camdenton, MO

Stanley Bissell.....Baring, MO

Larry Coile.....Harper, KS

Gregory MorrisSt. Louis, MO

Edwin Evans.....Grain Valley,

Frank OttermanKansas City, MO

2016 National Disabled Veterans Winter Sports Clinic

By Matt Luitjohan



ARE YOU READY FOR WINTER? NO, WELL ITS READY FOR YOU!

Come join Team St. Louis and be a part of the Miracles on the Mountainside at the 2016 National Disabled Veterans Winter Sports Clinic in Snowmass, Colorado, from April 2nd through April 9th. If you haven't gone before and would like more information, or went a few years ago and are interested in going again, please contact me, Matt Luitjohan, for an application. You can reach me at 314-894-6602 or by e-mail at matthew.luitjohan@va.gov. You can also find out more details about the Winter Sports Clinic by visiting <http://www.va.gov/opa/speceven/wsc/docs/history.asp> or you can Google search "National Disabled Veterans Winter Sports Clinic."

If you went last year, you should have already received an application, but if you didn't go last year, just call or e-mail me and I'll get one to you. 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. **Make note: All applications are due by October 1st**, so make sure you schedule your physical with your doctor immediately. Plus, if you are over the age of 40, you should let them know that you will need an EKG done also.



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

Phillip Baldwin

Rick Taylor

Michael McKinney

Chad Kocina

Joe Sabo





Don't forget, our annual membership picnic is just around the corner—Friday, September 25, 2015. Please also remember that this year it will be held at Lone Elk Park in Valley Park, MO, just like the good old days. Meet us at the Whitetail Deer Shelter. We'll be there from 10 a.m. to 3 p.m. This event is free for our members. There will be BBQ, games, and really great people to converse with!

Rentals Available



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What a Game!!! By Kathy Wayne

The Gateway Chapter PVA was kind enough to purchase K.C. Royals tickets for the game against Tampa Bay Rays for the Kansas City members. Bonnie and her sister Becky went to the July 6th game during a severe thunderstorm. That was the night we had tornado warnings all over the city. Bonnie and Becky were evacuated with the rest of the fans when the tornado sirens went off. They were escorted to the tunnels where they would be safe until the storm passed. They got to see a part of the stadium few people ever see.

After all of that, the game was postponed until the next day. Bonnie Hilburn, Joe Marvil and I really enjoyed ourselves. We had good seats and we took part in all of the good concession food. The game was exciting. The Royals and the Rays went back and forth scoring their runs.

The Rays came up in the 9th inning; the score was 5-4 in favor of the Royals. Then Kevin Kierner hit a triple off of K.C.'s closer Greg Holland. Kierner scored on a wild pitch and tied the game 5-5.

Then the Royals came up to bat. Eric Hosmer and Alex Rios hit one-out singles before Omar Infante walked loading the bases. Here comes Paulo Orlando who was just called up from triple A. He hit a grand slam, just a few feet away from us into the fountains, giving the Royals a walk-off 9-5 victory!

The crowds went wild. It was a lot of fun. I have never seen a grand slam in person; I will never forget it. It was very exciting. On behalf of Bonnie and I, I would like to thank the Gateway Chapter for a great time.

Picture Provided by Bonnie Hilburn



In memory of...

Robert Korbus	Licking, MO	April 9, 2015
Alfred Ross	Wichita, KS	May 8, 2015
Kenneth Williams	St. Louis, MO??	November 4, 2014
Everett Hughes	Carbondale, IL	December 10, 2014
Craig Johnson	St. Jacob, IL	March 17, 2015



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.

September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Labor Day	8 BOD Meeting @ 4 p.m. 15 pts/nonBOD	9	10	11	12
13	14	15 20th Annual Golf Tourney 20 pts	16	17 JB Patient & Member Lunch; Quarterly Mtg 5/15 pts { Trout Lodge Adventures 17th— 20th }	18	19
20	21	22	23	24	25 Annual Member Picnic @ Lone Elk Park 5 pts	26
27	28	29	30			

October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Shoot for the Gold Trap shoot	3
4	5	6	7	8	9	10
11	12 Columbus Day	13 BOD Meeting @ 11:30 a.m. 15 pts/nonBOD	14	15 JB Patient & Member Lunch 5 pts.	16	17
18	19	20	21	22	23	24 Sweat w/the Vets 5k Run, Walk or Roll @ 7:30 JB
25	26	27	28	29	30	31 Halloween



**Paralyzed Veterans
of America**

Gateway Chapter

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

Address Service Requested

During the PVA annual convention in San Diego, President Kovach announced they were distributing 10 slide boards bearing the PVA logo to all 25 VA SCI/D Centers as our gift to the veterans.

To the right is a picture of President Stan Brown presenting the slide boards to the staff at the Jefferson Bar-racks VAMC.



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