

Gateway Gazette

September/October 2019

Volume 52 Number 5



Paralyzed Veterans
of America

Gateway Chapter

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

www.gatewaypva.org

www.twitter.com/PVA_Gateway

www.facebook.com/GatewayChapterPVA

The material contained herein expresses the opinions of the writer and not necessarily the opinions of the editor or the Gateway Chapter, Paralyzed Veterans of America. All material in the Gazette may be reprinted unless specifically prohibited. Readers are encouraged to submit their articles to info@gatewaypva.org or via US mail at the address shown below and send to the attention of the editor.

GPVA Officers

Stanley Brown, President
Rose Ganz, Vice President
Don Feldott, Treasurer
Scott Richards, Secretary

Board of Directors

Doug Barnes
Chad Buder
Jamie Hatfield
Robert Huskey, PhD
Ruth Kult
Lou Monken
Mike Norris

Long Distance Board of Directors

Bonnie Hilburn-Independence, MO
Steve McIntosh-St. Joseph, MO
Matt Schneider-Springfield, MO

Chapter Hospital Liaisons

Scott Richards - Committee Chairman, JB
Harry Brown - St. Louis, John Cochran

National Director

Stanley Brown

GPVA Staff

Chris Blanchard, Executive Director
Amber Lee, Administrative Assistant
John Vasel, Transportation
Martha Rampani, Transportation
Vacant, Government Relations Director

Kansas City Service Office

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

St. Louis Service Office

9700 Page Blvd. Suite 101, Room 1-114
St. Louis, MO 63132
Office: (314)253-4480 or (800)795-3614
Fax: (314) 253-4170
Jeremy Lile, National Service Officer
Susan White, Accredited Administrator

Jefferson Barracks VA Medical Center

JB SCI, Room 2S25
#1 Jefferson Barracks Drive
St. Louis, MO 63125
Office: (314) 894-6467
or (866) 328-2670
Fax: (314) 894-6465
Rodney Harris, Senior Benefits Advocate

PVA National Liaison VP

Ken Ness



**Paralyzed Veterans
of America**

Gateway Chapter

Time to update your address or email?

Please email us at info@gatewaypva.org or write or call us at the following:
Gateway Chapter PVA•1311 Lindbergh Plaza Center•St. Louis, MO 63132
(314) 427-0393 or (800) 426-4058 •Fax (314) 427-4183

We are offering the option to receive our Chapter's newsletter by email. Members taking advantage of electronic delivery will help to reduce the cost of printing and postage. In turn, this will allow the Chapter to put more funds toward our members and member programs. If you have not done so already, please contact Administrative Assistant Amber Lee at amber@gatewaypva.org, or Executive Director Chris Blanchard at chris@gatewaypva.org, if you would like to start receiving your newsletter electronically.



by Stanley D. Brown

President's Message

Giver or Taker?

24th Jack Buck/GPVA Golf Tournament

Possible House Giveaway

Still Looking for a Few Good Women/Men

\$110,000 of Vehicle Grants Awarded

ARE YOU A GATEWAY GIVER OR TAKER?

Fifteen years ago when I was first attending a National PVA convention, I met a seasoned officer from another Chapter who over a few beers said he had learned to categorize PVA members as either a "giver" or "taker." In essence, did they belong to the National PVA Board or a Chapter to see what they could do to help others or improve PVA, or were they involved to get what they could in reimbursements for travel or meals. For example, Gateway could pay out up to \$6,000 to an eligible member and their attendant for three athletic events plus Trout Lodge. In addition, Gateway members receive \$10,000 housing grants, \$2,000 vehicle hand controls, and possible generator or vehicle grants. Don't misinterpret my message, our Chapter vision statement and our purpose is to help members live fulfilling lives, but what's the motivation of member participation? Is it actually to help other members by raising money or perhaps doing peer mentoring, or is it "merely" to earn participation points for self-interest? Now being a seasoned veteran, some would say curmudgeon, when I hear people speak or receive their email, I instinctively and probably unfairly think "giver" or "taker."

ANNUAL JACK BUCK/ GPVA GOLF TOURNAMENT FUNDRAISER - OCTOBER 8

Tuesday, October 8, 2019, is our 24th charity golf tournament. This event is

our biggest fundraiser of the year and we usually net after expenses \$70,000-\$100,000. The tournament again this year will be held in far West St. Louis County, at the Landings at Spirit Golf Course. It is most important that we get as many members as possible there to be seen by the golfers who are participating in the tournament and staying for the auction. Please try to arrive by 10 AM, stay for a free lunch, stay a little to mingle, and earn 20 fundraising points. We still need teams, so pay for some family members to play. Also, we still need gift certificates for our auction. Solicit your local merchants or restaurants you frequent. Call or email the office for donation flyers/letters.

POSSIBLE NEW HOUSE GIVEAWAY

Good thing this is not the April issue of our newsletter. After reading the above heading you might say: "Yeah, right." Our Executive Director and I have been contacted by a charity fundraising group that said they would like to build a house for "a paralyzed veteran." I told him we could certainly find a good candidate. I don't have any more details at this time, but if this sounds interesting to you, you need to do two things: 1) make sure the Chapter has your name and current email because we will probably send out a notice by email and 2) if you don't have an email address or want to be sure, call the office in late September and we should know the status of this program/opportunity.

GATEWAY IS STILL LOOKING FOR A FEW GOOD WOMEN/ MEN

PVA has just opened their new Chapter Hospital Liaison (CHL) program whereby Gateway members will visit both the SCI Hub Jefferson Barracks and John Cochran six bed acute care unit, and spokes to include the Kansas City, Columbia, Poplar Bluff, Marion Illinois, and Kansas spokes in Leavenworth, Topeka, and Wichita. We still need volunteers for the Columbia, Marion, Poplar Bluff and Wichita participation spokes. Your only requirement is to visit the spoke at least once every three months and fill out and submit a preprinted report detailing how many people you saw, any issues you heard from patients or staff, and generally tell us how our members/people are being treated. You will receive participation points for the position plus time that you spend talking with SCI patients. If you travel more than 50 miles one way, you will be reimbursed at the rate of \$0.40 per mile. Please call the office if you are interested and I will talk to you. I can also send you a copy of the new CHL manual and forms for reporting.

\$110,000 IN VEHICLE GRANTS AWARDED

At our August Board of Directors meeting, the Board voted to award two \$35,000 grants and four \$10,000 grants to purchase or trade in for an accessible vehicle. No other PVA Chapter has such a program.

Blue Water Claims Welcomes a New Wave of Claims

by Jeremy Lile, National Service Officer

Claims for service connection due to Agent Orange exposure require two things. First, a veteran must be diagnosed with one of the fourteen illnesses listed in 38 CFR 3.309 (e) – (AL Amyloidosis, Chronic B-cell Leukemias, Chloracne, Diabetes Mellitus Type 2, Hodgkin's Disease, Ischemic Heart Disease, Multiple Myeloma, Non-Hodgkin's Lymphoma, Parkinson's Disease, Peripheral Neuropathy, Early-Onset, Porphyria Cutanea Tarda, Prostate Cancer, Respiratory Cancers, and Soft Tissue Sarcomas).

Secondly, veterans must meet certain geographic service requirements. Up until this year, veterans were required to prove they set foot in Vietnam or somewhere near the Korean Demilitarized Zone. Simply flying over Vietnam does not meet the service requirement.

However, the Blue Water Navy Vietnam Veterans Act of 2019 has expanded the area of possible exposure. The new law was signed on 6/25/2019, and takes effect on 1/1/2020. Per Public Law 116-23, veterans who served aboard a vessel on the inland waterways, or on a vessel operating not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia may be eligible for compensation benefits.

Eligible Navy veterans must provide evidence to support that they served on a ship that was in the specified territory waters. The needed information may be found by searching Navy Deck Logs and/or Carrier Reports. The National Archives has digitized a sizable number of deck logs for Navy ships. The digitized deck logs are available on this site: <https://www.archives.gov/research/military/logbooks/navy-online>. The list of ships are presented in chronological order. Each ship can be selected in order to review more in depth historical information.

The Blue Water Navy Association has also prepared a series of reports presenting information on when Aircraft Carriers entered the territorial seas off Vietnam within the required 12 nautical miles of the baseline.

For any veterans that had their claim for an Agent Orange issue previously denied can file a new claim based on the recent change in the law. If the claim gets approved, some veterans may get a retropayment back to the date when the original claim was submitted. Since the law doesn't go into effect until 1/1/2020, any Blue Water claims submitted before that date will be held by the VA. Contact your local NSO for any questions or to file a claim.

Sports and Recreation Report

by Mike Norris, Sports Director

Fiscal Year 2019 has just ended, and what a year it was! FY19 started as a normal year. The major events, like the National Wheelchair Games and the Winter Sports Clinic were planned well in advance. We were working on plans to raise enough money to help every veteran who wanted to participate.

Fundraising can be a daunting task but we are not alone. We have friends in the local communities that help us year after year. They donate their time and money to help us heal and to get us out into the world. They know that a vigorous well rounded Sport and Recreation program can help us have a healthier life.

Some local Veteran Service Organizations, like VFW Post 1831 in DeSoto, Missouri, and the Crestwood Elks Lodge raised money by hosting Trivia Nights. American Legion Post 162, in Lemay, held multiple Meat Shoots. These are just a few of the local organizations, there are many more that come together with one goal to help fellow veterans. In 2019, these VSOs were able to raise thousands of dollars to support our Gateway PVA members. These donations have allowed us to attend our fall trip to Trout Lodge with little, or no out of pocket cost to our veterans.

We also received a \$60,000 grant for sports from the Boeing Corporation. Boeing's generosity allowed us to enhance and expand our planned events and we added new events. We were able to schedule two new fishing trips, two additional Boccia tournaments, clay shooting, archery and more. We were also able to provide transportation and meals.

We owe our sponsors a huge thank you and don't forget our RTs, Matt and Charley and the Gateway PVA staff, Chris and Amber. They are the people who do the grunt work that makes the events happen. Thank you!

I am proud to announce that the Gateway 2019 Athlete of the Year is **LaRoy Smith!** LaRoy comes to every practice with a smile on his face and often singing a song. His enthusiasm is so contagious that I often find myself singing along with him. LaRoy supports every Gateway PVA function and attends most fundraisers. We can always count on LaRoy to represent the Gateway PVA with pride. LaRoy also volunteers his time to help others. He can often be found at Boccia practice helping motivate his teammates or at the PVA office helping with the Gateway Gazette.

Over the last year, LaRoy has competed in numerous Boccia tournaments. He has honed his skills to become a major threat. There are days when LaRoy is so focused that he becomes almost invincible. LaRoy also participated in the National Veterans Wheelchair Games in Louisville, Kentucky, winning a gold medal in weight lifting and a silver medal in the motor rally.

Thank you LaRoy! You are a great ambassador of adaptive sports and a teammate that we can all count on!

Powering Veterans Forward



"I most enjoy using Indego in my neighborhood, walking around, going outside, talking to my neighbors"
- Jim Dahlin, US Army Veteran, first veteran to receive Indego through VA policy

- Injury Level T3 and below
- Lightweight (26 lbs) with modular design that breaks into 5 components for easy transportation
- Slim design can be worn in most wheelchairs
- Ability to transfer in/out of car while wearing Indego
- Rapid self set up (average 5 minutes)
- Extended battery life (4 hours continuous walking)
- Wireless control via iPod allowing for real time software adjustments
- Designed and assembled in the USA



Contact National Sales Manager, Brian Schultz, for more information or to try Indego at a screening day near you.

1.217.343.7506
brian.schultz@parker.com
www.indego.com



Indego® is a registered trademark of Parker Hannifin Corporation

80 South Hwy Drive
Valley, Park, MO 63088
866-327-1600



12950 Koch Lane
Breeese, IL 62230
877-526-4131

BraunAbility Chrysler Pacifica



VMI Toyota Sienna



Authorized
BraunAbility,
VMI & ATC
dealer at both
locations



All-Terrain Conversions
(ATC)

- New & Pre-owned Wheelchair accessible vans:
Rear Entry and Side Entry ramps
- BraunAbility, VMI, & ATC Mobility Conversions
- Wheelchair / Scooter Lifts
- BraunAbility Turny EVO Seating
- Hand Controls & More



**MO and IL Locations to better serve those who served!
Ask a mobility specialist about VA funding options for
qualified conversions and equipment**

Rentals, Leasing, and Financing Available



QAP Certified
SEP/OCT 2019

www.southernbusandmobility.com

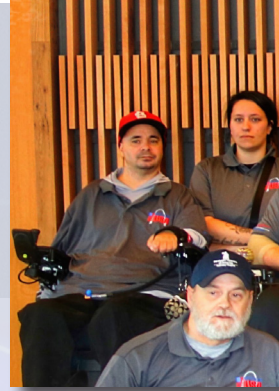


VOLUME 52 NUMBER 5



GATEWAY GI

General Information



SEPTEMBER 2019

September 2 -
OFFICE CLOSED

September 10 -
BOD Meeting
11:30am @ GPVA Office
15 pts for non-BOD mbrs

September 12 to 15 -
YMCA Trout Lodge
@ Potosi, MO

September 19 -
JB Luncheon
12pm @ JB, Building 52
5 pts for members

September 19 -
Qtrly Membership Mtg
Following Luncheon
@ JB, Building 52
15 pts for members

September 27 -
"Shoot for the Gold" Trapshoot
9am @ Gateway Gun Club

September 27 to 29 -
Lake of Egypt Fishing Trip
@ Marion, IL

OCTOBER 2019

October 1 -
BOD Meeting
4pm @ GPVA Office
15 pts for non-BOD mbrs

October 8 -
24th Annual Jack Buck/GPVA
Golf Tournament
@ The Landings
20 pts for members

October 10 -
Membership Picnic
11am @ JB, Building 52

October 17 -
JB Luncheon
12pm @ JB, Building 52
5 pts for members

October 19 -
Gateway PVA 5k/1 Mile Run/
Walk/Roll
@ Tower Grove Park
20 pts for members

October 22 -
USA Boccia Ref Clinic
@ The Pavilion at Lemay

October 23 to 26 -
3rd Annual PVA Boccia Nationals
@ The Pavilion at Lemay



Welcome to Our New Members

Thomas Combs • Larry Furnace • Peter Presutti • Donnell Thames

In Memory Of

Lester Milligan of Lake Ozark, MO	01/02/19
Gary Sitzes of Bloomsdale, MO	03/01/19
William Down of Brighton, IL	06/05/19
Dennis Durrwachter of St. Peters, MO	07/01/19
James Mazdra of St. Louis, MO	07/09/19
Kenneth Danridge of Belleville, IL	07/23/19

3rd Annual PVA Boccia Nationals

The PVA Boccia Nationals will be on October 23, 2019 to October 26, 2019, and is open to veterans and civilians with spinal cord injuries, amputations, poly-trauma, multiple sclerosis, or other neurological conditions. Veterans must also be eligible to receive care at a VA medical facility. No previous victories or tournament championships are required. Play is required in a wheelchair. Registration is limited to 50 athletes, and registration forms are due by September 28, 2019 with a \$50 registration fee. Please contact the Gateway office for further information and/or to obtain a registration form.

FREE Yoga and Tai Chi for SCI (Drop In Classes)

YOGA by Katherine McDonald - Wednesdays at 1pm to 1:45pm in the Jefferson Barracks Building 52 Dining Room. This class provides veterans an introduction to accessible yoga using a wheelchair or chair and promotes well-being in a small social group setting. Each group session proceeds through a seated breath awareness meditation practice, breath practice, a mindful movement practice, and a resting practice. A technique or theme of practice is emphasized each week, building upon elements that were introduced in previous weeks. Wear comfortable clothing for bending and stretching. No equipment required!

TAI CHI by Amber Lee - Thursdays at 3pm to 3:30pm in the Jefferson Barracks Building 52 North Dayroom. This class welcomes everyone to adaptive Tai Chi, which encourages soft movements and breathing exercises. Instructors will work with participants in developing their technique of the Seven Postures according to their physical capability. Promotion of visualization, relaxation and patience with one's self are key elements in class.

We proudly support Gateway PVA



If you have a **service-connected disability**, you may qualify for VA funding assistance for wheelchair accessible vehicles or driving modifications. If your current mobility is more than two years old, you may even qualify for a brand new conversion.

St. Louis North

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

St. Louis South

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



We're here to help!

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



Proud Supporters of the



**Paralyzed Veterans
of America**



My friend and Gateway's friend and long time Gateway Treasurer, **Dennis Durrwachter**, passed away on July 1, 2019 from numerous respiratory issues. Dennis was only 66 and after having worked full time at Boeing as a



mechanical engineer for 39 years, was about to retire. He served on our Board of Directors for ten years and was Treasurer six years. I distinctly remember recruiting Dennis when I met him at the Rehab Institute of St. Louis. He was on a stationary bike and when I discovered he was not a PVA member I quickly got him to join up and become involved. We changed our meeting times, to alternate between days and early evenings, specifically to accommodate members like Dennis who work full time. He was in the Air Force for four years (1971-1975). Dennis was injured in 1999 in a small plane accident and continued to work full time, be active with PVA, his family, and his church. He was an avid hand-cyclist and as he told me "lost many pounds" cycling around Creve Coeur Lake. Dennis was survived by his wife, Brenda Durrwachter, daughter - Monica Combest, son - Joel Durrwachter, and two grandchildren. I distinctly remember going to his daughter Monica's wedding, where Dennis rose from his chair and then with arm braces on, walked his daughter down the aisle. There wasn't a dry eye in the chapel. Farewell our friend.

by Stanley D. Brown

Kim's Korner

by Kim Vonder Haar, LCSW

Thanks to all for the positive response to my first article in the last newsletter. Now, on to new items.

SCI parking permits in the Building 52 parking lot: we have ordered hang tags for eligible SCI veteran's use, which should arrive in September. Once they arrive, an email will be sent out via Gateway PVA, with instructions on how to obtain one. Until then, it is not necessary to fill out any forms. Continue to park in the current spaces as if they were disabled parking until we receive the hang tags. Thanks for your patience with this process.

Bowel and Bladder program: By now, all those who participate in the program should have received by mail, or through the Gateway PVA email, instructions on how to obtain an NPI number. This has to be done by September 30th in order to continue to receive payment. We have not received the Veteran's Care Agreement yet, which also needs to be signed and returned by 9/30, but will be providing those as soon as available.

Also, many have contacted the SCI Social Workers about delays in payment from the bowel and bladder
SEP/OCT 2019

program. We have no control or day to day involvement with the payment process, and know you are frustrated. We have been advised to ask you to send your time sheets by US mail, or fax 2-3 times to ensure receipt. I know faxing can sometimes be difficult, and this has been communicated to the finance office. Brenda Eschenfelder is no longer able to take phone calls from veterans or caregivers, so all inquiries have to go to the Austin phone number or the customer care phone number 314-894-6603.

New Neurology Social Worker: For those of you who are seen in the ALS and MS clinic, or in neurology clinic in general, a full time social worker has recently started, Ebonee Lyle. She has been a social worker at the VA for 2.5 years in mental health. She will be taking my role in the ALS clinic, and I feel confident in leaving you in excellent hands. She will also be developing new programs in neurology, so please welcome her to the service. She is still getting settled, so to reach her call neurology clinic at 57914 and leave a message.

That's all I have for this month. Please call if you have any questions, Kim Vonder Haar, SCI Coordinator, MSW, LCSW 314-652-4100 ext. 64819



**Paralyzed Veterans
of America**

Gateway Chapter

1311 Lindbergh Plaza Center
St. Louis, MO 63132

Current Resident or

Printed at a reduced rate courtesy of NJC Printing.
If you have received this publication in error,
please call the office and let us know.



Generosity can be found anywhere.
Even the back of your closet.

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



**Paralyzed Veterans
of America**

Goods Inspiring Veterans Everywhere

**Give G.I.V.E. a try by visiting
pva.org/givegoods today!**



**Paralyzed Veterans
of America**

**WHEELS HELPING
WARRIORS**

Your donated vehicle can go far in helping severely injured veterans. Donations are sold at auction with proceeds going toward programs and services for veterans and their families. You may also receive a tax break, too! Schedule your free, easy pickup today.



WheelsHelpingWarriors.org / 866-204-4548

Paid for by the Jeffrey Carlton Charitable Foundation