



Gateway azette

September/October 2022

Vol.46
No.5



VETERANS WITH SPINAL CORD INJURY OR DISEASE, LIVING LIFE TO THE FULLEST

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**NEED TO UPDATE
YOUR CONTACT INFORMATION?**

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**DO YOU WANT TO RECEIVE
YOUR NEWSLETTER BY EMAIL?**

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Contact us at one of the following:

Gateway Chapter PVA
1311 Lindbergh Plaza Center
St. Louis, MO 63132

314.427.0393 or 800.426.4058
Fax 314.427.4183

info@gatewaypva.org

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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

Josue Cordova



PRESIDENT'S MESSAGE

by Rose Ganz

SHOW YOUR THANKS

It is that time again for our golfers to show up at the Landings at Spirit Golf Club. The Big Bubble Machine is filling the air with bubbles. Wheelchairs are rolling in, and I am reminded of Stan's encouraging words:

“If you were reimbursed for meals, travel, or had modifications done to your vehicle or home and the Gateway PVA paid for it. Then this is your golf tournament, YOUR turn to say thank you and participate in thanking the generous donors that make it all possible.”

Here are a few ways that you may participate:

- Bring in or solicit auction items for the silent auction
- sponsor a hole
- find golfers to come out and play - 4 person teams
- speak to people you know and solicit donations for the Gateway Chapter

Call or email the office if you have any questions.

ROBOT ACCESSIBILITY

In 2019, GPVA Board member Robert Huskey and the late President Stan Brown, met with Jennifer Smith, the manager of Public Programs at the Missouri Botanical Gardens, about the need for more accessibility at the Gardens.

Ms. Smith and another representative of the Gardens were open to their concerns and suggestions, as well as the ones given by the Architecture department of National PVA.



One of the instances of inaccessibility was on the tram that goes around the Garden. There was no accessibility, especially for a power wheelchair. As seen in the photo above, Missouri Botanical Gardens now has an accessible tram!

Part of our duty as a Chapter is to advocate for better accessibility. If you have personally had an issue at an establishment and a lack of accessibility, the Chapter will help advocate to the best of our ability, and if necessary, contact the National office for assistance.

FROM THE DESK OF GATEWAY CHAPTER'S

EXECUTIVE ASSISTANT

Amber Lee

UPCOMING FUNDRAISING EVENTS

September 10 @ 9am
4TH ANNUAL GATEWAY PVA
5K/1 MILE RUN/WALK/ROLL

Sons of Rest Pavilion
Tower Grove Park
4257 Northeast Dr
St. Louis, MO US 63110

This year marks our fourth year hosting the Gateway PVA 5K at Tower Grove Park. All are welcome to register online at <https://runsignup.com/Race/MO/StLouis/GatewayPVA5k1mileRunWalkandRoll> (this link can also be found on our website). You are able to register the day of the race before 9am. This year is a hybrid between in person on September 10 or virtual during the dates of August 27 to September 10. Both can be registered at the link above. Members are also welcome to come as a spectator and cheer on the participants.

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October 4 @ 9am
26TH ANNUAL JACK BUCK/GPVA
GOLF TOURNAMENT FUNDRAISER

The Landings
Spirit Golf Club
180 N Eatherton Road
Chesterfield, MO 63005

You read that correctly, this is our 26th year for our golf tournament

fundraiser! This is our biggest fundraiser of the year. The funds raised from the golf tournament support our many veteran member grants such as the Home Accessibility Grant, Generator Grant, and Hand Control Grant. The more funds that are raised from sponsorships, teams, and auction items, the more grants the Chapter is able to award.

This is where we need members to help. 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 9am, stay for a free lunch, stay a little to mingle, and earn 20 sports points for attending a Gateway Chapter fundraiser.

We still need teams and sponsorships. Additionally we need auction items for both our silent and live auction. Solicit your local merchants or restaurants that you frequent.

You can email or call the office if you would like us to send you our brochure and registration form.

Purchased Home Health Care Services Procedures

by Rodney Harris, Senior Benefits Advocate

I am asked by many veterans and caregivers, what services will VA provide for care of a veteran that would like to stay in his/her own home? If a veteran is enrolled in VHA's health care, they are eligible for a comprehensive array of medically necessary in home services as identified in the medical benefits package described under 38 CFR 17.38. VHA has shifted from an episodic treatment of illness, to a greater commitment to home and community based options for short and long term care. VHA is committed to the provisions of clinically appropriate home health care services as an important component of medical care. VHA has a long history of coordinating care across settings and payer sources to ensure health care continuity for veterans. Types of VHA purchased care include, Purchased Skilled Home Health Care (PSHC), Home and/or Home Health Aide (H/HHA), Respite Care and Palliative care (also known as Hospice).

The eligibility and determination of the need for home health services is done through a interdisciplinary assessment and the veteran is determined to have the following clinical conditions:

- (a) Three or more ADL (activities of daily living) dependencies, or
- (b) Significant cognitive impairment, or
- (c) Require H/HHA services as

adjunct care to community hospice services, or
(d) Two ADL dependencies, and two or more of the following conditions:

1. Has dependency in three or more IADLs (instrumental activities of daily living);
2. Has been recently discharged from a nursing facility, or has an upcoming nursing home discharge plan contingent on receipt of home and community-based care services;
3. Is seventy-five years old, or older;
4. Has had high use of medical services defined as three or more hospitalizations in the past year or has utilized outpatient clinics or emergency evaluation units twelve or more times in the past year;
5. Has been diagnosed with clinical depression;
6. Lives alone in the community.

When a veteran who does not strictly meet the preceding criteria and nevertheless is determined by the clinical care team to need H/HHA services, the services may be ordered, but the reason for the variance from these standards must be documented in the patient's record. This interdisciplinary team must complete an appropriate assessment and VA Form 10-0415, Geriatrics and Extended Care (GEC) Referral. This determination of need must be completed before a veteran is referred for service. The receipt of Aid and Attendance

(A&A) is not to be considered when placing veterans into home health care services. Another question then arises "What are the costs for these programs and who pays?" Remember home health care is a covered benefit for all enrolled veterans, on par with all other medical services included in the medical benefits package. A veteran who is dually eligible for both VA care and Medicare may elect to have home care services paid for under the Medicare benefit. Veterans who choose Medicare retain their eligibility for VA care and benefits. Veterans should be notified that VA has no authority to pay for any balances or co-payments that may be due after Medicare or any other non-VA source makes payment for care. The total monthly VHA cost of an individual veteran's home and community-based care services, to include skilled home health care, H/HHA services, community adult day health care, and non-institutional respite services, should not exceed 65 percent of the monthly cost per patient in the nearest VA Nursing Home Care Unit (VANHCU). Processes for purchasing home health care and hospice services must be jointly developed by Acquisition and Materiel Management Services (A&MMS) and appropriate clinical staff at each VISN or VA health care facility level.

continued on page 12

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 vehicle is more than two years old, you may even qualify for a brand new conversion. Veterans discounts available. Check out our daily rental rates!

St. Louis North

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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



2023 National Disabled Veterans Winter Sports Clinic

by Matthew Luitjohan, Recreational Therapist

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 2023 National Disabled Veterans Winter Sports Clinic in Snowmass Colorado on March 25th – April 1st. If you haven't been and would like more information or have been 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. You can also check it out at www.wintersportsclinic.org or Google "National Disabled Veterans Winter Sports Clinic." If you went last year an application should have already come to your house and if you didn't go last year 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 Matt. Applications will be due to Matt by October 12th so please make sure you schedule your physical for the doctor now to complete the physical and let them know when you call that you will need an EKG done also if you are over the age of 40.

Sports Director Report

41st National Veterans Wheelchair Games

by Lou Monken, Sports Director

Well the 41st wheelchair games is all over and it was hot at Tempe, AZ. All of us had a good time at the events at the wheelchair games, but after the wheelchair games events it was really too hot to go anywhere or sightsee. So we had to go out early in the morning to get our breakfast, before it got too hot. That was also the same for when we went for supper, we had to do it after the sun was going down. Overall we had a we had a good time and good fellowship. Oh, we had to have a covid test every morning between 5:30 and 8:30 in the morning, or you could not go to the events.

As you can see that we came home with a lot of gold, silver, and bronze medals.

MEDAL COUNT

GOLD -24; SILVER -8; BRONZE -5

DON FELDOTT; 2-G, 1-B

Cycling-G, Motor Rally-G, Air Rifle-B

BONNIE HILBURN; 2-G

Boccia-G, Bowling-G

GREG JACOBS; 1-G

Cycling-G

JAMES LUCAS; 1-G, 5-S, 1-B

Trap Shooting-G, Boccia-S, Bowling-S
Discus-S, Shot Put-S, Javelin-S, Table
Tennis-B

JOEY AVELLONE; 1-G, 2-B

Boccia-G, Bowling-B, Shalom-B

LARRY FURNACE; 1-G, 1-S, 1-B

Table Tennis-G, Nine ball-S, Disc
Golf-B

ROSE GANZ; 7-G

ALL GOLD - Cycling, Adaptive
Fitness, Discus, Javelin, Shotput, Swim
100m Freestyle, Swim 200m Freestyle

LARRY PORTER; 5-G

ALL GOLD - Rugby, Boccia Masters,
Discus, Nine ball, Trap Shooting

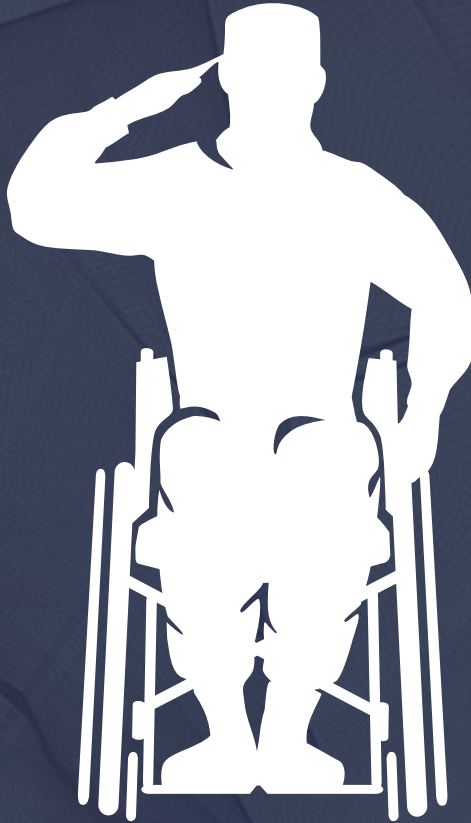
LAROY SMITH; 1-G, 2-S, 2-B

Powerlifting-G, Boccia Senior-S,
Bowling-S, Shotput-B, Disc Golf-B

LOU MONKEN; 3-G

ALL GOLD - Swim 100m Freestyle,
Swim 50m Freestyle, Swim 50m
Backstroke

At the wheelchair games we had coaches Charley Wright and Chris Blanchard. For caregivers, Don Feldott had his grandson, Bonnie has her sister Deb, James Lucas had his wife, Craig Jacobs had his brother, Joey had Bob, Rose had her husband Victor, Laroy had Barb and Lou had his daughter Cynthia.



GATEWAY G.I.

WELCOME TO OUR NEW MEMBERS

John Barney
Kimberly Boehm
Tammy Erhart
Gary Fears
Kirby Gram
Christopher Nelson
David Reed
Howard Steen
Anthony Vick
Wesley Yarbrough

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 contact the Gateway office with current contact information for the following members:

Ronnie Anderson
Lynda Hauth
Jarid Hill
Kevin Jackson
Robert Melchior
Charles Packard
Sylvester Roddy
Laurice Sappington
Robert Schneider
Donnell Thames
Willis Walker

IN MEMORY OF

Daniel Laris of St. Charles, MO	05/04/2022
John Benwell of St. Louis, MO	06/02/2022
Michael Erbe of Cottage Hills, MO	07/17/2022

GENERAL INFORMATION



SEPTEMBER

SEPTEMBER 5

OFFICE CLOSED

SEPTEMBER 10 at 9am

Annual Gateway 5k Run/Walk Roll
@ Tower Grove Park
20 points for members

SEPTEMBER 13 at 11:30am

Board of Directors meeting
Via Zoom (contact office for link) and
in person w/proof of COVID vaccination
and signed waiver
15 points for nonBOD members

SEPTEMBER 15 at 1:30PM

Quarterly Membership Meeting
Via Zoom (contact office for link)
15 points for members



OCTOBER

OCTOBER 4 at 9am

Jack Buck/GPVA Golf Tournament
@ The Landings at Spirit Golf Club
20 points for members

OCTOBER 10

OFFICE CLOSED

OCTOBER 11 at 11:30am

Board of Directors meeting
Via Zoom (contact office for link) and
in person w/proof of COVID vaccination
and signed waiver
15 points for nonBOD members

OCTOBER 18 at 11am

Membership Picnic
@ Simpson Park at Blue Heron Shelter
5 points for members



Sales, Service, Rentals, Leasing, & Financing

PROUD SUPPORTER OF THE GATEWAY PVA

Southern Bus & Mobility offers:

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Braun Chevy Traverse



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ATC Truck



Scooter Lifts



Specialty Seats

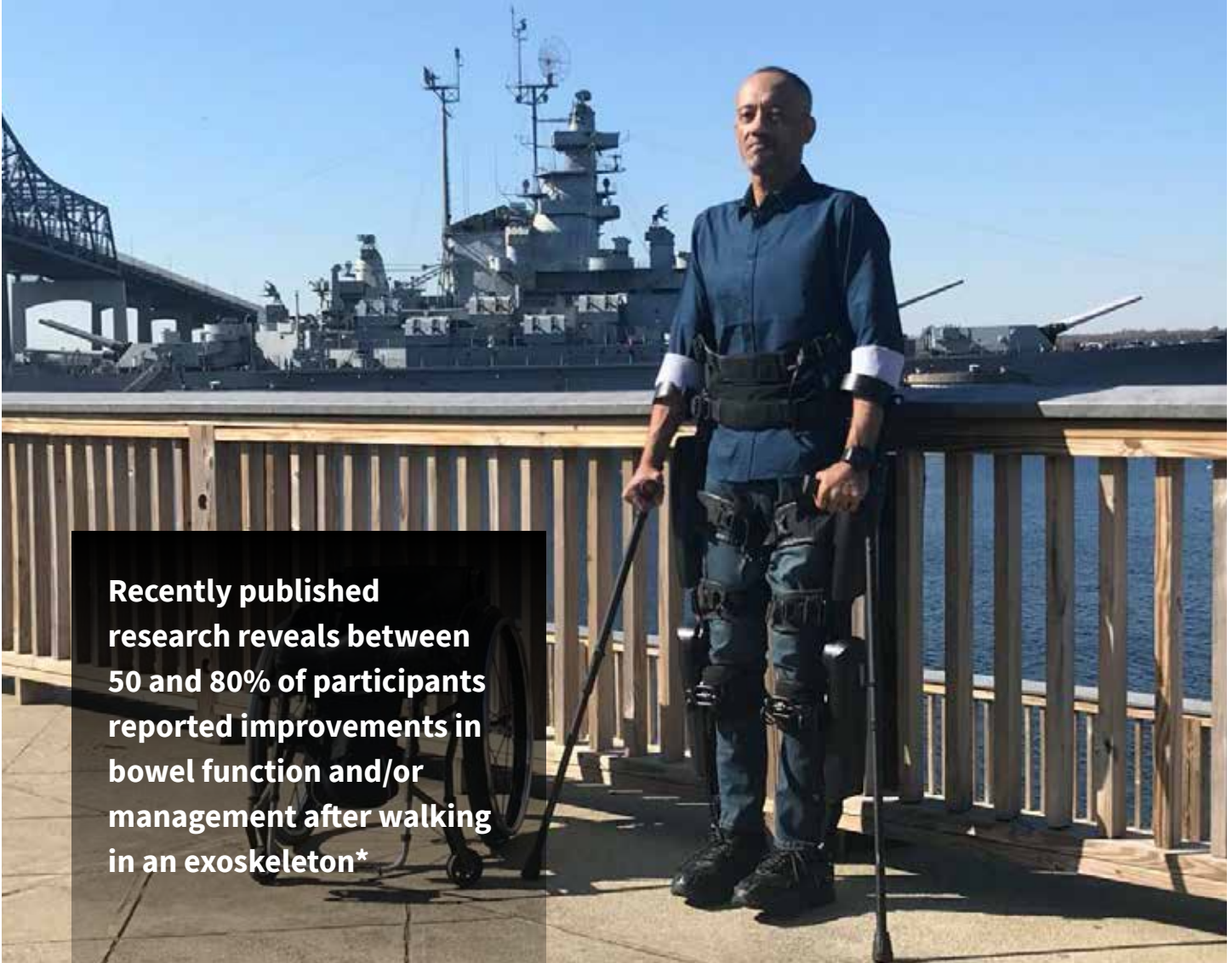
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Breese, IL 62230
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CONTACT US TODAY!

80 S Highway Drive
Valley Park, MO 63088
☎ +636-825-0700



Want To Improve Your Bowel Function?



Recently published research reveals between 50 and 80% of participants reported improvements in bowel function and/or management after walking in an exoskeleton*

Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton?

**Contact ReWalk for more Information:
rewalk.com/contact or
508.251.1154 option 2**

*Chun A, et al. Changes in bowel function following exoskeletal-assisted walking in persons with spinal cord injury: an observational pilot study. Spinal Cord. 2020;58(4):459-466.

continued from page 5

The purchasing options ensure that a broad array of home and community-based care options are accessible to veterans, and that the veteran's preference for specific resources is considered when facilitating referrals. All VA health care facilities must integrate into their overall quality management program a system of oversight and monitoring for VA-purchased home health care services. All veterans receiving VA-purchased home health care services have their need for service reviewed at least every six months for the first year of placement and annually thereafter.

Are there waiting lists for home health care services? In some VISNs within VHA "yes", check with your local social worker. It is current VHA policy in utilizing an electronic waiting list (EWL) of veterans in need of home health care services when budget resources are not sufficient to meet all identified home health care needs of veterans. For eligible veterans who are determined to be in need of H/HHA, VA gives priority to veterans who are in receipt of, or are in need of, nursing home care primarily for the treatment of a service-connected disability, or who have a service-connected disability rated at 50 percent or more. A

waiting list process for hospice care services is not to be utilized, as VA must provide or purchase needed hospice services without delay.

So, if you are in need of home health care services and are enrolled in the VHA system of care, speak with your primary care team. They will determine your needs and get the process started, to keep you in your home or community, close to your family and friends, to get the support you need to achieve your health care goals. Your local NSO or SBA can also give you insight into these programs provided by the VA.

National Director Report

by Don Feldott, National Director

During the PVA National Convention in May, the Board of Directors passed a resolution having to do with grants for outdoor recreational activities.

PVA has set aside \$50,000 to be used by chapters for outside recreational activities. Grants have a \$2,500 limitation per chapter grant request. Chapters are limited to two grants per year or until funds run out. Grants are open to all 33 chapters. Chapters have to submit a grant request form. Request is submitted to National PVA Sports and Recreational Staff and the chapters will be notified within 15 business days of the grant's approval or denial.

The intent of these funds is to get veterans out into their communities and enjoy local parks and recreational areas. It could also be used to engage members who are otherwise not active with the chapter, bring novice participants into a sport, and it could also be used as a recruiting tool for new members.

Jacqueline Black, PT, ATP

I hope you are all having a wonderful summer. Personally, I love summer-summer vacations, pools, vacation time- it is one of my favorite seasons. At the same time, I do enjoy experiencing all four seasons in the Midwest.

This issue, I would like to highlight our VA National Veterans Sports Programs and Special Events, which provide Veterans with opportunities for health and healing through adaptive sports and therapeutic art programs. There are currently six VA National events: National Disabled Veterans Winter Sports Clinic, National Veterans Golden Age Games, National Veterans Wheelchair Games, National Disabled Veterans Golf Clinic, National Veterans Summer Sports Clinic, and National Veterans Creative Arts Competition & Festival. These VA National Events are built upon our VA clinical expertise and community partners and sponsors. Our SCI Therapy Team has had National-level

representation at 5 of these 6 events! Our team's involvement on a National level is due to our subject matter expertise in the area of adapted sports and recreation. It's a huge part of our SCI therapy service! We like to call it the "icing on the cake" for SCI rehabilitation. We feel incredibly grateful to work for a healthcare system that actively promotes health and wellness- both locally and nationally.

If you have been to any of these events, I encourage you to talk about your experience with fellow veterans. I am humbled and honored to witness the amazing camaraderie amongst our SCI veterans on a daily basis- and the expansion of this at VA National Events is incredible. We do encourage our veterans to "just try it". If you have questions about the events, please reach out to our SCI therapy team. Of course, our Rec Therapists are experts in this area and happy to talk with you individually. I know we are all thrilled to have these National Events up and running again!

And- on a local level- this is a reminder that our 8th Veteran Outdoor Adventures Event will be happening at Trout Lodge in Potosi, MO 9/15-9/18/22. We are following Covid Safety Protocol that matches VA National Events, so please reach out to us for more information about details of this exciting clinic.

For more information on VA National Sports Programs and Special Events, check out the website www.blogs.va.gov/nvspse/

If you have questions, concerns, or kudos about SCI Therapy- please contact me at Jacqueline.black@va.gov or 314-652-4100, ext 64691.



The Gateway Chapter has eight total Kansas City Chiefs games available to win by lottery method for Kansas City area members (two tickets per game, plus parking). Members can win up to two total games. Members can put their name “in the hat” for more than the allowed amount to win.

Per the KC Chiefs, tickets are solely digital. You MUST have the Kansas City Chiefs app on your phone. Please email Chris at chris@gatewaypva.org with the games you are interested in. Please also include your phone number and the email that you have registered your Kansas City Chiefs app with.

Must email for below games by September 9, 2022:

- September 15 vs Chargers
- October 10 vs Raiders
- October 16 vs Buffalo Bills
- November 6 vs Titans
- November 13 vs Jaguars
- November 27 vs Rams
- December 24 vs Seahawks
- January 1 vs Broncos

Getting Paralyzed Veterans Walking Again with Indego®



New VA Program offers eligible veterans an Indego® Exoskeleton at no cost.

What is Indego?

A robotic device that enables veterans to walk again.

Indego is an FDA-approved exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries to stand and walk, offering a new level of independence.

Indego can currently be used with spinal cord injury levels of T3 to L5 in community or home settings.

Free Indego Webinars

During the first Thursday of every month you can join a free live webinar to learn more about the Indego and hear from a veteran who owns a device already.



Contact us today to reserve your spot or find out if you are eligible to receive an Indego exoskeleton at no cost.

Email: support.indego@parker.com

Phone: 844-846-3346



Watch Marine Veteran Steve Holbert's story at www.indego.com/veterans





Gateway Chapter
1311 Lindbergh Plaza Center
Saint Louis, MO 63132

Current Resident or



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

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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.



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Paid for by the Jeffrey Carlton Charitable Foundation



Paralyzed Veterans
of America

Goods Inspiring Veterans Everywhere

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pva.org/givegoods today!