



January/February 2019
Volume 1 Issue 1

Paralyzed Veterans of America

Nevada Chapter



Paralyzed Veterans of Nevada, Nevada Chapter

www.nevadapva.org

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Mission Statement

The mission of Nevada PVA is to improve the quality of life of U.S. military veterans and others who have spinal cord dysfunction through the use of adaptive sports, recreation, wellness programs, outreach, education, research and support.

Disclaimer

The Nevada Chapter of the Paralyzed Veterans of America is a non-profit organization. We do not ask for or receive any money from any federal or state agencies. All of our funds are received mainly from donations. All members of the Paralyzed Veterans of America have sustained a spinal cord injury or disease. This newsletter is a publication of the Nevada chapter and is meant to inform its readers of Chapter activities, legislation, and other matters of concern to veterans and/or members of the disabled community. The opinions expressed in this publication do not necessarily reflect the views of Nevada PVA, its officers, board members, the editor or production staff.

Veterans Transportation Service (VTS)

Veterans can schedule transportation through their VA primary Care Provider or by calling the VTS office at 1/844-859-5074. Please schedule transportation ahead of your appointment time.



President/ED Report *by Dan Kaminski and Julie Johnson*



Merry Christmas and Happy Holiday's

We hope everyone enjoyed the season's festivities.

We had our annual Holiday Party and it was great seeing everyone.

Our annual Adopt-A-Vet Holiday Program has grown to over 200 veterans receiving bags of food and back packs filled with basic needs and goodies.

Help Heal Veterans donated 200 therapeutic craft kits to help fill the bags.

Nevada PVA also sponsored the annual Christmas Party for the Paralympic Kids. We served 75 special needs kids and their families a spaghetti dinner and got to see them smile when we gave them presents. Twenty five of the families were given a big bag of food as well.

A big huge THANK YOU to all of our elves that helped put all this together. They totaled over 60 hours of volunteer time to put together the packages for the Adopt-A-Vet Program.

We have some great news for the New Year. The Home Depot Foundation will be remodeling our pantry and garage with all new shelving and paint and they are also giving us a new refrigerator and microwave. Thank you to the Home Depot Foundation, the shelves will be a huge help for us to organize our donations and food in our pantry.

A HUGE thanks to all of our donors throughout the year. You have all made such a huge difference in the lives of so many. THANK YOU ALL!!

NATIONAL CRISIS HOTLINE 1/800-273-8255
VETERANS PRESS 1

If you are a federal government employee or your employer offers a charitable giving campaign through United Way, you can help us continue the programs and services we offer to our members, veterans and other individuals with disabilities.

Contribution Code: 26692



Membership—161

Upcoming Events

March 23
April 27

Annual Membership Banquet
7th Annual Walk, Run and Roll

Sports Report

We held our annual bowling tournament last month and had a great time. It was four days of competition and camaraderie. Always fun catching up with old friends and making new ones. This year we had 40 wheelchair bowlers enter the tournament and for our Up/Down competition on Friday night we had 75 bowlers join us. We look forward to seeing all of you again next year.

Our winners are as follow:

	1st Place	2nd Place	3rd Place
Scratch	L.E. Curtis	Dave Nelson	Eddy Hutchens
A Division	Jim Rice	Terry Stewart	Wayne Webber
B Division	Jerry Padget	Dan Spotts	Rick Mahaney
Up/Down Bowl	Team Nelson	Team Walters	Team Buehler

L.E. Curtis



Jim Rice



Jerry Padget



Team Nelson



Team Walters

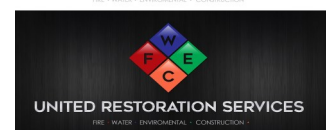


Team Buehler

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January

Jane Kaiser	02	Joseph R. Cypher	14	Robert D. Nolan	19
Mervyn H. Kaya	02	Ali Jahanfard	15	Samuel P., Whitt	22
Julie Johnson	04	Robert Phelps	18	Lauretta A. Graham	24
Rhoda Mills	07	Paul M. Winter	18	Derek Curtis	28
Tx P.D. Vogler	08	Robert J. Grant, Jr.	18	David E. Gray	28
Norman B. Woods	13	Lola J. Smith	19	Francisco C. Novero	30

February

Melinda G. Brooks	01	James Troy	08	David M. Schneider	19
Randall C. McKee	03	Arnold R. Aldana	11	Armando Guajardo. Sr.	22
Christopher D. Wood	04	Anita Lawson-McGlynn	11	Leslie Phelps	22
Eric W. Cagle	06	Michael C. McDonald	11	Samuel Owens, Jr.	23
Jennie Vogler	07	William C. Frankell	15	Lowell H. Highley	24
Randall R. Schwartz	07	Cheryl A. Yorkey	16	Jamie Anderson-Perelman	24
Billy R> Andre	08	Darwin E. Holmes	17	Michael F. Shulz	26
				Jerry L. Myles, Jr.	28

Wellness Group

by Dominic Cirino

No one understands why I get upset when I have trouble transferring in and out of my mobility device, or putting on my shoes and socks. How about the ability to navigate going in and out of a building. The lack of bowel and bladder control. Plus all of the other problems that are a result of your injury or disease.

The VA will send you to a psychologist to deal with this problem. Their way of helping is to ask you: "Well how should you react to your problem?"

That's a big help. There is a solution.

The Wellness Group at the Veterans Hospital of Southern Nevada.

The Wellness Group meets every Monday at 11 A.M. in Building 5, 1st floor room next to the elevators.

What is the Wellness Group? It is a group of veterans who have various injuries and diseases that meet and discuss living with their problems. There are paraplegics, amputees, MS and other muscular disease patients. We are facilitated by VA employees, but the group dictates what the topic of discussion will be. Speakers come in from different departments of the hospital: pharmacy, nutrition, prosthetics, recreational activities available. Plus whatever other department the vets would like to hear from.

We also have discussions on how we individually handle different situations. The program is very beneficial, not just physically, but maybe even more so; mentally.

Talk to your primary care doctor or just stop in and participate in one of our meetings on a Monday at 11 A.M. Spouses and caregivers are welcome to attend also. They can get questions answered by other spouses and caregivers that attend. See you there.

CHRISTMAS PARTY 2018



BOWLING TOURNAMENT 2018



CHRISTMAS 2018 ADOPT-A-VET



Some of our Adopt-A-Vet Volunteers .
These volunteers helped us throughout the
year. without them, we could not get things
done. A big thank you to all.



Help Support Nevada Paralyzed Veterans of America
Our organization number is YY152



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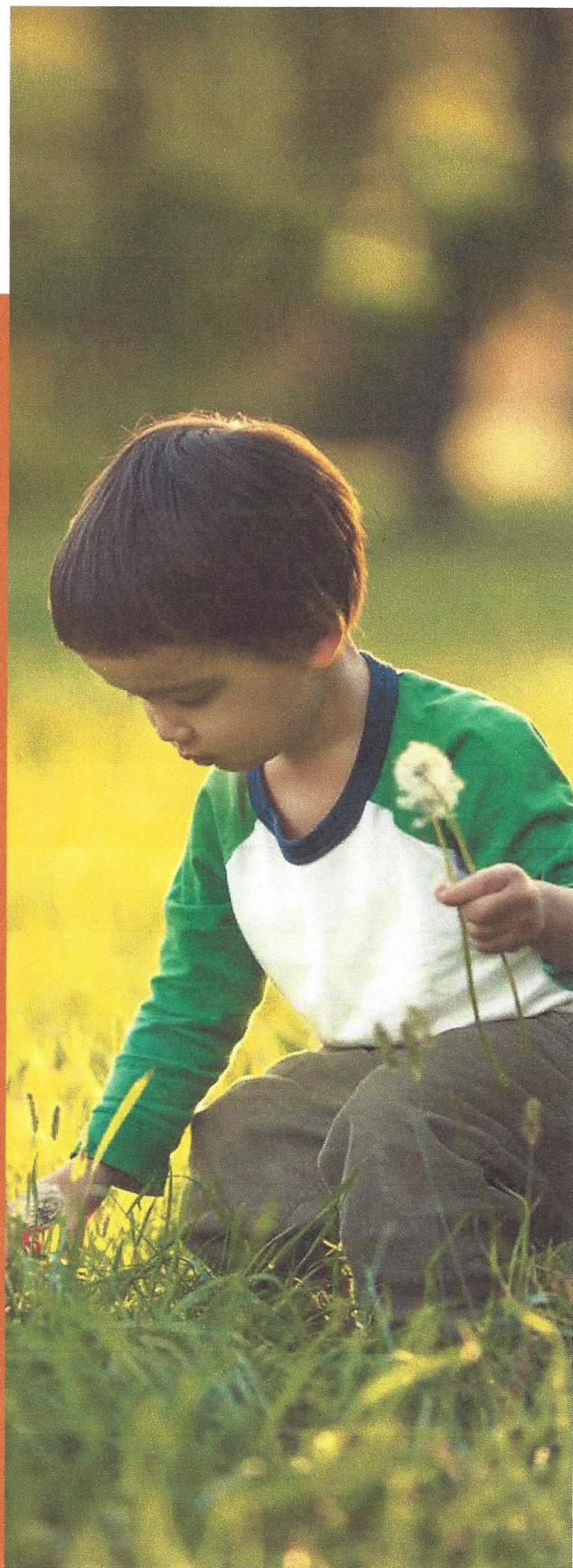
Helpful Information

What purchases qualify?

Just about everything you purchase during your regular shopping trips! The only exclusions are alcohol, tobacco, postage stamps, Smith's Gift Cards, re-loadable Gift Cards and debit cards, lottery and promotional tickets, Western Union, fuel and sales tax.

Remember, there's no cost to participate in this program, and you'll still earn fuel points on eligible purchases every time you shop.

*0.5% based on eligible purchases.
See Helpful Information for exclusions.



Thank You!

Donor Spotlight NV Energy

Thank you for your generous grant for our Adopt-A-Vet Program

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**Help support veterans
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Nevada Paralyzed Veterans of America is a 501(c)(3) non-profit charitable organization.

Tax ID #31-1647467. Your gift is tax-deductible to the full extent of the law.

Donations can be made in any amount. They will accumulate from January 1—December 31. Donors will be printed in our monthly newsletter unless otherwise requested. To make a donation go online to www.nevadapva.org or call 702-646-0040.

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United Way of Southern Nevada

Walmart Foundation



Las Vegas VA Medical Center Locations

Mailing Address: VA Southern Nevada Healthcare System, 6900 North Pecos Road, North Las Vegas, NV 89086

Main Number: 702-791-9000 **Toll-Free Phone:** 1-888-633-7554 **VA Pharmacy:** 702-791-9076

Toll-Free Nurse Advice Line: 1-877-252-4866

	Northeast Primary Care Clinic 4461 East Charleston Boulevard Las Vegas, NV 89104	702-791-9050
	Northwest Primary Care Clinic 3968 North Rancho Drive North Las Vegas, NV 89130	702-791-9020
	Pahrump Community Based Outpatient Clinic 2100 East Calvada Boulevard Pahrump, NV 89048	775-727-7535
	Southeast Primary Care Clinic 1020 South Boulder Highway Henderson, NV 89015	702-791-9030
	Southwest Primary Care Clinic 7235 South Buffalo Drive Las Vegas, NV 89113	702-791-9040
	Community Resource and Referral Center 926 West Owens Avenue Las Vegas, NV 89106	702-791-9077
	Mike O'Callaghan Federal Medical Center 4700 North Las Vegas Boulevard Las Vegas, NV 89115	702-653-2227
		EMERGENCY CARE ONLY
	Psychosocial Rehab Recovery Center 3525 W. Cheyenne Avenue North Las Vegas, NV 89032	702-791-9060
	Vet Center - Las Vegas 1919 South Jones Boulevard, Suite A Las Vegas, NV 89146	702-251-7873
	Vet Center - Henderson 400 North Stephanie Street, Suite 180 Henderson, NV 89014	702-791-9100
	Women's Health Center Temporarily at Northeast PCC 4461 East Charleston Boulevard Las Vegas, NV 89104	702-791-9050

Connect With What Matters



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Being there makes a difference

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What is ReWalk?

ReWalk is a robotic exoskeleton that enables individuals with Spinal Cord Injuries to stand and walk, and is cleared by the FDA for home and community use.

How Do I Know If I Am a Candidate for a ReWalk?

**Contact ReWalk
for a Free Screening**

**www.rewalk.com/contact
or 508.251.1154 Option 2**

**Are you a Veteran with
a service or non-service
connected Spinal Cord Injury?**

Did you know that the Department of Veterans Affairs has updated its national policy to expand access to ReWalk exoskeletons through a VA SCI Hub and Spoke or the VA Choice Program?



**"Using ReWalk, I have more
energy and less pain."**

Ret. Army Specialist Gene L.

ReWalk Robotics
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www.rewalk.com



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