



Paralyzed Veterans of America

Nevada Chapter

“Vegas veteran focuses on fitness while dealing with MS, hopes to inspire others”

My name is Michael Romanowski, and I am a lifetime member of the Nevada PVA chapter where I serve as Vice President of the chapter board of directors. Since the COVID 19 pandemic outbreak in March of 2020, I made the decision to continue living my life to the fullest. Even though we could not leave our home, I wanted to keep cycling and try to lose some weight in the process. So, I grabbed a roller for the rear wheel of my recumbent trike and set out to get fit during a challenging global health crisis. Since March, I have logged over 3,000 miles on my bike, riding entirely in my garage where I sweated through 112-degree days and seen my weight plummet from 242 pounds to 190.

In October of this year, I was visited at home by Las Vegas KTNV News 13 reporter [Kalyna Astrinos](#). During her visit, Kalyana interviewed both my wife Stacy and I and heard our stories of resiliency and perseverance. Kalyna also got to observe while I rode my bike and video chatted on Zoom with other veteran bike riders from across the country. These veteran athletes are all members of the PVA Racing team (<https://pva.org/adaptive-sports/handcycling>) which is managed by former Army Captain Jody Shiflett, a paralyzed veteran.

This has been a crazy year, but I firmly believe that I have been able to make the best of it because of the love and support of my family and friends. I have to give a shout out to Jody and my PVAR teammates, my coach Steven Peace and the team at Challenged Athletes Foundation (www.caf.org), and my mentor Dennis Parungo. I cannot wait for this pandemic to end and I am looking forward to continuing my cycling journey in 2021.



Paralyzed Veterans of America, 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.



President/Executive Director Report *by Dan Kaminski and Julie Johnson*



To all **veterans** of all branches: Thank you for your sacrifice, your bravery, and the example you set for us all. In short, thank you for your service! To all those who have served, and those who continue to serve... Happy **Veterans Day!**

Nevada PVA did it again, we won the **John M. Price award for Most Outstanding PVA chapter**. We work as a team and we work hard to improve the quality of lives for our members and the disabled community.

Thank you to Driven for this years Salute to the Troops event. Nevada PVA had four members who attended an enjoyable day at Speed Vegas and got to drive as well as do ride-alongs on the track. A good time was had by all with great food fellow camaraderie and raffles.

Driven is a multidisciplinary center where individuals with disabilities can improve their physical, mental and emotional health, increase independence, and enhance their overall quality of life using a holistic approach to wellness.

Nevada PVA members can sign up for Driven and we will pay for your **Basic Membership** but you have attend four (4) times a month to qualify for this program.

Holiday Season is here and we will be calling all of our members to see how you are all doing and if you need anything. We have a program called Adopt-A-Vet. This program provides food, hygiene, clothing and bus passes when needed each month. Please contact the office or let the person calling you know you would like to take part in this program. We still have gift cards available as well.

With Covid-19 numbers rising please stay safe and healthy.

Happy Holidays and Happy New Year. Hopefully we can see each other in person in 2021



We sponsored a Halloween lunch for the residents of the Southern Nevada Veterans Home in Boulder. They loved it.



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National Service Officer Report

by Jason McDonald

2021 VA Ancillary Benefits Increased and Expansion of the Caregiver Program

Effective October 1, 2020 the rates have increased for the Department of Veteran's Affairs ancillary benefits. In order to be eligible for one or more of the ancillary benefits you must have a qualifying service-connected disability. For those of you that are entitled to the ancillary benefits, the new fiscal year 2020 amounts are listed below.

Specialty Adaptive Housing (SAH) Grant: \$100,896.00

Special Housing Adaptation (SHA) Grant: \$20,215.00

SAH Temporary Residence Adaptation (TRA) Grant: \$40,637.00

SHA Temporary Residence Adaptation (TRA) Grant: \$7,256.00

Auto and Adaptive Equipment Grant: \$21,795.57

In addition, Effective October 1, 2020 the VA Program of Comprehensive Assistance for Family Caregivers has now expanded. Previously the program was only available to post 9/11 Veterans. It is now available to include those Veterans who incurred or aggravated a serious injury or illness in the line of duty while in the active military, naval, or air service on or before May 7, 1975. You should consider applying for the program if you are a Veteran who has a single or combined service connected disability rating of 70% or more, and who is in need of in-person personal care service for a minimum of six continuous months based on either: an inability to perform an activity of daily living (ADL) each time the activity is performed, or a need for supervision, protection, or instruction, which means a functional impairment that directly impacts your ability to maintain your personal safety, on a daily basis. For more information on this program and its expansion you can visit <https://www.caregiver.va.gov> or contact your local VHA Caregiver Support Coordinators. For VA Sierra Nevada Health Care System in Reno you can call 775-326-5775. For VA Southern Nevada Health Care System you can call 702-791-9000 ext 13051.

VASNHS Honored with Practice Greenhealth Environmental Excellence Award

For the fifth consecutive year, VA Southern Nevada Healthcare System was chosen as one of the Practice Greenhealth's top hospitals in the nation for Environmental Excellence. This year VASNHS was selected a Partner for Change Award recipient and recognized for leading the health care industry with innovation in sustainability, maintaining superior environmental programs, and illustrating how green initiatives are entrenched in the facility's culture.

"This was truly a team effort," said William Scott, VASNHS GEMS (Green Environmental Management Systems) Manager. "Many services came together to make this happen, from housekeeping to engineering, from pharmacy to food service. We all worked hard to earn this achievement."

One major project for Energy and Sustainability is the Las Vegas VAMC Energy Savings Performance Contract, which was awarded in April and is projected to save approximately \$755,000 per year in energy, water and sewer costs. These include optimization of chilled water production, replacing all lighting fixtures to LEDs thereby reducing the kWh usage, installing Solar Domestic Hot Water for Building 5, reducing natural gas consumption for hot water production, optimization of Air Handling Units, and installing sub-metering for electricity, steam and water.

Another project that earned recognition was Nutritional Food Service development of a new way to reduce the food waste on the patient tray line. The goal was to reduce the overproduced servings of food by 50% at the lunch meal. New processes were developed and periodically adjusted with staff input, resulting in sustained reduction of approximately 83% in 2019 and 2020 from the original overproduction.



November

Jeffrey Alcorn	26
Bakes, Tina	09
Linda Barr	16
Bryan Bedoy	06
Linda Bennett	25
Joseph Blicharz	21
Lawrence Cabrera	18
Anthony Cherry	06
Vicki Halloran	29
Kenneth Harrop	23
Robert Hudson	02
Greg Hughes	12
Frank Kennemur	13
Robert McFalls	03
Patricia Meints	10
James Oliver	27
Ann Perelman	03
Wade Reckinger	19
Jaime (Jay) Segarra	23
John Simmons	07
Vic Skaar	12



December

Alan Britton	10
Bob Calderon	06
Judy Cirino	12
Lawrence Cook	26
Ina Edwards	30
Rona Mae Fenn	14
Robert Frederick	10
Tom Hudson	10
Shane Irwin	04
John Kennedy	09
John King	22
Donald McCrory	18
Stacy McMahon	25
Kenneth Sandoval	21
Steven Simmons	15
Robert Stilz	11
Jan Thomas	25

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

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.

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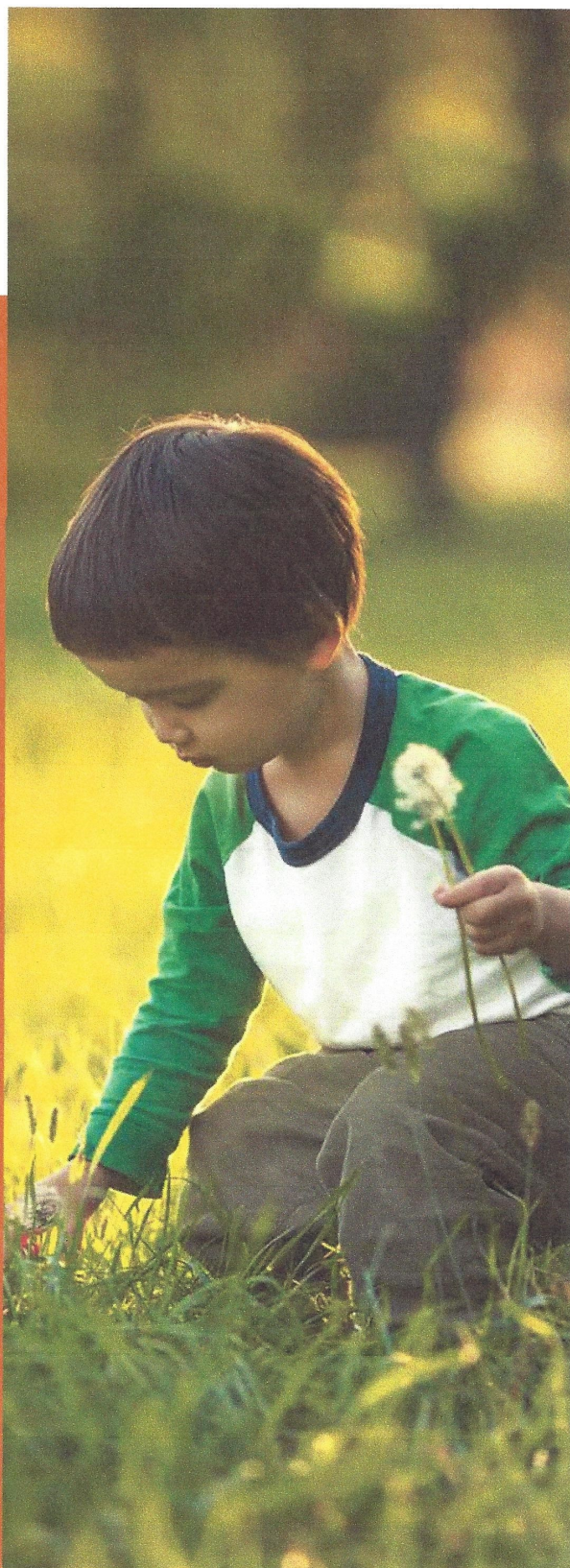
Helpful Information

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.





The ReWalk Exoskeleton-Suited for Your Mission



Retired Army Sergeant Terry Vereline crosses the finish line of the 2019 New York City Marathon after walking 26.2 miles in her ReWalk Exoskeleton. She received this device in 2014 and has used it to take nearly 1,000,000 steps in the past five years.

**Did You Know That
Paralyzed US Veterans
May be Eligible For a
ReWalk Exoskeleton?**

**Contact ReWalk for
More Information**

**rewalk.com/contact
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What is *Your* Mission?

Whether your goals include experiencing the proven health-related benefits of exoskeleton assisted walking, standing to hug a loved one or completing an entire marathon, ReWalk can help you achieve them.

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Make a donation today!**

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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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

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. The device offers:

- Lightweight, modular design
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Contact us today to find out if you are eligible to receive an Indego exoskeleton.

Email: support.indego@parker.com

Phone: 844-846-3346



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



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