



Paralyzed Veterans of America

Nevada Chapter

The paralyzed Veterans of America, Nevada Chapter strives to improve the quality of life for veterans with spinal cord injury/dysfunction and the disabled community, with outreach efforts to provide veterans with what they need to remain active members of the community. The Las Vegas Elks #1468 proudly support our efforts.

The Las Vegas Elks #1468, in support of the Paralyzed Veterans used their \$2,500 Freedom Grant to purchase non-perishable food items to fill 125 grocery bags each with \$20 worth of nutritional food items. These bags were then delivered to 125 clients of the Paralyzed Veterans food bank.

The operation spanned two days and 65 volunteer hours divided among 10 volunteers from purchase of the food to delivery. We were proud to have Nevada State Elks Association President, Russ Childers and the First Lady, his beautiful wife Laurie, as part of our great group of volunteers.

The Las Vegas Elks #1468 live by their motto; we grow stronger with the help we extend to those in need.



If you would like to be part of our Adopt-A-Vet Program, please contact our office.



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*



Our friend and former chapter liaison, Joe Fox, Sr. passed away in June. We will miss our chats, dinner's, laughs and guidance with Joe. Thank you for all you did to help make Nevada PVA a great chapter. Our thoughts and prayers are with his family and wife of 50 years, Hilda.

An update from the VA, they are encouraging the telehealth appointments as much as possible. They are doing some face to face appointments and are phasing in PT, OT and KT.

Please, if you are having emergency symptoms of chest pains or stroke symptoms, please call 911 or go the ER. We know people across the country are scared to go to the ER due to Covid-19, but not going can lead to serious issues or worse.

The chapter office is open Monday-Friday, please give us a call if you need anything. If you stop by the office, we do require you to wear a facemask. Our Adopt-A-Vet Program is continuing to get basic items of food and hygiene products to the homes of veterans in need. If you are in need, please give us a call or email us at pvanevada@gmail.com

Please contact our NSO, Jason McDonald at jasonm@pva.org if you need help with your VA claims and benefits.

Stay safe and hope to see you all in person soon.



National Service Officer Report

by Jason McDonald

Behavioral Health and Wellbeing during COVID-19

During these unprecedented times with the COVID-19 pandemic sweeping through our nation, it is easy to put aside one's behavioral health and well-being while trying to adapt and manage others. As the total number of COVID-19 confirmed cases in America inch closer and closer to 4.5 million, all of us have been impacted in some way by state closures, job losses and changes in availability of normalized healthcare. Specifically, members of Paralyzed Veterans of America, require specialized needs when it comes to our healthcare. Most have had to either postpone annual SCI visits or perform them via telehealth. All of these events have caused changes to "normalized" life, which for many, can be extremely stressful and difficult to overcome.

As Veterans most of us face our own battles with extreme anxiety, military sexual trauma (MST), substance abuse and PTSD. Due to the COVID-19 pandemic, a multitude of additional stressors have been inserted into our lives that are out of our control. Stressors such as social distancing and self-quarantining contribute to increased feelings of isolation that many Veterans already felt prior to the pandemic. If you are feeling an exacerbation of your symptoms, please note that this, unfortunately, is normal during this time period!

It is important to note that various studies have shown that between 10 to 20% of post-9/11 Veterans have had symptoms consistent with PTSD and that roughly 30% of Vietnam era Veterans have had PTSD in their lifetimes. This number does not include other mental health conditions. When you think about how many Veterans have served since Vietnam, this is a significant number of our fellow Veterans combating and dealing with these conditions. The Department of Veteran Affairs Health Administration has continued to try to maintain and provide mental health essential services. The VHA has expanded and has successfully utilized telehealth in order to provide continued treatment for behavioral health and wellbeing.

Please realize that you are not alone in your struggles! You do not need to suffer in silence!

Resources:

Veterans' Crisis Line: 1-800-273-8255 Press 1 or Call 911

Veterans' Crisis Line Chat - <https://www.veteranscrisisline.net/get-help/chat>

VA Southern Nevada Healthcare System (Las Vegas Area) – 702-791-9062

VA Sierra Nevada Healthcare System (Reno Area) – 775-326-2920

https://www.ptsd.va.gov/covid/list_healthcare_responders.asp

Most Underused Veterans Benefit in Nevada

Nevada provides Veterans preference for those who identify as a Veteran owned business. When completing the form from the Governor's Office of Economic Development (GOED), simply indicate Veteran-Owned Small Business (SB) (VOSB), Service-Disabled VOSB (SDVOSB), Veteran-Owned (VO), or Service-Disabled VO." – Julie Dudley, communications director

Veterans can learn more about the program at <https://www.diversifynevada.com/wp-content/uploads/2020/06/Nevada-PTAC-POP-Client-Questionnaire-6-26-2020.pdf>.

If you would like to look up your state, go to nevadapva.org and click on the link.



September

Dylan T. Nevill	01
Norman D. Cruz	02
Ronald J. Cantagallo	05
Tad R. Stuart	05
Cedrick J. Arinwine	09
Robert W. Artz	10
Dominic C. Cirino	12
James M. Wakefield	24
Shane Derby	25
Christopher M. McMahon	26

You can never cross the ocean until
you have the courage to lose sight of
the shore. *Christopher Columbus*

October

Scott M. Alderman	01
Luther R. Estes, Sr.	02
Asa K. Richter	02
Arletha J. Carey	05
Kim C. Reed	09
Brian H. Chan	10
Robert Yee	12
Jane E. Diamond	13
Douglas H. Jones	15
David D. Tamer	15
Jon C. Arnesan	17
Jeffrey Z. Futter	17
Cedric C. Delong	22
Gary H. Brown	23
Jason D. Kelley	24
Brian C. Walker	25
Barbara A. Chackel	28

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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.

Help Support Nevada Paralyzed Veterans of America

Our organization number is **YY152**



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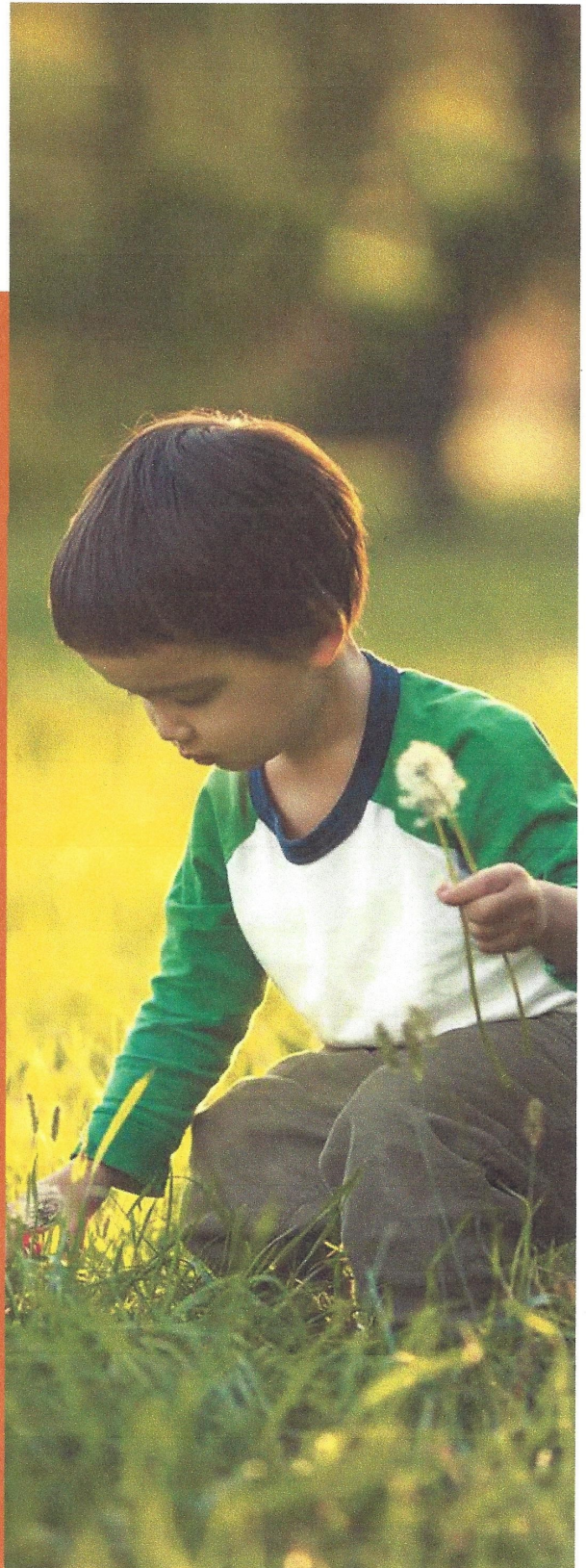
Helpful Information

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.





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
or 508.251.1154 Option 2**

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.

ReWalk Robotics
200 Donald Lynch Boulevard,
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Thank You!

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**Help support veterans
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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The Siegel Group

Smith's

Race 2 Erase 22

The Dana and Christopher Reeve Foundation

The Grand Canyon Tour Company

The NV Energy Foundation

Total Wine & More

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

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
- Slim profile compatible with most wheelchairs
- Rapid setup and breakdown for easy transportation
- Can be used with forearm crutches or walker

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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