



Nevada Chapter

September/October 2021
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[Paralyzed Veterans of America](#), the nation's only nonprofit organization dedicated solely to helping veterans with spinal cord injuries, disorders, and diseases, today kicked off its yearlong 75th anniversary celebration with the launch of its [Honor the Spot](#) campaign. Inspired by its founders, the initiative encourages all Americans to do their part to keep handicapped parking spaces open for people who need them.

Announced at its 2021 Annual Convention, PVA's call to *Honor the Spot* comes as pandemic restrictions ease and public spaces open up to larger capacities. The campaign includes a [PSA](#) airing on television stations throughout the U.S. and an invitation to sign a pledge of support.

"Since 1946, PVA members and staff have worked tirelessly to fight for greater accessibility," said David Zurfluh, U.S. Air Force veteran and PVA national president. "Our Honor the Spot campaign is about carrying that mission forward into today's challenges, like accessible parking, which is a huge problem facing our members and others with mobility challenges. It is also about educating the public, who may not realize the impact that misusing these spaces, even for a minute, can have on people with disabilities."

According to a [2018 national survey](#) of 4,000 people with disabilities, 96% of respondents said accessible parking was key to their independence. Sadly, 85% had problems finding spaces in their communities, and 52% were forced to turn back because they couldn't find accessible parking. Among the most widespread violations were vehicles parked too close and accessible parking fraud—such as the sharing, selling, or counterfeiting of handicapped placards.

PVA believes people with disabilities deserve better and is urging everyone to become part of the solution by visiting [PVA.org/HonorTheSpot](#) to learn more and encouraging others to do the same.



Paralyzed Veterans of America, Nevada Chapter

www.nevadapva.org

704 S. Jones Blvd., Las Vegas, NV 89107
702/646-0040 fax: 702/646-3712 866/638-3837

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NSO

Jason McDonald
Paralyzed Veterans of America
5460 Reno Corporate Drive
Reno, NV 89511
775/321-4789
775/321-4856—fax
jasonm@pva.org

Executive Director

Julie Johnson

Office Manager

Ann Perelman

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

The National Veterans Wheelchair Games (NVWG) were in New York City this year. Due to Covid restrictions the NVWG events were shortened and into groups. It was a four-day event and it was nice and intimate. You really got to see more people and spend quality time with them which was wonderful.

NYC was amazing and the NYPD really made you feel welcomed and protected. It was amazing to see my fellow veterans playing various adaptive sports games featured in Time Square on the big screens.

I came home this year with 3 medals. Gold in Table Tennis, Gold in Motor Rally and Silver in Motorized Slalom. Next year the games will be held in Tempe, Arizona. Hope to see you all there.

Our long-awaited General Membership & Awards Banquet is September 18th at the Aliante. We are ready to recognize those who have supported us in various ways during the pandemic. If you're a member and want to attend, please call the office and RSVP by September 10th.

Northern Nevada Members we have some exciting news. The Nevada PVA chapter and the Bay Area Western PVA chapter will be co-hosting a three- day event September 28-30.

Sept 28 - Boccie Ball clinic and introduction to other adaptive sports

Sept 29 – Lunch at a local restaurant in Reno, meeting, fun & games

Sept 30 – Movie Day – We will be renting a movie theater just for us

Stay tuned for more details. We will be sending out invitations and contacting all of you

Our hearts are broken with all that has been unfolding in Afghanistan and we are mourning the loss off our soldiers and civilian life. PVA is here to assist all veterans and their families in anyway they can. PVA cannot emphasize enough the importance of reaching out to the **Veterans Crisis Line at 1-800-273-8255 or via text at 838255.**



Upcoming Events

September 15
September 18th
September 28-30
October 1st
December

Paralympic Kids BBQ
General Membership Meeting and Awards Banquet
Reno 3-Day Event
Bio's for upcoming election due
Election ballots mailed out

Legislative News

Many PVA members have expressed frustration with having to reapply for their clothing allowance year after year but this annual exercise may soon be coming to an end if some House and Senate lawmakers get their way. Recently the Brian Neuman Clothing Allowance Improvement Act of 2021, and the Mark O'Brien Clothing Allowance Improvement Act of 2021 were introduced. PVA had a hand in developing these companion bills which would allow veterans' clothing allowances to renew automatically each year. The annual application process for the clothing allowance is an unnecessary administrative burden for veterans, including many PVA members, and VA alike and we thank these lawmakers for their effort to make it easier for veterans to receive this benefit.

APPROPRIATIONS PROVISIONS OF INTEREST TO THE DISABILITY COMMUNITY

Several programs of interest to the disability community received increases in the fiscal year (FY) 2022 Appropriations bills that have been considered in the House. These included:

- ◆ \$4.2 million increase for the Department of Labor's (DOL) Office of Disability Employment Policy to \$42.7 million
- ◆ \$12.96 million for the Voting Access for Individuals with Disabilities program, which is \$5,000,000 above the FY 2021 enacted level.
- ◆ \$148.2 million for the Administration on Community Living Independent Living program, of which \$28,423,000 is for the Independent Living State Grants program and \$119.8 million is for the Centers for Independent Living program. This funding level is \$32 million above the FY 2021 enacted level.
- ◆ \$3.7 billion for State Vocational Rehabilitation State Grants which is \$44.1 million above the FY 2021 enacted level.
- ◆ Work Incentives Planning and Assistance (WIPA) and Protection and Advocacy for Beneficiaries of Social Security (PABSS) were funded at \$23 million and \$10 million respectively. These levels are essentially the same as FY 2021.

Similarly, the DOL Veterans Employment and Training Service Disabled Veterans Program received \$300,000 which is the same level as last year.

American Forces Travel Site Now Open to Eligible Veterans

Last month, the Department of Defense (DOD) announced honorably discharged veterans will now be able to access the American Forces Travel (AFT) website. AFT launched in 2019 as the only official joint service morale, welfare, and recreation leisure travel website exclusively for DOD patron. Users save up to 40 percent compared to commercial travel pricing and every booking on AFT generates revenue to support critical quality-of-life programs for servicemembers and families. To access the exclusive military discount pricing on travel products, visit the AFT [website](#). Proof of eligibility is required.

Elections

2nd Call for Bio's

We are approaching the time for electing a new President, Vice President, Secretary, Treasurer and five (5) members of the Board of Directors for our chapter.

Please get involved and run for office. If you would like to run, please submit your biography to our office, along with a letter of intent advising us of which position you are interested in running for. Letters of intent may be mailed to our office or emailed to pvanevada@gmail.com. We will be publishing biographies of all members interested in running for office in our November/December newsletter. Bio's will be due **no later than** October 1, 2021. Ballots will be sent out in December and due back to our office **no later than** January 15th, 2022.

New Presumptive Service-Connected Conditions

Effective August 2, 2021 the Department of Veterans Affairs will begin processing disability claims for chronic asthma, rhinitis and sinusitis on a presumptive basis based on particulate matter exposures during military service in Southwest Asia and certain other areas. The above conditions must have manifested within 10 years of a qualifying period of military service.

Veterans who served in the Southwest Asia theater of operations beginning August 2, 1990 to the present, or Afghanistan, Uzbekistan, Syria or Djibouti beginning September 19, 2001 to present.

The Southwest Asia theater of operations refers to Iraq, Kuwait, Saudi Arabia, the neutral zone between Iraq and Saudi Arabia, Bahrain, Qatar, the United Arab Emirates, Oman, the Gulf of Aden, the Gulf of Oman, the Persian Gulf, the Arabian Sea, the Red Sea and the airspace above these locations.

Nutritional facts for spinal cord injuries

SCI injuries may affect how the body makes use of the food you eat. No special diet is required for people with spinal cord injuries but it is extremely important that you eat the right types of food in the right portions.

- ◆ Eat a variety of foods. The more variety you eat the better the chances of getting the nutrients you need. Grains, vegetables, fruits, and foods rich in protein should be considered.
- ◆ Avoid foods high in sugar and fat. These will lead to weight gain.
- ◆ Eat foods rich in fiber. By eating these foods you will add bulk to stool which will make it easier to pass. This will reduce the risk of having bowel complications.
- ◆ Use small amounts of salt. Using a lot of salt can result in high blood pressure and makes you retain water.
- ◆ Ensure you are drinking a lot of fluids. This helps ensure that the body system is working perfectly. It also helps prevent constipation and urinary tract infections.



September

<i>Ronald J Cantagallo</i>	<i>05</i>
<i>James Wakefield</i>	<i>24</i>
<i>Cedrick Arinwine</i>	<i>09</i>
<i>Norman Cruz</i>	<i>02</i>
<i>Annette McNaughton</i>	<i>15</i>
<i>Lee Jolliver</i>	<i>20</i>
<i>Christopher McMahon</i>	<i>26</i>
<i>Jad R Stuart</i>	<i>05</i>
<i>Robert W Artz</i>	<i>10</i>
<i>Dominic Cirino</i>	<i>12</i>
<i>Darnell Calahan</i>	<i>29</i>

“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.” *Arnold Schwarzenegger*

Interested in Tennis?

The City of Greensboro, NC is hosting the 2021 Carolina Adaptive Standing Tennis Tournament (CAST) October 1-3. For more information go to:
<https://www.gretanc.com/wp-content/uploads/2021/03/CAST-Schedule-of-Events.pdf>, https://www.gretanc.com/cast_carolinasadaptivestanding/

October

<i>Kim Reed</i>	<i>09</i>
<i>Gary Brown</i>	<i>23</i>
<i>Jon Arnesen</i>	<i>17</i>
<i>Jeffrey Futter</i>	<i>17</i>
<i>Cedric Delong</i>	<i>22</i>
<i>Arletha Carey</i>	<i>05</i>
<i>Luther Estes</i>	<i>02</i>
<i>William Emery</i>	<i>11</i>
<i>Brian Chan</i>	<i>10</i>
<i>Scott Alderman</i>	<i>01</i>
<i>Robert Yee</i>	<i>12</i>
<i>Atsa Richter</i>	<i>02</i>
<i>Brian Walker</i>	<i>25</i>
<i>Douglas Jones</i>	<i>15</i>
<i>Barbara Chackel</i>	<i>28</i>
<i>Jason Kelley</i>	<i>24</i>
<i>Jane Diamond</i>	<i>13</i>
<i>Andrew Cooper</i>	<i>28</i>
<i>Jeffrey Gurney</i>	<i>17</i>

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Resources related to Afghanistan

Veterans who served in Afghanistan may be experiencing a range of challenging emotions related to the U.S. withdrawal from the country and the events unfolding now. Veterans who served during other conflicts may also be feeling strong emotions as they may be reminded of their own deployment experiences.

Here is a list of available resources, call center information, peer support, and other community services:

NVDS - [Local Vet Center groups](#)

Vet Centers – *Discuss how you feel with other Veterans in these community-based counseling centers. 70% of Vet Center staff are Veterans. Call [1-877-927-8387](tel:1-877-927-8387)*

Veterans Crisis Line – *If you are having thoughts of suicide, call [1-800-273-8255](tel:1-800-273-8255), then PRESS 1 or visit <http://www.veteranscrisisline.net/>*

For emergency mental health care, you can also go directly to [your local VA medical center](#) 24/7 regardless of your discharge status or enrollment in other VA health care.

VA Women Veterans Call Center – Call or text [1-855-829-6636](tel:1-855-829-6636) (M-F 8AM – 10PM & SAT 8AM – 6:30PM ET)

VA Caregiver Support Line – Call [1-855-260-3274](tel:1-855-260-3274) (M-F 8AM – 10PM & SAT 8AM – 5PM ET)

Download VA's self-help apps – Tools to help deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time.

VA Mental Health Services Guide – *This guide will help you sign up and access mental health services.*

MakeTheConnection.net – *information, resources, and Veteran to Veteran videos for challenging life events and experiences with mental health issues.*

Tragedy Assistance Program for Survivors (TAPS) – [Tragedy Assistance Program For Survivors \(TAPS\) Is Here For You!](#) or call [800-959-TAPS \(8277\)](tel:800-959-TAPS)

If you are struggling, the worst thing you can do is nothing. Don't be afraid to lean on your Veteran community and please consider reaching out to VA if you would like to learn more about what is available.

Thank You!

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

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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.

Community **Partners**

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Paralympic Sports Club
The Siegel Group
Smith's
Race 2 Erase 22
The NV Energy Foundation
Total Wine & More
United Way of Southern Nevada



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

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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* Chun A, et al. Changes in bowel function following exoskeleton-assisted walking in persons with spinal cord injury: an observational pilot study. *Spinal Cord*. 2020;58(4):459-469.

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Las Vegas, NV 89107
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