



Paralyzed Veterans of America

New England Chapter

CORDWORD

The Monthly News Magazine of the New England Chapter of Paralyzed Veterans of America



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BOSTON OR BUST



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PVA Applauds the House Introduction of the VA MISSION Act.

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By Chapter Member Mike Savicki

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Out Front

Michael G. Negrete, President

May is a month of recognition for several service related people - police, EMS, nurses, and caregivers, to name just a few. I want to especially recognize the last group mentioned - Caregivers. Senator Susan Collins of Maine said, "America's military caregivers enable veterans living with visible and invisible injuries to recover, remain involved with their communities, and enjoy fuller lives. Despite their sacrifice, military caregivers typically do not receive awards and other recognitions for the work that they do. They deserve our support and recognition. We must never forget our military caregivers, who are also true heroes." With this I'd like to share a little personal history of the true hero in my life.

When I suffered my spinal cord injury in 2001, my girlfriend Terry, now my wife, without hesitation quit her job and lovingly took on the role of my sole caregiver. She provided me constant support and care, and advocated for me when I couldn't from the emergency room, ICU and while transitioning home from rehab. She did all this and more, while also raising my 5 year-old daughter Ashley, and managing all our finances. I know she never thought twice about it, thinking this is simply something you do for someone you love. Matter of fact, one of my Physiatrist early on suggested that if she was going to leave me, leave now and not later, saying there wasn't really going to be any quality of life for me, us. She could have left, knowing our lives together would never be the same as they were before. 17 years later though, through all the struggles and challenges, good or bad, we're still together. She's always been there for me, no matter what. Even now, with a full-time professional career. Of most all of my family and friends, sadly I can't say the same. This one paragraph hardly scratches the surface of her dedication to me. Without her though, I simply know the quality of my life wouldn't be what it is today and I wouldn't be able to accomplish and enjoy the successes I've had in my life. I owe her dearly.

So well beyond the month of May, we should continue to recognize the dedication and sacrifices of our family caregivers, our loved ones, who continually provide their support, care and love for us. For without them, I'm sure all our lives would be less than what we could have dreamed of.

Michael G. Negrete
President and Paralyzed Veteran

From the Director's Desk

Debra A. Freed, Executive Director



Well, it seems Spring may finally be here. That is good news. It should be an invitation to get out and do things, whether just "rolling" outside in your neighborhood, driving anywhere or even flying to a favorite destination.

In my full article, I will be asking each one of you who has flown recently (from the National Veterans Winter Sports Clinic), went on a vacation in Florida to escape the cold, or planning to fly in the near future to keep in mind www.airaccess30.org.

WHY? Because both Congressman Jim Langevin who drafted HR 5004 and Senator Tammy Duckworth who drafted S1318 are both severely disabled individuals who fly rather often and rely on many others to get their durable medical equipment from point A to point B and back again in one piece. See my article for more details.

Otherwise, I truly hope you all have a great Spring and I want to wish all Moms and Dads who are covering for Mom a happy, healthy Mother's Day.

Debra A. Freed
Executive Director

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Paralyzed Veterans of America Applauds House Introduction of VA MISSION Act

By Lani Poblete - PVA, Associate Director of Media and Public Relation



WASHINGTON, DC — 5/3/18 Paralyzed Veterans of America (Paralyzed Veterans) strongly supports H.R. 5674, the VA MISSION Act. This bipartisan, bicameral legislation would advance one of Paralyzed Veterans' top priorities—

recognition of the sacrifice of veterans' caregivers. The expansion of the Department of Veterans Affairs' (VA) Comprehensive Family Caregiver Program to veterans injured before September 11, 2001, is critical to our members and has been a main legislative focus for Paralyzed Veterans for several years.

“No group of veterans understands the value of caregivers more than our members—veterans with spinal cord injuries or diseases,” said Carl Blake, a service-disabled Army veteran and executive director of Paralyzed Veterans. “Most are ineligible for the Comprehensive Family Caregiver Program because they were injured before September 11, 2001. It is time to end this inequity once and for all. Caregivers are the most critical component of rehabilitation and eventual recovery for veterans with catastrophic injuries. Their well-being directly impacts the quality of care provided to veterans. There is no reason to deny essential supports and services to catastrophically disabled pre-9/11 veterans. Paralyzed

Veterans applauds the work of the House and Senate Veterans' Affairs Committees for tackling this injustice.”

Earlier this spring, Congress came very close to including a similar legislative package as part of the omnibus appropriations bill, which Paralyzed Veterans and the VA strongly supported. Regrettably, this effort did not succeed. However, Paralyzed Veterans, alongside fellow veterans service organizations, continued to press on the progress made, and urged Congress not to lose momentum in advancing these critical, long sought after reforms in the waning days of the 115th Congress.

H.R. 5674 would also consolidate and reform VA's community care programs, as well as provide for the realignment and modernization of VA's health care infrastructure. Paralyzed Veterans greatly appreciates the efforts of House Veterans' Affairs Committee Chairman Phil Roe (R-TN) and Senate Veterans' Affairs Committee Chairman Johnny Isakson (R-GA) and Ranking Member Jon Tester (D-MT) for their hard work in seeing this historic legislation be accomplished.

“We call on all members of Congress to seize this opportunity to improve the lives of veterans and caregivers by swiftly passing H.R. 5674,” said Blake.

Forty-Two Senators join with Senator Duckworth in opposition to the ADA Education and Reform Act

PVA Washington Update, Volume 24, Number 4



On March 29th, Senator Tammy Duckworth (D-IL) and 42 of her colleagues sent a letter to Majority Leader Mitch McConnell (R-KY) expressing opposition to the ADA Education and Reform Act (H.R. 620). Signatories to the letter include Minority Leader Chuck Schumer (D-

NY) and Senate Judiciary Ranking Member Diane Feinstein (D-CA). In the letter, the Senators noted their strong opposition to not only H.R. 620, but also to “any legislation that would repeal or weaken rights under title III of the Americans with Disabilities Act.” The letter further requests that Leader McConnell join with them in ensuring that either H.R. 620 or any notification legislation “will never receive a vote in the United States Senate during the 115th Congress.”

PVA and other disability and civil rights organizations joined with Senator Duckworth to encourage Senators to sign on to the letter. In releasing the letter, Senator Duckworth specifically noted the opposition of PVA to H.R. 620. PVA Executive Director Carl Blake stated in a March 2nd letter to

Senator Duckworth that, “Passing H.R. 620 would be devastating to the promise of the ADA to increase opportunities for people with disabilities.”

The formal opposition of 43 Senators means that any efforts to move ADA legislation that includes a notification requirement and cure period in the Senate would be up against very difficult odds. Nonetheless, to guard against the possibility of this or similar legislation moving this year, PVA staff recently participated in a briefing for Senate staff to educate them about the dangers of limiting the opportunity for people with disabilities to enforce their rights under the ADA. Moving forward, PVA will continue to strongly oppose the ADA Education and Reform Act, or any other legislation that rolls back the obligations of businesses under the ADA to accommodate people with disabilities.

Boston or Bust!

By Mike Savicki, New England Chapter Member

My road to the finish line of the 2018 BAA® Boston Marathon was one of memories...



The idea came to me shortly after I crossed the historic Boylston Street finish line in April 2017. It was my 19th time doing so, a journey which began in 1989 when I was a junior in college and ran the race on foot for the first time two years

before breaking my neck. I wanted to make my next Boston special, not just for me but also for a special VSO. Inasmuch as I'd race Boston again in 2018 for the 20th time, I'd also set a goal of raising \$20,000 for the New England Chapter – Paralyzed Veterans of America. Why? Because when you live with a spinal cord injury (or any disability, I'd argue) you simply cannot do it alone and my friends at NEVA have been with me every revolution of my wheel since they first introduced themselves to me while I was in spinal cord injury rehabilitation at the west Roxbury VAMC, my

career as a Navy pilot cut short by a diving accident in November 1990.

Training for the race was the first challenge. When I first competed in the wheelchair division it was 1994 and I was a newly injured adaptive athlete, aged 26. I'm 50 now, with more years in a chair than on my feet, and training isn't so much about putting in the miles, speed work, and hill repeats any more as it is about technique, shoulder preservation, and readiness through pace. I did as much as I could in the months prior but each year, I'll admit, Boston's hills seem longer and longer on the best days, forget rain, cold, and headwinds.

Then came the fundraising. My idea was to begin my efforts back in the fall but when a series of hurricanes devastated the Gulf Coast, and thousands, including several of my PVA friends, lost everything, I chose instead to give rather than ask. So, a month to the day before race day, I started my efforts in earnest. I wrote letters and made personal calls. I explained what I was doing and why. I added an online component for friends to give electronically. ...*Continued on page 9.*

Sen. Elizabeth Dole Joins Local Leaders to Honor Boston's Military and Veteran Caregivers

First appeared on the Elizabeth Dole Foundation website hiddenheroes.com

Boston — May 1, 2018 — Senator Elizabeth Dole and the Elizabeth Dole Foundation, Philips, and the U.S. Department of Veterans Affairs (VA), are joining forces with Congressman Joe Kennedy III (D-MA), Boston Mayor Marty Walsh, and others to recognize the community's military and veteran caregivers and celebrate Boston's commitment to caregivers as a Hidden Heroes City. Local and national leaders including Francisco Ureña, Secretary of Veterans' Affairs for Massachusetts; Giselle Sterling, Commissioner of the City of Boston's Office of Veterans Services; Meg Kabat, National Director of the VA Caregiver Support Program; Vincent Ng, Director of VA Boston Healthcare System and others, will also be joining the conversation to advance strategies and solutions for more effective support.

"From the U.S. Army's formative roots at Cambridge during the American Revolution, to Boston Harbor being the home port for the U.S. Navy's 'Old Ironsides,' Boston's strong support for the military community is deeply rooted in its history," said Senator Elizabeth Dole, Founder of the Elizabeth Dole Foundation. "The city has maintained its status as a national leader in providing service members, veterans, and their families the support they need and deserve. Over the past year, Boston has taken its support of military and veteran caregivers to a new level through its role as one of the Foundation's 113 Hidden Heroes Cities. Today, we are proud to honor Boston's hidden heroes and hope this event will inspire cities across the country to do the same."

There are 5.5 million military caregivers — spouses, loved ones, family members, and friends of wounded, ill, or injured veterans and service members — providing \$14 billion in uncompensated, voluntary care across America. These hidden heroes often face great physical, emotional, and financial strain themselves, and many feel isolated and alone in their caregiving role.

"Military caregivers give everything they have to care for Boston's wounded warriors, sacrificing their own personal well-being," said Congressman Joe Kennedy III. "We want them to know that they are not alone — resources and support are available to help them in their vital role caring for our service members and veterans, through programs offered by the City of Boston, the Greater Boston Veterans Collaborative (GBVC), and Hidden Heroes."

"I am inspired by the selfless military and veteran caregivers serving Boston's wounded warriors," said Mayor Martin J. Walsh. "As a Hidden Heroes City, we are grateful to be working hand-in-hand with the Elizabeth Dole Foundation and each and every organization involved in the Greater Boston Veterans Collaborative to support those who have given so much for their country. Together, we will work to ensure our hidden heroes have everything they need."

Through evidence-based interventions like the VA Caregiver Support Program and community partnerships fostered ...*Continued on page 9.*



1ST ANNUAL NEPVA COMEDY NIGHT BENEFIT

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THURS JUNE 28



**Paralyzed Veterans
of America**
New England Chapter

Better Weather Is On The Way

By Debra A. Freed, Chapter Executive Director

I do believe that all the snow we have had is finally gone. I'm sure there are a couple of die-hard folks who wish the weather would still provide the white stuff. Besides, nine months of the year, well, okay, most years, it is nine months, there really are many, many, more things to do. Biking, Sailing, Fishing, Kayaking, Rowing, and the list could go on. Or, just having the ability to sit outside watching the world move.

I am pleased to announce a Bipartisan Plan H.R. 4, the FAA (Federal Aviation Administration) Act of 2018. Why is this important? It is to those of us who travel by air. And the FAA is not just for individuals with disabilities, but is for everyone as it includes issues about bumping a passenger if they have already boarded, baggage issues, and overbooking to mention a few.

But this reauthorization is critical for the disabled community who need to and or want to fly to their destinations whether at home or abroad. Without this reauthorization, there cannot be a continuation of the Air Carrier Access Act (ACAA), which has been redrafted to include a number of items and is now deemed the Air Carrier Access Amendments Act (ACAAA).

Again, WHO CARES? We should all care. Without these provisions, many of us, including Congressman Jim Langevin – who drafted H.R. 5004, and Senator Tammy Duckworth - who drafted S.1318 would probably not be able to go beyond their communities. For those who may not know who they are: Congressman Langevin, a complete quadriplegic, represents the 2nd congressional district in Rhode Island since 2001. He suffered his injury as part of the Boy Scout Explorer Program. From his personal

biography, a gun accidentally discharged and a bullet struck him, leaving him paralyzed. Senator Tammy Duckworth, former Representative of Illinois'8th District and now a junior Senator for Illinois was a U.S. Army Lieutenant Colonel helicopter pilot and suffered severe combat wounds, lost both legs and almost lost her right arm which was severely damaged. They have a vested interest in the bills they presented in part because of their own disabilities and the amount of travelling they do for their jobs. As part of their jobs, they are trying to protect not only their constituents, but everyone who travels by air. Without the ability to travel by air, their ability to perform their jobs as a Representative and Senator respectively would be sorely, sorely tested. Driving or taking the train is always a possibility but timing is everything and those two modes of transportation eat up a lot of time. While I am an avid driver, I could not see myself spending 3, 4, 5 or more days to get to a destination that I would only be at for a week or less. At least not while still employed.

Two more points to make here: 1: while there are many, many more travelers who are not disabled, just think what would happen if any one of them needed special services and they couldn't get it. You know they'd be making a lot of noise. 2: Please do not abuse those who are assisting you. If you are not sure those sent to assist you are physically capable or understand your specific instructions, then say something but don't be rude about it. This is just one of many reasons to get on the www. airaccess30.org and tell your story. We cannot change things if we do not explain the issues that will keep us safe when travelling and allow us to continue to travel by air.



Paralyzed Veterans
of America

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A VA hospital You May Not Know: The Final Salute, and How Much We Doctors Care

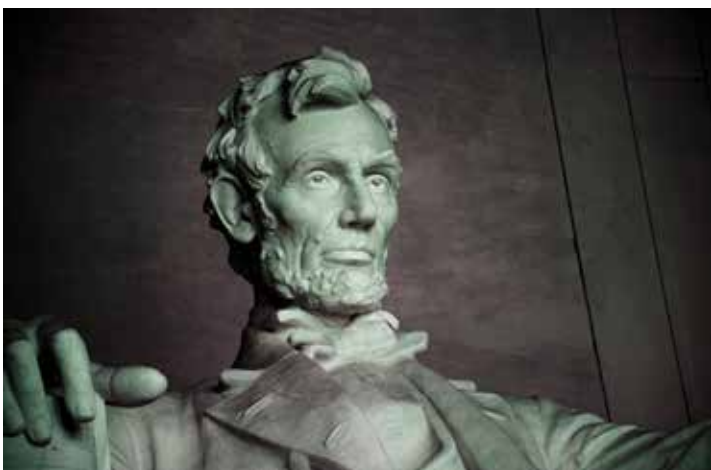
By Sanjay Saint, MD, Chief of Medicine VA Ann Arbor Healthcare System



Death is never easy. Even when expected, a person's death leaves a void for those who remain. As a physician, it is especially difficult for me when one of my patients dies.

I practice medicine at one of America's approximately 160 Veterans Affairs hospitals, so my patients are all veterans. The VA system – the largest integrated health care system in the United States – cares for approximately 9 million veterans, men and women who were willing to sacrifice greatly for our country.

This week's news about transitions at the very top of the VA put me in a reflective mode, thinking about the core reason that we do what we do at VA health care facilities around the nation. As a VA doctor, it is sometimes difficult to read the frequent criticism about the VA and its hospitals without getting dejected, but, fortunately, most of us are inspired by those who entrust us with their care and their lives.



Abraham Lincoln, in his second inaugural address on March 4, 1865, gave the VA its mission: "To care for him who shall have borne the battle and for

his widow, and his orphan."

I've been involved in caring for veterans since my first days in medicine, through many changes. As a medical student and resident, I cared for World War I veterans. They are now all gone.

I am now always honored to care for World War II veterans, most of whom have also passed.

Next will be veterans of the Korean War (like my father-in-law), Vietnam, Iraq and Afghanistan. It was these men and women who bravely served this country and who kept it free and open to people like me and my family – immigrants who were looking for better lives.

I did not sit in the foxhole with them or parachute into jungles, but I still have a duty. My duty is to provide America's veterans with superb medical care, delivered in a humane, compassionate and high-quality manner.

The Final Salute

When a veteran dies at our VA hospital, we all feel the loss. Even though I have been caring for veterans for over two decades in four different VA hospitals – as a medical student, resident, fellow and now as an attending physician – I only recently witnessed a ceremony that is both beautiful and heart-wrenching.

It is known as the Final Salute, and it is done for veterans who die under our care.

After pronouncing death, the patient's family is called and comes in to see their loved one. The body is placed on a gurney and is draped with Old Glory, the symbol of our freedom. As the body and family are led out of the hospital room to the exit, "Taps" is played – the signal for the health care workers, and, especially, their fellow soldiers, to come to the doors of their rooms.

Civilians stand with their hands on their hearts. Veterans give the military salute, standing if they are able.

For me as a civilian, I am reminded of how lucky others and I are that we get to care for these men and women, who all too often are forgotten and are struggling with demons. Rituals and ceremonies are important links to the past, and they are reminders of what it takes to improve tomorrow. Being a VA doctor gives me pride, no more so than when I watch how our VA honors those veterans who have died.

Veterans Deserve Top Priority

As the headlines point out, however, the VA should strive to provide the best care anywhere. Even though studies have found that overall VA care

is comparable to and often better than non-VA care, the VA needs to do much more to make the VA a model system for not just this country but the entire world.

I think that President Donald Trump's call to increase the VA budget for fiscal year 2019 is a step in the right direction. Not only will extra resources provide veterans more choices for care, but they also will help prevent veteran suicides, reduce opioid use, and expand cutting-edge VA research on prosthetics and veteran safety.



Support for veterans has, fortunately, remained bipartisan. Despite the change of leadership currently happening in the VA secretary's office – and the continued controversy the role of the private sector could and should have in providing care to veterans – my plea from the field is that our elected leaders continue to do right by veterans.

My colleagues and I – the men and women who have the privilege to care for America's heroes in VA health care facilities around the country – are honored to provide the high-quality and compassionate care veterans deserve from the moment they leave the service to the time of their Final Salute.

Sanjay Saint, MD, MPH, works for the VA Ann Arbor Healthcare System where he serves as Chief of Medicine and received the 2016 Mark Walcott Award as the National VA Physician of the Year.

He is also the George Dock Professor of Internal Medicine at the University of Michigan and the Director of the VA/University of Michigan Patient Safety Enhancement Program.

Article originally appeared on theconversation.com.

Boston or Bust!

By Mike Savicki, New England Chapter Member - *Continued from page 5.*

I never asked anyone for a specific amount, I just asked that they give what they could. People understood and stepped up more than I imagined. I was, and still am, amazed, humbled and forever grateful for the support I received.

Panic set in about two weeks before the race when I first began seeing the long-term forecast for Marathon Monday. A spring Nor'easter was predicted with sustained 20 mph headwinds, gusts to 50, torrential rains and temperatures in the low 30's. And here's the kicker, while New England's weather is famous for changing by the hour on the best day, this forecast never budged an inch, a degree or a wind direction in the weeks or days leading up to the race. The e-mails from the BAA began arriving days before the race, the conditions would be the worst in history.

Snow and ice greeted us to Hopkinton early race morning and it went downhill from there. When we were warned the wind chills would be in the mid-twenties and 2" of rain was expected (not predicted) a handful of racers dropped out and the rest of us broke out our foul weather gear. I even went so far as to completely wrap my helmet with packing tape with the goal of preserving every degree of core body temperature.

Now if anyone knows you it's family and my family kept close tabs on my efforts. My sister, Missy, and her kids, saw me roll through mile 6 already behind schedule. Then my parents at 10k, a cousin in Wellesley, and, by the time I reached my sister, Marybeth, and her already freezing girls near the top of Heartbreak Hill at mile 21, I had already been on the course for

longer than my last two Boston finishes in total. With hypothermic shock showing symptoms, I rolled in to a medical checkpoint and accepted a ride to the emergency room. My Boston, at least on race day, was done.

"Finish what you started" has always been a mantra of mine so, after returning to the hotel late that night, I shared (to much dismay and disagreement) that I planned to finish the race the next day. Boston is that special to me, I respect the course, the race, the history and the tradition (and listened to doctors), so I did. I quietly crossed the finish line that next afternoon, cried a few tears, then kept going back to my hotel.

Those who got behind my challenge - \$20k for 20Bostons - would have supported me either way (and I appreciate that), but there is something in many of us, veterans in particular, that says not finishing isn't good enough. I'm glad I did. To me, life is about getting to the finish line, no matter which finish line we choose, using the best of our what we have inside us, ability or disability aside.

As for Boston #21, it's in the works. Will you join me?

Connect With What Matters



Being there makes a difference

Recently the Ride-Away team joined forces with MobilityWorks so that we could provide our veterans with the largest selection of mobility solutions that best fit their physical capabilities and lifestyle. Veterans have unique needs so we treat each of them as individuals. First of all, we listen. Then, we work together find the best solution. Collectively, Ride-Away and MobilityWorks will continue to build on our mission to help veterans connect with who and what matters most.

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Refreshing the Mind and Body at the National Disabled Veterans Winter Sports Clinic

By Paul J. Nyerick, New England Chapter Member

Which Cross ...

It's a new day, filled with the promises life has to offer. An array of avian, winged, colorful flying species, compete for a spot at the wind-swept bird feeder. Puffed up to insulate themselves against the ravages of winter's cold, the grateful patiently wait for greedy acrobatic squirrels, to eat their fill, while spilling seed to the frozen landscape. Their sloppiness gives gold finches, red cardinals, large blue jays, larger pileated woodpeckers, an opportunity to scurry around the perimeter and scoop up the remnants, unknowingly providing sustenance for everyone involved. I doubt that the squirrels realize their gorging helps others sustain themselves, until spring explodes its bounty for everyone to enjoy. This is the reason all creatures must adapt to survive or go the way of the pterodactyl or dodo.

We as humans, must also adapt to a myriad of personal pitfalls, real or perceived, that may or may not, hinder us as we struggle our way through life's mysterious journey. This is where my closet filled with crosses I have chosen to bear come into play. I'm perplexed over the sheer number, and which one will hang heavy on my shoulder today.

There is trying to maintain my perception of being cool. It has been so hard to constantly work at that image, dangerous as it could become. At my advancing age, wearing shorts in zero-degree weather makes no sense. Trying to maintain the hippie persona of letting my freak flag fly, with a follically-challenged scalp, makes coolness dissolve along with my hairline. The question is if I capitulate or struggle to the very last strand. I guess I will continue that metaphor for freedom for the time being, if I quit gazing into the mirror.

Then there is the heavy blood-soaked cross from the Vietnam experience. After nearly fifty years of struggling up the hill for redemption, the wood has splintered my mind raw. I'm sick of the guilt and shame I can't shake. It is defiantly a drag on civility. The scourge of PTSD doesn't help. I guess it will take a chainsaw to shred that one to kindling. I just hope it happens before I'm catapulted into the great beyond.

Now there is a more imminent cross I must bear, my breaking mind. Words slowly ooze from my cerebral cortex. They just float above, waiting patiently to be injected back into the conversation. It's getting harder to creatively assemble language. I pride myself on being able to construct thoughts into a free-flowing creation, the way I am accustomed. This is the cruelest irony of all. If my mind shatters, I won't be able to bear the others. I guess this must be the meaning of fading away.

But wait. After this week of hanging with Nate, Dick and definitely Dymoneque, yes, Dymoneque, the miracle sliding machine, gave me the confidence to add meaning to any task left to accomplish. Wow; after descending an adrenaline-fueled blast down Sneekies, a near vertical run. my mind and body began to refresh. This is exactly what I needed to continue, and not ready to quit living. While skiing onto the dock, a flash of reality struck me between the eyes. There is still plenty of time left to keep moving forward, only at a slower speed. This is the essence of the National Disabled Veterans Winter Sports Clinic.

I'm still here, not ready to give up. Oorrah!

Solutions and Support for Boston's Hidden Heroes - Caregivers

First appeared on the Elizabeth Dole Foundation website hiddenheroes.com - Continued from page 5.

by VA Boston Healthcare System, the VA is focused on creating long-term programs of support for both Veterans and their caregivers.

"As a veteran myself, and now a caregiver to my son Eric, I appreciate the support provided by these types of programs – the sense of community and security, it helps," said Mike Kelly, a participant on the Caregiver Panel for the Boston Celebration. "Programs like clinics hosted by the VA Boston Healthcare System make our roles as caregivers that much easier. It is comforting to know that our son is getting the care he needs, and we have a support system that understands what we are going through."

The celebration takes place at 2 p.m., May 1, at the VA Boston Healthcare System West Roxbury Campus and is possible thanks to the generosity of Philips, which recently announced Cambridge as the site of as its

new North American headquarters. "As a physician who has cared for veterans, and as an executive with oversight of Philips technology in VA hospitals and homes around the country, I have become familiar with the unique challenges of both clinicians and caregivers," said Roy Smythe, MD, Philips Chief Medical Officer, Strategy & Partnerships. "Philips is extremely proud to support efforts to help veteran caregivers here in Boston and nationwide." Philips is a leader in health technologies, helping to deliver better care, and creating telehealth and product solutions with health systems to improve the patient and provider experience.

I do believe that all the snow we have had is finally gone.

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NEPVA Official Nomination Form- FY 2019

This is an official Nomination Form as approved by the Executive Board of the Paralyzed Veterans of America, New England Chapter. Your **nominees must be life members** of New England PVA.

INSTRUCTIONS: Fill in the names of your nominees. Return this form to the NEPVA office (address below). To be valid, this form must be signed by you and filed with the Secretary before **4:30 pm, June 29, 2018**.

Nominees For Officers

PRESIDENT: _____

VICE PRESIDENT: _____

SECRETARY: _____

TREASURER: _____

Nominees For Executive Board

1. _____ 5. _____

2. _____ 6. _____

3. _____ 7. _____

4. _____

This official Nomination Form must be signed by the member making the nomination(s) in order to be valid. A letter will be sent to all persons nominated as candidates to sign acknowledging acceptance and are due back by the close of business on Friday **July 20, 2018**. This will be done by the Secretary.

Ballots will go out during the first week of August and must be returned by the close of business on **August 31, 2018**.

Print NEPVA Member's Name

NEPVA Member's Signature

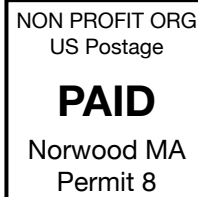
Mail Form to: NEPVA, 1208 VFW Parkway, Suite 301, West Roxbury, MA 02132

Paralyzed Veterans of America
New England Chapter
1208 VFW Parkway, Suite 301
West Roxbury, MA 02132

T 800-660-1181
F 857-203-9685

info@newenglandpva.org
www.newenglandpva.org

Office Hours
Mon-Fri, 9:00am - 4:30pm



COMING EVENTS AND IMPORTANT DATES

May 23: Brockton SCI Pizza Party

Jun 2: NEPVA Bass Fishing - Newton Yacht Club, MA

Jun 2: Women Veterans Health Fair at Bedford, MA

Jun 9: South of Boston Adaptive Sports Day - 10am-2pm Peter Igo Park, Marshfield, MA

Jun 20: West Roxbury SCI Pizza Party

Jun 23: Sail to Prevail - Paralyzed Veterans of America Weekend, Newport Sailing Clinic, Newport, RI

Jun 28: 1st Annual NEPVA Comedy Night Benefit.
Live Stand Up Comedians, Silent Auctions and Raffles.
6pm to 9pm - Chunky's Cinema Pub, Nashua, NH

Jul 16-20: New England Summer Sports Clinic

Jul 25: Brockton SCI Pizza Party

Jul 29-Aug 5: National Veterans Wheelchair Games, Orlando, FL

Aug 15: West Roxbury Annual Ice Cream Social

Aug 25: Lake Hiawatha cookout, boat rides and fishing

Aug 31: Bellingham Shooting

Sep 7-9: NEPVA Bass Trail Fishing - Lake Winnepesaukee, NH

Sep 26: Brockton SCI Pizza Party

Oct 5-7: Maine Bass Trail event at Pine Tree Camp

For more information on upcoming sports events please contact the Chapter office at (800) 660-1181.

Mike Guilbault - Sports Director

Mike Moran - Asst. Sports Director



New England PVA's Official Facebook Page

www.facebook.com/NEPVA1947

Serving Paralyzed Veterans and the Disabled Community Since 1947.