



**Paralyzed Veterans  
of America**

New England Chapter

# CORDWORD

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



## Northeast Passage Court Sports See page 14

**INSIDE THIS EDITION**

**WOMEN EMPOWERED**

**NEW VA HEALTH APP**



**NEW ENGLAND CHAPTER OFFICES**

- TSA SCREENING IMPROVEMENTS 4
- HISPANIC HERITAGE MONTH 5
- A2 SCI WEST ROXBURY VAMC 7
- CAREGIVER PROGRAM DELAY 8
- PVA NTL SPORTS CALENDAR 10
- VA WINTER SPORTS CLINIC 14



**PVA Launches New Multi-Faceted Initiative to Address the Needs of Women Veterans with Disabilities**

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VA Launchpad for Veterans simplifies and organizes several existing tools and resources into one convenient location to help manage health care needs. ....*continued on page 9.*



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Making a difference in the lives of Veterans and the Disabled Community throughout New England since 1947.

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To Support  
To Donate**

New England PVA  
1208 VFW Parkway, Suite 301  
West Roxbury, MA 02132

T 800-660-1181  
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Paralyzed Veterans of America is the only non-profit Veterans' Service Organization chartered by the U.S. Congress to support and advocate for the benefits and medical care of our country's armed forces Veterans who have experienced a spinal cord injury or dysfunction spanning conflicts from WWII thru Iraq and Afghanistan.

PVA has developed a unique expertise, on a wide variety of issues,

involving the special needs of our catastrophically injured members. PVA uses this expertise to be the leading advocate and supporter for:

- Quality health care for our members.
- Research and education.
- Benefits available, because of our members' military service.
- Civil rights that maximize the independence of our members.

 @NEPVA1947

[www.newenglandpva.org](http://www.newenglandpva.org)



**Paralyzed Veterans  
of America**

New England Chapter

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*CordWord* is the New England Chapter, Paralyzed Veterans of America's (New England PVA) monthly magazine that covers news, health, research, lifestyle and issues of interest and concern to Veterans and others with spinal cord injury and disease. Anyone interested in submitting an article to *CordWord* should email [media@newenglandpva.org](mailto:media@newenglandpva.org). The assertions and opinions expressed in articles and announcements in *CordWord* reflect the views of the author(s) and do not necessarily reflect the views of the New England PVA. New England PVA can in no way whatsoever be held responsible for the content of such views nor can it be held liable for any direct or indirect damage that may arise from such views.

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# PVA Launches New Multi-Faceted Initiative to Address the Needs of Women Veterans with Disabilities

PVA Website - Liz Deakin, Director of Communications



WASHINGTON (October 3, 2019) — More than 40 U.S. female veterans with a range of disabilities gathered for Paralyzed Veterans of America’s WE Served, Oct. 3 to 6 in Crested Butte, Colorado. The all-expenses-paid retreat will feature workshops focused on holistic well-being and community-building in an inclusive, supportive environment. More than half of the attendees are Paralyzed Veterans of America members.



One of the female veterans attending WE Served is Tammy Jones, national vice president of Paralyzed Veterans of America. Jones was one year into her service with the U.S. Air Force when a car accident left her with a broken neck. At only 19 years old, she was faced with the knowledge that she would never walk again.

Thirty-three years later, Jones has a unique perspective on what it’s like to navigate the world as a disabled female veteran — and how Paralyzed Veterans of America has supported her along the way. This weekend, she will help lead WE Served, Paralyzed Veterans of America’s first-ever event solely for women veterans with disabilities.

“We want to be a voice for America’s women veterans, who deserve the very best in health care, benefits, employment, accessibility and more,” said Jones. “When disabled women veterans don’t feel comfortable or welcomed within the VA — for example, because the women’s health clinics aren’t wheelchair-accessible or because they have experienced sexual trauma there — that poses a serious barrier to their well-being.”

WE Served is part of Paralyzed Veterans of America’s wider initiative to address the specific needs of women veterans with disabilities. Jones serves on its Anita Bloom Women Veterans Health Committee, named for a paralyzed woman veteran, and has been advocating on Capitol Hill to highlight the unique health care needs of women veterans with spinal cord injuries and diseases. Paralyzed Veterans of America’s employment program, PAVE, also specializes in helping minority female veterans and other constituencies who have historically faced higher rates of unemployment and underemployment.

Women tend to fight their personal battles alone. When we take care of ourselves, we’re better able to speak up and give back,” Jones added. “WE Served is a step toward empowering women veterans to ask for the benefits and care we deserve.

Currently, there are 2 million women veterans living in the U.S., and women are the fastest growing demographic in both the military and veteran population. Female veterans using the VA often have complex health care needs such as post-traumatic stress disorder due to war-related trauma and sexual trauma, mental health care, and substance use disorders — services that, on average, they use at higher rates and more often than male veterans.

WE Served is funded in part by the Craig H. Neilsen Foundation and sponsored by First Nation Group and the Adaptive Sports Center of Crested Butte. Learn more about WE Served at [pva.org/weserved](http://pva.org/weserved).

# PVA Encouraged by TSA Report for Improvements to Screening Passengers with Disabilities

PVA Website - Liz Deakin, Director of Communications

WASHINGTON (October 17, 2019) — With Paralyzed Veterans of America being the driving force behind the requirement of the Transportation Security Administration’s report, “TSA’s Improvements for Screening of Passengers with Disabilities,” the organization is hopeful that its findings that show updates to TSA’s etiquette and sensitivity training and the incorporation of best practices to address complaints from travelers with disabilities will lead to better experiences with the security screening process.

“TSA revised its initial and recurrent training requirements for those

who perform screening functions at airports as a result of Paralyzed Veterans of America and other focus groups’ participation earlier this year. The report also reveals that the focus groups showed a benefit to updating TSA’s Passenger Support Specialist training,” said Carl Blake, PVA’s executive director. “We are pleased TSA used the input of Paralyzed Veterans of America and additional focus groups in order to improve the engagement that travelers with disabilities deserve.”

Additional findings from TSA’s report show airline travelers filed 1,816 disability complaints from October 1, 2018 ... **continued on page 8**

# Hispanic American Veterans Honored during Heritage Month

Originally published on VAntage Point



National Hispanic American Heritage Month honors and remembers all the significant accomplishments of our Hispanic American Veterans. Hispanic Americans have defended this country, showing bravery throughout the years.

Hispanic American Veterans such as Army Veteran Alfred V. Rascon, a Medal of Honor recipient, show courage and perseverance.



Rascon received a Medal of Honor for his actions as a medic during the Vietnam War. During combat with several Soldiers wounded, Rascon made his way forward to aid his fallen comrades. He exposed himself to enemy fire and grenades multiple times, covering the bodies of those whom he was aiding. He absorbed grenade blast and fragments with his own body. Each time he would successfully drag his comrades to safety, he would crawl back to aid someone else without

hesitation. Rascon showed acts of selflessness and demonstrated true bravery.

Many Hispanic women have also put their lives on the line to serve this country and protect what it stands for. When the military first began accepting women into its ranks in the early 20th century, only a small number of Hispanic women joined because traditional values discourage them from traveling and working away from home. This changed during

World War II when the nation needed contributions from all citizens.

Carmen Lozano Dumler, one of the first Puerto Rican women to become a U.S. Army officer, shows the dedication of Hispanic American women to serve our country.

In 1944, because of the events of War World II, the U.S. Army sent some members of the Women's Army Corps to Puerto Rico to recruit more people. That's where Dumler heard about this opportunity to help out. Upon graduating from Presbyterian Hospital School of Nursing in the spring of 1944, Dumler volunteered as an Army nurse. As one of 13 selected applicants, she became a second lieutenant. She described it as the happiest day of her life.

Dumler served in different hospitals, providing her knowledge as a translator and her support to the patients who appreciated having someone to talk to who shared the same language. She trained as a nurse at the Rodriguez General Hospital in San Juan, Puerto Rico. Dumler later served in the British West Indies, where she attended to wounded Soldiers returning from France.



These are only two people among many Hispanic Americas who have and continue to defend for our nation. Our country is built from brave men and women, from all different backgrounds and cultures. This month, we recognize the countless contributions of Hispanic Americans that help make our nation a thriving and secure land of opportunity.

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## NEW ENGLAND PVA NEEDS YOUR HELP!

Volunteers do invaluable work that makes a real difference to Veterans, their communities and the Chapter. Volunteering can change your life, too! Your talents and time are always welcome.

We are looking for Volunteers to help out in the office, attend local awareness events, and assist with event planning. Everyone can help somehow and in some way, at any place and during any time. If you might be too busy or can't get out, think about a financial donation. Even if its only \$5 or \$10, every little bit helps. To learn more about Volunteer opportunities and how you can help please contact the Chapter office at 800-660-1181 or email [info@newenglandpva.org](mailto:info@newenglandpva.org).

# 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.

MobilityWorks has more than 50 locations across the country with the largest selection of accessible vehicles and adaptive solutions:

- Minivans, full-size vans and trucks
- The latest in adaptive technology
- Complete maintenance and service
- Rental vans — veterans receive a 10% discount

MobilityWorks is committed to serving you. Contact us today so we can evaluate your needs and find a solution that best fits your lifestyle.



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# A2 West Roxbury VAMC: Why It was Worth the Ride!

By Debra Freed, Chapter Member



Most of you may have heard by now that I suffered an injury on 9.21 at the Veterans' Expo and Career Day that was held at the Brockton VAMC, behind Bldg 23 (the gym) on Sept 21st. The gym was being used by Audiology to recruit patients and also held the career fair inside.

Outside were probably 50 tables set up under canopies for various Veterans Service Organizations and other groups supporting veterans, their families, and caregivers. The New England Chapter, of course, had a table. Denise Pease and I covered the table.

Behind us, in the large grassy area, they had the comfort ponies, and a group from Plymouth, the Therapeutic Horse Program. Well, it had been a few years since I was on a horse. I love horses, always have. My first time on a horse, I was stationed in Loring, Maine when it was a SAC base. However, on this Saturday, I had seen some other folks riding the horses. At one point, they were allowed to trot around the yard. I didn't plan on being that brave but I wanted to get "walked" around a little.

Well, Smokey, (the horse) had truly different ideas. He decided that he was done with the noise, the crowd, and wanted nothing more to do with accepting riders. I wasn't even able to get fully on before being partially thrown and having to let go.

We all know when something isn't right with our bodies. I knew instantly something was wrong the second after I landed. The pain was just unbelievable. However, the embarrassment of being the one to possibly cost the closure of such an outstanding day was just as high. It really and truly was a great day. The sun was shining, the event estimate of visitors was over 500 and here I am about to crush it all, or so I thought.

The young woman who owned Smokey was absolutely mortified. She was so upset. I told her from the ground that I knew I had done something but could feel my legs so it couldn't be that bad. Unfortunately, it was pretty bad.

As I lay on the ground, a crowd began to gather. Someone called 9-1-1. Someone else called the Urgent Care Physician on Duty there at Brockton and a few folks tried to keep me cool as it was really a very warm day. I do not know who the EMTs were but they were truly great. Again, I know I was going to the hospital but which one? "Miss Freed, we have to take you to the nearest hospital." You do, but it doesn't mean I have to go! "Miss Freed, we really recommend you go to a hospital." Yes, I know, and yes I agree, but if you cannot take me to West Roxbury, then I will get a ride.

"Miss Freed, we don't recommend that."

Listen, if this old lady is going to suffer, then she is going to do it her way because back boards and I do not get along. It would have meant going to Good Sam's which I have heard is a good hospital, then being transferred to West Roxbury, again on a back board. NO WAY!

The crowd had grown, I didn't see how big, but by then half of everyone there knew it was I who got bucked/fell from the horse. God Bless Denise Pease! Because without her being there, I might have had to go to Good Sam's. I had the EMTs pick me up, put me in my chair, wheel me to my van, strap me in, and Denise drove me the 40 minutes to West Roxbury. Again, this was against medical advice, and could possibly cause more damage. And I won't lie, it truly was one of the worse rides I have ever had to endure. But I knew where I was going would be the best place for me. West Roxbury A2 remains in my opinion 2nd to none, not just in New England but from sea to shining sea. Yes, I am being biased and here are some of the reasons why:

- By the time we arrived at West Roxbury, the E.R already knew I was coming
- West Roxbury A2 has access to all my records.
- I have been seen at West Roxbury A2 SCI since early 2003
- And as stated there were serious risks involved but they were and remain truly worth it
- Intake at West Roxbury probably took less than an hour.
- X-rays and then a cat-scan were done within the next hour.
- I would have a room, not on A2 yet, but on 2 South before dinner. 2 South is on the same hallway as A2 so I wasn't far from "home."

2 South folks were really good to me. They all knew my preference for wanting to be on A2 but were as accommodating as possible. Melissa from A2 came by first thing Monday morning. She, along with others on A2 knew I was there even though I was being followed by Medical and Neurosurgery.

By Tuesday evening, I was on A2. Between arriving at 2 South and getting on A2, several things occurred: We learned I am allergic to Dilotid, a strong pain med. We learned that I could use the bathroom with assistance. This was very important to me and I will say everyone who I dealt with was great at giving me a little privacy in the bathroom.

Prior to coming to A2, I forgot to mention that Neurosurgery had come by recommending surgery, OH NO for 2 reasons: I was not yet on A2 and I was scared. Not being as young as I once was, I wanted to ensure 2 very important things: that I would wake up and that if lucky, my legs would still work. So, I turned it down. Please know that I was and remain selfish when it comes to the use of my legs. I can truly appreciate folks being annoyed with me because that was a primary concern. I do recognize that many were not or may not have been so lucky.

After talking with family and a couple of friends, I changed my mind again for two reasons: I knew I would go back to A2 after surgery, and I was no

# PVA Issues Statement on Delay of Expansion to Veterans' Family Caregiver Program

PVA Website - Liz Deakin, Director of Communications



Washington, D.C. (Sept. 26, 2019) — Paralyzed Veterans of America Executive Director Carl Blake issued the following statement on the

Department of Veterans Affairs' announcement of its delay to include catastrophically-injured veterans from eras before 9/11 in the agency's Comprehensive Family Caregiver Program, as required under the VA Mission Act:

"We are extremely disappointed with this delay since it directly impacts many of our members, veterans with spinal cord injury. Many of our members have relied on their caregivers for decades. Our seriously injured veterans expected to be able to enroll in the VA's family caregiver program starting this fall, but now improvements to their quality of life are on hold until at least the summer of 2020. We urge the VA to take the proper actions necessary for the successful expansion of this program as soon as possible. Continuing to delay this program is simply unacceptable. Our nation's catastrophically disabled veterans and their caregivers are counting on it."

## A2 West Roxbury VAMC: Why it was worth the Ride!

*Continued from Page 7*

longer fearful of not waking up. Surgery would be the following Monday, 9/30. What do I remember from the surgery? Well, that I went to sleep at 6:45a.m. and was reawakened at 3p. The surgery was a success and complete. However, I would go to SICU for a couple of days to try to get my pain level to a tolerable level. Pain I can deal with to a point, nausea on the other hand, I have extremely low patience for.

Again, once we got the issue of the pain meds addressed, nausea either under control or completely gone, I could go back to A2.

A2 truly is the best place for spinal cord injury. And they are no slouches when it comes to working with patients, getting them up, out of bed and moving. While this did happen on 2 South as well, A2 just rocks the house with getting the most out of patients without increasing their stress and pain.

I have to tell you, Rehab Medicine here is also top notch. They push but not to the level of causing more harm, only to allow the patient, in this case me, to determine my own limitations and toleration of pain.

Walking with a walker is good. I did crutches and stairs starting Oct 8th and realized that the brace makes a big ... **continued on page 8** difference in walking with crutches. It amazes me the different muscles needed to use a walker versus crutches versus my wheelchair.

Some people think I'm a nut when I say the positives far outweigh the negatives. Sorry but they truly do. I'm on A2 where all my records are easily accessible. Rehab medicine follows me daily as well. And it has been 10 days from date of injury to surgery (9/21 to 9/30), and as of this article, from (9/30 to Oct 9) I have been up out of bed since the day after surgery every single day. I even got to take a shower without assistance but with the nurse in the room. Believe it or not, I am so looking forward to going home hopefully by next Wednesday.

From start to finish, a total of 28 days. There is little I can do to show my appreciation for everyone, from housekeeping, to the kitchen, Rehab Medicine, and especially the staff on A2. I've said it before, I will say it again, the ride, while miserable, was well worth it.

A2 & Rehab Medicine ROCK!!!!!!

## PVA Encouraged by TSA Report for Improvements to Screening Passengers with Disabilities

*Continued from Page 4*

through May 31, 2019. Of those complaints, 16.2 percent were from travelers who encountered problems while using wheelchairs or scooters.

"It's extremely disappointing to see individuals experience discrimination or lack of accommodations simply because they use a wheelchair or scooter," said Blake. "We hope that TSA's incorporation of best practices

into training will prevent these problems in the future."

PVA has been a champion for the civil rights of air travelers with disabilities. Learn more about PVA's advocacy efforts on this issue at [www.pva.org/travel](http://www.pva.org/travel).



# VA Releases Launchpad App to Streamline Health Care Access for Veterans and Caregivers

Office of Public and Intergovernmental Affairs via [www.va.gov](http://www.va.gov)



The U.S. Department of Veterans Affairs (VA) recently launched a new mobile application designed to save Veterans and their caregivers time online.

VA Launchpad for Veterans simplifies and organizes several existing tools and resources into one convenient location to help manage health care needs.

“VA has developed dozens of apps for Veterans to take charge of their health care,” said VA Secretary Robert Wilkie. “VA Launchpad makes it easier to have these important tools available at your fingertips.”

The VA Launchpad mobile app simplifies and organizes several existing tools and resources into one convenient location. It arranges all of VA’s previous apps into five categories for veterans: health management, health care team communication, vital health information sharing, mental health improvement, and quality of life improvement. The new app enables Veterans to access all the features with a single secure login.

Some of the apps include:

- Airborne Hazards and Open burn Pit Registry
- Annie App for Veterans (set up reminders for self-care and health tracking)
- My VA Health Journal (track and record military and health history)
- Pressure Ulcer Resource (resources to help prevent ulcer injuries)
- Summary of Care (access your official medical record)
- VA Online Scheduling (if you are already enrolled, you can schedule primary care appointments)

- NetResponse Mobile (answer health questions and update with biometric inputs)
- Secure Messaging (ask your VA care team non-urgent personal health questions)
- VA Health Chat (ask VA staff minor health questions)
- VA Video Connect (connect with your health care team from anywhere)
- MobileKidney (track and enter kidney health information)
- REVAMP (Connect with positive airway pressure machine)
- ACT Coach (works with mental health professional during acceptance and commitment therapy)
- Anger and Irritability Management Skills
- CBT-i Coach (Get the most out of cognitive behavioral therapy for insomnia)
- Concussion Coach (support for physical, cognitive, and emotional symptoms related to traumatic brain injury)
- PE Coach (for therapy with a prolonged exposure therapy health professional)
- PTSD Coach (for those who, or may have, post-traumatic stress disorder (PTSD))
- PTSD Family Coach (for family members of those living with PTSD)
- MOVE! Coach (weight loss app for Veterans, service members and their families)
- Stay Quit Coach (resources and tools to help with quitting smoking)

The app also includes many mental health care and personal improvement tools for individuals who are not enrolled in VA health care services. These tools are free and do not require secure logins to use.

VA Launchpad for Veterans is available for download in the Apple App Store and Google Play. To access VA’s secure apps within VA Launchpad, users must be a VA patient and have one of the following accounts: Premium My HealtheVet, DS Logon Level 2 (Premium) or ID.me.





## Paralyzed Veterans of America

### ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

#### Cal-Diego Air Rifle and Pistol Tournament

January 27-28, 2020  
San Diego Naval Base  
San Diego, CA

#### Mid-Atlantic Air Rifle and Pistol Tournament

March 4-5, 2020  
Colonial Shooting Academy  
Richmond, VA

#### Wisconsin Air Rifle and Pistol Tournament

March 21-22, 2020  
Milwaukee Area Tech College  
Milwaukee, WI

#### Buckeye Air Rifle and Pistol Tournament\*

April 16-18, 2020  
Spire Institute  
Geneva, OH

#### \*Buckeye Wheelchair Games

### PARALYZED VETERANS BOATING/FISHING TOUR

#### Mid-America Bass Tournament

September 20-22, 2019  
Lake Eufaula  
Eufaula, OK

#### Vaughan Bass Tournament

October 4-6, 2019  
Rend Lake  
Mount Vernon, IL

#### Florida Gulf Coast Bass Tournament

April 3-5, 2020  
Lake Harris  
Tavares, FL

#### Kentucky-Indiana Bass Tournament

April 24-26, 2020  
Lake Barkley  
Kuttawa, KY

#### Mid-Atlantic Bass Tournament

June 5-7, 2020  
James River  
Richmond, VA

#### Capital Clash Bass Tournament\*

June 12-14, 2020  
Potomac River  
Marbury, MD

#### \*Year-end Tournament

### ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

#### Mid-South Billiards Tournament

October 11-12, 2019  
Clicks Billiards  
Memphis, TN

#### Mid-Atlantic Billiards Tournament Chuck Willis Mem

March 20-22, 2020  
Diamond Billiards  
Midlothian, VA

#### Mid-America Billiards Tournament

April 3-5, 2020  
Slick Willies Pool Hall  
Oklahoma City, OK

#### Buckeye Billiards Tournament

June 5-6, 2020  
Wickliffe Lanes  
Wickliffe, OH

#### Mountain States Billiards Tournament

June 20-21, 2020  
Widefield Corner Pocket Billiards  
Fountain, CO

### ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

#### Great Plains Bowling Tournament

August 1-4, 2019  
Thunderbowl  
Council Bluffs, IA

#### Mid-Atlantic Bowling Tournament

September 13-15, 2019  
Bowl America  
Glen Allen, VA

#### Nevada Bowling Tournament

December 5-8, 2019  
Sunset Station Hotel & Casino  
Las Vegas, NV

#### Mid-America Bowling Tournament

April 9-12, 2020  
Firelake Bowling Center  
Shawnee, OK

#### Vaughan Bowling Tournament

May 21-24, 2020  
Bowlero  
Romeoville, IL

### PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

#### North Central Shooting Sports Tournament

September 6-8, 2019  
Crooks Gun Club  
Sioux Falls, SD

#### Mid-Atlantic Shooting Sports Tournament

October 25-27, 2019  
Conservation Park of Virginia  
Charles City, VA

#### Nevada Shooting Sports Tournament

March 13-15, 2020  
Clark County Shooting Park  
Las Vegas, NV

#### Cal-Diego Shooting Sports Tournament

Redlands Shooting Park  
March 27-29, 2020  
Redlands, CA

#### Lone Star Shooting Sports Tournament

Desoto Gun Club  
Dates TBD  
Waxahachie, TX

#### Vaughan Shooting Sports Tournament

June 5-7, 2020  
St. Charles Sportsman Club  
Elburn, IL

#### Iowa Shooting Sports Tournament

June 12-14, 2020  
Otter Creek Sportsman Club  
Cedar Rapids, IA

#### Wisconsin Shooting Sports Tournament\*

June 26-28, 2020  
Brown County Sportsman Club  
Green Bay, WI

#### \*Year-end Tournament

### BOCCIA

#### PVA National Boccia Tournament

October 22-26, 2019  
The Pavilion at Lamay  
St. Louis, MO

#### Bayou Boccia Tournament

November 8-9, 2019  
Harrison County Shelter  
Gulfport, MS

#### Buckeye Boccia Tournament\*

April 16-18, 2020  
Spire Institute  
Geneva, OH

#### Mid-Atlantic Boccia Tournament

May 6-8, 2020  
Fort Monroe at  
Community Center  
Hampton, VA

#### Vaughan Boccia Tournament

June 26-28, 2020  
Fountain View Recreation Center  
Carol Stream, IL

#### \*Buckeye Wheelchair Games

### HANDCYCLING RACING

#### PVAR Hi Performance Off Road Camp

August 17-26, 2019  
Crested Butte, CO

#### Off Road Handcycling Championships

August 23-25, 2019  
Crested Butte, CO

#### Off-Road Fall Expo

October 4-6, 2019  
Chesterfield, VA

#### Army Ten Miler

October 13, 2019  
Washington, D.C.

### CODE OF HONOR QUAD RUGBY INVITATIONAL

Dates TBD  
Location TBD

### NATIONAL VETERANS WHEELCHAIR GAMES



For more information, visit:  
[pva.org/sports](http://pva.org/sports)

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- Jim Dahlin, US Army Veteran, first veteran to receive Indego through VA policy

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Paid for by the Jeffrey Carlton Charitable Foundation



# Northeast **PASSAGE**

LIVING BEYOND DISABILITY

## 2019 FALL SCHEDULE

**Pre-registration is required for all events.**

You can register online or please contact Northeast Passage at 603-862-0070 or [northeast.passage@unh.edu](mailto:northeast.passage@unh.edu) and we will gladly take care of your registration.

Payment can be made to Northeast Passage by credit card over the phone (603-862-0070) or at the event. We accept check, cash and all major credit cards.

### PARA-PICKLEBALL

Pickleball is back! Northeast Passage has partnered with the Exeter Area YMCA to run Wheelchair Pickleball (Para-Pickleball).

NEP will provide staff, instruction, and a selection of sport wheelchairs for these events. This program is offered to individuals of all abilities, inviting standing and seated players alike. Review rule variations for seated players here on the [USAPA.org](http://USAPA.org) website!

Whether you are playing standing up, or seated, we look forward to seeing you there!

Tuesday mornings from 10-11:30AM. Sign up for one or all of them!

10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17

All events will be at the Exeter, NH YMCA, these are free events.

REMINDER: Court Sports & Archery are in full swing!

## COURT SPORTS

Come join Northeast Passage at UNH's Hamel Recreation Center for a night of Court Sports! We will provide court wheelchairs, people to fill out teams, and all the equipment needed for the specific games. We usually play wheelchair Ultimate Frisbee, but the possibilities are endless. This program is appropriate for participants of all abilities, ages, and levels of experience. Sign up for one or all dates.

Wednesday evenings, 5-7:00PM

October 16, 23, 30

These events are free.

## INDOOR ARCHERY

All skill levels are welcome! Instruction and equipment will be provided by NEP and range coaches who are all USA Archery certified instructors. If you have your own equipment you may bring it as long as it meets the range regulations--please contact us if you have questions. We hope to see you on the range!

Thursday afternoons from 1:00-3:00PM in Hooksett, NH

October 24, November 7, November 21, December 5, December 19

Fees: \$15.00, \$0.00 for Veterans

Veteran registration fees for this program are waived due to a grant from the United States Department of Veterans Affairs.

We hope to see you this fall!





# VA NEW ENGLAND WINTER SPORTS CLINIC

## IN MEMORY OF TONY SANTILLI

The New England Winter Sports Clinic takes place in Sunapee, New Hampshire in partnership with NEHSA (New England Healing Sports Association) and Mount Sunapee.

Veterans enrolled in VA Healthcare are eligible to apply. For an application or questions please contact Jenny Vulpis.



**January 13-17, 2020**

**Learn to Ski or  
Snowboard**

**Veterans must be  
registered in the VA  
Healthcare System**

**Deadline to apply:  
November 1, 2019**

**Contact Jenny for  
questions or an  
application**

### **CONTACT:**

Jenny L. Vulpis, CTRS  
VA Boston HCS  
Adaptive Sports Case  
Manager

774-826-1955

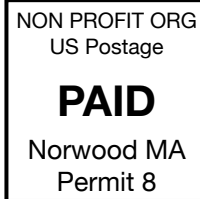
[Jenny.vulpis@va.gov](mailto:Jenny.vulpis@va.gov)

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

**Nov 6/Dec 4** - Seated Yoga Classes, 3:00-4:00 PM at Gaylord Hospital.  
For more info and to register email [sports@gaylord.com](mailto:sports@gaylord.com) or call 203-284-2772.

**Nov 16:** 2pm-6pm Rock Climbing event at Central Rock Gym 74  
Acton St. Watertown. MA.

**Jan 13-17:** VA New England Winter Sports Clinic. See page 15 for  
registration details.

*For more information on upcoming sporting events or  
activities 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](http://www.facebook.com/NEPVA1947)