



**Paralyzed Veterans
of America**

New England Chapter

CORDWORD

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

NH State Veterans Cemetery



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VA TRANSPARENCY

FAMILY MEMORIES



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Helping Veterans Choose Health Care Providers is All About Transparency

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Serve Up Family Memories at the Table

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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



**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. 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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Meet New Chapter Executive Director Mark Murphy

By Mark Murphy, Chapter Executive Director



What are your credentials/past experience/background, for working in your position?

First and foremost, I am a proud veteran from 9 years of service in the Massachusetts Army National Guard and US Army Reserves. I was fortunate to receive a direct commission in 2008 as a Staff Specialist and Second Lieutenant, and from 2011 through my honorable discharge in December 2017 I served as a 56A Chaplain Officer, where I achieved the rank of Captain. I served in a number of units and military installations

during my tenure, including Joint Force Headquarters in Milford, the 101st Field Artillery Regiment in Brockton, the 126th Aviation Regiment in Bourne, and at Camp Edwards in the Massachusetts Military Reservation, Cape Cod. My service in the military makes me uniquely qualified to work for the New England PVA as I understand the benefits and challenges that come with military service.

On the civilian side, I have extensive experience working in non-profit development and fundraising. As the Executive Director of the New England PVA I have the responsibility to work with the Board in maintaining the financial management of the Chapter and to ensure that we are raising the funds necessary to be a growing and vibrant presence throughout New England and beyond, so my fundraising experience will hopefully benefit our Chapter greatly.

Prior to accepting this position, I served for the past year in city government as the Chief of Staff to a Boston City Councilor At-Large. In addition to my many responsibilities in this role, I wrote legislation on behalf of the Councilor that supported the veteran community in Boston. In fact, I wrote two hearing orders for the City Council as it regards veteran affairs: an order for a hearing concerning homeless veterans in the City of Boston and an order for a hearing regarding veterans struggling with Post-Traumatic Stress Disorder (PTSD.) The positive result of these hearing orders was increased public awareness about important issues facing veterans, finding concrete ways to connect veterans to the services they are due, and holding the Mayor and his administration accountable in their obligation to assist veterans. I am very proud of the work I did in the City Council, and I believe my government affairs experience and the solid relationships I have cultivated in the world of politics will allow me to advocate compellingly on behalf of the New England PVA.

What do you like about working at Paralyzed Veterans of America?

To put it simply, I love working with and for veterans. More specifically, having become familiar with the Paralyzed Veterans of America since I applied for the Executive Director position and now having started in this role, I am continually moved by the cutting edge work we are doing to advocate for quality healthcare for veterans with spinal cord injuries and dysfunction (SCI/D) in addition to all issues affecting the lives of persons with disabilities. I also like the collaborative relationship that we have with other community civic groups and agencies in our shared task of promoting accessibility for all. Visiting the VA, talking with our members

and strategizing about to grow our Chapter are among the best parts of this job.

What behaviors do you believe best exemplify PVA's core values?

The wide variety of programs we offer, the selfless service and commitment of our members and volunteers, and the strength and talent of our Board members best exemplifies PVA's core values.

What are the values that drive you?

The values that drive me are compassion, empathy, integrity, dedication and hard-work. These values shape everything that I do.

What are you passionate about?

I am passionate about helping and serving others. In every job I have had, both as a soldier and as a civilian, I have always strived to be a servant leader. This passion for service animates the passion I have for my work.

What's the most helpful way for you to receive feedback?

I believe feedback is essential for any person or organization to grow, and that includes both positive feedback and feedback on how things can be done better. For me, the best way to facilitate that feedback is through a respectful, open and frank conversation or dialogue.

What's one professional achievement you feel especially proud of?

I was very proud when I received my second Army Reserve Component Achievement medal from my service in military, as this award is a recognition for "Exemplary behavior, efficiency, and fidelity while serving as a member of the Army National Guard."

What's the best piece of professional advice you've ever received?

The best piece of professional advice I have ever received came from one of my mentors who was a senior Officer in the National Guard. He would often tell me, "As you take good care of the well-being of others, don't forget to also take good care of your own well-being."

What do you enjoy doing when you are not working?

When I am not working, I enjoy golfing, spending time with family (including my 9 nieces and nephews), travelling and going out to dinner with friends.

Favorite quote?

"Every accomplishment starts with the decision to try." – President John F. Kennedy

What's your favorite movie?

The Great Escape

Your top 3 favorite Podcasts/Books?

I love US Presidential history and biographies, and my top three are:

1. "Lyndon Johnson and the American Dream" by Doris Kearns Goodwin
2. "Being Nixon: A Man Divided" by Evan Thomas
3. "The Presidents Club: Inside the World's Most Exclusive Fraternity" by Michael Duffy and Nancy Gibbs

What's your secret talent that no one knows about

I have an 8 handicap in golf, which is pretty good!

Meet New PVA National Service Officer Pete Demarkis

By Pete Demarkis, NSO - West Roxbury and Brockton, MA



I joined the U.S. Army on my seventeenth birthday. As a Soldier in the Army National Guard, I served in several states, provided security for the Winter Olympics in 2001-2002 and was deployed to Iraq in 2004. When my military service came to an end, I knew that I had to continue my service to my brothers and sisters. Shortly after my discharge, I learned how to navigate the VA systems by a Vietnam Veteran and close friend of mine. I remember how this salty-Vet instructed me to take

what I've learned and share it with my brothers and sisters. I've since been helping Vets and telling them to share the knowledge they've been given.

That said, I suppose my professional experience began while I was pursuing an Associates degree in Psychology. From 2007-2009 I worked as a VA Rep. at the school I was attending, assisting Vets and dependents with educational benefits, creating and keeping community among the Veteran population on-campus, and sharing my knowledge of the VA. It was here I directly-witnessed the impact granted benefits had on Vets and their families, and where I decided to pursue a career in helping this population. Fast forwarding ten-or-so-years, I've obtained Bachelors and Masters degrees, worked in Peer-Support with the VA, and worked in jails, homeless shelters and other government-funded housing as a Mental Health Clinician for Veterans. I've also continued my volunteer-service as a Veterans Advocate, helping Veterans and their families navigate both the VHA and VBA, and applying for federal, state and local benefits.

Having been given the opportunity to serve with Paralyzed Veterans of America (PVA) has been great, to say the least. Not since the Army have I

served along such a tight-knit community, and I am fortunate to have been guided through my first months by some of the most knowledgeable, dedicated and passionate Veterans' representatives, who've equipped me with tools I did not know existed and further shaped and defined the knowledge I brought to the organization. I'm also extremely fortunate for the opportunity PVA has provided in extending my reach to yet another underserved Veteran-population. I am passionate about serving my brothers and sisters, sharing the knowledge that's been shared with me and fighting for what is right, and I'm still driven by the values that were instilled in me during Basic Training: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. I imagine I always will be. I truly believe these same values and passion are at the core of the leadership I've been assigned to in PVA, and again, I am grateful to be part of such a team.

When I'm not working, I enjoy making music and working on my home. Most of all, I enjoy spending time with my beautiful spouse and preparing for our first-born-child to enter the world; they're my everything, and they're what keeps me grounded and fueled for the road ahead. I am truly blessed.

While I am proud of my accomplishments in life, I tend to focus on the tasks-at-hand and new ways of learning. I appreciate and value the opinions of those around me, as I believe each individual has as much to offer as the next. I look forward to what the world has in store for my future and for the people I will meet along the way.

"You Veterans are the light at the tip of the candle. You burn hot and bright. You understand deeply the nature of suffering. You represent a powerful force for healing in the world" (Thich Nhat Thanh, in Thomas, C. A., 2004).

Mr. Demarkis provides services at both the West Roxbury and Brockton VAMCs. His contact information can be found on page 3.

VA Web-Based Patient Tool Surpasses Five Million Users

Office of Public and Intergovernmental Affairs via Vantage Point

WASHINGTON, December 9, 2019 — The U.S. Department of Veterans Affairs (VA) accomplished a record landmark Oct. 15, when the agency registered more than 5 million users on My HealtheVet, which encourages Veterans to take control of their health.

The web-based portal provides online tools that enable Veterans to proactively engage with their health care team and make informed decisions about their health and well-being.

"My HealtheVet is a shining example of how Veterans can play a more active role in their health care journey," said VA Secretary Robert Wilkie. "VA is committed to providing the necessary technologies to ensure that

Veterans receive care when and where they need it."

The tool allows Veterans to refill prescriptions, view scheduled VA appointments, send secure messages to their health care teams and download their personal health record.

Since the site's launch in 2003, Veterans have used My HealtheVet to refill more than 148 million prescriptions, send in excess of 86 million secure messages, view upcoming VA appointments more than 74 million times and download more than 37 million health data reports.

To enroll, visit My HealtheVet.

Court Orders DOT to Explain Why It Missed Deadline to Issue Rule Addressing Airline Restroom Accessibility

PVA Website - Liz Deakin, Director of Communications



Washington, D.C. — Last Friday, a federal court ordered the Department of Transportation to explain why the agency missed another deadline to issue a rule addressing airline restroom accessibility. The order was issued as part of an ongoing lawsuit filed by Democracy Forward, on behalf of Paralyzed Veterans of America, against DOT for denying full restroom access for veterans and travelers with mobility impairments, in violation of federal law. The lack of a requirement for accessible lavatories on single-aisle aircraft means that passengers with disabilities are often forced to take extreme measures, including intentionally dehydrating, before long voyages. DOT has until December 16, 2019 to explain the reason for the further delay and set a new date to issue the proposed lavatory access rule.

In July 2018, the groups filed a lawsuit against DOT after Secretary Elaine Chao ignored a Congressional mandate requiring the agency to issue the long-overdue rule. In response to litigation, DOT advised the Court that it would issue a proposed rule by December 2, 2019. However, as the Court noted, DOT failed to publish this proposed rule, missing its own deadline without providing any further clarity to the Court or affected travelers about when it will actually fulfill its legal requirements.

Paralyzed Veterans of America and Democracy Forward issue the following statement in response:

“Once again the Department of Transportation has shown a disregard for the law and a lack of concern for the indignities faced by air travelers with disabilities. Access to a restroom should be a basic human right and it’s beyond disconcerting that America’s paralyzed veterans are continuing to wait for DOT to follow through on its legal duty to advance protections for their health and safety. Our nation’s veterans and all people with disabilities deserve better.”

Background:

Congress gave DOT until 2017 to propose new rules addressing lavatory accessibility on commercial single-aisle aircraft. PVA was part of a group of disability advocates and airline industry representatives that presented the agency with a negotiated consensus rule to issue for public comment, which DOT failed to release. Secretary Elaine Chao provided no justification for this failure.

In response to PVA’s lawsuit challenging the delay, DOT advised a federal court that it would issue the proposed rule by December 2, 2019. The court stayed PVA’s litigation and required DOT to provide ongoing status reports. Many new airplane restrooms are just 24 inches wide (nearly a foot narrower than an average porta-potty), yet in June 2019 DOT indicated that any proposed rule issued would only address measures that fall “short of increasing the size of the lavatories.”



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Helping Veterans Choose Health Care Providers is All About Transparency

By Dr. Richard Sronevia VAntage Point



Choosing a health care provider is a complicated endeavor. Most of us have experienced the frustration of being told we need a specialist for a procedure and then attempting to navigate a complicated insurance company website to find out who is covered by our plan, only to learn that they aren't taking appointments for months. Even as a physician myself, I have struggled to align the care I need from a provider in my area with the insurance I have, and we haven't even started talking about quality.

There is a national debate going on about how to measure quality of the health care we receive and how hospitals and other providers should report quality metrics. Is it low levels of infection rates? What about readmittance rates or mortality following certain conditions? Who determines what is "preventable" anyway? Some would argue that releasing more data is better, while others note that certain geographies or populations simply have different health needs; we are never truly comparing apples to apples when it comes to different facilities across the country. All of this is true, and it is what makes this such a complicated issue that we are closely examining here at the Department of Veterans Affairs.

Veterans have choices

For context, Veterans have more choices today than ever when it comes to where they get their health care. Thanks to the MISSION Act and other efforts, those who have served our great nation have the opportunity to seek health care among a variety of options both directly in VA and through VA's expanded network of community partners. At a time when there is increasing study into what matters in health care quality, this is good news. Here at VA's Veterans Health Administration, we are proud

that approximately 90% of Veterans surveyed are satisfied with their care, but we know we can always do more.

So how should Veterans make informed choices about where to receive their care? Many of our patients receive care both inside and outside of VA, and VA prides itself on being a transparent organization. We publish a quarterly report on a variety of metrics, but the nationwide lack of consensus on the right metrics makes it difficult for us to translate those reports into real assistance for Veterans facing choices. We are working closely with the Centers for Medicare and Medicaid Services as well as the rest of the Department of Health and Human Services (HHS) and the Department of Defense (DoD) Health Agency to align the metrics we all use, but an industry-wide consensus of what constitutes "quality health care" is still a long way off.

Transparency

A few years ago, VA attempted a solution to the quality measurement issue and instituted a 5-star rating system based on internal metrics. This not only created transparency among our 170 medical centers, it also enabled recognition of top facilities and created incentives for lower performing sites to improve. However, it created an interesting situation. VA was in effect comparing itself to itself, not comparing itself to the choices Veterans have in their communities. Further, because VA used competitive ranking to set the stars, there were only so many four- and five-star ratings to go around and it gave the false impression that one- and two-star facilities were simply bad hospitals. This had the unintended effect of demoralizing staff and discouraging Veterans from seeking care from their local VA.

The fact is those hospitals were often outstanding hospitals in their communities when compared to other local private sector health care facilities. Given VA's reputation for having such high-quality care, the star rating based on ranking has lost its value as a reasonable summary of quality.

Eliminating the star ratings in 2020

That brings us to today. With the MISSION Act implemented this year, VA is more transparent with Veterans than ever before, making VHA the most transparent of any health care system in the country, possibly the world. This transparency ensures that Veterans and their families can make informed decisions about the quality of our care based on actionable metrics.

It is for this reason that we decided to eliminate the star ratings system starting in 2020. Veterans need to be able to compare VA facilities with other local facilities where they live, not against other VA hospitals across the country. It doesn't make sense for a VA Medical Center in Arkansas to be compared to one in Boston, as those are two entirely different geographies with unique medical demographics, staff availabilities, etc. There will always be standards used across the country, but direct comparisons are most meaningful in a local market to Veterans making a decision about where to receive health care. Ultimately, the stars do not illuminate what is actually happening in our facilities, instead obscuring the reality on the ground. Additionally, Veterans in VA focus groups have indicated they do not consult the star ratings in making decisions about VA care.

Comparative tools

While we are continuing to make public our internal management information with our Strategic Analytics for Improvement and Learning (SAIL) metrics, every VA hospital website's home page now features links to comparative tools relating to wait times, quality of medical care and patient experience ratings. This "Compare Your VA Facility" information

is drawn from measures provided by such industry-standard sources as the Centers for Medicare and Medicaid Services, National Committee for Quality Assurance, and the Agency for Healthcare Research and Quality, among others. I would note that most private sector facilities do not publish nearly as much data as we do, but we are proud to do so for Veterans to make informed decisions about the options they have for the care they need.

In accordance with Government Accountability Office recommendations in 2017 and 2019, these changes will help Veterans navigate the many new choices available to them under the MISSION Act, the landmark law that puts Veterans at the center of their health care decisions.

VA is proud to offer excellent medical care to millions of the men and women who have served. I hope you will join me in thanking them for their service, and continue to support them with friendship, mentorship, and employment if you are able. It is our national responsibility and moral imperative to ensure this population of courageous, resilient Americans receives the very best, and we are proud to support them with outstanding healthcare.



Dr. Richard Stone is the executive in charge of the US Veterans Health Administration. He is a retired US Army general officer where he served as the Army's deputy surgeon general and the deputy commanding general of support for US Army MEDCOM. He is a board-certified dermatologist and a Veteran of the conflict in Afghanistan.

VA's Board of Veterans' Appeals Plans Virtual Hearings in 2020

Office of Public and Intergovernmental Affairs via Vantage Point

WASHINGTON — The U.S. Department of Veterans Affairs (VA), Board of Veterans' Appeals (Board) and Office of Information and Technology (OIT) are working towards nationwide availability of virtual hearings for Veterans next year, allowing access using their mobile phone or laptop via the VA Video Connect app.

The virtual hearings are based on the Veterans Health Administration's tele-health platform and lets Veterans participate in their appeals hearings from the comfort of their homes.

"VA strives to provide integrated solutions that leverages 21st century technology to significantly increase the number of hearings completed annually," said VA Secretary Robert Wilkie. "Giving Veterans the ability to participate in secure, confidential virtual hearings is another aspect of VA's modernization to provide Veterans with the ultimate customer experience."

The testing of virtual hearings began July 2019. The collaboration with

OIT, Veteran Service Organizations and other Veteran representatives has been positive. To date, the Board has held 155 successful virtual hearings. Veterans who otherwise would have had to cancel their hearings were able to participate in virtual hearings and receive decisions.

The Board of Veterans' Appeals (Board) makes final decisions for VA regarding appeals for Veterans' benefits and services. The Board's mission is to conduct hearings and issue timely decisions for Veterans and other appellants in compliance with the law.

Serve Up Family Memories at the Table

By Jackie Roos MS, RDN, LDN, CDE via VAntage Point



The holidays are great occasions to build family memories and connect with loved ones. The foods served often connect us to special memories from the past. But, did you know that people over 65, children, and pregnant women are at higher risk for food borne illness? To ensure that your holidays are merry, here are some tips to help prevent foodborne illness from crashing your party:

Wash your hands prior to starting food preparation, making sure to wash all surfaces of the hands and nails for at least 20 seconds. Singing “Happy Birthday” is a good way to ensure you have washed long enough.

Rinse fresh produce under running water prior to prepping these items.

Use separate cutting boards for produce, meat, shellfish and eggs to prevent cross-contamination. Wash cutting boards in warm soapy water after prepping each food item.

When baking with little kitchen helpers, teach children not to eat batter or dough with raw eggs.

Reused sponges and towels are a harbor for harmful bacteria. When you have multiple hands in the kitchen, paper towels can be safer.

Avoid leaving food out on the counter to defrost. The only safe ways to defrost foods are in the refrigerator, cold water, or the microwave. Food thawed in cold water or the microwave should be cooked immediately.

A thermometer is a great tool to make sure you fully cook hot items. Be careful not to place cooked meat on the same plate that previously held raw meat. Click here for some recommended cooking temps for holiday favorites.

Avoid rinsing meat or poultry, as this can spread harmful bacteria.

Don't stuff your bird! Instead, cook your stuffing separately. If you choose to stuff your bird, the stuffing must meet an internal temperature of 165°.

Enjoy—but watch out for the danger zone!

After everyone is gathered around the table, enjoy your meal safely by monitoring the time foods are in the temperature danger zone (40°-140°).

Hot foods should be held at a minimum temperature of 140°. Slow cookers, warming trays, and chafing dishes can help keep foods hot enough.

Keep cold dishes in the refrigerator until just before serving. When serving, placing trays on ice can help keep foods chilled.

Use a fresh serving plate and utensil to replenish items that run out.

Leftovers

When sending family members home with leftovers, keep the following tips in mind:

Discard perishable food items that have been at room temperature for longer than 2 hours. Remember, you can't tell if an item is bad by taste, smell, or appearance.

Use shallow containers to store leftovers to allow for quick cooling.

Reheat any leftovers to a minimum temperature of 165°.

For additional information check out the CDC's information on food safety and this advice for holiday cooks. If you are interested in learning more about preparing healthy and safe holiday foods this season, contact your local VA to learn more about the Healthy Teaching Kitchen program, or to meet with a PACT dietitian to help adjust some of your family's favorite recipes to meet your health goals.

Jackie Roos MS, RDN, LDN, CDE is a registered dietitian and certified diabetes educator at the Memphis VA Medical Center. She teaches diabetes classes as a part of the American Diabetes Association Accredited Self-Management Education Program as well as providing inpatient diabetes education.

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.

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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West Roxbury VAMC Hoiday Party





Adaptive Ski Days

December: December 18, Bretton Woods, NEDS (full day)

January: January 8– Mt Sunapee, NEHSA (pm)

January 22nd– Mt Sunapee, NEHSA(am)

January 30– Mt Sunapee, NEHSA (pm)



February: February 11, Mt Sunapee, NEHSA (pm)

February 13, Loon, NEDS (full day)

February 26, Mt Sunapee, NEHSA (full day)

March: March 2, Women Veterans Appreciation Ski Day

March 12, Welcome Home Veterans Ski Day

March 18th, Mt Sunapee, NEHSA (am)

To sign up, please contact: Jennifer Stark, CTRS

@ ext. 4694



ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

Camp Pendleton Air Rifle and Pistol Tournament
December 2-3, 2019
Camp Pendleton, CA

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*

PVA 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
Hopewell, VA

Capital Clash Bass Tournament*
June 12-14, 2020
Potomac River
Marbury, MD

**Year-End Tournament*

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

Mid-Atlantic Billiards Tournament Chuck Willis Memorial
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

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
April 30–May 3, 2020
Bowlero
Romeoville, IL

PVA NATIONAL SHOOTING SPORTS CIRCUIT

Mid-Atlantic Shooting Sports Tournament
Dates TBD
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
March 27-29, 2020
Redlands Shooting Park
Redlands, CA

Lone Star Shooting Sports Tournament
May 22-23, 2020
Desoto Gun Club
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 Lemay
St. Louis, MO

Bayou Boccia Tournament
January 31-February 1, 2020
Harrison County Shelter
Gulfport, MS

Buckeye Boccia Tournament*
April 16-18, 2020
Spire Institute
Geneva, OH

Mid-Atlantic Boccia Tournament
May 7-9, 2020
Fort Monroe Community Center
Hampton, VA

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

**Buckeye Wheelchair Games*

CODE OF HONOR QUAD RUGBY INVITATIONAL

February 7-9, 2020
The St. James
Springfield, VA

NATIONAL VETERANS WHEELCHAIR GAMES



**July 3-8, 2020
Portland, OR**

HANDCYCLING

Museum of Aviation Marathon
January 18, 2020
Warner Robins, GA

Top End Euro-American HC Championships
February 1-2, 2020
Gainesville, FL

PVA Racing High Performance Camp
February 3-8, 2020
Brooksville, FL

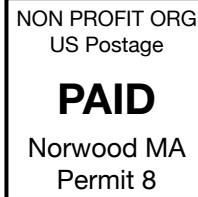
Valley of the Sun
February 14-16, 2020
Phoenix, AZ

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

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www.newenglandpva.org

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



COMING EVENTS AND IMPORTANT DATES

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

