

CORDWORD

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

New England Chapter



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NEPVA BASS TRAIL

WOMEN VETERANS



NEW ENGLAND CHAPTER OFFICES

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The NEPVA Bass Trail rolled into the Newton Yacht Club beginning the day prior with a few boat captains camping, the wee hours in the parking lot and Saturday June 5th beginning at 5:30 AM. This was our 22nd year at the Charles River, dodging skellers, amidst the beautiful Boston skyline.

Participants travelled from CT, ME, NH and MA for this one-of-a-kind tournament. All of our events are provided at no cost to any participant, family and friends welcomed including meals, [...continued on page 16.](#)



WOMEN VETERANS' CLINIC RE-DEDICATION

WOW! It was a long time coming but it finally happened. Technically, it did happen last year but because of Covid-19, the re-dedication of the Women Veterans' Health Clinic could not happen until yesterday.

The Women's Health Clinic in Jamaica Plain VA has been a staple for women veterans since its inception in 1992. I started using the Clinic in 1994 soon after moving up to Massachusetts. It was small then, with only a couple of rooms off of a main room. [...continued on page 20.](#)

Turn Your **Used Vehicle** Into Support for Paralyzed Veterans of America



**Paralyzed Veterans
of America**

Vehicle Donation Program

We'll use the proceeds from the sale of your car, truck, RV or boat to change lives and build brighter futures for our seriously injured heroes.



Donating your car is easy, and your gift is tax-deductible

Vehicle donations to PVA are tax-deductible! Most vehicles are sold through local used-car markets. Our vehicle donation program works to get the highest return per vehicle and handles all the paperwork, too! Whether your vehicle sells for \$500 or less, more than \$500, or more than \$5000, you will be provided with the proper donation tax receipt(s).



Call 877-900-VETS or donate online at pva.careasy.org

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PROGRAM DIRECTORS

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ON THE COVER: Quad Rugby at the 40th National Veterans Wheelchair Games held in New York City, New York.

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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Out Front

Michael G. Negrete, Chapter President

I returned this past week from the 40th National Veterans Wheelchair Games held in New York City, NY. PVA and the NY area VA did an outstanding job of successfully executing the Games and keeping us COVID safe. There were a number of COVID safety measures taken, such as required mask wearing, daily COVID tests and stringent contact tracing measures at each event venue. I feel none of this significantly detracted from or hindered any of the events. With all the precautionary steps taken I felt very comfortable and safe throughout the entire week.

Although we had a small number of athletes representing the New England Chapter this year with 2 in Group One and 3 in Group Two, everyone still had a great time with opportunities to compete and meet up with old friends and make some new ones, too. Please turn to [page 8](#) to see a sampling of pictures of both Group One and Two. (As of the publishing, we hadn't receive pictures for the atHOME

athletes.) Most events were held within the hotel with the field, softball and basketball being held at nearby Randall's Island and Ruckers Park. Although the heat index was over a 100° the VA had plenty of Volunteers distributing water and iced towels. They also had tents for shade and large mister fans setup. For more pictures please check out the Chapter's Facebook Page at www.facebook.com/NEPVA1947. There is also a great video of Mark Sanders navigating the Slalom course, in which he won a Silver medal.

You'll also see one picture where I had the opportunity to participate in a Wreath Laying Ceremony at the 9/11 Memorial's "Survivor Tree". The entire Memorial was extremely moving. Words can not express the thoughts and feeling you take away from visiting this hallowed ground. If you have never visited the 9/11 Memorial or Museum, you should absolutely make it a point to do so.

The hotel location was perfect, too. The Sheraton Time Square was only a few blocks rolling distance by chair from Central Park, Rockefeller Center and Time Square. There were also plenty of great restaurants and Delis to dine and eat at.

There are high expectations for next year's Games to be at full capacity in Tempe, AZ. I'm anxious to see the full complement of our in and out patient athletes participating at these next Games. Everyone should start gearing-up and training now in anticipation of some robust competition next year.

On to other things. If you use [My HealththeVet](#), VA's online patient portal, please the article on [page 7](#). This article details the discontinuation of "Advanced" accounts for portal access and services. If you are not using [My HealththeVet](#), consider creating a "Premium" account. Through the portal your able to easily and securely communicate via Secure Message with your providers, renew prescriptions, request appointments and much more. I personally use [My HealththeVet](#) for these and a number of other services.

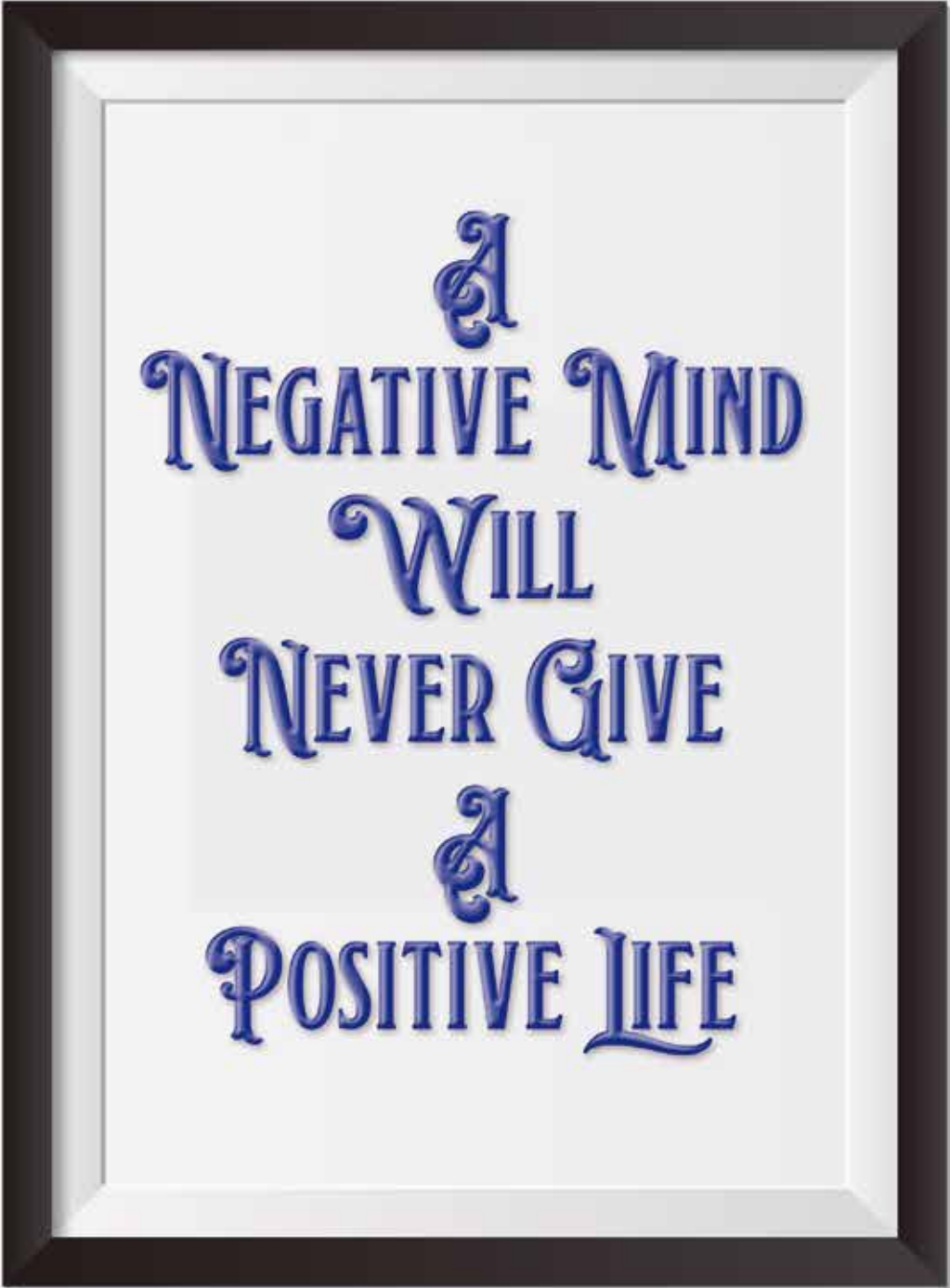
In wrapping up here, I think about what's happening in Afghanistan. Whether you agree or disagree with the circumstance, one thing is true - we made a difference there, even if only for a period of time, we made a difference in people's lives there. It makes me think back to Leon Brown and what he said about making a difference. He said, "Never underestimate the valuable and important difference you make in every life you touch for the impact you make today has a powerful rippling effect on every tomorrow."

Think about the positive difference you can make in someone's life today.

A handwritten signature in blue ink that reads "Michael G. Negrete". The signature is fluid and cursive.

Michael G. Negrete
PVA National Vice President and
New England Chapter President





A
NEGATIVE MIND
WILL
NEVER GIVE
A
POSITIVE LIFE



Kristen McCone Gordon, Chapter Government Relations Director

Congressman John Larson (D-CT) to announce Social Security 2100: A Sacred Trust Act

Representative John Larson (D-CT), Chairman of the Ways and Means Social Security Subcommittee, will soon be introducing the Social Security

2100: A Sacred Trust Act. Similar to legislation introduced in the last Congress, this bill will improve Social Security benefits, extend solvency of the Social Security Trust Funds, and prevent benefit cuts in 2034.

Improvements in social security benefits are long overdue. This legislation will end the five-month wait for Social Security disability benefits (SSDI) once someone qualifies. It will also eliminate the SSDI “cash cliff” that has proven to be a major work disincentive and replace it with a gradual ramp off of benefits as earnings rise. Additionally, the legislation repeals two existing policies: The Windfall Elimination Provision (WEP); and, the Government Pension Offset (GPO), that have penalized the retirement benefits of public servants in local, state, and federal governments for many years. We believe this will directly impact our members, as many disabled veterans work in the public sector.

PVA is proud to endorse this important piece of legislation and our Chapter looks forward to garnering support among the New England Congressional Delegation. For more information on this legislation, and to join our growing advocacy team, please contact me at kristen@newenglandpva.org.

Congressman Jake Auchincloss and Congresswoman Lori Trahan cosponsor NEPVA priority legislation

We are thrilled to announce that Congressman Jake Auchincloss and Congresswoman Lori Trahan have pledged their support of the Veteran

Families Health Services Act as cosponsors.

As you know, this bill would permanently authorize Assistive Reproductive Therapies (ART) to include In-Vitro Fertilization (IVF) services, gamete donation, and surrogacy for veterans with service-connected infertility, and include the treatment of veteran spouses in applicable cases. Congressman Auchincloss and Congresswoman Trahan join the following New England Congressional members as cosponsors: Representative McGovern (D,MA); Representative Hayes (D,CT); Representative Moulton (D,MA); Senator Warren (D,MA); Senator Markey (D,MA); Senator Sanders (I,VT); Senator Blumenthal (D,CT); Senator Shaheen (D,NH); and Senator Hassan (D,NH).

To learn more about our PVA legislative priorities, and to take action by contacting your Representatives, please visit the [PVA resource page](#).

NEPVA to meet with congressional offices during August recess

Our Chapter will continue advocating for PVA legislative priorities during the August recess. In the coming weeks, we will be meeting with district staff from the offices of Congresswoman Rosa DeLauro (D,CT) and Congressman David Cicilline (D,RI).

The objectives of these meetings are to give our Representatives a better sense of who we are as an organization, highlight the needs and challenges of our members, and request their support of our Chapter’s legislative priorities.

If there is an issue you would like to raise to your Representative, or would like to be involved in future district meetings, please reach out to me at kristen@newenglandpva.org.

VoterVoice - Your Voice is Needed!

Ask your Representative to cosponsor the Veterans Families Health Services Act (H.R. 2734/ S.1280)

Join us in encouraging the New England Congressional Delegation to cosponsor the Veterans Families Health Services Act (H.R. 2734/S. 1280) by clicking [HERE](#) and sending an email directly to your Representative’s office. Please tell your family, friends, and neighbors to do the same!

We need Congress to pass the Veterans Families Health Services Act (H.R. 2734/S. 1280). This bill would permanently authorize Assistive Reproductive Therapies (ART) to include In-Vitro Fertilization (IVF) services, gamete donation, and surrogacy for veterans with service-connected infertility, and include the treatment of veteran spouses in applicable cases.

AUTO for Veterans Act (H.R. 1361/S. 444)

I’m excited to announce another opportunity for you to directly help move one of our key pieces of legislation, the AUTO for Veterans Act (H.R. 1361/S. 444). Please take a few minutes and fill out the VoterVoice link [HERE](#).

As you may have already read in previous editions of the CordWord, our Chapter has been advocating for the AUTO for Veterans Act (H.R. 1361/S. 444). This legislation would lessen the financial burden and expand access to transportation for eligible, disabled veterans by allowing them to receive an additional Automobile Grant from the U.S. Department of Veterans Affairs (VA), every ten years.

My HealtheVet Advanced Accounts will be Discontinued

via VAntage Point - Treva Lutes is the communications director for the Office of Connected Care.



[My HealtheVet](#), VA's online patient portal, gives you access to your VA health information so you can understand and manage your VA care.

Beginning in September 2021, My HealtheVet Advanced accounts will be discontinued.

If you have an Advanced account today and do not upgrade to a Premium account, your account will revert to a Basic account. If that occurs, you will lose access to the pharmacy features, including the ability to request and track your VA prescription refills.

That means... it's time to upgrade to a Premium account.

With a free Premium account, you can securely access your VA health information, 24/7.

Using your My HealtheVet Premium account, you will be able to:

- Request VA prescription refills, track your VA medications, and access your current VA prescriptions and prescription history.
- View, download and print your VA health information, reports and images from your VA medical record.
- Send online secure messages to your VA care team to ask them non-urgent health questions; ask to renew your medications; and send updates on your condition.
- View, schedule, reschedule and cancel VA appointments.

How to get started

If you are new to My HealtheVet, create an account by visiting the [My HealtheVet website](#), selecting Register, and filling out the required fields. Make sure to check the boxes verifying that you are a VA patient and Veteran.

If you are already a user, you may have a Premium account. If you do, there will be a "P" icon next to your name.

Also, if you currently use secure messaging on My HealtheVet, you're all set. Patients who use secure messaging already have a Premium account.

Three ways to upgrade to Premium level

If you have an Advanced account, there are three ways to upgrade to Premium level: in person, online or through a video appointment. Upgrading your account is free.

If you want to upgrade in person or through a video appointment, contact the My HealtheVet coordinator in your local VA facility. Ask about upgrading to a Premium account.

You can locate your VA facility's contact information through [VA's facility locator tool](#).

To upgrade online, you'll need to use your DS Logon Premium or ID.me secure sign-in credentials. You can learn more about the online upgrading process on the [My HealtheVet blog post](#).

Now is the time to upgrade your My HealtheVet account

With a Premium account, you'll still be able to request refills of your VA prescriptions. You'll also gain access to all the tools, including secure messaging, access to your VA medical record online and more.

Get more information

To learn more, visit the [My HealtheVet website](#), watch the [My HealtheVet Premium video](#), or contact your VA facility's My HealtheVet coordinator.

YOUR INVITED: CHAPTER BOARD MEETINGS - ONLINE or IN-PERSON

Chapter members interested in attending our monthly Board of Director's meeting, either online or in-person, may do so by sending an email request with your full name and address to meetings@newenglandpva.org requesting a "BOD Meeting Invite". For Online access you will receive the meeting connection information via email a few days before the meeting. If asking to attend In-Person, you will receive the Chapter's COVID-19 office access policies and protocols.

The regular monthly Board meetings are typically held the first Wednesday of the month and start at 10:45 AM. As with all Board meetings, Chapter members are encouraged to attend, but please be reminded you'll have the opportunity to listen-in to the meeting's discussions, but reserved from speaking unless specifically called upon.

If you have any questions or concerns regarding the Chapter Board meetings, please email them to meetings@newenglandpva.org.



NATIONAL VETERANS WHEELCHAIR GAMES

August 7-14, 2021 • New York, NY



L to R - Group One: Chapter Board member Wayne Ross, VA Boston Coach Jenny Vulpis, Chapter President/PVA National Vice President Michael Negrete



Chapter Board member Wayne Ross competes in Table Tennis.



Chapter Board member Wayne Ross competes in Boccia.



Chapter Board member Wayne Ross competes in Boccia.



Chapter President/PVA National Vice President Michael Negrete competes in Boccia.



Chapter President/PVA National Vice President Michael Negrete competes in Boccia.



GROUP ONE

NEPVA COASTERS



Chapter Board member Wayne Ross competes in 9 Ball Pool.



Chapter President/PVA National Vice President Michael Negrete participant in PVA wreath laying ceremony at 9/11 Memorial Survivor Tree with PVA National President Charles Brown, PVA Staff and VA NYC Staff.



Chapter Board member Wayne Ross competes in Quad Power-lifting.



Chapter Board member Wayne Ross wins Silver in Quad Power-lifting.



Chapter Board member Wayne Ross competes in Quad Rugby.



Chapter Board member Wayne Ross competes in Quad Rugby.



GROUP TWO NEPVA COASTERS



L to R - Group Two: Chapter Board member Mark Sanders, Chapter member Debra Freed, Chapter Board member Brad Carlson, VA Boston Coach Jenny Vulpis



Chapter Board member Brad Carlson competes in Boccia.



Chapter Board member Brad Carlson competes in 9-Ball Pool.



Chapter Board member Mark Sanders competes in Table Tennis.



Chapter Board member Mark Sanders competes in Boccia.



Chapter Board member Mark Sanders competes in Boccia.



Chapter Board member Mark Sanders competes in Disc Golf.



Chapter member Debra Freed competes in Discus.



Chapter member Debra Freed competes in Disc Golf.



Chapter member Debra Freed competes in Boccia.



Chapter Board member Mark Sanders competes in Slalom.



Chapter member Debra Freed competes in Hand-cycling on the streets of New York City.



PVA WASHINGTON UPDATE HIGHLIGHTS

PVA Washington Update Volume 27, Number 13

House Committee Examines VA's Home and Community-Based Services

PVA was asked to testify at a July 27 House Veterans' Affairs Subcommittee on Health hearing on veterans' access to VA's Home and Community-Based Services (HCBS). Over the past 10 years, the Veterans Health Administration has made incremental efforts to refocus funds and resources into HCBS to ensure veterans are empowered to delay, if not avoid, entry into institutional care settings, by receiving appropriate support safely at home. But the rate of this change is not matching the current needs of veterans. The demand for long-term care for veterans is growing and several panel members expressed frustration with VA's prolonged rollout of key services, including the Veteran Directed Care (VDC) program. The VDC program allows veterans to receive HCBS in a consumer-directed way and is designed for veterans who need personal care services and help with their activities of daily living. Examples of the types of assistance they can receive include help with bathing, dressing, or fixing meals. Veterans are given a budget for services that is managed by the veteran or the veteran's representative.

Several Subcommittee members expressed frustration with the fact that VDC is only available at 40 percent (69 of 171) of VA medical centers. PVA shared the same angst about the lack of availability of VDC noting that VA Medical Centers must receive additional resources to help them expand programs like VDC. For example, an additional social worker who could get the program up and running at a facility could help expand the program's availability. Also, VA must do more to market the benefits of the VDC program to medical centers. A major benefit is that VDC is cheaper than institutional care and it also allows veterans to remain in their homes and direct their own care. VA officials told the Subcommittee that future expansions of VDC were likely, but they stopped short of providing any particulars when this might happen.

PVA also expressed concern that VA is not authorizing adequate hours to support the home care needs of veterans with spinal cord injuries

and disorders (SCI/D). VA started using a different formula about three years ago that is resulting in less hours being authorized, with even less hours being approved. We questioned the rationale of having doctors who know their patients' needs best prescribe 28 hours only to have VA approve less than half of that amount. We believe that such little home care for catastrophically disabled veterans is in fact not reasonable.

In addition, we covered the challenges of finding suitable home care workers for veterans with SCI/D at a time when there is a nationwide shortage of home health aides and payment rates are low. Also, we called attention to a pair of legislative efforts that could help grow the direct care workforce through higher wages, better benefits, and sector-based job training and supports.

Finally, and perhaps one of the most important lessons we shared with the Subcommittee is that for veterans with catastrophic disabilities, the need for a caregiver does not go away when a veteran is hospitalized. Community hospitals and VA Medical Centers are not always adequately staffed or trained to perform the tasks an SCI/D veteran needs. In some cases, it's simply the lack of available time to properly treat the patient. However, VA will not pay caregivers when the veteran is hospitalized. Veterans' caregivers must continue to be paid so they will have access to them while they are hospitalized and so that they will be able to swiftly return to their homes once released. Currently, veterans may pay out of their own pocket for the caregiver's time, or the caregiver may simply come even though he or she is not being paid because they know the importance of the care they provide to the veteran's health. VA must also recognize the importance of this care and should not be allowed to shift the burden to the veteran or their caregivers. Mr. Roscoe Butler, Associate Legislative Director, represented PVA during the hearing. You can find his written statement [here](#) and a video recording of the hearing [here](#).

ADA.gov Invites Feedback on New Website

The Department of Justice's Civil Rights Division is inviting visitors to explore and provide feedback on an in-progress version of their website. The [beta site](#) currently includes an introduction to the ADA and an article

on service animals and will add an article on parking soon. Visitors are invited to provide feedback on the site's design and usability through a brief form.

PVA Submits Comments Regarding the Lack of Equity in Air Travel for People with Disabilities

Department of Transportation (DOT) on inequities in transportation. Our comments specifically focused on inequities in air travel that affect persons with disabilities. In our response, we noted that DOT could assess equity in air travel for persons with disabilities in a variety of ways, including: (1) ensuring it is working diligently to meet the timelines set forth by Congress to address critical inequity issues inherent in air travel for persons with disabilities, including the lack of accessible lavatories on

single-aisle aircraft, and (2) comparing the lack of accessibility standards for air travel with those required for other modes of transportation, governed by the Americans with Disabilities Act and engaging in rulemakings to close those gaps. Our full comments are available [here](#).

PVA Submits Comments Regarding the Lack of Equity in Air Travel for People with Disabilities

On July 22, PVA submitted comments in response to a request for information from the Department of Transportation (DOT) on inequities in transportation. Our comments specifically focused on inequities in air travel that affect persons with disabilities. In our response, we noted that DOT could assess equity in air travel for persons with disabilities in a variety of ways, including: (1) ensuring it is working diligently to meet the timelines set forth by Congress to address critical inequity issues

inherent in air travel for persons with disabilities, including the lack of accessible lavatories on single-aisle aircraft, and (2) comparing the lack of accessibility standards for air travel with those required for other modes of transportation, governed by the Americans with Disabilities Act and engaging in rulemakings to close those gaps. Our full comments are available [here](#).

House and Senate Introduce Bipartisan Clothing Allowance Improvements Legislation

Many PVA members have expressed frustration with having to reapply for their clothing allowance year after year but this annual exercise may soon be coming to an end if some House and Senate lawmakers get their way. On July 28, Senator Catherine Cortez-Masto (D-NV) and Senator John Boozman (R-AR) introduced S. 2513, the Brian Neuman Clothing Allowance Improvement Act of 2021, while simultaneously, Representative Mike Levin (D-CA) and Representative Barry Moore (R-AL) were introducing

H.R. 4772, the Mark O'Brien Clothing Allowance Improvement Act of 2021. PVA had a hand in developing these companion bills which would allow veterans' clothing allowances to renew automatically each year. The annual application process for the clothing allowance is an unnecessary administrative burden for veterans, including many PVA members, and VA alike and we thank these lawmakers for their effort to make it easier for veterans to receive this benefit.

U.S. Access Board Holds Virtual Meeting on Inclusive Exercise and Fitness Equipment

On July 15, the U.S. Access Board held a virtual public meeting on inclusive exercise and fitness equipment. The event featured panel presentations on the need for access to fitness equipment, efforts to address equipment accessibility, and implementation of inclusive fitness equipment. Invited speakers included advocates, researchers, industry representatives, and three current and former Paralympians.

Senator Tammy Duckworth (D-IL) spoke to the Board about her

rehabilitation at a VA hospital after her helicopter accident and the importance of accessible exercise equipment. She plans to re-introduce the Exercise and Fitness for All Act that would require the Access Board to issue guidelines and scoping requirements for exercise equipment in fitness facilities and the Department of Justice to implement regulations. PVA supported this legislation in the 116th Congress.

Home for the Brave Act Introduced

Representative Salud Carbajal (D-CA) introduced on July 22 the bipartisan Home for [The Brave Act of 2021](#), H.R. 4503. The bill has been endorsed by the For Country Caucus, a bipartisan group of military veteran lawmakers in the House of Representatives and would exempt

veterans' VA disability benefits from counting toward total income when determining their eligibility for housing assistance programs through the Department of Housing and Urban Development (HUD). PVA has endorsed this legislation.



Let's talk about Afghanistan: Resources for Veterans and their Families

via VAntage Point - Beth Lamb is a management analyst and communicator for the Veterans Experience Office

Afghanistan, let's talk about it.

Due to Veterans from all eras reacting to the events in Afghanistan, such as withdrawal and take over by the Taliban, VA is working quickly to share VA resources, call center information, peer support, and other community services.

VA Resources:

Vet Centers – Discuss how you feel with other Veterans in these community-based counseling centers. 70% of Vet Center staff are Veterans. Call 1-877-927-8387 or find one near you.

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

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

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

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

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

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

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

Bottom line, support is available if you want it. Even if none of these resources appeal to you – get help. Talk about it with someone, try something new. If you are struggling, the worst thing you can do is nothing. Don't be afraid to lean on your Veteran community and please consider reaching out to VA if you would like to learn more about what is available. We're here for you.

Find more on common reactions and tips for managing stress at our blog, [Coping with current events in Afghanistan](#).

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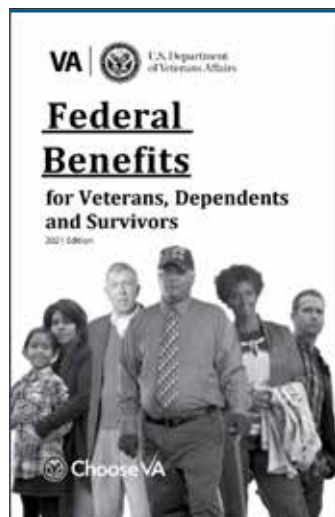
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David*,
Peristeen® user

PM-17038 06.21

Veterans, Family Members have Single Page to get Started for VA Benefits, Services Information

via Vantage Point



VA's www.va.gov/getstarted landing page makes it easier for Veterans and family members to access VA benefits and services information.

The website provides two newly updated booklets on information about VA benefits and services, as well as how to apply for them.

The first booklet is the 2021 Federal Benefits Handbook for Veterans, Dependents and Survivors. The handbook contains a comprehensive listing of VA benefits and services with direct links to contact benefits and

services representatives. In fact, an index located on the inside cover lists both phone numbers and websites for easy reference.

Importantly, the handbook provides a legal overview on eligibility requirements to include the definition of a Veteran. Additionally, VA serves many generations of Veterans. There are specific qualification guidelines for distinct periods of service to clarify eligibility during both peacetime and wartime environments.

The handbook aligns with benefits information and services for VA's three administrations: Veterans Health Administration; Veterans Benefits Administration; and Veterans Cemetery Administration. Also, a section of the handbook discusses non-healthcare services, such as homelessness, survivor assistance, women and minority Veterans, and many other programs.

The handbook is a one-stop resource for Veterans, family members and survivors. Limited printed copies may be available at medical centers or VBA regional offices. The website allows Veterans to access VA benefits and services information.

Welcome to VA

The second resource booklet, the VA Welcome Kit, complements the handbook with easy-to-understand words and graphics to better navigate VA's many benefits for Veterans and family members.



This booklet is structured on the idea that no two Veterans are the same, and not all experience major life events and moments in the same order.

Based on where a Veteran is in his or her life, VA serves Veterans in different ways. This resource includes a journey map to help explore how VA supports Veterans both now and in the future.

This resource also reviews VA benefits and services. This includes a useful

check list to help Veterans learn and organize important documents needed for application purposes. In addition, Veterans can also learn eligibility periods for certain benefits, such as education or life insurance. The best part is that one can simply crosswalk a search by benefit, how it can help, documents required and VA points of contact.

Want to apply for health care, education, compensation, assistance for care givers, or memorial benefits? These are just a few of the resources in this booklet that can save Veterans time, increase their awareness and understanding of how to apply.

VA is working to take the complexity out of navigating its myriad benefits and services. Visit www.va.gov/getstarted to learn more about the VA benefits Veterans have earned with their service.

VA Secretary Denis McDonough's statement on Afghanistan to Veterans, their families, survivors, and caregivers

To America's Veterans, their families, survivors, and caregivers: I know it is painful to see the images from Kabul and elsewhere in Afghanistan, especially for the hundreds of thousands of Veterans who have served there since that fateful day in September 2001.

When our country was attacked, you and your loved ones made the heroic choice to run towards the fight. That courageous sacrifice matters and has made us safer, no matter what happens today or any other day.

It's entirely natural to feel a [range of emotions](#) about the latest developments in Afghanistan—and if you are feeling depressed, angry, heartbroken, or anything else, we at VA are here for you. Whether you

want to speak to another Veteran, talk to a therapist, call our crisis line at 1-800-273-8255 (press 1) or text 838255, visit one of our Vet centers, or access any of VA's mental health services online at www.MentalHealth.va.gov, we are standing by and ready to help.

Thank you for stepping up to serve in the time when our country needed it most. We are all forever in your debt.



Crushing the Charles

By Lori Chase. Pictures from Lori Chase & Sherry Brousseau

Saturday June 5th beginning at 5:30 AM. This was our 22nd year at the Charles River, dodging skellers, amidst the beautiful Boston skyline.

Participants travelled from CT, ME, NH and MA for this one-of-a-kind tournament. All of our events are provided at no cost to any participant, family and friends welcomed including meals, lodging, awards and giveaways. Our tournaments are supported by donations, sponsors and fundraising. Due to medical complications, we were missing a few anglers this year. However, this brought several 1st time anglers and boat captain Craig Cassella who is sponsored by Thayer Marine of CT. All I can say is, "they are hooked and will be back,"

Our day began with the roar of motorcycles as the Nam Knights M/C arrived to volunteer, their support as reliable as the US mail. Chatter began of reminiscing, swapping fish tales, and plotting secret fishing strategies as intense as the secret service. After a very challenging year, excitement and smiles filled the yacht club as much as the water filled the river. Beginning to write our story for the Boston Globe Newspaper was Kaito Sean Au who was busy with interviews. He had planned to leave and come back, however, you guessed it, we reeled him in and he spent the day. All were treated to a hot buffet breakfast provided by the yacht club members. Pairings were shared, t-shirts, hats, fishing towels and tackle swag donated for anglers was provided. G3 Boats provided hats to all anglers and a life jacket for the angler fishing with G3 Pro Staff, Rich Yvon. Custom lures donated by Jason Haskins, Boaghogbaits.com and Craig Cassella. CMCfishing.com

Strategically placed, were Nam Knights Boston, Blackstone and Merrimack Valley members to ensure assistance onto the docks and into the boats. Their system is one to be replicated and never without compassion, smiles, laughter and a few jokes. The boats sat silently in the water and you could hear a pin drop as Meghan Nigrelli sang the National Anthem. Meghan and her family drove an hour and a half and was honored to provide such a meaningful sendoff.

Boats began seeking the largest fish, weigh in was set up and we were entertained by Mark Fournier NEPVA Bass trail BOD with acoustic music. Simultaneously, The American Legion Riders, Area 51 in NH began their 3rd annual fundraising motorcycle ride for the bass trail. Karl Ingoldsby Bass Trail BOD and USMC Veteran rode and represented us. The ride was followed by a BBQ, entertainment, and raffles. Thank you to all who supported and to Kevin Morecroft for his loyalty and organization of this event.

The afternoon began with an AYCE BBQ complete with award winning clam Chowdah'. Followed by our sanctioned catch and release weigh in, awards ceremony, and giveaways.

1st Place Jim Halpin & Bean LeFebvre (5) total weight 9.60

2nd Place Craig Casella & Mike Guilbault (4) 7.04

3rd Place Jeff Kenney & Nathan McEleneay

Lunker Bean Lefebvre 3.73

Special thanks and plaque of appreciation was presented to the Newton Yacht Club for their ongoing support and hospitality.

We would like to thank; the American Eagle Bass Anglers Club who began and continue to support this trail, our 2 dedicated Registered Nurses, Sony Fernandez & Stephanie Kealey, MA Bass Nation, Blackstone Valley Bass Anglers, Nam Knights, Boston, Merrimack & Boston Chapters, our loyal volunteers Sherry Brousseau, Chris Nielsen, Avis & Ernie Wade. Generous donations were provided by Captain Shawn Tibbetts of Mainetunafishing.com with a new tent this year, Irving Company, Blue Star Mothers of NH, Jeremy Seamans of Leading Edge Realty, and Leicester Church of Christ.

Last but not least, Thank you to our trail BOD; Ray Brunelle, Gary Clawson, Mark Fournier, Jim Wallack, Tom Blanchard, Karl Ingoldsby & myself, as well as the New England PVA, NEPVA Sports Director Mike Guilbault, NEPVA Administrative Assistant Jerry Cole.

Please follow us on FACEBOOK @ NEPVABASSTRAIL and register online @NEPVA.org or call 603-581-9617 with any questions. Next event is Sept 10-12th Camp Robindel, Moultonborough, NH (tournament Saturday) on Lake Winnepesaukee.



1st Place - Jim Halpin and Bsan LeFebvre, Total weight 9.60 lbs



2nd Place - Craig Casella and Mike Guilbault, Total weight. 7.04 lbs



3rd Place - Jeff Kenney and Nathan McEleney, Total weight 6.89 lbs



Lunker - Bean LeFebre, 3.73 lbs



Chapter Board member Wayne Ross



Appreciation plaque presented to the Newton Yacht Club for 22 years of continued support.



Thank you to the Nam Knights - Boston, Merrimack, Blackstone Valley Chapters.

Veterans can Help Survivors Plan Ahead

via *VAntage Point* - Air Force Veteran Adam Stump is a public affairs specialist with VA's Digital Media Engagement team.

It's a topic people don't like to talk about: every person dies. Despite the inevitable, there are certain steps Veterans can take to help their survivors navigate VA when that time comes.

Below are some helpful tools for Veterans to help prepare survivors when the time comes. Print a copy of this and keep it with the documents. Labeling the folder "VA DOCUMENTS" or something else will help a surviving spouse, caregiver or family member when the time comes.

Documents

There are a few documents Veterans should compile to help survivors. Putting these together with a will, life insurance policies and other important documents will help make interacting with VA easier.

The first document is a copy of the Veteran's Report of Separation. For Veterans who discharged after Jan. 1, 1950, this is the DD-214, Discharge Papers and Separation Documents. Before January 1, 1950, several similar forms were used by the military services, including the WD AGO 53, WD AGO 55, WD AGO 53-55, NAVPERS 553, NAVMC 78PD and the NAVCG 553.

Information shown on the Report of Separation may include the service member's:

- Date and place of entry into active duty
- Home address at time of entry
- Date and place of release from active duty
- Home address after separation
- Last duty assignment and rank
- Military job specialty
- Military education
- Decorations, medals, badges, citations and campaign awards received
- Total creditable service
- Foreign service credited
- Separation information (date and type of separation, character of service, authority and reason for separation and separation and reenlistment eligibility codes)

For Veterans who don't have a copy, request one from the National Archives at <https://www.archives.gov/veterans/military-service-records>.

Don't put this off

It can take quite a while to get copies of these documents from the National Archives. While VA will make every attempt to get these documents for Veterans, they can save loved ones unnecessary delays by getting these before they are needed.

Other documents needed include marriage or birth certificates. These are important to show the relationship to the Veteran.

The final document needed is a death certificate when the time comes.

There's a quick start guide at <https://www.va.gov/files/2020-11/burials-and-memorials-guide.pdf> to help survivors.

Burial

The most immediate action a survivor will take is burial. Veterans, service members, spouses, and dependents may be eligible for burial in a VA national cemetery. This comes with benefits such as a no-cost headstone, marker or medallion, a Presidential Memorial Certificate, a U.S. flag for presentation to next of kin, and a burial allowance. The Department of Defense or local Veterans Service Organizations also provide military funeral honors – folding and presentation of the burial flag and playing of Taps – for those families that request the honors.

The person qualifying for burial benefits must be:

- A Veteran who wasn't discharged under dishonorable conditions, or
- A service member who died while on active duty, active duty for training, or inactive duty for training
- A National Guard or Reserve member is eligible if they were called up to active duty and served their full term of service, and weren't discharged under dishonorable conditions, or were entitled to retirement pay at their time of death, or would have been entitled to retirement pay if they weren't under age 60 at the time of death
- The spouse or minor child of a Veteran, even if they die before the Veteran, or in some cases, the unmarried adult dependent child of a Veteran, is also eligible for burial, but is not eligible for the burial flag, burial allowance, Presidential Memorial Certificate or military funeral honors.

Pre-qualify for burial



However, Veterans can make that process easier through a pre-need determination of eligibility.

Pre-need does not mandate that a Veteran or their spouse must be buried in a national cemetery but it makes the process easier so loved ones do not have to go looking for military discharge documents upon the Veteran's death.

"If you aren't sure your service qualifies for burial in a national cemetery, a pre-need determination of eligibility could give you peace of mind and ease the burden on your loved ones in that very difficult time," said Jay Dalrymple, director of the National Cemetery Scheduling Office.

Through pre-need, Veterans can apply to find out in advance if they receive a burial in a VA national cemetery. Veterans can go to <https://www.va.gov/burials-memorials/pre-need-eligibility/> and fill out a form to determine eligibility. Any eligible Veteran will receive a letter confirming eligibility. When a Veteran dies, either a survivor or funeral director can call the National Cemetery Scheduling Office at 800-535-1117 to request a burial. A pre-need determination of eligibility will usually make this process faster and easier.

More details are at <https://www.va.gov/burials-memorials/schedule-a-burial/>.

There's also a Before You Call checklist available at https://www.cem.va.gov/pdf/NCA_NCSO_BeforeYouCallChecklist.pdf. Veterans can print and fill out the paperwork to help survivors.

Benefits

A survivor's first call should be to the Veterans Benefits Administration national call center at 1-800-827-1000. Here, a survivor can check on the status of a claim, obtain tax documentation, notify Veterans Benefit Administration of the death of a Veteran or a benefit recipient and learn about benefits available to surviving family members.

There's also a quick start guide at <https://www.va.gov/files/2020-11/survivor-quick-start-guide.pdf> to help families.

Office of Survivor Assistance provides expert information about survivor benefits to survivors, Veterans and family members."

Reach them via email at officeofsurvivors@va.gov.

VBA has a pamphlet called Planning your Legacy at <https://www.benefits.va.gov/BENEFITS/docs/VASurvivorsKit.pdf> or at local Regional Offices.

The first 20 pages of the booklet are used to provide information survivors will need – everything from account numbers and the location of a will to where the Veteran would like to be buried and recommended pallbearers. The last 40 pages are examples of VA forms that may need to be filled out once a Veteran passes. There's also instructions for filling them out.

"When I do outreach, I always talk about this booklet," Duff said. "It's a great way to bring up an uncomfortable subject in a matter of fact way and get the information that survivors need written down. Once it's complete, just slip your DD-214 in and put it in a safe place"

For life insurance claims, survivors can call 800-669-8477.



"It is important to call right away – particularly if the Veteran was receiving benefits – to start the process for possible transition to survivor benefits and to ensure there is no overpayment that can cause indebtedness to the government," said Ann Duff, Survivor Assistance director. "The

Re-Dedication of the Women Veterans' Clinic

Contributed by Chapter member Debra A. Freed



WOW! It was a long time coming but it finally happened. Technically, it did happen last year but because of Covid-19, the re-dedication of the Women Veterans' Health Clinic could not happen until yesterday.

The Women's Health Clinic in Jamaica Plain VA has been a staple for women veterans since its inception in 1992. I started using the Clinic in 1994 soon after moving up to Massachusetts. It was small then, with only a couple of rooms off of a main

room. The services offered were general health, GYN, and Breast care. If you needed social work or psycho-therapy, we had to go to a completely different floor, usually the 12th or 14th if memory serves.

One of the new changes is to include more photos of women veterans and their stories. There are more than 2 million women currently serving in the Armed Forces, about 10 to 12%. Women Veterans have been around since the Revolution (pretending to be men in order to serve). When you walk through a main hall, you will see a wall display that boldly states I AM NOT INVISIBLE. Surrounding the commentary are large photos of women from all branches of service who have served their country. There will be more photos added to the hall of the Women Veterans' Clinic.



Among those to be added will be Ms. Patricia Thomas. Ms. Thomas is a PVA New England Chapter member who graciously shared her story. She served from 1964 to 1967 in the U.S. Navy. Thank You for your service Ms. Thomas.

As stated, this was a long time coming. In winter of 2017, the pipes on the 2nd floor above the women's clinic ruptured because of the wicked cold spell we were all dealing with. For a long time, it truly felt like women veterans didn't matter because it seemed

the administration didn't have time to find a new home for the women veterans clinic. Speaking for myself, this was highly unacceptable.

However, the VA Boston Director Mr. Ng ensured that the women veterans' clinic would once again fulfill its promise to its women veterans. All the rooms are now singular rooms, with special beds that go up, down, and can even weigh you. The waiting room is light and airy with various pamphlets of information for and about women veterans.



Shout outs need to go to former Women Veterans physician Dr. Megan Gerber, who did what she could to secure a safe and functioning clinic for her patients. Current Women Veterans Program Manager, Carolyn Mason-Wholley, LSW, Dr. Chelsea Hawley, Dr. Susan Nathan, and Kelly Doherty for their vision in bringing this project – Through Our Eyes-The Women Veterans Experience Roadshow as well as the re-dedication of the long awaited Women Veterans' Health Clinic.



Live Whole Health #79: Gratitude to Improve Your Life

via Vantage Point - Esperanza Lugo, MA, Doctoral Candidate, is the whole health coach for all of VA Northern California

Many people are drawn to meditation to help manage those times when things seem down or out of our control. There are many different types of meditation, including visualization, compassion, gratitude, breath, mantra – and the list goes on. These meditations can improve your life by reducing stress and anxiety, and help you feel more grounded and at ease.

But there's another kind, too.

Loving kindness meditation is a self-care technique that can be done anywhere. It can be used to increase overall well-being and can even reduce stress while increasing love for self and others. Those last two can be difficult: Some find it challenging to send love and kindness to yourself and to others (including those difficult people in our lives). Nonetheless, it can bring healing and a sense of power.

To practice loving kindness, you will repeat loving kindness intentions toward yourself and others through a set of specific phrases. To make it more personal, you're invited to change the phrases to words that are more meaningful to you and to the people you're offering the love and kindness to. You will start with offering yourself loving kindness. Then you offer it to someone that has helped you in your life. Next you offer it to a neutral person, demonstrating that you can care and offer good

intentions to someone you barely know. Finally, you send the intentions to a difficult person in your life, opening up the healing action of forgiveness which can increase your sense of peace and release any anger taking up space in your heart.

Leo Tolstoy wrote that "Happiness is in your ability to love others." To get there, we find that it helps to start with a person who has mildly frustrated you, then move on to those who have hurt you the most in life. To send a difficult person loving kindness does not mean that what they did to you was okay or that you forget, but that you can still promote feelings of unconditional love and kindness, which can be so freeing!

Remember you do not need to judge when it comes to sending loving kindness to yourself and to others. This practice is simply an expression of positive and affirming thoughts and feelings toward yourself and others.

Check out this [22-minute version](#) of the loving kindness meditation from Dr. David Kearney from VA Puget Sound.

For more information on compassion and scripted loving kindness meditation, click [HERE](#).

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VA Bowel and Bladder Care Program

By Pete Demarkis, PVA National Service Officer II, Boston, MA



Bowel and Bladder Care Program

In the following article, we will look at the VA Bowel and Bladder Program, and hopefully address any questions pertaining to this benefit.

Why: The lack of proper bowel and bladder (B&B) management is detrimental to one's health and can lead to serious medical complications and hospitalization. As such, Veterans with SCI/D may need

the support of another for these essential, daily functions. Local VAMCs can assist in addressing this quality-of-life issue and authorizing the appropriate care at VHA expense.

What: To put it plainly, Veterans' caregivers may receive financial reimbursement for aiding with non-institutional B&B care. VHA will provide the required education, training and certification for employed caregivers, as well as payment(s) for the provided care.

Who: Veterans do not have to be service-connected or receiving pension for this benefit. B&B care at VHA expense is authorized for Veterans who meet the clinical need. Care will not be authorized for Veterans who can perform these functions independently. Eligible Veterans can receive

care from home health agencies, family members or other privately employed caregivers, once they've received the appropriate training and certification from VHA.

How: With appropriate authorization from the SCI/D center, local VAMCs and clinics can authorize care under Community Care Program (CCP). Veterans who are enrolled in VA healthcare and are reliant on others for B&B management should contact their CCP Coordinator. PCP and SCI/D teams should be able to provide a referral as well.

Before payments can be authorized, all caregivers will need to complete and submit VA Form 10091 (FSC Vendor File Request Form) and IRS Form W-9 and obtain a National Provider Identifier (NPI) number. Once an NPI is issued, the CCP Coordinator can issue the Veterans Care Agreement (VCA), a contract with the caregiver and Vet/VHA for payment of services.

*Visit nppes.cms.hhs.gov for NPI numbers.

As always, if you have any questions regarding eligibility or application of the B&B program or other benefits, or if you've been denied services by VHA, please contact your local National Service Office.

Are you having Bowel and Bladder Care supply issues?

Are you are encountering issues receiving supplies such gloves, catheters, medications, etc.? If so, please contact me so I can assist in ensuring you are receiving your supplies in a timely manner.

You can call me directly at either of my MA offices.

- West Roxbury Phone: (857) 203-6091
- Brockton Phone: (774) 826-2219

VA Expands Mandate for COVID-19 Vaccines among VHA

via VA Office of Public and Intergovernmental Affairs

WASHINGTON — Department of Veterans Affairs Secretary Denis McDonough will expand his previous COVID-19 vaccine mandate Friday, Aug. 13, to apply to most Veterans Health Administration employees and volunteers and contractors who work in VHA facilities, visit VHA facilities or otherwise come into contact with VA patients and healthcare workers as part of their duties.

Under the expanded mandate, employees who will need to be vaccinated include Hybrid Title 38 and Title 5 VA health care personnel — such as psychologists, pharmacists, social workers, nursing assistants, physical therapists, respiratory therapists, peer specialists, medical support assistants, engineers, housekeepers and other clinical, administrative and infrastructure support employees who come into contact with VA patients and healthcare workers.

“We’re now including most VHA employees and volunteers and contractors in the vaccine mandate because it remains the best way to keep Veterans safe, especially as the Delta variant spreads across the country,” Secretary McDonough said. “This pandemic is not over and VA must do everything in our power to protect Veterans from COVID-19. With this expanded mandate, we can once again make — and keep — that

fundamental promise.”

The department's decision is supported by numerous medical organizations, including the American Hospital Association, America's Essential Hospitals and a Multisociety group of the leading Infectious Disease Societies. The American Medical Association, American Nurses Association, American College of Physicians, American Academy of Pediatrics, Association of American Medical Colleges, and National Association for Home Care and Hospice also endorsed mandating COVID-19 vaccination for health care workers.

As with the previous mandate, directive affected employees will have eight weeks to provide proof of vaccination to their local VHA Occupational Health Office.

All VA employees are eligible to be vaccinated at no personal expense at any of our [facilities](#) and would also receive four hours of paid administrative leave after demonstrating they have been vaccinated.

To learn more about the vaccine, its safety and effectiveness visit the [VA COVID-19 information page](#).

My 1st But Not Last New England Summer Sports Clinic

Contributed by Chapter member Debra A. Freed

In all the years that I was an employee of the PVA, New England Chapter, there were not many opportunities for me to attend the New England Summer Sports Clinic except as a dignitary at the closing dinner. This event is one of three the New England Chapter will sponsor half the room for.

Well, this would be my year. The variety of activities varies. The teams: Wolves (my team), Hawks, Bears, and finally Foxes would rotate over the course of 2 full days between participating in Hand-cycling, Kayaking, Sailing and Surfing. The 1of 9th, the day of registration was reserved for any and all folks to attend the Button Hole Golf Course Clinic. The last day, the 22nd was reserved for the Beach. This event, like the first day's event were meant to foster camaraderie and friendships. However, at the beach day there were several competitions of corn-hole toss, and rope ladder. I did terrible at rope ladder but had a great partner at Corn Hole. If medals were given out, we would have ended up with Bronze. There was ample opportunity to get in the water, which I actually did!!!!

The Wolves would share events with the Hawks. The Bears and Foxes would share their events. Also new this year was the hotel and a couple of the venues. The hotel, the Crowne Plaza in Warwick, Rhode Island was pretty nice. Although standard housekeeping was not available, the general common areas were kept clean at all times.

I tried my hand at golf on the driving range. Didn't do too bad, but I definitely need lots of practice. Then, I took a turn on the para-golfer. That scares me a little because I did not know what would happen if I leaned too far forward because I wanted to stand up as straight as possible. Would I tip over and then fall under the para-golfer?

Day 2 (7.20.21) our groups would alternate between Sailing with the Newport, RI Sail to Prevail program and then surfing. Sailing was a bit of a bust – no wind! We had to be towed out and towed back. No matter, I finally got to have a hand at the tiller, a.k.a “Captain the Ship”. It takes a little time to remember pushing the tiller port (left) side means you want to go starboard or right, and if you push it to the starboard side, you want to go port.

That afternoon was surfing. Since my new injury in 2019, the ability to arch my back is close to non-existent due to rods that run from T9 down to L4. So, what would be good for me? Getting on my knees would be good so on my 3rd time out, that is what we did and I liked that a lot better. I had better control and a lot less pain.

Day 3 (7.21.21) we would again rotate with the other team, the Hawks for hand-cycling and kayaking. As stated above, I had never done any of the above events when it was held in Providence. So these venues were new to everyone. The hand-cycling was in the a.m. for us. Well, while I am known to many as “the Turtle” because of how slow I really am. I did pretty good. We had an hour and a half to get in a good ride. Most folks either did 4 to 8 miles. My travel buddies and I did 11.6 miles. It was a great morning. Then we switch. One of the great things about this particular venue is that we didn't have to get in buses again and head to a different destination. The kayaking would be on the far end of the large parking lot. This too was a great event as there were no other boats, jet

skis, or even other kayakers on the water. We saw lots of birds, even what we believe is an osprey feeding her soon to leave the nest babies. That was pretty cool, until we got a little too close because we were a bit too loud. Momma Osprey let us know about it too.

Day 4 was beach day. We went to Bristol Town Beach. Kind of neat because it was interesting to see how two full size buses were going to get down the one road that didn't look big enough for two cars side-by-side. Beach day was fun. I signed up for both the corn hole and ladder competition. I did terrible at ladder but as stated if medals were awarded we would have won Bronze.

A huge should out needs to go out to Jenny Vulpis, the VA Outpatient Case Manager for Recreational Therapy for getting me my paperwork. Also for my SCI PCPs in getting the paperwork done and returning it before the deadline. New England Healing Sports Association, Amp Surf, Sail to Prevail, and the volunteers for hand-cycle/recumbent riders. Also, all the VA staff who went. You know most people think they get a vacation when these events take place. Sorry, very, very far from it. These folks give up a week of their lives so that we veterans can enjoy all the activities and hopefully develop not only some new skills but friendships along the way.

I am already planning to give the New England Winter Sports Clinic a go and so looking forward to the New England Summer Sports Clinic, as long as it doesn't take place during the same time as the 41st National Veterans Wheelchair Games – to be held in Tempe, AZ 2022.





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Mark L Desrochers	Ralph L Hight	Richard L Staples	Philip W Gorman
Shawn P Tierney	Roger A Kellough	Gabriel J Cristofalo	Ryan T Bugler
Dennis F Gammon	Daniel J Ernst	Richard J Cummings	Roland R Filion
Bradford E Carlson	Russell J Tracy	Daniel J Rowe	Richard F Oberman
Ronald R Pomerleau	Daniel F Keohane	Everett P Davis	Pierre Paradise
Brian E Dumas	Richard R Fucci	George W Papadopulos	Larry G Hughson
Martin E Ramirez	Thomas E Bird	Frank R Mund, Jr.	William F Falco
Jean V Smith	Steven J Gardiner	Roger B Wainwright	Malcolm M Clark
Denis M Crist	Peter C Thurston	William H Corbin	Nicholas M Zallas
William L Holland	Guy J Mathieu	Aaron S Rollins	

PVA Unveils New TV Public Service Announcement “Honor the Spot” at 75th Convention

PVA Communications Dept.



For 75 years, Paralyzed Veterans of America (PVA) has advocated and worked to create a more accessible America for not only paralyzed veterans but all people with disabilities. Accessible parking is crucial to the independence of people with disabilities, and each one of us plays a part in keeping these public spaces available.

Honor the Spot reminds people across the nation that accessible spaces are a civil right for people with disabilities and should be respected.

Download and play this public service announcement at psadirect.com/pva to remind your audience to Honor the Spot.

For more information about how Paralyzed Veterans of America is working to create a more accessible America, visit www.PVA.org/HonorTheSpot.

Thank you in advance for your support of Paralyzed Veterans of America. If you have any questions regarding PSA formats or media distribution, please contact us at PVA@PSADirect.com.

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Office Hours
Mon-Fri, 8:30am - 4:30pm



NEPVA BASS TRAIL TOURNAMENT SCHEDULE

September 10-12, 2021: Lake Winnepesaukee - Camp Robindel ,
Moultonborough NH

October 1-3, 2021: North Pond - Camp Pine Tree, Rome, ME

NEPVA Bass Trail will be strictly adhering to each individual State's COVID guidelines. Please check the [Chapter's Bass Trail website page](#) frequently for any registration and Tournament updates.

For the most timely Sports and Activities information
please visit the Chapter's website at www.newenglandpva.org or email sports@newenglandpva.org

Serving Paralyzed Veterans and the Disabled Community Since 1947.