



**Paralyzed Veterans
of America**

Vaughan Chapter

the Wheel

THE NEWSLETTER OF THE VAUGHAN CHAPTER PARALYZED VETERANS OF AMERICA

August 2020

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President's Report

by Josue E. Cordova, VPVA President

Greetings Vaughan Chapter members, families, volunteers and supporters.

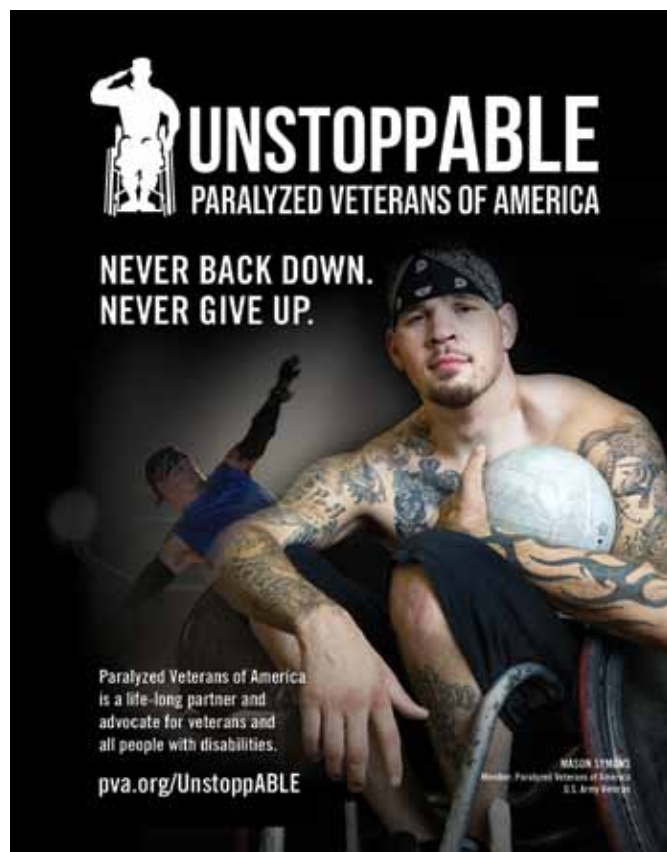
I pray this August newsletter finds you safe, healthy and encouraged. There is a lot to discuss regarding our Vaughan Chapter and PVA National. During this COVID-19 pandemic and entering mid-August, after much discussion and consideration, our Vaughan Chapter Board of Directors voted, unanimously, to cancel all chapter functions, events, and activities through the remainder of 2020. This was not an easy decision to make, but one that we know was necessary. Our top priority is to make sure all of our members, their families, caregivers, and our volunteers and supporters health is not put at risk during this pandemic.

This year is also an election year for chapter officers and board of directors, but due to COVID-19, our board is actively discussing what will be the best, and safest way to address our elections. We will keep all of our members updated and informed on our final conclusion for those next steps.

Even as most of us are spending a lot more time in self-quarantine, I'm happy to inform you of all that is available for members to do, from the comfort of their own homes. We can still participate and enjoy the camaraderie with many of our fellow members, not only within our chapter,

but across the United States and Puerto Rico. Vaughan members have access to webinars and activities that are taking place right now through online zoom sessions. There are events such as an adaptive scuba webinar. During this zoom session, interested PVA Members have the opportunity to receive information on what is needed to attain a scuba diving certification. There have also been bowling webinars and a great program called SitStrong. During the SitStrong training sessions, members will be working with certified fitness instructors who have years of experience, and have specialized in training men and women

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Paralyzed Veterans of America

Vaughan Chapter

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Sports Director

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We Mourn the Passing of the following Members



Fred Minx 7-19

Raynard J. O'Neill 5-20

William Poulos 6-18, Francis Rosin 7-13

Gordon Willis 7-7



Vaughan PVA Members

Call Us on your Birthday

for a FREE Gift to You

on behalf of

Vaughan Chapter PVA.

(800) 727-2234



2020

Board of Directors Meetings

Vaughan Chapter, Board of Directors Meetings are usually held at the Chapter office on the third (3rd) Wednesday of each month. **Until further notice they will be held by conference call.** You are welcome to attend as a member (no voice and no vote). (712) 770-4608 access code: 832487 listed below are the dates.

August 19, September 16, October 21,

November 18, December 16

VPVA Executive Director's Letter

By Maria Hernandez
Executive Director

Hello, Vaughan Chapter P.V.A. Members, Associates, and Volunteers

The Covid-19 outbreak has altered the world as we once knew it. It has affected everyone, including our Chapter Events and Meetings, much to everyone's dismay.

As many of you already know, Vaughan Chapter Paralyzed Veterans of America had to ere on the side of health safety for our members and staff. We had to cancel all events, outings, and membership meetings on our 2020 calendar. The COVID-19 global pandemic forced the cancellation of all our annual events that included the Annual Paul Kolb Memorial Dinner, Hines VAH. Veterans Games, Bowling Tournament, Poker Tournament, Memorial Day Parade, Trap Shoot Tournament, Busse Woods Fishing Derby, Boccia Tournament, National Veterans Wheelchair Games, Rend Lake Shooting Classic, Annual Picnic, Land of Lincoln B.A.S.S. Tournament, Veterans Day Dinner and lastly the annual Christmas luncheon.

All of our communications with our members are now via virtual connections online, Facebook, email, and by phone to protect everyone's health.

Our officers and Board of Directors started calling our voting members to find out about our members' situations and to see if you needed any assistance and how the Chapter could help. Everyone should have received this phone

call. The Chapter has assisted members with a one-time emergency fund of \$150 to help you with your expenses. Many of you have received this fund, which is still available for those that have not yet contacted the Chapter Office for this assistance. If you have not requested this one-time-only financial assistance and are in need, please contact our office at the phone number listed at the end of this notice. Remember to contact us ONLY if you have NOT requested this previously.

Vaughan Chapter has recently approved a \$500 death benefit for all Vaughan Chapter voting members; please find complete information for this benefit on this newsletter. We appreciate your patience and understanding and hope that you all stay safe and healthy.

As a reminder our Chapter office remains open during business hours, please contact us with any questions or concerns. 708-947-9790.

Thank you,
Vaughan Chapter, PVA



Vaughan Chapter has recently approved a \$500 death benefit for all Vaughan chapter voting members. This money will be dispersed to the person that is designated to pay your funeral services.

We advise you to share this information with whoever will be responsible for your funeral services. The person responsible for the funeral expenses that appears on the funeral home contract is the person that should be calling our chapter office with the name of the veteran deceased and funeral services

information for Vaughan Chapter can send floral arrangements. A copy of your funeral home contract will be required by us and the name that appears on the contract will be the only one to receive this \$500 endowment.

Please reach out to Vaughan Chapter for more information 708-947-9790.

Vaughan Chapter, PVA

Letter from the Chief

Happy Summertime to Everyone.

Greetings from the middle (?) of the ongoing COVID-19 pandemic. The virus infection that has taken the lives of over 150 thousand Americans and continues to cause sickness, hospitalizations, and death across our Nation with the end looking very far away.

Unlike so many other nations we have not been effective in efforts to manage, halt, control, or contain the spread of this infection – first to our elderly in nursing homes; then our citizens living with chronic diseases; also to our essential workers who drive, stock, pick, carry, and serve for a living; and sadly to so many who have no way to socially distance, to work from home, or to borrow from a personal ‘rainy day’ account. This infection has shown us how much more we need to improve our nutrition, lifestyle, wages, healthcare, and environment.

In Illinois the rates of infection in July slowed (flattened the curve) and as a result Hines began in person clinic visits, elective surgical operations, and home visits. But our “New Normal” means that there will not be a return to the number of visiting, gathering, face to face encounters, or large group meetings as before. Zoom, Veterans Video Connect (VVC), telehealth, and telephone will become the norm rather than the exception. For Veterans with SCI/D this will be a bigger challenge because of the difficulty with dialing a phone, turning on a screen or pointing to show where it hurts. For all of us it

will be strange because a visit between a doctor and patient is such a personal physical meeting.

The “new Normal” also means that we will conduct our public life wearing a mask – a mask that covers both the mouth and the nose. The mask can be cloth, surgical, N95, but it should be worn whenever out in public. Along with social distancing (keeping at least 6 feet between you and the next person), wearing a mask is the most effective way of reducing transmission and infectivity until a vaccine comes along.

The SARS- Coronavirus-2 (COVID-19) infection has taught us many hard lessons. Unfortunately, we have learned through sickness and death; sorrow and despair. The virus has shown us that health shouldn’t be taken for granted, and it isn’t a right. Health must be nurtured and tended. How we live is just as important as where we live and with whom we live.

So, the restrictions on visiting, admissions, outings, and meetings are still in place. Appointments using VVC, telephone, facetime must increase. By the time we talk again next month I hope that we will have happier news – maybe first results of a vaccine – maybe the lessening of visiting restrictions.

Until now our SCI Community has been strong, resilient, and sensible in

sharing the love and not the virus. Together we remain stronger. Together we will survive this pandemic.

Until then stay safe and stay healthy.

The Chief, SCI/D Service
Edward Hines Jr VAMC.



Hines VA Hospital Spinal Cord Clinic have now opened a new Psychological and chronic pain research. Conducted by Dr. Michael Niznikiewicz and Dr. Casella Gizelda.

As Dr. Niznikiewicz address the mental health factors that maintain and increase pain. (IE) mood swings As Dr. Gizelda address the medical resources.

Both teach you skills that help you maintain pain, reduce the impact of pain, and help you take control of your life so that you can live despite your pain. The treatments are eight weeks long, one hour per week over telehealth with home practice each week, for information contact the spinal cord clinic.

Thank you,
Anthony Powell / Art Wolf
Vice President / Hospital Liaison

President's Report

By Josue Cordova, Vaughan Chapter President

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in wheelchairs. And that's just the tip of the iceberg! We have more incredible online sessions, including adaptive yoga, air rifle instruction sessions, hand-cycle spin classes, and if you're more of a gamer...we even have online Chess sessions and e-sports practice that's available to our members and for all those online game competitors. For our members interested in something other than sports or gaming, PVA National is providing online book club group sessions and nutrition classes through Zoom. During the nutrition classes, our members, their families, and caregivers will be taught ways to cook healthier meals with information and instruction. There is something for every single one of our members, and the best part is, it's absolutely free! All you have to do is sign on with your computer, laptop, or iPad, from the comfort of your own home. The camaraderie is fantastic for all our members.

Even now, while the high majority of us are in lockdown, in our homes, our PVA National Government Relations Department is working hard on Capitol Hill. They are making sure legislation is being addressed that benefits our members health and livelihood. Our government relations department's hard work has been paying off. On July 23rd, The House of Representatives unanimously approved H.R. 3504, a special adapted housing improvement act of 2019, which is now sitting on The President's desk, ready to be signed into law. On July 26, 1990, The Americans With Disabilities Act (ADA) was signed into law. July 26th, of this year marks the 30th anniversary of this law being passed. Our Paralyzed Veterans of America played an incredible role in having the ADA passed, for not only our members, but the disabled community, across the country, as a whole. In closing, it is important that we continue to follow protocol with social distancing. We can still be

Even now, while the high majority of us are in lockdown, in our homes, our PVA National Government Relations Department is working hard on Capitol Hill.

involved with and support the Chapter. Continued participation in these before-mentioned events are vital to our organization, and they can be very beneficial to each individual member. Please enjoy the rest of the summer with your families and friends. If there is anything that we, as a Chapter, can do to support you further, please reach out to me or any of our board members.



Thank you and God Bless,

Respectfully,

Josue E. Cordova
President,
Paralyzed Veterans of America
Vaughan Chapter

Vaughan Chapter Members, Volunteers, and Associates

We urge you to please contact our office with any changes to your contact information as your address, email, or telephone number. We must have your accurate contact information on file for us to be able to communicate everything that is happening with our chapter, mainly through these difficult times. There are lots of benefits, sports, recreational and informational information that our chapter office shares with all of you weekly. However, still, we get many emails bounced back because the email address is inaccurate. It would help if you did not miss any vital benefits that you can get.

Thank you,
Vaughan Chapter

STAY SAFE AND HEALTHY EVERYONE

PVA NURSING SCHOLARSHIP PROGRAM

VAUGHAN CHAPTER

GENERAL GUIDELINES



A. STUDENT SELECTION:

1. Prospective students should submit a brief resume to Vaughan Chapter, PVA, 2235 Enterprise Drive Ste 3501, Westchester, IL 60154.
2. The Scholarship Grant Agreement forms shall be used in accordance with the instructions provided.
3. Selected students will receive four copies of the Scholarship Grant agreement (sample copy enclosed) to be signed and returned to Vaughan Chapter.

B. STUDENT FINANCING:

1. Financing up to \$500.00 per year shall be provided for diploma schools with programs requiring two or more years of study.
2. These funds can be used for tuition, books, laboratory fees or uniforms.
3. Funding shall not be automatic for each succeeding year. After the initial payment by PVA, each succeeding year's support will be approved only upon proven motivation and ability.
4. Submit a W2 Form or proof of income and expenses.

TAKING CARE OF SOCIAL CONNECTION

WHY IS SOCIAL CONNECTION IMPORTANT?

- ❖ The social distancing measures that have been flattening the curve around the world have also made it difficult to connect with each other in ways we are used to.
- ❖ Reduced social contact can lead to increased feelings of isolation, worry/anxiety, negative moods, substance abuse, and stress.
- ❖ Spending more time in relationships that 'fuel' us and less in relationships that 'drain' us is one potential option for stress management. Improving or creating new relationship ties are other options to consider.

WHAT CAN WE DO TO INCREASE SOCIAL CONNECTION DIGITALLY?

- ❖ Virtual platforms are available for a number of activities, and most are free:
 - Skype
 - Google Duo, Google Hangouts
 - Google Meet (requires subscription)
 - Zoom
 - FaceTime
 - Twitch
 - Facebook Video Chat
 - Instagram Video Chat
- ❖ These platforms can be used to host a number of activities that are meaningful and/or enjoyable:
 - Dinner (just agree on a time and park a laptop or phone on your table)

Please note: The views and resources shared here are not necessarily endorsed by the VA unless it is otherwise explicitly stated that the resources are VA approved

OUR EVENTS AND PROGRAMS WILL RETURN

Fundraising



Attached are photos of specialty items to raise funds for Vaughan Chapter Paralyzed Veterans of America. The monies from fundraising of these items will be used to continue funding the various activities our Chapter sponsors for our disabled military veterans. These activities help our veterans get back into the mainstream of life in spite of their traumatic injuries and diseases. We hope you will support our fundraising efforts of these wonderful gift items. We look forward to your support by purchasing any of our items that will bring joy and happiness to our veterans who gave so much. Items can be purchased with cash, check or credit card. Please take a moment to share this information with your friends and support our cause. You can also find additional information in our Facebook page

at <https://www.facebook.com/VAUGHANCHAPTEPVVA/>



ROUND PATCH IS 3X3
SQUARE PATCH IS 6X6
THEY BOTH ARE \$10



Vaughan Chapter Hat & T-shirt \$10 + Shipping

Armed Forces Plaques

Air Force, Marine Corps, Coast Guard, Army, Navy & POW-MIA and God Bless America.

They are 11" x 11" Inches, Cost is \$40 each (plus) shipping if you want it shipped to you.

You may also obtain plaques at any of our upcoming events and outings; we will have them available to you as well.

Contact VPVA Office at (708) 947-9790 or reply to vpva@vaughanpva.org to place your order. Cash, charge cards and/or checks accepted.



Treasurer's Report

by Gerald L. Brown

This is a shout out, to the members of the Vaughan chapter's finance committee namely Mr. Leo Moore, Mr. Daniel James, Mr. Anthony Powell, Mr. Winston Woodard III in our newest member Mr. Robert Arciola. These gentlemen do the work of monitoring and analyzing the chapters portfolio for the purpose of maintaining an appropriate mix of equity and fixed assets to achieve the committee stated goal, equaling or outperforming the market's benchmarks, namely the S&P return on investments.

As chairman of the committee I thank you for making my job easy, you know the chair is just the chair without a committee backing it. In Addition to the committee's work relative to the chapter's portfolio it also participates in the budget preparation and monitoring along with other board members and the chapters Executive Director. These gentlemen work with our Executive Director to ensure the proper use of the chapter's resources. The following is an illustration of the FY 2020 budget.

The purpose of this illustration is to paint a picture of plans to spend our resources this current fiscal year. Based on historical cost we estimate total expenditures by program. We call this the budget plan, a tool that helps manage the chapters resources and pay operating expenses.

The plan for FY 20 looks like this.

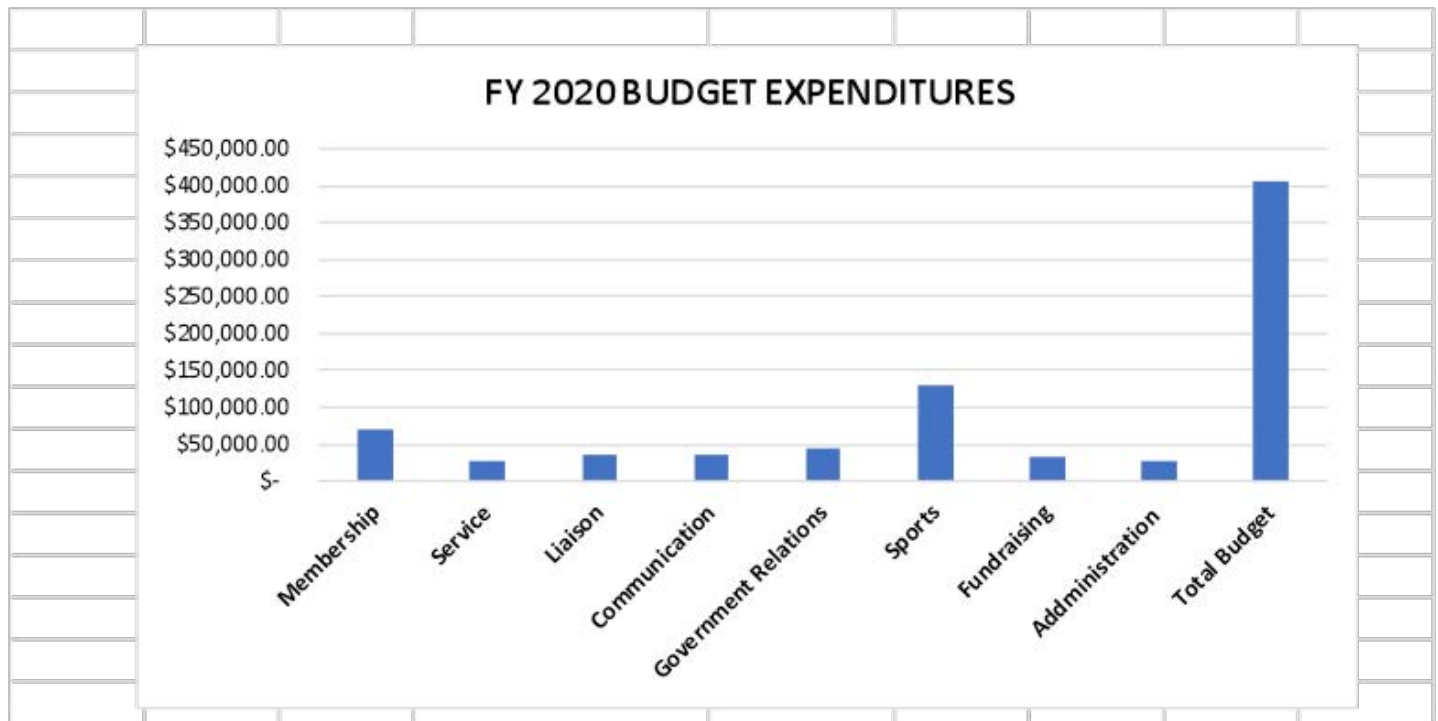
CLASS/PROGRAMS BUDGET FY 2020			
100	Membership	\$ 70,924.00	17%
200	Service	\$ 28,105.00	7%
300	Liaison	\$ 37,325.00	9%
400	Communication	\$ 36,361.00	9%
500	Government Relations	\$ 43,544.00	11%
600	Sports	\$ 130,296.00	32%
700	Fundraising	\$ 31,909.00	8%
800	Addministrati on	\$ 28,105.00	7%
	Total Budget	\$ 406,569.00	100%

Each program shares equally in the Chapters administrative/overhead expenditures in addition to their direct expenditures. The programs title Membership and Sports makeup approximately half of our annual total expenditures. The Board of Directors and the Finance Committee monitors expenditures quarterly in a Budget to Actual Report.

We do not know how long the impact of the Covin19 Pandemic will affect our ability to meet and hold events in large groups consequently the new budget will reflect our estimates going forward. Once more thank you gentlemen and lady for the excellent work you do for the chapter.

Treasurer, Gerald L Brown

One additional picture, the plan looks like this. A picture is worth a thousand words!



IN LOVING MEMORY, 7/14/1919 -- 8/2/2020

Vaughan Chapter mourns the passing of Edna Richardson, our longest serving volunteer, whose commitment of service to the Vaughan Chapter lasted over 60 years!

Edna began volunteering for the Vaughan Chapter in 1946 with the Gold Star Wives, soon after she started volunteering at Hines VA Hospital for the injured veterans and began to volunteer once a month until 2013. Some of the events volunteered was helping with bingo, picnics, Chapter meetings and lunches, and holidays with the veterans. Edna's favorite part was talking to the veterans and listening to their stories so that they had someone to tell their stories to. Many veterans were from out of state and had no family around. Edna's commitment and dedication to the Vaughan Chapter became a family affair. Her daughter, Peggy, and Edna's grandchildren All became volunteers for the PVA.

There are no words to express our gratitude for all the years that she served selflessly. Her commitment to the Vaughan Chapter Paralyzed Veterans America was exceptional. Edna was an example to others on how to give without wavering. She was kind and compassionate, to Vaughan Chapter disabled veterans and her sincere, warm smile proved there is still kindness in the world.





The ReWalk Exoskeleton-Suited for Your Mission



Retired Army Sergeant Terry Vereline crosses the finish line of the 2019 New York City Marathon after walking 26.2 miles in her ReWalk Exoskeleton. She received this device in 2014 and has used it to take nearly 1,000,000 steps in the past five years.

Did You Know That Paralyzed US Veterans May be Eligible For a ReWalk Exoskeleton?

Contact ReWalk for More Information

**rewalk.com/contact
or 508.251.1154 Option 2**

What is *Your* Mission?

Whether your goals include experiencing the proven health-related benefits of exoskeleton assisted walking, standing to hug a loved one or completing an entire marathon, ReWalk can help you achieve them.

ReWalk Robotics
200 Donald Lynch Boulevard,
Marlborough, MA 01752
www.rewalk.com



Service Officer's Report

by Mr. Winston Woodard III
Senior Veterans Health & Benefits Specialist PVA

VHA Appeals and How Veterans Respond

VA medical facilities, like VA regional offices adjudicating claims the service connection and pension, make many thousands of decisions each year concerning entitlement to benefits. Many of these decisions are not medical determinations, but rather interpretations of VA laws and regulations concerning eligibility for care.

When the veteran was denied a scooter, he/she had the right to appeal that decision. What if a veteran disagrees with the clinical decision made by the VHA? The advocate must examine could the clinical care potentially result in different or improve clinical outcome for the veteran.

Your local National Service Officer can assist you with this action. **There are two types of appeals stemming from a VHA decision and two different appeal paths.**

The first type of appeal is an administrative denial or an administrative appeal. In this type of appeal a veteran is usually appealing some type of administrative decision such as a denial of medical service because a veteran is not eligible for VA care or an appeal for reimbursement for medical care. These types of appeals also are where VA denied fee basis (Non-VA care) or Community Care (formerly CHOICE) care, otherwise known as fee for care provided outside of the VA Medical System. These appeals pertain to VA decisions that are administrative in nature rather than medical in nature. An administrative appeal can be appealed through the VHA administrative appeal process or through the traditional appeal process. An administrative appeal, just like a compensation and pension appeal, can be heard by the Board, Court of Appeals for Veterans Claims (CAVC), Court of Appeals for the Federal Circuit (CAFC) and possibly by the United States Supreme Court (USSC). An administrative appeal provides you with greater due process protections and gives you more chances to prevail.

The second type of appeal is a clinical appeal. A clinical appeal relates to a VA medical decision such as denying a veteran a particular medication or a form of treatment. These are decisions that rely upon the professional judgment of a medical professional rather than on VA administrative policy and procedures. Sometimes these clinical decisions can be reevaluated by medical based on the nature of the condition and reversed in favor of the veteran.

Clinical appeals on the other hand can't be appealed above the local level. That is to say these types of appeals cannot be heard by the Board of Veterans Appeals (BVA) or any level above the BVA as they lack jurisdiction over medical determinations. If you disagree, with a VA medical decision by the VA Healthcare System, you have the right of a written notice of the decision and a copy of your appeal rights. The VA has created a "Clinical Appeals process" for contested medical decisions. A clinical appeal must be appealed through the VHA administrative appeal process. The decision of the Clinical Appeals Process is final and there is no right to judicial review.

In order to start an administrative appeal, you use the VBA Form 20-0996. If you need to proceed on to the Veteran Law Judge you will file the new Notice of Disagreement (NOD) Form VA Form 10182 which will take you on to the BVA (Board of Veterans Appeals).

Please contact your local NSO, to provide guidance.

Robert Statam 312-980-4278 RobertS@pva.org
Questions about PENDING claims and benefits

Winston Woodard 708-202-5623 WinstonW@pva.org
Questions about Benefits, Access to Healthcare

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

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.



**Paralyzed Veterans
of America**

Vehicle Donation Program



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



ReWalk Robotics is proud to be a distributor of two new products for Veterans that may be of interest to you!



MediTouch Tutor

A biofeedback system designed to evaluate and treat movement problems caused by a variety of neurological and orthopedic injuries. Different components are available to address impairments of the arm, hand, leg, or torso. The system uses online games to motivate and track your rehabilitation progress. The MediTouch systems can be used in a clinic setting or for tele-therapy in your own home.

MYOLYN MyoCycle

A stationary cycle that uses functional electrical stimulation (FES) to stimulate your muscles and empower you to achieve therapeutic exercise and functional outcomes, despite muscle weakness or paralysis caused by disorders like spinal cord injury, multiple sclerosis, and stroke. The MyoCycle can be used in a clinic setting or in your own home. [Watch Kevin's MYOLYN story on YouTube.](#)

These new products are a great compliment to our existing product lines from ReWalk Robotics: the [ReStore Exo-Suit](#) for stroke rehabilitation and the [ReWalk Personal Exoskeleton](#) for SCI.

For more information or to schedule a demo on any of our products, please contact **Zachary Waugh, PT, DPT, FAFS**, your local ReWalk representative at: zachary.waugh@rewalk.com or (734)-545-3774

Getting Paralyzed Veterans Walking Again with Indego®



New VA Program offers eligible veterans an Indego® Exoskeleton at no cost.

What is Indego?

A robotic device that enables veterans to walk again.

Indego is an FDA-approved exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries to stand and walk, offering a new level of independence.

Indego can currently be used with spinal cord injury levels of T3 to L5 in community or home settings. The device offers:

- Lightweight, modular design
- Slim profile compatible with most wheelchairs
- Rapid setup and breakdown for easy transportation
- Can be used with forearm crutches or walker

Contact us today to find out if you are eligible to receive an Indego exoskeleton.

Email: support.indego@parker.com

Phone: 844-846-3346



Watch Marine Veteran Steve Holbert's story at www.indego.com/veterans





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We take great pride in serving those who served our country.

It's why we work with the Veterans Administration to make the process as simple as possible for you. This includes bringing the vehicle to the VA for inspection, taking care of all VA paperwork, and delivering the vehicle to your home once it's ready.

Veterans get **\$1,000 off** the purchase of your first Rollx van today!

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Vaughan PVA
2235 Enterprise Drive, Suite 3501
Westchester, IL 60154



Paralyzed Veterans of America

Vaughan Chapter

800-727-2234

SCI/D Clinic needs to be contacted prior to any visits to the facility.

Please contact 708-202-8387(22017) for concerns and access to care.
In case of emergency, contact the closest medical facility and call 911.

Annual Examination are being conducted, please review options with the SCI/D clinic.

Prosthetics needs to be contacted for repairs and delivery of items.

Pharmacy concerns with supplies and medication need to be addressed to the SCI/D clinics

Caregiver Changes and Support Services in the community (Bowel & Bladder, Homemaker, Telehealth

Social Services / Outpatient Social Workers

Esmeralda Flores & Felix Zajac 708-202-8387 (21575) (22086)

If you are experiencing any trouble with VA, please contact the National Service Officers.

Robert Statam 312-980-4278 RobertS@pva.org

Questions about PENDING claims and benefits

Winston Woodard 708-202-5623 WinstonW@pva.org

Questions about Benefits, Access to Healthcare

See a List of Virtual Events & more info at vaughanpva.org