



**Paralyzed Veterans
of America**

Vaughan Chapter

the Wheel

THE NEWSLETTER OF THE VAUGHAN CHAPTER PARALYZED VETERANS OF AMERICA

February 2020

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President's Report

by Josue E. Cordova, VPVA President

Greetings, Vaughan chapter members, family, volunteers, and chapter supporters. Welcome to the first quarterly newsletter of 2020. We have an incredible year ahead for our members. I'm so excited to tell you what's been happening since our last newsletter, and to let you know what fantastic things our chapter has planned for this coming year!

This past fall, our Vaughan Chapter Board of Directors welcomed Alberto Velasco, our new BOD member/Sports Director, to the team. Alberto is in an extraordinary addition. He brings a passion and drive with a dedication to assisting not only our members, but also the wheelchair community members who participate in our Chapter sporting events and outings. Welcome to the team Al!

Our Vaughan Chapter, with support from our PVA National Adaptive Sports Program Manager Keith Cooper, out of our Washington DC



National Office, received a grant opportunity for a wheelchair curling outing. On Saturday afternoon, November 9th, a group of enthusiastic Vaughan chapter members arrived in Villa Park, at the Windy City Curling Club. Our instructors showed our group a great time of instruction and wheelchair ice curling competition. I can't state enough how much of a blast it was! The Windy City Curling Club members that were our instructors are an outstanding group who made our outing not only memorable but has us looking forward to the next time we can compete in ice curling.

Alberto and I attended the Paralyzed Veterans of America Board of Directors conference in Orlando, Florida, on November 15th through the 17th. The BOD conference was a great experience to address things going on with our national office. It also provided many opportunities to communicate and network with our sister chapters from across the country. Together, we plan to make our Chapters better for our members and our community.

December was a fruitful month for our chapter. A generous donation was given to the

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New VPVA Sports Director, Alberto Velasco and Josue attended the Paralyzed Veterans of America Board of Directors conference in Orlando, Florida, on November 15th through the 17th.



Paralyzed Veterans of America

Vaughan Chapter

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2020 Bi-Monthly Membership Meetings

**March 25, May 27, July 22,
September 23, November 25**

WHERE:

Hines VA Hospital; Building #128, SCI Multipurpose Room

TIME: 12:00 (noon) CST. Lunch is provided – FREE

If not able to attend in person, you may also join via conference call by dialing in at 1-888-537-7715 Passcode 72787546#. State your name when joining the meeting.



2020 Board of Directors Meetings

Vaughan Chapter, Board of Directors Meetings are held at the Chapter office on the third (3rd) Wednesday of each month. You are welcome to attend as a member (no voice and no vote). (712) 770-4608 access code: 832487

listed below are the dates of the B.O.D. meetings.

**February 19, March 18, April 15, May 20,
June 17, July 15, August 19, September 16,
October 21, November 18, December 16**

VPVA Executive Director's Letter

By Maria Hernandez
Executive Director

Hello, Vaughan Chapter Members!

I am excited about this new decade starting in 2020.

First, THANK YOU to all the volunteers who assisted the Vaughan Chapter during the entire year 2019; during our meetings, events, outings, etc. None of this could have happened without your dedication to our veterans.

Also, a BIG Thank You to the donors for their donations and for keeping our veterans in their hearts so we can continue to fulfill our mission statement. Thank you to our wonderful office neighbor, UroPartners for the yearly toy drive they conduct. These are used to pass out to our spinal cord injured members for their children and grandchildren during our Annual Christmas Luncheon. Our gratitude to AAPMR for sending their staff to also help at the Picnic and Christmas Luncheon. (see pictures from our Christmas luncheon in this newsletter).

The year 2020 comes with a full calendar of events, outings, and activities for you to participate in and enjoy throughout the year. Vaughan Chapter hopes that everyone will attend as many of these activities as possible. More may be added to the schedule.



Vaughan Chapter office volunteers helping at the Christmas Luncheon (left to right) Diana Trujillo, Jonathan Niemiec, Eddy Millar, Marilyn Antwine and Ramon Esparza.

Our first event for 2020 is our Annual Valentine's Day luncheon on Saturday, February 15, 2020, at the Hines VA Hospital, Auditorium Building #9 from Noon – 3:00 p.m. So, grab your sweetheart or caregiver and enjoy Valentine's luncheon with your loved one. We hope you will enjoy the music by Bob Sove and his band, the door prizes and food. We hope you can join your fellow comrades and us. Remember to RSVP to the VPVA Office at (708) 947-9790.



Everyone should have received the calendar of events and the scheduled dates of our Membership Meetings, which are as follows March 25, May 27, July 22, September 23 and November 25, 2020. Meetings are held at the Hines VA Hospital, Building #128 SCI Multipurpose room at Noon and lunch is provided. If you are NOT able to attend in person, you may also join via conference call by calling 1-888-537-7715; Passcode 72787546#. Note: attending a membership meeting is very beneficial and informative and is posted as volunteer hours you will need to accumulate for future sponsorship to any sporting event of your choice. If you haven't received a copy, please contact our office for a copy so you don't miss any of the activities. The office will mail out invitations for each event 30 days before to everyone as a reminder to the current address listed for you on our database. I encourage you to update your mailing address or email address by calling the VPVA office. This is your responsibility so you will be assured of receiving important notifications. Again, if any changes have occurred in the past year, please call our office at (708)947-9790.

Vaughan Chapter always needs volunteers who are willing to assist us with the eight mandated programs. Positions are open for program directors and coordinators to establish committees to help on the following programs Liaison, Fundraising, Communication, Advocacy, and Sports and Recreation.

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Greetings from the Chief

By Michael S.A. Richardson MD FACP
Chief, Spinal Cord Injury/Disorders

The decade has begun with a whirlwind of changes, events and possibilities. It is also a leap year and that means that there are more days in the year and more changes in the moon and the constellations. We are harnessing all this in Hines SCI/D by looking these changes in our population, leadership, policies, and processes as opportunities for continuing growth and improvement.

Dr. Braverman has transferred to a VA facility in California and in his place we have an Acting Facility Director Ms. Ifabiy who is engaged, energetic and excited at accomplishing the VHA Mission and exploring possibilities to improve patient centered care and employee engagement.

Following her leadership, in SCI/D Service we have expanded our physician cadre and re-envisioned the therapy and outpatient services to focus this year on wellness, pain management and meaningful community engagement. We have dynamic new staff in psychology where Dr. Michael Niznikiewicz and Dr. Monica Stika are leading the acute rehabilitation and long-term care psychology programs respectively. Dr. Gizelda Casella has joined from the Syracuse SCI/D Center and brought her pain manage-

ment expertise and research abilities to Hines. We have redeveloped our outpatient activities under the direction of Kinesiotherapy, Individual Placement & Support Services and Social Work disciplines to encourage meaningful, goal-oriented activities to target prevention strategies and maintain function and activity outside of nursing home or hospital.

Even on the in-patient side SCI/D has new environmental, communal dining, and staffing developments all geared to move the Service into a more active Veteran-focused care model for this new 2020 decade.

But regardless of the innovations and changes that occur from the facility & service point of view, I want to stress that changes and the power to change still must come from each Veteran along with their family and caregivers in order to truly achieve our highest potential in SCI/D care. Realistic goal setting, adherence to recommendations, commitment to behavior change are all necessary if any health and wellness goals are ever to be achieved much less sustained. The activity and energy cannot be one-sided. There are no "magic formulas" that will make pain disappear, function improve, and bowels settle. Diabetes, hyperten-

sion, stress, and spasms aren't going away in a day – no matter how much we wish they could.

Health improves by daily rituals and constant effort. We know a lot more about the benefits that nutrition and exercise give to the mind and mood not just to diabetic or hypertensive control. This decade is the year to finally consider participating in the Wheelchair games or adopt an Adaptive sports activity. This year is the year to take seriously the value of smoking cessation and eating more unfrozen vegetables. This year is the time to rejoin the Vaughan Chapter or volunteer at a Local community or Veterans organization and reconnect with comrades and family.

The Chinese Year of the Rat is a year that brings opportunity and good prospects. It is the time to make long-term investments in our health and wellbeing. Investments that will serve to see us through whatever bleak events that may follow. Happy Year and decade to everyone.



SCI/D Certificates of Appreciation

Left; Sue Skryd, SCI/D Clinic Certificate of Appreciation given to her at our Christmas Luncheon by President Josue Cordova and Vice President Anthony Powell.

Right; Katelyn Murray, LCSW is given an SCI Certificate of Appreciation at Christmas Luncheon by President Josue Cordova and Vice President Anthony Powell.



President's Report

continued from page 1

Vaughan Chapter by The Gun Barrel Coffee Co., located in Batavia, IL. It was a pleasure meeting them and learning about the admirable support they provide to veterans and first responders organizations. Thank you to this veteran-owned company for supporting our mission.

Be sure to remember that starting this spring; we will have some great sporting events coming up. Some noteworthy events are bowling and bocchia ball tournaments. We also have trapshooting and bass fishing competitions. If you haven't received the email for this year's events, please call the office so we can make sure you have the calendar. I would hate for you to miss any of the exciting competitions coming up.

2020 promises to be an exciting year for the Vaughan Chapter. The various outings and sporting events planned will undoubtedly impact our members and the community we serve in a fulfilling way. Join an event committee; there is a place for all our members.

Thank you, and God Bless
 Josue E. Cordova
 President
 Paralyzed Veterans of America
 Vaughan Chapter



The Windy City Curling Club instructors and VPVA members.





Paralyzed Veterans of America
Vaughan Chapter



Valentine's Luncheon



Grab your Sweetheart or Caregiver and come enjoy a Valentine's Luncheon for all PVA Members.

Saturday February 15, 2020 from 12:00 Noon to 3:00p.m.
 At Edward Hines VA Hospital Auditorium Bldg. 9, Hines, IL 60141
 Hosted by the Vaughan Chapter Paralyzed Veterans of America

Admission (FREE)

Come and enjoy great food, raffles and music by a local entertainment.
 A good time to be by all...veterans, spouses, sweethearts, caregivers, and friends.

(1) Guest per Member

MUST RSVP by February 10, 2020.
 Call our office ASAP by (708) 947-9790 or email to
 vpva@vaughanpva.org if you plan to attend.



Paralyzed Veterans
of America

ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

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

**Cal-Diego Air Rifle
and Pistol Tournament**
January 27-28, 2020
San Diego Naval Base
San Diego, CA

**Mid-Atlantic Air Rifle
and Pistol Tournament**
March 4-5, 2020
Colonial Shooting Academy
Richmond, VA

**Wisconsin Air Rifle and
Pistol Tournament**
March 21-22, 2020
Milwaukee Area Tech College
Milwaukee, WI

**Buckeye Air Rifle and
Pistol Tournament***
April 16-18, 2020
Spire Institute
Geneva, OH

**Buckeye Wheelchair Games*

PVA BOATING/FISHING TOUR

Mid-America Bass Tournament
September 20-22, 2019
Lake Eufaula
Eufaula, OK

Vaughan Bass Tournament
October 4-6, 2019
Rend Lake
Mount Vernon, IL

**Florida Gulf Coast
Bass Tournament**
April 3-5, 2020
Lake Harris
Tavares, FL

**Kentucky-Indiana
Bass Tournament**
April 24-26, 2020
Lake Barkley
Kuttawa, KY

Mid-Atlantic Bass Tournament
June 5-7, 2020
James River
Hopewell, VA

Capital Clash Bass Tournament*

June 12-14, 2020
Potomac River
Marbury, MD

**Year-End Tournament*

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

**Mid-Atlantic Billiards Tournament
Chuck Willis Memorial**
March 20-22, 2020
Diamond Billiards
Midlothian, VA

**Mid-America
Billiards Tournament**
April 3-5, 2020
Slick Willies Pool Hall
Oklahoma City, OK

Buckeye Billiards Tournament
June 5-6, 2020
Wickliffe Lanes
Wickliffe, OH

**Mountain States
Billiards Tournament**
June 20-21, 2020
Widefield Corner Pocket Billiards
Fountain, CO

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

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

Mid-America Bowling Tournament
April 9-12, 2020
Firelake Bowling Center
Shawnee, OK

Vaughan Bowling Tournament
April 30–May 3, 2020
Bowlero
Romeoville, IL

PVA NATIONAL SHOOTING SPORTS CIRCUIT

**Mid-Atlantic Shooting
Sports Tournament**
Dates TBD
Conservation Park of Virginia
Charles City, VA

**Nevada Shooting
Sports Tournament**
March 13-15, 2020
Clark County Shooting Park
Las Vegas, NV

**Cal-Diego Shooting
Sports Tournament**
March 27-29, 2020
Redlands Shooting Park
Redlands, CA

**Lone Star Shooting
Sports Tournament**
May 22-23, 2020
Desoto Gun Club
Waxahachie, TX

**Vaughan Shooting
Sports Tournament**
June 5-7, 2020
St. Charles Sportsman Club
Elburn, IL

**Iowa Shooting
Sports Tournament**
June 12-14, 2020
Otter Creek Sportsman Club
Cedar Rapids, IA

**Wisconsin Shooting
Sports Tournament***
June 26-28, 2020
Brown County Sportsman Club
Green Bay, WI

**Year-End Tournament*

BOCCIA

**PVA National
Boccia Tournament**
October 22-26, 2019
The Pavilion at Lemay
St. Louis, MO

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

Buckeye Boccia Tournament*

April 16-18, 2020
Spire Institute
Geneva, OH

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

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

**Buckeye Wheelchair Games*

CODE OF HONOR QUAD RUGBY INVITATIONAL

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

NATIONAL VETERANS WHEELCHAIR GAMES



July 3-8, 2020
Portland, OR

HANDCYCLING

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

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

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

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

For more information: pva.org/sports

Sports & Recreation

by Albert Velasco, Sports Director

Meet Our New Sports Director

Hello, Vaughan Chapter Members

My name is Albert Velasco; I was in the United States Marine Corps reserve from 1998 to 2006, where I served two tours in Iraq (2003 and 2004). As a civilian, I served as a police officer near Chicago. I am currently working to receive a Veterans Counseling Certificate from the College of DuPage. I am a dad to 5 children and currently live with my wife and 3 of our children in Northwest Indiana.

I am humbled and honored to be part of the Vaughan Chapter, PVA Board of Directors and Sports Director. Currently I have started working with Mr. Johnnie Baylark, Jr., Bowling Director on the upcoming Bowling Tournament which will be at the Bowlero Bowling Alley in Romeoville, IL from April 30 to May 3, 2020. I am very excited to learn all his expertise with the bowling tournament. Another sporting event is the upcoming Boccia Tournament that will be taking place

on June 26-28, 2020. Mr. Anthony Powell and I will be working hand to hand to make this first Boccia tournament a successful one.

As it has been every year the Vaughan Trap Shoot Tournament will be held from June 5-7, 2020 and lastly, don't forget the B.A.S.S Tournament on October 2-4, 2020. I will be looking to set up a tennis clinic and a golf outing amongst other ideas.

Again, I am very excited for all the sporting events coming up in 2020 and to be able to continue to serve my country and my fellow Veterans. Flyers, entry forms, and registration information will be provided via email and USPS, as soon as is available. Please don't hesitate to contact me directly at 847-338-9986 with any questions or concerns regarding the upcoming events or any ideas that you want to share.

Thank you,

Albert Velasco



Get Out & Join Us
for these local
Sporting Events.

Bowling Tournament
April 30 to May 3

Trap Shoot Tournament
June 5-7

Boccia Tournament
June 26-28

B.A.S.S Tournament
October 2-4

Thank You!

To **Gun Barrel Coffee** for the generous donation towards our sports events for our disabled veterans for this year 2020. Furthermore, thank you for your support and kindness. On behalf of our disabled veteran and Vaughan Chapter, thank you to everyone that, in one way or another, has contributed to our cause and mission.



Josue Cordova, President, Sal Dazzo, Gun Barrel Coffee
Winston Woodard, III & Anthony Powell holding donation check
Brian Seebauer, Gun Barrel Coffee, Alberto Velasco, Sports Director

ANNOUNCED CHANGES IN HINES OUTPATIENT KINESIOTHERAPY PROGRAM

By: M.S.A. Richardson MD, Chief SCI/D & Denise Meadows, Supervisor KT, Edward Hines Jr VAMC, Hines, IL

The standards and process for outpatient kinesiotherapy (KT) in spinal cord injury (SCI/D) care have been changing gradually over the past few years. KT schools have dwindled in the nation; physical therapy (PT) rather than KT provides goal recommendations and time limited therapy in the non-VA setting and even in VA settings KT has been deployed for specific team determined goals and targets with regular 90-day reassessment as to achievement or not, of the stated goals.

Hines SCI/D Center has held out as one of the only spinal cord outpatient KT departments with an open-ended consult and schedule program. Most other Centers have either made a transition so that KT works with adaptive sports, fitness programs, and games, or they have eliminated the KT track completely. Lastly, in the non-VA universe ALL therapies now have a requirement for specific enumerated goals and targets for therapy. These must be developed at an initial therapy evaluation with a re-evaluation performed after 90 days to determine the attainment level reached. A simple letter was given to all Veterans currently involved in a KT outpatient Program (and available to any interested Veterans):

Dear Veteran,

Thank you for being a patient of the Hines VA Spinal Cord Injury Center. We are committed to providing the best possible care to our Veterans and meeting your needs remains our priority.

Due to changes in the standard of outpatient care for Veterans with SCI/D we must change the utilization and referral process for Kinesiotherapy (KT). In the next months all Veterans who have been referred to KT will be reviewed by their provider and therapist to determine Veteran-specific goals, targets and schedules. Referrals must have a clear timeline for review and expected end date. Therapy referrals will continue to have a ninety day (90 day) assessment of progress as is now required.

You can discuss these specific instructions with your provider and therapist concerning these expectations and recommendations. In some cases a home exercise routine or community referral may be the result.

We thank you for your understanding as we go through this process of improving the assessments and recommendations for KT care. Please speak with your therapist if further information is required 708-202-2241

Chief, SCI/D Service

The health care team remains the core resource in maintaining health and wellness for the Veteran in our SCI/D System of Care.

The Changes in our Outpatient KT Program have incorporated this requirement. Therefore, beginning in this month ALL new KT referrals will have Veteran-specific goals and targets requested by the physician provider answered by an initial KT evaluation and a written estimate of the time expected to achieve the goal(s) or targets. The KT evaluation will have a clear timeline for review and expected end date, however if that end date is longer than ninety days (90)

then a reassessment of progress will be required from the KT therapist and sent to the provider. The goal(s) will be assessed as (a) 'attained' - no further appointments necessary; (b) "progressing" - specified further appointment time(s) requested; (c) "unattainable" - no further appointments needed. Naturally there will be many instances where discussion, adjustment, retraining, and re-evaluations will be necessary.

In some instances family training, provision of home equipment & routines, or community based services will need to be provided.

During the January Vaughan Chapter membership meeting many specific important concerns were raised about how these changes could affect Veterans with aging caregivers, with restricted finances, or with limited social interactions. Individual questions about the role of the medical providers in referrals and the effect of these changes on wellbeing and satisfaction were raised passionately. These questions and concerns are noted and will be considered especially where these may present opportunities and challenges for greater independence and personal resources. Hines SCI/D remains committed to help and assist with such concerns relevant to such social determinants of health as we implement these changes in the outpatient program.

As was noted in the Chapter Membership Meeting however, the SCI/D Service has already begun an outpatient Wellness and Whole Health Program (one hour weekly for 5 weeks recurring), expanded availability of acupuncture and pain management options, brought new music and recreational activities on board, and continues to present adaptive and competitive sports opportunities. Fitness, movement, flexibility, and social interaction cannot be confined to a therapy room only.

The health care team remains the core resource in maintaining health and wellness for the Veteran in our SCI/D System of Care.



**NATIONAL VETERANS
WHEELCHAIR
GAMES**

40TH ANNIVERSARY

JULY 3-8, 2020
Portland, OR • WheelchairGames.org

Co-Presented by:

 **VA** U.S. Department of Veterans Affairs

 **Paralyzed Veterans of America**

Athlete registration Opens: 1/6/2020, Closes: 4/1/2020 Hotel registration Opens: April 2020 Closes: May 2020
All documentation due: May 2020 www.wheelchairgames.org



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

Individual Unemployability (IU) for Veterans

If you are a veteran rated at less than 100% you may still be entitled to 100% rating based on individual unemployability (IU). Below I will explain what the requirements are to be found totally disabled based on individual unemployability.

Most of our member's disabilities are catastrophic and are unable to return to work immediately.

Many veterans who may be eligible for individual unemployability may also be eligible for Social Security disability benefits. The same is true for veterans with service-connected conditions who already were found to be unemployable by the VA may also have a claim for Social Security disability benefits. You can receive both VA Individual Unemployability and Social Security Disability benefits at the same time.

The VA defines individual unemployability as being unable to secure or follow a substantial gainful occupation as a result of service connected disabilities. 38 C.F.R. Sect. 4.16(a) cites you can qualify for individual unemployability also called Total Disability based on Individual Unemployability (TDIU) in a few different ways. First, you must be unable to engage in substantial gainful occupation. So if you are working on any significant basis you will not qualify. You must also have either a single disability rated at 60% or more, or more than one disability where at least one of the disabilities is rated at 40% and the additional disabilities give you a combined rating of 70% or more. However, even if you don't meet the percentage requirements stated above it is still possible to be found individually unemployable on an extra scheduler basis if it can still be shown that your service connected disabilities prevent you from engaging in substantial gainful occupation.

You may be wondering what the effects of a favorable determination from Social Security disability would have on your claim for VA individual unemployability. The first thing you should know, is that neither Social Security nor the Veterans Administration are bound by a decision of the other agency. However, if you are found disabled by Social Security based on your service-connected disabilities then this is good evidence to prove you are entitled to individual unemployability from the VA. If you have been deemed unemployable by the VA this can also be used as evidence to help show that you are disabled for Social Security Disability benefits. So even though neither agency is bound by the decision of the other a favorable determination by either agency can be helpful evidence for proving disability to the other agency.

If you have any questions about these benefits or your entitlements, please contact your local Paralyzed Veterans of America National Service Officer (NSO)

Executive Director's Report

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Remember! This is YOUR Chapter that needs member support to carry out events. Please choose one of the categories and contact our Chapter President Josue Cordova by email to jcordova@vaughanpva.org for consideration. If you have any questions, please don't hesitate to call our office and we will be happy to help, we are here to serve you our veterans who gave so much to ensure that our country remains free. Lastly, remember to register and vote for the candidates of your choice! God bless America

Thank you,

Maria Hernandez, VPVA, E.D.

Vaughan Chapter, PVA Funding Sponsorship Policy

A member can request up to three (3) funding requests in a Fiscal Year. The member may be considered if they volunteered with the Chapter and have a recorded minimum of ten (10) hours for each of their funding requests.

1. Members First Time (Novice) participants attending the National Veterans Wheelchair Games (NVWG) require no volunteer hours and will be funded 100% with a maximum funding of \$3000.
2. Members (non-Novice) 1st request with ten (10) hours of documented chapter volunteer hours may be funded at 100% with a maximum funding of \$3000 for the entire Fiscal Year.
3. Members 2nd request with documented minimum of 10 hours volunteerism @ 50%
4. Members 3rd request with documented minimum 10 hours volunteerism @ 50%.

Requests submitted by members using this system, is based on volunteer hours submitted on a monthly basis. If a member has a request and doesn't have the minimum 10-hours recorded, the member's sponsorship request will not be considered.

The submission of volunteer hours is a practical solution to helping both the chapter prove it's accomplishing things; that more members are involved in program operations; that members are again taking responsibility for the governance and accomplishing its program and chapter overall mission. All "Members and Associate Member" Funding Sponsorship requests must be submitted to the Board of Directors in writing, by the individual requesting funding, with estimates of expenses, prior to a Board of Directors meeting prior to the event. Associate Members are required to meet the same eligibility requirements for sponsorship funding as voting members and membership dues must be up to date prior to submission of any requests. Approval will be at the sole discretion of the Vaughan Board of Directors. Business Expense



Reports must be submitted by the member requesting funding, with receipts within fifteen (15) business days for reimbursement.

Volunteer Activation Forms are available at the office as well as the Volunteer Time Sheets for members to report volunteer hours and submit no later than the 10th of each month. Your funding sponsorship requests may be sent to the office via email, fax or by regular mail. vpva@vaughanpva.org FAX to (708) 947-9755

Address:

Vaughan PVA

2235 Enterprise Drive – Suite 3501

Westchester, IL 60154

Requests should be received in our chapter office by the 5th of each month or will not be documented for consideration of the Board.

Thanks to our Holiday Volunteers



Volunteers serving our veterans at the Christmas luncheon (American Academy of Physical Medicine and Rehabilitation)



UroPartners donating toys to our veterans at the Christmas luncheon.



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The Nation's Leader

Offering more than 250 new and used vehicles in stock

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

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Phone: 844-846-3346



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



SPOKES on The Wheel

Welcome to this episode of Spokes on The Wheel. I'm excited to introduce you to Phil Kolb. Phil has been a volunteer and active chapter supporter for over 35 years.

Where did you grow up?

I was Born in Lagrange, IL in 1960.

I'm from a family of 7. I grew up there all of my childhood, all the way through high school.

Do you still live in Lagrange?

No, I live in Downers Grove now.

What was your career?

I have a construction background, I worked in concrete. Out of high school, I started working in international transportation. After working for some time in the import and export business, I went into masonry. I wanted to work with my hands, therefore I became a union bricklayer. I learned many forms of stone, rock and brick work. I enjoyed the work very much! Eventually, I did some merchandising and sales for a company within the industry. I did that for quite a few years. I finished my career as an independent driver.

How did you get introduced to the Paralyzed Veterans of America?

PVA has always been a family affair for me, since about 1980. Namely because of my brother's involvement. My brother, Paul, who was a paraplegic, due to an auto accident, served on the board. Paul was also a past Vaughan Chapter President. Watching my brother motivate and inspire other paralyzed veterans to be active and involved touched my heart. That inspired me to be a part of PVA. Early on, my family and I would volunteer at the hospital. We would help with different functions such as pizza parties, bingo, and sometimes even simply visiting with members. I have also been involved in fishing outings, hunting outings and many more events outside of the walls of the hospital. I've attended 6 National Veterans Wheelchair Games. Along with helping organize and execute the bass fishing tournament, I have driven the bus for many years. My family and I have relished being a part of the PVA. I can't mention enough how we feel that it is a second family to us.

Do you have any hobbies, other than volunteering with the PVA?

Shooting, fishing, and hunting have always been passions of mine. I incorporated that love of the outdoors when I was enlisted to be Tournament Director of the PVA Land of Lincoln Bass Tournament last fall.



What year did your brother, Paul, pass away?

He passed away in 2005. That was a tough year. I lost my brother, mother and brother in law within 3 months that year.

Even 15 years after Phil's brother, former Vaughan Chapter President Paul Kolb, passed away, Phil is still a dedicated volunteer and supporter of Vaughan Chapter PVA. The 2019 Land of Lincoln Bass Tournament Director was Phil Kolb. He stepped into that role and worked extremely hard. Phil did a fabulous job of making our Bass Fishing Tournament a success! We're honored to have Phil Kolb as more than a volunteer; he's become a dedicated friend to many. He helps make our Vaughan chapter the incredible organization that it is today!

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



**Paralyzed Veterans
of America**

Vaughan Chapter

800-727-2234

Join Us!!!

FOR THE FOLLOWING EVENTS

- | | |
|-----------------------|---|
| Feb. 15 | Valentine's Luncheon (Music, Food and FUN!!)
Hines VA Hospital Auditorium Noon – 3PM |
| March 14 | 13th Paul Kolb Memorial Dinner (family style dinner)
Bella Banquets 3 – 7 PM. 3 PM: cocktails, 4 PM: Dinner |
| April 3 | National Disabled Veterans Winter Sports Clinic
Snowmass Village, CO. |
| April 25 | 40th Hines VAH Veterans Games |
| April 30-May 3 | Vaughan Bowling Tournament,
Bowlero Bowling Alley, 735 Center Blvd, Romeoville, IL 60446 |
| May 16 | Poker Tournament (no gambling)
Hines VA SCI Building #128 |
| May 23 | Chicago Memorial Day Parade |

Download the VPVA 2020 Calendar of Events & more info at vaughanpva.org