

Vaughan Chapter MARCH 2022

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THE NEWSLETTER OF THE VAUGHAN CHAPTER PARALYZED VETERANS OF AMERICA

### Vaughan Welcomes the New Sports and Recreation Director Keith Cooper

eith Cooper has a graduate degree from Northern Illinois University in physical education, emphasizing adaptive physical education. He

has been a PVA member since 1995, is a two-time National Intercollegiate wheelchair basketball champion, and is a former senior subject matter expert for the Department of Defense Military Adaptive Sports

I am excited to be a part of the Vaughan team and look forward to providing top-notch sports and recreation opportunities.

Program. Additionally, Keith managed the VA Grant for Adaptive Sports Programs for Disabled Veterans and Disabled Members of the Armed Forces for National PVA. Keith believes and is proof positive that adaptive sports can increase quality of life and lower risk.



Keith believes and is proof positive that adaptive sports can increase quality of life and lower risk.

Join Us
3rd Annual
Midwestern
Invitational
Bowling
Tournament

April 29th - May 1st





VAUGHAN CHAPTER PVA OFFICE 2235 Enterprise Drive, Suite 3501 Westchester, IL 60154 phone: 708-947-9790

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Chapter Officers

Josue Cordova, President Anthony Powell, Vice President Dennis Scanlan, Secretary Gerald Brown, Treasurer

**Chapter Board of Directors** 

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National Chapter Liaison Hack Albertson National Director Anthony Powell

**Hospital Coordinator** 

**Advocacy Director** 

Dennis Scanlan

Robert Arciola

**Sports Director** Keith Cooper **Fundraising Director** Anthony Powell

CTAEE

Maria Hernandez, Executive Director

#### **Service Officers**

Winston Woodard, III Hines VA Hospital 708-202-5623 Robert Statam Chicago Office 312-980-4278

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### 2022 Bi-Monthly Membership Meetings

We continue not to access the Multi-Purpose Room at the Hines VA Hospital Spinal Cord Injury Building #128 for our bimonthly in-person membership meetings. We will continue conducting the membership meetings via Zoom **until further notice**. Members who have an email address will continue to receive the link to join the meetings.

For those members that do not have email and do not have access to a computer, you can still join the meetings via call by calling this number 312-626-6799; with meeting ID: 553 748 9623 and Passcode: 733870.

Suppose Vaughan Chapter gets the approval to use the Hines VA Hospital, building #128, S.C.I. Multipurpose Room, to conduct in-person Membership Meetings, then we should resume the meetings as scheduled below and notify you soon as possible of the change. All meetings will be in the Multipurpose Room at noon, with FREE lunch. Here are the dates for 2022.

March 23 (Zoom) Meeting ID: 553 748 9623 Passcode: 733870 May 25, July 27, September 28, November 23

### **Executive Director's Report**

by Maria Hernandez

Hello, Vaughan Chapter PVA Members, Associate Members, and Volunteers,

s we start a new year with fewer healthy safety guidelines, we will continue to implement them as long as necessary to keep us and everyone safe. We are all eager and ready to resume the outings and sports and recreation activities left on hold during the Pandemic. Vaughan is working on new sporting events for you to participate in and enjoy this year. I encourage you to get ready for a new exciting, and busy year.

Vaughan Chapter has a new Sports and Recreation Director with incredible experience, and he has promised to keep you active and rollin' all year long! As you read this Newsletter, everyone should have received the Calendar of Scheduled Events and please know there will be more events and activities as we move forward. Also sent to you were the 2022 Membership Meeting dates to join us; the dates are March 23, May 25, July 27, September 28, and November 23, 2022. The meetings will again be at the Hines VA Hospital, Building #128 SCI Multipurpose room at Noon, with FREE lunch. If you cannot attend in person, you may also join via Zoom with the link below. The office will send out a reminder of the meetings days before the meeting.

https://us06web.zoom.us/j/5537489623?pwd=bmdZT1BuenA3L2Rzbi9r WE1OKzYxZz09 use **Meeting ID: 553 748 9623 Passcode: 733870**.

For those members that do not have email and do not have access to a computer, you can still join the meetings via call by calling this number 312-626-6799; with meeting ID: 553 748 9623 and Passcode: 733870. Note: Attending our membership meetings is incredibly beneficial and informative. Furthermore, I encourage you to update your mailing address and provide us with an email address by calling the VPVA office at 708-947-9790. It is your responsibility, so you will be assured of receiving important notifications and invitations for all the upcoming events. Again, if any changes have occurred in the past year, please call our office at (708)947-9790.



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). listed below are the dates of the

B.O.D meetings for 2022.

**April 20** 

**May 18** 

**June 15** 

July 20

**August 17** 

September 21

October 19

**November 16** 

**December 21** 

### **PVA Educational Scholarship Program**

We want to invest in you and your higher education!

Paralyzed Veterans of America is proud to offer funds to PVA members and their immediate family members through our Educational Scholarship Program.

We will award scholarships in the amount of \$2,500 to full-time students and \$1,000 to part-time students for the 2021-22 academic year.

### **Eligibility**

#### **Oualified members are:**

- A PVA member, the spouse of a member, or an unmar ried child (under 24 years of age) who is dependent (as defined by the IRS) on the member for principal support.
- A citizen of the United States.
- Accepted and enrolled as a full-time or part-time student in an accredited U.S. college or university.

**Please Note:** Previous award recipients may apply but are limited to a total of two scholarships in a lifetime.

### **Submission Process**

Application Opens: March 1, 2022

Deadline to Apply: May 1, 2022

Apply Online at <a href="https://bit.ly/pva-scholarships">https://bit.ly/pva-scholarships</a>

Questions? Contact <a href="mailto:christih@pva.org">christih@pva.org</a>

### **Strictly for The LoV**

### The Ladies of Vaughan

### Hey Ladies,

We recently had our first meeting! It was a Zoom Galentine meeting just before Valentine's Day. We spent some time talking about ourselves and began getting to know each other. We also shared what brought us to



Vaughan, things we've participated in with Vaughan and things we'd like to do with Vaughan.

Vaughan has some great events coming up on the calendar in the next few months. Events like bowling, shooting, fishing and boccia and there are more. I hope we'll see each other out there for fun and comradery. Alongside those events, however, The LoV will also get together.

Our next LoV meeting is scheduled for Saturday, March 26, 2022. We'll be getting together at the Vaughan office to talk and eat lunch (provided). We'll discuss what we'd like to do together next. You'll be receiving invitations beforehand. After receiving the information, respond with whether you'll come and what you'd like to eat.

### See you soon!

## Vaughan Chapter PVA is in need of volunteers in the following areas.

**Sports & Recreation** 

**Advocacy and** 

Fundraising. (Training provided)

**Please call Chapter Office at** 

(708) 947-9790 or email to vpva@vaughanpva.org)



### **President's Report**

By Josue Cordova, Vaughan Chapter President

reetings, Vaughan Chapter members, family, caregivers, and friends. Spring 2022 is finally upon us, and we are so excited to tell you about what's happening with our Vaughan Chapter! We are moving forward

in an incredible direction. Along with our new Sports Director, Keith Cooper, the chapter is putting together some great opportunities for participation for our

This is your chapter...
we need your help and
participation to make it
a successful one.

members, families, and caregivers. We need to break through to the other side of this COVID lockdown that we have all been dealing with for far too long. First and foremost, thank you to every one of the members that have been patient with us here at the Vaughan Chapter. Some of the opportunities on the horizon include sporting events, picnics, chapter outings, and so much more.

If the activities mentioned are not a fit for your interests, we have many other opportunities for you. You

can be a voice on many committees, including government relations, fundraising, and our volunteer committee.

> Those committees help keep our chapter thriving and relevant. We are also open to



suggestions for events and activities that interest you. These events need participation, planning, and execution, all areas in which you can be helpful and instrumental. As previously mentioned, we are here to help you. Please keep an eye on our chapter website and Facebook page for more detailed information regarding events, sports, government relations, and other important topics. This is your chapter, and we need your help and participation to make it a successful one.

Take care, and God bless

### Hello, My Fellow Members

hope all is well with you and yours; as we get ready for spring, things are finally opening, we have a lot of activities and events coming this spring, and I would like to see my fellow members come out and enjoy some of the activities and events offered to you by the PVA. These things are free to you and yours. We know that the pandemic and weather have taken a toll on many people, now that things are coming back to normal, we can have some fun. Remember these activities are for you,

for us to keep the thing going we need you and have something for everyone, no excuses; we will get you if need be.

Check out our website nepva. org to see upcoming activities and events, or call the office for detail.

Thank you,

Anthony Powell, Vice-President, Vaughan Chapter PVA

REMEMBER,
THERE IS NO PVA WITHOUT YOU!







### Are you a Veteran living with a spinal cord injury?

### Do you self-identify as LGBTQ+?

Join our research study to explore your experiences with healthcare at VA.

### **Time commitment:**

 Approximately 1 hour for a oneon-one phone interview plus completion of an online survey

### Incentive:

 Receive a stipend for your participation

### You may be eligible if you:

- ✓ Are a Veteran
- have an SCI for at least 6 months
- ✓ self-identify as LGBTQ+\*
- ✓ are 18 years of age or older

Participation is open across the US



For information on the study and how to join, please contact:

**Shane Lamba** 

650-493-5000 ext.64479

For questions on participants' rights, contact: 866-680-2906

<sup>\*</sup> Sexual orientation/gender identity does not need to be documented in your medical records to be eligible.

### **Government Relations Director Report**

by Robert Arciola

### **Greetings, Fellow Chapter Members!**

was recently presented with the opportunity of assisting the chapter in activities related to advocacy and legislative matters

as our Government Relations Director. I'm pleased to inform each of you that I accepted the part-time position and began my work

on reconnecting with Veteran Service Organizations, attending their meetings to provide input and learn about what's happening throughout our local municipalities state, and federal governments. I will also do the same with disability service organizations.

At this time, I'm currently focused on the annual PVA Advocacy and Legislation Seminar. I help the members by establishing contact with every Illinois

U.S. Congres-

sional office

to meet with

members or

staffers. Once

the seminar is

Congressional

...the chapter has once again established someone to provide each of you access to assistance regarding advocacy and legislative matters.

finished, we will make the 2022 PVA priorities they discuss with Congress, accessible to each of you. I just want to let each of you know that the chapter has once again established someone to provide each of you access to assistance regarding advocacy and legislative matters.



Please know that I'm glad to be serving you in this capacity, and I have years of experience related to these important matters. Should any matter arise, you may contact me by email or phone for free assistance. Thank you all for your service and may each of you remain healthy and safe!



### **Sports & Recreation**

### LET'S GET TOGETHER AND HAVE SOME FUN!

### **Upcoming Events**

Wheelchair Bowling:
Romeoville, IL (Bowlero) April 29th -May 1st.

Trap Shoot: Elburn, IL (St Charles Sportmen's Club) May 28th -29th.

Boccia and Airguns:
Glen Ellen, IL (Ackerman Sport and Fitness Center)
June 18th 19th.

Registration is coming soon.

NVWG: Tempe, AZ July 7th -12th. Please visit wheelchairgames.org to register.

Bass Fishing: Lake of Egypt October 7th – 10th

Please visit the Vaughan website to register to participateor volunteer.

Vaughan Sports Page QR Code



#### Tournament Bowlers and Friends,

n behalf of the Vaughan
Chapter of PVA and
AWBA, I extend this
invitation to attend our 3rd Annual
Midwestern Invitational Bowling
Tournament. The tournament committee has worked extremely hard to
make this week enjoyable for each of



Keith Cooper, VPVA Sports Director

make this week enjoyable for each of you. After a two-year postponement, we are honored to host this tournament once again in Romeoville, IL. April 29th - May 1st. In addition, we will once again enjoy a Friday night UP/ Down tournament with raffles and cash payouts! Bowlero is a beautiful 48 lane center.

### Check out the PVA opportunities that are LIVE On Line NOW

- Adaptive Yoga
- Book Club
- Creative Arts
- Fitness Training
- Nutrition Classes
- Paracycling

**PVA Virtual Events QR Code** 



### **3rd Annual Midwestern Invitational Bowling Tournament**

April 29th - May 1st, 2022



The Midwestern Invitational Bowling Tournament hosted by the Vaughan Chapter of Paralyzed Veterans of America features the best wheelchair bowlers in the United States. Bowlers are competing in singles and doubles Friday morning through Sunday afternoon.

In addition, the tournament welcomes the community to participate in an Up/Down bowling event on Friday, April 29th, check-in at 6 PM, and bowling starts at 7 PM. Support wheelchair bowlers and Veterans with disabilities, join the fun and competition, and bowl in the Up/Down fundraising event.



### AWBA WHEELCHAIR **BOWLING CLINIC**

Friday, April 29th, 2022 • 3:00 pm Bowlero 735 Center Blvd. Romeoville, IL 60446

#### **ABOUT THIS EVENT:**

Professional instruction provided by AWBA.

LEVEL I
Basic instruction to encourage practice and stay active in their community

- Chair and equipment adaptations Bowling rules
- Tactical understanding of the wheelchair bowling game
- Weight of bowling balls
- Lane etiquette
  Basic approach to the foul line
- Bowling techniques

#### LEVEL II

Strategies to improve overall skill set in order to increase bowling scores

Hand position

Mental approach

- Understanding oil conditions How to read lanes
- How to recognize lane transition

- Ball selection
  Understanding the three phases of rolling a bowling ball

#### To Register:

EMAIL: vpva@vaughanpva.org

Participants must sign participation waiver at event. Subject to applicable federal, state, and local laws, regulations, ex ordinances... NO EXCEPTION WILL BE ALLOWED



www.PVA.org/sports • \* ParalyzedVeterans • \* • PVA1946

**Wheelchair Bowlir** 

### **Your VPVA Benefits**

### **URGENT Notice to Vaughan Chapter members.**

Vaughan Chapter members must please call our office at 708-947-9790 or send us an email message to vpva@ vaughanpva.org with your current mailing address and phone numbers and email address to receive all the Vaughan chapter's benefits and valuable information we provide. If we contact you and your phone is disconnected, and you do not have an email address where you can receive the communications, you will miss what Vaughan has to offer for you. **Please let us know your accurate contact information as soon as possible.** 

### **Vaughan Chapter, PVA Funding Sponsorship Policy**

For the new fiscal year, 10/1/21 to 9/30/2022, Vaughan Chapter will continue to waive volunteer hours for Vaughan Chapter and PVA Sporting events to increase participation from our members. Reimbursement will be made up to a maximum of \$3,000 per year to participants members when a fully completed expense report is turned in to the office for a refund; all receipts must be included with your expense report. For any questions regarding the reimbursement, please feel free to contact Maria Hernandez by email at vpva@vaughanpva.org or by calling at the Chapter office, 708-947-9790.

### LIFE ENJOYMENT FUND

### **Voting MEMBERS!**

ttend a sport or recreational event such as a ball game, dinner, theatre and send in the receipt with an expense report then tell us how accessible the facility was such as parking and entrance or bathroom and counters, and if you recommend the place pointing out any problems, you'd like us to address, if needed, and get fully reimbursed up to \$150.00 per year!

# Yes, that's correct refunded up to \$150.00 per year!

You can use the funds to cover the travel, lodging and food (NO alcohol) or event ticket/s. if you use a partial amount of the \$150.00; the remainder is available until the fiscal year ends! Call us now for ANY question/s! We're serious, so try us! Can you believe only a few members use this fund every year? Neither can I, so let's let the cat out of the bag and go do something with our precious summertime and great weather while it lasts! (Fiscal year 10/1/2021 to 9/30/2022).



### We Mourn the Passing of our Members

Vaughan Chapter members, please do not forget that the Vaughan Chapter has in place a \$500 death benefit for all Vaughan

chapter voting members. This money will be dispersed to the person designated to pay for 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 appear 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. We will require a copy of your funeral home contract, 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 at 708-947-9790.



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### Armed Forces Plaques

Vaughan Chapter is starting a new fundraiser project to support the different events, outing, and sports activities for our members attached you will find a photo of this project; they are Armed force's plaques; Air Force, Marine Corps, Coast Guard, Army, Navy & POW-MIA and God Bless America.

They are 11 inches by 11 inches. ALL proceeds go to the veterans. For a donation of \$40 each (plus) shipping, you get to pick one of your choices.

We also have them ready for pick up at our chapter office at 2235 Enterprise Drive, Suite 3501 Westchester IL 60154. 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 <a href="mailto:vpva@vaughanpva.org">vpva@vaughanpva.org</a> to place your order. Cash, charge cards, and checks accepted.

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### **Service Officer's Report**

By Winston Woodard III, Senior Benefits Advocate

### **Multiple Sclerosis & PVA Assistance with VA Claims**

ccording to the National Multiple Sclerosis Society, multiple sclerosis (MS) involves an immunemediated process in which an abnormal response of the body's immune system is directed against the central nervous system (CNS). The CNS is made up of the brain, spinal cord, and optic nerves. MS deteriorates your nerves. From there the damages leave behind scar tissue which is how the disease is given its name; multiple sclerosis, or "multiple areas of scarring."

Paralyzed Veterans of America (PVA) National Service Officers assist our veterans with the development of complex claims related to MS. There are multiple reasons claims for VA benefits for MS may be denied. The most common being:

- Inability to prove service-connection. If you have filed outside of the 7-year window for presumptive service-connection, it may be difficult to prove.
- Difficulty with a diagnosis. Because MS can be so difficult to diagnose, the VA may require more evidence than usual to verify your MS.
- Symptoms Aren't Serious Enough. MS is a degenera tive disease meaning that it progressively gets worse over time. At first, the symptoms of MS can be fairly mild which means that the VA may determine you do not require benefits.

Because of the unique nature of those living with MS, there can be a higher degree of difficulty in putting together a foolproof VA claim. Be sure to be comprehensive as you file, to have the best chance of getting the full benefits you deserve as a veteran.

Write a letter to tell your story to the VA. Your medical records and the claim form document give specific information like name or diagnosis code – a personal letter can share how your condition or disability has affected your life – it's what we call 'the rest of the story.

Lay statements for family, friends, and other veterans. If they have first-hand knowledge through observation, your friends and family can also contribute a statement with details about the injury, event, or disease and how it has affected your activities, relationships, etc.



Winston Woodard III

A Veteran Service Officer (VSO) can be your advocate throughout the VA claims process. VSO's can be a sounding board and a second set of eyes. A VSO can review service treatment records, lay information, and ask relevant questions. NSO's are knowledgeable about eligibility, regulations, forms completion, required and recommended "proof documents"; telling your story most completely and efficiently way in the strongest claim packet that can be submitted.

If you are a veteran and was denied for MS, please contact PVA National Service Officer for further assistance.

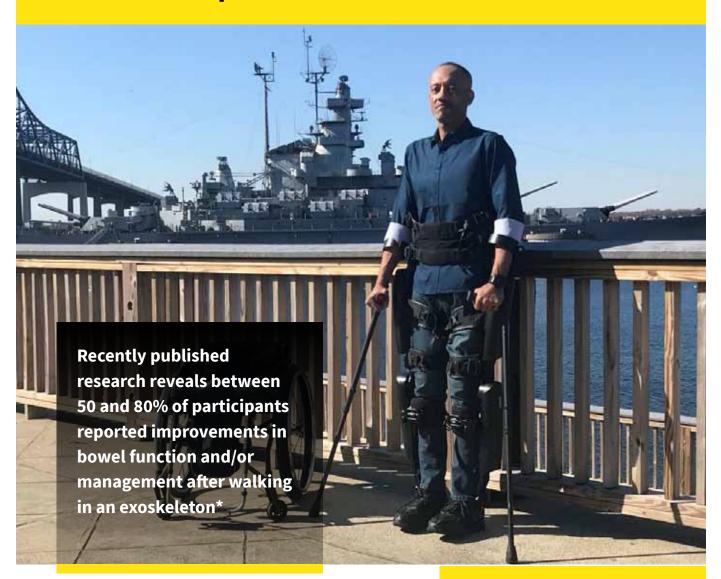
If you are experiencing any trouble with VA, please contact your National Service Officers.

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

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



### Want To Improve Your Bowel Function?



Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton? Contact ReWalk for more Information:

rewalk.com/contact or 508.251.1154 option 2

\*Chun A, et al. Changes in bowel function following exoskeletal-assisted walking in persons with spinal cord injury: an observational pilot study. Spinal Cord. 2020;58(4):459-466.

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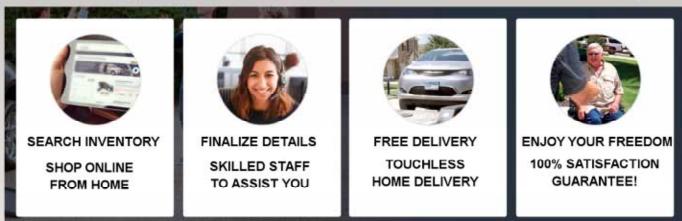
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SAFE. CONVENIENT. TRUSTED.



For nearly 50 years Rollx Vans has been providing Veterans Nationwide the safest most convenient way to purchase a wheelchair accessible vehicle.

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



Veterans get up to \$3000 off the purchase of your Rollx Van! Call 800-956-6668 or visit us at rollxvans.com

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



# Join Us

FOR THE FOLLOWING EVENTS

Vaughan Chapter

800-727-2234

Wheelchair Bowling
Romeoville, IL (Bowlero) April 29th – May 1st.



Boccia and Airguns
Glen Ellen, IL (Ackerman Sport and Fitness Center)
June 18th, 19th.

NVWG: Tempe, AZ July 7th – 12th. Please visit wheelchairgames.org t0o register.

Bass Fishing Lake of Egypt October 7th – 10th



