



**Paralyzed Veterans
of America**

Vaughan Chapter

the Wheel

THE NEWSLETTER OF THE VAUGHAN CHAPTER PARALYZED VETERANS OF AMERICA

May 2020

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Letter from the Chief

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

Hello to our SCI family and friends,

First let me offer condolences to anyone who has been touched by tragedy during this intense and difficult COVID-19 pandemic. It's unimaginable that we would be so poorly prepared to manage a situation about which we were warned. However, it is encouraging to see that even as this pandemic sweeps through our cities and our world, so many individual acts of caring, concern, and innovation have arisen not only from many of our leaders but from our neighbors, strangers, and ordinary Americans.

The VA family at Hines have not be as severely affected with infection, hospitalizations and death as has been seen in other cities - close by such as Detroit or further away in New York.

While I write this, we have heard of only 4 veterans with SCI in our Hines system of care that have been tested positive. All are doing well. Overall there have been forty five Veterans tested positive from Hines – but our sister facilities such as Jess Brown, Milwaukee, and Lowell have had several times the numbers of positive and hospitalized Veterans. We remain on lockdown, practicing social distancing and wearing face masks.

We are learning more about how this virus spreads, attacks and infects the system. We recognize now that there are unusual symptoms of nausea, diarrhea, loss of smell and headache as well as the usual symptoms of fever, dry cough and shortness of breath. We

COVID-19 SAFETY TIPS

- Stay home except to get medical care or essential services
- Separate yourself from other people and pets (except caregivers and service animals)
- Get rest and stay hydrated
- Soap and water are the best options for cleaning hands. Use hand sanitizer if no soap and water
- Have your caregiver wear a facemask while providing care
- Clean all "high-touch" surfaces everyday

realize that people can infect others while still totally asymptomatic, and that persons (we don't know why) can have a mild infection whereas others get rapidly and intensely ill. We realize that healthy young adults as well as older aged people with medical comorbidities can get fatally infected.

That virus is spread mainly by droplet infection through coughing and speaking (so wear a mask) or by falling on a surface where it transmits onto a hand then the hand touching the mouth, eyes or nose (so wash hands and wipe surfaces). How much virus; how long do you have to be exposed; how many times does

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Paralyzed Veterans of America

Vaughan Chapter

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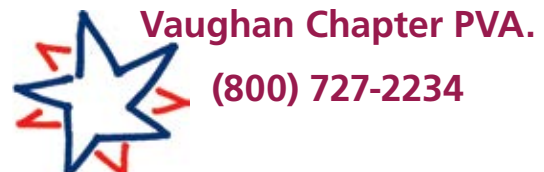
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The Wheel is published four times a year by the Vaughan Chapter Paralyzed Veterans of America, 2235 Enterprise Drive, Suite 3501 Westchester, IL 60154 in the interest of Chapter members. Membership in Vaughan PVA entitles you to a free subscription to *the Wheel*. Postmaster: send changes of address to Vaughan PVA, 2235 Enterprise Drive, Suite 3501 Westchester, IL 60154



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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 of the B.O.D. meetings.

**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

VAUGHAN PVA EVENTS CANCELLATION MESSAGE

Due to the continuous changes of government rules regarding COVID-19 quarantine, VPVA feels it is prudent to cancel ALL of our upcoming events from now until July 2020.

In planning events, several months in advance are necessary for various arrangements, travel, meals, etc. We are aware of how much our members look forward to our annual events, but we feel your health and safety are much more important.

We are as anxious as you are to see a cure for this never before worldwide pandemic. We are hoping that you all stay well and listen to the instructions from the experts.

Remember also that the Hines SCI Opt Clinic remains open for any health questions or concerns you may have. Call (708) 202-2017 during regular business hours-Monday thru Friday to speak to the Clinic Staff.

VPVA looks forward to things getting back to normal for us all. The VPVA Office remains open for phone calls regarding concerns. (708) 947-9790

Regards,

Maria Hernandez
Executive Director VPVA

As the State of Illinois remains quarantined due to the Corvid 19 pandemic, members are reminded that all scheduled National & Local scheduled events have been cancelled.



Vaughan Chapter hopes all of our members and staff are adhering to the C.D.C. quarantine guidelines and that you are quarantined 'in place'. The VPVA Office remains open for PHONE CALLS to assist you with any concerns we might be able to help you with. The Office phone number is (708) 947-9790.

Let's all hope and pray we all get through this worldwide pandemic especially since our members are most certainly in a high-risk population. Vaughan Chapter thanks all of our medical and nursing and maintenance staff currently caring for our veterans.

Remember to follow the C.D.C. guidelines and wash hands or use hand sanitizers. Remind your caregivers to do the same! Hope to see you all at a membership meeting soon!

2020 VAUGHAN PVA MEMBERSHIP MEETINGS



**Paralyzed Veterans
of America**

Vaughan Chapter

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.

September 23

November 25

**Any questions, please call
our office 800-727-2234**

We encourage you to attend our monthly membership meetings. **Don't miss out** on any of the benefits from the different service organizations that make presentations to us on various benefits they have available for you.

Letter from the Chief

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

someone need to be exposed; does infection confer immunity to a second bout? All these are still unclear.

There is no proven specific treatment and there is no vaccination against this infection. Nothing known can prevent a person from being infected except being careful with masks, hand washing and social distance. Treatments such as hydroxychloroquine, Azithromycin, Remdesivir and Lopinivir/retornivir are being researched. Stories about protection from BGC vaccination (the vaccination for tuberculosis), HIV medications, and nigella seeds are unproven. A vaccination is thought to be months and maybe many years away.

The SCI Service has taken the following steps:

1. Limited all visitors unless those visitors are for a new acutely injured patient, a patient who is in hospice or terminal care, or a patient who is being discharged into the care of that visitor.
2. Rescheduled clinic appointments to telephone, VVC or CVT encounters. This includes outpatient annual examinations.
3. Conducted wellness checks on patients at home and provided limited masks for caregivers in the home.
4. Limited all routine outpatient therapy visits to physical therapy or occupational therapy essential sessions for specific rehabilitation goals.
5. Scheduled outpatient visits case-by-case only by pre-arrangement with providers after screening and telephone contact
6. Expanded the medication refill interval to 3 months wherever possible

Elective admissions for respite care, overnight lodging and procedures have been postponed.

The fewer times You must leave your home during this pandemic the safer you will be.

Finally, the Hines wheelchair games, recreational outings, Mobility clinics and Home nurse visiting programs have all been suspended until social distancing and sheltering in place have been lifted.

These restrictions and decisions will be reviewed May 1 along with the community guidance at that time.

In this time taking care of your skin, your food, your bowel program, your anti spasm meds become even more important. Stress, anxiety, worry, and sadness will make pain worse and interfere with sleep. But these are normal reactions and don't ignore what your body is saying. Now is the time to practice the mindfulness, relaxation, or wheelchair tai chi lessons that you may have taken. Reaching out for help is not a sign of weakness.

As the weather gets warmer the virus will have a harder time to live in the open air or survive on open surfaces. Hand washing, masks, and keeping distance will still be wise especially in places where there may be a crowd of strangers. Don't worry. SARS Coronavirus-2 will be around for a long time but it will become less and less virulent as the world builds up immunity or a vaccine is developed. Until then please put into practice the simple precautions to keep as safe and healthy as possible.

M.S.A. Richardson MD,
Chief SCI/D



President's Report

By Josue Cordova, Vaughan Chapter President

Humble greetings Vaughan chapter members, family, volunteers, and supporters. I hope this newsletter finds all our members and their families, safe and healthy, as we are right in the middle of COVID-19 quarantine. Many things are happening in our communities, country, and the world, and I'd like to get right to what we, as an organization, are doing. I'd also like to let you know what we're doing correctly for our Vaughan chapter and its members.

As we are all aware of the bad news the COVID-19 pandemic has been to the health of our citizens in our country and the impact it is placed on our economy. From day 1 of this pandemic quarantine, PVA National Office, our National Service Officers with all SCI units' chiefs and VA directors, have been staying informed as to what is best for our members. For the safety of

our members, participating caregivers, and our families at home, PVA National has canceled all PVA sanctioned sports outings, conferences, and conventions through the end of July 2020. After that time frame, PVA will have more information available in order to make the best decision as to when PVA sanctioned outings should resume. During our March and April chapter Board of Directors telephone meetings, the chapter board decided, unanimously, to follow suit and cancel our outings and events through July, as well. Our chapter board felt that due to our membership falling in the higher risk category to have health complications, we are doing all that we can to prevent our members, caregivers, and family members from contracting this virus during any of our events scheduled through July. In the months to come, we will look at the information provided to us from our

SCI chief and team of doctors in our PVA national office to determine when we can begin coming back

together as members, to participate in chapter functions and outings.

Prior to the COVID-19 outbreak quarantine, a team of chapter members from March 1 through March 6, had the opportunity to travel to Washington DC and participate in our advocacy and legislation training seminar and congressional appointments on Capitol Hill. Our team consisted of Vice President Anthony Powell, Treasurer Gerald Brown, Secretary Dennis Scanlan, Board of Directors members, Leo Moore and Alberto Velasco, and myself participated in two days of training seminars, preparing for our for our 20 Congressional appointments on Chapel Hill. At these appointments, we discussed issues and pending bills proposals. We did so on behalf of Paralyzed Veterans Of America members, their families, and the disabled community across the entire United States. Some of the important bills and talking points we discussed during our congressional appointments were "Improving access to adapted automobiles", "caring for women veterans", "improving access to air travel", "increasing compliance with the ADA", "protecting access to VA's specialized services", and "VA's comprehensive assistance for family

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Officers and Board of Directors who traveled to Hill for Congressional Visits during the 2020 Advocacy/Legislation seminar.

STAY SAFE AND HEALTHY EVERYONE



OUR EVENTS AND PROGRAMS WILL RETURN



VA, Treasury will automatically send stimulus checks to veterans

By NIKKI WENTLING | STARS AND STRIPES

Published: April 17, 2020

WASHINGTON — The Department of Veterans Affairs and Treasury Department said Friday they had found a method to distribute stimulus payments to many low-income and disabled veterans who otherwise might not receive them.

The departments said the money would be automatically sent to veterans and family members who receive VA benefits, even if they hadn't filed tax returns for 2018 or 2019.

The announcement came after lawmakers and veterans organizations alerted the government that a "significant" number of disabled veterans and surviving family members may never receive the direct payments, which Congress approved in a \$2 trillion stimulus package March 27. Their concern was for disabled or low-income veterans and surviving family members who receive monthly compensation from the VA but don't file tax returns or benefit from Social Security.

The Internal Revenue Service is using the addresses or direct deposit information on file from Americans' 2018 or 2019 tax returns to send the stimulus checks, which amount to \$1,200 for many Americans. For some veterans, the VA payments are their only income. Those payments are not taxable, so the IRS lacks payment information for many veterans and families — potentially millions, advocates said.

Lawmakers asked that the VA share direct deposit information with the IRS that veterans use to receive their monthly VA benefits. The VA is sharing that information now, the department announced Friday.

"Many have expressed concern that veterans and their beneficiaries would be overlooked ... simply because they don't file an annual tax return," said VA Secretary Robert Wilkie. "This collaboration will ensure our veterans receive CARES Act payments without any additional action or paperwork required."

The VA could not give a date when the payments may be distributed but indicated it could take weeks. The department referred veterans to the IRS website to track their payments.

"For non-tax filing VA beneficiaries, please note their information will be loaded on this tool within the next few weeks," the VA said in a statement.

The VA acknowledged that some veterans in this category may have already entered their payment information through an online tool the IRS created for non-filers. The department said there would be no interruption in payment for those veterans.

The VA encouraged veterans to use that IRS tool if they have children. Otherwise, it was unclear whether they would receive the extra financial support for their dependents. Under the \$2 trillion CARES Act, families are supposed to receive \$500 per child.

wentling.nikki@stripes.com

Twitter: @nikkiwentling



A GREAT TIME WAS HAD BY ALL WHO ATTENDED THE VALENTINES LUNCHEON



LIFE ENJOYMENT FUND

Voting MEMBERS!

Attend 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 absolutely 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 10/1/2019 to 9/30/2020).



President's Report

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caregivers". During our congressional appointments, our team was able to articulate the importance of these, for our disabled veterans and their caregivers, and for the disabled community that works incredibly hard to participate and contribute for the betterment of our country every day.

It was an absolute honor participating in this year's advocacy and legislation conference with our three teams from the Vaughan chapter. Participating as our first-year attendees were Gerald Brown, Leo more and Alberto Velasco. Or three teams worked diligently to prepare and study for congressional appointments on Capitol Hill.

As we enter the halfway mark of spring 2020, there is still much uncertainty as to how long we will be under this national quarantine. If there are any questions or concerns that our members have, please know that you can reach out to the Chapter office through phone calls or emails. We will work hard to answer your questions or concerns, and if we, at our chapter office, cannot provide the answer, we will work to connect you to someone in the organization that can help. Our Paralyzed Veterans Of America National Office, our 2 National Service Officers, located here in the Chicagoland area, and our Vaughan chapter officers and board of directors will continue to do everything they can for members and to keep them fully informed and supported on things that are happening at our VA SCI unit, within our community, and our Vaughan Chapter.

Thank you and God bless,

Josue E. Cordova

President, Paralyzed Veterans of America Vaughan Chapter



Congresswoman, Jan Schakowsky with (left) Leo Moore, Board of Directors and Anthony Powell Vice President



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?

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



Service Officer's Report

By Robert Statam, Sr. NSO

Our PVA National Service Offices are working from within Department of Veterans Affairs Spinal Cord Injury and Disorder centers and they continue to work on the front line, ensuring these veterans are getting the care they need, processing benefits claims and advocating on behalf of paralyzed veterans and their caregivers.

Program of Comprehensive Assistance for Family Caregivers

We know that the family Caregiver plays a critical role in the veteran's life, especially for those who live with catastrophic service connected disabilities. The PVA wants to ensure that the VA is aware of the sufficient of the Caregivers role. The Program of Comprehensive Assistance for Family Caregivers (PCAFC) provides family caregivers of eligible Veterans certain benefits, such as training, enhanced respite care, counseling, technical support, beneficiary travel, along with a monthly stipend payment, and access to health care (if qualified) through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA). The Program of Comprehensive Assistance for Family Caregivers (PCAFC) would enhance the health and well-being of thousands of Veterans by supporting the caregivers who care for them. There has been a lot of talk about this program, and just simply stating that this program is not for all veterans. We the service officers are often explaining the difference between this program and others. I strongly suggest that you speak with your representative, or perhaps Social Worker, or the clinician about any uncertainty.

The Department of Veterans Affairs (VA) is proposing to revise the regulations that govern the PCAFC. These proposals consist of areas such as; Phase 1 (upon certification that the IT system is fully implemented): Eligible Veterans who have a serious injury incurred or aggravated in the line of duty in the active military, naval, or air service on or before May 7, 1975 or on or after September 11, 2001. 2 years after Phase 1 begins: Eligible Veterans from all eras who have a serious injury incurred or aggravated in the line of duty in the active military, naval, or air service. Also, the programs definitions for Serious injury would mean any service-connected disability that is (1) rated 70 percent or more by VA, or (2) is combined with any other service-

connected disability or disabilities and a combined rating of 70 percent or more is assigned by VA or VA would no longer require a connection between the need for personal care services and the qualifying serious injury. o "Serious injury" would include any qualifying service-connected disability regardless of whether it resulted from an injury, illness, or disease. As I mentioned earlier that not all veterans for qualify for this program, but mostly those who need assistance with their Active Daily Living, (ADL's). Requiring assistance with an ADL only some of the time would not constitute an inability to perform an ADL.

There will be Family Caregiver Benefits (other than stipend): (at least one visit in the eligible Veteran's home on an annual basis). • NEW: Financial planning services (for primary family caregivers). • NEW: Legal services (for primary family caregivers). Meanwhile, the stipend would be paid on a monthly basis, and for eligible Veterans determined to be unable to self-sustain in the community, the monthly stipend would be 100% of the monthly stipend. These and a range of other benefits surrounding this program are currently being proposed, while the veteran and family caregiver would be reassessed by VA on an annual basis. We will continue to do our very best to keep you updated, regarding this the Comprehensive Assistance for Family Caregivers (PCAFC).

If you should have any questions concerning this topic, please feel free to contact;

Robert Statam, Sr. NSO

at the Chicago Regional Office, PVA @ (312)980-4278

or

Mr. Winston Woodard III, SBA,

at the Hines VAMC, @ (708)202-5623

Cite: Hines VA Medical Facility, Public Affairs Office.

SCI/D & MENTAL HEALTH DURING THE COVID-19 CRISIS

By Michael Niznikiewicz, PhD, Spinal Cord Injury & Related Disorders Psychologist, Hines VA

As we consider the threat that COVID-19 represents to us physically, something we cannot ignore is the impact it has on us mentally and emotionally. One of the most difficult aspects of this crisis is the uncertainty present in so many aspects of it. How long will this last? When is a vaccine going to become available? Am I going to have enough of the supplies I need? This uncertainty initially leads to stress and anxiety. As this stress continues, we start to become exhausted, which often leads to dips in mood and a lower desire to do the things we once enjoyed. Furthermore, one of the unique parts of this crisis is that many of the things we used to do are not as available to us as they once were. So, even if we wanted to go to see a movie with friends or family, go to a restaurant, or watch live sports on TV – those activities have been restricted to help slow the spread of the coronavirus, protect our hospital systems from being overwhelmed, and prevent needless deaths as a result. Together, this means we are under more stress than usual with less access to our typical ways of managing that stress.

However, there is hope. Humans are nothing if not adaptable. We rise to challenges and overcome them, and this situation is no different. There are things that we can do for ourselves that can help manage this stress. It may be necessary to explore new ways of coping that are outside of our comfort zones, or that we may not have considered in the past. Below, the Psychologists and Psychiatrists on the Coping with COVID-19 team at the Hines VA have put together the first in a series of lists of strategies and resources that can help expand your coping toolbox, increase social connectedness despite social distancing, improve your resilience to stress, and ultimately lead to feelings of mastery as you learn to overcome challenges during the current pandemic. By managing our stress and moving toward mastery, we can increase our sense of self-efficacy, which has been shown to reduce the toll stress takes on our bodies and lead to improvements in mood, increased utilization of social support, and decreased experience of chronic pain – all of which are important contributors to quality of life.

TAKING CARE OF SOCIAL CONNECTION

WHY IS SOCIAL CONNECTION IMPORANT?

- ❖ 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

- Movie night (try [Netflix Party](#) – a Chrome add-on that allows two or more people to easily watch the same show or movie together! Note: two Netflix accounts are required).
- Sports – yes, not all sports are broadcasting live (exceptions: Rugby, Wrestling); but you can still watch old matchups online that you missed with friends by syncing when you hit play on a streaming service or agreeing on a channel to watch (most sports networks are in re-runs).
- Also, the [Strat-o-Matic](#) is posting simulated outcomes of baseball and basketball games for the 2020 season (and some announcers are even calling those [would-be games](#)).
- Trivia night (if you're having trouble thinking of questions [this site](#) can help generate questions and this [YouTube channel](#) can help you host).
- Online video games also have fun trivia options – [Jackbox Party Pack](#) can be purchased on Steam and played with up to 8+ friends (depending on the game). Here is a [how-to guide](#).
- ❖ Try finding a course that interests you online. Many of the major universities are making certain online courses FREE. For example, Yale has an excellent course on [well-being](#) (find it, and others, on coursera.org). Form a study group and discuss over the phone or using one of the platforms above.

GET OUT OF YOUR HOUSE WITHOUT GETTING OUT OF YOUR HOUSE

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Virtual Tours <ul style="list-style-type: none"> ○ San Diego Zoo ○ Yellowstone National Park ○ Mars ○ Great Wall of China ○ Appalachian Trail ○ National Parks Virtual Tours ❖ Live Cameras <ul style="list-style-type: none"> ○ San Diego Zoo Live Cameras ○ Monterey Bay Aquarium ○ Panda Cam ○ Houston Zoo ○ Georgia Aquarium | <ul style="list-style-type: none"> ❖ Museums <ul style="list-style-type: none"> ○ British Museum, London ○ Guggenheim Museum, NY ○ National Gallery of Art, Washington DC ○ Musée d'Orsay, Paris ○ Pergamon Museum, Berlin ○ Rijksmuseum, Amsterdam ○ Van Gogh Museum, Amsterdam ○ The J. Paul Getty Museum, Los Angeles ○ Uffizi Gallery, Florence ○ MSAP, Sao Paulo ○ Open Heritage Sites from Around the world ○ Blarney Castle and Gardens |
|--|--|

RESOURCES WITHIN THE HINES VA

The VA is advancing telehealth technology at a rapid pace. If you are experiencing increased stress as a result of the current pandemic, or for any other reason, please reach out to either your established mental health provider or your primary care provider here at the SCI unit at the Hines VA (708-202-2017). Please call the number listed and let our medical support assistants know that you are interested in speaking with one of the SCI Psychologists. We are ready to help you with coping with the stressors you might be experiencing. Our services can be provided either over the phone or via a video connection, so there is no need for you to come on site.

If you are having a mental health emergency and/or thoughts of suicide, our emergency departments are still accepting patients with non-COVID-19 related issues. They are taking precautions to keep all patients safe. If you do not feel comfortable coming in to the emergency department, please call the Veteran's Crisis Line at 1-800-273-8255 (Press 1 for Veterans). The [National Suicide Prevention Lifeline](#) also has an excellent website geared toward coping with crises in the current pandemic. Remember, you do not have to weather this storm alone.

Special thanks to the Coping with COVID-19 Committee for the work in putting together the resources above: Dr. Irena Persky, PhD; Megan Mayberry, PhD; Vickie Bhatia, PhD; Ashley Taylor, PhD; Gauri Khatkhate, MD; Erin Zerth, PhD; Allison Kirschbaum, PhD; Katherine Meyers, PhD; Jamie Mathews, PsyD.

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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- Competitive Financing Options
- Customized Just for You

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!

Call **800-956-6668** or visit us at **rollxvans.com**.

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

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