A SUPPORTIVE COMMUNITY FOR CAPABLE HEROES

11620 Busy Street
North Chesterfield, VA 23236
Tel. (804) 378-0017
Toll Free. 1-800-852-7639
Fax. (804) 378-0026
Email: VAPVA@aol.com
www.pvamidatlantic.org

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PRESIDENT’S REPORT

Charles Bradley

Spring is here! The PVA Mid-Atlantic Chapter is ready to take on a new season of fundraising, sporting events, strengthening our sponsorships, and supporting the needs of our members.

In March our chapter collectively joined with the other chapters of our nation to present our 2019 priorities to our senators on Capitol Hill. We shared our personal stories of airline travels and advocated for the Air Carrier Access Act which will improve air travel not just for veterans but for all people with disabilities.

We also requested support to expand eligibility for VA’s Comprehensive Family Caregiver Program which will extend caregiver benefits to veterans injured in service prior to 9/11. There were other points discussed such as disaster relief and recovery for people with disabilities and protection of our specialized services. PVA continues to fight for veterans rights and quality of life for our members.

Be on the lookout for fishing and hunting events, bocce and bowling tournaments, and cycling and shooting dates. There are many events and activities to participate in so I encourage you to be as active as possible. Whether we have abilities or disabilities, there will be challenges. Just keep it moving. It is my desire that you as well as your caregivers are doing well.

Have a Healthy Spring,

Charles Bradley
President
PVA Mid-Atlantic Chapter

Pick up some great PVA Mid-Atlantic merchandise and support the chapter at our online store!
apparelnow.com/paralyzed-veterans-of-america-mid-atlantic-apparel

pvamidatlantic.org
UPCOMING EVENTS

CHUCK WILLIS MEMORIAL BILLIARDS TOURNAMENT
April 26-28, 2019
This tournament will take place at Diamond Billiards, located at 13184 Midlothian Turnpike, in Midlothian, Virginia. It will consist of a 3-day 9 ball tournament, with competition based on a two flight series. There will be an instructional course held at Diamond Billiards during the Friday morning meeting on March 22nd at 10am.

CENTRAL VA RESOURCE FAIR
May 4, 2019
This resource fair is being hosted by MobilityWorks in Richmond to highlight a number of local organizations that serve the disabled community, with the goal of connecting individuals and families with support groups across Central Virginia.

OLD DOMINION BRAWL
June 7-9, 2019
The culmination of our bass fishing season will be the Old Dominion Brawl held at Osborne Landing on the James River. This 3-day bass fishing tournament will be fully accessible, with both dock and boat fishing.

SPRING PICNIC
June 12, 2019
Celebrate spring with the PVA, Mid-Atlantic on the SCI patio at Hunter Holmes McGuire VA! This picnic is being hosted by MobilityWorks and will be open to all PVA members and SCI inpatients, and will be held at 3pm following our general membership meeting.

ANNOUNCEMENTS

HAPPY RETIREMENT!
Thanks to National Service Officer Denise Murphy for her service

Denise Murphy of the Hunter Holmes McGuire VA will be retiring this year, on April 30th. The PVA, Mid-Atlantic would like to extend our deepest gratitude to Denise for her 26 years of service and dedication to the PVA and our veterans.
In March, the PVA, Mid-Atlantic sent a group of members to meet with the State Representatives and Senators of Virginia and North Carolina, and members of their staff. Members Preston Curry, Arnold Beard, Terence Smith, and Chapter President Charles Bradley represented our chapter to discuss issues that affect veterans and the disabled community, such as air travel and disability-inclusive emergency management.
Are you a Veteran with a service or non-service connected Spinal Cord Injury?

Did you know that the Department of Veterans Affairs has updated its national policy to expand access to ReWalk exoskeletons through a VA SCI Hub and Spoke or the VA Choice Program?

What is ReWalk?
ReWalk is a robotic exoskeleton that enables individuals with Spinal Cord Injuries to stand and walk, and is cleared by the FDA for home and community use.

“Using ReWalk, I have more energy and less pain.”
Ret. Army Specialist Gene L.

How Do I Know If I Am a Candidate for a ReWalk?

Contact ReWalk for a Free Screening
www.rewalk.com/contact or 508.251.1154 Option 2
AIR RIFLE & PISTOL CLINIC & TOURNAMENT
March 6-7, 2019

We held our Air Rifle and Air Pistol clinic and tournament on March 6-7th at Colonial Shooting Academy. We had 10 competitors turn out to participate in the event, which featured a wide range of tests in marksmanship.

This event could not have happened if not for the hard work of our members, volunteers, and associates. We’d like to thank John Arbino, Adaptive Sports Program Manager at PVA National, and Tai Cleveland, Mid-Atlantic Shooting Sports Director, for helping this event run smoothly. We’d also like to thank Tom Ciarula, NRA, Assistance Paralympic Coach and Range Officer for his support of this event. From the Hunter Holmes McGuire VA, we’d like to thank Nicole Shuman, Recreation Therapist and Adaptive Sports Coordinator, Shawn Simmons, Recreation Therapist (SCI & D), Whitney Kallenvach, Recreation Therapist and Longwood University’s Ashton Bishop, Hunter Holmes McGuire Intern.
# RESULTS

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Connect With What Matters

Being there makes a difference

It could be a simple trip to the mall, a ride to the movies or just a visit to friend’s home. The little things in life can make a big difference. It’s why MobilityWorks has been helping veterans connect with who and what matters most since 1997. Veterans have unique needs so we treat each of them as individuals. First of all, we listen. Then, we work together to find the best solution.

MobilityWorks considers it a privilege to help our nation’s veterans. Every day we work with local VISNs and service organizations to make the process of securing accessible vehicles, lifts and driving equipment for veterans as easy as possible.

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Alexandria, VA 22312
571-421-2647

Norfolk
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Norfolk, VA 23502
757-250-5585

Richmond
232 E Belt Blvd.
Richmond, VA 23224
804-220-0611

www.mobilityworks.com
Vice President Jimmy May Inducted Into the NWBA Hall of Fame

The PVA, Mid-Atlantic Chapter would like to congratulate our Vice President, Vietnam veteran Jimmy May, for his recent induction into the National Wheelchair Basketball Association’s Hall of Fame. This award is well earned due to Jimmy’s involvement in wheelchair basketball for the last 45 years. In that time, he has played and coached wheelchair basketball teams like the Richmond Rim Riders, for which he currently serving as the head coach. He is also presently a member of the NWBA leadership committee. In a telling sign of his dedication, Jimmy May has participated in every National Veteran’s Wheelchair Games except for one, which he missed due to surgery. Considering this dedication, as well as his dedication to other wheelchair athletics, it’s no question why Jimmy has earned the nickname “Mr. Sports.”

Through the years, Jimmy has shown incredible dedication to wheelchair sports, the chapter, and the PVA as a whole. We are so proud to call him our vice president and a valued member of the Mid-Atlantic Chapter of the PVA.
After a Spinal Cord Injury (SCI), there are various measures that can be taken in order for a person to ensure that he/she stays healthy. Unknown to many, good nutrition is an important part of staying healthy after an SCI (Khalil, Gorgey, Janisko, Dolbow, Moore, and Gater, 2013). Specifically, the reason why that is the case is because good nutrition offers the energy that is required for day to day activities, ensures that the body is kept strong and healthy, and at the same time minimizes the risk of different medical conditions (Chadda 2015). Therefore, it is paramount that everyone maintain a healthy balanced daily diet.

Good nutrition is beneficial to those with spinal cord injuries in different ways. A study that was carried out by National Institute of Health (2014) found that vitamin folate enhances healing in spinal cord injuries. Moreover, good nutrition helps in ensure weight is managed properly as well. Indeed, studies carried out have shown that the rate at which the body burns calories after SCI is slower that the rate that the body burned the calories before SCI (Crane, Little, and Burns, 2011). Thus, it is once need to closely monitor what is been eaten so that chances of becoming overweight are reduced.

Moreover, those with SCI have been found to be at a greater risk of pressure ulcers. By having nutritious food and in particular foods that are rich in protein, the skin is able to stay healthy and this drastically minimizes the chances of pressure ulcers (Kruger, Pires, Ngann, Sterling, and Rubayi 2013). Apart from that, good nutrition will also play a key role in averting other problems like lack of calcium in the bones, constipation, and even diarrhea among others (US Departments of Veteran Affairs, 2018).

A Good Nutrition Plan That Is Going To Work For You

A SCI results to the body changing in different ways. Among others, these includes how the body makes use of the food that you intake. Even though there is no need for having a special diet, it is paramount that you eat the right type of foods and in the right portions. Your nutrition plan should be developed when taking into consideration the

NUTRITION FOR SPINAL CORD INJURIES

Chester Purvis IV,
Hunter Holmes McGuire VA
following points:

Eat variety of foods - the more variety of foods you eat, the higher the chances of getting most nutrients that you required in order for you to stay healthy. Grains, vegetables, fruits, and protein rich foods should always be considered (Racine, n.d.).

Avoid foods that are high in sugar and fat - These are the foods that will lead to weight gain and since you are not in need of gaining weight, avoid or take small amounts of foods rich in sugar or fat (Veteran Health Library, 2018).

Eat foods that are rich in fiber - By eating food rich in fiber, you will be adding bulk to stool and this will make it easier to pass it. As a result, chances of bowel complications are significantly reduced.

Take small amounts of salt - Research has shown that taking a lot of salt can result to high blood pressure and at the same time making you retain a lot of water. This could lead to bloating and swelling and in order to avoid this, ensure you take small amounts of salt.

Ensure you are drinking a lot of fluids - Taking a lot of fluids ensures helps to sustain the body system working perfect. Moreover, it also helps to avert constipation as well as urinary tract infections.

By choosing the right diet, you will be able manage your SCI better and have a better life. Since inception in the year 1946, Paralyzed Veterans of America has purposed to change lives and build brighter futures for our seriously injured heroes. The mission of the organization has been to empower the brave men and women to regain what they fought for (freedom and independence).

References


both hands on the wheel!

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ments from users and to request a quotation.

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Agent Orange Exposure in Vietnam Waters (Blue Navy Veterans)

The fight over extending benefits for “Blue Water” Navy Veterans who served on ships off the coast of Vietnam could finally be over. An important court ruling was recently announced that could have a significant impact on the disability eligibility of “Blue Water” Navy Veterans. These Veterans are those that were stationed in the territorial seas in and around Vietnam.

An appeal brought forth to the U.S. Court of Appeals for the Federal Circuit by Alfred Procopio Jr., who served on the USS Intrepid, an aircraft carrier deployed off the coast of Vietnam was ruled on in late January 2019. Mr. Procopio was denied benefits for his diabetes and prostate cancer which are both linked to exposure to Agent Orange. He was found ineligible because he was not involved in military activities that were considered by the Veterans Affairs to be in contact with Agent Orange. Veterans that were considered were those that serviced on the inland waters or “brown waters” or those that actually stepped foot on land in Vietnam. In a 9-2 decision, the court reversed a decade old ruling by the court that applies to an estimated 90,000 Veterans nationwide. A court majority stated that Congress clearly intended to extend benefits to Veterans who were stationed in the territorial seas and not just those of the inland waterways.

With this ruling, Blue Water Navy Veterans can now file a claim connecting certain health problems to Agent Orange exposure. However, it is unclear as of now how these claims will be processed and adjudicated as the court ruling may be challenged with an appeal from VA within 90 days from the court’s decision. The VA website page on Blue Water Navy Veterans and Agent Orange exposure has not been changed and still says that, in order to make a claim, Blue Water Navy veterans must prove that they served onboard a ship the VA has already approved for possible Agent Orange exposure, and must provide evidence that shows they were exposed to herbicides while serving. Stay tuned!!
Indego Exoskeleton Available for Veterans
Thanks to New VA Policy

Powering Veterans Forward

"I most enjoy using Indego in my neighborhood, walking around, going outside, talking to my neighbors"
- Jim Dahlin, US Army Veteran, first veteran to receive Indego through VA policy

• Injury Level T3 and below
• Lightweight (26 lbs) with modular design that breaks into 5 components for easy transportation
• Slim design can be worn in most wheelchairs
• Ability to transfer in/out of car while wearing Indego
• Rapid self set up (average 5 minutes)
• Extended battery life (4 hours continuous walking)
• Wireless control via iPod allowing for real time software adjustments
• Designed and assembled in the USA

Contact National Sales Manager, Brian Schultz, for more information or to try Indego at a screening day near you.

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brian.schultz@parker.com
www.indego.com

Indego® is a registered trademark of Parker Hannifin Corporation
Boccia Clinic & Tournament

May 3-4, 2019
Friday May 3 • 9-12 Clinic, 12-4 Tournament
Saturday May 4 • 9-4 Tournament

Fort Monroe Community Center
100 Stilwell Dr, Hampton, VA 23651

Registration:
vapva.erin@gmail.com
johnar@pva.org

Get Set 4 All
Providing Opportunities For All To Participate In Adapted Sports

Paralyzed Veterans of America
Mid-Atlantic Chapter
## CALENDAR OF EVENTS

### April-June 2019

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<td>10a-2p</td>
<td>CENTRAL VA RESOURCE FAIR</td>
<td>MobilityWorks Richmond</td>
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<td>12 Jun.</td>
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<td>8 May</td>
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<td>OLD DOMINION BRAWL BASS TOURNAMENT</td>
<td>Osborne Landing, VA</td>
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<td>19-20 Apr.</td>
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<td>OFF-ROAD PARACYCLING SPRING EXPO</td>
<td>Pocahontas State Park</td>
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<td>CHUCK WILLIS BILLIARDS TOURNAMENT</td>
<td>Diamond Billiards</td>
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Discounts for Veterans! Extra $1,000 OFF For First Time Buyer

Van Products is a Proud Sponsor of the Paralyzed Veterans of America.

Van Products has a Purchase Assistance Program for Veterans. We walk all our Veterans through the paperwork & process for first time buyers. Our sales person will come to your location, bring demo vehicle and work your purchase ideas.

Van Products is Locally Owned and Operated, Raleigh to Wilmington, NC with Over 7 Factory Trained Technicians In-House to Keep Your Van Running as New! Loaner vehicles available on all warranty work so that you are never stuck without a ride.

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GIFT YOUR OLD WHEELS FOR GOOD.

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