Cycling is one of the Most Popular Adaptive Sports

Taken from Sports Daily; Written by Ted Winters

No matter what sport you think of, from basketball to volleyball to swimming to snow skiing, there is an adaptive sport to match it. Simply stated, adaptive sports are the sports you’re already familiar with but are adapted to accommodate people who have disabilities.

So instead of basketball, there’s wheelchair basketball. There’s also sitting volleyball that uses a shorter net on a smaller court. Adaptive golf, archery and even fencing are all played using modifications needed so people can not only play the sport, but enjoy it as well. Cycling is another adaptive sport, and it’s one of the most popular sports available!

More than Exercise

Adaptive sports helps those with disabilities gain the exercise they need to keep their bodies, and their minds, active. But adaptive sports do so much more than provide exercise. They offer participants a path to independence as well as a better quality of life.

There are a variety of organized adaptive sporting events that are designed for people with disabilities. And considering that approximately 20% of the population has a disability, that’s good news.

This is of particular importance to veterans. One event is the National Veterans Wheelchair Games, which is a presentation between the Department of Veterans Affairs (VA) and the Paralyzed Veterans of America. These events help veterans with amputations, spinal cord injuries and other neurological impairments. They offer veterans the skills and confidence to meet the many different challenges they face in their daily lives. In addition, the VA offers financial assistance for conversion vans for disabled veterans to help them acquire an ADA-compliant vehicle that meets their special needs.

(continue on page 7)
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High Point, Asheville, Charlotte, N. Charleston
By: Al Evans

First I would like to thank those Members that took the time to complete their Chapter Ballots and returned them. The results will be posted once we verify Certification of all elected officials, and Board Members.

November the 6th, is National General Election Day. I know you have heard as citizens of the United States our most important Freedom is the Right to Vote, and that votes must be kept Secret. There are many issues affecting Veterans, People with Disabilities, and the VA, in general, Some Local, State, and National. The issue may just be funding for curb breaks, or our Governor forming a Veterans Advisory Committee. I know some of you have heard that there are some in Congress that would privatize the VA Health Care Program. This is just one issue that will affect all Veterans. Check into all the issues for your area, and VOTE. You can Vote even if you’re in a Medical Facility, or Care Home. Let someone know your wishes to vote. A nurse, Social Worker, or Case Manager. Remember they can’t come to you first this would be soliciting and that’s illegal. You must make your wishes known early enough to get your Absentee Ballot, filled out return by your local Election Board deadline. Voting is a right and privilege we as Veterans have earned and need to take advantage of. November the 6th is Election Day.

It’s that time again to start Thinking about getting FLU SHOTS. Contact your SCI Coordinator for dates and times. Remember the shot not only protects you but your families and friends. Once we receive the schedules from our SCI Coordinators they will be posted on the Chapter's website, or just call your Coordinator for time and place. You can find their numbers in this Newsletter.

Again Thanks to those Members who took the time to VOTE for our Officers and Board of Directors.

Nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting.

--- Franklin D. Roosevelt ---
Helpful Hints from SCI-Homecare

By: Sonya Anderson

"Please Protect Your Skin"

To avoid a potential lengthy hospitalization caused from pressure ulcers please note some of the following risk factors:
* Sensory
* Moisture
* Activity
* Nutrition
* Mobility
* Friction and Shearing

Here are a few tips that may be useful in protecting your skin and avoiding skin problems.

* Reposition and turn while in bed every 1 or 2 hours. Use pillows/ wedges if needed.
* Pressure reliefs, especially heels and elbows. Monitor spasms and report to MD/PA if worsens.
* Limit time that HOB is elevated
* Proper body alignment
* Use appropriate lifting devices
* Skin protectants- creams or ointments
* Limit drying agents on a daily basis, i.e. soaps and alcohol based products.
* Proper nutrition/diet, rich in protein & vitamins
* Adequate hydration/ water preferred.
* If redness of skin is noted, initiate bedrest / reassess. If skin condition worsens or has not improved, please seek medical attention.

Pictures from our Bass Fishing Day
Hospital Liason Report

By: Al Evans

National PVA conducted its Annual SCI Site Visit the 13th, 14th, and 15th of August at the Augusta VA Medical Center. The National Team interviewed heads of different departments conducting care with the SCI Unit. SCI Staff and Veterans were also interviewed. The Chapter is awaiting the final report and will pass the information along once we receive it. A few things discussed were the staffing shortage of both physicians and nurses. The completion of the E-Wing Courtyard, and other improvements of SCI Care.

VA Augusta adds new Clinic to bolster Same-Day Services. Offering faster access to primary care and aw many 60 appointments each day, The Charlie Norwood VA Medical Center is opening a Same-Day Rapid Clinic Oct. 1, 2018 at the Downtown location on 15th Street in Augusta. The clinic will be adjacent to the Emergency Department. Dublin VANC has the Flu Shot. Dorn (Columbia) VAMC has the flu shot available at all Primary Care Clinics, Medical Clinics, and Community Based Clinics. "Walgreens is offering free Flu Shots to VA Patients with a VA ID and a picture ID. We want to thank the Florida Chapter for reaching out to us and offering any assistance we may need after Hurricane Florence, they have lived through hurricanes many times. This storm required the evacuation of a few of our members. The Augusta VA SCI Unit received 10 veterans for the week. The staff took the extra load in stride and once again the VA Staff stepped up when veterans were in need. The Charleston Staff went to work to get our members to a safe place before things got bad on the COAST. Dorn VAMC received five veterans from the coast.

Again it’s time for Flu Shots. Get yours before the RUSH!!

Vietnam Veterans of America, Chapter 124, has erected a Vietnam Veterans Memorial on the grounds of the Charles George VA Medical Center. This monument is a memorial to all Vietnam Veterans and lists the names of 164 WNC Veterans that lost their lives in Vietnam. They are listed chronologically by date of death and based on home of record by the National Vietnam Veterans Memorial in Washington, DC. The monument is located in the traffic circle island at the Community Living Center, facing the Charles George statue. Hope to see you there!

"I’ll tell you what bravery really is. Bravery is just determination to do a job that you know has to be done."

— Audie Murphy
My Experience at the 38th National Veterans Wheelchair Games

By: Cassandra Davis

The National Veterans Wheelchair Games (NVWG) is an event I have wanted to attend for the past 12 years. This year, thanks to the Southeastern Paralyzed Veterans of America Chapter, I was given the opportunity to assist in representing and supporting our veterans at the 38th NVWG in Orlando, FL. I also had the pleasure of being mentored by Valerie McNary and Suzanne Kenrick. You may know them as your Recreational Therapists at the Augusta VA Medical Center.

Those of you who have previously attended this event are already aware of the impact it has on your life. For those of you who have not had the opportunity to attend, I will share my experience in hopes to inspire you. The days and weeks before the NVWG only seemed like a date on the calendar. Reality hit as I quickly realized the significance of this event for so many people. Volunteers were everywhere willing to assist and offer guidance. Veterans were rushing and hustling about to get their equipment/sports chairs checked-in for the events in which they planned to participate. Others were busy catching up with old friends and meeting new friends. Wow...I could not absorb enough, I wanted to see more! As I began walking around, I observed that no one was looking at anyone differently due to his or her disability, but rather as someone able and capable. What an awesome feeling!

My excitement and enthusiasm grew as I attended each event to cheer, encourage and assist. As I went to these events, I was given the opportunity to observe something unique and special as well as become more educated. The comradery among everyone displayed an effort to encourage and support each other. I watched as teams competed and observed an individual struggling to make a shot during a basketball game. The opposing team gained possession of the ball. However, rather than attempting to score, the opposing player threw the ball to the individual on the other team who struggled to make the shot. This continued until the struggling player made his first goal. Both teams cheered, encouraged and supported him! This is just one example of the importance of not only the physical boundaries but the mental health benefits an individual can experience by attending the games. Fellow veterans were supporting and helping fellow veterans!

During my time at the games, I was also able to observe physical therapists, medical suppliers, recreational therapists, and educators brain storm on a variety of topics. They took advantage of the opportunity to share their knowledge and experience to improve the overall care for all persons with disabilities. They bounced ideas off one another and shared advice on how to overcome obstacles. As we all know too well, what works at one facility may not work at another. The NVWG provides this group with an open door to make connections and increase their knowledge.

The veterans were a mix of those who were venturing out for the first time and others who were returning participants. Some just wanted to experience participating in a sport or try something new. Others were competitors seeking to win the gold. Whichever you are, I hope to see you next year at the 39th NVWG in Louisville, Kentucky.

If you are unable to attend and have never attended, I hope this provides you with a glimpse of just how important this event is to so many people. This opportunity opened my eyes and heart to appreciate that there is nothing that cannot be accomplished if the human spirit is allowed to be free.
(Continue from front page) **Adaptive Cycling**

There are many types of adaptive bikes for riders with disabilities, each with its own pros and cons. Each category of adaptive bike is designed to meet the desires of the riders. For example, there are cross-country mountain bikes that are used by everyone from beginners to advanced pros. There are also downhill mountain bikes and road bikes. Depending on the rider’s disability, the bike can be leg or arm powered. There are also handcycles for riders who have lower limb disabilities. And four-wheeled recumbent bikes that let the rider sit in a relaxed position. Some recumbent foot cycles feature two wheels in the back and one wheel in the front. Another style of a handcycle sits lower to the ground and is more efficient for competitive sports. There’s also a fork steer handcycle, which is the most popular handcycle for riders with moderate to severe spinal cord injuries. Many different types of modifications can be made to accommodate the special needs of the rider, including footrest, seat angle, wheel and tire options and gears. These bikes are used for a full range of different purposes, from leisure riding to competitive racing.

**Enjoy the Ride**

It’s no surprise that adaptive cycling has become one of the most popular adaptive sports available. It allows riders with limiting disabilities to enjoy the sport of cycling and provide recreation to those who otherwise wouldn’t be able to participate. Whether you’re looking to try out an adaptive cycle for leisure riding or are ready to take on the challenges of off-road adventures, there’s an adaptive cycle ready to meet your needs!

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In the next few weeks we will be mailing out surveys to our members to find out how we are doing as a chapter, how we can improve and help you navigate any hurdles you are finding it difficult to overcome. Please use these surveys to let us know what is going on. Also listen out for calls from our Volunteer Member Tammie Latterell.

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**National Disabled Veterans Winter Sports Clinic**

March 31 – April 5, 2019  Snowmass Village, CO

Applications will be available online at Wintersportsclinic.org by the end of August. If you have questions or would like to attend, please contact

Suzanne Kenrick, CTRS, ATP at 706-733-0188 x 1947.
Caregiver Support
By: Kurt Robinson  National Service Officer

One of the best things you can do for the veteran who relies on you is to take care of yourself. There are quite a few services the VA offers to help support Family Caregivers. Some of these services are offered in as well as outside the home. They are designed to help you care for both you and your loved one.

A Caregiver Support Line is manned by VA professionals. They can describe and connect you with many services or they can simply be there if all you need to do is talk with someone. These professionals can also assign a personal Caregiver Support Coordinator located at the VAMC you frequent.

Monthly Educational Groups, offered via telephone, are available for discussing self-care tips for you and avail you the opportunity to ask any questions and voice concerns.

Peer Support Mentoring enables caregivers the chance to help each other by either talking through tough times or by educating one another. A caregiver could be the mentor or the mentee depending on one’s knowledge and of course time constraints. The Caregiver Support Line is 1-855-260-3274.

REACH VA is available to caregivers for veterans afflicted with: PTSD, ALS, MS, Dementia, or Spinal Cord Injury/Disorders. Caregiving for these veterans may be a bit more challenging. Access is via the web at (https://www.caregiver.va.gov/REACH_VA_Program.asp) If you have any questions concerning your VA Benefits or issues with your local VA Medical Center, please contact your local PVA NSO or PVA Veteran Health & Benefits Specialists.

If you are feeling hopeless and overwhelmed, please reach out at the number listed below; you are not alone. NATIONAL CRISIS HOTLINE 1/800-273-8255 VETERANS PRESS 1
Pictures from our Bass Fishing Day 2018
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Paralyzed Veterans of America Applauds Passage of Bill Making Air Travel More Accessible

WASHINGTON (October 3, 2018)—Paralyzed Veterans of America is hailing the passage of the Federal Aviation Administration Reauthorization Act of 2018 (H.R. 302) through the U.S. Senate today by a vote of 93 to 6. The legislation includes a "bill of rights" and an advisory panel for passengers with disabilities, as well as revised training and procedures for TSA screenings of people with disabilities.

"We applaud the bipartisan passage of this bill," said David Zurfluh, national president of Paralyzed Veterans of America. "This is truly a move in the right direction and we will continue to support efforts to prohibit discrimination based on disability in air travel, whether that’s on Capitol Hill or in the courts."

According to Paralyzed Veterans of America, the number one complaint that they receive from members is related to problems with air travel. Shaun Castle, who serves as the deputy executive director of Paralyzed Veterans of America and is a service-disabled U.S. Army Veteran, has had his wheelchair bent, cracked and even lost in separate incidents.

"These are more than minor inconveniences," Castle said. "If my wheelchair is damaged, it may mean I am stranded until I can get it repaired."

H.R. 302 includes several provisions similar to those found in the Air Carrier Access Amendments Act (ACAAA - H.R. 5004/S. 1318) introduced by Rep. Jim Langevin, D-R.I. earlier this year and by Sen. Tammy Baldwin, D-Wis. in 2017. Some of the Paralyzed Veterans of America supported provisions include increased civil penalties for wheelchair damage or bodily harm, and a study on the feasibility of in-cabin wheelchair restraint systems.

"Passengers with disabilities deserve equal access to the skies," said Congressman Langevin, a quadriplegic who co-chairs the Bipartisan Disabilities Caucus. "As I have seen in my own flying experience, however, our safety and security is often not prioritized. That’s why I’m proud of the work Senator Baldwin and I did to make meaningful changes in the FAA bill, including a bill of rights for people with disabilities, to reduce barriers to travel. While there is still considerable progress to be made before we can achieve full equality, I am pleased with our achievements in this legislation, and I am grateful for the work of PVA in advocating on behalf of the broader disability community."

In addition to Langevin, Baldwin was also a sponsor of the bill. "In order to keep America’s promise of full equality for all, we must break down the barriers that individuals with disabilities and our veterans face when they travel," said Baldwin.

"Equal access to air travel ensures our veterans are able to participate in today’s economy and enjoy their travel opportunities. I’m so proud to partner with Paralyzed Veterans of America to protect the rights of our veterans when they travel and I’m looking forward to the president signing this important legislation," added Baldwin.
MEMBERSHIP/CERTIFICATION APPLICATION

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted or commissioned for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States, or our allies as evidenced by other-than-dishonorable character of service documented by a verifiable DD-214 or DD-215 (entry-level separation not acceptable); (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. Complete and return application to the chapter or by mail, email, or fax to: Paralyzed Veterans of America Membership Department, 801 Eighteenth Street, NW, Washington, DC 20006; (E) ChristiH@pva.org; (F) 202.466.6549. Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.

Chapter Name: _____________________________
First Name: _____________________________ Middle Initial: ______ Last Name: _____________________________
Date of Birth: ___ / ___ / ________ Social Security Number: _____________________________ □ Male □ Female
Race/Ethnicity:
□ Asian/Pacific Islander □ African American/Descent □ Hispanic/Latino
□ Native American/Alaskan Native □ Caucasian
Address: _____________________________ City: _____________________________
State: _____________________________ Zip: _____________________________ Email: _____________________________
Home Phone: _____________________________ Other Phone: _____________________________

VETERAN STATUS INFORMATION
Please submit the following with application:
• Proof of U.S. or U.S. Territorial Citizenship (Birth Certificate, Passport, INS Form, or Voter’s Registration Form).
• DD214 showing character of discharge.
• Medical evidence of spinal cord injury or involvement (medical records or physician’s statement).
Proof of active duty status must be verified prior to membership approval.

Have you been discharged under conditions that are less than honorable? □ Yes □ No
If yes, please explain: _____________________________

Is your spinal cord injury or spinal cord disease service connected? □ Yes □ No

DISABILITY CLASSIFICATION
Injury or diseases involving the brain but not the spinal cord do not qualify.

SPINAL CORD INJURY
Complete only if you have a traumatic spinal cord injury.
Date of Injury: ___ / ___ / ________
Cause of Spinal Cord Injury:
□ Vehicular (car, motorcycle, aircraft, etc.)
□ Violence (gunshot, explosion, etc.)
□ Flying/Falling object
□ Sport/Recreation (swimming, diving, etc.)
□ Pedestrian (car accident, etc.)
□ Unknown
□ Other traumatic injury: _____________________________

SPINAL CORD DISEASE
Complete only if there is no spinal cord injury.
Date of Diagnosis/Onset of Condition: ___ / ___ / ________
Specific Disease Involving Spinal Cord:
□ Multiple Sclerosis
□ Poliomyelitis
□ Syringomyelia
□ Amyotrophic diseases
(lateral sclerosis, transverse myelitis)
□ Other: _____________________________
MEMBERSHIP/CERTIFICATION APPLICATION

The Veterans Benefits Department advocates for quality health care for our members and can assist you to obtain the appropriate benefits available as a result of your military service.

Is Paralyzed Veterans of America presently your accredited representative? □ Yes □ No

If yes, I hereby request that my eligibility for membership in the Paralyzed Veterans of America be certified. I consent to process my submitted medical documentation to a confidential review by a member of the Paralyzed Veterans of America National Medical Staff, to validate that my condition presents as having spinal cord involvement and to allow official Certification by the Paralyzed Veterans of America National Secretary. I have no objection and hereby permit Paralyzed Veterans of America Service Officers to provide information to the Paralyzed Veterans of America National Membership Department that pertains to my qualifications for membership/certification.

I declare that I have read and meet the qualifications. I understand that my membership/certification could be denied or revoked if any information provided is inaccurate.

Applicant Signature: ____________________________ Date: ___ / ___ / ______

□ I do not wish to become a certified member

OFFICE USE ONLY

CAUTION TO ANYONE HAVING ACCESS TO THESE DOCUMENTS
The documents provided by the requester are personal in nature and are for membership eligibility and certification only. Information contained within these documents shall be treated with extreme confidentiality and released only to those employees of Paralyzed Veterans of America authorized to access.

I certify that I have personally examined the documents provided by the requester and find him/her to be eligible for membership/certification.

National Secretary’s Signature: ____________________________________________

Date Received: ___ / ___ / ______ Date Acted Upon: ___ / ___ / ______

Member ID Number: __________________________________________

Date Received: ___ / ___ / ______ Date Processed: ___ / ___ / ______
Pictures from our Bass Fishing Day

Failure will never overtake me if my determination to succeed is strong enough.

Og Mandino

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### SEPVA Calendar

**OCTOBER 2018**

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**To all of our members and volunteers celebrating anniversaries in October and November**

### Veterans Day

**WWI 100 YEARS**

**VETERANS DAY**

**NOVEMBER 11, 2018**

- **Nov 4** Fall Back
  - Daylight savings time ends
- **Nov 6** Get out and vote
- **Nov 11** Veterans Day
- **Nov 22-23** Chapter office closed
- **November 22** Thanksgiving
The Southeastern Bass Tournament

This year the Southeastern PVA Bass Tournament was the best we ever had. Thank you so much to the Bass Fishing Committee, the sponsors, volunteers, Columbia County and Wyld Wood Park just to name a few, K. J’s Platinum Marina, Clark Hill Committee, Sandy Hays Pair of Jacks, Publix, American Legion Riders Post 178 and Wesley Mack Fraternal Order of Police Lodge thank you so much for your donations and support.

After Hurricane Michael the weather turned out great for the Bass Tournament. We had 9 Anglers and Boat Captains. Everyone had a wonderful time and I must commend our Boat Captains for showing up and allowing our anglers to get out there and fish. 1st place Angler went to Dean Morris and 1st place Boat Captain and Big Bass went to Matt Sosebee.

Again thank you to everyone that made this possible, we could not have done this with out you all.

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SCI COORDINATORS

Charlie Norwood VA Medical Center, Augusta, GA
SCI Clinic Coordinator: (800)836-5561, ext. 3778 or 3710
SCI Outpatient Clinic Nurse Mgr.: Tishon Creswell, (800)836-5561, ext. 2245

SCI Home Care Coordinator
SCI Fee B&B: Shavondria Davis, (800)836-5561, ext. 2242

Atlanta/Decatur VA Medical Center
SCI/D Coordinator: Andy Jean-Baptiste, (404)321-6111, ext. 2475

Birmingham VA Medical Center
SCI/D Coordinator: Nazaren Hartman, (205)933-8101, ext. 6453

Montgomery/Tuskegee VA Medical Center
SCI/D Coordinator: Karen Smith, (334)727-0550, ext. 3219

Charleston VA Medical Center
SCI/D Coordinator: Elizabeth Carbonneau, (843)789-7252

Columbia VA Medical Center
SCI/D Coordinator: Tonya Hamilton, (803)776-4000, ext. 6402

Dublin VA Medical Center
SCI/D Coordinator: Debbie Mulius, (478)272-1210, ext. 5459

Tuscaloosa VA Medical Center
SCI/D Coordinator: Joyce McCollum, (205)554-3542

Asheville VA Medical Center
SCI/D Coordinator: Laura White, (828)298-7911, ext. 5384

Mountain Home VA Medical Center
SCI/D Coordinator: Christopher Martin, (423)926-1171, ext. 2647

Salisbury VA Medical Center
SCI/D Coordinator: Alice Gatewood, (704)638-9000, ext. 3144

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Jennifer Ammons, National Service Officer
Lorna Jefferson, Secretary
Augusta-Downtown VAMC, 2C-100, Augusta, GA 30904
(800)795-3597, (706)823-2219, FAX: (706)823-2295

GEORGIA VA REGIONAL OFFICE
Mitchell Hinkle, SBA, Senior National Service Officer
Shirley B. Bryant, Secretary
1700 Clairmont Rd., C/O PVA, Decatur, GA 30033-4032
(800)795-3596, (404)929-5333, FAX: (404)929-5337

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Tony Timmons, SNSO, Senior National Service Officer
Val Brown, Secretary
6437 Garners Ferry Rd., Rm. 1121, Columbia, SC 29209
(800)795-3631, (803)647-2432, FAX: (803)647-2311

NORTH CAROLINA VA REGIONAL OFFICE
Bill Pack, SNSO, Senior National Service Officer
Linda Paquet, Secretary
251 N. Main St., Rm. 424, Winston Salem, NC 27155
(800)795-3622, (336)251-0836, FAX: (336)251-0837

ALABAMA VA REGIONAL OFFICE
Anthony Steele, SNSO, Senior National Service Officer
Lakisha Anderson, Secretary
45 Perry Hill Rd., Rm. 1-123, Montgomery, Alabama 36109
(800)795-3581, (334)213-3433/3435, FAX: (334)279-1590

TENNESSEE VA REGIONAL OFFICE
Nichelle Edwards, NS0, National Service Officer
Cassandra Davis, Secretary
110 9th Ave. South, Rm. A-302, Nashville, TN 37203
(800)795-3569, (615)695-6383, FAX: (615)695-6290

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