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High Point, Asheville, Charlotte, N. Charleston
By: Al Evans

**Two Eyes, Two Ears, One Mouth**

We all were given these items. We all were given these to observed more than we speak of. As some of you as members know I spent the better part of the last two years in the Augusta VA Medical Facility. Most of the time I just stayed in bed and listen and when up in my chair wheeled around and observed. I did both to check on veterans and staff.

While taking my tour around the SCI Unit I watch and listen to both veterans and staff. In most cases things were cool. Now there were times that things seen and said was close to abuse, this was on both sides the veteran and staff. When abuse is reported to the chapter both myself and the National Service Officer (NSO), will look into the matter.

PVA will not stand for abuse from VA Staff or back a veteran that is abusive. What I am saying is that yelling and cursing at staff, and other flat out disrespectful actions. By action it has been report patients bring their own laptops or tablets, now there is nothing wrong with this, but when any staff is present and you are looking at obscene material, please turn it off. The VA Police can take the item and it will be returned once you are discharged. Just because the nurse didn’t come the second you call, remember you are not the only veteran there. One day the staff was working on CODE BLUE (Patient Unresponsive), and two Rapid Response Team (RRT) a patient felt it was his time to curse out the staff because they didn’t answer his call light fast enough.

Respect the staff, like you want to be respected. I will back our veteran’s when they are right, but can’t when they are wrong.

A little respect will make our stay in the medical center better. Now if you feel you’re being disrespected let us know, we have a direct line to the Chief of Spinal Cord, Nurse Executive, or Medical Facility Director. Our first mission is the VETERAN.

KEEP ON PUSHING!!!!
BONVAGE DR. LEE

Story taken from The Jagwire by Danielle Harris

With over a decade of service at the university, Hawkins is retiring this month from her role as professor in the Section of Urology and the Center for Biotechnology and Genomics at the Medical College of Georgia at Augusta University, and director of Spinal Cord Urology, Urodynamics, and Female Urology at the Charlie Norwood VA Medical Center-Downtown Division.

As a young physician, Hawkins was faced with another gender-biased obstacle when her male counterparts suggested urology was no place for a woman. But, once again, Hawkins overcame the discouragement and went on to become the nation’s first African-American full professor of urology and the sixth female urologist to be certified by the American Board of Urology.

She also became the first female urologist in the United States Army, and served more than 30 years as a military command surgeon, earning the rank of Colonel and serving in the Gulf War.

After retirement, Hawkins plans to travel and try her hand at an opera singing career. After all, she was professionally trained at Emmanuel College and her cousin is the famous baritone Gordon Hawkins.

Hawkins is an active member of the Zeta Xi Omega Chapter of Alpha Kappa Alpha Sorority and a member of Oakey Grove Baptist Church in Evans, Georgia.

She earned her bachelor’s degree from Emmanuel College, a master’s degree from Baylor University and a doctoral degree from Georgetown University School of Medicine.

Solving the mystery

Among Hawkins’ many accomplishments was her contribution to the study of the Ochoa Syndrome, a rare condition that turns smiles into grimaces and impedes bladder and bowel control. If left untreated, most children with the disease die before adulthood.

For nearly 13 years, Hawkins worked with a team of researchers to study the DNA taken from urofacial patients in Antioquia, Colombia, to do genetic mapping and identify the chromosomal region containing the suspect genes.

After completing the painstaking task of screening the genes in this chromosomal region in patients from Colombia, the United States and France, the research scientists discovered the gene that was mutated in every patient.

“The findings from this study provided new insight into Ochoa syndrome and incontinence, and I was grateful to have had the opportunity to work with a strong team of researchers on such a monumental study,” said Hawkins. “I will cherish those moments of countless hours of working in labs, and I know there will be more cutting-edge research on this condition in the coming years.”
Two Techniques for Self-Care

1) Schedule some “you” time.

Set aside designated time to treat yourself a bit every single day. This could be as simple as enjoying a bath with an aromatic candle burning, or as essential as 30 minutes of exercise. Other suggestions include:

- Reading
- Shopping
- Taking a nap
- Pampering yourself with a massage, pedicure or a haircut

2) Invite others in to help.

People always say, “Please let us know if there is anything we can do.” Take them up on it! There is no shame in asking for support when an offer is extended. Sometimes it’s hard to give up the control as you know your loved one best, but allowing others to help can give you a much-needed break. Delegate things like:

- Transportation to appointments
- Cleaning the house
- Cooking dinner
- Going to the store
- Caring for pets

How to make a proper brew

- Treat your water kindly. Run the tap a little so the water’s nicely aerated, and only boil it once to keep the oxygen level up. ...
- Add tea and water. Pop a tea bag into your mug, pour over the hot water and stir briefly.
- Wait patiently. …
- Give it a squeeze. …
- Customize your brew.
- Now enjoy…..hmmm

Cherish your yesterdays; Dream your tomorrows; Live your todays.

...Winning Path
2019 Advocacy & Legislative Training
By: Paul Stewart

Advocacy and Legislative training happened in Arlington, Virginia and on the Hill in Washington DC. We covered concerns of Veterans and People with Disabilities concerns. The 4 days event consisted of 2 days of training and 2 days moving on the Hill, talking to congress about our concerns. We shared our stories and asked congress to listen and take action on our concerns. The key concerns that we made sure congress was aware of are Mission Act/ The expansion of family caregiver programs and Air Carrier Act.

Mission Act / The expansion of the Comprehensive Family Caregiver Program. This is referring the change of the existing caregiver program for the catastrophic service connected veterans that qualify for this to open it to all veterans regardless of the date of service but still meeting the service connect disability. We want to make sure the Veterans Administration stay with the dates for veterans that served up to May of 1975 and then in 2021 the veterans that served between May 1975 to 9/11/2001. Also we would like this to be changed to cover veterans that not only have injuries but also include veterans that have service connected illnesses as well.

The Air Carrier Act has been a law for over 30 years. It was written to give people with disabilities the same rights and freedom to fly just like everyone else. To this day since the law has passed, we still don’t get the same rights or freedom. A good number of people with disabilities and their equipment are getting damaged because mishandled. We want the airline to report all damages to the FAA and to be accountable for this. We shared our stories of flying. We let congress know about the web site airaccess30.org so they can read peoples with disabilities stories of flying. During the training portion of this topic, I think it was more educational for the airlines staff and the FAA person to hear our stories. Yes it was good to hear what some of the airlines are doing to make it easier for us, but the problem is what they are offering isn’t on all flights.

The one thing I had a problem with was Frontier Air presentation to us, it seemed to much like a promotion to fly with them. The last 2-3 minutes they finally mentioned about some of there jets have the flex lavatories. I had a hard time keeping track of what they are doing for people with disabilities when most of the conversation was promoting how cheap the flights are. Charging fees for carry on and check in luggage. If you check luggage when booking a flight, it would be cheaper then doing it at the ticket counter. How Frontier has more modern jets compared to other airlines.

Other Key Points that we talked about are: Americans with Disabilities Act, Adaptive Housing and Automotive Grant, IVF program, Implementing the Veterans Appeals Improvement and modernization act of 2017, and Real Emergency Access for Aging and Disability Inclusion In Disasters Act.

For our chapter area we were able to schedule a meeting with approx. 24 of the congress or their staff to discuss our concerns. Most of the people we met with were staff members and we had a few, where we talked with the congress person. I felt pretty good with the ones that listened and knew about what we were talking about. And it felt good to be able to educate them of our concerns and our stories. I feel it was a successful event on the Hill for the most part.
SAVE THE DATE!
MONDAY
SEPTEMBER 23, 2019
LANSDOWNE, VIRGINIA

Join us for the 12th Annual Paralyzed Veterans Golf Open! 100% of proceeds from the PVGO support Paralyzed Veterans of America’s PAVE (Paving Access for Veterans Employment) program which serves all veterans nationwide using a holistic, integrated approach to assist veterans and transitioning service members who face significant barriers to employment.

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
WASHINGTON, DC (April 3, 2019) — Paralyzed Veterans of America will join the leadership of the Veterans Affairs Eastern Colorado Health Care System and officials from VA and VHA on April 8th for the ribbon cutting ceremony of the new Spinal Cord Injury and Disorder Center at Rocky Mountain Regional VAMC. This state-of-the-art, 30-bed inpatient facility includes a team of clinicians who provide specialized, patient- and family-centered care that meets life-long goals for veterans with spinal cord injury, disorders and MS and ALS.

Since its founding, PVA has advocated for treatments and a cure for spinal cord injury on behalf of veterans living with SCI/D and MS and ALS across the nation. The new SCI/D Center is a vital facility for the large veteran population that inhabit Colorado, where more than 400,000 veterans live. In Colorado Springs, located near Rocky Mountain Regional VAMC, an average of 12 percent of the population are veterans.

“The opening of this new Spinal Cord Injury Center is long overdue. Our dedicated medical services and architecture teams worked tirelessly with the VA to ensure this facility was built,” said Carl Blake, U.S. Army veteran and executive director of Paralyzed Veterans of America. “The opening of the new SCI/D Center will allow veterans with spinal cord injuries and related diseases like MS and ALS to get the specialized care they need without having to travel hundreds of miles. We are grateful to celebrate the launch of this important facility with PVA staff, leadership of the VA Eastern Colorado Health Care System, VA and VHA officials, and those who work at the Rocky Mountain Regional VA Medical Center.”

The following individuals will deliver remarks at the ribbon cutting ceremony:

- Carl Blake, executive director of Paralyzed Veterans of America
- Aaron Reed, president of Paralyzed Veterans of America’s Mountain States Chapter
- Sallie Houser-Hanfelder, director of the VA Eastern Colorado Health Care System

You’re Invited...

The ribbon cutting ceremony will take place at Rocky Mountain Regional VA Medical Center, located at 1700 N. Wheeling St. Aurora, CO 80045 at 9 a.m. MDT.

NOTE TO MEDIA: PVA’s leadership and staff members, including those from the PVA Mountain States Chapter, will be available for media interviews at the ribbon cutting ceremony. To arrange an interview, please email LizD@pva.org or call 703-677-1011.
By: Alan Washington

The 26th annual SC Assistance Technology Expo was held on March 5th at the Columbia Metropolitan Convention Center where it has been held for three years now. There were 70 exhibitors from businesses and agencies from across South Carolina. Dr. Priebe was running the Charlie Norwood VAMC Spinal Cord Unit exhibit across from our booth. Attendees included individuals with disabilities as well as their family members and caregivers, teachers, college students, veterans, information technology personnel, and senior citizens.

A few of the attendees stopping by our booth were Occupational Therapy students from the University of South Carolina, who were doing research papers on spinal cord injury also Augusta University OT students stopped by asking questions about our organization and one even express interest in working for the SCI, an Air Force veteran, at a college in Columbia, SC who is looking to work at a VAMC rehab facility. I referred them all to the VAMC booth across from us. I also met individuals who were excited to see a local PVA chapter in their area.

It was also a great opportunity to network with other organizations, as I went rolling around and introducing myself to some of the exhibitors, I was elated to see Robert Taylor, a member of chapter with MS, at the MS booth. We were able to brainstorm and make future plans to set up meetings and activities for MS members in that area.

SCAT informed us that last year they had more than 850 attendees......i am excited to find out how many were there this year.
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Unstoppable People

By: Twila Adams

You may remember an article in the April/May 2018 SEPVA newsletter that showcased how Marine, Paralympian and SEPVA member Kater Cornwell helped another Veteran. I didn’t mention the Veteran’s name. Allow me to formally introduce you to Mr. Dave Clemmer new PVA/SEPVA member. I met Dave on the tennis court while playing tennis with Atrium Health Adaptive Sports Adventures Program (ASAP). Dave served in the U.S. Air Force working as a Customer Service Air Freight Technician. He was stationed at Lackland Air Force Base in Texas, Travis Air Force Base in California and Guam. I asked Dave why he decided to play tennis. He said; “playing tennis helped him get out of the house and I meet people who are happy”.

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Haas Family Golf

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TH April 11th
11am-1pm @ The Pavilion

Adaptive Cycling Ride
Tuesday, April 9th & 23rd 6-7:30pm
Swamp Rabbit Trail

NEW: Adaptive Curling
Saturday, April 27th
9:30-11am @ The Pavilion
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FUNNY JOKE

Do you think February can march?
Not sure, but I think April may.

Just once I would like to read a medication label that says: WARNING May cause permanent weight loss, remove wrinkles and increase energy.

Always ☺
BE POSITIVE!
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: ___ / ___ / ______
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PVA Racing High Performance Camp January 26-February 1, 2019

Top End Euro-American NC Championship February 8-9, 2019

Sonoma Bike Show February 10, 2019 Sonoma, CA

Valley of the Sun February 14-18, 2019 Phoenix, AZ

One City Marathon March 2, 2019

PVA Learn to Race Camp April 25-26, 2019 Camden, SC

Blue and Gray Half Marathon and 10k May 4-5, 2019

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MON-FRI 8:30AM TO 6PM
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Nutrition for Spinal Cord Injuries

by Chester Purvis IV

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, Gorsey, 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 following points:

Continue on next page
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

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

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