Points of Interest:

- Camp Soar by Paul Stewart
  Page 6

Helpful Hints from SCI
Page 4

- Caregivers Hub
  Page 5

- Membership Application
  Page 13-14

Inside this issue:

- Resident's Report  3
- Membership App  13-14
- Relaxation Time  16
- Hot Spots  17
- Important Numbers  18

THE BEST CAMP YET
Renew your sense of mobility freedom.

THANK YOU FOR YOUR SERVICE!

Contact our Certified Mobility Consultants today for your Free In-Home Demonstration.
(866) 545-1760 • www.ildertonvans.com

High Point, Asheville, Charlotte, N. Charleston
Scientists Modify Viruses With CRISPR To Create New Weapon Against Superbugs
BY: Rob Stein

Alphonso Evans rolls his wheelchair into a weight machine in the gym at the Charlie Norwood VA Medical Center in Augusta, Ga.

"I'm not so much worried about dying from a heart attack or diabetes, because I'm active. I know what to do to work against it: watch what I eat, exercise," Evans says. "But what do I do about an infection? Or fighting off a bacteria — something inside me that I don't see until it's too late?"

Evans, 67, is fully paralyzed from the chest down and has only partial use of his hands. And like a lot of spinal cord injury patients, he's prone to infections, especially bladder infections.

About two years ago, he came to the VA medical center for what he thought was just another bladder infection. Turns out, he also had a bone infection and developed pneumonia. He ended up in intensive care. "It scared me," says Evans, who lives nearby in Hephzibah, Ga. "And I don't scare easy."

Bladder infections, like many others, are increasingly becoming resistant to antibiotics.

"We are getting to the point where there are organisms that are resistant to every known antibiotic," says Michael Priebe, a doctor who heads the spinal cord injury service at the VA medical center.

"My fear is that as we are in this arms race, there gets to the point where we are not able to keep up with the enemy — the resistant bacteria. The superbugs take over, and we have nothing to defend against it," Priebe says.

So Priebe enlisted Evans to help develop a different way to fight superbugs. It's a new kind of antibiotic made out of viruses that have been genetically modified using the gene-editing tool CRISPR.

"What CRISPR is able to do is something that we've not been able to do before. And that is, very selectively modify genes in the viruses to target the bacteria," Priebe says.

"If we're successful, this revolutionizes the treatment of infections," he adds. "This can be the game changer that takes us out of this arms race with the resistant bacteria and allows us to use a totally different mechanism to fight the pathogenic bacteria that are infecting us."

The approach, developed by Locus Biosciences of Morrisville, N.C., involves viruses known as bacteriophages (called phages for short). Phages are the natural enemies of bacteria. They can infect and destroy bacteria by reproducing in large numbers inside them until the microbes literally explode.

Locus scientists have created a cocktail of three phages that have been modified using CRISPR, which was discovered by studying the immune systems of bacteria.

"What we've learned how to do is reprogram that immune system to attack itself," says Paul Garofolo, the company's CEO. "We load the viruses up with CRISPR constructs, which essentially work like little Pac-Men. They go into a target bacteria cell, and they chew up the DNA of that target. It makes them much more potent killers."

Locus is one of several companies that are trying to use CRISPR to fight health problems by targeting only bad bacteria in the body and leaving the good ones alone.

Story continues on page 9
Helpful Hints from SCI-Homecare

By: Sonya Anderson, RN

“Stay Cool/Prevent Heat Related Problems”

In a hot environment, the body sends messages to the brain that it is overheating. The brain then tells the body to cool down by perspiring, which evaporates and cools the skin. Most people with spinal cord injuries do not sweat above their injury, placing them at risk for overheating, especially in temperatures more than 90 degrees.

Symptoms of overheating that Quadriplegics may suffer from are:

♦ Nausea
♦ Headache
♦ Nasal Congestion
♦ Tiredness
♦ Low blood pressure
♦ Decreased ability to concentrate

Cooling down with a Spinal Cord Injury:

Stay out of the sun

Sit in the shade

Cool down with a wet towel around the back of the neck

Dampen skin with cold water spray (artificial sweating)

Stay hydrated with cold liquids

Hat for protective coverage and cooler clothing

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.
THE CAREGIVERS HUB

Strategies for dealing with caregiver stress

The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

- **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.

- **Focus on what you are able to provide.** It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.

- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.

- **Get connected.** Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.

- **Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.

- **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.

- **Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.

- Many caregivers have issues with sleeping. Not getting quality sleep over a long period of time can cause health issues. If you have trouble getting a good night's sleep, talk to your doctor.

- **See your doctor.** Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.
Camp SOAR {Sports, Outdoor Adventures, and Recreation} is an event that has been set up to invite SCI/D patients to see there is more to life than staying at home and seeing the four walls. It assists new SCI/D patients near the time of leaving the hospital to see you can still enjoy life even with a disability. This also provides returning campers with the opportunity to be a mentor for other veterans.

The camp consisted of several event such as Pickleball, Zip line, Archery, Kayaking, Motor Rally, Crafts, Fishing, and Virtual Reality etc. The camp ended with a Luau party. The veterans and spouses/caregivers enjoyed the time at the camp.

We would like to send a special thank you to the staff at the VA hospital that assisted in setting up and assisted at the camp. Without the assistants some of the veterans wouldn’t be able to experience the camp. We would like to thank the sponsors that also assisted toward the camp: Pilot Club of CSRA, The Marine Corps League Riverfront Marines Detachment 1132, Band of Brothers SCMC, CSRA Foundation, Athens Area Pickleball Association. The Executive/Chief staff of the VA hospital that allowed this to happen. I would also thank all the mentors at the camp that assisted the veterans and make the event so successful.

I went to the camp to mentor our veterans. I felt like the veterans enjoyed themselves. To see them feel nervous at first when they were getting to do the zip line to the smile when they finished the ride. To assist a veteran learn/relearn archery. See them smile when they hit the target. From the first day of camp and some veterans have a straight face, to the end of camp you see them with beautiful smiles. They are appreciative for what they experienced. I am glad to have this experience to help our fellow veterans.

Camp SOAR was done @Camp Will-a-Way in Winder Ga.
Charlie Norwood VAMC

SOAR
Sports, Outdoor Adventure and Recreation
2019
SPINAL CORD INJURY UNIT CAMP
By: Valeria McNary

On April 30- May 3rd the CNVAMC Spinal Cord Injury Unit set out on its adaptive sports, outdoor adventure and recreation (SOAR) program at Camp Will-A-Way, Winder, GA.

It was spectacular! Over 33 Veterans with SCI/D and 10 Caregivers participated in this specially coordinated experience. Events included: Zip Line, Virtual Reality, Motor Rally, Para cord bracelet making, Fishing, Exercise group, Leisure Education, Archery, Corn Hole, Pickle Ball, Movie Night, Karaoke Night, Camp fire, Kayaking, Paddle boats and Cook Out. Veterans and their caregivers were able to explore new leisure activities to increase their awareness of the many opportunities that are available to people with SCI/D.

Additionally scheduled, specifically for the care givers, was a support group as well as a special afternoon of massage and bracelet making in appreciation of all they do.

Special thanks go to the Veteran’s Organizations as well as community volunteer organizations who supported this endeavor include: Southeastern PVA, Band of Brothers, Marine Corps League Riverfront Detachment 1132, CSRA Foundation and the Pilot Club of the CSRA. Without these contributors and supporters, we would not be able to host this event.

Additional appreciation goes to the CNVAMC Spinal Cord Staff as well as all of the departments within the medical facility who supported our efforts. We cannot do this alone. Departments include, transportation, logistics, supply and distribution, linens, facility management, pharmacy, warehouse, and many others.

We are so fortunate to have witnessed Veterans with life altering injuries SOAR again.

THANK YOU CAMP SOAR CARE AND SUPPORT TEAM
BECAUSE OF YOU WE CAN AND WE ARE UNSTOPPABLE
FROM YOUR PARALYZED VETERANS OF AMERICA
Ahead of Travel Holiday, Paralyzed Veterans of America Seeks Order Compelling Department of Transportation To Release Rules on Airplane Restroom Accessibility

Media Contact: Liz Deakin LizD@pva.org, 202-416-7627

Washington, DC (November 29, 2018) — Today, Democracy Forward, on behalf of Paralyzed Veterans of America, petitioned a federal court to require the Department of Transportation (DOT) to comply with a Congressional requirement to issue rules about restroom accessibility on airplanes for public comment.

The mandamus petition follows reports that many new airplane restrooms are just 24 inches wide (nearly a foot narrower than an average porta-potty). In today’s filing, veterans with disabilities detailed the need to intentionally dehydrate themselves before a flight, use catheters while on a flight, wear protective undergarments, and take other extreme measures to assuage the stress and embarrassment many travelers with disabilities face when unable to access an airplane restroom during a flight.

“Disabled veterans have already sacrificed so much for our country,” said Carl Blake, executive director of Paralyzed Veterans of America. “The DOT should make compliance a top priority, ensuring these veterans and all people with disabilities can travel with dignity.”

Airplane manufacturers, airlines, disability groups and other members of a DOT-negotiated rulemaking committee developed a proposed rule intended to make airplane restrooms accessible for air travelers with disabilities, including those who use wheelchairs. In 2016, Congress issued a clear directive that the agency should release a rule for public comment by July 2017, but to date, DOT has not released the rule. Furthermore, the agency has taken the additional step to remove the lavatories rule from the administration’s regulatory agenda.

“Air travelers with mobility impairments have waited decades for access to airline restrooms, and DOT Secretary Elaine L. Chao is unlawfully and unnecessarily exacerbating that wait,” said Democracy Forward Executive Director Anne Harkavy. The petition for writ of mandamus was filed November 29, 2018 in the United States Court of Appeals for the Tenth Circuit.

Hello Everyone, we are changing our Facebook page. The previous page Southeastern Paralyzed Veterans of America will be going away. There is a new page Paralyzed Veterans Of America Southeast Chapter. The new page is being updated and we can now start accepting donations from the page. This will allow you to send out fundraising requests for the chapter. If you have any questions about the page please email Paul Stewart @ brk4you@bellsouth.net and I will get back with you as soon as I can.

Thank you so much!!!!!!

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
"I think it's really exciting," says Steffanie Strathee, who studies phages at the University of California San Diego. "We've been using antibiotics, which really have a scorched-earth approach to the treatment of infections. They don't just kill the bacteria that we want to kill. They kill friendly bacteria in our microbiome as well."

The microbiome comprises the trillions of friendly microbes that inhabit the human body.

"The potential is to groom the microbiome — to weed out unhealthy bacteria and to promote the growth of healthy bacteria in our microbiome," says Strathee, who wrote the book The Perfect Predator, about a last-ditch bacteriophage treatment to save her husband.

Other scientists agree that the strategy is promising, especially given the threat posed by superbugs.

"I think it's an intriguing approach. It's kind of a really smart approach," says Graham Hatfull, a professor of biological sciences at the University of Pittsburgh who specializes in phage research. He was part of a team that recently used genetically modified phages to try to treat a superbug infection for the first time.

But Hatfull worries that not enough research has been done so far to really understand bacteriophages.

"In some senses, using engineered phages is going to be a bit like running before you can walk. It's hard to improve something without knowing about how the thing you're trying to improve works," Hatfull says.

And there's always the chance it could backfire.

"The concern is that you could essentially end up converting harmless bacteria into potentially dangerous ones," Hatfull says.

Priebe acknowledges there could be dangers and says that's why the first tests are aimed primarily at making sure the CRISPR-modified phages are safe.

"We have to take things slowly," Priebe says. "We don't know how things are going to evolve."

Later this year, he and his colleagues plan to start infusing cocktails containing billions of phages genetically modified with CRISPR into patients like Evans twice a day for seven days at six centers around the United States.

The study will involve 30 patients. Twenty of them will get the engineered phage cocktail, and 10 will get a placebo. The researchers will then follow the volunteers and conduct extensive tests of their blood and urine to see if the approach is safe and affects the levels of E. coli bacteria in their urinary tracts. If that's the case, the company plans more research to see how well the approach might fight infections.

In preparation for the study, Priebe plans to study about 200 paralyzed patients, including Evans, to get a better sense of the natural course of E. coli colonization of the urinary tract in paralyzed patients.

Evans says he's also ready to volunteer for the treatment stage of Priebe's research.

"I think it's a great idea," he says.

Evans served in the military for 25 years, including a tour in Vietnam and stints in South Korea and Germany. But he wasn't paralyzed while fighting overseas.

"That's what's ironic," Evans says. "Twenty-five years in the Army and never got injured. Nothing. Two days before retirement, I was driving down the street. This kid was shooting at cars. And he shot me through the back."

Ever since, he has been struggling with medical problems, including repeated urinary tract infections.

"Just the fact that the research is going on gives us hope," Evans says.
Adaptive Driving Solutions

BraunAbility® 2018 Chrysler Pacifica
Featuring the widest door opening and side-entry ramp in its class.

BraunAbility
Life is a Moving Experience®

CERTIFIED DEALER OF BRAUN, VMI & ATC
Stop in and see all the 2019 models now in stock.

WWW.AUGUSTAMOBILITY.COM

ADAPTIVE DRIVING SOLUTIONS
3027 RIVERWATCH PARKWAY, AUGUSTA, GA
706.364.2688
READY, SET, SPRING
INTO A $1000 SAVINGS ON ALL
NEW 2018 Chrysler Pacifica’s & Toyota Sienna’s

BraunAbility® 2018 Toyota Sienna
The BraunAbility Toyota XL conversion has improved space for just-right maneuverability and features.

WWW.AUGUSTAMOBILITY.COM

ADAPTIVE DRIVING SOLUTIONS
3027 RIVERWATCH PARKWAY, AUGUSTA, GA
706.364.2688
Hello my fellow SEPVA members,

My name is Alonzo "Lonnie" Burnett and I am your Treasurer. On May 13-17 our National Director Paul Stewart and I attended the 73rd Annual Convention. For any specifics you may refer to his article. I went as your Treasurer and to see if there was any truth to teaching an old dog new tricks. I say this because I have been involved with the SEPVA for over thirty years. I have served on the BOD for many of those years in one position or another. This being said, I thought I knew pretty much everything there is to know about PVA...boy was I wrong. PVA has evolved so much since I joined way back. I would encourage all of our members to become active in the Chapter, there are plenty of opportunities for you to involve yourselves in, and I'm not just talking sports. I enjoy sports but I also enjoy using my brain. That being said, the Annual Convention gave it a nice workout. The meetings were long but for the most part they were very informative. I think my favorite part was the financial reports. Comparing our finances to other Chapters was interesting and I had the chance to speak with two of the other Treasurers about their fundraising as well as other financial issues. They were very open with their knowledge as we picked each other's' brains. I would advise any BOD to attend at least one Convention early on because this is an awesome Organization with extraordinary people. Veterans helping Veterans.

Upcoming Events

**JUNE 2019**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 11</td>
<td>Board of Directors Meeting</td>
</tr>
<tr>
<td>June 12</td>
<td>Augusta Membership Meeting</td>
</tr>
<tr>
<td>June 14</td>
<td>Columbia Membership Meeting</td>
</tr>
<tr>
<td>June 16</td>
<td>Father's Day</td>
</tr>
<tr>
<td>June 25</td>
<td>Atlanta Membership Meeting</td>
</tr>
</tbody>
</table>

**JULY 2019**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 4</td>
<td>Independence Day</td>
</tr>
<tr>
<td>July 9</td>
<td>Salisbury Membership Meeting</td>
</tr>
<tr>
<td>July 10</td>
<td>Asheville Membership Meeting</td>
</tr>
<tr>
<td>July 11</td>
<td>Johnson City Membership Meeting</td>
</tr>
<tr>
<td>July 13-16</td>
<td>National Veterans Wheelchair Games</td>
</tr>
</tbody>
</table>
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) ChristieH@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: __/__/______
Building Community Bridges

SEPVA Board members Lee Baker, Carl Morgan and Paul Stewart presenting plaques to Martin Harrington from Band of Brothers Inc. and Beth Copeland and Shawna Scelsi from the Pilot Club of The CSRA thanking them for their continued dedication, support and service to Camp Soar over the years.

“EVERYBODY CAN BE GREAT, BECAUSE EVERYBODY CAN SERVE.”
-MARTIN LUTHER KING JR.

2018 HARBOR VIEW MOBILITY TRAVEL TRAILER

The opportunities are endless! Enjoy the freedom and convenience of all the RV lifestyle has to offer. Whether it is a weekend get away or an extended stay, Harbor View opens doors to your new adventures!

Designed with special needs in mind, Harbor View is your choice for elegant style and accessibility!

Financing Available — Up to 20-Years! O.A.C.
Interest is Tax Deductible in Most Cases

2018 MIDWEST AUTOMOTIVE DESIGNS
LUXURY MOBILITY CLASS B VAN

Need a wheelchair-accessible van? Look no further. Our Mercedes Sprinter Mobility Van conversions offer performance, convenience and a luxury experience unmatched by other traditional wheelchair accessible vans. When it comes to mobility vans, we understand the importance of comfort & accessibility without sacrificing style.

Equipped with a BraunAbility® Low-Profile Lift, your Mercedes Sprinter Mobility Van is truly customized to fit your needs.

Carolina Coach & Marine
I-40 Exit 135 — Hickory, NC
1-800-305-9045
1-828-459-9790
www.carolinacoach.com

MON-FRI 8:30AM TO 6PM
SAT 8:30AM TO 5PM
Relaxation Time

NEVER GIVE UP

Most Common Pets

<table>
<thead>
<tr>
<th>A</th>
<th>C</th>
<th>H</th>
<th>I</th>
<th>K</th>
<th>E</th>
<th>N</th>
<th>G</th>
<th>H</th>
<th>T</th>
<th>E</th>
<th>R</th>
<th>E</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>R</td>
<td>E</td>
<td>F</td>
<td>R</td>
<td>T</td>
<td>A</td>
<td>H</td>
<td>C</td>
<td>T</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L</td>
<td>N</td>
<td>H</td>
<td>F</td>
<td>B</td>
<td>G</td>
<td>I</td>
<td>C</td>
<td>F</td>
<td>L</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>G</td>
<td>F</td>
<td>I</td>
<td>S</td>
<td>H</td>
<td>N</td>
<td>I</td>
<td>U</td>
<td>I</td>
<td>R</td>
<td>Z</td>
<td>H</td>
<td>S</td>
<td>C</td>
</tr>
<tr>
<td>R</td>
<td>H</td>
<td>F</td>
<td>H</td>
<td>S</td>
<td>F</td>
<td>I</td>
<td>L</td>
<td>E</td>
<td>N</td>
<td>R</td>
<td>N</td>
<td>R</td>
<td>A</td>
</tr>
<tr>
<td>R</td>
<td>H</td>
<td>A</td>
<td>N</td>
<td>E</td>
<td>N</td>
<td>R</td>
<td>I</td>
<td>C</td>
<td>I</td>
<td>D</td>
<td>L</td>
<td>I</td>
<td>R</td>
</tr>
<tr>
<td>B</td>
<td>A</td>
<td>A</td>
<td>M</td>
<td>E</td>
<td>E</td>
<td>M</td>
<td>B</td>
<td>R</td>
<td>R</td>
<td>U</td>
<td>I</td>
<td>U</td>
<td>G</td>
</tr>
<tr>
<td>R</td>
<td>K</td>
<td>D</td>
<td>A</td>
<td>S</td>
<td>I</td>
<td>T</td>
<td>R</td>
<td>T</td>
<td>Z</td>
<td>I</td>
<td>Z</td>
<td>G</td>
<td>N</td>
</tr>
<tr>
<td>E</td>
<td>O</td>
<td>P</td>
<td>D</td>
<td>I</td>
<td>T</td>
<td>I</td>
<td>E</td>
<td>L</td>
<td>M</td>
<td>I</td>
<td>A</td>
<td>C</td>
<td>G</td>
</tr>
<tr>
<td>G</td>
<td>I</td>
<td>M</td>
<td>O</td>
<td>U</td>
<td>S</td>
<td>E</td>
<td>G</td>
<td>H</td>
<td>R</td>
<td>G</td>
<td>R</td>
<td>A</td>
<td>R</td>
</tr>
<tr>
<td>G</td>
<td>G</td>
<td>N</td>
<td>E</td>
<td>E</td>
<td>E</td>
<td>L</td>
<td>T</td>
<td>R</td>
<td>U</td>
<td>T</td>
<td>T</td>
<td>D</td>
<td>A</td>
</tr>
<tr>
<td>F</td>
<td>K</td>
<td>B</td>
<td>L</td>
<td>I</td>
<td>H</td>
<td>I</td>
<td>G</td>
<td>U</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td>G</td>
<td>A</td>
<td>L</td>
<td>L</td>
<td>I</td>
<td>H</td>
<td>C</td>
<td>N</td>
<td>I</td>
<td>H</td>
<td>C</td>
<td>A</td>
<td>E</td>
<td>N</td>
</tr>
<tr>
<td>R</td>
<td>F</td>
<td>T</td>
<td>E</td>
<td>G</td>
<td>L</td>
<td>L</td>
<td>G</td>
<td>I</td>
<td>G</td>
<td>T</td>
<td>A</td>
<td>S</td>
<td>G</td>
</tr>
</tbody>
</table>
Paralyzed Veterans of America

ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

Cal-Diego Air Rifle and Pistol Tournament
January 28-29, 2019
San Diego, CA

Mid-Atlantic Air Rifle and Pistol Tournament
March 6-7, 2019
Richmond, VA

Wisconsin Air Rifle and Pistol Tournament
March 30-31, 2019
Milwaukee, WI

New England Combined Air Rifle and Pistol Tournament*
April 26-28, 2019
Brookton, MA

Rockin Air Rifle and Pistol Tournament
April 26-28, 2019
Geneva, OH

*Indicates combined events

PARALYZED VETERANS BOATING/FISHING TOUR

Mid-America Bass Tournament
September 21-23, 2018
Eufaula, AL

Vaughn Bass Tournament
October 5-7, 2018
Whittington, IL

Florida Gulf Coast Bass Tournament
March 29-31, 2019
Tavares, FL

Kentucky-Indiana Bass Tournament
May 3-5, 2019
Kuttawa, KY

Mid-Atlantic Bass Tournament
June 9-10, 2019
Huntsville, AL

ANNUAL PVA/NWPA BILLIARD TOURNAMENT SERIES

Mid-South Billiards Tournament
September 12-13, 2018
Memphis, TN

Mid-Atlantic Billiards Tournament
October 19-21, 2018
Virginia Beach, VA

Mid-America Billiards Tournament
April 5-7, 2019
Minneapolis, MN

Mid-Atlantic Billiards Tournament
August 18-20, 2018
Kalamazoo, MI

Bayou Billiards Tournament
June 14-15, 2019
Waxahachie, TX

Mountain States Billiards Tournament
June 21-22, 2019
Fountain, CO

BOCCIA

Gateway Bocci Tournament
October 18-20, 2018
St. Louis, MO

Bayou Bocci Tournament
February 2, 2019
Gulfport, MS

Cal-Diego Bocci Tournament
February 19-20, 2019
San Diego, CA

New England Combined Air Rifle and Bocci Tournament
April 26-28, 2019
Brookton, MA

Mid-Atlantic Bocci Tournament
May 3-4, 2019
Hampton, VA

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

Great Plains Bowling Tournament
July 12-15, 2018
Council Bluffs, IA

Mountain States Bowling Tournament
August 15-18, 2018
Colorado Springs, CO

Mid-Atlantic Bowling Tournament
November 29-December 2, 2018
Las Vegas, NV

Florida Gulf Coast Bowling Tournament
February 21-24, 2019
Tampa, FL

Mid-America Bowling Tournament
April 12-14, 2019
Shawnee, OK

Vancouver Bowling Tournament
May 23-26, 2019
Romney, WV

HANDCYCLING RACING

GR Road Spring Expo
April 19-21, 2019
Chesterfield, VA

PVA Learn to Race Camp
April 23-26, 2019
Gettysburg, PA

Blue and Gray Half Marathon and 5K
May 5, 2019
Gettysburg, PA

Pittsburgh Marathon
May 5, 2019
Pittsburgh, PA

Wichita Omnium
June 14-16, 2019
Wichita, KS

PVA Paratriathlon Camp
June, 2019
Colorado Springs, CO

PVA Racing Mini-Camp
June 19-20, 2019
Denton, WI

Tour of America's Dairylands
June 20-23, 2019
Milwaukee, WI

NATIONAL VETERANS WHEELCHAIR GAMES

For more information, visit: pva.org/sports

NATIONAL VETERANS WHEELCHAIR GAMES
July 11-16, 2019 • Louisville, KY

TEAM SOUTHEASTERN GET READY TO ROLLLLLLLLLLLLLLLLL!!!!!!!!!!!!!!!!!!!!

Jim Bellfuss Sheldon Layne David Bradbury James Lynch Charles Hatfield Kevin Owen Jerimiah Butler

Joann Dickson-Smith Eric Turman Robert Jones Cecil Highsmith Jonathan Tubbs Jacques Swafford

William Green Rony Carolus James Johnson Calvin Ingram Marvin Brown Ulysses Albriton Dosh Jackson

Armor Lee Lorenzo Thomas Leon Wilson Rulah Benett Ronald Boatwright Cleveland Oliver Cedric Geter

Mose Darrissaw John Kechter David Blackmon Wendell Little Chris Dominick Charles Outlaw Joe Willis

Centra Mazyck Jorge Chirinasgonzales Derick McMillon Paul Stewart Carl Morgan Keith Thompson

Alonzo Burnett

Staff

Charlene James Thomas Fair Kelvin Wilcox Charnita Okon Wendy Roberts Michelle Plummer

Dana Williams Tina Jones James Calvin McNeal Jane Thomas Chauncsey Rozier Valerie McNary

Kelsey Kalya Patrick Simmons
OFFICERS

PRESIDENT
Al Evans

VICE PRESIDENT
Alan Washington

SECRETARY
Lee Baker

TREASURER
Lonnie Burnett

BOARD OF DIRECTORS
Kurt Glass
Joe Willis
Tammy Latterell
Paul Stewart
Joe Gathers
Carl Morgan

PROGRAM DIRECTORS
SPORTS DIRECTOR
Al Evans

HOSPITAL LIAISON
"Team"

SC/NC ADVOCACY & LEGISLATION
Paul Stewart

GA/AL ADVOCACY & LEGISLATION
Paul Stewart/Lee Baker

NATIONAL DIRECTOR
Paul Stewart

VICE PRESIDENT LIAISON
Robert Thomas

ADMINISTRATIVE ASSISTANT
Alicia Barber

SOUTHEASTERN PARALYZED VETERANS of AMERICA

4010 Deans Bridge Road
Hephzibah, GA 30815
1-800-292-9335
706-796-6301
www.SoutheasternPVA.org

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 Mullis, (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

SERVICE OFFICERS

AUGUSTA VAMC
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

SOUTH CAROLINA VA REGIONAL OFFICE
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 Paquette, 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, NSO, 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

Material contained herein expresses the opinions of the writers, not necessarily the opinions of the editorial staff, Southeastern Chapter, or the Paralyzed Veterans of America. Advertisements contained herein are paid advertisements; Southeastern PVA neither guarantees nor endorses the products or services represented. The editor reserves the right to edit articles and/or advertising content.
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. Veteran 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.

MobilityWorks has more than 65 locations across the country with the largest selection of accessible vehicles and adaptive solutions:

- Converted minivans, full-size vans, SUVs and trucks — Chrysler, Dodge, Ford, Honda and Toyota
- Pre-owned accessible vehicles
- The latest in adaptive technology including transfer and turning seats, scooter lifts and hand controls
- Complete maintenance and service on adaptive driving equipment, lifts and conversions
- Daily, weekly and long term rental vans
- Financing options to fit your personal needs
- 24-hour roadside assistance with wheelchair transportation

MobilityWorks is committed to serving you. Contact us today so we can evaluate your needs and find a solution that best fits your lifestyle.

USA’s largest accessible van dealer!

For more information, call toll free 1-888-608-1659 or visit www.mobilityworks.com
GIFT YOUR OLD WHEELS FOR GOOD.

Your donated vehicle can go far in helping severely injured veterans. Donations are sold at auction with proceeds going toward programs and services for veterans and their families. You may also receive a tax break, too.

WheelsHelpingWarriors.org / 866-204-4548

CALL TODAY TO SCHEDULE A PICK UP: 855-744-0782