

# ROLL WITH US

January - February - March 2023

## 2023 COLA ANNOUNCED FOR VETERANS AND SOCIAL SECURITY BENEFITS



The Social Security Administration (SSA), announced on October 13, 2022 that those receiving Social Security benefits will receive an **8.7 percent cost-of-living adjustment (COLA) starting in 2023**. This increase is the highest in four decades and tops the 5.9% cost-of-living adjustment for 2022 due to the impact of record high inflation. On October 10 2022, the President signed legislation ensuring that certain veterans' disability compensation programs will receive the same COLA. Military and federal employment retirement benefits will also be increased, which is the also the highest in decades.

## RATES FOR VA HOUSING ADAPTATION GRANT PROGRAMS RAISED

On October 1, 2022, the Department of Veteran Affairs increased the amount for both the Specially Adapted Housing (SAH) Grant and the Special Housing Adaptation (SHA) grant for qualifying disabled veterans to make their homes accessible. The increase to these grants is an 8.09% increase over 2022, due to the Turner Building Cost Index. Additionally, the Temporary Residence Adaptation (TRA) Grants allow qualifying veterans to modify homes where they are temporarily living also increased.



The temporary SAH grant increased to the amount of \$44,299 and The temporary SHA grant was raised to \$7,910. For more information about qualifications for these grants can be found at [va.gov/housing-assistance/disability-housing-grants/](https://va.gov/housing-assistance/disability-housing-grants/). Please reach out to our local National Service Officer, Brenda Stencil, for further questions.

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# PRESIDENT'S REPORT

Dear Fellow Members, Donors, Volunteers and Friends:

With the end of 2022 only a few days away, it is customary to review what has taken place over the past 12 months, and to also plan ahead for, and anticipate, what the upcoming year will hopefully bring. This letter is my attempt to briefly summarize where PVA - WI has been, and where I think we are headed in 2023.

Review of 2022: We are just coming off of a successful financial audit - one that not only demonstrated the chapter's financial soundness, but also one that highlighted a truly incredible achievement. I am extremely proud to relay to you the news that over the past year, 91 cents of every dollar donated to our chapter, went to support our members and our programs. Very few non-profits come anywhere close to this percentage mark. We have achieved this rare 91% figure by becoming even more efficient with our time, talents and resources, partnering with other individuals, groups and organizations to become more productive in providing our services, utilizing the economics of scale to our advantage, and via many other ingenious ways. Over the past few years, we have gradually been increasing our efficiency and percentages (always in the high 80s), however, this is the first year that we have been able to top the 90% threshold. I want to thank everyone who has made this high-efficiency mark possible. Needless to say, the bottom line is that this **91% efficiency rating means that more dollars flow directly into our programs** that go to support and help the disabled community and our members. Bravo, on a job well done.

On the programs' front, our chapter has definitely had a banner year. Not only have we continued to offer our previously established programs (such as the Caregiver Program, Scholarship Program, Advocacy Outreach Program, National Wheelchair Games, Adaptive Sports Program, etc.) we have also expanded most of these offerings. In addition to continuing and expanding ongoing programs, PVA - WI also unveiled in 2022 a number of new things that will further our mission. The plan to provide marine lifts for a number of Wisconsin's marinas is well underway, our inaugural multi-day Boot Camp for athletes drew a number of participants and rave reviews, and our holistic Battle Buddy program app is now in its final testing phases.

...Continued on Page 4

## WHO WE ARE

### Officers

President: Ken Ness  
Vice President: Todd Drazy  
Secretary: Derrick Trentin  
Treasurer/GRD: Scott Griffith  
President Emeritus: Phil Rosenberg

### National Director

Ken Ness

### Directors

LeToi Adams  
Richard "Rick" Buth  
Peter Carrao  
Troy Kurczek  
Ken Matthews  
Michael Thomas  
Gary Stott

### Recreation Therapy

Erinn Kulba  
Sam Gracz

### Staff

Amera Schaefer: Executive Director  
Tom Daily: Associate Sports Director  
Kayla Bessette: Nonprofit Administrative Manager  
Darrin Ferguson Jr: PR and Media Design Specialist

### National SVC Office

Brenda Stencil  
Call: 414-902-5655  
Toll Free: 800-795-3580

### Rehab Counselor

Doug Green MS, CRC

### Office Hours

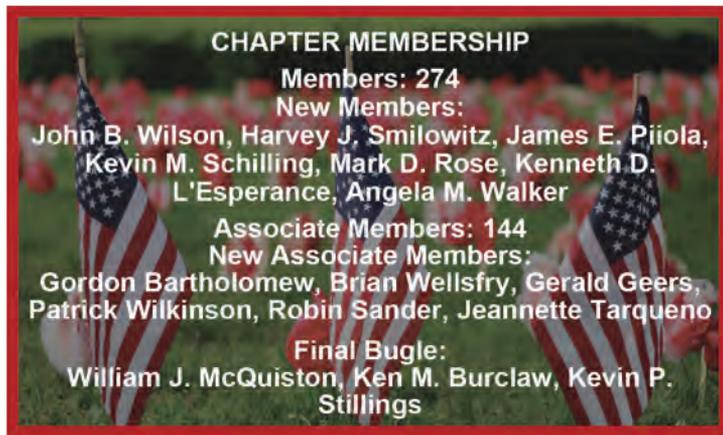
Monday-Friday 9:00 to 3:00  
Saturday & Sunday Closed  
750 N Lincoln Memorial Drive, Suite 422  
Milwaukee, WI 53202  
414-328-8910

# EXECUTIVE DIRECTOR'S REPORT

Happy New Year from PVA-WI!

2022 was a year of development and growth for the PVA-WI Chapter. I would like to take a moment to thank our supporters, collaborators, volunteers, donors, foundations, and corporate sponsors for serving as the necessary underpinnings for PVA-WI to enhance the quality of service we provide to our members and their families. As the PVA-WI Chapter concluded its five-year strategic plan development, 2023 is going to be the year of collaboration to support PVA-WI in building and strengthening programming for caregivers, MS and ALS members, adaptive sports and recreational activities, advocacy, and further support the VA Spinal Cord Injury Unit in providing excellent care to our members.

Please keep up with PVA-WI as we roll forward in 2023 by reviewing the events calendar at [www.wisconsinpva.org](http://www.wisconsinpva.org) and other website updates to provide additional resources to our members. Additionally, please review all that PVA-WI has accomplished in 2022 by reading our 2022 Annual Report.



## Scholarship Opportunity

PVA-WI has a scholarship program for our members and their family. Eligibility is open to all PVA-WI members, their spouse, their children, and their grandchildren. This scholarship opportunity is not open to associate members or their dependents.

Application submission guidelines:

1. Proof of enrollment in an accredited college, university, or technical school
2. Submit an essay between 500-600 words describing how you have been impacted by a veteran living with a spinal cord injury or disease
3. Share any civic engagement activity you have performed
4. Must have a cumulative GPA of 2.5 or above, please submit your most recent transcript showing grades and GPA

The application is available on our website under policies; click on the policy titled PVA-WI Scholarship for Members/Dependents or scan QR below. These applications will be reviewed year-round on the first of every month. If you have any questions, please email.

***Over the past two months, PVA-WI has distributed scholarship funds to Analisa Ruiz and Alana Perez-Valliere!***



# President's Report Continued

## President's Report Continued...

On the financial front, our investments have held up well despite the market turmoil that has taken place over the past year. We continue to be successful in obtaining more donations through grant applications, from our ongoing fundraising programs, and also from donations from individuals, organizations, and foundations. Recently, Mr. Griffith and I met with two gentlemen that are very determined to plan, put together, and hold a 2023 golf outing to raise funds for our chapter. This would be a first for our chapter! If we are successful in pulling off this new type of fundraiser, we would not only succeed in bringing in additional dollars, but we would also most likely tap into a totally new segment of donors - a segment that we could hopefully grow in the future. We are very fortunate to have these two gentlemen come forward and volunteer to plan and promote this very time-consuming fundraiser. Assuming that this new fundraising event comes to fruition in 2023, I encourage all of you to keep checking our calendar of events to see the date this event will be held. As this example demonstrates, one never knows where we might find a donor, a volunteer, a friend to the chapter, etc. Accordingly, I ask that we all be on the constant lookout for possibilities - you just never know where you might find the "diamond in the rough" that could help the chapter immensely.

I should point out that not only have our programs been successful here in Wisconsin, but many of them have drawn praise and been recognized nationally. A number of other PVA chapters, as well as other non-profits and organizations across the US, have inquired about several of our programs in order to duplicate them in their respective geographic areas. Indeed, this year PVA awarded our chapter the coveted President's Award for our Marine Lift program initiative. The President's Award is given in recognition of a program or project that is new, novel, and designed to greatly impact the disabled community. We are very hopeful that our Marine Lift program will not only make Wisconsin's waterways more accessible to anyone with mobility issues, but also will be able to do so across the US, and even globally. Fortunately, we have discovered a very simple solution, for a very basic problem, that can restore mobility freedom to countless individuals, young and old.

Speaking of recognition, I would be remiss if I did not inform you that for the 8th consecutive year, the chapter was awarded Charity Navigator's highest rating. We have also achieved the highest rating status offered by the Better Business Bureau, as well as GuideStar, another one of the major, national, charity watchdog and rating services.

Finally, for 2022, I would like to advise that our national parent organization, Paralyzed Veterans of America, at its Annual Convention, voted to expand its membership opportunities to individuals afflicted with Multiple Sclerosis (MS). Previously, even though someone could be medically diagnosed with having MS, it was almost impossible to clearly demonstrate the required injury to the spinal cord (a requirement for full membership in PVA). With this new presumption of spinal cord injury, all veterans diagnosed with MS will now have the opportunity to become full PVA members. Already in 2022, our chapter has had a number of new member applications.

What does the crystal ball show for 2023: Obviously, we will continue on with all of our ongoing, successful programming. As always, we are constantly reviewing and analyzing all programs in order to fine-tune them and provide a better product to the recipients. Part of this analysis also entails planning to expand the programs in order to reach and positively affect more individuals. Expanding the number of our currently offered programs is one of our BIG 2023 objectives. We are also hopeful of developing and offering a number of new programs during 2023. Please keep a lookout for some of the following programs, new and old, that we will be offering:

- Caregiver Respite Programs and opportunities,
- Hoyer Lifts installed at multiple marinas around the state,
- expansion of the Peer Mentoring Program,
- educational programs/workshops to offer advice on benefits, financial and legal affairs
- inaugural offering of an adaptive scuba diving program
- major expansions in the area of adaptive sports programming such as National Wheel Chair Games, air rifles, trap shooting, curling, fishing, cycling, bowling, boccia, Boot Camp, and Salmon-A-Rama Fishing Competition

As you can see from just this partial listing, 2023 promises to be full of opportunities. I encourage you to take advantage of as many of these programming events as possible. We have made it really easy to do so - all you have to do is check our calendar for a complete listing of events, select the ones that interest you, and come #Roll With Us!

Happy Holidays! Hope to see all of you in 2023!!

Ken Ness

# PVA-Wisconsin at Work



**PVA-WI was happy to spread holiday cheer by sponsoring a trip to the Pabst Mansion. The SCI RT and some PVA-WI members enjoyed holiday decorations while touring the Pabst Mansion.**



**Engineering students from the Milwaukee School of Engineering worked with Jonathan Heider on PVA-WI's Accessible Marina Initiative. Jonathan was a great resource for the students to complete a feasibility study for the project to ensure user safety for Hoyer lifts installed at public marinas.**



**This fall and winter, PVA-WI members enjoyed a number of sports and recreational activities from duck and deer hunting with Veterans Afield to curling at the local Wauwatosa Curling Club.**

# PVA-WI Holiday Party

**PVA-WI Board Members, staff members, SCI staff, volunteers, and PVA-WI members celebrated 10 years of SCI excellence and the holiday season. Thank you to all the individuals who brought gifts to donate to the USO! Special shout-out to Julie Kronenburg for all of her support in making this event possible!**



# Valentines Day

**PVA Members make sure you use this benefit!**

**Treat your spouse, a friend or your caregiver to a night out. It could be for Valentine's Day, or any other day of the week. You are entitled to this reimbursement two times per year.**

**All you need to do is GO HAVE SOME FUN and send in your receipt to the chapter.**



Membership entertainment benefits are available to regular members who meet certain criteria. If you are a member in good standing you can request financial assistance to attend an entertainment event. Through this program, we are encouraging members to get out in their communities and be involved. You can request a \$100 stipend bi-annually to attend an event of your choosing [i.e., dinner, movie, concert, sports event, etc.].

To participate in this program, you must submit a written request for the funds, with an explanation of how they will be used [i.e., transportation, attendants, tickets, etc.] 30 days prior to the event. Upon review and approval of the membership committee, a check [not to exceed \$100.00] will be issued. After attending the event you must submit all receipts associated with your outing, return any unused funds, and submit a short report of the event you attended. A picture of you and how you used the funds would be appreciated as well. These items must be submitted within 30 days of the outing. Feel free to use the form below.

Entertainment forms also appear on our website, [www.wisconsinpva.org](http://www.wisconsinpva.org) and they are available by contacting the PVA WI Chapter Office at 414-328-8910.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Date of Event \_\_\_\_\_ Amount Requested \$ \_\_\_\_\_  
How funds will be used \_\_\_\_\_

I hereby pledge to deliver all receipts to the PVA-WI Chapter office within 30 days of the completion of the event. I understand if I do not complete this requirement, I will not be eligible for future financial assistance from the PVA-WI Chapter until I complete the requirements, submit them, and I am approved.

Member Signature \_\_\_\_\_

## Corporate Sponsors

### SETGO Secret Santa

Last month, our team gathered in Milwaukee for our bi-annual in person meeting. We shut down our laptops for the day and used to time to give back to the community. We called the program SETGO Secret Santa. Leading up to the event, we partnered with the Paralyzed Veterans of America - Wisconsin Chapter to identify two veteran families that could benefit from some extra good this Christmas. We split into two groups, met the veterans and their spouses for coffee, and learned more about them, their kids, and what they liked to do as a family. From there we raced around Milwaukee running through our lists and buying gifts for the families to put under the tree. We regrouped later that afternoon to wrap presents, play bags, and drink some locally brewed refreshments. One of our commitments to the families was that we would not share their names, their stories, or their pictures. Both families were incredibly appreciative, but were the first to say that despite their challenges, they considered themselves to be very fortunate and well taken care of by the VA and PVA. We didn't want to burden them in any way with any unwanted attention. Of all of the things we've accomplished as a team over the past 2+ years, I can honestly say that SETGO Secret Santa was one of the most fun and fulfilling things I've been a part of with our team. I always dreamed of being able to have an impact on the Milwaukee community - it was an out of body experience to watch that play out in real time. I was so proud to be a part of a team where every single person seemed to get the same fulfillment and joy from the process as I did - ultimately, we just wanted to make Christmas a little bit better for a couple of families who really deserve it. As we grow, I look forward to SETGO Secret Santa growing as well, and hopefully having an impact on hundreds of families over the coming years! A special shoutout to my cousin Katie Powell at the VA for connecting us to the PVA, and to Scott Griffith (USA, Ret) at the PVA his support in connecting us to two amazing families!

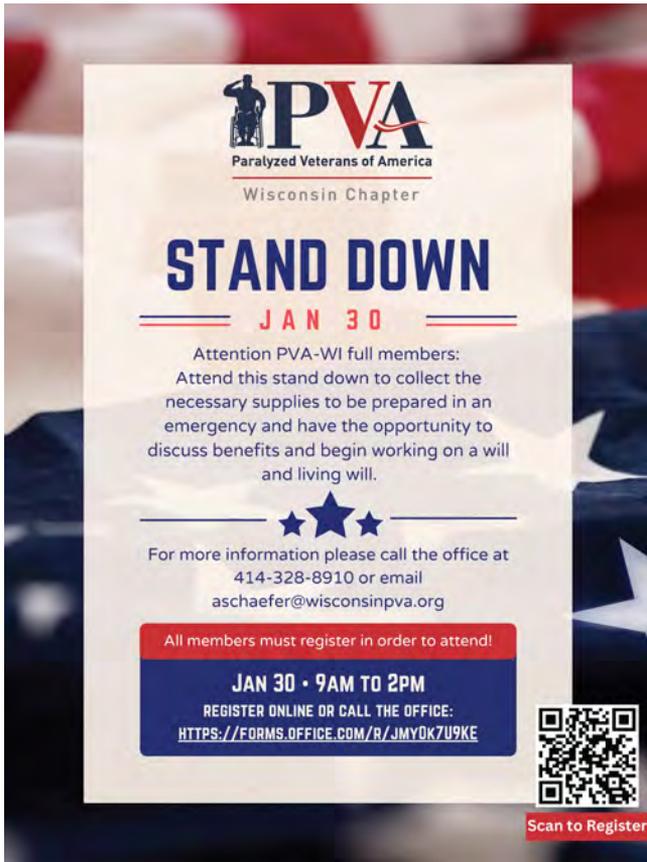


### Local Company Remodels bathroom for Mukwonago veteran for free ahead of Veterans Day!



It is all part of Baths for the Brave, an initiative that works to improve U.S. Veterans' lives. Tundraland Home Improvement, a Leaf Home company, contacted PVA-WI to find a local veteran to surprise him and his family with a remodel bathroom free of charge. Adam Nierenberger, now has a brand-new, accessible tub and shower system. Please scan the QR code below to watch the video.





**PVA**  
Paralyzed Veterans of America  
Wisconsin Chapter

## STAND DOWN

**JAN 30**

Attention PVA-WI full members:  
Attend this stand down to collect the necessary supplies to be prepared in an emergency and have the opportunity to discuss benefits and begin working on a will and living will.

For more information please call the office at 414-328-8910 or email [aschaefer@wisconsinpva.org](mailto:aschaefer@wisconsinpva.org)

All members must register in order to attend!

**JAN 30 • 9AM TO 2PM**  
REGISTER ONLINE OR CALL THE OFFICE:  
[HTTPS://FORMS.OFFICE.COM/R/JMY0K7U9KE](https://forms.office.com/R/JMY0K7U9KE)



Scan to Register



## Adaptive Curling Bonspiel

Saturday, Jan. 21st  
Start Time: 11:00

Wauwatosa Curling Club  
VS.  
Windy City Curling Club

Join members of the U.S. Paralympic Curling Team for a curling clinic prior to competition. Food to be provided. No cost to attend.

Please email [adaptivetosacurl@gmail.com](mailto:adaptivetosacurl@gmail.com) to register today!



# SAVE THE DATE

## ADAPTIVE SCUBA CLINIC

FEBRUARY 11TH & 12TH, 2023

Discover adaptive scuba diving with LifeWaters!

More details to come! Please let Sam or Erinn know if you are interested.

Erinn: x41245  
Sam: x41258

[erinn.kulba@va.gov](mailto:erinn.kulba@va.gov) or [samantha.gracz@va.gov](mailto:samantha.gracz@va.gov)




## 2023 PVA-WI Air Rifle Tournament

**SATURDAY MARCH 11 - SUNDAY MARCH 12**

12PM-4PM Practice      9AM-4PM Competition

Location:  
**MATC South Campus**  
6665 South Howell Avenue  
Oak Creek, WI

Registration coming soon

Check out our calendar on our website for air rifle practice dates and times:  
<https://wisconsinpva.org/events-calendar>



# NATIONAL SERVICE OFFICER REPORT

## Veterans Affairs Life Insurance

By Brenda Stencil, National Service Officer

Veterans Affairs Life Insurance (VALife) replaces Service-Disabled Veterans Life Insurance (S-DVI). S-DVI closed to new enrollment after December 31, 2022, and VALife opens for enrollment on January 1, 2023.

VALife provides guaranteed acceptance whole life coverage of up to **\$40,000** to Veterans with service-connected disabilities. Lesser amounts are available in increments of \$10,000. Under this plan, the elected coverage takes effect **two years after enrollment** as long as premiums are paid during the two-year period. This two-year waiting period relpases the need for medical underwriting. If the insured dies within this two-year period, the beneficiary will receive all premiums paid plus interest.

### Eligibility?

- All Veterans aged 80 and under, who have a VA disability ration of 0 to 100 percent are eligible for the VALife program and have no time to limit apply. Veterans who are 81 or older and have applied for VA Disability Compensation before age 81 but did not receive the rating for a new service-connected condition until after turning 81 are also eligible if they apply within two years of their rating.

### What is the premium rate?

S-DVI offered a premium waiver option, however, VALife does not. The premium rate (the amount you will pay each month or annually for your coverage) depends on your age and the amount of coverage you elect. The monthly premiums for VALife are fixed based on your age when you enroll. Once locked in, your premiums will not increase. Please go to <https://www.benefits.va.gov/insurance/valife-rates.asp> to find a complete list of premiums related to enrollment age and coverage amount.

### What if I have S-DVI?

If you have S-DVI, you can apply for VALife. If you apply December 31, 2025, you can keep S-DVI during the initial two-year enrollment period for VALife. You do not have to switch to VALife; you may remain in the S-DVI program. You may convert to S-DVI to VALife. To better understand the difference between the two options please find additional information here: <https://news.va.gov/109922/difference-va-life-insurance-sdvi>.

### When and how to apply?

VALife will take effect on January 1, 2023. The application will become available on the website for VALife at that time. In the meantime, you can sign up for future email updates about VALife to stay informed at <https://public.govdelivery.com/account/USVAVALI/subscriber/new>. Additional information for VALife can be found at <https://www.benefits.va.gov/insurancevalife.asp> and for S-DVI at <https://www.va.gov/life-insurance/options-eligibility/s-dvi/>.

# THANK YOU'S

*Dear Paralyzed Veterans of America - WI Chapter,*

*Thank you for this scholarship and for all the work you do at this organization. My dad has spoken highly of the Paralyzed Veterans of America - WI Chapter on several occasions. When I shared with him the news of my scholarship, it brought on conversations of what he went through while serving in Vietnam. I believe moments like these help him heal by tell his story.*

*In gratitude,  
A scholarship recipent*

*Dear PVA-WI*

*Thank you for your generous gift to the University of Wisconsin - Whitewater Foundation to support Warhawk Wheelchair Athletics. As an alum on the foundation board, I know how donor gifts strengthen our university. We are proud of our successful wheelchair athletes!*

*Thank so much,*

*Sally Bean - Director*

**Dear Paralyzed Veterans of America - WI Chapter,**

**My wife and I are trying to instill a sense of giving to the community with our grandchildren. Accordingly we asked each of our high school and middle school grandkids to choose an organization that they would like us to donate in their name. Our 15 year old grandson chose your organization.**

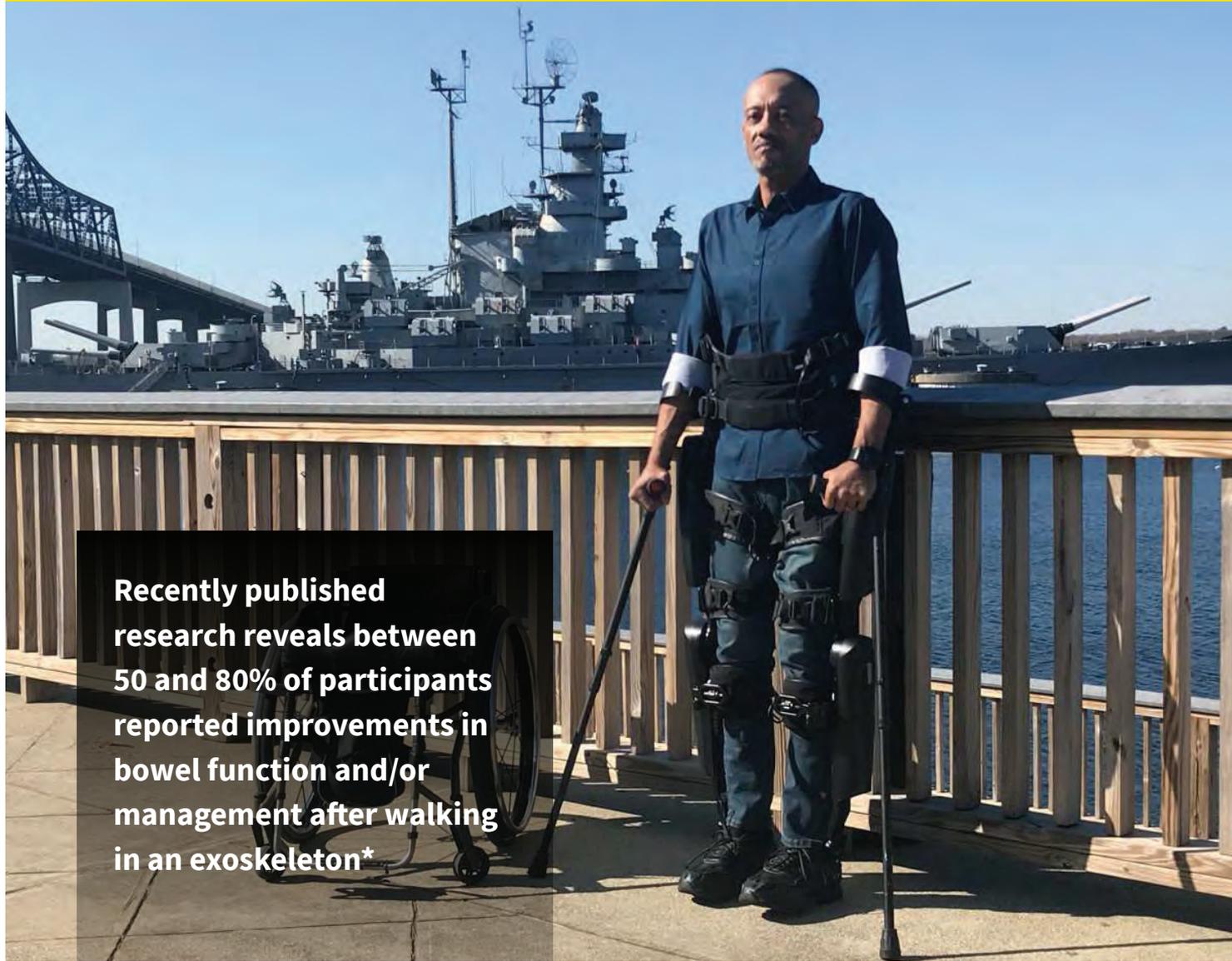
**Thank you for all you do.**

**The Roells**

## 2022 Calendar Raffle Winners

1. Bill Geisness
2. Joeleen Drall
3. Angela Walker
4. Rick Buth
5. Rose Nelson
6. Joseph Falkenberg
7. Rick Buth
8. Darlene Szymuszkiewicz
9. Carl Bauer
10. Andreyah Ferguson
11. Lisa Scott
12. Brian Latawicz
13. B. Shane Morris
14. Dan & Erin Belport
15. Devin Roeder
16. Pete Wingers
17. Robyn Knight
18. Shane Ferguson
19. Mary Ann Lonergan
20. Carolyn White
21. Kim Weigold
22. Ken Matthews
23. Diane J. Halle
24. Todd Streuli
25. John Modlinski

## Want To Improve Your Bowel Function?



**Recently published research reveals between 50 and 80% of participants reported improvements in bowel function and/or management after walking in an exoskeleton\***

**Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton?**

**Contact ReWalk for more Information:  
[rewalk.com/contact](https://rewalk.com/contact) or  
508.251.1154 option 2**

\*Chun A, et al. Changes in bowel function following exoskeletal-assisted walking in persons with spinal cord injury: an observational pilot study. Spinal Cord. 2020;58(4):459-466.

# Research and Education

## PVA-WI Members Support UWM Physical Therapy Students

Three members of the PVA-WI chapter assisted Michelle Lanouette, MS, PT, NCS, in providing hands-on instruction for 1st- and 2nd-year physical therapy students at UW-Milwaukee. The members spoke to over several students about their experience living with paralysis. The 2nd year students evaluated each veteran to ascertain their ASIA impairment scale rating using techniques learned in class.

The American Spinal Injury Association Impairment Scale is a standardized neurological examination used by the rehabilitation team to assess the sensory and motor levels affected by the spinal cord injury. The scale has five classification levels, ranging from complete loss of neural function in the affected area to completely normal. The results help the team set functional goals based on the neurological level of injury that is determined.

Elements of the scale, according to the National Institutes of Health, include:

- Grade A: The impairment is complete. There is no motor or sensory function left below the level of injury.
- Grade B: The impairment is incomplete. Sensory function, but not motor function, is preserved below the neurologic level (the first normal level above the level of injury). Some sensation is preserved in the sacral segments S4 and S5.
- Grade C: The impairment is incomplete. Motor function is preserved below the neurologic level. Still, more than half of the key muscles below the neurologic level have a muscle grade less than 3 (i.e., they are not strong enough to move against gravity).
- Grade D: The impairment is incomplete. Motor function is preserved below the neurologic level, and at least half of the key muscles below the neurologic level have a muscle grade of 3 or more (i.e., the joints can be moved against gravity).
- Grade E: The patient's functions are normal. All motor and sensory functions are unhindered.

Michelle did a lecture on adaptive sports classification and health and wellness across the lifespan regardless of someone's abilities. The first-year students then practiced completing a neurological exam with them and the others, evaluating patient history, strength, range of motion, sensation, spasticity, and functional mobility.



# MS Awareness

March is MS Awareness Month. Please review the resources below.



## Podcast: Multiple Sclerosis and Vets

The MS & Vets podcast series was developed in collaboration with the VA employee education system to discuss health and quality of life for Veterans with MS. You will hear subject matter experts talk about services the VA provides. A new podcast is posted the 2nd Monday of each month on multiple services. Please visit here for more information: [https://www.va.gov/MS/Products/videos/Podcasts\\_for\\_Veterans\\_with\\_Multiple\\_Sclerosis.asp](https://www.va.gov/MS/Products/videos/Podcasts_for_Veterans_with_Multiple_Sclerosis.asp)



## Society Information and Resources for People Affected by MS

The National MS Society provides services, support and resources for navigating your best life with MS. To learn more, contact us at 1-800-344-4867 or visit [nationalMSSociety.org/resources](http://nationalMSSociety.org/resources).

### SUPPORT

#### MS NAVIGATOR®

Our nationwide team of MS Navigators is made up of compassionate, highly skilled professionals who work with you one-on-one to ensure that you are informed, connected and supported throughout your MS journey. MS Navigators work to find solutions for the unique and often complex challenges of MS. Connect with an MS Navigator by phone at 1-800-344-4867, email at [ContactUsNMSS@nmss.org](mailto:ContactUsNMSS@nmss.org) or via chat Monday through Friday, 7 a.m. to 5 p.m. MT. For more information, visit [nationalMSSociety.org/MSNavigator](http://nationalMSSociety.org/MSNavigator).

#### SELF-HELP GROUPS

Self-help groups bring people together who share common life experiences for support, education and mutual aid. Members lift each other up through personal struggles and encourage each other to try new things and live each day to its full potential. Visit [nationalMSSociety.org/SupportGroup](http://nationalMSSociety.org/SupportGroup) to find a support group.

#### MSFRIENDS®

The MSFriends program connects you one-on-one with peers who understand MS. MSFriends are volunteers who are trained, focus on your needs and provide emotional support. Learn more about MSFriends Helpline and MSFriends Paired by visiting [nationalMSSociety.org/MSFriends](http://nationalMSSociety.org/MSFriends).

#### FACEBOOK COMMUNITY GROUP

An opportunity to learn about health and wellness, symptom management and other MS-specific topics, while also sharing, commenting, and connecting to other group members for advice and support. [facebook.com/groups/nationalMSSocietycommunity](https://facebook.com/groups/nationalMSSocietycommunity)

### ADVOCACY

#### CURRENT POLICY ISSUES

The National MS Society and MS activists advocate at the federal, state and local levels for increased MS research funding, access to quality care, disability rights, long-term services, awareness and organizational support. Learn more about the policy issues we are currently advocating for at [nationalMSSociety.org/advocacyissues](http://nationalMSSociety.org/advocacyissues).

#### MS ACTIVIST NETWORK

Join the MS Activist Network! Receive updates and action opportunities on federal, state and local policy affecting the MS community. In just a few clicks, you can email your public officials about why an issue is important to you. [nationalMSSociety.org/MSactivist](http://nationalMSSociety.org/MSactivist)

### ACCESS TO MS HEALTHCARE

Access to affordable, high-quality healthcare is essential for people with MS. The National MS Society's Partners in MS Care program consists of healthcare providers who have demonstrated knowledge and expertise in treating patients with MS. To find a Partner in MS Care in your community, contact an MS Navigator or search our Find Doctors & Resources database at [nationalMSSociety.org/FDR](http://nationalMSSociety.org/FDR).

### PROGRAMS

The Society offers a variety of educational programs for people affected by MS. Programs are focused on connecting the MS community and providing information and resources that help empower individuals to navigate every step of their journey. To learn more, visit [nationalMSSociety.org/calendar](http://nationalMSSociety.org/calendar).

### PARTICIPATE IN MS STUDIES

The Society is focused on achieving breakthroughs to cures for MS. Connecting people to clinical trials and other research studies is key to these breakthroughs. Studies cannot proceed without the participation of people affected by MS. Find opportunities to participate in trials of experimental medications, studies of rehabilitation interventions, online surveys, and more. Visit [nationalMSSociety.org/researchstudies](http://nationalMSSociety.org/researchstudies)

### VIDEOS

The Society offers a collection of educational videos featuring leading experts in the field of MS. Watch online, download or request from an MS Navigator. Topics include health and wellness, parenting, research and symptom management. Learn more at [nationalMSSociety.org/educationalvideos](http://nationalMSSociety.org/educationalvideos).

### RECURSOS EN ESPAÑOL

Una variedad de recursos están disponibles para las personas hispanas con EM: información y programas en español, videos educativos, Navegantes bilingües para la EM, recursos para los cuidadores, grupos de apoyo, y mucho más. Para más información, llámenos al 1-800-344-4867 opción 3 para español o visite nuestra página web, [nationalMSSociety.org/espanol](http://nationalMSSociety.org/espanol).

### COLLABORATIVE PARTNERSHIPS

The Society partners with other organizations to address the needs of the MS Community.

- The **VA MS Centers of Excellence** improve care for veterans with MS, enhance MS education for patients, caregivers and providers and promote research into the causes and treatments for MS. To find the center, visit their website at [va.gov/ms](http://va.gov/ms). Find additional resources at [nationalMSSociety.org/Veterans](http://nationalMSSociety.org/Veterans).
- **Can Do MS** delivers health and wellness education programs to help families living with MS thrive. To learn more, visit [cando-ms.org](http://cando-ms.org).



The National MS Society provides services, support and resources for navigating your best life through the challenges of MS. Contact us to learn more.

1-800-344-4867 or [nationalMSSociety.org/resources](http://nationalMSSociety.org/resources)



# NATIONAL VETERANS WHEELCHAIR GAMES

**National Veteran Wheelchair Game  
Registration is Feb. 1 - April 5, 2023**

## GET PUMPED FOR PORTLAND

July 4–9, 2023 • Portland, OR

**Join 500+ Veterans  
competing in 22 sports!**



WheelchairGames.org  
#WheelchairGames

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# Sponsors

Thank you to all the organizations that supported the mission of Paralyzed Veterans of America – Wisconsin Chapter.  
We could not do it without all of you!

## McBob's Restaurant



## Billerud



## Kansasville AMVETS POST 911



# Indego® Gets Paralyzed Veterans Walking Again



**NEW VA Program offers eligible veterans an Indego® exoskeleton at NO COST!**

## What's the Indego exoskeleton?

It's an FDA-approved robotic device that enables spinal cord injury patients (level T3-L5) to walk again.

- ✓ Regain your independence
- ✓ Improve your cardio & bone density
- ✓ Enjoy eye-level conversations again



Scan with your mobile phone to receive more information or schedule a demonstration.



Contact us today to find out if you are eligible to receive an Indego exoskeleton at no cost.

Phone: 844-846-3346

Email: [support.indego@parker.com](mailto:support.indego@parker.com)



## ALS Association

 [als.org/wisconsin/local-care-services-new-content](https://als.org/wisconsin/local-care-services-new-content)

The Wisconsin Chapter

Local Care Services

### A NOTE FROM THE CHAPTER CARE SERVICES DIRECTOR

The Care Services department of the ALS Association Wisconsin Chapter offers supportive programs and services free of charge to individuals and families living with ALS throughout the state. The Care Services team is here to provide support during the difficult time of change and uncertainty. We work directly with individuals diagnosed with ALS, as well as their families and friends, to provide guidance, information and resources through our Care Services programs. Our strong partnerships with service providers and other organizations statewide ensure support for all Wisconsin individuals and their families living with ALS.

Care Services Coordinators are available to answer questions, help navigate healthcare options and programs, provide resources and information regarding insurance and disability, and to simply be there for support. The Care Services Coordinators can connect with you in any way you feel most comfortable — in person, by phone or by email. They'll also work to identify other community resources, ALS-specific or otherwise, that can provide additional support.

This website provides information on all the services we offer, but it's no substitute for a personal connection. We urge you to call or [email](#) us to set up an introductory appointment with a member of the Care Services team — whether we meet in the Chapter office, your home, virtually (Zoom, FaceTime, etc.) or any other location you choose. Whatever you need, at any stage along the way, we're here for you.

Angie Pereira, BSN, RN

Care Services Director

414.817.1541

Programs available to those who have been diagnosed with ALS are the following;

- ALS Support Groups
- Communication Devices
- Equipment Loan Program
- Brian Trinastic Memorial Grant for modifications, devices, or other costs

Call the ALS Association WI Chapter and speak to the Care Services Staff at 414-763-2220

# A&J Mobility

(888) 775-7750



## Chevy Traverse

Are you looking for something other than a minivan? The Chevy Traverse is the perfect option. The Traverse has a roomy interior, an in-floor ramp that supports up to 1,000 lbs, plenty of cargo space for traveling, USB power ports for everyone's devices, and so much more.

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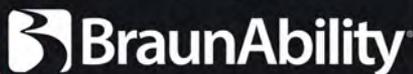
### CLASS



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# Lakefront Activities

## PVA, Zablocki VA, and Creative Mobility Cycling Clinic

PVA-WI members participated in the 2022 Cycling Clinic where members participated in the following activities:

- A session to inform members of the modifications and adaptations available to make riding easier and more enjoyable for members.
- A session discussing common repairs and maintenance bikes often require.
- A session to provide information to members about virtual training, stretching, and best practices when preparing and planning for a bicycle ride.



## PVA-WI Participates in Operation: Run, Walk, & Roll 5K

PVA-WI members participated in this event for the second year in a row! This year, PVA-WI members also were joined by various members of the Zablocki VA Hospital Spinal Cord Injury Unit staff and physical therapy students.



## Activity

# military

F A C D P H V M D E F E N D N G W  
J C V A N E N B T Y W H J V N O E  
E A I U P A T A E F E D L O P M E  
N D O M A T M H C O M M A N D E R  
E E L V Y L A M G R M I S S I L E  
M M E U R B P I O I E J Z L I C T  
Y Y N T U L A L N C F U L R F O I  
R Q T T J K L T A W Q I D B Q M U  
W U D N N R N A T N K A D A G B R  
V E T A I W S A N L E T N T V A C  
S F A R G W Z R T C E T O T E T E  
W E P P O G N R C X E A I L U M R  
O R N B O O E X Y L I C S E C P X  
R T B N H N P R R A W K A S S O E  
D X D Q N U S S N I R M V H E W T  
O R X C A P T U R E G P N I R E L  
K H R P B S I E G E J X I P X R H

commander	command	defeat	defend	tank	troops
enemy	plane	war	capture	rescue	captain
recruit	fight	pow	injury	kill	battleship
combat	attack	academy	lance	dagger	sword
siege	invasion	power	battle	weapons	violent
missile					

DONATE

**Text: PVAWI to 88793**

# Supporting PVA-WI

**PVA-WI has a variety of ways that individuals, groups or companies can show their support. Please review the multiple opportunities to continue to support the PVA-WI mission and our work.**

**If you have any questions please email [info@wisconsinpva.org](mailto:info@wisconsinpva.org) or call the office at 414-328-8910.**



## Employee Matching

Does your employer have a matching gift program? Please check with your employer's human resources department for details. PVA-WI is happy to provide any other information your company may have to satisfy the requirements.



## Donor-Advised Funds

Using a charitable giving account is another powerful way to put your charitable dollars to work. This method eliminates capital gains on donated stocks. Use the DAF donation tool at [wisconsinpva.org/be-our-hero-and-make-difference-today](http://wisconsinpva.org/be-our-hero-and-make-difference-today).



## Legacy Society

Join our Legacy Society by making a bequest or other estate gift to assure the sustainability of our organization. Visit [www.wisconsinpva.org/planned-giving](http://www.wisconsinpva.org/planned-giving)



## Stock Donations

You can donate appreciated stocks, bonds, or mutual funds, which upon transfer, would be tax deductible. Please consult your financial advisor and submit questions to [info@wisconsinpva.org](mailto:info@wisconsinpva.org)



## Shop for Good

AmazonSmile, the AmazonSmile Foundation, donates 0.5% of the purchase price to the customer's selected charitable organization. Visit <https://smile.amazon.com/ch/39-1393216> to get started. You can also go to [smile.amazon.com](http://smile.amazon.com) and type Paralyzed Veterans of America Wisconsin Chapter in the search bar.



## Join VoterVoice

Advocate for our members with their unique needs to ensure that Wisconsin is accessible for all! Join our advocacy team by visiting [votervoicenet/PVA/Campaigns](http://votervoicenet/PVA/Campaigns)



**Wisconsin's Gun Shop Project & Safe Storage Program**

"Scan code for details"



- Suicide Prevention Education
- Responsible Firearm Ownership
- Voluntary, Temporary Safe Storage of a Firearm

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## Veterans Crisis Line



1155 N MAYFAIR RD  
MILWAUKEE, WI 53226  
414.955.8910 ph  
414.955.8965 fax



[WWW.BETHEREWIS.COM](http://WWW.BETHEREWIS.COM)

## SAFE STORAGE OF FIREARMS -

What to do with guns when a person may be in crisis.

**FACT:** Safe storage of a firearm for a loved one is a critical way to get them safely through a crisis period and is proven to save lives.





**Paralyzed Veterans of America**

## Wisconsin Chapter

750 N Lincoln Memorial Dr, Ste 422  
Milwaukee, WI 53202

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## SPINAL CORD INJURY SERVICE INFORMATION

These resources are available statewide, to all qualified Wisconsin residents.  
Please call 414-384-2000 or 888-469-6614 and the extension listed below for services.

Department / Office	Extension	Department / Office	Extension
General Information	41288	Prosthetics	42608
Triage	45845	Recreation Therapy	41256/41245/41258
SCI Clinical Appointments	41230	VA Van Travel	42057
Physical Therapy	41126/41128	Patient Advocate	42604
Occupational Therapy	41142/41143	National Service	414-902-5655
Admissions ER	41885/41886	Officer PVA	800-795-3580
Badger Team (Social Worker)	41841	Packer Team (Social Worker)	42244
Pharmacy	42085	Packer & Badger RN	41236

### Wisconsin VAMC

Iron Mountain	Debra Pate	906-774-3300 ext. 31378
Madison	Kurt Brunner	608-256-1901 ext. 11960
Tomah	Kristin Holloway	608-372-3971 ext. 61548

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