PVA WELCOMES OUR NEW EXECUTIVE DIRECTOR

I would like to introduce myself as the new Executive Director for Paralyzed Veterans of America - Wisconsin Chapter.

I spent over forty years in military service, serving in the Army, Army National Guard, and Army Reserve. On the civilian side, I was a research and developmental chemist, schoolteacher, and then a military technician serving the Army Reserves.

I was able to retire from military service and military technician service this past year. Wanting to continue to give back to veterans, I accepted the position as Executive Director and look forward to serving the members of PVA.

I’m married to a wonderful woman who is also retired from the Army/Army Reserves and have a son currently serving on active duty in the Army. My other three children have traveled the world and continue to provide my wife and I with interesting stories and photos.

Kevin Klandrud

APRIL IS PVA AWARENESS MONTH

Stop in and see Scott Griffith on April 25th, at the SCI Unit and see what is new at the PVA WI Chapter.
Who We Are

**Officers**
- President ........ Dale Nelson
- Vice President ... Phillip Rosenberg
- Secretary .............. Ken Ness
- Treasurer/GRD ...... Scott Griffith

**National Director**
- Ken Ness ............... Milwaukee

**Directors**
- Peter Carrao
- Todd Drazy
- Ken Matthews
- Michael Thomas
- Derrick Trentin

**Staff**
- Kevin Klandrud . Executive Director
- Susan Gall ...... Executive Admin & Newsletter Editor

**Recreational Therapy**
- Joyce Casey ................. C.T.R.S.

**National SVC Office**
- Eric Gonzales - Veterans Health & Benefits Specialist
- Linda Roberts … Accredited Admin
- Call: 414-902-5655
- Toll Free: 800-795-3580

**Rehab Counselor**
- Doug Green .............. MS, CRC

**Office Hours**
- Monday—Thursday 7:30-3:30
- Friday 7:30-2:30
- Saturday & Sunday Closed
- 750 N Lincoln Memorial Dr Ste 306
- Milwaukee, WI 53202
- 414-328-8910

Roll With Us Newsletter published quarterly
Email: info@wisconsinpva.org

Disclaimer
Any advertising that appears in this newsletter is paid for by the business or organization placing the advertisement. The Chapter does not endorse and shall not be held liable for any claims against said business or organization

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**ASK GUS**

I have discussed taking care of your skin in every one of my articles because of its importance. I’m going to talk about a few more items then move on to another topic. Just remember to check all areas of your skin twice a day for red marks or bruises and if you find one, take immediate steps to take care of them.

Be careful to inspect your fingernails and toenails. It is easy to scratch yourself and not know it which can lead to problems. Toenails can be especially tricky. If socks are too tight or wrinkled they can “re-arrange” the position of your toes and cause breakdowns and infections. When this happens they can be very difficult to heal and take a long time to do so.

Pay particular attention to the clothing you wear. What you wore before your injury might not work for you now. Many individuals find out blue jeans or denim may be too rough for your skin. Some people remove the rear pockets because of the rivets. It doesn't sound like much but it is the little things that can cause big problems.

When it comes to Skin Integrity everyone is different and there is no one thing that will work the same way for each person. As you work your way through your new life dealing with a spinal cord injury you will be doing a lot of things by trial and error. The most important thing is to remain vigilant.

Until next time....

Gus Sorenson

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GIFT YOUR OLD WHEELS FOR GOOD.

Schedule your free, easy pick up today! Call

855-744-0782
PRESIDENTS NOTE

As I prepare this letter and it’s first topic, National Volunteer Month, my thoughts go to our associate membership program. I would like to remind all of you that when you became associate members you agreed to volunteer from time to time. What better way to shake off those winter blues than to come outside and get involved with PVA-WI. What is National Volunteer month? April is the month that is dedicated to honoring all of the volunteers in our communities, as well as encouraging volunteerism throughout the month.

PVA-WI has several volunteer opportunities. The first one that comes to mind is our very own Fisher House (A Home Away from Home) located on the grounds of the VA hospital in Milwaukee. We need volunteers (2-3) to serve the guests a nice catered home cooked style meal that they can enjoy after spending the day at the hospital with their loved ones. If you are interested please call the chapter office to set up a few dates for you, we recommend 30 days in advance.

Of course there are other opportunities where you can help out. We are always looking for help with the Bike Camp a June activity, exploring the Glacial Drumlin trails, and Vets Fest in August, if you love music. Why not volunteer to help sell our raffle tickets. These raffle tickets are now available! Please contact the office for pick up. Speaking of our raffle tickets, this year we are trying something new. This year we changed our ticket format now we are offering two items both handguns and we have only printed 500 tickets selling for $10 dollars each. The winners will be drawn at our membership banquet on September 22nd an event we also need volunteers for.

April is PVA Awareness Month, as members and associate members, throughout the year you may be asked about PVA-WI and what we do for our veterans I know I am, and here is what I say:

Paralyzed Veterans of America – Wisconsin Chapter (PVA-WI) works to improve the quality of life for veterans, in our state, living with spinal cord injury or disease, including those with MS and ALS.

Memorial Day is May 27th 2019

Honoring the fallen, we pause on this day to honor all those that have made the ultimate sacrifice and gave their lives for our freedom. I encourage all of you to go out and visit one of the many war memorials in your communities that are dedicated to our men and women who have died for country.

Enjoy your spring, stay safe and thank you for supporting PVA-WI.

Dale Nelson, President
EMERGENCY PREPAREDNESS

ROLLING OUT IN 2019

It’s time to have a candid conversation about Emergency preparedness and take action! PVA-WI is rolling out the following initiatives to help ensure that you’re ready in case of an emergency:

- Emergency Grab-N-Go bags
- Medical alert ID Tags (Dog tags)
- Medical Information “Smart Card”
- Wheelchair reflectors

Emergency Grab-N-Go bag – This backpack has been carefully packed with the start-up essentials you might need in case of an emergency. You will need to customize your bag to meet your individual needs. Items to be added by individuals include a back-up cell phone charger, one week of medication, catheters, and medical info or smart card. The bags will be fielded through the SCI annual exam schedule. PVA-WI members will receive the bag at no cost. Non PVA-WI members can purchase the bag for $100.00. You will be encouraged to bring your bag to your following annual exams so that perishable items can be replaced.

Medical alert ID Tags – we will be creating individual “red” medical alert dog tags for every veteran attending an SCI annual exam, free of charge. We have collaborated with the SCI staff to create a template of the best, life-saving information to place on these tags. The tags will have your name, your Emergency Contact phone number (ICE), your blood type, any known allergies, level of SCI injury and/or ASIA scale and any risks like fall risk or autonomic dysreflexia.

Medical Information “Smart Card” – we will be issuing and assisting PVA-WI members with downloading their VA medical record to a credit sized smart card. This is a voluntary program. The card has a computer chip that can store up to 2GB worth of data. Veterans choosing to participate can download their VA healthcare record through the MyHealthyVet website as an Adobe Acrobat reader (pdf) file format. There are also folders created for you to add any medical power of attorney and advanced directives. The information on this card can be accessed on any computer with a USB drive. The card is not intended or authorized for use on any VA computer. The intent is to provide important medical information to non-VA healthcare providers. Having access to recent medical imaging, medication lists and problem list can make the difference in continuity of care that you receive. For me personally, having this information in my wallet gives me peace of mind when I travel.

Wheelchair reflectors – we will be handing out at various events and in our lunch bag program, reflectors that are designed to go on your wheelchair spokes or power chair wheels. These reflectors are a simple way to help identify your presence in times of limited visibility or darkness.

Be Safe and #RollWithUs
GOVERNMENT RELATIONS BY SCOTT GRIFFITH

I will be attending the PVA National Annual Advocacy and Legislation Seminar March 3-7 in Washington D.C. During this seminar I will learn about the PVA 2019 policy priorities as outlined below:

In 2019, PVA will prioritize legislation that ensures veterans continue to have access to high quality, comprehensive, and veteran-centric health care as well as timely and accurate delivery of all earned benefits. One of our top areas of focus will be ensuring proper congressional oversight of the VA MISSION Act (Public Law 115-182). Congress must conduct vigorous oversight to ensure that the new VA community care program and the expansion of VA’s comprehensive caregiver program are completed not only within the timelines laid out by the VA MISSION Act but also within the spirit and letter of the law. Access to specialized services within VA, including the spinal cord injury/disorder (SCI/D) system of care, must also remain strong. In addition, we will work to expand eligibility for VA’s Comprehensive Family Caregiver Program to veterans with service-connected illnesses, improve access to VA’s long-term services and supports, and ensure access to in-vitro fertilization (IVF).

Other priorities involve benefits improvements and implementation of appeals reform. We will advocate for Congress to provide appropriate oversight of VA’s implementation of the Veterans Appeals Improvement and Modernization Act (Public Law 115-55) to ensure that veterans’ claims are properly adjudicated. We will also advocate for improved ancillary benefits for veterans with catastrophic disabilities, including those that would strengthen the Specially Adapted Housing and Automobile Allowance Grants.

PVA also will advocate for legislation that ensures veterans with disabilities have equity in access to the opportunities and freedoms available to all Americans to allow them to live, work, travel, and fully participate in society. A top area of focus for PVA will continue to be improving access to air travel for people with disabilities by strengthening Air Carrier Access Act enforcement through referral of certain complaints to the U.S. Attorney General and a private right of action, and requiring airlines to ensure that airplanes meet broad accessibility standards. Other areas of focus will include protecting the Americans with Disabilities Act from efforts to undermine its protections; preserving and strengthening financial and health security for people with disabilities; and ensuring that disaster response and recovery efforts are able to meet the needs of people with disabilities.

Last week I participated in Congressman Bryan Steil’s first Veteran’s Advisory Board (VAB) meeting held in Elkhorn, WI. Congressman Steil listened to the many concerns and voices in the audience. He is genuinely concerned about Veteran issues and especially those from the 1st Congressional District of Wisconsin. If you have any concerns that you want me to inform his office, please let me know.
PVA Annual Election for 2018-2019

The Paralyzed Veterans of America WI Chapter are accepting nominations for the board of directors until July 31. In early August, the election ballots will be mailed to the PVA WI Chapter voting membership for their selections. Here is a list of the current PVA, WI Chapter BOD Members and the expiration dates of their terms of office.

(4 slots)  (4 slots)  (4 slots)
Expires 09/30/2019  Expires 09/30/2020  Expires 09/30/2021
Phillip Rosenberg  Ken Ness  Ken Matthews
Peter Carrao  Dale Nelson  Todd Drazy
Derrick Trentin  Michael Thomas  Scott Griffith

Nominations are now being accepted. If you are considering running for one of these open positions, you must successfully complete the Paralyzed Veterans of America Certification Process. If the National Secretary (Mr. Larry Dodson) has not certified you, your name can be placed on the ballot, but you cannot assume an elected position until you are certified. The certification process is very simple, and the forms are available at the Chapter Office. As members, many of you are already certified.

**Certification requires three items of proof:** (here are samples of items in each category)

**Citizenship**
- Birth Certificate
- Passport
- Immigration and Naturalization Form Number

**Active Duty service in the armed forces and character of discharge other than dishonorable**
- DD-214
- Other (specify)

**Medical proof of spinal cord injury or disease**
- Medical Records
- Physician’s statement
- Other (specify)

This process does take a little time, so please get the ball rolling as soon as possible. Questions? Please call the office at 414-328-8910.

MAKE A POSITIVE DIFFERENCE!

GET INVOLVED WITH YOUR CHAPTER!
The Milwaukee VAMC SCI/D Center’s Registered Dietitian, Samantha Schleiger, MD, RD, CD and Occupational Therapist, Katie Powell, OTR/L are preparing for the third summer of the Gardening Program for Veterans with spinal cord injury. The SCI Gardening Class is a one - three time per month, hands-on gardening class where Veterans are tasked with planting, maintaining, and harvesting vegetables and herbs in raised garden beds located on SCI grounds; the program runs from late May through September/October.

The 2018 program expanded on the successful 2017 program by incorporating two additional raised garden beds, three additional classes, and a collaborative outing with Recreational Therapy to the West Allis Farmer’s Market.

Katie and Sam are currently planning for the 2019 program, and plan to continue to expand by adding another 3 additional classes, collaborating with the UW-Extension Master Gardener’s Program to bring in consultative gardening experts, and collaborating with the WI PVA for a summer grill-out using produce grown from the SCI garden. Katie and Sam are also working with the Milwaukee VA’s new Whole Health Division with the hope of an expanded garden space on the SCI Center grounds within the next few years.

The 2019 Garden Group at the West Allis Farmer’s Market
**CALENDAR**

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<td>10&lt;sup&gt;th&lt;/sup&gt;-Board of Directors Meeting</td>
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<td>11&lt;sup&gt;th&lt;/sup&gt;-Air Rifle Practice</td>
<td>17-19&lt;sup&gt;th&lt;/sup&gt; -Green Bay Trap shoot</td>
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<td>24&lt;sup&gt;th&lt;/sup&gt;-Office closing @ 1:00</td>
<td>19-23&lt;sup&gt;rd&lt;/sup&gt; -2nd Annual Road Cycling Mini Camp</td>
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<td>21&lt;sup&gt;st&lt;/sup&gt;-HAPPY EASTER!</td>
<td>27&lt;sup&gt;th&lt;/sup&gt;-Office closed for Memorial Day</td>
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<td>25&lt;sup&gt;th&lt;/sup&gt;-PVA Awareness @ SCI</td>
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For more information about events, please see the calendar on our website!

www.wisconsinpva.org/events/

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May is Military appreciation month. Armed Forces Day is May 18, 2019. Show your support for the men and women who serve in our military, say thank you, attend a parade, or make a donation to support the living.

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**THANK YOU! ALL VETERANS FOR YOUR SERVICE!**

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**MEMORIAL DAY**

**REMEMBER AND HONOR**

**MONDAY, 27 MAY 2019**
Your Life. Your Ride.

Rollx Vans is the only van manufacturer that delivers minivans and full-sized vans directly to your doorstep. Our mission is to listen to you to serve your needs and give you the freedom and mobility that you deserve.

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- At-Home Delivery
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- Competitive Financing Options
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We take great pride in serving those who served our country.

It's why we work with the Veterans Administration to make the process as simple as possible for you. This includes bringing the vehicle to the VA for inspection, taking care of all VA paperwork, and delivering the vehicle to your home once it's ready.

Veterans get $1,000 off the purchase of your first Rollx van today!

Call 800-956-6668 or visit us at rollxvans.com.
2019 Annual Trap Shoot
Pistol & Rifle Shoot
and
Youth Shoot

MAY 17TH-19TH, 2019

Brown County Sportsman's Club - Green Bay

May 17th: Practice/Registration
May 18th-19th: 9:00am Competition

Pistol Rifle Shoot ★ Youth Shoot
At Nicolet Rifle Club,
Suamico, WI
Friday, May 17th
8:30am-2:00pm
TOP GUN - $200.00

1st 10 pre-registered are FREE!
walk ons @ $50.00

PRIZES ★
Top Prize: $400 Cabelas Gift Card OPEN TO THE PUBLIC!
1st Place: $200 Cabelas Gift Card
2nd Place: $100 Cabelas Gift Card

Register in advance! You may win a prize!
Registration is $180 and includes: Lunch, Sat. BBQ, Dinner, Ammo, Sunday Award Banquet @ 1:30pm at the Raddison Hotel
Registration forms are available at either club or at:
www.wisconsinpva.org/forms

SPONSORED BY:

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The SCI Division of the Milwaukee VA hospital is proud to announce that we now offer 3D printing for custom adaptive equipment! Katie Powell and Jaclyn Raab from SCI Occupational therapy and Katie Schultz from SCI Assistive Technology combined efforts to apply for a national VA Innovation Network grant in late 2017. The premise was that the custom adaptive equipment that we were making for our Veterans was taking a long time to produce and was heavier than items we envisioned 3D printing. In addition to creating equipment that was lighter, the ability to replicate equipment quickly following failure was thought to have a positive impact on service delivery. When the grant was awarded in 2018, our Milwaukee 3D Design and Printing program began to take shape. Each of the three team members took a fundamental CAD design training course and participated in a 2-day hands-on “crash course” in 3D printing with mentor Brian Burkhardt who is a rehab engineer at the Richmond VA. The team utilizes a Stratasys F170 printer that can print on ABS, ASA, PLA, and TPU 92 (Ninjaflex). Since September 2018, we have issued over 10 pieces of custom adaptive equipment—items that don’t exist on the commercial market. These pieces range from extension handles for bathroom equipment, wheelchair brackets and cupholders, to a video game controller dock. If you feel that you could benefit from a piece of custom adaptive equipment, please contact your PCP for an Assistive Technology Consult for 3D design and printing.

Changing the World of Adaptive Equipment
by Katie Schultz, DPT, ATP
GRANTS AVAILABLE FOR INDIVIDUALS

The PVA-WI chapter would like to provide you with links to Grant Funding for individuals. The following link may assist you with living expenses, insurance, health, travel, or adaptive equipment. Go to https://highfivesfoundation.org/grant-application/ or https://www.hopeforthewarriors.org/apply-for-services/ and apply.

Another grant option for adaptive sports equipment: https://independencefund.org/apply-for-assistance. This is not a difficult process, you just need computer access to apply, what have you got to lose?

VETERANS AFIELD 2019 SCHEDULE

Trap Shoots will be held at Boxhorn Sportsmans Club in Muskego at 9:30 a.m.
May 22   June 12   July 10   July 24   August 14   August 28

Special Events will be held at Wild Wings on June 14-16 & June 21-23

Field & Tower Shoots will be held in Lomira @ 9:30 a.m. contact Pat to sign up

For more information go to www.Veteransafieldua.org or email Pat @ navy6@wi.rr.com

ADVERTISE IN OUR NEWSLETTER AND RECEIVE FREE ADVERTISING ON OUR WEBSITE

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1200 copies are printed each quarter, electronic versions are on our website and 300 copies emailed too.

Deadlines are the 1st of the month prior to the issue—Jan-Mar, April-June, July-Sept., Oct-Dec. Payment by check or credit card.
NATIONAL VETERANS WHEELCHAIR GAMES
July 11–16, 2019 • Louisville, KY
WheelchairGames.org #NVWG
SPREAD THE WORD! RAFFLE TICKETS ARE HERE!!!

If you would like to purchase a raffle ticket please call the office at 414-328-8910 to find out how to get them. This year we are only selling 500 tickets, so your chances of winning are greater! As always the proceeds are used to support our programs throughout the year.

PARALYZED VETERANS OF AMERICA WI CHAPTER
750 N. LINCOLN MEMORIAL DR., MILW., WI 53202
ANNUAL RAFFLE 2019

Proceeds benefit the Chapter’s Programs

1st prize: Glock G43X  MSRP $500.00
2nd prize: Sig Sauer P365  MSRP $500.00

DRAWING: SUNDAY, September 22, 2019
Annual Membership Banquet at the Milwaukee County War Memorial
Must meet all state and federal regulations to own a weapon to enter.

$10.00 each  Only 500 tickets sold  Permit #R0018098A-94879

CHAPTER MEMBERSHIP

Members: 274
New Member: Mark Makowski
Associate Members: 221
New Associate Member: Kevin Klandrud
Final Bugle: Fred Alcon,
Michael R. Kabat

Are you a Veteran struggling to keep your air or heat or power on?
Heat for Heroes may be able to help!
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An Energy Services, Inc., and Keep Wisconsin Warm/Cool Fund Initiative
Powering Veterans Forward

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

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- Slim design can be worn in most wheelchairs
- Ability to transfer in/out of car while wearing Indego
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- Extended battery life (4 hours continuous walking)
- Wireless control via iPod allowing for real time software adjustments
- Designed and assembled in the USA

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

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brian.schultz@parker.com
www.indeo.com

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ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

Camp Pendleton
Air Gun Tournament
December 4-5, 2018
Oceanside, CA

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 Bocce Tournament*
April 26-28, 2019
Brockton, MA

Buckeye Air Rifle and Pistol Tournament
April 26-27, 2019
Geneva, OH

*indicates combined events

PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

North Central Trapshoot
September 8-9, 2018
Sioux Falls, SD

Mid-Atlantic Shooting Sports Tournament and Handgun Shoot
November 9-11, 2018
Charles City, VA

Cal-Diego Shooting Sports Tournament & Pistol Tournament
March 29-31, 2019
Redlands, CA

Pistol Shoot - March 29, 2019
Lytle Creek, CA

Wisconsin Shooting Sports Tournament & Pistol Tournament
May 17-19, 2019
Green Bay, WI

Vaughn Shooting Sports Tournament
May 31-June 2, 2019
Elburn, IL

Iowa Shooting Sports Tournament & Pistol Tournament
June 14-16, 2019
Cedar Rapids, IA

 Lone Star Shooting Sports Tournament
June 21-23, 2019
Waxahachie, TX

PARALYZED VETERANS BOATING/FISHING TOUR

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

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 7-9, 2019
Henrico, VA

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

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

Mid-Atlantic Billiards Tournament Battle at the Beach
November 16-18, 2018
Virginia Beach, VA

Mid-Atlantic Billiards Tournament Chuck Willis Memorial
March 22-24, 2019
Midlothian, VA

Mid-America Billiards Tournament
April 5-7, 2019
Oklahoma City, OK

Buckeye Billiards Tournament
June 14-15, 2019
Wickliffe, OH

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

BOCCIA

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

Mid-Atlantic Bocce Tournament
January 12-13, 2019
Richmond, VA

Bayou Bocce Tournament
February 1-2, 2019
Gulfport, MS

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

Arizona Bocce Tournament
April 6-7, 2019
Phoenix, AZ

New England Combined Air Rifle and Bocce Tournament
April 26-28, 2019
Brockton, MA

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
September 28-30, 2018
Glen Allen, VA

Nevada 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

Vaughan Bowling Tournament
June 27-30, 2019
Romeoville, IL

HANDCYCLING RACING

Museum of Aviation Marathon
January 19, 2019
Warner Robbins, GA

PVA Racing High Performance Camp
January 26-February 1, 2019
Brooksville, FL

Top End Euro-American HC Championships
February 2-3, 2019
Gainesville, FL

Valley of the Sun
February 16-18, 2019
Phoenix, AZ

One City Marathon
March 2, 2019
Newport News, VA

Off-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 Criterium
April 27-28, 2019
Gettysburg, PA

NATIONAL VETERANS WHEELCHAIR GAMES

For more information, visit:
pva.org/sports
ADAPTIVE CYCLISTS

2nd Annual Road Cycling Mini-Camp
June 19-26, 2019
Delafield, Wisconsin, USA
More information at the chapter office

Thank You to our Amazing Volunteers
National Volunteer Week 2018

VETERANS CRISIS LINE
1-800-273-8255
Press 1
Confidential chat at VeteransCrisisLine.net
or text to 838255

ADAPTIVE CYCLISTS
Paralyzed Veteran of America
2019 PARALYZED VETERANS
ADAPTIVE CYCLING CAMPS

You shop. Amazon gives.
When you shop on Amazon.com, you can support PVA – Wisconsin!
• Go to www.smile.amazon.com
• Update your amazon account to a Smile account using account settings
• Choose Paralyzed Veterans of America Wisconsin Chapter

Do your Amazon shopping, but remember to SMILE!

www.wisconsinpva.org 414-328-8910 info@wisconsinpva.org
DON’T FORGET
THAT GREAT DAY ON THE LAKE FOR OUR
VETS IS HERE AGAIN

The 46th Annual Disabled Vets’ Fish Outing
Will be Held June 19th, 2019

Volunteers and Donations are appreciated! They make this special event successful for those who have served for us.

Donations will be used for transportation of disabled vets and food and beverages for the day. Also one shortage we have encountered over the years is volunteers with boats. If you have or know someone with a boat, please let them know about this special cause.

If you know someone with a boat who might be willing to help, we are always looking for help here! They can contact Mary Schuknecht at 262-284-9144 or Vicki Lee at 262-284-4721.

To register for this event contact Joyce at 414-384-2000 Ext 41126. Your reservation will be taken between June 1st and June 14th. You need to let them know if you are with them or meeting them there.
The bullet is still in Mike Thomas’ back and the wheelchair is a constant reminder of something he’ll never forget.

“It’s lodged right in the spine, but doctors can’t remove it, or it will cause more damage,” he said. “It happened in Detroit. Just living in Detroit, big city life.”

Thomas, who gets his care at the Milwaukee VA Medical Center, was in the wrong place and time when a random, stray bullet left him paralyzed from the waist down almost 20 years ago.

“I spent 34 days in rehab in Detroit,” said the Army Veteran who served in Germany from 1975 to 1977. “The therapist there was good at his job. I don’t think I was an easy guy to get along with before. Set in my ways. And when he brought that chair to me, I wanted to kill the world. He put up with me.

“That rec therapist before I left Detroit, he got under my skin. He dared me to go to the Winter Sports Clinic, and I did. Was hooked ever since then.”

That’s where he learned about some of the other adaptive programs available to Veterans.

He moved to Wisconsin when he found out the spinal cord-injury care was one of the tops in the nation, and he met Dr. Ken Lee, who is now the Milwaukee VA Spinal Cord Injury Center director.

Thomas has expanded beyond VA’s adaptive sports and is part of the National Wheelchair Basketball Association where he plays on a Division II team.

He’s also been on the board of the Wisconsin Paralyzed Veterans of America and does what he can to help other, newly injured Veterans.

“You can have a pity party for 30 days,” he said. “Then you gotta try. If you want to try, I’ll go all the way with you. I see some of these guys here (at the Wheelchair Games). I remember when they were the new guys, and now they love this. They’re my crew. I broke them in. You see them later, and they’re doing good, they’re taking it good.

“I love this, I love doing this stuff,” he said. “If you aren’t living, you’re dying.”
### 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.

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**Wisconsin VAMC**

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