

ROLL WITH US

July - August - September, 2023

PVA-WI Prepares for National Veteran Wheelchair Games 2023



We are pleased to announce that PVA-WI hosted our second Adaptive Sports Bootcamp this past May! Proudly funded by the Wispack Foundation, this thrilling two-day event was hosted at the Milwaukee County Sports Complex in Franklin, WI. In addition, PVA-WI partnered with Wisconsin Adaptive Sports Association (WASA) and Great Lakes Adaptive Sports Association (GLASA) to prepare all participating PVA-WI members for the National Veteran Wheelchair Games competition in Portland, Oregon, in July 2023.

During the two-day event, new and returning Wisconsin and northern Illinois athletes engaged in various adaptive sports activities, including field, adaptive fitness bocchia ball, wheelchair basketball, wheelchair football, wheelchair softball, adaptive fitness, bowling, wheelchair tennis, and cycling on the Oak Leaf Trail. The rotating schedule allowed each athlete to play in each event supported by certified trainers, coaches, Gordy Bartholmew, Body By Design trainers (Justin Plesnick and Kat Musni), Project Mobility cycling staff, USTA Midwest Section Tennis coaches, WASA and GLASA staff, and Clement J. Zablocki VA Spinal Cord Injury Center staff. This unique adaptive sporting event could not have happened without all of these partners!

“We are excited to provide this training opportunity for our National Veteran Wheelchair Game athletes. PVA-WI, with our organizational partners, WASA and GLASA, can provide a unique opportunity for our members to learn from experts in their field to support them in doing their best during the National Veteran Wheelchair Game competition,” said Scott Griffith, PVA-WI Government Relations Director and Treasurer. Please enjoy pictures from the second Adaptive Sports Bootcamp on pages 16 and 17.



President's Report	2
PVA-Wisconsin at Work.....	5
Golf Outing.....	6
Upcoming Event Flyers.....	7
Trap Shoots.....	9
Thank You's.....	11
Sporting Events.....	13
Activity.....	14
Bootcamp.....	16-17
Wisconsin ADA Trails.....	19-20
ALS & MS Resources.....	22

PRESIDENT'S REPORT

Summer, and its great weather, is now upon us. During the summer months in Wisconsin, our chapter normally ramps up the number of its events in order to encourage people to get out and get active, physically, socially, and mentally. This year is no different. We are already well underway for what is anticipated to be our busiest Summer ever.

We have just come off of our Adaptive Sports Boot Camp in which our members, and members of several other chapters, were able to be introduced to, and learn more about, a number of adaptive sports. During this Boot Camp, the chapter brought in several certified instructors from around the country to ensure that the athletes were not only properly schooled in the various sports, but also had the chance to learn about some of the most recent equipment changes and offerings. With this type of instruction and exposure, it is the chapter's hope that these athletes will be able to compete at a higher level in their athletic endeavors both locally, and on the regional and national stages.

The chapter's annual Trap Shoot, which is on PVA's National Trap Shooting Circuit, recently concluded. It was attended by more shooters than were anticipated - many coming from out of state. We also had a number of our members travel to the VA- sponsored National Veterans Golden Age Games that were held this year in Iowa. A number of these athletes won medals in the events they competed in. Over 700 athletes came from around the country to compete in these Games.

We are also happy to report that our inaugural Chapter Golf Outing took place at Morningstar Golfers Club and that it was quite a success. Not only did a number of golfers have a very competitive and enjoyable day of golf, but the outing also provided a chance for the chapter to spread its message, while at the same time also functioning as a fundraising endeavor. Many individuals, who had never heard of PVA-WI became acquainted with our chapter, some of our members, and our mission to improve the lives of the disabled and disadvantaged. The golf outing committee is already working on ideas for next year's annual golf outing.

...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
Brenna Frey: 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

Hello PVA-WI Members and Partners,

PVA-WI hopes you all have been able to take advantage of the lovely spring weather. PVA-WI has been busy hosting and executing several events. For example, PVA-WI worked with the Wisconsin Adaptive Sports Association (WASA) and Great Lakes Adaptive Sports Association (GLASA) to provide a unique adaptive sports bootcamp experience to PVA members. As you peruse the newsletter, you will see PVA members taking the opportunity to participate in the Brown County Trapshoot and other recreational events. I urge you all to continue to visit our website at www.wisconsinpva.org to find more recreational and adaptive sports activities hosted by PVA-WI and other community organizations. The events calendar can be found under the event tab. PVA-WI hopes to see you at the upcoming events over the next few months, such as Salmon-A-Rama and cycling event.

Please do not hesitate to reach out and contact the office with any questions or concerns at 414-328-8910.

CHAPTER MEMBERSHIP

Members: 292

New Members:

Jeffrey J. Olen, Nicholas W. Slaggie, John A. Manka, Edward T. Regester, Judi A. Innis, Andy Weyker, Becky Fitzpatrick, Timothy J. Martin, Anthony W. Smilko, Charles H. Dawson, III, Reynaldo Mayans, Kenneth J. Wesley, Ronald A. Jacobson, Robert J. Mathis, Robert N. Speck, Robert F. Meingast

Associate Members: 144

Final Bugle:

Tammy L. Anderkin, Harry J. Ibis, Michael Corrao, Michael G. Filbrandt, Frank Bearden, Jr., Joe L. Alford, John D. Doherty, Roger Allert, Michael M. Leffew, Rick S. Duffrin, Joseph J. Dougherty, Richard M. Biedrzycki

Hello PVA-WI Members,

A donor has donated a crypt to us located at West Lawn Memorial Park in Racine, WI.

If you are interested or have any questions please email info@wisconsinpva.org or call the office at 414-328-8910.

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.

PVA-WI has distributed scholarship funds to John Bolton!



President's Report Continued...

Over the next month, several of the chapter's more well-known events will be taking place. In just a few weeks a number of our athletes will be traveling to Portland, OR in order to compete in the National Veterans Wheelchair Games. This typically is the highlight of the athlete's year and provides intense competition, in a number of adaptive sports, against a number of veteran athletes. It is anticipated that between 500 to 600 athletes will be taking part in this year's Games.

Finally, we can not forget our ever-popular Salmon-A-Rama annual fishing event that draws fishermen from multiple states just to see if they can win a prize for their fishing prowess. Perhaps the highlight of this year's fishing event will be the installation and dedication of what we believe to be Wisconsin's first marine lift. The idea of a marine lift, to assist any individuals that might have mobility issues getting into or out of a boat, was first conceived at one of our recent fishing expeditions. Our chapter has not only promoted this idea, but has also raised the funds and purchased a number of these marine lifts, that we hope to have installed in various locations around the State of Wisconsin. It is our ultimate hope that we can enable just about anyone that has the desire to utilize Wisconsin's waterways, to do so.

Although many of the events already discussed deal with physical and social events, rest assured that there are plenty of chapter-sponsored offerings that deal with many other aspects of life. For example, our chapter continues to work closely with the local PVA National Service Officer to ensure that our members are up to date with all of the recent VA benefits changes and offerings. Further, we are working with several of PVA's committees to actively recruit and involve new members, especially those in the new category of MS patients. Some of us have also been collaborating with the individuals that staff the PVA Architectural Department to ensure that both public and private structures are being built in such a fashion as to allow easy movement within and about. In order to stay up to date in recommendations, the second edition of PVA's book about building a home with the disabled in mind, will be coming out shortly. Finally, we are working closely with PVA's Advocacy Department to improve the rules and regulations surrounding transportation that will promote safer and more user-friendly travel for the disabled community, especially when flying on commercial airlines.

As you can see, PVA-WI has been busy, and will continue to be very active in the upcoming months. I have only highlighted some of the events and activities. Please be sure to check the "Events Calendar" on our website and sign up for anything that is of interest. We would love to see you! Come on out and #ROLL WITH US!

Sincerely,
Ken Ness



PVA-Wisconsin at Work

Wisconsin Auto Museum



Nurse's Appreciation Luncheon



Sprecher Brewing Company Tour



PVA-WI's 2023 Golf Outing

PVA-WI hosted its first golf outing event on June 6, 2023. The event was held at Morningstar Golf Course and sponsored by the following corporations: Property Loss Specialist (PLC) and 1901. Participants had the opportunity to meet members and use adaptive golfing equipment.



PARALYZED VETERANS OF AMERICA - WISCONSIN CHAPTER

SALMON-A-RAMA

July 18th, 2023

Join us on Tuesday, July 18th, 2023, at 5:30AM at the Reefpoint Marina for Charter Boat fishing! There will be a Hoyer lift at the marina.



PVA-WI members and 1 guest are priority for spots. Associate members on a standby list. Hotel is provided for PVA-WI members traveling > 50 miles.

Special prizes, breakfast provided and lunch upon return of all 10 charter boats. Snacks will be provided while on the boats. Bring sun block and wear appropriate clothing!

RSVP: (414) 328-8910 // RSVP BY MAY 30, 2023

MICROSOFT FORM LINK:
[HTTPS://FORMS.OFFICE.COM/R/7U2BY4WM69](https://forms.office.com/R/7U2BY4WM69)



DARE2TRI

e / Info@dare2tri.org p / 312.967.9874 w / dare2tri.org



Wisconsin PVA Bike Day | August 14



Wisconsin PVA and Dare2tri are partnering to host a free On the Road2Ride bike day for PVA members at Wisconsin PVA Headquarters.

As part of Dare2tri's On the Road2Ride program, this event will give people the ability to ride an adaptive cycle. Participants do not need previous cycling experience to participate as it is encouraged to attend and try cycling!

Clinic Time:

10:00 AM - 12:30 PM

Location:

750 N Lincoln Memorial Dr
Milwaukee, WI 53202

Interested? Speak with:

Amera Schaefer
aschaefer@wisconsinpva.org



2023 ANNUAL MEMBERSHIP BANQUET

Sunday, September 17th at 11:00 AM

Roma Lodge
7130 Spring St, Racine, WI 53406

Tickets: \$25 per person (PVA Members will be reimbursed upon arrival)

Hotel provided for Members who live more than 100 miles away from event

Registration:
<https://paralyzedveteransofamericawisconsinchapter-bloom.kindful.com/e/2023-annual-membership-banquet>

RSVP by September 5, 2022

Sunday, July 2, 2023 ★ *9:30 am - 5 pm*

MILITARY & VETERANS FAMILY DAY

Milwaukee County Zoo

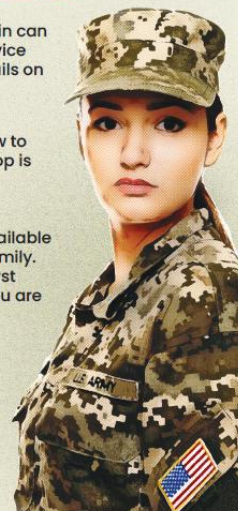
Enjoy free Zoo admission and parking

Tickets available May 30 - June 30

- ★ Active military and veterans residing in Wisconsin can pick up tickets at their local County Veteran Service Office (CVSO). Contact your local CVSO for details on ticket pick up.
- ★ Don't miss the Veterans Benefit Expo from 9:30 a.m. to 3 p.m. where veterans can learn how to get the benefits they deserve. This one-stop-shop is presented by the Milwaukee County Veteran Service Office.
- ★ **Important:** Tickets are required for entry and available for immediate family only. Limit 10 tickets per family. Tickets are limited and will be distributed on a first come first service basis. Only obtain tickets if you are sure you will be visiting the Zoo on July 2.



Milwaukee County Zoo
10001 W. Bluemound Rd.
Milwaukee, WI 53226



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



Trap Shoot Competitions

Brown County Trap Shoot

SCI Winner: Dave David
Non-SCI Winner: Mike May



1st Place Team: Wisconsin
(Dale Nelson, Mark Hawn, Ken Buchholz,
John Pillotte, Dave David)



Vaughn Chapter Trap Shoot



Team Wisconsin took first place at the Vaughn Trapshoot. Dave David, Ken Buchholz, John Pillotte, Chance Wollbrinck, and Mark Hawn.

National Service Officer Report

VA Non-Service Connected Disability Pension Benefits

By Brenda Stencil, National Service Officer

What is non-service-connected VA pension? A tax-free monthly cash benefit based on a veteran's income and net worth. There are three programs to help families cope with financial challenges:

- 1) Pension for veterans. Monetary support for veterans with limited income who are no longer able to work.
- 2) Pension for survivors. Monetary support for a surviving spouse or surviving child because of a wartime veteran's death.
- 3) Enhanced or special monthly pension. A higher amount paid to veterans and survivors eligible for aid and attendance or housebound benefits.

Some veterans are not eligible for VA Compensation benefits but may be eligible for VA pension. Unlike the requirements for VA compensation benefits, all of a veteran's injuries or illnesses are considered for pension benefits, not just injuries and illness that occurred on active duty.

Eligible veterans must meet the criteria including qualifying service, income, and net worth.

- **Service.** You were discharged from the service under other than dishonorable conditions.
- **Income and net worth.** Your yearly family income and net worth must meet the limits set by Congress. Your net worth includes all personal property you own (except your house, car, and most home furnishings), minus any debt you owe. Your net worth includes the net worth of your spouse. The congressional net worth limits to be eligible for VA pension is currently \$150,538. Your **annual** income limit is based on specific pension benefits you are eligible to receive, eligible dependents and your annual income. For example, the VA annual income limit are:

1) Veteran with a spouse for basic pension: \$21,001.00

2) Veteran that is housebound and married: \$24,562.00

3) Veteran requiring aid and attendance with a spouse: \$26,752.00

Additional requirements for eligibility:

- You are age 65 or older or you are permanently and totally disabled from a non-service-connected disability.
- You are presumed to be permanently and totally disabled due to being in a nursing home for long term care because of a disability, or you are receiving social security disability insurance.
- Wartime service periods:
 - o **World War II—December 7, 1941 to December 31, 1946**
 - o **Korean Conflict: June 27, 1950 to January 31, 1955**
 - o **Vietnam War: November 1, 1955 to May 7, 1975**
 - o **Operation Desert Shield and Desert Storm: August 2, 1990 to present**

One of these must be true about your service

- You started on active duty before September 8, 1980, and you served at least 90 days on active duty with at least 1 day during wartime, or
- You started on active duty as an enlisted person after September 7, 1980, and you served at least 24 months or the full period of ordered active duty with at least 1 day during wartime, or
- You were an officer and started on active duty after October 16, 1981, and you hadn't previously served on active duty for at least 24 months

Veterans may collect (**Receive**) both VA pension and social security benefits, however, their annual income must remain within the annual income limitations set forth by VA.

To apply for this benefit, a **VA Form 21-527 must be completed** or if you have questions, you may contact me at (414) 902-5655 for any assistance.

Reminder: Applications for the annual clothing allowance are due to VAMC Prosthetics by July 31, 2023.

Thank You's

Dear Amera, Linda, and PVA-WI,

On behalf of the Milwaukee VA Fisher House we would like to extend our appreciation to you for your donation of shower kits and PVA-WI blankets. We would also like to thank you for coming to the Fisher House on April 19th, 2023 to provide a home cooked meal to the families staying with us. We appreciate your support and contribution in making this house a "Home away from Home" for all the families who come to stay.

Thank you again,
The Milwaukee VA Fischer House

Dear Paralyzed Veterans of America, WI Chapter,

As a team, we are committed to making a difference by supporting local, national, and global charities that have touched our lives or affected our loved ones in some way. We believe that it's essential to give back to our communities, and we want to do our part in raising awareness and funds for organizations like yours. Our team is made up of individuals with diverse backgrounds and experiences, and we have all been impacted by different causes. For some of us, it's about supporting organizations that help fight diseases like cystic fibrosis, provide supplies to resource-limited communities, or improve the lives of senior pets, while for others, it's about supporting charities that work towards ending abuse or homelessness. We take pride in our core values, which include to lead with integrity and be builders. We believe that it's important to not only talk about these values but also to live by them every day. That's why we host annual charity events to support organizations leading the way with similar values and integrity. We appreciate the work that your organization does to make a positive impact in our communities, and we hope that our donation can help support your efforts. Thank you for all that you do.

Please accept this charity donation from the Business Technology Solutions team at FORVIS.



PVA Scholarship team and Amera,

Thank you you much for your support in my schooling funding. I'm so excited to report that as of Dec. 2022 I graduated with my Bachelor of Science in nursing from UW-Madison. Without this last minute assistance I don't think I would have been able to graduate. I am incredibly grateful for your generosity.

**-Analise Ruiz
(Daughter to Santiago Perez)**


Both my team, the Sting, and my son Owen's, the Skeeters, got our butts kicked in every game we still came home with smiles and better skaters! All in all it was a great time and it was truly a unique experience being able to share it with him! Thanks again for helping this be fun and exciting weekend versus an expensive and stressful one.

- John Wild





Want To Improve Your Bowel Function?

A man wearing a ReWalk exoskeleton is standing on a wooden pier. He is holding two black walking sticks. In the background, there is a large ship and a bridge. The sky is clear and blue.

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 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.

Golden Age Games

The Golden Age Games were held in Iowa. Several PVA-WI members competed. Cecily Roland got silver medals for doubles in pickleball and Angela Walker received a gold medal for Air Rifle.



Brewer's Military Appreciation



I just wanted to take a moment and say thank you for granting our family tickets to be able to attend today's game. We had a wonderful day at the park made only better by a win.

Thank you for the hard work that went into making this event a success.
We appreciate it very much!

Activity



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

4TH OF JULY

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS
FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION
PARADE
REVOLUTION
RIGHTS

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

STATES
THIRTEEN
UNITED



RISE TO THE OCCASION in the **iBOT® Personal Mobility Device**



**Qualified Veterans can receive an iBOT® at NO COST
under VA FSS #36F79721D0202**

Contact your VA physician or therapist today

**MOBIUS
MOBILITY**



**1-833-3GO-IBOT
(1-833-346-4268)**



mobiusmobility.com



info@mobiusmobility.com

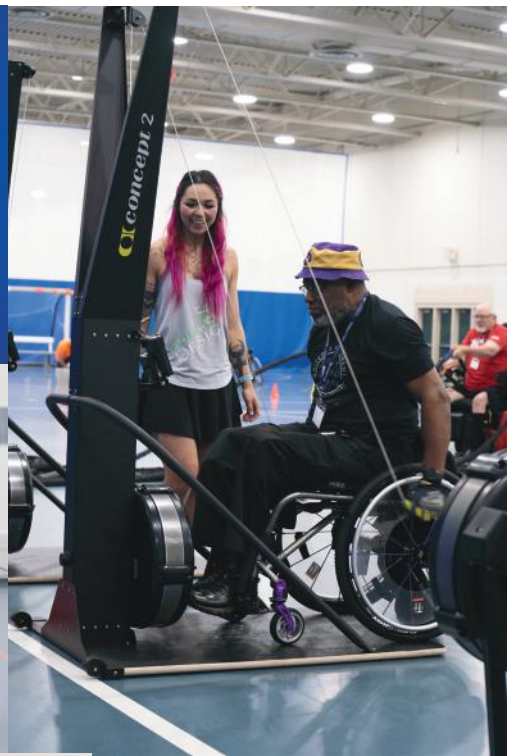


@mobiusmobility



ADAPTIVE SPORTS BOOTCAMP 2023







WE BRING THE VAN TO YOU!

SAFE. CONVENIENT. TRUSTED.



For nearly 50 years Rollx Vans has been providing Veterans Nationwide the safest most convenient way to purchase a wheelchair accessible vehicle.

We take great pride in serving those who served our country.



**SEARCH INVENTORY
SHOP ONLINE
FROM HOME**



**FINALIZE DETAILS
SKILLED STAFF
TO ASSIST YOU**



**FREE DELIVERY
TOUCHLESS
HOME DELIVERY**



**ENJOY YOUR FREEDOM
100% SATISFACTION
GUARANTEE!**

**Veterans get up to \$3000 off the purchase of your Rollx Van!
Call 800-956-6668 or visit us at rollxvans.com**

Wheelchair-Accessible Trails in Wisconsin

1. Bearskin State Trail – Oneida County

Known as one of northern Wisconsin's most scenic rail trails, the Bearskin State Trail stretches 18.4 miles. This year-round trail offers beautiful scenic features, including forests, creeks, natural springs, spruce/tamarack bogs, and wildlife. The Bearskin State Trail has flat, long straight stretches and is clear of steep gradients except at the "Pollnow Bypass." This is a small hill where the incline and decline are paved. For more information, call (715) 539-2035 or visit Bearskin State Trail, Wisconsin Trail Guide.

2. Horicon National Wildlife Refuge – Marquette County

The Horicon Marsh is one of the largest in the U.S., spanning over 33,000 acres. The Horicon Marsh is home to a 0.25-milelong boardwalk that is wheelchair accessible, with 300+ species of birds, red foxes, muskrats, frogs, bats, turtles, fish, dragonflies, and more! For more information, call (920) 387-2658 or visit Horicon National Wildlife Refuge | U.S. Fish & Wildlife Service (fws.gov).

3. Big Bay State Park – Ashland County

Big Bay State Park is located on Madeline Island and offers a 0.50-mile-long wheelchair-accessible boardwalk called the Lagoon Boardwalk. The path provides spectacular views of Lake Superior and is flat and well-marked, with wooden benches at several points. For more information, call (715) 747-6425 or visit Big Bay State Park | Wisconsin DNR.

4. Crex Meadows Wildlife Area – Burnett County

Crex Meadows Wildlife area features 30,000 acres of wetlands, forests, and brush prairies along a serene rolling landscape. There are two wheelchair-accessible hunting trails, a 540-foot trail through Abel Prairie and a 780-foot trail from the Visitors Center to a bridge over Dragonfly Pond. For more information, call (715) 463-2896 or visit Crex Meadows Wildlife Area | Wisconsin DNR.

5. High Cliff State Park – Calumet County

The Butterfly Pond Trail at High Cliff, State Park on Lake Winnebago, is a 0.4-mile and 0.7-mile paved loop. This wheelchair accessible trail features beautiful prairie, wetland, and forest ecosystems. For more information, call (920) 989-1106 or visit High Cliff State Park | Wisconsin DNR.

6. Kettle Moraine State Forest - Southern Unit – Jefferson/Waukesha/Walworth Counties

The Southern Unit of the Kettle Moraine State Forest features 22,000+ acres of lakes, kettles, prairie restoration sites, glacial hills, hardwood forests, and pine woods. This state park also has a wheelchair-accessible trail, the Paradise Springs Nature Trail, stretching 0.5 miles. For more information, call (262) 670-3400 or visit Southern Unit Kettle Moraine State Forest | Wisconsin DNR.

7. Kettle Moraine State Forest - Pike Lake Unit – Washington County

Named after the 522-acre spring-fed kettle lake, Pike Lake, the forest of Pike Lake Unit extends through southeastern Wisconsin to Lake Winnebago. This magnificent strip of glacial landforms features a 0.5-mile-long wheelchair-accessible boardwalk along the lakeshore. For more information, call (262) 670-3400 or visit Pike Lake Unit Kettle Moraine State Forest | Wisconsin DNR.

8. Kohler-Andrae State Park – Sheboygan County

When visiting Kohler-Andrae State Park, you will see miles of golden beaches and dunes, the crystal-clear water of Lake Michigan, pines, and tons of wildlife. Take the 0.25-mile Black River Marsh Boardwalk and read the signs to learn about the importance of wetlands while strolling past waterfowl and wetland plants, or take the 1.0-mile-long Woodland Dunes Nature Trail and learn about the types of trees this forested dune area has to offer. For more information, call (920) 451-4080 or visit Kohler-Andrae State Park | Wisconsin DNR.

Article continued on next page.

Wheelchair-Accessible Trails in Wisconsin Continued

9. Lake Kegonsa State Park – Dane County

Beside a 3,209-acre glacier-hewed lake lies Lake Kegonsa State Park. Take the 1.3-mile wheelchair-accessible trail, Prairie Trail, and experience why this trail is a favorite amongst bird watchers and prairie enthusiasts! For more information, call (608) 873-9695 or visit Lake Kegonsa State Park | Wisconsin DNR.

10. Mirror Lake State Park – Sauk County

Mirror Lake State Park features a beach and wetlands along a wooded shoreline with cliffs up to 50 feet high. The Echo Rock Trail is a 0.6-mile paved stretch that allows you to view the variety of wildlife Mirror Lake State Park offers. For more information, call (608) 254-2333 or visit Mirror Lake State Park Visitor Guide (mirrorlakewisconsin.com).

11. City & County of Milwaukee – Milwaukee County

The Wehr Nature Center covers 220 acres and has an accessible boardwalk to a deck on Lake Michigan. For more information, call (414) 425-8550 or visit Wehr Nature Center (milwaukee.gov).

The Oak Leaf Trail is 125 miles, and the trail system is primarily smooth asphalt. This trail is largely urban, although it runs along Lake Michigan's shores at several points. For more information, call (414) 257-7275 or visit Oak Leaf Trail (milwaukee.gov).

The Bugline Trail is a 15.6-mile asphalt rail trail. For more information, call (414) 257-7275 or visit Bugline Trail (Route of the Badger) | Wisconsin Trails | TrailLink.

Greenfield Park offers a 1.2-mile-long paved loop with opportunities to view wildlife and a lake. For more information, call (414) 257-7275 or visit Greenfield Park Trail: 246 Reviews, Map - Wisconsin | AllTrails.

You can view 12 garden spaces at Boerner Botanical Gardens, wheelchair-accessible with ramps. For more information, call (414) 525-5600 or visit Boerner Botanical Gardens (milwaukee.gov).

Advocacy

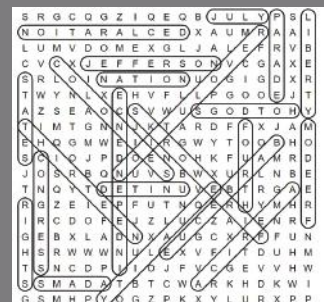
Urge your senators to support legislation improving access to VA Home and Community-Based Services!

PVA has learned that a Senate vote on legislation to greatly improve access to VA's home and community-based services (HCBS) is imminent.

In mid-February, the Senate Veterans' Affairs Committee advanced all but one provision of S. 141, the Elizabeth Dole Home Care Act, which makes sweeping changes to the way VA delivers HCBS to veterans. The approved language would, among many things, expand Veterans Directed Care and similar programs to all VA medical centers, create a pilot program to provide home health aide services for veterans that reside in communities with a shortage of home health aides; and require VA to establish a warm handoff process for veterans and caregivers who are discharged from or ineligible for the Program of Comprehensive Assistance for Family Caregivers.

The approved language was rolled into an omnibus of veterans-related provisions as a proposed amendment to S. 326 that would rename that bill the Elizabeth Dole Veterans Programs Improvement Act of 2023.

The amendment also retains language allowing VA to conduct and support research on the efficacy and safety of using cannabis to treat veterans with certain conditions, while adding provisions that would bolster mental health care for both veterans and their caregivers. The Senate is expected to vote very soon on whether to invoke cloture on S. 326. Advocates should immediately contact their Senators and urge them to vote "yes."



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 infloor 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.

+SPACIOUS

+STRONG

EFFICIENCY



TOYOTA SIENNA HYBRID

PERFORMANCE



HONDA ODYSSEY

CLASS



CHRYSLER PACIFICA

AJMOBILITY.COM
(888) 775-7750

A&J Mobility is a proud BraunAbility® dealer. We chose to work with BraunAbility® because they strive to achieve the highest safety, durability, and manufacturing standards.



A CUSTOM PERSONAL EXPERIENCE JUST FOR YOU

It is not about just getting a vehicle but getting the right vehicle just for you when it comes to automotive freedom. Call us at (888) 775-7750 for the custom personal consultation you deserve.

MILWAUKEE • MADISON • GREEN BAY • EAU CLAIRE • MANITOWOC

ALS & MS Resources

FYI: Emergency Preparedness for People with ALS from ALS Association

Emergencies and disasters can strike quickly and without warning, forcing people to leave or be confined in their home. For the thousands of Americans with ALS, emergencies such as fires, floods and acts of nature present a real challenge. It is important that people with ALS and their family members make plans to protect themselves in the event of a disaster. This needs to be addressed not only at home, but also when away from home, such as at work or on vacation.

First Step: Make the conscious decision to be prepared. It takes work, but it is worth it! The more you do, the more confident you will be that you can protect yourself when the time comes.


Second Step: Make a plan. The plan should include:

- 1) Know what kinds of disasters (especially weather/natural disasters) could happen in your area and consider what your environment might look like after one occurs.
- 2) Complete a personal assessment and personal support network of family, friends, relatives, neighbors, roommates and co-workers who could assist you at a moment's notice.
- 3) Make an emergency information list so others will know whom to call if they find you unconscious, unable to speak or if they need to help you evacuate quickly.
- 4) Compile a medical information list that contains the names and numbers of your doctors, your medications, dosage instructions, and any existing conditions. Make note of your adaptive equipment, allergies, and any communication difficulties you may have.
- 5) Keep at least a seven-day supply of medications on hand. Ask your doctor or pharmacist what you should do if you cannot immediately get more.
- 6) Identify evacuation routes and safe places to go during a disaster.
- 7) Keep a disaster supply (also known as a "go bag") kit in your home, car, workplace or anywhere you may spend your time. Include such items as food, feeding supplies (formula if you have a feeding tube), water, a first aid kit, adaptive equipment, communication board and batteries.
- 8) Show others how to operate your wheelchair (if possible, have a manual chair as a backup) or other assistive devices.
- 9) Work with local transportation and disability services (e.g., Paratransit, Independent Living Centers) to plan ahead for accessible transportation if you may need that for evacuation or other reasons during a disaster.
- 10) Keep in mind that during an emergency, you may need to explain to first responders and emergency officials that you need to evacuate and shelter with your family, service animal, caregiver, or personal assistance provider so they can provide the support you need to maintain your health, safety and independence.

Third Step: Be informed. Here are a few website with helpful emergency preparedness information:

Prepare for Emergencies Now: Information for People with Disabilities
http://www.ready.gov/sites/default/files/FEMA_Disabilities_R-6_web_june2012.pdf

Preparing Makes Sense for People with Disabilities and Other Access and Functional Needs
http://www.fema.gov/medialibrary/media_records/7028




MSFRIENDS®


PEER-TO-PEER CONNECTIONS

The MSFriends program connects you one-on-one with peers who understand MS. MSFriends volunteers are trained, focus on your needs and provide emotional support.

Benefits of an MSFriends Peer Connection

 Confidential, supportive conversations and a listening ear

 Connect with volunteers who understand MS

 Build your network of support

MSFriends Helpline



7 days a week
7 a.m.-10 p.m. MT

Connects you with volunteers living with MS for one-on-one peer connection via phone.

Call the Helpline:
1-866-673-7436 (1-866-MSFRIEND)

MSFriends Paired



Scheduled

Pairs you based on selected criteria for ongoing communication via phone, email or video.

Email PeerConnections@nmss.org to receive an application.


The MSFriends program is not intended to provide individuals with crisis support. If you are experiencing an emotional or mental health crisis, please call the National Crisis Hotline at 1-800-273-8255.

Other Ways to Connect

MS Navigator®

Professional staff

Information, resources and support




7 days a week
7 a.m.-10 p.m. MT

Self-Help Group

Trained volunteer

Community connection, group conversations



Scheduled

1-800-344-4867 | nationalmssociety.org/connectionsprograms

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 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.



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



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



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 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 votervoice.net/PVA/Campaigns

Especially now, we need your support.

Donate a car, truck or other vehicle. The process is easy, the pick-up is free, and your gift is tax-deductible.

[Give Today](#)

Paralyzed Veterans of America VEHICLE DONATION PROGRAM

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

LIVE TODAY — PUT IT AWAY!

Visit us at www.BeThereWis.com

Veterans Crisis Line



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



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.



Scan Here For Volunteer Opportunities



CaptianJohnDMasonProgram@mcw.edu



Paralyzed Veterans of America

Non-Profit
US Postage Paid
Milwaukee, WI
Permit No. 1092

Wisconsin Chapter

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



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	Heather Rehm	608-256-1901 ext. 18095
Tomah	Kristin Holloway	608-372-3971 ext. 61548

Printed by American Litho, 530 N 22nd Street, Milwaukee, WI 53233
To advertise in this quarterly newsletter contact Paralyzed Veterans of America - Wisconsin Chapter

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