

PVA-WI Hosts the 3rd Annual Adaptive Sports Bootcamp!



This past May, PVA-WI hosted our 3rd Annual Adaptive Sports Bootcamp, a thrilling event where Team Wisconsin prepared for the 2024 National Veteran Wheelchair Games with a fierce determination to conquer! The competitive spirit was high, and the athletes were ready to give their best.

The Adaptive Sports Bootcamp, a thrilling two-day event, brings together new and returning athletes from all around Wisconsin and Northern Illinois to participate in a diverse set of adaptive sports. These sports include boccia ball, disc golf, pickleball, bowling, and shotput, among other field activities. Participants also cycled on the Oak Leaf Trail and used various adaptive fitness equipment! Athletes maintain a rotating schedule to ensure participation in each activity, supported by certified coaches and trainers in each sport.

PVA-WI and our organizational partners WASA and GLASA are honored to provide this unique training opportunity for our athletes to learn from experts in their field while being supported to do their best. Most importantly, we are thankful to have provided an event that has significantly impacted our members: During this year's Bootcamp, PVA-WI members were asked, "What keeps bringing you back to the Adaptive Sports Bootcamp?" Tina Leet replied, "The camaraderie, competitiveness, and trying new things...it feels like you are with family." Another PVA-WI member said, "Adaptive sports give me something to look forward to when I wake up. It has helped me gain a new purpose in life."

We are deeply grateful to all our participants, partners, and volunteers for making this event a success. We want to give a special thanks to Gordy Bartholomew, Body by Design trainers Justin Plesnick and Kat Musni, Project Mobility Cycling staff, WASA and GLASA staff, Clement J. Zablocki VA Spinal Cord Injury Center staff, and the Milwaukee County Sports Complex staff. Please enjoy pictures from the third Adaptive Sports Bootcamp on pages 8 and 9.



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PRESIDENT'S REPORT

Dear PVA-WI Community,

I hope this letter finds you all in good spirits. I wanted to take a moment to reflect on the incredible accomplishments and events our chapter has experienced recently.

First and foremost, I'd like to highlight the success of our Adaptive Sports Bootcamp. This event provided an invaluable opportunity for our members to work with certified trainers who helped them prepare for the National Veteran Wheelchair Games. The dedication and commitment shown by both our members and the trainers were truly inspiring, and I am confident that their hard work will yield fantastic results at the upcoming games. I also want to express my heartfelt appreciation for our partners and staff, without whom these events would not be possible. Their unwavering support and tireless efforts have been instrumental in ensuring the success of our programs and initiatives.

In June, we successfully hosted our annual Trap Shoot Competition, which saw enthusiastic participation from our members. It was a joy to witness the camaraderie and sportsmanship displayed throughout the event.

Moreover, I am proud to share that our National Director, Scott Griffith, recently participated in the Advocacy and Legislation Summit, where they represented our chapter and fought for the rights and benefits of our members. Their dedication to our cause is commendable and deserves our utmost gratitude.

- All of these achievements have not gone unnoticed. I am thrilled to announce that both our staff and chapter have been recognized with awards for their outstanding work. This recognition is a testament to the passion, commitment, and
- excellence that define our organization. I encourage all of you to read this newsletter and learn more about these exciting developments. As always, I am incredibly proud to be a part of this remarkable organization and am grateful for each and every one of you.

Keep up the great work, and let's continue to make a positive difference in the lives of our members and the wider community.

Todd Drazy Board President

Officers

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National Director

Scott Griffith

Directors

Richard "Rick" Buth Peter Carrao Troy Kurczek Ken Matthews Michael Thomas

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Erinn Kulba Sam Gracz

WHO WE ARE

Staff

Amera Schaefer: Executive Director Brenna Frey: Advancement & Engagement Coordinator

National SVC Office

Brenda Stencil Call: 414-902-5655

Rehab Counselor

Doug Green MS, CRC

Office Hours

Monday-Thursday, 9:00 AM to 3:00 PM Friday, 9:00 AM - 2:00 PM Saturday & Sunday Closed 750 N Lincoln Memorial Drive, Suite 422 Milwaukee, WI 53202 414-328-8910

EXECUTIVE DIRECTOR'S REPORT

Dear PVA-WI Members.

It's been fantastic to see both new and familiar faces at our recent events over the past few months. Your participation and enthusiasm are what make our organization thrive!

Please remember to check your emails regularly, including your spam folder, for important content, event updates, and valuable resources tailored to all our members, including our sports, caregiver, women, MS, and ALS newsletters. If you plan on visiting the office, please call ahead to ensure someone is available to assist you. Also, please note that our staff will be working remotely from July 15th to 19th. Thank you for your continued support and involvement in PVA-WI.

Together, we can achieve great things!

Amera Schaefer, Executive Director



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 414-328-8910.

Scholarship Opportunity

PVA-WI has a scholarship program for our members and their families. 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 the QR code. These applications will be reviewed year-round on the first of every month. If you have any questions, please email aschaefer@wisconsinpva.org.

Scan the QR code to start your scholarship application today!



PVA National Convention

In an exciting turn of events, PVA-WI's National Director and Vice President, Scott Griffith, made his presence felt at the 78th Annual PVA National Convention held in Minneapolis, MN this past May. This prestigious event brought together the top brass of PVA and its associated chapters, fostering engaging panel discussions and thought-provoking conversations centered around the ever-changing needs of veterans grappling with spinal cord injury and disease. Notably, PVA-WI, in solidarity with its fellow chapters, proudly contributes funds to bolster research and education initiatives, underscoring their unwavering commitment to the cause.

The convention also served as a platform to recognize outstanding achievements, and Scott Griffith emerged as a shining star, being bestowed with the esteemed Richard Fuller Outstanding Achievement in Government Relations award. This well-deserved accolade celebrated Scott's tireless efforts in making parking within the UW system more accessible, a testament to his dedication to improving the lives of veterans. Moreover, PVA-WI had another reason to celebrate, as they were honored with a membership development award,

- acknowledging their success in expanding their membership base. This achievement was
- made possible through the chapter's proactive outreach efforts and the invaluable collaboration with Brenda Stencil, our National Service Officer. A heartfelt thank you goes out to Brenda for her instrumental role in this success story!



PVA-Wisconsin at Work





Adaptive **Fitness**



Brenda Stencil receives NSO **Award during the PVA Medical Services Site Visit.** Thank you, Brenda, for all that you do!







Milwaukee Urban Stables Program ()











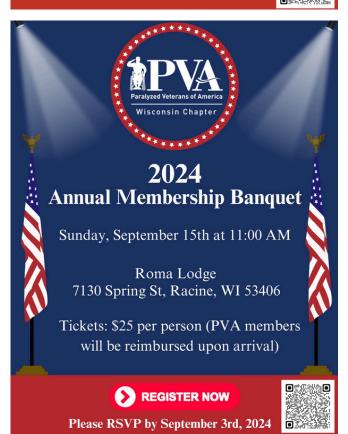
Upcoming Events

Please visit our website www.wisconsinpva.org for more information about these events.









PVA-WI Annual Election 2024-2025

PVA-WI is accepting nominations for the Board of Directors until July 31, 2024. In early August, the election ballots will be mailed to the voting membership for selection. Current PVA Board Members Ken Matthews, Todd Drazy, Richard Buth, and Troy Kurczek are up for re-election as their term ends September 30, 2023. Nominations are now being accepted. Please contact the office if you are interested in running for the board.

If you are considering running for an open position, you must successfully complete Paralyzed Veterans of America's Certification process. If the National Secretary has not certified you, your name can still 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 through PVA-WI.

Certification requires three items of proof:

- Citizenship (birth certificate, passport, immigration or naturalization form number)
- Active Duty Service in the Armed Forces and character of discharge other than dishonorable (DD-214)
- Medical proof of spinal cord injury or disease (physician's statement or medical records.

Please note - this process does take time, so make sure to allow enough time to complete the certification process. If you have questions, please contact the office at (414) 328-8910 or email info@wisconsinpva.org.

Secure Messaging with VA Healthcare providers

Use your mobile device to connect with your VA healthcare providers about non-urgent healthcare-related questions using your mobile device and take a more active role in maintaining your health.

- Watch this video for more information:
 - https://www.youtube.com/watch?v=IHLzNhy07r4





To access mobile app Secure Messaging:

- Log in to the VA Health and Benefits mobile app.
- 2. Select "Health."
- Select "Messages" to view your inbox, reply, or compose a new message.
- Select "Compose a Message" to send a new message.





ADAPTIVE SPORTS BOOTCAMP 2024







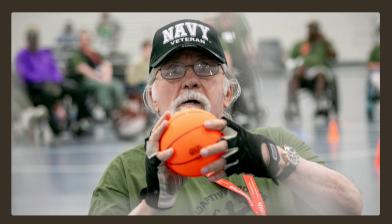




















https://www.adamsheaphoto.com

Photos: © Adam Shea Photography

National Service Officer Report

VA Burial Benefits

By Brenda Stencil, National Service Officer

The VA National Cemetery Administration honors veterans with a final resting place that commemorates their service and sacrifice to our nation.

National Cemeteries

All national cemeteries are maintained in perpetuity as national shrines. Memorial services at any VA national cemetery are provided at no charge to veterans, their spouses, and other eligible family members. VA memorial services include burial in a VA cemetery, inscribed headstone or marker, burial flag, presidential memorial certificate, and perpetual care of the gravesite.

Burial in a VA national cemetery or state veteran's cemetery is open to veterans, service members, spouses, and dependents who meet one of the following:

- Met minimum active-duty service requirements and discharged under conditions other than dishonorable, or
- Was a service member who died while on active duty, active duty for training, or inactive duty for training,
 or
- Spouses or surviving spouses, minor children, and, under certain conditions, dependent unmarried
- Adult children are also eligible for burial even if they predecease the veteran.

There are specific groups that may also be eligible. Review the specific groups at:

 $https://www.va.gov/burials-memorials/eligibility/?_ga=2.180234028.942593267.1718030414\\ 1392267324.1708618297\&_gac=1.245621296.1718225434.EAlalQobChMI7Y_VwPjWhgMvxGoPAh2bgQYnEAAYASAAEgKJ-fD_BwE$

Wisconsin National Cemeteries:

- Forest Hill Cemetery Soldiers' Lot, Madison, WI
- · Forest Home Cemetery Soldiers' Lot, Milwaukee, WI
- Fort Crawford Cemetery Soldiers' Lot, Prairie du Chien, WI
- Fort Winnebago Cemetery Soldiers' Lot, Portage, WI
- Mound Cemetery Soldiers' Lot, Racine, WI
- Northwoods National Cemetery, Harshaw, WI
- Wood National Cemetery, Milwaukee, WI

<u>Wisconsin State, Territory, and Tribal Veterans Cemeteries</u>

Many states have established state veterans' cemeteries and while most are funded by the VA, the states solely run their cemeteries. Wisconsin state residency is no longer required for burial at any of the Wisconsin Veterans Memorial Cemeteries.

WI State Cemeteries:

- Southern WI Veterans Memorial Cemetery, Union Grove, WI
- Northern WI Veterans Memorial Cemetery, Spooner, WI
- Central WI Veterans Memorial Cemetery, King, WI

Private Cemeteries

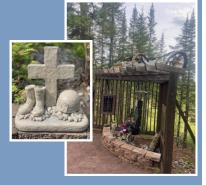
VA provides headstones and markers for the graves of eligible veterans in private and government cemeteries around the world. VA also provides a bronze medallion that can be affixed to an existing privately purchased headstone or marker. The medallion is furnished in lieu of a traditional government headstone or marker

Thank Yous

We would like to start by saying thank you to PVA-WI for donating to the Adaptive Outdoorsman. Veterans were able to spend all day Sunday and Monday enjoying the outdoors and riding UTVs. We rode for more than 220 miles and saw waterfalls, rode to Lake Superior, and stopped to pay respects to the memorial crash site of the B-47 that crashed up there in the 60s. Those five days were great! Veterans participated in activities such as bike rises, fishing from shore and pontoon, kayaking, and a track chair for people to use. Plus, all the great food and the evenings socializing. Once again, thank you to the PVA-WI and for everything you did for us - we had a great time! - Troy K.







Thank you for providing the opportunity for this program [Milwauke Urban Stables Equine Therapy]; everyone was super excited. They all had the best time ever, and I really thank the PVA for the opportunity
-Sam, VA SCI Rec Therapy

We went to our favorite Thai restaurant.

The meal was wonderful, and we had a lovely time. Thank you again for offering this great program [Entertainment Reimursement] for the vets.

-Mary Lou & Geoffrey Mumford



Activity



YVLMILITARYIXXEDEOPC KTQRBLUEXUHVQSMAGHGI CELEBRATELUXSPANGLED NDEPENDENCEDAYGGX XOCHREMEMBRANCEREAGD HUEDZQXVZFENOGQJBDZO WRLFZDYFKIMBEVIUIE TFLYEFXIRLRHKYFRJ HAAUGKONEPATRIOT ONGNVDAWWWUKHYNHASI DZOTOPWNBOVDBCT I G T T F V D Q R M G Y C H D A G V E UREELLEDKCZMFLMYZWP LARDRVKASMFLWREMCPR YTESPARADEUWYXESYHO LEDTAMERICANMADEATU DFGAEYDTQQUYHVEDDMD PGUHTSEQSTARSUZWXYOK CVLOEQOHEGKHORAULOYM DZGMSWWXSACRIFICEIVW

AMERICAN MADE INDEPENDENCE DAY **UNITED STATES** REMEMBRANCE SACRIFICE

FOURTH OF JULY

UNCLE SAM PARADE GRATEFUL

PATRIOTIC MILITARY CELEBRATE FREEDOM **BIRTHDAY**

RED WHITE **BLUE**

PROUD

STARS

STRIPES

FIREWORKS SPANGLED

FLAG





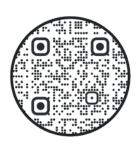
See answers at the end of page 22



Ekso Indego Personal

What is the Ekso Indego?

Ekso Indego is an FDA-cleared, powered exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries (level T3-L5) to stand and walk, offering a new level of independence.



Scan with your phone for more information on how you could receive your own Ekso Indego Personal.

Getting Veterans with SCI Back on Their Feet

A recently revised VA policy allows Ekso Indego to be issued to qualified veterans at no cost.*

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



Contact us to find out if you are eligible to receive an Ekso Indego at NO COST!

www.eksobionics.com/request-information/

ormation/



MS & ALS Resources

How to Manage Noisy Celebrations With MS

Why do we become sensitive to noise and crowds as a result of MS? The outcome of demyelination is the deterioration of myelin, the coating of our nerves. Even partial loss of the waxy coating results in amplification of sensations that are part of the signaling process. This explains why you may be jumpy when you hear sudden noises — you're neurologically more sensitive to them.

- 1. <u>Stay in</u>. If it's an option, why not? Summer celebrations can include a small barbecue, picnic at the beach, or decorating your home with flags and bunting. If you live near a parade route, you have the added pleasure of watching from your balcony, deck, or window in a comfortable chair out of the sun, without having to fight the crowds.
- 2. When staying in is not an option. What if your kids are on the Little League parade float, you are part of a volunteer effort at the local street fair, or you just love to watch the fireworks? Then pack earplugs or play relaxing music on noise-canceling earbuds to mitigate tinnitus.

3. Other survival tips:

- Sunglasses can be a good buffer for excess visual stimuli.
- A virtual map app of nearby public restrooms is a must-have if you're in a crowded public space.
- Don't forget to manage heat and hydration. Keep a bottle of water handy, use cooling gear, and carry a small misting fan if high temperatures are expected.

To read this complete article, please visit:



https://multiplesclerosisnewstoday.com/news-posts/2019/06/25/need-to-know-july-4th-edition-do-they-make-thunder-shirts-for-people-with-ms/

Connecting ALS Podcast



Get ready for summer with helpful tips and insights from the Connecting ALS podcast - check out their latest episode on planning the perfect summer vacation at https://connectingals.org/?s=summer

Listen to more episodes by visiting https://connectingals.org/podcasts/



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Please mention you saw this in your local PVA Chapter's Newsletter







Brown County Trap Shoot Competition

More photos coming soon on our Facebook!



















Team 1st place:

Team MN (Dough Eckhoff, Hank Ebert, Karl Olson, Scotty Poehler, John Murphy)

Team 2nd Place:

Team WI (Dave David, Kelley Prull, John Pilotte, Ken Buccholz, **Dale Nelson)**

> **High Overall:** Mike May

High Overall PVA Member: **Tom Richey**

Doubles - A 1st Place: Dave David

Doubles - C 1st Place: Jacob Lynch

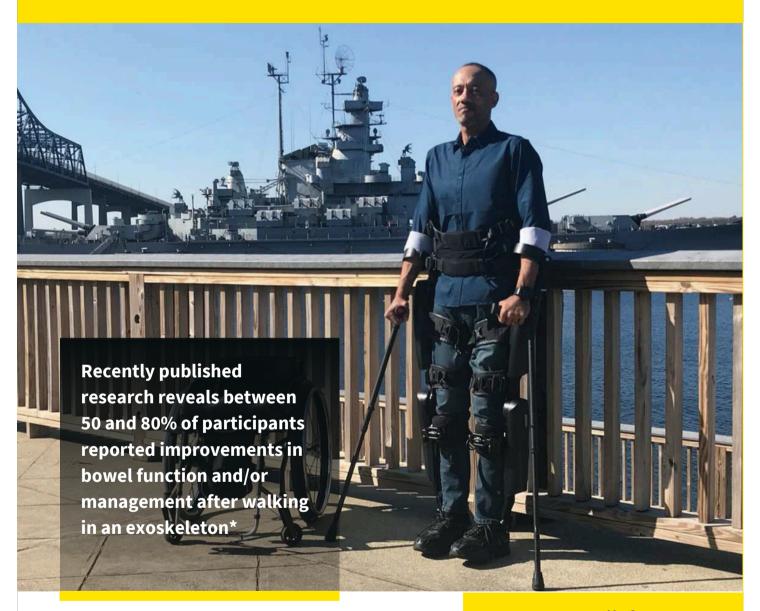
Singles - A 1st Place: **Brad Prull**

Singles - B 1st Place: John Pilotte

Singles - D 1st Place: **Karl Olson**



Want To Improve Your Bowel Function?



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.

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National Service Officer Report Continued

Pre-need Burial Eligibility

Planning in advance for a veteran's or loved one's final resting place can eliminate unnecessary delays and reduce stress on a family at a difficult time. The VA will make an eligibility determination for burial in a VA national cemetery. To establish eligibility, you may provide the DD Form 214 (Discharge Certificate), which shows periods of active duty service and characterization of discharge. You should advise your family where your discharge documents are kept. You may apply online at: https://www.va.gov/burials-and-memorials/pre-need-form-10007-apply-for-eligibility/introduction.

Burial Allowance

Flat-rate monetary benefits are generally paid at the maximum amount for an eligible veteran's burial and funeral costs. The VA does not pay for cremation directly.

Service-Related Death:

 If a veteran's death is service-connected, the VA will pay a burial allowance of \$2,000 for deaths on or after September 11, 2001. If the veteran is buried in a VA national cemetery, some or all of the cost of transporting the deceased may be reimbursed.

Non-Service Related Death:

- Non-service connected burial, (if hospitalized by VA at time of death), the VA will pay a burial allowance of \$796.00.
- Non-service connected burial (if not hospitalized by VA), the VA will pay a burial allowance of \$300.00.

Note: A claim for non-service connected burial allowance must be filed within two years after the veteran's burial or unclaimed remains.

Burial Benefits for Veterans and Their Families and Memorial Items

The following links will send you to "The Burial Benefits for Veterans and Their Families". This is an informative guide to help prepare for the future and describes the Presidential Memorial Certificate (PMC), headstones, markers, medallions, plaques, and urns.

- https://www.va.gov/survivors/docs/NCAQuickGuideADA.pdf
- https://www.va.gov/burials-memorials/memorial-items/headstones-markers-medallions/
- https://www.cem.va.gov/hmm/types.asp#Urn-Plaque

The Military Honors Program is by request. More details provided at:

https://dva.wi.gov/Pages/memorialsBurials/MilitaryFuneralHonors.aspx

What if you need help?

Contact your National Service Officer, Brenda Stencil at (414) 902-5655 or email brendas@pva.org.



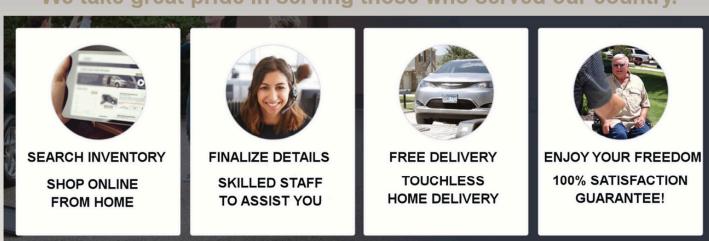
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PVA-WI's MS Walk Participation



PVA-WI participated in three Walk MS events this year in Brookfield, Milwaukee, and Racine. We would like to give a special thanks to Mark Rose [MS Point of Contact] for participating in the Walk MS Milwaukee and Brookfield!



We Want Your Feedback!



1. Caregiver Registration Form

If you have a caregiver, please complete PVA-WI's Caregiver Registration Form for your caregiver, or have your caregiver complete this form. You can do so by scanning the QR code, or visiting: https://forms.office.com/r/XLhLnMpc41?origin=lprLink.

2. Member Satisfaction Survey

Please complete the PVA-WI Member Satisfaction Survey. You can do so by scanning the QR code or visiting:

https://forms.office.com/r/EFxRFv0qfB?origin=lprLink





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.



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



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



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-qiving



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 th search bar.

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



SAFE STORAGE OF FIREARMS -

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

FACT: afe 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.





Crisis Line

Veterans

1-800-273-8255 PRESS ①

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



WWW.BETHEREWIS.COM

Captian John DM as on Program @mcw.edu

Scan Here For Volunteer Opportunities







Wisconsin Chapter

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







Iron Mountain

Madison

Tomah



SPINAL CORD INJURY SERVICE INFORMATION

These resources are available statewide, to all qualified Wisconsin residents. Please call 414-384-2000 or 888-469-6616 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	Patient Advocate	42604
Occupational Therapy	41126	National Service	414-902-5655
Badger Team (Social Worker)	41841	Packer Team (Social Worker)	42244
Pharmacy	42083	Packer & Badger RN	41236
Admissions ER	41885/41886		
Wisconsin VAMC			

906-774-3300 ext. 31378

608-256-1901 ext. 18095

608-372-3971 ext. 61548

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