



**Paralyzed Veterans  
of America**

**Northwest Chapter**

**Volume XLII Issue 6**

# **NORTHWEST OUTPOST**

**August/September 2019**

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*The Moving Wall at Medical Lake June 13-16, 2019.*



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## ***Our Mission***

*The Paralyzed Veterans of America, a congressionally chartered veterans service organization founded in 1946, has developed a unique expertise on a wide variety of issues involving the special needs of our members-veterans of the armed forces who have experienced spinal cord injury or dysfunction.*

*PVA will use that expertise to be the leading advocate for:*

- *Quality health care for our members,*
- *Research and education addressing spinal cord injury and dysfunction,*
- *Benefits available as a result of our members' military service,*
- *Civil rights and opportunities which maximize the independence of our members.*

*To enable PVA to continue to honor this commitment, we must recruit and retain members who have the experience, energy, dedication, and passion necessary to manage the organization and ensure adequate resources to sustain the programs essential for PVA to achieve its mission.*

*The Northwest Chapter Paralyzed Veterans of America (NWPVA) a member chapter of Paralyzed Veterans of America accomplishes it's mission by coordinated efforts through programs that:*

- *Provide opportunities for health promotion, recreation, employment, sports and recreation, service and camaraderie for paralyzed veterans;*
- *Elevate society's information level about the attitudinal, physical and legal barriers that confront persons with disabilities in order to influence the removal of those barriers;*
- *Advocate for and monitor the delivery of high quality and appropriate health care benefits and service;*
- *Cooperate with and seek the support of other groups and individuals that share NWPVA's objective;*
- *Educate the public with the current and ongoing needs and current and past contributions of America's veterans.*

### **NWPVA Officers**

President-Robert Brush  
Vice President-Thomas Bungert  
Secretary-Skip Dreps  
Treasurer-Aaron Hastings  
National Director-Michael Partridge

### **NWPVA**

#### **Board of Directors**

Russ Norris, Joe Sapienza,  
Terry Chenoweth, Weldon Lee,  
Michael Partridge, Andrew Bechtle,  
Robert Clinton, Fred Margiotta,  
Matthew Mickunas

### **NWPVA Appointees**

Sports Director-Russ Norris  
Membership & Advocacy Director-  
Thomas Bungert  
Seattle VAWS-Weldon Lee  
Outpost Editor-Lisa Lawrence  
Legislative & Government Relations  
Director-Mike Partridge  
Seattle VA Hospital Liaison-  
Robert Brush

### **Staff**

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Robert Brush

## The Gift of Patriotic Love



**H**ow did the Northwest Chapter Paralyzed Veterans of America (NWPVA) become selected for the donation of a restored 1981 Chrysler Imperial? The answer is our

mission is most closely aligned with the purpose of the donation: to empower disabled veterans to a better quality of life. We will use this car as our parade vehicle and mentor new paraplegic veterans every year to drive in the annual Auburn Veterans Day Parade, where we are traditionally the lead organization. Not only will it introduce a newly injured disabled veteran to experience a welcome home event, they will be able to drive this car with hand controls in the parade, and I will be able to ride down the mile long route while waving to thousands that cheer thank yous, and we say, 'You're welcome; we would do it again for you. We love you too!'

Therefore, the gift is monumental and a cool car like this 'Midnight Special', can help attract patriotic attention to the benefits of being a good citizen.

This restored classic will begin another life as it travels with us in enlightening a new generation that a grateful community, like LeMay Car Collections Volunteers and Washington State that honors those who serve in uniform, and are proud of being patriotic citizens in a community where the people say, 'Thank you for your service!'

This donated car is an act of patriotic love, like military or community service. It will be treated with care at NWPVA and passed down through generations of paralyzed veterans who are able to give back a nation's kindness by continuing to serve their community. The Greatest Race is to keep our country safe continues with acts of love like this beautiful car, restored like a disabled veteran, to drive on and keep on serving a county we all love together.

On a sad note, we lost our former Chapter Secretary LTC (retired) Gary Lieberg due to illness at the Retsil Soldiers Home. Our prayers are with his family.



**1981 Restored Chrysler Imperial**

## Brent King Team River Runner and Skifest



**T**eam River Runner (TRR) in Spokane has moved into its summer schedule. It's been an experience to transition from the indoor pool at Eastern Washington University to beautiful

bodies of water in the NW. So far TRR has hosted two outings on Bear Lake and two nice floats down the Little Spokane River.

These trips would not be possible without the dedicated volunteers, kayaks and adaptive gear that is specific to each Veteran's needs and disability. We are lucky to have many avid kayakers and canoe supporters that are physical therapists along with student recreational therapists from EWU.

Several of us are wheeled quite a distance down a trail to the river on our Little Spokane River treks. You can see our NWPVA board member getting ready for a ride on the river. There are also adaptive trans-

fer benches that can be utilized when needed.

TRR is one of the groups NWPVA sponsored this year. A stable fishing kayak was purchased along with gripping gloves for higher injuries or participants missing hands to assist in holding onto the oar/paddle while kayaking.

The NWPVA also sponsors St. Luke's Rehab. SKIFEST that takes place on Clear Lake, WA. There were 175 people present at the lake with many first-time participants. Our contribution to the event allowed 20 disabled skiers to participate that would not otherwise have the financial means to join in on the fun weekend. A catered BBQ truck was also brought in with our donated funds. This allowed staff and volunteers to focus their energy toward the event and the participants.

There's always more room for more Disabled Participants in both of these activities! Please get a hold of Brent King at 509-939-4878 if you'd like to join.





# NWPVA Recognizes Starbucks

Since 2013 each time Starbucks hires a person who is a veteran or a military spouse, that person gets their name on a silver, round little disc, honoring them. Starbucks has been in the news because they have a hiring goal of 10,000 veterans (that included all veterans and military spouses combined); then 20,000; then 25,000; and today they met their goal and set a new goal of hiring 5,000 more each year.

At the Starbucks headquarters, the names of thousands of veterans and military spouses who work for their company is engraved on medallions on our military honor wall next to the words, "There are heroes among us." Like most veterans, they don't see themselves as heroes; to them, serving our country is just part of who they are. But at Starbucks, they are valued for the strengths they bring-leadership, teamwork, loyalty, and a drive to be part of something larger than them.

Today, there are 16 chapters of their Armed Forces Network (AFN) across the country. They have also dedicated 50 Military Family Stores, typically located by bases and heavily staffed by veterans and military spouses. Veterans and spouses in all their stores wear patriotic aprons that spark connections between them and customers. Their veteran-led efforts identify service projects that lead to connections-and retention. And, when Starbucks realized that

those in the Reserves and National Guard were using their vacation time to serve, they started paying them for their service time.

NWPVA has been honored to partner with Starbucks AFN from supporting veteran events like the Moving Wall recently in Medical Lake, WA, our Annual Golf Tournament, Growing Veterans projects, and VA Puget Sound's Annual Research Week to helping a Burien Block Watch celebrate National Night Out, a community event.

Brent King, our Executive Director, presented Starbucks in Airway Heights, WA that supported The Moving Wall for 5 days last month with an award on July 25th when their store became one of the 50

dedicated Military and Veteran Family Starbucks located near Fairchild Air Force Base in Spokane, WA.

Last year we presented Starbucks AFN with a trophy to display in their headquarters where there are over 20,000 names of veteran and military family members who are employees displayed to honor their service. Every day we thank Starbucks for being a member of our military/veteran family and continue to direct our family members who are looking for more than just a job to Starbucks. It is a company that truly recognizes the extra value of hiring someone who served a greater cause than themselves.



**Brendan McCornack, Starbucks store manager of Airway Heights, WA with NWPVA Executive Director Brent King.**

## Golf Tournament Cancelled

President Brush has made a decision to cancel the NWPVA Golf Tournament scheduled for August 17, 2019 at the American Lake Golf Course due to lack of pre-registrations. He determined it was not cost effective to host the tournament as scheduled.

A future Chapter Golf Tournament will be discussed at the Chapter Budget Meeting on August 9, 2019 and presented to the Board on September 11, 2019 at our next scheduled meeting.

The Chapter will host the three active duty members, and one volunteer who pre-registered for a round of golf with President Brush to express our thanks for their support.

## Memorial Service for Gary Lieberg

Gary's friends informed us recently that Gary was already buried with a memorial service. However, they asked to use the Chapter Office on August 10, 2019 from 3-5 pm to hold a gathering of his local friends to remember his life and contributions. Chapter members are encouraged to attend.

## Chapter Elections

Don't forget to vote for your next year's leadership team. The ballots are due no later than August 30. So please send them in.

## The Passing of a Pioneer

Norris Haring, a University of Washington professor, celebrated pioneer of special education and fierce disability rights advocate, has died. He was 95.

At a time when kids with special needs were often institutionalized or refused enrollment in schools, Mr. Haring helped build the UW's Experimental Education Unit, a school, in 1967. The school, still in operation today, became one of the first in the country to demonstrate that students with disabilities could learn especially when integrated with their typically developing peers. The research he and his colleagues conducted while running the school influenced the 1975 federal law that guarantees students with disabilities a right to "free and appropriate" education.

## SCI Quadriplegic Breakthrough

VA doctors are among a team of researchers at the Cleveland Functional Electrical Stimulation Center restoring respiratory muscle function to Veterans and individuals with spinal cord injury (SCI). Doctors Anthony DiMarco and Krzysztof Kowalski developed the first method in the world that can activate expiratory muscles (abdominal and lower rib cage muscles), using minimally invasive techniques.



## PVA Site Visit By: Robert Brush

**P**VA is planning their annual Site Visit in September. They have scheduled a meeting with the Chapter members at the Chapter Office to discuss medical delivery issues prior to their review of the hospital.

Last year we were able to identify a problem for the Site Visit team and work to resolve the problem: a new wheelchair recreation van. For years the Hospital did not have one, but last year it was identified as a recommendation for the VA to resolve.

We helped.

Through a generous grant we targeted its first priority in purchasing a 5 passenger RamProMaster 3500 for SCI/D that was delivered in June. Eddie and Amanda Rivera from *Absolute Mobility* saved us \$10,000 and worked with SCI to adapt the vehicle to their specifications.

This year's priority is on hiring housekeeping and engineering staff to help clean, repair and install equipment. A good example of needing support staff is last year we purchased 2 swimsuit dryers for the rehabilitation pools at the VA's request. They were purchased in February and a work order to install them is still pending.

ing. Housekeeping and Police services are staffed at about 50%.

We can help again with establishing a volunteer parking enforcement force to discourage veterans who are not eligible to park in SCI/D spaces to use alternatives and free up about half the designated spaces for those who are qualified to use them.

Working together with the PVA Site Visit Team and the VA will help enhance our health care. It is in your best interests to attend the Chapter Site Visit Team meeting and help those who help us make our hospital better place to be.





## WASHINGTON UPDATE

*Recent news regarding legislation and regulatory actions affecting veterans and people with disabilities.*

Written and produced by Paralyzed Veterans of America - Government Relations Department

Volume 25, Number 5

# Housing Adaptation Legislation Moving Forward In The House

**O**n June 26, H.R. 3504, the “Ryan Kules Specially Adaptive Housing Improvement Act of 2019” was introduced in the House. The following day a nearly identical bill, S. 2022, the “Paul Benne Specially Adaptive Housing Improvement Act of 2019” was introduced in the Senate.

PVA helped develop this legislation which increases the number of times veterans can use the Specially Adaptive Housing (SAH) grants from three to six, raises the overall amount of the Specially Adapted Housing grant to \$98,492, provides a supplemental grant in certain cases where a veteran has exhausted all of his or her benefit, and allows VA to give priority to veterans who are terminally ill, to include any veteran diagnosed with Amyotrophic Lateral Sclerosis (ALS). The House Veterans’ Affairs Committee (HVAC) held a legislative hearing addressing a draft of the bill on June 22.

Amendments were added to the House version of the bill prior to its approval on July 11 by HVAC. They include:

- Allowing blinded veterans who have not lost use of a leg to be eligible for the SAH grant;
- Allowing certain preparatory courses as programs of education for purposes of VA’s educational assistance program; and
- Expanding eligibility for the Fry Scholarship to children and spouses of certain deceased members of the Armed Forces.

PVA submitted written comments on a number of the bills such as H.R. 485, the “Veterans Reimbursement for Emergency Ambulance Services Act,” which seeks to make reimbursement for emergency ambulance services consistent with how VA reimburses for other emergency medical services. PVA endorsed this legislation because we believe no eligible veteran should ever have to worry if VA is going to reimburse them for the cost of transporting them to the closest and most appropriate medical facility that is capable of treating their condition.





# NWPVA: Our Mission Is PEACE By: Skip Dreps

**W**ork is love made visible and I do love what we do. Our work is service to you: the veteran community, military family, disabled population, and our fellow citizens, and it shows. Our fingerprints on every accessible sidewalk with a curb cut; T Mobile Park; Century Link Field; Benayora Hall; CINERAMA; trains; airports; planes; and even cruise ships. You name it, we can show you how it should be for all people to access equally. And if you call for help, we haul with speed.

We do it through **PEACE**, an acronym, that represents our mission:

*Provide opportunities for health promotion, employment, sports,*

*recreation, service and camaraderie for paralyzed veterans;*

*Elevate society's information level about the attitudinal, physical and legal barriers that confront persons with disabilities in order to influence the removal of those barriers;*

*Advocate for and monitor the delivery of high quality and appropriate health care benefits and service;*

*Cooperate with and seek the support of other groups and individuals that share NWPVA's objective;*

*Educate the public with the current and ongoing needs and current and past contributions of America's veterans.*

I had the honor recently of editing the biographies of our Officers'

and Board of Directors' statements for this year's election to accompany the 2019-2020 ballot. I was humbled with viewing an accumulated experience of more than a 150 years of military service; over 200 years of Chapter leadership service; decades of veteran advocacy at the local, state, and federal levels; and high levels of achievement both in their military and civilian lives before coming to NWPVA: leaders and mentors all.

We are the Northwest Chapter Paralyzed Veterans of America (NWPVA) and I love what we do together for you. Help us help each other and spread the love through **PEACE**.

## Went to a Garden Party

**M**att Micknus has taken dirt therapy to a new level. He requested funds for an accessible garden at the Orting Veterans Soldiers Home and Colony. It turned out to be a garden party and a wonderful way to work together to produce something good to eat.

During the gardening veterans bond. We call it dirt therapy. It is a form of peer counseling where everyone learns a little something about gardening and each other.



## The Moving Wall By: Skip Dreps

**N**WPPVA volunteered to be Gold Medal Sponsor at The Moving Wall in Medical Lake, a patriotic town in eastern Washington State. We went all in as a team of us travelled from Seattle to Idaho to spend days in hot weather providing this part of the world the experience of bringing a 50% replica of the Vietnam Veterans Memorial across the country.

Thousands came and bands, speeches, tears, meeting old friends and making new ones, filled every day.

The day we helped set up The Moving Wall took a team of 20 volunteers to move the panels

into a level frame. Twenty more to set up the decorated walk way. A 100 volunteers who made flowers and guided the visitors to discover its history or to find a specific name of one of The Fallen and help make a pencil etching to take home. Starbucks provided the coffee that fueled our camaraderie and kept the pep in our step 12 hours a day.

Just before the Opening Ceremony I made one last pass through to appreciate the effort and walk on sacred ground. On the end of my pass I looked back and saw what I dreamed would happen if we were successful from the start: a small boy was kneeling before the headstone reading slowly the plaque. As I watched, his younger brother came and saw, and knelt too to

hear his older brother read out loud.

I could see the soldier in them. I remembered me as a young boy being introduced to the American way of life by a veteran of the Great War. I could see they were becoming patriots too. They slowly arose and walked away, hand-in-hand staring at all the names.

NWPVA went to Medical Lake and came home with a Gold Medal experience of knowing that we helped continue our mission to help educate our community of the contributions of military service in preserving our safety at the risk, and sometimes sacrifice of life because we love this country.

## Gone Fishing

**M**att Micknus went fishing with some friends. He advocated that NWPVA increase its support of the residents at the Orting Soldiers Home and Colony and the next thing we heard was 'I caught my first fish'. It was uttered in joy by a resident who caught a 5lb salmon.

She wasn't the only one with a landed fish. Everyone else did too and Matt lead the whole event. The look on the residents faces is priceless. Our donation was well spent and our thanks goes to Matt who provide the inspiration, leadership, and commitment to make Orting a better place to be.

Matt was a US Army Sergeant First Class. Now Matt is a First Class volunteer as an example of NWPVA's commitment to serve veterans. When Matt is gone fishing, we know he is making a positive difference in the lives of our veteran brothers and sisters.





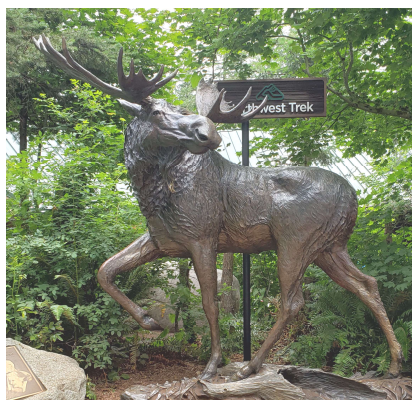
# We Had a Great Trip All By: Matthew Mickunas

**I**n late June NWPVA hosted and paid all fees for a number of Veterans living at the Orting Soldiers Home "To a Day at Northwest Trek". Northwest Trek Wildlife Park is dedicated to conservation, education and recreation by displaying, interpreting and researching native Northwest wildlife and natural

habitats. NWPVA cannot do it alone, we supported the help of volunteers consisting of Veterans, The Boy Scouts, and WDVA staff.

It went off perfect on a beautiful sunny day, we rolled down to the bottom of the Trek and were loaded onto a onsite tram that took us throughout the free range of animals to include elk, bison, moose, ram, mountain goats, deer

and many more species. We then gathered up the group for some KFC lunch provided by NWPVA, and made plans to tour the remaining protected fenced areas of bears, wolves, cats & birds. After a great day we all got together for some great photos and now will have some long lasting memories. For more information on The Northwest Trek, visit their website at [www.nwtrek.org](http://www.nwtrek.org)



# Implementation of New VA Community Care Program

By: Morgan Brown, PVA Legislative Director

**T**he VA MISSION Act, which was signed into law last year, will dramatically change the way VA delivers health care. The Act's main provision makes it easier for veterans to get care outside of the VA system by streamlining the Department's seven community care programs into one called the Veterans Community Care Program (VCCP). The VCCP is slated to go into effect on June 6th.

There are several ways a veteran could become eligible for the VCCP and those already in the Choice program will be grandfathered into the new program.

Others may be eligible if needed services are unavailable; they reside in a state without a full-service VA medical facility; it's in their best medical interest; or, if they need a level of care from a VA medical service line that the Department knows it cannot provide in a manner that complies with VA's standards for quality. The sixth potential point of entry, known as access standards, will be based on average drive time and appointment wait times.

PVA is still wary that VA's IT systems may not be fully ready for the VCCP's scheduled launch date of June 6th. However, we remain committed to helping VA and Congress make it work so the new

program can achieve its intended goal of ensuring veterans have access to high quality health care.

If you are currently receiving a portion of your health care through a VA community health care provider (i.e., the Choice program), we would like to hear from you! Are you satisfied with that care or are you encountering any problems? Your timely responses could help PVA make recommended improvements to the VCCP, so please send them to Morgan Brown, PVA's National Legislative Director, at [MorganB@pva.org](mailto:MorganB@pva.org).

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## Something New is Coming Soon

By: Skip Dreps

**T**he Department of Veterans Affairs (VA) is gaining recognition for its reimagined and redesigned approach to health care. A March special issue of *The Journal of Alternative and Complementary Medicine* (JACM) takes a closer look at VA's Whole Health approach and the challenges and successes that come with this transformation.

VA is incrementally, but dramatically, changing its sizeable health care system and the way it cares

for millions of Veterans annually. More than just illness, Whole Health considers the full range of physical, emotional, mental, social, spiritual, and environmental influences in Veterans' lives. This is particularly important when Veterans are dealing with complex issues such as pain and the invisible wounds of war.

The Whole Health model practiced by health care professionals and Veterans in 18 pilot 'flagship' facilities across the country as they move from "find it, fix it" disease care to one guided by the individ-

ual needs of the Veteran. Puget Sound VA is not one of the flagships, but soon will be integrated into the 'fleet' under VA Portland's 'flagship' leadership.

We should anticipate within the next few years to see Whole Health as part of SCI's Annual Evaluations.





# Other-Than-Honorable Benefits By: Michael Killen

## OVERVIEW

- WHAT ARE THE NEW SERVICES OFFERED TO OTHER-TAN-HONORABLE FORMER SERVICE-MEMBERS?**

Previously, the VA could authorize and deliver emergency mental health care to former servicemembers who had been discharged on other-than-honorable terms and whose eligibility for full VA benefits had not yet been determined. This authorization was limited to crisis mental health care and expired after some period.

The new benefit that passed into law in 2018 allows qualifying former servicemembers with other-than-honorable discharges to receive indefinite mental health services through the VA even if they are not otherwise enrolled in VA healthcare. This expansion of benefits stems from a recognition that some of those other-than-honorable discharges may have been precipitated by untreated mental illness. (See ELIGIBILITY section)

- DOES THE NEW BENEFIT INCLUDE SUBSTANCE USE DISORDER (SUD) CARE?**

Yes, addiction and substance use disorder treatment, including hospitalization and inpatient rehabilitation, is covered under the expanded mental health benefit.

- DOES THE NEW BENEFIT INCLUDE GENERAL MEDICAL CARE?**

General medical care is only covered if it is linked to an underlying mental health condition. Treatment of unrelated illnesses like the flu is not part of the benefit.

- WHAT DO I DO IF I AM EXPERIENCING A MENTAL HEALTH CRISIS NOW?**

You should seek medical attention immediately, and a staff member will escort you to the Emergency Department for evaluation. Your well-being takes precedence over eligibility concerns, and VA has multiple mechanisms to ensure that emergency mental health care is accessible and not financially burdensome.

- WHAT DO I DO IF I DEVELOP SEVERE MENTAL HEALTH CONCERNS AT HOME?**

In an emergency, dial 911. Otherwise, go to the nearest emergency room or call the Veteran Crisis Line at 800-273-8255 option 1.

## ELIGIBILITY

- Who is eligible to receive the expanded other-than-honorable mental health benefit?**

Assuming you hold an other-than-honorable discharge and are NOT currently enrolled in VA healthcare, then additional qualification criteria include ALL of the following:

- Must have served in the Armed Forces (includes duty as a reservist)**
- Must NOT have received a dishonorable, bad conduct, or general court-martial discharge**
- Must have served for more than 100 days and deployed to a combat theater OR suffered military sexual trauma regardless of combat deployment**

- WHO IS INELIGIBLE TO RECEIVE THE NEW BENEFIT?**

Any former servicemember holding dishonorable, bad conduct, or general court-martial discharge is ineligible to receive the new expanded mental health benefit.

- WHAT HAPPENS IF I AM DETER-**

### MINED TO BE INELIGIBLE?

An ineligible former servicemember in mental health crisis can receive emergency treatment and stabilization through the VA; no one will ever be turned away. Once stabilized, then transfer into the community will be explored. VA services received by ineligible former servicemembers will be billed at a reduced Humanitarian rate.

- WHO DO I CONTACT FOR MORE INFORMATION OR TO CONFIRM ELIGIBILITY?**

Call or visit the Eligibility, Enrollments, and Benefits Office where a representative can answer questions, walk you through the eligibility determination process, and submit any paperwork on your behalf.

### ELIGIBILITY, ENROLLMENT, AND BENEFITS OFFICE CONTACT INFORMATION:

Seattle Location: Building 100 Room 210 across the lobby from Central Registration

American Lake Location: Building 81 Room 1052 in the main clinic building

Local Telephone Help Line: 800-329-8387 option 1 extension 76542

National Telephone Help Line: 877-222-8387



## NWPVA Team at 39th Annual NVWG



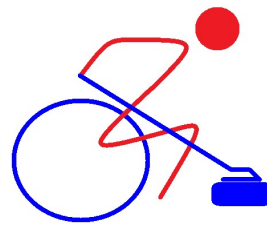
## 4th of July Celebration

**N**WPVA was excited to help host 4th of July celebration at Washington's Soldier Home in Orting.

NWPVA was on site once again to offer our selfless service, gratitude, and emotional support. Fall off the bone ribs, burgers, corn on the cob and so much more was served. The music was rocking as residents, friends and family ate great food, visited their military loved ones and celebrated the 4th of July.







# ADAPTIVE CURLING CLINIC

Join VA Recreation Therapy & the Granite Curling Club

Saturdays from 12:30-4:00

Granite Curling Club

1440 N 128th St, Seattle, WA 98133

Registration through RT is Required

THIS OPPORTUNITY IS FREE

9/28/19

2/29/20

11/2/19

4/11/20

12/21/19

5/23/20



If interested, contact

Vance Pease:

[vance.pease@va.gov](mailto:vance.pease@va.gov)

or 206-277-1648

Availability is Limited

# August

- 9th Budget Meeting 12:00 Noon
- 10th Gary Lieberg's Memorial Service 3-5 pm
- 21st Annual Picnic  
Riverview Park  
2901 Maple Valley Highway  
Renton, WA  
12:00 Noon



# September

- 2nd Labor Day
- 11th Chapter Membership/BOD Meeting  
12:00 Noon Chapter Office  
SCI Ward Pizza Party 5:00 PM
- 15th Annual Installation Banquet
- 16th PVA Site Visit
- 23rd Autumn Begins



## NWPVA Annual Picnic

Join us for fun in the sun (or rain) at Riverview Park along the Cedar River for a grand picnic. It's free to all members and guests. Just let us know how many are coming.

**Wednesday, August 21, 2019 12:00 Noon**  
**Riverview Park, 2901 Maple Valley Highway**  
**Renton, WA**

**From 1-405 North:** Take Exit #4 (Maple Valley Hwy/Bronson Way) towards Maple Valley Highway. At the bottom of the exit, turn right onto Maple Valley Highway. Drive 1.1 miles-park is on the right.

**From 1-405 South:** Take Exit #4 (Renton/Enumclaw). Follow the signs towards Enumclaw. At the second light, turn left under 1-405 onto Maple Valley Highway. Drive 1.1 mile-the park is on the right.

**Call the Chapter Office for reservations 206-241-1843.**





## FREE

The Chapter accepts donations of used durable medical equipment and distributes it to people in need (veterans and

non veterans). If you have equipment to donate, please call the Chapter office at 206-241-1843. If you know someone who needs equipment, please call to see what items we have available.

### Free Items Available Now:

Wheelchairs  
Walkers  
Bath benches



- ARE YOU LOOKING TO GET MORE ACTIVE?
- WOULD YOU LIKE TO HANG OUT WITH OTHERS WHO HAVE THE SAME INTERESTS AS YOURSELF?
- DO YOU HAVE AN INTEREST IN GIVING BACK TO YOUR COMMUNITY?

### Come check out Seattle Adaptive Sports!

We offer individual and team sports for youth and adults. There are opportunities to participate and/or help provide the experience to others.

Sign up for our newsletter to find out about monthly sports clinics and happenings with our members. Just send us an email to be added or go to our website.



### Seattle Adaptive Sports

1111 E Madison #137  
Seattle, WA 98122  
(253) 297-5389

[www.seattleadaptivesports.org](http://www.seattleadaptivesports.org)  
[info@seattleadaptivesports.org](mailto:info@seattleadaptivesports.org)

## 2019 Annual Installation Banquet

Make your plans now to RSVP to the Chapter for our annual banquet, award presentations, and installation of our new Officers and Board of Directors. You and your guest can call or email with your choice of meat, fish, or vegetarian.

We need a head count by September 1, 2019 for the Embassy Suites to prepare the catered dinners.

Sunday: September 15, 2019

5:00 PM-no host happy hour

6:00 PM-dinner

Embassy Suites Seattle-Tacoma International Airport

15920 West Valley Highway, Seattle, WA 98188

Parking will be validated

Overnight hotel discount available upon request





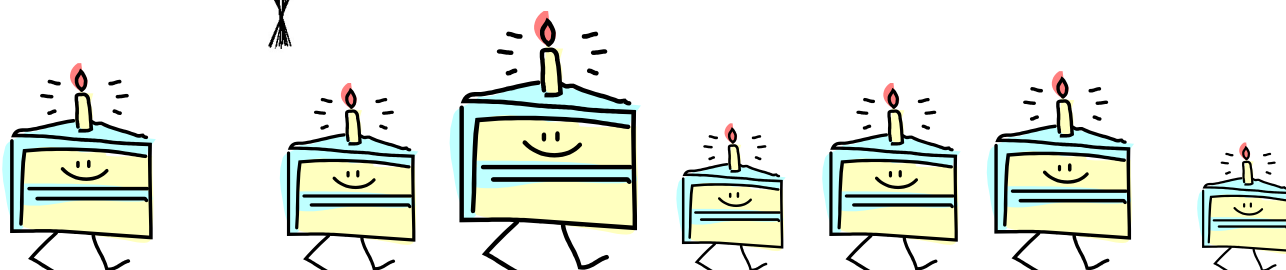
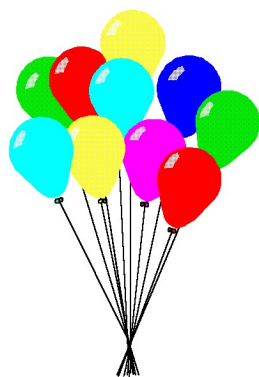
# Happy Birthday!

## August

Henry Benavidez....2nd	James Peeples.....15th
June Hamilton.....3rd	Phillip Jones.....16th
Ronald Anderson....3rd	Niki Countryman....16th
Adam Lindberg.....3rd	Joy Cochran.....16th
Spencer Nelson.....4th	Elizabeth Burris.....23rd
Doug Coppin.....5th	Christopher Giles....23rd
Douglas Booth.....6th	R. Rosenberger.....29th
Howard Burkett.....7th	Elizabeth Lasak.....29th
James Warnken.....8th	Kwan-Su Bae.....30th
Roy Goodner.....11th	Orlando Wells.....30th
Naomi Newton.....12th	William Bass, Sr.....31st

## September

James Mushta.....3rd	Terry Chenoweth...17th
John Bennett.....3rd	James Monk.....21st
Jeffery Blair.....4th	John Frieske.....21st
Kenneth Quilantang..5th	Matthew Allen.....21st
Dave Slump.....5th	Ronald Merkel.....24th
Timothy Hoff.....7th	Warren Emmons...24th
Dana Cooper.....7th	Herbert Coburn....26th
Duane Henry.....8th	Kurt Karlson.....26th
Henry Stelzer.....9th	James Hansen.....26th
Terry Campbell.....10th	Philip Church.....26th
Wayne King.....10th	K. Van Gerpen.....27th
Eric Hall.....11th	Michael Sneddon..28th
Mark Wittmeyer.....14th	Thomas McCurdy..29th
Steven Baxter.....14th	James Hateley.....30th
Russ Norris.....16th	Abraham King.....30th



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