



**Paralyzed Veterans  
of America**

**Northwest Chapter**

**Volume XLII Issue 5**

# NORTHWEST OUTPOST

June/July 2019

*Inside this issue:*

*President's Column* 3

*Executive Director's  
Column* 4

*Armed Forces Night* 5

*Washington Update* 8

*VA Research Week* 10

*From the Desk of the  
National Service Officer* 12

*Sports* 14

*Events Calendar* 16

*Birthdays* 18



Charles V. Karczewski 1933-2019



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## ***Our Mission***

### **NWPVA Officers**

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

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#### **Board of Directors**

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Thomas Bungert  
Seattle VAHS-Weldon Lee  
Outpost Editor-Lisa Lawrence  
Legislative Director-Mike Partridge  
Seattle VA Hospital Liaison-  
Robert Brush

### **Staff**

Executive Director-Brent King  
Office Manager-Lisa Lawrence  
Government Relations Director-  
Skip Dreps

*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.*

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## Robert Brush      The Passing of a Legend



**Y**ou didn't have to know Charles Victor Karczewski, Chuck, to be familiar with this late, great PVA legend. Chuck was a NWPVA President for 8 years, but before that he was our National

Director, Vice President, and a Seattle PVA National Service Officer.

Before those positions he occupied with strength, style, and grace, he was a PVA National Service Officer in St. Petersburg, and before that he was a hospital liaison with the Tampa VA.

After Chuck 'retired' from Seattle and moved back to the Tampa area he volunteered to be their Chapter Secretary and Chapter Hospital Liaison. He also received his 500 hour VAVS volunteer pin just last month, He probably had 50,000 hours in VA hospitals since 1974.

Chuck was injured when he was driving a Dow Chemical truck and was hit by a train 55 years ago. He was married to Alma and they had a 3 year old son named David. Newly injured Chuck told his wife, Alma, that it would be OK if she and their son left him as he was now a paraplegic. They stayed together and Chuck went on to attend Southern Illinois University where he graduated in 1971 with a BS in engineering.

It wasn't long after he graduated that PVA picked him up. Chuck looked at his injury as an act of God that sent him on a career path to help thousands of others with spinal cord injuries and service related disabilities.

Chuck received hundreds of medals and awards. Many of the medals were from attending 20 years of National Veterans Wheelchair Games and some from his military experience. His awards included being honored as a Washington State Veteran Volunteer of the Year. He served on the Governor's Veterans Affairs Advisory Board in Washington State for 8 years and was an advocate for accessible projects like T Mobile Park (Seattle Mariners Stadium), Retsil Veterans Nursing Home, Seahawk Stadium (Century Link Field) and many transportation projects like parking at SeaTac Airport and curbcuts throughout the City of Seattle.

He was bowling on the PVA Tour just last month and a few weeks before he died he was cutting his own lawn, and the neighbors too. He was excellent in table tennis, basketball, air rifle, weightlifting, and being an honest friend.

He was 86 years old and one of the most active paraplegic for someone who spent 55 years in a wheelchair. His being shorter than me did not stop him from becoming a giant among his peers. Now he is dancing again with Alma in Heaven and no longer confined to a wheelchair or to these earthly bounds. He will be missed, but never be forgotten.

For our chapter members who did not get to spend much time getting to know this legend, I hope this reflection of greatness makes you closer to knowing how much this man was loved by all and how we can all learn to never stop helping each other until your very end.



## Brent King Turkey Hunting in Indiana



.Over the past few years Hack Albertson kept telling me to come participate in a fun turkey hunting event in Knox, Indiana. This year I went on-line and registered for the Turkey Tracks hunt and was one of the 30 that received a letter to come hunt. Your room, guide, license and some of your meals are

provided. The cost of getting yourself to the hunt is on your dime.

Turkey Tracks was the idea of Eric Corey that was living with ALS. He wanted other disabled hunters to have the thrill and excitement of being outdoors with the opportunity to harvest an Eastern Turkey in Indiana.

Eric passed on from ALS, but his dream of Turkey Tracks/The Eric Corey Foundation live on through this annual April hunt. His family, friends, volunteers and land owners come together to make this hunt happen each year. This year was the 11<sup>th</sup> Annual Turkey Tracks Hunt!

I arrived at Indianapolis Airport and grabbed my rental car. I drove just under two hours to arrive in Plymouth, Indiana at my hotel. The accommodations were just fine.

I met my guide the next morning to get an extra half day of scouting and hunting in right after I received my license and patterned my shotgun on their range. We saw a few younger Jake turkey on Friday, but they saw us first and they ran out of the area.

Meeting a guide at 4AM in the morning isn't a big deal for me, until you throw in the three-hour time change. So, in reality I was getting up at 1AM Washington state time and not going to bed early enough. It was a bit rough, but I pulled through.

Saturday morning, we set up in a round bale blind in the guides hay field. We heard one mature Tom gobbling all morning. We saw some hens and young

male (Jake) turkey moving along a tree line. Unfortunately, the hunt was blown out by a hunter roaming into the trees and flushing all the birds out. Turkey may not seem smart, but they don't come back into the area for quite a while after being bumped.

We moved to another field late morning and saw several huge Toms and many hens about 100 yds out, which is out of shotgun range. It was blowing, snowing, hailing and raining all within a few hours. So, no turkey on Saturday either.

We set up on Sunday, my last day to hunt on a nice grass field with many hardwood trees surrounding us. As the sun came up a mature Tom began to gobble. I swear my guide was half turkey, he knew where to set up, he sounded like a turkey and he has harvested 116 turkey in his lifetime so far at age 48. That Tom kept talking to us, but wasn't coming down out of his roost for anything.

Up out of the low light haze ran four large Jake turkey right at our hen and Jake decoy. It was the last day and I may not get another chance at a bird. I waited until the Jakes spread out just enough to avoid hitting more than one. I gently squeezed the trigger on my 12-gauge Remington VersaMax and that Jake's lights went out. Perfect head shot. It would have been embarrassing if I had missed at 13 yards!

There were fresh morel mushrooms to be picked all around where our pop-up blind was set up. So, the hunt was topped off with very fresh turkey noodle soup and fried morel mushrooms with the guides family at his home.



**Brent King and his turkey.**

# Let's Change Our Attitude By: Skip Dreps

**F**or years I have heard my fellow veterans complain about the health care provided by the Department of Veterans Affairs in Seattle and Americal Lake in Tacoma. The complaints were founded on the belief that the VA should do everything to improve their quality of life because they earned it in military service to their Country. They often forget to ask what can they do for the VA in return.

Many veterans have a one-way street attitude when it comes to their VA health care benefits. They often forget that those benefits come with responsibilities. They sometimes let their pain and discomfort overwhelm their duty to be a responsible patient.

Being a responsible patient does not only mean, showing up for appointments on time, and taking your medications as prescribed, it also means stopping to pick up litter in the halls or parking lots. The responsibility to conduct a police call of your home is everybody's duty. It also extends to eating and drinking in canteen areas. Its easy to get a cup of coffee and then walk to your clinic appointment,

but do you wipe up a spill on the way or leave it for housekeeping to repair?

Do you not wash your hands when you come into the hospital or before you shake your health providers hand? Do you come to your appointments with a cold and without a mask so you can spread the germs to your comrades and staff? Do you think you have priority of care because you are sicker, or in a wheelchair, or retired rather than having been drafted?

What is your attitude when you walk into a VA hospital? Are you grateful to a Nation that remembers your service? Do you treat the facility as your home? Do you treat other veterans with a smile and respect? Do you even say hello to each other when you pass in the hall? If you look up at each other, you may find a long last buddy you once served with that time made you lose track, and there they may be again, just a smile and step away.

We know every VA hospital is shortstaffed from the top to the bottom of their facility. Most critical of all shortages is housekeeping. Without them,

hospital acquired infections increase and the quality of help care declines. Therefore, let's all change our attitude and be a vital part of our veteran health care system.

Let's take ownership of our own behavior and set an example for other patients, staff, and visitors. Let us take back our home that is a hospital, and so much more. The VA hospitals are a sacred place where we come to heal. And like other places of sacred healing, we try to be on our best behavior and leave no trace of our sorrow or waste behind.

Next time you go to the VA hospital start and end with a smile . Be that person you were in the military and remember a VA hospital is a place of duty, honor, and country for all of us to share as a family that proudly wore the uniform. Help keep your VA hospital clean.





# 2008 Corvette Coupe with Guidosimplex Hand Controls for Sale

**T**he car has 89,000 miles but has been meticulously maintained with regular maintenance and Amsoil products. Complete service completed last year to ensure many more miles of exciting reliable driving.

- Price: \$23,000
- Location: Kent, WA
- 3LT trim package with Heads Up Display
- Kenwood Head Unit w/Bluetooth – touchscreen, CD, HD Radio, Navigation, USB/iPhone Hookup
- Automatic
- Transparent removable top
- Guidosimplex Hand Controls – gas accelerator ring and brake
- Seats completely rebuilt last year – all new premium foam, seat skins by Apsis include Napa leather outer, carbon leather inserts and yellow stitching

## Exterior

- LS3 engine
- ARH 1 7/8" Headers
- High flow cat X-pipe
- Mild to Wild exhaust switch
- Car dyno showed 400RWHP/400RWTQ
- ZR-1 rear spoiler
- CCW custom forged wheels
- Pfadt adjustable coilover shocks
- NPP dual mode exhaust



GuidoSimplex hand controls are installed – these are truly the most integrated hand controls on the market – electronic gas ring on the steering wheel so you can drive with both hands on the steering wheel. Brake lever is just below & to the right of the steering wheel for ease of access, it also has a locking button so you can lock your brake at a stoplight and not need to keep constant pressure on the brake.

The car comes with two sets of wheels: 5 spoke OEM wheels mounted with Michelin Pilot A/S 3+ All-Season runflat tires, less than 8,000 miles use, and CCW wheels with Michelin Pilot Super Sport tires.

Please call or email Aaron Hastings:

[amhastings@comcast.net](mailto:amhastings@comcast.net)

Cell: 206-612-5251



Hand Controls



Winter Tires



Seats



Paralyzed Veterans  
of America

## WASHINGTON UPDATE

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

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### HEARING ON FOREVER GI BILL

**O**n May 9th, the House Veterans' Affairs Committee, Subcommittee on Economic Opportunity held a hearing entitled, "Examining Ongoing Forever GI Bill Implementation Efforts." Testifying at the hearing was VA's Under Secretary for Benefits, Dr. Paul Lawrence; VA's Office of Inspector General (OIG) the Honorable Michael Missal; and Vice President, Chief Technology Officer of the MITRE Corporation, Mr. Jay Schnitzer, MD, Ph.D.

This hearing was held to determine why so many student veterans failed to receive GI Bill payments after the VA implemented the Forever GI Bill. During the implementation, sections of the legislation that specifically addressed housing payments were not correctly implemented; therefore, thousands of veterans did not receive housing payments, creating a hardship on these veterans and forcing many to drop out of school or even become homeless.

During the Fall of 2018 the VA OIG received multiple congressional requests to review VA's actions to implement the housing allowance provisions and to investigate allegations that VA planned to withhold retroactive payments for missed or underpaid monthly housing stipends for students under the Forever GI bill. In response to these requests, a VA OIG team began reviewing VA's implementation of the Forever GI Bill requirements. During this review, Congress passed the Forever GI Bill Housing Payment Fulfillment Act (Public Law 115-422) mandating the VA report to Congress within 90 days on its plan to fully implement certain sections of the Forever GI Bill.



After their review, the VA OIG found that the Veterans Benefits Administration's (VBA) implementation of the Payment of the housing allowances under the Forever GI Bill was hampered by the underlying issues that have negatively affected VBA's implementation of other new policies and initiatives-lack of IT system functionality and inadequate program leadership. More specifically, VA lacked a single accountable official to oversee the project which resulted in unclear communications to stakeholders and inadequately defined expectations, roles and responsibilities of various VA business lines and contractors.

VA testified that veterans who received overpayments would not receive notices since the overpayments were VA's fault. VA also stated that any veteran who was owed money would be reimbursed. PVA is monitoring this issue very closely and will ensure VA follows through with their promises to fix the problem.

## APPROPRIATIONS COMMITTEE APPROVES PVA DOL VETS PROPOSAL CAREGIVER PROGRAM FUNDING

The House Appropriations Committee approved a proposal developed by PVA and its allies in the Consortium for Citizens with Disabilities Veterans Task Force to establish a Disabled Veteran Program staffer within the Department of Labor's Veterans Employment and Training Service (DOL VETS). In the report accompanying the Labor-HHS-Education appropriations bill, the committee stated that it was including "\$300,000 within Federal Administration to establish a Disabled Veteran Program (DVP) to address the high unemployment and low labor force participation rate of veterans with service-connected and non-service-connected disabilities." The com-

mittee further stated that, "The DVP will help increase employment and advancement opportunities for veterans with disabilities by working with federal, state, and private partners to promote the hiring of veterans with disabilities, improve coordination of available employment services and supports, and to identify and share employment best practices for hiring, retaining, and advancing veterans with disabilities in the workforce."

The overall funding level for VETS was set at \$316 million, an increase of \$16 million above the 2019 enacted level and \$10 million above the President's budget request. In addition to the DVP proposal, the bill included \$60 million for Homeless Veterans Reintegration Program, an increase

of \$10 million above the 2019 enacted level and \$29 million for the Transition Assistance Program, an increase of \$6 million above the 2019 enacted level.

The Labor-HHS-Education appropriations bill also contained other provisions of importance to PVA members including support for caregiver programs. The full committee included \$5.5 million for Lifespan Respite, which is \$1.39 million above the FY 2019 level and \$200 million for the National Caregiver Support program, which is \$18.8 million above the FY 2019 level. PVA joined with 28 other national organizations in a letter to the appropriators in support of increased funding for these valuable programs.

## PVA DEPUTY EXECUTIVE DIRECTOR SHARES VIEWS ON SOCIAL SECURITY

Deputy Executive Director Shaun Castle participated in a roundtable convened by House Ways and Means Social Security Subcommittee Chairman John Larson (D-CT). The purpose of the meeting was to provide an opportunity for students at the Harvard Kennedy School of Government to present a proposal for ensuring the solvency of Social Security. Present at the forum

were a number of members of the Ways and Means Committee as well as former Senator Heidi Heitkamp and former National Economic Council Advisor Gary Cohn.

Chairman Larson also gathered a group of advocates so the students could learn what the legislative process is really like. In addition to Mr. Castle, representatives from the National Committee to Preserve Social Security and Medicare and Social Security

Works took part in the discussion to offer up "real world" reflections about the impact of Social Security in the lives of everyday Americans. As a member of the millennial generation, Mr. Castle's remarks focused largely on the importance of the Social Security Disability Insurance (SSDI) program to younger Americans with disabilities and the positive difference that SSDI made in his own life.

# VA Research Week May 13-17, 2019 By: Weldon Lee

**E**xcitement filled the air at this year's VA Medical Center Research Week which was held in the new Mental Health (MH)/Research and Development (R&D) building. This year, your Northwest Chapter of Paralyzed Veterans of America (NWPVA), had an extra surprise award for the Director of Human Research Protection Program (HRPP)-Amy Marsh.

Her contributions to the R&D efforts began in 2004 and they are so numerous that it would fill several editions of the Outpost. Suffice it to say that Amy continues to be a major contributor to the success of all R&D projects. **[Skip and Amy Marsh] (at See photo 1C)**

Named after our late Chapter and National President, the Jack Michaels Award for Excellence in VA Research was presented to Dr. Charles ("Chuck") Maynard, PhD. Noted for his 400+ research items, nearly 14K reads, and over 16,300+ citations in Medscape. In the last decade, his most significant contributions have been his selfless service in the expeditious review process of R&D projects and IRB process. **[Weldon and Dr. Maynard] (at photo 1A)**

Last on the agenda was the presentation of the Larry Searles Lifetime Achievement Award to Dr. Thomas Bird, MD. Dr. Bird is a UW professor emeritus of Medicine, Neurology and Medical Genetics. Teaming up with genetic statistician and genetic biologist in the early 1980s, his team iden-

tified the linkage to chromosome 1. In 1993, his discovery was confirmed due to the advancement of technology. This led to the discovery of mutations in the MPZ gene for Charcot-Marie-Tooth disease Type 1. **[Skip and Dr. Bird] (at photo 1B)**

The morning started off as expected. With the capable assistance of Skip, our faithful Chapter Secretary and former IRB member, the morning went without incident. However, the day of celebration was far from over. **[Dr. Bever, Kathleen and Charles Keelin] (at photo 2C)**

We wished a longtime friend of NWPVA farewell – Mr. Charles Keelin. With his wife, Kathleen present with the many well-wishers in the room, we extended "Auf Wiedersehen" to him. Drs Steven Kahn and Banks presented his well-deserved gifts, with a few comments suitable for a roast. However, the most heartfelt, was a room in the new MH/R&D building dedicated in his honor for his long-standing service

(43 years) and devotion to the R&D efforts at the Seattle VAMC. **[Charles Keelin] (at photo 2E)**

Finally, the appointed time arrived shortly after lunch. Dr. Christopher Bever, MD Director of Biomedical and Laboratory R&D, Department of Veteran's Affairs in Washington, DC presented the coveted William S. Middleton award. to Dr. Steven Banks, MD. For his magnificent and most prestigious contributions to the R&D community, his professional expertise, and profound dedication to helping veterans resulted in the award of VA's highest award for R&D. **[Drs. Bever and Banks] (at photo 2A)**

The NWPVA Chapter would be remiss if special acknowledgements were not extended to the Seattle Institute for Biomedical Research (SIBCR) and the Starbucks Armed Forces Network for their great support in the success of Seattle's VA Research Week. We extend our deepest gratitude and thanks to you all!



Weldon Lee



# From the Desk of the National Service Officer

By: Michael Killen

**2**019 has been a changing and historical month for the VA. Let's first look at some of the changes affecting veterans' benefits.

First change that many veterans are noticing is how the VA verifies employment status for those individuals in receipt of individual unemployability (IU). Under the old process, the VA would send out VA Form 21-4140 yearly asking the veteran to report their employment status. Under the new process, the VA eliminated the unnecessary respondent burden or self-reporting. Now the VA uses a data wage match with the Social Security Administration (SSA) to identify veteran in receipt of IU who have also earned wages above the poverty threshold for the previous calendar year. The VA will now only send out the VAF 21-4140 Employment Questionnaire and due process letters to those individual veterans identified in the wage match.

Another change veterans are seeing or will soon be seeing, is with regards to certain forms changing. One specific form the VA Form 21-22 *Appointment of Veterans Service Organization as Claimant's Representative*. This used to be a one page form but is now two pages. If you have an older 21-22 appointing the Paralyzed Veterans of America as your Representative, this is still valid and we continue to represent you. We are just limited as we will not have access to your electronic claim folder. You may receive a new 21-

folder. You may receive a new 21-22 from either our office or the VA itself as these newer 21-22 grant access of the Service Officer to the veteran/claimant electronic records, which is very important with the VA no longer having paper claim folders and doing everything electronically. If you receive the new 21-22, please return it to our office as the Service Officer will have to sign it as well.

Another form that has changed significantly is the VAF 21-686c. This form used to be called the *Declaration of Status of Dependents* and used to be 2 pages. It is now called the *Application Request to Add and/or Remove Dependents* and is now 12 pages long with 6 pages of instructions. The VA combined the previous VA Form 21-686c with the VAF 21-674 *Request for School Attendance* to encompass the different scenarios to add or remove dependents from marriage, divorce, death of a dependent to reporting a schoolchild over the age of 18 stopping attending school.

Another significant change is the discontinuance of the Decision Ready Claims (DRC) program effective 2/15/19. Under this program, veterans expected a decision within 30 days from the date the VA receives their claim. This required a lot of development to include getting the exams completed before actually filing a claim for disability benefits. The VA will continue to process any claim filed under the DRC Program prior to 2/15/19 until their inventory is depleted. The VA will continue to focus on the success

of the Fully Developed Claim (FDC) Program.

While these changes are important to be aware of, the most important change is with the Appeal Process and how the VA handled veterans/claimants disagreements with VA decision. The previous appeal process could be quite lengthy, cumbersome to the appellant, and challenging to understand and left the appellant out of the process. This all changed with the implementation of the *Appeals Improvement and Modernization Act of 2017*, otherwise known as the Appeals Modernization that was implemented on 2/19/19. This historical legislation changed the appeal processes at the local level and the Board of Veterans Appeals (BVA) in how they process the claimant's disagreements with VA decisions. This legislation now created three different lanes that the claimant can choose to process their notice of disagreement (NOD). The lanes are the Supplemental Claim, the Higher Level Review, or Appeal directly to BVA, which will also have 3 lanes the appellant can choose and discussed later. The Supplemental Claim will replace the reconsideration and provide the veteran opportunity to provide additional evidence in support of the claim. The Supplemental Claim will be done at the local station. While the HLR, will be done at one of the 3 new Decision Review Operations Centers, Seattle, St. Petersburg, and Washington DC. The Higher Level Review (HLR) is a closed record and arguing an er-

(Continued on page 13)

(Continued from page 12)

ror in application of rules and regulations. You cannot provide additional evidence at the HLR. Or you can appeal straight to the Board. The goal of either one of these lanes is to have a decision to the claimant within 125 days. If you elect to go to the Board for your appeal (NOD), the Board will now have 3 Dockets or Lanes, Direct, Evidence, and Hearing. Direct is a closed appeal meaning that you cannot submit additional evidence and will be decided based on the evidence of record. The target goal is to have a decision to the claimant in 365 days. The Evidence Lane will have the same evidence plus any new evidence submitted with the NOD or within 90 days of the NOD. The third lane is the Hearing Lane will

have the same evidence plus any evidence submitted at the Hearing or within 90 days of the Hearing. The target goal of the Evidence Lane is over 365 days, while there is not a target goal for the Hearing Lane yet.

Another change to the Appeal process under AMA is how Hearings will be done. You can elect to have an informal conference with the decision maker at the HLR but again you cannot submit any additional evidence. If you elect to go BVA and request a hearing in the Hearing Lane, the hearing will be conducted in person before a Judge in Washington, DC or by video conference with the Judge. The VA is no longer doing Traveling Board hearing, where they would send a couple of Judges to the different stations to conduct

personal hearings. They will continue to do Travel Board hearings **only** for Legacy Appeals. These are appeals that are handled under the previous process.

In addition to these changes, there are new forms to use to elect how you want your appeal (NOD) handled. You can ultimately elect to have 1 issue under the Supplemental Claim, 1 at the Higher Level Review (HLR) and 3 at the Board with 1 issue in the different lanes, simultaneously, if you wish. With all these new changes to the appeal process, it is important, more now than ever before, to be in contact with and working with the National Service Officer.

## NEW TEXT FEATURE AVAILABLE THROUGH VA'S WOMEN VETERANS CALL CENTER

**V**A added a text messaging feature to the Women Veterans Call Center last month. Women veterans can now send text message to 855-829-6636 to receive answers and guidance about VA services. The Women Veterans Call Center is staffed by trained, women VA employees, who can link callers to available resources, such as health care, benefits and cemetery information via phone, chat, and now text.

Since April 2013, the call center has received nearly 83,000 inbound calls and has initiated almost 1.3 million outbound calls. As the number of women veterans continues to grow, VA is expanding its outreach to ensure they receive enrollment and benefits information through means that are user-friendly and responsive. For more information about the Women Veterans Call Center, please visit: <https://www.womenshealth.va.gov/programoverview/wvcc.asp>.



## Adaptive Curling Clinic for Local Veterans

**R**ecently, Granite Curling Club of Seattle volunteers hosted seven VA Puget Sound Health Care System Veterans for a first-hand opportunity to experience the Medieval Scottish sport of Curling.

The adaptive curling clinic for patients of both Spinal Cord Injury and Rehabilitation Care Services was held to give interested Veterans an introduction to another healthy sport option. U.S. Paralympics Wheelchair Curling Team Assistant Coach, Rusty Schieber, provided both education about the sport & recommendations on various techniques. Everyone involved, from the VA Rec Therapists, to the Granite Curling Club & Coach Schieber, focused on making a successful first-time experience for the participants.

“Participating in sports of this kind contributes to increased health, physical activity and socialization all of which are the foundation to the overall quality of life that our Veterans have earned,” said VA Puget Sound Recreation Therapist Vance Pease, coordinator of the event.

“Once Rec Therapy solved the individual physical adaptations necessary to grip the curling stick, to maintain balance on the ice, & for posture, then the curling experts worked with them on what they could do to improve their technique and skill level,” said Pease.

Granite Curling Club volunteers worked with participants on the technique and skills to successfully throw/push the 42 pound curling stone approximately 100 feet to make it into the target area, and the “art” of putting a spin, or “curl” on the stone. The curl gives the participant the ability to circumvent other stones in the direct path and rest the stones behind one another in a better position for scoring.

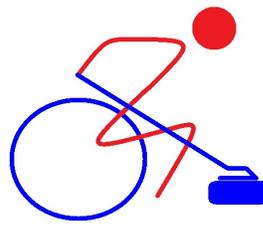
“This was a great partnership between the Seattle VA & a community organization to put on a successful opportunity for the benefit of our Veterans. One of the participants was just accepted to participate in the National Disabled Veterans Wheelchair Curling Camp in Denver, CO in April, put on by the United States Olympic Committee. We wish him the best & look forward to future local opportunities with the Granite Curling Club!”



*Veteran Bruce Guertin tries his hand at the ancient sport of curling, assisted by King Francisco, VA SCI RN.*



**Puget Sound Health** ★  
**Care System**



## **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:**

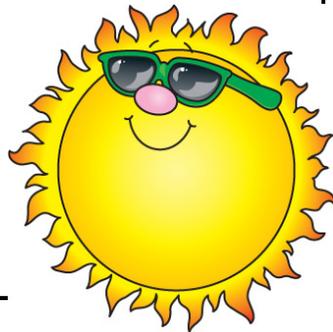
**[vance.pease@va.gov](mailto:vance.pease@va.gov)**

**or 206-277-1648**

**Availability is Limited**

# June

- 14th Flag Day
- 16th Father's Day
- 19th Chapter Membership/BOD Meeting  
12 Noon Chapter Office  
SCI Ward Pizza Party 5 PM
- 21st Summer Begins



# July

- 4th 98th Annual Independence Day  
Parade 3:00-5:00 pm  
Downtown Burien



Happy 4th of July!



## 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?

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### Seattle Adaptive Sports

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

**NEVER FORGET**



**OPENING CEREMONY**

**THURS - 6/13 - 6PM**

**SPECIAL  
PROGRAM**

**SAT JUN 15TH**

**12PM FLYOVER**

**CLOSING CEREMONY**

**SUN - 6/16 - 6PM**



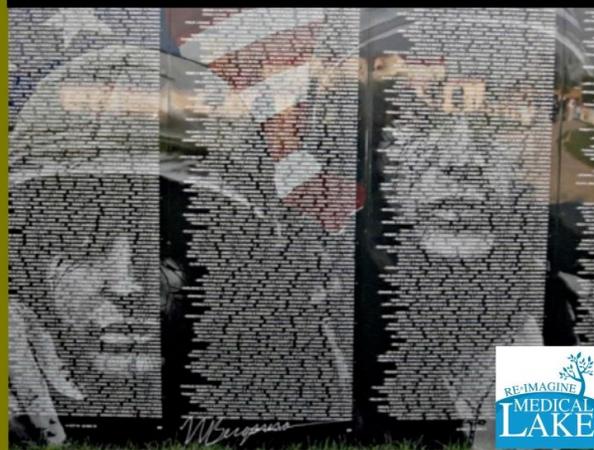
**24HRS/DAY**

**JUNE**

**13TH - 16TH**

**THUR-SUN**

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MEDICAL LAKE**



**COMMUNITY SPONSORED DONATIONS NEEDED**

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# Happy Birthday!

## June

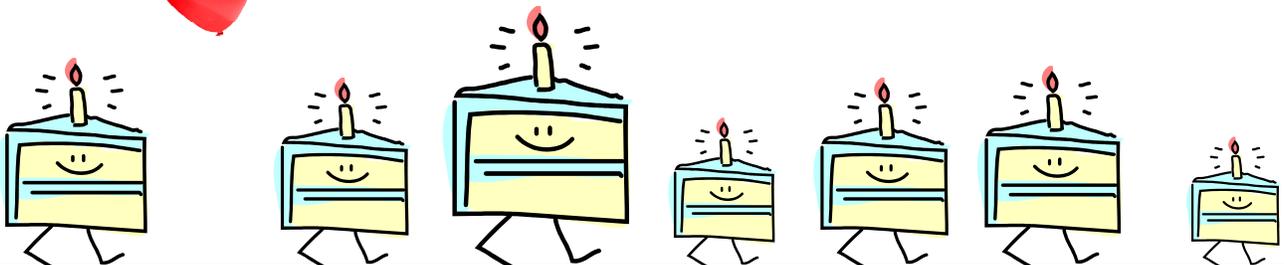
## July

Fahad Lawati.....3rd  
 James Unruh.....4th  
 Richard Gates, III...5th  
 Robert Nelson.....5th  
 Matthew Mikunas..5th  
 Ricky Gilliland.....6th  
 Walter Voll, Jr.....8th  
 Darren Hughes.....8th  
 Gary McCann.....12th  
 David Carpenter...14th  
 Brent Reese.....14th  
 L. Hendrickson.....15th  
 Tony Nicholas.....15th

Stanley Caban.....17th  
 Mike Hazzard.....19th  
 David Stebbins.....19th  
 Miguel Davila.....19th  
 George Gillen.....20th  
 William Stanton.....22nd  
 George Vermef.....25th  
 William Jones.....25th  
 Frederick Swoopes.25th  
 David McCoy.....26th  
 Anthony Marx.....28th  
 Timothy Hogan.....28th  
 Mark Harris.....30th

George Strampher.....1st  
 Jesse DeCoursey.....1st  
 Kenney Hickey.....3rd  
 Mark Godfrey.....3rd  
 Tamarah Baldwin.....4th  
 Gary Pearson.....5th  
 Michael Metcalf.....6th  
 Thomas Grieb.....8th  
 Merwyn Pettyjohn...10th  
 K. Schoenlein.....10th  
 Chili Perez.....12th  
 John Jacobson.....13th  
 Gregory Anderson...14th  
 David McPherson...14th  
 Gordon Davis.....15th  
 Douglas Mitchem....15th  
 Paula Litch.....15th  
 Nathan Brookshire..16th  
 Jack Carrick.....17th

Stephen Arnold.....17th  
 JR McCorkindale...17th  
 Preston Nelson.....19th  
 Kenneth Comley...20th  
 Nicholas Aldridge..21st  
 Darol Kubacz.....22nd  
 Gregg Morris.....23rd  
 Thomas Tiden.....23rd  
 Judy Rogers.....24th  
 James Steinauer...24th  
 Lynn Mathers.....25th  
 Jason Morse.....26th  
 D. Birmingham.....28th  
 Robert Paffile.....29th  
 Gregg Michael.....29th  
 John Woodburne...30th  
 Scott Smith.....30th  
 David Baxendell...31st  
 Judith Lebret.....31st



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Monday - Friday: 9:00am - 5:00pm

Monday - Friday: 9:00am - 5:00pm

Saturday: 9:00am - 1:00pm

Saturday: 10:00am - 2:00pm