

## NORTHWEST OUTPOST

Northwest Chapter

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From left: NWPVA Vice President Tracy Reddick & Immediate Past PVA President and NWPVA Government Relations Director David Zurfluh, in Our Nations Capitol.



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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, 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 contri-

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President's Column Page 4

### Matthew Mickunas President's Message



he Northwest Chapter sent out a highly motivated four member delegation force to Washington, DC this month; the delegation advocated by speaking to several Congressional Members on many of PVA's priorities. Please see our article within this issue. Now that we're officially in "Springtime" and hopefully warming up here soon, the Northwest Chapter is focusing on putting certain events on the calendar; such as games & sporting picnics, National Veterans Wheelchair Games, inside VA curling clinic, and the chapters Annual Banquet. We've also had our first Adaptive Discovery Suba

Diving training, with the pursuit of registering for Adaptive Open Water Scuba Diving Certification. All training is conducted by certified adaptive scuba diving instructors & staff and is sponsored and funded by the LifeWaters Organization.

Leading Veterans service organizations DAV (Disabled American Veterans), Paralyzed Veterans of America (PVA), and the VFW (Veterans of Foreign Wars) released The Independent Budget Veterans' Agenda for the 118th Congress: Budget for FY 2024-2025 and Critical Issues. The IB report provides funding estimates VA will require in order to adequately provide health care, benefits, and transition services to more than ten million Veterans, their families and survivors. It also lists military-to-civilian transition, VA infrastructure, implementation of the PACT Act, long-term care, and mental health, among the many critical issues facing today's Veterans. "All of the Independent Budget recommendations and critical issues are of utmost importance to today's Veterans, particularly PVA members with spinal cord injuries and disorders (SCI/D) who rely on VA's specialized care to live and work," said Heather Ansley, PVA Associate Executive Director of Government Relations. "VA vacancies and staffing shortages, outdated infrastructure, limited specialized long-term care facilities, and inaccessible home and community-based services must be addressed now as they can make the difference between life and death for those with SCI/D." Included in this year's IB are more than 30 key recommendations for both legislators and VA spread across five critical issues in three areas – to include health care, benefits, and employment & education.

"DAV has partnered with PVA and VFW to produce The Independent Budget for nearly 40 years," said Joy Ilem, DAV National Legislative Director, "As an organization of Veterans serving Veterans, we know their issues, and we make it our mission to fight for them. This year, we recommended notable VA funding plus ups in two major areas - long-term care and construction - which are vital to both sustaining quality VA care and ensuring access to that care." For FY 2024, the IB recommends Congress appropriate \$161.6 billion for all VA programs and services, a 10.5% increase over FY 2023 appropriation levels of \$143.7 billion. Among the reasons for the rise in VA funding is a recommended \$1 billion plus up in long-term care due to the increase in aging and disabled Veterans, inflation, and expansion of assisted living centers for Veterans living with traumatic brain injury and other disabilities. Another reason for the rise is a nearly four-fold increase over the FY 2023 enacted in the recommendation for major construction to begin or resume building VA infrastructure, as well as fund repairs and maintenance on existing VA structures. Yet another reason for the increase is a \$50 million plus up for VA Call Centers to account for more full-time employees to cover VA claims which are expected to rise over one million in FY 2024 due to the PACT Act. "Like all of our past reports, this year's Independent Budget is a vital tool to help members of Congress and VA take the necessary steps to ensure that all Veterans - regardless of branch, age, sex, and ethnicity - receive proper care and get the benefits they earned," said Pat Murray, VFW National Legislative Service Director. "It all boils down to proper VA funding. We look forward to working alongside congressional leaders to address each of our critical issues."

The IB provides a comprehensive roadmap to help ensure VA is fully funded and capable of carrying out its mission of serving veterans and their families, both now and in the future. Throughout the year, the VSOs collaborate to promote their shared recommendations, while each organization also works independently to identify and address legislative and policy issues that affect their respective members and the broader Veteran community.

Vice President's Column Page 5

### Tracy Reddick News of Note From Our Trip to D.C.



s travel starts up again, so are problems for passengers with disabilities. If you need advice on accessible air travel or want to learn more, check out our resource page on the PVA website. PVA visit to Capital Hill last month was a great success. One of the main topics was how to hold the Airlines more accountable if they damage our chairs.

National Women's Month came to a close for another year, and the Department of Veterans Affairs have updated their mission statement, which dates back more than six decades. Following outreach to tens of thousands of Veterans, the VA decided to update its mission statement. VA currently serves more than 600,000 women Veterans who make up the fastest growing cohort of Veterans. Log on to PVA.org to read the entire statement.

### PVA Foundation Funded Program: Everlasting Love

hysical Medicine and Rehabilitation specialist Dr. Marcalee Sipski Alexander has seen that after spinal cord injury/disease or a life-altering diagnosis, sex and sexuality are often the last things on her patients' mind. Frustrated by the medical community's disregard of the importance of sex and sexuality for people with disabilities, and armed with a PVA Education Foundation grant, Dr. Alexander is making a 40 EPISODE YouTube series all about sexuality and love for people with SCI/D.

Watch episodes. Type this address into your browser: https://vimeo.com/696970610





### 2023 Advocacy/Legislation Seminar

nce again, the PVA Northwest Chapter travelled to Washington, DC in support of one of our organization's most important missions: to protect veteran access to the Veteran Administration (VA) Specialized Health Care Services and expand access to the VA Long-Term Care Services. During the third week of March 2023 a team of new and old delegation members travelled to DC to reach out to our Senators and Representatives for PVA's Advocacy/Legislation week. This year, several of these annual meetings took place virtually, but all the rest were in-person in the US Capital.

Our legislative delegation, together with PVA's national team, all the other chapters, and several other Veterans Service Organizations contribute annually to the Congressional Independent Budget (IB). Our goal is to ensure that the Veteran's Administration has the necessary funding each year to keep functioning smoothly to provide care for all Veterans. Our delegation did very well in 2023. We were able to meet personally with nearly every Senator and Representative from the states of Washington, Alaska, and parts of western Montana. We were pleased with the amount of time we were afforded to speak with our elected officials.

#### Items discussed included:

- Improving VA Benefits and Health Care Services for Paralyzed Veterans and their Survivors.
- Protecting the Civil Rights of People with Disabilities.
- Improving access to Social Security Benefits.
- Improving employment prospects for Veterans with Disabilities.
- Strengthening the impact of the Americans with Disabilities Act (ADA) to improve access for all individuals with disabilities.

We are scheduled for in person-meetings again in Washington DC in June of 2024.















### Missing a Golden Opportunity: Charlie's Story

y name is Charlie. I recently traveled from Florida to Dulles International Airport on American Airlines. I left West Palm Beach, Florida and connected through Charlotte. When I arrived in Charlotte, my brand new Permobil F5 Corpus was in perfect shape. I could not have been more pleased. My new chair had made the first portion of the trip unscathed. The transfer crews were great and everything could not have been better. Got bumped up to first class. Then the bottom fell out from underneath me.

When I arrived at Dulles, it took a longtime to get my chair. They deplaned me on an aisle chair, keeping me on the jetway for approximately 5 minutes, then without my chair, pushed me in the aisle chair up the jetway to another gate because I was holding up their boarding process. Then my power chair arrived. I was transferred into it in the hallway between gates. I attempted to power my chair on, no good. Brake error. I tried resetting the brakes, still no good. I was pushed back to my original gate to speak to the gate agent and he was none to happy to have to speak to me. "You must go to baggage claim to report the problem, we don't have anything to do with it here." How? It doesn't work. "They have to push you," meaning the hired crew that assists with the loading and unloading of passengers with disabilities. The chair is 410 pounds and I weigh 184. Needless to say that wasn't going to happen. There was a conflict between the gate agent and the supervisor of the hired service. After I forced the agent to speak to me, was there any resolution to this problem? They put me in a manual chair with no cushion and pushed me to the claims office in baggage claim. The ground crew had to bring the chair over. When I arrived at the claims office the agent on duty asked, "where is your chair?" I responded, coming soon. " Well, what is wrong with it?" It doesn't work, something happened to it between Charlotte and



here. "What do you want us to do?" Fix it. "We will have to file a claim and someone will call you within 7 days." No! I'm here on business and I have to have it tomorrow. "Hold on." My chair arrived and then the fun really started.

They filed a claim and contacted their preferred repair service. The answer I was given, "We will have a loaner to you sometime in the next three hours and we will have your chair repaired as soon as possible. Is there any way you can get to your hotel and we will have the repairman meet you there tonight?" How do I get to the hotel in a chair that doesn't work? Can they push you to your transportation? Meaning the same hired crew that was unable to push me to the baggage claim? Really smart.

After an hour of going back and forth trying to get them to understand they finally got it but that was their only viable solution. The manual chair I was in could not leave the airport because it belonged to the hired company, not the airline. The airline's chair had a tall bar attached to the push handle preventing it from leaving the airport. So a team of people pushed me and my broken power chair to my waiting transportation. I was trans-

(Continued from page 8)

ported to my hotel and my driver and friend pushed me inside to register and sit in the lobby to wait for the repairman to arrive. I called the repair company for an explanation. Unfortunately, when they say emergency service, they mean sometime within the next seven days! I was very forceful about my needs and they apologized but haven't found anyone that could help this night. I finally took things over myself and called the Permobil representative that I know. He immediately started working on a solution. Asked if it was okay for a repairman to come early the next day. Best he could do. I have no other option. The airline's repairman hadn't even gotten back to them yet so they didn't even have any idea when they would get to me. I was pushed to my room. Straight to bed.

The next morning I received a phone call from my Permobil representative informing me of who was coming and when he would be arriving. I had business I needed to attend to but was stuck in bed with no choice but to wait. After not hearing from the airline's repair company, I called them at 9:30 am. "Sorry I just to work two minutes ago, let me look up your claim." That meant the night person just stopped trying! Global repair? I think not!

The repairman from Permobil arrived and started diagnosing my problem. The electric brake was not engaging. He checked wires, relays and connections. After 15 minutes with him looking and tech help on the phone, the first problem was found. A wire was cut by someone or something during handling. He had spare parts available, replacing the broken item. Then the full problem became apparent. The chair had been dropped from a height, landing on the drive wheel sideways bending the motor and transmission. Solution, replace the whole assembly. Luckily, he had replacement parts available. I'm stuck in my bed in the hotel the whole day waiting on a loaner power chair from Global repair. They only started calling me back after they found out I had secured my own repairman. "They have to agree to

our rates or we won't pay." Are you kidding me? I'm already held hostage by your lack of providing a loaner chair so I could do my business. I stopped talking to them!

I tried calling the airline's baggage claim directly several times to no avail until 4:30 pm. I relayed my story and informed them they would be paying my repairman directly because of the non-existing service from global repair! "You will have to send us the bill and we will reimburse you." Are you kidding me? I still had the number to the local airline representative and got ahold of them and they had a main representative call me. He spoke to my repairman asking how much it would cost. He still hadn't completed his work ensuring that everything was fixed. He gave an estimated cost. Airline's representative, "We don't pay estimates, I'll call you back in a few minutes." Still haven't heard back from him either.

I was finally able to get into my chair at 6:30 pm. He then had to readjust many of the settings to fit me again. They really know how to break chairs at American Airlines. They don't have any compassion at Global repair for traveling wheel-chair users. I missed the only day of business in Washington DC. My chair and I head to Denver tomorrow on a different airline.

Let's see how they do.

I really can't wait to hear back from American Airlines. I'm sure they will try to deny my claim and not pay my repairman saying that they only deal with Global repair. And the airline industry wonders why we want stronger legislation allowing us to sue for damages. I lost my golden opportunity for business in DC. What is a lost day of work worth to them?

By the way, I'm a disabled marine corps veteran. I can take a punch or two. I just can't understand why people think someone in a wheelchair is stupid? My legs don't work. My brain is just fine. I will push this resolution until completion. Even it means calling the Department of Justice.

Washington Update Page 10



### Washington Update

Check out the PVAction Force page at pva.org to view our latest alerts and a list of key legislation and its status.

### Administration's FY 2024 VA Budget Proposal Released

n March 9, the Administration released its budget request for fiscal year (FY) 2024. The Administration's FY 2024 budget request for VA is \$325.1 billion, a \$16.6 billion increase above the FY 2023 budget enacted levels. The figure includes \$142.8 billion in discretionary spending and \$182.3 billion in mandatory spending. The President's budget seeks \$20.3 billion in FY 2024 for the Cost of War Toxic Exposures Fund which is \$15.3 billion more than FY 23 for health care, research, and benefits delivery associated with exposure to environmental hazards for vet-

\$16.6

at-risk of

supportive services.

hous-

FY

billion would be allocated in 2024 for mental health efforts, including suicide prevention and another \$3.1 billion would go toward providing homeless veterans or those homelessness with permanent ing, health care, and other

The number of women veterans using VA services tripled over the last 20 years — growing from 160,000 in 2002 to more than 627,000. The Administration requested \$257 million for women's health and childcare programs to increase access to infertility counseling and assisted reproductive technology, eliminate copayments for contraceptive coverage, and support full-time women veteran program managers at all 172 VA medical centers. These investments support providing comprehensive specialty medical and surgical services for women veterans, including \$1.0 billion for women's gender-specific care.

Finally, the median VA hospital is nearly 60 years old compared to 13 years in the private sector. The Administration requested \$4.1 billion of discretionary and mandatory funding to begin restoring VA's aging infrastructure. Another \$5 billion in discretionary funding is being sought for non-recurring maintenance to improve medical facility infrastructure.

Washington Update Page 11

# ADMINISTRATION'S FY 2024 REQUEST OFFERS SUPPORT FOR SEVERAL PROGRAMS IMPORTANT TO AMERICANS WITH DISABILITIES

he Administration's Fiscal Year 2024 budget offers a number of proposals for programs important to people with disabilities.

The proposal promises to oppose efforts to cut Social Security benefits and indicates plans to shore up the system by "ensuring high-income individuals pay their fair share," which likely refers to its longstanding position that those making above \$400,000 a year in earnings should make payroll premium contributions. The Administration also states its intent to make improvements in the Supplemental Security Income program that supports low-income older Americans and people with disabilities.

The budget offers an increase of \$1.4 billion for the Social Security Administration (SSA) to invest in staff, information technology, and other improvements. This represents a 10 percent increase from the 2023 enacted level and would direct funds to improve customer service at SSA's field offices, state disability determination services, and teleservice centers for retirees, individuals with disabilities, and their families. The proposal also adds staff to process more

disability claims and reduce the amount of time claimants have to wait for decisions on their benefits.

The budget would provide \$150 billion over 10 years to improve and expand Medicaid home and community based services, such as personal care services, which would enable older Americans and individuals with disabilities to remain in their homes and stay active in their communities. The Administration also expects the funds to go to improvements in the quality of jobs for home care workers and to support family caregivers. Twenty million dollars would be provided to ensure military-connected children with disabilities and other highly mobile children with disabilities maintain services when they change school districts. This has been a longstanding objective of many military family advocates.

In addition, the budget provides \$258 million to support 2,200 units of new permanently affordable housing specifically for the elderly and persons with disabilities. It also includes \$32 million for a new National Park System initiative to address transportation barriers between parks and underserved communities and improve park accessibility for visitors and employees with disabilities.

### **NOVA LEGISLATIVE SEMINAR**

ational Legislative Director Morgan Brown and Senior Health Policy Advisor Roscoe Butler participated in the Nurses Organization of Veterans Affairs' (NOVA) Legislative Seminar on March 10 in Washington D.C. This year's event brought together representatives from two dozen like-minded organizations from around the country, plus Veterans Health Administration and congressional staff to discuss fixing VA's clinical staffing shortages, addressing human resource vacancies, ending on-boarding delays, and reviewing salaries so the department can remain competitive with the private sector to continue to provide the highest level of care for veterans.

PVA briefed attendees on our top health care priorities: protecting access to VA's specialized health care services and expanding access to VA long-term services and supports. In addition to PVA, several other organizations also spoke of the urgent need to expand VA's home and community-based services. Particularly noticeable about this year's event was a high level of unity among participants that Congress must do more to help VA fill critical staffing vacancies like those at VA's SCI/D centers, and invest more in VA infrastructure for buildings like long-term care centers.

Washington Update Page 12

### **SVAC APPROVES NINE VETERANS BILLS**

he Senate Veterans' Affairs Committee (SVAC) recently approved nine veteransrelated bills in a closed-door session. They will now head to the full Senate for consideration. The bills include S. 10, the VA Clinician Appreciation, Recruitment, Education, Expansion, and Retention Support (CAREERS) Act of 2023, which would provide VA with more tools to compete for highly-qualified medical personnel, support training for current and future VA clinicians to ensure veterans receive the highest quality of care, and provide more oversight and public transparency on VA's efforts to address vacancies. This legislation would also better prepare VA to manage care for the thousands of veterans newly eligible under the Sergeant First Class Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act (P.L. 117-168).

Also approved by the Committee were S. 30, the Fiscal Year 2023 Veterans Affairs Major Medical Facility Authorization Act, to authorize several VA major construction projects and S. 326, the VA Medicinal Cannabis Research Act of 2023, to allow VA to conduct research on the health effects of medicinal cannabis for veterans experiencing chronic pain and PTSD. Another bill approved by the Committee was S. 141, the Elizabeth Dole Home and Community Based Services for Veterans and Caregivers Act of 2023. PVA has been aggressively seeking passage of this bill to make a variety of improvements to access VA home care. One of the sections in the introduced bill would raise the cap on how much the VA can pay for the cost of home care from 65 percent of the cost of nursing home care to 100 percent. Unfortunately, that section of the bill was set aside as part of the recent Committee action due to cost, but panel members pledged to work with VA and other stakeholders to find a way to pay for it—hopefully in time to pass it with the remainder of the larger bill. Other provisions include directing VA to make key home and community-based services (HCBS) like Veteran Directed Care (VDC) and Homemaker and Home Health Aid available at all medical centers and certain U.S. territories; allow hospitalized veterans to retain their VDC payments for their caretakers; and instruct VA to assist

veterans who are denied participation in the VA caregiver program with enrollment in other home health services for which they are eligible.

A fifth bill, S. 216, the Reinforcing Enhanced Support Through Promoting Equity for Caregivers Today (RESPECT) Act of 2023, would amend VA's Program of Comprehensive Assistance for Family Caregivers to make certain mental health professionals and neurological specialists participate in the evaluation and assessment process for veterans. It also creates an assessment waiver process for caregivers of veterans with chronic or degenerative conditions and ensures caregivers have access to valuable mental health resources in the community.

The remaining bills approved by the Committee were S.106, the Commitment to Veteran Support and Outreach Act, which authorizes VA to distribute grants to states in order to help enhance veterans outreach activities, assist veterans in submitting claims, and increase the number of service officers serving in the state; S. 112, to strengthen benefits for children of Vietnam veterans born with spina bifida; S.132, the Daniel J. Harvey Jr. and Adam Lambert Improving Servicemember Transition to Reduce Veteran Suicide Act, which creates a pilot program to aid servicemembers returning to civilian life; and S.185, the Native American Direct Loan Improvement Act of 2023, to improve the program for direct housing loans made to Native American veterans.









### We Salute You!

special thank you to all our donors who continue to make the programs at Paralyzed Veterans of America, Northwest Chapter thrive and grow stronger.



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Others First

Schwab Charitable Fund

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Target

Fidelity Charitable Gift Fund

Verizon Foundation

**VFW** 

Boeing

Dorothy Waugh (Ernie's Mom)

**Robert Powers** 

King County

Amazon

Robert Mehling



Sports Page 14

### Get Involved With the Fun!

ith national qualification hanging in the balance, the NWPVA Rolling Rainiers and Rainier Adaptive Sports (RAS) co-sponsored the Rainier Adaptive Sports President's Cup February 18<sup>th</sup> and 19<sup>th</sup> 2023 at the Star Center in Tacoma. The tournament was a sanctioned National Wheelchair Basketball Association (NWBA) event in which wheelchair basketball teams from throughout the Pacific Northwest participated in order qualify for the national games.

There were more than 220 participants and 150 spectators throughout the two-day tournament. The Rolling Rainiers and RAS simultaneously sponsored a youth wheelchair basketball tournament in which the Junior Rolling Rainiers participated.

How to sign up for adaptive scuba diving, or wheelchair basketball, or golf, or even a hunting trip? There are only two ways: email, or US Mail. There are forms that need to be filled out before you can participate. If you do not have email with the ability to print forms at home then call (206) 241-1843 and leave a message including your full name, telephone number, mailing address and the event(s) in which you are interested. Speak slowly in a clear voice. If you have email you may provide the same information by emailing to:strappinglad2023@gmail.com.







Sports Page 15



### IT'S SO CLOSE!!....PORTLAND OREGON IS THIS YEARS LOCATION FOR THE NATIONAL VETERANS WHEELCHAIR GAMES JULY 4-9 2023

#### THE GAMES' MISSION & HISTORY

The National Veterans Wheelchair Games is the world's largest annual wheelchair sports event solely for military Veterans. The event demonstrates the unstoppable character of Veterans and seeks to foster wider respect for all people with disabilities. The Wheelchair Games is open to all U.S. Veterans with spinal cord injuries, amputations, multiple sclerosis, ALS, or other central neurological conditions who require a wheelchair for athletic competition. Every year, hundreds of American heroes from World War II, the Korean War, the Vietnam War, the Gulf War, and the post-9/11 era compete in this celebration of courage and camaraderie.

### 41 Years Strong

The Department of Veterans Affairs launched the Wheelchair Games in 1981 with 7 events and 77 athletes. Paralyzed Veterans of America joined the VA in 1985 to help expand the event's mission and reach. The Wheelchair Games has flourished as more VA therapists turn to adaptive sports to help Veterans become more active in their lives and communities – and, in some cases, reach higher levels of national and international competition. Over the years, thousands of Veterans with disabilities have gained the skills, confidence, and experience to take on challenges in the spirit of opportunity rather than limitation.

### https://wheelchairgames.org

Even if you are not competing, take a drive south and cheer on our athletes. A good time will be had!

Events Calendar Page 16

### April

6th First Day of Passover

9th Easter Sunday

20th BOD/General Membership Meeting

11:30 AM-Chapter Office





5th Cinco de Mayo

14th Mother's Day

18th BOD/General Membership Meeting

11:30 AM-Chapter Office

20th Armed Forces Day

29th Memorial Day



### Join PVAction Force!

What is PVAction Force? It is a national grassroots advocacy network, led by PVA, that actively takes action on vital issues affecting Veterans with spinal cord injuries and disorders, and diseases, like MS and ALS, as well as people with disabilities. Free and

open to all Americans, the group takes part in petitions, receives important legislative alerts, and more!

Join PVAction Force today:
Type this link into your browser:
https://www.votervoice.net/PVA/home
and help PVA "Make An Impact Today and Every
Day."





Birthdays Page 18

### Happy Birthday!

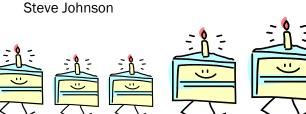
**April** May

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aralyzed Veterans of America has been on a mission to change lives and build brighter futures for our seriously injured heroes—to empower these brave men and women build brighter futures for our seriously injured heroes to empower these brave men and women with what they need to achieve the things they fought for: freedom and independence. They returned to a grateful nation, but also to a world with few solutions to challenges they faced. They made a decision not just to live, but to live with dignity as contributors to society. They created Paralyzed Veterans of America, an organization dedicated to veterans service, medical research and civil rights for people with disabilities.

Have an old car taking up space in your driveway? Donate it to Paralyzed Veterans of America! Call us: 877-900-8387. https://pva.careasy.org/HOME.html







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