

The Official Publication of The Paralyzed Veterans Association of Florida Incorporated

VOLUME 57, ISSUE 6

# the **SUNSHINE** *Spokesman*



Summer 2014





The Second Annual PVAF 5K Run, Walk and Roll took place on Sunday, April 6th at Tradewinds Park.

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Miami VA Health Care Center  
1201 North West 16th Street, Room 1C-134  
Miami, Florida 33125  
Telephone/Fax 305-575-3304

### SCI HOTLINE NUMBERS

S.C.I. Outpatient Clinic Practitioner  
Direct: 888-276-1785 ext. 14520  
Appt. Only: 888-274-1785  
ext. 13587 or 13588

### PVA SERVICE OFFICE

Raul Acosta, NSO  
Miami VA Health Care Center  
1201 North West 16th Street, Room 1C-139  
Miami, Florida 33125  
305-575-7180 or 800-795-3591  
Fax: 305-575-7181

### PVA SERVICE OFFICE

VA Regional Office  
P.O. Box 1437  
St. Petersburg, Florida 33731-9968  
727-319-7470 or 800-795-3594

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Vice-President.....Charles O. Brown  
Treasurer.....Ken Tauer  
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Director.....Alvin Kublin  
Director.....Rudy Warshawsky  
Director.....Francisco Abreu  
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Director.....Laquantis Morton  
Director.....Abraham Hamber  
Director.....Hartley Key

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Research & Education.....Laquantis Morton  
Sports.....Francisco Abreu  
VAVS, Miami.....Abraham Hamber  
Volunteer Coordinator.....Nikki Baker

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the **SUNSHINE**  
*Spokesman*

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Association of Florida

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WEB: www.pvaf.org



*Have you moved or are you planning a move? If you are reading this Newsletter and it was not mailed to you, please call us or e-mail your updated address and contact information:  
(954) 565-8885 pvaf@aol.com.*



# President's Message

**Juan Perez**

It is with great sadness that I announce the passing of long time PVAF member Patrick Havern on June 18th, 2014. We have lost a good friend, volunteer and advocate. Patrick devoted a considerable amount of his time serving as a member of our Board of Directors. His various titles include Vice President, Director, Miami VAVS Representative and Hospital Committee Chairperson. On behalf of our entire membership I express sincere condolences to his loving wife Julia and family. May he rest in peace!

This year's 5K Run Walk & Roll was very successful thanks to the participants who took part in the event, our valued volunteers and particularly Race Organizer Ms. Elaine Seth who spent considerable time putting the event together, getting sponsors, coordinating volunteers and dealing with vendors. She even went as far as bringing her parents who were in town on vacation from Ohio to help out at the event. I extend sincere thanks and appreciation to Elaine and everyone who made our 5K a memorable event. We anticipate that as we move forward our primary PVA Awareness Month activity will continue to build on past successes and get even bigger and better.

On behalf of the entire PVAF membership I express farewell to Mr. Art Wells, Assistant Prosthetics Chief at the Bruce W. Carter Miami VA Healthcare System. Art served at this institution for 25 years and was respected and loved by all the veterans he served. He was responsible for providing prosthetics equipment to veterans and oversaw programs such as automobile adaptive equipment, home improvement etc. He went above and beyond the call of duty in demonstrating his professional expertise in all areas of customer service and will be sorely missed. Sergeant Major Wells you are a veterans' veteran and you leave big boots to fill. We are sad to see you go but realize you need to enjoy your retirement that you so rightfully deserve. Thanks again for all you have done to make life better for all of us; we will never forget you!

The summer heat is here and I encourage everyone to stay cool and hydrated and give us a helping hand when you can because as a non-profit organization we could not exist without the help of our volunteers. There are openings on our various committees for members to fill and volunteers are always needed so please step up and be counted, your fellow members need your help.



*Visit us on the web @*  
**WWW.PVAFL.ORG**

## CALENDAR OF EVENTS

### AUGUST 2014

**August 19, 2014**

BOD Meeting  
 PVAF Office

### SEPTEMBER 2014

**September 04, 2014**

General Membership Meeting  
 Miami VA Medical

**September 09, 2014**

BOD Meeting  
 PVAF Office

**September 27, 2014**

Awards Luncheon  
 Pembroke Lakes Country Club  
 Pembroke Pines, FL

### OCTOBER 2014

**October 4, 2014**

3rd Annual Golf Classic  
 Pembroke Lakes Golf Club  
 Pembroke Pines, Florida

**October 11, 2014**

Disability Expo  
 Nova Southeastern University

**October 14, 2014**

BOD Meeting  
 PVAF Office

## Advertisers in this Issue

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## VA Facilities

### **Veterans Health Administration**

Toll-Free Hotline (medical care)  
 1-877-222-8387

VA Regional Office, St. Petersburg

P.O. Box 1437

St. Petersburg, FL 33731

1-800-827-1000

### **Regional Processing Office**

Atlanta, GA (educational claims)

P.O. Box 54346

Atlanta, GA 30308

1-888-442-4551

### **VA Insurance Center**

(VA Insurance)

P.O. Box 42954

Philadelphia, PA 19101

1-800-669-8477

### **VA Health Administrative Center:**

(CHAMPVA and Spina Bifida health care)

CHAMPVA inquiries:

P.O. Box 65023, Denver, CO 80206-5023

CHAMPVA claims:

P.O. Box 65024, Denver, CO 80206-5024

Spina Bifida inquiries and claims:

P.O. Box 65025, Denver, CO 80206-5025

1-800-733-8387

### **VA Loan Guaranty Eligibility Center**

(Certificates of eligibility)

P.O. Box 20729

Winston Salem, NC 27120

1-888-244-6711

### **National Cemetery Administration**

#### **Office of Memorial Programs:**

(Headstones & markers)

810 Vermont Avenue NW

Washington, DC 20420

1-800-697-6947

Telecommunications Device for the Deaf (TDD) Unit

Chicago VA Regional Office

1-800-829-4833

### **Miami VA Health Care Medical Center:**

1201 NW 16 Street

Miami, FL 33125

1-888-276-1785

### **VA Outpatient Clinic**

9800 West Commercial Blvd.

Sunrise, FL 33351

Phone: (954) 475-5500

### **VA Medical Center**

7305 N Military Trail

West Palm Beach, FL 33410-6400

1-800-972-8262



## Executive Director's Report

Mike Foster [mikefpvaf@aol.com](mailto:mikefpvaf@aol.com)

PVAF will be sending a contingent of eight members to the National Veterans Wheelchair Games to be held in Philadelphia, Pennsylvania beginning August 12-17, 2014. We are optimistic that our Sports Team will again do well at these games as they did last year by bringing back a trove of medals. We would like to see more members participating in sports as doing so improves health and wellbeing. Those desiring to receive funding for attending the National Games are required to participate in Chapter activities as there is a points system in place. It is not too early to get involved and secure a spot on the team for next year's event so come on out and get active with your Chapter - we need you.

Our Board of Directors has decided to decouple our Awards Banquet from the golf tournament this year. The Banquet will be held at the Pembroke Lakes Golf & Racquet Club, located at 10500 Taft Street, Pembroke Pines, Florida on September 27th 2014 from 11:00 AM to 3:00 PM. The cost will be \$25.00 per person which will cover lunch and entertainment by Thunderhead – the live band that entertained us so well at several of our picnics. We hope for fine weather and a good turn-out as we expect to have a grand time.

Award nomination criteria and a form is included in this issue of the newsletter for the convenience of regular members to nominate care givers and others who have been exemplary in assisting our members and helping PVAF to achieve its mission. You are encouraged to submit your nominee(s) as soon as you can for consideration by our awards committee.

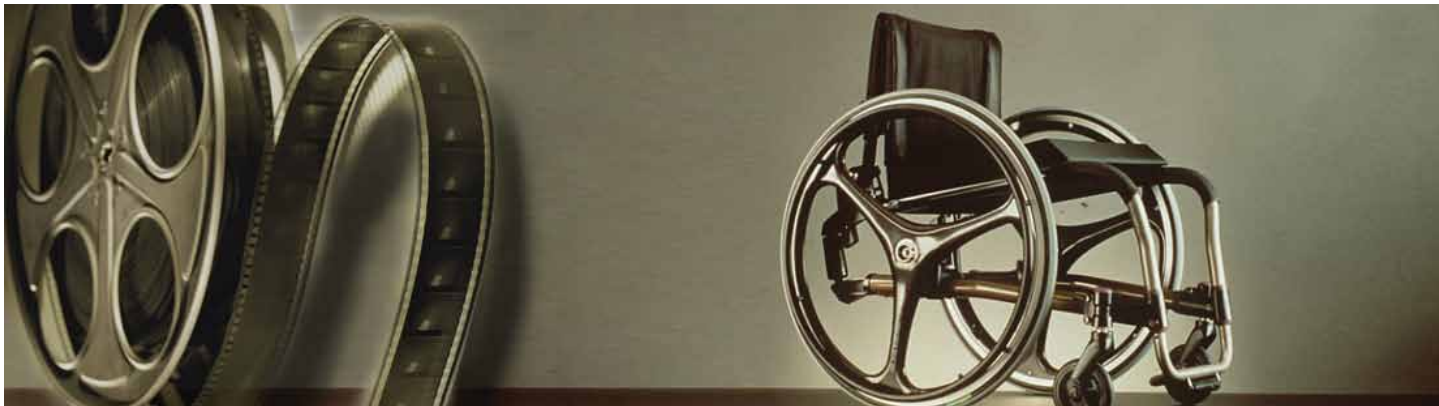
On October 4th 2014 we will be hosting our 3rd Annual Golf Tournament at the same venue as our banquet. We are still seeking sponsors, players, auction items and volunteers. If you are able to assist in any way we will be very appreciative.

From time to time PVAF receives donations of wheelchairs, walkers, other medical devices and supplies which we donate or lend to members and needy individuals in our community. If you or someone that you know, require any of these items, please contact the office at (954) 565 8885 during business hours and we will gladly assist you if we can.



# MY MS PERSPECTIVE

## Multiple Sclerosis as a Character in the Movie of Your Life



Someone once told me "Everyone directs their own movie. They see life through their own lens." This is true on so many levels, most of which I won't attend to in this blog.

Working on a project for the past two weeks I've begun to see MS as a character in the story of my life. MS is not the star – it's not even a supporting role – but a former headliner making a cameo appearance at the most annoying times. It is a part of my story.

As the director of my own film, it's my job to keep this big-headed ego of a character from stealing the scenes, upstaging the important players, and stepping on lines. Like the drama club coach who has to deal with a runaway teen however, sometimes it's just more work to constantly correct, cajole and shift focus...

Sometimes, I just let a rehearsal scene go in hopes that MS won't take over an opening-night performance. It's an energy balance thing.

What would a character sketch of MS be like for stage direction? What words or phrases can get the essence of this disease across to people wondering what that distraction lingering at the edge of the wings might be? How would you describe the moment when multiple sclerosis barges in and mucks up your performance?

This isn't like one of our MS Symptom Thesaurus posts. Rather, this is a chance to put human features, emotions, actions and language to this interloper in

the theater of our lives.

My MS Character is something like a former all-star jock who ran a field of play any way he decided back in his playing days, but is now relegated to color-commentary on a broadcast I try to avoid. Once in a while, he'll blurt out something inappropriate, off-color, and just plain offensive. Most of the time however, we're used to him droning on in the background, trying to be heard above the important parts of the story. Still, he is numbing and I feel like I'm missing some important parts of the game due to his rants and constant blather.

How about you? If you had to make your MS into a character, how would you describe it? I'm not going to lie, that was kinda fun. Now it's your turn...

Aaannnnnnnd. ACTION!

Wishing you and your family the best of health.

Cheers

*Trevis*

Don't forget to follow me on the Life With MS Facebook page and on Twitter, and subscribe to Life With Multiple Sclerosis.

My MS Perspective intends only to allow people who live with MS to offer their experience and support. The views expressed here are those of the author(s) alone. They do not represent the views or opinions of PVAF or its staff. PVAF does not endorse any medical advice nor procedures. Send your MS Perspective to [PVAF@aol.com](mailto:PVAF@aol.com).



Joseph Del Vecchio

# PVA FLORIDA CHAPTER ADVOCACY

This is a very difficult time for all veterans. We all raised our right hand and swore that we would give our life if necessary to preserve this nation's freedom. This nation owes us a debt of gratitude and must make good on that sacred contract that our President Abraham Lincoln vowed that this nation shall "care for him who shall have borne the battle and for his widow, and his orphan" while delivering his Second Inaugural Address. Obviously you are all familiar with the egregious claims that are being leveled at the Veterans Administration for not serving us honorably, and the testimony being given at Paralyzed Veterans of America was asked to participate in giving testimony. I hope you all watched our own Carl Blake's opening delivery. I got to know Carl, our National Legislative Director, when attending our annual Advocacy and Legislative Seminar. I can assure you that Carl

is a man of irrefutable trust and will not submit any suggestion of wrong doing unless it is backed by irrefutable evidence.

My hope and wish is that our membership remain vigilant by following the testimony being given. For myself, I am going to remain attentive, I am going to consider this as an opportunity to see our system at work. I think we all will have much to gain as things are brought to light. At the very least, I think that this will encourage many departments and individuals in the V.A. to self-assess and ultimately incorporate ways to better serve us.

As I already mentioned, I had the opportunity to attend this year's Advocacy and Legislative Seminar. It is comprised of training sessions, our National President's annual address to a joint session of the House and Senates Committees on Veteran Affairs, and time to visit our U.S. legislatures to discuss talking points that are important to us both nationally and locally.

Florida was represented by myself and the A&L Directors from Gulf Coast Chapter, Dr. Ray Bruce, and the Central Chapters Chair Sean Gibbs. We collectively had a very constructive meeting with Representative Jeff Miller, who is the Chair on the House Veterans Affairs Committee. Incidentally, at this particular meeting we were accompanied by our Senior National Vice President Ken Weas and it was interesting to watch his experienced cultivated approach. I appreciated this, understanding that it was our first time representing our chapters in D.C. collectively.

We had an excellent meeting with J.R. Sanchez, Senior Advisor to Senator Marco Rubio and we also met with Senator Bill Nelson who supports our initiatives. In addition Dr. Bruce and I went to pay a visit with Joe Dallas Lim Millado, Legislative Assistant to U.S Representative Bilirakis. In all it was a rigorous experience which served as an opportunity to discuss issues with individuals that are in key positions at our national headquarters, because of this exposure I now have a keener understanding to better serve you.

Also, I have been developing an ambitious initiative that I like to call "Boots on the Ground", I am looking for interested parties to join my committee. Our chapter coverage encompasses Martin to Monroe County which is vast and I can use all the help I can muster. Currently our members Conney L. Clark and Leedell A. Brown Sr. have joined, and I am pleased to announce that our first non-veteran member Elaine Turner is on board.

There are meetings planned starting the first week of October. I would like to invite all PVAF members

**Advocacy Report continued on page 10**

# **Wheelchair Accessible Vans**

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# *PVAF* Sports Room SPOTLIGHT

Our Sports Team is busy preparing for this year's Veterans Wheelchair Games which will be held in Philadelphia, PA August 12 – 17, 2014. The Team has been having bowling practice at the Bird Bowl in Miami and participating in trapshooting at Markham Park in Sunrise. Any member that has an interest in any of these activities is encouraged to join us. Please contact me at the PVAF office (954) 565 8885 or William Rios at the Miami VA by telephone at 1 888 276 1785 extension 3850. Apart from our practice sessions we are also trying to raise funds to supplement the money provided by PVAF to pay the expenses for our athletes.

We appreciate all the help we can get in collecting donations for the sports team. If you or anyone that you know is interested in contributing, please contact me at the PVAF office.

There are several sports activities that are available to our members including the following:

- Adapted racquetball clinic for veterans – those interested should contact Jody Cox at (305) 234 1673.
- Handcycle clinic at Homestead Air Reserve Base with Achilles South Florida – for more information contact Lucy Binhack at (305) 755 7848 or Francisco Abreu at (305) 469 9379.
- Therapeutic horseback riding program for veterans beginning this September at Tradewinds Park, Coconut Creek. This 10 week course will be held on Wednesdays at 1:00 PM. For more information please contact me at the PVAF office.

I am available to help all our members who have an interest in participating in sports. If you are ready to get active and stay fit, do not hesitate to contact me. As your Sports Director I will help you in bowling, hand cycling, trap-shooting, archery, racquetball etc.



Francisco Abreu

## SPORTS



## SPOKESMAN NEWS *Roundup*



### Online Guide to the ADA and ABA Standards Available

In April, the U.S. Access Board released the first installment of a series of online guides to the Americans With Disabilities Act (ADA) and the Architectural Barriers Act (ABA) Accessibility Standards. The Guide to the ADA Standards covers design requirements that apply to places of public accommodation, commercial facilities, and state and local government facilities subject to the ADA in new construction, alterations, and additions. The Guide to the ABA Standards addresses similar standards that apply under the ABA to facilities that are designed, constructed, altered, or leased with federal funds.

The released guides cover the first three chapters of the standards, including application and use of the standards (Chapter 1), scoping in new construction, alterations, and additions (Chapter 2), and basic "building block" technical provisions (Chapter 3). In addition, there is a series of animations that address wheelchair maneuvering, doors and entrances, and accessible toilet and bathing facilities. Future installments to the guides will be published as they become available. Users can sign-up to receive email updates on the release of new technical guides in the series.

## PVA FLORIDA CHAPTER ADVOCACY REPORT

*Advocacy Report continued from page 7*

to come given prior notice. I will have a lesson planned for the first hour, followed by a Q&A and new business and strategy for the second hour. This is a first for our chapter and is subject to revision as we gain experience.

My meetings with the Broward Veterans Coalition better known as "Broward Vets" have been beneficial. We have adopted By-Laws, and we have elected Adriane Reeseey as our first President. She is an energetic person that I believe will represent Broward's Veterans well.

I want you to all know that I take my position to represent you very seriously, and I can tell you that we are building bridges with public officials and people in the private sector that will assist our efforts into the future. Also, I find it heartwarming when you ask for my assistance, I enjoy representing you in ways that our organization allow. Please do not hesitate to contact me if you have a concern, remember, I accepted this position to work for you!

I would like to end on a positive note. The "Gas Pump Assistance Bill" has been signed into law by our Governor and is effective July 1st. I want to thank all the legislators who voted favorably for the bill. I would be remiss if I did not mention our old friend and PVA member Ben Ritter who gave of himself tirelessly to motivate all concerned.

Respectfully,

Joe Del Vecchio



Raul Acosta  
National Service Officer

## Technology Infiltrates the VA Benefits System

In this world of technology the Veterans Administration has jumped on the bandwagon. Yes technology has taken over the VA system as well. The VA has put a system in place making it less difficult and more efficient in filing claims. This also creates a work environment in which paperwork is greatly reduced. By filing a claim using the VA system it will boost productivity, make documentation and information sharing easier, keep personal information more secure and save money whether it's in postal charges mailing documents or saving trees. By utilizing this electronic system it assists the VA in making a faster decision. There is no risk to filing a claim through the website. A veteran has a full year to complete the process. This is the trend where all claims will be filed electronically. The website is called eBenefits.

eBenefits will assist either the Veteran or Service Officer file a Fully Developed Claim (FDC) anytime of day or night. This process is much quicker than the traditional way of sending paperwork back and forth through the US mail system. Either the Veteran or Service Officer can submit all documents at once through eBenefits. It will allow the person filing to take more charge of their FDC.

Here are some simple steps to follow when using the website:

1. Go to [www.ebenefits.va.gov](http://www.ebenefits.va.gov) portal and login. If you haven't logged in before you have to register. Once you have completed this simply Apply For Benefits.
2. Choose a Veteran Service Officer (VSO). The VA advises that the Veteran chooses a representative to become their Power of Attorney and assist with required paperwork. By doing this the Veteran will also be able to work closely with the VSO getting questions answered. Go to Recognized Veterans Service Organization, which has a VA- accredited representative to assist you. Within, a few days the VSO will contact you.
3. If you prefer to apply yourself go to apply now, start a new application and enter personal Information.  
\* Note when asked for VA file number if you don't have one use your social security number. Once a claim has been initiated Veteran has a year to complete. Starting a claim before all documents are filed allows your award to be back dated form time of initiation.
4. Supply Service Information – Call 1-800-827-1000 or go to [www.archives.gov](http://www.archives.gov) to obtain such information if you don't already have it.
5. Choose your type of claim. There are a few types
  - a). Original Disability Claim – if this is the first time you have filed
  - b). New Disability Claim – New claim for a service – connected disability that has not been filed before.
  - c). Reopened Disability Claim- Reopening of a claim the VA did not grant. The VA decision must be at least one year old. Must have new evidence previously not considered.

*NSO's report continued on page 23*



# ***2014 PVAF Awards***

## ***Criteria***

***The following awards will be presented at PVAF's Annual Award Banquet***

### ***CITATION OF MERIT***

The Citation of Merit is the chapter's highest award. Its purpose is to recognize an individual, organization or group that has made an outstanding contribution to the field of spinal cord injury/disease and to the PVAF membership. A nomination for this award should be considered with great discretion.

### ***SUNSHINE AWARD***

The "Sunshine Award" recognizes the PVAF member or non-member who has made the most significant contribution on the local level to achieve the goals of the organization.

### ***THE TENDER LOVING CARE AWARD***

The "TLC Award" recognizes a spouse, family member, friend or significant other who makes a vital contribution to a member or associate member enabling him or her to achieve an active and fulfilling life.

### ***CERTIFICATE OF APPRECIATION***

The Certificate of Appreciation recognizes a person or group for meritorious service to the PVAF membership.

### ***RON ENNIS AWARD FOR ACCESSIBILITY***

The "Ron Ennis Award for Accessibility" recognizes an individual, group or organization whose efforts increased the awareness of the need for accessibility for disabled persons.

***Please take time to complete and submit the form on the following page  
and nominate someone deserving today!***

# ***PVAF Awards Nomination Form***

*Date:* \_\_\_\_\_

\_\_\_\_\_  
*Name of Nominee*

\_\_\_\_\_  
*Title*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City, State, and Zip Code*

\_\_\_\_\_  
*Telephone Number*

\_\_\_\_\_  
*Type of award nomination*

*Outstanding Achievements/Contributions*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
*(Award Nominations must be submitted with two (2) PVA member signatures):*

*PVAF Member:* \_\_\_\_\_

*PVAF Member:* \_\_\_\_\_

*For additional award forms contact the PVAF office: 954-565-8885  
Please submit by September 8, 2014*



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FLORIDA CHAPTER

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TO FOLLOW

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# PVAF Clubhouse

*The PVAF Clubhouse is the Sunshine's Spokesman's way of making our members feel at home.  
Here we introduce new members, transfers and celebrate birthdays.*

## June

Richard B. Graham  
Michael D. Buyea  
Pete A. Galpin  
Gary M. Reeder  
Frederick Stickles  
Kenneth W. Williams  
Edward R. Rinelli  
Morris H. Penrod  
Mike D. Plati  
David L. Williams  
John Price  
Donald D. Spanitz  
Walter L. Durocher  
Charles Jefferson  
Stephen P. Osgood  
Charles J. Kaufman  
Nick D. Colavito  
Whitney Minnis  
Harry L. Holmes  
Phillip A. Liller  
Thomas W. Martin  
Donna Ricci  
George D. Allala

## B i r t h d a y s

June 01  
June 03  
June 04  
June 04  
June 05  
June 05  
June 06  
June 07  
June 07  
June 08  
June 12  
June 12  
June 15  
June 18  
June 19  
June 20  
June 23  
June 23  
June 27  
June 27  
June 27  
June 28  
June 30

## August

Curtis C. Cole  
Kira M. Hall  
Ashley M. Foster  
Kelly Foster  
Herman W. Hoffman  
Wayne E. Hooper  
Hartley E. Key  
Francis L. Ruhl  
Manuel Audain  
Andres Trujillo  
Steve W. Coleman  
Earl C. Williams  
Lawrence Horn  
Angela G. Smith  
Richard H. Riviera  
Aukuso Siuta  
Nathaniel A. Walker  
Allan S. Alvarenga  
Joseph G. Belton  
Paul W. Lane  
David A. Swart  
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Rosabel R. Gutierrez  
Ernst Rosenkrantz  
Raymond Walawender  
Kathryn A. Mangone  
Arthur Carmel  
Jerry Jones  
Steven G. Schock  
Keith W. Vivyan  
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Felix Perez  
Jeff B. Winseck  
Joseph A. Allen  
John R. Bakke  
Daniel A. Eppler  
Elaine Seth

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## July

Dominic J. Bruno  
David Jampolsky  
Anthony Muzio  
Sim Putmon  
Debra Jean VanTrump  
Gary W. Wilburn  
Edward O. Holloway  
Gabriela A. Perez  
Charles O. Brown  
Matthew S. Kleemann  
Harry S. Beane  
Forrest L. Cole  
Steve M. Lynn  
Brian J. Ouimet  
Paul F. Gall  
Keith L. Gooch  
Robert Dulling  
Donna L. Higgins  
Angel Serrano  
Elgin A. Chatmon  
James M. Byas  
Allan H. Spence  
Arjean M. Wilson  
Harry Henderson  
Delbert D. Hillebert  
Robert A. Frongillo  
Sidney Luxenberg  
Arlington (Art) Towers  
Mark B. Addison  
Henry G. Resling  
Antonio G. Carvalhais  
Terry G. Morgan  
Monty S. Bates

## B i r t h d a y s

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# Happy Birthday Soldier!



## **SPOKESMAN NEWS** *Roundup - Continued*

### **House and Senate Reach Agreement on Jobs Measure**

On May 21, 2014, the Chairmen and Ranking Members of the Senate Health, Education, Labor, and Pensions (HELP) Committee, Subcommittee on Employment and Workplace Safety, and the House Education and Workforce Committee, Subcommittee on Higher Education and Workforce Training, released a bipartisan, bicameral agreement to reauthorize the Workforce Investment Act and Rehabilitation Act. The Workforce Investment Act, which authorizes the nation's job training and development centers as well as the system of state vocational rehabilitation agencies, has not been updated since it was created in 1998.

This bill, now called the Workforce Innovation and Opportunity Act (WIOA), is a compromise between the House-passed "SKILLS Act" (H.R. 803) and Senate committee-approved "Workforce Investment Act of 2013" (S. 1356). Its provisions aim to improve employment opportunities and economic prospects for all Americans, including those with disabilities. The lengthy measure includes a strong emphasis on integrated and competitive employment of people with disabilities and provides training and other supports and services for youth with disabilities transitioning from school to work or postsecondary education. The legislation also contains several major provisions of interest to the veteran community including:

- Representation on state and local workforce boards of organizations serving veterans with barriers to employment.
- Requirements that state workforce plans specify how they will implement priority of service for veterans.
- Funding to help veterans and people with disabilities navigate multiple service programs and activities.
- Looser Job Corps eligibility rules for veterans within six months of discharge.
- Assurances that veterans with disabilities will be better served by state vocational rehabilitation programs.

WIOA is expected to be brought to the Senate floor for consideration soon under expedited procedures. Once the Senate approves the measure, the House is expected to take up the Senate version of the bill to replace H.R. 803.

*Membership Report*  
PVAF reports that as of  
July 8, 2014  
our membership is  
408 members  
& 152 Associate  
Members.

*PVAF welcomes  
new members:*

Mr. Charles E. Cobb

*PVAF extends our  
sympathy to the family and  
friends of:*

Mr. Patrick W. Havern  
Mr. Thomas W. Ohlson  
Mr. Angelo Panozzo

*The Sunshine Spokesman  
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Miscellaneous

Miscellaneous

Miscellaneous

Miscellaneous



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Director\_Paul\_Russo

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with Jeff Miller



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*PVAF has discovered that you love to send us e-mail. The Inbox here in the Sunshine Spokesman is a great way for us to share your good news.*



The Second Annual PVAF 5K Run, Walk and Roll took place on Sunday, April 6th at Tradewinds Park with 120 runners, hand cyclists and walkers all coming out in support of PVAF.

The event kicked off with the Presentation of Colors by the Pompano Beach JROTC and reciting of the Pledge of Allegiance. The first wave of competitors headed out onto the course as hand- cyclists led the way, followed by runners and walkers.

Medals were presented to the top three finishers in each age division. First Place over-all winners were honored with Eagle Awards, which went out to the following:

Male Hand cycling- Francisco Abreu  
Female Hand cycling- Maria Pardo  
Male Champion- Mark Kasprzyk  
Female Champion- Ellen Diamond  
Male Masters Champion- Andre Lapalme  
Female Masters Champion- Joanna Iwankowski

The PVAF 5K Run Walk and Roll could not have been possible without the support of our generous sponsors:

Gold Sponsor-Salisbury Construction Service  
Gold Sponsor-BPI Sports  
Silver Sponsor-Ocean Conversions

Our event had a special addition as the Founder of BPI Sports, James Grage, took on a personal challenge of a one mile run. Grage had been injured in a car accident many years ago and thought he would never run again. Grage selected the PVAF 5K as the platform to fulfill his pledge to Shriner's Hospitals; if Grage ran a mile in 7 minutes, he would donate \$10,000 to Shriner's Hospital. If he ran in 6 minutes, he pledged to donate \$20,000 to Shriner's Hospital- which is exactly what he did- all while pushing his quadriplegic friend in a wheelchair the entire mile!

April is Paralyzed Veterans of America Awareness month. The PVAF 5K Run Walk and Roll was created to engage the community in a fun, healthy and uplifting event, while raising funds for PVAF. We look forward to building more momentum with another successful event next April!

Elaine Seth

# Technology Infiltrates the VA Benefits System

*NSO's report continued from page 11*

d). Increased Disability Claim – Request for an increase evaluation of a disability already determined to be service connected due to worsened situation.

e). Secondary Disability Claim – Claim for a disability that developed as a result of, or was worsened by, a service related disability.  
Each type of claim requires specific documentation needed to submit a FDC. Make sure you carefully read what is needed.

## 6). Enter Treatment Information- Confirm Treatment

a). Direct Deposit page – Important to remember if you request VA assistance you must complete VA form 21-4142 AUTHORIZATION AND CONSENT TO RELEASE INFORMATION or your claim will not be processed as an FDC and will take additional time.

b). Veteran must upload all medical records and documents pertaining to the claim. Disability Benefits Questionnaires may also be uploaded as support/evidence to your claim. These are forms the VA physician or private licensed physician completes. These forms can be found and downloaded at [www.benefits.va.gov/compensation/dbq\\_disabilityexams.asp](http://www.benefits.va.gov/compensation/dbq_disabilityexams.asp) or [www.va.gov](http://www.va.gov) and selected by disability. DBQ's serve as the equivalent as an examination and can speed up the FDC process.

## 7). Review Special Circumstances- Certain circumstances require additional information.

If you are....

- a). A guard or reserve member
- b). A current active duty service member
- c). Claiming individual unemployability
- d). Claiming dependents
- e). Claiming PTSD
- f). Claiming Special Adapted Housing

8). Uploading Documents – once you gather all the relevant information you must scan them into your computer. Your VSO will be able to assist with this process. Try to acquire electronic versions of medical records so this process is a bit easier. Some of these documents could be DBQ's, Medical Records, Treatment notes, Hospital records, Outpatient records, or Statements from family or friends.

9). Perform final Review and Submit Application – Final Validation – this page shows you all the information you have submitted. It is important you review for any information missing. You can always go back and submit missing information by clicking on the tabs at the top of the page.

**AT THIS POINT YOU ARE ENCOURAGED TO HAVE YOUR VSO AND YOURSELF REVIEW YOUR FDC TOGETHER BEFORE YOU SUBMIT YOUR CLAIM.**

Evidence Certification is needed before submittal you can select “no more evidence” or “more evidence”. Your claim will only be processed as an FDC if you select “no more evidence”. If you have additional evidence after you submit your claim will no longer qualify for the expedited FDC process. It will still be processed but may take longer.

Once you submit the VA will now be reviewing your claim. You will receive a confirmation notification number message at your eBenefits message center.





# 2014

## *Awards Luncheon*



### Paralyzed Veterans of America Florida Chapter

*Pembroke Lakes Country Club, Pines/Garden Room  
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The Second Annual PVAF 5K Run,  
Walk and Roll April 2014







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