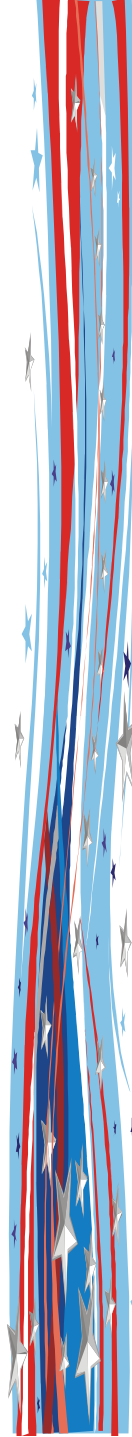
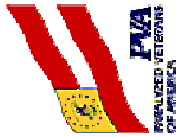
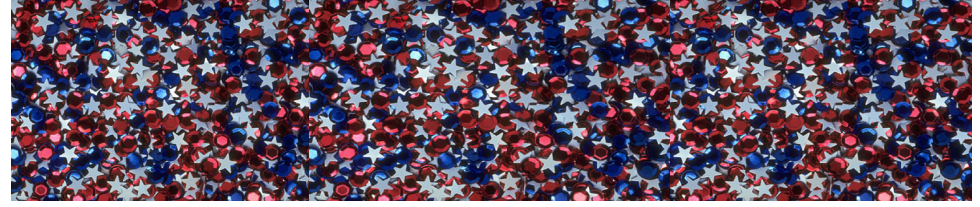


**Paralyzed Veterans of America  
Buckeye Chapter  
26250 Euclid Avenue—Suite #115  
Euclid, Ohio 44132  
(216) 731-1017**

**Non-Profit Organization  
US Postage Paid  
Cleveland Ohio  
Permit Number 4318**



Please take a moment to look at your mailing label. Will you be moving soon? You are very important to us and we want to stay in touch. If there are any changes to be made regarding the information on the label, PLEASE contact the BPVA Chapter office and let us know. Thank You!



**2010 Spring Buckeye Banner**

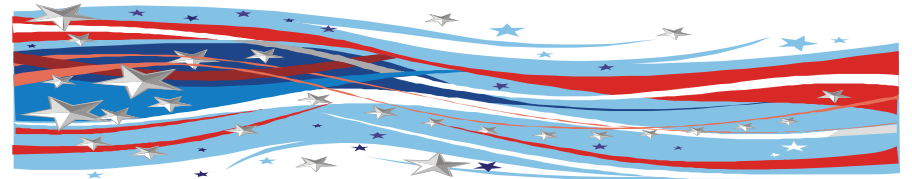
**Buckeye Chapter**  
**Paralyzed Veterans of America**  
[www.buckeyepva.org](http://www.buckeyepva.org)

### **Donations**

Please remember those who have served our country and are now disabled by spinal cord injury or disease by making a donation through our website at: [www.buckeyepva.org](http://www.buckeyepva.org) or by mail to 26250 Euclid Avenue, Suite 115 Euclid, Ohio 44132.

Please make checks payable to Buckeye Paralyzed Veterans of America.

All donations are tax deductible to the extent permitted by law under IRS Section 501 c 3.



## **BPVA Officers**

Carl Harris	President	<a href="mailto:carlh@buckeyepva.org">carlh@buckeyepva.org</a>
Leonard Hallbank	Vice President	<a href="mailto:leonardh@buckeyepva.org">leonardh@buckeyepva.org</a>
Paul Sonye	Secretary	<a href="mailto:pauls@buckeyepva.org">pauls@buckeyepva.org</a>
Lance Kepler	Treasurer	<a href="mailto:lancek@buckeyepva.org">lancek@buckeyepva.org</a>

## **Board of Directors**

Holly Koester	Sports Director	<a href="mailto:hollyk@buckeyepva.org">hollyk@buckeyepva.org</a>
Michael Murphy	Board Member	<a href="mailto:mikem@buckeyepva.org">mikem@buckeyepva.org</a>
Fred Wittmeyer	Board Member	<a href="mailto:fredw@buckeyepva.org">fredw@buckeyepva.org</a>
Terrance Tyna	National Director	<a href="mailto:terryt@buckeyepva.org">terryt@buckeyepva.org</a>

## **Office Staff**

Sharon Moster	Exec. Director	<a href="mailto:sharonm@buckeyepva.org">sharonm@buckeyepva.org</a>
CarrieAnn Tripodo	Admin. Assistant	<a href="mailto:carriet@buckeyepva.org">carriet@buckeyepva.org</a>
Frank Anderson	Gov. Relations Dir.	<a href="mailto:franka@buckeyepva.org">franka@buckeyepva.org</a>

## **Volunteer Liaison Officers**

Dale Spiller	VLO-Dayton	<a href="mailto:dale.spiller@va.gov">dale.spiller@va.gov</a>
Fred Wittmeyer	VLO-Cincinnati	<a href="mailto:fred.wittmeyer@va.gov">fred.wittmeyer@va.gov</a>

## **National Service Officers**

Aaron Stevens	Cleveland	<a href="mailto:aarons@pva.org">aarons@pva.org</a>
Mike Yaskowiak	Cleveland	<a href="mailto:mikey@pva.org">mikey@pva.org</a>

**CHAPTER MEMBERSHIP TOTAL 540**

**Service Connected 225**

**Non-Service Connected 315**

**25 Female**

**515 Male**



Let us be your **GOOD LUCK** charm! In these tough times we thought we would try and bring some good luck your way.

The BPVA is going to give one lucky person a **\$50.00** cash card to spend as they wish. Just send us a note with your feedback to the questions below. We will enter your name in a drawing and Carl Harris, our Chapter President will pick the lucky winner on April 16, 2010.

1. Have you participated in any of the Chapter's activities? If so, what?
2. The Chapter is planning some new, additional programming. Is there something you'd like us to consider? For example, are you having personal issues which we can help with through referral to an appropriate agency?
3. Have you visited our website [www.buckeyepva.org](http://www.buckeyepva.org)? If so, how often? Do you find the information valuable? Is the website easy for you to use? If not, how can we make it more user friendly?
4. Have you found the VLO's and NSO's responsive to your needs? Have you contacted the Chapter office for help and received an answer?
5. Please give us your feedback either positive or negative.

**Our deadline to enter is April 15, 2010.**

Mail your entry to:

Buckeye Chapter

Paralyzed Veterans of America

26250 Euclid Avenue, Suite 115

Euclid, Ohio 44132





**National Director's Report**  
**Terry Tyna**  
[terryt@buckeyepva.org](mailto:terryt@buckeyepva.org)

The Mid-Winter Board of Directors Meeting was held in Orlando, FL with a full schedule in which we had three days of work to review PVA's finances and programs since convention. By teleconferencing with the National PVA office in Washington, DC, we were able to hear updates from the individual departments giving a sense of being together in a convention setting. PVA continues to work on current fundraising programs that have raised much needed dollars over the years. Even with the recession, we continue to pay our bills with a steady flow of donations coming in.

The winners of the 2010 Speedy Award in the member's category were Mr. Ken Huber (posthumously) and Mr. Keith Wingfield and the non-member category winner was Dr. Vincent R. Hentz who currently serves as Chief of the Hand Surgery Center in Palo Alto CA.



**PVA and NASCAR** - The 2010 contract has been negotiated. We have two primary races: July 4 and Veterans Day.

Our guest speaker was Dr. Margaret Hammond, SCI/D Chief Consultant. She presented several interesting topics covering SCI issues: Continuum of Care, SCI/D Demographics, major construction projects, VA Budget for SCI, Inpatient Utilization, SCI Patient Staffing and Clinical Staffing, the revision of the VHA Handbook 1176.1 and Educational initiatives.



**President's Report**  
**Carl Harris**  
[carlh@buckeyepva.org](mailto:carlh@buckeyepva.org)

It is with pleasure that I write my first article for our chapter's newsletter for 2010. I would like to thank the officers, directors, VLO's, office staff and volunteers for all their support and productivity this past year. I have full confidence that we will continue pushing forward for another successful year.

The February Mid Winter Convention conducted business covering an update of health care to a slight increase in donations to National PVA. I'm sure our National Director will have more information in his report.

In March I attended the Advocacy/Legislation Seminar in Washington, D.C. Unfortunately, Frank was not able to attend this year's seminar. I would like to thank Leonard Hallbank and Terry Tyna, who stepped in at the last minute, for their hard work as we pushed the halls of congress and saw both Ohio Senators and 11 of the 18 Congressional Representatives. I urge all of our members to get involved either by calling, mailing or emailing your elected representatives on important issues that concern you and your fellow veterans. I know Frank Anderson, our Government Relations Director, will be sending out the Point Papers with the important issues that needs your advocacy, as an individual, as well. I have asked our webmaster to post these papers on the chapter's web site. All you need to do is email Frank your email address or call him at the office so he can keep you up to date on the issues. Now it is up to you to do your part and make a difference!

Please remember that our chapter is NOT involved with any telemarketer at this time, but that door will stay open for right now. Our staff is organizing a number of fundraising events that we will be doing this year, as they become finalized this information will be passed on to our members, so you can get involved.

Please do not hesitate to contact me with questions or concerns by email at [carlh@buckeyepva.org](mailto:carlh@buckeyepva.org) or call the chapter office and the staff will forward your message to me. As I have said before, if you have any problems with medication, prosthetics, or any other equipment the VA has issued you, please let us know. Remember, not saying anything means we don't know there is a problem.

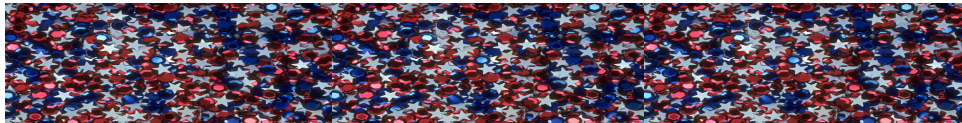
**This ALS article was submitted  
by Dr. Kaya**

ALS or Amyotrophic lateral sclerosis (more commonly known as "Lou Gehrig's Disease" in the US) is a progressive, fatal paralyzing disease which causes death, usually by respiratory failure, within 3-5 years of onset. It is the most common form of Motor Neuron Disease (previously polio) and its incidence is similar to that of Multiple Sclerosis, which is a more familiar disease to most people. In the US, approximately 7000 new cases of ALS are diagnosed each year.

In the past 3 years, the FDA and World Health Organization have been studying a possible link between ALS and statin drugs, used to treat elevated Cholesterol. These studies were undertaken after

receiving higher than expected number of Adverse Event Reporting System reports of ALS in patients treated with statin drugs.

In addition, several researchers have reported findings that suggested that patients with ALS who were taking statins, had increases in functional decline compared to those not on statins. While the FDA has recently found that Cholesterol-Lowering Medications do not increase the risk of developing ALS, it has determined that given the extensive use of this class of drugs and the serious nature of ALS, additional studies to examine the incidence and clinical course of ALS in patients taking statins is warranted.



**MISSION STATEMENT**

**The Buckeye Chapter as part of 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/dysfunction**
- \*Benefits available as a result of our members' military service**
- \*Civil rights & 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.**

**VLO & Chapter Board Member  
Fred Wittmeyer**

**Quarterly Report for CINCINNATI VAMC**

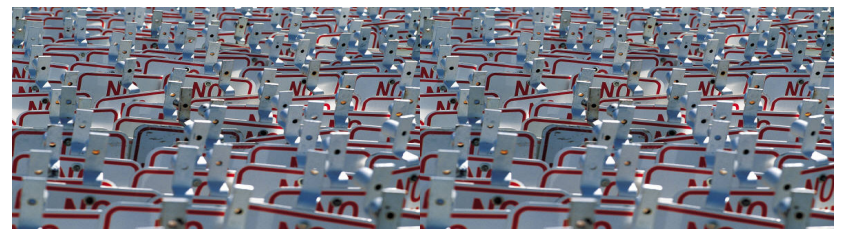
Hello everyone, hope the snow is over and we can all get around a lot easier. Seems as though I just wrote one of these reports, like they say, "Time Goes Faster the Older You Get". We are very lucky here in Cincinnati having a full staff to attend to all of your needs. I just transferred my Primary Care to Dr. Kaya in the SCI/D Clinic and it really makes a big difference by improving the quality care you receive. We have been focusing on ALS lately as we keep seeing more and more new patients. Dr. Kaya has put together an interesting article which explains a little about ALS. His article can be found on page three.

We have finally found a way to keep the SCI/D parking spots open for the Vets. Rick Olson spoke to the Cincinnati Police Department and new signs stating a \$75 fine were posted. This has been helpful in stopping the violators. Please be sure to bring your parking pass when you come in or you will be fined.

We are getting very close to a lot of sporting event deadlines. if you have not signed up yet, please contact Sandy Turvey and she will hook you up. You may also be interested in participating in some of the events that Sandy puts together at the VA. I encourage everyone to sign up for Volunteer Services, the rewards you receive and the friends you will make cannot be measured in dollars. All Veterans need your help!

Well that is pretty much what has been going on here in Cincinnati. Our Clinic gets better every week and we won't send you to Emergency unless it is necessary. There is no reason to hold back from coming in and no problem changing your Primary Care.

If you would like more information about the New Clinic or need help with anything please feel free to contact me, Fred Wittmeyer at 513-673-6062 or just stop by the Clinic PVA Office located inside of the Clinic. Have a great Spring and thanks to everyone who is helping to reach out to Veterans in our area so they can also realize the great care the VA offers.



## **Chapter elections are coming up!**

Elections for the Board of Directors of Buckeye chapter PVA, Inc. will be held this year. All nine positions are open for election. Any member in good standing may run for office, but you must be certified prior to appearing on the ballot. Certification is simple and mainly requires submitting your DD 214 to National PVA. Contact Leonard Hallbank for help.

Nominations are being accepted by mail this year. If you're interested in helping the chapter continue to improve our services to SCI/SCD veterans, please consider entering your name into nomination by notifying the office and submitting a brief biography (300 words or less). We have members all over Ohio and your bio will help them learn something about you before voting.

Director of Buckeye PVA is a volunteer position. A board member may be reimbursed for properly approved travel and expenses. There are generally 12 meetings per year and all members are expected to attend each meeting. If you live outside the Cleveland area some of these meetings may be attended by teleconference. You will also be asked to work on various committees and chapter functions as needs arise. Access to an internet-enabled computer is helpful in that the board does much of its communication via e-mail. A [buckeyepva.org](http://buckeyepva.org) email account will be provided to each board member. Contact any current officer or member of the board if you have questions concerning board responsibilities.

### **Dates to Remember**

- **May 1, 2010 – deadline for submitting nominations & biographies.**
- **June, 2010 – General Membership meeting, announcement of nominees.**
- **Early July, 2010 – Ballots will be sent out.**
- **August 1, 2010 – Ballot return deadline.**
- **August, 2010 special General Membership meeting to announce results.**
- **September, 2010 – BOD meeting with old and new BOD members.**
- **October, 2010 – New board takes over.**

## **Executive Director Report**

### **Sharon Moster**

[sharonm@buckeyepva.org](mailto:sharonm@buckeyepva.org)

As I write this report, the sun is finally shining here in Cleveland. It's still cold outside but the sun has a way of cheering most of us up!

I recently attended the Mid-Winter Convention of the Paralyzed Veterans of America. National Directors from all over the country come together to work toward enhancing the quality of life for our members. The democratic process during the conference reminded me, in a small way, of the freedom we have as Americans. Clearly, not everyone agreed on every issue. But the discussion was lively and when the votes were counted each representative felt they were doing the right thing for paralyzed veterans across the country.

On the local front, we are actively working on programming that will make Buckeye PVA better able to serve you, our members, more efficiently.

Since the closing of our telemarketing program, we have also been working on a new fundraising journey. One project we are thinking about is printing and selling a Buckeye PVA Cookbook. Consider sending me your favorite family recipes and perhaps they will get published in our cookbook later this year. We are hoping to receive about 200 recipes.



Over the next few months, we will see much activity in our Chapter. However, I'm never too busy to hear from you, our members, with suggestions or needs. Call, write or e-mail me if you think we can help.

I wish you all well and hope you will enjoy the change of seasons from a way too long winter to a beautiful spring.



**Feel free to mail the recipes to me at the office: 26250 Euclid Avenue, Suite 115, Euclid, OH 44132 or via e-mail at [sharonm@buckeyepva.org](mailto:sharonm@buckeyepva.org).**

Advocacy & Legislation Seminar  
Washington, D.C.  
March 2010



Buckeye PVA Officers and John Bocchieri, U.S.  
Congressman of Ohio District 16



Buckeye PVA Officers and  
Jean Schmidt, U.S. Congresswoman of  
Ohio District 2

**Announcing Paralyzed Veterans '**  
**2010 National Veterans Day**

FROM: Evelyn Robinson, Communications

DATE: March 10, 2010

It is with great pleasure that I announce Paralyzed Veterans of America's seventh annual National Veterans Day Poster and Essay Contest. The theme for this year's contest is: *Veterans Day: A Time to Honor A Veteran in Your Family or Community*. The contest is open and all entries must be received by October 1, 2010. This deadline will allow time for the entries to be judged and winners chosen to attend Paralyzed Veterans of America's Veterans Day celebrations in Washington, DC.

This year the contest will consist of a poster contest for 1<sup>st</sup> - 4<sup>th</sup> graders and an essay contest for 5<sup>th</sup> - 8<sup>th</sup> graders. The final winner of the poster contest and the essay contest will receive an all-expense paid trip for him/her and one family member to Washington, DC, to participate in Paralyzed Veterans of America's Veterans Day 2010 ceremonies. The winning results will also be featured in *PN*.

This contest is a great way for kids to learn about veterans and the sacrifices they have made by giving them a creative outlet to express their gratitude for the service of others. Please spread the word about our contest to your local schools, scouts, boys and girls clubs, church groups, families, friends, and others whom you think would be interested in participating.

Please visit [www.pva.org/posteressay](http://www.pva.org/posteressay) for contest rules or more information. If you have any questions, please e-mail at [evelynr@pva.org](mailto:evelynr@pva.org).

**DISCLAIMER**

*The Buckeye Banner is a publication of the Buckeye Chapter, PVA and is meant to inform its readers of Chapter activities, legislation, and other matters of concern to veterans and/or members of the disability community. The opinions expressed in this publication do not necessarily reflect the views of BPVA, its Officers, Board Members, the Editor or production staff.*

## ALS Survivor Benefits

By: Michael Yaskowiak, National Service Officer, Paralyzed Veterans of America

On September 23, 2008, the Secretary of Veterans Affairs established amyotrophic lateral sclerosis (ALS) as a presumptive service connected disease for all veterans who served 90 days of active duty military. The Secretary based his decision on a report by the National Academy of Sciences' Institute of Medicine in 2006 on the association between active duty service and ALS. ALS, also called Lou Gehrig's disease, is a progressive neuromuscular disease. ALS results in degeneration of nerve cells in the brain and spinal cord, leading to muscle weakness and atrophy.

In addition to benefits paid to eligible veterans, the Veterans Administration (VA) offers benefits to eligible survivors of veterans who have died from ALS. Surviving spouses, children, and dependent parents are eligible for Dependency and Indemnity Compensation (DIC). There are also benefits paid to reimburse burial expenses.

Surviving spouses are eligible for this benefit as long as the veteran served 90 days of continuous active duty service, they are not remarried, and they were married to the veteran for at least one year or had a child with the veteran. The basic benefit rate is currently \$1,154.00 per month tax-free. Surviving spouses are eligible for an additional amount per child, providing they are less than 18 years of age. Children determined to be helpless are also entitled to stay on the award after the age of 18. Surviving spouses can also receive an additional amounts if they are house-bound or in the need of regular aid and attendance.

To file a claim for DIC, the spouse will need to furnish certain documents and forms. The surviving spouse would need to complete a VA Form 21-534 to apply for the benefit and a VA Form 21-530 for reimbursement of burial expenses. In addition to these forms, the spouse will need the veteran's discharge papers, death certificate, marriage certificate, and funeral receipts if applying for burial reimbursement. The death certificate must state ALS as the cause of death or a contributory factor.

Surviving children can be eligible for this benefit on a separate award as long as they are not included on the surviving spouse's award, are unmarried, are between 18 and 23 attending school, or are determined to be helpless. If there are surviving children and no eligible spouse, the children are still eligible; however the amount per child decreases with each additional child sharing the award.

Surviving parents may be eligible for DIC, however this benefit is income based. There are different monetary rates payable to eligible parents according to their income and who they are living with. Additional amounts are also payable if they are in need of aid and attendance.

## Government Relations Director's Report Frank Anderson [franka@buckeyepva.org](mailto:franka@buckeyepva.org)

As the weather begins to change, so does outdoor activities for our members who encounter architectural barriers as well as attitudinal barriers which inhibit their enjoyment of the outdoors. The Buckeye Chapter's work to address the concern of its members by actively seeking resolution to their issues as well as providing information to businesses in their communities to make them accessible and usable by all.

Parking, snow removal, housing, transportation and social service referrals have been the most recent issues that we have assisted our members in finding solutions or recommendations.

The chapter will continue to stay abreast to these issues as well as others that may come to our attention from our members as they travel in and around their communities.

For those who have computers and would like to provide me with their email address, I will provide you with current events, updates and other information via email.

The new Legislative Summary will be mailed to our members in early April.

## Accessibility Grant

Paralyzed Veterans of America has received a gift in the amount of \$338,143 from Edward Rose Associates, LLC. This gift has been designated to help disabled veterans who seek to eliminate architectural obstacles in their homes. The targeted gift is available for veterans with disabilities living in Indiana, Nebraska, Michigan, Ohio, Illinois, Virginia and Wisconsin.

The grants will be administered by the PVA National Office and are limited to a maximum of \$20,000 per veteran. Any veteran with a disability residing in one of the aforementioned states who wishes to apply for this grant should contact the **PVA National Office at 800-424-8200 and ask for Bo Rollins.**

February 5, 2010  
Jim.Gravelle@dvs.ohio.gov  
614-728-0235

## Ohio Veterans homes fully comply with all VA standards, none better in the nation

COLUMBUS - The Ohio Department of Veterans Services Veterans' Homes in Sandusky and Georgetown are in full compliance with all 158 medical and other standards rated by the U.S. Department of Veterans Affairs. The VA's recently completed survey carefully examined the homes in Erie and Brown Counties for quality of medical care of the residents, patient rights, management practices and safety.

Initially, the VA found that the Sandusky home exceeded a 14 hour guideline between dinner and breakfast, but a late night snack opportunity quickly satisfied that requirement. The Georgetown home did not have a photo copy of one local pharmacist's license on file at the home, but a copy was made and filed as soon as administrators learned of the minor oversight.

Ohio Department of Veterans Services Director Bill Hartnett said the VA's superior ratings easily are attributed to the staff of professionals who are devoted to serving the Ohio Veterans who served our country.

"The dedicated people who care for our military Veterans spend every hour of every day saying, 'thank you for your service to our country,' " said Director Hartnett. "They care for our men and women Veterans who range in age from 24 to 100 years."

The Ohio Department of Veterans Services facilities are located in Sandusky, 60 miles west of Cleveland and in Georgetown, 45 miles east of Cincinnati.

The Sandusky Home offers standard care and special care in its licensed nursing home, the largest in Ohio and one of the largest in the nation. The home also has a Veterans hall, a domiciliary (DOM) for those who can function in an independent living situation, and a DOM Plus facility for those requiring very limited assistance (supervised care) but who do not require the higher level of care provided to nursing home residents.

The Georgetown Home is a licensed nursing home providing two levels of nursing care; standard care and special care for Veterans suffering from Alzheimer's disease or other dementia.

Regardless of what levels of care are required, all residents have the freedom and convenience of a small community as well as the comforts of a home-like setting. The Ohio Veterans Home Agency offers a quality of life which emphasizes privacy, encourages independence, provides comfort and security, and meets social needs.



## **Sports Update** **Holly Koester, Sports Director**

[hollyk@buckeyeuva.org](mailto:hollyk@buckeyeuva.org)

**I'm sure most of you are ready for spring and will be glad to see all this white stuff go away, except for the skiers!**

Many thanks to Carrie and Sharon for putting together the 2010 Sports Information Booklet. I hope all our members find this information useful. It is a good starting point for anyone interested in getting involved in sports. If you plan on utilizing the Individual Sports Program (ISP) to get reimbursed for any competitions you plan to attend, please make copies of the event you plan on participating in and send it to us in a timely matter. Good Luck to all of you in your training.

By now most of you should have received your registration forms for the Ohio Wheelchair Games May 13-15. The deadline to the Buckeye PVA office is March 26, 2010. In addition, the National Veteran Wheelchair Game event is in Denver, CO, July 3-July 11. Registration deadline for this event is March 15, 2010 and all completed forms must be delivered to Cleveland POC, Janelle Howard. Please put uniform/shirt sizes on your registration forms and include all sizes for additional shirts ordered for family members. Please remember to keep track of your volunteer hours, work out times, and attend general membership meetings so you have the required points.

It's not too late to sign up for the Hillside 600 and Buckeye National Air Rifle competitions, being held April 15th and April 16th. Registration fee for the Hillside 600 is \$35 before March 27 and \$50 for late registrants. We sponsor the Buckeye National Air Rifle shoot and it is free to our members. The deadline is March 19, 2010. You are responsible for your own transportation.



**Please note the Mountain States PVA Billiards Tournament was originally scheduled for June 18-20, 2010 and is now re-scheduled for June 11-13, 2010.**