



ZIA ROADRUNNER

ZIA CHAPTER, PARALYZED VETERANS OF AMERICA

January/February 2011 • Vol. 45 - No. 1/2



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Zia ROADRUNNER




Cover: Welcome 2011!!!! We hope you've made your new year resolutions — and we wish you the best of luck in keeping them all!

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Material contained herein expresses the opinions of the writer, not necessarily the opinions of the editorial staff, Zia Chapter, or the Paralyzed Veterans of America.

January/February 2011...

January 2011 Monthly

National Blood Donor Month. Spearheaded by the American Association of Blood Banks in conjunction with the American Red Cross and America's Blood Center, the goal of National Blood Donor Month is to ensure that supplies of donated blood remain at safe levels in hospitals and emergency rooms around the country.



Weekly

Diet Resolution Week, Jan. 1-7. Sponsored by the Vegetarian Awareness Network, this timely observance emphasizes the usefulness of focusing on the types of food you eat, not the amount. You'll meet your weight-loss goals by consuming fewer refined carbohydrates and eating more whole grains, legumes, fresh fruits, and vegetables.

Women's Self-Empowerment Week, Jan. 4-10. An opportunity for women (and men, too!) to celebrate the achievements and potential of women, and for women to start the year with fresh motivation to keep excelling in every area of endeavor.

Daily

New Year's Day, Jan. 1. A day to make a few resolutions, watch some football, and recover from the previous night's parties.

Martin Luther King Jr. Day, Jan. 17. Commemorating the birthday of civil rights leader Martin Luther King Jr., born Jan. 15, 1929.

February 2011 Monthly

American Heart Month. Heart disease is the leading killer of men and women in the United States and worldwide, according to the Mayo Clinic website. In the U.S., heart disease is responsible for 40 percent of all deaths—more than all forms of cancer combined. But many forms of heart disease can be prevented or treated with healthy lifestyle choices and diet and exercise.

Weekly

Children's Authors and Illustrators Week, Feb. 1-7. A weeklong celebration intended to promote literacy and encourage a lifelong love of reading.

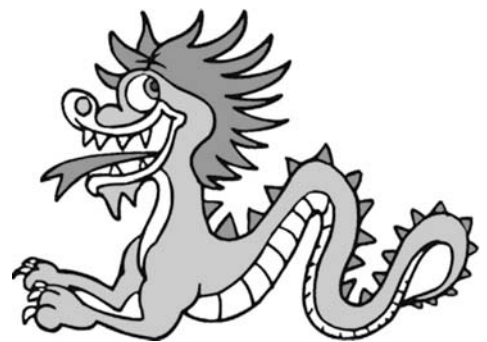


International Flirting Week, Feb. 13-19. Flirting—it's a great way to connect with people, make

new friends (and romantic partners), and bring some romance back into your current relationship.

Daily

Groundhog Day, Feb. 2. The annual prognostication. Read more about this custom's medieval roots on page 12.



Chinese New Year, Feb. 3. Happy 4709, the Year of the Rabbit!



Valentine's Day, Feb. 14. Spread a little love and romance today — and all year.

Presidents Day, Feb. 21. Remember the birthdays of two of our greatest presidents, George Washington (Feb. 22, 1732) and Abraham Lincoln (Feb. 12, 1809).

From the President

Chris Ewer

Everyone at Zia Chapter PVA hopes that you all had a very merry Christmas and a Happy New Year holiday.

Those members, their families and invited guests who attended the Annual Zia PVA Christmas party enjoyed a wonderful time. There was great food, music by Mr. Chavez, drawing prizes and, best of all, the opportunity to visit with members who may get together only this one time a year and reestablish those old friendships. If you weren't able to attend, you missed a good time, but try to come next year.

Special thanks are in order for Ray and Robbie Hill for their tireless efforts to put on both the Thanksgiving Dinners and the Christmas Dinners at the SCI Unit at the Albuquerque VAMC. All the inpatients, their families, and the SCIC staff enjoyed wonderful dinners at both occasions and the inpatients and their children received presents at the Christmas Party, presented by Santa himself. Thanks go out to Lindol and Laurie Hill for their assistance at both events and to anyone else I may have forgotten.

Zia Chapter Executive Director, Amie Kelm, and I attended the semi-annual Chapter Presidents' and Executive Directors' Seminar in Dallas, TX December 10-12.

National PVA puts on this two-day seminar to bring the chapter presidents and EDs up to date with current and new programs, techniques, problems and solutions. It was two days of intense information thrown at us and Amie and I will try to incorporate that which will fit into the Zia chapter's format of governance and programs. I managed to catch a cold, which stayed with me through Christmas and the New Year holiday.

The Zia Finance and Executive committees met with our new auditors to complete the year-end audit procedures for 2010. We are in good financial shape and will stay that way by good financial monitoring procedures and investment practices.

I would like to close with a big THANK YOU to all of the folks who have volunteered their time this last year in the various programs to bring some comfort, food, good times and camaraderie to you the members of the Zia Chapter. Whether as inpatients or outpatients, we hope that all of the efforts had a positive effect on you and your families.

God Bless and hope to see you soon.



From the Vice President

Kevin Dailey

Well, yet another month has gone by as well another year came to an end. In December, the chapter had its Annual Chapter Christmas party at the Albuquerque Marriott. As far back as I can remember, this has been the biggest turnout the Chapter has had. The hotel staff helped us out with whatever we needed and the room size was perfect.

As we start another year, I will be looking forward to seeing more of you at the various Chapter functions and events throughout the year, because as I said last time, you are the Chapter and we are here for its members, but we can't help you if you don't show-up and participate.

Oh well enough said about that. In March I will be traveling to Washington, D.C. for PVA's Mid Winter BOD meeting. If you have any questions or concerns for the National Office, Please contact me at the chapter office at (505) 247-4381 or by email at ziapva@aol.com

Thanks and GOD BLESS

VARO and Hospital News

Jean M. Dougherty, SBA

There has been talk that the SAH (Special Adaptive Housing) grant will be increased this fiscal year (2011). Public Law 110-289, the Housing and Economic Recovery Act of 2008 authorized the Secretary to increase the amounts of SAH assistance annually (October of each year) based on a residential home cost-of-construction index. The index did not increase as compared to the previous year when the SAH grant was increased from \$60,000.00 to \$63,780.00. So the SAH grant will remain unchanged during fiscal year 2011 in the amount of \$63,780.00.

On October 13, 2010, the President signed into law H.R. 3219, the Veterans Benefits Act of 2010, which improves and modernizes certain benefits administered by the department of Veterans Affairs for veterans and their families. Many of the provisions of this law do not go into effect until **October 1, 2011**.

Supplemental service disabled veterans' insurance- You are eligible for the supplemental service disabled veterans' insurance if you applied for the service disabled veterans' insurance within two years from the date of service-connection of such disability was determined to be rated at

least 10% compensable. You may file for a waiver of premium for the service disabled veterans' insurance. The supplemental service disabled veterans' insurance is not to exceed \$20,000.00 which will increase to \$30,000.00. You may not file for a waiver of premiums for the supplemental insurance.

Veterans' mortgage life insurance- If you used your Special Adaptive Housing (SAH) grant, the veterans' mortgage life insurance provided an individual which could not exceed the lesser of \$90,000.00 or the amount of the loan outstanding on the housing unit. This amount is now increasing to \$150,000.00. Then after January 1, 2012 it will increase to \$200,000.00 coverage.

Death in Department facility; plot allowance- When a veteran dies in a VA facility (hospital, nursing home, or domiciliary care) the amount the VA pays to the actual cost of the burial and funeral may not exceed \$300.00. That will be increased to \$700.00.

Enhancement of automobile assistance allowance for veterans- The automobile grant is currently \$11,000.00 and will be increased to \$18,900.00.

Effective on October 1 of each year (beginning in 2011) the Secretary shall increase the dollar amount (of the automobile grant) by a percentage equal to the percentage by which the Consumer Price Index for all urban consumers increased during the 12-month period ending with the last month for which Consumer Price Index data is available. If the Consumer Price Index does not increase during such period, the Secretary shall maintain the dollar amount in effect during the previous fiscal year.

Authority for the performance of medical disability examination by contract physicians- Public Law 108-183 (December 16, 2003) stated that the VA could use appropriated funds, other than funds available for compensation and pension, the Secretary of Veterans Affairs may provide for the conduct of examination with respect to the medical disabilities of applicants for benefits under laws administered by the Secretary by persons other than Department of Veterans Affairs employees. This authority expired on December 31, 2009. Public Law 110-389 (December 2008) extended the temporary authority for the performance of medical disability examina-

tions by contract physicians to December 31, 2010 due to the continued backlog of claims (newly filed and re-opened). Now Public Law 110-389 has been amended to read December 31, 2012. This means that in places where there VA physicians are not available the VA may contract with a private doctor to do the disability examination. The doctors have to follow a strict protocol and complete the required template just like a VA doctor.

There are now two pilot programs to test new procedures that will speed the payment of compensation benefits. The "Quick Pay" Disability Program at St. Petersburg, FL is designed to speed disability compensation to Veterans who provide sufficient evidence at the time of claim submission to decide all or part of their claim. These claims were processed three months faster than the departments 125 day goal.

The "Express Lane" Pilot has small employee teams focusing on rapidly processing numerous less complex claims that typically involve only one disability, thus freeing their co-workers to process the more complex and multiple-disability claims that demand the greatest level of unilateral effort. This project is being managed from Seattle but also being tested in Nashville, TN; St. Paul, MN and Muskogee, OK Regional Offices.


Getting medical records has always taken the longest part of developing a claim. The VA is now testing using a private contractor to retrieve the medical documentation and send it to the VA Regional Office.

When private medical records are needed to support the veterans claim the contractor will quickly retrieve the records from the health-care provider, scan them into a digital format and send the material to the VA through a secure transmission. They are hoping that this will reduce the time spent on getting medical records from the normal average of 40 days to 7 to 10 days. Currently this is being tested at the Phoenix, AZ; New York City, NY; St. Louis, MO; Portland, OR; Chicago, IL; Anchorage, AK; Indianapolis, IN and Jackson, MS Regional Offices. At the conclusion of the test, the officials will decide whether to cancel, modify or expand any changes in procedures nationwide.


Remember if you have any questions please feel free to contact me at (505) 265-1711 ext 5046 or Richard Martinez at the VA Regional Office (505) 346-4896.

Until next time keep smiling and have good days ahead...





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President's Day Jumble

Find the names of these presidents:

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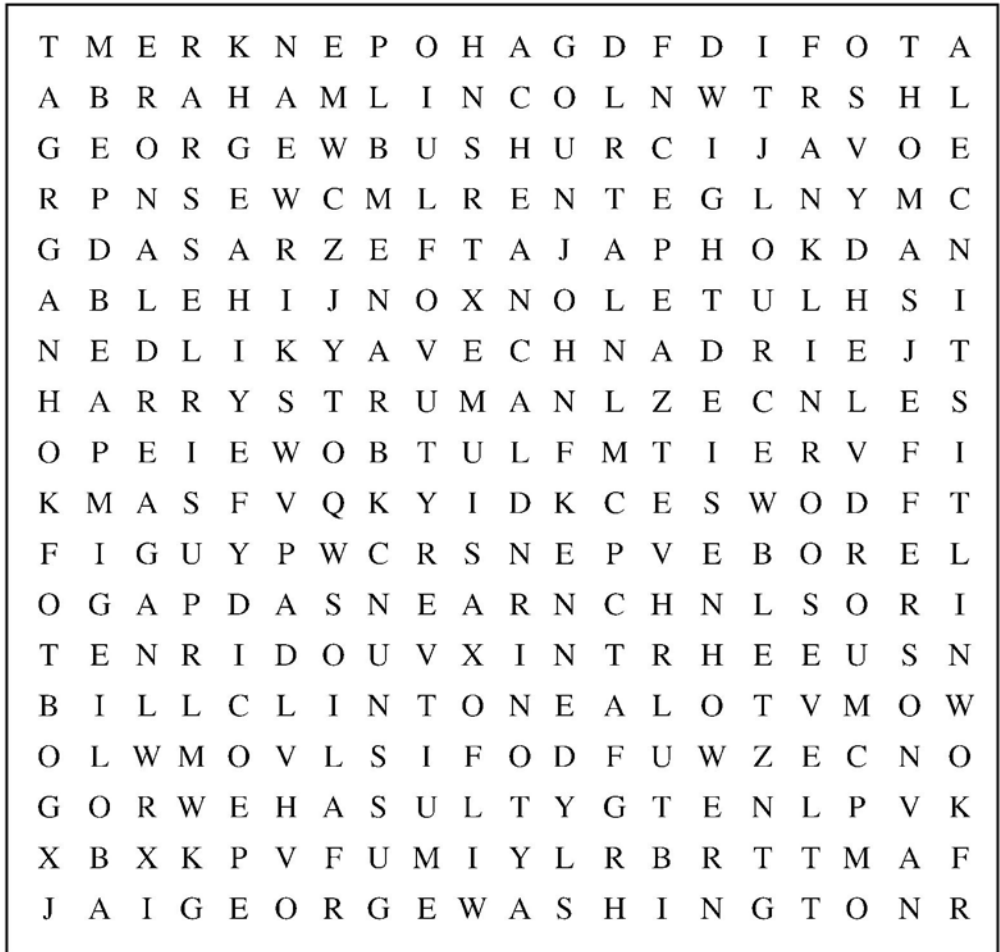
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GEORGE W. BUSH



Answers on page 11





Chaplain's Corner

OUR TIME PASSES QUICKLY

Terry Conger

As another year slips away, a new year begins. Will we continue in the new year as we ended the last, doing little or nothing to please the Lord or to help others. Will we continue to desire to “get” instead of to “give”?

We honored Christmas last month, the birth of our Savior Jesus Christ. It was prophesied in the book of Isaiah Chapter 7 Verse 14. The story of his birth is told in Luke Chapter Two, but how many truly believe it?

Many will make new years resolutions like loose weight, pay off bills, save more money, spend more time with my family. Some will say I will go to church more. But just like last year the new resolution doesn't last very long.

We allow time to play video games, watch television, go to the mall or do other things that use our time unwisely. When do we give time for God? *Our time passes quickly.*

The bible tells us in James 4:14 *Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away.* (KJV) *Our time passes quickly.*

If our lives are “but a vapor”, shouldn't we then strive to do all we can for the

one who gave us our time in the first place? *Our time passes quickly.*

As our loved ones pass away have you ever wished you had just one more day to say “I love you”? Have you ever thought about what you would say or do with your friend or loved on if you only had just one more day or just one more hour, minute, second... *our time passes quickly.*

Gods greatest desire for us after we are saved is to be obedient to His commandments. Would you rather please man or please God?

Our time is short, make a promise to god this year and follow His Example instead of someone elses. And remember this, *our time passes quickly.*

If you have any spiritual needs or just need to talk, feel free to call me at any time. Rev. Terry Conger 505-892-0578

Until next time,

Love in Christ
Terry Conger, Chaplain

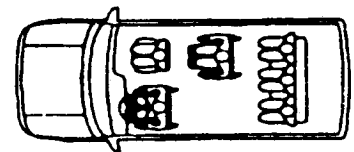


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5th Annual PVA/AWBA Bowling Tournament Series Schedule

Nevada PVA Tournament

December 2-5, 2010
Las Vegas, NV

Virginia Mid-Atlantic PVA Tournament

April 1-3, 2011
Virginia Beach, VA

Florida Gulf Coast PVA Tournament

April 29-May 1, 2011
Largo, FL

New England PVA Tournament (50th AWBA/NWBT)

June 20-25, 2011
Brockton, MA

Southeastern PVA Tournament

July 29-31, 2011
Dallas, GA

Mountain States PVA Tournament

August 11-14, 2011
Colorado Springs, CO

Cal-Diego PVA Tournament

September 30-October 2, 2011
Norco, CA

15th PVA Trapshoot Circuit Tournament Schedule

Virginia Mid-Atlantic PVA Tournament

November 4-6, 2010
Manassas, VA

Arizona PVA Tournament

February 17-19, 2011
Phoenix, AZ

Nevada PVA Tournament

March 4-6, 2011
Las Vegas, NV

Florida Gulf Coast PVA Tournament

March 10-12, 2011
Odessa, FL

Cal-Diego PVA Tournament

April 8-10, 2011
Redlands, CA
Pistol Shoot
April 8, 2011
Lytle Creek, CA

Southeastern PVA Tournament

April 29-May 1, 2011
Augusta, GA



Mid-America PVA Tournament

May 27-29, 2011
Sedgwick, KS

Colonial PVA Tournament

June 3-5, 2011
Baltimore, MD

Vaughan PVA Tournament

June 17-19, 2011
Whittington, IL

Wisconsin PVA Tournament

July 22-24, 2011
Green Bay, WI
Pistol Shoot
July 25, 2011
Green Bay, WI

Northwest PVA Tournament

August 12-14, 2011
Sumner, WA

North Central PVA Tournament

September 9-11, 2011
Sioux Falls, SD



31st National Veterans Wheelchair Games

August 1-6, 2011
Pittsburgh, PA

PVA Bass Tour

A B.A.S.S. SANCTIONED EVENT

2011 PVA B.A.S.S. Tour Tournament Tour Schedule

National PVA "Bama Brawl" Tournament

October 8-10, 2010
Scottsboro, AL - Lake Guntersville

Central Florida PVA Tournament

April 1-3, 2011
Tavares, FL - Harris Chain of Lakes

Mid-America PVA Tournament

April 29-May 1, 2011
Eufaula, OK - Lake Eufaula

Vaughan PVA Tournament

May 20-22, 2011
Mt. Vernon, IL - Rend Lake

Lone Star PVA Tournament

June 10-12, 2011
Garland, TX - Lake Ray Hubbard

National PVA Tournament

July 22-24, 2011
Waldorf, MD - Potomac River

New England PVA Tournament

September 16-18, 2011
Moultonboro, NH - Lake Winnepesaukee

5th Annual PVA/NWPA Billiards Tournament Series Schedule

Minnesota PVA Tournament

October 8-10, 2010
Fridley, MN

Mid-South PVA Tournament

October 29-31, 2010
Memphis, TN

Virginia Mid-Atlantic PVA Tournament

February 18-20, 2011
Richmond, VA

Mid-America PVA Tournament

March 11-13, 2011
Tulsa, OK

New England PVA Tournament

April 15-17, 2011
Worcester, MA

Florida Gulf Coast PVA Tournament

May 20-22, 2011
Tampa, FL

Mountain States PVA Tournament

June 3-5, 2011
Fountain, CO

Buckeye PVA Tournament

July 22-24, 2011
Northfield, OH

Cal-Diego PVA Tournament

September 23-25, 2011
TBD, CA





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VA Pittsburgh Healthcare System
William Leuthold
(412) 954-4834
william.leuthold@va.gov

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www.pva.org/nvvg
www.wheelchairgames.va.gov

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PVA Regional Service Office

Richard Martinez, NSO III

Hello to all our members and their families. The past few months we have received phone calls regarding survivor/death benefit and claims for widow/widower death benefits after the veteran's death. We have also received calls from veterans or their spouses inquiring what is needed to file a claim for death benefits to make sure they have the correct information and VA Forms that are needed to file the claim for death benefits after the veteran's death. So I thought I would write this article to let all veterans and family members to know exactly what is needed to file a claim for death benefits.

There are a few different death benefits depending on the status and/or what benefits the veteran was receiving at the time of death. Listed below are all of the death benefits and requirements for each death benefit.

First we will start with **Dependency Indemnity Compensation (DIC)**. Many widows/widowers inquire about what DIC is? DIC is a monthly compensation made available by the Department of Veterans Affairs (VA) to a surviving spouse or child. The requirements needed for DIC are veterans that have passed away from a service connected injury or disease and veterans whose death resulted from a non-

service related injury or disease, and who was receiving, or was entitled to receive VA compensation for a service connected disability that was rated totally disabling for at least 10 years immediately before death.

Compensation Amounts for Dependency Indemnity Compensation (DIC):
Basic Monthly Rate = \$1,154

Additional allowances for DIC include an additional \$246 if at time of the veteran's death, the veteran was in receipt of or entitled to receive compensation for a service connected disability rated total disabling (including a rating based on Individual Unemployability) for a continuous period of at least 8 years immediately preceding death AND the surviving spouse was married to the veteran for those same 8 years.

If the surviving spouse is entitled to the aid and attendance benefit, add an additional \$286 or if the surviving spouse is entitled to the housebound benefit, add additional \$135. If the surviving spouse has one or more children under the age 18 on the award, add the transitional benefit of \$250.

Next is **Death Pension** which is a benefit payable by the Department of Veterans Affairs to a veteran's surviving spouse or child if the veteran's death was related to non service connected death.

The requirements for death pension are if a veteran served in active military, naval or air service for 90 days or more during a period of war time. If the veteran was, at time of death, receiving or entitled to receive compensation or retired pay for a service-connected disability based on service during a period of war and if the surviving spouse or child meets the net worth requirements and has an annual income not in excess of the applicable maximum annual pension. Yes, death pension is based on the widow/widowers income.

The maximum annual rates are for over a 12 month period:

For the surviving spouse the maximum annual rate is \$7,933 (monthly \$661.08), If surviving spouse is entitled to housebound - \$9,696 (monthly \$808.00), the surviving spouse is entitled to aid and attendance - \$12,681 (monthly \$1056.75). If the surviving spouse has children under the age of 18 the income amount will be higher per child.

Burial Allowances requirements are for if a veteran dies as a result of a service-connected disability or disabilities, an amount not to exceed \$2,000 will be paid by the VA. For a non-service connected death and burial allowance the amount paid by the VA not to exceed \$300.

For **Plot Allowance** the VA will pay up to a \$300 when the veteran is buried in a cemetery not under U.S. government jurisdiction and if the veteran was discharged from active duty because of disability incurred or aggravated in the line of duty, the veteran was receiving compensation or pension or would have been if the veteran was not receiving military retired pay or if the veteran died in a VA Facility.

A **Standard Government Headstone or Marker** are available for veterans if the deceased veteran was discharged under conditions other than dishonorable (copy of veterans DD Form 214 required), persons who have only limited active duty service for training while in the National Guard or Reserves are not eligible unless there are special circumstances, e.g., death while on active duty, or as a result of training, Reservist and National Guard members who, at the time of death, were entitled to retired pay, or would have been entitled, but being under the age of 60 are eligible (a copy of Reserve Retirement Eligibility Benefits Letter must accompany the application). Public Law 110-157, signed on 12/26/07, allows the Department of Veterans Affairs to furnish a headstone or marker for graves of eligible veterans who died on or after 11/1/1990, regardless of whether the grave was already marked with a privately purchased headstone or marker. Under the previous law, when the grave was

already marked, only the veterans who died on or after 9/1/2001 were eligible.

Burial Flags (United States Flag) are provided by the Department of Veterans Affairs at no cost, to drape the casket or accompany the urn of a deceased veteran who served honorably in the U.S. Armed Forces. It is furnished to honor the memory of a veteran's military service to his or her country. The VA will also furnish a burial flag for memorialization for each other than dishonorable discharge, a veteran who served during wartime, veteran who died on active duty after 5/27/1941, veteran who served after 1/31/1955, peacetime veteran who was discharged or released before 6/27/1950, certain persons who served in the organized military forces of the Commonwealth of the Philippines while service of the U.S. Armed Forces and who died on or after 4/25/1951 and for certain former members of the Selected Reserves.

National Cemeteries eligibility is for veterans discharged from active duty under conditions other than

dishonorable and service members who die while on active duty. The VA National Cemetery Director will verify the eligibility for the burial in the cemetery; a copy of the veteran's discharge document (DD Form 214) that specifies the period(s) of active duty and character of discharge, copy of death certificate are all that are usually needed to determine eligibility.

For all of the listed above death benefits the required VA Forms are listed below:

VA Form 21-534,
Application for Dependency and Indemnity Compensation, Death Pension and Accrued Benefits

VA Form 21-530,
Application for Burial Benefits

Plot allowance will be completed on the VA Form 21-530

VA Form 40-1330,
Application for Standard Government Headstone or Marker

VA Form 21-2008,
Application for United States Flag for Burial Purposes

As usual we request that all claims for any death benefit be sent to the PVA Regional Office for review and for the office to submit to the VA. One thing to keep in mind is on the claim for death benefit that are submitted to the Albuquerque VA Regional Office, these are forwarded to the St. Paul Regional Office for review and final decision.

As always, if there are any questions or concerns that you might have or would like to discuss, please feel free to contact the Regional Office.



Annual Primitive Bowmaking Class with Mr. Ed Scott



Every January for the past two years the Spinal Cord Injury Center (SCI) at the Raymond G. Murphy VA Medical Center is transformed from an ordinary recreation room to an extraordinary place where Navy Veteran and SCI patient Ed Scott leads a group of patients in the creation of handmade archery bows. The class will be held on the last two Saturdays in January 2011.



BOWMAKING WITH ED SCOTT on January 22 & January 29

Place: SCI Recreation Room at Raymond G. Murphy VAMC
Time: 9am – 4pm with an hour break for lunch (on your own)
Sign up with Janet Escobedo, SCI Recreation Therapist
505-265-1711 ext. 6085 or email Janet.Escobedo@va.gov
Class size is limited. This class is free to SCI patients.



ANSWERS

T	M	E	R	K	N	E	P	O	H	A	G	D	F	D	I	F	O	T	A	
A	B	R	A	H	A	M	L	I	N	C	O	L	N	W	T	R	S	H	L	
G	E	O	R	G	E	W	B	U	S	H	U	R	C	I	J	A	V	O	E	
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A	B	L	E	H	I	J	N	O	X	N	O	L	E	T	U	L	I	I	S	I
N	E	D	L	I	K	Y	A	V	E	C	H	N	A	D	R	I	E	J	T	
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X	B	X	K	P	V	F	M	I	Y	L	R	B	T	T	M	A	F			
J	A	I	G	E	O	R	G	E	W	A	S	H	I	N	G	T	O	N		

Time For Spring? Or More Winter?

Ask The Groundhog

Everyone knows that on Feb. 2, a groundhog coming out of its burrow to look for its shadow will either signal an early end to winter or predict another six weeks of snow and cold weather. The science may not be accurate, but Groundhog Day has become a major event in many U.S. towns and cities.

How did it start? Many historians believe that Groundhog Day is related to Candlemas Day, a medieval Christian celebration that falls on Feb. 2. An old

sailor's saying from English lore states:

*If Candlemas Day is clear and bright,
winter will have another bite.*

*If Candlemas Day brings cloud and rain,
winter is gone and will not come again.*

Another possible source for the belief may be the fact that the first official day of spring in the Northern Hemisphere's western lands comes almost seven weeks after Feb. 2, while under the

early Julian calendar, the spring equinox fell on March 16—exactly six weeks after Feb. 2. Groundhog Day may reflect the confusion created by dueling calendars.



Celebrate Valentine's Day With These Famous Lovers

Valentine's Day celebrates love and happiness, and although real life offers plenty of true stories with happily-ever-after endings, many of us look to literature for inspiring tales of passion's power. Get in the mood for love by rereading the novels, plays, and poetry about these famous lovers (not all of whom lived happily ever after):



- **Romeo and Juliet.** Shakespeare's tragic tale of young love: Teenagers from

feuding families meet, fall in love, marry, and ultimately end their lives rather than live without each other.

- **Tristan and Isolde.** A medieval tale of doomed love. Tristan falls in love with Isolde, who is betrothed to his uncle, Mark, King of Cornwall. Despite their enduring love, they are forced to marry others.
- **Odysseus and Penelope.** A happy ending for this one. Penelope remains faithful to her absent husband for 20 long years; Odysseus persists in his quest to return home after the Trojan War. Both overcome temptations

and obstacles to be reunited at last.

- **Jane Eyre and Mr. Rochester.** Charlotte Brontë's classic 19th-century novel tells the tale of a young governess and a gruff, lonely landowner with a dark secret. But love triumphs in the end.
- **Ralph and Alice Kramden.** OK, not a book, play, or poem, but a classic TV show. Despite bickering, working-class struggles, and the occasional threat to send Alice "to the moon!" the couple stayed together with love and devotion — and lots of laughter — for years and years.

Republicans Make Large Gains in House of Representatives

November's election brought large gains for Republicans in the House of Representatives where they gained control. They also gained seats in the Senate, but not as significantly as they did in the House. With this election, the Republicans eliminated gains the Democrats had made in 2006 and 2008 and picked up additional seats. Their victory marked the largest gain of any House victory for a single party since 1948 and the highest of any midterm election since 1938.

Republicans also gained five seats in the Senate, further reducing chances for the Democrats to overcome filibusters, but these gains were insufficient for Republicans to become the majority party.

While it is unknown what changes may occur due to the election, PVA is closely watching Capitol Hill for any indications of how the newly formed Congress will approach veterans' legislation.

Changes in Veterans' Committee Leadership

With Republicans taking control of the House of Representatives, the Chairmanship of all Committees

in the House will change, including the House Committee on Veterans' Affairs. Republicans have selected their new leader, Chairman-Designate Jeff Miller of Florida's 1st Congressional District. During recent discussions with members of PVA's Legislation Department, Chairman-Designate Miller indicated one of his top priorities for the new Congress will be congressional oversight of the Department of Veterans Affairs to ensure proper implementation of current legislation.

In the Senate, the Chairmanship is still not decided. Current Democratic Chairman Daniel Akaka of Hawaii may move to new committee chairmanship and the Chairperson of the Committee of Veterans' Affairs could be longtime veterans supporter Democratic Senator Patty Murray of Washington state. Either Senator will be an outstanding choice and will continue to work to provide the best services and care for our nation's veterans.

Department of Justice Considers Changes to ADA Regulations

The Department of Justice (Department) is considering possible changes to requirements under Titles II and III of the Americans with Disabilities Act

to ensure that equipment and furniture used in programs and services provided by public entities and public accommodations are accessible to individuals with disabilities. In July's Advance Notice of Proposed Rulemaking (ANPRM), the department sought public input to determine if it should propose specific accessibility requirements for non-fixed equipment and furniture, including medical equipment, exercise equipment, accessible golf cars, accessible beds, and electronic and information technology.

In particular, inaccessible hotel beds are a constant source of irritation to PVA members and other people with mobility impairments. These beds are difficult if not impossible to transfer onto either because they are too high or rest on platforms which make it impossible to use portable lifts. Also, people with mobility impairments are troubled by the inability to get comprehensive medical examinations because of the inaccessibility of x-ray machines, examination tables and other medical equipment. The department has entered into several settlement agreements with medical facilities that have improved medical equipment accessibility. They now feel it is time to consider making these improvements a permanent part of the regulatory framework.

Comments are due January 24, 2011. The Advocacy Program will be submitting comments on behalf of PVA members and welcomes input from all interested parties. Feel free to contact Senior Advocacy Attorney Bob Herman at 202-416-7699 or by e-mail at bobhn@pva.org. To view the ANPRM and learn how to file your own comments click on the following link: <http://edocket.access.gpo.gov/2010/2010-18331.htm>

Social Security Benefit Offset Demonstration to Get Underway in 2011

In the November 22 Federal Register, the Social Security Administration (SSA) announced its plans to implement the Benefit Offset National Demonstration (BOND) beginning in January of 2011. This national demonstration was mandated by the Ticket to Work and Work Incentives Improvement Act but it has taken SSA over ten years to develop a study that meets appropriate research requirements while protecting against adverse impacts on Social Security beneficiaries. The demonstration will end in September of 2022 and is intended to evaluate whether offsetting Social Security disability benefits against earnings will encourage more beneficiaries to go to work. Under current SSA rules, recipients of Social Security Disability Insurance (SSDI) face an abrupt termination of their benefits – called a “cash cliff” – once their monthly earnings reach a certain monetary threshold. Advocates have long maintained that reduc-

ing SSDI benefits gradually as earnings rise would be a stronger incentive for those individuals who would like to go to work but fear being cut off from the program suddenly. The BOND will allow a beneficiary to receive reduced SSDI benefit payments that would ordinarily stop because of the beneficiary’s performance of substantial gainful activity (SGA).

The BOND project will be conducted in ten sites around the country: Alabama; Arizona and Southeastern California; Colorado and Wyoming; Southeastern Michigan; Southeastern Texas; Southern Florida; Vermont, Maine, New Hampshire and Northern Massachusetts; Washington, DC area including Northern Virginia, suburban Maryland, and Northeastern West Virginia; Western New York State; and Wisconsin. The federal register notice cautions that location descriptions are general as some small areas within certain locations may not be part of the demonstration site.

SSA plans to identify a pool of approximately 1 million SSDI recipients [some of whom will be concurrent recipients of Supplemental Security Income (SSI)]. Some will be assigned to a “control group” who will continue to be subject to the usual program rules and nothing will change for these individuals. A smaller group of beneficiaries from this pool will be offered the opportunity to use the benefit offset during the first stage of the pilot. The reason this was made voluntary is to ensure that no beneficiary is denied benefits to which he or she is entitled. Beneficiaries assigned to the off-

set group during Stage 1 will receive a notice from Abt Associates informing them of their eligibility for the project and the alternate program rules that will apply to treatment of earnings. Under the BOND, SSDI benefits will be reduced by \$1 for every \$2 of a beneficiary’s earnings above an annualized monthly SGA amount.

In Stage 2 of the project, a third group of beneficiaries from the original pool will be recruited to participate in this second part of the BOND. Some of these will again be assigned to a control group and subject to the usual SSDI program rules. Another cohort of beneficiaries will be offered the opportunity to operate under the benefit offset rules. A third group of beneficiaries will be offered the opportunity to take part in the benefit offset but also receive enhanced benefits counseling services.

To be eligible to take part in this project, a beneficiary must be at least 20 years of age and under age 60; be entitled to title II benefits based on disability; receive title II disability cash benefits unless SSA has suspended benefits because he or she is in the extended period of eligibility; and reside in one of the 10 sites identified for the project. Eligible beneficiaries cannot be a current or prior demonstration project participant.



For Your Information...

Drive Safely This Winter When Bad Weather Hits

The safest place during a snowstorm or freezing rain may be your home, but sometimes you can't avoid driving in lousy weather. Stay safe on the road with these tips:

- Keep your car in good condition. Regular maintenance and tune-ups will improve your car's performance in the winter. Make sure your tires are fully inflated—tire pressure tends to decrease in cold weather.
- Clear all snow from your vehicle. Be sure all your windows are clear before you start driving, and that your wiper blades are cleaning properly. Get all the snow off your car, including your hood, roof, and trunk.
- Test your vehicle's performance as you head out. Start out slowly so you can check your wipers, steering, and brakes.
- Accelerate and decelerate with care. Hitting the gas or stomping on the brake can increase your car's tendency to skid.
- Don't use cruise control. You might hit an unexpected icy patch while your foot is away from the pedals.
- Watch out for bridges and exit ramps. Bridges and overpasses freeze more quickly and defrost more slowly than surface roads. Exit ramps may

receive less anti-icing treatment.

- Keep a safe distance. Give yourself more room than usual to stop or swerve if the vehicle in front of you encounters an unexpected problem.

Will The Wristwatch Join The Buggy Whip?

Quick, what time is it? If you looked at your wrist, you're still part of the majority of people who rely on their



watches to stay on schedule, but that may change. In a British survey of 1,500+ people, 14 percent — about one in seven people — said they don't need a wristwatch. The market analysis firm Mintel, which conducted the survey, forecasts that the percentage will rise along with the increase in mobile-phone ownership and other gadgets like the latest iPod Nano, which comes with a wrist strap and sports a watch face.

Although wristwatches probably aren't likely to vanish anytime soon, they could become redundant, as people rely more and more on other devices like smart phones that include a time-keeping function. After all, one expert notes, the point of a Rolex isn't to tell time, but to show off.



Food Prices Always On The Rise

Prices seem to be the one exception to the law of gravity — they go up, but they never come down (well, hardly ever).

Inflation is the culprit, of course, but that doesn't make most people feel much better when comparing prices from years gone by. Here's a look at how some basic items have risen in price over the past 100 years or so:

- In 1907, a "large size" box of Kellogg's corn flakes cost 10 cents; in 2008, a 12-oz. box cost \$2.99.
- In 1908, a 9/16 oz. Hershey bar cost 2 cents; in 1986, a 1.65 oz. bar cost 40 cents.
- In 1922, a 16-oz. package of Oreo cookies cost 32 cents; in 2008, an 18-oz. package cost \$4.29.

One Ring To Rule Them All

The Super Bowl will be played on Feb. 6 this year, and that means two teams will battle it out for glory, big bucks, and the right to wear the coveted Super Bowl ring.

The NFL pays \$5,000 apiece for 150 rings every year, but individual teams are allowed to spend more money if they wish. The winning team may present the rings to players, coaches, executives, the general staff, and anyone else. (Some rings have been given to former players no longer on the team's roster.)

Some fun facts from Wikipedia and ESPN:

- Only one person so far has been awarded seven Super Bowl rings: Neal Dahlen, who won five with San Francisco (staff and player personnel), and two with Denver as general manager.
- The largest ring in terms of size went to William "Refrigerator" Perry of the Chicago Bears after the team's Super Bowl XX victory. It's a size 25; a half-dollar can pass through its 1.258-inch diameter.
- The biggest ring in terms of "bling" is probably the New England Patriots' football-shaped Super Bowl XXXIX ring, which weighs in at 4.06 ounces and sports 124 diamonds.
- In 2005, New England Patriots owner Robert Kraft was visiting Russian President Vladimir Putin and showed off his Super Bowl ring. The Russian leader, possibly mistaking Kraft's intentions, admired the ring and then walked away with it. Kraft saved the day by declaring the ring a gift, and now it's displayed in the Kremlin library.



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Health and Safety

Is It Just a Headache— Or a Migraine?

For most people, a headache is a minor annoyance, easily vanquished with a few painkillers. But for the 28 million Americans who suffer from migraines, the headache can be devastating: a throbbing pain that can last anywhere from a few hours to three days, and usually striking at least once a month.

The exact causes aren't fully known, but migraines appear to be related to enlargement and contraction of the brain's blood vessels, and they have a hereditary component. Migraines can cause abdominal pain, nausea, and vomiting.

Some migraines are preceded by "auras." About 20 percent of migraine sufferers report warning signs before the attack's onset: distorted vision, bright flashing lights in a zigzag pattern, or a blind spot. Warning signs also include fatigue and drowsiness, irritability, extremes of emotion, and cravings for sweet or salty foods.

Not certain if you're having a migraine or just a really bad headache? Watch for these symptoms:

- Pain. A migraine may be moderate to severe and is

usually limited to one side of the head, though it may switch sides (and in about one-third of cases, a migraine can attack both sides of the head). The pain is typically described as pounding or pulsing.

- Light. Migraine sufferers are usually more sensitive to bright light than other people.
- Physical activity. Pain usually gets worse with common physical activities like walking up stairs.
- Stomach ailments. As noted above, migraines can cause vomiting, diarrhea, and loss of appetite.

If you do suffer from migraine attacks, various treatments are available. Acetaminophen, aspirin, and non-steroidal anti-inflammatory drugs like ibuprofen can alleviate pain. Biofeedback relaxation techniques, ice packs, and acupuncture have also proven effective. If one is able to sleep, that usually helps.

In general, a healthy lifestyle that includes good nutrition, lots of fluids, and sufficient sleep and exercise can go a long way toward preventing migraines from striking.

New Hope for Preventing Alzheimer's Disease

Scientists searching for causes of and cures for Alzheimer's disease may have discovered a source of protection. A Scandinavian study of 271 people ages 65-79 tested blood levels for a marker of vitamin B12, as well as an amino acid called homocysteine. At the beginning of the study, none of the participants showed any signs of dementia. Over the following seven years, 17 participants were diagnosed with Alzheimer's. The researchers found that study subjects with slightly elevated levels of homocysteine had an increased risk (16 percent) of developing the disease, while those with slightly more of the B12 marker (which is associated with lower levels of homocysteine) reduced their risk of Alzheimer's by 2 percent.

Vitamin B12 can be found in eggs, fish, poultry, and other meats, and is best consumed through a balanced diet, not vitamin supplements. Scientists caution that more study is needed, but they note that vitamin B12 is likely to play a role in preventing the onset of Alzheimer's.

A Touch of Humor

Pretty Doggone Intelligent

Bridget was standing in the deli section of a grocery store when she saw a German shepherd dog trot up to the counter and snag a number for service. When his number came, the dog barked once, and pointed with his nose to indicate that he wanted some turkey.

“How much?” asked the man behind the counter.

The dog barked once. “One pound?” the attendant asked, and the dog wagged his tail.

Bridget watched as the dog also ordered a pound of Swiss cheese and a quart of potato salad. Strapped to its neck was a small change purse, and the attendant came out to take the appropriate amount of money out. Then the dog took the bag between his teeth and left the store.

Intrigued, Bridget followed the dog down the street until it came to a house, where it pushed the doorbell with his nose. The door opened, and an elderly man let the dog in.

Bridget went up to the door and rang the bell. When the gentleman came to the door, she said, “I hope you don’t mind, but I had to tell you I think that’s the smartest dog I’ve ever seen!”

The man shook his head. “Not really. He always forgets his key.”

What’s In A Name?

The CEO of a large company called a new executive into her office on his first day. “What’s your name?” she asked.

“Well, at my last job, everybody just called me Steve,” he answered.

She frowned. “I don’t care about your previous job. This is my company, and I address everyone by his or her last name. Just ask Smith in Finance, or Johnson in Product Development, or Burns in Shipping. Now, what did you say your name was?”

Steve sighed. “My last name is Darling. Steve Darling.”

“OK, Steve, first let me welcome you to the company...”

Language Problem

A college professor was lecturing to his linguistics class one day. “In English,” he said, “a double negative forms a positive. But in some languages, a double negative is still a negative. However, there is no language in which a double positive can form a negative.”

A student the back of the room murmured, “Yeah, right.”

Not So Obvious

A professor of mathematics wrote a very complicated equation on his overhead projector. “Of course, this solution is obvious, isn’t it?”

None of the students answered. The professor paused and looked at his figures again. “At least, I think it’s obvious.”

After studying the equation for a few more moments, the professor frowned and said, “Let me see . . .”

He spent 20 minutes with a pencil, paper, and an advanced calculator. Finally he looked up with a smile of relief. “I was right. It is obvious!”

How Like A God...

What’s the difference between cats and dogs? It’s simple.

A dog thinks, “Hey, these people feed me, love me, give me a nice, warm house; they pet me, and they take good care of me . . .”

“They must be gods!”

A cat thinks: “Hey, these people feed me, love me, give me with a nice warm, house; they pet me, and they take good care of me...”

“I must be a god!”

ZIA CHAPTER MEMBERSHIP REPORT

The Zia Chapter, PVA voting membership stands at 558 as of January 1, 2011.

Zia Chapter records indicate our chapter voting membership as follows:

290 – Service connected

268 – Non-Service connected

If you have an address change, please let us know so we may update our records and continue sending you various correspondence and the chapter newsletter.

If you know of a veteran with a spinal cord dysfunction and not yet a member of PVA, please let us know at the main Chapter headquarters. Our phone number are: (505) 247-4381 or 1-800-5580: FAX (505) 247-9204.



Missing Members

The following members are on the Undeliverable list produced by National PVA. After twelve (12) months on this list, PVA (National) will drop them from the membership roles. If you know anyone listed below, please ask them to contact the chapter. You are all important to us and we don't want to lose any of you!

Raymond J. Montoya

Edward G. Goebel

Faustin Alarid

Gilbert R. Sanchez

William H. Willis

Terence L. Goodman

Michael L. Green

Ernesto Alvarado

Elezar L. Trujillo

Harland J. Narem

Lance P. Pipkin

Andrew G. Engbrock

George Clark

Seth P. Arseneau

Lynn N. Curley

Carmen M. Ortiz

Stanford L. Jenson

Alvin E. Ivory

Stephen L. Miller

Richard A. Owens

Daniel L. McCorkle

Richard Mason

Roger W. Evans

Classifieds

In need of a caregiver? Man or woman in the Los Lunas or Belen, NM area who is in need of a caregiver - up to three (3) days a week. I have 28 years of experience in the medical field. I am currently working as a CNA/Tech on the Medical/Cardiac ICU at the UNM Hospital in Albuquerque, NM.

Contact - Kathryn Aldridge - 505-290-1492 or 290-0637

For Sale: Electric lift for manual chair - fits in the bed of a pickup truck. Used twice, 4mths old. Works fine. \$250.00 or OBO.

Call 505-290-0637 - Robert Aldridge - for more info.

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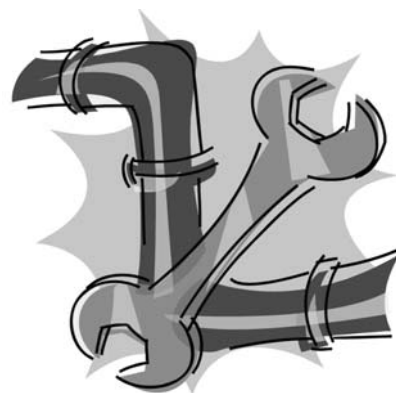
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Want to place an ad? Classified ads are free to members, \$10/issue for all others. Just call the office and let us know, then fax or email or mail the ad to us. For those ads requiring payment, it is due prior to the ad running. All information is needed to be in by the 15th of the preceding month.

Classified ads will be run in two issues of the *Zia RoadRunner* without further confirmation from the poster. After the second posting, it is the responsibility of the individual placing the ad to contact the Zia Chapter office if the ad needs to continue running.

If you would like to place an ad in the upcoming March newsletter, please contact the chapter prior to February 15th with your ad content.

Thank you.



Happy Birthday!



Zia PVA Officers, Directors, and staff salute
the following voting members who are having

Birthdays in January/February

January

- 1 - Tony C. Gutierrez,
David L. Finley, Josue Soto
- 2 - Raymond L. Guthrie
- 3 - Thomas P. Northrup
- 6 - Robert F. Tereskiewicz,
Nelson Martinez,
James C. Harrold,
Raul G. Martinez
- 7 - Jack L. Walden,
William B. Candler
- 8 - Luciano R. Esparza,
Gerald R. Fehr
- 9 - Robert G. Kern,
Rogelio C. Campos
- 12 - David L. Ransone
- 13 - Mary E. Ishler
- 14 - Richard J. Kaminski
- 15 - William N. Warshauer,
Benjamin Apodaca
- 18 - Antonio S. Romero,
Donald J. Sheehan,
Curtis L. Case
- 20 - Terry T. Wyaco
- 21 - Fredrick M. De Galan,
Dennis P. Brooks
- 22 - Willie F. Menchaca,
Nelford J. Wilson
- 23 - Mark W. Johnson
- 25 - Henry I. Roybal
- 28 - Joe E. Gutierrez
- 29 - Jack W. McCloud
- 30 - Gerhard Kather,
Richard C. Brooks
- 31 - Jessie Reed

February

- 1 - David Yrene, Victor L. Monkewicz
- 2 - John E. Burch
- 3 - Raymond F. Dionne,
Ronald K. Russell,
Donald J. Martin
- 4 - James P. Little
- 6 - Paul B. Christianson,
James R. Varnado, Sue E. Shively
- 7 - Gregory G. Campbell
- 8 - William E. Schroeder,
James D. Atkinson,
Dale A. Lobato, James C. Welch
- 9 - Raymond P. Black, David K. Herst
- 10 - Carlos Luna
- 11 - Robert M. Hulet
- 12 - Arthur L. Winters
- 14 - Audie Edmondson
- 15 - Harry N. Ball
- 16 - Robert J. Dunphy,
Ralph W. Garcia,
Billie M. Garrison,
Joseph T. Gamboa
- 18 - Arthur Rembert
- 19 - Luis Frias, Joel N. Kasper
- 20 - Eugene L. McCall, Jose A. Ortiz
- 21 - John F. Becenti
- 22 - George W. Berry
- 23 - Joe Lopez, Randal L. Fournier
- 25 - Jack E. Caton
- 26 - Roman Romero,
Micheal L. Vukonich,
Jose M. Valdez, Terry A. Conger
- 28 - Richard Hernandez,
Johnny A. Garcia

Zia Chapter PVA Mission Statement

Zia Chapter
Paralyzed Veterans of America

Our mission is to rebuild the lives
of veterans affected by
spinal cord dysfunction;
advocating at all levels for health,
education and accessibility;
seeking to improve quality of life
through direct programs
and services.

Zia PVA Programs

Programs and their Managers

Aid and Attendant.....	Gary Kather
Assisted Living	Committee
Chaplain.....	Terry Conger
Chapter Hospital Liaison	Chris Ewer
Chapter Hospital Liaison - Spokes....	Pat Dougherty
Computer Assisted Technology.....	
Fund Raising	Amie Kelm
Government Relations	Mike D'Arco
Membership.....	Alyan "Ray" Hill
Newsletter.....	Amie Kelm
One-to-One.....	Terry Conger
Research and Education	Vacant
Sports and Rec.....	Chris Ewer
VA Voluntary Services.....	Mike D'Arco/Amie Kelm
Volunteers	Kevin Dailey

If you are interest in more information about one of the programs at the left, or you would like to volunteer some time, please contact the Chapter.

Zia is a small organization run with a small paid staff and volunteers - members and associates. Without the volunteers some things don't get done. We exist for the benefit of our members and we want to provide programs and services that are of interest to you. Please let us know what we're doing right and what we can do better! Written comments we can post in the newsletter are great and we won't even print your name if you don't want us to. Let us know!



Phone Numbers:

Zia Chapter	(505) 247-4381
Toll Free.....	(800) 597-5580
PVA Service Office	(505) 346-4896
Toll Free.....	(800) 795-3618
Office at SCIC.....	265-1711 x5046
El Paso VLO.....	(915) 564-6183
PVA (National Office)	(800) 424-8200
NM Department of Veteran Services	(866) 433-8387

NM Veterans Administration (VA) Medical Center

Frequently called Direct Dial Service Numbers

Centralized Scheduling	256-2743
Eligibility	256-2741
EMERGENCY ROOM.....	256-2793
Medical Information.....	256-2731
VA POLICE.....	256-2730
Prosthetics.....	256-2756
Pharmacy	265-1711 x5067
PVA Svc. Office @ SCIC	265-1711 x5046
SCIC Administration	256-2849
Voluntary Services.....	256-2771
Switchboard	1-800-465-8262/265-1711
Regional Office.....	1-800-827-1000

Tear Me out and post
me on your fridge!

Zia Chapter, PVA Events Calendar

January

- January 1 - New Year's Day
- January 12 - SCIC Bingo, 6:30pm
- January 17 - Martin Luther King Jr.
Day; Zia Closed
- January 18 - Zia BOD Meeting,
10:00am
- January 19 - Zia Card Night, 6:30pm
- January 20 - SCIC Luncheon (Indoors)

February

- February 9 - SCIC Bingo, 6:30pm
- February 16 - Zia Card Night, 6:30pm
- February 17 - SCIC Luncheon (Indoors)
- February 21 - Presidents' Day;
Zia Closed

Dates to remember...

- March --- 9 - SCIC Bingo, 6:30pm
- 15 - Zia BOD Meeting, 10:00am
- 16 - Zia Card Night, 6:30pm
- 17 - SCIC Luncheon
- April ---- PVA Awareness Month -----
- 8-10 - Zia PVA 3rd Annual Charity Bass Team Tournament - Ute Lake,
Logan, NM
- 13 - SCIC Bingo, 6:30pm
- 20 - Zia Card Night, 6:30pm
- 21 - SCIC Luncheon

**Dates are subject to change. Please
confirm with the chapter prior to the event
if you plan to attend.**

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