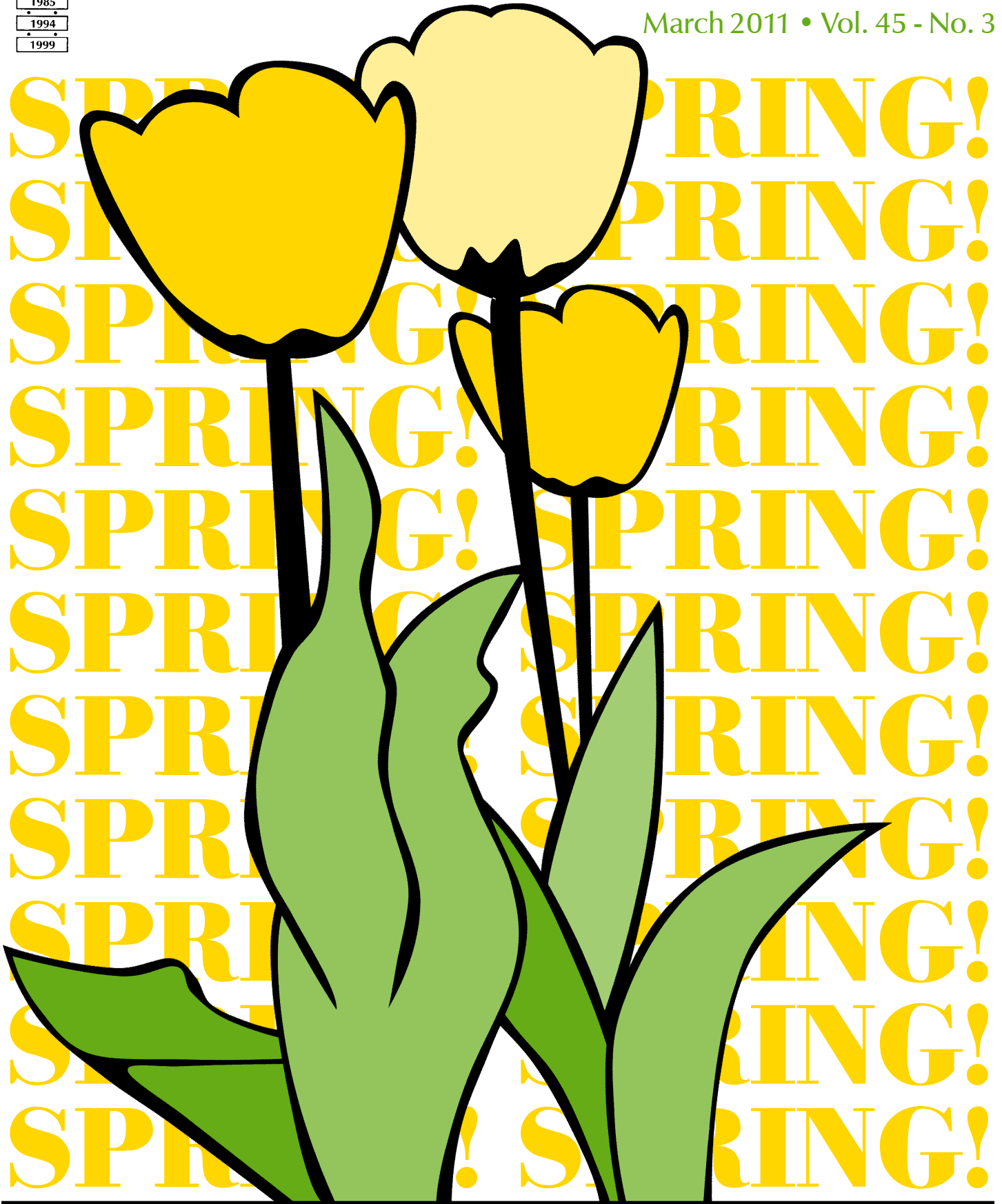




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ZIA CHAPTER, PARALYZED VETERANS OF AMERICA

March 2011 • Vol. 45 - No. 3



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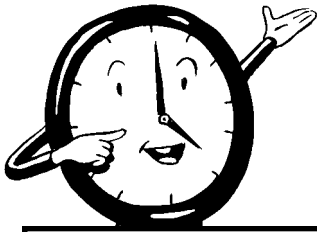
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Zia ROADRUNNER



Cover: Winter is almost gone and warmer weather is at last on the way (at least for most of the country!) Don't forget to set your clocks ahead this month!

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Paralyzed Veterans of America
A Member Chapter of the
Paralyzed Veterans of America

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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.

March 2011...

American Red Cross Month. The Red Cross was created by Clara Barton in 1881. American Red Cross Month recognizes the role the Red Cross plays in saving the lives of people around the world.



Leeks and Green Onions Month. Two often forgotten members of the onion family, leeks and green onions (scallions) look similar — both have bulbous ends, fringed roots, and long leaves. These vegetables have a long history in cuisines from Europe to Asia, thus illustrating their versatile nature.

Women's History Month. An outgrowth of International Women's Day on March 8 of every year, Women's History Month highlights and celebrates the contributions of women throughout history.



National Write a Letter of Appreciation Week, March 1-7. Do you know someone who

deserves a special thank-you? Take the time to show your appreciation with a letter.

Celebrate Your Name Week, March 6-12. Who would you be without your name? Learn what your name means and whom you were named after, explore your family's roots, and embrace your unique identity.

Newspaper in Education Week, March 7-11. The first full school week of March. Print may be dying, but newspapers are still a vital source of information about our community and our world. Highlight the benefits of using newspapers in the classroom as "living textbooks" that can help teach our children.



American Chocolate Week, March 20-26. The third week of March is for enjoying all the wonders of chocolate. Brownies, anyone?

Read Across America Day, March 2. Observed on the birthday of the author Dr. Seuss, the National Education Association's Read Across

America Day calls for every child to be reading in the company of a caring adult.

National Anthem Day, March 3. Anniversary of the adoption of Francis Scott Key's "The Star-Spangled Banner" as our national anthem.

Fat Tuesday, March 8. The last day of Mardi Gras, preceding the beginning of Lent on Ash Wednesday, March 9. Enjoy the party!



Pi Day, March 14. Math geeks everywhere enjoy the date 3-14, which is the beginning of the infinite sequence of numbers one gets by dividing the circumference of a circle by its diameter: 3.1415926535 . . .

Freedom of Information Day, March 16. Open and free access to government information remains the hallmark of a democratic society.

Saint Patrick's Day, March 17. Wear something green and commemorate Patrick, the patron saint of Ireland, credited with bringing Christianity to Ireland (and driving out the snakes, though that's a myth).

From the President

Chris Ewer

I hope that all of our members and their families have not had too hard of a time with the extremes in cold weather that the state of New Mexico and about three quarters of the rest of the nation has experienced. The record lows in the temperatures and the lack of natural gas (in some areas) led to burst waterlines, frozen pipes, tricky road conditions and it didn't seem to matter if you were in the city or in a more rural area, the results were the same.

By the second cold weather day I discussed, with the Exec. Director, the possibilities of opening the Zia PVA office as a source of shelter for those members who could not get heat in their homes or had to evacuate due to burst pipes. One of the major problems we encountered was the inability to contact members with these potential problems due to not having a good, current email address on most of our members. Even the phone numbers and addresses are not correct in many cases where members have relocated and not notified the office of their new location status.

It is extremely important that you contact the Zia PVA office with any changes in your address, phone numbers, or email addresses. We can't contact you if we don't have current information.

Winter isn't over yet and I have a feeling that Mother

Nature has a few more surprises for us before spring finally arrives. According to Puxatany Phil, the east coast groundhog, since he didn't see his shadow when he was taken from his hibernation area and we in for six more weeks of winter. That's if you believe in the annual ground hog day event.

In March there will be the Mid-Winter National PVA Board meeting and, in conjunction, the annual GRD/Advocacy meeting. This joint meeting was the brainchild of the powers that be in the National PVA organization. They never even stopped to notice that the Senate, House and Congress wouldn't be in session at that time and all or most of the representatives would be away from Washington, DC. Also, considering the unusually cold weather, there could be a nice snowstorm blow in while all of this is going on. They say they are doing this as a "cost saving measure" for National PVA. Well, most of the hotels in DC or on the beltway are \$150 plus a night and the cost of living in the DC area is atrocious. On top of that the National PVA Convention, usually held in mid to late August, will be held in Dallas, TX. Come on, National PVA, it is hotter than he** and very humid in Dallas that time of year. It won't be easy for the quads and MS members who serve as the various chapter National Directors. Alas, more great planning by the powers

that be. I believe that the same meetings will be held in the same areas next year as well.

April is just around the corner and this being the 65th birthday for the Paralyzed Veterans of America there won't be a National PVA "Public Awareness Week" (PAW). Instead, there will be a "Public Awareness Month" (PAM) to give additional time to make the public more aware of the National PVA organization. National President Bill Lawson and National PVA Executive Director Homer Towns end will be trying to make appearances in all fifty states and Puerto Rico. There will be PSA's (Public Service Announcements) on Television, Radio and in the newspapers in an effort to help make the public more aware of the National PVA's mission statement and name recognition. This is actually a good idea as the PAW was usually right around Easter and the new month long PAM will give the National and local PVA more time to get the message out.

Once again, I hope that you all did not suffer too much during the unusual cold weather and look forward to a warm spring.

God Bless and stay warm.



Vice- President

Kevin Dailey

I am sure that this has been said before and I know that it will be probably be said again, the chapter needs your help. The Board of Directors has some open positions on it and they need to be filled for the Chapter function. In the past, the Board has been made up of exclusively men. To keep up with the times and to better serve the membership we need some "new blood" on the board. Today's military has changed and the chapter needs to change with it. In recent decades, women have taken on different roles in the military and as such it is time that ZIA Chapter BOD should change with the times. After all, The ZIA chapter already has a woman as an Executive Director, Why not also as a Board member? If you are interested, Please call or email the Chapter and help us help you and other veteran's. It is time to step-up and make a difference
GOD BLESS



VARO and Hospital News

Jean Dougherty, SBA

Direct Deposit

The Department of the Treasury announced that on March 1, 2013, VA will stop issuing paper checks. People who do not have electronic payments for their federal benefits by that time will receive their funds via a pre-paid debit card. This will be called the Direct Express card and it will be issued by Comerica Bank as that is the financial agent of the U.S. Treasury. Officials at the Department of Veterans Affairs (VA) urge veterans to sign up for the electronic payment of their benefits.

People initially applying for VA's compensation or pensions and get approved after May 1, 2011 will automatically receive the benefits electronically.

Muskogee, Ok Regional Office is in charge of the National Direct Deposit Program. To sign up for direct deposit, stop or change direct deposit you can call **(877) 838-2778**. Their hours of operation are Monday thru Friday from 7:30 am to 5:00 pm Central time.

If you want to use your computer to make changes to your direct deposit the web site is <http://www.godirect.gov>.

Korean War veterans exposed to Agent Orange

VA has now published the final regulation for Korean War veterans exposed to Agent Orange. VA will presume herbicide exposure for any veteran who served between April 1, 1968

and August 31, 1971, in a unit determined by VA and the Department of Defense (DOD) to have operated in an area in or near the Korean DMZ in which herbicides were applied.

Previously, VA recognized that Agent Orange exposure could only be conceded to veterans who served in certain units along the Korean DMZ between April 1968 and July 1969.

Eligible veterans who have a specific illness from the list below, the VA will presume it is associated with herbicide exposure and you do not have to prove an association between the illness and military service. This "presumption" simplifies and speeds up the application process for benefits and ensures that Veterans receive the benefits they deserve.

Veteran's diseases associated with Agent Orange Exposure include:

Acute and Subacute Peripheral Neuropathy, Al Amyloidosis, Chloracne (or similar acneform disease), Chronic B-cell leukemias, Diabetes Mellitus (Type 2), Hodgkin's disease, Ischemic Heart Disease, Multiple Myeloma, Non-Hodgkin's Lymphoma, Parkinson's Disease, Porphyria Cutanea Tarda, Prostate Cancer, Respiratory Cancers, Soft tissue Sarcoma (other than Osteosarcoma, Chondrosarcoma, Kaposi's sarcoma, or Mesothelioma)

This rule will take effect February 24, 2011.

Amyotrophic Lateral Sclerosis (ALS) is **not** associated with Agent Orange exposure.

However, VA has recognized ALS diagnosed in Veterans with 90 days or more of continuously active service in the military was caused by their military service.

Not a service organization

There is an organization called Veterans Affairs Services (VAS) that is providing benefits and general information on VA and gathering personal information on veterans. This organization is **NOT** affiliated with VA in any way. Their website is <http://www.vaservices.org/us/index.html>

VAS may be gaining access to military personnel through their close resemblance to the VA name and seal. If you know of anyone that has been contacted by this organization and they assisted them in the preparation and representation of claims for benefits please let Richard or I know as this is in violation of chapter 59 of Title 38 United States Code. We will pass the information on to Department of Veterans Affairs OIG.

VA Caregiver Support: National Caregiver Support Line

Caregivers at a Glance

- 54 Million Adults in the US provide unpaid care to an adult family member or friend
- Over two-thirds are women
- 45% are age 18-49
- 40% are age 50-64
- More than half are married
- Approximately three-fourths have worked while caregiving

- Over 40% say they did not have a choice in taking on the caregiver role
- A majority assist their loved one with at least one activity of daily living (usually helping the person in and out of bed and chairs)
- Over 50% experience medium to high levels of stress as a result of the demands of their role as a caregiver
- One-quarter say they have a difficult time coordinating care with health care professionals or service providers

National Alliance for Caregiving and American Association of Retired Persons Survey-2009

The Department of Veterans Affairs is pleased to announce the launch of a toll-free National Caregiver Support Line **1-855-260-3274**. The Caregiver Support Line was created to recognize the significant contributions made by caregivers allowing Veterans to remain at home surrounded by family and friends. It is open **Monday through Friday 8:00 am to 11:00 pm and Saturday 10:30 am to 6:00 pm Eastern Time.**

Licensed clinical social workers will be available to answer your questions, listen to your concerns and directly link you to the Caregiver Support Coordinator at your local VA Medical Center. Each VA Medical Center has a Caregiver Support Coordinator who can locate assistance tailored to your unique situation.

The VHA Caregiver Support

Web site <http://www.caregiver.va.gov> has been redesigned with the caregiver in mind. The site has been arranged to make it easier to find valuable services and benefits. Being a caregiver requires dedication, compassion and resilience. This site offers valuable resources which will help balance your life.



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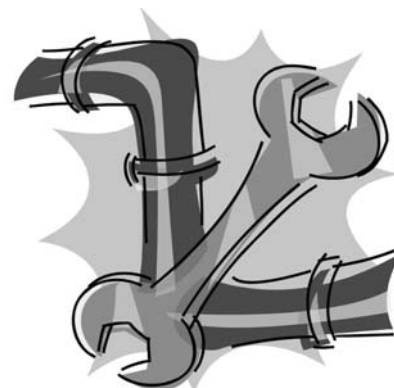
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El Paso VA Health Care System

Chuck Vickrey

I would like to take this opportunity to introduce myself, Chuck Vickrey, NP. I am the new primary care provider that took over Dr. Schier's patients in June 2010. I want to state that Dr. Schier was really appreciated for the care that she provided.

I would like to tell you a little bit about myself. I am a veteran having spent 17 years in the United States Air Force primarily dealing with nuclear weapons. I retired in 1996 as an O-4 (Major). In 2000 I graduated from nursing school and then in 2006 I became a Family Nurse Practitioner. After spending 2 years in private practice I received my chance to start working in the VA system. So in April 2008 I started working in primary care and thoroughly enjoy it.

My primary area of interest is SCI/D and Traumatic Brain Injury (TBI) patients. I have now started a SCI/D clinic every Thursday that will allow me to see patients returning from the SCI Centers and sick call patients. I hope in the future to have an expanded SCI team clinic.

I do not feel that a once a month SCI team clinic is acceptable, so I promise that I will do whatever I can to expand this function. I know one of the biggest issues is access to care when you want it or need it. First having a weekly


clinic set aside for SCI/D patients will help establish a well rounded clinic. Another item that will help me establish the SCI/D clinic is to give you the choice of being your primary care provider (PCP). It is recommended in the VHA Directive for SCI/D patients that SCI/D patients are being seen by a person trained especially in SCI/D issues as the primary care provider.

Right now you do not have to switch your PCP. I know many of you have been treated by your PCP for non SCI issues for a long time and don't want to transfer to someone else. You were referred to Dr. Schier if something came up dealing with SCI issues. That's ok with me as I am here to take care of you no matter if I am not your PCP. If you become ill and cannot see your regular provider, come down to Team C and I will do whatever I can to see you, keeping in mind my other clinic schedules.


How can you see me and get into the SCI/D clinic? You can call me at 915-564-6158 and ask for an appointment to the Thursday morning SCI clinic with Mr. Vickrey. This is for all patients with SCI/D issues. If you want me to see you for other issues and I am not your PCP then I will make every attempt to see you on a time available for both. Remember to call your PCP first and if it's

an emergency, go straight to the ER of choice, preferably WBAMC.

I look forward to talking and taking care of you.



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SCIC Hospital Liaison

Chris Ewer

I hope that any of our members who have been on the SCI Unit lately as patients or in for Annual Evals have noticed an increase of staff. There are a lot of new faces to be seen. Over the last 9 or 10 months new front office staff have been hired, SCI Unit nurses and aides, a new OT, and, hopefully, by July, a new SCI Chief will be on board.

Slowly, ever so slowly, the Durable Medical Equipment (DME), situation has been improving. These are things like wheelchairs, etc. Communication between the wheelchair clinic and the prosthetics department still needs a lot of improvement.

I don't know if the food will ever get much better, but inpatients have an option that a lot of you might not know about. It is called the "Blue Plate Special". On the bulletin board by the Nurses' station where the food menu is posted is a packet with blue lunch menu requests in it. They offer sandwiches and some other options for lunch and you have to get them to the kitchen personnel by the noon meal, the day prior to when you want to eat it. Also, you can always talk to Kathy, the dietitian about your meal needs, snacks, etc.

I hear a lot of complaints about various things on the SCI Unit, and to be quite honest with you, they are quite trivial compared to the medical treatment available in the civilian hospitals for SCI type injuries.

Believe me, I have a number of friends who aren't veterans and are barely making in real life because they lack the medical and other benefits that veterans get. Have any of you ever thought how much it costs to heal a stage 3 decubitus ulcer? No, because you don't have to. On the outside, the price tag \$25,000.00 to \$40,000.00 or more, dependent on the severity of the pressure sore. They don't get to spend 4, 6, or more months in the hospital. They're sent home when it is a stage 2 and have to take care of it themselves. If they don't have a good insurance plan, they're screwed.

The message I'm trying to get out here is don't complain so much, but be thankful for what you have!

God Bless, stay healthy, and out of the hospital.



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.

Sports & Recreation

Chris Ewer

Well, sports fans – football fans in particular, how did you like Super Bowl LXV? I don't think it really mattered who you were rooting for because it was a good game. The two teams played their hearts out to get a Super Bowl ring and the Lombardi Trophy. It seemed like every time that Pittsburg started to close the points gap, Green bay would dig deep and pick it up a notch and either score or hold them off defensively. The two quick turnovers by the Steelers in the first quarter gave the Packers a lead that the Steelers just couldn't close in on.

The weather here in New Mexico made it a good day to stay in and watch a great Super Bowl game.

I hope that you skiers and other winter sports enthusiasts stayed well protected and hydrated while you were outside in these abnormally cold winter conditions. It probably made that hot coffee or chocolate taste even better.

Hunters – the first NMDFG game drawing closed on February 3rd, you'll have to wait until next year or look for landowners' permits. If you missed submitting your hunt choices for Oryx, Spring Turkey, and Bear, You can still get over-the-counter Turkey tags and licenses as long as they are available.

The late NMDFG drawing will be held in March 28th. The deadline for filing is 5 pm on that day. This drawing will be for Deer, Elk, Pronghorn Antelope and the rest of the species available to hunt.

Those disabled hunters who will be putting in for the Mobility Impaired hunts need to check

their MI hunter cards and make sure that they are up to date. They are supposed to be renewed every four years and you don't want to lose out on drawing a tag for not having an up to date MI card.

If any of you are cougar hunters, you need to take a course in cougar gender identification. If you don't have that certification you will not be issued a license to hunt cougar.

Right now the higher altitude lakes are still frozen over. A Call to the NMDFG or the Army Corps of Engineers will get you the necessary info on ice thickness and which lakes are still safe to ice fish on. The weather is starting to warm up a little so be careful when going out on the ice, especially if you are using a OHV to travel there.

According to the Albuquerque Journal's Thursday edition there is good fishing in most of the streams and rivers above and below the reservoirs. All of the local lakes in the Albuquerque area are being stocked regularly with hatchery raised rainbow trout. This goes for the major water diversion canals as well. Check in at a local sporting goods store and they can give you the info on what is working best, bait wise.

The VA Winter Games and Sports clinic at Snowmass, CO will happen in March. The SCI unit RT, Janet Escobedo, has info on it, but it may have closed for registration by now. Two of our members, Matthew Robinson and Gary Milne, are going and are being partially funded by the Zia Chapter PVA. We wish them a good time and return home safe and warm.

It is now the time to get your applications in for the NVWG in Pittsburg, PA this July. There are applications at the Zia office and also the SCI Unit RT's office. Janet will probably be trying to put together a team to attend the largest Wheelchair sporting event in the world. What an adrenaline rush when you are competing or just watching the other competitors. There will be partial funding available for Zia members. You need to participate in at least three events to qualify for funding as well as meeting the other requirements also. Call the Zia office at 505 247-4381 for funding information.

The National PVA Trap shooting Circuit kicks back in February at Phoenix, AZ. The National PVA Bass Tournament will start up soon also. Check your copies of PN or Sports N Spokes magazines for info or go the National PVA website – www.pva.org .

The fourth annual Zia PVA Bass Tourney Fundraiser will be held at Ute lake near Logan, NM (north of Tucumcari) April 8 – 10. This is a competition that brings out the best and worst of the fishermen teams as they vie for the largest 1st place money purse in New Mexico. Cash prizes down to third place, drawings, largest fish of each day contests and the team with the most weight of each day's 5 fish limit wins the big money. There is a state park on Ute Lake and there are RV sites available. If we actually make a profit this year, it will happen again next year.

Remember, don't stick your tongue on a frozen flagpole, keep your powder dry, and your lures wet.

For Your Information...

Use ATMs With Care

ATMs make getting your money easier—for you, and for thieves. One technique: a device called a “skimmer,” attached to an ATM’s card slot, which allows crooks to capture account information from the card’s magnetic strip.

The AARP recommends examining the ATM’s card slot. Most slots have a flashing light. If you don’t see one, the machine may have been tampered with. The safest ATMs can be found in bank lobbies and other areas with constant video monitoring.

In addition, be sure to hide the keypad as you enter your PIN, in case a hidden spycam is watching your movements.

Just How Big Do Those Lottery Jackpots Get?

“Winning the lottery” may not be a sound investment plan, but it’s paid off for a lucky few. Here are some of the biggest jackpots in U.S. history:

- \$390,000,000. In 2007, two ticket holders (one from Georgia and another from New Jersey) split this Mega Millions jackpot, both choosing a lump-sum payout worth \$116,957,083.
- \$365,000,000. This was a Powerball jackpot in 2006, jointly held by eight co-workers at a meat processing plant in Nebraska. The lump-sum payout came to

\$177,270,519.67.

- \$315,000,000. A group calling itself “the Lucky 7” invested in this winning ticket in 2005 and took a lump sum of \$175,000,000.
- \$314,900,000. A West Virginia man won a Powerball drawing in 2002, collecting a lump sum of \$170,505,876.
- \$294,000,000. A woman in Lowell, Mass., was the sole winner of a July 2005 Mega Millions jackpot, taking home \$168,480,412.

Online Fraud Still A Growth Industry

One money-making strategy that the recession apparently hasn’t damaged is online fraud. Consumer complaints of practices like predatory lending and false offers to help homeowners avoid foreclosure rose in 2009 to 300,895, up from 265,324 in 2008.

That comes from a survey of 33 state, county, and city consumer protection agencies. Other fast-growing complaints were related to credit and debt, including complaints about aggressive debt-collection practices, debt-relief services, credit card fees and terms, and landlord/tenant problems stemming from foreclosure.

Unfortunately for consumers, this comes at a time when local agencies are being cut back because of budget pressure. Of the agencies that responded to questions about budget issues in the survey, 71 percent reported

budget cuts in 2009, up from 47 percent in 2008.

Beer Is Most Popular With U.S. Drinkers

You may crave a tall, cold malt beverage after reading this: Two-thirds of U.S. adults drink, according to a recent Gallup poll, and beer is their favorite alcoholic beverage, followed by wine and then hard liquor.

The proportion of American drinkers in the poll is the highest since 1985. Beer is the drink of choice for 41 percent, and it’s been No. 1 since 1992 (except for a blip in 1995, when wine was more popular). Men under age 50 are beer’s biggest fans; women older than 50 are most likely to favor wine.

Gallup found that church attendance is one of the most significant indicators of alcohol consumption: Those who report going to church rarely or never were more likely to say they drink than people who attend church services regularly.



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

Administration Releases FY 2012 Budget, Includes FY 2013 Advance Appropriations

On February 14, the President released his Budget Request for FY 2012. In light of the country's current fiscal circumstances, the co-authors of The Independent Budget — AMVETS, Disabled American Veterans, Paralyzed Veterans of America, and Veterans of Foreign Wars — are pleased that the President's proposed budget has given veterans an overall increase — even though it does not meet the recommendations of the IB. However, we do have real concerns with some of the proposed decreases in spending, particularly for Medical and Prosthetic Research, the Veterans Benefits Administration, and Major Construction.

The President's budget for FY 2012 provides approximately \$61.9 billion in discretionary funding for the Department of Veterans Affairs (VA), approximately \$1.7 billion more than the projected FY 2011 provided by H.R. 1, the "Continuing Resolution for FY 2011." The Administration's budget includes approximately \$53.9 billion for medical care programs for FY 2011, an increase of \$2.3 billion over the FY 2011 appropriated

level. The Independent Budget recommended approximately \$55.0 billion for medical care programs. More importantly, the Budget Request also includes advance appropriations recommendations for FY 2013. The President's budget includes \$55.8 billion for medical care programs for FY 2013.

Of particular concern to The Independent Budget is an ill-defined contingency fund that would provide \$953 million more for Medical Services for FY 2012. By highlighting this particular funding as a "contingency," we believe that the Administration may have offered the Republican leadership in the House, and particularly the fiscally conservative members of Congress, an opportunity to reduce the VA's FY 2012 budget as a part of cost-cutting measures. Moreover, we are especially concerned that the VA presumes "management improvements" (a gimmick commonly used during the Bush Administration) of approximately \$1.1 billion to be directed towards FY 2012 and FY 2013. The VA has explained that these "management improvements" provide \$1.1 billion that the VA would like to carryover; and yet, if the VA is not authorized to carryover this additional money, its FY 2012 budget request and FY 2013 advance appropriations request will be insufficient to meet the health care demand of veterans it

serves. Finally, we have real concerns about the revised estimates in Medical Care Collections from the originally projected (in last year's advance appropriations recommendation) \$3.7 billion to now only \$3.1 billion for FY 2012. Given this revision in estimates, the VA may arguably be short \$600 million in budget authority for next year.

The Independent Budget is also concerned about the significant decrease in funding projected for Medical and Prosthetic Research. The Administration recommends \$509 million, approximately \$111 million less than the recommendation of The Independent Budget and \$72 million less than the FY 2011 appropriated level. Research is a vital part of veterans' health care, and an essential mission for our national health-care system.

We are also particularly concerned with the President's budget request for the Veterans Benefits Administration (VBA). For FY 2012, the Administration recommends \$2.02 billion, a decrease of \$129 million below the projected FY 2011 appropriated level. Given the growing pressure on the VA claims process, the rapidly increasing claims backlog, and demand for new benefits, such as the Post-9/11 GI Bill, we simply cannot understand the justification for a decrease in spending for VBA.

The Independent Budget also has concerns with the level of

funding recommended for construction projects. The Administration recommends \$590 million for major construction, more than \$1.6 billion less than The Independent Budget. With the VA facing a massive backlog of important construction requirements and states becoming ever more reliant on the VA to contribute to the funding for construction of long-term care facilities, now is not the time to be reducing this critical funding.

Comments Submitted To Department of Justice

On January 24, PVA submitted comments to the Department of Justice, encouraging them to issue regulations requiring accessible furniture and medical equipment. PVA focused on the lack of accessible medical equipment and the health consequences to our members. We discussed accessible exam tables, gurneys, and patient beds; accessible transfer methods; accessible weight scales; and accessible rehabilitation and diagnostic equipment.

PVA again encouraged DOJ to address accessibility in hotel rooms, primarily the bed, as soon as possible. We asked that beds in wheelchair accessible rooms be a maximum of 23", and a clear floor space of 8-9" beneath the center of the bed to allow use of a Hoyer lift. PVA also invited DOJ staff to meet with PVA architects to discuss the structural needs of patients with spinal cord injury or dysfunction.

These comments were submitted to an Advance Notice of Proposed Rulemaking. Proposed

rules will be issued sometime in the future, with another opportunity to comment.

PVA Outlines Legislative Priorities to New Members of Congress

PVA's Government Relations Department has been progressively meeting with all new and returning members of Congress and their staffs to outline and discuss PVA's top legislative priorities. We continue to work on issues important to our members, veterans with spinal cord injury or dysfunction, specifically, and to all veterans. Our top five priorities for the first session of the 112th Congress are:

1. Ensuring adequate funding is provided for the Department of Veterans Affairs for FY 2012 to include ensuring that necessary funding is included for full implementation of P.L. 111-163, the "Caregivers and Veterans Omnibus Health Services Act of 2010." Additionally, we will work with the Administration, Congress, and the Government Accountability Office (GAO) to follow through on the requirements for advance appropriations for VA health care for FY 2013, specifically to ensure that GAO finally provides the detailed analysis that is required of the President's Budget Request.
2. Improvements to the claims process that will ensure that veterans receive the compensation and ancillary benefits that they have earned in a more timely manner.
3. Addressing the ongoing prob-

lems with inappropriate billing by the Veterans Health Administration, to include eliminating all billing for veterans rated with a permanent and total disability.

4. Improve benefits for the most severely disabled veterans, specifically addressing the needs of severely disabled veterans who are in receipt of Special Monthly Compensation and Aid and Attendance benefits.
5. Working to refine and update current VA human resources policies and procedures, specifically in the areas of personnel recruitment and retention programs, employee education and training, and overall workforce succession planning to ensure proper and timely delivery of VA services to veterans.

In addition to the legislative priorities, we continue to emphasize the need to protect the VA health-care system. With growing pressure to allow veterans to have health-care options outside of the VA (vouchers, contracting, etc.), we must remain vigilant to ensure that the VA remains at the forefront of health-care delivery. We are also educating members of Congress about PVA's Vocational Rehabilitation Program and our newly launched Mission: ABLE Campaign. We are encouraging members to attend PVA's Annual Golf Open where all proceeds will benefit our Vocational Rehabilitation Program.



Paralyzed Veterans Sports & Recreation Schedule

For more information contact PVA Sports at 800-424-8200 or www.pva.org/sports



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





Chaplain's Corner

Charity Never Fails

Terry Conger

Valentines Day has just past. It is a time when we say "I love you" to our spouse, girlfriend, boyfriend, mom, dad or whomever else we might think of. But the one we most always forget is the one who had such unconditional love for us He died for us on an old rugged cross over two thousand years ago. He loved us so much He left the splendor of heaven to die for you and for me.

What is true love? It's not the love you get when you meet your first girlfriend or boy friend. It's not the love you have after being married for 35 years or more. True love can be best described in I Corinthians 13:1-13. The word charity is used to describe Godly Love.

Charity never fails I COR. 13:8. Charity should be the basic element in all of our lives. But it's not for most of us.

When someone cuts you off in traffic do you have charity? When you get ready to go to work and you have a flat tire do you have charity? When someone else gets the promotion you wanted do you have

charity? In most cases the answer is a definite NO!

I Have often gotten angry at things and said things I shouldn't have said. Charity or love was not the first thing I thought of. It should have been, but it wasn't.

The second greatest Commandment according to our Lord is to "Love Thy neighbor as thyself". Matthew 22:36-39.

Jesus said we should "Love our neighbor". That Doesn't mean just the people who live next door, it means everyone.

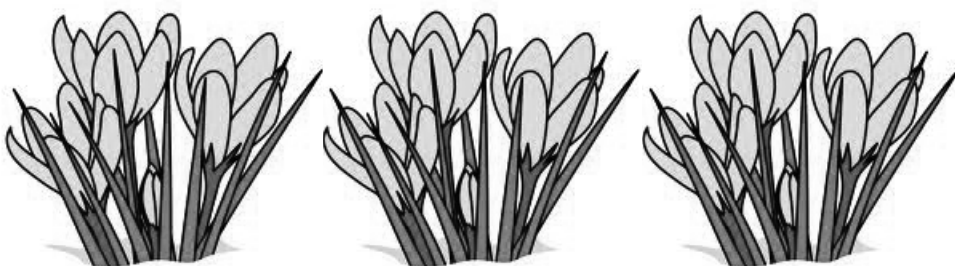
If you claim to be a Christian you should have or strive to have the charity Christ had for you.

I pray we all strive to love one another with Godly love.

As always if you have any prayer request's or other needs I can help with please feel free to call me or write. --

Rev. Terry Conger
(505)892-0578
KJVROM1013@MSN.COM

*Until Next time,
Love In Christ,
Terry Conger, Chaplain*

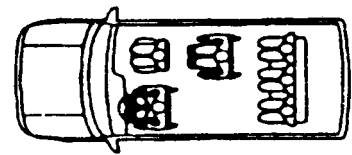


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SCIC Christmas

Thanks to everyone who helped out with the SCIC Christmas party held in December.
It was really appreciated!



Only An Empty Cup Can Be Filled

A young man traveled a great distance to study with a much-respected sage. He explained that he wanted to learn from the master's wisdom, and immediately began telling him how much he'd learned from other gurus.

The sage listened. When the would-be disciple paused for breath, the elder man offered him a cup of tea.

"Yes, thank you," said the young man. "And so then I went to study with . . ."

The master brought cups

and poured tea. The young man kept talking. The sage kept pouring. Suddenly the



young man realized his cup was flowing over, and the tea spilled onto the floor. And the master still kept pouring. "Master, stop!" cried the younger man. "The cup is full — it will hold no more!"

"Ah," said the master. "So we cannot add something to a container that is already full? Perhaps first we must empty the cup."

And the young man understood. Before he could learn anything new from this teacher, he had to empty himself of what he believed was important.

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Protect Yourself From Springtime Allergy Attacks

The arrival of spring brings sunlight and flowers and green leaves on the trees — and seasonal allergies. Tree pollens and mold spores can wreak havoc on the 35 million Americans who suffer itchy eyes, runny noses, scratchy throats, and fatigue due to allergies.

Beyond the many over-the-counter and prescription medications available, you can take some simple steps to reduce your misery:

1. Limit your exposure. After months of cabin fever, staying inside with the windows shut tight may seem a shame on a lovely day, but consider the alternative: sneezing and wheezing and rubbing your eyes non-stop. Stay indoors when conditions are ripe for an allergy attack.
2. Plan your outings. Rainy and non-windy days are best for keeping pollen at bay. Remember, too, that pollen counts peak in the midday hours. Avoid grassy and wooded areas. Check your local news source for pollen counts.
3. Park strategically. Pollen can coat your car on heavy days. Keep your car in the garage as much as possible. When you park outside, try to avoid parking under a tree. Your car may be cooler when you get into it, but you'll be less likely to get a noseful of pollen in the process of opening the door.
4. Scrub up. When you come back into your home, remove your shoes, or at least do a thorough job of wiping residual pollen from them. And wash your hands

(you may even want to shower and get into some pollen-free duds). When you wash your clothes, use a dryer, rather than an outdoor clothesline.

5. Avoid “pollen magnets.” Pollen can cling to carpets and linens, so vacuum your rugs and change your sheets more frequently than at other times of the year. That goes for bath towels, too. An in-home air filtration system can help remove irritating particulates.

That Laptop In Your Lap May Be Dangerous

The computer age has already spawned a number of ergonomic illnesses. The latest? “Toasted skin syndrome,” which doctors say is caused by laptop computers resting too long on a user’s legs.

As reported on the CBS News website, a 12-year-old boy and a law student have both been treated for discolorations on the legs following a history of extended laptop use. The boy had played computer games every day for months and developed a sponge-shaped skin blemish on one thigh, and the law student had spent up to six hours a day with her computer in her lap, which led to a mottled discoloration on her leg. The temperature on the bottom of her laptop computer was measured at 125 degrees. Medical journals have recorded 10 causes of laptop-related injuries over the past six years.

Although the injuries appear to be harmless, experts warn that such exposure could conceivably lead to the development of skin cancers.

Why Eat Your Vegetables? Not Just To Get To Dessert Faster

Mother always said, “Eat your vegetables.” The problem is that too many of us still aren’t listening to her. According to the Centers for Disease Control and Prevention, only 26 percent of U.S. adults eat three or more servings of vegetables a day, although current recommendations call for four to five servings. The benefits are significant: Eating the right kind of vegetables in the appropriate quantities can cut one’s risk of diabetes, heart disease, kidney failure, and other serious illnesses.

What kinds of vegetables should you be eating? Well, all kinds, but here’s what you’re getting:

- Fiber. Beans and other high-fiber vegetables fill the stomach, reducing your cravings for more food while reducing cholesterol levels and improving digestion and regularity.
- Potassium. Tomatoes, sweet potatoes, spinach, and winter squash improve blood pressure. They may also reduce the risk of kidney stones and bone loss.
- Vitamin A. Carrots, pumpkin, kale, collard greens, and other veggies enhance the health of eyes and skin. Beta-carotene and other carotenoids cut one’s risk of macular degeneration, cataracts, coronary artery disease, and stomach cancer.
- Foliates. Asparagus, black-eyed peas, spinach, and other foliates consumed during pregnancy help prevent birth defects, especially to the spinal cord, and help the body form red blood cells.

A Touch of Humor

Falling Out Of Favor

An Irish priest told his congregation one Sunday that he was tired of hearing so many confessions about adultery.

After a heartfelt sermon about the sanctity of marriage and faithfulness, he threatened to pick up and leave the parish if one more person confessed to cheating.

The parishioners, not wanting to lose him — but unwilling to reform their ways — got together and agreed that in the future, if they committed adultery, they'd confess to "falling" so the priest wouldn't leave.

Unfortunately, the priest passed away not long after.

A new, young priest arrived to take his place. After a few weeks, he made an appointment to see the mayor.

"Mr. Mayor," he said, "I'm very concerned about the state of streets and sidewalks in this town. In the past week, at least 10 people have told me they've fallen, at all hours of the day and night. Is there nothing you can do about this?"

The mayor, remembering the townspeople's agreement, hid a smile and promised to look into it.

"Very good," said the priest. "And you should hurry. Do you know that your own wife fell twice last week?"

Sense of Humor

A tyrannical manager heard a good joke at lunch and returned to his office to tell the story to his staff. Everyone laughed uproariously — except for one woman.

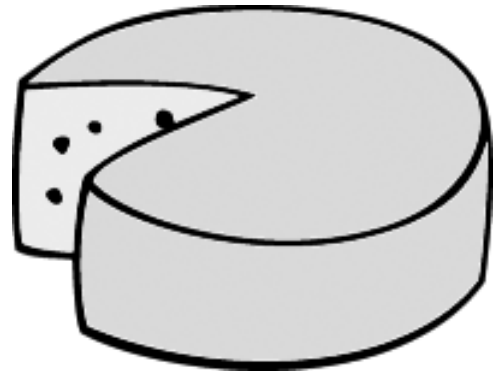
The manager snarled at her: "What's the matter? Don't you think that's funny?"

"I don't have to," she answered. "I'm quitting on Friday."

'You Missed Work Because Of... What?'

A survey by CareerBuilder.com collected some of employees' more unusual excuses for missing work. Here are some highlights:

- An employee said his mother had been attacked by a chicken.
- Another employee reported that his finger had gotten stuck in a bowling ball.
- An employee simply told the boss he wasn't feeling too clever that day.
- An employee said he needed to mow his lawn right away in order to avoid a lawsuit from his homeowner's association.
- One employee's foot got caught in a garbage disposal.
- The day after Thanksgiving, one employee called in to say she'd burned her mouth on a piece of pumpkin pie.



The Scent of Doom

Every Sunday afternoon, Grandpa Bud always went to visit his family after church. They'd eat dinner, then Bud would settle down for a nap.

One Sunday, Bud's 7-year-old grandson decided to have a bit of fun with the sleeping old man. The little boy took a bit of strong Limburger cheese and, very carefully, smeared some on his grandfather's mustache.

Not long after, Grandpa Bud sat up suddenly. "This room stinks!" he muttered. He got up and went to the kitchen. "This room stinks, too."

Puzzled, he went looking for his daughter in the basement. He stopped halfway down the stairs and said, "The whole house stinks!" Desperate for fresh air, he went back up and stepped outside for a long, deep breath.

"Oh, no," he groaned. "The whole world stinks!"

A single bad experience can corrupt your perspective on the world around you. So don't jump to conclusions.

ZIA CHAPTER MEMBERSHIP REPORT

The Zia Chapter, PVA voting membership stands at 552 as of February 10, 2011.

Zia Chapter records indicate our chapter voting membership as follows:

298 – Service connected
264 – Non-Service connected

Zia PVA would like to welcome the following new member:

John R. Stevenson

The following members have been reported as deceased, we offer our condolences to their families:

James C. McCormicl
Porfirio S. Hernandez

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.



Happy Birthday!

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

Birthdays in March

- 1 - Kevin W. Dailey, Douglas R. Ford
- 2 - Clifford W. Church, Jack Begay
- 4 - Robert H. Wolfe, Michael A. Coffey
- 5 - Robert B. Stone, Richard V. Fore
- 7 - Kenneth A. Blackburn
- 8 - Allen H. Jones, Jerry D. Champion
- 9 - James E. Hiett, Maurice L. Smith
- 12 - George S. Williams, Jeffrey J. Owens
- 13 - Lonny C. McClain
- 14 - Ted Lujan
- 17 - Lacy D. Farley
- 18 - Leonard Lucero, Javier Barraza
- 19 - Harrison J. Earle, Eric Hayes
- 20 - Happy S. Barton
- 21 - John A. Modrick, Gary A. McMillen, Donald R. Gill, Gary O. Faas, Regino Espinoza, Randy J. Chavez
- 22 - Gary Gould
- 23 - Ernest B. Rico
- 25 - Robert Ellingboe, Eduardo Leyva
- 26 - Royce F. Miller, Jose M. Flores
- 27 - Michael E. Washington
- 29 - William Bonner
- 30 - Calvin Tahy
- 31 - Richard M. Sanchez

Classifieds

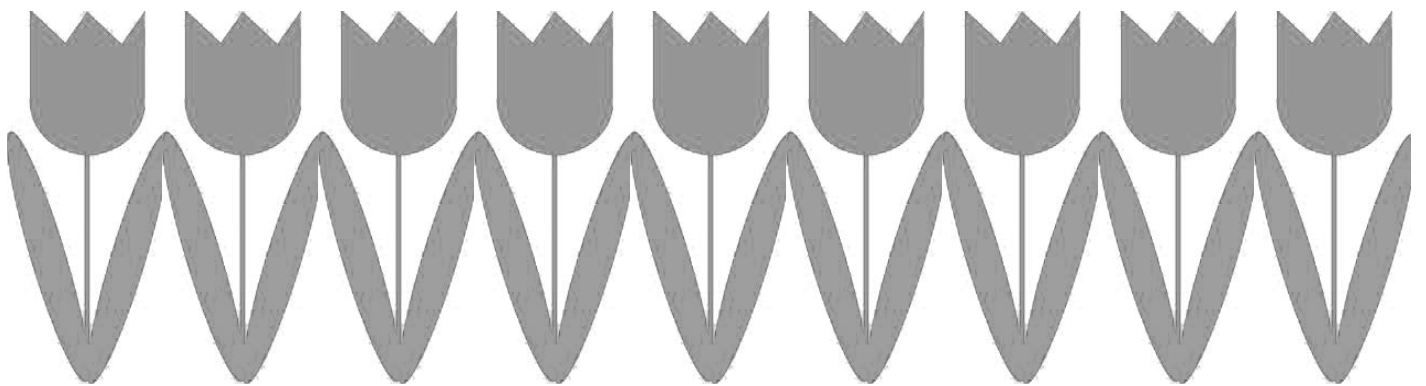
FOR SALE:

Used (five (5) year's old)) Electric Hoyer lift. Uses the loop Slings.
With Three (3) Batteries and charger. \$500.00 or best reasonable offer.

1988 Chevy President Van with 150,000 miles. New Hand controls (used twice.)
Five year old (5) six (6) way power seat. Bruno Tri Fold, fold out lift. No broken glass,
no dents, paint faded in spots, good tires. Engine doesn't run, needs battery and gas drained.
Thirty six (36)gallon tank, eighteen (18) gallons in it. \$4000.00 or \$5000.00 if I fix it.

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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 October newsletter,
please contact the chapter prior to October 15th with your ad content.

Thank you.

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 (currently one full time and one part time employee) 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

March

- 9 - SCIC Bingo, 6:30pm
- 13 - Daylight Savings Time Begins
- 15 - Zia BOD Meeting, 10:00am
- 17 - St. Patrick's Day
SCIC Luncheon

April

PVA Awareness Month

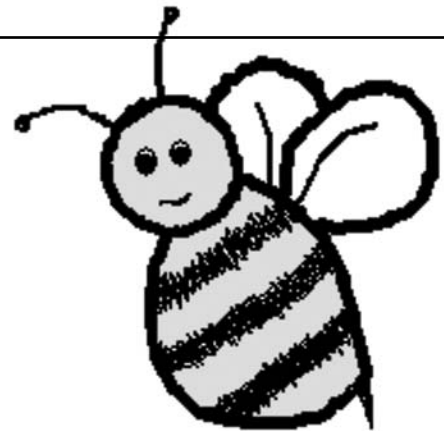
- 8-10 - Zia PVBA Charity
Bass Tournament
- 13 - SCIC Bingo, 6:30pm
- 21 - SCIC Luncheon

Dates to remember —

- May 17 - Zia BOD Meeting, 10:00am
- May 19 - SCIC Luncheon

Regularly scheduled events —

- 2nd Wednesday of each month - SCIC Bingo, 6:30pm
- 3rd Wednesday of each month - Zia Card Night, 6:00pm



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

Paralyzed Veterans of America
ZIA CHAPTER
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