Table of Contents

President.............................................. 5
Executive Director............................ 6
Old Sayings ........................................ 7
NVWGs Team Meeting ......................... 10-11
Wheels On The Go ............................... 12
Sports ................................................ 16

Mission Statement

Paralyzed Veterans of America Central Florida, is a congressionally chartered veteran’s service organization that provides a platform of advocacy, education and research, communication, adaptive sports and recreation for veterans paralyzed as a result of spinal cord injury or dysfunction, in an effort to afford them with the highest quality of healthcare and life experiences.
Accounting firm Deloitte says 300 million electric bikes will be out on the world’s roads by 2023, which is 50 percent more than today.

One reason: lithium-ion battery costs have dropped 87 percent between 2010 and 2019, and they’re also much lighter than old e-bikes’ lead-acid batteries.

In the U.S., e-bikes are not the juggernaut they are in some parts of the world, but bike sharing and people moving to urban areas will propel increased U.S. sales of e-bikes, too, according to Deloitte’s predictions.

With an extensive number of new electric vehicles, it’s no longer up for debate whether or not the future for the automotive industry is electric. Ford, Mercedes-Benz, Mazda, and so many others—in addition to numerous startups—are bringing new EVs to market between now and 2022 (this article was written in 2019). But electric transportation is not limited only to four wheels: e-bikes are experiencing incredible growth in sales. That’s true not just in places like the Netherlands, where people have traditionally used bikes as a main form of transportation, but also in the U.S., where 400,000 e-bikes were sold in 2018—compare that to 185,000 sold here in 2013, according to Deloitte figures.

The accounting firm Deloitte’s annual technology, media, and telecommunications report predicts that, globally, 40 million e-bikes will be sold and about 300 million will be out on the world’s roads by 2023, including both personal bikes and those used for ride-sharing.

That’s a lot of e-bikes, and they are succeeding without any kind of futuristic design; e-bikes are traditional-looking bicycles with pedals, but the rider can choose to be aided by an electric motor using lithium-ion battery technology, as in EVs. These are lighter than the lead-acid batteries that most electric bikes used until a few years ago, and lithium-ion batteries are also getting cheaper, making e-bikes more affordable, too—priced somewhere from the cheapest ones at around $400 to the high four figures for high-end bikes.

Add to that the fact that an e-bike uses very little electric power compared to a four-wheeled EV, and the popularity of this mode of transportation becomes clearer.

You are most likely wondering how this would affect our SCI population. If they can convert a normal bicycle, it’s a small step to a hand cycle. With twice the batteries you could take it to the grocery store, and any other place that is nearby. Solar powered bikes are also available.

Thanks to Colin Beresford and his article in a battery factory in Ohio. But they—and we—will increasingly be sharing the roads and the electricity with e-bikes.
We are already moving into the fall of 2021 and it seems like we are still in 2020. 2021 brought more changes to the Paralyzed Veterans of America Central Florida Chapter. Many of our members were able to access and receive the Covid-19 vaccine and feel comfortable enough to reengage in their normal activities. As a chapter, we opened up our office in the spring and then opened up our sports programs during early summer. However, only just a few weeks ago, we found it necessary to restrict them again due to the spiking Covid-19 cases in Central Florida. Please know that our first priority is the safety of all of our members. Although not all of you are active participants in our programs, we want to be sure those that are, do so safely. With the virus variants, seemingly more active in Florida then in many other places throughout the country creating more havoc, we must do all we can to protect and keep safe our members and our staff. Therefore, we are restricting those entering our office building to those who have received the Covid-19 vaccine, have their temperature checked at the door and keep a mask on while in the building unless they are eating or drinking (which is obvious because I haven’t seen anyone yet who could eat and drink while wearing a mask over their mouth). I know that this may seem a little “over the top” for some people but it is important to understand that PVACF serves a very high risk for infection members. This is not always easy, since we have members spread out throughout central and north Florida as well as outside of the state. We even have a member who resides outside of the country. Most of our Sports and Recreation programs are local to the chapter office (within 50-75 miles) simply because those volunteers who are managing the events live in the area. However, if you live in an area that includes three or more members and you are interested in coordinating an event, let us know and we will do what we can to help you put something together. Equally, the chapter has some programs that could involve you no matter where you live (Wheels on the Go, Scholarship Program, National Veterans Wheelchair Games, Caregiver Support, Advocacy, Bowling, Fishing). You can get more information on each of these by visiting our chapter website at www.pvacf.org or going to our chapter Facebook page. Additionally, we have partnerships with Move United and Adaptive Sports USA where we can connect our members with those organizations, in order for you to participate in their events. Finally, we are open to any suggestions you may have to help us get you engaged with us. Contact me at johnd@pvacf.org or call me at 407-454-2514 and we can have a discussion. Remember, no matter what we do or suggest, we can please some of the people all of the time, all of the people some of the time but never all of the people all of the time. We are doing our best to serve you all the best way we know how. With your help, we can do an even better job.

John DeMauro
Executive Director
Wow! We are already moving into the fall of 2021 and it seems like we are still in 2020. 2021 brought more changes to the Paralyzed Veterans of America Central Florida Chapter. Many of our members were able to access and receive the Covid-19 vaccine and feel comfortable enough to reengage in their normal activities. As a chapter, we opened up our office in the spring and then opened up our sports programs during early summer. However, only just a few weeks ago, we found it necessary to restrict them again due to the spiking Covid-19 cases in Central Florida. Please know that our first priority is the safety of all of our members. Although not all of you are active participants in our programs, we want to be sure those that are, do so safely. With the virus variants, seemingly more active in Florida than in many other places throughout the country creating more havoc, we must do all we can to protect and keep safe our members and our staff. Therefore, we are restricting those entering our office building to those who have received the Covid-19 vaccine, have their temperature checked at the door and keep a mask on while in the building unless they are eating or drinking (which is obvious because I haven’t seen anyone yet who could eat and drink while wearing a mask over their mouth). I know that this may seem a little “over the top” for some people but it is important to understand that PVACF serves a very high risk for infection.

There has been a lot of talk lately about how we can further serve our membership. The chapter leadership continuously looks for ways to engage the chapter members. This is not always easy, since we have members spread out throughout central and north Florida as well as outside of the state. We even have a member who resides outside of the country. Most of our Sports and Recreation programs are local to the chapter office (within 50-75 miles) simply because those volunteers who are managing the events live in the area. However, if you live in an area that includes three or more members and you are interested in coordinating an event, let us know and we will do what we can to help you put something together. Equally, the chapter has some programs that could involve you no matter where you live (Wheels on the Go, Scholarship Program, National Veterans Wheelchair Games, Caregiver Support, Advocacy, Bowling, Fishing). You can get more information on each of these by visiting our chapter website at www.pvacf.org or going to our chapter Facebook page. Additionally, we have partnerships with Move United and Adaptive Sports USA where we can connect our members with those organizations, in order for you to participate in their events. Finally, we are open to any suggestions you may have to help us get you engaged with us. Contact me at johnd@pvacf.org or call me at 407-454-2514 and we can have a discussion. Remember, no matter what we do or suggest, we can please some of the people all of the time, all of the people some of the time but never all of the people all of the time. We are doing our best to serve you all the best way we know how. With your help, we can do an even better job.

John DeMauro
Executive Director
Wow! We are already moving into the fall of 2021 and it seems like we are still in 2020. 2021 brought more changes to the Paralyzed Veterans of America Central Florida Chapter. Many of our members were able to access and receive the Covid-19 vaccine and feel comfortable enough to reengage in their normal activities. As a chapter, we opened up our office in the spring and then opened up our sports programs during early summer. However, only just a few weeks ago, we found it necessary to restrict them again due to the spiking Covid-19 cases in Central Florida. Please know that our first priority is the safety of all of our members. Although not all of you are active participants in our programs, we want to be sure those that are, do so safely. With the virus variants, seemingly more active in Florida than in many other places throughout the country creating more havoc, we must do all we can to protect and keep safe our members and our staff. Therefore, we are restricting those entering our office building to those who have received the Covid-19 vaccine, have their temperature checked at the door and keep a mask on while in the building unless they are eating or drinking (which is obvious because I haven’t seen anyone yet who could eat and drink while wearing a mask over their mouth). I know that this may seem a little “over the top” for some people but it is important to understand that PVACF serves a very high risk for infection.

There has been a lot of talk lately about how we can further serve our membership. The chapter leadership continuously looks for ways to engage the chapter members. This is not always easy, since we have members spread out throughout central and north Florida as well as outside of the state. We even have a member who resides outside of the country. Most of our Sports and Recreation programs are local to the chapter office (within 50-75 miles) simply because those volunteers who are managing the events live in the area. However, if you live in an area that includes three or more members and you are interested in coordinating an event, let us know and we will do what we can to help you put something together. Equally, the chapter has some programs that could involve you no matter where you live (Wheels on the Go, Scholarship Program, National Veterans Wheelchair Games, Caregiver Support, Advocacy, Bowling, Fishing). You can get more information on each of these by visiting our chapter website at www.pvacf.org or going to our chapter Facebook page. Additionally, we have partnerships with Move United and Adaptive Sports USA where we can connect our members with those organizations, in order for you to participate in their events. Finally, we are open to any suggestions you may have to help us get you engaged with us. Contact me at johnd@pvacf.org or call me at 407-454-2514 and we can have a discussion. Remember, no matter what we do or suggest, we can please some of the people all of the time, all of the people some of the time but never all of the people all of the time. We are doing our best to serve you all the best way we know how. With your help, we can do an even better job.
The ReWalk Exoskeleton—Suited for Your Mission

What is Your Mission?
Whether your goals include experiencing the proven health-related benefits of exoskeleton assisted walking, standing to hug a loved one or completing an entire marathon, ReWalk can you help you achieve them.

Did You Know That Paralyzed US Veterans May be Eligible For a ReWalk Exoskeleton?
Contact ReWalk for More Information
rewalk.com/contact or 508.251.1154 Option 2

Retired Army Sergeant Terry Vereline crosses the finish line of the 2019 New York City Marathon after walking 26.2 miles in her ReWalk Exoskeleton. She received this device in 2014 and has used it to take nearly 1,000,000 steps in the past five years.

Changing Lives through Successful Planning

Joel Garris, J.D., CFP®
407-629-6477
We will pay you for where you go and what you know!

Paralyzed Veterans of America Central Florida is ready to pay its members to go out on the town and have fun! And as you do, we want you to tell us how wheelchair accessible your experience was. Go out to dinner, the theatre, a sporting event or any other public place where people eat or are entertained. Report back to us if the facility was accessible, if the staff is receptive to your visit and if you would recommend the establishment to others in wheelchairs.

Here is how this works:

• Go to a restaurant or a place of entertainment and enjoy!
• Send your receipt to us with your name and the name of your guest written on the back side.
• Answer the questions on our questionnaire (on line at http://tinyurl.com/wheelsgo) or mail the form below to 2711 S Design Court Sanford, Florida 32773
• Cash your reimbursement check for 100% of what you spent and enjoy using it again and again (Up to $500 per year per member/guest).*

This questionnaire (with answers) must be sent with the receipt in order to receive a refund:

Where did you go (Name and address of the establishment)?
When did you go (Day of week and time of day)?
Was there adequate handicap parking and was it wheelchair friendly?
Was there a handicap ramp? Was it wide enough?
Was the entrance wheelchair friendly (was the doorway wide enough, was there an automatic door opener for the handicapped)?
Were you received well by the staff?
Was the facility accommodating (restrooms, counter tops, buffet counters, drink stations, etc.)?
Would you recommend the establishment to other PVACF members?

*Please note: we do not pay for alcohol.
WE KNOW WHAT IT’S LIKE FOR YOU TO TRAVEL — AND WE SAY WELCOME TO YOUR HOME AWAY FROM HOME.

Tiff’s Place is located near Orlando — the only vacation destination in America built and fully equipped to safely support those who are differently abled due to neuromuscular disease or impairment. We welcome and encourage veterans to enjoy the lodging and grounds!

To learn more or to book your stay, call us at (407) 562-1860 or email info@tiffsplace.org.

On National Nonprofit Day, fight for those that fought for you. Our members receive the benefits and services they need when you donate your gently used clothes and household goods. To donate, visit:

Be kind to humanity! You can #GIVE back to PVA members by donating your gently used clothes and household goods. Your donation can help a paralyzed veteran today. To learn more and donate:

Schafer, Tschopp, Whitcomb, Mitchell & Sheridan, LL
Tax Services • Audit & Accounting • Business Advisory
2021 National Veterans Wheelchair Games

I would like to thank this year’s athletes for a very fun and successful NVWG in New York. We had 3 athletes compete face-to-face and 2 more competed virtually. It was my first year as a coach and I could not ask for a more fun group. (As of August 19th) Our PVA Central Florida team brought home 4 Gold Metals and 3 Silver Metals. We are hoping for a few more metals once they release the results from the NVWG @ Home for Bowling and Air Rifles.

If you would like to see the pics and videos from this year’s Games, please go to www.facebook.com/pvacf.

Upcoming (September) Events
PVACF Sports & Recreation

For a complete schedule, please go to www.pvacf.org/sports or contact SeanG@pvacf.org

September 3rd: (Friday, 1pm)
PVACF Bowling & Billiards
Airport Bowl, Sanford, FL
For more information, please go to www.pvacf.org/sports or Contact: SeanG@pvacf.org

September 8th: (9:30am & 1:30pm)
PVACF Air Rifle Practice
PVA Central Florida Office
2711 S. Design Ct. Sanford
Contact: RogerS@PVACF.org to reserve timeslot

September 9th: (2pm) (After BOD Meeting)
PVACF Boccia Practice
PVA Central Florida Office
2711 S. Design Ct. Sanford
Contact: Front Office (407) 328-7041

September 11th: (9am)
Handcycle Practice
Seminole Wekiva trail
8515 Markham Rd., Lake Mary FL 32714
Any level riders welcome. Families welcome. PVACF membership NOT required.
Contact: SeanG@pvacf.org

September 17th: (Friday, 1pm)
PVACF Bowling & Billiards
Airport Bowl, Sanford, FL
For more information, please go to www.pvacf.org/sports or Contact: SeanG@pvacf.org

September 22nd: (9:30am & 1:30pm)
PVACF Air Rifle Training & Postal Match
PVA Central Florida
2711 S. Design Ct. Sanford
Contact: RogerS@PVACF.org to reserve timeslot

September 23rd: (2pm)
PVACF Boccia Practice
PVA Central Florida Office
2711 S. Design Ct. Sanford
Contact: Front Office (407) 328-7041

August 25th: (9am)
Handcycle Practice
West Orange Trail
501 Crown Point Cross Rd, Winter Garden
Any level riders welcome. Families welcome. PVACF membership NOT required.
Contact: SeanG@pvacf.org

Though the word “kamikaze” was later applied to Japanese suicide pilots during WWII, it literally means “divine wind” and is also used as a historical term to refer to two typhoons that swept through the island nation in 1274 and 1281. Both times, hordes of Mongols led by Kublai Khan sailed from China in an attempt to conquer Japan, and both times, a massive storm swept them back. Japanese Buddhists of the time believed that the storms had been the gods’ way of preserving their empire, so they referred to the typhoons as “divine wind.”

Next time you’re at the mall, stop by a mid-range department store and take a look at the belt selection. Changes are you’ll see the words “genuine leather” stamped on the underside. Though, yes, that does mean the belt is 100 percent leather, it also means that it’s made of the cheapest grade of leather: several low-quality layers of hide pasted together. “Top-grain leather” is what you’ll find in fine leather goods and designer stores, but, of all the widely available forms, “full-grain leather” is the highest quality and longest-lasting type. Or, if you really want to splurge, go for Italian leather, which is immutable in its quality.

The PVA Scholarship Committee met late July and has awarded scholarships in the amounts of $2,500 to six (6) very deserving individuals. We encourage you to recognize and congratulate these worthy recipients by giving them the proper acknowledgement in your chapter newsletter.

Full-Time Student Award Winners - $2,500 each

Matthew Barton (St. Mary’s University of Minnesota)
Son of Tim Barton - Minnesota Chapter

Sophie Dean (Appalachian State University)
Daughter of Brooks Dean - Member At Large

Jacob Edwards (University of Minnesota)
Son of Jeffrey Edwards - Minnesota Chapter

Amanda Scott (Hawkeye Community College)
Daughter of John Scott - Great Plains Chapter

Leah Thomas (Halifax Community College)
Daughter of Richard Thomas - Mid-Atlantic Chapter

William Wheaton (Colorado School of Mines)
Son of James (Tom) Wheaton - Mountain States Chapter

Member At Large
Sophie Dean (Appalachian State University)

Amanda Scott (Hawkeye Community College)
Daughter of John Scott - Great Plains Chapter

Leah Thomas (Halifax Community College)
Daughter of Richard Thomas - Mid-Atlantic Chapter

William Wheaton (Colorado School of Mines)
Son of James (Tom) Wheaton - Mountain States Chapter
PVAC was asked to testify at a July 27 House Veterans’ Affairs Subcommittee on Health hearing on veterans’ access to VA’s Home and Community-Based Services (HCBS). Over the past 10 years, the Veterans Health Administration has made incremental efforts to refocus funds and resources into HCBS to ensure veterans are empowered to delay, if not avoid, entry into institutional care settings, by receiving appropriate support safely at home. But the rate of this change is not matching the current needs of veterans. The demand for long-term care for veterans is growing and several panel members expressed frustration with VA’s prolonged rollout of key services, including the Veteran Directed Care (VDC) program. The VDC program allows veterans to receive HCBS in a consumer-directed way and is designed for veterans who need personal care services and help with their activities of daily living. Examples of the types of assistance they can receive include help with bathing, dressing, or fixing meals. Veterans are given a budget for services that is managed by the veteran or the veteran’s representative.

Several Subcommittee members expressed frustration with the fact that VDC is only available at 40 percent (69 of 171) of VA medical centers. PVAC shared the same angst about the lack of availability of VDC noting that VA Medical Centers must receive additional resources to help them expand programs like VDC. For example, an additional social worker who could get the program up and running at a facility could help expand the program’s availability. Also, VA must do more to market the benefits of the VDC program to medical centers. A major benefit is that VDC is cheaper that institutional care and it also allows veterans to remain in their homes and direct their own care. VA officials told the Subcommittee that future expansions of VDC were likely, but they stopped short of providing any particulars when this might happen.

PVAC also expressed concern that VA is not authorizing adequate hours to support the home care needs of veterans with spinal cord injuries and disorders (SCI/D). VA started using a different formula about three years ago that is resulting in less hours being authorized, with even less hours being approved. We questioned the rationale of having doctors who know their patients’ needs best prescribe 28 hours only to have VA approve less than half of that amount. We believe that such little home care for catastrophically disabled veterans is in fact not reasonable.

In addition, we covered the challenges of finding suitable home care workers for veterans with SCI/D at a time when there is a nationwide shortage of home health aides and payment rates are low. Also, we called attention to a pair of legislative efforts that could help grow the direct care workforce through higher wages, better benefits, and sector-based job training and supports.