Paralyzed Veterans of America Central Florida Chapter
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December Board Meeting is a Zoom/Hybrid - December 16th 10:30 AM.

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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.

Thanks to Karolina for the cover picture

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The VA offers several equine therapy places for those with PTSD and other emotional problems. There are a few here in the Orlando area. One is not very far from our chapter office. Here is their website, https://www.freedomride.com/veteransequineassisted/

Growing up we had a horse called Buttons. She was a small horse that survived five kids. At 10 years of age, I had a paper route at the time and I delivered papers riding Buttons with my canvas bags, which normally went on my bicycle handlebars, hanging at her side. All of us kids learned quickly if she put her ears straight back you had better be on your best behavior. Somehow, she would give you a nip or step on your foot if you were causing her a lot of grief.

A new study revealed that a horse’s large, highly mobile ears could help tell another horse where to direct its attention, which may help the observing animals locate food and evade predators.

As one of the first studies to examine communication avenues that humans lack—movable ears, for example—it is an important step in understanding how social animals interact, said study leader Jennifer Wathan, a Ph.D. student at the University of Sussex in the U.K.

Traditionally, Wathan explained, scientists studying how animals communicate with one another focused on traits that humans also have, such as body language.

However, by thinking about the world as a horse experiences it, Wathan said, scientists can gain more insight into how these animals share information. Like humans, horses are social animals. While living in large groups of other members of your species has its downsides, the arrangement also has benefits. Animals can watch each other’s backs, keeping a lookout for potential predators while others are busy eating or looking for food.

To make this system work, however, animals have to have ways of communicating information to other members of the species.

“The horses actually looked at the photographs of the [horses with masked eyes and ears] less, which indicated there was less information there, and not enough to change behavior,” Wathan said.

Helpful for Horse People

The study represents the first evidence that horses can signal information about food to each other, even though they evolved in an environment where “one blade of grass is as good as any other,” said Katherine Houpt, an emeritus professor of veterinary medicine at Cornell University in Ithaca, New York, and a horse expert.

Since the study provides such a unique insight into how the animals think, “these results are really important to anyone who works with horses,” Houpt said.

“Experienced riders know to pay attention to a horse’s ears to help figure out what it’s thinking, so I’m not surprised that the ears were the most important cue,” she added.

Thanks to, Carrie Arnold and her article.

Steve Klink
Happy Holidays!

I wish you and your loved ones a wonderful holiday this December. May we each find a way to spread goodwill and peace among all the people with whom we have contact this holiday season. My wish is that it continues into the New Year. If you have not yet signed up to attend our Chapter Holiday Party, being held at the Orlando Marriott in Lake Mary, Florida on December 18, 2021 from Noon to 3:30 pm, I encourage you to register by just calling the office and letting Joanne know that you and a guest are going to attend (we will also need your meal choice). I realize that some of our members cannot attend because of the distance the venue is from their homes. If that is the case, then I encourage you and your guest to go out somewhere nice to eat and send the chapter the receipt for reimbursement. Let us know where you went and how accessible the venue was. We will apply the amount towards your Wheels on the Go balance (it is the only way we can document the expense in our accounting system). What is important is that you get out of the house and experience the joy of the holidays.

John DeMauro
There is a place where chapter members can promote legislative action. It is called: PVAction Force. The website is https://pva.org/research-resources/pvaction-force/. There is a brief video tutorial showing how it works. All the “hot topic” legislative items are listed below that with descriptions.

Below, on this page, is a partial screenshot of what the site looks like. Go take a look at where there is a great opportunity to have congress hear your voice.
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.

**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 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
What's it like to ride a two-wheeled bicycle 19+ mph on downhill trail with curves and bumps/jumps surrounded both sides by trees and bushes and next to steep slopes? Well, try riding an Off-road Handcycle with 3 wheels!! I did!

Welcome to the 2021 Fall Off-Road Handcycle Expo that was held at the Pocahontas State Park in Chesterfield Virginia during the 4-day program September 30-October 3. The weather was perfect in the mid 80’s without any rain in the forecast!

This Off-Road expo program led by PVA Director of Handcycling Racing, Jody Shiflett, included over 50 participants, many who attended at least a 2-day program. Attendees were Veterans, Staff and Volunteers who were all eager to introduce and partake or support in this Adaptive Sport! 2-day lodging was offered & meals were graciously provided by sponsors who stepped up to honor participants. Truly a gift of love!

Participants were outfitted with various brands and types of off-road hand-cycles, representing various Chapters of the PVA throughout the USA, including Florida, Virginia, Georgia and Tennessee; just to name a few that made up this program!

Mark Power of “Power On Cycling” from Newport Tennessee, a long time & frequent PVR Cycle-repair expert, was present to tune, repair and handle any mechanical issues! Mark’s cycle knowledge and mechanical skills has been an invaluable asset of the PVR program!

This report would not be complete without mentioning the many volunteer supporters and the able-body off-road bike riders who led PVA Participants on organized rides several times throughout the day.

There are many trails throughout the Pocahontas State Park and we were fortunate to get a initial ride on a “new trail” that’s currently being built. Park Staff and Rangers have openly welcomed the PVR to participate on their trails including the opportunity to have exclusive use of a multi-bay garage (pictured). This garage enables the PVR to operate and safely store nearly 2 dozen off-road handcycles; it’s truly a logistical blessing!

Riding off-road requires a different set of skills than hard surface racing, it’s challenging, invigorating and thrilling!

The next planned PVA Racing Off-Road Expo (Spring) at the Pocahontas State Park Chesterfield Virginia, is scheduled for April 13-16, 2022!

Contact handcycling@pva.org to reserve your slot!

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Amir Pishdad Jr
Thanks for your support

A.T.A.P. COMPANIES

MARK 9:23 – “IF THOU CANST BELIEVE, ALL THINGS ARE POSSIBLE TO HIM WHO BELIEVETH”

A.T.A.P. Universe Learning Centers, Inc  |  A.T.A.P. Financial Services
Dr. Joyce “Jo” Hewell, CEO  |  R.E. “Buddy” Hewell, CFO

PREPARING
Prepare to
LIVE LONG and PROSPER
ACCUMULATE
APPRECIATING ASSETS
Save today to
SECURE your tomorrows

CARING
The mission of
A.T.A.P. COMPANIES
is to
“Help people to live
life and to live it
more abundantly”

SHARING
Help to prevent disease;
Cure the sick;
Comfort the afflicted;
Feed the hungry
Clothe and shelter
those in need

GOD, Grant me the serenity to accept the things I can not change.
Courage to change the things I can and the WISDOM to know the difference.

HAPPINESS is thinking of others first, yourself last and GOD always.
All a person is remembered for is what they did for others.

As mankind thinketh in their minds... so they are.

Adversity is Inevitable ***** Stress is OPTIONAL.

Anything that your mind can DREAM and you BELIEVE, you can ACHIEVE.
GOD created you to be SUCCESSFUL and HAPPY.

REGRET looks back, FEAR looks around... FAITH looks UP.

www.atapcompanies.com  |  atapcos@embarqmail.com
Getting Paralyzed Veterans Walking Again with Indego®

New VA Program offers eligible veterans an Indego® Exoskeleton at no cost.

What is Indego?
A robotic device that enables veterans to walk again.

Indego is an FDA-approved exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries to stand and walk, offering a new level of independence.

Indego can currently be used with spinal cord injury levels of T3 to L5 in community or home settings.

Free Indego Webinars
During the first Thursday of every month you can join a free live webinar to learn more about the Indego and hear from a veteran who owns a device already.

Contact us today to reserve your spot or find out if you are eligible to receive an Indego exoskeleton at no cost.
Email: support.indego@parker.com
Phone: 844-846-3346

Watch Marine Veteran Steve Holbert’s story at www.indego.com/veterans