

WHEELS IN MOTION

February 2023

Happy Valentines Day

**Paralyzed Veterans of America
Central Florida Chapter
2711 S. Design Ct.
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February Board Meeting is a **Zoom/Hybrid** - February 9th 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.

Paralyzed Veterans of America Central Florida

9th Annual

Jerry Dugan Memorial Charity Golf Tournament

Red Tail Golf Club Sorrento FL

Save The Date

May 6th 2023



Registration 8:00 AM Shot Gun Start 9:00 AM

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For more information call 407-328-7041 or email joannep@pvacf.org

**KARAOKE WITH THE PARALYZED VETERANS OF AMERICA
CENTRAL FLORIDA CHAPTER**



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4PM-8PM

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Chapter President

Steve Kirk

Here's How Much Just 14 Days of Inactivity Can Cut Your Fitness Level And perhaps even more importantly—how long it takes to get it back.

It's that time of year when we are all struggling to keep our New Year's resolutions. Have you ever skipped a run one day, or a visit to the gym, only to find that short-term break stretched into weeks without a workout? Or maybe you've been sidelined with an [injury](#) and are wondering how that hiatus will take a toll on your overall fitness. I do what exercise I can from my chair, and it has happened to me more than once.

It's no surprise that an exercise break could mess with your fitness, but did you ever wonder how much—and how long it takes to happen? Research conducted at the University of Liverpool in the U.K. sought to answer that question.

In the preliminary study, which was presented at the 2019 Annual Meeting of the European Association for the Study of Diabetes ([EASD](#)) in Barcelona, Spain, 28 individuals who typically walked over 10,000 steps per day reduced their steps by around 10,000 steps—meaning, becoming almost completely [sedentary](#)—and swapped walks or other forms of exercise for an additional 103 minutes of sedentary time per day.

After 14 days, the researchers analyzed the participants' overall fitness levels, which they measured through a combination of [VO2 peak](#) (how efficiently oxygen is used during peak exercise effort) and cardiovascular function by blood vessel health. They discovered that their cardiovascular function decreased by nearly 2 percent and VO2 peak decreased by 4 percent, leading to an overall fitness levels drop of as much as 4 percent.

What's more, their metabolic health took a dip, too: Their total body fat increased by 0.5 percent, waist circumference by one-third of an inch, and liver fat by

2 percent. They also became more insulin resistant, a condition where your body does not respond as readily to insulin as it should, causing excess blood sugar to build up in your bloodstream and raising your risk of type 2 diabetes.

These negative health effects are likely a product of muscle underuse: When you stop exercising, your muscles contract less frequently, and you reduce the activation of an enzyme called AMPK, which aids blood sugar absorption for fuel, Kelly Bowden Davies, Ph.D., professor of Sport and Exercise Science at Newcastle University, U.K told Runner's World.

The lack of shear stress, or the heavier force of blood flow on vessel walls during exercise, may contribute to poorer blood vessel health. That's because the more you exercise—and get your blood pumping—the healthier your heart and [arteries](#) will likely be.

But that doesn't mean you should panic if you let a few weeks of training slip away from you. The researchers also studied how long it takes to get this fitness back, and those results were a little more encouraging.

After the participants resumed exercise, the researchers again tested their fitness levels 14 days later—the same amount of time that they rested—and found that they had returned to their baseline.

The best way to offset these health consequences is to be sure to engage in habitual physical activity, according to the study. So even if you can't do your regular workout, simply getting a [small boost of exercise](#) during the day, such as getting out for a walk at lunch, can help.

But even if you are sidelined with an injury for a couple weeks—or circumstances temporarily take you away from your workout routine—your fitness levels should bounce back quickly when you resume.

Thanks, to Jordan Smith

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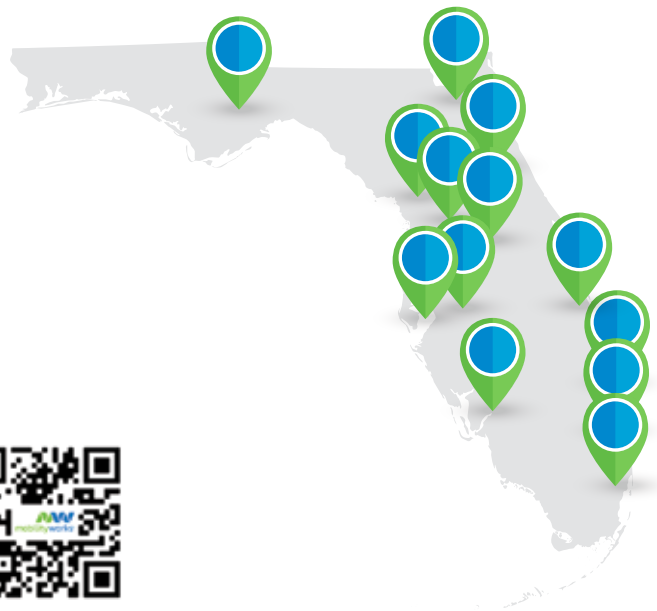
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Executive Director

John DeMauro

The Sanford Herald recently printed an article about the Florida State Forest Tracked Chair Program that some of our chapter members might have an interest. Central Florida has many outdoor attractions that bring people from all over the world but view get to experience the natural beauty of the state. For those of us who have the opportunity to enjoy this natural beauty, it is a wonder for our eyes to see. However, nearly three million Florida residents need assistance to enjoy the outdoors. As our membership knows, navigating the terrain is not always an easy task. Friends of Seminole State Forest, a public 501 (c) (3), is introducing a new program to help make one of Florida's beautiful forests more accessible to the mobility impaired.

Seminole State Forest is located less than 15 miles from the chapter office. Managed in cooperation with the Florida Forest Service, Seminole Forest Wildlife Management Area (WMA) is located in northeastern Lake County. Its more than 12,000 acres are part of a vast network of public lands that protect thousands of acres of streams, springs, sand pine scrub, swamps and pine flatwoods associated with the Wekiva and St. Johns rivers. Blackwater Creek flows through the forest into the Wekiva River, which forms the area's eastern boundary. The rare hooded pitcher plant, Florida *hasteola* and Florida willow grow there. Scrub-

jays, black bears, white-tailed deer, sandhill cranes, wild turkey, alligators, turtles, eastern indigo snake and otters are found on the area.

After two years of discussions with the Florida State Forest Service, Friends of Seminole State Forests received approval to establish the first tracked chair program in the 38-forest system. The new program will be fully functional on March 3, 2023 and will give mobility-impaired persons the opportunity to enjoy all the wonders and benefits of hiking in the forest. This program is being offered every Saturday and Sunday throughout the year (excluding holidays) on a reservation basis and at no cost. Go to www.friends of seminolestateforest.org for more information.

Also, don't forget to go to www.pvacf.org and check out the events and sports calendars to see what the chapter has available for you each month. In January, a group went to the Kennedy Space Center and had a great time. Early February we will have karaoke night at the chapter, in March a group will attend the Taste of Lake Mary and in April, we will have our annual Fun Fest in recognition of PVA Awareness Month. Call the office for more information on these and other activities we have planned. As always we want to hear from you about what we can plan that might interest you.

John DeMauro



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Government Relations

Tim Wolfe

The Omnibus Spending Bill – Memorial Veterans Benefits bill of 2022 passed. Included improvements to VA clothing allowance, long term care, research related matters, and more. Veterans Auto and Education Improvement Act also passed. 2022 was a significant year for veterans legislation, including the historic PACT Act – looking at making sure veterans get the services and benefits they need and are eligible for.

- o Veterans Journey Map – tells the story of our Veterans Priorities – RAISE Act, Access to Adaptive Automobile Benefits, MAMMO Act, and Clothing Allowance. There were hearings on Access to Air Travel, Home and Community based Services, Social Security, etc. Progress was made even though some bills did not pass.
- o Near misses: Elizabeth Dole Home and Community Based Services Act (HR 6823 S3854) and HISA (HR 5819 S4722).
- o There was an education bill that extended a lot of covid related protections for GI bill users, which also became the Auto grant bill. HR 7939 Veterans Auto and Education Improvement Act of 2022 was signed into law. The new bill set a 30 year requirement for the initial wait period after the first allowance, then VA is authorized to give a second automobile allowance, and continually after each 10-year period.
- o Clothing Allowance – it passed, buried deep within the consolidated appropriations act of 2023. (Over 4000 pages.) It is among the largest pieces of legislation congress has ever passed. The clothing allowance language can be found in Division U Title 2 Section 201. It would eliminate the requirement for a veteran to reapply every year. Once a veteran is determined eligible for the benefit, they will continue to receive it unless the veteran or the VA determines the veteran is no longer eligible. We had pretty strong support on this legislation internally on the VA committees.

- o MAMMO Act passed. It will make advances in

mammography and medical options, includes a strategic plan for breast imaging services, upgrading mammography tech at VA facilities, and improving exams in the community. Special mention in the bill to ensure veterans with SCI/D have access.

- o MST provisions passed: MST Claims Coordination Act, Dignity for MST Survivors Act, VAH and VBA must communicate with each other when working on an MST claim. Women Veterans and Gender specific care saw an increase of \$73 million – PVA will make sure that women veterans with SCI/D are included
- o Caregiver Program: Phase 2 rolled out on Oct 1, 2021.
- o Oct 1, 2021- Aug 31, 2022 66,800 applications were filed, VA has only approved 14,000 (21%) of applications received. Largely due to the regulatory action VA took in 2020 – the requirement that a veteran must be at least 70% disabled. VSOs have met with the caregiver program office throughout the year, identifying changes, and providing recommendations. While we are pleased that VA has temporarily stopped expelling veterans from this program for 3 years, it doesn't address the regulations VA implemented that caused the issues in the first place.
- o Form 1035 - your right to seek further review, program of comprehensive family caregiver assistance. NSOs can use this form to appeal a claim if they choose to do so.
- o Air Carrier Access Amendments Act HR 1696/S642 – Congress did not pass these bills. They got further this year than it has in the past. Rep. Langevin was our cosponsor, and he retired this year after serving 20 years in the House. We will need to find a new cosponsor this year.

Tim Wolfe

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of America**



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Washington Update

PVA RELEASES 2023 POLICY PRIORITIES

The 118th Congress officially began on January 3, 2023. With the end of the 117th Congress, all legislation that did not pass must be reintroduced. We are working with our champions on reintroducing bills and meeting with members of Congress to find support for new priorities.

Our priorities for this year are as follows:

- Protect Access to VA's Specialized Health Care Services
- Expand Access to VA Long-Term Services and Supports
- Improve VA Benefits and Health Care Services for Paralyzed Veterans and their Survivors
- Protect the Civil Rights of People with Disabilities
- Improve Access to Social Security Benefits
- Increase Employment Prospects for Veterans with Disabilities

For more details on each of the priorities, please click [here](#).

PRESIDENT SIGNS PVA PRIORITY ON ACCESSIBLE TRANSPORTATION INTO LAW

On January 5, the President signed into law H.R. 7939, the Veterans Auto and Education Improvement Act of 2022, as amended. This law paves the way for VA to provide an additional automobile allowance and prompts a number of important changes with the department's various education programs.

Specifically, the law allows the VA to provide an additional automobile allowance to eligible veterans if 30 years have passed since the date they received their first grant. Starting 10 years after the law was signed, the timeframe will decrease and eligible veterans would be able to receive an additional grant if 10 years have passed since their first grant. The law also changes the definition of "medical services" to include certain vehicle modifications (e.g., van lifts) offered through VA's Automobile Adaptive Equipment (AAE) program. This

latter provision helps ensure the VA's current support through the AAE program to veterans with non-service-connected illnesses and injuries remains available. Finally, a newly added provision allows VA to provide nonarticulating trailers designed to transport powered wheelchairs, powered scooters, or other similar mobility devices as adaptive equipment.

Passage of this bill culminates a four-year effort by PVA to secure an additional automobile allowance for eligible veterans. We commend Senate Veterans' Affairs Committee Chair Jon Tester (D-MT) and Ranking Member Jerry Moran (R-KS), and then House Veterans' Affairs Committee Chair Mark Takano (D-CA) and Ranking Member Mike Bost (R-IL) for their bipartisan effort to make this benefit available. We also thank Senators Susan Collins, Joe Manchin, John Boozman, Roy Blunt, and Maggie Hassan, as well as Representatives Lizzie Fletcher, Dan Meuser, and David Trone for leading the original charge to expand access to transportation for disabled veterans.

As previously noted, the law also contained several provisions related to veteran education. Collectively the language within this package covers a wide range of extensions and protections for veterans engaged in higher education. One provision allows VA to use their authority to protect student veterans in the event of future emergencies, ensuring that if remote education needs to take place, they will not see a reduction in their benefits. Another ensures that if a veteran's education is disrupted due to said emergency, that they are not penalized or prevented from future use of their VA benefits. This will also impact veterans participating in apprenticeship programs and other on the job training.

Another PVA endorsed provision expands veterans' eligibility for the self-employment track to all veterans who are eligible for the Veteran Readiness and Employment program. Previously, access to the self-employment track was limited to veterans with a service-connected disability so severe that self-employment was their only employment option. Other language in the education section of this law establishes new protections for service members, including the ability to break a contract with a provider in the event of a deployment or expiration of their term of service, the transferability of some employment licenses, as well as the ability to decide in which state to maintain residency during their service.

Activities Director

David Rountree



2022 Activity Director Annual Recap – David Rountree

MONTH	ACTIVITY
January	
February	Karaoke
March	Taste of Lake Mary Caregiver Day Out Cooking with a Chef – canceled
April	Annual Spring Festival and Car Show
May	Supported the Annual Golf Tournament
June	Movie Night
July	Supported the National Wheelchair Games
August	
September	Dezerland – Auto Museum
October	Champions Ride for Charities
November	Kennedy Space Center – canceled due to storm
December	Holiday Party



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Origins of English Idioms

For my friend Larry

Cat Got Your Tongue

Meaning: Said to someone who remains silent when they are expected to speak.

Origin: There are two stories on how this saying came into being. The first one says that it could have come from a whip called “Cat-o’-nine-tails” that was used by the English Navy for flogging and often left the victims speechless. The second one may be from ancient Egypt, where liars’ tongues were cut out as punishment and fed to the cats.

The Walls Have Ears

Meaning: Be careful what you say as people may be eavesdropping.

Origin: The face Louvre Palace in France was believed to have a network of listening tubes so that it would be possible to hear everything that was said in different rooms. People say that this is how the Queen Catherine de’Medici discovered political secrets and plots.

Bury The Hatchet

Meaning: End a quarrel or conflict and become friendly.

Origin: During negotiations between Puritans and Native Americans men would bury all of their weapons, making them inaccessible.

Several Native American tribes joined together as one nation so they could better defend themselves against a warrior tribe. They symbolically buried a stone hatchet under a cypress tree. No group would bury all of their weapons, because there are always other threats, the need to hunt, and the possibility of one side not holding up their end.

Cold Feet

Meaning: Loss of nerve or confidence.

Origin: This idiom originates from a military term, warriors who had frozen feet were not able to rush into battle.

Big Wig

Meaning: An important person, especially in a particular sphere

Origin: Back in the 18th century, the most important political figures would wear the biggest wigs, hence today influential people are called big wigs.

Raining Cats And Dogs

Meaning: Rain very hard.

Origin: This idiom has two stories that try to explain its origin. The first explanation says that the origin of this phrase comes from Norse mythology, where cats would symbolise heavy rains and dogs were associated with the God of storms, Odin. The second version says that in 16th century England, houses had thatched roofs which were one of the few places where animals were able to get warm. Sometimes, when it would start to rain heavily, roofs would get slippery and cats and dogs would fall off, making it look like it’s raining cats and dogs!

Blood Is Thicker Than Water

Meaning: Family relationships and loyalties are the strongest and most important ones.

Origin: Even though many might think this saying means that we should put family ahead of friends, it actually meant the complete opposite. The full phrase actually was “The blood of the covenant is thicker than the water of the womb,” and it referred to warriors who shared the blood they shed in battles together. These ‘blood brothers’ were said to have stronger bonds than biological brothers.

This is actually referring to how old covenants or contracts were made. An animal was cut in half and the two halves were laid on the ground a few feet apart from each other forming a path. The two making the covenant would walk down the path saying “may this be done to me should I break my oath”

Don’t Look A Gift Horse In The Mouth

Meaning: Find fault with something that has been received as a gift or favor.

Origin: While buying a horse, people would determine the horse’s age and condition based on its teeth, and then decide whether they want to buy it or not. This is the reason why people use this idiom to say it is rude to look for flaws in a thing that was given to you as a gift.

Caught Red-Handed

Meaning: Used to indicate that a person has been discovered in or just after the act of doing something wrong or illegal.

Origin: There was an old law stating that if someone butchered an animal that didn’t belong to him, he would only be punished if he was caught with blood on his hands. If one was caught with the meat but his hands were clean, he would not be punished.



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