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August 2025



**National Purple
Heart Day is
August 7th**



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**Paralyzed Veterans of America
Central Florida Chapter
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August Board Meeting is a **Zoom** - August 14th 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.



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Chapter President

Steve Kirk

Purple Heart Day is observed annually to honor and remember the brave men and women of the U.S. Armed Forces who were wounded or killed in action. The day also acknowledges the sacrifices made by service members and their families. The Purple Heart is the oldest military decoration in use today, originally established by George Washington in 1782 as the Badge of Military Merit. This month is dedicated to paying our respects to all the brave men and women wounded or killed in combat. The official Purple Heart Day is observed on the 7th day of August each year, commemorating the historic day in 1782 that General George Washington, Commander-In-Chief of the Continental Army, commissioned the first Purple Heart Medal, originally called the Badge of Military Merit.

The Badge of Military Merit is a purple, heart-shaped piece of silk bound with a thin edge of silver with the word merit embroidered in silver across the face. Only 3 Badges of Military Merit were awarded. The Badge of Military Merit was redesigned and re-commissioned in 1932 by General Douglas McArthur in honor of George Washington's bicentennial birthday. Now known as the Purple Heart Medal – it is the oldest military award, first being awarded to soldiers in World War I and still given to soldiers today.

A presidential order signed in 1942 permitted the Purple Heart Medal to be awarded to all branches of the military including the U.S. Coast Guard. It was World War II, when the qualification to receive the Purple Heart Medal changed to honor those who were wounded or killed in combat – that is why it's recipients often call it “the medal that nobody wants”. It is unknown how many soldiers actually received it.

It took the Purple Heart medal many years to evolve into what it is today. Today, on the reverse of the medal, “FOR MILITARY MERIT” is inscribed. The medal itself is made of brass with a gold color to it and contains a bust of George Washington and his coat of arms. The purple color represents the blood of all those who have made sacrifices in war, but traditionally it represents the courage of those who serve. The original color of the medal George Washington created was purple, so it was only fitting that it would be used to honor his memory in the new medal.

The Military Order of the Purple Heart (MOPH) was formed in 1932. It is composed exclusively of men and women who have received the Purple Heart Medal and is the only Veteran's Service Organization whose membership is comprised solely of “combat-wounded veterans”.

Paralyzed Veterans of America Central Florida Chapter has multiple members who have received the Purple Heart medal.

Steve Kirk



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Executive Director

John DeMauro



Well, those of us who have lived in Florida for any length of time know that the height of hurricane season is August and September. As we keep an eye on the local weather reports remember to get yourself prepared for the worse and pray for the best. So what should you do in preparation for this time of the year?

- Decide now where you would go if there are orders to evacuate (friends/relative, shelter or hotel)
- Determine the escape route from your home and places to meet outside of the hurricane evacuation area. Contact the local emergency management office or other disaster preparedness organization and ask for their hurricane preparedness plan. This plan should include information on the safest evacuation route and nearby shelters. Monitor the National Hurricane Center and the announcements from local emergency management agency, and have a vehicle fueled and packed in the event of an evacuation. Also, be sure to seek updated information on road conditions before driving long distances.
- Appoint a relative or friend as the predetermined contact so all your family members have a single point of contact. Program all of your emergency contact numbers and email addresses into your phone, charge all communication devices and keep them dry. Forward your home number (if you still have a land line) to your cell phone in the event of an evacuation, as text messages may transmit faster than a phone call.
- Plan now for what to do with your pets if you need to evacuate. A proper identification collar and rabies tag shot and other immunizations may be required. Also include an appropriate pet carrier or cage, a leash and ample supply of food and water and any necessary medications. Please keep in mind that many shelters will not allow pets.
- Establish a safe room in your residence just in case. If you are sheltering in place, make sure that you have nonperishable food and water to get you through at least a few days (the rule of thumb is a gallon of water per day, per person).
- Stock non-perishable supplies and a Disaster Supply Kit in the safe room. Your disaster supply kit should include:
 - Flashlight and extra batteries
 - First aid kit and first aid manual
 - Food (non-perishable) and water (one gallon per person per day)
 - Non-electric can opener
 - Essential medicines
 - Baby supplies (diapers, non-perishable milk and baby food)
- Use a NOAA battery-operated weather radio. Remember to replace the batteries every six months, when you change the batteries in your smoke detectors.

John DeMauro





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Roger D. Sack *VP/Sports Director*

We are excited that the facility is transitioning into the use of the “old warehouse” and the board room. Air Rifle, Archery, Boccia, Weightlifting will be moving into the warehouse. Billiards will remain in the Board room. Thanks to all who have been helping in the moving and arranging of these spaces. Our programs will become more effective as we move forward. More storage for equipment and space for increased numbers of users.

The National Veterans Wheelchair Games takes place next week in Minneapolis. Good luck to Ashton, Eddie and Jimmy as they pursue another chance to bring “Bring back the Gold”.

Air Rifle Training will return in August to it’s normal schedule of 1st and 3rd Mondays from 10-12 (Air Rifle) 1-3 (Air Pistol).

We will also be competing in the Move United Air Rifle Competition August and September with flexible schedules for our matches. If you would like to participate, please email or contact me as soon as possible to get you registered and ready for the event.

An Air Rifle Coaching Certification Class will also be held this fall in September. This class will also include Range Safety Officer Certification Course as well. If you may be interested, please let me know of your interest.

Archer’s, We are looking to do a Level 1 Archery Instructor Class this fall. Please let me know if you would like to be included in this training event.

As our summer continues, please make sure that you hydrate in all activities. Sun Screen and clothing that will shield you from the sun. Enjoy your times at the beach, traveling with the family and your time outdoors. Make sure you take time to maintain you physical fitness as well as good health. The sun can also be brutal on your wheelchairs and equipment. It can drain your batteries in power chairs and or overheat your electronic controllers. Make sure you pay attention to hot points on your chairs, should you have been in the water and your chair setting in the sun. Metal brakes, arm rests, frames, rims and clothing guards can cause burns if left in the complete sun.

If you have anything sports related that you would like to train in, please let us know.

Roger Sack



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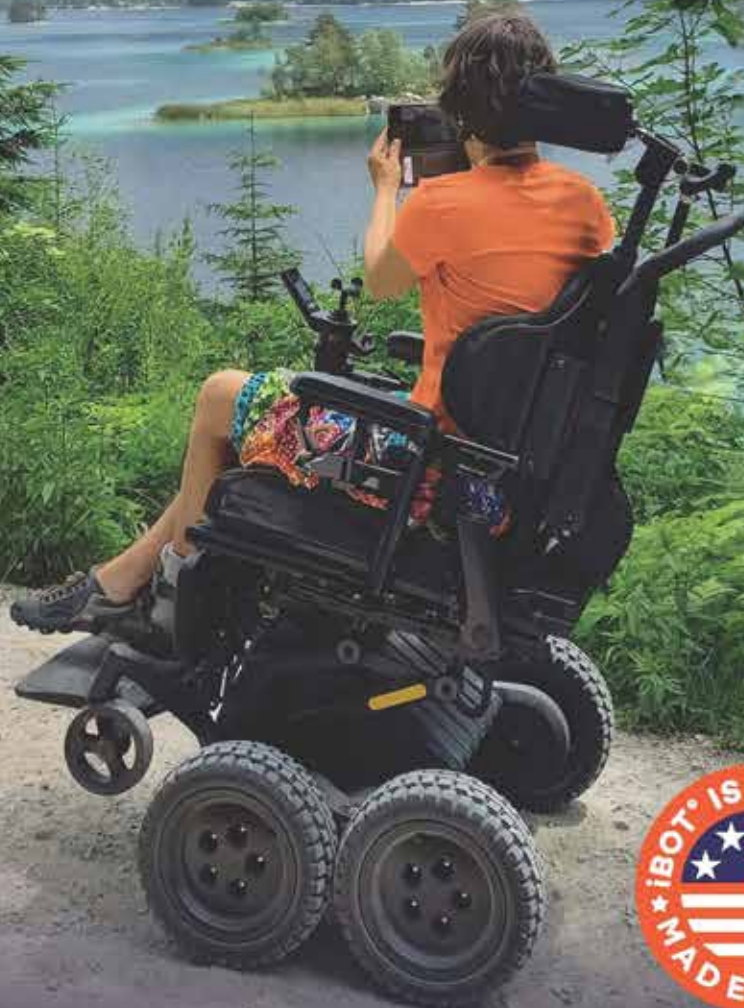
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GOD, Grant me the serenity to accept the things I can not change.
Courage to change the things I can and the WISDOM to know the difference.

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.

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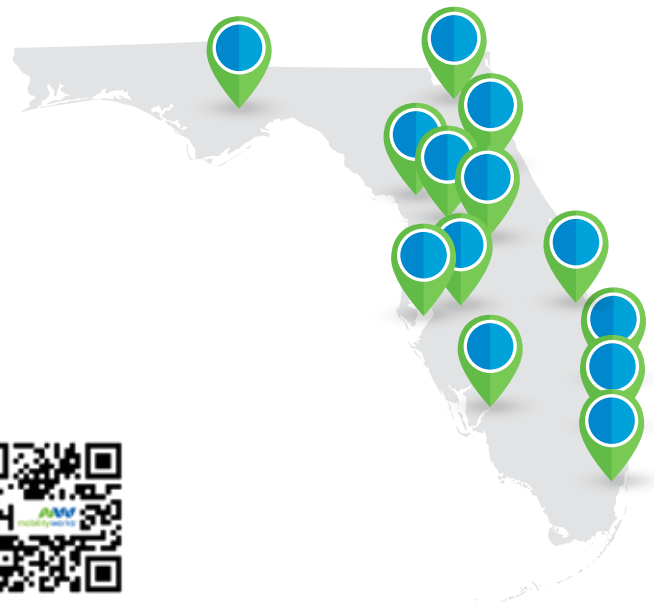
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