

RT '16

Rollin' Times from the Michigan Paralyzed Veterans of America



Kevin G. Elya
MPVA President, Member, and Dear Friend
June 7, 1963-November 24, 2015





PARALYZED VETERANS OF AMERICA
MICHIGAN CHAPTER



About this Issue:

This past fall, the MPVA lost our dear friend and President, Kevin Elya. Although we truly miss him, his legacy lives on through our Chapter. Please see the dedication written by the MPVA team under the "Tribute to President Elya."

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The Rollin' Times is a publication of the Michigan Chapter of Paralyzed Veterans of America. It is designed to inform the members of the PVA and other interested parties on veterans' issues, legislation, legal decisions, medical technology and other matters deemed to be relevant to the disability community.

The contents of this publication do not always reflect the views or policies of Michigan PVA, and no endorsement or approval is made or should be inferred with respect to products or services advertised herein. Consult an appropriate professional before making use of any product or service mentioned.

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Michigan Paralyzed Veterans of America (MPVA) is one of 34 member chapters of Washington, D.C.-based Paralyzed Veterans of America. A Congressionally chartered veterans service organization, MPVA has been assisting veterans with spinal cord injuries or diseases, including Multiple Sclerosis and ALS (Amyotrophic Lateral Sclerosis, better known as Lou Gehrig's Disease), in Michigan since 1961.

MPVA programs include:

- Veterans' Benefits
- Wheelchair Sports and Recreation
- Spinal Cord Injury Research
- Equipment Donation
- Advocacy to eliminate architectural barriers and protect civil rights for persons with disabilities
- Referral Services for assistive devices, housing, employment and transportation
- Literature on a variety of topics including self-care, independent living, and disability rights.
- The Pump Guide: an online directory of gas stations throughout Michigan that will pump gas at the self-serve price for persons with disabilities.
- MPVA is a nonprofit organization and receives no federal funding. MPVA relies on grants, sponsorships, and private and corporate donations to support its programs.

The MPVA headquarters is in Novi, Michigan. Our service officers are based out of the McNamara Federal Building in Downtown Detroit.

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Losing a President, Dedicated MPVA Member, and Friend

By: The MPVA Team

The Michigan Paralyzed Veterans of America is deeply saddened by the recent loss of our long-time President and friend, Kevin Elya. Kevin passed away from complications from a respiratory illness on November 24, 2015. He was born on June 7, 1963 in Livonia, Michigan to the proud parents of Almon & Constance Elya.

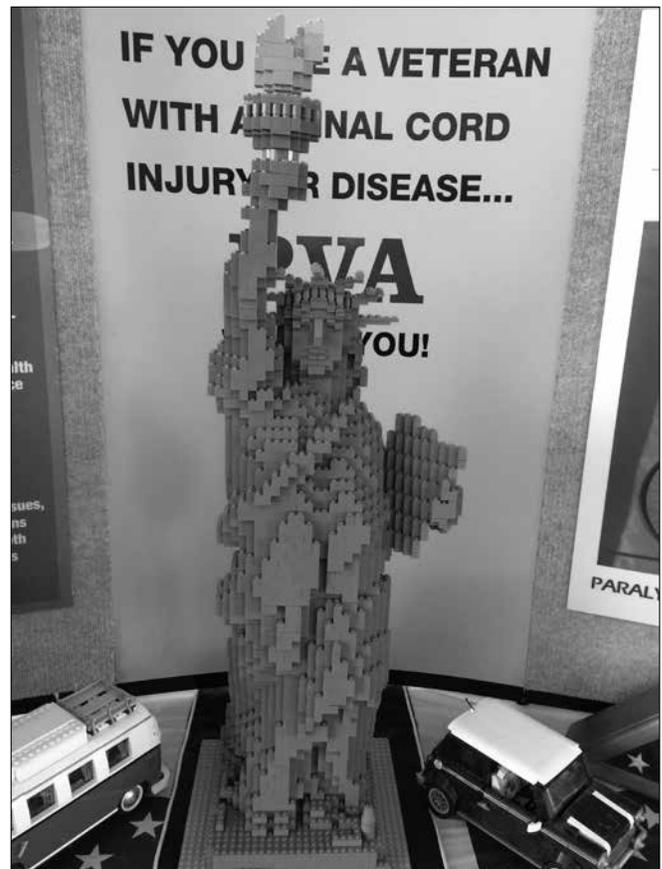
It is not often a person can be defined by one word. But this is the case for Kevin Elya. The descriptive word in this case is “service.” His remarkable record of service reminds us all that one person’s efforts can have a positive impact on the quality of life of many.

After graduating from high school in 1982, Kevin enlisted into the United States Air Force. While serving at Malmstrom Air Force Base in Montana in 1984, Kevin suffered an accident that left him a quadriplegic.

Dependent on the use of a wheelchair for mobility for the majority of his adult life, Kevin took personal tragedy and turned it into a career of advocating on behalf of people with disabilities. He served as Michigan Paralyzed Veterans of America President for over a decade. During his watch he played an active role in successful advocacy outcomes that had a positive impact on the quality of life for our members and the disability community throughout Michigan.

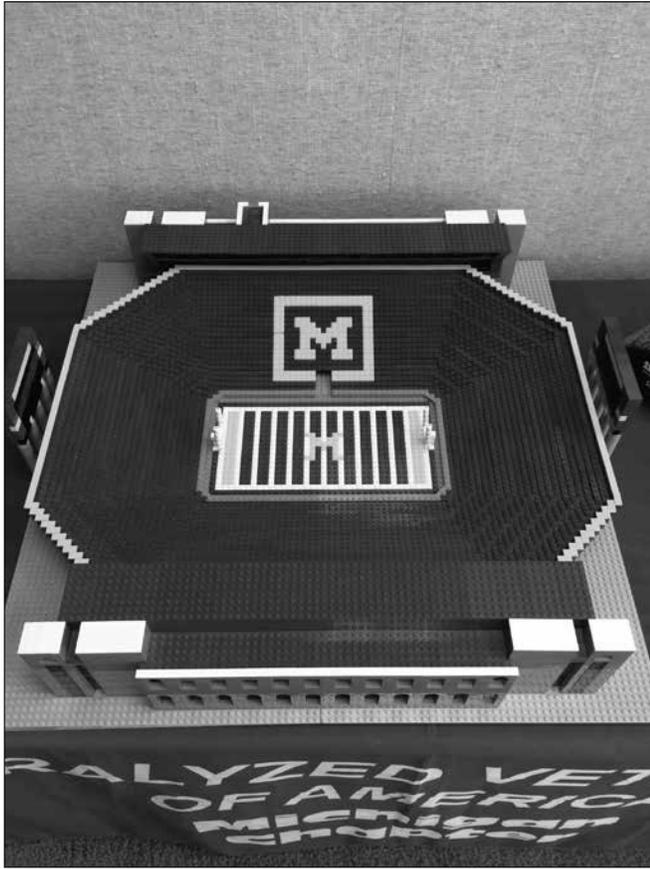
Kev was a very determined individual. Some may not know, Kevin could spend hours working

on large Lego projects that most able-bodied individuals would struggle with. Despite having atrophy in his hands due to his injury, Kevin would work for hours to complete his Lego masterpieces. Today, we proudly display a few of those here at the Chapter as a reminder of Kevin’s spirit (*see photographs*).



Kev was active in rowing, photography, PAWS with a Cause, goofing off with his nieces, teasing MPVA staff by nicknaming them “his little

monkeys” and adorning them with monkey-themed birthday and holiday gifts! He enjoyed Michigan Football, pizza, classic rock, and making wise-cracks! Extremely generous and thoughtful,



Kevin would get real joy out of leaving large tips for a waiter or waitress just to make their day a little better! He also had a fussy side, which we all came to know and enjoy because he truly was a teddy bear at heart.

He lived over 30 years after his injury and was an inspiration to us all, a perfect example that life does not end after a serious injury. He did not let his disability define him, he defined his disability. In his eyes, no effort was too small nor the challenge too large if it would produce positive outcomes. He was a man of few words, but led by example.

He dedicated his life to service, first when he volunteered for the Air Force, then in countless other volunteer and advocacy endeavors after his injury. Rather than to react with anger or despair

to his traumatic injury, Kevin treated it as a call to action. His work has given opportunity to the disability community and has left a legacy of service that will continue to touch lives for years to come.

Some folks may never know that their lives are better because of Kevin Elya. But that's okay. Certainly for Kevin, acclaim was never the point of public service. Going forward, our mission at MPVA will be to continue in the spirit of Kevin to ensure that we honor his work to helping America's veterans going forward.

We will miss our dear friend. But, we know that his spirit and legacy will live on forever in the multitudes of lives that were touched by his compassion and commitment to the disability community. The best compliment we can give Kev is that he left this world a better place to live than when he entered into it.

On behalf of the MPVA family, we extend our heartfelt sympathy to his mother, Constance Elya; Siblings: Mark (Shelley) Elya, Julie (Douglas) Collins, Steve (Denise) Elya, Mary (Joseph) Haiser; nieces and nephews : Emma and Abbigale Haiser, Paige Elya, Justin (Kristen) Collins, Jordan (Becky) Collins and his beloved service dog, Ginny.

Kevin's spirit will live on forever in our hearts and mind!





Executive Director's Report

By Jaclyn Kochis, Executive Director, MPVA

Reflecting on Veterans Day 2015

On November 13, 2015, the Michigan Paralyzed Veterans of America (MPVA) celebrated Veterans Day by hosting the 12th Annual "Salute to Veterans" Dinner, at the Suburban Collection Showplace, in Novi.

The event was a great success as nearly 275 guests gathered to pay tribute to Michigan's Veterans of the past and present. Guests included Keynote Speaker Captain Joseph Keller, Master of Ceremony, WJBK FOX 2 Weatherman Rich Luterman, and a wide array of proudly decorated service men and women.

Most people see Veterans Day as a day off from work. At MPVA, we see it as an opportunity to properly thank veterans for their service to their country. We see it as a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

The Keynote Speaker at this year's dinner was CPT Joseph Keller. He served both in the USAF & US Army. While a Second Lieutenant, CPT Keller was with the 37th Bomb Squadron working in the Intelligence Shop. After spending 12 months in the Air Force, CPT Keller transferred to the Army where he completed BOLC II, IOBC, Airborne School, Air Assault School and Ranger School. CPT Keller was deployed to Afghanistan ISO Operation Enduring Freedom. His last assignment was with 4th Ranger Training Battalion as a Platoon Tactical Trainer and Executive Officer. Throughout his career, he has also held positions acting as an Intelligence Officer, S3 shop and Infantry Platoon Leader.

CPT Keller holds a B.S. from the United States Air Force Academy. While attending the AFA, CPT Keller played four years of football while being heavily involved as a Squadron Commander & Honor Officer.

In his free time, he enjoys spending time outdoors and staying active in his community. CPT Keller urges other veterans to find happiness through passion and service to others.

The MPVA has been fortunate to have amazing Keynote speakers in the past, and this year was no different. Although a remarkably accomplished individual, Mr. Keller did not relish talking about himself. Instead, a very humble Captain Keller shared what he has learned from his involvement in the military, sport programs, and professional life. His message was to strive forward even in the face of adversity, look beyond societal "labels," and to avoid complacency—a fitting message for Veteran's Day, and every day after.

We are truly thankful for the amazing turnout we had at this year's event. The inspirational annual fundraiser is an opportunity to highlight the impact that MPVA programs have played in improving the quality of life for disabled veterans.

I would be remiss if I did not take time out to say thank you to some very special people for making this event possible. Our friends at SWOCC Studios, specifically Eric Agnott and Patty Soma, have been so gracious and generous each year by working so hard to create the outstanding video that we show at the beginning of our Gala. From the bottom of our hearts, we would like to thank both Eric and Patty and the entire SWOCC team for their hard work. Because of the support of the MPVA staff, MPVA Board of Directors, MPVA members, volunteers, sponsor, SWOCC Studios, Mr. Luterman, and Captain Keller, this year's dinner exceeded all expectations. Everyone's contributions truly made a difference!

I would especially like to thank the following list of sponsors who made our event possible:

Action Track Wheelchair
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See the inside back cover of this issue for photos from the 2015 Salute to Veterans Gala!



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Guest Article

By: Michigan Veterans Affairs Agency (MVAA)

MVAA can help during long winter months

Those who face higher than expected heating costs or other financial setbacks this winter don't have to brave the cold temperatures and harsh winds alone.

For veterans and their families experiencing high winter energy bills or other hardships in the coming months, additional resources may be available through the Michigan Veterans Affairs Agency. Call the Michigan Veteran Resource Service Center at 800-MICH-VET (800-642-4838) for more information about emergency financial assistance.

"The winter months can be long and hard for those living paycheck-to-paycheck, but financial assistance is available, and the MVRSC is here to connect veterans to those resources," MVAA Director Jeff Barnes said. "The last few winters have been especially harsh, and there are a number of programs available to help Michigan veterans and their families stay on their feet financially."

Veterans are also encouraged to weatherize and insulate their homes prior to winter, which can save money and heating costs. Installing door sweeps or weatherstripping, applying caulk around the edges of windows and checking foundations for any cracks or holes are just a few ways to lower energy bills this winter.

State and county agencies and local organizations also offer veterans and their families a number of resources to help pay utility bills and provide food and housing assistance. To learn more about these resources, contact MVAA by phone at 800-MICH-VET (800-642-4838) or online at MichiganVeterans.com.



Picture Perfect

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Staff Sgt. Kenneth Hubbard and his young daughter join him for the last few steps of a 23 mile march he did with Sgt. First Class Jason Holley and Sgt. First Class Russell Tansey in order to raise funds for the MPVA.

July/August 2011

RT '11
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Michael Harris, MPVA Executive Director, takes a moment to reflect at Oakland Hills Memorial Garden's POW/MIA Memorial site. National POW/MIA Recognition Day is on September 16, 2011.

September/October 2011

RT '14
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MPVA Vice President, David Peck, takes a moment to test drive an Action Track wheelchair at MPVA's Annual Awareness Day this past spring.

Summer Edition 2014

The Ad Agency

RT '12
Rollin' Times from the Michigan Paralyzed Veterans of America



MPVA Board Director, Teresa Kamphorst, gets a golf lesson from Scott Millman of The Simple World of Golf at MPVA's Open House on April 12, 2012.

May/June 2012

RT '12
Rollin' Times from the Michigan Paralyzed Veterans of America



Staff Sgt. Kenneth Hubbard is joined by his daughter, Ali, as he finishes a 23 mile march he completed in support of the MPVA on May 19, 2012.

July/August 2012

RT '12
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Scott Severn, MPVA Sports Director, wins bronze medal in 2012 Paralympic Games.

November/December 2012

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RT '13
Rollin' Times from the Michigan Paralyzed Veterans of America



Melissa Stockwell, 2012 Salute to Veterans Gala Keynote Speaker, shares her compelling story.

January/February 2013

RT '13
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This photo was captured by Brenda Wheeler, MPVA Administrative Assistant, while vacationing this past winter at The Homosassa Springs Wildlife Park in Florida. The park acts as a rehabilitation center for injured or disabled animals that would not be able to survive in the wild.

March/April 2013

RT '13
Rollin' Times from the Michigan Paralyzed Veterans of America



MPVA Members take time out from playing baseball to present the Plymouth Miracle League with a donation while sharing their outstanding facility during the MPVA's 2013 Membership Picnic.

September/October 2013



By: Joe Shaeffer, Veterans Service Officer

What is posttraumatic stress disorder (PTSD)?

You feel on edge. Nightmares keep coming back. Sudden noises make you jump. You are staying at home more and more. Could you have posttraumatic stress disorder (PTSD)?

If you have experienced severe trauma or a life-threatening event, you may develop symptoms of posttraumatic stress, commonly known as posttraumatic stress disorder, or PTSD. Maybe you felt like your life or the lives of others were in danger, or you thought that you had no control over what was happening. While in the military, you may have witnessed terrible things or you may have been harmed yourself.

Common symptoms of PTSD

Some of the most common symptoms of PTSD include nightmares or recurring memories of the events, anger, loss of interest, feeling numb, and sleeplessness. These are not the only symptoms and every person is unique along with how PTSD effects your daily life.

PTSD symptoms don't always surface right away and in some cases can take years to present themselves. They can also come and go over the years. If you feel like they are disrupting your daily life you might have PTSD. These are some more examples of how PTSD can present its self:

- Feeling anxious, jittery, or irritated
- Experiencing a sense of panic that something bad is about to happen
- Having difficulty sleeping
- Having trouble keeping your mind on one thing
- Having a hard time relating to and getting along with your spouse, family, or friends
- Feeling upset by things that remind you of what happened
- Having nightmares, vivid memories, or flashbacks of the event that make you feel like it's happening all over again
- Feeling emotionally cut off from others
- Feeling numb or losing interest in things you used to care about
- Becoming depressed
- Thinking that you are always in danger
- Feeling anxious, jittery, or irritated
- Experiencing a sense of panic that something bad is about to happen
- Having difficulty sleeping
- Having trouble keeping your mind on one thing
- Having a hard time relating to and getting along with your spouse, family, or friends
- Being disconnected from loved ones
- Having suicidal or homicidal thoughts or feelings.

It's not just the symptoms of posttraumatic stress disorder but also how you may react to them that can disrupt your life. Changing the way you live and function are also symptoms of PTSD for example:

- Pull away from other people and become isolated
- Consistent drinking or use of drugs to numb your feelings

- Consider harming yourself or others
- Frequently avoid places or things that remind you of what happened
- Start working all the time to occupy your mind
- Have difficulty getting yourself out of bed

What is the treatment for posttraumatic stress disorder?

If you show signs of PTSD, it doesn't mean you just have to live with it. In recent years, researchers from around the world have dramatically increased our understanding of what causes PTSD and how to treat it. Hundreds of thousands of Veterans who served in the Military have gotten treatment for PTSD—and treatment works.

Two types of treatment have been shown to be effective for treating PTSD: counseling and medication. Professional therapy or counseling can help you understand your thoughts and discover ways to cope with your feelings. There are several specific types of counseling that research has shown to be effective for treating PTSD. Medications, called selective serotonin reuptake inhibitors, can be used to help you feel less worried or sad.

In just a few months, these treatments can produce positive and meaningful changes in symptoms and quality of life. They can help you understand and change how you think about your trauma and change how you react to stressful memories.

You may need to work with your doctor or counselor and try different types of treatment before finding the one that's best for dealing with your PTSD symptoms.

What can I do if I think I have PTSD?

In addition to getting treatment, you can adjust your lifestyle to help relieve PTSD symptoms. For example, talking with other Veterans who have experienced trauma can help you connect with and trust others, exercising

can help reduce physical tension, and volunteering can help you reconnect with your community. You also can let your friends and family know when certain places or activities make you uncomfortable.

Your close friends and family may be the first to notice that you're having a tough time. Turn to them when you are ready to talk. It can be helpful to share what you're experiencing, and they may be able to provide support and help you find treatment that is right for you.

For more information on PTSD, check out the following resources, or contact the MPVA at (800) 638-6782.

Understanding PTSD Booklet

This eight-page booklet explains what PTSD is, provides information and resources on support, and shares real stories from people who have dealt effectively with PTSD.

http://www.ptsd.va.gov/public/understanding_ptsd/booklet.pdf

National Center for PTSD

Explore this comprehensive website for detailed information about PTSD, its effects and treatment, and resources for support.

www.ptsd.va.gov/public/index.asp

VA's PTSD Program Locator

The site will allow you to search for PTSD programs located near you. If you are eligible to receive care through the Veterans Health Administration, you can enroll in one of VA's PTSD treatment programs.

http://www2.va.gov/directory/guide/ptsd_fish.asp





By: Mike Harris

MPVA Partners with the Detroit Red Wings on New Arena

In October, the Michigan Paralyzed Veterans of America (MPVA) met with Detroit Red Wings to assist them in all aspects of the design phase to ensure that the new hockey arena, scheduled for completion by 2017, will be fully accessible to all hockey fans with disabilities.

Physical features in which people without physical disabilities take for granted, can present serious problems for people with disabilities, mostly because their needs haven't been considered when designing new arenas. It was for that reason, the Red Wings agreed to allow the creation of a disability advisory board, with representation from a cross section of disability groups, to ensure their issues will be properly addressed in the design/construction of the new arena.

The key features of my presentation to the Detroit Red Wings Management/Architects were the following:

- Ensuring that at a least half of one percent (.05) of the seating must be wheelchair seating locations
- Accessible seating must be an integral part of the seating plan so that people using wheelchairs are not isolated from their friends, family or other spectators
- A companion seat must be provided next to each wheelchair seating location
- Wheelchair seating must be provided in all areas, including sky boxes and specialty areas
- Wheelchair seating must be dispersed throughout the seating bowl, so people have a choice of price and views comparable to those of the general public
- Wheelchair seating locations must provide lines of sight comparable to those provided to other spectators

Through its advocacy, MPVA shares over 50 years of experience in making the built environment fully accessible to all citizens with mobility disabilities. MPVA has provided expert advice and consultation, for a wide variety of projects such as Comerica Ballpark, Ford Field, Cobo Hall Center, Detroit Riverwalk and the University of Michigan Football Stadium.

MPVA has long realized the importance of accessibility into the community, as an essential quality-of-life issue. Over the years, MPVA shared its knowledge on the Americans with Disabilities Act (ADA), compliance and accessibility with businesses, government entities, architects and project coordinator to ensure that the rights and protections afforded to people with disabilities, are properly translated into the built environment.

It was music to my ears when the Detroit Red Wings announced that they were going to build a new arena in Detroit's downtown entertainment and sports district. This announcement was long overdue. If you ever attended an event at Joe Louis Arena your experience was never a positive one because the facility was not designed with a wheelchair in mind!

During the construction of Comerica Park and Ford Field, MPVA had the opportunity to work directly with the designers and project coordinators, to ensure the new facilities would provide accessibility to persons with a variety of disabilities. The final outcome resulted in perhaps two of the most accommodating sports venues in the country.

Successful accessibility is often measured in inches, so attention to detail can make the difference between achieving access and excluding or injuring someone. When the ADA's minimum requirements are not met, the results can limit or exclude a person with a disability

and can be dangerous. In addition, failure to meet such guidelines can also result in costly reconstruction and renovations after the fact (often more costly than if the guidelines had been met during the initial construction process).

Accessibility to the built environment make daily living active and productive. Without it, a person's quality of life can be greatly affected. MPVA understands the importance of accessibility and takes pride in making the built environment welcoming to all.

MPVA wishes to thank the Detroit Red Wings for allowing us to give input on the architectural barriers which impact their particular disability when attending sporting events. By being pro-active the Detroit Red Wings have ensured that all spectators will have an enjoyable experience when the new arena becomes operational in 2017.



2015 Detroit Marathon

By: Ryan Taylor

*Human Resources Specialist (Employee & Labor Relations), VA Ann Arbor Healthcare System
Chapter Captain, Team Red, White & Blue (RWB) Ann Arbor*

My name is Ryan Taylor. I am a USMC, Corporal (E-4), 2002-2006 who served one combat tour in Iraq with 2nd Recon Bn. Operated out of Ramadi, Hit, and Baghdadi. I also spent time in Japan, Australia, and South Korea. I was a senior in high school when the 9/11 attacks occurred and I knew that day that I would be joining the military. I had to do my part and serve my country. It was the best decision I ever made—I wouldn't change a thing!

Since my time in the military, I have been very active in veteran services and have had the pleasure getting involved in Team RWB, a group of dedicated individuals who support Chapters across the nation with the mission to enrich the lives of America's veterans by connecting them to their community through physical and social activity. In 2013, I joined Team RWB for a

bike ride with some friends. After that, I was hooked! I began biking (road and mountain) as a hobby along with running. The next thing I knew, I went from struggling to run a 5K to participating in the Marine Corps Marathon in October 2014!

That same year, I was downtown at the Detroit Free Press Marathon as a spectator taking in the race from around mile 10. Then all of a sudden, I spot bikes flying past me! At the time, I thought they were just clearing the course making sure everything was status quo for the runners. Then, I overheard the people next to me talking about the hand cranking bikes and the riders having disabilities. It was amazing to see these riders fly by and everyone around me was pumped up watching them compete!



I remembered, at that time, that I had seen pictures of my good friend, Jackie Kochis, Executive Director for the MPVA, at the Detroit Free Press Marathon start line and that the MPVA co-sponsored the Wheelchair Division along with Level Eleven Physical Therapy. Not long after, I contacted Jackie and asked her if she knew how I could get involved in becoming one of the bicycle support guides for one of the wheelers at 2015 Detroit Free Press marathon.

Jackie pointed me in the right direction, and the next thing I knew, I was set up to ride along with one of the wheelers on October 18, 2015! I started thinking, "What have I gotten myself into? Will I be fast enough? What if I mess up? What if I get a flat?" I had so many questions running through my head and I was so nervous the morning of the race. However, the second I walked into the tent that morning I knew I would be ok! Everyone was so reassuring and positive. I met the gentleman who I would be paired with, Doug Finkbeiner, and the look of determination on his face was so motivating. He was so fired up, and ready to get racing.

We made our way to the start line, and when the horn sounded we took off into the dark and cold streets of Detroit! We didn't say much at first, it was all happening so fast. We approached the Ambassador Bridge and as we were going up, Doug's handcycle got stuck in a giant gap on the bridge surface. I assisted him out of it, and we continued up the bridge. Once we got to the top, the descent was so amazing. It was silent, just Doug and I cruising down the bridge at 35+ mph. It even started snowing! It was something I will never forget.

That was just the beginning! Over the 26.2 miles

we shared many stories and laughed quite a bit. And every time we came across a group of spectators they would cheer. Doug would place a hand in the air and smile and it was so inspiring and motivating. The look of determination from him and the other wheelers was infectious. When we approached the finish line I had goose bumps and the hair on the back of my neck was standing up. Maybe because it was I frozen from the cold, but I doubt it. People really cared and loved seeing the wheelers out there getting it done!

I know that Tom Davis, the first hand-cyclist to cross the finish line for a win, with a time of 1:12:37 made the crowd cheer! He led the 45 hand-cyclists and wheelchair push rim racers, along with their bicycle escorts, that were out there! I found out later that of the 45 wheelers, 23 of them were fellow veterans participating with the Achilles Freedom Team of Wounded Veterans from all across the country!



When I think back, it was great to watch Doug conquer that course without ever complaining. What a tough dude! He thanked me and gave me a hug. He also told me that it was a lot more fun racing with someone than being out there solo. However, I am the one who needs to do the thanking. It was a life changing event that I can't wait to do again this year!

Participating in this year's Detroit Free Press Marathon along with other veterans, and individuals with disabilities, just puts life into perspective. It reminded me to not take anything for granted. I was hit with a suicide bomber in Iraq in 2006 and since that day have been grateful to be alive and always want to give back! I made it home for a reason...and now I am just trying to pay it forward, one bike ride, group run, high-five at a time.

Semper Fi.





Sports & Recreation

By Scot Severn, Sports & Recreation Director, MPVA

World Championship Games

Well, it's the end of another World Championship Game and unfortunately the medal is the same color (silver), as the one I won in the last World Championship Game (Leon, France 2013). The main difference was this medal was earned with blood, sweat, tears, and a lot of pain, literally.

To explain this further, on my way from training at the track that Sunday, and I was going through the first parking level of my hotel to a massage appointment. The area was dimly lit, and I ended up hitting a transition



between pavement and concrete that threw me from my wheelchair. As a result of this, all my weight came down on my legs and snapped my left tibia just below the knee (for those curious—I do have feeling in my legs and, yes, it HURT LIKE HELL). So, if you see a picture or video

of my competition and wonder why my left leg is sticking straight out, that's why.

I realize a leg might not seem too important for a guy in a wheelchair throwing a shot put, but it definitely made a difference. Our medical staff made a cast of the back of my leg, which was wrapped up inside the brace that I was given at the hospital to help support my leg while I threw. My head coach secured permission from the International Paralympic Committee to throw with my leg sticking straight out in front of me, and my coach and a team trainer lifted me into my throwing chair. After my turn in the first round, I was in the gold medal position, then was knocked down to silver. I got back to the top spot in the second round, but was out thrown again.

Without the broken leg I may have won the gold, or maybe not. I guess I'll never know. I was defeated by a Greek who had a great performance and threw a personal best by far. Sunday night, prior to the games, I was laying awaiting an MRI and I didn't know if I would be able to throw the shot put at all. By Thursday night, I had received the silver medal and it made my week from hell a little more bearable.

I have to thank the US Paralympic medical staff and coaching staff for their hard work in getting me ready to compete and taking care of me while I was down. I also have to thank my wife and kids for taking care of me after I made it back home. I was planning on some rest and relaxation for a couple weeks after the World Championships, but that turned into a couple months of recuperation, without much relaxation. I am now hopefully on track with my training to win the gold at my 3rd Paralympic Games in Rio 2016.





2015 SALUTE TO VETERANS GALA





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Valuable Dates for 2016



President's Day

Office Closed February 15th in
Observation of President's Day



Membership Meeting

Thursday, August 28th
Nominations for MPVA Directors begin
Luncheon begins at 12:00 Noon and
meeting begins at 1:00 PM



MPVA Awareness Day

The MPVA will be celebrating PVA
Awareness Month in April! Details
regarding this event, which will be held
at the Novi Civic Center, will be posted
on MPVA's website, www.michiganpva.org, soon! You won't want to miss this
afternoon full of educational information
on veterans and individuals with disabilities
that is FREE to the public! Stay tuned!