

THE

DESERT ORACLE

A Member Chapter of the Paralyzed Veterans of America



November/December 2009 Vol. 12 Issue 2



Once again we find ourselves enmeshed in the Holiday Season, that very special time of year when we join with our loved ones in sharing centuries-old traditions such as trying to find a parking space at the mall. We traditionally do this in my family by driving around the parking lot until we see a shopper emerge from the mall, then we follow her/him, in very much the same spirit as the Three Wise Men, who 2,000 years ago followed a star, week after week, until it led them to a parking space.

Another of the real joys of the Holiday Season is the opportunity to say thank you and to wish all the very best for the new year.

-From all of us at your Arizona Chapter

Arizona Chapter, Paralyzed Veterans of America



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PVA National Service Office
3333 N. Central Ave., Ste. 1055
Phoenix, AZ 85012
602-627-3311
Fax- 602-627-3315
800-795-3582

8126 North 23rd Avenue, Suite J
Phoenix, AZ 85021
Office: (602)-244-9168, Fax: (602) 244-0416
1-800-621-9217 azpva@azpva.org
Office Hours: M-TH 8:00 am – 4:00pm
Friday 8:00am—3:pm
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The views expressed in the articles of the Desert Oracle are the opinions of the author and not necessarily the opinion of the AZPVA. Any article not attributed to an individual / group was compiled with available information by APVA staff/members. The Desert Oracle does encourage our readers to submit their articles, interests and/or rebuttals.

The Holidays are coming soon and there are many things to keep us all busy. Your health will be one of those issues and hopefully each of you are taking precautions to ensure your best interest. While some people refuse the flu shots available, this year's outbreak is forecasted to be particularly dangerous. The H1N1 vaccination should be available at your V.A. soon. Good luck.

National PVA has decided to initiate sending the President's Quarterly out to each of you via email. Since you are most likely getting this newsletter electronically we can attest to the huge savings of resources that will be saved by National PVA. Along with this idea; it seems as if phone numbers and physical addresses are not being reported as our members change them. There are many times when an important bill comes up in congress and we cannot contact you to help preserve your rights. When feedback information is needed to correct different medical issues, we are unable to get your input. Your opinion is needed so that we can get you what you are legally entitled to. If you have changed a phone number, an address or your email, please send, call or write us to let us know. We do not sell, lend or allow anyone access to this information for any purpose.

Information allows PVA to direct its attention to the real issues that affect you. Would you be willing to fill out a 20 question multiple choice survey? Each year many of you go to a SCI/D Center for an annual checkup. Are all your questions answered? Are you sure all the right questions and tests were asked and performed? Were you satisfied? What happened when you came home? These may seem like simple questions and for some of you who are proficient at self advocating. For others they are tough due to human nature and not wanting to cause confrontation. If you get a survey, please fill it out and return it promptly as no one can help unless a problem is identified.

We are going to have an early BOD Meeting on December 15th here at the Chapter office. We will have our Holiday Party starting directly after the meeting at 11:00am. Refreshments will be catered through a nearby Restaurant for those of you who choose to join the Arizona PVA in celebrating the holidays. Please try to come to attend and call early so Pat can ensure there is plenty of food.

We have multiple events planned for the upcoming year; Gordon H. Moyer our President is going to be the onsite host for our trap shoot at Ben Avery, Jan 21-23th. The host hotel will be the Hampton Inn just above the Pinnacle Peak exit on I-17. The banquet will be held Saturday the 24th at the Anthem Country Club just north of the range. There will be free transportation from the hotel to the banquet for hotel guests.

Dianne Brunswick has submitted an application to put a bike ride on in Surprise/Buckeye for Saturday March 6th. This is a new event for the Chapter and we hope a new asset as well. There are loops of various distances planned; from 2 to 60 miles. Once the cities confirm the permits we will disseminate the all the information you need to know for a great ride in some beautiful desert areas.

A reminder; the 2010 National Veterans Wheelchair Games are being held in Denver and we are not seeing any volunteer hours being turned into the Chapter. Get them here by the 10th of the month if you want them counted.

Have a Merry Christmas and a Happy New Year

From the Desk of Benjamin Garcia, APVA Immediate Past President

Hello people. Welcome to our full time Fall Season, where we can actually say it's getting cold outside.

There are some things I've learned about, mostly from being in a wheelchair, but also from visiting various rehab centers at the Veteran's Administration Medical System. I have lived with Multiple Sclerosis (MS) for over 20 years. Although I was officially diagnosed with MS in May of 1991, through research with my Doctors, we learned that I had MS symptoms since 1985.

I've learned it's all in the details; the grabbing, the picking up items and the reaching. People tend to learn a lot about losses, both large--like walking, dressing myself or driving a car--and small losses like relying on someone for life's little things. Really it's the smaller losses that aggravate me the most. The difficulty picking up a piece of paper from the floor, picking up a pill that has been dropped, or getting a roll of toilet paper from under the sink. Over the years, I've learned though, to use devices that give me back some of my independence.

1: I've learned to try the products before you buy them, make sure you can use them independently. Home Health stores, hospitals/clinics with occupational therapy (OT) departments, and Independent Living Centers have reachers or other devices for you to try.

2: The most versatile reachers are from TeleStik, because they are so light weight (2.3oz-5.4oz). Fit easily into a small pack, or purse, and pick up every thing under a pound without any squeezing or gripping. The TeleMag/TeleHook (magnet/hook combination) and the UltraStik extend your reach up to 34 inches. The adhesive disk on the UltraStik is good for 2000 pickups, then may be washed and reused.

3: The **Easy Grabber** is made of hard plastic, 18"-24" long, lightweight, and easy to use. They can also be obtained at pet stores.

4: The **Locking EZ Reacher** is used to pick up an object and lock it into place. These are handy when the object is larger and both hands are needed to balance the weight. Once the object is where the person wants it to be, the lever can be released to free the reachers gripping arms.

5: The **Omnigrip Reachers** adjust to any of four up/down and axial positions to achieve the best angle for use whether sitting, or standing or lying down. A magnet on the jaw picks up nails, needles, spoons, forks; a unique locking mechanism, lets the user apply a continuous grip on an item without applying pressure on the trigger.

6: The **Gopher Reacher** has flexible rubber suction cups on the end to provide gentle grip with more cushioning for delicate objects. This reacher also offers a trigger-lock handle and folds away for easy storage.

7: The **Alligator** is lighted, with a pointed trip for finding things in dark areas. It's compact size and folding handle make it perfect to slip into a desk or a backpack.

This is all for now. Perhaps other people without MS can take up on these helpful hints also.

Sincerely,

Benjamin Garcia
I.P.P.



Attention PVA Members

If you served in the United States military in the Republic of Vietnam (RVN) between January 9, 1962 and May 7, 1975, and have a current diagnosis of B cell leukemia (eg., hairy cell leukemia), Parkinson's disease and/or ischemic heart disease you may be eligible to receive service connected compensation due to presumed exposure to Agent Orange.

Now, if you fit the criteria provided in the opening paragraph please continue to read the following summary which contains some of the necessary qualifications needed to establish entitlement. Current law requires that in order for presumptive service connection to be granted the veteran's service in Vietnam must have been physically "in-country." Qualifying service also includes service in the waters offshore only if the conditions of service involved duty or visitation in Vietnam. This requires that the ship must have come to port in the RVN and that you disembarked. This also includes veterans who served on a craft in Vietnam's inland rivers (also known as "brown water"). Proof of this duty or visitation is necessary.

Additionally, a particular group of veterans who served in the Korean Conflict may qualify. Specifically, veterans who served in certain units along the Korean demilitarized zone (DMZ) between April 1968 and July 1969 may be entitled to benefits. If you have question as to whether your unit is recognized please contact the Phoenix PVA Service Office (our contact information is available on Page 2 of this edition).

Also, if you are a widow(er) or dependent of a qualifying veteran who died of any of these three conditions you may be eligible for VA benefits. Again, please contact our office with questions.

Now, you may be wondering what to do next. That's where we step-in. We request any PVA member, dependent or widow(er) who believes they may qualify to contact our office in order to gather necessary background information and evidence. If you previously submitted a claim for any of these three conditions and service connection was denied please ensure you inform our office.

At this point you may be wondering how long it will take to receive benefits. VA regulations require that the local VA Regional Offices receive a "final regulation" prior to proceeding with processing these claims. However, during the interim the VA is accepting claims and will decide them following release of this regulation. Please be aware that if you have an active claim or appeal before the VA for any of these three conditions your claim will be decided following release of the final regulation; no action is currently necessary.

So why did the VA decide to grant benefits to Vietnam veterans for these specific disabilities? To provide a short history, the Agent Orange Act of 1991 directed the Department of Veterans Affairs (VA) to work with the Institute of Medicine (IOM) on an on-going basis to gather and report on available scientific and medical literature pertaining to the health effects associated with Agent Orange exposure. Following the IOM's report the Secretary of VA then determines whether a presumption of service connection is warranted for any disease discussed in the report.

As we wrap up this article please remember we are here to assist in securing all benefits you are entitled to. If you have a spinal cord injury or disease or are a dependent or widow(er) of a veteran who does or did have a spinal cord injury or disease we request you contact our office. We look forward to hearing from you.

Development of a claim. With every new claim, one of the first steps taken by the VA is to send the veteran/claimant a "VCAA" (Veterans Claims Assistance Act of 2000) letter. This letter is to inform the veteran that the VA is working on his/her claim and that if he/she has any more evidence to submit, that he/she needs to do so in 30 days. This simply means that if the VA does not hear from you within 30 days, they will continue to develop your claim based on the evidence they have.

Most of the time, PVA (as your representative) has already submitted your evidence by the time you receive the VCAA letter. However, if you do not feel comfortable when you receive the letter that you did, in fact, send PVA the evidence, you should always contact our office to be sure that you did send or give it to us and that we, in turn, submitted it to the VA on your behalf.

However, keep in mind that the VA could complete your claim at the 30-day point with the evidence at hand. If that would happen (but it usually doesn't, simply because the VA has so many claims to do) and you still wanted to submit more evidence (but had not been able to acquire it before the 30 days), your new evidence will still be used. The way it works is **you have 2 choices:**

1. Request PVA to file a Notice of Disagreement (NOD) with the Rating Decision on your behalf using the new evidence (you have one year from the date of a Rating Decision to file a NOD). This would be the beginning of an appeal of the Rating Decision.

Or

2. Ask that PVA file a new claim on your behalf with the new evidence. You have a year from your **original date of claim** to provide additional evidence; hence, this new claim would go back to the date of claim of the original claim (if the evidence was received within one year of the original claim). The development of the claim would then continue.

Lastly, no matter what the letter says, DO NOT send your evidence directly to the VA. As your representative before the VA, it is so much more helpful to ALWAYS send EVERYTHING that is going to the VA through PVA. Upon receipt of your evidence, forms or whatever you need the VA to receive, PVA will submit it to the VA on your behalf. This way we are better able to keep a closer watch on your claim.



Derrick W. Fletcher, Manager
D. Fletcher Tutoring Service
1765 E. Loma Vista St.
Gilbert, AZ 85295
e-mail: derrick.fletcher @cox.net
dflechertutoringservice.com

November is National Caregiver Month

November is National Family Caregivers Month, a recognition that draws attention to the many challenges facing family caregivers, advocates for stronger public policies, and raises awareness about community programs that support family caregivers. It is a time to thank, support, educate, and celebrate the many devoted family members and friends who care for someone with a long-term chronic illness. More than **50 million people**, provide care for chronically ill, disabled or aged family member or friend during any given year. The value of the services family caregivers provide for "free" is estimated to be **\$306 billion** a year. That is almost **twice as much** as is actually spent on homecare and nursing home services combined (\$158 billion).

On October 30, 2009, the President of the United States issued a proclamation that affects many of us who are family caregivers. In his proclamation, the President said, "The true strength of the American family finds its roots in an unwavering commitment to care for one another. In difficult times, Americans come together to ensure our loved ones are comfortable and safe. Whether caring for a parent, relative, or child, our Nation's caregivers selflessly devote their time and energy to the well-being of those they look after. During National Family Caregivers Month, we honor the individuals providing essential services to family members who could not otherwise look after themselves."

For more information on caregiver resources and tools, please contact your SCI Coordinator.

Helpful Links and Resources:

- <http://besmartbewell.com/caregiving/index.htm>
- <http://www.usa.gov/Citizen/Topics/Health/caregivers>
- caregiverresourcecenter.com
- http://www.thefamilycaregiver.org/caregiving_resources
- <http://www.aarp.org/family/caregiving>
- <http://www.caregiverslibrary.org>
- <http://www.caregiving.org/>
- <http://www.nfcacares.org>

**Save the Date: Helen B. Remington SCI Workshop Saturday December 5, 2009.
Check your mail for registration information or call the SCI clinic.**

Alternative to the Flu Shot

Buy a large onion & a new pair of white cotton socks. Sliced the onion open, then put a slice on the bottom of each foot & put the white cotton socks on. In the morning remove the socks. The slices of onion should be black and the fever gone.

Contributed by Joe Chitty

Happy Holidays

Besh-Ba-Gowah Archaeological Park

Discover a 700-year-old Salado culture pueblo, climb ladders to second story rooms and view the typical furnishings of the era. Numerous artifacts of this remarkably advanced culture are displayed in the Besh-Ba-Gowah Museum. This ruin is located at the confluence of Pinal Creek and Ice House Canyon Wash, south of present-day Globe and has one of the largest single site archaeological collections in the Southwest. Considered to be one of the most significant finds of Southwest archaeology, visitors see one of the largest and most complex of the Salado communities. Archaeologists consider Besh-Ba-Gowah a ceremonial, redistribution and food storage complex. The Salado culture is identified as the cultural period from 1150 to 1450 in the Tonto Basin.

Region: [Northern Central Arizona](#)

Jesse Hayes Street

Globe, Arizona

Phone/Fax: (928) 425-0320 or (800) 804-5623

Daily from 9:00 AM-5:00 PM.

Recently APVA Member Dianne Brunswick and her friend Glenn Beachy took a road trip towards Globe, AZ to experience for themselves the ruins of the Besh-Ba-Gowah. Dianne has been showing Glenn, who is from Ohio, the unique treasures of Arizona. To Dianne's surprise, she discovered a plaque on Trail Development at the complex attributing a grant from the Arizona Chapter PVA for part of this trail's development. We at the office immediately called Dave Riske.

Dave has participated in every aspect of the Arizona PVA. He is also fast becoming an expert in the study of the Native Americans of Arizona and volunteers as a tour guide at the Heard Museum.

Dave has promised to write an article for this newsletter on the history of this plaque.



Besh-Ba-Gowah Ruins



Glenn and Dianne enjoying a photo opportunity within the Ruins



NOW - APRIL 30, 2010

It's easy to support us every time you buy groceries at Bashas'.

- 1.) Link your Bashas' Thank You Card to our Group ID# (just once at the beginning of the program) at any checkout or online at www.bashas.com/charity.

(Note: Even if you linked your Thank You card last year, you need to re-link it to earn funds for us).

Our Group ID#: **28194** _____

- 2.) From now - April 30, 2010, be sure that your Thank You Card is scanned every time you shop at Bashas'.
- 3.) Bashas' designates 1% of your purchases back to us at the end of the program, up to \$5,000.

Raise funds for us at absolutely no cost to you!



2009 CHARITY TAX CREDITS

CAN SUPPORT YOUR ARIZONA CHAPTER,

PARALYZED VETERANS OF AMERICA PROGRAMS!

The State of Arizona offers a Charity Tax Credit program, where families can donate money to the APVA that can be specifically spent on the Chapters programs, such as funding the APVA sports program. The Arizona Chapter sends novices to the National Veterans Wheelchair Games held once a year in different parts of the United States. The Arizona Chapter also helps fund Wheelchair Basketball, Over the Line softball, Trap Shoots, and many more athletic endeavors for the spinal cord/d injured. The Chapter also has a Prosthetics Program that covers areas such as a lending closet, were we provide donated wheelchairs, shower equipment, crutches, walkers exercise equipment, bedding, blankets etc. to individuals in need. These are some of the many programs that the APVA needs funding with.

This is a win/win situation: the Arizona Chapter's programs will get help with funding, and the amount donated can be used as a tax credit for you the tax payer. Each year Arizona taxpayers are entitled to a \$200.00 tax credit on their state taxes by sending a check to a qualifying non-profit organization. The Arizona Chapter, Paralyzed Veterans of America is a qualifying 501(C) (3) charity. A check for \$200.00 or \$400.00 if filing jointly must be received at the Chapter office on or before December 31, 2009 to qualify for this tax break.

Think about this for a minute, you will be helping your Chapter and also helping yourself during the up coming tax season. Don't delay; December 31st will be here before you realize it.

This information is for reference only. Please check with your tax preparer to see if you are eligible to take advantage of this tax credit. **It's not too early to start thinking about your 2009 Tax Season!**

Support for S. 1963, the “Caregiver and Veterans Omnibus Health Services Act of 2009”

Due to the fact that the Senate Committee on Veterans’ Affairs has been unable to move any of its major legislative measures to the Senate floor for consideration, Senator Daniel Akaka (D-HI), Chairman of the Senate VA Committee, has decided to merge the two major health care bills—S. 252, the “Veterans Health Care Authorization Act of 2009,” and S. 801, the “Caregiver and Veterans Health Services Act of 2009,” into a single bill. As such, Senator Akaka has introduced S. 1963, the “Caregiver and Veterans Omnibus Health Services Act of 2009,” that combines the provisions of those two bills.

This comprehensive legislation makes a number of positive changes to veterans’ health care services and programs. Specifically it would improve mental health programs, health care services directed at women veterans, and personnel policies and procedures administered by the Department of Veterans Affairs (VA).

Of particular importance to PVA are the sections of the legislation that would provide needed support to family caregivers of severely disabled veterans and that would eliminate co-payments that Priority Group 4 catastrophically disabled veterans are currently required to pay. As you may know, this has been a major legislative initiative for PVA for many years. This legislation would eliminate the financial burden that many PVA non-service connected members face, in particular.

We urge you to contact your senators and ask them for their support to bring S. 1963 to the Senate floor quickly and to vote in favor of the bill when it is considered. Apparently Senator Akaka would like to move this legislation in the next day or two, so contacting your senators immediately is critical.

If you have any questions, please contact Carl Blake, PVA National Legislative Director, at 202-416-7708 or at carlb@pva.org.



30th National Veterans Wheelchair Games

Games with Heart a Mile High

Denver, Colorado ★ July 4-9, 2010

Hosted by VA Eastern Colorado Health Care System and the
Mountain States Chapter Paralyzed Veterans of America

Presented by



National
Host Sponsor



Yes, you can.™

For More Information and
Registration Materials Contact:

Paralyzed Veterans of America
Sports and Recreation Program
(800) 424-8200, ext. 752 or 657,
(800) 795-4327 (tty)

or
VA Eastern Colorado
Health Care System
Amanda S. Eckman, RN, MBA
(720) 201-0455,
amanda.eckman@va.gov

or visit
www.pva.org/nvhwg

Medal Events

Air Guns
Archery
Basketball
Bowling
Field Events
Handcycling
Motor Rally
Nine Ball
Power Soccer

Quad Rugby
Slalom
Softball
Swimming
Table Tennis
Track
Trapshooting
Weightlifting

Exhibition/Clinic

Kayaking



City of Flagstaff

October 5, 2009

Peter Quinn
Paralyzed Veterans of Arizona
8126 N. 23rd Avenue, Suite J
Phoenix, AZ 85021

Dear Mr. Quinn,

We are in receipt of your check, thank you very much for the generous donation. Your support will not only allow us to host a wonderful banquet but it will also allow many lower income people who could not otherwise afford to purchase a ticket attend. The Commission would like to recognize your organization at the banquet on Friday, October 16, 2009. If you would like to send a couple of people to represent your organization we would be happy to arrange accommodations for them.

Please let me know if you or others of your organization would like to attend. I can be reached at (928) 527-8567 or (928) 699-2916. There are four meal choices available to choose from, they are Marinated Flank Steak, Saltimbocca Chicken, Stuffed Portobello Mushroom, and Grilled Atlantic Salmon.

Thank you again for your generous support.

Sincerely,

Al White, Vice Mayor
Disability Awareness Commission

Mission

Increase community awareness of the real contributions made by citizens of the community who are disabled and to provide recognition for employers, employees, students, teachers, parents, and professionals, who further the goals of the disability awareness and inclusion in the community.

211 West Aspen Avenue, Flagstaff, Arizona 86001
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PINE STRAWBERRY SCHOOL

P.O. Box 1150 • Pine, Az 85544

928-476-3283

October 9, 2009

Paralyzed Veterans of America
8126 N. 23rd Ave, Studio J
Phoenix, AZ 85021

Dear Veterans:

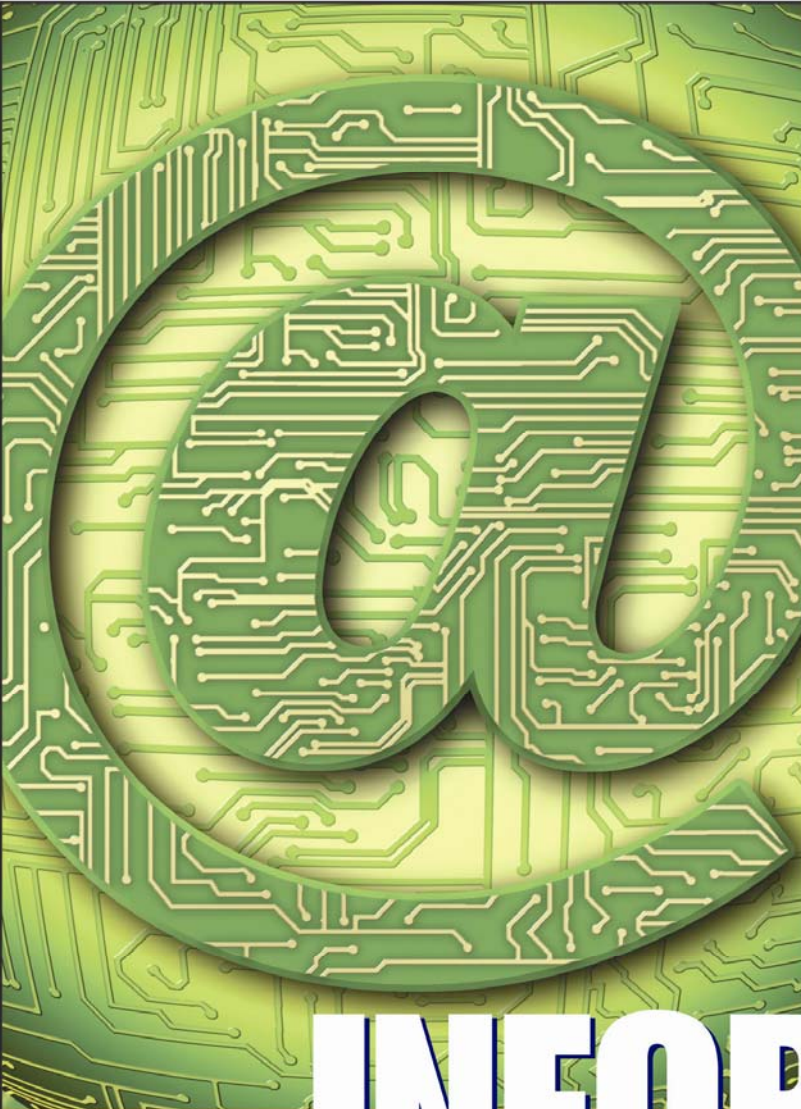
On behalf of the students and staff at Pine Strawberry School, please accept my most heartfelt thanks for the donation of equipment you so generously provided to the school. As you know, schools throughout the state have to deal with budget issues and allocate limited funds to support special programs and the students that need special equipment. Without the generosity of organizations like yours, most schools would not be able to provide the services special needs students require and deserve.

Again, thank you very much for a very generous donation and your support.

Sincerely,

A handwritten signature in blue ink, appearing to read "Michael Clark".

Michael Clark
Principal/Superintendent



PVA
PARALYZED VETERANS
OF AMERICA

STAY INFORMED!

**ARE YOU A PVA MEMBER?
DOES PVA HAVE YOUR EMAIL ADDRESS?**

Email is the fastest way for PVA to communicate news, event calendars, or special offers to PVA members. Contact the PVA Membership Program (memberupdate@pva.org or 800-424-8200, ext. 775 or 776) to ensure that we have your current contact information, including email address.

Don't miss an issue of the *President's Quarterly* newsletter, now being sent exclusively via email. And help us to inform you immediately on issues that affect you as a PVA member.



Contact PVA membership today!

memberupdate@pva.org

2009-2010 Calendar of Events



When	What	Where	Who
November 11 2009	Veterans Day Parade	Central and Indian School Rd	Paula Pedene 602-277-5551
November 26, 2009	Thanksgiving	Happy Turkey Day	Office Closed
December 15, 2009	APVA Holiday Party Open House	8126 N 23rd Ave Ste J Phoenix, AZ	APVA Office 602-244-9168
January 21- 23, 2010	Trap Shoot	Ben Avery Shooting Range	APVA Office 602-244-9168
February 9, 2010	APVA Board of Directors Meeting	8126 N 23rd Ave Ste J Phoenix, AZ	APVA Office 602-244-9168
March 6, 2010	Bike Ride Competition	Surprise, AZ into Buckeye, AZ	APVA Office 602-244-9168
April 3-4 2010	APVA Boating and Fishing Event	Lake Pleasant Scorpion Bay	APVA Office 602-244-9168

Any questions, or if you would like to add to the calendar please 602-244-9168

MEMBERSHIP REPORT from The Arizona Chapter

The Arizona Chapter voting membership stands at **546** as of October 2009.

National and APVA records show our voting membership as:

306- Service Connected 240 - Non-Service Connected

The Arizona Chapter encourages each of our members to contact the Chapter and let us know how you are doing, and if we can help you in any way. If you know of any of our members who have passed away, or if you have an address/phone change, please contact the Chapter as soon as possible. Also, if you would like to receive the Desert Oracle Newsletter by e-mail, please call or e-mail the office with your e-mail address.

Do you know a veteran with spinal cord dysfunction who isn't a member of the APVA?

Let us know at the Chapter office by calling
602-244-9168 or 1-800-621-9217 e-mail: azpva@azpva.org

Happy Birthday

November

December

Robert Barrett
 Tony Simms
 Steven Haines
 Marshall Evans
 Robert Flowers, Jr.
 Clinton Hoback
 Ronald Warren
 Jeffrey Turner
 David Beauchamp
 Mark Peterson
 Terry Ingle
 Giles Norris
 Dale Haarsaker
 Vicky Buselli
 Clark Sjodin
 Edward Gasiorowski
 William Stokes
 Kevin Brady
 Arlon Vincent

Timothy Bottorff
 William Kahler
 David Gollner
 Guerry Dalrymple
 Peter McCarthy
 Frank Gion
 Dennis Young
 Burl Williams
 Edward Doody
 Leo Gamel
 John Dlugosz
 Mark Hamling
 Leo Gamez
 John Tuzzolino
 Wayne Sampson
 Douglas Reed
 Glen Linklater
 Alan Williams
 Dennis Regeski



Toby Clement
 Robert Payne
 John Mollica
 Dennis & Dianna Olp
 Joy VanVeen
 Christopher Romero
 Gerald Feinholtz
 Antonia Broten
 Erica Hockings
 James Mangan
 Thomas Lopeman
 William Garmon
 Steven VanNote
 Joe Curtin
 William Harding III
 Gary Moe
 Steven O'Brien
 Richard Kelly
 William Mooney
 Bernard LyFord

Kenneth Taylor
 Christopher Verdi
 Mario DeAcetis
 Carlos Moleda
 Teresa Chavez-Morales
 Charles Anderson
 Paul Febock
 Milissa Johnson
 James McCammon
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 Robert Vomocil
 Paul Carter
 Ralph Heiser-Washington
 Lloyd Dalbeck

CLASSIFIEDS

ACCESSIBLE HOMES – BUY OR SELL NEW OR PRE-OWNED. SIXTEEN YEARS EXPERIENCE SERVICING THE DISABILITY COMMUNITY. I CAN HELP YOU BUY OR SELL PROPERTIES IN ARIZONA AS WELL AS ANYWHERE IN THE CONTINENTAL U.S., CANADA OR PUERTO RICO. I AM A CERTIFIED CARTUS RELOCATION SPECIALIST AND A USAA CERTIFIED SPECIALIST. **PATTY STELTON**, DISABILITIES SPECIALIST, COLDWELL BANKER RESIDENTIAL BROKERAGE, 480-951-1010 (O); 480-540-6898 (C) EMAIL: patty@pattystelton.com WEBSITE: www.pattystelton.com

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 Contest Preparation - Nutritional Consultation

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