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OCTOBER – NOVEMBER 2026



Determination In Motion

Justin Hall takes on Tunnel to Towers 5K in Augusta, Ga.

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SERVING THOSE SERVED

PARALYZED VETERANS OF AMERICA SOUTHEASTERN CHAPTER

4010 DEANS BRIDGE ROAD • HEPHZIBAH, GA 30815

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Southeastern Chapter

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Evett Williams - Marketing Director

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Vice President — Frederick “Rick” Evans

Secretary — Michael Bishop

Treasurer — Larry Dodson

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Board Member — Charles Outlaw

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Frederick “Rick” Evans

Government Relations Director
Charles Outlaw

Women’s Veteran Empowerment Coordinator
Natasha Faison-Williams

Membership Director
Michael Bishop

MS Coordinator—Amy Dotson

Chapter Newsletter Editor
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PRESIDENT'S MESSAGE



Dewayne McGowan, President

Staying Connected, Engaged, and Empowered

September was a busy and productive month for the Paralyzed Veterans of America Southeastern Chapter, filled with opportunities for our members to connect, participate, and support one another. As we reflect on our recent activities and look ahead, I want to emphasize the importance of member involvement and the many opportunities available through our Chapter.

Our mission extends beyond sports and recreation. While adaptive sports provide valuable opportunities for participation and fellowship, we also offer educational programs, membership meetings, advocacy initiatives, and resources to help our members navigate issues related to spinal cord injury or disease (SCI/D) and other health concerns. Our goal is to ensure that every member has access to the information, support, and opportunities needed to remain active, informed, and engaged in their communities.

Throughout September, our Chapter participated in several meaningful activities, including the Tunnel to Towers 5K Run & Walk on September 5, our monthly membership meeting on September 9, and Spinal Cord Injury Awareness events at the Charlie Norwood VA Medical Center's Downtown and Uptown Divisions on September 22 and 23. We also enjoyed a bowling outing with SCI/D inpatients on September 23 and supported the Women Veterans Empowerment Retreat held September 25–28.

In addition to these activities, Executive Director Hollis Bush, Justin Hall, and I spent time visiting local businesses to secure sponsorships and recruit teams for our annual Swing for Veterans Golf Classic, held October 9. I am pleased to share that the tournament was a tremendous success. We are grateful for the support of our sponsors, golfers, volunteers, and community partners who helped make this event possible. Their generosity strengthens our ability to provide sports and recreation opportunities for the veterans we serve.

As we move through October and November, I encourage every member to stay connected and take advantage of the opportunities available through our Chapter. October activities include our MS Town Hall meeting on October 15, Board of Directors and membership meetings on October 21, and our Chapter's hosting of the Band of Brothers at our Hephzibah office that same day. National PVA's MS and Town Hall meetings are scheduled for October 27 via Zoom, followed by the Military Veterans Appreciation Foundation Fishing Tournament on October 31.

I also want to highlight our leadership's commitment to responsible financial management. Members of our Executive Committee are participating in ongoing training provided by National PVA, titled Understanding the Treasurer's Role. This training strengthens our understanding of financial responsibilities and reinforces our commitment to accountability, transparency, and responsible stewardship of Chapter resources.

For members interested in recreational shooting, our indoor shooting range remains available every other Thursday. Reservations are required by Wednesday before your planned visit. Please contact me for the schedule or call our Chapter office at (706) 796-6301 for additional information.

Member engagement remains one of my highest priorities. Whether you participate in a sporting event, attend a membership meeting, join an educational session, or simply reach out with a question or concern, your involvement matters. Our Chapter is stronger when our members are informed, connected, and actively engaged.

It is truly an honor and privilege to serve as your President. I remain committed to listening to your concerns, supporting your needs, and working alongside our Board of Directors and Chapter leadership to ensure that we continue moving forward together.

Thank you for your membership, your participation, and your continued support of the Paralyzed Veterans of America Southeastern Chapter.

THANK YOU TO OUR GENEROUS SUPPORTERS

Recognizing those who strengthen our mission

1 October 2024 - 30 October 2026

Captain Leo Martinez

Jefferson Energy Cooperative Foundation, Inc.

Mary Allen Lindsey Branan Foundation

Maybelle and Alornzo White

Enterprise Car Rental

Frank DeWayne McGowan

Georgia Green Veterans, Inc.

National PVA

Vicki Evans

Southern Solicitor

Gateway Grant Services

The Blackbaud Giving Fund

DAFgiving 360

Allen Eastman

The Jim and Pauline Eubanks Endowment

Greenwood County Community Foundation

Robert Bailey

Eastman Credit Union

Robert and Christine Martin

John Turner

Williams Osborne

Fidelity Charitable

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Terry Martin

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Christopher Reeves Foundation

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EXECUTIVE DIRECTOR'S UPDATE



Hollis L. Bush, Executive Director

Building on Our Strengths, Moving Forward Together

As we continue through the final months of 2026, the Paralyzed Veterans of America Southeastern Chapter remains focused on strengthening our organization, expanding opportunities for our members, and fulfilling our mission of serving veterans living with spinal cord injury or disease (SCI/D).

One of our greatest strengths is the commitment of our leadership, members, volunteers, and community partners. Our Board of Directors, Executive Committee, and Finance Committee continue to play important roles in providing oversight, maintaining compliance with our governing documents, and supporting responsible Chapter operations.

Our commitment to serving members is demonstrated through ongoing support of the Spinal Cord Injury Unit, membership meetings, sports and recreation programs, fundraising initiatives, and consistent communication with our membership. Through our headquarters and nine regional leads, we continue working to extend our reach and ensure that members throughout our service area have opportunities to remain informed, connected, and involved.

Community partnerships and volunteer support are also essential to our success. Their contributions enable us to provide meaningful programs and activities while strengthening relationships with individuals, businesses, and organizations that share our commitment to veterans.

Expanding Our Reach and Impact

Several important initiatives are moving forward as we work to better serve our membership. These include strengthening our government relations efforts, increasing engagement through our Multiple Sclerosis and ALS Committee, advancing our Women's Empowerment Initiative, and creating additional opportunities for younger members to become involved in Chapter activities and leadership.

While we are encouraged by our progress, we also recognize areas where improvement is needed. Increasing personal check-in calls to members and strengthening relationships with local businesses remain priorities. Maintaining regular contact with our members helps us better understand their needs, while greater business engagement can create opportunities for partnerships, sponsorships, and additional resources to support our mission.

Accountability and Continued Excellence

As part of our commitment to responsible management, preparations for our FY26 audit are among our upcoming administrative priorities. The audit will support our ongoing efforts to maintain financial accountability and transparency.

We are also entering the nomination period for National PVA's Chapter Awards, which runs from September 1, 2026, through February 1, 2027. Award categories include the John M. Price Most Outstanding Chapter Award, Chapter Website Award, Bob Webb Excellence in Newsletter Award, Cliff Case Award, and Chapter Sports and Recreation Award.

These awards recognize excellence in leadership, communication, programs, and service throughout the PVA organization. They also provide an opportunity to reflect on the work being accomplished and identify ways to continue improving.

As we look ahead, I am encouraged by the dedication of our Board, staff, volunteers, and members. Our continued success depends on working together, strengthening our partnerships, and remaining responsive to the needs of those we serve.

Thank you for your continued support of the Southeastern Chapter. Together, we will continue building on our strengths, addressing challenges, and moving our mission forward.

National Director's Report



Rick Evans, National Director PVASE

Representing Our Members, Strengthening Our Voice

As we prepare for the 2026 Fall National Board of Directors meetings, I am excited about the opportunity to represent the Paralyzed Veterans of America Southeastern Chapter and contribute to decisions that will help shape the future of our organization.

This year, our Chapter has submitted three proposed resolutions for consideration during the Fall Board meetings. This is a particularly meaningful experience for me, as it marks my first opportunity as National Director to participate in the resolution process with proposals from our Chapter.

As a veteran, I understand the importance of having a voice in decisions that affect our lives and the services available to us. The opportunity to help shape organizational policies, advocate for meaningful improvements, and ensure that our members' needs are represented at the national level is both an honor and a responsibility I take seriously.

Our proposed resolutions reflect the importance of remaining actively engaged in the direction of our organization. Through this process, we have an opportunity to bring forward ideas, address concerns, and help strengthen PVA's ability to serve its members.

I look forward to sharing the outcomes of our proposed resolutions and providing updates from the Fall Board meetings at our Chapter membership meeting in December.

In the meantime, I encourage you to stay involved and share your questions, concerns, and suggestions. As your National Director, I am here to represent your interests and serve as a connection between our Southeastern Chapter and the National PVA organization.

Your voice matters, and your participation helps strengthen our Chapter and our organization as a whole.
Thank you for the opportunity to serve and represent you. I look forward to continuing our work together to make a positive difference in the lives of the veterans we serve.



MEMBERSHIP BY THE NUMBERS



Michael Bishop, Membership Director

PVASE At A Glance

1,492 TOTAL MEMBERS	**804** SERVICE-CONNECTED
941 SCI / SCD MEMBERS	**377** MS / ALS MEMBERS

Paralyzed Veterans of America currently reports 1,492 members, representing veterans from a wide range of service eras and age groups.

Of the total membership, 804 are service-connected, 687 are non-service-connected.

Peacetime veterans represent the largest service-era group with 809 members, followed by the Vietnam Era with 557, the Gulf War with 383, and Iraq Freedom with 203.

The chapter also reports 941 members with spinal cord injuries. Among the leading reported causes are vehicular accidents (330), other traumatic injuries (211), and medical or surgical complications (133). (310) have Multiple Sclerosis and (67) have ALS.

These figures provide a snapshot of the veterans PVA serves and highlight the importance of continuing to provide resources, advocacy, and support to members across generations.

SPORTS & RECREATION



Rick Evans, National Director PVASE

More Opportunities, More Possibilities: Staying Active in 2027

At the Paralyzed Veterans of America Southeastern Chapter, we believe that staying active, exploring new interests, and connecting with others are important parts of living a fulfilling life. Our Sports and Recreation Program continues to focus on providing opportunities that encourage our members to participate, challenge themselves, and enjoy experiences that promote physical activity, independence, and fellowship.

I am pleased to share that our Chapter has been fortunate to receive additional grant funding that will help create more recreational opportunities for our members. These grants are an important part of our efforts to reduce financial barriers and make it easier for veterans to participate in community recreation, adaptive sports camps, and other activities.

As funding opportunities become available, we will share information about eligibility, applications, and participation requirements through our Constant Contact email communications. I encourage every member to check their email regularly so they do not miss an opportunity to take advantage of these resources.

Preparing for the 2027 National Veterans Wheelchair Games
As we begin looking ahead to 2027, now is the time for members interested in participating in the National Veterans Wheelchair Games (NVWG) to begin preparing. These Games offer an opportunity for veterans to compete in adaptive sports, develop new skills, reconnect with fellow veterans, and experience the spirit of teamwork and camaraderie.

Members planning to participate should begin completing their required volunteer hours and attending the appropriate meetings to remain eligible for Chapter assistance. We also encourage members to take advantage of available grant opportunities that may support their preparation and participation.

Whether you are an experienced athlete or someone considering adaptive sports for the first time, we want you to know that there is a place for you in our program. Participation is not simply about winning medals. It is about discovering what is possible, building confidence, developing friendships, and continuing to pursue an active lifestyle.

Your Ideas Can Create New Opportunities
Our Sports and Recreation team is continuously exploring ways to expand our programs and introduce activities that reflect the interests and needs of our members. We recognize that recreation means different things to different people. Some members enjoy competitive sports, while others prefer fishing, bowling, outdoor activities, or recreational experiences that provide opportunities for fellowship and relaxation.

We welcome your suggestions for new activities, programs, and community partnerships. If there is an event you would like to participate in or an activity you believe other members would enjoy, please share your ideas with our Chapter office by email. Your input can help us develop programs that reach more members and encourage greater participation.

As we approach the new year, I encourage everyone to stay connected, remain involved, and explore the opportunities available through our Chapter. Be sure to watch your email for announcements about upcoming 2027 events, sports camps, recreational activities, and grant opportunities.

Our goal is simple: **to help more veterans get involved, stay active, and experience the benefits of sports and recreation.**

Thank you for your continued support and participation. I look forward to an exciting year of new opportunities and shared experiences.

Paralyzed Veterans of America Southeastern Chapter In Action



















Determination in Motion

JUSTIN HALL TAKES ON THE TUNNEL TO TOWERS 5K



SIDE BY SIDE • JUSTIN & ALEXIS HALL

Perseverance, determination, and the unwavering support of his wife make every mile a testament to what is possible.

On Saturday, September 5, 2026, Paralyzed Veterans of America Southeastern Chapter (PVASE) member Justin Hall participated in the Tunnel to Towers 5K Run & Walk at Augusta University's Summerville Campus in Augusta, Georgia. Accompanied by his wife, Alexis Hall, Justin took on the 3.1-mile course in his wheelchair, exemplifying strength, resilience, and perseverance.

ONE PUSH AT A TIME



THE JOURNEY



A MOMENT TO CELEBRATE

For Justin, participating in the 5K was about more than completing a course. It was another opportunity to challenge himself, embrace life, and demonstrate that physical limitations do not have to define one's possibilities. With tenacity and an unwavering spirit, he pushed forward, determined to reach the finish line.

Beside him was Alexis, his wife and steadfast supporter. Her presence throughout the event reflected the power of love, partnership, and encouragement. Together, they demonstrated that life's challenges are easier to navigate when faced with determination and the support of someone who believes in you.

Justin is no stranger to pushing boundaries. As an active participant in various adaptive sports and recreational activities, he continually seeks opportunities to remain physically active, challenge himself, and enjoy a fulfilling quality of life. His enthusiasm for adaptive sports reflects his commitment to living life with purpose, independence, and a positive outlook.

What makes Justin especially remarkable is not simply his willingness to participate, but his determination to keep moving forward. Whether competing in adaptive sports, participating in community events, or encouraging fellow veterans, Justin exemplifies the spirit of perseverance.

The Tunnel to Towers 5K honors the courage and sacrifices of our nation's first responders and military heroes. Justin's participation added another meaningful dimension to the event, demonstrating the resilience of a veteran who continues to embrace opportunities to live an active and rewarding life.

For the PVASE family, Justin is more than an active member—he is an inspiration. His commitment to adaptive sports, positive attitude, and determination to overcome challenges reflect the heart of our chapter's mission: empowering veterans living with spinal cord injuries and diseases to pursue independence, meaningful opportunities, and an enhanced quality of life.

> ***"Perseverance is not simply about reaching the finish line—it's about having the courage to keep moving forward, one push at a time."***

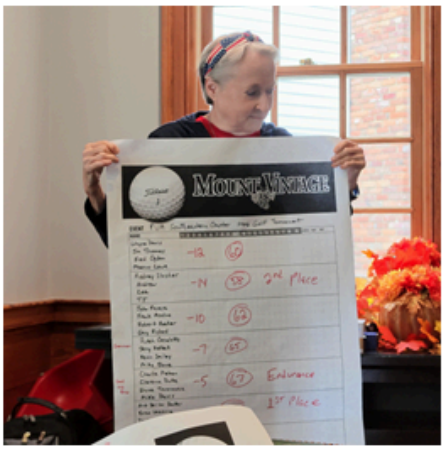
Congratulations, Justin! We proudly celebrate your achievement and Alexis's encouragement along the way.

Paralyzed Veterans of America Southeastern Chapter In Action























FIRST ANNUAL / GOLF TOURNAMENT

Swing for Veterans Golf Tournament

A DAY OF GOLF, GENEROSITY & CAMARADERIE

The First Annual PVA Southeastern Chapter Swing for Veterans Golf Tournament was a success. Forty golfers participated in a scramble format to raise funding for the chapter's sports and recreation programs. All prizes came from in-kind donations. Though sponsorship was low, golfers, volunteers, and members had a wonderful time.

Contributors to the tournament were Jim Hudson of Lexus, Wedges and Woods, Forrest Hills Golf Club, Mount Vintage Golf Club, Pointe South Golf Club, Top Golf, Edwin Watts Golf, and Bonaventure Golf Store.

A special thanks to the forty golfers, Team Penske, Justin Hall, Board Member Amy Dotson, Past Immediate President Linda Hutchinson, President Dewayne McGowan and Marketing Director Evett Williams for their hard work and support. Coordination for the second annual tournament is on going and the chapter hope to see you at the golf course in October 2027.



GOLF FOR EVERY ABILITY





Rickie Charles Rapp Jr.

BOARD OF DIRECTORS / PVA SOUTHEASTERN CHAPTER

United States Marine Corps Veteran

For Rickie Charles Rapp Jr., service, leadership, and advocacy are more than responsibilities—they are personal commitments shaped by his military background and life experiences.

A United States Marine Corps veteran, Rickie enlisted at just 17 years old and served as a Lance Corporal (E-3). His time in the Marine Corps instilled the values of discipline, accountability, teamwork, and service—principles that continue to guide him today.

Following his military service, Rickie sustained a spinal cord injury in a diving accident that left him paralyzed from the chest down. His journey of adjusting to life with a spinal cord injury included navigating disability programs, services, grants, and other resources. These experiences gave him a deeper understanding of the challenges faced by individuals living with spinal cord injuries and diseases (SCI/D), as well as the importance of having a strong voice advocating on their behalf.

Before his injury, Rickie worked in residential HVAC installation, where he developed valuable leadership, communication, customer service, and problem-solving skills.

A PVA member for three years, Rickie was recently elected to the Southeastern Chapter's Board of Directors. He brings a unique perspective that combines military service, professional experience, and firsthand knowledge of living with SCI/D.

Rickie is especially passionate about strengthening advocacy efforts in North Carolina, building relationships with policymakers, and ensuring that the concerns of veterans and individuals with SCI/D are heard and understood.

His approach to advocacy is straightforward: listen, learn, build relationships, educate, advocate, and follow through.

As he begins his service on the Board, Rickie is committed to representing PVA members with professionalism, integrity, and determination.



Charles Outlaw

BOARD OF DIRECTORS / PVA SOUTHEASTERN CHAPTER

United States Army Veteran

For Charles Outlaw, resilience, service, and a commitment to helping fellow veterans have shaped a journey of personal growth and purposeful leadership. As Government Relations Director for the Paralyzed Veterans of America (PVA) Southeastern Chapter, Charles brings firsthand experience, determination, and a passion for connecting veterans with valuable resources and opportunities.

Born and raised in Brooklyn, New York, Charles developed an early love for sports, particularly football, running, and handball. During his junior year of high school, he relocated to Gloucester County, Virginia, where he met his future wife, Kimberly (Kim). In his senior year, Charles enlisted in the United States Army, choosing communications as his military occupational specialty.

His life took an unexpected turn during Christmas break when a dirt bike accident resulted in a spinal cord injury at the T5 level, leaving him partially paralyzed. Since 2005, Charles has faced the challenges of living with paralysis while maintaining his determination to move forward.

During his rehabilitation at the Augusta VA Medical Center, Charles received medical care, physical therapy, and recreational therapy that helped him adjust to life after his injury. It was also during this time that he joined PVA, beginning a connection that would eventually lead to chapter leadership.

Following rehabilitation and the loss of his mother to lung cancer, Charles eventually relocated to Charlotte, North Carolina. In 2016, he attended his first National Veterans Wheelchair Games (NVWG), an experience that strengthened his connection to the veteran community and introduced him to new opportunities through adaptive sports.

As his involvement with PVA grew, so did his desire to serve. In 2025, Charles was sworn in as a member of the Southeastern Chapter Board of Directors, and in 2026, he assumed the role of Government Relations Director. Although still growing into this leadership position, he embraces the opportunity to advocate for veterans and increase awareness of PVA's mission, programs, and services.

Today, Charles and his wife, Kim, reside in Statesville, North Carolina. He continues to share information about PVA with friends, family, fellow veterans, and members of his community, recognizing that awareness and connection can make a meaningful difference in the lives of others.

Charles's journey reflects the strength of perseverance, the importance of community, and the power of turning personal experiences into opportunities to serve. Through his commitment to advocacy and outreach, he continues to demonstrate what it means to be a veteran serving fellow veterans.

WOMEN'S EMPOWERMENT



Natasha Faison-Williams, Women's Empowerment Director

Empowered Women, Stronger Connections, Endless Possibilities

The Women Veterans Empowerment Retreat (WVER), held September 25–28 in Orlando, Florida, was a wonderful success! Thank you to all the ladies who attended and helped make this event a meaningful opportunity for fellowship, encouragement, and connection.

Our Women's Empowerment Initiative continues to grow, creating opportunities for women veterans to connect, share experiences, and support one another through meetings, educational programs, and special events.

I recently had the opportunity to tour Principal Business Enterprises (PBE), a manufacturer of incontinence care products. During my visit, I learned about their manufacturing operations and upcoming products while sharing ideas for items that could better serve wheelchair users, including black disposable underpads and specialized absorbent briefs. It was an exciting opportunity to advocate for products that promote comfort, dignity, and independence.

As we look ahead, I am excited about the future of WVER and the opportunities to empower, educate, and encourage more women veterans. Stay connected and watch for announcements about upcoming meetings and events.

Together, we are building stronger connections, amplifying our voices, and empowering one another. Let's go!



Empowered to Lead, Inspired to Share

By Linda Hutchinson

I had the privilege of attending the 2026 Women Veterans Empowerment Retreat (WVER), held September 25–28 at the Hilton Orlando in Florida. It was an incredible experience filled with learning, laughter, fellowship, and personal growth.

This year's space-themed retreat allowed participants to choose between Team Astronaut and Team Alien. I'll let everyone guess which team I joined!

Beyond the fun, WVER focused on developing leadership skills and empowering women veterans to share valuable resources with their chapters. One meaningful workshop encouraged us to tell our personal stories, focusing on our experiences and emotions rather than perfect writing.

I also connected with Katirjoy Cochran of the Northwest Chapter, who offers online workshops. I plan to share this information with our chapter leadership so other women can participate.

A special highlight was hearing from retired U.S. Navy veteran and NASA astronaut CAPT Betty Lawrence, who shared her inspiring career journey.

I returned home encouraged, empowered, and grateful for this wonderful opportunity. I hope to attend another WVER in the future!

MS/ALS COMMITTEE REPORT



Amy Dotson, MS/ALS Committee Representative

Raising Awareness, Building Connections, Supporting One Another

Staying informed, connected, and supported is important for veterans living with Multiple Sclerosis (MS). The National PVA MS Committee continues to provide opportunities for education and engagement through quarterly virtual Town Hall meetings. These sessions are open to individuals living with MS and anyone interested in learning more about the condition. Participants can ask questions, hear from knowledgeable experts, and gain valuable information to help navigate their MS journey.

We also want to celebrate the accomplishments of our members! Through the "MS Boots on the Ground" initiative, members are encouraged to share their activities, achievements, and photographs so we can highlight the positive impact they are making in their communities.

Looking ahead, we are planning activities for MS Awareness Month in March 2027 and World MS Day on May 30. We hope to organize awareness booths at VA medical facilities to share information about MS, increase visibility, and connect with veterans who may not know they are eligible for PVA membership.

Volunteers and fresh ideas are always welcome! If you are interested in helping with awareness activities, sharing your experiences, or suggesting future programs, please reach out.

Together, we can raise awareness, strengthen connections, and remind every veteran living with MS that they are not alone.

PVA Southeastern Chapter Election of Officers and Board Members is opening soon. From **June 1–30, 2027**, members can nominate candidates for President, Vice President, Secretary, Treasurer and six board of director positions. More information about this process will be provided at the December 2026 Membership Meeting.

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WHAT IS HYPOTENSION AND WHAT ARE ITS POSSIBLE EFFECTS

William Korfmacher / Senior National Service Officer

Hypotension is a condition in which an individual's systolic blood pressure reading is below 90 and their diastolic reading is below 60. Potential effects of this condition may include dizziness, weakness, and possible syncope. If this happens when the person is standing up the person will likely fall or pass out and likely suffer injuries as a result. These injuries could include fractures, facial injuries or other conditions due to fall. Should these injuries occur, the individual will need to seek medical care at the nearest hospital Emergency Room.

After the Emergency Medical Technicians triage you and confirm that your issue is hypotension and you are admitted to the hospital, they will likely check your blood pressure readings while you are lying down, sitting and/or standing up. If the person's blood pressure readings drop significantly when standing up and does so repeatedly, they may prescribe a medication such as Midodrine, which will cause your blood pressure to rise.

If the person has suffered injuries due to hypotension, they will need to be admitted to the hospital to address those injuries. While in the hospital the staff will take repeated blood pressure readings to establish a record to support a certain dosage of midodrine.

Once the person's blood pressure is stabilized, they may need to be sent to rehabilitation as they may need help to remember how to walk or to do other activities of daily living. There will be multiple sessions with Physical Therapy and Occupational therapy to monitor the person's progress toward independence and discharge. The process of admittance, rehabilitation, and readiness for discharge could take weeks depending upon their progress in learning how to walk and performing activities of daily living without help of medical personnel. The hos
pital may provide aids such as a walker or a cane if the patient is unsteady on their feet.

Even after a person is discharged from the hospital or rehabilitation center the risk of a recurrence of the condition remains as the level of medicine prescribed may need to be amended if it does not adequately control the condition. It is advisable for the person to take their own blood pressure readings daily and present them to their primary care physician to possibly change the dosage of the medication. It appears to be the nature of this condition to continue to cause issues even after treatment.

The cause of hypotension may be due to a heart issue or due to prescribed medications such as Metoprolol, sometimes referred to as "Low Presser" In my experience Metoprolol was prescribed to treat Atrial Fibrillation but was removed and replaced by Midodrine. If a person has multiple medical issues, it can be difficult to discover a proper set of medicines to prescribe as drugs sometimes work against each other and a balance presents a challenge to achieve. It would

appear that hypotension is less common than hypertension so that further research would be needed to discover the best treatment regimen.

Until this research is done it is the responsibility of the affected person to exercise caution when waking up at night such as sitting on the side of the bed before standing up and limiting how far you walk as new issues may occur if one person is not diligent in their own self-care.

While in the hospital suggestions such as walking a certain distance on a daily basis are made to aid in the person's recovery and continued improvement. Physical therapy may suggest certain exercises such as ankle bends to improve one's strength and readiness for discharge. It is a good idea to continue these suggested exercises after discharge to aid in recovery and perhaps prevent recurrence of the original condition and its associated potential injuries.

Because hypotension can increase the risk of falls and related injuries, it is important to make the home as safe as possible after discharge. A bathroom refit may be helpful if it includes safety features such as grab bars, a shower bench, and other supports. Other household hazards, including loose rugs, floor clutter, and slippery areas, should also be corrected. Recovery from hypotension and any related injuries can take time, and the risk of another fall may remain if the person does not follow the recommendations of hospital and rehabilitation staff. Veterans do not commonly claim hypotension as service-connected unless it began during military service or within a specific period after discharge. Anyone pursuing a service-connection claim should keep dated blood pressure readings, note the time of each reading, and maintain records of diagnosis and treatment.

Daily Safety Tips

Daily safety habits are also important for reducing the risk of falls. A person with hypotension should rise slowly from bed or a chair, sit for a moment before standing, and avoid walking immediately after feeling dizzy or weak. Walking areas should be kept clear, proper footwear should be worn, and assistive devices such as a cane or walker should be used if recommended. Staying aware of symptoms and asking for help when needed can support recovery and help prevent additional injuries.

A Paralyzed Veterans of America National Service Officer can assist with documenting and filing these claims.

MEMBERSHIP APPLICATION

Paralyzed Veterans of America

Membership Application

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted or commissioned for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States, or our allies as evidenced by other-than-dishonorable character of service documented by a verifiable DD-214 or DD-215 (entry-level separation not acceptable); (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. ***Complete and return application to the chapter of choice or by mail/email to:*** *Paralyzed Veterans of America Membership Department, 1875 Eye Street, NW, Suite 1100, Washington, DC 20006; (E) members@pva.org. Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.*

Chapter Name: _____

First Name: _____ **Middle Initial:** ____ **Last Name:** _____

Date of Birth: ____ /____ /_____ **Social Security Number:** _____ ☐ Male ☐ Female

Race/Ethnicity:

☐ Asian/Pacific Islander ☐ African American/Descent ☐ Hispanic/Latino

☐ Native American/Alaskan Native ☐ Caucasian

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Email:** _____

Home Phone: _____ **Cell Phone:** _____

VETERAN STATUS INFORMATION

Please submit the following with application:

- DD Form 214 showing character of discharge.
- Medical evidence of spinal cord injury or involvement (medical records or physician's statement).

Proof of active duty status must be verified prior to membership approval.

Have you been discharged under conditions that are less than honorable? ☐ Yes ☐ No

If yes, please explain: _____

Are you a United States citizen? ☐ Yes ☐ No

Do you have a spinal cord injury or disease? ☐ Yes ☐ No If disease, specify: _____

Is your spinal cord injury or spinal cord disease service connected? ☐ Yes ☐ No

If Paralyzed Veterans of America is your accredited representative, do you permit PVA Service Officers to provide information to PVA National Membership Department relative to your membership eligibility? ☐ Yes ☐ No

I declare under penalty of perjury that the foregoing is true and correct, that I have read and meet the qualifications and I understand that my membership could be denied or revoked if any information provided is inaccurate.

Applicant Signature: _____ **Date:** ____/____/_____

Witness Signature: _____ **Date:** ____/____/_____

01/23

SCI/D COORDINATORS DIRECTORY

Charlie Norwood VA Medical Center, Augusta, GA

SCI Clinic Coordinator: (800)836-5561, ext. 33778 or 33710
SCI Outpatient Clinic Nurse , (800)836-5561, ext. 32245
SCI Home Care Coordinator
SCI Fee B&B: Shavondria Davis, (800)836-5561, ext. 32242

Atlanta/Decatur VA Medical Center

SCI/D Coordinator: Corey Ashmore , 404-321-6111, ext. 202475

Birmingham VA Medical Center

SCI/D Coordinator: Nazaren Hartman, 205-933-8101, ext. 6453

Central Alabama Veterans Healthcare System (Montgomery/Tuskegee)

SCI/D Coordinator: Tammy Davidson, 334-727-0550, ext.53219

Charleston VA Medical Center

SCI/D Coordinator: Cheryl Jefferson, 843-789-6456 or 843-577-5011, ext. 206456

Dublin VA Medical Center

SCI/D Coordinator: Kierra Allen, 478-274-5459

Tuscaloosa VA Medical Center

SCI/D Coordinator: James Smith, 205-554-3542

Asheville VA Medical Center

SCI/D Coordinator: Amy Pike, 828-298-7911, ext. 15384

Mountain Home VA Medical Center

SCI/D Coordinator: Marcy Fleenor, 423-979-2647 or 423-926-1171, ext. 2746

Salisbury VA Medical Center

SCI/D Coordinator: Alice Gatewood, 704- 638-9000, ext. 3144

PVASE Chapter Membership

Chapter Membership Director: Michael Bishop

MEMBERSHIP LEADS

Asheville, NC
Dewayne McGowan

Atlanta, GA
James Beilfuss

Augusta, GA
Michael Bishop

Birmingham, AL
Vacant

Charleston, SC
Joseph Gethers

Columbia, SC
Joseph Gethers

Dublin, GA
Keith Thompson

Montgomery, AL
Vacant

Mountain Home, TN
Dewayne McGowan

All membership meetings will be conducted via Zoom unless otherwise communicated.

Ways To Donate and Support Our Veterans

The Paralyzed Veterans of America – Southeastern Chapter deeply appre-ciates your generosity. Your donation helps us provide vital support to veterans living with spinal cord injuries and diseases. You can give in the way that works best for you:

By Mail

Send checks payable to PVA Southeastern Chapter to:4010 Deans Bridge Rd Hephzibah, GA 30815

Online via PayPal

Through Facebook Fundraisers

Every contribution makes a difference. Thank you for standing with our heroes.

Paralyzed Veterans of America

Southeastern Chapter

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