



February 2020

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February 4

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February 10

Board of Director's Meeting
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February 10

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Patient Education
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Chapter Calendar

Important Links

Patient Education
Review past patient education sessions and find out how to participate

Air Access 30
Share stories about your air travel experiences as a passenger with a disability

Publications
View chapter newsletters, annual reports, PVA Publications

President's Message

Welcome to February. January flew by and we are well into the Winter. I hope you all had a great New Year's celebration. We have an important meeting coming up this month. National PVA will be coming on Monday, February 10, 2020 at 1:00 pm. Please join us at VA Palo Alto Health Care System Building 7's Dining Room for a meeting. A Pizza Night will be hosted by the Chapter that night at 5:00 pm. We encourage veterans and family members to attend.



The Chapter and SCI/D Recreation Therapy will be hosting a Shuffleboard Clinic on Tuesday, February 4, 2020 at 11:00 am at VA Palo Alto Health Care System Building 7's Dining Room. We want to prepare veterans for the National Sporting Events. These adaptive clinics are for fun and anyone can participate. Lunch will be provided to participants.

I know we have asked for volunteers to help with our Chapter Hospital Liaison Program. We still need a representative for VA Central California HCS in Fresno and VA Pacific Islands in Honolulu. This program is to help us understand the short fall of our hospital in Palo Alto and spokes sites. This will help us focus on members during their visit and to find out how long the wait is to get in.

Palo Alto currently does not have a permanent National Service Officer (NSO) from PVA, so please if you have any questions or concerns you may call Tami Anderson at (612) 970-5668.

If you ever need to contact the office, please call us at 1(800) 273-6789 or email us at administration@bawpva.org. We are here for you and always willing to help.

SCI Peer Support

Donate

Vehicle Donation
Clothing Donation
Amazon Smile
iGive
eScrip
Monetary Donation

Contact Us

<http://www.bawpva.org>
<mailto:administration@bawpva.org>



**Paralyzed Veterans
of America**

Bay Area & Western Chapter

Palo Alto, CA - VA Palo Alto's SCI/D Center is continuing its Peer Support Program on the last Thursday of each month. Peer Support is a great way to connect with other veterans in the SCI/D Family.

VA Palo Alto Health Care System
Presents

Welcome all Spinal Cord Injury Veterans

Stronger Together

Peer Support Group



**Every Last Thursday of
Every Month Beginning**

March 28, 2019

1:00 p.m. - 2:00 p.m.

VA Palo Alto Division

Building 7, Ward E (Day Room)

Peer-led and designed to enable individuals with spinal cord injuries a time and place to share stories, experiences, and concerns with each other.

*For more information please contact
Julie Morkve, LCSW at ext. 65340*



VA



U.S. Department of Veterans Affairs
Palo Alto Health Care System
116B Medical Plaza
Palo Alto, CA 94304

National Veterans Wheelchair Games



Paralyzed Veterans
of America

The Paralyzed Veterans of America and the VA will be hosting the National Veterans Wheelchair Games in Portland, OR July 3-8, 2020. Applications are due by April 1, 2020. Please visit www.wheelchairgames.org for more information.



NATIONAL VETERANS
**WHEELCHAIR
GAMES**

40TH ANNIVERSARY

JULY 3-8, 2020
Portland, OR • WheelchairGames.org

Co-Presented by:

VA U.S. Department of Veterans Affairs

Paralyzed Veterans of America

GIVE and Wheels Helping Warriors



The New Year is here and the giving season is continuing. The Chapter encourages our local community to donate their clothing and vehicles to our veterans.

The Bay Area & Western PVA Chapter in association with National PVA is now hosting a Clothing Drive in the Palo Alto, CA Office. The Chapter is looking to the community to donate lightly used clothing and other items that will directly benefit a veteran. The GIVE Program is still new, but we would love the expand the program to bring in more funds for veterans.

Clothing Donation Program - GIVE



The Bay Area & Western PVA Chapter in association with National PVA also has the Wheels Helping Warriors Program in which we accept vehicles. The process is very simple and in the end the veterans are getting the funds from the donation.

Vehicle Donation Program - Wheels Helping Warriors



PAVE



Paralyzed Veterans
of America

Washington, D.C. – The Paralyzed Veterans of America started the Paving Access for Veterans Employment (PAVE) Program in 2007 to assist veterans in getting back into the community. Please see below for an article by the PAVE Director.



With PAVE, Paralyzed Veterans of America's Employment Program,

You Will:

- Receive carefully tailored **one-on-one support** from a PAVE team member.
- Set goals to achieve your career objective.
- Learn how to craft an effective resume and cover letter specific to your career interests.
- Develop effective interview and communication skills so you are confident in interviews.
- Craft job search strategies to meet your employment goals.
- Create an effective LinkedIn profile.
- Identify and engage in networking opportunities in your community.
- And much more!



We Will:

- Provide **one-on-one guidance** to help you find **meaningful employment**.
- Guide you through development and enhancement of your resume and cover letter.
- Assess your current abilities, training, and experience and help you identify career goals.
- Teach you how to build an effective LinkedIn profile page.
- Practice mock interviews to hone your skills before you interact with employers.
- Regularly communicate with you to track progress and identify other resources to assist in the job search process.
- Be a **Partner for Life** to assist you for the duration of your career.

pva.org/pave • info@pva.org • ParalyzedVeterans • PVA1946

Washington Update



Paralyzed Veterans
of America

Washington, D.C. – The Paralyzed Veterans of America’s Government Relations Department works hard daily to improve life for veterans by focusing on legislation on the hill that will change the lives of individuals with disabilities.

DOT PROPOSES RULE TO IMPROVE LAVATORY ACCESS ON SINGLE-AISLE AIRCRAFT

The U.S. Department of Transportation (DOT) has issued a new [proposed rule](#) for public comment to improve restroom access for passengers with disabilities on single-aisle aircraft. The proposed regulation calls for limited improvements to lavatory interiors, enhanced criteria for onboard wheelchairs, and training of flight attendants. Comments on DOT's proposal are due by March 2, 2020.

The proposed rule is intended to improve the accessibility of single-aisle aircraft with seating capacity of 125 or more seats as they are increasingly being used by airlines for long-distance flights. Specifically, it would require airlines that operate new single-aisle aircraft with seating capacity of 125 or more seats to ensure the accessibility of features *within* the aircraft lavatory, including but not limited to toilet seats, assist handles, faucets, attendant call buttons, and door locks.

The proposed rule also includes training and information requirements that would apply to the airlines’ operations. Airlines would be required to train flight attendants on proper procedures for providing assistance to individuals with disabilities to and from the lavatory from the aircraft seat, including hands-on training on the retrieval, assembly, stowage, and use of the aircraft’s on-board wheelchair, and training regarding the accessibility features of the lavatory. To ensure that passengers with disabilities have accurate information about the types of accessibility features available on aircraft and can plan their flight appropriately, DOT proposes to require that airlines make information concerning the accessibility of aircraft lavatories available on the airline’s website, on the aircraft, and upon request to individuals with a disability.

In addition, the proposed rule would establish improved performance standards for onboard wheelchairs, which are used to transport non-ambulatory passengers to lavatories from their seats. Under the regulation, the onboard wheelchairs would need to align with the height of airline seats for easier transfer and have wheel locks and other

features for safety and stability. The chair would allow entry in a forward manner for passengers who can perform a stand-and-pivot transfer. The rule also would require the chair to be capable of completely entering the lavatory in a backward orientation and fitting over the closed toilet lid so that the door can be closed for privacy in performing non-toileting functions.

In August, the Access Board [proposed](#) voluntary guidelines for onboard wheelchairs to supplement DOT's performance criteria. These proposed guidelines, which contain non-binding technical specifications for the dimensions, features, and capabilities of onboard wheelchairs, would provide airlines and onboard wheelchair manufacturers with an example as to how DOT's performance criteria could be met. The Board is currently finalizing these guidelines based on the public comments it received.

Unfortunately, the proposed rule does not address the size of lavatories. Instead, DOT will issue an advance notice of proposed rulemaking (ANPRM) to solicit comment and gather information on the costs and benefits of requiring airlines to make lavatories on new single-aisle aircraft larger, equivalent to that currently found on twin-aisle aircraft. PVA strongly believes in the need for fully accessible lavatories in line with the agreement made during the [2016 negotiated rulemaking on accessible lavatories](#) and will strongly support larger lavatories in the ANPRM.