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President's Message



Happy Spring everyone. I hope everyone is enjoying this early Summer weather. The Bay Area & Western PVA Chapter is making sure we are on top of COVID-19 updates. The office in Palo Alto will be closed until further notice for the safety of our staff. Also, the VA in Palo Alto will be closed until further notice. All elective surgeries and annual appointments will be rescheduled or conducted through telehealth or by phone. If you are having prescription issues especially glove and catheter refills, please contact the VA Palo Alto SCI Outpatient Clinic at (650) 493-5000 x65871 if you have any questions.

The COVID-19 Pandemic has been concerning to individuals with disabilities. A member of the Chapter has shared a great source that is very informational. Please follow this link:

<https://kesslerfoundation.org/info/covid-19-and-spinal-cord-injury-minimizing-risks-complications>.

The Bay Area & Western PVA Chapter is cancelling or postponing all events up to September 2020. The Annual Banquet will be on Saturday, November 21, 2020 at the Hyatt Regency in Santa Clara, CA. A new invite will be sent out in the future. The 10th Annual Golf Tournament is being postponed to Monday July 26, 2021 at Palo Alto Hills Golf & Country Club. All Chapter Membership Meetings are on hold until the shelter in place is lifted and social gatherings are accepted. More details will be available soon.

I recommend that each veteran call into the Patient Education Meeting weekly for an update from the SCI/D Center at VA Palo Alto in regards to COVID-19. The Patient Education Committee is also presenting valuable resources on numerous topics each week. Past topics have included: Assistive Technology, Heat Control for Individuals with Disabilities, and more. The Patient Education meeting with the SCI/D Center will be on Wednesdays at 12:00 pm PDT. To connect, please call 800-767-1750. You will then enter the participant code 22095 and press # to join the meeting. There will also be different topics discussed during the meeting.

The Chapter and SCI/D Recreation Therapy are trying to find ways to keep veterans occupied during the COVID-19 pandemic. If you are

looking to exercise and want to learn more about workout equipment that the Chapter can lend you, please contact Executive Director Kory Amaral at amaral@bawpva.org.

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 or email Tami at tamiA@pva.org.

If you ever need to contact the office, please call us at 1(800) 273-6789 (the voicemails will only be listened to once a week due to office closure or email us at amaral@bawpva.org. We are here for you and always willing to help.

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

COVID-19 Resources
View National PVA's resources and updates on COVID-19

Donate

Vehicle Donation
Clothing Donation
Amazon Smile
iGive
eScrip
Monetary Donation

SCI Peer Support



Palo Alto, CA - VA Palo Alto's SCI/D Center is continuing its Peer Support Program every Wednesday at 2:00 PM. Peer Support is a great way to connect with other veterans in the SCI/D Family.

If you are looking to speak with other spinal cord injury (SCI) veterans and join a group of support, the Bay Area & Western PVA Chapter and the SCI/D Center's Recreation Therapy are hosting a teleconference each week to keep everyone connected. SCI Peer Support will take place on Wednesdays at 2:00 pm PDT. To connect, please call 800-767-1750. You will then enter the participant code 08241 and press # to join the meeting. Your participation in the group is voluntary, but we encourage you to call in and listen because you can gain knowledge and resources from veterans who have had an SCI for years.



Contact Us

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

National Veterans Wheelchair Games



The Paralyzed Veterans of America and the VA have decided to cancel the physical National Veterans Wheelchair Games in Portland, OR on July 3-8, 2020 due to the COVID-19 pandemic, but the Games will be virtual. More information coming soon. The Recreation Therapist and the Chapter will be contacting the veterans who signed up for the Games to explain the new registration process.

VA Palo Alto Adaptive Sports Medicine Clinic



Palo Alto, CA – The VA Palo Alto Adaptive Medicine Sports Clinic will take place monthly starting Tuesday, June 16, 2020.

VA Palo Alto Health Care System
Palo Alto

Palo Alto VA Adaptive Sports Medicine Clinic



Where: VA Palo Alto Division, Building 7, PM&R Clinic
Next Clinic Date: Tuesday AM, June 16th, 2020
(recurring monthly)

The **Adaptive Sports Medicine Clinic** team consists of PM&R and sports medicine physicians, chiropractors, recreational therapists, and physical therapists specialized in treating the adaptive athlete. We treat injuries, pain and functional issues and also provide athletic training and/or sports performance for veteran athletes involved in adaptive sports.

Contact: If you think you would benefit from our services, request a referral from your primary care physician or contact your recreational therapist or Huy Diep, RT at 650-403-5000, x67538, huy.diep@va.gov.

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PVA Sports and Recreation



**Paralyzed Veterans
of America**

Washington, D.C. - The PVA Sports and Recreation Department is now scheduling weekly events for individuals with disabilities to participate in.



JUNE 1-7 SPORTS & RECREATION

*ADAPTIVE YOGA Led by Dr. Audrey Lee
Monday, Wednesday, & Saturday 11am EST
Click to register*

*AIR RIFLE INSTRUCTION Led by John Arbino
Thursday 3pm EST
Click to register*

*BOOK CLUB late sign up to read "The Boys in the Boat"
Friday June 12th 1pm EST
Click to Register*

*SPIN CLASS Led by special guest instructor
Monday - Saturday
Email HANDCYCLING@PVA.ORG for times and registration*

*SIT STRONG CLASS Led by ADAPT instructor
Tuesday, Thursday, & Saturday 9:30am EST
Click to Register*



**Paralyzed Veterans
of America**

On Facebook @PVASports:
PVA Racing team member spotlight

GIVE Program



The Shelter in Place order due to the COVID-19 pandemic gives us time to clean out our closets. The Chapter encourages our local community to donate their clothing to our veterans.

The Bay Area & Western PVA Chapter in association with National PVA is 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. Though the GIVE Program, we would love the expand the program by bringing in more funds for our veterans.

[Clothing Donation Program - GIVE](#)



Washington Update



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.

CELEBRATE THE ADA 30TH ANNIVERSARY

On July 26, we will mark the 30th anniversary of the signing of the Americans with Disabilities Act (ADA). This landmark disability rights law provided protections for people with disabilities in employment, state and local government services, and public accommodations. PVA was a key part of the coalition that pressed for its passage and has created a dedicated web page – www.pva.org/ADA - containing fact sheets about various aspects of the law and links to resources that can help advocates and supporters draw attention to the law’s achievements as well as the need for continued enforcement vigilance.

While PVA and many other organizations had planned numerous public events to celebrate the ADA, the current public health environment means that those events will be mainly virtual. However, there is an array of material for online ADA anniversary events and local activities

that have been collected by the national network of ADA Centers to ensure that supporters of the ADA can mark this occasion in appropriate style.

One very basic way advocates can ensure attention to the ADA in their community is to ask their local government officials who is the ADA Coordinator. Communities with 50 or more employees are required by the ADA to designate such a position and were supposed to create a transition plan for compliance with the ADA. To observe ADA 30, advocates can ask the ADA coordinator to engage with the disability community to re-evaluate and update existing transition plans, assess pedestrian access and identify areas in need of improvement, or survey websites for accessibility and prioritize web pages to be updated based on use and content.

Efforts are underway to highlight the ADA on social media through posts on Twitter and Facebook and through the use of hashtags such as #ThanksToTheADA. Through these platforms, supporters are invited to share a moment in their lives when they were thankful for the ADA. Ways to participate through videos, pictures, written words, or other means can be found [here](#). More information can also be found [here](#).

As noted, PVA has been highlighting aspects of the ADA throughout 2020 – in issue briefs, PN articles, and our own social media. Recent articles have focused on the history of the ADA and PVA’s role in its passage, challenges in hotel and parking access, and housing that is and is not covered by the ADA. Forthcoming articles will focus on the ADA’s coverage of service animals, employment protections, voting access, and existing tax credits and deductions that promote compliance with the law. PVA is also planning an ADA 30 webinar on July 23 from 2:00 to 3:00 p.m. ET. Details about that event will be made available in the coming weeks. Check www.pva.org/ADA for updates.