



August 2020

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Upcoming Event

Patient Education/Peer Support
August 5

Board of Director's Meeting
August 11

Patient Education/Peer Support
August 12

Patient Education/Peer Support
August 19

Patient Education/Peer Support
August 26

Chapter Calendar

President's Message



I hope everyone is enjoying this 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 Bay Area & Western PVA Chapter will be sending out COVID-19 care packages starting the first week in August. There was a delay because we were waiting on supplies to come in. We appreciate your patience and we hope these care packages will help in some way. I did enjoy talking to all our members on the phone. This is an uncertain time, but you all remain positive which is inspiring.

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 meeting will now include SCI Peer Support. The meeting 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.

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.

NSO's Message by Tami J. Anderson



The following information came out on Thursday, July 9, 2020 from the Department of Veterans Affairs regarding debt relief; and I thought it would be good information for the chapter newsletter.

The VA is suspending all actions on Veteran debts under the jurisdiction of the U.S. Treasury Department. This includes the suspension of collection action or extending repayment terms on preexisting VA debts, whichever the Veteran prefers. And has been extended to the end of 2020.

For benefit debts questions; Veterans should contact the Debt Management Center at 1-800-827-0648.

For health care debts, Veterans should call 1-866-400-1238 or <https://www.pay.gov> for payments.

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

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.

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, PT at 650-493-5000, x67538, huy.diep@va.gov.

Contact Us

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

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.



AUGUST 3 - 9 SPORTS & RECREATION

SPIN SESSION with special guest speaker

Monday - Saturday

Email HANDCYCLING@PVA.ORG for times and registration

ADAPTIVE YOGA Led by Dr. Audrey Lee

Monday, Wednesday, Saturday 11am EST

Click to Register

BOOK CLUB sign up to read "The Lake House"

Meeting Friday Aug 7th 1pm EST

Click to Register

AIR RIFLE INSTRUCTION Led by John Arbino

Thursday 3pm EST

Click to Register

NUTRITION CLASS Led by Dr. Audrey Lee

Thursday 3pm EST

Click to Register

E-SPORTS PRACTICE Led by Travis Greaves

Friday 3pm EST

Email TravisG@pva.org for more details



**Paralyzed Veterans
of America**

On Facebook @PVASports:

Scuba week!

Check out PVA.ORG/SPORTS for more!

Military Sports Camp



**Paralyzed Veterans
of America**

Reno, NV – The City of Reno is conducting its Annual Military Sports Camp. Participants must be from Nevada due to COVID-19 restrictions. The Bay Area & Western PVA Chapter is a proud sponsor of this event. <https://www.reno.gov/government/departments/parks-recreation-community-services/adaptive-recreation/veteran-programs>

MILITARY SPORTS CAMP
CITY OF RENO
★ 2020 ★

RENO ADAPTIVE

The City of Reno with the generous support of its presenting sponsors, and local adaptive sports programs plan to host 15 disabled veterans and injured service members and their spouse/guest for a multi-day Military Sports Camp. All skill levels are welcome.

This program is not just about sports; it's also about attitude, camaraderie and promoting healthy, active lifestyles. There is no cost to Military Service Men or Women and their guest. Registration preference will be given to Nevada Service Members and Residents.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
SEPT. 14	SEPT. 15	SEPT. 16	SEPT. 17	SEPT. 18
<p>1:00PM Transportation from Reno-Tahoe International Airport to Host Hotel</p> <p>2:00PM Hotel Check-in</p> <p>6:00PM Welcome dinner</p>	<p>8:00AM Breakfast at the Host Hotel</p> <p>9:30AM Water skiing, paddle boarding and archery (Lunch provided)</p> <p>3:30PM Sled hockey</p> <p>6:00PM Dinner</p>	<p>7:30AM Breakfast at the Host Hotel</p> <p>9:00AM Wheelchair rugby (Lunch provided)</p> <p>2:00PM Mountain biking and rock climbing</p> <p>6:00PM Dinner</p>	<p>7:30AM Breakfast at the Host Hotel</p> <p>9:00AM Whitewater Rafting (Lunch provided)</p> <p>6:00PM Closing dinner</p>	<p>7:45AM Breakfast at the Host Hotel</p> <p>Transportation to the Reno-Tahoe International Airport</p>

* These events may be subject to change or cancelled.

334-INFO (4636) | Reno.Gov/Adaptive | @CityofReno

MISSION REDEFINED

RENO

GIVE and WHW Programs



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



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



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.

PVA TESTIFIES ON IMPACT OF COVID-19 ON SOCIAL SECURITY AND ITS BENEFICIARIES

On July 17th, Deputy Executive Director Shaun Castle [testified](#) on behalf of PVA before the House Ways and Means Social Security Subcommittee concerning the effects of the coronavirus on Social Security disability (SSDI) beneficiaries and the Social Security system. Mr. Castle reflected on the experiences of several PVA members who have been struggling with the isolation brought on by the pandemic and worries over exposure of themselves and their caregivers to the virus. He also reported on problems faced by clients of PVA’s vocational rehabilitation program in reaching Social Security Administration field offices which have gone almost completely online.

Mr. Castle reiterated PVA’s strong support for the Social Security 2100 Act, H.R. 860, and its many benefit improvements and well-balanced measures to strengthen the Social Security system for the long term and applauded the efforts to provide temporary relief during the pandemic to Social Security beneficiaries through H.R. 6356, the Emergency Social Security Benefits Improvement Act. He also expressed PVA’s continued support for additional steps to protect beneficiaries with disabilities through H.R. 4386, the Stop the Wait Act. That legislation would eliminate the five-month waiting period for SSDI as well as the 24-month waiting period for Medicare.

In addition, PVA offered its support for H.R. 7499, the Social Security COVID Correction and Equity Act which was introduced to address an unforeseen consequence of the economic downturn that could have dramatic and long-lasting adverse effects on millions of Social Security beneficiaries. Because Social Security benefits are based on a complex formula using average wages, the massive unemployment caused by the COVID-19 recession could cause a severe drop in benefits for those born in 1960. H.R. 7499 would prevent that from happening.