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## President's Message

I hope everyone is staying safe with all these fires we are having in California. The Bay Area & Western PVA Chapter is here to help if you have been affected by the fires. Please contact Executive Director Kory Amaral at [amaral@bawpva.org](mailto:amaral@bawpva.org) if you need assistance. 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 September Board of Director's Meeting has changed and will be on Tuesday, September 15, 2020. If you would like to call into the meeting, please see below.

### **September 15, 2020 Board of Director's Meeting**

1:00 PM

**Please join my meeting from your computer, tablet or smartphone.**

<https://global.gotomeeting.com/join/378982717>

**You can also dial in using your phone.**

United States: [+1 \(646\) 749-3112](tel:+16467493112)

**Access Code: 378-982-717**

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/378982717>

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 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.

## 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

## Contact Us

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

SCI Peer Support will now be monthly on the first Wednesday of the month. More information will be available in the OCT-DEC edition of *The Bridge*.

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](mailto:amaral@bawpva.org). We will also be working on virtual clinics. Please refer to the OCT-DEC edition of *The Bridge* for more information. We encourage all members and family members to attend.

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](mailto:tamiA@pva.org).

On Wednesday, September 16, 2020 the Bay Area & Western PVA Chapter, the Nevada PVA Chapter, and the City of Reno will be hosting a virtual SCI/D Lunch & Learn. Please click on the following link to sign up: <https://www.facebook.com/events/936757786834946/> or see below.



The poster features a teal and white color scheme. At the top, the text "Spinal Cord Injury/Disease" is written in a cursive font. Below this is a large teal circle containing a white fork on the left and a white spine on the right, with the words "LUNCH AND LEARN" in white capital letters in the center. To the left of the circle is a teal box with white text: "11:30AM — TO — 1:00PM". To the right of the circle, the text "3RD WEDNESDAY EVERY MONTH" is displayed in large, bold, black capital letters. Below this, the location "EVELYN MOUNT NORTHEAST COMMUNITY CENTER 1301 VALLEY RD, RENO NV 89512" is listed. A paragraph of text follows: "Please join City of Reno, VA Sierra Nevada Healthcare System, Renown Health, and High Fives Foundation For Spinal Cord Injury/Disease specific resources, topics, and guest speakers during our monthly community-based luncheons." At the bottom, there are logos for the VA, Renown Rehabilitation Hospital, High Fives, and the City of Reno. A footer at the very bottom reads "334-INFO | Reno.Gov/Adaptive | @CityofReno".

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](mailto:amaral@bawpva.org). We are here for you and always willing to help.

# 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  
Presents*

## 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 650-493-5000, x67538, [huy.diep@va.gov](mailto:huy.diep@va.gov).



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Palo Alto Health Care System

# PVA Sports and Recreation



**Paralyzed Veterans  
of America**

Washington, D.C. - The Paralyzed Veterans of America's Sports and Recreation Department is now scheduling weekly events for individuals with disabilities to participate in.



## SEPT 14 - 20 SPORTS & RECREATION

SITSTRONG WORKOUT Led by ADAPT Training  
Monday, Wednesday, Friday 1:30pm (coed), 2pm (women) EST  
[Click to Register](#)

*SPIN SESSION with special guest speaker*  
*Monday - Saturday*  
*Email [HANCYCLING@PVA.ORG](mailto:HANCYCLING@PVA.ORG) for times and registration*

ADAPTIVE YOGA Led by Dr. Audrey Lee  
Wednesday, Saturday 11am EST  
[Click to Register](#)

BOOK CLUB sign up to read ""Where the Crawdads Sing"" by Delia  
Owens  
Meeting Friday Oct 2 1pm EST  
[Click to Register](#)

E-SPORTS PRACTICE Led by Travis Greaves  
Friday 2pm EST  
[Click to Register](#)

BOCCIA 101 Led by John Arbino  
Thursday 2pm EST  
[Click to Register](#)



**Paralyzed Veterans  
of America**

### **Social Media:**

Member Content &  
SitStrong Webinar

**Check out [PVA.ORG/SPORTS](https://www.pva.org/sports) for more!**

# Veterans Transportation Service (VTS)



Palo Alto, CA – VA Palo Alto Health Care System is now offering veterans transportation in the Bay Area to the VA Palo Alto hospital.

Serving the Bay Area and surrounding communities

DO YOU NEED A FREE RIDE TO YOUR VA MEDICAL APPOINTMENT?



## Veterans Transportation Service VTS

Call the VTS Direct Line: (650) 496-2542

Call 2 to 10 days in advance · Rides are subject to space availability

### Is there a charge for this service or any rules of eligibility?

It is complimentary. There are no special eligibility requirements - all Veterans needing a ride to or from a VAPAHCS medical facility can use this service. Veterans must be able to get to the vehicle either independently or with the use of canes, crutches, walkers, or manual/power wheelchair.

### What kinds of transportation do you provide?

We provide door-to-door service transportation to and from VAPAHCS medical facilities. Drivers are unable to enter a Veteran's home. They will wait for the Veteran outside at the designated pick-up location, and will drop off at the designated location.

### Is this a round-trip service?

Yes, if required. We can provide one way service after discharge or for those needing a ride to or from home only.

### Can a family member/significant other or caregiver ride with me in the van?

Yes, but they must be 18 years of age or older.

### Do you have a hydraulic lift for Veterans in wheelchairs?

Yes, hydraulic lifts are available for those who require extra assistance.

### What number do I call to schedule a ride?

Please call the VTS line at (650) 496-2542.

### How far in advance do I need to call to schedule a ride?

Two to ten business days before the date of your medical appointment. We do not schedule farther out than 10 business days, but we need at minimum two business days (weekdays) notice.

### Do you provide transportation to non-VA, community care appointments?

Yes, but only if the appointment has been

authorized by VAPAHCS, such as through the MISSION Act, formerly known as the Choice or Fee Basis program.

### Can my service dog ride with me in the van?

Yes, trained and licensed service animals only.

### If I am homeless and cannot provide a residential address, am I still able to ride this service?

Yes, when you call to schedule the ride, please let us know where we can pick you up, such as at a homeless shelter (Opportunity Center, Life Moves, Home First, etc.) or in front of any physical address.



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Palo Alto Health Care System

### Disclaimer, Terms and Conditions

*There is no guarantee of availability of ride service as service is scheduled based on resource availability. VTS should not be the primary means for you to get to and from your medical appointment. Please understand there is potential for ride cancellation and the Veteran assumes responsibility for transportation if VTS is not available. VTS will make attempts to contact you should there be any issues, delays or cancellations so that you can make alternate arrangements. All rides are tentative until the day before the appointment. VTS staff will call you the day before your appointment to report if transportation can be provided. All Veterans requesting rides must be reachable by phone.*

## GIVE and WHW Programs



**Paralyzed Veterans  
of America**

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.

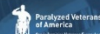
The Bay Area & Western PVA Chapter in association with National PVA is hosting a Clothing Drive in the Palo Alto, CA Office. The Chapter is looking to the community to donate lightly used clothing and other items that will directly benefit a veteran. Though the GIVE Program, we would love the expand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

### Clothing Donation Program - GIVE



Generosity can be found anywhere.  
Even the back of your closet.

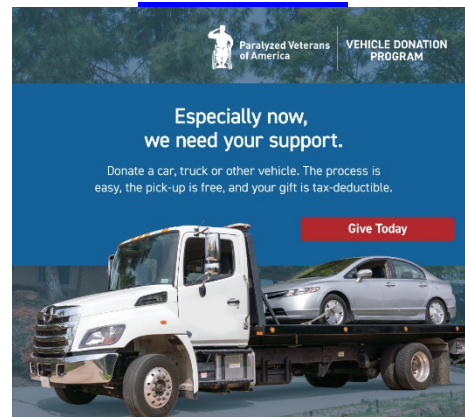
Donating clothes and other household goods can help  
improve the lives of injured veterans.



Give G.I.V.E a try and schedule your **FREE** pickup today.  
[pva.org/givegoods](http://pva.org/givegoods)

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



Paralyzed Veterans of America VEHICLE DONATION PROGRAM

Especially now,  
we need your support.

Donate a car, truck or other vehicle. The process is easy, the pick-up is free, and your gift is tax-deductible.

[Give Today](#)

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## 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.

### **COVID-19 RELIEF PACKAGES, GOVERNMENT FUNDING – WHERE THINGS STAND**

Congress left town in early August without taking any action on relief packages to address the ongoing COVID-19 pandemic. The House-passed H.R. 6800, the HEROES Act, was sitting in the Senate when Senate Majority Leader Mitch McConnell unveiled on July 27 the Republicans’ version of a coronavirus bill called the HEALS Act.

Like the HEROES Act, the HEALS Act contains an additional \$1,200 economic impact payment for Americans. The Senate bill would also ensure that adult dependents with disabilities and their parents and caretakers are among those eligible for these recovery rebates. The CARES Act that passed in April had denied those critical financial supports to parents with adult children living with a variety of conditions and also excluded many adult children who provide the majority of the financial support for their elderly parents.

In a letter to the House and Senate leadership, PVA urged retention of those payments in any forthcoming COVID relief legislation and expressed support for inclusion of provisions from the HEROES Act that would allow a temporary, 25 percent increase of VA’s Special Monthly Compensation (SMC)/Aid and Attendance (A&A) benefits so catastrophically disabled veterans can purchase personal protective equipment and the necessary care they need. PVA also endorsed the language in the HEROES Act that would enhance funding for Medicaid home and community-based services (HCBS).

At the same time, PVA expressed its concerns about several troubling sections in the HEALS Act. Included in that bill is language that would remove important protections for people with disabilities by limiting liability for a wide variety of unlawful conduct. Not only would the HEALS Act make devastating changes in the Americans with Disabilities Act (ADA), but it would also strip protections from other civil rights laws such as the Genetic Information Nondiscrimination Act, Title VII of the Civil Rights Act of 1964, as well as other health and safety laws.

The HEALS Act also contains a section that would establish so-called Rescue Committees for various federal trust funds including those for Social Security and Medicare. Recommendations from these committees would be considered under expedited procedures and could provide cover for damaging cuts in benefits. If coupled with an ill-advised payroll tax deferral that has been proposed by the President, this could drive calls for devastating reductions in economic and health care supports for millions of elderly and disabled Americans.

Following concerns about reported mail delivery delays, the House returned to Washington on Saturday, August 22, to vote on a bill that would include \$25 billion in new funding for the U.S. Postal Service and reverse changes implemented in recent weeks to mail delivery and operations. In the Senate, Majority Leader McConnell unveiled a slimmed down version of HEALS in an attempt to restart negotiations on passage of a COVID relief bill. His latest legislation would add several billion dollars for Post Office funding, an additional \$300 per week unemployment compensation, another round of the Paycheck Protection Program, and funds for school reopening but also retains the damaging provisions that absolve employers and businesses from discriminatory actions under several civil rights laws, including the ADA. It's unclear whether any resolution will be reached prior to Congress's return following Labor Day.

As for the looming end of the fiscal year, a continuing resolution (CR) to fund the federal government until after the presidential election is also being discussed. Only a handful of scheduled legislative days remain before the end of the current fiscal year on September 30 and Congress has yet to pass any of the annual funding bills. If passed, a CR will likely maintain current year funding levels for an unspecified date after the November election or even into 2021.