

the **Bridge**



Bay Area & Western Paralyzed Veterans of America

Volume 35, No. 3

Jan-Mar 2021



WE WANT YOU!



For the Board of Directors

(Election information on page 13)

PUBLISHED BY:

**PARALYZED VETERANS
OF AMERICA,
BAY AREA & WESTERN CHAPTER, INC.**

3801 Miranda Ave (Bldg 7, Rm. E-118, MC 816)
Palo Alto, CA 94304
650-858-3936 or 1-800-273-6789 (Toll Free)

E-mail: administration@bawpva.org

Chapter Web Site: www.bawpva.org

PVA Web Site: www.pva.org

Kory Amaral, Chapter Editor

ELECTED OFFICERS

Reese Levasseur, President

Sebastian DeFrancesco, Vice President

Kenneth Pollock, Secretary

Stephen Estrada, Treasurer

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Kevin Hoy

Michael Luberto

Chet Miller

Tomasz Modrzejowski

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Kory Amaral, Membership/Volunteer Officer

Reese Levasseur, Board of Directors, National PVA

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Chet Miller, Dir. Sports & Recreation

Tomasz Modrzejowski, Dir. Sports & Recreation

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PVA NATIONAL SERVICE OFFICE

Alice Borja, Sacramento National Service Officer

916-364-6791 or 1-800-795-3587 (Toll Free)

Jason McDonald, Reno National Service Officer

775-321-4789

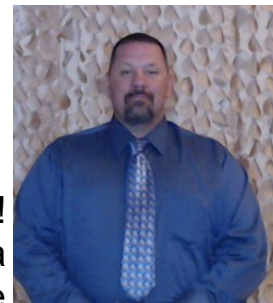
E-BRIDGE

To sign up for the monthly electronic newsletter

please email amaral@bawpva.org

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President Reese Levasseur



Happy New Year! 2021 is going to be a great year. This year, we will be having our elections for the Board of Directors for the Paralyzed Veterans of America, Bay Area & Western Chapter, INC. Please refer to page 13 for more information. We encourage our members to run for the Board, so we can have a diversity in leadership.

We have some exciting news! Peer Support is continuing at VA Palo Alto Health Care System's SCI/D Center on the first Wednesday of the month. Refer to page 5. We will be having education themes starting in February 2021. Please do not hesitate to contact me at: levasseur@bawpva.org if you have any questions. I am glad we can continue to support our SCI veterans.

The Chapter will also be hosting various clinics that will be virtual. Please attend if able so we can connect and stay active. Some events include: Boccia Ball, Shuffleboard, Bingo, and more.

I love the many opportunities the New Year brings to everyone. We encourage the community reach out to our veterans. A lot of veterans are feeling lonely during the COVID-19 Pandemic and need someone to talk too. The joy of a simple gesture can bring something special to someone.

Executive Director

Kory Amaral



Finally a New Year! 2020 was definitely a tough year. Things can only get better moving forward. Although last year was tough, the good news is that Reese Levasseur and I were able to get closer to many of you through email, phone, and teleconferencing. Many of our Chapter events will be virtual for the safety of everyone until we are cleared by the hospital to have physical events again. We encourage you to call into the events in this newsletter because we want to hear from you.

If you would like a 2021 calendar from National PVA please email me at amaral@bawpva.org or call the office at (650) 858-3936. This year, we do have two calendars: The Secret Garden and United States Warships.

Information regarding the elections are on page 13 of this newsletter. Positions on the Board of Directors carry two-year terms. There are four officer positions: President, Vice President, Treasurer, and Secretary. There are five director positions for a total of nine Board of Directors. There are appointed positions as well, such as Sports Directors, Membership/Volunteer Officer, and others. We also have committees such as the Fundraising, Finance, Strategic Planning, and Awareness Fair. If you are interested in participating in any of these positions please let President Levasseur know. One important date to note if you plan on running for a position is March 12, 2021. In order to be placed on the ballot you will have to have your certification of membership completed by this date. For assistance with this please contact the Chapter office.

I am truly here for you if you need anything. Although we are going through many changes, my mission is to serve you and make sure you are getting what you need in terms of care. Even though the office is still closed most days and I am working virtually, I can still be reached at: amaral@bawpva.org or (650) 858-3936. What we are going through is just temporary. I cannot wait to see you all soon in 2021. Happy New Year.



Getting Paralyzed Veterans Walking Again with Indego®



New VA Program offers eligible veterans an Indego® Exoskeleton at no cost.

What is Indego?

A robotic device that enables veterans to walk again.

Indego is an FDA-approved exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries to stand and walk, offering a new level of independence.

Indego can currently be used with spinal cord injury levels of T3 to L5 in community or home settings.

Free Indego Webinars

During the first Thursday of every month you can join a free live webinar to learn more about the Indego and hear from a veteran who owns a device already.



Contact us today to reserve your spot or find out if you are eligible to receive an Indego exoskeleton at no cost.

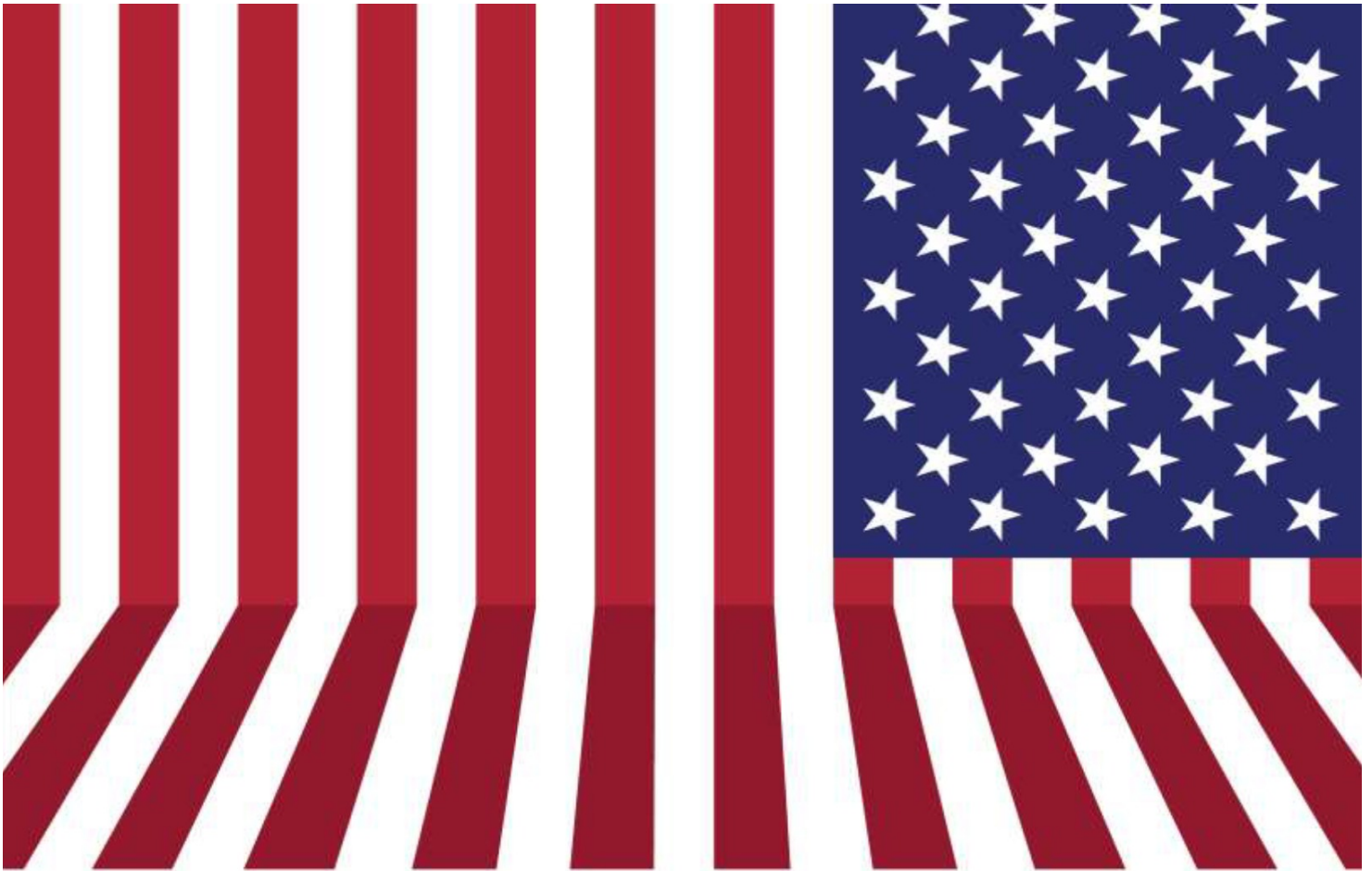
Email: support.indego@parker.com

Phone: 844-846-3346



Watch Marine Veteran Steve Holbert's story at www.indego.com/veterans





SCI PEER SUPPORT LUNCHEON



Please join us every **FIRST WEDNESDAY** of the month in the SCI Dining Hall at 12:00 PM PDT for a catered lunch and peer support activity. This is a monthly program designed for SCI veterans to gather together and connect in a social and relaxed environment, socially distanced of course!

If you cannot attend in person, or if group is at capacity, you can call into the VANTS line or ZOOM from your room or homes.

ZOOM Dial: 1-669-900-9128 Meeting ID: 835 1426 6166 Access Code: 9750449

ZOOM Online: Meeting ID: 835 1426 6166 Passcode: SC�PEER

<https://us02web.zoom.us/j/83514266166?pwd=RzE3dzFKaE5wVUJadGdualdQUhM4Zz09>





That stuff that you keep telling yourself
"someday I might wear that again."

The back of your closet can do something remarkable for injured veterans everywhere. Your generous donations of clothes and other common household goods help improve the lives of severely injured veterans and strengthen the fabric of our community.



**Paralyzed Veterans
of America**

Goods Inspiring Veterans Everywhere
Bay Area & Western Chapter

*Give G.I.V.E a try and schedule your **FREE** pickup today.*
To learn more, call 866-281-1502 or go to pva.org/givegoods
Paid for by the Jeffrey Carlton Charitable Foundation

Turn Your **Used Vehicle** Into Support for Paralyzed Veterans of America

We'll use the proceeds from the sale of your car, truck, RV or boat to change lives and build brighter futures for our seriously injured heroes.



**Paralyzed Veterans
of America**

Vehicle Donation Program



Donating your car is easy, and your gift is tax-deductible

Vehicle donations to PVA are tax-deductible! Most vehicles are sold through local used-car markets. Our vehicle donation program works to get the highest return per vehicle and handles all the paperwork, too! Whether your vehicle sells for \$500 or less, more than \$500, or more than \$5000, you will be provided with the proper donation tax receipt(s).



Call 877-900-VETS or donate online at pva.careasy.org

Virtual BINGO

Last Wednesday of the Month

Starting January 2021

12:00 pm — 1:00 pm

Virtual Clinic

VA Palo Alto Health Care System

3801 Miranda Ave.

Building 7's SCI/D Center

Palo Alto, CA 94304



Paralyzed Veterans of America, Bay Area & Western Chapter and SCI Recreation Therapy would like to invite all PVA Members, veterans, and families to join us for Bingo. You must RSVP in order for staff to sign you up for Zoom and send out Bingo materials.

Prizes will be given to participants.

RSVP to BAWPVA
1 (800) 273-6789 or
amaral@bawpva.org



**Paralyzed Veterans
of America**
Bay Area & Western Chapter

BINGO

National Service Officer Report

Alice Borja, National Service Officer



COVID-19 and Mental Health

A year ago everyone looked to 2020 with excitement and anticipation. Many planned milestone celebrations and events. Unfortunately the year has brought unprecedented challenges and changes. The biggest being the impact of the novel virus known as COVID-19. The virus has fundamentally changed all facets of life. For many, the drastic changes brought on by COVID-19 has created new challenges and new ways to cope. Below we will look at some of the tools that can be adopted to help cope with COVID-19.

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19.

According to the CDC taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping those in your community such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family. **Take care of your body** like eating well, exercising and getting plenty of sleep are good lifestyles practices. Try to do some other activities you enjoy and unwind. Talk with people you trust about your concerns and how you are feeling Connect with others. **Connect with your community- or faith-based organizations**. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail. The future remains uncertain. Let us hope that 2021 brings more hope, opportunities and healing. Even if 2021 is filled with surprises we can face the changes and challenges together. Please also reach out to your local NSO, PVA chapter and VAMC for resources and help.

Executive Director Kory Amaral will be sending the 2021 VA Compensation Rates as an attachment in an email. Please look out for it.



SCI Outpatient Clinic

VA Palo Alto - Building 7 Room F-143
650-493-5000 x65871

SPECIALITY CLINICS

ACUPUNCTURE

CHIROPRACTIC

PSYCHOLOGY

SCI CLINIC

INTEGRATED
EVALUATION

UPPER EXTREMITY

TELEHEALTH

SEXUALITY

FUNCTIONAL
EXTREMITY

OCCUPATIONAL
THERAPY

PHYSICAL THERAPY

UROLOGY

URODYNAMICS STUDY

EMG

BOWEL AND BLADDER

WOUND

PLASTICS

To best serve our Veterans in our SCI Outpatient Clinic – we ask for your assistance with coordination of care. We appreciate your cooperation!

Please check in AND check out with the clerk- make sure you get an appointment on your way out- appointments are not made automatically. Thank you 😊

SPECIAL MODE TRANSPORT

Review your Special Mode Transport (SMT) expiration dates – when you receive a letter of expiration, please notify clinic RN as soon as possible to resubmit transportation consult

Clinic x65871

Navarre (833) 628-2773 for scheduling pick up/drop off

GURNEY TRANSFER APPOINTMENTS

For appointments where Veterans need to be transferred from wheelchair to gurney by nursing staff (Radiology, Ultrasound, etc.) – please call and schedule An RN-TRANSFER Appointment at least 2 weeks in advance

Scheduling x65871

DEFENDER'S LODGE

Defender's Lodge homotel is available for Veteran's who live over 50 miles from the hospital – please request at least 1 month in advance to ensure room reservation.

ABILITY CENTER

OUR EXCLUSIVE GUARDIAN PROGRAM FREE WITH EVERY VEHICLE WE SELL.

- Six month free inspections with reminders
- Free 43 point twice a year mobility inspection, including cleaning & lube on all mobility equipment, as long as you own the vehicle
- Certified Mobility Specialists at your service
- Factory Trained & Certified Technicians
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- 24-hour emergency hot line
- All DMV and title paperwork submitted
- Accessible Van Rental program with preferred rental rates:



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CALIFORNIA
LOCATIONS
TO SERVE
YOU**

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866-405-6806**

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HUNDREDS
OF
ACCESSIBLE
VEHICLES!**



Moving Your Life Forward www.AbilityCenter.com



Pizza Night



Tuesday, February 9, 2021

PVA Office Room E-118

Pick Up at 5:00 PM



Sponsored by:

**Paralyzed Veterans
of America**

Bay Area & Western Chapter

Social distancing meet with other members of Paralyzed Veterans of America, Bay Area & Western Chapter.

Find out what's going on with your Chapter and about upcoming events.

Pizza, pasta, salad, and beverages will be served.

For more information contact Kory Amaral at x65308 or email amaral@bawpva.org

Veterans with sitting restrictions will be served at bedside.



ELECTION PROCEDURES

NOMINATIONS:

Nominations shall be opened at the regular meeting of the Board of Director's held during the month of January in the year of elections. Nominees shall submit a nomination package. The nomination package shall include 1) a letter of intent to run for an office or as a Director; 2) certification of membership eligibility form; and 3) a brief biography. A nominee may not seek more than one position during any single election year.

1) Letter of Intent: The letter of intent shall include the nominee's name, address, telephone number, and the position to which the nominee seeks to be elected.

2) Certification of Membership Eligibility Form: This form shall be completed and submitted with:

- a) Proof of citizenship (birth certificate, passport, immigration and naturalization form, or voter's registration form);
- b) Proof of active duty service in the Armed Forces of the United States or our Allies which is terminated by discharge or separation under conditions other than dishonorable (DD 214); and
- c) Medical proof of spinal cord injury/disease (medical records or physician's statement).

NOTE: Requests for certification of membership must be received in the Chapter office prior to the closing of nominations. Members not certified at the time that ballots are mailed to the membership will not have their names placed on the ballot.

3) Biography: The biography shall be no more than 250 words. The biography shall be printed along with the ballot and submitted to the membership for consideration. The purpose of the biography is to allow the nominee an opportunity to inform the membership as to the reason(s) that he or she is the most qualified person for the position being sought. (Photos of the nominees shall not be permitted to accompany the biography.)

The nominations shall be closed during the regular Board of Director's meeting held during the month of March in the year of elections.

ELECTIONS TIMELINE:

January 12, 2021	Tuesday (BOD Mtg.)	Nominations opened
January 15, 2021	Friday	Deadline to send out notice of nominations and election procedures
March 9, 2021	Tuesday (BOD Mtg.)	Nominations closed, deadline to receive nominations by mail
March 12, 2021	Friday	Deadline to have certifications completed
April 2, 2021	Friday	Deadline to mail ballots and bios
May 7, 2021	Friday	C.O.B. Deadline to receive ballots
May 7, 2021	Friday	Count ballots with 3 volunteers
May 11, 2021	Tuesday (BOD Mtg.)	Announce results of election
July 1, 2021	Thursday	New term of office begins

Board Meetings Video/Teleconference



If you are interested in participating in the Paralyzed Veterans of America, Bay Area & Western Chapter's Board of Director's and Membership Meetings via video and teleconferencing below is the information:

VA Palo Alto Health Care System is under strict restrictions due to the COVID-19 Pandemic; therefore, all meetings will be held virtually until further notice.

Tuesday, January 12, 2021
Tuesday, February 9, 2021
Tuesday, March 9, 2021

Join Zoom Meeting

<https://us02web.zoom.us/j/83701668667?pwd=R09NV1duRXIheHZGOGV3ckNDUUNRUT09>

Meeting ID: 837 0166 8667

Passcode: 0xfGNG

One tap mobile

+16699009128,,83701668667#,,,,,0#,,971921# US (San Jose)

+13462487799,,83701668667#,,,,,0#,,971921# US (Houston)

Dial by your location

+1 669 900 9128 US (San Jose)

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington D.C)

+1 312 626 6799 US (Chicago)

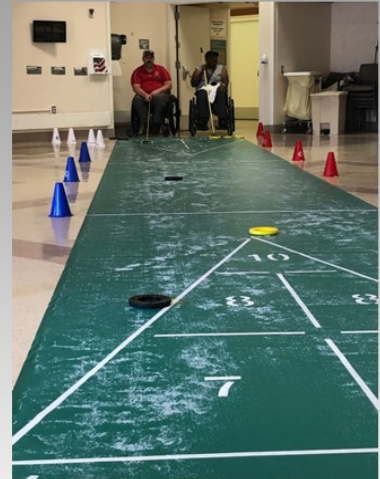
Meeting ID: 837 0166 8667

Passcode: 971921



Shuffleboard Clinic

Wednesday, March 10, 2021
11:00am-2:00pm



Paralyzed Veterans of America, Bay Area & Western Chapter and SCI Recreation Therapy would like to invite all persons with physical disabilities and their families to join us for an Adapted Shuffleboard Clinic.

Registration will open at 11:00am followed by an introduction to shuffleboard.

Lunch will be provided at 12:00pm.

Following lunch all in attendance are welcome to participate in shuffleboard.

VA Palo Alto Health Care System

3801 Miranda Ave.

Palo Alto, CA 94304

Location: TBD

RSVP to BAWPVA

(650) 858-3936 or amaral@bawpva.org



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of America**

Bay Area & Western Chapter

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The Bridge

Spinal Cord Injury/Disease



11:30AM
— TO —
1:00PM

3RD WEDNESDAY
EVERY MONTH

EVELYN MOUNT NORTHEAST COMMUNITY CENTER
1301 VALLEY RD, RENO NV 89512

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.



334-INFO | Reno.Gov/Adaptive | [@CityofReno](https://twitter.com/CityofReno)

Washington Update

The Paralyzed Veterans of America's Government Relations Department



**Paralyzed Veterans
of America**

NEWS ITEMS OF NOTE

U.S. Access Board Launched New Website – The U.S. Access Board has redesigned and updated its [website](#). The new site features a streamlined design to make information easier to find. New menus and cross links enhance navigation of key resources, including the ADA Accessibility Standards and the Section 508 Standards. In addition, the site updates information on Board programs and services, including training and filing of complaints under the Architectural Barriers Act. Send questions or comments on the site to webmaster@access-board.gov.

DOL VETS Celebrates Veterans Day – The Department of Labor (DOL) Veterans Employment and Training Service (VETS) hosted a variety of events around Veterans Day. DOL VETS Assistant Secretary John Lowry wrote an [oped](#) that was published in the Kansas City Star and posted a [video message](#). DOL VETS held the HIREVets Medallion Award Ceremony and the 675 Medallion Award recipients can be found at HIREVets.gov. The Assistant Secretary also took part in a wreath laying ceremony at DOL Veterans Park with DOL Secretary Eugene Scalia.

Disability Inclusive Emergency Preparedness Effort Launched – The Association of University Centers on Disability and National Center on Disability and Public Health are undertaking Prepared4All, an initiative that aims to increase the number of individuals with disabilities and disability organizations that are actively engaged in local emergency planning efforts. Prepared4All links disability organizations and individuals with emergency management agencies, public health professionals, and health provider organizations on a local level. Inclusion coaches from the disability community will form “Action Teams” that will collaborate with local emergency management, public health, and health providers to offer a menu of services to support disability inclusion. To learn more about the “Prepared4All” initiative, click [here](#) or email Prepared4All@aucd.org.

ODEP Blog on Inclusive Apprenticeships – Carolyn Jones and Lydia Parenteau, Policy Advisors in the Office of Disability Employment Policy (ODEP), wrote a blog on ["Inclusive Apprenticeships: Connecting Employers and Career Seekers"](#) in recognition of National Apprenticeship Week. Jones and Parenteau highlighted the ODEP-funded Apprenticeship Inclusion Models initiative, which focuses on apprenticeship and pre-apprenticeship programs that provide skills training to youth and adults with disabilities in high-demand, high-wage industries. They also discussed Universal Design for Learning principles, workplace accommodations, and inclusive workplace technologies.

VA's First EHR Modernization Deployment a Success - Following three delays since November 2019, VA has [launched](#) its Electronic Health Record Modernization (EHRM) system at the Mann-Grandstaff VA Medical Center in Spokane, WA. Along with Mann-Grandstaff VA Medical Center, the Cerner-led project deployed at the medical center's four associated community-based outpatient clinics and the West Consolidated Patient Account Center in Las Vegas, NV.



The ReWalk Exoskeleton-Suited for Your Mission



Retired Army Sergeant Terry Vereline crosses the finish line of the 2019 New York City Marathon after walking 26.2 miles in her ReWalk Exoskeleton. She received this device in 2014 and has used it to take nearly 1,000,000 steps in the past five years.

Did You Know That Paralyzed US Veterans May be Eligible For a ReWalk Exoskeleton?

Contact ReWalk for More Information

**rewalk.com/contact
or 508.251.1154 Option 2**

What is *Your* Mission?

Whether your goals include experiencing the proven health-related benefits of exoskeleton assisted walking, standing to hug a loved one or completing an entire marathon, ReWalk can you help you achieve them.

ReWalk Robotics
200 Donald Lynch Boulevard,
Marlborough, MA 01752
www.rewalk.com



*St. Patrick's Day
Luncheon
Tuesday, March 16,
2021 at 12:00 pm*



Join us for a St. Patrick's Day Luncheon sponsored by Paralyzed Veterans of America, Bay Area & Western Chapter. All SCI/D veterans and their families are welcome. Veterans with sitting restrictions will be served at bedside upon request. SCI staff will be required to have a ticket. Location of Luncheon TBD.

Menu
*Corned Beef
Cabbage
Salad
Boiled Potatoes
Carrots
Rolls & Butter*





NATIONAL VETERANS
**WHEELCHAIR
GAMES**

40th Anniversary

• **NYC** •

AUG 8-13
2021



Paralyzed Veterans
of America



VA | U.S. Department
of Veterans Affairs

WheelchairGames.org



★ HAPPY ★ BIRTHDAY!



January	Troy Johnson	William Nelson	David Jenkins	Louis Triana
	Ronald Bojorques	Lonia Caton	Milton Roberts	
	Lisa Giovannini	David Lane	Carlos Parra	
	Boyd Farnsworth	Lex Morse	William Cotter	
	Michael Luberto	Edgardo Odango	Manuel Fernandez	
	Larry Hansen	Mike Giffiths	John Hemstreet	
	Daryl Meshack	Peter Arballo	Barry McKeown	
	Richard Charfauros	Dennis Kavanagh	Robert Stafford	
	J.D. Clarkston	McKinley Keith	Donn Foster	
	James Elwood	Ramon Pereyra	My Truong	
	Hen-Min Hiu	William Smith	Santiago Diaz	

February	Michael Wagner	Joseph Martinez	Glenn Gain	Jesse Orosco
	Kevin Hoy	Wayne Muscato	Larry Crothers	Robert Frazier
	George Rawls	Jim Weeks	Floyd Tate	Keith Phillips
	Jerry Metheny	John Hunt	Jerry Leister	Jennifer Splichal
	David Petrus	Bruce Mallibert	John Borges	
	Aaron McMihelk	Kenneth	Gary Mokuau	
	Rogelio Rodriguez	MacDonald	Steven Sober	
	Rachaelynne	Gerald Tharp	James Griffith	
	Horejsi	Richard Craig	John Bajorek	
	Larry Moore	Gerald Cuzick	Patrick Carr	
	Craig Woods	Eric Taylor	Joseph Jones	

March	William Smith	Jack Pierce	Sloane McMahon	Rexis Daniels
	George Appel	Nathan Jackson	Kim Johnson	Lawrence Rogers
	Fillmore Matthews	Bernard Jennelle	Jerry Jordan	Loren Greenhill
	Lamont Greer	Douglas Monrad	Pierre MacBeth	Christopher Brook
	Ronald Thayer	Mike Heflin	Donovan Mott	Claudius Frederick
	David Kuester	Stephen Mendick	Mario Aliphath	Donald Mahaffy
	Jeffrey Ovetz	Stanley Silverman	Julie Mitchell	Barry Gore
	Jerry Thompson	Patrick Scott	Raymond Corte	
	Todd Meadows	Charles LaFleur	Jason Gieser	
	John Swanlan	Kenneth Dubroff	Stephen Estrada	
	David Hinze	Dino Granzella	Joseph Arcidiacono	
	Kevin Patton	David Nunes	Thomas English	
	Jesus Garcia	William Roark	Kenneth Pollock	

January 2021

SUN MO TUE WE THU FRI SAT

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24 25 26 27 28 29 30

31

February 2021

SUN MO TUE WED TH FRI SAT

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21 22 23 24 25 26 27

28

March 2021

SUN MO TUE WE THU FRI SAT

1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31

- 6- **Virtual SCI Peer Support**
12pm, Bldg. 7 Dining Room
- 12 - **Virtual BOD Meeting & Nominations Open**
1pm, Bldg. 7 Rm. E-118
- 18 - **Martin Luther King Jr. Day (Office Closed)**
- 27 - **Virtual Bingo**
12pm, Bldg. 7 Dining Room

- 3 - **Virtual SCI Peer Support & Bocchia Ball Demonstration**
12pm, Bldg. 7 Dining Room
- 9 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 9 - **Pizza Night**
5pm, Bldg. 7 Rm. E-118
- 15 - **Presidents Day (Office Closed)**
- 24 - **Virtual Bingo**
12pm, Bldg. 7 Dining Room

- 1 to 5 - **Advocacy Legislative Seminar**
All Day, Bldg. 7 Rm. E-118
- 3 - **Virtual SCI Peer Support**
12pm, Bldg. 7 Dining Room
- 9 - **Virtual BOD Meeting & Nominations Close**
1pm, Bldg. 7 Rm. E-118
- 10 - **Shuffleboard Clinic**
11am, TBD
- 16 - **St. Patrick's Day Luncheon**
12pm, TBD
- 31- **Virtual Bingo**
12pm, Bldg. 7 Dining Room

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and Amazon will make
a donation to:

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amazonsmile

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Important Telephone Numbers, E-Mail Addresses, & Web Sites:



Bay Area & Western PVA

Tele: 650-858-3936
800-273-6789 (toll-free)
E-Mail: administration@bawpva.org
Web: www.bawpva.org

Paralyzed Veterans of America (PVA),
Washington, D.C.

Tele: 800-424-8200 (toll-free)
E-Mail: info@pva.org
Web: www.pva.org

Paralyzed Veterans of America (PVA) National
Service Officers

Vacant, NSO, Palo Alto
Tele: 650-493-5000, ext. 65046

Alice Borja, NSO, Sacramento
Tele: 800-795-3587
Mather Office: 916-843-2602

Jason McDonald, NSO, Reno
Tele: 775-321-4789

U.S. Department of Veterans Affairs

Tele: 800-827-1000 (toll-free)
Web: www.va.gov

California Department of Veterans Affairs (CDVA)

Tele: 800-952-5626 (toll-free)
Web: www.cdva.ca.gov

Social Security Administration

Tele: 800-772-1213 (toll-free)
Web: www.ssa.gov

San Mateo County Commission on Disabilities

Web: www.smco-cod.org

VA Palo Alto Health Care System

Tele: 650-493-5000
SCI Out-Patient: ext. 65871
W/C Repair: ext. 63235
Social Work: ext. 64496
OT: ext. 65604
PT: ext. 65672
Recreation: ext. 64353

San Francisco VA Medical Center

Eva Woodward,
LCSW, SCI Coordinator
Tele: 415-221-4810, ext. 23470

VA Northern California

Vacant, LCSW, SCI/D Coordinator
Tele: 916-843-9130

Fresno VA Medical Center

Anita Morris, LCSW, SCI Coordinator
Tele: 559-225-6100, ext. 4409

Reno VA Medical Center

Chelsea Estep, LCSW, SCI Coordinator
Tele: 775-785-7075

Honolulu Clinic

Alice Taira, LCSW, SCI Coordinator
Tele: 808-433-7853