

# *the* **Bridge**



Bay Area & Western Paralyzed Veterans of America

Volume 34, No. 3

Jan-Mar 2020



**2020**

**PUBLISHED BY:**  
**PARALYZED VETERANS  
OF AMERICA,  
BAY AREA & WESTERN CHAPTER**

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Chapter Web Site: [www.bawpva.org](http://www.bawpva.org)

PVA Web Site: [www.pva.org](http://www.pva.org)

Kory Amaral, Chapter Editor

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Stephen Estrada, Treasurer

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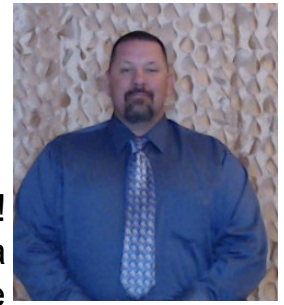
**E-BRIDGE**

To sign up for the monthly electronic newsletter  
please email [amaral@bawpva.org](mailto:amaral@bawpva.org)

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## President Reese Levasseur



Happy New Year! 2020 is going to be a great year. This year, we will be having more community involvement for the Paralyzed Veterans of America, Bay Area & Western Chapter. We are continuing our strong partnership with the Chamber of Commerce in Palo Alto, CA and we are building relationships to make sure we are creating a strong future for the Chapter.

We are continuing to partner with Recreation Therapy at VA Palo Alto for our 2020 clinics. There will be an Injury Prevention Clinic on Wednesday, January 29, 2019 at the Rieke's Center. Please refer to page 4 for more information. Also we will have another Shuffleboard Clinic on Tuesday, February 4, 2020 at 11:00 am at VA Palo Alto SCI Center's Dining Room. We will also be having an Interactive Arts Clinic on Thursday, March 12, 2020 at 11:00 am at VA Palo Alto SCI Center's Dining Room. These clinics are to prepare our veterans for the Winter Sports Clinic and National Veterans Wheelchair Games.

I want to personally thank Mr. Walter L. Stile Jr. for becoming a silver sponsor for the Chapter.

I love the new opportunities the New Year brings to everyone. We encourage the community to come visit our veterans. The joy of a simple gesture can bring something special to someone.



# Executive Director

## Kory Amaral



The past year has definitely been challenging, but the Chapter and I have built great relationships with the community and VA hospital staff in all our catchment areas. I want to wish everyone a Happy New Year. I look forward to learning more about Spinal Cord Injury and I cannot wait to attend more training programs and clinics to further my education. Last year, I had the opportunity to attend the PVA Summit and I truly believe I gained the knowledge to better assist the veterans I serve everyday. I am lucky to have a Board of Directors that completely support me in everything I do.

If you would like a 2020 calendar from National PVA please email me at [amaral@bawpva.org](mailto:amaral@bawpva.org) or call the office at (650) 858-3936. This year, I do have a limited amount of calendars, so please reach out to me asap so you will receive one.

I do not know if you heard the news, starting January 1, 2020, Purple Heart recipients, former prisoners of war, service connected disabled veterans regardless of the percentage of their disability, and VA certified caregivers will also be able to shop at the commissary at Moffett Field.

We are tentatively planning a Fresno Membership Meeting in Fresno, CA in April 2020, a Sacramento Membership Meeting in Mather, CA in April 2020, a Reno Membership Meeting in Reno, NV in May or June 2020, and a Palo Alto Membership Meeting in Palo Alto, CA in May or June 2020. We have not set the dates yet. Members in the area will receive notice when the date is set along with the information for the event. We encourage our members and families to come so we can stay connected.

I hope everyone enjoyed their holiday season with their family and friends. I look forward to working with everyone in 2020! I wish everyone a Happy and Healthy New Year!



The Bridge



# Winter Sports Injury Prevention Clinic

January 29th, 2020

The Riekes Center

3455 Edison Way  
Menlo Park, CA 94025

## Agenda:

9:30AM - 10AM

*Gathering activities and orientation*

10AM - 11:45AM

*Station rotations to review injury prevention, hydration/nutrition, and equipment*

11:45AM - 12PM

*Break*

12PM - 1PM

*Strength and Conditioning Workout*

*Please RSVP to the Riekes Center Staff  
or your VA Recreation Therapist*

Sponsored By:



**Stanford**  
University

**VA**  
Veterans Affairs



**PAHCS**  
Palo Alto Health Care System



**Riekes Center**  
for human enhancement



# Connect With What Matters



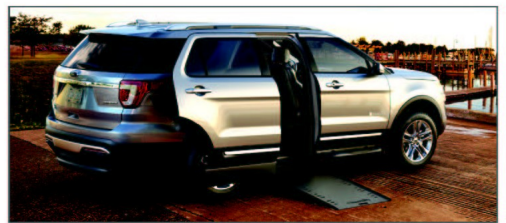
## Being there makes a difference

It could be a simple trip to the mall, a ride to the movies or just a visit to a friend's home. The little things in life can make a big difference. It's why MobilityWorks has been helping veterans connect with who and what matters most since 1997. Veterans have unique needs so we treat each of them as individuals. First of all, we listen. Then, we work together to find the best solution.

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MobilityWorks is committed to serving you. Contact us today so we can evaluate your needs and find a solution that best fits your lifestyle.



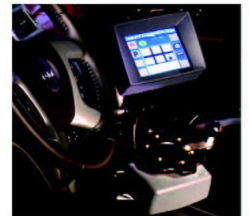
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650-826-3408

### **Fresno**

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Fresno, CA 93701  
559-408-5835

### **Sacramento**

3127 Fite Circle, Suite B  
Sacramento, CA 95827  
916-368-0854

### **Chico**

1300 Nord Ave.  
Chico, CA 95926  
530-433-5954

### **Oakland**

1822 Embarcadero Ave.  
Oakland, CA 94606  
510-927-2860

### **Santa Clara**

1245 Laurelwood Rd.  
Santa Clara, CA 95054  
669-236-3001

**The Bridge**



[www.mobilityworks.com](http://www.mobilityworks.com)

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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

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To learn more, call 866-281-1502 or go to [pva.org/givegoods](http://pva.org/givegoods)  
Paid for by the Jeffrey Carlton Charitable Foundation





# GIFT YOUR OLD WHEELS FOR GOOD.



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of America**

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WARRIORS**

Your donated vehicle can go far in helping severely injured veterans. Donations are sold at auction with proceeds going toward programs and services for veterans and their families. You may also receive a tax break, too! Schedule your free, easy pickup today.



**WheelsHelpingWarriors.org / 866-204-4548**

Paid for by the Jeffrey Cauffman Charitable Foundation



# National PVA Meeting & Pizza Night



*Monday February 10, 2020  
SCI Dining Room*

*1:00 PM - Meeting & 5:00 PM - Pizza Night*



**Sponsored by:**

**Paralyzed Veterans  
of America**

**Bay Area & Western Chapter**

*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](mailto:amaral@bawpva.org)*

*Veterans with sitting restrictions will be served at bedside  
upon completion of service in the Dining Room.*





# National Service Officer Report

Jason McDonald, National Service Officer



## 2020 VA Disability Cost-of-Living Adjustment and Ancillary Benefits

Most years the VA Disability rates increase due to the Cost-of-Living Adjustment (COLA) that is announced by the Social Security Administration. This year the 2020 VA Disability rates will be increased by 1.6% cost-of-living increase. These new rates are effective December 1, 2019. Please remember that your VA Disability pay is paid in arrears which means that the first time you see the new amounts deposited into your bank account will be on January 1, 2020.

For more information on what your new pay scale will be please visit: [https://www.benefits.va.gov/COMPENSATION/resources\\_comp01.asp](https://www.benefits.va.gov/COMPENSATION/resources_comp01.asp) and for those receiving Special Monthly Compensation: [https://www.benefits.va.gov/COMPENSATION/resources\\_comp02.asp](https://www.benefits.va.gov/COMPENSATION/resources_comp02.asp)

For those that are entitled to ancillary benefits below is the new amounts that are effective as of October 1, 2019.

Specially Adaptive Housing (SAH) Grant: \$90,364.00

Special Housing Adaptation (SHA) Grant: \$18,074.00

Temporary Residence Adaptation (TRA) Grant: \$39,669.00 or \$7,083.00

Auto and Adaptive Equipment Grant: \$21,488.29

## 2020 PVA Office Changes

As some of you may have already found out when you called your local service office, there has been some movement of PVA National Service Officers. National Service Officer Jason McDonald has moved to our Reno Office effective September 3, 2019. National Service Officer Alice Borja will be moving from our Palo Alto Office to our Sacramento Office effective January 6, 2020. As always we are here to assist you however we can. Please do not hesitate to contact your local service office for any questions. Office contact numbers are:

Sacramento – 916-364-6791 or 916-364-6794

Reno – 775-321-4789

# SCI Research Report

## SCI/D Clinical Research on Exoskeleton Ambulation

The VA Palo Alto SCI/D Center is one of 15 VA sites across the country involved in a multi-center study on exoskeleton assisted technology. This research opportunity is available to Veterans with spinal cord injuries or disorders who fit the eligibility criteria of the study. In this newsletter, we will briefly describe the background and purpose of the exoskeleton study. Please see the attached recruitment flyer for details about participating in this study.

**Exoskeleton technology** leverages developments in miniaturized motors controlled by onboard computer control into a device that is commercially available and deployable in the clinical setting. Advances in the field of exoskeleton technology have made it possible for Veterans with SCI/D to walk and function in a standing position. These state-of-the-art motorized exoskeletons offer Veterans' new tools for adjunctive mobility and challenges that were not available until recently. There are currently two devices that have received FDA Class 2 approval for institutional and home use -ReWalk and Indego- and both are currently available by prescription from your VA provider, if you meet the clinical profile.

Beginning in 2015, the VA Research Program has funded a large multi-center study to assess potential health benefits of exoskeleton use in the home and community. VA Palo Alto was one of the primary sites in this randomized, controlled research study that provides training to enrolled Veterans and their companions in order to take the device home and test it in their real-life settings. The main purpose of this study is to demonstrate the efficacy, amount of use and safety of a powered exoskeleton in the home and community environments as well as gather information about quality of life and various other measures that might be affected. This research study fits the VA's strong commitment to explore and leverage new technologies to improve veterans' health.

For information about any of our research studies, please contact the research director, Jenny Kiratli, PhD ([jenny.kiratli@va.gov](mailto:jenny.kiratli@va.gov)) or the research manager, Jeff Jaramillo, DPT ([Jeffrey.jaramillo@va.gov](mailto:Jeffrey.jaramillo@va.gov)).

### Need More Information or Have Questions?

- Contact the VA Palo Alto My HealtheVet Coordinator at: **(650) 849-0393** or visit the MHV Resource Center, VA Palo Alto Division, Building 5 Lobby
- Visit [www.myhealth.va.gov](http://www.myhealth.va.gov) and click "Contact" in the upper right corner
- Call the My HealtheVet Help Desk at **(877) 327-0022** or **(800) 877-8339 (TTY)**, Monday through Friday, 7:00 a.m. - 7:00 p.m. (Central Time)



**VA Palo Alto Health Care System**  
3801 Miranda Avenue • Palo Alto, CA 94304  
(650) 493-5000 • [www.paloalto.va.gov](http://www.paloalto.va.gov)

## My HealtheVet

### Access these features online at My HealtheVet:

- Online Prescription Refills (Track Delivery)
- VA Appointments
- VA Chemistry and Hematology lab results
- Blue Button Download your data
- Secure Messaging with your healthcare team
- Veteran Health Library/Trusted health information
- HealthLiving Assessment





VA Palo Alto Health Care System Research

# Exoskeletal-Assisted Walking in Persons with SCI: Impact on Quality of Life



**Purpose:** To determine the effects of exoskeletal-assisted walking in the home/community on the quality of life of Veterans with SCI. Physical, mental and social well-being changes will be evaluated with total body fat mass determination and quality of life questionnaires.

**Participation is open only to Veterans and Active Duty Military Service Members.**

**Do you...**

- have a spinal cord injury greater than 6 months?
- have hand grip function?
- use a wheelchair as your primary mode of mobility?

**Are you...**

- less than 220 pounds?
- at least 18 years of age?

***If you said “yes” to all of the questions above, you may qualify for this study.***

Additional screening criteria will be evaluated by the study team prior to entry in the study.

Time commitment is approximately 8 months.

## Study Contacts

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### Study Coordinator

Ramya Gopalan  
650-493-5000 x 65090

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### Trainer

Lisa Johanson  
650-493-5000 x 64479

Please contact the study team for more information.



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in the 21st Century

# Adaptive Sports Clinics



## Archery:

The Bay Area & Western PVA Chapter and SCI Recreation Therapy will be hosting an Archery Clinic in January 2020 in Stockton, CA at Oasis Archery. Lunch will be provided to participants. More information will be available in the near future.

## Winter Sports Clinic:

The Bay Area & Western PVA Chapter and SCI Recreation Therapy will be hosting a Winter Sports Clinic Team Funding Meeting at VA Palo Alto Health Care System on Wednesday, January 22, 2020 at 2:00pm in the Building 7 Room E-118.



## Shuffleboard Clinic:

The Bay Area & Western PVA Chapter and SCI Recreation Therapy will be hosting a Shuffleboard Clinic at VA Palo Alto Health Care System on Tuesday, February 4, 2020 from 11:00am to 2:00pm in the Building 7's SCI Dining Room. Lunch will be provided to participants. We encourage you to bring family and friends.

## Interactive Arts:

The Bay Area & Western PVA Chapter and SCI Recreation Therapy will be hosting an Interactive Arts Clinic at VA Palo Alto Health Care System on Thursday, March 12, 2020 from 11:00am to 2:00pm in the Building 7's SCI Dining Room. Lunch will be provided to participants. Some art and crafts that may be included will be Paracord, Drumming, Painting, and much more.



# ABILITY CENTER

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The Bridge

# 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:

<p><u>January 14, 2020</u> <u>Board of Director's</u> <u>Meeting</u> 1:00 PM</p> <p>Please join my meeting from your computer, tablet or smartphone. <a href="https://global.gotomeeting.com/join/468738157">https:// global.gotomeeting.com/ join/468738157</a></p> <p>You can also dial in using your phone. United States: <a href="tel:+14086503123">+1 (408) 650-3123</a></p> <p>Access Code: 468-738-157</p>	<p><u>February 10, 2020</u> <u>National PVA</u> <u>Meeting</u> 1:00 PM</p> <p>Please join my meeting from your computer, tablet or smartphone. <a href="https://global.gotomeeting.com/join/998478261">https:// global.gotomeeting.com/ join/998478261</a></p> <p>You can also dial in using your phone. United States: <a href="tel:+12245013412">+1 (224) 501-3412</a></p> <p>Access Code: 998-478-261</p>	<p><u>February 10, 2020</u> <u>Board of Director's</u> <u>Meeting</u> 3:00 PM</p> <p>Please join my meeting from your computer, tablet or smartphone. <a href="https://global.gotomeeting.com/join/996825237">https:// global.gotomeeting.com/ join/996825237</a></p> <p>You can also dial in using your phone. United States: <a href="tel:+16467493122">+1 (646) 749-3122</a></p> <p>Access Code: 996-825-237</p>	<p><u>March 10, 2020</u> <u>Board of Director's</u> <u>Meeting</u> 1:00 PM</p> <p>Please join my meeting from your computer, tablet or smartphone. <a href="https://global.gotomeeting.com/join/866405245">https:// global.gotomeeting.com/ join/866405245</a></p> <p>You can also dial in using your phone. United States: <a href="tel:+12245013412">+1 (224) 501-3412</a></p> <p>Access Code: 866-405-245</p>
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## Chapter Hospital Liaison Volunteers - NEEDED (Fresno)

At the 2016 PVA Fall Board of Directors meeting a resolution was passed to revise the Chapter Hospital Liaison (CHL) program. The Bay Area & Western Chapter is looking for volunteers to fill these positions at the SCI/D Center in Palo Alto and its Spoke Clinics at Mather, Fresno, and Honolulu. This program is intended for PVA members to advocate for their fellow members in regards to the health care they receive at VA facilities. PVA NSOs are expected to provide priority services to PVA members, any other veteran who has a spinal cord dysfunction and the dependents and survivors of these veterans including monitoring the delivery of VA health care services, benefits and taking appropriate corrective action. The CHL will work with the NSO and have the responsibility to help carry on that mission and work in cooperation with the NSO who has the requisite training and skills and are authorized under Title 38 of the United States Code (USC) to officially intervene and represent the interests on behalf of PVA members and clients, including proprietary access to information and materials protected by HIPAA and the Privacy Act.

The CHL will be responsible to report all issues of concern regarding health and welfare or physical plant to the local NSO. They are responsible for providing bi-weekly reports to the local NSO and chapter president, monthly to the chapter board of directors.

If you would like more information and are interested in volunteering for one of these positions, please contact the chapter office at (650) 858-3936 or [administration@bawpva.org](mailto:administration@bawpva.org).



# ReWalk®

## 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 help you achieve them.

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Marlborough, MA 01752  
[www.rewalk.com](http://www.rewalk.com)



**ReWalk™**  
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*St. Patrick's Day  
Luncheon  
Tuesday, March 17,  
2020 at 12:00 pm*



Join us in the SCI/D Dining Room for a St. Patrick's Day Luncheon sponsored by Paralyzed Veterans of America, Bay Area & Western Chapter and catered by Miraglia Catering, Inc. All SCI/D Veterans and their families are welcome. Veterans with sitting restrictions will be served at bedside upon request.

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



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



*MIRAGLIA*  
CATERING



# 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](http://Reno.Gov/Adaptive) | [@CityofReno](https://www.instagram.com/CityofReno)



# SCI Outpatient Clinic

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

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## SPECIALITY CLINICS

---

ACUPUNCTURE

PSYCHOLOGY

SCI CLINIC

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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!

## 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 a Transfer Appointment at least 2 weeks in advance

**Scheduling x65871**

## DEFENDER'S LODGE

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

**Social Work x65340**





# Partners Give Back



**Paralyzed Veterans of America**

Bay Area & Western Chapter



## Working together for your mobility needs

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For every purchase of a VMI vehicle with a new conversion, SacVans will discount \$1000 with this ad

**\$1000**

PVA is dedicated to our community and has partnered with SacVans Mobility to gain support for our mission and give wheelchair users greater freedom.



[sacvans.com](http://sacvans.com)

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## Paralyzed Veterans of America

### ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

**Camp Pendleton Air Rifle and Pistol Tournament**  
December 2-3, 2019  
Camp Pendleton, CA

**Cal-Diego Air Rifle and Pistol Tournament**  
January 27-28, 2020  
San Diego Naval Base  
San Diego, CA

**Mid-Atlantic Air Rifle and Pistol Tournament**  
March 4-5, 2020  
Colonial Shooting Academy  
Richmond, VA

**Wisconsin Air Rifle and Pistol Tournament**  
March 21-22, 2020  
Milwaukee Area Tech College  
Milwaukee, WI

**Buckeye Air Rifle and Pistol Tournament\***  
April 16-18, 2020  
Spire Institute  
Geneva, OH

*\*Buckeye Wheelchair Games*

### PARALYZED VETERANS BOATING/FISHING TOUR

**Mid-America Bass Tournament**  
September 20-22, 2019  
Lake Eufaula  
Eufaula, OK

**Vaughan Bass Tournament**  
October 4-6, 2019  
Rend Lake  
Mount Vernon, IL

**Florida Gulf Coast Bass Tournament**  
April 3-5, 2020  
Lake Harris  
Tavares, FL

**Kentucky-Indiana Bass Tournament**  
April 24-26, 2020  
Lake Barkley  
Kuttawa, KY

**Mid-Atlantic Bass Tournament**  
June 5-7, 2020  
James River  
Richmond, VA

**Capital Clash Bass Tournament\***  
June 12-14, 2020  
Potomac River  
Marbury, MD

*\*Year-End Tournament*

### ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

**Mid-Atlantic Billiards Tournament Chuck Willis Mem.**  
March 20-22, 2020  
Diamond Billiards  
Midlothian, VA

**Mid-America Billiards Tournament**  
April 3-5, 2020  
Slick Willies Pool Hall  
Oklahoma City, OK

**Buckeye Billiards Tournament**  
June 5-6, 2020  
Wickliffe Lanes  
Wickliffe, OH

**Mountain States Billiards Tournament**  
June 20-21, 2020  
Widefield Corner Pocket Billiards  
Fountain, CO

### ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

**Nevada Bowling Tournament**  
December 5-8, 2019  
Sunset Station Hotel & Casino  
Las Vegas, NV

**Mid-America Bowling Tournament**  
April 9-12, 2020  
Firelake Bowling Center  
Shawnee, OK

**Vaughan Bowling Tournament**  
April 30–May 3, 2020  
Bowlero  
Romeoville, IL

### PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

**Mid-Atlantic Shooting Sports Tournament**  
TBD  
Conservation Park of Virginia  
Charles City, VA

**Nevada Shooting Sports Tournament**  
March 13-15, 2020  
Clark County Shooting Park  
Las Vegas, NV

**Cal-Diego Shooting Sports Tournament**  
March 27-29, 2020  
Redlands Shooting Park  
Redlands, CA

**Lone Star Shooting Sports Tournament**  
May 22-23, 2020  
Desoto Gun Club  
Waxahachie, TX

**Vaughan Shooting Sports Tournament**  
June 5-7, 2020  
St. Charles Sportsman Club  
Elburn, IL

**Iowa Shooting Sports Tournament**  
June 12-14, 2020  
Otter Creek Sportsman Club  
Cedar Rapids, IA

**Wisconsin Shooting Sports Tournament\***  
June 26-28, 2020  
Brown County Sportsman Club  
Green Bay, WI

*\*Year-End Tournament*

### BOCCIA

**PVA National Boccia Tournament**  
October 22-26, 2019  
The Pavilion at Lamay  
St. Louis, MO

**Bayou Boccia Tournament**  
January 31-February 1, 2020  
Harrison County Shelter  
Gulfport, MS

**Buckeye Boccia Tournament\***  
April 16-18, 2020  
Spire Institute  
Geneva, OH

**Mid-Atlantic Boccia Tournament**  
May 7-9, 2020  
Fort Monroe  
Community Center  
Hampton, VA

**Vaughan Boccia Tournament**  
June 26-28, 2020  
Fountain View Recreation Center  
Carol Stream, IL

*\*Buckeye Wheelchair Games*

### CODE OF HONOR QUAD RUGBY INVITATIONAL

February 7-9, 2020  
The St. James  
Springfield, VA

### NATIONAL VETERANS WHEELCHAIR GAMES



### HANDCYCLING

**Museum of Aviation Marathon**  
January 18, 2020  
Warner Robins, GA

**Top End Euro-American HC Championships**  
February 1-2, 2020  
Gainesville, FL

**PVA Racing High Performance Camp**  
February 3-8, 2020  
Brooksville, FL

**Valley of the Sun**  
February 14-16, 2020  
Phoenix, AZ

For more information, visit: [pva.org/sports](http://pva.org/sports)



# ★ HAPPY ★ BIRTHDAY!



<b>January</b>	<p>Troy Johnson          Ronald Bojorques          Lisa Giovannini          Boyd Farnsworth          Michael Luberto          Larry Hansen          Daryl Meshack          Richard Charfauros          J.D. Clarkston          James Elwood          Hen-Min Hiu</p>	<p>William Nelson          Lonia Caton          David Lane          Lex Morse          Edgardo Odango          Mike Giffiths          Robert Stafford          Peter Arballo          Dennis Kavanagh          McKinley Keith          Ramon Pereyra</p>	<p>William Smith          Elviro Icban          David Jenkins          Milton Roberts          Carlos Parra          William Cotter          Manuel Fernandez          John Hemstreet          Dennis Brown          Barry McKeown</p>
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<b>February</b>	<p>Ray Robinson          George Rawls          Michael Wagner          Kevin Hoy          Jerry Metheny          David Petrus          Aaron McMihelk          Rogelio Rodriguez          Alexander Palos          Rachaelynne Horejsi          Craig Woods</p>	<p>Larry Moore          Joseph Martinez          Wayne Muscato          Jim Weeks          John Hunt          Michael Ludwig          Melvin LeRoy Lee          Bruce Mallibert          Kenneth MacDonald          Gerald Tharp          John Bajorek</p>	<p>Richard Craig          Gerald Cuzick          Eric Taylor          Glenn Gain          Larry Crothers          Floyd Tate          Jerry Leister          John Borges          Gary Mokuau          Steven Sober          James Griffith</p>
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<b>March</b>	<p>William Smith          George Appel          William Lyons          Fillmore Matthews          Lamont Greer          Ronald Thayer          David Kuester          Jeffrey Ovetz          Jerry Thompson          Todd Meadows          John Swanlan          Kevin Patton</p>	<p>David Hinze          Jesus Garcia          Ray Avery          Jack Pierce          Barry Gore          Richard Warne          Nathan Jackson          Bernard Jennelle          Douglas Monrad          Mike Heflin          Stephen Mendick          Stanley Silverman</p>	<p>Patrick Scott          Charles LaFleur          Kenneth Dubroff          Dino Granzella          David Nunes          William Roark          Sloane McMahon          Kim Johnson          Jerry Jordan          Pierre MacBeth          Donovan Mott          Mario Aliphat</p>	<p>Julie Mitchell          Raymond Corte          Jason Gieser          Stephen Estrada          Joseph                              Arcidiacono          Thomas English          Kenneth Pollock          Rexis Daniels          Lawrence Rogers</p>
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# January 2020

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	

- 1 to 3 - **New Years (Office Closed)**
- 8 & 22 - **Patient Education Lunch**  
12pm, Bldg. 7 Dining Room
- 14 - **BOD Meeting**  
1pm, Bldg. 7 Rm. E-118
- 20 - **Martin Luther King Jr. Day (Office Closed)**
- 22 - **Winter Sports Clinic Team Funding Meeting**  
2pm, Bldg. 7 Rm. E-118
- 29 - **Injury Prevention Clinic**  
9:30am, Riekes Center
- **Archery Clinic TBA**  
11am, Oasis Archery Stockton

# February 2020

SUN	MO	TUE	WED	TH	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

- 4 - **Shuffleboard Clinic**  
11am, Bldg. 7 Dining Room
- 5 & 19 - **Patient Education Lunch**  
12pm, Bldg. 7 Dining Room
- 10 - **National PVA Meeting**  
1pm, Bldg. 7 Dining Room
- 10 - **BOD Meeting**  
3pm, Bldg. 7 Rm. E-118
- 10 - **Pizza Night**  
5pm, Bldg. 7 Dining Room
- 17 - **President's Day (Office Closed)**

# March 2020

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				

- 2 to 5 - **Advocacy Legislative Seminar**  
Washington, D.C.
- 4 & 18 - **Patient Education Lunch**  
12pm, Bldg. 7 Dining Room
- 10 - **BOD Meeting**  
3pm, Bldg. 7 Rm. E-118
- 12 - **Interactive Arts Clinic**  
11am, Bldg. 7 Dining Room
- 17 - **St. Patrick's Day Luncheon**  
12pm, Bldg. 7 Dining Room
- 28 to April 4 - **Winter Sports Clinic**  
Snowmass, CO

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Bay Area & Western PVA

Tele: 650-858-3936  
800-273-6789 (toll-free)

E-Mail: [administration@bawpva.org](mailto:administration@bawpva.org)

Web: [www.bawpva.org](http://www.bawpva.org)

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

Tele: 202-USA-1300  
800-424-8200 (toll-free)

E-Mail: [info@pva.org](mailto:info@pva.org)

Web: [www.pva.org](http://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](http://www.va.gov)

California Department of Veterans Affairs (CDVA)

Tele: 800-952-5626 (toll-free)

Web: [www.cdva.ca.gov](http://www.cdva.ca.gov)

Social Security Administration

Tele: 800-772-1213 (toll-free)

Web: [www.ssa.gov](http://www.ssa.gov)

San Mateo County Commission on Disabilities

Web: [www.smco-cod.org](http://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

Tiffany Johnson, LCSW, SCI Coordinator  
Tele: 775-785-7075

Honolulu Clinic

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