

# The Bridge



Bay Area & Western Paralyzed Veterans of America

Volume 34, No. 4, Ver. 2

Apr - Jun 2020

Monday,  
August 3, 2020  
12:00pm Shotgun Start

Palo Alto Hills Golf &  
Country Club  
3000 Alexis Drive  
Palo Alto, CA 94304

## Sponsorship Opportunities:

- **Platinum Sponsor \$5,000**  
Two Tournament Foursomes  
Two Tournament Tee Signs  
Preferred Starting Holes  
Speaking Opportunity  
Exposure in Newsletter  
Exposure on Website
- **Gold Sponsor \$2,500**  
Tournament Foursome  
Tournament Tee Sign  
Preferred Starting Hole  
Mention in Newsletter  
Mention on Website
- **Tee Sign Sponsor \$200**
- **Foursome \$880**
- **Individual Golfer \$240**
- **Sponsor a Disabled Veteran \$240**
- **Spectator Ticket \$50**  
Includes Dinner

*All golf sponsorships include golf cart, lunch, and dinner.*



# ANNUAL GOLF TOURNAMENT



**Paralyzed Veterans of America**

Bay Area & Western Chapter



The Paralyzed Veterans of America, Bay Area & Western Chapter (BAWPVA) is a non-profit veterans organization that serves veterans with spinal cord dysfunction in Northern California and the Pacific Islands. Proceeds from this tournament will help support wheelchair athletes in adaptive sports programs and research to help find a cure for paralysis.

In addition to the Sports & Recreation and Research programs, the BAWPVA's programs include Advocacy & Legislation, Hospital Liaison, Benefits Services, Publications, as well as many other services to help our paralyzed veterans.

You can sign up online by visiting our Eventbrite page at:  
<https://www.eventbrite.com/e/10th-annual-golf-tournament-tickets-96000601383>

**Please make checks payable to:** Paralyzed Veterans of America, Bay Area & Western Chapter or BAWPVA

**Mail to:** P.O. Box 27, Palo Alto, CA 94304-0027

**For more information please contact:** Kory Amaral at (650) 858-3936 or [golf@bawpva.org](mailto:golf@bawpva.org)

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

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](mailto:administration@bawpva.org)

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

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

Kory Amaral, Chapter Editor

**ELECTED OFFICERS**

Reese Levasseur, President

Sebastian DeFrancesco, Vice President

Kenneth Pollock, Secretary

Stephen Estrada, Treasurer

**BOARD OF DIRECTORS**

Jessica Greene

Kevin Hoy

Michael Luberto

Chet Miller

Tomasz Modrzejowski

**CHAPTER STAFF AND APPOINTEES**

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Kory Amaral, Membership/Volunteer Officer

Reese Levasseur, Board of Directors, National PVA

Sebastian DeFrancesco, Dir. Sports & Recreation

Chet Miller, Dir. Sports & Recreation

Tomasz Modrzejowski, Dir. Sports & Recreation

Reese Levasseur, Government Relations Director

Victor Escamilla, VAWS Representative

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

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Articles published in *The Bridge* do not necessarily reflect the views of the Paralyzed Veterans of America, Bay Area & Western Chapter. Bay Area & Western PVA neither endorses nor guarantees any of the products or services advertised herein.

## President Reese Levasseur



I hope everyone is having a great start to Spring. We have many membership meetings coming up and we would love to see you there. This year, we decided to attach a clinic to the membership meetings to introduce our members to Adaptive Sports, please refer to page 11 for more details.

The Chapter was bummed that the Winter Sports Clinic was cancelled due to COVID-19, but we understand the safety of our veterans and the community is most important. The National Veterans Wheelchair Games is right around the corner and we would love to send as many veterans to the games as possible. The deadline to register is April 15, 2020 so please go online and submit your application. If you like to golf, you might be interested in playing in the Chapter's 10th Annual Golf Tournament, please let Kory Amaral know. Many individuals sponsor our disabled veterans to play.

If you are able to access a computer, we encourage you so sign up for MyHealthVet especially with what is going on and due to the stay at home orders. My HealthVet is a great online tool to schedule appointments and much more. If you need help signing up please contact the following: Call (x60393 or 650.849.0393) help by phone or schedule bedside assistance.

We have some exciting news! Peer Support is now continuing at VA Palo Alto on the last Thursday of each month. Refer to page 4 for more details. Please do not hesitate to contact me at: [levasseur@bawpva.org](mailto:levasseur@bawpva.org) if you have any questions.

Please everyone stay safe and let me know if the Chapter can help in any way.

# Executive Director

## Kory Amaral



I want to start out by saying I hope everyone is safe. I know COVID-19 has caused a lot of uncertainty in what the future may look like, but I want to ensure you that I am here for you if you need anything. The office is currently closed due to COVID-19 restrictions on the VA campus in Palo Alto until further notice. I am trying to come in on Wednesdays for now, but that may change in the future. Due to COVID-19 many of our events are going to be postponed or cancelled in the next couple of months.

Although the Chapter is being restricted on what events we may have in the future, we have tentatively scheduled the below events. On May 26-29, 2020, President Levasseur, Board Member Modrzejowski, and I will be attending PVA's Annual Convention in Dallas, TX. On June 3-4, 2020, the Chapter is having its Annual Fresno Membership Meeting in Fresno, CA. More information is available on page 11 and a letter will go out to the local members in the near future. On June 17-18, 2020, the Chapter is having its Annual Reno Membership Meeting & Clinic in Reno, NV. More information is available on page 11 and a letter will go out to local members in the near future. On June 9, 2020 at 5:00 pm, the Chapter is continuing our Pizza Nights at the SCI/D Center in Palo Alto, CA. The Pizza Nights are a great way to discuss important issues/concerns with the Board and to eat yummy food!

On March 2-5, 2020, I attended the Advocacy Legislation Seminar in Washington, D.C. presented by National PVA. National PVA and the Chapter focused on three main topics: The Air Carrier Access Act, Specialized Care, and to extend Social Security for the PVA representatives to present to the Congressman/Congresswoman and Senators. The Chapter met with representatives from Northern California and Hawaii. The Air Carrier Access Act has been reintroduced to Congress and the Senate. Although the Air Carrier Access Act has been around for many years, individuals with disabilities are still facing barriers when it comes to air travel. I have personally witnessed equipment getting damaged and it is unacceptable. Airlines should take responsibility and train their employees. The PVA is also continuing the fight to keep specialized care, such as spinal cord injury service, in the VA system. PVA wants veterans to stay in the VA, so PVA is asking the representatives push to not privatize the VA. Many of our veterans are not service connected and they rely on Social Security, so we must fight to keep it active.

Spring is a great time to continue donating. The Chapter has the GIVE Clothing Donation Program (GIVE) and Wheels Helping Warriors Vehicle Donation Program (WHW). Please refer to page 6 for more details of the GIVE Program which can benefit the Chapter. The contact information for the WHW Program has changed please visit <https://pva.carsmarketing.org/HOME.html> for more information. The Chapter will also be having our 10th Annual Golf Tournament on Monday, August 3, 2020 at Palo Alto Hills Golf and Country Club in Palo Alto, CA. Please refer to <http://www.bawpva.org/fileCabinet/golfflyer2020.pdf> for more details. I would like to personally thank the Safeway Foundation in Northern California and Lockheed Martin Company for their constant support to the Chapter. We are able to continue our programs due to their generosity.

The final event I would like to talk about is our Annual Awareness Fair that was scheduled for Thursday, April 23, 2020 from 10:30 am to 1:30 pm at the VA Palo Alto. The Chapter had many exhibitors who were going to attend and there would have been many fitness demonstrations, an exoskeleton demonstration, and a fly fishing demonstration, but the Chapter had to postpone the event due to COVID-19. A future date has not been set, but the Chapter knows that the Awareness Fair brings great resources and awareness to individuals with disabilities and the community. The Chapter hopes to have a date soon.



Welcome all Spinal Cord Injury Veterans

# Stronger Together

## Peer Support Group



**Every Last Thursday of  
Every Month Beginning**

**March 28, 2019**

**1:00 p.m. - 2:00 p.m.**

**VA Palo Alto Division**

**Building 7, Ward E (*Day Room*)**

Peer-led and designed to enable individuals with spinal cord injuries a time and place to share stories, experiences, and concerns with each other.

***For more information please contact  
Julie Morkve, LCSW at ext. 65340***



VA



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



# Connect With What Matters



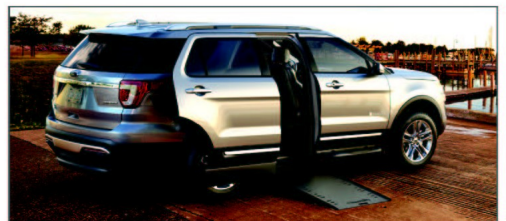
## Being there makes a difference

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.

MobilityWorks has more than 50 locations across the country with the largest selection of accessible vehicles and adaptive solutions:

- Minivans, full-size vans and trucks
- The latest in adaptive technology
- Complete maintenance and service
- Rental vans — veterans receive a 10% discount

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



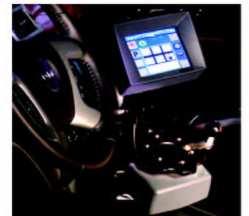
SUVs



Trucks



Lifts and stowage products



Electronic control systems

**USA's largest accessible van dealer!**

### **Burlingame**

890 Cowan Rd., Suite B  
Burlingame, CA 94010  
650-826-3408

### **Fresno**

120 N. Diamond St.  
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)

**Page 5**



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](http://pva.org/givegoods)  
Paid for by the Jeffrey Carlton Charitable Foundation





# Pizza Night



*Tuesday, June 9, 2020  
SCI Dining Room  
5:00 PM*



**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.***







# 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](http://www.rewalk.com)



# National Service Officer Report

Tami Anderson,  
Senior National Service Officer/West-North Area Manager



## **VA Introduces New Direct Deposit Options for Veterans and Beneficiaries**

### ***Partners with Association of Military Banks of America***

The Department of Veterans Affairs has partnered with the Association of Military Banks of America (AMBA); to offer Veterans increased banking options, support and access to education to achieve financial independence, resiliency and literacy. Currently, the Department of Veterans Affairs delivers Veteran's benefits via Electronic Funds Transfer (EFT), Direct Express (pre-paid debit card) or paper check if approved by the Treasury. There are approximately 250,000 Veterans and beneficiaries who receive their VA benefits via a Direct Deposit pre-paid debit card or paper checks are mailed by the Treasury Department.

A Veteran who does not have a traditional bank account and is dependent on their monthly benefits via a pre-paid debit card or paper check may be more vulnerable to scams, theft and/or fraud. Veterans and the elderly often times are targeted by predatory marketplace actors; trying to scam them out of their money. If you are currently receiving a paper check and would like to receive a Direct Express card; please contact the Department of Veterans Affairs at 1-800-827-1000 for assistance.

The VA and AMBA partnership became effective December 20, 2019; and is there to assist Veterans who are unbanked, or under-banked to receive the necessary services and safety from a fully accredited, FDIC-protected bank. The current participating AMBA partners are USAA, Wells Fargo, Bank of America, Regions Bank and Fort Sill National Bank. If you would like to enroll; the link is [www.veteransbenefitsbanking.org](http://www.veteransbenefitsbanking.org); which will provide assistance on choosing the right bank for you and the steps to apply for an account.

There is an application process at each participating banks; and each are different. The banks participating in this program are committed to assisting Veterans and their families find the right banking services that fit their needs. If you have any questions concerning this program, please contact the Department of Veterans Affairs at 1-800-827-1000; they supervise this program. If you have questions about specific bank products or services; those should be directed to that individual bank.

The website to reach a bank is again [www.veteransbenefitsbanking.org](http://www.veteransbenefitsbanking.org); and questions concerning the overall program, contact the Department of Veterans Affairs at 1-800-827-1000.

# 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://twitter.com/CityofReno)



## **Fresno Membership Meeting & Clinic**



When: Thursday, June 4, 2020  
11:00am-3:00pm

Where: Central California's VA HCS (Fresno VAMC)  
2615 E. Clinton Ave.  
Building 25 Conference Room, First Floor  
Fresno, CA 93703

Notes: There will be a movie night on Wednesday, June 3, 2020.  
Please let me know if you would like to attend this event as well. Location will be announced soon.

RSVP: Bay Area & Western Chapter PVA  
(650) 858-3936 or [amaral@bawpva.org](mailto:amaral@bawpva.org)  
RSVP by May 21, 2020

## **Reno Membership Meeting & Clinic**



When: Thursday, June 18, 2020  
11:00am-3:00pm

Where: VA Sierra Nevada HCS (Reno VAMC)  
975 Kirman Ave.  
Tahoe Room (Room May Change)  
Reno, NV 89502

Notes: The Chapter will also be present at the Lunch and Learn on Wednesday, June 17, 2020 (more information is on Page 10). Please let me know if you would like to attend this event as well.

RSVP: Bay Area & Western Chapter PVA  
(650) 858-3936 or [amaral@bawpva.org](mailto:amaral@bawpva.org)  
RSVP by June 4, 2020

*During these meetings there will be updates from the SCI/D staff, PVA National Service Officer, and Chapter representatives.*

*The Chapter will be scheduling Membership Meetings & Clinics for Palo Alto and Sacramento areas in late Summer or Early Fall 2020.*



# NATIONAL VETERANS WHEELCHAIR GAMES

40<sup>TH</sup> ANNIVERSARY



# JULY 3-8, 2020

Portland, OR • [WheelchairGames.org](http://WheelchairGames.org)

Co-Presented by:



**VA** U.S. Department  
of Veterans Affairs



Paralyzed Veterans  
of America



# SCI/D Patient Education 2.0 !!!



*It's fast, fun, and done with friends !!!*

## **Who**

- Open to all SCI/D veterans, family members, caregivers.
- Bed bound patients are welcome!!

## **What**

- A new interactive patient education program.
- Enjoy learning while eating lunch with your friends.
- Get your questions answered directly by peers and professionals.

## **Where/When**

- *The program is held in the Building 7 dining hall on the first and third Wednesday every month at lunchtime (12 to 1 pm).*
- **VANTS** (Veterans Affairs National Telecommunication System) is available to call in to listen and or participate on program days. Simply call 1-800-767-1750 then enter pin 32007#

## **Why**

- The format allows for everyone to get important information and share their valuable experience to help make a difference in the lives of others!!!





# 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
- Preferred service appointments scheduling
- 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**

**WE HAVE  
HUNDREDS  
OF  
ACCESSIBLE  
VEHICLES!**



**Moving Your Life Forward [www.AbilityCenter.com](http://www.AbilityCenter.com)**

# CREATE YOUR OWN ADVENTURE

BY LAND OR BY SEA




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321-327-4693 • 574-527-3100

[tinam.williams@cruiseplanners.com](mailto:tinam.williams@cruiseplanners.com)

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

 Cruise Planners - [tinasnoworriestravel.com](http://tinasnoworriestravel.com)

FLST# 39068 • CST# 2034468-50 • HST# TAR-7058 • WAST# 603-399-504



The Bridge



Page 15



# SCI Outpatient Clinic

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

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## SPECIALITY CLINICS

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

ACUPUNCTURE

PSYCHOLOGY

SCI CLINIC

INTEGRATED  
EVALUATION

UPPER EXTREMITY

TELEHEALTH

SEXUALITY

FUNCTIONAL  
EXTREMITY

OCCUPATIONAL  
THERAPY

PHYSICAL THERAPY

UROLOGY

URODYNAMICS  
STUDY

EMG

BOWEL AND  
BLADDER

WOUND

PLASTICS

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.

CHIROPRACTIC SERVICES .... COMING SOON!



# Wellness Education Series



*All Veterans  
and VA staff  
are welcome  
to attend*

**Presentations are held the  
2<sup>nd</sup> Wednesday of each month  
from 11:00 a.m. – 12:00 p.m.  
Palo Alto Division, Building 7  
SCI Conference Room (F125)**

## Upcoming Schedule:

<b>January 8th</b>	Sound Healing Meditation
<b>February 12th</b>	Chiropractic/ NET Mind-Body
<b>March 11th</b>	Yoga – ‘Adapting Disability to Ability’
<b>April 8th</b>	Neuromodulation & Meditation
<b>May 13th</b>	Qi gong
<b>June 10th</b>	Acupuncture / BFA
<b>July 8th</b>	Myofascial Decompression (Cupping)
<b>August 12th</b>	Primal Posture for Pain Reduction
<b>September 9th</b>	Integrative Nutrition: Healing Trauma
<b>October 14th</b>	Grof Breath Work
<b>November 11th</b>	VA Apps for Health and Wellbeing
<b>December 9th</b>	Dialectical behavior therapy (DBT)

*For more information, on upcoming presentations, please contact  
Michael Voigt at PAD ext. 63351, or email [michael.voigt2@va.gov](mailto:michael.voigt2@va.gov)*



**VA**



U.S. Department  
of Veterans Affairs

## COMMUNITY CARE PROGRAM

- Caregiver must be authorized and have a start date prior to starting care
- Services can only be claimed when Veteran is at home (excludes hospitalization or facility care)

## TIMESHEETS

- Be consistent and claim the same start/end time number of hour/s everyday
- If there are (2) caregivers working the same day, claim hour/s on (2) different days \*you can't share the same day on timesheets
- Make a copy and save all timesheets for your records and taxes
- *Send in your monthly timesheet on the FIRST day of the following month*

## PAYMENT

- Caregiver's initial first payment will be 2-3 months after submitting timesheets
- Payments are non-taxed, new caregivers must fill out **VA-FSC Vendor File Request Form 10091** and **W-9 forms**. Submit to **1) VA Austin Texas** and **2) your appropriate SCI Spoke Site Representative according to where you live:**
  - **VA Austin Texas:** Fax (512) 460-5221
  - **SCI Spoke Site Representative:**
    - **VA Palo Alto** – Monica Rangel, RN (650) 493-5000 x67198 & Mara Capio, LCSW (650) 493-5000 x65340 & Joellen Perkins (650)493-5000 x26014
    - **VA San Francisco** – Eva Woodward, LCSW (415) 221-4810 x23470, Elaine Lui (415) 221-4810x26582 & Andrew Harris (415)221-4810x22112
    - **Central California (Fresno)** – Amanda Jackson, RN (559) 225-6100 x 4620 & Anita Morris (559) 476-7696 no available extention
    - **Northern California (Martinez/Sacramento)**– Sumali Valentine, RN (916) 843-9449 to only endorse questions to Monica Rangel RN  
**Alyssa Jabson** CC (707)-647-8952/claims and customer service 877-881-7618/ 707-647-8937
    - **VA Sierra Nevada (Reno)** – Jennifer Stathes, RN (775) 785-7078 & Tiffany Johnson, LCSW (775) 785-7075
    - **Hawaii** – Amanda Hiljus, RN (808) 433-3428 & Alice Taira, LCSW (808) 433-7853

▪ **For continuous *delayed payment* problems please contact:**

- **Financial Service Center (FSC) Customer Service (877) 353-9791**
- **Customer Engagement Portal: <https://www.cep.fsc.va.gov>**
- **Community Care Program: [www.hnfs.com/cotent/hns/home/va/provider.html](http://www.hnfs.com/cotent/hns/home/va/provider.html)  
HNFS provider service line: 844-728-1914**
- **Nationwide Vendor File Provider Relations – (512) 460-5380 and the [contact number](#) that is on the bottom of the time sheet**

## OTHER

- **Please alert your area representative - RN**
  - **1-2 months before your bowel and bladder program expiration date**
  - **Regarding changes in name, phone number, and/or address**

## 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:**

**April 14, 2020**  
**Board of Director's Meeting**  
1:00 PM

Please join my meeting from your computer, tablet or smartphone.  
<https://global.gotomeeting.com/join/545023325>

You can also dial in using your phone.  
United States: [+1 \(872\) 240-3311](tel:+18722403311)

**Access Code: 545-023-325**

New to GoToMeeting? Get the app now and be ready when your first meeting starts:  
<https://global.gotomeeting.com/install/545023325>

**May 12, 2020**  
**Board of Director's Meeting**  
1:00 PM

Please join my meeting from your computer, tablet or smartphone.  
<https://global.gotomeeting.com/join/776752197>

You can also dial in using your phone.  
United States: [+1 \(408\) 650-3123](tel:+14086503123)

**Access Code: 776-752-197**

New to GoToMeeting? Get the app now and be ready when your first meeting starts:  
<https://global.gotomeeting.com/install/776752197>

**June 9, 2020**  
**Board of Director's Meeting**  
3:00 PM

Please join my meeting from your computer, tablet or smartphone.  
<https://global.gotomeeting.com/join/205125245>

You can also dial in using your phone.  
United States: [+1 \(872\) 240-3212](tel:+18722403212)

**Access Code: 205-125-245**

New to GoToMeeting? Get the app now and be ready when your first meeting starts:  
<https://global.gotomeeting.com/install/205125245>



# 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. The device offers:

- Lightweight, modular design
- Slim profile compatible with most wheelchairs
- Rapid setup and breakdown for easy transportation
- Can be used with forearm crutches or walker

**Contact us today to find out if you are eligible to receive an Indego exoskeleton.**

**Email:** [support.indego@parker.com](mailto:support.indego@parker.com)

**Phone:** 844-846-3346



Watch Marine Veteran Steve Holbert's story at [www.indego.com/veterans](http://www.indego.com/veterans)





Partners  
Give Back



Paralyzed Veterans  
of America

Bay Area & Western Chapter



Working together for your mobility needs

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Roadside Assistance membership

**FREE**

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discount \$1000 with this ad

**\$1000**

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partnered with SacVans Mobility to gain  
support for our mission and give wheelchair  
users greater freedom.



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# ★ HAPPY ★ BIRTHDAY!



<b>April</b>	Edward Baker	Joseph Williams	Anthony Saavedra	Redic Thomas
	David Long	Travis Dunn	Michael	Todd Kelly
	Floyd Bethany	Leonard Powell	MacCullough	Timothy Cissney
	Nicholas Pruneda	Danny Brozowski	Mike Kruzel	Bruce Gibbings
	Richard MacKenzie	John Davis	Sean Ryan	Matthew Simione
	Pablitz Candela	James Dottle	Jason Elkins	James Kempner
	Jeff Haywood	Richard DeWorken	John Markowski	
	Laurence	James Toler	Jim Ptak	
	Donelson	James Freeman	Robert Dorroh	
	Qcutziel Frazier	Kenneth Lujan	Richard Picard	
	Milton Dixon	John Paxin	Kurt Larsen	

<b>May</b>	Carrie Musso	Peter Axelson	David Aguilera
	Benami Garcia	William McNerlin	Jeffrey Crummett
	Charles Heuck	Richard Henry	Ernest Mendes
	Tom Bishop	Alfred Matthews	Warren Hardy
	Michael Gruber	Alexandro Norita	Clinton Martin
	Roger Jenan	Allan Sloan	Daniel Sabala
	Donnie Rawhoof	Kevin Dunn	Alfred Harrison
	James Curbow	Sandy Valdez	Jeffrey Jongema
	Gary Epps	John Say	Andrew Smith
	Sabino Deodanes	Penny Gillett	Jerral Hancock
	Marcia Nagle	Damien Giboney	Carl Latona

<b>June</b>	Frank Mlejnek	Steven Rapp	Susan Ippolito
	Bruce Austin	Jack Nicholson	Lew Francis Fiesta
	Don Odle	Mark Krueger	Edward Stickney
	Victor Escamilla	Shannon Rose	Richard Howard
	Michael Doza	Rudy Ragland	Patrick Harris
	Michael Goesch	James Morris	
	Michael Stout	Kevin Inouye	
	Richard Lineback	Teddy Nicholson, Jr.	
	Robert Eaton	Harold Janikowski	
	Joseph Richard	Elizabeth Stahl	
	Patrick McDonald	Richard Gardner	
	Anthony Esposto	David Fry	



## April 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		

## May 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	30
31						

## June 2020

SUN	MO	TUE	WED	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				

- 1 & 15 - **Patient Education Lunch**  
12pm, Bldg, 7 Dining Room
- 14 - **BOD Meeting**  
1pm, Bldg. 7 Rm. E-118 or Teleconference
- 30 - **Peer Support**  
1pm, Bldg. 7 E-Wing Day Room

- 6 & 20 - **Patient Education Lunch**  
12pm, Bldg. 7 Dining Room
- 12 - **BOD Meeting**  
1pm, Bldg. 7 Rm. E-118 or Teleconference
- 25 - **Memorial Day (Office Closed)**
- 26 to 29 - **PVA Annual Convention (Office Closed)**  
Dallas, TX
- 28 - **Peer Support**  
1pm, Bldg. 7 E-Wing Day Room

- 3 & 17 - **Patient Education Lunch**  
12pm, Bldg. 7 Dining Room
- 3 & 4 - **Fresno Membership Meeting**  
TBA, Fresno, CA
- 9 - **BOD Meeting**  
3pm, Bldg. 7 Rm. E-118
- 9 - **Pizza Night**  
5pm, Bldg. 7 Dining Room
- 17 & 18 - **Reno Membership Meeting**  
TBA, Reno, NV
- 19 - **RSVP Deadline for Banquet**
- 25 - **Peer Support**  
1pm, Bldg. 7 E-Wing Day Room

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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: 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

Vacant, LCSW, SCI Coordinator  
Tele: 775-785-7075

Honolulu Clinic

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