

# *the* **Bridge**



Bay Area & Western Paralyzed Veterans of America

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# November 11, 2020

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

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

Kory Amaral, Chapter Editor

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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



This summer has been very uncertain, but I am glad we remain in good health. Once again, I really enjoyed speaking with each of you during our membership check in. The BAWPVA Chapter and I barely get to see you anymore, so it was great to hear your voices. We know that there is a lot going on right now so if you need someone to talk to, we are here for you. The VA Palo Alto Health Care System's SCI/D Center is still at 40%, so we encourage you to reach out to the Outpatient Clinic at (650) 493-5000 x65871 and refer to page 10 for more information.

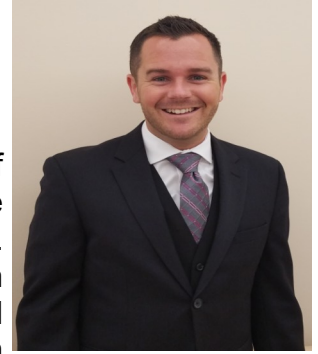
The BAWPVA Chapter is doing some in house cleaning and needs your help. We encourage all members to attend our Special Membership Meeting on Tuesday, November 10, 2020 at 3:00 pm to discuss the Chapter updates in regard to the Article of Incorporation and Bylaws. More information is on page 14 and you will also be receiving information in the mail.

During this holiday season, I want all of us to recognize the veterans healing in the hospital and in the community. If you are able please take the time to stop by and say hello or virtually call a veteran due to the COVID-19 Pandemic restrictions. I want to wish everyone a safe and happy holiday season. We will continue our hard work and we look forward to a New Year.

We have some exciting news! Peer Support is continuing at VA Palo Alto Health Care System on the first Wednesday of the month. Refer to page 9. Please do not hesitate to contact me at: [levasseur@bawpva.org](mailto:levasseur@bawpva.org) if you have any questions. I am glad we can continue to support our SCI veterans.

# Executive Director

## Kory Amaral



Happy fall to all the veterans and their families. The last couple of months have been filled with natural disasters and we still are trying to continue through the COVID-19 Pandemic which has put restrictions on so many events. We are not going to be giving up. The BAWPVA Chapter and SCI Recreation Therapy are planning many virtual clinics. More information is on pages 5 and 15. The BAWPVA Chapter will also be visiting VA Central California Health Care System (Fresno) to have a Membership Meeting on Monday, November 2, 2020. The Membership Meeting may need to be held virtually due to COVID-19 Pandemic restrictions. More information is on page 8.

The giving season is upon us and the Chapter has many programs in which the community can help. We will also be continuing our semiannual direct mail campaign in November. Our GIVE clothing campaign and WHW vehicle program are remaining strong, so please refer to pages 6 and 7 to learn more. We are working with National PVA to continue to raise funds for our veterans.

I want to take a moment to recognize all of our veterans who served our country. November 11 is a very special day and we have an important event to celebrate. The BAWPVA Chapter will hopefully be participating in the San Jose Veterans Day Parade on November 11, 2020 at 12:00pm. Last year, we had a handful of veterans and we would love more veterans to participate, if able. Please let me know if you can make it.

I am sure you are wondering about the PVA Annual Banquet and Holiday Luncheons. All Holiday Luncheons have been cancelled due to restrictions at the hospital. The BAWPVA will continue to support SCI Recreation Therapy in getting meals for inpatients during their stay. The PVA Banquet is scheduled on Saturday, November 21, 2020, but Santa Clara County is still restricting inside events. I will be discussing this with the Board and venue to see what our best option is. I will make sure to update you.

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



# 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](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)



# Virtual Cardio Boxing Clinic

Wednesday, October 14, 2020  
12:00pm-1:30pm



**Paralyzed Veterans of America, Bay Area & Western Chapter (BAWPVA), SCI Recreation Therapy, and the Riekes Center, would like to invite all persons with physical disabilities and their families to join us for Virtual Cardio Boxing Clinic.**

**All participants must RSVP by Wednesday, October 7, 2020 in order for staff to sign you up for Zoom and send out other materials.**

**Before the clinic starts, BAWPVA, the Reikes Center, and staff from the SCI Center will giving a brief presentation.**

**Prizes will be given to participants.**

**Virtual Clinic**  
**3801 Miranda Ave.**  
**Building 7's SCI Center**  
**Palo Alto, CA 94304**



**RSVP to BAWPVA**  
**(650) 858-3936 or**  
**[amaral@bawpva.org](mailto:amaral@bawpva.org)**

Sponsored by:



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

**Riekes Center  
for human enhancement**





That stuff that you keep telling yourself  
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**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**

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Bay Area & Western Chapter

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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](http://pva.careasy.org)**





**Paralyzed Veterans  
of America**

Bay Area & Western Chapter

# **Membership Meeting Fresno**

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**Who: PVA Members**

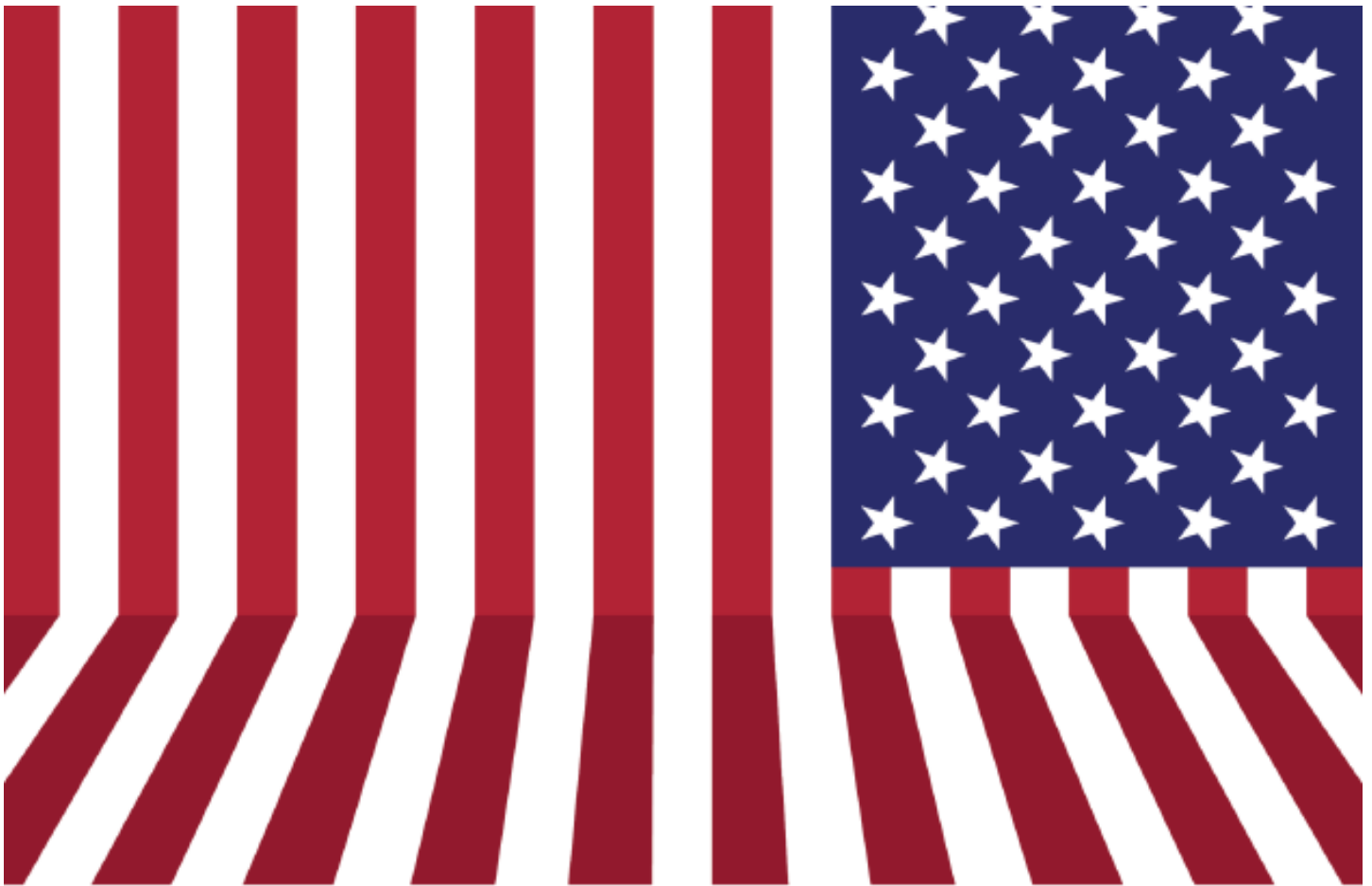
**When: Monday, November 2, 2020  
10:00 am - 2:00 pm**

**Where: Fresno VA Medical Center  
2615 E. Clinton Ave.  
Freedom Building 25  
Fresno, CA 93703**

**Why: Discuss updates from PVA &  
VA**

**Note: Meeting may be virtual  
depending on COVID-19  
restrictions**





## SCI PEER SUPPORT LUNCHEON



Please join us every **FIRST WEDNESDAY** of the month in the SCI Dining Hall at 1200 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.

**1-800-767-1750 Access Code: 87322#**

**ZOOM:** Meeting ID: 747 6981 6888 Passcode: 5jGW7K





# 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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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

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- 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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# National Service Officer Report

Jason McDonald, National Service Officer

## Behavioral Health and Wellbeing during COVID-19

During these unprecedented times with the COVID-19 pandemic sweeping through our nation, it is easy to put aside one's behavioral health and well-being while trying to adapt and manage others. As the total number of COVID-19 confirmed cases in America inch closer and closer to 4.5 million, all of us have been impacted in some way by state closures, job losses and changes in availability of normalized healthcare.

Specifically, members of Paralyzed Veterans of America, require specialized needs when it comes to our healthcare. Most have had to either postpone annual SCI visits or perform them via telehealth. All of these events have caused changes to "normalized" life, which for many, can be extremely stressful and difficult to overcome.



As Veteran's most of us face our own battles with extreme anxiety, military sexual trauma (MST), substance abuse and PTSD. Due to the COVID-19 pandemic, a multitude of additional stressors have been inserted into our lives that are out of our control. Stressors such as social distancing and self-quarantining contribute to increased feelings of isolation that many Veterans already felt prior to the pandemic. If you are feeling an exasperation of your symptoms, please note that this, unfortunately, is normal during this time period!

It is important to note that various studies have shown that between 10 to 20% of post-9/11 Veteran have had symptoms consistent with PTSD and that roughly 30% of Vietnam era Veterans have had PTSD in their lifetimes. This number does not include other mental health conditions. When you think about how many Veterans have served since Vietnam, this is a significant number of our fellow Veterans combating and dealing with these conditions. The Department of Veteran Affairs Health Administration has continued to try to maintain and provide mental health essential services. The VHA has expanded and has successfully utilized telehealth in order to provide continued treatment for behavioral health and wellbeing.

Please realize that you are not alone in your struggles! You do not need to suffer in silence!

### **Resources:**

Veterans' Crisis Line: 1-800-273-8255 Press 1 or Call 911

Veterans' Crisis Line Chat - <https://www.veteranscrisisline.net/get-help/chat>

VA Southern Nevada Healthcare System (Las Vegas Area) – 702-791-9062

VA Sierra Nevada Healthcare System (Reno Area) – 775-326-2920

[https://www.ptsd.va.gov/covid/list\\_healthcare\\_responders.asp](https://www.ptsd.va.gov/covid/list_healthcare_responders.asp)





**Paralyzed Veterans  
of America**

Bay Area & Western Chapter

# San Jose Veterans Day Parade

**Who: PVA Members &  
SCI/D Veterans**

**When: Wednesday, November 11,  
2020  
12:00-2:00pm**

**Where: Downtown San Jose**

Parade Route: One mile -- Start near the SAP  
Center on Santa Clara Street and proceed east on  
Santa Clara Street, turn right onto Market Street



*RSVP to BAWPVA  
By November 1, 2020  
1 (800) 273-6789 or  
amaral@bawpva.org*

# 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.

<p><b><u>October 13, 2020</u></b> <b><u>Board of Director's</u></b> <b><u>Meeting</u></b></p> <p>1:00 PM</p> <p>Please join my meeting from your computer, tablet or smartphone. <a href="https://global.gotomeeting.com/join/240418373">https://global.gotomeeting.com/join/240418373</a></p> <p>You can also dial in using your phone. United States: <a href="tel:+12245013412">+1 (224) 501-3412</a></p> <p><b>Access Code: 240-418-373</b></p> <p>New to GoToMeeting? Get the app now and be ready when your first meeting starts: <a href="https://global.gotomeeting.com/install/614289237">https://global.gotomeeting.com/install/614289237</a></p>	<p><b><u>November 10, 2020</u></b> <b><u>Board of Director's</u></b> <b><u>Meeting</u></b></p> <p>1:00 PM</p> <p>Please join my meeting from your computer, tablet or smartphone. <a href="https://global.gotomeeting.com/join/614289237">https://global.gotomeeting.com/join/614289237</a></p> <p>You can also dial in using your phone. United States: <a href="tel:+12245013412">+1 (224) 501-3412</a></p> <p><b>Access Code: 614-289-237</b></p> <p>New to GoToMeeting? Get the app now and be ready when your first meeting starts: <a href="https://global.gotomeeting.com/install/614289237">https://global.gotomeeting.com/install/614289237</a></p>	<p><b><u>November 10, 2020</u></b> <b><u>Special Membership</u></b> <b><u>Meeting</u></b></p> <p>3:00 PM</p> <p>Please join my meeting from your computer, tablet or smartphone. <a href="https://global.gotomeeting.com/join/896657157">https://global.gotomeeting.com/join/896657157</a></p> <p>You can also dial in using your phone. United States: <a href="tel:+13127573121">+1 (312) 757-3121</a></p> <p><b>Access Code: 896-657-157</b></p> <p>New to GoToMeeting? Get the app now and be ready when your first meeting starts: <a href="https://global.gotomeeting.com/install/896657157">https://global.gotomeeting.com/install/896657157</a></p>
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# Virtual BINGO

*Friday,*

*November 13, 2020*

*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 by Friday, November 6, 2020 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](mailto:amaral@bawpva.org)**



**Paralyzed Veterans  
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](http://Reno.Gov/Adaptive) | [@CityofReno](https://twitter.com/CityofReno)



# Washington Update

The Paralyzed Veterans of America's Government Relations  
Department



**Paralyzed Veterans  
of America**

## **VA TO BEGIN REASSESSING POST-9/11 VETERANS AND THEIR CAREGIVERS**

On July 31, VA published a final rule that makes changes to VA's Program of Comprehensive Assistance for Family Caregivers. A provision in the rule sets forth reassessment criteria for veterans and their caregivers who submitted a joint application that was approved by VA *before* October 1, 2020.

Between October 1, 2020, and September 30, 2021, VA will conduct the reassessment process. The reassessment will be based on the new eligibility criteria set forth in the final rule. No matter when a veteran's reassessment occurs within that year, the veteran will maintain automatic eligibility for one year – through September 30, 2021.

The assessment will be conducted by staff from the veteran's local VA medical center, and may include a visit to his or her home. VA staff may complete visits through video conference or other available telehealth modalities.

Once the reassessment is complete, a Centralized Eligibility and Appeals Team will review and decide the veteran's eligibility beyond September 30, 2021. VA will notify veterans of their eligibility determination results in writing.

Caregiver Support program staff will contact veterans who must be reassessed for the program. In the meantime, veterans should contact their local Caregiver Support program staff if they have questions.

Also, VA is changing the way monthly stipend payments are calculated in order to make the program more consistent. VA believes that for many primary family caregivers of current participants (post-9/11), these changes will result in an increase in the stipend payment amount. For those who may receive a decrease in the monthly payment as a result of these changes, the final rule establishes a one-year transition period. No decrease will occur before October 1, 2021, unless: 1) the veteran relocates to a new address, at which point the stipend would be calculated by the new methodology or 2) the veteran is discharged or revoked from the program.



# 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)



# Winter Sports Clinic

The National Disabled Veterans Winter Sports Clinic is the world leader in rehabilitation. This years Winter Sports Clinic will be held from March 27, 2021 to April 3, 2021.

Participating Veterans experience “Miracles on a Mountainside” as they are provided with training in adaptive Alpine and Nordic skiing, sled hockey, scuba diving, rock wall climbing and a number of other adaptive activities, sports and education.

The clinic, which began in 1987 with 90 participants, has grown to assist nearly 400 profoundly disabled Veterans.

Veterans with traumatic brain injuries, spinal cord injuries, orthopedic amputations, visual impairments, certain neurological conditions and other disabilities are empowered to challenge perceived limitations by participating in adaptive sports that improve their overall health and outlook.

World-class instructors help Veterans achieve their maximum potential based on their unique capabilities. Along the way, it’s introduced dozens of Veterans to future glory as Paralympic athletes.

The five-day event is sponsored by the Department of Veterans Affairs (VA) and DAV (Disabled American Veterans), with financial assistance from corporate sponsors and individual donors.

Held in Snowmass (near Aspen), Colorado, participants experience:

- Alpine and Nordic Skiing
- Cross Country Skiing
- Sled Hockey
- Scuba Diving
- Rock Wall Climbing
- Fly Fishing
- Curling
- Snowmobiling
- Archery

## **Resource:**

[wintersportsclinic.org](http://wintersportsclinic.org)



If you are interested in attending this event, SCI Recreation Therapy will help with signing up novice veterans. Please contact the following individuals if interested in attending the clinic:

Shawna Hill  
650-353-1029 cell  
[shawna.hill@va.gov](mailto:shawna.hill@va.gov)

Jessica Radmilovic  
650-382-4076 cell  
[jessica.radmilovic@va.gov](mailto:jessica.radmilovic@va.gov)





NATIONAL VETERANS  
**WHEELCHAIR  
GAMES**

40<sup>th</sup> Anniversary

• **NYC** •

AUG 8-13  
**2021**



Paralyzed Veterans  
of America



VA | U.S. Department  
of Veterans Affairs

**WheelchairGames.org**



# ★HAPPY★ BIRTHDAY!



## October

John Scott  
Rod Hart  
Gary Dilday  
Steven Coyle  
Michael Abercrombie  
Richard Laws  
Landon Henderson  
Michael Nesby  
Gilbert Thomas  
William Johnson  
John Merchant  
Charles Boyer  
James Gridley  
Jon Houde

Mitch Driller  
Kurt Steiner  
Bruce Crockett  
Dennis Mankel  
Hector Mendoza  
William James  
Edward Arnold  
Sebastian DeFrancesco  
Ronnie Shoopman  
Joe Marquez  
Terrence Tully  
Matthew Beller  
Cliff Finch  
Henry Potts

Daniel Matern  
Patrick Malan  
Christopher Bernard  
Anthony Swetala  
Charles Jellison  
Eugene Gold  
Desiree Emillio-Duverge  
Robert McPhail  
Stephen Davis  
Shawn Hodge  
James Brown  
John Kincaid  
Layne Inouye  
Brian Rodrigues

## November

James Ross  
Edward Jones  
Ronald Jaragosky  
Marvin Tuttle  
Demond Wilson  
Theodore Reiff  
Joseph Terrell  
Leonard Burger  
Blair Reels  
Santos Ramirez  
Anthony Escalante  
Dale Rule  
Avory Gullick

Jose Richardo Sandoval  
Dwain Vinson  
Steven Scott  
Mark Bonilla  
Troy Maxey  
Richard Nadwornick  
Shane Wages  
Philip Malasig  
Daniel Guse  
Ramon Ortega  
David Ramirez  
Ralph Stovall  
Scott Harger

John Peredo  
Gary Combs  
Raymond Hernandez  
Thomas Leavell  
Stephen Spleen  
Ponciano Mencias  
Quentin Collins  
Gary Dixon  
Nikko Olalia  
Kirby Apps

## December

Donald Collins  
Andre DeCordova  
Albert Kiser  
Richard Wilkie  
Cheryl Zimmerman  
David Funderburg  
Cathi Maynard  
Scott Souza  
Thomas Simi  
Jesse Cervantes  
Harvest Avery (Cooper)  
Albert Wittwer  
Richard Hagan  
Robert Quijada

Stephen Burton  
Walter Roy  
Henry Crossley  
Thomas Miraglia  
Bob Vincent  
Ellen Beauregard  
Tracy Williams  
Ronnie Santos  
David Wagner  
Larry Srucek  
Tomasz Modrzejowski  
Reese Levasseur  
Buster Kawasaki  
William Colter

John Bressler  
Nicholas LaVecchia

# October 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

- 7 - **Virtual SCI Peer Support**  
12pm, Bldg. 7 Dining Room
- 7 & 21 - **Virtual Patient Education Lunch**  
12pm, Bldg. 7 Dining Room
- 12 - **Columbus Day (Office Closed)**
- 13 - **Virtual BOD Meeting**  
1pm, Bldg. 7 Rm. E-118
- 14 - **Virtual Cardio Boxing**  
12pm, Bldg. 7 Dining Room
- 19 to 23 - **Fall BOD Meeting**  
Bldg. 7 Rm. E-118

# November 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					

- 2 - **Fresno Membership Meeting**  
10am, VA Fresno HCS
- 4 - **Virtual SCI Peer Support**  
12pm, Bldg. 7 Dining Room
- 4 & 18 - **Virtual Patient Education Lunch**  
12pm, Bldg. 7 Dining Room
- 10 - **Virtual BOD Meeting**  
1pm, Bldg. 7 Rm. E-118
- 10 - **Virtual Special Membership Meeting**  
3pm, Bldg. 7 Rm. E-118
- 11 - **Veterans Day Parade (Office Closed)**  
12pm, San Jose, CA
- 13 - **Virtual Bingo**  
12pm, Bldg. 7 Dining Room
- 26 & 27 - **Thanksgiving (Office Closed)**

# December 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 - **Virtual SCI Peer Support**  
12pm, Bldg. 7 Dining Room
- 2 & 16 - **Virtual Patient Education Lunch**  
12pm, Bldg. 7 Dining Room
- 21 to January 1 - **Winter Break (Office Closed)**



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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](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

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

#### Honolulu Clinic

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

