

The Bridge



Bay Area & Western Paralyzed Veterans of America

Volume 35, No. 4

Apr-Jun 2021

Monday,
July 26, 2021
12:00pm Shotgun Start

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



ANNUAL GOLF TOURNAMENT



**Paralyzed Veterans
of America**

Bay Area & Western Chapter

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.*



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-136525193529> or visit www.bawpva.org/donate.html.

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

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

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Palo Alto, CA 94304
650-858-3936 or 1-800-273-6789 (Toll Free)

E-mail: administration@bawpva.org

Chapter Web Site: www.bawpva.org

PVA Web Site: www.pva.org

Kory Amaral, Chapter Editor

ELECTED OFFICERS

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Sebastian DeFrancesco, Vice President

Kenneth Pollock, Secretary

Stephen Estrada, Treasurer

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Kevin Hoy

Michael Luberto

Chet Miller

Tomasz Modrzejowski

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

Jason McDonald, Reno National Service Officer

775-321-4789

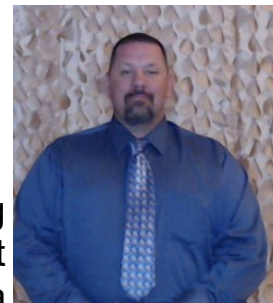
E-BRIDGE

To sign up for the monthly electronic newsletter

please email amaral@bawpva.org

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



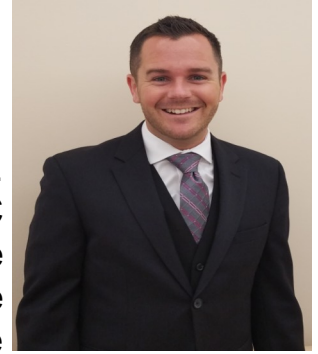
Happy Spring everyone! I cannot believe it has been a whole year since the COVID-19 Pandemic hit us. Although we were not able to get together in the past year physically, the Chapter is grateful for everyone who communicated through phone and joined our virtual clinics. We only have a little bit longer until we can have in-person clinics again.

Next month, I will be personally calling each of you. The National Paralyzed Veterans of America is turning 75! Because of PVA, individuals with disabilities especially our spinal cord injury veterans are able to live a barrier free life. I look forward to another 75 years! To honor this millstone, the Chapter will be sending out a second care package. I look forward to speaking with you.

Although the SCI Center and the office is currently on restriction in terms of letting visitors come in, we are still here for you if you need anything. You can reach the office at (650) 858-3936.

Executive Director

Kory Amaral



Wow it has been a long time since I have seen all of you. Although most of our activities are still virtual due to CDC guidelines, we encourage you to participate virtually. We have decided to delay all membership meetings to later in the year. We know a lot of you do not like virtual meetings, so we are hoping we can meet soon once the COVID-19 Pandemic is over.

The Chapter has some exciting news! We are currently updating our website to make it more user friendly. We will let you know when it is live. As you know, April is PVA Awareness Month. We normally have our Annual Awareness Fair in which we bring vendors to campus to show the latest in technology and research, but due to the COVID-19 Pandemic, we need to delay it to next year. This year, the Board of Directors will be submitting personal stories on our website that may help you. Combined, our Board of Directors have over 40 years of experiences with having a spinal cord injury or disease.

Elections for FY 21-23 are now closed. Thank you for all the members who submitted their nominations. Just a reminder, positions on the Board of Directors carry two-year terms. There are four officer positions: President, Vice President, Treasurer, and Secretary. There are five director positions for a total of nine Board of Directors. There are appointed positions as well, such as Sports Directors, Membership/Volunteer Officer, and others. We also have committees such as the Fundraising, Finance, Strategic Planning, and Awareness Fair. All ballots have been sent in the mail. Please return the ballots to the office by Friday, May 7, 2021. Election results will be announced at the May 11, 2021 Board Meeting.

On Thursday, May 27, 2021 the Chapter and the SCI/D Center will be having its SCI Memorial Service to honor the veterans we have lost in the past 2 years. The memorial will be held virtually. If you are interested in attending virtually, please let me know.

I am truly here for you if you need anything. Although we are going through many changes, my mission is to serve you and make sure you are getting what you need in terms of care. Even though the office is still closed most days and I am working virtually, I can still be reached at: amaral@bawpva.org or (650) 858-3936.

Getting Paralyzed Veterans Walking Again with Indego®



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

What is Indego?

A robotic device that enables veterans to walk again.

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

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

Free Indego Webinars

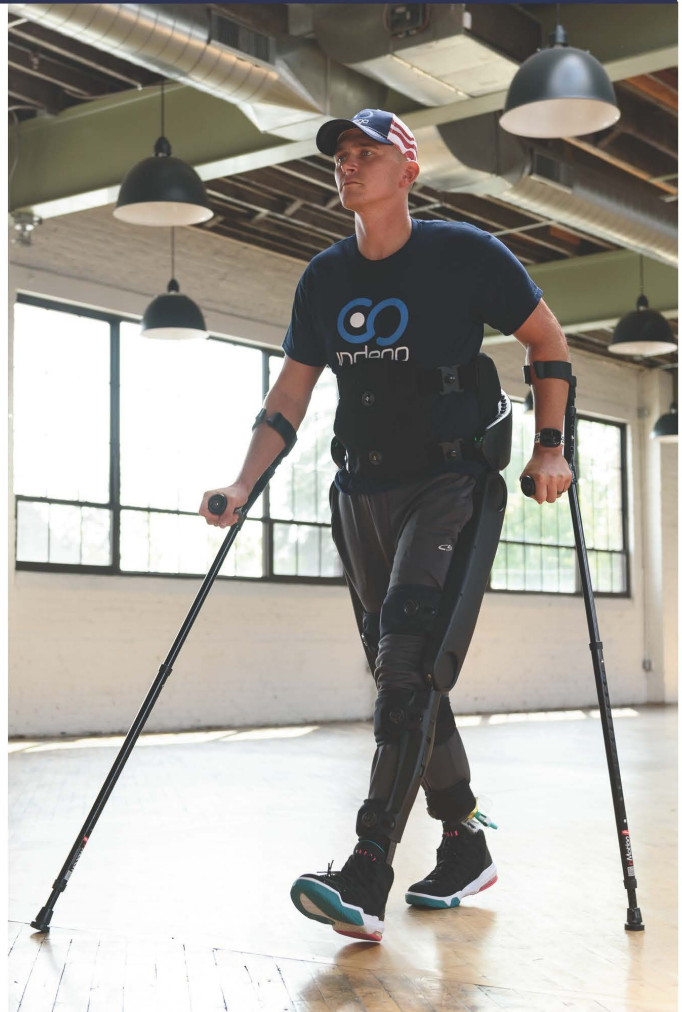
During the first Thursday of every month you can join a free live webinar to learn more about the Indego and hear from a veteran who owns a device already.



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

Email: support.indego@parker.com

Phone: 844-846-3346



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





LIVING WITH A SPINAL CORD INJURY



SCI Monthly Meet & Greet

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

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

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

Access Code: 9750449

ZOOM Online: Meeting ID: 835 1426 6166

Passcode: SC�PEER

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



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

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



**Paralyzed Veterans
of America**

Goods Inspiring Veterans Everywhere
Bay Area & Western Chapter

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

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

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



**Paralyzed Veterans
of America**

Vehicle Donation Program



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

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



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

Virtual BINGO

Last Wednesday of the Month

Starting January 2021

12:00 pm — 1:00 pm

Virtual Clinic

VA Palo Alto Health Care System

3801 Miranda Ave.

Building 7's SCI/D Center

Palo Alto, CA 94304



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

Prizes will be given to participants.

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



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



National Service Officer Report

Jason McDonald, National Service Officer

House Resolution 7105 (PL 116-315) and House Resolution 6395 (PL 116-283)

On January 5, 2021 the 116th Congress passed House Resolution 7105 and it became Public Law No: 116-315. This law introduces many changes for Veterans and I would like to take the time to make you all aware of some of them. For more information you can read the official document at <https://www.congress.gov/bill/116th-congress/house-bill/7105>.



- Increases the timeframe of the Vietnam War Era of military service, stating that the Vietnam Era began on November 1, 1955, instead of February 28, 1961.
- It sets new limits on when VA's Debt Management Center may initiate debt collection against Veterans.
- Lowers the age to 55 at which a re-married surviving spouse of a Veteran may still receive Dependency Indemnity Compensation (DIC).
- Requires the Veterans Benefits Administration to establish specialized teams for processing Military Sexual Trauma claims.
- Allows Veteran's filing a claim for physical or mental health conditions resulting from sexual trauma to choose the gender of their Compensation and Pension provider.
- Allows National Guard and Reserve service under Title 32 order to count for VA Home Loan eligibility.
- Requires the VA to updated eBenefits website to allow Veterans to update dependent information.
- Mandates that every VA facility have at least one women's health primary care provider.
- Creates a permanent Office of Women's Health within the Veterans Health Administration tasked with providing oversight over all Women's Health Programs within the VA.
- Restores GI Bill entitlement to eligible student Veterans whose school closed in the middle of the semester without the ability to transfer credits to another school.
- Allows the VA to continue paying educational assistance benefits during the COVID-19 pandemic if the VA determines a student was adversely impacted by the pandemic.

In addition, on January 1, 2021 the 116th Congress passed House Resolution 6395 and it became Public Law No 116-283. This law introduces three more conditions to the Agent Orange presumptive -conditions list wherein Veterans who were exposed to Agent Orange may qualify for benefits:

- Bladder cancer,
- Hypothyroidism, and
- Parkinsonism, or Parkinson-like symptoms.

Veterans and survivors are encouraged to submit claims and contact their local National Service Officer for assistance. For more information you can read the official document at <https://www.congress.gov/bill/116th-congress/house-bill/6395>.

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:



BraunAbility

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NORTHERN
CALIFORNIA
LOCATIONS
TO SERVE
YOU**

**CALL
866-405-6806**

**WE HAVE
HUNDREDS
OF
ACCESSIBLE
VEHICLES!**



Moving Your Life Forward www.AbilityCenter.com



Pizza Night



*Tuesday, April 13, 2021
PVA Office Room E-118
Pick Up at 5:00 PM*



**Sponsored by:
Paralyzed Veterans
of America**

Bay Area & Western Chapter

***Social distancing meet with other members of Paralyzed Veterans of America, Bay Area & Western Chapter.
Find out what's going on with your Chapter and about upcoming events.
Pizza, pasta, salad, and beverages will be served.***

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

Veterans with sitting restrictions will be served at bedside.





Yoga Nidra

Restorative Experience

Thursday, April 22, 2021

11:00am-2:00pm

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

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

Lunch will be provided to Inpatients at 12:30pm.

VA Palo Alto Health Care System

3801 Miranda Ave.

Palo Alto, CA 94304

Location: SCI Dining Room for Inpatients and

Virtually for Individuals at Home

RSVP to BAWPVA

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



Sponsored by:



**Paralyzed Veterans
of America**

Bay Area & Western Chapter



SCI Outpatient Clinic

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

SPECIALITY CLINICS

ACUPUNCTURE

CHIROPRACTIC

PSYCHOLOGY

SCI CLINIC

INTEGRATED
EVALUATION

UPPER EXTREMITY

TELEHEALTH

SEXUALITY

FUNCTIONAL
EXTREMITY

OCCUPATIONAL
THERAPY

PHYSICAL THERAPY

UROLOGY

URODYNAMICS STUDY

EMG

BOWEL AND BLADDER

WOUND

PLASTICS

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

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

SPECIAL MODE TRANSPORT

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

Clinic x65871

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

GURNEY TRANSFER APPOINTMENTS

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

Scheduling x65871

DEFENDER'S LODGE

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

Board Meetings Video/Teleconference



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

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

Tuesday, April 13, 2021
Tuesday, May 11, 2021
Tuesday, June 8, 2021

Join Zoom Meeting

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

Meeting ID: 837 0166 8667

Passcode: 0xfGNG

One tap mobile

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

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

Dial by your location

+1 669 900 9128 US (San Jose)

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

+1 646 558 8656 US (New York)

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

+1 312 626 6799 US (Chicago)

Meeting ID: 837 0166 8667

Passcode: 971921



Calling Adaptive Athletes !

Effects of the COVID-19 Pandemic on Adaptive Athletes

PLEASE SCAN THE QR CODE
OR CLICK THE LINK BELOW
TO LEARN MORE AND TAKE THE SURVEY



<https://research.njms.rutgers.edu/redcap/surveys/?s=YAFEKR7FAY>

The Rutgers New Jersey Medical School Sports Medicine team is looking for adaptive athletes to participate in a 10-minute anonymous online research survey researching how the COVID-19 pandemic has affected your ability to participate in adaptive sports and any consequences to your health.

Inclusion Criteria: Adaptive athletes aged 18 and older who participate in an adaptive sport or athletic activity at least 4 times per year. There is no compensation for taking part in this research survey study.

For more information, please contact Ziva Petrin, M.D., Principal Investigator, ziva.petrin@rutgers.edu, 90 Bergen St. Suite 3100, Newark, NJ, 07103
For Participant's Rights Questions Please Contact Rutgers IRB Newark HealthSci (973)-972-3608 or the Rutgers Human Subjects Protection Program at (973) 972-1149 or email us at humansubjects@ored.rutgers.edu.

Version 3.0. 2/17/21



SCI Memorial Service

Thursday, May 27, 2021

2:30 PM



- *SCI Staff and Inpatients, please join us in the Spinal Cord Injury Center's Dining Room to honor the lives of the SCI/D veterans who have passed away within the last 2 years. Zoom will be available for individuals at home.*
- *We will fondly remember our fallen SCI/D veterans with their peers and caregivers.*
 - *The ceremony will begin at 2:30pm followed by light refreshments for SCI Staff and Inpatients.*

Please email Kory Amaral (amaral@bawpva.org) for more information.



Career Support for ALL Veterans

With Paralyzed Veterans of America's Veterans Career Program,

You Will:

- Receive carefully tailored **one-on-one support** from a career expert team member.
- Set goals to achieve your career objective.
- Learn how to craft an effective resume and cover letter specific to your career interests.
- Develop effective interview and communication skills so you are confident in interviews.
- Craft job search strategies to meet your employment goals.
- Create an effective LinkedIn profile.
- Identify and engage in networking opportunities.
- Build confidence in your career pursuits.
- And much more!



We Will:

- Provide one-on-one guidance to help you find **meaningful career, education and volunteer opportunities**.
- Assess your current abilities, training, and experience and help you identify career goals.
- Guide you through development and enhancement of your resume and cover letter.
- Teach you how to build an effective LinkedIn profile page.
- Practice mock interviews to hone your skills before you interact with employers.
- Regularly communicate with you to track progress and identify other resources to assist in the job search process.
- Be a **Partner for Life** to assist you for the duration of your career.

PVA.org/VeteransCareerProgram • VeteransCareerProgram@PVA.org • [f](#) ParalyzedVeterans • [v](#) [i](#) [t](#) PVA1946

Spinal Cord Injury/Disease



11:30AM
— TO —
1:00PM

3RD WEDNESDAY
EVERY MONTH

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

Please join City of Reno, VA Sierra Nevada Healthcare System, Renown Health, and High Fives Foundation for Spinal Cord Injury/Disease specific resources, topics, and guest speakers during our monthly community-based luncheons.



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

Washington Update

The Paralyzed Veterans of America's Government Relations Department



**Paralyzed Veterans
of America**

AMERICAN RESCUE PLAN SIGNED INTO LAW

President Biden wasted no time signing the American Rescue Plan which provides a third round of stimulus checks for many Americans and allocates additional funding for COVID-19 vaccine distribution, state and local governments, small businesses, and anti-poverty programs. As we reported in the previous Washington Update, VA is receiving a significant infusion of cash from the \$1.9 trillion measure. Much of the \$17 billion slated for VA goes directly toward the care of veterans. This includes covering more expensive care that veterans may need after a year of enduring the pandemic and addressing the coming surge of Compensation and Pension Exams and elective procedures that were put on hold over the past year. The remaining funding will go toward things like VA's supply chain modernization efforts, supporting state veteran homes, providing retraining assistance to veterans who became unemployed because of the pandemic, and waiving copayments for veterans who sought VA medical care over the past year.

The massive legislation also included several provisions representing significant victories for the disability community. After a yearlong effort by advocates, Congress increased federal Medicaid matching funds by 10 percent to support home and community-based services for one year beginning April 1, 2021. Those additional funds are on top of the 6.2 percentage point increase in the federal share for the Medicaid program provided in earlier COVID packages and will pay for an array of services designed to keep people out of institutions. Special education programs received \$3 billion in enhanced support and families with adult dependents, who had been excluded from previous COVID relief bills, will finally receive economic impact payments for those individuals.

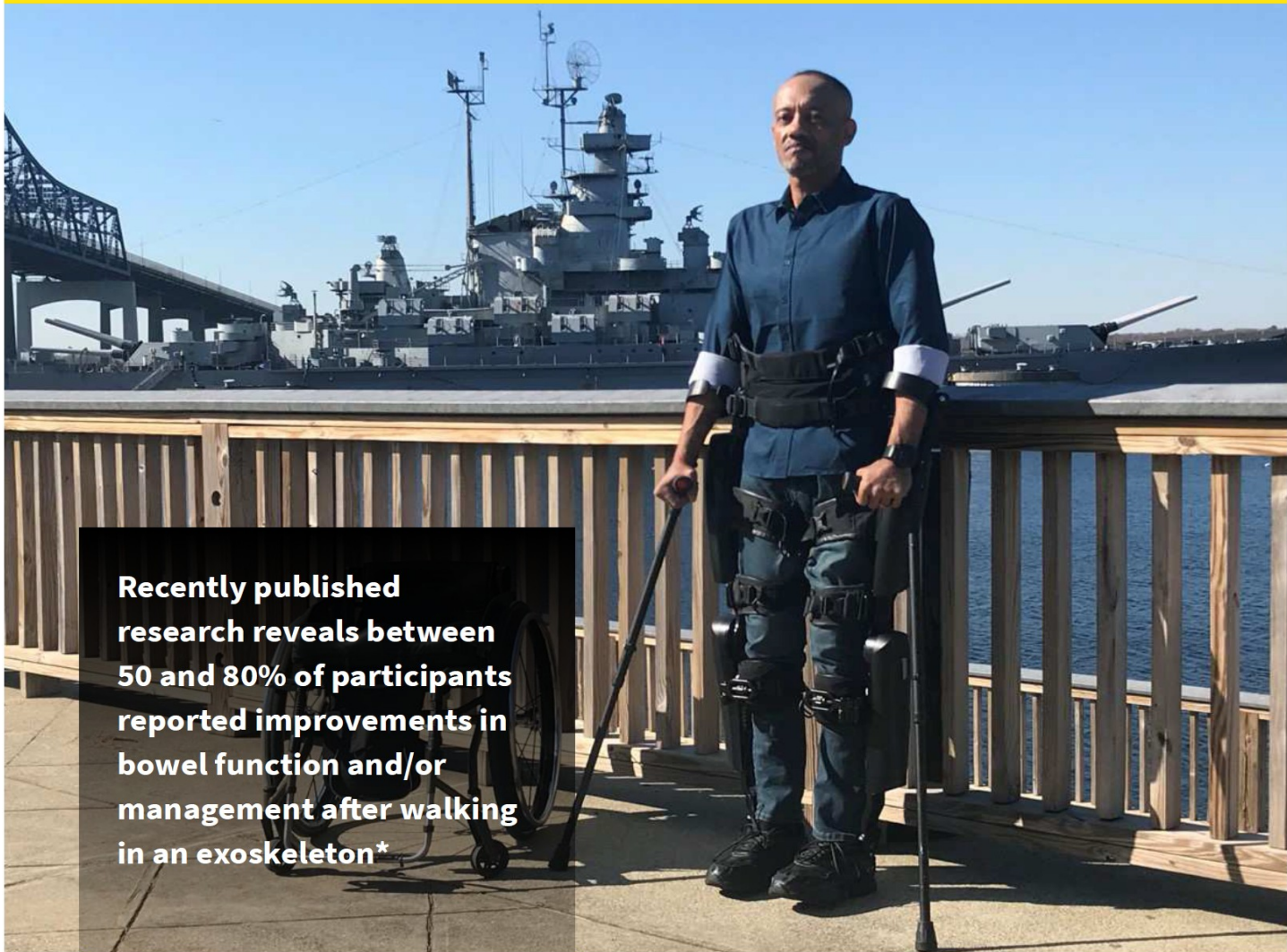
The bill also significantly expands the subsidies in the ACA Marketplaces to cover more middle-class families. Specifically, it removes the current cap that makes any family with income above 400 percent of the poverty level ineligible for any subsidies. It also provides that individuals below 150 percent of the poverty level pay no premiums at all compared to 4 percent of their income currently.

In addition, the bill provides a new incentive for the 12 states that have not expanded Medicaid to do so by temporarily increasing the base federal match by five percentage points for two years for any state that newly expands its program. If all 12 remaining states expanded Medicaid, more than 2 million uninsured people would gain access to Medicaid.

The bill also extends federal unemployment compensation benefits of \$300 per week through September 6, 2021, and exempts from income taxes the first \$10,200 of unemployment benefits received in 2020. Additionally, it contains a tax rebate of \$1,400 for individuals with incomes of \$75,000 or less, increased by \$1,400 for each dependent. It would expand eligibility and increase the maximum earned income tax credit (EITC) for childless adults and increase the child tax credit (CTC) to \$3,000 per child (with a more generous \$3,600 credit for children under the age of 6). Furthermore, it expands and extends through September 2021 paid sick and family leave tax credits for employers and provides for full federal subsidies of individual COBRA premiums for six months for those who lost their jobs due to the pandemic.

The law also included significant increases in housing and nutrition assistance and support for low income energy assistance programs. A detailed summary of the American Rescue Plan published by the Senate Majority Leader's office can be found [here](#).

Want To Improve Your Bowel Function?



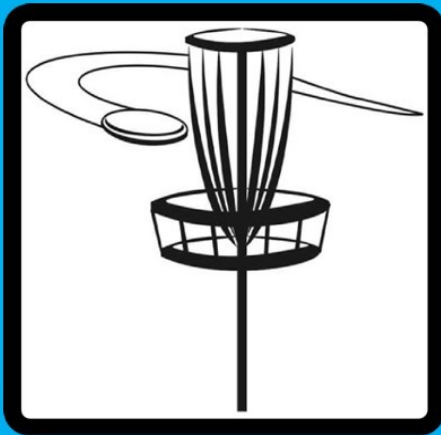
Recently published research reveals between 50 and 80% of participants reported improvements in bowel function and/or management after walking in an exoskeleton*

Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton?

Contact ReWalk for more Information:
rewalk.com/contact or
508.251.1154 option 2

*Chun A, et al. Changes in bowel function following exoskeletal-assisted walking in persons with spinal cord injury: an observational pilot study. Spinal Cord. 2020;58(4):459-466.

DISC Golf Series



Thursday, June 10, 2021

Thursday, June 17, 2021

Thursday, June 24, 2021

11:00 am — 2:00 pm

Location: TBA

Paralyzed Veterans of America, Bay Area & Western Chapter and SCI Recreation Therapy would like to invite all PVA Members and families to join us for a DISC Golf Series . This is an opportunity to connect with chapter representatives and receive updates, but the most important thing is to have fun!

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



**Paralyzed Veterans
of America**

Bay Area & Western Chapter





NATIONAL VETERANS
**WHEELCHAIR
GAMES**

40th Anniversary

•NYC•

AUG 8-13
2021



Paralyzed Veterans
of America



VA | U.S. Department
of Veterans Affairs

WheelchairGames.org



★ HAPPY ★ BIRTHDAY!



April	Edward Baker	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 Simone
	Pablitz Candela	James Dottle	Jason Elkins	James Kempner
	Jeff Haywood	Richard DeWorken	John Markowski	Ronald Boyd
	Laurence	James Toler	Jim Ptak	Sarah Nunley
	Donelson	James Freeman	Robert Dorroh	Ernest Harris
	Qcutziel Frazier	Kenneth Lujan	Richard Picard	Curtis Brunn
	Milton Dixon	John Paxin	Kurt Larsen	Richard Fuller
	Joseph Williams	Anthony Saavedra	Redic Thomas	

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

June	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	Edward Herrera
	Michael Stout	Kevin Inouye	Otis Battle
	Richard Lineback	Teddy Nicholson, Jr.	Joshua Longabaugh
	Robert Eaton	Harold Janikowski	
	Joseph Richard	Elizabeth Stahl	
	Patrick McDonald	Richard Gardner	
	Anthony Esposito	David Fry	

April 2021

SUN MO TUE WE THU FRI SAT

1 2 3

4 5 6 7 8 9 10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30

- 7 - **Virtual SCI Meet & Greet**
12pm, Bldg. 7 Dining Room
- 13 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 13 - **Pizza Night (Inpatients)**
5pm, Bldg. 7 Rm. E-118
- 22 - **Virtual Yoga**
12pm, Bldg. 7 Dining Room
- 28 - **Virtual Bingo**
12pm, Bldg. 7 Dining Room

May 2021

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

- 5 - **Virtual SCI Meet & Greet**
12pm, Bldg. 7 Dining Room
- 11 - **Virtual BOD Meeting & Election Results Announced**
1pm, Bldg. 7 Rm. E-118
- 17 to 21 - **Annual Convention (Office Closed)**
Las Vegas, NV
- 26 - **Virtual Bingo**
12pm, Bldg. 7 Dining Room
- 27 - **Virtual SCI Memorial**
12pm, Bldg. 7 Dining Room
- 31 - **Memorial Day (Office Closed)**

June 2021

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

- 2 - **Virtual SCI Meet & Greet**
12pm, Bldg. 7 Dining Room
- 8 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 10 - **DISC Golf Series**
11am, TBA
- 17 - **DISC Golf Series**
11am, TBA
- 22 - **Interactive Arts Clinic**
12pm, Bldg. 7 Dining Room
- 24 - **DISC Golf Series**
11am, TBA
- 30 - **Virtual Bingo**
12pm, Bldg. 7 Dining Room

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

Bay Area & Western PVA

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

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

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

Paralyzed Veterans of America (PVA) National Service Officers

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

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

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

U.S. Department of Veterans Affairs

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

California Department of Veterans Affairs (CDVA)

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

Social Security Administration

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

San Mateo County Commission on Disabilities

Web: www.smco-cod.org

VA Palo Alto Health Care System

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

San Francisco VA Medical Center

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

VA Northern California

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

Fresno VA Medical Center

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

Reno VA Medical Center

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

Honolulu Clinic

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

