

the **Bridge**



Bay Area & Western Paralyzed Veterans of America

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Welcome Back!

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

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Kenneth Pollock, Secretary

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E-BRIDGE

To sign up for the monthly electronic newsletter

please email amaral@bawpva.org

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President Reese Levasseur



Welcome to Summer and the heat! We are getting record temperatures this year so please stay safe and cool. The Chapter is slowly reopening and we are able to do events again following the CDC guidelines and VA protocols. The office is still closed, but we encourage you to reach out to us through phone or email and we will get back to you in a timely manner. We are still here for you if you need anything.

I hope all of you Bay Area & Western PVA members received your 75th Anniversary care packages. If not, please reach out to the office and we will make sure you receive one. We did not hear back from all of you, but we still have a limited number of supplies and we will send on a first come first serve basis.

The SCI Peer Support Program is in the process of being revamped. Three of the Chapter Board Members are now certified. We will continue with the monthly meetings in September 2021.

If you need anything. You can reach the office at (650) 858-3936 or email Executive Director Kory Amaral at amaral@bawpva.org. We look forward to seeing you all soon.

Executive Director

Kory Amaral



I hope everyone is having a great Summer so far. This year is flying by; before we know it, it will be the Holiday Season. The Chapter is slowly having more events. Our first event is the Banquet on July 10, 2021 in which we will honor our members and SCI/D staff. I would like to thank the staff at VA Central California Health Care System (Fresno), VA Sierra Nevada Health Care System (Reno), VA Northern California Health Care System (Mather), VA Pacific Islands Health Care System (Honolulu), and VA Palo Alto Health Care System who have not only gone above and beyond for our veterans this year, but for their support of the Chapter. The partnership with the Chapter is essential to continue the positive relationship with the VA.

The Bay Area & Western PVA Chapter and Nevada PVA Chapter will continue an annual membership meeting. More information will be available soon, but we plan on visiting Reno at the end of September 2021. We will have a member lunch, adaptive sports clinic, and movie night. We encourage all Nevada members to attend.

Our 10th Annual Golf Tournament will be on Monday, July 26, 2021 at Palo Alto Hills Golf & Country Club. We are excited to have the Golf Tournament at Palo Alto Hills Golf & Country Club again this year. We are estimating a full course and we are hoping for another successful fundraising event. I would like to thank Joe Galiardi, our 2016, 2018, and 2021 Golf Chairman, for his dedication to this event, and our veterans. We will have many disabled veteran sponsorships, so if you want to play please email us at golf@bawpva.org.

The Chapter is limited on fundraising events due to the COVID-19 Pandemic, but we are still accepting donations. Summer 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 Donation Program which can benefit the Chapter and page 7 for more details of the WHW Donation Program.

I hope all of you remain safe during this time. I appreciate that I am able to serve our veterans everyday and I look forward to the future and I know we will all get through this together. I am always here for you if you need anything. Please feel free to reach out to me at amaral@bawpva.org with any questions or concerns.

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





Pizza Night



Tuesday, August 10, 2021
SCI/D Dining Room
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.





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
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Bay Area & Western Chapter

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To learn more, call 866-281-1502 or go to pva.org/givegoods
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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

Alice Borja, National Service Officer



As of June 15th California will be “open”. In many cases, people who are fully vaccinated will not need to wear a mask indoors unless a business opts to require that customers mask up. Below is some information to guide us as we transition to a new normal. We must also keep in mind things can and probably will change.

Cases where fully vaccinated people DO need to wear a mask inside in California:

- On public transit (*examples: airplanes, ships, ferries, trains, subways, buses, taxis, and ride-shares*); in transportation hubs (*examples: airport, bus terminal, marina, train station, seaport or other port, subway station or any other area that provides transportation*)
 - Indoors in K-12 schools, child care and other youth settings. (*Note: This may change as updated K-12 schools guidance is forthcoming from the CDC.*)
 - Health care settings, which includes long-term care facilities
 - State and local correctional facilities and detention centers
- Homeless shelters, emergency shelters and cooling centers

Unvaccinated people should continue to wear masks indoors at places like restaurants, movie theaters and grocery stores, says California Health and Human Services Secretary Dr. Mark Ghaly.

Additionally, Californians can continue to wear masks if they choose, especially around children and others who are vulnerable or not yet eligible for inoculation. The governor also released a statement about the reopening.

"The Emergency Proclamation recognizes that local jurisdictions cannot combat COVID-19 on their own, so it provides the state administrative flexibility to respond swiftly to the crisis and ensures we can support locals in their response to the pandemic. Moreover, it allows California to continue coordinating with FEMA on a number of ongoing programs, like vaccinations and testing, which is especially important as the state continues vaccinating millions of people every week."

The state opening is following suite of other states “opening up”. It will be fascinating to see people adjust as we transition into a new normal. We may also need to consider a new variant of the COVID-19 virus.

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LIVING WITH A SPINAL CORD INJURY



SCI Monthly Meet & Greet

Starting Again in September 2021

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=RzE3dzFKaE5wVUJadGdualdQUlNlM4Zz09](https://us02web.zoom.us/j/83514266166?pwd=RzE3dzFKaE5wVUJadGdualdQUlNlM4Zz09)**

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- ✓ SMOOTH AND SILENT OPERATION
- ✓ UNINTERRUPTED SLEEP



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LATERAL ROTATION



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VA FSS CONTRACT: #36F79720D0184

CALL TOLL FREE: 800.816.8243
EMAIL: INFO@PRO-BED.COM
WEB: WWW.PRO-BED.COM





SCI Outpatient Clinic

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

SPECIALITY CLINICS

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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, July 13, 2021
Tuesday, August 10, 2021
Tuesday, September 14, 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



Spinal Cord Injury/Disease



11:30AM
— TO —
1:00PM

3RD WEDNESDAY
EVERY MONTH

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

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



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

Washington Update

The Paralyzed Veterans of America's Government Relations Department



**Paralyzed Veterans
of America**

THE ADMINISTRATION'S FY2022 BUDGET PROPOSAL: VA

VA spending could increase by 10 percent over current year levels if the amounts in the President's recent fiscal year (FY) 2022 budget proposal to Congress are adopted. The Administration requested \$269.9 billion for VA in FY 2022 in addition to the \$18 billion proposed by the President's American Jobs Plan (AJP) for VA construction projects. When combined with appropriated funding from the American Rescue Plan (ARP) and available funding from VA's Transformational Fund, the proposal would fully fund veterans' programs, benefits, and services for the first time in a generation.

\$117.2 billion of the baseline budget proposal would be classified as discretionary spending used to support VA's health care, benefits, and national cemetery programs. Roughly 86 percent of that amount would go toward the delivery of health care alone. The remaining \$152.7 billion is mandatory spending used to support VA's benefit programs like compensation and pension, readjustment, housing, and insurance programs.

Besides allowing the Department to continue its fight against COVID-19, these amounts would support VA's ability to provide care to seven million veteran patients, continue its electronic health record modernization project, improve facility infrastructure, and make the operation and maintenance of more than 7,300 facilities that VA owns or leases easier. It also enables VA to continue its work to reduce veterans homelessness and suicide and provides more than \$115 billion in advance appropriations for FY 2023 to ensure continuity of health care services into the new fiscal year.

Areas of the President's budget which are of likely interest to PVA members include the continued expansion of VA's Program of Comprehensive Assistance for Family Caregivers (PCAFC). The proposal raises spending for PCAFC by \$350 million in FY2022 for a total \$1.4 billion. The higher amount supports the inclusion of Phase 1 veterans who are now eligible to participate in the program but will not help PVA's efforts to accelerate the start date of Phase II.

Another area of interest is infrastructure. The budget proposal notes that the average age of U.S. private sector hospitals is 11 years; however, the median age of hospitals in VA's portfolio is 58 years, with 69 percent of VA hospitals over the age of 50. In addition to the \$18 billion from the AJP requested to enhance VA infrastructure, ongoing SCI projects at San Diego, Dallas, and St. Louis have FY 2022 funding requests associated with them which are necessary to keep the larger effort at these sites moving forward.

Finally, the Administration is proposing \$882 million for VA research in FY 2022. This represents a \$67 million or 8.2 percent increase over current spending in this area. The proposal also indicates that another \$9 million from the ARP would be designated to support COVID-19 efforts in the Medical and Prosthetic Research Plan.

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.



★ HAPPY ★ BIRTHDAY!



July	Adelbert Mairose Asher Williams, Jr. Craig Cole Dale Milani Dana Dickman Danny Smith David Seidel Dean Pieper Dennis DeGray Donald McKercher Donald Peterson Donna Cortesi Douglas Pratt Fernando Marmolejo	Ilya Poluektov Jai Cheon James Adams Jeremiah Warren Jesse Rubio Jessica Greene Joaquin Castellanos Joe Uzzardo Joseph Ebalo Joseph Hoyle Joseph Rodrigues, Jr. Joshua Barron Kathryn Thomas Kenneth Sledge	Kurt Valencia Larry Parlette Linda Moore Manuel Zurita, Jr. Mario Baca Mark Goodrich Mark Reese Martin Jacobson Michael Gannon Norman Longaker Patrick Bonnett Patrick Michael Randall Richmond Robert Sadowski	Harold Cardenas Roger Hill Roger McCullar Scott Horton Stanley MacIsaac Terry Thomas Thomas Patrick Tim Miller Thomas Yasko William Metzger
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August	Armando Madrid Augusto Cepeda Barbara Healy Billy Harris, Jr. Brandon Handel Cecil Ethington Charlie Collins David Monis Dennis Knight Donald Hovater Elmer Williams Eric McManus	Felix Ramos George Tollworthy James Farnsworth Jeff Deleon Jeffrey Pindell Jerry Crowell John Bettencourt, Jr. Jose Chavez Keith Simmons Kraig Dern Lori Wunder-Deets Marvin Arnold	Michael Cash Michael Seshar Michael Sturdivan Mike Nishimoto Norvell Hill Richard Perlenfein Robert Neely Robert Vigil Ronald Mangacat Ronald Peterson Rory Moore Scott Gallos	Sonia Alvarado Warren Dastrup William Golson
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September	Alfred Guerrero Benjamin Brownell Cal Linnell Carl Westenberg Chet Miller Chris Broderson Christopher Mateo Conrad Bascon Craig Michals Dale Parris Daniel Cruz Danny Everhart Danny Pelaiz	DeAnn Wright Diane Beattie Donald Jarvis Esau Fortunat Harry McCurdy Jaime Carrillo James Sigl Jeffrey Crawford Jimmie Brown John Jaramillo Jon Little Jose Lopez Leah Montoya	Michael Gordon Michael Simmons Michael Smith Michael Steele Nicholas Velho Nils Pultz Patrick Throp Peter Barber Peter Todebush Phillip Reyes Ralph Hodge Randy Wight Raymond Herrick	Robert Dalri Robert Ivie Robert Ryan Roland Quade Ronald Hamilin, Jr. Ronnie Quillen Saite Moliga Terrence Shenks Thomas Anderson Travis Amick Yurik Resetnikov Wayne Blevins
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July 2021

SUN	MO	TUE	WE	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 2 & 5 - **4th of July (Office Closed)**
- 10 - **Banquet**
6pm, Hyatt Regency Santa Clara
- 13 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 26 - **Golf Tournament**
12pm, Palo Alto Hills Golf & Country Club
- 28 - **Virtual Bingo**
12pm, Bldg. 7 Dining Room

August 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				

- 6 to 15 - **NVWG**
New York City
- 10 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 10 - **Pizza Night**
5pm, Bldg. 7 Dining Room
- 25 - **Virtual Bingo**
12pm, Bldg. 7 Dining Room
- August 30 to September 1 - **PVA Summit**
Dallas, TX

September 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		

- 1 - **Virtual SCI Meet & Greet**
12pm, Bldg. 7 Dining Room
- 6 - **Labor Day (Office Closed)**
- 14 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 28 to 30 - **Reno Member Meeting**
Reno, NV
- 29 - **Virtual Bingo**
12pm, Bldg. 7 Dining Room

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amazonsmile

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

Bay Area & Western PVA

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

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

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

Paralyzed Veterans of America (PVA) National
Service Officers

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

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

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

U.S. Department of Veterans Affairs

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

California Department of Veterans Affairs (CDVA)

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

Social Security Administration

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

San Mateo County Commission on Disabilities

Web: www.smco-cod.org

VA Palo Alto Health Care System

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

San Francisco VA Medical Center

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

VA Northern California

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

Fresno VA Medical Center

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

Reno VA Medical Center

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

Honolulu Clinic

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

