

the **Bridge**



Bay Area & Western Paralyzed Veterans of America

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

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

Chapter Web Site: www.bawpva.org

PVA Web Site: www.pva.org

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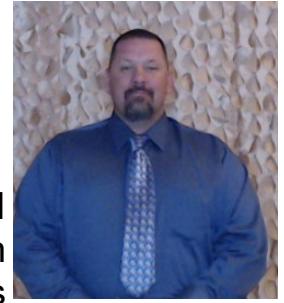
E-BRIDGE

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



Welcome to the Fall. I hope no one has been effected by the wildfires in Northern California. If you ever need assistance and are dealing with a natural disaster, please reach out to the office and we may be able to assist.

The Paralyzed Veterans of America, Bay Area and Western Chapter and the SCI/D Center at VA Palo Alto Health Care System have revamped our peer support program. The Peer Support Mentoring Program - Education & Lunch will take place on the last Friday of the month, but the event will be cancelled if there is a holiday. Please see Page 15 for more details. We encourage our SCI/D veterans to either attend or call into the meeting to socialize with your fellow veterans.

I want to personally thank Ms. Nancy Dean and Mr. & Mrs. Terrence J. Butchart for becoming Silver Sponsors for the Chapter in the Direct Mail Campaign. We would not be able to run our programs without these generous donors.

The office is still currently closed due to the COVID-19 restrictions at VA Palo Alto Health Care System. 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



Let me start out by saying that I miss seeing all of you at the SCI/D Center in Palo Alto. I know things are still different due to the COVID-19 Pandemic, but we cannot let this discourage us. The Chapter will continue to have events for veterans who are inpatient and many of the events have the virtual option through Zoom. You will see further details in this newsletter as you read.

I also know that at times it is hard to get in touch with the some individuals at the VA. I encourage you to call the SCI/D Center's Outpatient Clinic at (650) 493-5000 x65871. The Chapter also just found out that Sarah Mutter will be temporarily covering the Mather SCI Clinic. I know that position has been vacant for years, but Sarah used to work there and she is great! Sacramento members, if you need to speak with Sarah, please call (215) 823-5800 x202917.

The Chapter finally has a new updated website. Please visit www.bawpva.org. We are excited to announce that the Chapter is once again accredited by the Better Business Bureau (BBB). Through this accreditation, the Chapter is able to secure more donors which helps support our mission and programs.

I want to thank all the sponsors who supported the Chapter at our 10th Annual Golf Tournament at Palo Alto Hills Golf & Country Club on July 26, 2021. Thank you the Chairman of the Tournament, Mr. Joe Galiardi. Through his support and commitment , we were able to raise over \$22,000 for the Chapter's Sports & Recreation and Research Programs. View Page 19 to view the list of sponsors.

The Chapter does plan to visit the Fresno and Sacramento areas in the near future. We are still seeing what options will be available to make sure everyone is safe. All information will be sent to you directly in the mail and you will receive a phone call once we are able to schedule the events.

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?

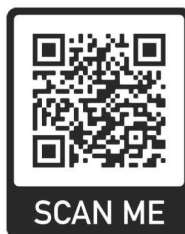
A robotic device that enables veterans to walk again.

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

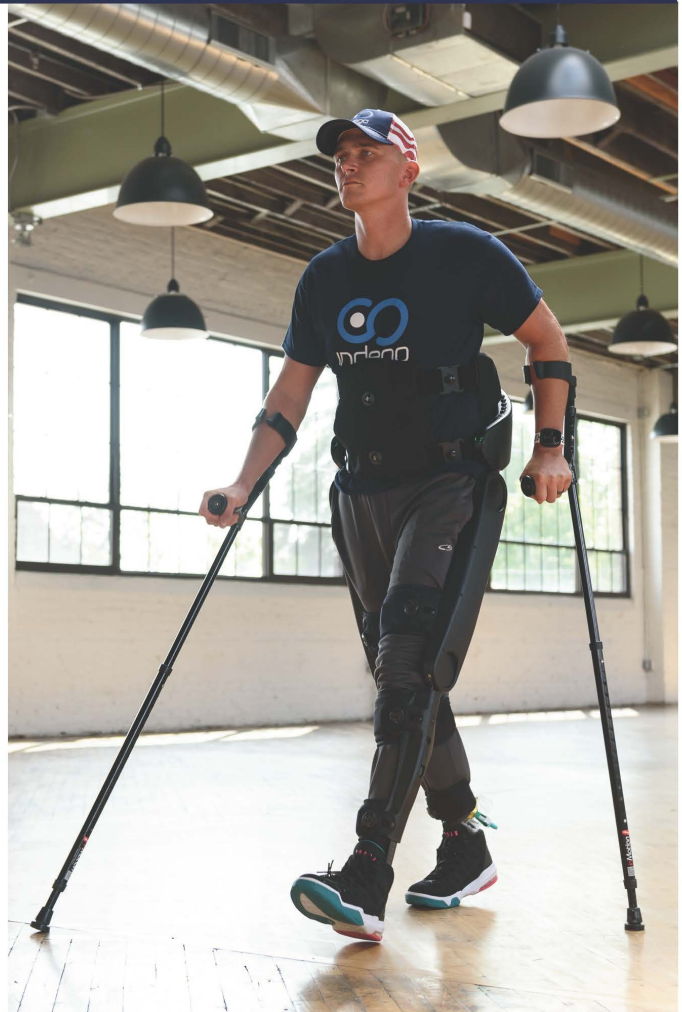
During the first Thursday of every month you can join a free live webinar to learn more about the Indego and hear from a veteran who owns a device already.



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



Monthly Chat with your National Service Officer (NSO)

Who: PVA Members &
SCI/D Veterans

When: Second Tuesday of the
Month
11:30am -1:00pm

Where: Virtual (Zoom)
Meeting ID: 867 9150 1025
Passcode: 370759
+1 669 900 9128 US (San Jose)

[https://us02web.zoom.us/j/86791501025?
pwd=OHJ1KzNoVi9XR0FoSHNvVHRkcFRUZz09](https://us02web.zoom.us/j/86791501025?pwd=OHJ1KzNoVi9XR0FoSHNvVHRkcFRUZz09)

Why: To receive benefit updates
and to ask questions





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

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



**Paralyzed Veterans
of America**

Goods Inspiring Veterans Everywhere
Bay Area & Western Chapter

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

National Service Officer Report

Tami Anderson

Senior National Service Officer/West-North Area Manager



Avoid unnecessary stress; organize!

On this journey that is called life, we have many accomplishments, adventures, tragedies and triumphs that we experience. From birth to high school graduation, to college graduation, military, to marriage, maybe divorce and everything in between; if we sit down and put it all together, then a life-changing event becomes less stressful.

What do I mean? If we begin our adult journey with an organization system; maybe a 3-ring binder; a pend flex file system or a safe; where we put our birth certificate, social security card, DD214 (certified copy), graduation certificates, life insurance policies, banking information, marriage and divorce decrees; then when a life changing event happens; a death, accident, or needing to file for social security or VA compensation or pension; all of the pertinent information needed is at your fingertips.

As human beings, we like to think that we go through life and all will be good; but then your husband/wife gets into an accident and needs extensive care or receives a terminal diagnosis. We are now in a stress mode and it may be more difficult to concentrate; get things together; what are they going to need and/or you may ask yourself, "How do I stay healthy and focused to help them"?

The following are questions that should be answered in your organizational tool system:

1. If my husband/wife/significant other works outside the home; who is their boss and contact information? Who in HR can I contact for assistance? Who is their medical insurance company? What does it cover? What are your benefits with your company if you need to take time away; in addition to FMLA?

2. Be sure there is a copy of your auto and home insurance policy in the binder; contact and document date, time, who you spoke with regarding questions? Are there forms for the individual to complete? Does the individual want or need a lawyer? If it was a car accident; get a copy of an accident report from the police department.

3. Is it a catastrophic illness/disease? – is there insurance to cover any or all of the expenses? Contact Social Security Administration for determination of benefits; both medical and monetary.

4. Put all financial documents or a copy in your organizational tool for easy access. This includes bank name and contact number, routing number, account numbers and any other financial information to include investments. On all of your banking and insurance documents, be sure to have a pay on death or a person on the account who can access for you if needed.

5. What household expenses need to be paid while the person is in a hospital or rehab facility; make a list and discuss with individual how to take care of them if possible? What expenses will be incurred while in the hospital or rehab facility?

6. In case of a death, does he/she have a life insurance policy? If so, who is the beneficiary? Even if you are married to the person; check the beneficiary. Never assume you know who the beneficiary is; check.

An area of high stress in the face of a life changing event is finances. Understanding what income you have coming in and what expenses going out are important.

Make a list of all of your income: (example below)

Salary – employer
VA compensation or pension
Social Security
Pension – employer

Make a list of all of your expenses: (example below)

Mortgage/rent
Utilities /cell phone/internet
Car payment/insurance
Medical insurance
Student loan debt
Credit card debt
Other expenses

The above list is a tool to get all of your income and expenses together.

As we all know, society advertises spending vice saving; and when a life-changing event happens in our life, most are not ready for it financially. When we document and know daily/weekly or monthly what we have coming in and going out; it may decrease stress in the middle of chaos. In addition to understanding your finances; it is important to know what other resources may be in your community or if the person is a veteran; the Department of Veterans Affairs.

Another difficult question regarding finances, is what if the person passes away? As the spouse/significant other, what, if any of their income will come to you? Are you the beneficiary on the life insurance and bank accounts? It is also important to have a will or trust filed as well. The guidance a will or trust gives is valuable. It answers questions on where the person wants their finances and personal possessions to go upon their death.

The example below gives some understanding on how finances can affect a person/family:

- A veteran who is service connected and in receipt of special monthly compensation due to needing aid and attendance due to loss of use of bowel and bladder receives VA compensation in the amount of \$7,585.69.
- Spouse, who is caregiving their veteran and in receipt of bowel and bladder care may receive a monetary amount that will vary depending on need: estimate an additional \$3,000 in income.

When the veteran passes away and if the primary or contributory cause of death is due to his/her service connected condition; the spouse could be eligible for DIC in the amount of \$1,283.11. If the person is not a veteran, there may only be Social Security or in some cases, no income.

This is just a small example but a big reason why it is important to be organized with documents that will be needed at some point in our life time as well as to know exactly what our financial situation is either on a daily/weekly or monthly basis. By having your own organization tool; and discussing these important topics with them; when a life changing events happens, you will be better prepared to do what needs to be done and know what your life situation is at that time.

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VEHICLES!**



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ADAPTIVE SPORTS CLINIC



2nd Thursday of the Month

Starting September 2021

3:00 PM—6:00 PM

VA Palo Alto Health Care System

3801 Miranda Ave.

Building 7 's SCI/D Center

Palo Alto, CA 94304

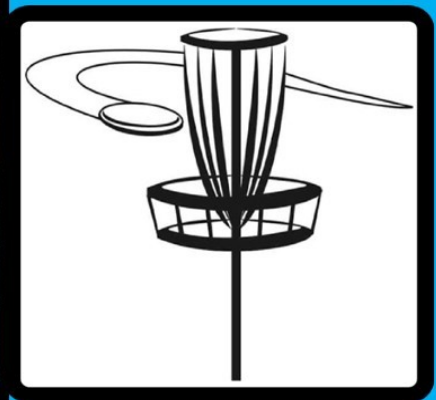
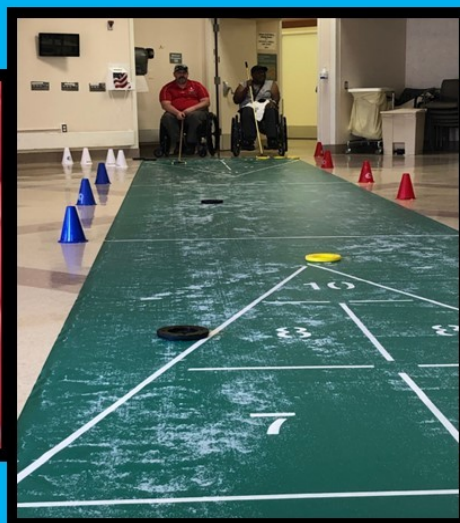
Paralyzed Veterans of America, Bay Area & Western Chapter and SCI Recreation Therapy would like to invite all PVA Members, veterans, and families to join us for an Adaptive Sports Clinic.

Food will be provided to participants and food will be delivered bedside to inpatients if needed.

RSVP to BAWPVA

1 (800) 273-6789 or

amaral@bawpva.org



BINGO & PIZZA NIGHT

3rd Thursday of the Month

Starting September 2021

5:00 PM

VA Palo Alto Health Care System

3801 Miranda Ave.

Building 7's SCI/D Center

Palo Alto, CA 94304

*(May be virtual depending on
COVID-19 status)*



*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 and
Pizza Night.*

*Prizes will be given to participants and food will be
delivered bedside for inpatients if needed.*

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



BINGO

TAKE CONTROL OF YOUR HEALTH!

- Eliminate sleep deprivation
- Prevent pneumonia and other respiratory problems
- Prevent painful and life-threatening pressure injuries (bed sores)

**VOICE CONTROL
OPTION AVAILABLE!**

The Freedom Bed is the most advanced patient positioning system on the market, providing:

- AUTOMATED BODY ROTATION
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- SMOOTH AND SILENT OPERATION
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HEAD & LEG ELEVATION

LATERAL ROTATION



One of our representatives will be pleased to explain the features and benefits of **THE FREEDOM BED**, our value-added programs and services offered.

VA FSS CONTRACT: #36F79720D0184

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



Board Meetings via Zoom



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, October 12, 2021
Tuesday, November 9, 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

Find your local number: <https://us02web.zoom.us/j/kc8NM3FXjy>





LIVING WITH A SPINAL CORD INJURY



SCI PEER MENTORING PROGRAM - EDUCATION & LUNCH

Please join us the LAST FRIDAY of the month in the SCI Dining Room at 11:30 AM for a catered lunch and E-Wing Day Room at 12:00 PM for education and a 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.

MEETING ID: 835 1426 6166

PHONE: +1 669 900 9128

ONLINE: <https://us02web.zoom.us/j/83514266166>



SCI/D 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 following mandates regarding masking and visitors:**

Masking and Visitor Requirements:

All patients and VA employees are mandated to wear a mask at all times while on the Palo Alto campus. If you refuse to wear a mask you will not be seen. There are no exceptions. Only approved visitors can come with a patient to an appointment. If you need assistance, there are SCI/D clinic nurses who can assure your needs are met during the appointment.

Please check in AND check out with the scheduler especially after your Annual Exam; 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 pick up/drop off

GURNEY TRANSFER APPOINTMENTS

For appointments where Veterans need to be transferred from wheelchair to gurney by nursing staff (CT, MRI etc.) – please call and schedule an RN-TRANSFER Appointment at least 2 weeks in advance. **Scheduling x65871**

DEFENDER’S LODGE

Defender’s Lodge 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. **Social Work x65340**

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)



NVWG this summer was different, but nothing short of amazing. We still had the opportunity to compete, didn't quite get to mingle and chat with other veterans and their families as in previous years, nonetheless another memorable experience. Between competition days my wife and I were able pay our respects at the 9/11 memorial and experience some New York city vibes. I know that I wouldn't push myself as much as I do without the support of the RTs and the PVA, so from the bottom of our hearts, my wife and I thank you all!

Ipo Valdez



I would like to start by thanking the PVA, VA, and all the family, sponsors, Voluntary, and athletes. I can honestly say I was not that fired up about this years competition with Covid and health issues but with the constant encouragement for my support team I participated. Even though I got great community support I still wish that the at home events were at the games. I miss the compaction and comradely. The actual events at the game were great. I competed in events that were new to me and learned I can still do new things. We learn so much from the other competitors and the voluntary's that support the event. I never thought that I would be able to get around in an area that is congested like New York but did go out when I was not competing and even though I was outside my element I survived and will not fear being in very large crowds again. If not for the PVA, VA, and Family support I would continue to push myself to stay mentally and physical strong.

Special thanks to Sandra [wife], Kory and Shawna and of course my team.

Jim Kempner



For me going to the national veterans wheelchair games was a breath of much needed fresh air. With covid-19 the last year and a half has been filled with staying home and not seeing fellow veterans or any competition's. It was so nice to have a little bit of normalcy back.

Austin Parker



Bay Area & Western Chapter

Special Thanks to Our Sponsors at the 10th Annual Golf Tournament

Gold Sponsors

J&J Acoustics
Mobility Works
Walker Family, LLC.

Disabled Veteran Golfer Sponsors

Barry and Patricia Rahn
David Cook
Gerald and Joanna McNutt
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Johanson and Yau
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John Gatto
Kevin Gardner
Lynn Duniway
Markus Czirban
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Ralph Morales
Steve and Kim Day
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Todd and Greta Swanson

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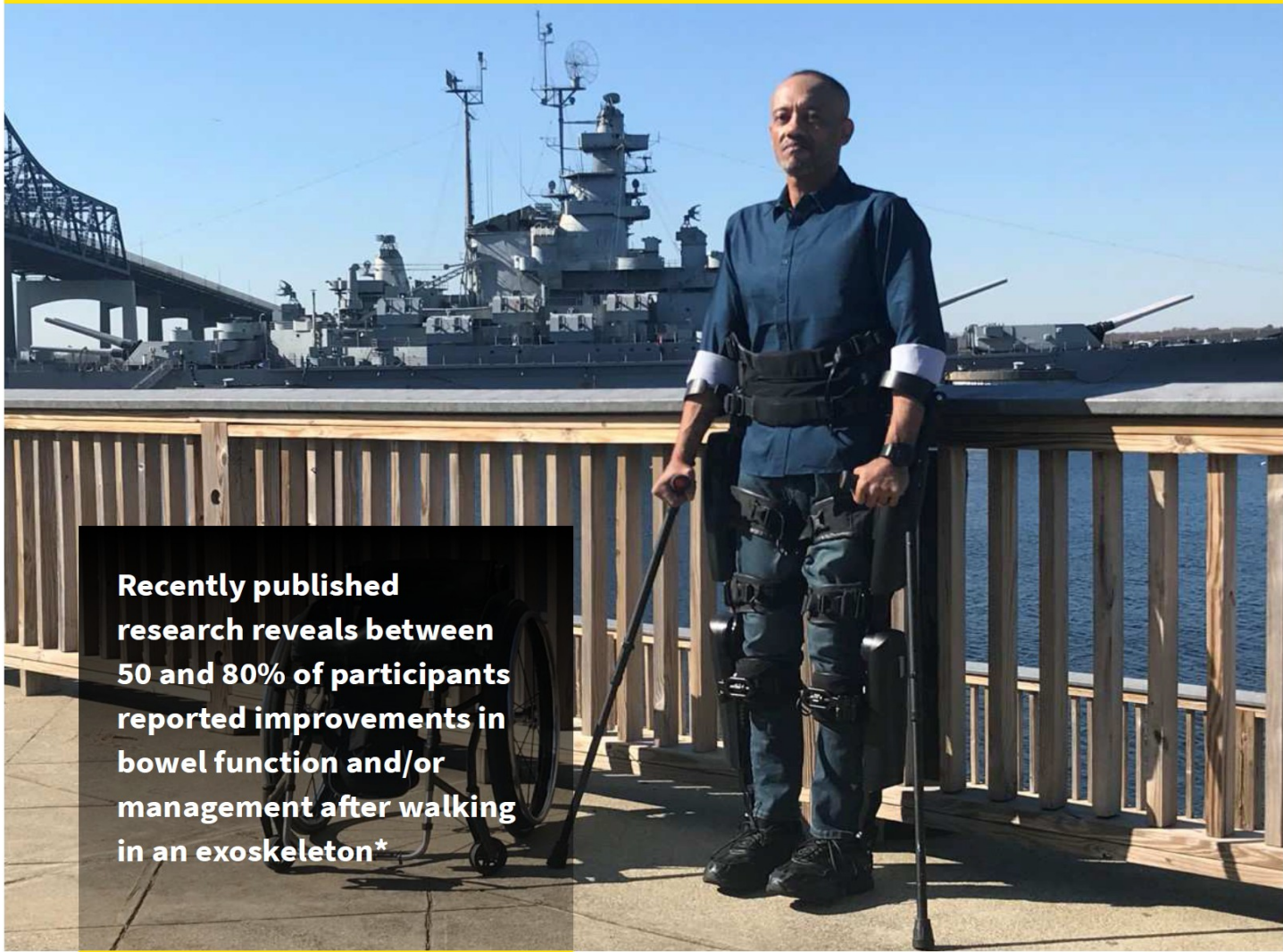
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Jerry Rice
Joe Galiardi
Joe Jean
Joseph George Wines
Lion Ranch Vineyard
Los Gatos Meats & Smokehouse
Oakland Zoo
Palo Alto Hills Golf & Country Club
Peju Winery
Picchetti Winery
Saratoga Country Club
Tina Jean



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.



Washington Update

The Paralyzed Veterans of America's Government Relations Department



UPDATE ON PVA'S ADVOCACY TO STRENGTHEN VA BENEFITS FOR DISABLED VETERANS AND THEIR SURVIVORS

PVA continues its advocacy to strengthen benefits for catastrophically disabled veterans as we ease into the final months of the first session of the 117th Congress. Support for legislation that would increase the number of times veterans can access the Automobile Allowance grant and ensure veterans receive much needed Automotive Adaptive Equipment has, for the most part, plateaued. The AUTO for Veterans Act, H.R. 1361/S. 444, which would provide additional auto grants for service-connected veterans, have 33 and 10 sponsors/cosponsors (respectively). H.R. 3304, the CARS for Vets Act, which would not only provide additional auto grants for service-connected veterans but also codify existing VA support for ingress and egress assistance for non-service-connected veterans, remains steady with just three sponsors/cosponsors. We have been working steadily with the bill's authors and staff from the House and Senate Veterans' Affairs Committees on this legislation. The main barrier is the cost of the improvements and the need for the Committees to locate a spending offset to pay for them.

We are also working on new legislation that would raise rates for VA's Home Improvements and Structural Alterations (HISA) grant program and tie them to a formula that will help keep this program's payments relevant in years to come. It has been a dozen years since HISA rates were last raised; so, the program's grants often fall short of what veterans need to make medically necessary modifications to their homes.

Finally, the Justice for ALS Veterans Act should soon be introduced in the House. This legislation would extend increased Dependency and Indemnity Compensation (DIC) benefits commonly known as the "DIC Kicker" to the surviving spouse of a veteran who dies from ALS regardless of how long the veteran had the disease prior to death. Under current law, the higher rate of DIC is only payable if the veteran was rated totally disabled for a continuous period of at least eight years immediately preceding death.

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 26, 2022 - April 1, 2022

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
- And more...

Resource:

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



Bay Area & Western Chapter



Tuesday, November 9, 2021

11:30 am

PVA Office Room E-118

***For: SCI/D Center Inpatients and Staff
(Staff will be required to have a ticket)***



***Due to COVID-19 restrictions, all meals are to go and the
Staff and others must sanitize their hands and practice social
distancing.***



Bay Area & Western Chapter

San Jose Veterans Day Parade

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

**When: Thursday, November 11,
2021
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, 2021
1 (800) 273-6789 or
amaral@bawpva.org***

Winter Holiday
Luncheon
Tuesday,
December 7, 2021
at 12:00pm

Happy
Holidays



Sponsored by:



Menu

- ◆ *Roasted Turkey Breast*
- ◆ *Sugar Glazed Ham*
- ◆ *Mashed Potatoes*
- ◆ *Turkey Gravy*
- ◆ *Cranberry Sauce*
- ◆ *Veggies*
- ◆ *Mixed Green Salad*
- ◆ *Rolls & Butter*
- ◆ *Veggie Option*

PVA Office Room E-118

All Inpatient SCI/D Veterans and SCI/D
Staff are welcome

All meals will be to go and the Chapter
will be following COVID-19 protocols

****Staff will be required to have a ticket**





★ HAPPY ★ BIRTHDAY!



October	<p>John Scott Rod Hart Gary Dilday Steven Coyle Michael Abercrombie Richard Laws Landon Henderson Michael Nesby Gilbert Thomas William Johnson Charles Boyer James Gridley Jon Houde Mitch Driller</p>	<p>Kurt Steiner Bruce Crockett Dennis Mankel Hector Mendoza William James Edward Arnold Sebastian DeFrancesco Terrence Tully Matthew Beller Cliff Finch Henry Potts Daniel Matern Patrick Malan</p>	<p>Christopher Bernard Anthony Swetala Charles Jellison Eugene Gold Desiree Emillio- Duverge Robert McPhail Stephen Davis Shawn Hodge Layne Inouye Brian Rodrigues Austin Parker David Owens Felix Ranoco</p>	<p>Jeremiah Michaels Laura Bernhardt Omar Hernandez Stanford Tate</p>
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November	<p>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</p>	<p>Jose Richardo Sandoval Dwain Vinson Mark Bonilla Troy Maxey Richard Nadwornick Shane Wages Philip Malasig Daniel Guse Ramon Ortega David Ramirez Ralph Stovall Scott Harger John Peredo</p>	<p>Gary Combs Raymond Hernandez Thomas Leavell Stephen Spleen Ponciano Mencias Quentin Collins Gary Dixon Nikko Olalia Kirby Apps Thomas Mihalyi Earl Halstead Eric Lizama</p>
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December	<p>Donald Collins Andre DeCordova Albert Kiser Cheryl Zimmerman David Funderburg Cathi Maynard Scott Souza Thomas Simi Jesse Cervantes Harvest Avery (Cooper) Albert Wittwer Richard Hagan Robert Quijada Stephen Burton</p>	<p>Walter Roy Henry Crossley Thomas Miraglia Bob Vincent Ellen Beauregard Tracy Williams Ronnie Santos David Wagner Larry Srutek Tomasz Modrzejowski Reese Levasseur Buster Kawasaki William Colter John Bressler</p>	<p>Artemio Domingo Gary Burton Jonathan Green Kyle Hansel Leroy Wolf Mancy Gant Michael Allen Richard Haney Thomas Hildenbrand</p>
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October 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

- 11 - **Columbus Day (Office Closed)**
- 12 - **Virtual NSO Chat**
11:30am, Bldg. 7 Rm. E-118
- 12 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 14 - **Table Tennis Clinic**
3pm, Bldg. 7 Dining Room
- 18 to 20 - **Virtual Fall BOD Meeting**
Bldg. 7 Rm. E-118
- 21 - **Bingo & Pizza Night**
5pm, Bldg. 7 Dining Room
- 29 - **Peer Mentoring Support Program**
12pm, Bldg. 7 E-Wing Day Room

November 2021

SUN MO TUE WED TH FRI SAT

1 2 3 4 5 6

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14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30

- 9 - **Veterans Day Luncheon (Inpatients)**
11:30am, Bldg. 7 Rm. E-118
- 9 - **Virtual NSO Chat**
11:30am, Bldg. 7 Rm. E-118
- 9 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 11 - **Veterans Day Parade**
12pm, Downtown San Jose
- 12 - **Veterans Day (Observed - Office Closed)**
- 18 - **Bingo & Pizza Night**
5pm, Bldg. 7 Dining Room
- 25 to 26 - **Thanksgiving (Office Closed)**

December 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 31

- 7 - **Winter Luncheon Luncheon (Inpatients)**
12pm, Bldg. 7 Rm. E-118
- 9 - **Boccia Ball Clinic**
3pm, Bldg. 7 Dining Room
- 14 - **Virtual NSO Chat**
11:30am, Bldg. 7 Rm. E-118
- 16 - **Bingo & Pizza Night**
5pm, Bldg. 7 Dining Room
- 20 to 31 - **Winter Break (Office Closed)**

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amazonsmile

iGive.com[®]
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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

