

the **Bridge**



Bay Area & Western Paralyzed Veterans of America

Volume 36, No. 3

Jan-Mar 2022



2022

PUBLISHED BY:

**PARALYZED VETERANS
OF AMERICA,
BAY AREA AND 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

National PVA Web Site: www.pva.org

Kory Amaral, Chapter Editor

ELECTED OFFICERS

Reese Levasseur, President

Sebastian DeFrancesco, Vice President

Kenneth Pollock, Secretary

Tomasz Modrzejowski, Treasurer

BOARD OF DIRECTORS

Jessica Greene

Kevin Hoy

Michael Luberto

Chet Miller

Stephen Estrada

CHAPTER STAFF AND APPOINTEES

Kory Amaral, Executive Director

Kory Amaral, Membership/Volunteer Officer

Reese Levasseur, Board of Directors, National PVA

Sebastian DeFrancesco, Dir. Sports & Recreation

Chet Miller, Dir. Sports & Recreation

Tomasz Modrzejowski, Dir. Sports & Recreation

Kevin Hoy, Dir. Government Relations

Victor Escamilla, VAVS Representative

PVA NATIONAL SERVICE OFFICE

Alice Borja, Sacramento National Service Officer

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

Jason McDonald, Reno National Service Officer

775-321-4789

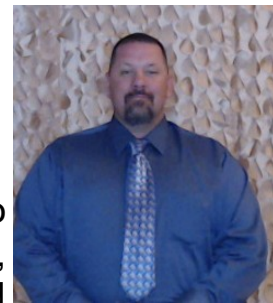
E-BRIDGE

To sign up for the monthly electronic newsletter

please email amaral@bawpva.org

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

President Reese Levasseur



Happy New Year to all our PVA members, family, friends and others. 2022 is going to be a good year. I know the past two years have presented us with a challenge, but we are strong and we got through them. The Paralyzed Veterans of America, Bay Area and Western Chapter will move into the future with a positive mindset and we will continue to serve our veterans in order to live out our mission.

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.

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 will let you know when things change, but we want to respect the guidelines to ensure the safety of everyone.

Executive Director

Kory Amaral



I hope everyone is staying warm. It looks like we are finally getting some much needed rain in California. As the winter season continues, please drive safe. I know we are eager to get out and see others or go on a vacation, but each one of you mean a lot to the Paralyzed Veterans of America, Bay Area and Western Chapter. The Chapter has a lot to be grateful for, but we would not be around if we did not have our dedicated members. We hope to see you all in 2022.

This year is a milestone for The Paralyzed Veterans of America, Bay Area and Western Chapter. We are celebrating 60 years of serving paralyzed veterans in Northern California, Northern Nevada and the Pacific Islands. Please stay tuned for exciting events to celebrate the longevity of the Chapter. The Annual Banquet will be on Saturday, August 13, 2022 at the Hyatt Regency Santa Clara in which we will celebrate all of you.

I also know that at times it is hard to get in touch with some individuals at the VA. I encourage you to call the SCI/D Center's Outpatient Clinic at (650) 493-5000 x65871. The SCI/D staff at the Outpatient Clinic are there to serve you. Please see page 16 for more details.

I would like to say thank you again to Mr. Joe Galiardi, The Paralyzed Veterans of America, Bay Area and Western Chapter's Golf Chairman 2016, 2018 and 2021. Mr. Galiardi believes in the Chapter's mission and will do whatever it takes to ensure the Chapter can maintain its programs. Mr. Galiardi is also a well established author. His 4th Edition of "Hooked on Autographs" is out now and all proceeds go the Paralyzed Veterans of America, Bay Area and Western Chapter. We are extremely grateful to Joe. If you would like more details about the book and how to purchase one to support the paralyzed veterans, please see page 19.

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

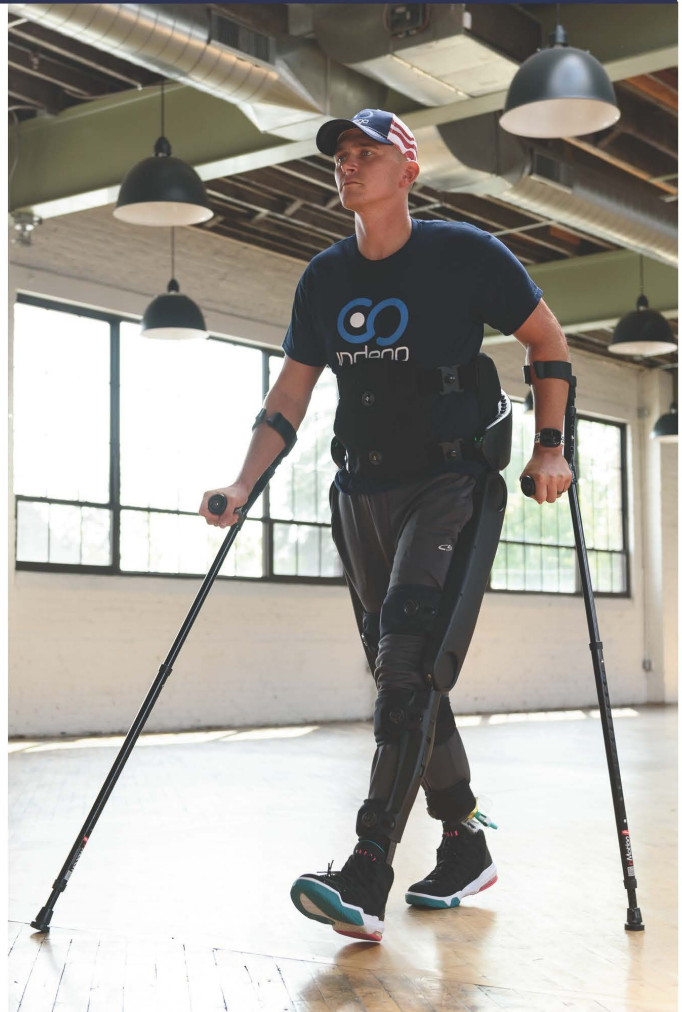
During the first Thursday of every month you can join a free live webinar to learn more about the Indego and hear from a veteran who owns a device already.



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

(Will only stay on the call for 15 mins if no one calls in)

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



Bay Area & Western Chapter





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

National Service Officer Report

Jason McDonald, National Service Officer

2022 VA Ancillary Benefits Increased and VA

Disability Compensation Rates



Effective October 1, 2020 the rates have increased for the Department of Veteran's Affairs ancillary benefits. In order to be eligible for one or more of the ancillary benefits you must have a qualifying service-connected disability. For those of you that are entitled to the ancillary benefits, the new fiscal year 2020 amounts are listed below.

Specially Adaptive Housing (SAH) Grant: \$101,754.00

Special Housing Adaptation (SHA) Grant: \$20,387.00

SAH Temporary Residence Adaptation (TRA) Grant: \$40,983.00

SHA Temporary Residence Adaptation (TRA) Grant: \$7,318.00

Auto and Adaptive Equipment Grant: \$22,355.42

Clothing Allowance: 891.00

Medal of Honor pension: \$1489.73

In addition, Effective December 1, 2021 your monthly Veterans disability compensation rates have gone up. If you are rated at 100% or below you can look up your new monthly benefit amount on <https://www.va.gov/disability/compensation-rates/veteran-rates/>. If you are receiving 100% disability with any level of Special Monthly Compensation you can look up your new monthly benefit amount on <https://www.va.gov/disability/compensation-rates/special-monthly-compensation-rates/>.

*St. Patrick's Day
Luncheon
Tuesday, March 15,
2022 at 12:00 pm*



Join us for a St. Patrick's Day Luncheon sponsored by Paralyzed Veterans of America, Bay Area and Western Chapter. All SCI/D inpatient veterans and their families are welcome. Veterans with sitting restrictions will be served at bedside upon request. SCI/D staff will be required to have a ticket. Location of Luncheon: PVA Office Room E-118 (Pick Up Only).

Menu

*Bangers and Mash
Corned Beef and
Cabbage
Fish and Chips
Vegetarian Option*



Bay Area & Western Chapter



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

**THREE
NORTHERN
CALIFORNIA
LOCATIONS
TO SERVE
YOU**

**CALL
866-405-6806**

**WE HAVE
HUNDREDS
OF
ACCESSIBLE
VEHICLES!**



Moving Your Life Forward www.AbilityCenter.com

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

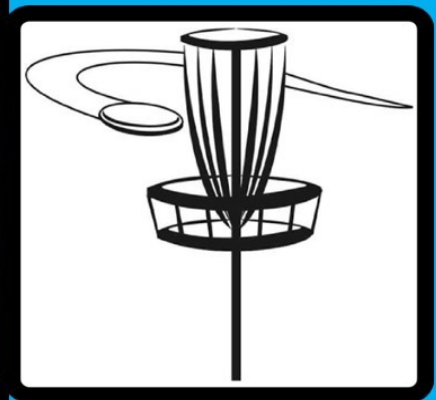
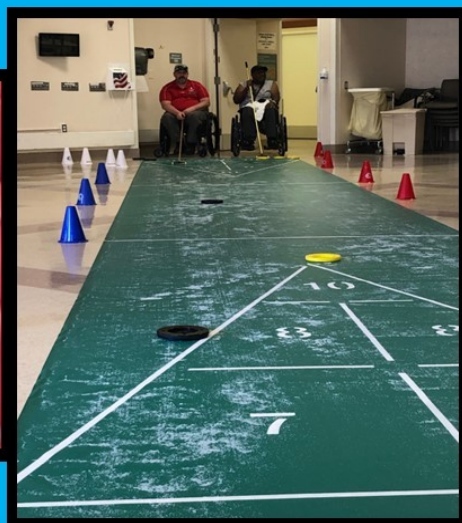
Paralyzed Veterans of America, Bay Area & Western Chapter and SCI Recreation Therapy would like to invite all PVA Members, veterans, and families to join us for an Adaptive Sports Clinic.

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
- ✓ PROGRAMMABLE TIMES & ANGLES
- ✓ SMOOTH AND SILENT OPERATION
- ✓ UNINTERRUPTED SLEEP



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 and Western Chapter's Board of Director's Meeting 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, January 11, 2022
Tuesday, February 8, 2022
Tuesday, March 8, 2022

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/kc8NM3FXjv>





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 F-125 Conference 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 as 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 – Consults can be placed only 3-4 days prior, must provide evidence of either a negative COVID test within 72 hours prior to checking-in or be fully vaccinated (2 weeks past last vaccine in series). Failure to do so will result in your not being able to stay at the Defender's Lodge. **Social Work x63328**

Spinal Cord Injury/Disease



11:30AM
— TO —
1:00PM

3RD WEDNESDAY
EVERY MONTH

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

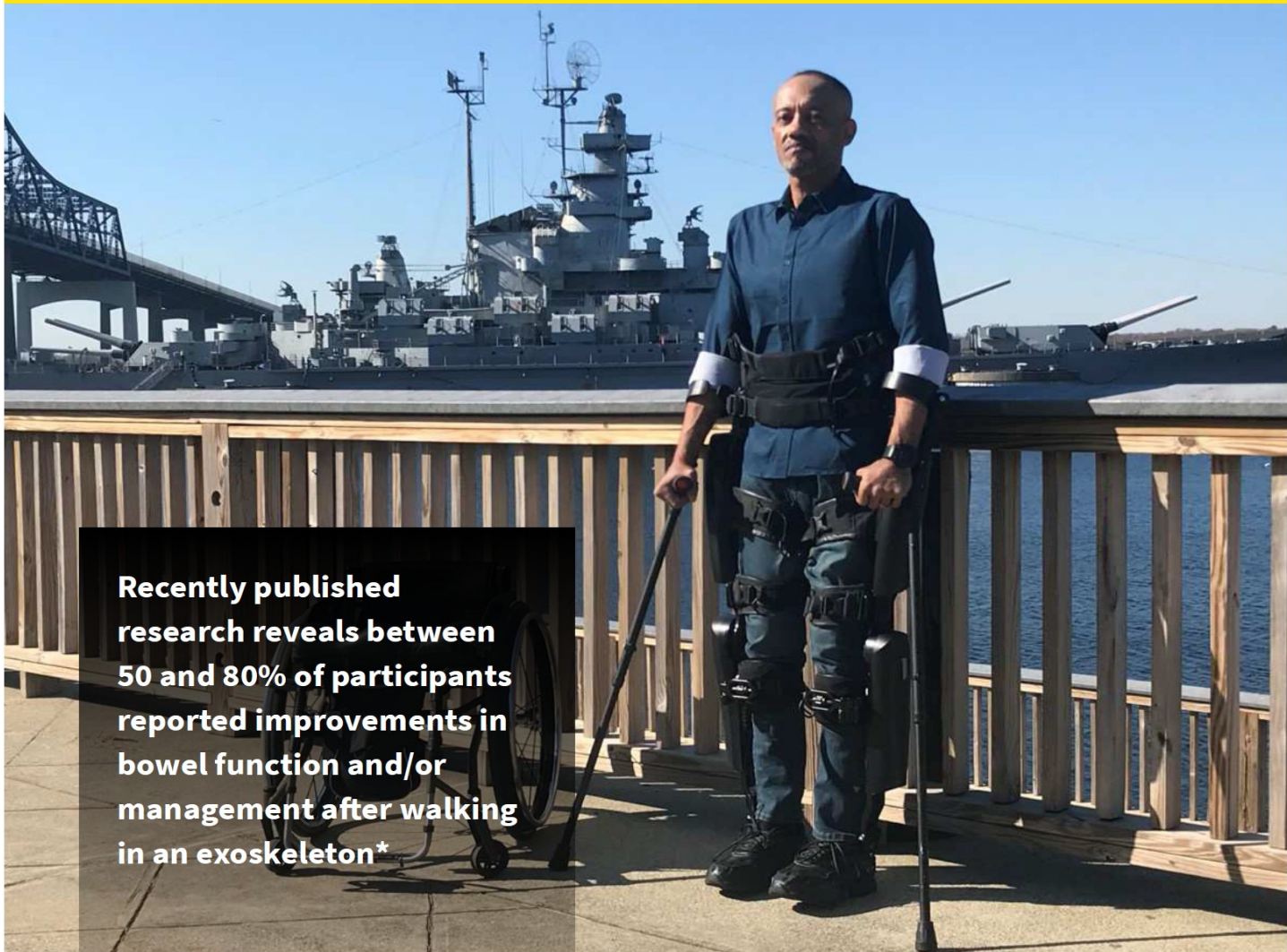
Please join City of Reno, VA Sierra Nevada Healthcare System, Renown Health, and High Fives Foundation For Spinal Cord Injury/Disease specific resources, topics, and guest speakers during our monthly community-based luncheons.



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



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

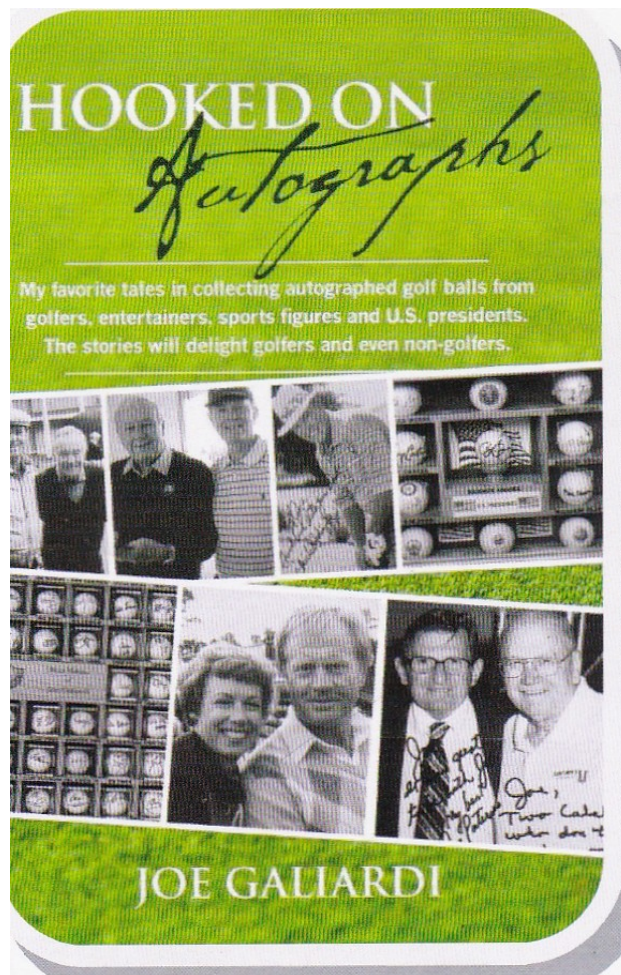
*Chun A, et al. Changes in bowel function following exoskeletal-assisted walking in persons with spinal cord injury: an observational pilot study. Spinal Cord. 2020;58(4):459-466.



Hooked on Autographs

By Joe Galiardi

Hooked on Autographs by Joe Galiardi is an unforgettable collection of anecdotes and yarns that highlight what it took for the author to obtain 425 celebrity signed golf balls since golf legend Arnold Palmer autographed his first ball in 1989. In this unusual hobby memoir, the author describes many of his favorite stories in garnering and gathering autographed golf balls from a colorful parade of best-loved golfers, famous entertainers, notable sports stars, and U.S. presidents. Until now, there has never been a golf book published about one person's all-out passion to collect famous autographs on golf balls and relate the fascinating and humorous stories behind the widely known signatures. The stories will delight golfers and even non-golfers. Hooked on Autographs sells for \$15 plus shipping costs of \$4. The netbook proceeds are donated to the Paralyzed Veterans of America, Bay Area and Western Chapter. The author, who personalizes all books sold through him, can be reached at joejudy1983@att.net.



VA COMMUNITY CARE: BOWEL & BLADDER PROGRAM

PROGRAM

- All potential caregivers must be referred to the Bowel and Bladder Coordinator by SCI medical provider, followed by an interview to assess needs of the patient
- Caregiver must be authorized and have a start date prior to starting care

REGISTRATION

- Payments are taxable, new caregivers must fill out the following documents:
 - VA-FSC Vendor File Request Form 10091
 - W-9 forms
 - VCA signed agreement
 - NPI application (may take 2-3 days receive your 10-digit NPI number)
- Submit all documents to
 - VA Community Care Austin Texas
 - Your appropriate VA Community Care SCI Spoke Site Representative according to where you live (See SCI Spoke Site Representatives below)
- Caregiver's initial first payment will be 2-3 months after submitting timesheets

TIMESHEETS

- Be consistent and claim the same time number of hour and minutes everyday
- If there are (2) caregivers working the same day, claim hours on (2) different days
 - Caregivers cannot share the same day and time on timesheets
- Services can only be claimed when Veteran is at home (excludes hospitalization or facility care)
- Make a copy and save all timesheets for your records and taxes
- Send in your monthly timesheet on the last day of the month and print your 10-digit NPI number on the timesheet

SPOKE SITE REPRESENTATIVES

VA Palo Alto

- Phillip Witters, Office of Community Care (650) 493-5000 ext. 25952
- Thu Doan, Office of Community Care (650) 493-5000 ext. 26969
- Monica Rangel BSN, RN, Bowel & Bladder Coordinator (650) 493-5000 ext. 67198

VA San Francisco

- Eva Woodward, LCSW (415) 221-4810 ext. 23470

VA Northern California (Martinez/Sacramento)

- Jennifer Cassidy, Office of (926) 923-4943
- Sumali Valentine, RN (916) 843-9449
- Sarah Mutter, LCSW 1-800-832-8397

VA Central California (Fresno)

- Kathleen Magnanao, RN (559) 225-6100, ext 3081
- Anita Morris, LCSW SCI Spoke Coordinator (559) 476-7696

VA Pacific Island (Honolulu)

- LCSW SCI Spoke Coordinator (808) 433-7853; (vacant) SCI Nurse will assist
- Joy Arruda, RN (808) 433-7852

VA Sierra Nevada (Reno)

- Chelsea Estep, LCSW SCI Spoke Coordinator (775) 785-7075
- Cody Longero, RN (covering) SCI Nurse (775)785-7078

For **continuous delayed payment** problems please contact the following in the order below:

1. Community Care Customer service (C4) (877) 881-7618
2. Nationwide Vendor File Provider Relations (877) 353-9791 or (512) 460-5380
3. The number at the bottom of the time sheet (PAD-Menlo Park only)
4. Millie Clevon, Claims Lead, Payments Operation & Management (POM), (360) 696-4061 ext. 36105
5. Your SCI spoke site Representative

PLEASE ALERT YOUR AREA SCI SPOKE SITE REPRESENTATIVE

- **TWO** months before your bowel and bladder program expiration date
- Changes in name, phone number, and/or address
- Registering a New caregiver



Sports & Recreation Program Update



Mr. Chet Miller, a PVA member in good standing, a Board Member for the Paralyzed Veterans of America, Bay Area and Western Chapter, as well as a Sports Director for the Chapter is an active wheelchair quad rugby player who competes across the nation. Recently, Mr. Miller traveled to two Wheelchair Rugby Tournaments in Las Vegas, NV and Phoenix, AZ. Nothing holds Mr. Miller back and his determination to be active is shown through his athleticism. The Paralyzed Veterans of America, Bay Area and Western Chapter was able to support Mr. Miller through their Sports & Recreation Program. We are proud of you Chet!



★ HAPPY ★ BIRTHDAY!



January	<p>Troy Johnson Ronald Bojorques Lisa Giovannini Boyd Farnsworth Michael Luberto Larry Hansen Daryl Meshack Richard Charfauros J.D. Clarkston James Elwood Hen-Min Hiu William Nelson</p>	<p>Lonja Caton David Lane Lex Morse Edgardo Odango Mike Giffiths Robert Stafford Peter Arballo Dennis Kavanagh McKinley Keith Ramon Pereyra William Smith David Jenkins</p>	<p>Milton Roberts Carlos Parra William Cotter John Hemstreet Barry McKeown Donn Foster Louis Triana My Thuong Saint Hillyer Santiago Diaz</p>
----------------	--	--	--

February	<p>George Rawls Michael Wagner Kevin Hoy Jerry Metheny David Petrus Aaron McMihelk Rogelio Rodriguez Rachaelynn Horejsi Craig Woods Larry Moore Joseph Martinez Wayne Muscato Jim Weeks</p>	<p>John Hunt Michael Ludwig Bruce Mallibert Kenneth MacDonald Gerald Tharp John Bajorek Richard Craig Gerald Cuzick Eric Taylor Glenn Gain Larry Crothers Floyd Tate Jerry Leister</p>	<p>John Borges Gary Mokuau Billy Guadarrama Dwight Morgan Jennifer Splichal Jesse Orosco Joseph Jones Keith Phillips Patrick Carr Richard Asuncion Steven Sober</p>
-----------------	---	--	---

March	<p>William Smith George Appel Fillmore Matthews Lamont Greer Ronald Thayer David Kuester Jeffrey Ovetz Jerry Thompson Todd Meadows John Swanlan Kevin Patton David Hinze Jesus Garcia Ray Avery Jack Pierce</p>	<p>Barry Gore Nathan Jackson Bernard Jennelle Douglas Monrad Mike Heflin Stephen Mendick Stanley Silverman Patrick Scott Charles LaFleur Kenneth Dubroff Dino Granzella David Nunes William Roark Sloane McMahon Kim Johnson</p>	<p>Jerry Jordan Pierre MacBeth Donovan Mott Mario Aliphat Julie Mitchell Raymond Corte Jason Gieser Stephen Estrada Joseph Arcidiacono Thomas English Kenneth Pollock Rexis Daniels Lawrence Rogers Christopher Brook</p>	<p>Claudius Frederick Gregory Gross Karl Lawhorn Loren Greenhill Norman Kimball Donald Mahaffy</p>
--------------	---	--	---	---

January 2022

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 - **Virtual NSO Chat**
11:30am, Bldg. 7 Rm. E-118
- 11 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 13 - **Shuffleboard Clinic**
3pm, Bldg. 7 Dining Room
- 17 - **Martin Luther King, Jr. Day (Office Closed)**
- 20 - **Bingo & Pizza Night**
5pm, Bldg. 7 Dining Room
- 28 - **Peer Mentoring Support Program**
12pm, Bldg. 7 Rm. F-125

February 2022

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					

- 8 - **Virtual NSO Chat**
11:30am, Bldg. 7 Rm. E-118
- 8 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 10 - **Table Tennis Clinic**
3pm, Bldg. 7 Dining Room
- 17 - **Bingo & Pizza Night**
5pm, Bldg. 7 Dining Room
- 21 - **President's Day (Office Closed)**
- 25 - **Peer Mentoring Support Program**
12pm, Bldg. 7 Rm. F-125

March 2022

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 to 11 - **Virtual Advocacy Legislative Seminar**
- 8 - **Virtual NSO Chat**
11:30am, Bldg. 7 Rm. E-118
- 8 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 10 - **Boccia Ball Clinic**
3pm, Bldg. 7 Dining Room
- 15 - **St. Patrick's Day Luncheon**
12pm, Bldg. 7 Rm. E-118
- 17 - **Bingo & Pizza Night**
5pm, Bldg. 7 Dining Room
- 25 - **Peer Mentoring Support Program**
12pm, Bldg. 7 Rm. F-125
- 26 to April 1 - **Winter Sports Clinic**
Snowmass, CO

Shop at AmazonSmile
and Amazon will make
a donation to:

Get started

amazonsmile

iGive.com[®]
Change online shopping for good.

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

