

The **Bridge**



Bay Area & Western Paralyzed Veterans of America

Volume 37, No. 1

Jul-Sept 2022

Celebrating 60 Years!



*Serving veterans with a spinal cord injury and /
or disease in Northern California, Northern
Nevada and the Pacific Islands since 1962.*

PUBLISHED BY:

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

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Palo Alto, CA 94304
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E-mail: administration@bawpva.org

Chapter Web Site: www.bawpva.org

National PVA Web Site: www.pva.org

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Kevin Hoy, Vice President

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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 and Western Chapter (BAPVA). BAPVA neither endorses nor guarantees any of the products or services advertised herein.

President Sebastian DeFrancesco



This is my first *Bridge* as The Paralyzed Veterans of America, Bay Area and Western Chapter's President. I am excited for the next year. Please let me know if you need anything and I look forward to working with you.

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 at the SCI/D Center's F-125 Conference Room at 12:00 PM. Zoom is available if needed. We encourage our SCI/D veterans to either attend or call into the meeting to socialize with your fellow veterans. Email administration@bawpva.org for a flyer with more information.

Community donors is what allows the Chapter to maintain its programs. I would like to personally thank Mary A. Osborne for becoming a Silver Sponsor. We appreciate your years of support.

The office is still currently closed to visitors 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.

Executive Director

Kory Amaral



Welcome to the Summer heat! This Summer is going to be filled with many events. From July 6-13, 2022, the National Veterans Wheelchair Games (NVWG) will be held in Tempe, AZ. We have about 20 veterans, caregivers and staff attending the event. We are excited to announce that we have 7 novice veterans. The Board of Directors of the Paralyzed Veterans of America, Bay Area and Western Chapter and I know how much the NVWG can change a veteran's life and it is a great introduction to adaptive sports.

On Thursday, June 9, 2022 at 2:30 PM, the Chapter and the SCI/D Center hosted our Annual SCI Memorial to honor the veterans we had lost in the past year. The event went well and we want to thank all the veterans family and friends who joined us. We will always remember our spinal cord injury veterans.

I want to thank all the Sacramento PVA members who joined us on Wednesday, June 22, 2022 at Ability Center for a membership meeting, lunch and Boccia Ball Clinic. Thank you Ability Center for sponsoring the event! We were excited to see all of you. We will be visiting Reno at the end of September. Please refer to Page 21 for more information. Later in the year, the Chapter will visit the Hawaii and Fresno areas.

On August 13, 2022 the Chapter will be hosting our 60th Anniversary Annual Banquet at the Hyatt Regency in Santa Clara. We are proud to have served veterans with spinal cord injuries and/or diseases for the past 60 years in Northern California, Northern Nevada and the Pacific Islands and we look forward to the next 60 years. Please RSVP by Monday, August 1, 2022 if you have received an invitation.

I want to welcome Mr. Kyle Hansel to the Board of Directors. Mr. Hansel is a marine veteran who is motivated to raise funds for the programs of the Chapter, especially the Sports & Recreation program. I am excited to have him join.

Visitation on the unit is still very limited. I am always here for you if you need anything. Please feel free to reach out to me at amaral@bawpva.org or (650) 399-5296 with any questions. I will be traveling a lot throughout the Summer, but I will make sure to get back to you in a timely manner.

Indego® Gets Paralyzed Veterans Walking Again



NEW VA Program offers eligible veterans an Indego® exoskeleton at NO COST!

What's the Indego exoskeleton?

It's an FDA-approved robotic device that enables spinal cord injury patients (level T3-L5) to walk again.

- ✓ Regain your independence
- ✓ Improve your cardio & bone density
- ✓ Enjoy eye-level conversations again



Scan with your mobile phone to receive more information or schedule a demonstration.



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

Phone: 844-846-3346

Email: support.indego@parker.com



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)



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**

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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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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



Protecting what is OURS:

As we may or may not know, there are a lot of scams circulating with one goal, to get access to our money and/or to get us to send the scammers money.

The Department of Veterans Affairs sent the information below regarding the Pension Poaching Campaign,

What is Pension Poaching? Pension poaching is a financial scam targeting Veterans, survivors and their families who are potentially eligible for VA benefits.

An example of a pension poaching scam is someone with malicious intent profiting financially from assisting a Veteran and artificially qualifying them for VA Pension benefits. If Pension benefits are approved and VA later determines that eligibility did not actually exist, the claimant would be required to repay these benefits to the government. To educate and prevent fraud, VA sent a letter and email to approximately 162,000 Veterans over the age of 65 and in receipt of VA Pension benefits. This outreach provided resources for Veterans on how to prevent fraud, as well as resources for anyone who believes they have been a victim.

Another resource for protecting what is ours is the The National Council on Aging posted an article dated February 19, 2021 stating “the FBI estimates that seniors lose more than \$3 billion each year to fraudsters”. The scammers target the elder population because they believe they have wealth, to include low-income seniors. The scammers are no respecter of person, both wealthy and low-income seniors are vulnerable to financial abuse.

It has also been documented in the article that over 90% of all reported elder abuse is committed by a family member, first their own children, or grand children and nieces and nephews. As a National Service Officer, I unfortunately have seen this first hand, parents taking from their veteran child that was severely disabled from an IED and spouses abusing their veteran husband/wife for their money. If a veteran feels he/she is being financial abused, let your physician know, they can request the VA to name a fiduciary on your behalf.

The following are 10 popular scams and a brief description:

1. Government imposter scam – calling victims and stating they are from the IRS, SS and/or Medicare and threatening them if they do not pay up.
2. The Grandparent scam – calling a grandparent and pretending to be a grandchild asking them for money for an unspecified bill and ask them to not tell anyone. The scammer will ask them to pay in gift cards and/or money transfer due to not always requiring identification.
3. Medicare/health insurance scams – the scammers pose as a Medicare representative and ask them for their personal information, or offer bogus medical services at makeshift mobile clinics, then bill Medicare or health care.

4. Computer tech support scam – the scammers prey on the lack of knowledge elders have when it comes to computers equipment. The scammer may ask for remote access or you have to pay a fee. The Federal Trade Commission found that “seniors who fell for this lost an average of \$500 each to computer tech support scams in 2018”.
5. Sweepstakes & Lottery scam – the scammer calls and states you have won and need to send money to unlock the supposed prize.
6. Robocalls/phone scams – one popular robocall was the “Can you hear me?” call and they record your voice and use it for a voice signature to authorize unwanted charges on items like credit cards.
7. Romance scams – scammers exploit lonely elders on dating sites.
8. Internet and email fraud – Phishing emails and text messages.
9. Elder financial abuse – this is carried out by someone the elder person knows.
10. Charity scams – call claiming they are collecting money for a good cause.

If you suspect any of the above, call the Eldercare Locator, a government-sponsored program national resource line at 1-800-677-1116 or visit their website at <https://eldercare.acl.gov>. If you are interested in reading the whole article or additional information on the National Council of aging, go to <https://www.ncoa.org>.

This is a difficult subject because we do not want to feel that we are vulnerable, however, we need to be realistic with ourselves and ask for assistance when needed.

Additional VA news:

Presumptive service connection for Gulf War Toxic Exposure:

VA has added 12 conditions to the list of disabilities presumptively connected to toxic exposure for Gulf War Veterans who served in the Southwest Asia theater of operations. These conditions include asthma, sinusitis, rhinitis and nine respiratory cancers -

- Squamous cell carcinoma of the larynx.
- Squamous cell carcinoma of the trachea.
- Adenocarcinoma of the trachea.
- Salivary gland-type tumors of the trachea.
- Adenosquamous carcinoma of the lung.
- Large cell carcinoma of the lung.
- Salivary gland-type tumors of the lung.
- Sarcomatoid carcinoma of the lung.
- Typical and atypical carcinoid of the lung

If a veteran served in the Southwest Asia theater of operations beginning August 2, 1990 to present, Afghanistan, Uzbekistan, Syria or Djibouti beginning September 19, 2001 to present. The Department of Veterans Affairs will contact veterans and survivors who have been impacted. If you have any questions, contact the Department of Veterans Affairs at 1-800-827-1000 or your Veterans Service Organization.

Ability Center proudly supports Bay Area PVA



Sacramento

6550 Freeport Blvd,
Sacramento, CA 95822

Local: 916-392-1196

www.AbilityCenter.com

Santa Rosa

3285 Santa Rosa Ave,
Santa Rosa, CA 95407

Local: 707-575-6997



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**Paralyzed Veterans
of America**



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?](https://us02web.zoom.us/j/86791501025?pwd=OHJ1KzNoVi9XR0FoSHNvVHRkcFRUZZ09)

[pwd=OHJ1KzNoVi9XR0FoSHNvVHRkcFRUZZ09](https://us02web.zoom.us/j/86791501025?pwd=OHJ1KzNoVi9XR0FoSHNvVHRkcFRUZZ09)

**Why: To receive benefit updates
and to ask questions**



**PARALYZED VETERANS OF
AMERICA, BAY AREA AND
WESTERN CHAPTER'S**



BINGO NIGHT

**3RD THURSDAY OF
THE MONTH**

Bingo at: 3:00pm
Pizza at: 4:30pm

**MONEY PRIZES
FOR EVERY
ROUND!**

SCI/D Dining Room



SCI/D
Spinal Cord Injury/
Disorders Center

Need More Information:

**AMARAL@BAWPVA.ORG OR
(650) 858-3936**

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

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- 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, July 19, 2022
Tuesday, August 9, 2022
Tuesday, September 13, 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>



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.



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 will be placed 3-4 days prior to your arrival date. **Social Work x63328**



Veteran
Support

We are advocates independence problem solvers { caregivers for our veterans }.



This is home care for our veterans.

FirstLight® believes in service with honor. That's why it is our privilege to provide home care services to our nation's heroes – our military veterans.

Our veterans and their families have earned unwavering respect and dignity. And that's just what they'll get from FirstLight. Contact us, or your social worker, today and let us share how our entire FirstLight Home Care team is ready to help, including being credentialed with the VA to help with homemaker services.



Call our office or email us today to get started.

650-460-3817



SiliconValley.FirstLightHomeCare.com
Email Molly at MJohnson@FirstLightHomeCare.com

License #434700149



SEPT. 12
MONDAY

- 2:00pm** Transportation from Reno-Tahoe International Airport to Host Hotel
- 3:00pm** Hotel Check-in
- 6:00pm** Welcome Dinner at Top Golf

SEPT. 13
TUESDAY

- 8:00am** Breakfast at the Hotel
- 9:30am** Paddle Boarding, Water Skiing, and Archery (Lunch provided)
- 3:00pm** Sled Hockey
- 5:30pm** Dinner

SEPT. 14
WEDNESDAY

- 8:00am** Breakfast at the Host Hotel
- 9:00am** Fly Fishing (Lunch provided)
- 1:00pm** Mountain Biking and Rock Climbing
- 5:00pm** Dinner

SEPT. 15
THURSDAY

- 8:00am** Service to Armed Forces Resiliency Breakfast
- 11:00am** VIP Guests at Air Races (Lunch provided)
- 6:00pm** Closing Dinner

SEPT. 16
FRIDAY

- 8:00am** Breakfast at the Hotel
- Transportation to the Reno-Tahoe International Airport

The City of Reno with the generous support of its presenting sponsors, and local adaptive sports programs plan to host 15 disabled veterans and injured service members and their spouse/guest for a multi-day Military Sports Camp. All skill levels are welcome.

This program is not just about sports; it's also about attitude, camaraderie and promoting healthy, active lifestyles. There is no cost to Military Service Men or Women and their guest. Registration preference will be given to Nevada Service Members and Residents.

RENO ADAPTIVE



These events may be subject to change or canceled.





Defining
EXCELLENCE
in the 21st Century

Do you have a spinal cord injury (SCI)?

Do you self-identify as LGBTQ+?

Join our research study to explore the social and psychological factors related to your health.

Time commitment:

- Approximately 1 hour for a **one-on-one** phone interview plus completion of an online survey

Incentive:


- Receive a stipend for your participation

You may be eligible if you:

- ✓ have an SCI for at least 6 months
- ✓ self-identify as LGBTQ+*
- ✓ are 18 years of age or older
- ✓ Veterans and non-Veterans welcome

** Sexual orientation/gender identity does not need to be documented in your medical records to be eligible.*

Participation is open across the US



SCIDD
Spinal Cord Injury/
Disorders Center

For information on the study and how to join, please contact:
Shane Lamba
650-353-1634

For questions on participants' rights, contact:
866-680-2906



Paralyzed Veterans of America

Sports & Recreation

2022
ADAPTIVE

DISC GOLF CLINIC



August 19 & 20, 2022

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

Location

San Jose, California

Registration/Check-In

10:00am

Clinic

10:30am to 5:00pm

Clinic is free. Lunch will be provided

Contact

Kory Amaral, Executive Director

650-399-5296

amaral@bawpva.org

Disc Golf is an accessible, affordable, lifetime sport! It is easy to learn and can be played indoors or outside.

Join us to learn to play for fun or to get competitive!

For more information, contact Vickie Lincks at VickieL@pva.org or (202)416-7654

Register at pva.org/adaptive-sports



PVA
RENO Visit

MONDAY, SEPTEMBER 26, 2022

**MOVIE & SNACK
11:30 AM**

**LOCATION: CENTURY SUMMIT SIERRA
13965 SOUTH VIRGINIA STREET
RENO, NV 89511**

**RENO ACES GAME
6:05 PM**

**LOCATION: GREATER NEVADA FIELD
250 EVANS AVENUE
RENO, NV 89501**

TUESDAY, SEPTEMBER 27, 2022

**MEMBERSHIP MEETING, ADAPTIVE SPORT CLINICS
(WHEELCHAIR RUGBY & BOCCIA BALL) AND LUNCH
10:00 AM - 3:00 PM**

**LOCATION: EVELYN MOUNT NORTHEAST
COMMUNITY CENTER
1301 VALLEY ROAD
RENO, NV 89512**

**RSVP BY FRIDAY, SEPTEMBER 16, 2022
1 (650) 399-5296 OR AMARAL@BAWPVA.ORG**

Sponsors





★ HAPPY ★ BIRTHDAY!



July	<p>Adelbert Mairose Antonio Foward Armando Acosta Asher Williams, Jr. Christopher Spotts Craig Cole Dale Milani Danny Smith David Seidel Dean Pieper Dennis DeGray Dennis Ross Donald McKercher Donald Peterson</p>	<p>Donna Cortesi Douglas Pratt Fernando Marmolejo Harold Cardenas Ilya Poluektov Jai Cheon James Adams Jeremiah Warren Jesse Rubio Jessica Greene Joaquin Castellanos Joseph Ebaló Joseph Hoyle Joseph Rodrigues, Jr.</p>	<p>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</p>	<p>Patrick Michael Randall Richmond Roger Hill Roger McCullar Scott Horton Stanley MacIsaac Terry Thomas Tim Miller Thomas Yasko William Metzger</p>
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August	<p>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</p>	<p>Franz Wall George Tollworthy Jeff Deleon Jeffrey Pindell Jerry Crowell John Strock Jose Chavez Keith Simmons Kraig Dern Lori Wunder-Deets Michael Cash Michael Seshar Michael Sturdivan</p>	<p>Mike Nishimoto Richard Perlenfein Robert Neely Robert Vigil Ronald Mangacat Rory Moore Scott Gallos Sonia Alvarado Tommy Parker Warren Dastrup William Golson</p>
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September	<p>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</p>	<p>Delane Foley Diane Beattie Donald Jarvis Esau Fortunat Gunda Vormwald Harry McCurdy Henry Guttman Jaime Carrillo James Sigl Jimmie Brown John Jaramillo Jon Little Jose Lopez Leah Montoya</p>	<p>Michael Gordon Michael Simmons Michael Smith Michael Steele Nils Pultz Patrick Butcher Peter Barber Peter Jacoway Phillip Reyes Ralph Hodge Randy Wight Raymond Herrick Robert Dalri Robert Dyer</p>	<p>Robert Ivie Robert Ryan Roland Quade Ronald Hamilin, Jr. Ronnie Quillen Saite Moliga Terrence Shenks Thomas Anderson Travis Amick Yurik Resetnikov Wayne Blevins</p>
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July 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						

- 4 - 4th of July (Office Closed)
- 6 to 13 - NVWG Tempe, AZ
- 12 - Virtual NSO Chat 11:30am, Bldg. 7 Rm. E-101
- 19 - Virtual BOD Meeting 1pm, Bldg. 7 Rm. E-118
- 21 - Bingo & Pizza Night 3pm, Bldg. 7 Dining Room
- 29 - Peer Mentoring Support Program 12pm, Bldg. 7 Rm. F-125

August 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	29	30	31			

- 1 - RSVP Deadline for Annual Banquet Bldg. 7 Rm. E-118
- 9 - Virtual NSO Chat 11:30am, Bldg. 7 Rm. E-101
- 9 - Virtual BOD Meeting 1pm, Bldg. 7 Rm. E-118
- 13 - Annual Banquet 6pm, Santa Clara, CA
- 18 - Bingo & Pizza Night 3pm, Bldg. 7 Dining Room
- 19 to 20 - DISC Golf Clinic 10am, San Jose, CA
- 26 - Peer Mentoring Support Program 12pm, Bldg. 7 Rm. F-125
- 28 to 31 - PVA Summit Dallas, TX

September 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	

- 5 - Labor Day (Office Closed)
- 8 - Shuffleboard Clinic 3:00pm, Bldg. 7 Dining Room
- 12 to 16 - Military Sports Camp Reno, NV
- 13 - Virtual NSO Chat 11:30am, Bldg. 7 Rm. E-101
- 13 - Virtual BOD Meeting 1pm, Bldg. 7 Rm. E-118
- 15 - Bingo & Pizza Night 3pm, Bldg. 7 Dining Room
- 26 to 27 - Reno Membership Meeting Reno, NV
- 30 - Peer Mentoring Support Program 12pm, Bldg. 7 Rm. F-125

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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

Reese Levasseur, NSO Candidate, 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

Brian Tolentino, LCSW, SCI 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

Lee Ann Nakamoto, LCSW, SCI Coordinator
Tele: 808-433-7853

