

The Bridge



Bay Area & Western Paralyzed Veterans of America

Volume 37, No. 2

Oct-Dec 2022



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

11TH ANNUAL GOLF TOURNAMENT 2022



The Paralyzed Veterans of America, Bay Area & Western Chapter (BAWPVA) is a non-profit veterans organization that serves veterans with spinal cord dysfunction in Northern California, Northern Nevada, and the Pacific Islands. Proceeds from this tournament will help support wheelchair athletes in adaptive sports programs and research to help find a cure for paralysis.

In addition to the Sports & Recreation and Research programs, the BAWPVA's programs include Advocacy & Legislation, Hospital Liaison, Benefits Services, Publications, as well as many other services to help our paralyzed veterans.

Cinnabar Hills Golf Club

23600 McKean Road San Jose, CA 95141

AT
11AM

Monday
NOVEMBER 7, 2022

SPONSORSHIPS
OPPORTUNITIES ON
BACK

REGISTRATION : <https://www.eventbrite.com/e/11th-annual-golf-tournament-tickets-406404917047>

PUBLISHED BY:

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

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

E-mail: administration@bawpva.org

Chapter Web Site: www.bawpva.org

National PVA Web Site: www.pva.org

Kory Amaral, Chapter Editor

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Kevin Hoy, Vice President

Kenneth Pollock, Secretary

Tomasz Modrzejowski, Treasurer

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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 (BAWPVA). BAWPVA neither endorses nor guarantees any of the products or services advertised herein.

President Sebastian DeFrancesco



The
Paralyzed

Veterans of America, Bay Area and Western Chapter is excited for the holiday season. We are also excited for the next year. I know things have been tough, but we know next year will be better. Your health and safety are the most important to us, so we will continue to accommodate roadblocks that come along the way.

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. The November and December meetings will be canceled due to the holidays.

Community partners are essential to help the Chapter maintain its programs. NorCal SCI's mission is similar to ours, but they serve the civilian population. The Co-Founder Franklin Elieh was honored at our Banquet. His legacy will always remain. NorCal SCI is hosting a virtual fundraiser on Saturday, October 8, 2022. Please visit <https://norcalsci.org/2022-inspire-registration> for more information about the event.

Executive Director

Kory Amaral



The past month has been filled with many Paralyzed Veterans of America, Bay Area and Western Chapter events. I want to thank all the Reno members who came out and celebrated with us. It was truly amazing to see all of you participate in adaptive sports and recreational activities. I will definitely play wheelchair rugby with all of you again. I was sore for a whole week.

Hawaii members, we are coming to visit you October 11-16, 2022. We have many events lined up. Please come out and join us. Family and friends are welcome. RSVP at (650) 399-5296 or amaral@bawpva.org. We have not seen you in 3 years, so we would love to catch up.

We have many luncheons coming up for the holiday season. All luncheons are reserved for inpatients and SCI Staff at VA Palo Alto Health Care System due to COVID-19 restrictions at VA Palo Alto Health Care System. There will be a Veterans Day Luncheon on Thursday, November 10, 2022. Please see Page 20 for more information. There will also be a Winter Luncheon on Tuesday, December 6, 2022. We will have more information about the Winter Luncheon soon.

Veterans Day week is going to be very busy for the Chapter. On Monday, November 7, 2022 the Paralyzed Veterans of America, Bay Area and Western Chapter will host its 11th Annual Golf Tournament at Cinnabar Hills Golf Club. We are expecting to have over 100 golfers and the funds raised will help support our Sports & Recreation and Research programs. More information is available on the cover of *The Bridge*. If you know some golfers please send them my way. The City of San Jose will also host a Veterans Day Parade on Friday, November 11, 2022 in downtown San Jose near the SAP Center. Please visit Page 21 for more information. We would love for you to participate so the community can see that PVA is here to stay.

The National Disabled Veterans Winter Sports Clinic is the world leader in rehabilitation. This year's Winter Sports Clinic will be held from March 25-31, 2023. 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. If you are interested in attending, please contact Shawna Hill at (650) 353-1029 or Huy Diep at (650) 512-6479.

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

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

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Email: support.indego@parker.com





PVA
HAWAII Visit

THURSDAY, OCTOBER 13, 2022

**MOVIE AND SNACK
TOP GUN: MAVERICK
11:30 AM**

**LOCATION: KAHALA THEATRES
4211 WAIALAE AVE. SUITE 3080
HONOLULU, HI 96816**

FRIDAY OCTOBER 14, 2022

**MEMBERSHIP MEETING AND LUNCH
11:00 AM - 2:00 PM**

**LOCATION: RUTH'S CHRIS STEAK HOUSE HONOLULU
500 ALA MOANA BLVD.
HONOLULU, HI 96813**

***THE RESTAURANT ASKS THAT YOU WEAR NO HATS INSIDE AND
INAPPROPRIATE CLOTHING SUCH AS TANK TOPS OR SHORT SHORTS**



**RSVP BY FRIDAY, OCTOBER 7, 2022
1 (650) 399-5296 OR AMARAL@BAWPVA.ORG**



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.



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Bay Area & Western Chapter

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**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).



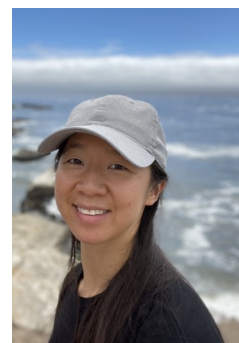
Call 877-900-VETS or donate online at pva.careasy.org

PVA Summit 2022

VISN 21 SCI Staff

Ms. Alice Jan, RN

Attending the PVA Healthcare Summit Expo was a unique opportunity for me to learn about evidence-based projects and to explore products used for individuals living with SCI/D. I enjoyed learning about different exercise activities, which able-bodied individuals already participate in, and how these activities can be used for individuals living with SCI/D. In Florida, individuals were able to perform CrossFit and scuba diving; these activities serve as outlets to improve their health, integrate within the community, and allow themselves to thrive. I was also amazed at the technology being presented for individuals with SCI/D. A new start-up company built a seat cushion that could automatically perform pressure reliefs every 15 minutes in conjunction with a smartphone application. Another company utilizes a transportation device, similar to a Segway, to enable transferring of wheelchair-bound individuals from their bed to the transportation device without the use of a lift or another individual. I view these strides in technology as positive and transformative because all outlets of creativity are meant to help SCI/D individuals live their lives with the greatest independence and safety. The camaraderie and drive among multiple interdisciplinary groups was seen across their research, activities, and technology presented at the Summit. I encourage us all to take the opportunity and appreciate the work that we do, as well as to continually do better while improving the lives of all individuals living with SCI/D.



Ms. Cherryl Lauron, MSN, RN

First, I would like to say Thank you for providing us the opportunity to attend this year's PVA Summit. Prior to going to the summit, I didn't know what to expect and although I hear stories from previous participant it's a totally different feeling having gone through the summit myself. I was amazed with how many participants were able to gather, to learn, and experience new methodologies when it comes to taking care of our unique patient population. With so many booths and sessions to go to it feels as though we could've used another day or so to capture all the amazing presentations during the several different sessions and interact with several different vendors. It was also nice to meet and network with other disciplines throughout the conference and get to hear their success stories with their centers and share ideas between all of us on how we can make our program even better.

I was able to connect with several different vendors and saw their products that might be a good addition to our unit to help make our patient population as independent as possible. I'm so proud of our research team who had presented during the summit on "Healthcare for individuals who identify as Sexual or Gender minority living with Spinal Cord Injury", the story that was shared during this session was very insightful and depressing at the same time because we realize that sometimes no matter how hard we try or how far out of the box we go the ending is not always what we would hope to be. I am most amazed on how until now our air travel system are still not up to par when it comes to accommodating the special needs of our Spinal Cord Injury patients; how many of our patient population are having to go through the same difficulties when traveling short or long distance. I never really paid attention to how narrow the plane's aisle are until after hearing the presentation on "Solutions to Address Air Travel Issues for Non-ambulatory Wheelchair Users." It's sad to hear that when our patient population travel short or long distance, they intentionally dehydrate and perhaps starve themselves hours prior to departure to prevent any accident, having to catheterize, or having to use the plane bathrooms which are not accessible to our patient population. After attending this specific session, it got me thinking how can I help with this endeavor of making travel less of an obstacle but rather a pleasant experience for our unique patient population?

Overall, attending the summit not only expanded my knowledge but it also gave me an understanding on how bigger the problem is beyond their hospital stay. Though we may have all the resources within the hospital, but beyond that is another story. Having the physical disability doesn't necessarily mean they are incapable but rather just have additional needs that not everybody understands.



Mr. Marc Spackman, BSN, CRRN

I wanted to profoundly thank PVA for sponsoring my tuition and lodging for the Healthcare Summit/Expo in Dallas from August 28-31.

This was my first PVA Summit. I was approved to attend the 2021 Summit, which was also to have been held in Dallas, but it was cancelled due to COVID concerns. The irony was that I lived in Dallas at the time – easy.

The Summit was a wonderful experience. It provided an opportunity to recharge. There were several tracks from which to choose workshops and educational opportunities. The spectrum of offerings was vast, so if you need a refresher, or perhaps were newer to Spinal Cord Injury and Disorder Services, you could select a Workshop such as **SCI 101: Nuts and Bolts of Understanding and Managing SCI/D from Onset to Getting On**. Several advanced workshops were also offered, and presented by the providers and healthcare professionals who had completed the research and published the results. Issues such as Air Travel for non-ambulatory wheelchair users, or Challenges to Persons with SCI during the COVID-19 Pandemic were visited. All workshops were topical and fresh, including one that dealt with healthcare for individuals who identify as sexual or gender minorities living with spinal cord injury.

I think the best part, however, was a chance to reconnect and network with old friends and acquaintances who work 'in the business', as well as seeing some of the latest and most innovative new medical equipment and products for the patients we serve. Spinal Cord Injury is vast, but in some ways it is a small world. A community.

Thanks to you and PVA for providing this opportunity. I hope to go again next year!

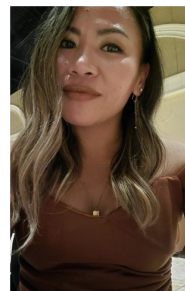


Patricia Yee, RN

It's an honor and a privilege to be one of the chosen recipients to attend the 2022 Healthcare Summit. I have learned that there are many different technologies & therapies that would help improve our Veterans' overall quality of life. I was able to collaborate with other SCI colleagues & share different practices that would benefit our Veterans. Thus, the whole experience taught me on how to thrive in the battle of life.

Ms. Salie Bugausan, RN

The PVA Summit was a great learning experience. The speakers were very informative and knowledgeable about the topics that were presented. The topic that I learned a lot from was "They know. They've lived it." Introducing the New Voices of Experience SCI Video Series". I believe that this is a great resource for newly injured to watch, that they are not alone. This might help alleviate their worries and anxieties when watching someone who has been in the same situation. There were also a lot of vendors that have innovative supplies that would be beneficial for the SCI/D Veterans.



Ms. Staci Stark, MSN, RN

I had a great experience at the PVA Healthcare Summit in Dallas Texas. The sessions were educational and applicable. I enjoyed walking through the vendor booths and seeing the technology that is available to our veterans. I learned about an at home pulmonary function test that I am now putting into practice in NCHCS. I ordered my first one on Monday and plan on implementing it for all of my ALS patients. I'm already looking forward to the PVA summit next year in Orlando and am asking my ALS clinic team to join me! Thank you for your support in helping our veterans get the best care possible!



Ability Center proudly supports Bay Area PVA



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Local: 916-392-1196

www.AbilityCenter.com

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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**

NVWG 2022 Testimonials

Pacific Coasters from VA Palo Alto



Mr. Kevin Hoy, Marine, PVA Member

Hello my name Kevin Hoy, I have attended the NVWG's several times over the years and I look forward to attending each one, as it gives me the opportunity to participate in and try different sporting events, The camaraderie is what brings me back every year seeing old friends and meeting new ones, I see the Games as an opportunity to better myself mentally and physically, and to also encourage other veterans to go out and live a better and more

Mr. Kyle Hansel, Marine, PVA Member

The Paralyzed Veterans Wheelchair Games is something that I think about and train for throughout my year. This is something to be said seeing as I have only just finished my second year of competition. The games this year were in Tempe Arizona, and it was refreshing to be reminded of my training in 29 palms by the 116-degree heat that never let up. I was able to participate in three new events while also competing in two prior events from New York in 2021. The sport that has really sparked my interest was and is wheelchair rugby. My first games I showed up in my motorized wheelchair and was immediately asked if I could join the team because there were not enough players for a full game. The rugby chair is by no means motorized and 100% pure exertion. I loved it. I made a goal for myself from that point on to move from electrical power to bettering myself by rolling in a manual chair. My goal was met in Arizona when I showed up in a manual chair for the whole week. The games are an annual reminder to set new goals and a marker for the old goals to be met. Sports are not even half the reason why the games are looked forward to each year. This year there were over 400 crusty disgruntled veterans in wheelchairs and no matter what branch of service each one of us was in we are all family. It could be considered a family reunion. I know where I live, I do not have any buddies from my unit, and it can get lonely not having anyone to connect with. Sure, I have friends and my family is always close, but nothing compares to the people you trained with, went to war with, and know better than your brother. The games gave me an opportunity to have that bond back and the joy of talking trash without hurting feelings because we all know nothing is meant by it. The motivation for personal betterment is great for my physical health, which all the doctors demand of me but it helps me remember the days I was in the best shape of my life and drives me to be better than I was. Mental health is what I feel is the most important thing for my journey in this world and the Wheelchair Games does everything to better my life in every way.

Mr. Dwight Morgan, Navy, PVA Member

How do I put this experience into words. It was more than just another sporting event. It made me believe I could reach what I once considered to be unobtainable heights. The camaraderie I felt made me feel as though the world had paused and nothing could harm me. This singular event has pushed me to experience more of what the world has to offer. I am forever changed because of it. It was exciting...suspenseful...educational... invigorating...an emotional roller coaster of victory...and defeat. To say I enjoyed myself would be an enormous understatement. I can't even put it into words. I guess I'll just say...it was amazing. I'd like to personally thank everyone who was involved with putting the event together. The staff, the volunteers, the vendors, the coaches, and especially the PVA. I am overflowing with anticipation for the upcoming event in Portland.

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, October 18, 2022
Tuesday, November 8, 2022

Join Zoom Meeting

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

Meeting ID: 837 0166 8667

Passcode: 0xfGNG

One tap mobile

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

Dial by your location

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+1 312 626 6799 US (Chicago)

Meeting ID: 837 0166 8667

Passcode: 971921

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



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
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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)

MS Committee Member

Richard Hagan

I consider it a privilege to accept the position of MS point of contact for our chapter. I will do my best to answer all questions and point you to sites that will help you in your MS journey.

I was diagnosed with relapsing remitting MS in 1984, although looking back, I exhibited signs of it in the '70s. Betaseron was approved in 1993 and Avonex in 1996, many years after my diagnosis. Doctors only had IV prednisone during a 3-day hospital admission. I would have numerous exacerbations per year and after each attack I would be left with further disability. With the crop of current Drugs for MS, your prognosis for living a life without disability looks greater than ever.

I'm a Vietnam combat veteran after serving as a machine gunner with the 101st Airborne Division in Vietnam during 1967/68. My first service connected rating was given in 1980 for residual shrapnel wounds in my right leg with retained metallic fragments. Since then I have had other ratings, as my MS progressed, until today I'm rated SMC R2. It was the PVA that helped me with my VA claim and represented me at the Board of Veteran Appeals in Oakland CA. It took 9 years to finally resolve my claim. PVA flew out a senior representative to help me with my appeal. I am now 100% service connected thanks to the help of the PVA. I have enjoyed having lunch served by PVA as an inpatient and now as a volunteer. I owe a lot to the PVA and hopefully as your MS ambassador can give back even more.

I've attached a picture of my family. I'm now on my 2nd Canine Companion service dog, Toggle. My first service dog was with me for 12-1/2 years and was well known at the VA for helping many TBI patients and amputees. Toggle has been with me for over 4 years now. To the right is my lovely wife, Mary Lou, of 24 years. She is my rock.

You can reach me at (650) 858-3936 or hagan@bawpva.org.



The Bridge

Women's Health Committee Member

Jessica Greene

Ms. Greene is a lifetime member of the Paralyzed Veterans of America and has served on the PVA Bay Area and Western Chapter's Board of Directors since 2015. She is also the board's appointee to the PVA's Women's Veterans Initiative.

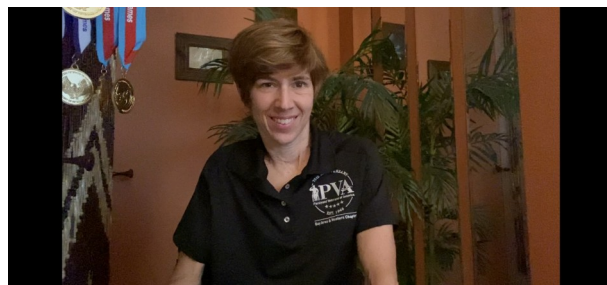
Prior to joining the board, Ms. Greene worked as a journalist in the television/web news business. She graduated from the University of Tampa, Florida, where she majored in communication and was part of the senior Army ROTC program.

Ms. Greene sustained an incomplete spinal cord injury in a car crash near Fort Bragg, NC while training with the 82nd Airborne Division. She received a medical/honorable discharge in 1994.

A lifelong athlete, Ms. Greene remained active in sports and recreation after her injury. She has attended the National Veterans Wheelchair Games each year since 2012. She has also attended the DAV Winter Sports Clinic multiple times, as well as the National Veterans Summer Sports Clinic.

Her passion for fitness, holistic health and wellness led her to pursue a master's degree in recreation therapy. She has also worked as a clinical researcher with the SCI department at the VA Palo Alto.

You can reach me at (650) 858-3936 or greeneg@bawpva.org.





THURSDAY, NOVEMBER 10, 2022
12:00 PM
BUILDING 7 ROOM E-118



VETERANS DAY *Luncheon*



For Inpatients and SCI Staff

Catered by Armadillo Willys



Sponsored by the PVA



Menu Includes:

- Texas BBQ Ribs
- Texas Lone Star Chicken
- Veggie Burger
- Beans, Salad, and Corn Bread
- Chocolate Cookie Drink



Tickets are available from
9:00 AM - 11:00 AM
on Thursday, November 10, 2022
for SCI Staff



VETERANS WHO ARE UNABLE TO LEAVE
THE HOSPITAL ROOM, WILL BE SERVED
BEDSIDE

11
NOV



12
PM



VETERANS DAY

★ ★ ★ *Parade* ★ ★ ★

HONORING ALL WHO SERVED

LUNCH IS PROVIDED TO PARTICIPANTS

Downtown San Jose near SAP Center

RSVP to Kory Amaral
(650) 399 - 5296
amaral@bawpva.org



★ HAPPY ★ BIRTHDAY!



October	John Scott	Hector Mendoza	Stephen Davis	James Tigan
	Rod Hart	William James	Shawn Hodge	James Morris
	Gary Dilday	Edward Arnold	Layne Inouye	John Patricio
	Steven Coyle	Sebastian DeFrancesco	Brian Rodrigues	Kenneth Scott
	Richard Laws	Terrence Tully	Austin Parker	Laurie Genishi
	Landon Henderson	Matthew Beller	David Owens	
	Michael Nesby	Cliff Finch	Felix Ranoco	
	Gilbert Thomas	Henry Potts	Jeremiah Michaels	
	Charles Boyer	Daniel Matern	Laura Bernhardt	
	James Gridley	Patrick Malan	Omar Hernandez	
	Jon Houde	Christopher Bernard	Stanford Tate	
	Mitch Driller	Anthony Swetala	Cory Renfrow	
	Kurt Steiner	Charles Jellison	Dennis Birch	
	Bruce Crockett	Eugene Gold	Douglas Stalker	
	Dennis Mankel	Desiree Emillio-Duverge	George Szudziejka	

November	James Ross	Dwain Vinson	Stephen Spleen	Jose Richardo
	Edward Jones	Mark Bonilla	Ponciano Mencias	Sandoval
	Ronald Jaragosky	Troy Maxey	Quentin Collins	Marilen Peregrina
	Marvin Tuttle	Shane Wages	Gary Dixon	Shinji Grubbs
	Demond Wilson	Philip Malasig	Nikko Olalia	
	Theodore Reiff	Daniel Guse	Kirby Apps	
	Joseph Terrell	Ramon Ortega	Thomas Mihalyi	
	Leonard Burger	Ralph Stovall	Earl Halstead	
	Blair Reels	Scott Harger	Eric Lizama	
	Santos Ramirez	John Peredo	Debra Tillman	
	Anthony Escalante	Gary Combs	Erica Lucas	
	Dale Rule	Raymond Hernandez	Fonoimoana Moala	
	Avory Gullick	Thomas Leavell	John Solt	

December	Donald Collins	Bob Vincent	Kyle Hansel
	Andre DeCordova	Ellen Beauregard	Mancy Gant
	David Funderburg	Tracy Williams	Michael Allen
	Cathi Maynard	Ronnie Santos	Richard Haney
	Scott Souza	David Wagner	Thomas Hildenbrand
	Thomas Simi	Larry Srutek	Alonzo Cabral-Centeno
	Jesse Cervantes	Tomasz Modrzejowski	Frank Lopez
	Harvest Avery (Cooper)	Reese Levasseur	
	Albert Wittwer	Buster Kawasaki	
	Richard Hagan	William Colter	
	Robert Quijada	John Bressler	
	Stephen Burton	Artemio Domingo	
	Walter Roy	Gary Burton	
	Henry Crossley	Jonathan Green	

October 2022

SUN	MO	TUE	WE	THU	FRI	SAT
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23	24	25	26	27	28	29
30	31					

- 10 - **Columbus Day (Office Closed)**
- 11 to 16 - **HI Member Meeting (Office Closed)**
Honolulu, HI
- 13 - **Interactive Arts Clinic**
3pm, Bldg. 7 Dining Room
- 18 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 20 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 20 to 25 - **Fall BOD Meeting (Office Closed)**
Orlando, FL
- 28 - **Peer Mentoring Support Program**
12pm, Bldg. 7 F-125 Conference Room

November 2022

SUN	MO	TUE	WED	TH	FRI	SAT
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20	21	22	23	24	25	26
27	28	29	30			

- 7 - **11th Annual Golf Tournament**
11am, San Jose, CA
- 8 - **Virtual NSO Chat**
11:30am, Bldg. 7 Rm. E-101
- 8 - **Virtual BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 10 - **Veterans Day Luncheon (Inpatients)**
12pm, Bldg. 7 Rm. E-118
- 11 - **Veterans Day Parade**
12pm, Downtown San Jose
- 14 - **Veterans Day (Observed - Office Closed)**
- 17 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 24 to 25 - **Thanksgiving (Office Closed)**

December 2022

SUN	MO	TUE	WED	THU	FRI	SAT
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 6 - **Winter Luncheon Luncheon (Inpatients)**
12pm, Bldg. 7 Rm. E-118
- 8 - **Adaptive Sports Clinic**
3pm, Bldg. 7 Dining Room
- 13 - **Virtual NSO Chat**
11:30am, Bldg. 7 Rm. E-101
- 15 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 19 to 31 - **Winter Break (Office Closed)**

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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

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

