

the **Bridge**



Bay Area & Western Paralyzed Veterans of America

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Jan-Mar 2023



WE WANT YOU!



For the Board of Directors

(Election Information on Page 5)

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

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Kevin Hoy, Vice President

Kenneth Pollock, Secretary

Tomasz Modrzejowski, Treasurer

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650-493-5000 x65046

Alice Borja, Sacramento National Service Officer

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

Jason McDonald, Reno National Service Officer III

775-321-4789

E-BRIDGE

To sign up for the monthly electronic newsletter

please email amaral@bawpva.org

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President Sebastian DeFrancesco



Happy New Year! 2023 is going to be a great year. This year, we will be having our elections for the Board of Directors for the Paralyzed Veterans of America, Bay Area & Western Chapter, INC. We encourage our members to run for the Board so we can have a diversity in leadership. Positions on the Board of Directors carry two-year terms. There are four officer positions: President, Vice President, Treasurer, and Secretary. There are five director positions for a total of nine Board of Directors. There are appointed positions as well, such as Sports Directors, Membership/Volunteer Officer, and others. We also have committees such as the Fundraising, Finance, Strategic Planning, and Awareness Fair. If you are interested in participating in any of these positions please let President DeFrancesco know. One important date to note if you plan on running for a position is March 17, 2023. In order to be placed on the ballot you will have to have your certification of membership completed by this date. For assistance with this please contact the Chapter office. Please refer to Page 5 for more information.

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. Please refer to Page 20 for more information.

We are here for you if you have any questions and once again Happy New Year!

Executive Director

Kory Amaral



I hope everyone is staying warm during this rainy season. As the winter season continues, please remember to be safe. 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 2023.

On Monday, November 7, 2022 the Paralyzed Veterans of America, Bay Area and Western Chapter hosted its 11th Annual Golf Tournament at Cinnabar Hills Golf Club. I would like to personally thank the following sponsors:

Gold Sponsors: District Council 16 Business Representative & Joseph J. Albanese INC.

Disabled Veteran Sponsors: Ability Center, David & Kelly Cook, DeWayne Standifer, Dr. James Kahn, Joel Hausman, Johanson & Yau - Sara Kelley, John & Lynn Clifford, Mike Morales, Ralph Morales, & Susan Logan

Sponsors: Dwight Nickerson, Sebastian DeFrancesco, and Wes Castles

Tee Sign Sponsors: Amaral Family, Ability Center, BAWPVA, Chip Hansel, District Council 16 Business Representative, Edward Jones - Shane Jacksteit, Industrious Office, Johanson & Yau - Sara Kelley, Joseph J. Albanese INC., Malcolm Drilling Company, & The J. Morey Company

In- Kind Sponsors: All About Work Art, Alotta's, BAWPVA, Baylands Golf Links, Blu Whelen, Cache Creek Casino Resort, Camp Homework, Charity Works, Cinnabar Hills Golf Club, Corica Park, Costco Redwood City, Eagle Vines Golf Club, Erik's, Golden State Warriors, Hansel Family, Hurricane Harbor, Jack Nicklaus, Kyle Hansel, Lagunitas, Le Vie Dansante Wines, Oakland A's, Presidio Golf Club, San Francisco 49ers, San Jose Sharks, Saratoga Country Club, Six Flags Discovery Kingdom, Stephanie Freitas, Travel Set Go, & William Hopper

The National Disabled Veterans Winter Sports Clinic is the world leader in rehabilitation. This years 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 have applied and need financial assistance, please reach out to me at amaral@bawpva.org or (650) 399-5296.

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.

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.

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- ✓ Improve your cardio & bone density
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Scan with your mobile phone to receive more information or schedule a demonstration.



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Email: support.indego@parker.com



ELECTION PROCEDURES

NOMINATIONS:

Nominations shall be opened at the regular meeting of the Board of Director's held during the month of January in the year of elections. Nominees shall submit a nomination package. The nomination package shall include 1) a letter of intent to run for an office or as a Director; 2) certification of membership eligibility form; and 3) a brief biography. A nominee may not seek more than one position during any single election year.

1) Letter of Intent: The letter of intent shall include the nominee's name, address, telephone number, and the position to which the nominee seeks to be elected.

2) Certification of Membership Eligibility Form: This form shall be completed and submitted with:

- a) Proof of citizenship (birth certificate, passport, immigration and naturalization form, or voter's registration form);
- b) b) Proof of active duty service in the Armed Forces of the United States or our Allies which is terminated by discharge or separation under conditions other than dishonorable (DD 214); and
- c) Medical proof of spinal cord injury/disease (medical records or physician's statement).

NOTE: Requests for certification of membership must be received in the Chapter office prior to the closing of nominations. Members not certified at the time that ballots are mailed to the membership will not have their names placed on the ballot.

3) Biography: The biography shall be no more than 250 words. The biography shall be printed along with the ballot and submitted to the membership for consideration. The purpose of the biography is to allow the nominee an opportunity to inform the membership as to the reason (s) that he or she is the most qualified person for the position being sought. (Photos of the nominees shall not be permitted to accompany the biography.)

The nominations shall be closed during the regular Board of Director's meeting held during the month of March in the year of elections.

ELECTIONS TIMELINE:

January 10, 2023	Tuesday (BOD Mtg.)	Nominations opened
January 13, 2023	Friday	Deadline to send out notice of nominations and election procedures
March 14, 2023	Tuesday (BOD Mtg.)	Nominations closed, deadline to receive nominations by mail
March 17, 2023	Friday	Deadline to have certifications completed
March 31, 2023	Friday	Deadline to mail ballots and bios
May 5, 2023	Friday	C.O.B. Deadline to receive ballots
May 5, 2023	Friday	Count ballots with 3 volunteers
May 9, 2023	Tuesday (BOD Mtg.)	Announce results of election
July 1, 2023	Saturday	New term of office begins



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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Paid for by the Jeffrey Carlton Charitable Foundation

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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

Ryan Joseph C. Artero, VA Pacific Islands Health Care System's SCI/D Physical Therapist

Although the experience and travel to this conference from Honolulu to Dallas was much longer than expected with many flight delays, the conference proved to be a pivotal piece of education for me and for the advancement of care in VA Pacific Islands.

As a new employee to the VA, I quickly learned about the opportunities to be able to care for Veterans is much different than that of the private sector. I realized quickly that the available resources are much broader, although access is much tighter. There are far too little clinicians to support the vast majority of Veterans in the community.



What is not lacking at the VA are clinicians and employees dedicated to doing the greater good and providing high quality care outside the bounds of traditional care. This became evident more and more as I participated in committees, met clinicians across the agency, and met support organizations such as the Paralyzed Veterans of America. The PVA has been an organization I have had the pleasure and honor to be affiliated with through working with primarily Veteran's diagnosed with a spinal cord injury or related disease.

This year's conference was the first conference since the COVID-19 pandemic, it proved with many challenges however, it navigated the exposure tracking and safety precautions quite well.

The first day of the conference I was able to slowly start to place a face to the many names that I had seen through the various SCI/D presentations throughout the VA. We learned about burnout and how to navigate that amongst ourselves. We learned about how concussions are often overlooked with Veteran's with an SCI and how we need to do better about getting baselines to monitor progress. I also learned about adaptive programs such as CrossFit and how clinics and gyms got started and their results. I was then honored to be introduced to Dr. Ileana Howard, the ALS physician of Puget sound and talked about the importance of fatigue management with those diagnosed with ALS. It was followed up with a caregiver training program that was implemented to introduce and reinforce various skills from each discipline in a one stop shop place. The later sessions were about how autonomic dysreflexia can occur in

pleasure and sadness and we often may miss these events. Also I learned about how glute musculature and cross sectional area can significantly reduce your risk for pressure injuries on your bottom.

The second day was filled with more opportunities for growth, I was able to see the fruition of some research I assisted and participated in related to Veterans living with an SCI/D in the gender and sexual minority groups. Also, I was able to finally meet Steve Michell, a far away mentor that I had collaborated with several times. He gave a great talk about the advantages and disadvantages of specialized rehab equipment evaluation with telehealth modalities. Furthermore, we were introduced to programs that incorporated themes of aqua therapy for recovery and recreation.

The last day I felt had the biggest impact on myself. It was the day I felt things regarding care for Veterans diagnosed with ALS all came together. The keynote speaker was Dr. Huned Patwa and he was able to precisely summarize and present ground breaking information about what we know and what we don't know medically about ALS. So much discussion went along in this talk and many clinical practitioners met and were able to collaborate on ideas based off this talk. Moreover, we learned about the different phenotypes of ALS and how it affects overall functional progression. This talk really stressed the importance of the interdisciplinary team and how the rehab staff play such a huge role which was enlightening to my heart. During the break, I was able to meet many of the vendors who assisted me with building connections and creating partnerships to enhance the delivery of care for our Veterans in Hawaii. After the expo I was able to attend a series of talks demonstrated on how functional electrical stimulation, spinal cord stimulators and other technology as such has really changed the game in SCI/D rehab. We are learning, doing and experiencing things we have not done a few years ago.

Overall, I was filled with so many ideas and gained a wealth of knowledge through this experience. More so, I think what was even more important was that I was able to make connections with community vendors and other VA employees as a tool and resource to enhance the care of Veteran's in the Pacific region. The pure experience of being with individuals who live and breath SCI/D care was phenomenal. To see individuals do crazy car transfers, innovative random floor transfers, and other life learning skills was integral to my experience.

I am very thankful to the PVA for hosting and providing this conference. In addition, I am even more grateful to the Bay Area and Western Chapter of the PVA in providing me an opportunity to learn and grow in this amazing field. These experiences are really tough and a struggle for those of us coming from Hawai'i. I am forever indebted to this experience as it has changed the way I practice. Mahalo PVA. Mahalo Kory and staff.

Ability Center proudly supports Bay Area PVA



Sacramento

6550 Freeport Blvd,
Sacramento, CA 95822

Local: 916-392-1196

www.AbilityCenter.com

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3285 Santa Rosa Ave,
Santa Rosa, CA 95407

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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**

National Service Officer Report

Alice Borja, National Service Officer III

Fraud and The PACT ACT



The U.S. Department of Veterans Affairs (VA) is warning service members about an increase in scams targeting veterans who are newly eligible for benefits under the Promise to Address Comprehensive Toxics (PACT) Act. The recently signed law expands health care and benefits to an estimated 5 million veterans exposed to toxins during the Vietnam, Gulf War and post-9/11 eras. That means “older veterans are usually those who are targeted [by such scams],” says Charles Tapp II, chief financial officer of the Veterans Benefits Administration.

PACT Act fraudsters may call veterans and falsely portray themselves as a VA employee or claim they can help them receive benefits. They have also sent emails and run commercials promising the same assistance — for a fee. Of course, some will mention specific service locations (North Carolina’s Camp Lejeune is a big one) and/or medical conditions, such as leukemia or liver cancer, that might make a vet eligible for payments.

Besides charging veterans a fee for something that can be obtained for free from an accredited veterans service organization (VSO), other types of benefit scams include:

- In exchange for someone’s military disability benefit, a con artist offers a lump-sum payment that never materializes.

A phisher impersonating a VA official asks for personal information, such as a Social Security number, saying they need to update the veteran’s records.

Tapp offers some advice for avoiding unscrupulous players:

- If you receive a call or see an advertisement or commercial from a law firm helping with benefits, don’t assume that it is a trustworthy organization.
- Never sign a blank form or agreement with an attorney or company without fully understanding what you are agreeing to.
- A red flag should go up if you’re asked to pay for assistance with obtaining benefits. (Note that when an appeal or supplemental claim is being sought, a fee is not unusual.)

Do not provide personal, medical, financial or VA benefit information online or over the phone.

Federal agencies will not contact you unless you make a request.

Do not click on online ads or engage with social media that seems suspicious.

Look for “https://” at the start of website addresses; that means they’re more likely to be legitimate.

Enable multi-factor authentication on all of your accounts, if possible.

Work with veteran’s service providers you already know.

Report any suspected fraud to [ftc.gov](https://www.ftc.gov).

Also report any VA-related scam to the VA benefits hotline at 800-827-1000.

Please contact your local PVA National Service Officer for assistance and update information on how to apply for benefits. Follow VBA’s social media profiles for the latest on PACT Act fraud prevention.

Source: Department of Veteran Affairs.

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 by invite only if coming in person.

Tuesday, January 10, 2023 at 3:00 PM
Tuesday, February 14, 2023 at 1:00 PM
Tuesday, March 14, 2023 at 1:00 PM

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

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+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
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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.

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Call our office or email us
today to get started.

650-460-3817



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Email Molly at MJohnson@FirstLightHomeCare.com

License #434700149

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)

MS Committee Member

Richard Hagan



Hello! I'm Richard Hagan, the newly appointed Point of Contact (POC) for your MS questions for the Paralyzed Veterans of America, Bay Area and Western Chapter. I was diagnosed in 1984 with Relapsing Remitting MS, almost 10 years before MS immunotherapies. I had the type of RRMS exacerbations where I would recover after an exacerbation, but I was left with a little additional disability. My last major attack was in 2003, and boy, was it a doozie! I am now rated 100% service connected with SMC, "Special Monthly Compensation" by the Veterans Administration.

I am going to take you away from local MS events this month and focus on the biggie in Europe, the E CRIMS 2022 conference, which is short for European Committee for Treatment and Research in Multiple Sclerosis. This multi-day event was held from October 26 through the 28th. Held in Amsterdam, more than 9000 participants from over 100 countries attended this conference featuring over 200 speakers, 50 International Exhibitions.

ECTRIMS is a non-profit organization created in 1985 to promote research and learning among professionals involved in the management of people with MS. It focuses on the cost benefit effects of disease modifying therapies (DMTs). Their conference was filled with fascinating information:

[ECTRIMS 2022 Conference Coverage](#)

I keep my eye on many MS issues affecting U.S. Veterans. If you have questions or just want to talk please feel free to email, text, or call me at via the contact information below.

Richard Hagan
Multiple Sclerosis (MS) Committee Member
Paralyzed Veterans of America, Bay Area and Western Chapter
(650) 858-3936 - Office
(650) 399-5296 - Mobile
hagan@bawpva.org

THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER
PRESENT

ADAPTIVE SPORTS CLINIC



LIVE CLINIC

**2ND
THURSDAY
OF THE
MONTH**

3:00PM

**AIR RIFLE, BOCCIA BALL, DISC.
GOLF, INTERACTIVE ARTS,
SHUFFLEBOARD, TABLE TENNIS,
AND MORE**

**RSVP TO KORY AMARAL
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AMARAL@BAWPVA.ORG**

BUILDING 7

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94304**

**FOOD
PROVIDED**

**THANK YOU SCI/D RECREATION
THERAPY IN PALO ALTO FOR YOUR
SUPPORT.**

PRIZES



.....

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>

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VA  U.S. Department of Veterans Affairs
 Veterans Health Administration
 MI Pilsbury Health Care System

08/11/210 - Last Updated 10.17.2022



★ HAPPY ★ BIRTHDAY!



January	Troy Johnson	David Lane	William Cotter
	Ronald Bojorques	Lex Morse	John Hemstreet
	Lisa Giovannini	Edgardo Odango	Barry McKeown
	Boyd Farnsworth	Mike Giffiths	Louis Triana
	Michael Luberto	Peter Arballo	My Thuong
	Larry Hansen	Dennis Kavanagh	Saint Hillyer
	Daryl Meshack	McKinley Keith	Santiago Diaz
	Richard Charfauros	Ramon Pereyra	Ronald Atkinson
	James Elwood	William Smith	Jordan Salsis
	Hen-Min Hiu	David Jenkins	Anthony DiBenedetto
	William Nelson	Milton Roberts	
	Lonia Caton	Carlos Parra	

February	George Rawls	John Hunt	Billy Guadarrama
	Michael Wagner	Bruce Mallibert	Dwight Morgan
	Kevin Hoy	Kenneth MacDonald	Jennifer Splichal
	Jerry Metheny	Gerald Tharp	Jesse Orosco
	David Petrus	John Bajorek	Joseph Jones
	Aaron McMiheik	Richard Craig	Keith Phillips
	Rogelio Rodriguez	Gerald Cuzick	Patrick Carr
	Rachaelynne Horejsi	Eric Taylor	Richard Asuncion
	Craig Woods	Glenn Gain	Carlos Santos
	Larry Moore	Larry Crothers	James Santti
	Joseph Martinez	Floyd Tate	Pasquale Valente
	Wayne Muscato	John Borges	Richard Cornett
	Jim Weeks	Gary Mokuau	

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

January 2023

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

- 2 - **New Year's Day - Observed (Office Closed)**
Bldg. 7 Rm. E-118
- 10 - **NSO Chat**
11:30am, Bldg. 7 Rm. E-101
- 10 - **BOD Meeting & Nominations Open**
3pm, Bldg. 7 Rm. E-118
- 12 - **Boccia Ball Clinic**
3pm, Bldg. 7 Dining Room
- 14 - **BOD Holiday Party**
5pm, Palo Alto, CA
- 16 - **Martin Luther King Jr. Day (Office Closed)**
Bldg. 7 Rm. E-118
- 19 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 27 - **SCI Peer Mentoring Program**
12pm, Bldg. 7 Rm. F-125
- **TBA - Fresno Membership Meeting**

February 2023

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				

- 9 - **Adaptive Sports Clinic**
3pm, Bldg. 7 Dining Room
- 14 - **NSO Chat**
11:30am, Bldg. 7 Rm. E-101
- 14 - **BOD Meeting**
1pm, Bldg. 7 Rm.
- 16 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 20 - **Presidents Day (Office Closed)**
Bldg. 7 Rm. E-118
- 24 - **SCI Peer Mentoring Program**
12pm, Bldg. 7 Rm. F-125
- 27 to March 3 - **Advocacy Legislative Seminar**
Washington, D.C.

March 2023

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	

- 9 - **Adaptive Sports Clinic**
3pm, Bldg. 7 Dining Room
- 14 - **NSO Chat**
11:30am, Bldg. 7 Rm. E-101
- 14 - **BOD Meeting & Nominations Close**
1pm, Bldg. 7 Rm. E-118
- 16 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 26 to 31 - **Winter Sports Clinic**
Snowmass, CO
- 31 - **SCI Peer Mentoring 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

Jill Boone, LCSW, SCI Coordinator
Tele: 775-785-7075

Honolulu Clinic

Erin Matsunaga, LCSW, SCI Coordinator
Tele: 808-433-7853

