

the *Bridge*



Bay Area & Western Paralyzed Veterans of America

Volume 37, No. 4

Apr-Jun 2023

PVA AWARENESS MONTH



MS LUNCH & LEARN

**TUESDAY, APRIL 25, 2023
AT 10:00 AM
VAPAHCS'S SCI/D CENTER
3801 MIRANDA AVE.
BUILDING 7'S DINING ROOM
PALO ALTO, CA 94304**



**SPONSORED BY
BAWPVA & VAPAHCS'S SCI/D CENTER**

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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Chet Miller, Dir. Sports & Recreation

Tomasz Modrzejowski, Dir. Sports & Recreation

Kevin Hoy, Dir. Government Relations

Victor Escamilla, CDCE Representative

PVA NATIONAL SERVICE OFFICE

Reese Levasseur, Palo Alto National Service Officer Candidate

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

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



Happy Spring friends, sponsors, and members of the Paralyzed Veterans of America, Bay Area and Western Chapter (BAWPVA). FY 23-25 election nominations for the Board of Directors of BAWPVA are now closed. Members, please send back your ballots before May 5, 2023. Your vote counts, so we would love to see a big turnout this year.

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. Some topics include PVA, Social Work, SCI Travel, and more. Zoom is available if needed. We would love for 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.

The office is slowly opening up after COVID-19 restrictions at VA Palo Alto Health Care System were lifted. If you need anything, you can reach the office at (650) 858-3936 or email Executive Director Kory Amaral at amaral@bawpva.org. We will let you know if things change, but we want to respect the guidelines to ensure the safety of everyone.

Executive Director

Kory Amaral



This year is flying by already! I love seeing a lot of you at events at the hospital and in the community. We know things may feel like they are opening up at VA Palo Alto Health Care System, but we are still required to wear masks and try to maintain social distancing. There is also symptom screening and temperature checks in Building 7.

The Paralyzed Veterans of America, Bay Area and Western Chapter is excited to announce that we will be visiting the Fresno and Sacramento Areas in June 2023. More information will be available soon, but we plan to have adaptive sporting events, membership meetings, and more. I will send a letter to your home and I will also call you when it gets closer. We would love to increase our participation, so please attend the events if able.

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. I am happy to be support staff this year because I know how this event means to our veterans. We have over 20 veterans attending this year from VA Palo Alto Health Care System.

The National Veterans Wheelchair Games (NVWG) will be held in Portland, OR this year July 4-9, 2023. Applications for the NVWG are due by April 5, 2023 so please visit www.wheelchairgames.org and register if you plan to attend. There are many adaptive sporting events including slalom, boccia ball, billiards, quad rugby, quad soccer, wheelchair basketball, wheelchair softball, and more. Please refer to Page 21 for more information.

On Thursday, June 8, 2023 at 2:30 PM, the Chapter and the SCI/D Center will host our Annual SCI/D Memorial to honor the veterans we have lost in the past year. This event will be virtual due to the COVID-19 restrictions at VA Palo Alto Health Care System. More information will be available soon.

In early March, the Chapter met with 23 representatives for Advocacy Week. National PVA and the Chapter worked together to ensure our veterans have access to proper health care through the VA. Some topics discussed were: Specialty Care, Long-Term Care, Improvement in Veteran Women's Health Care at the VA, Air Carrier Access, and more. We will continue to fight on your behalf because we know how important it is to protect the care you receive at the VA.

The office is now open to visitors at VA Palo Alto Health Care System, but we encourage you to call or email first, to make sure staff is in the office. 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.

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**



Bay Area & Western Chapter



Paralyzed Veterans of America

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Bay Area & Western Chapter

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**Paralyzed Veterans
of America**

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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 J. Anderson, Senior National Service Officer



Avoid unnecessary stress; organize!

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

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

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

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

1. If my husband/wife/significant other works outside the home; who is their boss and contact information? Who in HR can I contact for assistance? Who is their medical insurance company? What does it cover? What are your benefits with your company if you need to take time away; in addition to FMLA?
2. Be sure there is a copy of your auto and home insurance policy in the binder; contact and document date, time, who you spoke with regarding questions? Are there forms for the individual to complete? Does the individual want or need a lawyer? If it was a car accident; get a copy of an accident report from the police department.
3. Is it a catastrophic illness/disease? – is there insurance to cover any or all of the expenses? Contact Social Security Administration for determination of benefits; both medical and monetary. Document the date, time, who you spoke with and the information received.
4. Put all financial documents or a copy in your organizational tool for easy access. This includes bank name and contact number, routing number, account numbers and any other financial information to include investments. Contact financial advisor if there is one. On all of your banking and insurance documents, be sure to have a pay on death or a person on the account who can access for you if needed.
5. What household expenses need to be paid while the person is in a hospital or rehab facility; make a list and discuss with individual how to take care of them if possible? This could include a mortgage, car payment, credit card payments etc... What expenses will be incurred while in the hospital or rehab facility?
6. In case of a death, does he/she have a life insurance policy? If so, who is the beneficiary? Even if you are married to the person; check the beneficiary. I have seen a situation where the person who had passed away had been married previously; and thought he had changed the beneficiary and did not; it was the ex-spouse who received the life insurance; even after 25 plus years of marriage to their current spouse.
7. Is the person coming home with physical changes which require modifications either temporary or permanent to the home? Make a list of what is needed to be done for them to come home; any structural changes; home care; home health care and equipment needed. What services are available to get things modified in the home? What is the timeline for projects that need to be completed?

An area of high stress in the face of a life changing event is finances. Understanding what income, you have coming in and what expenses going out are important. This needs to include new expenses like home health care, adult daycare and home care.

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

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

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

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

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

As we all know, society advertises spending vice saving; and when a life-changing event happens in our life, most are not ready for it financially. When we document and know daily/weekly or monthly what we have coming in and going out; it may decrease stress in the middle of chaos.

In addition to understanding your finances; it is important to know what other resources may be in your community or if the person is a veteran; the Department of Veterans Affairs:

1. Does the person qualify for care at the VA Medical Center?
2. Are there volunteer programs in the county that will assist with home care or home health care?
3. Does the person qualify for Social Security Disability?

Another difficult question regarding finances, is what if the person passes away? As the spouse/ significant other, what, if any of their income will come to you? Are you the beneficiary on the life insurance and bank accounts? This information is very important for the person or persons left behind. We want to know that we can stay living in our home or will we have to move; and other life questions that come up when a loved one passes away.

It is also important to have a will or trust filed as well. The guidance a will or trust gives the people left behind is valuable. It answers questions on where the person wants their finances and personal possessions to go upon their death. And gives those of use left behind direction.

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

- A veteran who is service connected and in receipt of special monthly compensation due to needing aid and attendance due to loss of use of bowel and bladder receives VA compensation in the amount of \$9,036.89.

When the veteran passes away and if the primary or contributory cause of death is due to his/her service connected condition; the spouse could be eligible for DIC in the amount of \$1,562.74. If the person is not a veteran, there may only be Social Security or in some cases, no income.

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



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PRESENT

ADAPTIVE SPORTS CLINIC



LIVE CLINIC

**2ND
THURSDAY
OF THE
MONTH**

3:00PM

**AIR RIFLE, BOCCIA BALL, DISC.
GOLF, INTERACTIVE ARTS,
SHUFFLEBOARD, TABLE TENNIS,
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**THANK YOU SCI/D RECREATION
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SUPPORT.**

PRIZES

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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**



Paralyzed Veterans of America

Bay Area & Western Chapter

National PVA Site Visit Chapter Meeting Palo Alto

Who: PVA Members & SCI/D Veterans

When: Monday, June 12, 2023
12:00 pm PST

Where: Virtual Meeting (Zoom)

Join Zoom Meeting

[https://us02web.zoom.us/j/83889267145?](https://us02web.zoom.us/j/83889267145?pwd=MENkU2p4Mk41ZDVoQ0ZTd2VLalh5dz09)

[pwd=MENkU2p4Mk41ZDVoQ0ZTd2VLalh5dz09](https://us02web.zoom.us/j/83889267145?pwd=MENkU2p4Mk41ZDVoQ0ZTd2VLalh5dz09)

Meeting ID: 838 8926 7145

Passcode: 250325

One tap mobile

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Find your local number:

<https://us02web.zoom.us/u/kRhFSNGY>

Why: Discuss the care relieved at VA Palo Alto Health Care System's SCI/D Center

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 slight restrictions due to the COVID-19 Pandemic; therefore, all meetings will be by invite only if coming in person.

Tuesday, April 11, 2023 at 3:00 PM
Tuesday, May 9, 2023 at 1:00 PM
Tuesday, June 13, 2023 at 1:00 PM

Join Zoom Meeting

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

Meeting ID: 837 0166 8667

Passcode: 0xfGNG

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+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>



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mobiusmobility.com

SCI/D Memorial Service

Thursday, June 8, 2023

2:30 PM



- *SCI/D Staff, Inpatients, and Guests please join us in the Spinal Cord Injury Center's Dining Room to honor the lives of the SCI/D veterans who have passed away within the last year. Zoom will be available for individuals at home.*
- *We will fondly remember our fallen SCI/D veterans with their peers and caregivers.*
 - *The ceremony will begin at 2:30pm followed by light refreshments for SCI/D Staff, Inpatients, and Guests.*

*Please call or email Kory Amaral
at (650) 493-5000 x65308 or amaral@bawpva.org
for more information.*



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**



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today to get started.

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Email Molly at MJohnson@FirstLightHomeCare.com

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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://twitter.com/CityofReno)

Washington Update

Written by National PVA's Government Relations Team



Administration's FY 2024 VA Budget Proposal Released

On March 9, the Administration released its budget request for fiscal year (FY) 2024. The Administration's FY 2024 budget request for VA is \$325.1 billion, a \$16.6 billion increase above the FY 2023 budget enacted levels. The figure includes \$142.8 billion in discretionary spending and \$182.3 billion in mandatory spending. The President's budget seeks \$20.3 billion in FY 2024 for the Cost of War Toxic Exposures Fund which is \$15.3 billion more than FY 23 for health care, research, and benefits delivery associated with exposure to environmental hazards for veterans and their survivors. Also, \$16.6 billion would be allocated in FY 2024 for mental health efforts, including suicide prevention and another \$3.1 billion would go toward providing homeless veterans or those at -risk of homelessness with permanent housing, health care, and other supportive services.

The number of women veterans using VA services tripled over the last 20 years — growing from 160,000 in 2002 to more than 627,000. The Administration requested \$257 million for women's health and childcare programs to increase access to infertility counseling and assisted reproductive technology, eliminate copayments for contraceptive coverage, and support full-time women veteran program managers at all 172 VA medical centers. These investments support providing comprehensive specialty medical and surgical services for women veterans, including \$1.0 billion for women's gender-specific care.

Finally, the median VA hospital is nearly 60 years old compared to 13 years in the private sector. The Administration requested \$4.1 billion of discretionary and mandatory funding to begin restoring VA's aging infrastructure. Another \$5 billion in discretionary funding is being sought for non-recurring maintenance to improve medical facility infrastructure.

You can learn more about the Administration's proposal for the VA at (<https://department.va.gov/administrations-and-offices/management/budget/?redirect=1>). The Independent Budget's statement on the President's budget is found at (<https://pva.org/news-and-media-center/recent-news/leading-veterans-organizations-applaud-white-houses-proposed-2024-budget-for-va/>).

President Brown Testifies on PVA's Priorities

PVA's National President Charles Brown testified (<https://veterans.house.gov/calendar/eventsingle.aspx?EventID=6112>) before a joint session of the House and Senate Veterans' Affairs Committees on March 1. President Brown's oral statement focused on protecting access to VA's specialized health care services and expanding access to VA long-term care.

Please visit the House (<https://veterans.house.gov/>) and Senate (<https://www.veterans.senate.gov/>) Veterans' Affairs Committee webpages for information on other upcoming hearings and markups.



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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 Falls Auto Health Care System

D&C IN 210 - Last Updated 10.17.2022



NATIONAL VETERANS WHEELCHAIR GAMES

GET PUMPED FOR PORTLAND

July 4–9, 2023 • Portland, OR

Join 500+ Veterans
competing in 22 sports!



WheelchairGames.org
f t i #WheelchairGames

Co-Presented by:





★ HAPPY ★ BIRTHDAY!



April	Edward Baker	James Dottle	Robert Dorroh	Haskell Jones
	Floyd Bethany	Richard DeWorken	Richard Picard	Shelton Inabinet
	Nicholas Pruneda	James Toler	Kurt Larsen	Jerret Rita
	Richard MacKenzie	James Freeman	Redic Thomas	Cresencio Cruz
	Jeff Haywood	Kenneth Lujan	Todd Kelly	Scott Henderson
	Qcutziel Frazier	Anthony Saavedra	Timothy Cissney	Pablitz Candela
	Milton Dixon	Michael	Bruce Gibbings	Craig Carter
	Joseph Williams	MacCullough	Matthew Simione	
	Travis Dunn	Mike Kruzel	Sarah Nunley	
	Leonard Powell	Sean Ryan	Ernest Harris	
	Danny Brozowski	Jason Elkins	Curtis Brunn	
	John Davis	John Markowski	Richard Fuller	

May	Carrie Musso	Richard Henry	Alfred Harrison	Richard Maple
	Benami Garcia	Alfred Matthews	Jeffrey Jongema	Michael Reese
	Charles Heuck	Alexandro Norita	Andrew Smith	Kenneth McMillen
	Tom Bishop	Kevin Dunn	Jerral Hancock	Anthony Vasapollo
	Michael Gruber	Sandy Valdez	Carl Latona	
	Roger Jenan	Penny Gillett	James Johnson	
	Donnie Rawhoof	Damien Giboney	Hunter Lenthe	
	Sabino Deodanes	Jeffrey Crummett	Joe Colvard	
	Marcia Nagle	Ernest Mendes	Patricia	
	Peter Axelson	Warren Hardy	Champagne	
	William McNerlin	Clinton Martin	Alejandro Vargas	

June	Frank Mlejnek	Kevin Inouye	Alise Froscono	Robert Cook
	Bruce Austin	Teddy Nicholson	Alvin Brown	Scott Ferguson
	Don Odle	Harold Janikowski	Ronald Brown	Douglas Heseman
	Victor Escamilla	Elizabeth Stahl	Christopher Curtis	
	Michael Goesch	Richard Gardner	Clyde Jacobson	
	Michael Stout	David Fry	John Buchanan	
	Richard Lineback	Susan Ippolito	John Hudson	
	Robert Eaton	Lew Francis Fiesta	Kevyn Shortell	
	Patrick McDonald	Edward Stickney	Manuel Siquig	
	Jack Nicholson	Patrick Harris	Margarita	
	Shannon Fuller	Edward Herrera	Garciduenas	
	James Morris	Otis Battle	Richard Hacker	

April 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						

- 11 - **NSO Chat**
11:30am, Bldg. 7 Rm. E-101
- 11 - **BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 13 - **Shuffleboard Clinic**
3pm, Bldg. 530 Gym
- 20 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 25 - **MS Lunch & Learn**
10am, Bldg. 7 Dining Room
- 28 - **SCI Peer Mentoring Program**
12pm, Bldg. 7 Rm. F-125

May 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	29	30	31			

- 9 to 13 - **PVA's Annual Convention (Office Closed)**
Omaha, NE
- 9 - **NSO Chat**
11:30am, Bldg. 7 Rm. E-101
- 9 - **BOD Meeting & Election Results**
1pm, Bldg. 7 Rm. E-118
- 11 - **Air Rifle Clinic**
11am, Location:TBA
- 18 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 26 - **SCI Peer Mentoring Program**
12pm, Bldg. 7 Rm. F-125
- 29 - **Memorial Day (Office Closed)**
Bldg. 7 Rm. E-118

June 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	

- 5 to 6 - **Fresno Membership Meeting**
Location:TBA
- 8 - **SCI/D Memorial**
2:30pm, Bldg. 7 Dining Room
- 12 - **National PVA's Site Visit Chapter Meeting**
12pm, Bldg. 7 Rm. E-118
- 13 - **NSO Chat**
11:30am, Bldg. 7 Rm. E-101
- 13 - **BOD Meeting** 1pm, Bldg. 7 Rm. E-118
- 15 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 19 - **Juneteenth (Office Closed)**
Bldg. 7 Rm. E-118
- 22 to 23 - **Sacramento Membership Meeting**
Location:TBA
- 30 - **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

Vacant, 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
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Fresno VA Medical Center

Anita Morris, LCSW, SCI Coordinator
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Reno VA Medical Center

Jill Boone, LCSW, SCI Coordinator
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Honolulu Clinic

Erin Matsunaga, LCSW, SCI Coordinator
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