



# *E-BRIDGE*

Paralyzed Veterans of America, Bay Area & Western Chapter, INC.



## *Executive Director's Message*

**WRITTEN BY KORY AMARAL**

Just a reminder, the Paralyzed Veterans of America, Bay Area and Western Chapter is excited to announce that we will be in the Fresno area June 5-6, 2023. We plan to have multiple events including an Adaptive Bowling Clinic, Membership Meeting Dinner and more. I sent a letter to you directly if you live in the catchment area. It is not too late to RSVP, please call me at (650) 399-5296 if you plan on attending. We would love to see you there. late to RSVP, please call me at (650) 399-5296 if you plan on attending. We would love to see you there. The Sacramento Membership will be postponed to the end of the Summer.

This month on June 8, 2023 at 2:30 PM, we will be celebrating the lives of all the SCI/D veterans we lost this year. Each veteran means so much to us and we are honored that we were able to serve them as PVA members. If you would like to attend the event virtually, please email me at amaral@bawpva.org and I will send you the Zoom information.

On Friday, June 30, 2023, the Chapter and the SCI/D Center in Palo Alto will be continuing our SCI Peer Mentoring Program - Education & Lunch. Each month we have an education topic pertaining to spinal cord injuries or diseases. The June topic is Social Work. This is also a great way to interact with your fellow veterans. Please refer to Page 2 for more information. Outpatients can join us via Zoom. The link is on the flyer.

The office at VA Palo Alto Health Care System's SCI/D Center is now open to visitors. If you need to speak with us in person, let me know and I can put you on the visitor list with approval from the SCI/D Center. Please, if you need anything, do not hesitate to reach out. We are here for you, email Kory Amaral at amaral@bawpva.org or call (650) 399-5296 with any questions or concerns.



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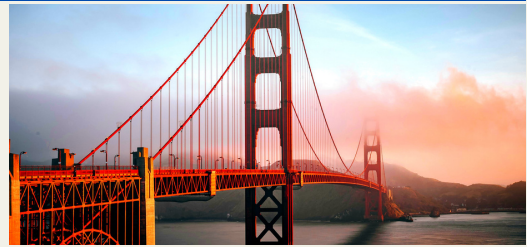
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**ABOUT US**

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## SCI Peer Mentoring Program - Education & Lunch

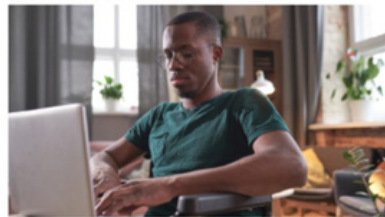
SPONSORED BY THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER, INC. AND SCI/D CENTER AT VA PALO ALTO HEALTH CARE SYSTEM



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>



08/18/210 - 1 out of 1 available 5/12/2023

### June Calendar

FRESNO MEMBERSHIP MEETING (OFFICE CLOSED) JUNE 5-6

SCI/D MEMORIAL (VIRTUAL) JUNE 8

NATIONAL PVA'S CHAPTER SITE VISIT MEETING PALO ALTO (VIRTUAL) JUNE 12

NATIONAL SERVICE OFFICER (NSO) MONTHLY CHAT (VIRTUAL) JUNE 13

BOARD OF DIRECTOR'S MEETING JUNE 13

NATIONAL PVA'S SITE VISIT PALO ALTO JUNE 14-15

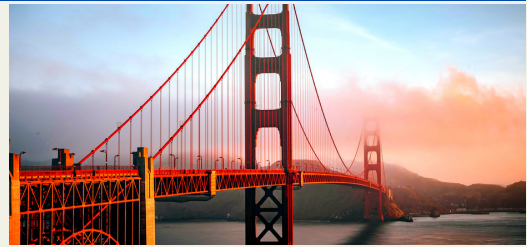
BINGO & PIZZA NIGHT JUNE 15

JUNETEENTH HOLIDAY (OFFICE CLOSED) JUNE 19

SCI PEER MENTORING PROGRAM JUNE 30

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## *Goods Inspiring Veterans Everywhere (GIVE) Program*

**IN PARTNERSHIP WITH THE NATIONAL PARALYZED VETERANS OF AMERICA AND THE PARALYZED VETERANS OF AMERICA, BAY AREA & WESTERN CHAPTER, INC.**

The Chapter is hosting a Clothing Drive in the Palo Alto, CA Office. The Chapter is looking to the community to donate lightly used clothing and other items that will directly benefit a veteran. Through the GIVE Program, we would love to expand the program by bringing in more funds for our veterans.

Clothing Donation Program - GIVE

<https://www.pva.org/ways-to-give/g-i-v-e-clothing-donation/>

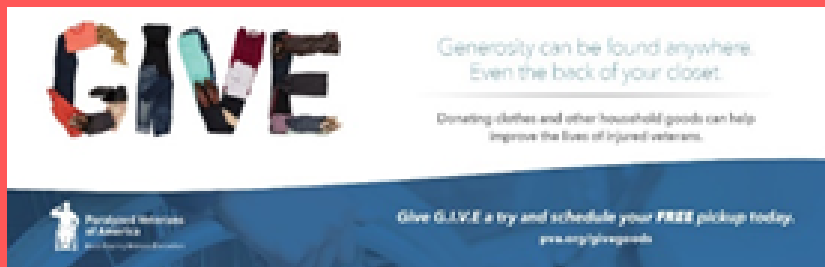
## *Car Donation Program*

**IN PARTNERSHIP WITH THE NATIONAL PARALYZED VETERANS OF AMERICA AND THE PARALYZED VETERANS OF AMERICA, BAY AREA & WESTERN CHAPTER, INC.**

Are you tired of having too many cars or is your car getting old and you are looking to donate it? The Car Donation Program is a program in which we accept vehicles and the proceeds go to our veterans. The process is very simple and veterans from Northern California will benefit from the donation.

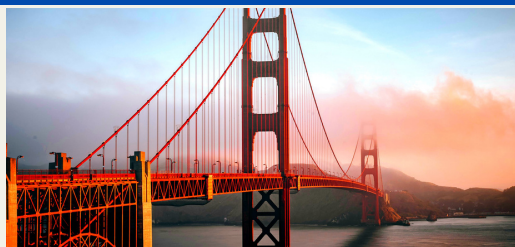
Car Donation Program

<https://pva.careasy.org/HOME.html>



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## National PVA's Washington Update

WRITTEN BY NATIONAL PVA'S GOVERNMENT RELATIONS TEAM IN WASHINGTON, D.C.



### IB Testifies on VA's Budget Proposal

On May 17, the Independent Budget (IB) veterans service organizations—DAV, PVA, and VFW—participated in a Senate Veterans' Affairs Committee (SVAC) hearing on VA's proposed budget request for fiscal years (FY) 2024 and 2025 advance appropriations. VA Secretary Denis McDonough testified about how any budget cuts would harm the Department's ability to care for the nation's veterans. During his Q&A session, he noted that the Veterans Benefits Administration set a new record in the last fiscal year, completing more than 1.7 million disability compensation and pension claims. In that same period, the Veterans Health Administration provided more than 115 million appointments for veterans across the country. He also underscored that reducing funding for VA would directly result in fewer outpatient appointments for veterans and fewer claims processors.

Testifying on the second panel, the IB's witnesses, including National Legislative Director Morgan Brown explained how their recommendation of nearly \$140 billion for medical care spending in FY 2024 and \$157 billion of advance appropriations for FY 2025 represented the level of funding necessary for VA to fully and timely deliver all authorized programs, services, and benefits to America's veterans. They also noted areas where the Administration's budget proposal missed the mark, like VA's Medical and Prosthetic Research program which generates discoveries that significantly contribute to improving the health of veterans and all Americans. The Administration requested \$938 million in FY 2024 for Medical and Prosthetic Research compared to the IB's recommendation of \$980 million. During the IB's Q&A session, Mr. Brown had the opportunity to explain why Congress must pass the Elizabeth Dole legislation, which would greatly expand VA's home and community-based services. He noted that the number of veterans needing long-term care is expected to significantly increase over the next decade, and it is extremely important that VA implement policies now to help veterans age safely at home and remain active participants in their communities.

### NPRC Survey on Caregiving

The National Paralysis Resource Center (NPRC) is conducting a confidential survey about the role of caregivers. Caregivers play a critical role in the lives of thousands of people with paralysis, helping with essential daily activities that foster health and independence. The feedback from participants will help strengthen current caregiving resources and create new initiatives.

Please follow this link to begin the survey: [https://redcap.vanderbilt.edu/surveys/?s=MH4J8DEA8D4A77HD&utm\\_source=Christopher+%26+Dana+Reeve+Foundation&utm\\_campaign=bd1db25396-Caregiver\\_Survey\\_5\\_22\\_23&utm\\_medium=email&utm\\_term=0\\_8d9a09467d-bd1db25396-121588506&mc\\_cid=bd1db25396&mc\\_eid=791cd04d99](https://redcap.vanderbilt.edu/surveys/?s=MH4J8DEA8D4A77HD&utm_source=Christopher+%26+Dana+Reeve+Foundation&utm_campaign=bd1db25396-Caregiver_Survey_5_22_23&utm_medium=email&utm_term=0_8d9a09467d-bd1db25396-121588506&mc_cid=bd1db25396&mc_eid=791cd04d99)

Check out the [PVAAction Force](#) page to view our latest alerts and a list of key legislation and its status.



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## National Service Officer Monthly Chat

IN SPONSORSHIP WITH THE  
PARALYZED VETERANS OF AMERICA'S BAY AREA AND WESTERN  
CHAPTER, INC. AND NATIONAL 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?  
pwd=OHJ1KzNoVi9XR0FoSHNvVHRkcFRUZz09](https://us02web.zoom.us/j/86791501025?pwd=OHJ1KzNoVi9XR0FoSHNvVHRkcFRUZz09)

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



### Important Links

[AIR ACCESS 30  
SHARE STORIES ABOUT  
YOUR AIR TRAVEL  
EXPERIENCES AS A  
PASSENGER WITH A  
DISABILITY](#)

[PUBLICATIONS  
VIEW CHAPTER  
NEWSLETTERS,  
ANNUAL REPORTS, PVA  
PUBLICATIONS](#)

[COVID-19 RESOURCES  
VIEW NATIONAL  
PVA'S RESOURCES AND  
UPDATES ON COVID-19](#)

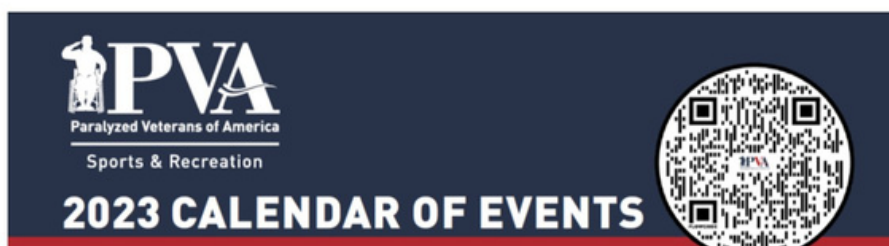
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## National PVA Sports

IN SPONSORSHIP WITH NATIONAL PVA'S SPORTS TEAM IN WASHINGTON, D.C. AND PVA CHAPTERS



### PVA Bass Tournament Series

- **Florida Gulf Coast Bass Tournament**, March 24-26, 2023 | Kissimmee, FL
- **Kentucky-Indiana Bass Tournament**, April 21-23, 2023 | Kuttawa, KY
- **Bayou Brawl Bass Tournament**, April 28-30, 2023 | Doyline, LA
- **Southeastern Challenge**, June 2-4, 2023 | Evans, GA
- **Capital Clash**, June 9-11, 2023 | Waldorf, MD

### PVA Billiards Tournament Series

- **Mid-America Billiards Tournament**, May 5-6, 2023 | Oklahoma City, OK
- **Buckeye Billiards Tournament**, June 24-26, 2023 | Columbus, OH

### PVA Bowling Tournament Series

- **Mid-America Bowling Tournament**, March 31- April 1, 2023 | Shawnee, OK
- **Vaughan Bowling Tournament**, May 5-6, 2023 | IL

### PVA National Shooting Sports Circuit

- **Nevada Trapshoot**, March 31-April 2, 2023 | Las Vegas, Nevada
- **Wisconsin Trapshoot**, May 19-21, 2023 | Green Bay, WI
- **Vaughan Trapshoot**, May 26-28, 2023 | Elburn, IL
- **Iowa Trapshoot (Year-End Tournament)**, June 16-18, 2023 | Cedar Rapids, IA

### Boccia

- The boccia season has concluded.

### Handcycling

- **Pocahontas Off-Road Spring Camp**, April 13-16, 2023 | Chesterfield, VA
- **PVA High Performance Off-Road Camp**, August 12-21, 2023 | Crested Butte, CO
- **Off-Road Handcycling Championship**, August 18-20, 2023 | Crested Butte, CO
- **Pocahontas Off-Road Fall Camp**, September 13-18, 2023 | Chesterfield, VA

### Additional Programs

- **Martinsburg Pickleball Camp**, April 6, 2023 | Martinsburg, WV
- **Wisconsin Pickleball Camp**, April 29-30, 2023 | Waukesha, WI
- **Southeastern Pickleball Camp**, May 11-12, 2023 | North Augusta, SC
- **Mountain States Disc Golf Camp**, June 3-4, 2023 | TBD
- **Mountain States Pickleball Camp**, August 2023 | TBD
- **Lakeshore Basketball Camp**, August 28-30, 2023 | Alabama
- **Gateway Disc Golf Camp**, September 15-16, 2023 | Potosi, MO
- **Rugby Camp**, September 29-30, 2023 | Phoenix, AZ
- **Great Plains Disc Golf Camp**, September 23, 2023 | TBD

### National Veterans Wheelchair Games

- July 4-9, 2023  
Portland, Oregon





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## Veterans Career Program

WRITTEN BY NATIONAL PVA'S VETERANS CAREER PROGRAM TEAM  
IN WASHINGTON, D.C.

### Member Column

JAMES "JAY" DOTTLE  
PVA MEMBER

I AM A 72 YEAR OLD LIVING IN TRINITY CENTER ENJOYING THE TRINITY ALPS AND THE SHORES OF TRINITY LAKE, CALIFORNIA. I'VE BEEN A VA SPINAL CORD INJURY PATIENT SINCE 2010 WHEN I CRASHED MY MOTORCYCLE. THIS ENDED A 40 YEAR PASSION FOR MOTORCYCLES. I GREW UP RIDDING MOTORCYCLES, AND SINCE HIGH SCHOOL I HAVE HAD ONE OR MORE, DIRT, STREET, SPORT AND TOURING BIKES. I ALSO ENJOYED MOUNTAIN BIKING AND BICYCLING IN GENERAL.

AFTER HIGH SCHOOL I JOIN THE NAVY, AND WAS STATIONED STATESIDE FOR MY ENTIRE TOUR OF DUTY AS AN AVIATION ELECTRONICS TECH (AT) AT NAS LEMOORE, CA. BEING STATIONED IN CALIFORNIA ALLOWED ME TO RIDE MY MOTORCYCLE TO THE BASE EVERY DAY.

MY CRASH BURST L1 LEAVING ME AN INCOMPLETE PARAPLEGIC, ENDING MY ABILITY TO PARTICIPATE IN ALL THE ACTION SPORTS THAT REQUIRED HELMETS, LIKE CLIMBING, MOTOR AND BICYCLING, SNOW AND WATER SKIING, AS WELL AS THOSE WALKING SPORTS LIKE BACKPACKING, FLY FISHING AND JUST HIKING AROUND IN THE WOODS.

DURING MY LAST ANNUAL CHECK UP AT THE PALO ALTO SCI/D CLINIC, MY RECREATIONAL THERAPIST SUGGESTED A HAND TRICYCLE. SINCE I STILL HAVE LIMITED USE OF MY LEGS WE EVENTUALLY ORDERED A PEDAL POWERED QUAD CYCLE WITH FAT TIRES. THIS HELPS ME STRENGTHEN THE REMAINING LEG MUSCLES AND HELPS KEEP THEM FROM ATROPHYING. THE ADDITIONAL ELECTRIC-ASSIST GAVE ME THE POWER TO NAVIGATE THE FOREST SERVICE ROADS AND DRY LAKEBED WHERE I LIVE. I HAVE ALSO STARTED PARTICIPATING IN CENTURY BICYCLE RIDES WHERE I AM ABLE TO RIDE THE SHORTER COURSES BETWEEN 25 AND 35 MILES. WITH HELMET AND HANDLEBARS AND THE BREEZE IN MY FACE, I NOW GET THE THRILL OF MOTORCYCLING AGAIN. THE UNIQUENESS OF THE MACHINE DRAWS SMILES, COMMENTS AND DOUBLE TAKES. ALSO, THE POSITIVE ENERGY AND SOCIAL INTERACTION WHICH I GET HELPS HEAL MY SPIRIT AND ENCOURAGE ME TO MAKE THAT ONE LAST MILE TO THE FINISH LINE.

PVA HAS HELPED ME ALONG THE WAY WITH SAFETY EQUIPMENT AND SPONSORSHIPS SO I CAN RIDE SAFELY AND ATTEND THESE RIDES. I WOULDN'T BE ABLE TO PARTICIPATE IN THESE EVENTS WITHOUT THEIR CONTINUED SUPPORT. IT'S HARD FOR A PARAPLEGIC TO FEEL "LUCKY", BUT I DO, AND WITH THE DVA AND PVA'S SUPPORT, I NOW HAVE THAT MOTORCYCLE SMILE AGAIN.

### PVA VETERANS CAREER PROGRAM UPDATE

April 2023

#### Partner For Life



Mr. Floyd Graves III is a 51-year-old Veteran. He served as an Aircraft Maintenance Specialist in the Air Force; and as a Tree Trimmer and Water Meter Worker for the City of Oceanside. Floyd has been a client of the Veterans Career Program since 2019.

In 2022, shortly after learning that his position as a Water Maintenance Worker would be ending, he contacted our Vocational Rehabilitation Counselor, Darah Gerou, for assistance. He was looking for a new position, preferably permanent. Like many individuals, Floyd had accepted part-time or contract work to fill the gaps between permanent positions.

Floyd's main motivation for finding a position was rooted in his desire to continue helping to support his family. Before starting the job search process, Darah helped him apply for unemployment and navigate other helpful local resources. She then assisted Floyd with updating, revising and tailoring his resume. They also updated his LinkedIn profile, practiced his interview skills, and discussed the best to "sell" himself to potential employers.

Floyd went on several second-round interviews with different companies – not an uncommon situation for many job seekers. In mid-April 2023, Floyd received and accepted a job offer with Caltrans as a Tree Maintenance Worker. He began his new job the first week of May.

Congratulations Floyd!

#### IMPACT + OPPORTUNITIES

##### 20 Client Placements

- 15 Paid Employment
- 5 Education/Training
  - 17 Veterans
  - 3 Family Members
  - 5 PVA Members



- The average salary for the 12 clients placed in full-time employment was \$93,923 (a record high monthly average); and the average income for the 3 clients placed in part-time work was \$11,304.

#### Exploring Self-Employment



According to the National Disability Institute, 74% of people with disabilities do not participate in the labor force, but continue to turn to self-employment and small business development as a viable alternative.

On April 19th, graduates of Paralyzed Veterans of America's 8-week Disabled Veterans Self-Employment Pilot Program had the opportunity to pitch their business ideas to a distinguished panel of small business experts including Aaron Sharp Miranda (Wells Fargo), Tracy Cassidy (Penske Automotive Group), Laura Wages (U.S. Small Business Administration) and Meghan Ogilvie (Dog Tag Inc).

Thanks to a generous donation from the Wells Fargo Foundation, we were able to award two \$2,500 grants to help PVA Members test and launch their businesses. Congratulations to Howard Cleland (PVA Wisconsin Chapter Member) and Tiffaney Davison (PVA Buckeye Chapter Member); and congratulations to all the participants in our pilot program.



[PVA.org/find-support/veterans-career-program](https://PVA.org/find-support/veterans-career-program)

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## *About Us*

### **THE PARALYZED VETERANS OF AMERICA, BAY AREA & WESTERN CHAPTER, INC.**

The Paralyzed Veterans of America, Bay Area and Western Chapter, INC. (BAWPVA) is a nonprofit, veterans service organization located in Palo Alto, CA. BAWPVA serves spinal cord injured and/or dysfunction veterans located in Northern California, Northern Nevada and the Pacific Islands. BAWPVA is one of 33 chapters of the Paralyzed Veterans of America (PVA) located across the United States. Currently, BAWPVA has over 500 members. The Paralyzed Veterans of America, Bay Area and Western Chapter, INC. (BAWPVA) services provide direct support to the Chapter's programs. BAWPVA sponsors various events and adaptive sports clinics at the VA Palo Alto Health Care System in Palo Alto, CA, VA Northern California Health Care System, VA Central California Health Care System, VA Sierra Nevada Health Care System and VA Pacific Islands Health Care System.

If you are interested in membership, volunteering, or donating please contact us today.

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