

The Bridge



Bay Area & Western Paralyzed Veterans of America

Volume 38, No. 1

Jul-Sept 2023



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

12TH ANNUAL GOLF TOURNAMENT 2023

The Paralyzed Veterans of America, Bay Area and Western Chapter is dedicated to the task of improving the quality of life of Veterans with paralysis due to spinal cord dysfunction and to the protection of their civil rights. We are committed to the duty of assisting paralyzed Veterans by advocating for unfettered access to VA health care and barrier-free access to the community.



Our goal is to ensure the fulfillment of the need for the health and well-being of our Members, and all paralyzed Veterans, through education, information and referral, medical research, and physical, psychological, and recreational therapy.



Cinnabar Hills Golf Club

23600 McKean Road San Jose, CA 95141

AT
12 PM

**Monday,
SEPTEMBER 25, 2023**

SPONSORSHIPS
OPPORTUNITIES ON
BACK

REGISTRATION : <https://www.eventbrite.com/e/12th-annual-golf-tournament-tickets-634205424497>

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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Kenneth Pollock, Secretary

Tomasz Modrzejowski, Treasurer

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650-493-5000 x65046

Kristal Crouse, Sacramento National Service Officer Candidate

916-364-6791 or 866-734-0857 (Toll Free)

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702-791-9000 x14458

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 (BAWPVA) has pretty much the same Board of Directors for FY 23-25. the only change is now Chet Miller will be our Vice President.

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 SCI Peer 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, Recreation Therapy, 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.

I would personally like to thank Mr. & Mrs. Terrence J. Butchart and Ms. Mary A. Osborne for becoming silver sponsors in FY 22-23. We would not be able to continue our programs without community donors and we are truly appreciative of their continued support.

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. The office is not open every day, so please first call or email before you plan to visit so we can ensure someone is in the office to meet you.

Executive Director

Kory Amaral



Summer is here! I love seeing a lot of you at events at the hospital and in the community. Things are opening up at VA Palo Alto Health Care System, but there is a slight mask restriction for visitors and staff at the SCI/D Center. It is nice to see the faces of veterans again.

The Paralyzed Veterans of America, Bay Area and Western Chapter want to thank all the Fresno veterans and SCI/D staff who attended our event last month. We know that getting out of the house is a struggle at times, but you showed up and we are forever grateful. We look forward to future events. Please see some pictures below from the events.

The National Veterans Wheelchair Games will be held in Portland, OR July 3-10, 2023. This event brings over 300 veterans together to compete in many adaptive sports including: archery, billiards, bowling, boccia ball, handcycling, quad rugby, quad soccer, slalom, wheelchair basketball, wheelchair softball, weightlifting, and much more. Participating veterans experience a life changing event which motivates them to continue to participate in adaptive sports. I am happy to be a coach again this year because I know how this event means to our veterans. We have 19 veterans attending this year from VA Palo Alto Health Care System.

On Thursday, June 8, 2023 at 2:30 PM, the Chapter and the SCI/D Center hosted our Annual SCI/D Memorial to honor the veterans we have lost in the past year. The event went well because we were able to celebrate our veterans with their family, friends, and staff from the SCI/D Center. Our veterans will never be forgotten.

Just a reminder, the Paralyzed Veterans of America, Bay Area and Western Chapter's Annual Banquet will be held on Saturday, August 5, 2023 from 5:00 PM to 10:00 PM at the Crowne Plaza Cabana Palo Alto. Please R.S.V.P. by Friday, July 21, 2023.

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.



The Bridge



Page 3

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



ABILITY CENTER PROUDLY SUPPORTS Bay Area PVA



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6550 Freeport Blvd,
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40975 Albrae St,
Fremont, CA 94538
Local: 510-999-7959

Santa Rosa
3285 Santa Rosa Ave,
Santa Rosa, CA 95407
Local: 707-575-6997

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**Paralyzed Veterans
of America**

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Bay Area & Western Chapter

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To learn more, call 866-281-1502 or go to pva.org/givegoods
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Turn Your **Used Vehicle** Into Support for Paralyzed Veterans of America

We'll use the proceeds from the sale of your car, truck, RV or boat to change lives and build brighter futures for our seriously injured heroes.



**Paralyzed Veterans
of America**

Vehicle Donation Program



Donating your car is easy, and your gift is tax-deductible

Vehicle donations to PVA are tax-deductible! Most vehicles are sold through local used-car markets. Our vehicle donation program works to get the highest return per vehicle and handles all the paperwork, too! Whether your vehicle sells for \$500 or less, more than \$500, or more than \$5000, you will be provided with the proper donation tax receipt(s).



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

National Service Officer Report

Reese Levasseur, National Service Officer Candidate



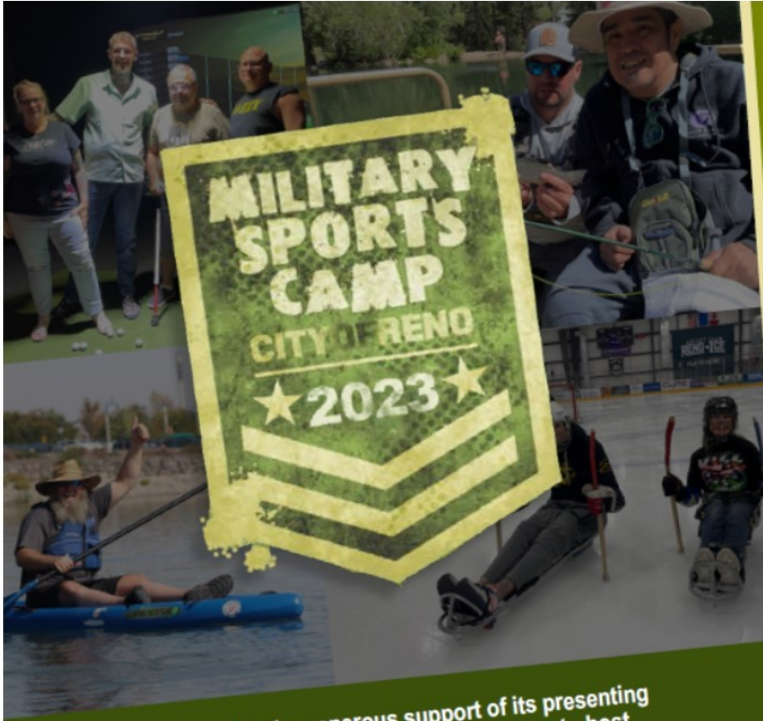
I would like to say Hi to everybody as your new National Service Officer (NSO) in Palo Alto. I have been in training for a year now, I am down to my last two study groups and have been given the green light to be able to fully process claims and benefits for our SCI/D veterans. I have so far filed four full claims for ALS, and two for spinal cord with six service-connected increase, along with three surviving spouse's claims. I hope I will help many more in the years to come.

There is good news with the Auto and Education Improvement Act of 2022 that passed. Service-connected veterans can now get multiple auto grants. The decision is if you haven't used the Auto grant in 30 years you are able to apply for it again. Within the next ten years if your 30 year mark comes up you can apply. After 2033, the new mark is every ten years from the date of use. Also in that Auto and Education Improvement Act of 2022 the VA will provide trailers for prescribed medical devices. So you can now transport your handcycles or sports chairs to and from events. I am sorry to say that non service-connected veterans are still only able to get equipment modifications that will allow ingress and egress from a vehicle.

If you have any questions feel free to reach out to my office Tuesday through Thursday. I am working remotely on Mondays and Fridays so emails are the quickest way to reach me.

I hope that we build a stronger bond with the chapter, the hospital, and the veterans for years to come. Remember don't have a good day, Have A Great Day!

Reese Levasseur, NSOC
Palo Alto VA SCI/D Medical Center
3801 Miranda Ave
Bldg 7 Rm E-101
Palo Alto CA. 94304
(650) 493-5000 EXT 65046
FAX 650-849-1230
ReeseL@PVA.ORG



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

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

RENO ADAPTIVE



(775) 333-7765
 f [RenoAdaptive](#)

[Reno.Gov/Adaptive](#)
 @ [@Reno.Adaptive](#)

**MONDAY
 Sept. 11**

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

**TUESDAY
 Sept. 12**

- 7:00am**
 Breakfast at the Hotel
- 9:00am**
 Fly Fishing (Lunch Provided)
- 1:00pm**
 Paddle Sports
- 5:30pm**
 Dinner

**WEDNESDAY
 Sept. 13**

- 8:00am**
 Breakfast at the Hotel
- 10:00am**
 Sled Hockey (Lunch Provided)
- 1:00pm**
 Adaptive Cycling, Rock Climbing and NatureTrack
- 5:00pm**
 Dinner

**THURSDAY
 Sept. 14**

- 8:00am**
 Resiliency Breakfast
- 11:00am**
 VIP Guests at Air Races (Lunch Provided)
- 6:00pm**
 Closing Dinner

**FRIDAY
 Sept. 15**

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

These events may be subject to change or canceled





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

BUILDING 7

**3801 MIRANDA
AVENUE
PALO ALTO, CA
94304**

**FOOD
PROVIDED**

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

PRIZES

**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**



PVA
RENO
take over

**SATURDAY,
SEPTEMBER 16, 2023**

**MOVIE & SNACK
11:30 AM**

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

**SUNDAY,
SEPTEMBER 17, 2023**

**RENO ACES GAME
1:05 PM**

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

MONDAY, SEPTEMBER 18, 2023

**MEMBERSHIP MEETING & LUNCH
ADAPTIVE SPORT CLINIC (PICKLEBALL)
11:00 AM - 3:00 PM
LOCATION: EVELYN MOUNT NORTHEAST
COMMUNITY CENTER
1301 VALLEY ROAD
RENO, NV 89512**

**RSVP BY FRIDAY, SEPTEMBER 8, 2023
1 (650) 399-5296 OR AMARAL@BAWPVA.ORG**

Sponsors



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, July 18, 2023 at 1:00 PM
Tuesday, August 8, 2023 at 1:00 PM
Tuesday, September 12, 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

+1 669 900 9128 US (San Jose)

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington D.C)

+1 312 626 6799 US (Chicago)

Meeting ID: 837 0166 8667

Passcode: 971921

Find your local number: <https://us02web.zoom.us/j/kc8NM3FXjv>



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VA Physician / Therapist to see
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(1-833-346-4268)

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info@mobiusmobility.com

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MS Committee Member Report

Mr. Richard Hagan

Below are some resources about the Multiple Sclerosis (MS) condition that will show the latest in technology and studies:



Paralyzed Veterans of America
<https://pva.org>

Veterans Administration MS & Vets
https://www.va.gov/MS/Products/videos/Podcasts_for_Veterans_with_Multiple_Sclerosis.asp

Veterans Administration MS
https://www.va.gov/MS/Veterans/benefits/What_Are_My_VA_Benefits_for_Multiple_Sclerosis.asp

Can do MS
<https://cando-ms.org>

MSWorld
<https://www.msworld.org>

Multiple Sclerosis News Today
<https://multiplesclerosisnewstoday.com>

My MS Team
<https://www.mymsteam.com/activities>

National Multiple Sclerosis Society
<https://www.nationalmssociety.org>

Real Talk MS
<https://realtalkms.com>

The MSing Link
<https://realtalkms.com>

My-MS.org
<https://my-ms.org>

Shift-MS
<https://shift.ms>



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 –

Masking and Visitor Requirements:

SCI/D Staff and Visitors may remove masks in these high-risk areas only under the following circumstances:

- they are not in a patient room;
- they are not within six feet of a Veteran in a congregate area (e.g., shared meals in CLC); or
- they are not within six feet of a patient in an open treatment area/room.

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 Veterans who live over 50 miles from the hospital – Consults can be placed only 7 days prior to the requested stay. Please contact social work to request a stay. **Social Work x63328**



Ekso Indego® Gets Veterans Walking Again

Eligible veterans can receive an Ekso Indego exoskeleton at NO COST!

Ekso Indego Personal

What is the Ekso Indego?

Ekso Indego is an FDA-cleared, powered exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries (level T3-L5) to stand and walk, offering a new level of independence.



Scan with your phone for more information on how you could receive your own Ekso Indego Personal.

Getting Veterans with SCI Back on Their Feet

A recently revised VA policy allows Ekso Indego to be issued to qualified veterans at no cost.*

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



Contact us to find out if you are eligible to receive an Ekso Indego at NO COST!

www.eksobionics.com/request-information/

* A screening process through the VA is required to determine eligibility for use of the Ekso Indego Personal device. For full indications for use, visit: www.eksobionics.com/indications-for-use/



Proudly designed & assembled in the USA

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



PVA TESTIFIES AT SVAC HEARING ON LONG-TERM CARE

On June 7, PVA Executive Director Carl Blake appeared before the Senate Veterans' Affairs Committee (SVAC) to discuss the critical need for increased VA long-term care services. In his written statement, Blake noted that more than half of the veterans on VA's spinal cord injury registry are over the age of 65. He urged Congress to develop and implement a comprehensive plan that addresses future spinal cord injury and disorder (SCI/D) long-term care needs. He also addressed current and proposed SCI/D long-term care construction projects, and the urgent need to expand VA's Home and Community Based Services (HCBS). As part of expanded access to HCBS, he discussed the need for Congress to eliminate VA's existing cap on the amount they can pay for HCBS, so they can cover the full cost of needed services for veterans with the greatest support needs.

In his oral comments, Mr. Blake passionately stressed the importance of putting politics aside to pass critical legislation that would greatly help veterans with SCI/Ds. He said, "Our members are tired of political posturing, and election year politics that are standing in the way of much-needed reforms." He further urged members to "Just get it done. Do the right thing." You can read his entire written statement and watch a video of the hearing ([An Abiding Commitment to Those Who Served: Examining Veterans' Access to Long Te... \(senate.gov\)](#)). His oral presentation begins around the 1:29:20 mark.

PVA PARTICIPATES IN HEARING ON CARE COORDINATION

On June 13, the House Veterans' Affairs, Health Subcommittee held a hearing to examine the effectiveness of VA's health care coordination efforts. Senior Health Policy Advisor Roscoe Butler represented PVA at the hearing. His testimony focused on the VA's ability to coordinate care in its spinal cord injury and disorder (SCI/D) system of care and in the community.

Mr. Butler explained how ensuring proper staffing at SCI/D spokes and hubs allows VA to more quickly and completely coordinate its care for SCI/D veterans. He also relayed PVA's concerns about the serious knowledge deficit about SCI/D care that exists in the community, and explained why many civilian facilities are simply not equipped or properly staffed to handle SCI/D patients' acute and long-term care needs. He concluded his presentation by explaining how VA's lack of SCI/D long-term care beds is severely impairing its ability to coordinate that care for veterans needing this level of assistance. He urged the Subcommittee to pass H.R. 542, the Elizabeth Dole Home and Community Based Services for Veterans and Caregivers Act, which would make critically needed improvements to VA's HCBS programs. You can watch a video of the hearing ([Subcommittee on Health Oversight Hearing | House Committee on Veterans Affairs](#)) and read Mr. Butler's written statement ([Care Coordination: Assessing Veteran Needs and Improving Outcomes | Committee Repository | U.S. House of Representatives](#)).



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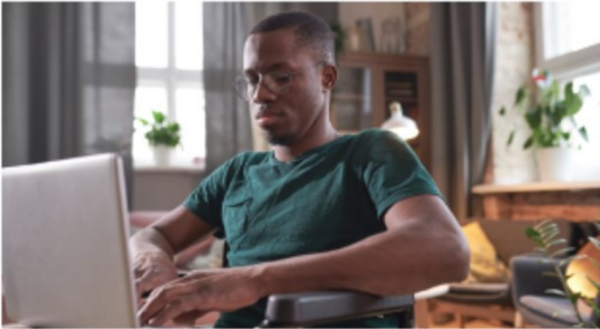
Please join us the **LAST FRIDAY** of the month in the **SCI Dining Room** at **11:30 AM** for a catered lunch and **F-125 Conference Room** at **12:00 PM** for education and a peer support activity. This is a monthly program designed for SCI Veterans to gather together and connect in a social and relaxed 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&P IN 210 - Last Updated 10.17.2022



THE REHABILITATION CENTER
AT SANTA CLARA VALLEY MEDICAL CENTER
BRAIN INJURY | SPINAL CORD INJURY | STROKE

Save the Date!

SCVMC Rehabilitation Center presents:

Accessibility Day

Showcasing accessible vehicles, sports and activities

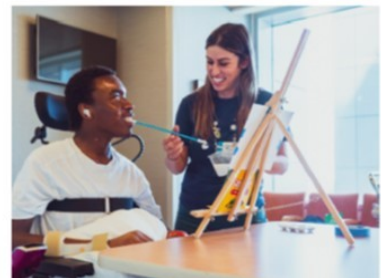


Saturday, Sept 30, 2023
10:00 AM to 2:00 PM

SCVMC Renova Park
751 South Bascom Ave
San Jose, CA 95128

Join us in front of the Rehabilitation Center at Renova Park and surrounding areas

We welcome all current/former patients, and community members interested in accessible sports, vehicles & activities to this free event. Lunch will be provided.



Practical advice and demos of
accessible vehicles

Information from local non-
profit organizations

Demonstrations of accessible
sports and activities

**For more information about this free
event, please contact:**

Robert Medel 408.885.2397 | robert.medel@hhs.sccgov.org



★ HAPPY ★ BIRTHDAY!



July	<p>Adelbert Mairose Antonio Foward Asher Williams, Jr. Christopher Spotts Craig Cole Dale Milani Danny Smith David Seidel Dean Pieper Dennis DeGray Dennis Ross Donald McKercher Donald Peterson Donna Cortesi</p>	<p>Douglas Pratt Fernando Marmolejo Harold Cardenas Ilya Poluektov Jai Cheon James Adams Jeremiah Warren Jesse Rubio Jessica Greene Joaquin Castellanos Joseph Ebaló Joseph Hoyle Joseph Rodrigues, Jr. Joshua Barron</p>	<p>Kathryn Thomas Kenneth Sledge Kurt Valencia Larry Parlette Linda Moore Manuel Zurita, Jr. Mark Goodrich Mark Reese Martin Jacobson Michael Gannon Norman Longaker Patrick Bonnett Randall Richmond Roger Hill</p>	<p>Roger McCullar Scott Horton Stanley MacIsaac Terry Thomas Tim Miller Thomas Yasko William Metzger</p>
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August	<p>Armando Madrid Augusto Cepeda Barbara Healy Billy Harris, Jr. Brandon Handel Cecil Ethington Charlie Collins Christina Phillips David Monis David Bilbo Dennis Knight Donald Hovater Elmer Williams</p>	<p>Eric McManus Felix Ramos Franz Wall James Verzosa George Tollworthy Jeff Deleon Jeffrey Pindell Jerry Crowell John Strock Jose Chavez Keith Simmons Kraig Dern Lori Wunder-Deets</p>	<p>Michael Cash Michael Seshar Mike Nishimoto Richard Perlenfein Robert Huff Robert Vigil Ronald Mangacat Rory Moore Sandy Roberts Scott Gallos Sonia Alvarado Tommy Parker Warren Dastrup</p>	<p>William Golson</p>
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September	<p>Alfred Guerrero Benjamin Brownell Cal Linnell Carl Westenberg Chet Miller Chris Broderson Conrad Bascon Craig Michals Dale Parris Daniel Cruz Danny Everhart David Oliver DeAnn Wright Donald Jarvis</p>	<p>Esau Fortunat Gunda Vormwald Harry McCurdy Henry Guttman Jaime Carrillo James Sigl John Jaramillo Jon Little Jose Lopez Larry Barnes Leah Montoya Michael Gordon Michael Simmons Michael Smith</p>	<p>Michael Steele Nils Pultz Patrick Butcher Paul Williams Peter Jacoway Phillip Reyes Ralph Hodge Randy Wight Raymond Herrick Robert Dalri Robert Ivie Robert Ryan Ronald Hamilin, Jr. Ronnie Quillen</p>	<p>Saite Moliga Terrence Shenks Yurik Resetnikov Wayne Blevins</p>
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July 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					

- 3 to 10 - **NVWG**
Portland, OR
- 20 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 3 to 4 - **4th of July Holiday (Office Closed)**
Bldg. 7 Rm. E-118
- 28 - **SCI Peer Mentoring Program**
12pm, Bldg. 7 Rm. F-125
- 11 - **NSO Chat (Virtual)**
11:30am, Bldg. 7 Rm. E-101
- 13 - **Shuffleboard & Table Tennis Clinic**
3pm, Bldg. 530 Gym
- 18 - **BOD Meeting**
1pm, Bldg. 7 Rm. E-118

August 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		

- 5 - **Annual Banquet**
5pm, Crowne Plaza Cabana Palo Alto
- 25 - **SCI Peer Mentoring Program**
12pm, Bldg. 7 Rm. F-125
- 8 - **NSO Chat (Virtual)**
11:30am, Bldg. 7 Rm. E-101
- TBA- **Bowling Clinic**
Sacramento, CA
- 8 - **BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 10 - **DISC. Golf Clinic**
3pm, Bldg. 7 Basketball Courts
- 17 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room

September 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

- 4 - **Labor Day Holiday (Office Closed)**
Bldg. 7 Rm. E-118
- 21 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 12 - **NSO Chat (Virtual)**
11:30am, Bldg. 7 Rm. E-101
- 29 - **SCI Peer Mentoring Program**
12pm, Bldg. 7 Rm. F-125
- 12 - **BOD Meeting**
12pm, Top Golf San Jose
- 30 - **Accessibility Day**
10am, Valley Medical Center Santa Clara
- 14 - **Interactive Arts Clinic**
3pm, Bldg. 7 Dining Room
- 15 to 19 - **PVA Reno Take Over**
Reno, CA

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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

Kristal Crouse, NSO Candidate, Sacramento
Tele: 916-364-6791
Tele: 916-843-2602 (toll-free)

Jason McDonald, NSO, Las Vegas
Tele: 702-791-9000, ext. 14458

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
Tele: 559-476-7696

Reno VA Medical Center

Jill Boone, LCSW, SCI Coordinator
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Honolulu Clinic

Erin Matsunaga, LCSW, SCI Coordinator
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