

# *the* **Bridge**



Bay Area & Western Paralyzed Veterans of America

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

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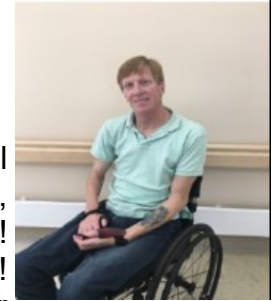
**E-BRIDGE**

To sign up for the monthly electronic newsletter

please email [amaral@bawpva.org](mailto: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 Chet Miller



Happy New Year to all our PVA members, friends, family members and others! This year is going to be great! I look forward to another year as serving as your President for the Paralyzed Veterans of America, Bay Area and Western Chapter. I have been a PVA member for many years and I know this organization truly helps our paralyzed veterans. My goal this year is to reach out to more members to get them involved. We developed a Women's Veteran Committee that will start planning events and finding resources so we can better serve our female veterans.

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 18 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](mailto: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



Happy New Year! Although the COVID-19 Pandemic has slowed down, we have to remember that COVID-19 and the Flu are still out there. We want to make sure everyone remains safe in the New Year. Since our office is at VA Palo Alto Health Care System, we must follow their guidelines and restrictions. A mask is required at the SCI/D Center until further notice. We cannot do anything to change this policy. Please refer to Page 21 for more information about the SCI/D Center's Outpatient Clinic at VA Palo Alto Health Care System.

For some better news, The Paralyzed Veterans of America, Bay Area and Western Chapter (BAWPVA) was selected for the Wish Book grant from the Mercury News/Bay Area News Group. Our Board Member, Kyle Hansel, was featured in the article. His story and BAWPVA's Sports & Recreation program were mentioned because both Kyle and myself believe that adaptive sports can change the lives of our veterans for the better. If you are interested in participating in adaptive sports or if you want to come out and watch, please let me know. Please see the images below. President Chet Miller, Board Member Demond Wilson, Recreation Therapist Shawna Hill, and myself were also mentioned in the article. It takes a team to make sure BAWPVA is living out our mission and programs. I am thankful for all the support.

The Paralyzed Veterans of America, Bay Area and Western Chapter is excited to announce that we be having a Palo Alto Membership Meeting in February 2024. 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 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](mailto: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**



# United Access proudly supports Bay Area PVA



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of America**

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Bay Area & Western Chapter

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Paid for by the Jeffrey Carlton Charitable Foundation



# 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.



Scan the  
QR code to  
learn more.



## 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 [www.pva.org](http://www.pva.org)**

# National Service Officer Report

## Reese Levasseur, National Service Officer Candidate



Happy New Year from your National Service Officers. We hope all of the PVA members had a joyful holiday and a happy New Year celebration. With the new year upon us, I would like to start this year off with the idea of a new vehicle. Congress passed the bill last January and it took till August for the VA to come up with a plan on how to roll out new Auto Grants. Even now we are still having issues with the VA recognizing the new law. We at PVA have come up with a surefire way to get those grants approved. If it has been 30 years since your last use of the Auto Grant reach out to us so we can help you get into a new ride this year. The auto grant value is well over 24,000 dollars towards the Chaise price and with a Driver Evaluation that covers the adaptive modification needs. This may leave you as low as 12,000 out-of-pocket price give or take the bells and whistles you want.

Children may be graduating high school soon. With the new year and school getting ready to end, if you have children older than 18 but are still in school or college and living at home, they can still be on your award until the age of 23. Reach out to us for a simple 21-674 form to show the school attendance and that may keep over 150 dollars in your budget. As much as we love our kids it is not cheap to feed and cloth them, so let PVA help you help them.

I would like to end with a reminder that even though it's past the date for retro pay, we can still file for a new service connection condition related to the Pact Act. If you are having breathing issues or heart-related problems reach out to us to see if you qualify for the Pact Act presumptive conditions. The Pact Act also added several new places for Agent Orange as well so if you were denied for being overseas but not considered in Vietnam you may now qualify. Let's start the new year on the right foot and let PVA NSO get you the benefits you deserve.

A large advertisement for iBOT by Mobius Mobility. The background is a photograph of a man in an orange t-shirt and grey pants sitting on a black iBOT mobility device on a sandy beach. A golden retriever dog is standing next to him. The text "MADE TO MOVE" is written in large white letters across the top. Below it, text reads: "Qualified veterans can receive an iBOT® at NO CHARGE to them under VA FSS #36F79721D0202. Contact Mobius Mobility to schedule your demo today." In the bottom right corner, there is a circular logo with an American flag and the text "iBOT IS PROUDLY MADE IN USA". At the bottom, there is a dark blue banner with the iBOT logo, contact information, and social media handles.

**MADE TO MOVE**

Qualified veterans can receive an iBOT® at NO CHARGE to them under VA FSS #36F79721D0202. Contact Mobius Mobility to schedule your demo today.

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by MOBIUS MOBILITY

1-833-3GO-IBOT  
(1-833-346-4268)

[mobiusmobility.com](http://mobiusmobility.com)

[info@mobiusmobility.com](mailto:info@mobiusmobility.com)

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[IBOT® by Mobius Mobility](https://www.facebook.com/IBOTbyMobiusMobility)

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# 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/](http://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/](http://www.eksobionics.com/indications-for-use/)



Proudly designed & assembled in the USA

# PVA Member Report

Kurt Larsen, EdD

Chico, CA



## "Turning Birthday Wishes into Support: How Facebook Birthdays Benefit Our PVA Chapter and Veterans"

### Introduction

In the age of social media, our birthdays are more than just a personal milestone – they have the power to make a significant difference in the lives of others. One remarkable way to utilize the popularity of your Facebook birthday is by transforming it into a fundraising opportunity for nonprofit organizations. In this article, we will explore how the simple act of sharing your birthday on Facebook can catalyze change, and we'll discuss how it has significantly benefited our chapter of the Paralyzed Veterans of America (PVA), ultimately providing invaluable support to our chapter's veterans.

### The Power of Facebook Birthdays

Facebook birthdays have become a unique and effective platform for philanthropy. Instead of receiving a barrage of "Happy Birthday" messages and well-wishes, users can now turn their special day into an opportunity for charitable giving. By creating a fundraiser for a cause close to their hearts, individuals can harness the generosity of their friends and family to make a real impact.

### How It Benefits Our PVA Chapter

The Paralyzed Veterans of America is a dedicated nonprofit organization that provides critical support to veterans who have experienced spinal cord injury or disease. Our PVA chapter is committed to ensuring that these brave individuals lead fulfilling lives, and Facebook birthday fundraisers have become a vital tool in helping us achieve this mission. Here's how it benefits our chapter:

**Raising Awareness:** Facebook birthday fundraisers raise awareness for our chapter, introducing our mission and the challenges veterans with spinal cord injuries face to a broader audience.

**Fundraising Goals:** You create a fundraising goal by making a birthday fundraiser for our PVA chapter. This goal is visible to your friends, encouraging them to contribute to the cause.

**Easy and Convenient:** The ease of donating via Facebook removes the barriers that often deter people from contributing to nonprofits. Friends can make a secure donation with just a few clicks.

**Reaching New Supporters:** The power of social networks means that your fundraiser can be seen by friends of friends, potentially introducing our cause to new supporters.

### Personal Experience: A Success Story

This year, I experienced the incredible impact of a Facebook birthday fundraiser. When I decided to dedicate my special day to our PVA chapter, I was amazed by the outpouring of generosity from friends and family. Not only did I meet my fundraising goal (\$200.00), but I surpassed it quickly (\$350.00), thanks to the enthusiasm and compassion of my online community.



## The Ripple Effect: How It Helps Veterans

The funds raised through Facebook birthday fundraisers are not just numbers on a screen; they translate into meaningful support for veterans and their families. Here's how your efforts translate into tangible assistance:

**Adaptive Equipment:** Donations help provide adaptive equipment and technology to veterans, empowering them to regain independence and improve their quality of life.

**Advocacy and Awareness:** Your fundraiser supports our PVA chapter's advocacy efforts, raising awareness about the unique challenges faced by veterans with spinal cord injuries.

**Wellness Programs:** The funds help maintain wellness programs, offering veterans opportunities to lead active, healthy lives and fostering a sense of camaraderie.

**Peer Support:** Contributions allow us to continue offering peer support programs connecting veterans with shared experiences to provide encouragement and guidance.

## Conclusion

Sharing your Facebook birthday with a fundraiser for our PVA chapter is a simple yet profound way to make a difference in the lives of veterans who have sacrificed so much for our country. Social media enables individuals to unite their friends and family around a common cause, creating a ripple effect that results in meaningful support and lasting change.

Next time your birthday comes around, consider using it to support the Paralyzed Veterans of America (be sure to look for our chapter) or any other organization close to your heart. Together, we can harness the power of online communities to make a lasting impact in the lives of those who need it most.



Kurt Larsen created a fundraiser for Paralyzed Veterans of America. Facebook fundraisers · 🌐

For my birthday this year, I'm asking for donations to Paralyzed Veterans of America. I've chosen this nonprofit because their mission means a lot to me, and I hope you'll consider contributing as a way to celebrate with me. Every little bit will help me reach my goal. I've included information about Paralyzed Veterans of America below.

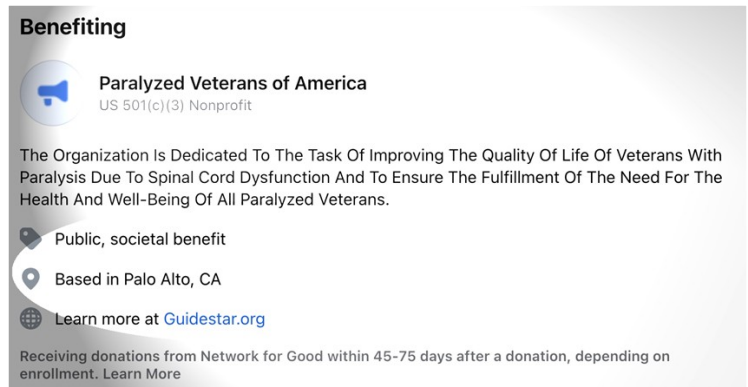
The Organization Is Dedicated To The Task Of Improving The Quality Of Life Of Veterans With Paralysis Due To Spinal Cord Dysfunction And To... [See more](#)



**Kurt's birthday fundraiser for Paralyzed Veterans of America**  
Fundraiser for Paralyzed Veterans of America by Kurt Larsen

\$350 raised of \$200 Ended

You, and 6 others donated.



**Benefiting**

**Paralyzed Veterans of America**  
US 501(c)(3) Nonprofit

The Organization Is Dedicated To The Task Of Improving The Quality Of Life Of Veterans With Paralysis Due To Spinal Cord Dysfunction And To Ensure The Fulfillment Of The Need For The Health And Well-Being Of All Paralyzed Veterans.

- Public, societal benefit
- Based in Palo Alto, CA
- Learn more at [Guidestar.org](https://www.guidestar.org)

Receiving donations from Network for Good within 45-75 days after a donation, depending on enrollment. [Learn More](#)



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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.  
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AND MORE**

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

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PALO ALTO, CA  
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**THANK YOU SCI/D RECREATION  
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**PRIZES**

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



# **B**INGO 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**



# 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 and Flu Season; therefore, all meetings will be by invite only if coming in person.

**Wednesday, January 10, 2024 at 1:00 PM**  
**Tuesday, February 13, 2024 at 1:00 PM**  
**Tuesday, March 12, 2024 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

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Dial by your location

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+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/u/kc8NM3FXjv>



The Bridge

# Washington Update

Written by National PVA's Government Relations Team



## JUSTICE FOR ALS VETERANS ACT MARKED UP

On November 29, the House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs marked up several pieces of legislation, including the Justice for ALS Veterans Act (H.R. 3790). This legislation would provide eligible survivors of veterans who died of service-connected ALS the additional monthly Dependency and Indemnity Compensation (DIC) benefit typically known as the DIC kicker. The next step is for the full committee to consider the legislation. To ask your member of Congress to support this legislation, please click [here](#).

## HVAC CHAIRMAN HONORED WITH MANSFIELD AWARD

On November 15, PVA National President Robert Thomas and Chief Executive Officer Carl Blake awarded the [2023 Gordon H. Mansfield Congressional Leadership Award](#) to House Veterans' Affairs Committee Chairman Mike Bost (R-IL). PVA established this award to recognize strong leadership and support of our legislative priorities in the areas of veterans' health care, benefits, and disability civil rights. Chairman Bost's support was instrumental in the passage of several pieces of legislation important to PVA members, like the Veterans Auto and Education Improvement Act of 2022, which provides additional automobile allowances to eligible veterans. He also played a key role in ending the requirement for disabled veterans to unnecessarily reapply for VA clothing allowances year over year, thereby demonstrating his commitment to ensuring veterans get the benefits they earned.

## HISA BILL INTRODUCED IN THE SENATE

Senators Catherine Cortez Masto (D-NV) and John Boozman (R-AR) recently introduced legislation in the Senate that would help disabled veterans and their families make accessibility and safety improvements to their homes. S. 3290, the Autonomy for Disabled Veterans Act, seeks to establish a single grant rate of \$9,000 for VA's Home Improvements and Structural Alterations (HISA) grant program, and then tie that rate to the same index the department's other home modification programs use to calculate annual inflation-related increases. The new rate would be provided to future grant applicants, and be payable regardless of the disability status (service connected or not).

Currently, the lifetime HISA grant benefit is worth up to \$6,800 for veterans who need a housing modification due to a service-connected condition. Veterans who rate 50 percent service-connected may receive the same amount even if a modification is needed due to a non-service-connected disability. Veterans who are not service-connected but are enrolled in the VA health care system can receive up to \$2,000. These rates have not changed since Congress last adjusted them in 2010, even though the cost of home modifications has risen nearly 50 percent since that time. Years of inattention have diminished the effectiveness of this program, and it is long past time to update grant rates to realistic levels. We appreciate the efforts of Senators Cortez Masto and Boozman to correct that by increasing grant rates and tying them to a formula, so they remain current for years to come.

**PVA.org**

@ParalyzedVeterans



Paralyzed Veterans of America



@PVA1946



@PVA1946



# 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](http://Reno.Gov/Adaptive) | [@CityofReno](https://www.instagram.com/CityofReno)



.....

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 Pils. Aka Health Care System

08/11/210 - Last Updated 10.17.2022



# PVA Summit 2023

## VISN 21 SCI/D Staff



### Mary Jane Tangonan, RN, SCI/D Center

The Conference was educational, and I gained skills and knowledge on how to take care of my SCI veterans. VA Palo Alto SCI is up to date with the care that the unit is giving but we will benefit if we participate in trial setting to upgrade care for SCI, like if we can participate in the trial for prevention of Autonomic Dysfunction for our SCI patient. From the conference, I have learned that the trials are being practiced in other VA facilities and it is very effective and improved the lifestyle of SCI veterans.

The Expo was very good. They have the computerized feeding gadgets that can effectively help SCI patients become independent in eating. We need this in the facility since SCI is also an Acute Rehabilitation unit.

### Mario Pereyra, MOTR/L, SCI/D Center

The PVA Summit held this year in Orlando Florida was the first multi-day Spinal Cord Injury focused conference that I have ever attended. It was inspiring to be exposed to the varied trainings, research projects, and studies being performed around the country with the end goal of improving the lives of those who have been impacted by SCI. There were numerous posters and presentations that I found very interesting, notably one session which presented data on the efficacy of electrical stimulation on bowel and bladder management and sexual health. Another session which I was impressed by involved the use of virtual reality for training individuals in a safe environment to engage in boating/sailing, which is followed by actual performance of sailing once the individual has completed training and feels comfortable to participate in real life. I was also very motivated by the keynote speakers during the event, who all gave inspiring presentations that ranged from the history of the PVA to the latest innovations in their respective fields. Overall, I really appreciated the opportunity to engage and network with other Spinal Cord Injury service providers from around the country, and look forward to implementing some of the knowledge shared into daily practice here at the Palo Alto VA.

### Nestor Ceniza, RN, SCI/D Center

First I would extend my gratitude for the generosity of BAWPVA for having me attend this event. Attending the conference was truly an experience. I was able to attend multiple presentations varying from the nursing, PT/OT, and psych disciplines. I got to meet staffs from other VA branches as well. Multiple presentations had topics of current advancement with management of SCI/D and included myriad of ongoing studies some with promising results. Refresher topics for ALS, MS, AD, changes with SCI/D been tackled in the classes. Technology on trials such as NIRS Spinal Oximetry for direct oxygenation analysis, Spinal Cord Stimulator for blood pressure maintenance, and bladder stimulator for increasing bladder capacity been presented.

Though this event, I now have a deeper understanding and respect for both veterans having the SCI/D and also to the interdisciplinary team that makes the whole rehabilitation process work. Holistic approach and team coordination been emphasized during the conference for better veteran participation and meeting desired goal.

Post conference, I was able to speak to some inpatient veterans of SCI/D unit including a veteran who previously donate to PVA and explain the conference layout including the new advances for SCI/D management and current studies being made.

The conference further strengthen my skills and knowledge handling SCI/D cases, and now has more confidence working in the SCI/D unit.

# About “My Life My Story”

- Our Mission is to collect the stories of the Veterans served by the VA Palo Alto Health Care System.
- The My Life My Story team believes that each veteran has a life story worth telling. Our program allows your story to be told and included as a part of your medical record.
- Sharing your story gives your medical team the opportunity to know you better and learn **what’s most important to you** in your daily life.
- When healthcare teams know their patients well, it strengthens relationships and helps improve health care delivery.
- Participating veterans are interviewed by a staff member or volunteer who will draft a short story of about 1500 words, written in your own words.
- With your permission, the story is placed in your chart for your providers to see, and you may have as many copies as you like.

## Frequently asked Questions

- **Q:** What if I change my mind?
- **A:** That’s fine, we can stop at any time.
  
- **Q:** What happens to the information?
- **A:** Once you approve your story, it will be entered into your medical record only if you choose. You will also receive paper copies to keep for yourself and/or share with friends and family.
  
- **Q:** How long does it take?
- **A:** The interview itself will take about half an hour on average. It depends on how much information you feel comfortable sharing.

## “What should I talk about?”

Anything that makes you who you are!

Some suggested topics:

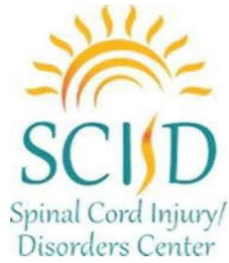
- Childhood or upbringing
- Information about your schooling
- Military experience
- Work, Jobs, Career
- Family and other important people in your life
- Medical concerns past or present and how they have affected you
- Hobbies, interests and skills
- Anything you wish your treatment team knew about you but you never got around to saying
- Topics that matter to you but may not otherwise be discussed during your appointments

## “How can I participate?”

If you would like to participate, you can send us an email at: [V21PALMyLifeMyStory@VA.gov](mailto:V21PALMyLifeMyStory@VA.gov) or let someone from your care team know. They will arrange for a member of the My Life My Story team to tell you more about the program. If you are interested in participating in the program, the team will schedule a time for your interview. After completion of the interview, it will take a few days to complete the write up of your story.

Once the draft is written, you will have the opportunity to review it and make any changes you’d like. After the draft is edited, it will be uploaded to your confidential medical records if you choose for your providers to access it. Paper copies will be provided to you at your request.





# SCI/D Outpatient Clinic

VA Palo Alto - Building 7 Room F-143  
650-493-5000 x65871

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## SPECIALITY CLINICS

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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 (Required):

**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 **SCI**); or
- they are not within six feet of a patient in an open treatment area/room.

Please check in AND check out with the **video (V-Tel)** 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****



# ★ HAPPY ★ BIRTHDAY!



<b>January</b>	<p>Troy Johnson          Ronald Bojorques          Lisa Giovannini          Boyd Farnsworth          Michael Luberto          Larry Hansen          Daryl Meshack          Richard Charfauros          James Elwood          Hen-Min Hiu          William Nelson          Lonja Caton</p>	<p>David Lane          Lex Morse          Edgardo Odango          Peter Arballo          Dennis Kavanagh          Ramon Pereyra          William Smith          David Jenkins          Milton Roberts          Carlos Parra          William Cotter          John Hemstreet</p>	<p>Barry McKeown          Louis Triana          My Thuong          Saint Hillyer          Santiago Diaz          Ronald Atkinson          Jordan Salsis          Anthony DiBenedetto          Boo Lee          James Fernandez          Ryan Delozier          Steven Done</p>	<p>William Salter</p>
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<b>February</b>	<p>George Rawls          Michael Wagner          Kevin Hoy          David Petrus          Aaron McMihelk          Rogelio Rodriguez          Rachaelynne Horejsi          Craig Woods          Larry Moore          Joseph Martinez          Wayne Muscato          Jim Weeks          John Hunt</p>	<p>Bruce Mallibert          Kenneth MacDonald          Gerald Tharp          John Bajorek          Richard Craig          Gerald Cuzick          Eric Taylor          Glenn Gain          Floyd Tate          John Borges          Gary Mokuau          Billy Guadarrama          Dwight Morgan</p>	<p>Jennifer Splichal          Jesse Orosco          Joseph Jones          Keith Phillips          Patrick Carr          Richard Asuncion          Carlos Santos          Pasquale Valente          Richard Cornett          Andres Pascal          Armando Galvez          Emmanuel Boyd          Jerry Leister</p>	<p>Scott Fielder          Stanley Dean          Thomas Wesley</p>
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<b>March</b>	<p>William Smith          George Appel          David Kuester          Jeffrey Ovetz          Jerry Thompson          Todd Meadows          John Swanlan          Kevin Patton          David Hinze          Jesus Garcia          Jack Pierce          Nathan Jackson          Douglas Monrad          Mike Heflin          Stephen Mendick</p>	<p>Stanley Silverman          Patrick Scott          Charles LaFleur          Kenneth Dubroff          Dino Granzella          David Nunes          William Roark          Sloane McMahon          Kim Johnson          Jerry Jordan          Pierre MacBeth          Donovan Mott          Mario Aliphath          Julie Mitchell          Raymond Corte</p>	<p>Jason Gieser          Stephen Estrada          Joseph              Arcidiacono          Thomas English          Kenneth Pollock          Rexis Daniels          Lawrence Rogers          Christopher Brook          Claudius Frederick          Gregory Gross          Karl Lawhorn          Loren Greenhill          Norman Kimball          Donald Mahaffy</p>	<p>David Eveland          William Wolfe          David Suit          James Santti          Kevin Davey          Ryan Borba</p>
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# January 2024

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			

- 1 to 2 - **New Year's Day (Office Closed)**  
Bldg. 7 Rm. E-118
- 9 - **NSO Chat (Virtual)**  
11:30am, Bldg. 7 Rm. E-101
- 10 - **BOD Meeting**  
1pm, Bldg. 7 Rm. E-118
- 11 - **Adaptive Sports Clinic**  
3pm, TBA
- 15 - **Martin Luther King Jr. Day (Office Closed)**  
Bldg. 7 Rm. E-118
- 18 - **Bingo & Pizza Night**  
3pm, Bldg. 7 Dining Room
- 26 - **SCI Peer Mentoring Program**  
12pm, Bldg. 7 Rm. F-125

# February 2024

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		

- 8 - **Adaptive Sports Clinic**  
3pm, TBA
- 13 - **NSO Chat (Virtual)**  
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 - **Presidents' Day (Office Closed)**  
Bldg. 7 Rm. E-118
- 23 - **SCI Peer Mentoring Program**  
12pm, Bldg. 7 Rm. F-125
- TBA, **Palo Alto Membership Meeting**  
Bldg. 7 Dining Room

# March 2024

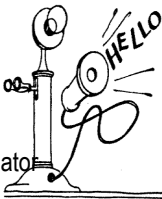
SUN	MO	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 12 - **NSO Chat (Virtual)**  
11:30am, Bldg. 7 Rm. E-101
- 12 - **BOD Meeting**  
1pm, Bldg. 7 Rm. E-118
- 14 - **Adaptive Sports Clinic**  
3pm, TBA
- 21 - **Bingo & Pizza Night**  
3pm, Bldg. 7 Dining Room
- 29 - **SCI Peer Mentoring Program**  
12pm, Bldg. 7 Rm. F-125



Change online shopping for good.

**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](mailto:administration@bawpva.org)  
Web: [www.bawpva.org](http://www.bawpva.org)

Paralyzed Veterans of America (PVA), Washington, D.C.

Tele: 800-424-8200 (toll-free)  
E-Mail: [info@pva.org](mailto:info@pva.org)  
Web: [www.pva.org](http://www.pva.org)

Paralyzed Veterans of America (PVA) National Service Officers

Reese Levasseur, NSO Candidate, Palo Alto  
Tele: 650-493-5000, ext. 65046

Kristel 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](http://www.va.gov)

California Department of Veterans Affairs (CDVA)

Tele: 800-952-5626 (toll-free)  
Web: [www.cdva.ca.gov](http://www.cdva.ca.gov)

Social Security Administration

Tele: 800-772-1213 (toll-free)  
Web: [www.ssa.gov](http://www.ssa.gov)

San Mateo County Commission on Disabilities

Web: [www.smco-cod.org](http://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: 559-476-7696

Reno VA Medical Center

Beth Carbonneau, LCSW, SCI Coordinator  
Tele: 775-785-7075

Honolulu Clinic

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