

# The Bridge



Bay Area & Western Paralyzed Veterans of America

Volume 38, No. 4

Apr-Jun 2024



PLEASE RSVP BY  
TUESDAY, APRIL 16,  
2024  
TO KORY AMARAL  
(650) 399-5296 OR  
AMARAL@BAWPVA.ORG

IN PARTNERSHIP WITH



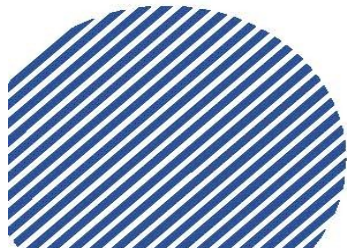
★ ★ ★ ★ ★

## SCI/D WOMEN VETERANS LUNCH & LEARN

TUESDAY, APRIL 23, 2024  
AT 12:00 PM  
IN THE SCI/D CENTER'S DINING  
ROOM AND VIA ZOOM

A LETTER FROM THE SCI/D CENTER WAS SENT OUT WITH  
THE ZOOM INFORMATION.

LUNCH WILL BE PROVIDED TO GUESTS WHO ATTEND IN  
PERSON.



**PUBLISHED BY:**

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

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National PVA Website: [www.pva.org](http://www.pva.org)

Kory Amaral, Chapter Editor

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Jessica Greene, Vice President

Kyle Hansel, Secretary

Tomasz Modrzejowski, Treasurer

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916-364-6791 or 202-416-1023

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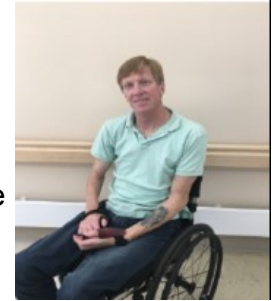
**E-BRIDGE**

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 Spring everyone! Although this should be a time to celebrate the great weather, we are in mourning as a Chapter. Our Secretary, Mr. Ken Pollock, passed away suddenly in January 2024. We are forever grateful for all the years he dedicated his time to the Board of Directors. Ken believed in the Chapter's Mission and programs. He was the "brain" of the Board and we went to him for everything. Ken was humbled and only wanted to give back in some way. He will truly be missed, but his legacy will remain. We will honor Ken and other SCI/D veterans we lost at the SCI/D Memorial we will host later in the year.

I would like to personally thank all the PVA members who attended the Palo Alto Membership Meeting on February 27, 2024. We had almost 30 PVA members present and this turnout means the world to us. We hope this trend occurs throughout the year. We have many activities coming up, please see Page 23 for a calendar of events for the next 3 months. The Chapter will be visiting the Fresno area either in April or May 2024. We will send a letter out soon with more details. We encourage members to attend in the area because we only go there once a year. It is a great way to interact with fellow veterans and staff from the PVA and the VA.

During the Board Meeting last month I appointed Mr. Kevin Patton as a Board Member and Mr. Kyle Hansel as Secretary. Kevin is rejoining the Board after many years and we are lucky to have him back. Kyle has been a Board Member for a couple years now and we are thankful that he is stepping up in the Secretary role.

I am here if you need anything and thank you for taking the time to read *the Bridge*.

# Executive Director

## Kory Amaral



This year is flying by already. So far, things seem to be back to normal. Although the 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 throughout the 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.

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.

I will be traveling as support staff for the 38th National Disabled Veterans Winter Sports Clinic (NDVWSC) April 1-7, 2024 in Snowmass, CO. This year we have 18 SCI/D veterans attending. The exciting news is that we will have almost 60 individuals from VA Palo Alto Health Care System. Family members and caregivers are now able to attend the event. The large team will help with morale. This event is truly "Miracles on the Mountainside" and each year I am inspired with the outcomes. Our veterans do not let any barriers get in their way and I love the interest in adaptive sports. Next up, we will be focusing on the 43rd National Veterans Wheelchair Games (NVWG) July 25-30, 2024 in New Orleans, LA. Please see Page 19 for more details.

The Paralyzed Veterans of America, Bay Area and Western Chapter is excited to announce that we be co-hosting the PVA Awareness Month's SCI/D Women Veterans Lunch & Learn on Tuesday, April 23, 2024 at 12:00 PM in the SCI/D Center. A letter and flyer will be sent out to all women veterans the SCI/D Center serves. There will be a Zoom option for veterans who live in our catchment areas and cannot make it to Palo Alto. I would like to personally thank the Women's Veterans Committee and the SCI/D Center for all the support in planning this event. The Chapter and I are super excited to get more women veterans involved at our events. More information will be available soon about future events.

The office is now open 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@bawpvva.org](mailto:amaral@bawpvva.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. I also want to thank all the PVA members who I have chatted with during birthday phone calls. It is great catching up with all of you. I look forward to the birthday calls for the next 3 months.

# 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**



# United Access proudly supports Bay Area PVA



*If you have a service-connected disability, you may qualify for VA funding assistance for wheelchair accessible vehicles or driving modifications. If your current vehicle is more than two years old, you may even qualify for a brand new conversion*

## **Sacramento**

6550 Freeport Blvd,  
Sacramento, CA 95822  
Local: 916-392-1196

## **NEW Fremont LOCATION**

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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"someday I might wear that again."

**The back of your closet can do something remarkable for injured veterans everywhere.** Your generous donations of clothes and other common household goods help improve the lives of severely injured veterans and strengthen the fabric of our community.



**Paralyzed Veterans  
of America**

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Bay Area & Western Chapter

*Give G.I.V.E a try and schedule your **FREE** pickup today.*  
To learn more, call 866-281-1502 or go to [pva.org/givegoods](http://pva.org/givegoods)  
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)**

**SCI/D Memorial Service**  
**Date TBA - May or June 2024**

**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](mailto:amaral@bawpva.org)  
for more information.*

## Getting Veterans with SCI Back on Their Feet

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

### What is Ekso Indego?

A powered exoskeleton that enables individuals with spinal cord injuries (T3-L5)\* to stand and walk, offering a new level of independence.

- Fastest walking speeds
- Lightest weight exoskeleton
- Modular design for easy transportation

VA policy allows Ekso Indego to be issued at no cost for those who qualify.



### How to Get Qualified

Contact us to find out if you may be eligible. An evaluation by your provider at a SCI/D center is required to determine eligibility for use of an Ekso Indego Personal device.

\*For full indications for use, visit: [www.eksobionics.com/indications-for-use/](http://www.eksobionics.com/indications-for-use/)





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# National Service Officer Report

Tami J. Anderson, Senior National Service Officer



## The PACT Act 2024 Expanded Health Care Eligibility

On March 5, 2024, the Department of Veterans Affairs, (VA) made all Veterans exposed to toxins while serving our country, eligible to enroll directly in VA health care without first applying for VA benefits.

What the expansion means is that all Veterans who served in the Vietnam War, the Gulf War, Iraq, Afghanistan, the Global War on Terror, or any other combat zone after 9/11 are eligible to enroll in VA health care. Also, a Veteran who never deployed but was exposed to toxins or hazards while training or on active duty in the United States – working with chemicals, pesticides, lead, asbestos, certain paints, nuclear weapons, x-rays and more, are now eligible to enroll in VA health care.

It includes:

- Veterans who performed active service while assigned to a duty station in (including airspace above) certain locations during specific periods of time:
  - On or after August 2, 1990, in the following countries: Bahrain, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, Somalia, or the United Arab Emirates.
  - On or after September 11, 2001, in the following countries: Afghanistan, Djibouti, Egypt, Jordan, Lebanon, Syria, Yemen, Uzbekistan, or any other country determined relevant by VA (Note: VA has not determined any other country relevant at this time).
  - Veterans who participated in a Toxic Exposure Risk Activity (TERA), as defined by law (and described below), while serving on active duty, active duty for training, or inactive duty training.
  - Veterans who deployed in support of Operation Enduring Freedom, Operation Freedom's Sentinel, Operation Iraqi Freedom, Operation New Dawn, Operation Inherent Resolve, or Resolute Support Mission.

If you fall under any of the above, there are no deadlines or expiration dates for you to apply for VA health care. VA health care provides the best and most affordable health care for Veterans in America, with copays as low as \$0 for prescriptions, urgent care, outpatient care, and more for some Veterans at VA.

For more information, visit [VA.gov/PACT](https://www.va.gov/PACT) to learn more and apply today. Or contact your PVA National Service Officer.

(Information received from The PACT Act 2024 Expanded Health Care Eligibility Stakeholder Toolkit – March 2024).

# Photos FY 23-24





# obi

## INDEPENDENT EATING IS POSSIBLE

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- Custom positions and switches

**Qualifying veterans may receive  
Obi at no cost through the VA.**

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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**



# **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.

**Tuesday, April 16, 2024 at 1:00 PM**  
**Tuesday, May 14, 2024 at 1:00 PM**  
**Tuesday, June 4, 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

+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/u/kc8NM3FXjv>



The Bridge

# Washington Update

Written by National PVA's Government Relations Team



## PVA NATIONAL PRESIDENT ROBERT THOMAS, JR. TESTIFIES BEFORE CONGRESS

On March 6, PVA National President Robert Thomas, Jr. testified before a joint session of the Senate and House Veterans' Affairs Committees regarding PVA's public policy priorities. During the hearing, he stressed the need for comprehensive support systems and policies that address the unique challenges faced by our nation's veterans with catastrophic injuries and diseases. President Thomas fervently advocated for legislative initiatives aimed at enabling and empowering disabled veterans, their families, and caregivers. He increased the impact of his message by referencing real-life challenges faced by actual PVA members, like [U.S. Army Veteran/PVA National Vice President Anne Robinson and her husband, Harry](#), who are among those unable to hire direct care workers due to the low pay and labor shortages. Throughout his testimony, President Thomas addressed several key policy priorities, including the dire need to protect and strengthen VA's specialized systems of care; address staffing shortages; expand access to long-term care services; improve availability of home and community-based services; and enhance VA benefits for paralyzed veterans and their survivors.

During the Q&A session, President Thomas was invited to comment on the process that SCI/D veterans must follow to get assistive devices through VA and how the Veterans Spinal Trauma Access to New Devices Act (Veterans STAND Act) (H.R. 6373) would improve this process. The STAND Act seeks to improve veterans' access to assistive devices that promote independence and mobility. It also directs the VA to do a better job reaching out to SCI/D veterans about the importance of having annual medical exams. President Thomas testified that technologies that improve mobility and independence are great to have and noted that they are improving constantly. Also, he noted that annual exams are extremely important to maintaining the health and wellbeing of SCI/D veterans.

The two-panel hearing lasted nearly three and a half hours. At the start of the second panel, former **Senator Elizabeth Dole talked briefly about the [Elizabeth Dole Home Care Act](#)**, which is now part of an omnibus package of veterans-related legislation currently being negotiated between the House and Senate. She spoke of the bill's importance and urged the two chambers to work together to pass it quickly. You can watch a recording of the hearing [here](#). Senator Dole's comments begin around the 1:26:00 mark and President Thomas's oral statement follows shortly thereafter. His full written statement is located [here](#).

## Upcoming Veterans' Committee Activities

Please visit the [House](#) and [Senate](#) Veterans' Affairs Committee webpages for information on upcoming hearings and markups.

PVA.org

@ParalyzedVeterans



Paralyzed Veterans of America



@PVA1946



@PVA1946



## 2025 VA BUDGET PROPOSAL RELEASED

On March 11, the White House released its fiscal year (FY) 2025 budget request to Congress. Overall, it proposes \$7.3 trillion in total spending including \$369.3 billion for the VA. The latter figure includes \$134.0 billion in discretionary spending and \$235.3 billion in mandatory spending. The mandatory funding portion includes \$24.5 billion from the Cost of War Toxic Exposures Fund (TEF). Congress authorized the TEF in 2022 to cover the cost of health care and benefits associated with exposures to environmental hazards in the military. Specifically, the Administrations' proposal would provide:

- \$112.6 billion to fully fund inpatient, outpatient, mental health, and long-term care services. It includes \$17 billion to increase access to quality mental health care and lower the cost of mental health services for veterans, with the goal of helping them take charge of their treatment and live full, meaningful lives. Another \$583 million would be used to further advance the Administration's veteran suicide prevention initiatives, including continued support of the 988 Veterans Crisis Line (Dial 988, press 1) and additional support for VA's National Suicide Prevention Strategy.
- \$1.1 billion towards women's gender-specific care. More women are choosing VA health care than ever before, with women accounting for over 30 percent of the increase in enrolled veterans over the past five years. These investments support comprehensive specialty medical and surgical services for women veterans, improve maternal health outcomes, increase access to infertility counseling and assisted reproductive technology, and eliminate copayments for contraceptive coverage. The budget also improves the safety of women veterans seeking health care at VA facilities by supporting implementation of the zero-tolerance policy for sexual harassment and assault.
- \$3.2 billion to help the VA's efforts to end veteran homelessness and prevent veterans from becoming homeless in the future. This includes funding for the Department of Housing and Urban Development to expand housing vouchers to more veterans in need.
- \$4 billion to the Veterans Benefits Administration to support the continued timely processing of claims and delivery of benefits to veterans. The Administration's proposed increases in this area are extremely important because veterans are applying for benefits at record rates and VA is delivering benefits at record rates as a result of the PACT Act.
- \$2.9 billion for Caregivers Support Program which supports staffing, stipend payments, and many other services to help empower family caregivers of eligible veterans. In addition, this funding would support costs for potential program changes.
- \$2.8 billion for construction and expansion of critical infrastructure and facilities which includes \$2.1 billion for major construction and \$380 million for minor construction. The medical care budget also includes \$2.0 billion for base nonrecurring maintenance projects to address infrastructure deficiencies and prepare VA facilities for the department's new Electronic Health Record rollout.
- \$927 million total for Medical and Prosthetic Research which includes \$868 million in discretionary funding and another \$59 million from the TEF. If Congress agrees with this amount, it would be a \$57 million reduction compared to current year levels.

For the second year, the Administration is asking that VA medical care be considered as a third category within the federal discretionary budget. The Administration believes this move would allow the Congress to ensure adequate funding for veterans' health care without adversely impacting other critical programs, whether inside or outside of the VA.

You can learn more about the Administration's proposal for the VA [here](#).

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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!



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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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JULY 25-30, 2024 • NEW ORLEANS, LA

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Co-Presented by:



# 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.





# 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 (888) 434-0440 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>April</b>	Edward Baker	James Dottle	Kurt Larsen	Scott Henderson
	Floyd Bethany	Richard DeWorken	Redic Thomas	Pablitz Candela
	Nicholas Pruneda	James Toler	Todd Kelly	Craig Carter
	Richard MacKenzie	James Freeman	Timothy Cissney	Carson McLeod
	Jeff Haywood	Kenneth Lujan	Sarah Nunley	Jerry Hopkins
	Qcutziel Frazier	Anthony Saavedra	Ernest Harris	Mark Cahill
	Milton Dixon	Michael	Curtis Brunn	Michael Siller
	Joseph Williams	MacCullough	Richard Fuller	
	Travis Dunn	Jason Elkins	Haskell Jones	
	Leonard Powell	John Markowski	Shelton Inabinet	
	Danny Brozowski	Robert Dorroh	Jerret Rita	
	John Davis	Richard Picard	Cresencio Cruz	

<b>May</b>	Carrie Musso	Richard Henry	Alfred Harrison	Richard Maple
	Benami Garcia	Alfred Matthews	Jeffrey Jongema	Kenneth McMillen
	Charles Heuck	Alexandro Norita	Andrew Smith	Anthony Vasapollo
	Tom Bishop	Kevin Dunn	Jerral Hancock	David Barlow
	Michael Gruber	Sandy Valdez	Carl Latona	Tulia Letuligasenoa
	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	

<b>June</b>	Frank Mlejnek	Teddy Nickolson-	Ronald Brown	Douglas Heseman
	Bruce Austin	Harold Janikowski	Christopher Curtis	Eric Synstebly
	Don Odle	Elizabeth Stahl	Clyde Jacobson	John Kern
	Victor Escamilla	Richard Gardner	John Buchanan	Joseph Moglia
	Michael Goesch	David Fry	John Hudson	Kevin O'Leary
	Michael Stout	Susan Ippolito	Kevyn Shortell	Loren Follett
	Richard Lineback	Lew Francis Fiesta	Manuel Siquig	Roberto Mendoza
	Robert Eaton	Edward Stickney	Margarita	Steven Higashi
	Patrick McDonald	Patrick Harris	Garciduenas	Vera Flores
	Jack Nicholson	Otis Battle	Richard Hacker	
	Shannon Fuller	Alise Froscono	Robert Cook	
	Kevin Inouye	Alvin Brown	Scott Ferguson	

# April 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				

- 1 to 8 - **Winter Sports Clinic (Office Closed)**  
Snowmass, CO
- 9 - **NSO Chat (Virtual)**  
11:30am, Bldg. 7 Rm. E-101
- 11 - **Adaptive Sports Clinic**  
3pm, TBA
- 16 - **BOD Meeting**  
1pm, Bldg. 7 Rm. E-118
- 18 - **Bingo & Pizza Night**  
3pm, Bldg. 7 Dining Room
- 23 - **PVA Awareness Month's SCI/D Women Veterans Lunch & Learn**  
12pm, Bldg. 7 Dining Room
- 26 - **SCI Peer Mentoring Program**  
12pm, Bldg. 7 Rm. F-125
- TBA, **Fresno Membership Meeting**  
Fresno, CA

# May 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	30	31	

- 9 - **Adaptive Sports Clinic**  
3pm, TBA
- 12 to 18 - **PVA's Annual Convention (Office Closed)**  
Minneapolis, MN
- 14 - **NSO Chat (Virtual)**  
11:30am, Bldg. 7 Rm. E-101
- 14 - **BOD Meeting (Virtual)**  
1pm, Bldg. 7 Rm. E-118
- 16 - **Bingo & Pizza Night**  
3pm, Bldg. 7 Dining Room
- 27 - **Memorial Day (Office Closed)**  
Bldg. 7 Rm. E-118
- 31 - **SCI Peer Mentoring Program**  
12pm, Bldg. 7 Rm. F-125
- TBA, **SCI/D Memorial**  
Bldg. 7 Dining Room

# June 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						

- 4 - **BOD Meeting**  
1pm, Bldg. 7 Rm. E-118
- 9 to 14 - **Advocacy Legislative Seminar (Office Closed)**  
Washington, D.C.
- 11 - **NSO Chat (Virtual)**  
11:30am, Bldg. 7 Rm. E-101
- 13 - **Adaptive Sports Clinic**  
3pm, TBA
- 17 to 28 - **Staff Vacation (Office Closed)**  
Bldg. 7 Rm. E-118
- 20 - **Bingo & Pizza Night**  
3pm, Bldg. 7 Dining Room
- 28 - **SCI Peer Mentoring Program**  
12pm, Bldg. 7 Rm. F-125

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## Important Telephone Numbers, E-Mail Addresses, & Web Sites:

### BAWPVA

Tele: 650-858-3936  
800-273-6789 (toll-free)  
650-399-5296 (mobile)  
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) NSOs

Reese Levasseur, NSO, Palo Alto  
Tele: 650-493-5000, ext. 65046  
202-416-1021  
Kristel Crouse, NSO Candidate, Sacramento  
Tele: 916-364-6791  
202-416-1023  
Jason McDonald, NSO, Las Vegas  
Tele: 702-791-9000, ext. 14458  
202-416-6462

### U.S. Department of Veterans Affairs

Tele: 800-827-1000 (toll-free) or  
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 Outpatient: ext. 65871  
W/C Repair: ext. 63235  
Social Work: ext. 63328  
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

