

# The Bridge



Bay Area & Western Paralyzed Veterans of America

Volume 39, No. 1

Jul - Sept 2024



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

## 13TH ANNUAL GOLF TOURNAMENT 2024



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.



**Topgolf San Jose**

10 Topgolf Drive San Jose, CA 95002

FROM  
12 to 3 PM

**Monday,  
SEPTEMBER 30, 2024**

SPONSORSHIPS  
ON BACK

**PUBLISHED BY:**

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

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Palo Alto, CA 94304  
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Chapter Website: [www.bawpva.org](http://www.bawpva.org)

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

Kory Amaral, Chapter Editor

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Jessica Greene, Vice President

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650-493-5000 x65046 or 202-416-1021

Kristel Crouse, Sacramento National Service Officer Candidate

916-364-6791 or 202-416-1023

Jason McDonald, Las Vegas National Service Officer III

702-791-9000 x14458 or 202-416-6462

**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



As things heat up for the Summer, we are excited to send a team from VA Palo Alto Health Care System to the National Veterans Wheelchair Games (NVWG) July 25-30, 2024 in New Orleans, LA. Our veterans will compete in 19 different sports and we are overjoyed to be there to support them. Please see Page 11 for more details. We encourage our athletes to attend the adaptive sports clinics to help prepare for the NVWG. Training should be all year round. If you would like to know more about adaptive sports clinics, please contact Executive Director Kory Amaral at (650) 858-3936 or [amaral@bawpva.org](mailto:amaral@bawpva.org).

I would like to personally thank all the PVA members who attended our Fresno Membership Meeting May 28-29, 2024. We would love for more members to get involved. 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 Reno area September 13-17, 2024. There will be bowling, an adaptive football clinic, movie & snack, and more. 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.

I know that the COVID-19 Pandemic has caused mental health issues for some of our veterans. We are here for you if you need anything, even if its just a phone call. We can also connect you with a peer support mentor if requested.

Thank you for taking the time to read *the Bridge* and I hope you have a great Summer.

# Executive Director

## Kory Amaral



We have some exciting news! This year, our 13th Annual Golf Tournament will be at Topgolf San Jose on Monday, September 30, 2024. We decided to try something new and hopefully we will see more participation from community members. This fundraiser raises funds for our Sports & Recreation and Research programs. We would not be able to run our programs if it was not for community donors. We are truly grateful for their years of support. As our membership grows, we must adapt and raise more funds so we can support all members.

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 a coach for the 43rd National Veterans Wheelchair Games (NVWG) July 25-30, 2024 in New Orleans, LA. Each year I look forward to this event because I know how much it will change a veteran's life. The moral from the event is very positive and it motivates me to continue to fundraise for the event, so our veterans can go for free.

On Thursday, June 6, 2024 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 10, 2024 from 5:00 PM to 10:00 PM at the Crowne Plaza Cabana Palo Alto. I am still waiting on the hotel for menu options and then I will send out invites. Please R.S.V.P. by Friday, July 26, 2024. We look forward to honoring our members and all the SCI/D staff from VA Palo Alto Health Care System.

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?](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



*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



**We're here to help!**

**Call us today or stop by and take a test drive.**



*Proud Supporters of the*





That stuff that you keep telling yourself  
"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**

Goods Inspiring Veterans Everywhere  
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)**



# Photos FY 23-24



## 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

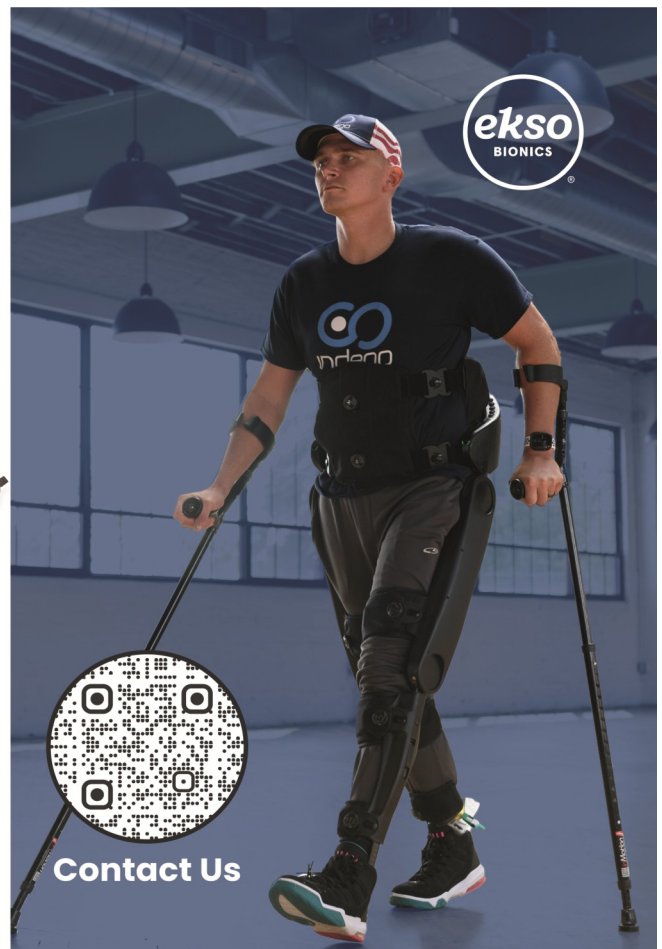


VA policy allows Ekso Indego to be issued at no cost for those who qualify.

### 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/)





July 10, 2024  
12:00 PST

# Getting Veterans with SCI Back on Their Feet

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

Register now to know if you are eligible for an Ekso Indego  
Personal device.

Contact us at [wwitzakovitch@eksobionics.com](mailto:wwitzakovitch@eksobionics.com) to register



**Featured Speaker:**  
**William Vitzakovitch, MSPT**  
*Business Development Manager - Personal  
Ekso Bionics*



[ESKO is inviting you to a scheduled  
Zoom meeting](#)

Join Zoom Meeting

[https://eksobionics.zoom.us/  
j/82338927576?  
pwd=q3y8j6i4YdXtcaeqtWA35oQQl3bhl  
c.1](https://eksobionics.zoom.us/j/82338927576?pwd=q3y8j6i4YdXtcaeqtWA35oQQl3bhlc.1)

Meeting ID: 823 3892 7576  
Passcode: 486252

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One tap mobile

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# US (Washington DC)  
+13052241968,,82338927576#,,,,\*486252  
# US

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Dial by your location

- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 646 876 9923 US (New York)
- +1 646 931 3860 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 408 638 0968 US (San Jose)
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 669 444 9171 US
- +1 669 900 6833 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US

Find your local number: [https://  
eksobionics.zoom.us/j/82338927576](https://eksobionics.zoom.us/j/82338927576)

# National Service Officer Report

Jason McDonald

Senior National Service Officer

West-South Area Manager

## **National Cemetery Administration adds options for commemorative plaques and urns**

Effective June 10, 2024 families of deceased and cremated Veterans can apply to receive commemorative plaques or urns from the VA if they do not want to inter their loved ones in a VA National Cemetery or receive a government-furnished headstone, marker or medallion for placement in any in any cemetery.

Commemorative urns are used to hold the remains of a deceased, cremated Veteran, and commemorative plaques are designed to hang on a wall. Both the urns and the plaques honor a Veteran's service and serves as a lasting tribute to the individual's status as a Veteran. Eligible family members can request one or the other, but not both.

It's important to note that, if a family chooses a plaque or an urn to commemorate a Veteran, VA is prohibited by law from interring that Veteran's remains in a VA national cemetery or from providing a headstone, marker or medallion for placement in any cemetery. Families should be certain of their choice. If the family chooses to receive a plaque or an urn to commemorate their Veteran, their decision cannot be undone. The law does not provide a method to restore these benefits.

To be eligible, the Veteran (or service member who died on active duty) must have served in the Armed Forces on or after April 6, 1917; the Veteran must be eligible for a headstone or marker under 38 U.S.C. § 2306(d), and the Veteran's remains must have been cremated—with no portion of the remains interred at any location.

More information about NCA memorial options can be found on the VA website <https://www.va.gov/burials-memorials/memorial-items/headstone-markers-medallions/>. More details, including an application for commemorative plaques and urns, will be available on June 10. Information about VA burial and memorial benefits is available [online](#), at [VA national cemeteries](#), or by calling toll-free at 1-800-827-1000. To make burial arrangements at any VA national cemetery at the time of need, call the National Cemetery Scheduling Office at 1-800-535-1117.





NATIONAL VETERANS  
**WHEELCHAIR  
GAMES**  
JULY 25-30, 2024 • NEW ORLEANS, LA

**REGISTER TODAY!**

**WHEELCHAIRGAMES.ORG**

Co-Presented by:



# MOBIUS MOBILITY



Qualified  
Veterans can  
get an iBOT®  
through their  
local VA!



Discuss the  
iBOT® at your  
next mobility  
consultation at  
the VA!

To learn more about the iBOT® scan the QR code  
Or call us at **1-833-346-4268**

Please mention you saw this in your local PVA Chapter's Newsletter

[info@mobiusmobility.com](mailto:info@mobiusmobility.com) [mobiusmobility.com](http://mobiusmobility.com) **1-833-346-4268**



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; therefore, all meetings will be by invite only if coming in person.

**Tuesday, July 9, 2024 at 1:00 PM**  
**Tuesday, August 13, 2024 at 1:00 PM**  
**Tuesday, September 10, 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/j/kc8NM3FXjv>



The Bridge





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

# 13TH ANNUAL GOLF TOURNAMENT 2024

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.



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**Topgolf San Jose**

10 Topgolf Drive San Jose, CA 95002

FROM  
12 to 3 PM

**Monday,  
SEPTEMBER 30, 2024**

SPONSORSHIPS  
ON BACK

**REGISTRATION :**

<https://www.eventbrite.com/e/13th-annual-golf-tournament-tickets-912325097927?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>



## Sponsorships:

**Red, White, & Blue Sponsor  
(1 Available)**

**\$4,000**

Tournament Foursome  
Tournament Digital Bay Ad  
Preferred Starting Hole  
Mention in Newsletter  
Mention on Website

**Green Sponsor  
(3 Available)**

**\$2,000**

Tournament Foursome  
Tournament Digital Bay Ad  
Mention in Newsletter  
Mention on Website

**Food/Drink Sponsor  
(5 Available)**

**\$1,200**

Tournament Digital Bay Ad  
Mention in Newsletter  
Mention on Website

**Digital Bay Ad Sponsor**

**\$250**

**Foursome**

**\$600**

**Individual Golfer**

**\$160**

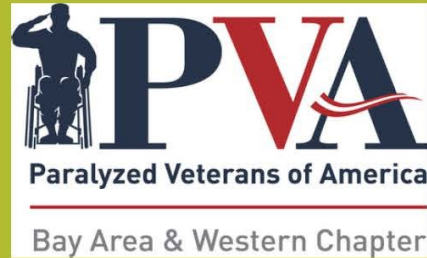
**Sponsor a  
Disabled Veteran**

**\$160**

**Spectator Ticket**

**\$75**

All golf sponsorships include  
lunch and 2 drink tickets.



**PLEASE MAKE CHECKS  
PAYABLE TO BAWPVA  
AND SEND TO**

**BAWPVA  
PO BOX 27  
PALO ALTO, CA 94304**

**CONTACT: KORY AMARAL  
(650) 399-5296 OR  
AMARAL@BAWPVA.ORG**





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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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**VA** |  U.S. Department of Veterans Affairs  
Veterans Health Administration  
MI Pils Aka Health Care System

0&N IN 210 - Last Updated 10.17.2022



# DO YOU SERVE WOMEN VETERANS?



## THE WOMEN VETERANS PROGRAM (WVP) SOCIAL WORK COORDINATOR POSITION PROVIDES:

- Trauma-informed Gender-specific validation for Women Veterans with empathy, education, and normalization during their journey of access to VHA services or navigate the VBA claims process. WVP SW Coordinator provides collaboration and assist to develop a plan and assist with coping strategies to manage stressful aspects of the process.
- Information regarding available services at VAPAHCS to Women-identifying Veterans.
- Assessments for Women Veterans' personal safety, current difficulties, support, or implications of care. WVP SW Coordinator will address immediate safety concerns, normalize the impact of MST or other Gender-specific issues, coping strategies.
- An emotionally-safe space for Women Veterans to discuss feelings around service linkage, claims process, via a trauma-informed approach and collaboration with WH PACT Teams.

**For consideration please contact: H. Yamel Medina, LCSW**

**Women Veterans Program - Social Work Coordinator**

**PSU - Patient Scheduling Unit: 855-632-8262**

**email: [hilda.medina1@va.gov](mailto:hilda.medina1@va.gov)**

## VA Palo Alto Health Care System

3801 Miranda Avenue, Palo Alto, CA 94304 (650) 493-5000 • [www.va.gov/palo-alto-health-care](http://www.va.gov/palo-alto-health-care)

# 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





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

- 4 to 5 - **4th of July Holiday (Office Closed)**  
Bldg. 7 Rm. E-118
- 9 - **NSO Chat (Virtual)**  
11:30am, Bldg. 7 Rm. E-101
- 9 - **BOD Meeting**  
1pm, Bldg. 7 Rm. E-118
- 11 - **Vetsboats Event**  
11AM, Redwood City, CA
- 18 - **Bingo & Pizza Night**  
3pm, Bldg. 7 Dining Room
- 25 to 30 - **NVWG**  
New Orleans, LA
- 26 - **SCI Peer Mentoring Program**  
12pm, Bldg. 7 Rm. F-125
- TBA- **Bowling Clinic**  
Sacramento, CA or Stockton, CA

# August 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

- 8 - **Adaptive Sports Clinic**  
3pm, TBA
- 10 - **Annual Banquet**  
5pm, Crowne Plaza Cabana Palo Alto
- 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
- 25 to 28 - **PVA Summit**  
Anaheim, CA
- 30 - **SCI Peer Mentoring Program**  
12pm, Bldg. 7 Rm. F-125

# September 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					

- 2 - **Labor Day Holiday (Office Closed)**  
Bldg. 7 Rm. E-118
- 10 - **NSO Chat (Virtual)**  
11:30am, Bldg. 7 Rm. E-101
- 10- **BOD Meeting**  
1pm, Bldg. 7 Rm. E-118
- 12 - **SCI/D 50th Anniversary Celebration**  
TBA
- 13 to 17 - **PVA Reno Takeover**  
Reno, CA
- 19 - **Bingo & Pizza Night**  
3pm, Bldg. 7 Dining Room
- 27 - **SCI Peer Mentoring Program**  
12pm, Bldg. 7 Rm. F-125
- 30 - **13th Annual Golf Tournament**  
12pm, Topgolf San Jose



### 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