

The Bridge



Bay Area & Western Paralyzed Veterans of America

Volume 39, No. 2

Oct-Dec 2024

A decorative border surrounding the central text, featuring various autumn-themed illustrations such as orange and red maple leaves, green ferns, brown acorns, and twigs.

Women in SCI/D Empowerment Resources

WISER

let's celebrate together

OCTOBER 30, 2024
11:00 AM - 1:00 PM
VA PALO ALTO HEALTH CARE SYSTEM'S
SCI/D CENTER
3801 MIRANDA AVENUE
BUILDING 7 DINING ROOM
PALO ALTO, CA 94304

PAINT BY NUMBERS
CRAFTS
FESTIVE FOOD
TRICK OR TREAT
COSTUMES

PLEASE RSVP BY OCTOBER 9, 2024
TO KORY AMARAL AT 650-399-5296 OR
AMARAL@BAWPVA.ORG

ZOOM WILL BE AVAILABLE AND WE WILL SEND CARE
PACKAGES TO THOSE WHO CANNOT ATTEND IN PERSON;
LET US KNOW IF YOU NEED TRANSPORTATION AND WE WILL
TRY TO ACCOMMODATE YOU

PUBLISHED BY:

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

3801 Miranda Ave (Bldg. 7, Rm. E-118, MC 816)
Palo Alto, CA 94304
650-858-3936 or 1-800-273-6789 (Toll Free)

E-mail: administration@bawpva.org

Chapter Website: www.bawpva.org

National PVA Website: www.pva.org

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Jessica Greene, Vice President

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E-BRIDGE

To sign up for the monthly electronic newsletter

please email amaral@bawpva.org.

Articles published in *The Bridge* do not necessarily reflect the views of the Paralyzed Veterans of America, Bay Area and Western Chapter (BAPVA). BAPVA neither endorses nor guarantees any of the products or services advertised herein.

President Chet Miller



The holidays are right around the corner and 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 Hawaii area October 14-20, 2024. There will be adaptive surfing, movie & snacks, adaptive rock climbing, a membership meeting, and more. We sent a letter with more details directly to our Hawaii member's homes and we also emailed all of you the information. We encourage members to attend in the area because we only go there every other year. It is a great way to interact with fellow veterans and staff from the PVA and the VA.

The Chapter will continue our holiday luncheons this year. On Tuesday, November 5, 2024 at 12:00 PM we will be celebrating our veterans with our Veterans Day Luncheon. We will also have a Winter Luncheon to celebrate all end of the year holidays on Tuesday, December 10, 2024 at 12:00 PM. Please see Pages 16 and 17 for more information. We look forward to celebrating with you.

Just a reminder that the holiday season is tough for a lot of our veterans because they do not have family and friends to celebrate with. Please take the time to acknowledge these veterans. A simple gesture will make the veteran's day. We appreciate all you do for your veterans and we look forward to 2025. Stay safe during the holiday season and Happy New Year!

If you need to get a hold of us, please call the office at (650) 858-3936 or (650) 399-5296.

Executive Director

Kory Amaral



We have some news. This year, our 13th Annual Golf Tournament has been postponed to 2025. More information will be available soon and the golf tournament will be changed to a traditional tournament instead of Topgolf. 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. We will still have an event at Topgolf in April 2025 and the focus will be on caregivers.

The Chapter just got back from our PVA Reno Takeover 2024. Thank you to the Nevada PVA Chapter, the City of Reno, VA Palo Alto Health Care System, VA Sierra Nevada Health Care System, Move United, PVA members, family and friends who attended the event. We had almost 40 individuals and this has been the biggest takeover yet. Next, the Chapter will be going to Hawaii for a membership visit October 14-20, 2024. Please see Page 13 for more information. We look forward to seeing our Hawaii 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. In 2025, we will be moving the SCI Peer Mentoring Program - Education and Lunch to the last Thursday of the month.

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. 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.



PVA Banquet August 10, 2024

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
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.



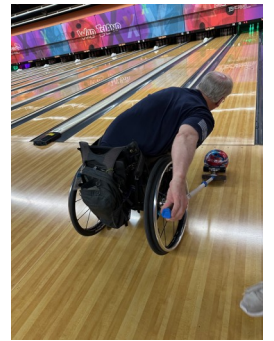
Donating your car is easy, and your gift is tax-deductible

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

PVA Reno Takeover 2024



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/



Contact Us



PICKLEBALL TOURNAMENT

October 19–20, 2024 • 12PM–6PM

Billie Jean King Tennis Center
1040 Park Ave, Long Beach, CA 90804

Join us to see why pickleball is the fastest growing sport in America! This event features a wheelchair doubles tournament and a unified up/down tournament.

Paddles will be available for those who need to borrow one. Balls will be provided.

PVA Pickleball Tournaments follow USA Pickleball Adaptive Rules.

Beginners are welcome!
We will offer a short Pickleball 101 Clinic to kick off the event.

Entry Fees
There are no entry fees for this tournament.

For More Information, Contact:
Katelynn Johnson
Katelynnj@PVA.org • (202)416-7637

Hosted by:



PVA Summit 2024



Fatima Akbar, RN VA Palo Alto Health Care s System

I would like to extend my heartfelt gratitude to the Paralyzed Veterans of America (PVA) Bay Area Chapter for the generous scholarship that allowed me to attend the PVA conference this year. The Bay Area Chapter has consistently demonstrated remarkable support for SCI veterans, staff, and specialty care teams, significantly boosting morale and enhancing the quality of care.

The PVA's commitment to empowering SCI staff and teams through this scholarship is invaluable. It enables us to stay abreast of the latest changes, learn new technologies and techniques, and exchange experiences aimed at improving care for SCI veterans.

As this was my first time attending the conference, I wasn't able to explore everything that was offered. Nonetheless, every exhibitor's stand I visited and every lecture I attended provided a wealth of information. It was truly an overwhelming experience of knowledge. I am eager to share what I've learned with my colleagues and explore how we can implement new strategies to enhance veteran care and boost team morale.

Having been at SCI for four years, attending this conference ignited my curiosity about the daily challenges we face. I'd like to highlight a few key takeaways that were particularly eye-opening:

- Burial Services: Both veterans and their spouses are eligible for burial services.
- DME Updates: A previous vendor has added new Durable Medical Equipment (DME) options.
- Cath Supplies: There are now new catheter supplies available specifically for female veterans.
- Prosthetics: A new tool for managing repairs is being introduced, with PAVA scheduled to be featured in October if everything proceeds as planned.
- Collaboration Opportunities: I met with an enthusiastic female veteran to discuss collaboration on the new SCI Women Veterans Committee initiated by the PVA Bay Area Chapter.
- Documentation Changes: There are new mandatory changes to the documentation template for acute rehab veteran assessments, and I learned about a tool that could be beneficial for the entire team.

I am deeply appreciative of the opportunity provided by PVA and look forward to applying these insights to our work.

Elizabeth Carbonneau, LISW-CP VA Sierra Nevada Health Care System

My personal learning highlight from the 2025 PVA Summit was Dr. Onders' presentation on diaphragm pacemakers. (Wednesday 8/28/24, "From an Initial SCI VA Grant to Helping Patients Breath Worldwide: The Diaphragm Pacing Story.")

In brief, back in the late 1980's and early 1990's, VA provided research funding to explore diaphragmatic pacemakers in assisting ventilator dependent quadriplegics. Like a cardiac pacemaker, the procedure involves placing electrodes on diaphragm muscle. When stimulated, the electrodes cause the diaphragm to contract so air is pulled into the lungs. The diaphragmatic pacemaker averts the need for a tracheostomy (Dr. Onders had a slide of a post-pacer patient saying, "look at my beautiful neck!") and significantly reduces acute care length of stays. By negating the need for a ventilator, the diaphragmatic pacer reduces bed dependency which lowers risks of pressure ulcers and promotes moving to acute rehab more quickly.

I found diaphragmatic pacemakers to be a fascinating procedure that greatly assists with patient care and rehab. I am proud that VA was able to contribute to the research that led to this medical breakthrough.

PVA Summit 2024

Mara Capio, LCSW

VA Palo Alto Health Care System

Thank you for the scholarship to attend the PVA Summit. This is my second time attending a Summit. It's a great opportunity to learn what other facilities are doing. My favorite presentations talked about their experience taking veterans indoor skydiving, caregiver support appreciation events, and Quad Gods- a group of quadriplegics gamers who created an e-sports team (there is a documentary about them on HBO). I look forward to attending more Summits.

Jennifer Lin, RN

VA Palo Alto Health Care System

I am truly thankful to the PVA for their support and scholarship, which allowed me to attend my first spinal cord injury and disorder professional conference. As a relative newcomer to the fields of SCI/D, MS, and ALS, it was an exciting opportunity to learn about best practices, cutting-edge research, and to network with healthcare professionals from across the nation. The agenda for this four-day event was packed with keynote speakers, breakout sessions, exhibitors, poster presentations, and interactive evening programs. The conference provided invaluable knowledge, skills, and resources that I can directly apply to my work as the Admissions Coordinator. This experience not only enhanced my professional competency, but also tangibly benefits the patients we serve and advances the mission of the VHA.

Thank you, PVA, for your incredible advocacy and dedication to our Veterans with SCI/D, MS, and ALS!

Charlyn Ramirez, RN

VA Palo Alto Health Care System

One of the presentations that I learned about was a lecture on Brain Computer Interfaces: New Frontiers in Accessibility and Autonomy presented by David Putrino, PT, PhD director of Rehabilitation Innovation from Mount Sinai Health System in New York. David Putrino is a neuroscientist that focused on motor control and understanding the neurobiology of motor control on how to operate control of movement, voluntary movement, and recovery from brain injury. After completing his PhD, he began to study the roles of BCI in helping veterans recover from paralysis and loss of limbs. A brain computer interface (BCI) is a device that let's the human brain communicate with and control external hardware such as a computer or robotic limb. The Stentrode is implanted within the motor cortex of the brain via the jugular vein in an endovascular procedure. After the Stentrode is placed securely, it is plugged into a device in the chest that resembles a pacemaker that can be charged by an external unit. An external receiver connected to the chest device transforms the brain activity into commands and wirelessly transmits the commands to a computer. The Synchron implant itself uses the brain's signal for attempted movement to power the brain-computer interface. The way it works is when the patient thinks about movement, the implant's recording technology will be able to identify that something has lit up in the brain. The artificial intelligence (AI) machine learning algorithms that are being trained on the data from the implant learn over time to associate brain signals with different computer commands. The first American was implanted with the BCI at Mount Sinai in New York as part of a trial. The goal of the trial was to evaluate the implant's safety and efficacy. I found this presentation very interesting as I was not aware there were trials being done on patients who are paralyzed with this type of technology.

Melanie Pierce, RN

VA Palo Alto Health Care System

At the end of August 2024, I was lucky enough to visit the PVA Summit & Expo 2024 in Anaheim. This was my first experience of being exposed to a PVA event on a larger scale across the country. I was able to meet individuals from all over the US and able to discuss hot topics for Spinal Cord Injury, ALS, and MS. One of my favorite takeaways from the few days there was a presentation on traveling for a patient with spinal cord and what that entails. There is a lot of planning that goes into traveling for a veteran living with spinal cord before even getting onto the airplane. Some planning details include getting medical clearance from the physician, packing, protecting the wheelchair from being damaged by the airlines, and bringing a companion/caregiver on the trip. I want to thank Bay Area & Western Chapter for this golden opportunity.

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 mobiusmobility.com **1-833-346-4268**




 **PVA** 
HAWAII Visit

WEDNESDAY, OCTOBER 16, 2024

ADAPTIVE SURFING
9:00 AM TO 12:00 PM
LOCATION: WHITE PLAINS
BEACH
WHITE PLAINS ROAD
EWA BEACH, HI 96706

**EVERYONE WILL NEED TO COMPLETE A
WAVIER AND IF YOU DO NOT WANT TO
SURF, WE CAN HAVE A GREAT DAY AT
THE BEACH*

MOVIE & SNACKS
TIME AND MOVIE: TBA
LOCATION: OLINO BY
CONSOLIDATED THEATERS
91-5431 KAPOLEI PARKWAY
SUITE 600
KAPOLEI, HI 96707

**MOVIE SELECTION AND TIME WILL BE
ANNOUNCED ONCE THE THEATER
SELECTS MOVIES*

THURSDAY, OCTOBER 17, 2024

ADAPTIVE CLIMBING
10:00 AM - 12:00 PM
LOCATION: HICLIMB GYM
825 ILANIWAI STREET
HONOLULU, HI 96813

**EVERYONE WILL NEED TO COMPLETE A WAVIER AND MAY NEED TO BE
CLEARED BY EVENT STAFF TO PARTICIPATE*

FRIDAY, OCTOBER 18, 2024

MEMBERSHIP MEETING AND LUNCH
11:30 AM - 1:30 PM
LOCATION: MOKU KITCHEN
660 ALA MOANA BOULEVARD
HONOLULU, HI 96813

**THE RESTAURANT VALIDATES FOR PARKING, THERE ARE 2 PARKING
LOTS NEAR THE RESTAURANT*

RSVP BY WEDNESDAY, OCTOBER 9, 2024
1 (650) 399-5296 OR AMARAL@BAWPVA.ORG



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



BINGO NIGHT

**3RD THURSDAY OF
THE MONTH**

Bingo at: 3:00pm
Pizza at: 4:30pm

**MONEY PRIZES
FOR EVERY
ROUND!**

SCI/D Dining Room



SCI/D
Spinal Cord Injury/
Disorders Center

Need More Information:

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

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, October 8, 2024 at 1:00 PM
Tuesday, November 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

+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



TUESDAY, NOVEMBER 5, 2024
12:00 PM
BUILDING 7 ROOM E-118



VETERANS DAY *Luncheon*



For Inpatients and SCI/D Staff

Catered by Armadillo Willys

Sponsored by the PVA



Menu Includes:

Texas BBQ Ribs

Texas Lone Star Chicken

Veggie Burger

Beans, Salad, and Corn Bread

Chocolate Cookie

Drink



Tickets are available from
9:00 AM - 11:00 AM
on Tuesday, November 5, 2024
for SCI/D Staff



VETERANS WHO ARE UNABLE TO LEAVE
THEIR HOSPITAL ROOM, WILL BE SERVED
BEDSIDE



Paralyzed Veterans of America,
Bay Area and Western Chapter's

WINTER *Luncheon*

December 10, 2024

12:00 PM

PVA Office

Building 7 Room E-118

For SCI/D Inpatients & Staff

Catered by Chipotle

Tickets are available from

9:00 AM - 11:00 AM

on Tuesday, December 10, 2024

for SCI/D Staff

Veterans who are unable to leave their hospital
room, will be served bedside



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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

08/01/2020 - 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

VA Palo Alto Health Care System

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

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



SCI/D Outpatient Clinic

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

SPECIALITY CLINICS

ACUPUNCTURE
CHIROPRACTIC
PSYCHOLOGY
SCI CLINIC
INTEGRATED
EVALUATION
UPPER
EXTREMITY
TELEHEALTH
SEXUALITY
FUNCTIONAL
EXTREMITY
OCCUPATIONAL
THERAPY
PHYSICAL
THERAPY
UROLOGY
URODYNAMICS
STUDY
BOWEL AND
BLADDER
WOUND
PLASTIC
SURGERY

To best serve our Veterans in our SCI Outpatient Clinic –

Masking and Visitor Requirements:

Masking remains **required** for anyone with any type of respiratory symptoms/cough or diagnosed with COVID-19, Flu. Masking is **required** for staff, Veterans, and visitors while visiting SCI Outpatient clinic, 7F and 7H SCI inpatient units. Staff may remove masks in these 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 scheduler, or video (V-Tel) scheduler if appropriate, 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 you need to be transferred from wheelchair to gurney by nursing staff (CT, MRI etc.) – please call and schedule an RN-TRANSFER appointment to assure enough staff are on hand to support your appointment needs. **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!



October	<p>Gary Dilday Steven Coyle Landon Henderson Michael Nesby Gilbert Thomas Charles Boyer James Gridley Jon Houde Mitch Driller Kurt Steiner Dennis Mankel Hector Mendoza William James Edward Arnold</p>	<p>Matthew Beller Cliff Finch Henry Potts Patrick Malan Christopher Bernard Anthony Swetala Charles Jellison Eugene Gold Stephen Davis Shawn Hodge Layne Inouye Brian Rodrigues Austin Parker David Owens</p>	<p>Felix Ranoco Jeremiah Michaels Laura Bernhardt Omar Hernandez Stanford Tate Cory Renfrow Dennis Birch Douglas Stalker James Tigan John Patricio Laurie Genishi Christopher Moniz Ralph Eckard Robert Ray</p>	<p>Victor Catanzaro Steven Morris Dale Heitzman Daniel Fitzgerald Gary Simmons Paul Gillon Ralph Rachal</p>
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November	<p>James Ross Marvin Tuttle Demond Wilson Theodore Reiff Joseph Terrell Leonard Burger Blair Reels Santos Ramirez Dale Rule Avory Gullick Dwain Vinson Mark Bonilla Shane Wages</p>	<p>Philip Malasig Ramon Ortega Ralph Stovall Scott Harger John Peredo Gary Combs Raymond Hernandez Thomas Leavell Stephen Spleen Ponciano Mencias Quentin Collins Gary Dixon Kirby Apps</p>	<p>Thomas Mihalyi Eric Lizama Debra Tillman Erica Lucas Fonoimoana Moala John Solt Marilen Peregrina Shinji Grubbs George Massad Michael Antosik Richard Douglas Roger Smith Daniel Guse</p>	<p>Jacob DeFalco John Beers Jose Richardo Sandoval</p>
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December	<p>Andre DeCordova David Funderburg Scott Souza Thomas Simi Jesse Cervantes Harvest Avery (Cooper) Albert Wittwer Richard Hagan Robert Quijada Stephen Burton Walter Roy Henry Crossley Bob Vincent Ellen Beauregard</p>	<p>Tracy Williams Ronnie Santos David Wagner Larry Srutek Tomasz Modrzejowski Reese Levasseur Buster Kawasaki William Colter Artemio Domingo Gary Burton Jonathan Green Kyle Hansel Mancy Gant Michael Allen</p>	<p>Richard Haney Alonzo Cabral-Centeno Frank Lopez Erik Jaeger Leroy Wolf Ron Playda Steven Holston Marlon Brown Paul Alexander Tim Hudson</p>
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October 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		

- 5 - Vetsboats Gala
5pm, Sausalito, CA
- 8 - NSO Chat (Virtual)
11:30am, Bldg. 7 Rm. E-101
- 8 - BOD Meeting
1pm, Bldg. 7 Rm. E-118
- 10 - Adaptive Sports Clinic
3pm, TBA
- 14 to 20 - PVA Hawaii Visit
Honolulu, HI
- 17 - Bingo & Pizza Night
3pm, Bldg. 7 Dining Room
- 25 - SCI Peer Mentoring Program
12pm, Bldg. 7 Rm. F-125
- 30 - WISER Event
11am, Bldg. 7 Dining Room
- 31 - Halloween

November 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

- 5 - Veterans Day Luncheon
12pm, Bldg. 7 Rm. E-118
- 9 - Barracuda Game
6pm, San Jose, CA
- 11 - Veterans Day (Office Closed)
Bldg. 7 Rm. E-118
- 12 - NSO Chat (Virtual)
11:30am, Bldg. 7 Rm. E-101
- 12 - BOD Meeting (Virtual)
1pm, Bldg. 7 Rm. E-118
- 14 to 19 - Fall BOD Meeting (Office Closed)
Orlando, FL
- 21 - Bingo & Pizza Night
3pm, Bldg. 7 Dining Room
- 28 to 29 - Thanksgiving (Office Closed)
Bldg. 7 Rm. F-125

December 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				

- 10 - Winter Luncheon
12pm, Bldg. 7 Rm. E-118
- 10 - NSO Chat (Virtual)
11:30am, Bldg. 7 Rm. E-101
- 12 - Adaptive Sports Clinic
3pm, TBA
- 19 - Bingo & Pizza Night
3pm, Bldg. 7 Dining Room
- 16 to 31 - Winter Break (Office Closed)

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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
Web: www.bawpva.org

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

Tele: 800-424-8200 (toll-free)
E-Mail: info@pva.org
Web: www.pva.org

Paralyzed Veterans of America (PVA) 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

California Department of Veterans Affairs (CDVA)

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

Social Security Administration

Tele: 800-772-1213 (toll-free)
Web: www.ssa.gov

San Mateo County Commission on Disabilities

Web: www.smco-cod.org

VA Palo Alto Health Care System

Tele: 650-493-5000
SCI 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

