



# *E-BRIDGE*

Paralyzed Veterans of America, Bay Area & Western Chapter, INC.



## *Executive Director's Message*

**WRITTEN BY KORY AMARAL**

Happy Holidays to all veterans, caregivers, friends, and family! The Paralyzed Veterans of America, Bay Area and Western Chapter is grateful for having all of you in our lives. We moved our Winter Luncheon from Tuesday, December 10, 2024 at 12:00 PM to Tuesday, December 17, 2024 at 12:00 PM. Please see Page 7 for more details. If you are at VA Palo Alto for an appointment, stop by the PVA office for lunch.

I personally want to thank all the veterans who attended our Veterans Day events. We hosted a Veterans Day Luncheon on Tuesday, November 5, 2024 and attended the Barracuda's Military Appreciation Game on Saturday, November 9, 2024. Please see Page 7 for more details about the events and photos. We had a great time!

On the last Friday of the month, the Chapter and the VA Palo Alto Health Care System's SCI/D Center will be continuing our SCI Peer Mentoring Program - Education & Lunch. Each month we have an education topic pertaining to spinal cord injuries or diseases. The next meeting will be in January 2025 due to the holidays. We will also be changing the meeting to the last Thursday of the month in February 2025. This is also a great way to interact with your fellow veterans. Please refer to Page 2 for more information. Outpatients can join us via Zoom. The link is on the flyer.

The office will be closed for Winter Break from Wednesday, December 18, 2024 to Friday, January 3, 2025. As always, I am here for you so please either call or text me at (650) 399-5296 or email me at [amaral@bawpva.org](mailto:amaral@bawpva.org) and I will get back to you in a timely manner.

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## SCI Peer Mentoring Program - Education & Lunch

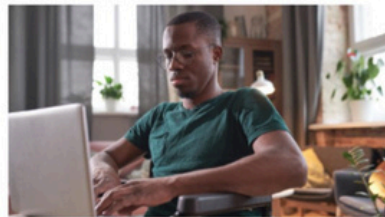
SPONSORED BY THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER, INC. AND VA PALO ALTO HEALTH CARE SYSTEM'S SCI/D CENTER



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>



DE/18/210 - 1 and 11/2018/210, 11, 12, 20/23

### December Calendar

NATIONAL SERVICE OFFICER (NSO) MONTHLY CHAT (VIRTUAL)  
DECEMBER 10

INTERACTIVE ARTS CLINIC  
DECEMBER 12

WINTER LUNCHEON  
DECEMBER 17

BINGO & PIZZA NIGHT  
DECEMBER 19

WINTER BREAK (OFFICE CLOSED)  
DECEMBER 18 TO JANUARY 3

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## Goods Inspiring Veterans Everywhere (GIVE) Program

**IN PARTNERSHIP WITH THE NATIONAL PARALYZED VETERANS OF AMERICA AND THE PARALYZED VETERANS OF AMERICA, BAY AREA & WESTERN CHAPTER, INC.**

The Chapter is hosting a Clothing Drive in the Palo Alto, CA Office. The Chapter is looking to the community to donate lightly used clothing and other items that will directly benefit a veteran. Through the GIVE Program, we would love to expand the program by bringing in more funds for our veterans.

Clothing Donation Program - GIVE  
<https://www.pva.org/ways-to-give/g-i-v-e-clothing-donation/>

## Car Donation Program

**IN PARTNERSHIP WITH THE NATIONAL PARALYZED VETERANS OF AMERICA AND THE PARALYZED VETERANS OF AMERICA, BAY AREA & WESTERN CHAPTER, INC.**

Are you tired of having too many cars or is your car getting old and you are looking to donate it? The Car Donation Program is a program in which we accept vehicles and the proceeds go to our veterans. The process is very simple and veterans from Northern California will benefit from the donation.

Car Donation Program  
<https://pva.careasy.org/HOME.html>

**GIVE**

Generosity can be found anywhere.  
Even the back of your closet.

Donating clothes and other household goods can help improve the lives of injured veterans.

Give GIVE a try and schedule your **FREE** pickup today.  
[www.org/givegoods](http://www.org/givegoods)

**PVA** PARALYZED VETERANS OF AMERICA  
VEHICLE DONATION PROGRAM

Especially now,  
we need your support.

Donate a car, truck or other vehicle. The process is easy, the pick-up is free, and your gift is tax-deductible.

**Give Today**

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## *National PVA's Washington Update*

**WRITTEN BY NATIONAL PVA'S GOVERNMENT RELATIONS TEAM IN WASHINGTON, D.C.**



### **House Passes Veterans Omnibus Bill**

For months, PVA has been urging Congress to pass the Elizabeth Dole Home Care Act to ensure the protections and resources our catastrophically disabled veterans and their caregivers need are put into place without delay. Late last year, House and Senate leaders decided to roll the measure into a larger omnibus package addressing a wide variety of veterans-related issues. The new bill, the Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act (H.R. 8371), sought to enhance and reform the delivery of healthcare, benefits, and services at the VA.

Normally, creating an omnibus bill enhances chances of passage, but the package stalled quickly when disagreements arose over several provisions in the bill. Last week, the leaders of the House and Senate Veterans' Affairs Committees worked through the differences which had been holding the bill up since May, allowing for a successful House vote on November 18.

The bill, which easily passed the chamber by a vote of 389 to 9, will make critically needed improvements to VA's Home and Community Based Services, such as lifting the department's cap on the amount they can pay for home care from 65 to 100 percent, increasing access to the Veteran Directed Care program, and improving support to caregivers of veterans. In addition to raising the cap to 100 percent, the VA could even exceed the 100 percent rate if the Secretary determines certain factors require the higher cost in the best interest of the veteran or if that veteran has amyotrophic lateral sclerosis, a spinal cord injury, or a similar condition. Any one of these changes would provide severely disabled and aging veterans with more and better options to receive their care at home rather than in a facility.

Another section of the bill would allow VA to cover the cost of some veterans' care at private assisted living facilities. Currently, VA is able to refer veterans to these facilities, but they can't pay for it. The bill directs the department to create a three-year pilot program in two Veterans Integrated Service Networks (VISN), with at least one program site in a rural area and another serving a State Veterans Home to test the benefit of having VA pay for this care. Veterans eligible for the pilot would include those already receiving nursing home-level care paid for by the VA and those who are eligible to receive assisted living services or nursing home care. At the conclusion of the pilot program, participating veterans will be given the option to continue receiving assisted living services at their assigned site, paid for by the VA. We believe this would help veterans and the VA alike by giving greater access to assisted living and reducing costs for long-term care, allowing more veterans to receive needed assistance.

Other provisions in H.R. 8371 would streamline VA information sources for veterans and caregivers alike, ensure a warm handoff to other VA programs if a veteran is not eligible for VA's Program of Comprehensive Assistance for Family Caregivers, and create mental health care grants for certain caregivers who become strained by the demands of assisting veterans with heightened needs.

In response to the House's passage of the omnibus legislation, PVA National President Robert Thomas said, "Improving access to home and community-based services is crucial to the health and well-being of our wounded, ill, and injured veterans and their caregivers." President Thomas urged the Senate to quickly pass the bill. PVA members are encouraged to use [PVAAction Force](#) to urge their two senators to support its swift passage.



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## Adaptive Sports Clinic

SPONSORED BY THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER, INC. AND VA PALO ALTO HEALTH CARE SYSTEM SCI/D CENTER'S RECREATION THERAPY

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

### Important Links

[AIR ACCESS 30 SHARE STORIES ABOUT YOUR AIR TRAVEL EXPERIENCES AS A PASSENGER WITH A DISABILITY](#)

[PUBLICATIONS VIEW CHAPTER NEWSLETTERS, ANNUAL REPORTS, PVA PUBLICATIONS](#)

[COVID-19 RESOURCES VIEW NATIONAL PVA'S RESOURCES AND UPDATES ON COVID-19](#)

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## Bingo & Pizza Night

SPONSORED BY THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER, INC. AND VA PALO ALTO HEALTH CARE SYSTEM SCI/D CENTER'S RECREATION THERAPY

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

**PVA**  
Paralyzed Veterans of America  
Bay Area & Western Chapter

# BINGO NIGHT

**3RD THURSDAY OF THE MONTH**

SCI/D Dining Room

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

**MONEY PRIZES FOR EVERY ROUND!**

**SCI/D**  
Spinal Cord Injury/Disorders Center

Need More Information:  
**AMARAL@BAWPVA.ORG OR (650) 858-3936**



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## Winter Luncheon

SPONSORED BY THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER, INC.



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

# WINTER Luncheon

**Tuesday, December 17, 2024**

12:00 PM (Day Shift)  
8:00 PM (Night Shift)

PVA Office  
Building 7 Room E-118  
For SCI/D Veterans & Staff

*Catered by Chipotle*

Tickets are available from  
9:00 AM - 11:00 AM  
on Tuesday, December 17, 2024  
for SCI/D Day Shift Staff  
Veterans who are unable to leave their hospital  
room, will be served bedside

### Member Column

THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER, INC. (BAWPVA) HAD MANY EVENTS FOR VETERANS DAY.

#### VETERANS DAY LUNCHEON:

- TUESDAY, NOVEMBER 5, 2024
- FOOD SERVED TO 45 SCI/D VETERANS AND 95 SCI/D STAFF

#### BARRACUDA GAME:

- SATURDAY, NOVEMBER 9, 2025
- 11 VETERANS AND 18 GUESTS ATTENDED THE EVENT INCLUDING FAMILY MEMBERS AND CAREGIVERS

PLEASE SEE BELOW FOR PHOTOS FROM THE EVENTS.



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## *About Us*

### **THE PARALYZED VETERANS OF AMERICA, BAY AREA & WESTERN CHAPTER, INC.**

The Paralyzed Veterans of America, Bay Area and Western Chapter, INC. (BAWPVA) is a nonprofit, veterans service organization located in Palo Alto, CA. BAWPVA serves spinal cord injured and/or dysfunction veterans located in Northern California, Northern Nevada and the Pacific Islands. BAWPVA is one of 33 chapters of the Paralyzed Veterans of America (PVA) located across the United States. Currently, BAWPVA has 535 members, but sees over 1,000 paralyzed veterans at the SCI/D Center at VA Palo Alto Health Care System.

The Paralyzed Veterans of America, Bay Area and Western Chapter, INC. (BAWPVA) services provide direct support to the Chapter's programs. BAWPVA sponsors various events and adaptive sports clinics at the VA Palo Alto Health Care System in Palo Alto, CA, VA Northern California Health Care System, VA Central California Health Care System, VA Sierra Nevada Health Care System and VA Pacific Islands Health Care System.

If you are interested in membership, volunteering, or donating please contact us today.

Our office is located at:

3801 Miranda Ave.  
Building 7 Rm. E-118  
Palo Alto, CA 94304

Our Mailing Address is:

P.O. Box 27  
Palo Alto, CA 94304-0027

Phone:

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Email:

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