

the **Bridge**



Bay Area & Western Paralyzed Veterans of America

Volume 39, No. 3

Jan-Mar 2025



WE WANT YOU!

For the Board of Directors
FY 25-27

(Election Information on Page 6)

PUBLISHED BY:

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

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650-858-3936 or 1-800-273-6789 (Toll Free)

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Chapter Website: www.bawpva.org

National PVA Website: www.pva.org

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Chet Miller, President

Jessica Greene, Vice President

Kyle Hansel, Secretary

Tomasz Modrzejowski, Treasurer

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Kevin Hoy

Kevin Patton

Michael Luberto

Stephen Estrada

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Kory Amaral, Membership/Volunteer Officer

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Victor Escamilla, CDCE Representative

PVA NATIONAL SERVICE OFFICE

Reese Levasseur, Palo Alto National Service Officer

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.

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



I hope everyone is having a great start to the New Year. The Paralyzed Veterans of America, Bay Area and Western Chapter looks forward to 2025. We will have many events for our membership coming soon. The Chapter Sports & Recreation program is a great way to stay active and fit this year. If you are interested in attending any local or national sporting events, let us know. The National Disabled Veterans Winter Sports Clinic (NDVWSC) will be held March 30 to April 5, 2025 in Snowmass, CO. Registration is now closed, but we are excited to help sponsor over 15 veterans to the event. The National Veterans Wheelchair Games (NVWG) will be held July 17-22, 2025 in Minneapolis, MN. Registration opens on Monday, February 3, 2025. Please see Page 18 for more details.

This year is election year for the Chapter. We encourage our members to run for the Board so we can have diversity in leadership. Positions on the Board of Directors carry two-year terms. There are four officer positions: President, Vice President, Treasurer, and Secretary. There are five director positions for a total of nine Board of Directors. There are appointed positions as well, such as Sports Directors, Membership/Volunteer Officer, and others. We also have committees such as the Fundraising, Finance, Strategic Planning, and PVA Awareness Month. If you are interested in participating in any of these positions please let me know. One important date to note if you plan on running for a position is March 14, 2025. In order to be placed on the ballot you will have to have your certification of membership completed by this date. For assistance with this please contact the Chapter office. Please refer to Page 6 for more information.

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



I hope everyone is staying warm during this rainy season and Happy New Year! As the winter season continues, please remember to be safe. The Chapter has a lot to be grateful for, but we would not be around if we did not have our dedicated members. We hope to see more of you in 2025.

Each April, the Paralyzed Veterans of America, Bay Area and Western Chapter support PVA Awareness Month. This year, the Chapter has decided to focus on caregivers. We know how much caregivers do for our veterans and it is time we show them our appreciation. More information will be available soon, but we are going to host a caregiver event at TopGolf in San Jose, CA in April 2025. We look forward to meeting our caregivers. Thank you for everything you do.

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, but starting in February 2025, the event will be moved to the last Thursday of the month. The zoom information will remain the same. Some topics include PVA, Social Work, SCI Travel, Recreation Therapy, and more. 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 16 for more information.

I may be traveling as support staff for the 39th National Disabled Veterans Winter Sports Clinic (NDVWSC) March 30 to April 5, 2025 in Snowmass, CO. This year we have 15 SCI/D veterans attending. The exciting news is that we will have almost 40 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 44th National Veterans Wheelchair Games (NVWG) July 17-22, 2025 in Minneapolis, MN. Please see Page 18 for more details.

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@bawpva.org. The office is not open every day, so please first call or email before you plan to visit so we can ensure someone is in the office to meet you. 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. I hope everyone has a great next couple of 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



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



ELECTION PROCEDURES

NOMINATIONS:

Nominations shall be opened at the regular meeting of the Board of Director's held during the month of January in the year of elections. Nominees shall submit a nomination package. The nomination package shall include 1) a letter of intent to run for an office or as a Director; 2) certification of membership eligibility form; and 3) a brief biography. A nominee may not seek more than one position during any single election year.

1) Letter of Intent: The letter of intent shall include the nominee's name, address, telephone number, and the position to which the nominee seeks to be elected.

2) Certification of Membership Eligibility Form: This form shall be completed and submitted with:

- a) Proof of citizenship (birth certificate, passport, immigration and naturalization form, or voter's registration form);
- b) b) Proof of active duty service in the Armed Forces of the United States or our Allies which is terminated by discharge or separation under conditions other than dishonorable (DD 214); and
- c) Medical proof of spinal cord injury/disease (medical records or physician's statement).

NOTE: Requests for certification of membership must be received in the Chapter office prior to the closing of nominations. Members not certified at the time that ballots are mailed to the membership will not have their names placed on the ballot.

3) Biography: The biography shall be no more than 250 words. The biography shall be printed along with the ballot and submitted to the membership for consideration. The purpose of the biography is to allow the nominee an opportunity to inform the membership as to the reason (s) that he or she is the most qualified person for the position being sought. (Photos of the nominees shall not be permitted to accompany the biography.)

The nominations shall be closed during the regular Board of Director's meeting held during the month of March in the year of elections.

ELECTIONS TIMELINE:

January 14, 2025	Tuesday (BOD Mtg.)	Nominations opened
January 17, 2025	Friday	Deadline to send out notice of nominations and election procedures
March 11, 2025	Tuesday (BOD Mtg.)	Nominations closed, deadline to receive nominations by mail
March 14, 2025	Friday	Deadline to have certifications completed
March 28, 2025	Friday	Deadline to mail ballots and bios
May 2, 2025	Friday	C.O.B. Deadline to receive ballots
May 2, 2025	Friday	Count ballots with 3 volunteers
May 13, 2025	Tuesday (BOD Mtg.)	Announce results of election
July 1, 2025	Tuesday	New term of office begins

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



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

National Service Officer Report

Reese Levasseur, National Service Officer II



Welcome to the new year of 2025. Let's start the new year with a new car, truck, or van. The laws have changed, and you may be able to get a new vehicle at a very low price to you. I would like to discuss the changes to the Eligibility for adaptive automobiles and adaptive equipment. There are some good changes to the Auto Grant and some bad ones to the adaptive equipment that started on October 1, 2024. Let's begin with eligibility. Veterans can apply for a VA automobile grant every 10 years under the Advancing Uniform Transportation Opportunities (AUTO) for Veterans Act of 2023. This rule takes effect in 2033. The workaround right now is if your last grant is 30 years or older, you are eligible for your second grant now. If your 30 years come before 2032, you are eligible at that time. If you are under 30 but over 10 years old, you must wait till 2033 for your second grant. I can help you file this VA form 21-4502 for the auto grant. The new granted value for 2025 is \$26,417.20 toward your chosen automobile's base price. Before buying a vehicle, you need this grant; the VA will not reimburse you for any expenses.

The second part of the grant is for adaptive equipment needed to make the vehicle safe to drive or ride in. You will need your primary Doctor to request a driver's evaluation. Here is where you get the VA form 10-1394 application for adaptive equipment-motor vehicle filled out. This form helps pay for the equipment or have the equipment fixed at the VA expense at the new VA equipment value. Here is where the new law in October comes into effect. The VA set forth a federal limit on the value of the equipment. In most states, this is a fair price. However, in some states like California, Hawaii, and Alaska, The price value will no longer cover the full value of the equipment. Here is a link to see the value of the equipment you may need. https://www.prosthetics.va.gov/psas/AAE_Schedule.asp. Here is an example of the new price that may affect you: The federal in-shop Hourly Labor Rate is \$127; this may not meet California's labor rate of \$175 an hour.

This is still new to the VA and Prosthetics departments at the Palo Alto SCI Center. Currently, you should still be able to get a fully accessible vehicle for around \$85,000 minus the \$26,417.20 grant and the \$50,000 equipment, leaving the buyer only \$8,582.80 to pay or finance. I understand that this may be confusing. Please don't hesitate to call either the Palo Alto office or the Sacramento office, and we can do our best to explain this process in detail. The Palo Alto Office number is 650-493-5000 EXT. 65046, or the New RingCentral number is 202-416-1021. The Sacramento Office Number is 916-364-6791. You can also email us at ReeseL@pva.org or KristelC@pva.org.

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

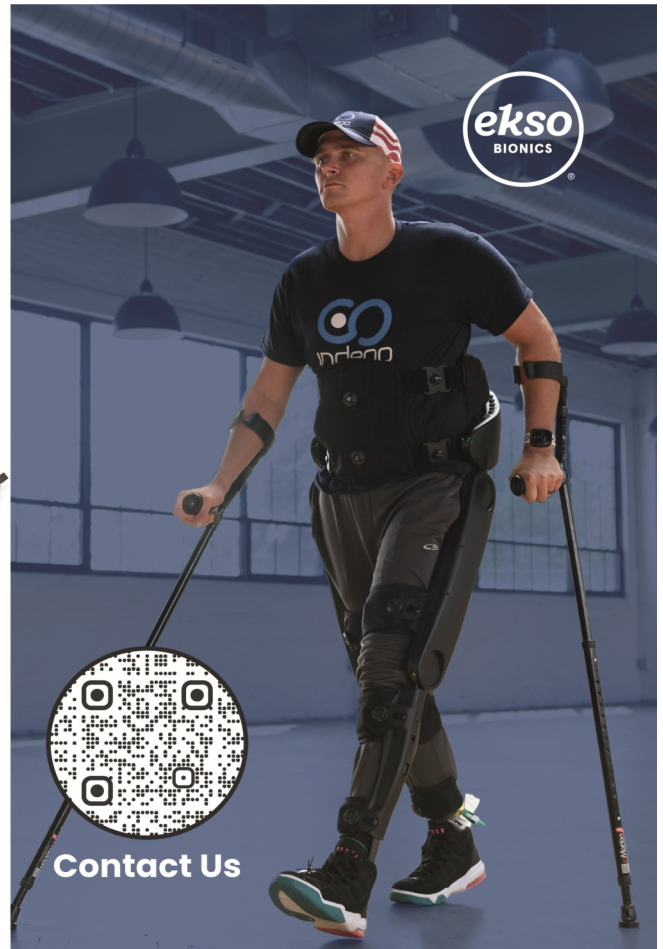


VA policy allows Ekso Indego to be issued at no cost for those who qualify.

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/



PVA

Paralyzed Veterans of America

Bay Area & Western Chapter



Washington Update

Check out the [PVAAction Force](#) page to view alerts and a list of key legislation.

MAJOR VICTORY! CONGRESS PASSES ELIZABETH DOLE LEGISLATION

On December 16, Congress finally passed the Senator Elizabeth Dole 21st Century Veterans Health-care and Benefits Improvement Act (H.R. 8371/ANS to S. 141). This legislation addressed some of the biggest legislative priorities for PVA, like eliminating the cap on the amount VA can pay for care in the home; increasing access to home and community-based services, like Veteran Directed Care; and strengthening supports for caregivers.

Other PVA-endorsed provisions in the bill allow veterans' survivors to retain their eligibility for education benefits and create a pilot program for the VA to furnish assisted living services for certain veterans in rural areas. Barring anything unforeseen, the package should be on the President's desk before the year is over. PVA has worked tirelessly over the past few years to get these critical, life-changing provisions signed into law. We look forward to working with the Administration on implementation.

ANOTHER MAJOR VICTORY! DOT RELEASES PROPOSED RULE TO IMPROVE THE AIR TRAVEL EXPERIENCE OF WHEELCHAIR USERS

On December 16, the Department of Transportation (DOT) [released a final rule](#) on ensuring safe accommodations for wheelchair users in air travel. The final rule resulted, in part, from [PVA's February 2022 DOT petition](#) to initiate rulemaking, as well as follow up letters on the topic. The new requirements, many of which go into effect in January, will dramatically improve the air travel experience for people with disabilities. Specifically, they clarify airlines' obligations and responsibilities to individuals with disabilities; better enforce violations and administrative penalties onto airlines that mishandle assistive devices; and improve airline processes for returning, repairing, and replacing mishandled wheelchairs, to include informing wheelchair users about the location of their device during transit and allowing them to choose their own repair company, if their wheelchair or scooter is damaged. The changes also mandate critical hands-on training on an annual basis to any airline staff or contractors who physically assist passengers with mobility disabilities or handle battery-powered assistive devices.

PVA's comments on DOT's proposed rule were extensively referenced in the discussion language accompanying the final regulation. These changes represent the culmination of a multi-year effort spearheaded by PVA to improve the safety and dignity of wheelchair users in air travel. Thank you to everyone who shared their air travel stories, filed complaints, and commented on the proposed rule. [Click here](#) to watch DOT's event announcing the final regulation.

MOBIUS MOBILITY



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



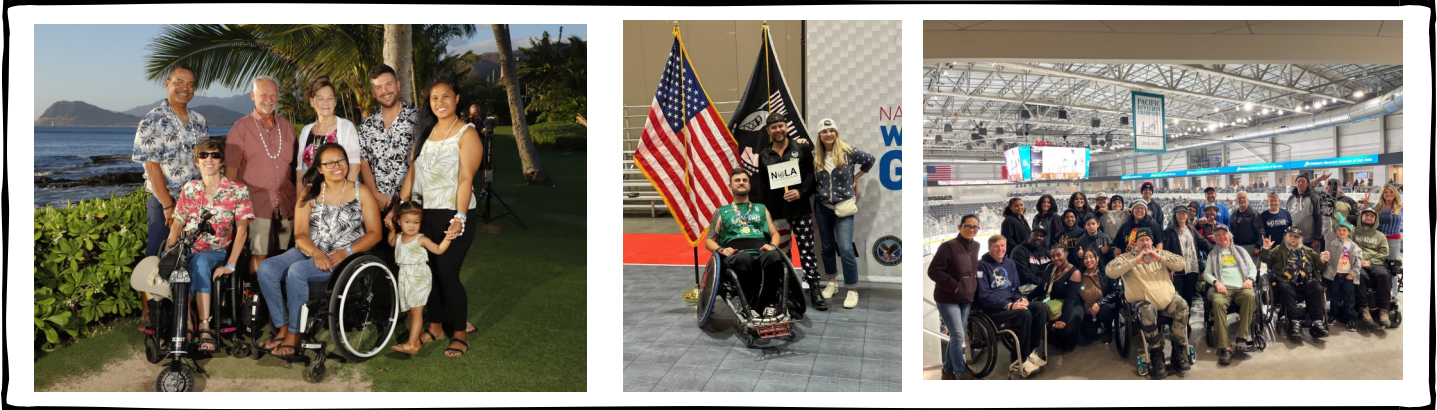
Discuss the
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the VA!

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

✉ info@mobiusmobility.com 🌐 mobiusmobility.com ☎ **1-833-346-4268**

FY 24-25 Photos



**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, January 14, 2025 at 1:00 PM
Tuesday, February 11, 2025 at 1:00 PM
Tuesday, March 11, 2025 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/kc8NM3FXjy>



The Bridge



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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>



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

VA Palo Alto Health Care System

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

44TH ANNUAL



NATIONAL VETERANS
**WHEELCHAIR
GAMES**

PLAY STRONG

MINNEAPOLIS, MN
JULY 17-22, 2025

FOR MORE INFORMATION, VISIT:
WHEELCHAIRGAMES.ORG
f i x #WHEELCHAIRGAMES



CO-PRESENTED BY:

VA



U.S. Department
of Veterans Affairs



WINTER 2025

SAN JOSE
**PARKS, RECREATION &
NEIGHBORHOOD SERVICES**
Building Community Through Fun



WHEELCHAIR BASKETBALL



WEDNESDAYS
Jan. 8 - March 5
2025

1000 S. Bascom Ave, San José CA 95128

**Fundamental
Class**
5 - 7 P.M.

**Competitive
Class**
7 - 9 P.M.

In this program, come learn new techniques, skills, and practice drills. All ability levels welcome.

This program is for individuals looking for more of a challenge who are looking to be apart of the competitive team

For more info contact: pricilla.martinez@sanjoseca.gov

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!



January	Troy Johnson	Edgardo Odango	Saint Hillyer	William Salter
	Ronald Bojorques	Peter Arballo	Ronald Atkinson	
	Lisa Giovannini	Ramon Pereyra	Jordan Salsis	
	Boyd Farnsworth	William Smith	Anthony DiBenedetto	
	Michael Luberto	David Jenkins	Boo Lee	
	Larry Hansen	Milton Roberts	Brandon French	
	Daryl Meshack	Carlos Parra	Frankie Zmak	
	Richard Charfauros	William Cotter	James Fernandez	
	James Elwood	John Hemstreet	John Najera	
	Lonia Caton	Barry McKeown	Marjorie Works	
	David Lane	Louis Triana	Ryan Delozier	
	Lex Morse	My Thuong	Steven Done	

February	George Rawls	Gerald Tharp	Richard Asuncion	Scott Fiedler
	Michael Wagner	John Bajorek	Carlos Santos	Stanley Dean
	Kevin Hoy	Richard Craig	Pasquale Valente	Thomas Wesley
	David Petrus	Glenn Gain	Richard Cornett	
	Aaron McMihelk	Floyd Tate	Andres Pascal	
	Rogelio Rodriguez	John Borges	Armando Galvez	
	Rachaelynne Horejsi	Gary Mokuau	Barbara Allen	
	Craig Woods	Billy Guadarrama	Emmanuel Boyd	
	Larry Moore	Dwight Morgan	Jerry Leister	
	Joseph Martinez	Jesse Orosco	John Dibble	
	Wayne Muscato	Joseph Jones	Matthew Schorr	
	John Hunt	Keith Phillips	Michael Ludwig	
	Bruce Mallibert	Patrick Carr	Michael Gillingham	

March	William Smith	Patrick Scott	Joseph	Fred Rogne
	Ronald Thayer	Charles LaFleur	Arcidiacono	James Santti
	David Kuester	Kenneth Dubroff	Thomas English	Kevin Davey
	Jeffrey Ovetz	Dino Granzella	Rexis Daniels	Mike Yambrovich
	Todd Meadows	David Nunes	Lawrence Rogers	Patrocino Gonzales
	John Swanlan	William Roark	Christopher Brook	Robert Daehler
	Kevin Patton	Sloane McMahon	Claudius Frederick	Ross Diaz
	David Hinze	Kim Johnson	Gregory Gross	Ryan Borba
	Jesus Garcia	Jerry Jordan	Karl Lawhorn	
	Jack Pierce	Donovan Mott	Loren Greenhill	
	Nathan Jackson	Mario Aliphath	Norman Kimball	
	Douglas Monrad	Julie Mitchell	Donald Mahaffy	
	Mike Heflin	Raymond Corte	David Eveland	
	Stephen Mendick	Jason Gieser	William Wolfe	
Stanley Silverman	Stephen Estrada	David Suit		

January 2025

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	

February 2025

SUN MO TUE WED TH FRI SAT

						1
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025

SUN MO TUE WED THU FRI SAT

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 9 - Remembering President Carter (Office Closed)
Bldg. 7 Rm. E-118
- 14 to 16 - National PVA Visit
Bldg. 7 Rm. E-118
- 14 - NSO Chat (Virtual)
11:30am, Bldg. 7 Rm. E-101
- 14 - BOD Meeting
1pm, Bldg. 7 Rm. E-118
- 16 - Bingo & Pizza Night
3pm, Bldg. 7 Dining Room
- 20 - Martin Luther King Day (Office Closed)
Bldg. 7 Rm. E-118
- 31 - SCI Peer Mentoring Program
12pm, Bldg. 7 Rm. F-125

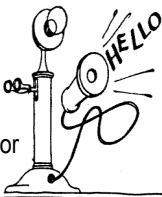
- 11 - NSO Chat (Virtual)
11:30am, Bldg. 7 Rm. E-101
- 11 - BOD Meeting
1pm, Bldg. 7 Rm. E-118
- 13 - Adaptive Sports Clinic
3pm, TBA
- 17 - Presidents' Day (Office Closed)
Bldg. 7 Rm. E-118
- 20 - Bingo & Pizza Night
3pm, Bldg. 7 Dining Room
- 27 - SCI Peer Mentoring Program
12pm, Bldg. 7 Rm. F-125

- 11 - NSO Chat (Virtual)
11:30am, Bldg. 7 Rm. E-101
- 11 - BOD Meeting
1pm, Bldg. 7 Rm. E-118
- 13 - Adaptive Sports Clinic
3pm, TBA
- 17 - St. Patrick's Day
Bldg. 7 Rm. E-118
- 20 - Bingo & Pizza Night
3pm, Bldg. 7 Dining Room
- 27 - SCI Peer Mentoring Program
12pm, Bldg. 7 Rm. F-125
- 30 to April 5 - Winter Sports Clinic (Office Closed)
Bldg. 7 Rm. E-118



Change online shopping for good.

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