



E-BRIDGE

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



Executive Director's Message

WRITTEN BY KORY AMARAL

Wow this year is already flying by! This year, the Paralyzed Veterans of America, Bay Area and Western Chapter is having elections for the Board of Directors. If you are interested in learning more about the election timeline, please see Page 7. If you are curious in running or you have any questions, please call the office at (650) 399-5296.

Bay Area PVA members, we will be having a Palo Alto Membership Meeting on Tuesday, March 4, 2025 at 12:00 at VA Palo Alto Health Care System. We sent a letter in the mail for members who are local. More information is on Page 7. During this meeting we will be providing updates from the Paralyzed Veterans of America, Bay Area and Western Chapter, VA Palo Alto Health Care System's SCI/D Center, and more. Please RSVP by Tuesday, February 25, 2025. We look forward to seeing you.

On the last Thursday 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 Thursday, February 27, 2025. This month's topic will be Driver's Evaluation. This is also a great way to interact with your fellow veterans. Please refer to Page 2 for more information. The date on the flyer is not accurate, but the Zoom information is still current. We are currently working on a new flyer, and it will be available soon.

I will be taking annual leave this month, but as always, I am here for you. Please either call or text me at (650) 399-5296 or email me at amaral@bawpva.org and I will get back to you in a timely manner.

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ABOUT US

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



SCI Peer Mentoring Program - Education & Lunch

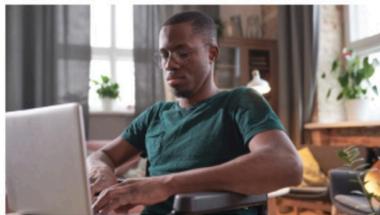
SPONSORED BY THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER, INC. AND VA PALO ALTO HEALTH CARE SYSTEM'S SCI/D CENTER



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>



08/18/210 - Issue 11/evabridg 10.17.2023

February Calendar

- NATIONAL SERVICE OFFICER (NSO) MONTHLY CHAT (VIRTUAL) FEBRUARY 11
- BOARD OF DIRECTOR'S MEETING FEBRUARY 11
- ADAPTIVE SPORTS CLINIC FEBRUARY 13
- PRESIDENTS' DAY (OFFICE CLOSED) FEBRUARY 17
- BINGO & PIZZA NIGHT FEBRUARY 19
- SCI PEER SUPPORT MENTORING PROGRAM - EDUCATION & LUNCH FEBRUARY 27

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



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>

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

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



National PVA's Washington Update

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

VA Committees Hold Hearings on Access to VA Community Care

On January 22, the House Veterans' Affairs Committee (HVAC) held an oversight hearing titled, "[Restoring Focus: Putting Veterans First in Community Care.](#)" Paul McKenna, Sergeant Major, US Marine Corps (Ret.); William Dooley, Master Sergeant, US Army (Ret.); Lori Willis Locklear, Mother of Navy Veteran Logan Willis; Brittany Dymond Murray, Associate Director, VFW; and Kelley Saindon, DNP, RN, CHPN, Secretary/Treasurer, Nurses Organization of Veterans Affairs testified during the hearing. Many of the witnesses offered testimony about delays in VA's authorizing community care in a timely manner and its impact on their lives.

HVAC Chairman Mike Bost (R-IL) has stated that one of his top three priorities this session is veterans' access to community care. Committee Ranking Member Mark Takano (D-CA) expressed concern that the hearing didn't include the witnesses necessary to allow the committee to fully explore the access problems. Specifically, the hearing didn't include any witnesses from the VA or the third-party administrators that administer the community care program.

The following week, on January 28, the Senate Veterans' Affairs Committee (SVAC) held a hearing on the same topic. Like their House counterparts, no witnesses from VA or other government agencies were asked to appear before the committee. Instead, a single panel of two veterans and three veterans-related organizations spoke with SVAC members and talked about barriers encountered when receiving care in the community. Much of the discussion focused on access to mental health care, and in particular, access to residential rehabilitation treatment programs (RRTP) which help veterans with substance use disorders (SUD), PTSD, depression, and similar conditions. Existing VA community care standards do not often extend to these programs which has prevented many veterans from receiving this level of care in a timely.

In a statement for the record, PVA pointed out that RRTPs are virtually non-existent for veterans with spinal cord injuries and disorders and that we believe it is in the best interest of our members for VA to develop national procedures and protocols related to providing mental health and SUD inpatient care for these veterans. In addition, we stressed the importance of preserving and strengthening VA's specialized systems of care since it isn't available in the community. A recording of the hearing can be viewed [here](#).

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Adaptive Sports Clinic

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THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER
PRESENT

ADAPTIVE SPORTS CLINIC



LIVE CLINIC

2ND
THURSDAY
OF THE
MONTH
3:00PM

AIR RIFLE, BOCCIA BALL, DISC.
GOLF, INTERACTIVE ARTS,
SHUFFLEBOARD, TABLE TENNIS,
AND MORE

RSVP TO KORY AMARAL
(650) 858-3936
AMARAL@BAWPVA.ORG

BUILDING 7

3801 MIRANDA
AVENUE
PALO ALTO, CA
94304

FOOD
PROVIDED

THANK YOU SCI/D RECREATION
THERAPY IN PALO ALTO FOR YOUR
SUPPORT.

PRIZES

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



Bingo & Pizza Night

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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

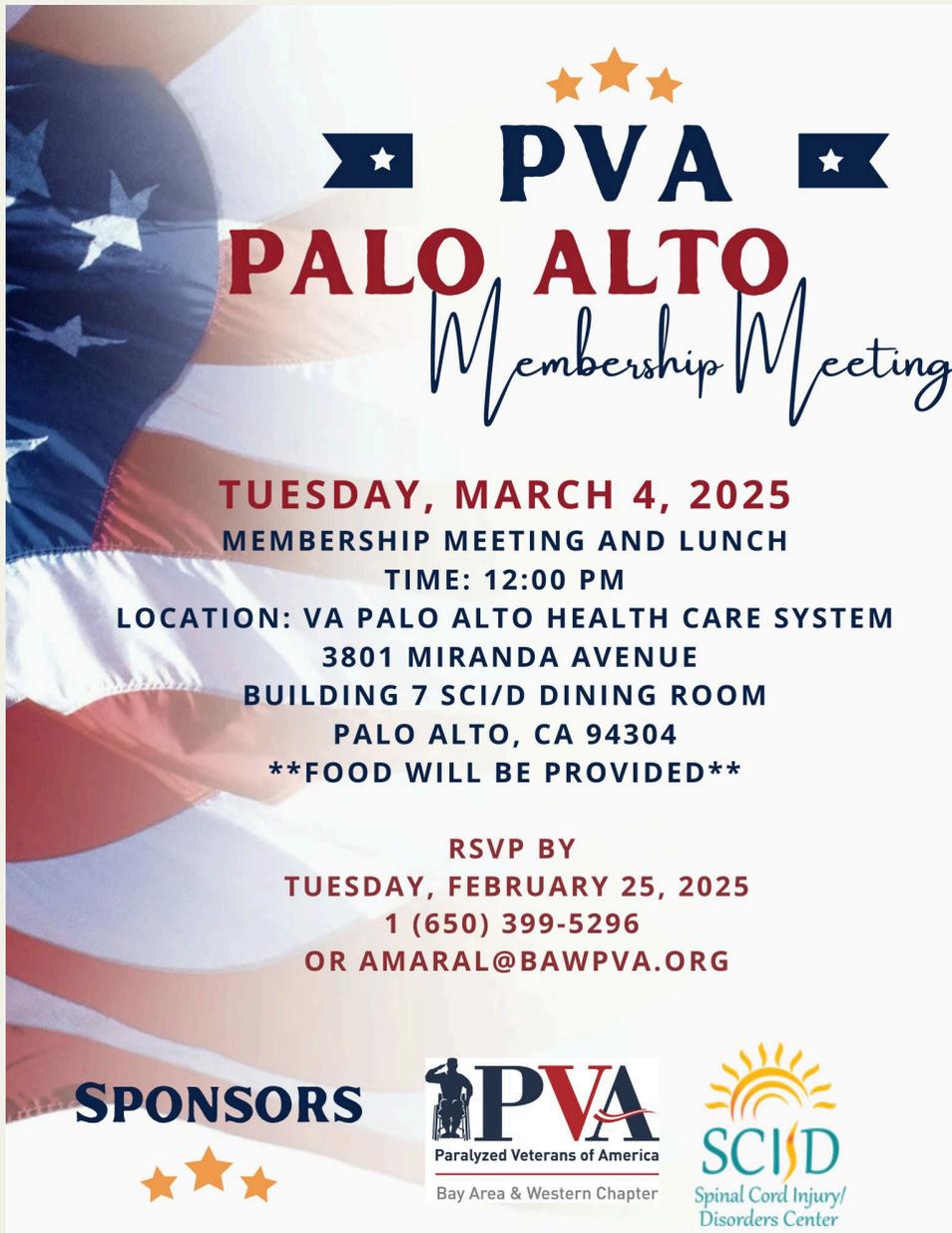
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Paralyzed Veterans of America, Bay Area & Western Chapter, INC.



Palo Alto Membership Meeting

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




PALO ALTO
Membership Meeting

TUESDAY, MARCH 4, 2025
 MEMBERSHIP MEETING AND LUNCH
 TIME: 12:00 PM
 LOCATION: VA PALO ALTO HEALTH CARE SYSTEM
 3801 MIRANDA AVENUE
 BUILDING 7 SCI/D DINING ROOM
 PALO ALTO, CA 94304
****FOOD WILL BE PROVIDED****

RSVP BY
TUESDAY, FEBRUARY 25, 2025
 1 (650) 399-5296
 OR AMARAL@BAWPVA.ORG

SPONSORS




Member Column

ELECTIONS FY 25-27

2025 ELECTION TIMELINE

TUESDAY, JANUARY 14, 2025
NOMINATIONS OPENED

FRIDAY, JANUARY 17, 2025
DEADLINE TO SEND OUT
NOTICE OF NOMINATIONS
AND ELECTION PROCEDURES

TUESDAY, MARCH 11, 2025
NOMINATIONS CLOSED,
DEADLINE TO RECEIVE
NOMINATIONS BY MAIL

FRIDAY, MARCH 14, 2025
DEADLINE TO HAVE
CERTIFICATIONS COMPLETED

FRIDAY, MARCH 28, 2025
DEADLINE TO MAIL BALLOTS
AND BIOS

FRIDAY, MAY 2, 2025
C.O.B. DEADLINE TO RECEIVE
BALLOTS

FRIDAY, MAY 2, 2025
COUNT BALLOTS WITH 3
VOLUNTEERS

TUESDAY, MAY 13, 2025
ANNOUNCE RESULTS OF
ELECTION

TUESDAY, JULY 1, 2025
NEW TERM OF OFFICE BEGINS

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



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 539 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

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Email:

administration@bawpva.org

Website:

bawpva.org

