

The Bridge



Bay Area & Western Paralyzed Veterans of America

Volume 39, No. 4

Apr-Jun 2025

PVA Awareness Month – Caregiver & Women in SCI/D Empowerment Resources (WISER) Event



Resources

- Bay Area & Western PVA
- PVA's National Service Officer
- Elizabeth Dole Act
- SCI/D Psychology
- SCI/D Social Work
- And more....

YOU & A GUEST JOIN US!

Wednesday, April 30, 2025 | 11:00 AM to 2:00 PM

Topgolf San Jose
10 Topgolf Drive
San Jose, CA 95002

*Food & Drinks
provided*

Giveaways!

CONTACT US!

(650) 399-5296
amaral@bawpva.org



PUBLISHED BY:

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

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National PVA Website: www.pva.org

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Jessica Greene, Vice President

Kyle Hansel, Secretary

Tomasz Modrzejowski, Treasurer

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Kevin Hoy

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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



Happy Spring everyone! The Paralyzed Veterans of America, Bay Area and Western Chapter will be hosting more events now that the weather is getting better. We should be visiting the Fresno and Sacramento areas in late Spring. More information will be available soon. The Chapter Sports & Recreation program is a great way to continue to remain active and fit this year. The Chapter and VA Palo Alto Health Care Systems SCI/D's Recreation Therapy will be hosting different activities soon which will include yoga/ mindfulness, cooking classes, drumming , and more. Also, the National Veterans Wheelchair Games (NVWG) will be held July 17-22, 2025 in Minneapolis, MN. Registration opened on Monday, February 3, 2025 and closes Friday, April 4, 2025. Please see Page 18 for more details.

The Chapter is continuing its election process this year. Nominations are now closed for the election. PVA members should be receiving their election packet in the mail. 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. One important date to note is Friday, May 2, 2025. The office must receive all ballots that day. For assistance with this please contact the Chapter office. See Page 6 for the election timeline.

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



The Paralyzed Veterans of America, Bay Area and Western Chapter is off to a great start this year. I want to thank the 23 veterans who attended our Palo Alto Membership Meeting held on Tuesday, March 4, 2025. This type of turnout motivates us and we are looking forward to future events. I will be traveling as support staff for the 39th National Disabled Veterans Winter Sports Clinic (NDVWSC) March 30 to April 6, 2025 in Snowmass, CO. This year we have 15 SCI/D veterans attending. I always look forward to this event and I am excited to see all the athletes who will experience a “Miracle on the Mountainside”.

Each April, the Paralyzed Veterans of America, Bay Area and Western Chapter supports PVA Awareness Month. This year, the Chapter has decided to focus on caregivers and women veterans. We know how much caregivers do for our veterans and it is time we show them our appreciation. The event will take place at Topgolf in San Jose, CA on Wednesday, April 30, 2025 at 11:00 AM. The flyer is on the cover of this newsletter. We look forward to meeting our caregivers. Thank you for everything you do. We also are excited to interact with more of our women veterans.

Next up, we will be focusing on the 44th National Veterans Wheelchair Games (NVWG) July 17-22, 2025 in Minneapolis, MN. Each year, over 600 veterans attend the NVWG and compete in 21 different adaptive sports. The VA Palo Alto Health Care System’s team is one of the biggest and this year, we will be helping supporting a team from the VA Pacific Islands Health Care System. 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 Spring!



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



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



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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

Tami Anderson, Senior National Service Officer



How to stay safe and fight back against the latest scams

Fraud – One of the ways the “bad” guys (scammers) will try and trick you is sending a pop-up message to your computer saying your computer has a virus. Their intention is that you click on the link or call the fake support number, by doing this you give a criminal remote access to your computer. And there goes all of your personal information.

The “bad” guys may install malware and/or sell you useless software, maintenance or warranty programs. They are also utilizing AI to create more convincing texts and emails. Never click on a pop-up message. If you do not know who it is from or you were not expecting it, delete immediately without clicking anything. Also, never share your password or give remote access to someone you do not know.

Protect - The legit tech companies will not contact you about problems with your computer or cell phone, nor will they send pop-ups or make a call or click a link. If you receive a call from a tech support person, it is more than likely a scam.

Fraud - Another scam that began happening in September 2024, the “bad” guys sent emails and/or texts offering a free product if you took a survey. The catch: you had to pay for shipping, which led to the card-declined message. However, the charge did go through and often for more money than was thought.

Protect – Always use a credit card vice a debit card. Why? A credit card offers stronger fraud protection than debit cards. Always scrutinize the URL (web address) to make sure it is legit. They may change one letter or number to make it work for them, be diligent in verification.

Fraud – When shopping on sites like Facebook Marketplace, if the item appears to be “too good” of a buy, it probably is a scam. For example, you are looking for a new vehicle and you see one on the marketplace site. They give you a story that they are deploying and cannot take the vehicle with, so they are selling it for a very low price. They ask you to get Apple cards at Walmart or Target in increments for the sale and give them the numbers. Guess what? There is no vehicle and they have already cashed the Apple cards for the cash and are gone.

Protect – Be diligent when buying items from individuals on sites like Facebook Marketplace. Ask to meet in a well-lit area where there is a lot of people. Do not give banking, credit card or Apple card numbers over the phone to a stranger.

Received some of the above from AARP Bulletin “Fraud - Who is Targeting you Now? Please see for more scams and how to protect yourself.

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

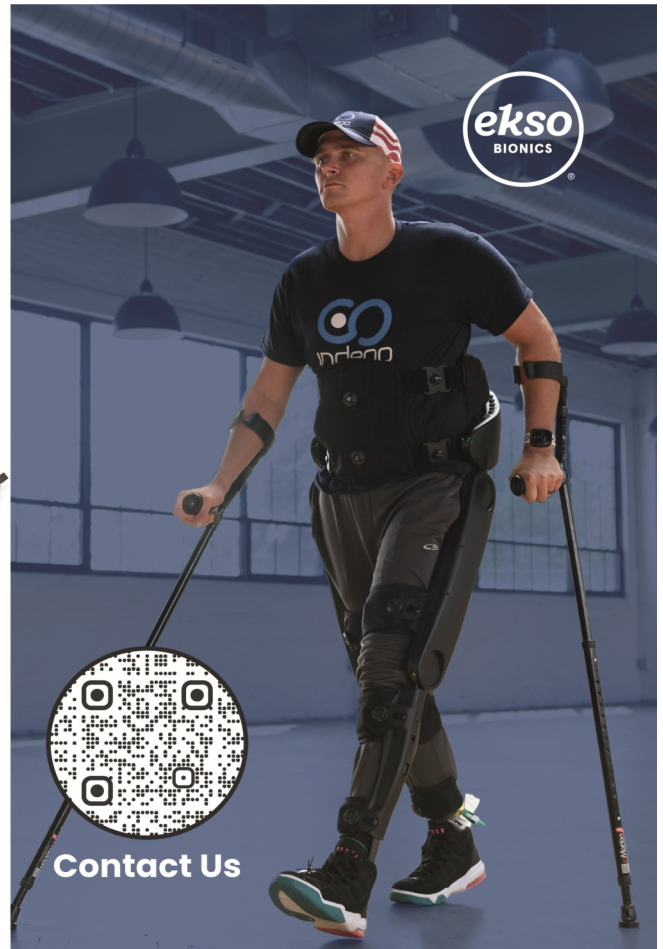


VA policy allows Ekso Indego to be issued at no cost for those who qualify.

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/



SCI/D Memorial Service

Thursday, June 5, 2025

2:00 PM



- *SCI/D Staff, Inpatients, and Guests please join us in the Spinal Cord Injury Center's Dining Room to honor the lives of the SCI/D veterans who have passed away within the last year. Zoom will be available for individuals at home.*
- *We will fondly remember our fallen SCI/D veterans with their peers and caregivers.*
 - *The ceremony will begin at 2:00 PM followed by light refreshments for SCI/D Staff, Inpatients, and Guests.*

*Please call or email Kory Amaral
at (650) 493-5000 x65308 or amaral@bawpva.org
for more information.*



Washington Update

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

PVA NATIONAL PRESIDENT ROBERT THOMAS, JR. TESTIFIES BEFORE CONGRESS

On March 4, PVA National President Robert Thomas, Jr. testified before a joint session of the Senate and House Veterans' Affairs Committees regarding PVA's public policy priorities. President Thomas stressed the importance of restoring VA's specialized care services, which are in dire need of adequate funding and staffing, and the vital role that VA-provided care and life-sustaining research play in the lives of PVA members. He also unveiled [PVA's 2025 Policy Priorities](#), which will guide our advocacy efforts throughout the year. The two-panel hearing lasted nearly three hours. You can watch a recording of the hearing [here](#). President Thomas's oral statement begins at the 1:59:00 mark. His full written statement is located [here](#).

While in Washington, D.C., President Thomas and other members of PVA's Executive Committee met with Senate Veterans' Affairs Committee Chairman Jerry Moran (R-KS) and Ranking Member Richard Blumenthal (D-CT) and House Veterans' Affairs Committee Chairman Mike Bost (R-IL) and Ranking Member Mark Takano (D-CA). During their visits, PVA leaders expressed concerns about the status of the VA's spinal cord injuries and disorders system of care and the effects of current efforts to reduce the size of the federal government. PVA leaders also discussed the importance of long-term services and supports for veterans with catastrophic disabilities and the need for Congress to ensure proper implementation of the Senator Elizabeth Dole 21st Century Veterans Health-care and Benefits Improvement Act (P.L. 118-210).

On March 6, President Thomas, National Treasurer Tom Wheaton, and National Vice President Anne Robinson attended an event officially unveiling Capitol Hill's first accessible drop off/pick up zone on the House side. PVA's role in the creation of the zone was reiterated during the curb-side briefing that included Committee on House Administration Chairman Bryan Steil (R-WI), Ranking Member Joseph Morelle (D-NY), Subcommittee on Modernization Chairwoman Stephanie Bice (R-OK), Rep. Steny Hoyer (D-MD), and leaders from the office of the Architect of the Capitol. CEO Carl Blake also participated in the event.

Prepare for VA's sign-in changes

We're moving to a more modern online sign-in experience — to simplify your options and continue to protect your identity and benefits.



Here's what's changing for VA websites and mobile apps:

- After March 4, 2025, we'll remove the option to sign in with a My HealtheVet user ID and password.
- After September 30, 2025, we'll remove the option to sign in with a DS Logon username and password.
- You'll then have two sign-in account options: **Login.gov** or **ID.me**.

Note: Your My HealtheVet portal isn't going away. We're just changing the way you sign in.

Create your account now

Learn why we're making these changes — and how to create your Login.gov or ID.me account.



www.va.gov/sign-in-changes

VA



U.S. Department
of Veterans Affairs

Women in SCI/D Empowerment Resources (WISER)



In 2024, Ms. Sandy "Ipo" Valdez reached out the Paralyzed Veterans of America, Bay Area and Western Chapter. She wanted to create a women veterans group. With the help of VA Palo Alto Health Care System's SCI/D Center and the Paralyzed Veterans of America, Bay Area and Western Chapter's Vice President Ms. Jessica Greene, Women in SCI/D Empowerment Resources (WISER) was created.

I attended the Women's Veteran Empowerment Retreat (WVER) in Long Beach, CA in October 2024. This was my first time attending, so I really didn't know what to expect. I really enjoyed meeting, networking and sharing stories with all the other women veterans. It was also very nice to spend some time getting to know our senior leaders, National Sr. Vice President Tammy Jones and National Vice President Anne Robinson. The workshops throughout the weekend were very informative and motivating. To top it all off, we were treated to a glam session via the partnership with Lancôme and the PVA. Thank you for supporting me to attend this event, I'm looking forward to the next one.

- Jessica Greene, Army Veteran

Women Veterans' Empowerment Retreat was held in Long Beach, California last year. Our PVA members came together once again, but this time to focus on topics that remain a priority for our women members, such as advocating for our specific needs. We may be a small number but when we are all together we are a force to be reckoned with! As it reads in the mission statement, "to strengthen the leadership, amplify the voices, and highlight the needs of PVA women members in their pursuit of quality healthcare, accessibility, and benefits." We remain relentless to bring all our veterans together, especially our sister veterans, to show them they are never alone! We can share our successes and downfalls without fear of judgment.

I am so grateful that our chapter is supportive along this journey so that we may bring back information that can empower us all! I can't wait to hear of all the stories of empowerment. You all are so strong and it is your resilience that pushed me to step out of my comfort zone to bring more information back for us all! Thank you again Bay Area PVA!

- Sandy "Ipo" Valdez, Army Veteran



On October 30, 2024, we inaugurated our first PVA WISER event with a catered lunch and a watercolor painting activity. Our theme was Halloween. We spent several months preparing for our first WISER event. 6 female SCI Vets joined us in person and 4 on line/TEAMS. During the event, we spent time getting to know one another and sharing our life stories.

- Ann Bradish, MPH, BSN, RN Case Manager

I'm pleased to be a member of the Women Veterans Committee (WISER) with Paralyzed Veterans of America (PVA). I'm excited to learn more and address the unique needs of SCI female veterans, ensuring they have access to the resources they require while making the memorable experience. As a nurse case manager, I bring my bedside experience to add to the resources and strategies to improve healthcare for SCI Women Veterans.

In addition, I serve as a liaison for SCI women veterans at the Women's Health Committee in Palo Alto. The goal is to improve access to care and explore resources specifically for SCI female veterans. This role allows me to advocate for and address the unique healthcare needs of SCI women veterans within the Palo Alto system.

The WISER committee works collaboratively to engage and empower SCI women veterans, educate/encourage them to advocate for themselves. Through this partnership, we bring diverse perspectives and expertise, working together toward common goals of improving access for SCI women veterans.

Our first painting event at Palo Alto on October 30th was a great success! It was a wonderful event to bring people together, laugh, share stories/experiences, foster connections, enjoy food, music, much more etc, and most importantly, spread awareness about WISER and the resources available to SCI women veterans.

Through collaboration and strategic outreach, the committee is committed to organize fun activities, encourage PVA membership and provide important resources for women veterans in the SCI/D community—giving them back what they truly deserve.

The goal of WISER is to share and learn from SCI female veterans by working together to improve the well-being of our SCI female veterans physical, emotional and psychological.

- Fatima Akbar, BSN, RN Acting Nurse Manager



**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, April 8, 2025 at 1:00 PM
Tuesday, May 13, 2025 at 1:00 PM
Tuesday, June 3, 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

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
AND
VA PALO ALTO HEALTH CARE SYSTEM SCI/D CENTER'S RECREATION THERAPY
PRESENTS

»»»»»»»» **ADAPTIVE** ««««««««
INTERACTIVE CLINIC



LIVE CLINIC

**2ND
THURSDAY
OF THE
MONTH**

3:00PM

**AIR RIFLE, BOCCIA BALL, DISC
GOLF, LEATHER WORK, DRUMMING,
SHUFFLEBOARD, TABLE TENNIS,
AND MORE**

**RSVP TO KORY AMARAL
(650) 399-5296
AMARAL@BAWPVA.ORG**

BUILDING 7

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AVENUE
PALO ALTO, CA
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PROVIDED**

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

PRIZES

44TH ANNUAL



NATIONAL VETERANS
**WHEELCHAIR
GAMES**

PLAY STRONG

MINNEAPOLIS, MN
JULY 17-22, 2025

FOR MORE INFORMATION, VISIT:
WHEELCHAIRGAMES.ORG
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CO-PRESENTED BY:

VA



U.S. Department
of Veterans Affairs



Mobility Device Repair Services for US Veterans, enrolled in VA care.

Please check with your local facility to see if this is available in your area at this time.

Do you have a custom manual wheelchair, powerchair, or scooter that was provided by the VA and is in need of repair?



Call: 1-888-583-VETS (8387)

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Submit a repair request through Phone or Web:

Toll-free:
1-888-583-VETS (8387)

Online 24/7:
scootaround.com/va

Weekdays:

8am to 6pm EST & PST

Weekends & Federal Holidays:

10am – 6pm EST / 7am – 3pm PST

or

Scan QR code
with your
smartphone
camera:



Once you’ve submitted your repair request, Scootaround will reach out and arrange a time and location to complete the repair.



Personal
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SCID 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. Also, please park in the SCI designated parking spots. The SCI Outpatient Clinic has placards if needed. 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) 551-0330 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**



LIVING WITH A SPINAL CORD INJURY OR DISEASE

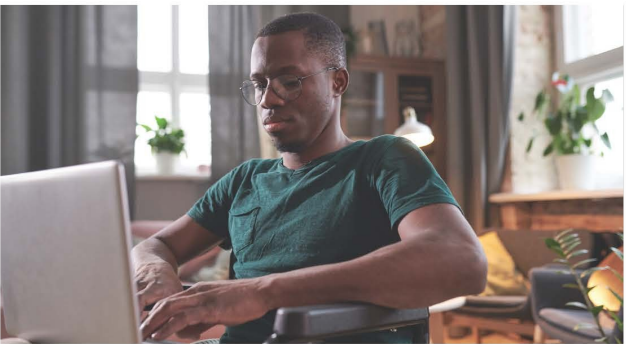
SCI/D PEER SUPPORT PROGRAM - EDUCATION & LUNCH

Please join us the **LAST THURSDAY** of the month starting **February 27, 2025 in Building 7, Room F-108 (Dayroom) at 12:00 PM** for education and a peer support activity. This is a monthly program designed for SCI/D 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>





★ HAPPY ★ BIRTHDAY!



| | | | | |
|--------------|-------------------|------------------|------------------|-----------------|
| April | Edward Baker | Richard DeWorken | Redic Thomas | Pablitz Candela |
| | Floyd Bethany | James Toler | Todd Kelly | Craig Carter |
| | Nicholas Pruneda | James Freeman | Timothy Cissney | Carson McLeod |
| | Richard MacKenzie | Kenneth Lujan | Sarah Nunley | Jerry Hopkins |
| | Jeff Haywood | Anthony Saavedra | Ernest Harris | Mark Cahill |
| | Qcutziel Frazier | Michael | Curtis Brunn | Michael Siller |
| | Joseph Williams | MacCullough | Richard Fuller | Shane Jensen |
| | Travis Dunn | Jason Elkins | Haskell Jones | Raymond Bishop |
| | Leonard Powell | John Markowski | Shelton Inabinet | |
| | Danny Brozowski | Robert Dorroh | Jerret Rita | |
| | John Davis | Richard Picard | Cresencio Cruz | |
| | James Dottle | Kurt Larsen | Scott Henderson | |

| | | | | |
|------------|------------------|------------------|------------------|---------------------|
| May | Carrie Musso | Kevin Dunn | Jerral Hancock | Anthony Vasapollo |
| | Benami Garcia | Sandy Valdez | Carl Latona | Tulia Letuligasenoa |
| | Charles Heuck | Penny Gillett | James Johnson | Ambrosio Ogumoro |
| | Tom Bishop | Damien Giboney | Hunter Lenthe | Chase Cavanaugh |
| | Michael Gruber | Jeffrey Crummett | Joe Colvard | Daniel Dravland |
| | Roger Jenan | Ernest Mendes | Patricia | Donnie Rawhoof |
| | Sabino Deodanes | Warren Hardy | Champagne | Eugene McClure |
| | Marcia Nagle | Clinton Martin | Alejandro Vargas | Lawrence |
| | Peter Axelson | Alfred Harrison | Richard Maple | Mcelraeth |
| | Richard Henry | Jeffrey Jongema | Kenneth McMillen | Magdalene |
| | Alexandro Norita | Andrew Smith | | Thomas |

| | | | | |
|-------------|-------------------|--------------------|-----------------|-----------------|
| June | Frank Mlejnek | Elizabeth Stahl | Manuel Siquig | Roberto Mendoza |
| | Bruce Austin | David Fry | Margarita | Steven Higashi |
| | Don Odle | Susan Ippolito | Garciduenas | Vera Flores |
| | Victor Escamilla | Lew Francis Fiesta | Richard Hacker | James |
| | Michael Goesch | Edward Stickney | Robert Cook | Freudenberg |
| | Michael Stout | Patrick Harris | Scott Ferguson | Robin Maseda |
| | Patrick McDonald | Otis Battle | Douglas Heseman | |
| | Jack Nicholson | Alise Froscono | Eric Synsteby | |
| | Shannon Fuller | Alvin Brown | John Kern | |
| | Kevin Inouye | Clyde Jacobson | Joseph Moglia | |
| | Teddy Nickolson- | John Buchanan | Kevin O'Leary | |
| | Harold Janikowski | Kevyn Shortell | Loren Follett | |

April 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 | | | |

- 8 - NSO Chat (Virtual)
11:30am, Bldg. 7 Rm. E-101
- 8 - BOD Meeting
1pm, Bldg. 7 Rm. E-118
- 10 - Virtual Reality (VR) Clinic
3pm, Bldg. 7 Dining Room
- 17 - Bingo & Pizza Night
3pm, Bldg. 7 Dining Room
- 24 - SCI Peer Mentoring Program
12pm, Bldg. 7 Rm. F-108
- 30 - PVA Awareness Month Event (Office Closed)
11am, Topgolf San Jose

May 2025

SUN MO TUE WED TH FRI SAT

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|----|----|----|----|----|----|----|
| | | | | 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 Interactive Clinic
3pm, TBA
- 11 to 18 - PVA's Annual Convention (Office Closed)
Austin, TX
- 13 - NSO Chat (Virtual)
11:30am, Bldg. 7 Rm. E-101
- 13 - BOD Meeting (Virtual)
1pm, Bldg. 7 Rm. E-118
- 15 - Bingo & Pizza Night
3pm, Bldg. 7 Dining Room
- 26 - Memorial Day (Office Closed)
Bldg. 7 Rm. E-118
- 29 - SCI Peer Mentoring Program
12pm, Bldg. 7 Rm. F-108

June 2025

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 | | | | | |

- 3 - BOD Meeting
1pm, Bldg. 7 Rm. E-118
- 5 - SCI/D Memorial
2pm, Bldg. 7 Dining Room
- 8 to 14 - Advocacy Legislative Seminar (Office Closed)
Washington, D.C.
- 10 - NSO Chat (Virtual)
11:30am, Bldg. 7 Rm. E-101
- 12 - Bingo & Pizza Night
3pm, Bldg. 7 Dining Room
- 19 - Juneteenth Holiday (Office Closed)
Bldg. 7 Rm. E-118
- 26 - SCI Peer Mentoring Program
12pm, Bldg. 7 Rm. F-125
- June 2025 - Fresno and Sacramento Membership Meetings
TBA



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, 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

Vacant, LCSW, SCI Coordinator
Tele: 808-433-7853