



E-BRIDGE

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



Executive Director's Message

WRITTEN BY KORY AMARAL

The Paralyzed Veterans of America, Bay Area and Western Chapter is honored to celebrate our veterans this month for Veterans Day. We have many events coming up and we hope to see you there. On Thursday, November 6, 2025 at 12:00 PM, we have our Veterans Day Luncheon in the SCI/D Center at VA Palo Alto Health Care System. See Page 5 for more details. On Tuesday, November 11, 2025 we will be marching in the Veterans Day Parade in Downtown San Jose at 12:00 PM. See Page 7 for more details. We will also be visiting two local schools in the area to educate them on veterans, the PVA, and individuals with disabilities. Our mission is to ensure our youth understands and respects the disabled community.

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 on Thursday, January 29, 2026 due to the Holiday season. This is also a great way to interact with your fellow veterans. Please refer to Page 2 for more information.

I just wanted to say thank you to everyone who has supported the Chapter, and I hope everyone has a great Holiday season. Please feel free to reach out to veterans in your community and say "hi" because some are alone during the holidays.

I will be traveling this month for work. If you need anything, 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

E-BRIDGE

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 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>



PAO ID65 - Last Updated 2-20-2025

November Calendar

NATIONAL PVA'S PALO ALTO SITE VISIT
NOVEMBER 4 TO 5

VETERANS DAY LUNCHEON
NOVEMBER 6

VETERANS DAY PARADE
NOVEMBER 11

NATIONAL PVA'S FALL BOD MEETING
NOVEMBER 13 TO 17

BOARD OF DIRECTOR'S MEETING (VIRTUAL)
NOVEMBER 18

BINGO & PIZZA NIGHT
NOVEMBER 20

THANKSGIVING HOLIDAY (OFFICE CLOSED)
NOVEMBER 27 TO 28

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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.

PVA is looking to the community to donate lightly used clothing and other items. Through the GIVE Program, we would love to expand the program by bringing in more funds for our veterans. PVA has developed a relationship with a thrift store in Fresno, CA. Although the store is located in Fresno, there are donation pickups throughout the Bay Area.

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

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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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.

Shutdown Update

The federal government shutdown is closing in on record territory as October ends with no resolution in sight. By comparison, the longest shutdown, which occurred between 2018 to 2019, lasted 35 days. Multiple attempts to pass a temporary funding resolution have fallen flat in the Senate, while the House remains in a protracted recess. Although there have been rumors of negotiations and compromises, nothing serious has materialized so far. Several bills seeking to ease the adverse impact of the government closure on various groups have been introduced, but none of these bills have passed, including one that would ensure military servicemembers are paid regardless of the government's operating status.

Lawmakers acknowledge that the shutdown will extend into November, and some are even talking about potential stopgap legislation to keep the government funded through the remainder of this year or early next. We will monitor and report on these proposals as information becomes available. As a reminder, while the shutdown does interfere with some functions of the VA, it does not affect PVA's work directly. If you need assistance or support, please reach out to your local PVA NSO, or call the PVA benefits hotline at 1-866-734-0857.

VA Secretary Urges Poor-Performing Medical Centers to "Do Better"

In August, VA reported that many of its hospitals received high marks as part of the Centers for Medicare and Medicaid Services (CMS) 2025 hospital quality ratings. 77 percent of VA hospitals that received an Overall Hospital Quality Star Rating received 4 or 5 stars, and no VA hospitals received a one-star rating. Over 90 percent of the hospitals with ratings maintained or improved them compared to the previous year.

Less than a dozen saw their ratings slip and 26 facilities received two-star or three-star ratings, so there is room for improvement. Commenting on the ratings in August, VA Secretary Collins said, "Our job is to continue raising the bar for customer service and convenience throughout the department, so VA works better for the veterans, families, caregivers and survivors we are charged with serving." Recently, he gathered the leadership of VA's struggling facilities together and urged them to do better without additional resources or personnel.

"It's a matter of leadership," Collins told POLITICO, a Hill-based newspaper that covers policy and politics. "The answer for VA has always been just give us more money, give us more people to solve problems. And when you're dealing with some quality issues, and how you handle patient care, a lot of that is just simply whether you have the right processes in place." Although the Secretary didn't set a specific timeframe for improvement, it is clear he expects results. He is optimistic that many of the poorest performing sites could improve their ratings in just a year or two.

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



Veterans Day Luncheon

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



THURSDAY, NOVEMBER 6, 2025
12:00 PM
BUILDING 7'S SCI/D DINING ROOM

★ ★ ★

VETERANS DAY Luncheon

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For SCI/D Veterans & Staff
Catered by Armadillo Willys
Sponsored by
the Paralyzed Veterans of
America, Bay Area and Western
Chapter



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Menu Includes:
Texas BBQ Ribs
Texas Lone Star Chicken
Santa Maria Tri Tip
Veggie Burger
Spicy Peanut Slaw, Potato Salad, Texas
Corn Salad, White Cheddar Mac &
Cheese, and Cornbread Muffins
Chocolate Chip Cookie
Drink

★ ★ ★



Tickets are available from
9:00 AM - 11:00 AM
on Tuesday, November 6, 2025
for SCI/D Staff

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

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

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



BINGO NIGHT

3RD THURSDAY OF THE MONTH

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

MONEY PRIZES FOR EVERY ROUND!

SCI/D Dining Room



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

E-BRIDGE

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



Veterans Day Parade

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 (BAWPVA)



CELEBRATING

VETERANS DAY

TUESDAY, NOVEMBER 11, 2025

Downtown San Jose Parade at 12:00 PM

BAWPVA
PO BOX 27
PALO ALTO, CA 94304

CONTACT: KORY AMARAL
(650) 399-5296
AMARAL@BAWPVA.ORG

PLEASE BRING:

- Handcycles
- Rugby Chairs
- Sports Chairs
- You

[HTTPS://SJVETERANSPARADE.ORG/](https://sjveteransparade.org/)

A GREAT SOCIAL EVENT TO HONOR THE MEN AND WOMEN WHO SERVED OUR COUNTRY

RSVP BY TUESDAY, NOVEMBER 4, 2025

Member Column

VETERANS DAY

ON TUESDAY, NOVEMBER 11, 2025, THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER, INC. AND VA PALO ALTO HEALTH CARE SYSTEM SCI/D CENTER'S RECREATION THERAPY WILL BE ATTENDING THE VETERANS DAY PARADE IN DOWNTOWN SAN JOSE.

WE HAVE NOT ATTENDED THIS EVENT IN MANY YEARS DUE TO THE COVID-19 PANDEMIC, BUT WE ARE GLAD TO BE BACK. THIS IS A GREAT EVENT TO HONOR VETERANS AND WE HOPE YOU CAN MAKE IT.

THANK YOU TO ALL OUR VETERANS FOR YOUR SERVICE AND WE LOOK FORWARD TO SERVING YOU FOR MANY YEARS TO COME.

HAPPY VETERANS DAY!!



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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 552 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:

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Palo Alto, CA 94304-0027

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