



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 hopes everyone has a great Holiday season! I know we are in the middle of the season, but I want to make sure we take the time to contact veterans who may not have family members nearby. A little gesture goes a long way, and I am sure the veterans would appreciate it.

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.

On Tuesday, December 9, 2025 at 12:00 PM in the SCI/D Center's Dining Room, the Chapter will be hosting our Winter Luncheon to celebrate our SCI/D veterans and staff. I want to personally thank the Los Altos Sunset Rotary who sponsored the event.

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. The office will be closed Monday, December 22, 2025 to Friday, January 2, 2026 for Winter break. I look forward to seeing all of you in 2026!

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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

December Calendar

NATIONAL SERVICE OFFICER (NSO) CHAT (VIRTUAL) DECEMBER 9

WINTER LUNCHEON DECEMBER 9

ADAPTIVE RECREATION CLINIC - CRAFT FAIR DECEMBER 11

BINGO & RIB NIGHT DECEMBER 18

WINTER BREAK (OFFICE CLOSED) DECEMBER 22 TO JANUARY 2



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

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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.

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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National PVA's Washington Update

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

Bill to Increase SMC and DIC Introduced in the House

On November 17, Rep. Tom Barrett (R-MI) introduced [H.R. 6047, the Sharri Briley and Eric Edmundson Veterans Benefits Expansion Act](#), which would increase the amount of Special Monthly Compensation (SMC) for the most severely disabled veterans. It would also raise VA Dependency and Indemnity Compensation (DIC) rates for the surviving family members of deceased servicemembers and veterans. For years, PVA has advocated for increasing these benefits for veterans with the most significant service-connected disabilities and their survivors.

SMC is arguably the most important ancillary benefit for veterans with severe, service-connected disabilities. The benefit is unique in that it is dependent on non-economic factors such as the profoundness of the disability, personal inconvenience, and social inadaptability. For example, a veteran who lost the use of their lower extremities in service to their country is compensated not just for the loss in their future earnings potential, but also all future hardships and costs associated with the disability.

DIC is intended to protect against survivor impoverishment after the death of a service-disabled veteran. In 2025, this compensation starts at \$1,653.07 per month and increases if the surviving spouse has eligible children who are under age 18. The DIC program was established in 1993 and has been minimally adjusted since then. DIC payments were intended to provide veterans' survivors with the means to maintain some semblance of economic stability after the loss of their loved one.

[The Sharri Briley and Eric Edmundson Veterans Benefits Expansion Act](#) would increase the rates of SMC R1, R2, and T, which are reserved for the most seriously disabled veterans, and increase the DIC amount by one percent every year for five years in addition to the yearly cost-of-living adjustment. This would be the most significant increase in survivors' benefits and SMC in years, and a major step toward addressing the needs of our nation's seriously disabled veterans and their survivors.

On December 3 at 10:15 am ET, PVA National Treasurer Tom Wheaton will testify before the House Veterans' Affairs Committee in a legislative hearing that includes this bill. The hearing will be [broadcast live](#). Also, please [visit PVAAction Force](#) to send a message of support for this bill to your Representative.

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Winter Luncheon

SPONSORED BY THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER, INC AND LOS ALTOS SUNSET ROTARY


Paralyzed Veterans of America
Bay Area & Western Chapter

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

WINTER Luncheon

Tuesday, December 9, 2025
12:00 PM
Building 7's SCI/D Dining Room
For SCI/D Veterans & Staff

 Sponsored by Los Altos Sunset Rotary

 Catered by Chipotle

Tickets are available from
9:00 AM - 11:00 AM
on Tuesday, December 9, 2025
for SCI/D Day Shift Staff
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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Bingo & Rib Night

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



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



BINGO NIGHT

THURSDAY, DECEMBER 18, 2025  **SCI/D Dining Room**

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

MONEY PRIZES FOR EVERY ROUND!



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



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National Service Officer (NSO) Chat

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

Member Column

THE PARALYZED VETERANS OF AMERICA, BAY AREA AND WESTERN CHAPTER, INC.'S 13TH ANNUAL GOLF TOURNAMENT

THE CHAPTER HOSTED OUR 13TH ANNUAL GOLF TOURNAMENT ON MONDAY, OCTOBER 20, 2025 AT CINNABAR HILLS GOLF CLUB. WE WOULD LIKE TO THANK ALL THE SPONSORS WHO MADE THE TOURNAMENT A SUCCESS. ALTHOUGH PARTICIPATION WAS NOT AS ABUNDANT AS PREVIOUS YEARS, WE WERE STILL ABLE TO RAISE FUNDS FOR THE CHAPTER'S SPORTS & RECREATION AND RESEARCH PROGRAMS.

THE CHAPTER WILL HONOR ALL SPONSORS IN THE NEXT BRIDGE.

DUE TO THE GENEROSITY OF OUR SPONSORS, 8 DISABLED VETERANS WERE ABLE TO PLAY IN THE TOURNAMENT AND THEY ALL HAD A GREAT TIME!

WE LOOK FORWARD TO FUTURE EVENTS.

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?pwd=OHJ1KzNoVi9XR0FoSHNvVHRkcFRUZz09>

Why: To receive benefit updates and to ask questions



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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 556 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.

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