

The **Bridge**



Bay Area & Western Paralyzed Veterans of America

Volume 40, No. 3

Jan-Mar 2026

BAWPVA's 13th Annual Golf Tournament **Monday, October 20, 2025**

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

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Palo Alto, CA 94304
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National PVA Website: www.pva.org

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E-BRIDGE

To sign up for the monthly electronic newsletter please email

amaral@bawpva.org.

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President Jessica Greene



Happy New Year, everyone! It's hard to believe we are welcoming 2026 already! We've been through some changes, gained and lost some members and had a lot of success over the past year and I'm looking forward to making the next year one to remember. I have some personal goals for the new year and some goals for the chapter, as well.

The PVA will reach a milestone in the upcoming year as it marks 80 years as an organization. It was established after veterans returning home from World War II with spinal cord injuries were left to find their way through a society that wasn't set up for people with disabilities. They fought for independent living and accessibility throughout the community, building awareness and laying the groundwork for the advocacy we continue to this day.

I sincerely hope all of you had a happy and healthy holiday season and spent some time with family, friends and loved ones. The beginning of the year can be a busy time, as people get back to work, school and other obligations. Reaching out to someone to let them know you're thinking of them can be a simple way to make their day better - and yours too!

Cheers!



Paralyzed Veterans of America

Bay Area & Western Chapter

Executive Director

Kory Amaral



Wow I cannot believe 2025 is over already! Last year was a great year for the Paralyzed Veterans of America, Bay Area and Western Chapter. We were able to reach more members and we saw more participation which was great! In 2026 we plan to visit all of our catchment areas including Hawaii. More information will be available soon.

Our 13th Annual Golf Tournament was held at Cinnabar Hills Golf Club on Monday, October 20, 2025. This event helped raise funds for the Paralyzed Veterans of America, Bay Area and Western Chapter's Sports & Recreation Program. We are truly grateful for our continued sponsors and our new friends. Most likely our 14th Annual Golf Tournament will take place in 2027. Please see the cover of this newsletter to see all sponsors. Thank you again for the support.

Each April, the Paralyzed Veterans of America, Bay Area and Western Chapter supports PVA Awareness Month. This year, the Chapter and the SCI/D Center at VA Palo Alto Health Care System will be bringing back our Awareness Fair. We have not had an Awareness Fair since before the COVID-19 Pandemic. We will bring in vendors, staff, and others to show the latest and greatest innovations on spinal cord injuries and diseases. More information will be available in the next newsletter. We are looking forward to the event and we hope you can make it.

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 Thursday of the month at the SCI/D Center's F-108 Day Room at 12:00 PM. Some topics include PVA, Social Work, SCI/D Travel, Recreation Therapy, and more. Zoom is available if needed. 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 21 for more information.

If you need anything, you can reach the office at (650) 399-5296 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 hope everyone has a great New Year and I know the Chapter will be hosting some great events in 2026!



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



Paralyzed Veterans of America

United Access proudly supports Bay Area PVA



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Paralyzed Veterans of America

Bay Area & Western Chapter





That stuff that you keep telling yourself
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**Paralyzed Veterans
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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

National Service Officer Report

Kristel Crouse, National Service Officer II

“At Your Service...Dogs!”



Category: Support Animals

When one thinks of their furry family member, images of taking up bed space, a guide for becoming responsible for their children or a companion for many road trips and adventures, but our new additions can also do so much more. That's right, I'm talking about your sidekick taking on the role of a Service Animal (particularly Service Dog) and aiding you with your everyday activities.

You see, Service Dogs were first introduced in the United States in 1929 by Morris Frank, co-founder of the world's first guide-dog training school [The Seeing Eye](#), and have been providing aid ever since. In 1990, the [Americans with Disabilities Act \(ADA\)](#) legally recognized Service Dogs throughout the United States and required each animal to complete specific training. These specifications explain that in order to be recognized as a Service Animal, that animal must be specially trained to perform specific task directly related to the individual with a disability such as mental, sensory, intellectual, psychiatric or physical.

The type of Service Dog that will benefit an individual with a disability, does depend on the type of disability. You'll find listed below, some different types of Service Dogs along with the dog breeds that would be the better choice for the assignment.

Allergy Detection Dogs



Almost everything now a days has some sort of reaction to our bodies and for some, that reaction could send them into anaphylactic shock. Due to their incredible sense of smell, dogs can be specially trained to detect and alert

their companion of changes in the atmosphere from odor allergens like eggs, perfume, wheat and peanuts. Granted, no dog is 100% completely hypoallergenic, a good breed choice due to their low-shedding and minimal dander coat would be the Portuguese Water dog.

Seizure Alert/Response Dogs



Individuals living with epilepsy sometimes have little warning time before an episode begins. Certain breeds like the Poodle can be trained to assist at the beginning, during and even after a seizure due to

their instincts and calm temperament. Seizure Alert (prediction) dogs can sense the onset of a seizure and alert their companion. Seizure Response dogs can be trained to conduct specific tasks during like using deep pressure stimulation to aid with ending a seizure early or even using their own body to prevent injuries. These dogs can also be trained to assist after an episode by calling 911 with a K-9 alert phone.

Mobility Assistance Dogs



These helpful companions are typically paired with individuals that have Spinal Cord Injuries, Brain Injuries, Cerebral Palsy and Muscular Dystrophy. Specifically trained to brace body weight to assist with balancing issues. Larger breeds like Labradors and Golden Retrievers are a very good match. They can wear special

harnesses to aid their companion with opening doors, retrieving objects, and getting in and out of beds and bathtubs.

Psychiatric Service Dogs



Any breed can be trained to be a Psychiatric Service Dog, but the better choice would be the German Shepherd. Their intelligence, trainability and temperament make it easier for them to sense a change in their

companions' aura. They can aid by simply licking the face of their companions or placing their paw on laps to create a safe place during an event. Individuals experiencing Post-Traumatic Stress Disorder (PTSD), depression, schizophrenia and anxiety can benefit greatly with this breed.

Hearing Dogs



Due to their friendly nature and awareness, Border Collies are among the better breeds to take on the task as a Hearing Dog. They are trained to aid individuals that are deaf and hard-of-hearing.

Their awareness allows them to hear cues for different sounds like phones, door knocking and bells, smoke and fire alarms, street crossing chirps and even their companions' name.

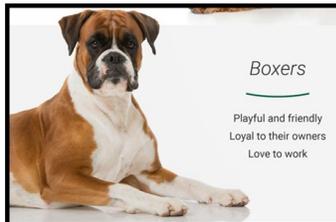
Autism Dogs



Children and adults experiencing Autism can be paired with a dog that is known as the "Gentle Giant". The Bernese Mountain dog has a calm, loyal and affectionate nature which makes them the ideal choice. They aid in the

physically, emotionally and mentally changes that Autism brings by creating a constant companionship to keep individuals secure. If their buddy wanders off these dogs will track them and bring them back to safety.

Guide Dogs



Highly intelligent and eager to please, Boxers can be trained to become a great Guide Dog. Fitted with a specific harness with a handle attachment, this breed can safely aid individuals that are visually impaired through various

daily obstacle such as crosswalks, stairs and sidewalks. Their companions can also use a specific voice signal for navigation as well.

Medical/Cardiac Alert Dogs



Just like those concentrated juice can from the grocery store, this breed is small but mighty. Due to their ability to detect changes in their companions' body chemistry, Pomeranians

make an excellent choice for a Medical/Cardiac Alert Dog. They can be train to alert individuals of a change in blood sugar levels, potential seizures and cardiac events. If there's an event about to present itself, they'll issue an alert by licking, pawing or barking to give their companion time to prepare or seek medical attention.

If you or someone you know needs a Service Dog, now that you know some of the different types, be sure to do your research on places or organizations that provide them. You can also train your own Service Dog, just contact the professionals to get an assessment of your furry friend and attend the training classes provided.

References

Fleming, M. (n.d.). Types of Service Dogs.
<https://pettable.com/blog/types-of-service-dogs>

United Disabilities Services
<https://udservices.org/types-of-service-dogs/>

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** ««««««««
RECREATION 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
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AMARAL@BAWPVA.ORG**

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PRIZES



Every Gain Counts.

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ARC^{EX} is the first FDA-cleared system for non-invasive spinal cord stimulation therapy designed specifically to improve hand strength and hand sensation in people with chronic, incomplete cervical spinal cord injury (SCI).

Used alongside functional movement in rehabilitation, the ARC^{EX} System delivers targeted stimulation to the spinal cord without surgery.

In clinical studies, 90% of participants improved in at least one major strength or function assessment¹.



If you're a Veteran living with SCI, reach out to your VA provider to see if the ARC^{EX} System is available to you at your facility.

For additional information, you can contact us at support@onwd.com



Scan the QR code to learn more about the ARC^{EX} System

The ARC^{EX} System is intended to deliver programmed, transcutaneous electrical spinal cord stimulation in conjunction with functional task practice in the clinic to improve hand sensation and strength in individuals between 18 and 75 years old that present with a chronic, non-progressive neurological deficit resulting from an incomplete spinal cord injury (C2-C8 inclusive). The ONWARD[®] Medical ARC^{EX} System is cleared for use in the United States. Please refer to the indication for use / intended purpose, which may differ. ARC^{EX}, ARC^{EX} logo, ONWARD[®], and ONWARD[®] Medical logo are proprietary and registered trademarks of ONWARD Medical. Unauthorized use is strictly prohibited. © 2025 ONWARD Medical. All Rights Reserved. 2025045

¹Moritz, Chet, et al. "Non-invasive spinal cord stimulation for arm and hand function in chronic tetraplegia: a safety and efficacy trial." *Nature Medicine*, 2024.



onwd.com



Washington Update

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

PVA National Treasurer Testifies in HVAC Hearing on Key Benefits Legislation

On December 3, the House Veterans' Affairs Committee (HVAC) held a legislative hearing to examine H.R. 6047, the Sharri Briley and Eric Edmundson Veterans Benefits Expansion Act, and H.R. 4077, [the GUARD Veterans' Health Care Act](#). H.R. 6047 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 disabled veterans. H.R. 4077 would allow the VA to recover from Medicare Advantage and Medicare prescription drug plans part of the cost of care or services furnished to veterans enrolled in Medicare.

PVA National Treasurer Tom Wheaton represented the organization at the witness table and most of his oral and written testimonies focused on the benefits bill. Even with additional financial support, many of our most severely disabled veterans are still struggling. Mr. Wheaton told the committee that catastrophically disabled veterans often spend more on daily home-based care and other disability-related needs than they receive in SMC, which creates a tremendous financial strain on them. He cited several reasons why the increase was needed, including the need to hire help for basic home ownership costs and increased travel costs.

Mr. Wheaton reminded the committee that SMC is intended to assist veterans with the higher costs of living that disabled veterans experience, but its baseline rates haven't been raised in so long that it isn't helping as many veterans as Congress intended. PVA supports language in H.R. 6047 that would increase the rates of SMC R1, R2, and T by \$10,000 annually.

Finally, Mr. Wheaton talked about his family and his desire to ensure their financial security in the future. Veterans on fixed incomes face tremendous difficulty trying to save even a small nest egg for their survivors, who often sacrificed their own lives to care for the veteran. H.R. 6047 would increase DIC's base amount by one percent every year for five years.

Testifying in addition to Mr. Wheaton were Sharri Briley, surviving spouse of CW3 Donovan "Bull" Briley, and Edgar Edmundson, father of Sgt (Ret.) Eric Edmundson, whom the bill was named after. There was intense discussion during the Q&A session about how to pay for the bill. As a result of concerns raised about the originally proposed way to pay for the benefit increases, the committee leadership is currently working on alternative solutions. The committee will likely come together again to mark up the bill in the new year, but an exact date has not been set yet. A video of the hearing with accompanying documents can be found [here](#).



VA ANNOUNCES MAJOR VHA REORGANIZATION

On December 15, VA Secretary Doug Collins announced a significant reorganization to the structure of the Veterans Health Administration (VHA). According to a VA press release announcing the reorganization, VHA Central Office will have responsibility for setting policy goals and conducting financial management, oversight and compliance. Operations Centers and Veterans Integrated Service Networks will take policy direction from VHA's Central Office to develop operational, quality, and performance standards that will guide VA's more than 1,300 medical facilities. The release states that staffing and operations at VA medical centers and clinics will not be changing as part of this reorganization.

Following the announcement, PVA CEO Carl Blake released a statement noting PVA's concern for administrative bloat that has hindered health care decision-making and made it difficult for VHA to hire the staff needed to deliver health care services more effectively. He offered our support for steps that will eliminate, or at least significantly reduce, unnecessary barriers. We are hopeful that the reorganization will result in increased accountability and resolve ongoing clinical staffing challenges.

DOT AMENDS AMERICAN AIRLINES' FINE FOR MISHANDLED WHEELCHAIRS AND SCOOTERS & TREATMENT OF PASSENGERS WITH DISABILITIES

In October 2024, the U.S. Department of Transportation (DOT) [issued](#) a landmark \$50 million penalty against American Airlines for serious violations of the Air Carrier Access Act, including the mishandling of passengers' wheelchairs and scooters, providing unsafe aisle chair assistance, and the undignified treatment of mobility device users. Of the \$50 million penalty, American Airlines was to pay a direct \$25 million fine and invest \$25 million in new equipment and tagging systems. The fine was to be paid in three equal installments. However, in December 2025, after American Airlines had paid only one of the three installments, DOT [amended](#) the order. Instead of paying the remainder of the fine, American Airlines is now required only to invest the remaining money to improve wheelchair handling. Specifically, by December 2026, with \$300,000, American Airlines must purchase 23 or more wheelchair movers; with \$5.2 million, buy 119 lifts at Miami, Philadelphia, and O'Hare; and with \$10.6 million, purchase and implement an assistive device tracking system. PVA Chief Executive Officer Carl Blake released a [statement](#) following the announcement emphasizing that airlines must proactively invest in the safety of passengers with disabilities before incidents occur.

COMMITTEE ACTIVITIES

Veterans' Committee Activities

Please visit the [House](#) and [Senate](#) Veterans' Affairs Committee webpages for information on previous and upcoming hearings and markups.

**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

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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 of Director's Meetings



If you are interested in participating in the Paralyzed Veterans of America, Bay Area and Western Chapter's Board of Director's Meetings via Zoom, please see below for the information:

Tuesday, January 13, 2026 at 1:00 PM
Tuesday, February 10, 2026 at 1:00 PM
Tuesday, March 10, 2026 at 1:00 PM

Join Zoom Meeting

[https://us02web.zoom.us/j/83701668667?
pwd=R09NV1duRXIheHZGOGV3ckNDUUNRUT09](https://us02web.zoom.us/j/83701668667?pwd=R09NV1duRXIheHZGOGV3ckNDUUNRUT09)

Meeting ID: 837 0166 8667

Passcode: 0xfGNG

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+1 312 626 6799 US (Chicago)

Meeting ID: 837 0166 8667

Passcode: 971921

Find your local number: <https://us02web.zoom.us/u/kc8NM3FXjv>

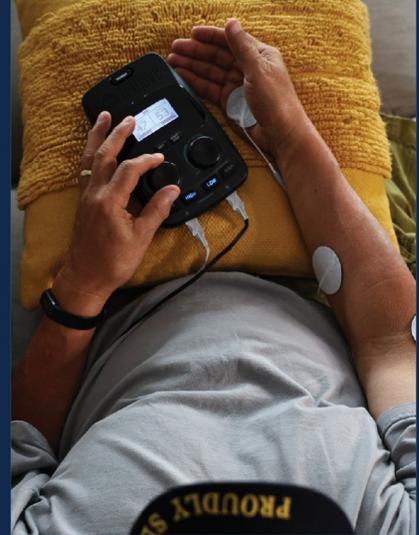


The Bridge

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PVA Healthcare Summit + EXPO 2025

New Orleans, LA

Congratulations to Dr. Doug Ota, Chief of SCI, VA Palo Alto Health Care System's SCI/D Center and Elizabeth "Beth" Carbonneau, SCI/D Spoke Coordinator, VA Sierra Nevada Health Care System for winning the Clinical Excellence Awards at the PVA Summit in August 2025. The Paralyzed Veterans of America, Bay Area and Western was honored to be present at the award celebration and we are forever grateful to both of them for their commitment and dedication to our PVA members. Their hard work allows our veterans to receive the care they deserve.



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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

45th



NATIONAL VETERANS WHEELCHAIR GAMES

DETROIT 2026
JULY 9-14

CO-PRESENTED BY:

VA



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An evaluation by your providers at an SCI/D center is required to determine eligibility for use of the Ekso Indego device.

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or call (510) 984-1761 option 1



A recently revised VA policy allows Ekso Indego to be issued to qualified veterans at no cost.

* For full indications for use, visit: www.eksobionics.com/indications-for-use/



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PN#:044-028-001 Rev. C



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/D 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/D Outpatient Clinic, 7F and 7H SCI/D 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.

SCI/D Outpatient Clinic (650) 493-5000 extension 65871

Please note, Veterans are no longer able to call Navarre directly to schedule a ride.

There are several ways to request a special mode ride with Navarre. Please request a ride at least 2 business days prior to the appointment, late requests might not be filled. Please be prepared to provide the date and time of the appointment and what time for your pick-up and return rides.

Ways to schedule a ride:

- create an account in vetride.va.gov and enter the ride yourself
- call the VA Travel Office at (650) 493-5000, extension 65686
- email the VA travel office at VHAPALSMTva.gov

If additional assistance is needed, please call the SCI/D Outpatient Clinic at (650) 493-5000 extension 65871 and request to speak with a social worker.

Once the ride is scheduled, Veterans may contact Navarre (888) 551-0330, Option 5, to confirm trip details.

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 extension 65871**

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 extension 63328**

SCI/D OUTPATIENT SURVEY

Please click on the QR code below to complete the SCI/D Outpatient Clinic Survey.





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!



January

Troy Johnson
 Ronald Bojorques
 Lisa Giovannini
 Boyd Farnsworth
 Michael Luberto
 Larry Hansen
 Daryl Meshack
 Richard Charfauros
 James Elwood
 Lonja Caton
 David Lane
 Lex Morse

Edgardo Odango
 Peter Arballo
 Ramon Pereyra Jr.
 William Smith III
 David Jenkins
 Milton Roberts
 William Cotter
 John Hemstreet
 Barry McKeown
 Louis Triana
 My Thuong
 Saint Hillyer

Ronald Atkinson
 Jordan Salsis
 Anthony DiBenedetto
 Boo Lee
 Brandon French
 Frankie Zmak
 James Fernandez
 John Najera
 Marjorie Works
 Ryan Delozier
 Steven Done
 William Salter

Agapito Galvan
 Allen Franklin
 Daniel Balcazar
 Donald Carty
 Jose Rodriguez
 Larry Glenn
 Manuel Siquig

February

George Rawls
 Kevin Hoy
 Aaron McMihelk
 Rogelio Rodriguez
 Rachaelynne Horejsi
 Craig Woods
 Larry Moore
 Joseph Martinez
 Wayne Muscato
 John Hunt
 Bruce Mallibert
 Gerald Tharp
 John Bajorek

Richard Craig
 Glenn Gain
 Floyd Tate
 John Borges
 Gary Mokuau
 Billy Guadarrama
 Dwight Morgan
 Jesse Orosco
 Joseph Jones
 Keith Phillips
 Patrick Carr
 Richard Asuncion
 Carlos Santos

Pasquale Valente
 Richard Cornett
 Armando Galvez
 Barbara Allen
 Emmanuel Boyd
 Jerry Leister
 John Dibble
 Matthew Schorr
 Michael Ludwig
 Michael Gillingham
 Scott Fiedler
 Stanley Dean
 Thomas Wesley

David Farinsky
 Elwood Pennington
 Jaden Sanchez
 Jeremy Jacobson
 Michael Malone
 Zeke Massie

March

William Smith
 Ronald Thayer
 David Kuester
 Jeffrey Ovetz
 Todd Meadows
 John Swanlan
 Kevin Patton
 David Hinze Jr.
 Jesus Garcia Jr.
 Jack Pierce
 Nathan Jackson
 Mike Heflin
 Stephen Mendick
 Stanley Silverman
 Patrick Scott

Kenneth Dubroff
 Dino Granzella
 David Nunes Jr.
 William Roark
 Kim Johnson
 Jerry Jordan
 Donovan Mott
 Mario Aliphath
 Julie Mitchell
 Raymond Corte
 Jason Gieser
 Stephen Estrada
 Joseph
 Arcidiacono
 Rexis Daniels

Lawrence Rogers
 Christopher Brook
 Claudius Frederick III
 Gregory Gross
 Karl Lawhorn Sr.
 Loren Greenhill
 Norman Kimball
 Donald Mahaffy
 David Eveland
 David Suit
 Fred Rogne
 James Santti
 Kevin Davey
 Mike Yambrovich
 Patrocinio Gonzales

Robert Daehler
 Ross Diaz
 Ryan Borba
 David Mrus
 Howard Straub

January 2026

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

- 1 to 2 - **New Year's (Office Closed)**
Bldg. 7 Rm. E-118
- 8 - **Boccia Ball Clinic**
3pm, Bldg. 7 Dining Room
- 13 - **NSO Chat (Virtual)**
11:30am, Bldg. 7 Rm. E-101
- 13 - **BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 15 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 19 - **Martin Luther King Jr. Day (Office Closed)**
Bldg. 7 Rm. E-118
- 29 - **SCI Peer Mentoring Program**
12pm, Bldg. 7 Rm. F-108

February 2026

SUN	MO	TUE	WED	TH	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

- 10 - **NSO Chat (Virtual)**
11:30am, Bldg. 7 Rm. E-101
- 10 - **BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 12 - **Adaptive Recreation Clinic**
3pm, Bldg. 7 Dining Room
- 16 - **Presidents Day (Office Closed)**
Bldg. 7 Rm. E-118
- 19 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 26 - **SCI Peer Mentoring Program**
12pm, Bldg. 7 Rm. F-108

March 2026

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	31				

- 10 - **NSO Chat (Virtual)**
11:30am, Bldg. 7 Rm. E-101
- 10 - **BOD Meeting**
1pm, Bldg. 7 Rm. E-118
- 12 - **Adaptive Recreation Clinic**
3pm, Bldg. 7 Dining Room
- 19 - **Bingo & Pizza Night**
3pm, Bldg. 7 Dining Room
- 26 - **SCI Peer Mentoring Program**
12pm, Bldg. 7 Rm. F-108

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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