



## Paralyzed Veterans of America

California Chapter

### INSIDE THIS ISSUE

Pres. Update	3
N.D/VP Update	4
E.D. Update	5
US Space Force	6
Birthdays	8
NDVWSC/Ski	8
Nat. Service Officer	10
Fishing	10
R/T Events	11
Free Dodger Tickets	12
Transportation	14
Gen Mbr Meeting	15
VA Big 6 Programs	16
Voc Rehab (VRT)	18
PVACC.ORG	20
Dr Bors Letter	22
Estate Planning	24
Wheels to the Sea	26
Chapter Grants	28
Legislative Corner	30
CA Spartan Race	32
Casa Colina Camp	33
Triumph Programs	37
MS Corner / Ski Trip	38
Donate to PVACC	39

# MOMENTUM!!

Volume: 20 - 02

March-April 2020

## Space Force Edition

Keeping with our service themed editions, we thought it was appropriate to dedicate this edition to the Military's newest member.: The United States Space Force. Established December 20, 2019, to organizes, trains, and equips space forces in order to protect U.S. and allied interests in space and to provide space capabilities to the joint force. Be sure to read the latest information on US Space Force on pages 6 and 7.



## April is PVA Awareness Month



Paralyzed Veterans of America

**AWARENESS MONTH**

Check out page 5 to see what sort of things are going on across the nation for Paralyzed Veterans of America Awareness Month.

The chapter also has a lot of things planned with schools and the community! We would love to have more members get involved and come out and help us raise awareness in the local community.

Contact the office if you want to help out with one of the events listed.

## PVACC Turns 74 March 7th!!!!

What do members Robert Rafferty and Kevin Whitney have in common??? They both have the same birthday as your awesome Chapter!!!! Be sure to read about the history of this chapter on the website and learn some interesting tidbits about all the movie stars that used to be super involved with the chapter in its youth.

Who knows what is in store for the year ahead but with a birthday coming up I am sure there will be cake involved somewhere.....



**PVACC Chapter Directory****FY20 Board of Directors****Officers**

President : Elmer Jacobs Jr.  
 Vice Pres / Nat. Dir: Jose Reynoso  
 Treasurer: Major Lewis Jr.  
 Secretary: Bob Molinatti

**Directors**

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 Lamont Jacobs  
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 Charles Walker

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 Samantha Galliher

**Administrative Staff**

Dick Fulton - Executive Director  
 Liz Lara - Office Manager

# Chapter Information

**Chapter Administrative Offices**

5901 E. 7th St  
 Bldg. 150 Room R-204  
 Long Beach, CA 90822  
 (562) 826-5713



website: [www.pvacc.org](http://www.pvacc.org)

**ABOUT OUR NEWSLETTER:**

MOMENTUM!! is published Bi Monthly delivered to member's front door or to your email if you prefer. If you would like a hard copy, or to be added to our mailing list please contact the chapter office.

**ABOUT OUR CHAPTER:**

Since 1946, the California Chapter of Paralyzed Veterans of America (PVACC) has worked on behalf of veterans throughout southern California. We are an officially chartered chapter of the national Paralyzed Veterans of America organization, and we are a registered 501(c)(3) non-profit charity.

PVACC strives to take action to restore the lives of veterans affected by spinal cord injury and dysfunction as close as possible to the lives of those not impacted by these life-changing events. Our programs support our members through advocacy, public education and recreational events.

We accomplish this with the generous support of financial donors and volunteers.

Our visibility in the community promotes awareness of the continued contributions made by American veterans as well as disability issues.

# President's Update



The holiday season has past and the third quarter will be wrapping up in March 2020. The chapter is running on all twelve cylinders, meeting and I must say exceeding the National Executive Board expectations. The chapter recently received a letter from PVA President Mr. David Zurfluh stating that PVACC chapter's successful satisfaction of its monitoring requirements, the chapter's vote at national Board of Directors (BOD) meetings has been reinstated, effective immediately Feb. 13, 2020. The Executive Committee and Mr. Zurfluh was proud of the progress that the chapter has made and are looking forward to working with

the California Chapter in pursuit of our mission to advocate for and to support our members and our mission.

I have to commend the BOD for their hard work, dedication and commitment to the California Chapter. We have come a long way in a short time and the chapter members are beginning to see and taste the fruit of their BOD's hard work. The white cold and fun filled slopes at the Winter Sports Clinic are coming to an end and Spring is approaching fast. I'm looking forward to the warmer months, March 1<sup>st</sup> to 6<sup>th</sup> we will be in Washington, DC for the 2020 Advocacy Legislative Seminar meeting with our local congresspersons to discuss support and access for veterans and all with disabilities.

April is PVA Awareness month where we celebrate perseverance of our members and how they are Veteran Heroes in their own right living with spinal cord injury and disorders and through it all they successfully achieve, overcome adversities both mental and physical challenges. They are Unstoppable!! Be sure to participate in many of the activities that get planned.

The chapter member Recreational Grants program is designed to help get members out and about and to be reminded that life's opportunities still exist. Simply put, as a member of PVACC in good standing, you are eligible for up to \$2000/year to help offset lodging and transportation costs to various recreational therapy events across the US.

We also actively advocate for the civil rights of members throughout Southern California with disabilities. We fight for and help secure the VA benefits our veterans have earned through their service. We ensure the highest-quality of care for members with spinal cord injury and related diseases (SCI/D) in our chapter.

Our chapter office is open daily from 8:00am to 4:00pm M-F and I'm in the office Mon, Wed, & Fri. and I welcome you, members, their family, friends, veterans, SCI staff to stop by anytime to share a laugh, memory, ideal, concerns, request or pickup Dodgers tickets or lets pray together for our country. I welcome phone calls, emails, text or just a simple hello.

On behalf of myself as PVACC President, your PVACC office staff, BOD and Executive Director, we all wish you and your families the Very Best Health and Blessings throughout the year..

Elmer Jacobs  
President

READ MOMENTUM  
&  
win CASH!

Do you want to win  
\$25.00?!?

Check our newsletter and determine if the randomly picked 3 numbers match your SSN you could win \$25.00.

You must be a PVACC Member, or Associate Member to win.

Here's how it works: We picked three (3) numbers at random and printed them somewhere in this issue.

The numbers you must match will be the last three number of your SSN. For

Example:

000-00-0000

Read all the articles, and locate the 3 numbers (in red and parentheses and in 3 different locations). If these numbers match the last three numbers of your SSN in any order, give us a call to receive your check for \$25.00!

We assure you there will be at least one winner every edition and maybe more!

Don't forget to read all of MOMENTUM for your chance to win \$25.00!

M O M E N T U M ! !

# National Director Update



Hey everyone! This month I want to pass on information to you all about what's being worked on here at the chapter that will benefit all of us as veterans with disabilities. From March 2nd-5th some fellow directors and myself are in Washington DC to speak with Congress members with issues and concerns and advocate on better service to all vets and anyone with disabilities to have a better experience doing their air travels.

We're trying to better manage the In-Vitro fertilization to where it's not a hassle or time consuming due to its every 2 year renewal plan that has been reinforced to its system. So we're fighting to where we can change that renewal plan to where it becomes a permanent setting to where there is no 2 year renewal plan set through the VA system and no veteran has to plan around that time frame with the VA or worry about financial issues that pertain in wanting to start a family. It feels like it'll be a successful week at Capitol Hill but will return to you all and announce all the great news upon returning from the DC.

I recently attended the Adaptive Sports Association ski weekend in Durango Colorado. They focus on cold and warm weather adaptive sports.. It was beyond beautiful and the ladies and gentlemen that are part of that organization are beyond phenomenal. They work with you one on one, attend to every need you ask of them, they pay attention to detail and are absolutely very knowledgeable in their skills. I was skiing and first time doing the mono ski and I absolutely loved it. Yes I ate some snow MULTIPLE times but it didn't phase me specially with all the encouragement and motivation that you get and feel from the family vibe you get with this group. They have scholarship opportunities where they sponsor a vet to attend but I don't want to twist the information and pass the wrong info, so if you are interested you should look them up and give them a call. [www.asadurango.com](http://www.asadurango.com)

I've also started doing the Indego Exoskeleton robotic legs program here at the hospital. I first started down at the basement walking down the halls, but now I'm sure maybe some of you have seen me walking around through building 150. It's no better feeling than to be upright and walking again even though it's assisted, but it feels amazing. It also sounds super cool with the robot legs making their steps. If interested get a hold of your physical therapist and ask what are the requirements and restrictions to participate in this device.

Thank you very much, and if there's any questions or concerns always feel free to reach out to any of us. We all have our cards right outside the chapter office on the 2nd floor behind the elevator or feel free to roll inside the office and chit chat with any of my fellow directors or staff. We're happy to help in any needs you may have.

Jose Reynoso  
National Director / Vice President



## Paralyzed Veterans of America

### California Chapter

## Executive Director Update



We all hope you enjoy the latest edition of MOMENTUM!! We truly try to include a large variety of content to ensure there is something of interest for everyone in every edition.

The chapter is buzzing with new energy, and we welcome each of you to take advantage of what is going on each month. Keep an eye on the web calendar, or simply poke your head in the office before or after your next appointment to say hi and see what's going on.

As members start to utilize their recreation grant opportunities more and share their adventures with us, you can expect to read and see more about the wide array of excursions different members are doing with their grants. Hopefully you say "Hey! I want to do something like that! Maybe I should consider requesting a grant??"

As 2020 gets underway, we are excited about the Major VA events coming up and hope to continue seeing more and more of you taking the plunge and saying "OK I'M GONNA GIVE IT A SHOT!" and sign up for something that may be outside your daily comfort zone. The team is getting ready the WSC in Snowmass in just a few weeks, then it will be the Golden Age Games, Wheelchair Games, Tee Tournament, Summer Games and Creative Arts Festival. We plan on having a Wave Runner Team of at all of these events this year. At a minimum, I would simply request each of you simply discuss with your health care team what event they think would be the best fit for you. The VA wants you to participate in these events as much as we do in the chapter, so they agree to pay all your costs if you have never attended any of these events before. Plus you have your PVACC Grant.

Who knows? You may have such an awesome time you come right into our office with new grant requests to get out and try something else. Enjoy this edition! Then get out there, enjoy your life, and live it to the fullest!

Dick Fulton  
Executive Director

## April is National PVA Awareness Month

Every April is National Paralyzed Veterans of America Awareness Month. Keep an eye on our new website for info ([www.pvacc.org](http://www.pvacc.org)) on National and Local Events and hopefully many of you members will join in some of our local events and help increase disability awareness for veterans and everyone else.



We will be doing some grass roots programs with a couple local Schools in the vicinity helping inform some of youth on the daily events we experiences we routinely experience.

If you have not been following us on facebook or Instagram, this will be a great reason to start doing that as well and we will have lots of great information posted there throughout the month.

# United States Space Force Fact Sheet

(Current as of 20 Dec 19)

The U.S. Space Force (USSF) is a new branch of the Armed Forces. It was established on December 20, 2019 with enactment of the Fiscal Year 2020 National Defense Authorization Act and will be stood-up over the next 18 months. The USSF was established within the Department of the Air Force, meaning the Secretary of the Air Force has overall responsibility for the USSF, under the guidance and direction of the Secretary of Defense. Additionally, a four-star general known as the Chief of Space Operations (CSO) serves as the senior military member of the USSF. The CSO is a full member of the Joint Chiefs of Staff.

## Mission

The USSF is a military service that organizes, trains, and equips space forces in order to protect U.S. and allied interests in space and to provide space capabilities to the joint force. USSF responsibilities include developing military space professionals, acquiring military space systems, maturing the military doctrine for space power, and organizing space forces to present to our Combatant Commands.



## Office of the Chief of Space Operations

The Chief of Space Operations, U.S. Space Force, serves as the principal uniformed adviser to the Secretary of the Air Force on Space Force activities. The CSO presides over the Office of the Chief of Space Operations, transmits plans and recommendations to the Secretary of the Air Force and acts as the Secretary's agent in carrying them out.

## Space Force Organization

The USSF Headquarters and Office of the CSO are located in the Pentagon, just like the Army, Navy, Marine Corps, and Air Force. This staff will focus on establishing a fully-functioning headquarters; preparing to execute the full scope of its organize, train, and equip responsibilities; and, in conjunction with the U.S. Air Force, developing a detailed plan to transfer forces into the U.S. Space Force. As a new military service, the U.S. Space Force will leverage the Department of the Air Force for more than 75 percent of its enabling functions to significantly reduce cost and avoid duplication. The Department of the Air Force will provide support functions that includes logistics, base operating support, civilian personnel management, business systems, IT support, audit agencies, etc.

## People

Air Force Space Command (AFSPC) was redesignated as the USSF as an initial step in establishing the USSF. Military members that were assigned to AFSPC have now been assigned to the USSF but remain Airmen within the U.S. Air Force. Appropriate Air Force space-related personnel will transfer into the Space Force and become Space Force service members in a deliberate manner over the next 18 months. Over time, the Department of Defense (DOD) vision is to consolidate space missions from across the Armed Forces into the USSF, as appropriate and consistent with law.

M O M E N T U M !!

# United States Space Force Fact Sheet (Con't)

Current as of 20 Dec 19)

## Space Capabilities

The new, independent U.S. Space Force will maintain and enhance the competitive edge of the DOD in space while adapting to new strategic challenges.

Spacelift operations at the East and West Coast launch bases provide services, facilities and range safety control for the conduct of DOD, NASA and commercial space launches. Through the command and control of all DOD satellites, satellite operators provide force-multiplying effects – continuous global coverage, low vulnerability and autonomous operations. Satellites provide essential in-theater secure communications, weather and navigational data for ground, air and fleet operations and threat warning.

Ground-based and space-based systems monitor ballistic missile launches around the world to guard against a surprise missile attack on North America. A global network of space surveillance sensors provide vital information on the location of satellites and space debris for the nation and the world. Maintaining space superiority is an emerging capability required to protect U.S. space assets from hostile attacks.

## History

While the launch of the U.S. Space Force propels the United States into a new era, the Department of the Air Force has a proud history and long-standing record of providing the best space capabilities in the world.

On Sept. 1, 1982, the Air Force established AFSPC, with space operations as its primary mission. Cold War-era space operations focused on missile warning, launch operations, satellite control, space surveillance and command and control for national leadership. In 1991, Operation DESERT STORM validated the command's continuing focus on support to the warfighter through the use of GPS to enable the famous “Left Hook,” proving the value of space-based capabilities.

In the aftermath of the 9/11 terrorist attacks, the president directed military action against Afghanistan and Iraq. AFSPC provided extensive space-based support to the U.S. Central Command commander in areas of communications; positioning, navigation and timing; meteorology; and warning. In 2005, the Air Force expanded its mission areas to include cyberspace. In concert with this, the Air Staff assigned responsibility for conducting cyberspace operations to AFSPC through Twenty-Fourth Air Force, which was activated in August 2009.

In July 2018, the Air Force cyber mission transferred to Air Combat Command, which generated the greatest capacity for an integrated Information Warfare capability within the Air Force. This move allowed AFSPC to focus on gaining and maintaining space superiority and outpacing our adversaries in the space domain.

With the enactment of the FY20 NDAA, AFSPC was re-designated the U.S. Space Force on Dec. 20, 2019, granting Title 10 authorization to the U.S. Space Force, established under the Department of the Air Force.



For More information go to [www.spaceforce.mil/](http://www.spaceforce.mil/)

# BIRTHDAYS

## February

Robert Rodriguez	2/1
Jeffrey Burum	2/2
Jeffrey Boykin	2/3
Timothy Rooney	2/4
Johnny Kimes	2/4
Rob Adair	2/5
Laura Pearson	2/5
John Watkins	2/5
Michael Paul	2/6
Bernadette Gonzales	2/6
Patricia Hale	2/7
Lee Wilkins	2/7
Donald Jackson	2/7
James Bush	2/7
Glen Brown	2/7
Ronald Bryant	2/7
Frank Weare	2/8
John King	2/9
Antonio Locanas	2/10
Joseph Cruz	2/10
James Sammons	2/11
David Franco	2/11
William Craig	2/11
Michael Van Houtte	2/12
James Kissamitakis	2/13
Leonard Raines	2/13
Douglas Harris	2/13
Clifford Ransfer	2/13
Pepito Eclarinal	2/14
Michael McDermott	2/14
Elton Daggs	2/15
Gary Cobb	2/15
Raymond Monzon	2/15
Cary Dermer	2/16

Ivan Bey	2/16
Daniel Noonan	2/17
Blane Baker	2/17
Rene Dolan	2/17
Leif Meisinger	2/19
James Compton	2/20
Bruce Davenport	2/20
Juan Mesta	2/22
William Cherry	2/22
Charles Arce	2/22
James Bryant	2/23
Monte Parrish	2/24
Neil Beck	2/24
Daniel Ybarra	2/24
Lee Kleinschmidt	2/24
Tracey Cooper-Harris	2/24
Miguel Ruiz-Lopez	2/28
Rudy Gonzales	2/28
Keith Gouverneur	2/28
Phillip Palacio	2/29

## March

Lloyd Roberts	3/1
James Miner	3/1
Martha Barnett	3/2
Alvin Reyes	3/2
Lori Groce	3/3
Zeke Alcala	3/3
Jesus Garcia	3/5
Larry Wells	3/5
Steven Moss	3/5
<b>PVACC</b>	<b>3/7</b>
Robert Rafferty	3/7
Kevin Whitney	3/7
Robert Linton	3/8
Deborah Radaker	3/8
Jorge Gonzalez	3/8
Miguel Galvez	3/8
Nicholas Mendes	3/8
Aaron Sampson	3/9
Carlos Velez	3/9
Stanley Sklute	3/10
William Fujimoto	3/12
John Sweesy	3/12
Paul Bruckner	3/12
Mark Sonny	3/12
Ernest Mulvey	3/13
David Hughes	3/14
Raymond Berke	3/15
Robert Eads	3/16
Carl Cardey	3/16
Danny Knutson	3/16
Arthur Lyles	3/17
Vance Blaine	3/18
Charles Walker	3/19
Bruce Odell	3/19
Scott Ballard	3/19

The Paralyzed Veterans of America California Chapter was incorporated March 7th 1946 in the State of California exactly 11 months before the national Paralyzed Veterans of America was incorporated on February 7th 1947 where we became one of the first 8 original chapters.

Find more chapter history on website at [www.pvacc.org](http://www.pvacc.org)



## BIRTHDAYS (CONTINUED)

Marion Collins	3/21	Brice Yoder	4/13		
Gary McMillen	3/21	Lee Buratti	4/13	Don Shilling	4/26
Robert Carr	3/22	James Dodge	4/15	Kent Lowther	4/26
Kenneth Paffrath	3/23	Robert Smith	4/16	Terry Yap	4/26
WilliamDorsey	3/24	John Ludwig	4/18	Wayne Wassell	4/26
Ronald Scott	3/25	Alvin Johnson	4/20	Darrell Elder	4/27
Donald Bicknell	3/27	David Hixson	4/20	Michael Whittaker	4/27
David Eveland	3/27	John Ball	4/20	Daniel VanHorn	4/28
James Fisher	3/27	Lowell Maffei	4/21	Gerald Dubois	4/28
Ronald Lang	3/28	Nathan Smith	4/22	Robert Oliver	4/28
Robert Stallcup	3/29	Van Schneider	4/23	Brent Crabb	4/29
Ronald Gardy	3/29	Patrick Moody	4/24	Reginald Ingram	4/29
Louis Holguin	3/29	Ronald Hayward	4/24	Watson Connolly	4/29
Patrick Halloran	3/30	Michael Thomas	4/25	Kenneth Weinberg	4/30
Kelly McCumiskey	3/31	Richard Toffolla	4/25	Katherine Portillo	4/30

### April

Bruce McDougal	4/1
William Owens	4/1
Manuel Ordaz	4/2
Robert Pierce	4/2
Fernando Sanchez	4/2
Derek Herrera	4/2
Peter Alcalá	4/3
William Grossett	4/4
Matthew Kingsley	4/4
Marvin Pena	4/5
Rudy Saavedra	4/6
Duncan Milne	4/7
Clifford Hunt	4/8
Joseph Greco	4/9
Edward Anderson	4/10
Peter Parrott	4/10
James Collins	4/10
Frank Hayward	4/10

## Birthday Wishes

You should receive a phone call from our "Birthday Crew" during your birthday month wishing you a happy birthday in our attempt to reach 100% of our members this year.

We did not reach everyone in December and January but we do hope to reach out to all of you with birthdays in those months as well just to say "hello" and make sure we have good contact information.

If you would like to volunteer to be part of the "Birthday Crew" and volunteer some time to call members spreading some Birthday Cheer please let us know and we will get you signed up and gladly accept your help.

# Your National Service Officer



On June 25, 2019, the President signed the *Blue Water Navy Vietnam Veterans Act of 2019* which affects Veterans who served on a vessel operating not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia between, Jan. 9, 1962, and May 7, 1975.

To qualify, under the new law, these Veterans must have a disease associated with herbicide exposure.

**Agent Orange presumptive conditions are:**

- |  |  |
|--|--|
| AL amyloidosis   | Chloracne or similar acneform disease          |
| Chronic B-cell leukemias   | Diabetes mellitus Type 2                       |
| Ischemic heart disease   | Multiple myeloma                               |
| Parkinson’s disease  | Peripheral neuropathy, early-onset             |
| Porphyria cutanea tarda  | Prostate cancer                                |
| Hodgkin lymphoma, (Hodgkin’s disease)  | Non-Hodgkin lymphoma, (Non-Hodgkin’s lymphoma) |
| Respiratory cancers (lung, bronchus, larynx or trachea)  |  |
| Soft-tissue sarcoma (other than osteosarcoma, chondrosarcoma, Kaposi’s sarcoma or mesothelioma). |  |

If you have applied for any of these conditions in the past and have been denied you will have to re-apply and some veterans might be eligible for retroactive effective dates. **Please contact your designated PVA Regional Office number on p2 of this edition if you think you qualify.**

Enrique Chavez  
National Service Officer

## FISH ON!!!

We have tentatively scheduled 3 deep sea fishing excursions again this year, and we listened to many of you and as a result made 2 of them half day excursions after realizing a full day was too long for many who wanted to go.

**The tentative upcoming dates are:**

- May 11 (10:00—2:00)
- June 9 (6:00—3:00)
- July 13 (8:00—12:30)

**More details soon**

Keep your eye on the website calendar, social media, and simply stop in the office for updated information

*They don't call it 'Catching'  
They call it 'Fishing'*



MOMENTUM!!



# UPCOMING

## R/T EVENTS

**ARCHERY**  
 TUESDAY AND THURSDAY 11AM-2PM  
 DROP In Any Time

**DRIFTWOOD & MORE ART**  
 MONDAY AND WEDNESDAY 11AM-2PM  
 DROP In Any Time

**ROCK TO RECOVERY**  
 TUESDAY 2PM  
 DROP In Any Time

If you have questions, just ask your therapist what events are good for you.

Keep in mind that many of the events require Doctors approval.



- Air Guns
- Art
- Basketball
- Bingo
- Boccia Ball
- Bowling
- CAGEBALL!!!
- Cooking Classes
- Gardening for Wellness
- Hand Cycling
- Movies
- Music Performance
- Paddle Boarding
- Power Soccer
- Race Cars
- Sailing
- Scuba
- Swimming
- Table Tennis
- Wheelchair
- Wii Games
- The list never stops*

Don't forget to grab a calendar from RT Room-205 WiFi Room

check the calendar on our new website at [www.pvacc.org](http://www.pvacc.org)

**Coming Soon: Virtual Reality Experience!!**

Check the R/T Monthly Activities Calendar for more info and check the grease board outside the elevator daily

## PVACC DODGERS SEASON TICKETS

The Los Angeles Dodgers have continued to be amazing supporters of our chapter for yet another year by providing the chapter 10 sets of season tickets. So once again, we have 10 tickets to every home game.

Our simple goal this year is to ensure as many members as possible get an opportunity to go see a few Dodger games of their choice. The 2 major changes from last year's process is the ability to send tickets directly to your smartphone when possible, and limiting requests to 1 game/month in a 2 month window, allowing more people more chances to get tickets to a game of their choice..

Starting Mar 1 PVACC members may request up to 2 tickets/game of any home games on the March/April Calendar to the right on a first come first serve basis.

- Requests should be made by filling out the ticket request form and email it to tickets@pvacc.org. You may also drop it off in person or fax it to (562) 826-5208. If you call the office with your request, please have your requested dates already prioritized before you call so we can simply fill out the form for you with your requested dates and timestamp the form.
- All forms will be timestamped when received regardless of the method of submission.
- You are allowed to request up to 2 tickets per game
- For the first 10 days of the month you will get your highest priority game in a first come first serve order by timestamp on the email, phone call, or visit.
- After the 10th of each month you may request additional games in both the current month and the next month. You are still limited to 2 tickets/game.
- 10 days before ANY game, all available tickets are up for grabs, and a member can utilize any remaining tickets within reason at this time
- March 2nd: Request games in March and April. You will get one set of tickets/month
- March 11th: Request additional games in March and April
- April 1st: Request games in May. You will get one set of tickets for May
- April 11th: Request additional games in May
- Continue each month every 1st and 11th

When possible, tickets will be sent electronically to you. If you do not have email or smart phone capability, we can print them out in the office for pickup or physically mail them to you.

As the tickets are scanned when used, the Dodgers know how often we use them, and we hope to show them a lot of usage. Please contact the office ASAP if you find out you can not use the tickets you received. We CANNOT sell these tickets.

Email requests must be sent to tickets@pvacc.org, and must be dated after 12:00 Noon PST on the first Monday of the month.

Check the website www.pvacc.org, and click the Dodger Tickets button, to see the Dodger schedule, ticket availability and to download the request form.

Email requests to:  
tickets@pvacc.org

Subject: Dodgers Tix

Or call in your request to the office at 562 826 -5713, or stop in with your list ready to drop off.

Simply Fill out the form and bring it in, scan it and email it, or fax it in.

Based on the chronological order of your request you will get the highest priority you chose.

Go have fun and catch a few games this year!

We will have a few outings to Angels games too!!





# LOS ANGELES DODGERS SCHEDULE

*Augustine Martinez*



Augustine was honored as LA Dodger MILITARY HERO OF THE GAME August 11, 2019

## JUNE

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 7:10 ATL	2 7:10 ATL	3 5:35 ATL	4 7:10 COL	5 7:10 COL	6 7:10 COL
7 1:10 COL	8	9 4:10 CIN	10 4:10 CIN	11 9:35a CIN	12 4:20 ATL	13 4:15 ATL
14 10:20a ATL	15 7:10 ARI	16 7:10 ARI	17 7:10 ARI	18 7:10 ARI	19 7:10 DET	20 7:10 DET
21 1:10 DET	22 6:40 ARI	23 6:40 ARI	24 12:40 ARI	25	26 7:15 SF	27 4:15 SF
28 1:05 SF	29 7:10 CIN	30 7:10 CIN				

## JULY

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 7:10 CIN	2 7:10 CIN	3 7:10 MIA	4 7:10 MIA
5 1:10 MIA	6	7 7:10 SD	8 7:10 SD	9 6:10 SD	10 7:07 LAA	11 4:15 LAA
12 FUTURES GAME & CELEBRITY SOFTBALL GAME	13 HOME RUN DERBY	14 ASG JULY	15	16 5:09 SF	17 7:10 SF	18 4:15 SF
19 1:10 SF	20 7:10 MIL	21 7:10 MIL	22 12:10 MIL	23	24 4:10 MIA	25 3:10 MIA
26 10:10a MIA	27 3:10 MIA	28 5:10 MIN	29 10:10a MIN	30 6:40 ARI	31 6:40 ARI	

## MARCH/APRIL

SUN	MON	TUES	WED	THURS	FRI	SAT
				26 1:10 SF	27 7:10 SF	28 6:10 SF
29	30 7:10 COL	31 7:10 COL	1 12:10 COL	2	3 1:35 SF	4 TBD SF
5 5:37 SF	6 4:45 STL	7 4:45 STL	8 4:45 STL	9 10:15a STL	10 7:10 WSH	11 6:10 WSH
12 1:10 WSH	13	14 7:10 STL	15 7:10 STL	16 7:10 STL	17 7:10 PIT	18 6:10 PIT
19 1:10 PIT	20	21 4:05 WSH	22 4:05 WSH	23 10:05a WSH	24 4:05 PIT	25 1:05 PIT
26 10:35a PIT	27	28 7:10 MIN	29 7:10 MIN	30		

## MAY

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 7:10 SD	2 5:40 SD
3 1:10 SD	4 7:10 CHC	5 7:10 CHC	6 6:00 CHC	7	8 7:10 SD	9 6:10 SD
10 1:10 SD	11	12 4:05 PHI	13 4:05 PHI	14 10:05a PHI	15 5:05 KC	16 4:05 KC
17 11:05a KC	18 7:10 PHI	19 7:10 PHI	20 7:10 PHI	21	22 7:10 CLE	23 4:15 CLE
24 1:10 CLE	25 1:10 COL	26 5:40 COL	27 5:40 COL	28 12:10 COL	29 4:10 NYM	30 4:15 NYM
31 4:09 NYM						

## AUGUST

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 5:10 ARI
2 1:10 ARI	3 7:10 SD	4 7:10 SD	5 7:10 SD	6 7:10 NYM	7 7:10 NYM	8 6:10 NYM
9 1:10 NYM	10	11 6:45 SF	12 6:45 SF	13 12:45 SF	14 7:10 ARI	15 6:10 ARI
16 1:10 ARI	17 5:05 CHC	18 5:05 CHC	19 5:05 CHC	20 11:20a CHC	21 5:40 COL	22 5:10 COL
23 12:10 COL	24	25 7:10 LAA	26 7:10 LAA	27 7:10 SD	28 7:10 SD	29 6:10 SD
30 1:10 SD	31					

## SEPTEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 6:40 ARI	2 6:40 ARI	3	4 5:10 MIL	5 4:10 MIL
6 11:10a MIL	7 11:10a MIL	8 5:10 CWS	9 5:10 CWS	10 11:10a CWS	11 7:10 ARI	12 6:10 ARI
13 1:10 ARI	14	15 7:10 COL	16 7:10 COL	17	18 7:10 SF	19 6:10 SF
20 1:10 SF	21	22 5:40 COL	23 5:40 COL	24 5:40 COL	25 7:10 SD	26 5:40 SD
27 12:10 SD	28	29	30			

## TRANSPORTATION

Without a doubt, the most common question or topic we hear about in the office is TRANSPORTATION. “How can I get somewhere?” While this page probably won’t answer all your questions, please know we are trying to get smarter on the MANY Options you have in southern California. Hopefully this helps a bit. Many of our members utilize all these services below, including being experts on local busses and trains. Please review these websites and talk with your social workers to get signed up for the right services to get you out and about.

**ACCESS LA:** Access is the service name of the ADA Complementary Paratransit service for functionally disabled individuals in Los Angeles County. Access transportation service is available for any ADA paratransit eligible individual to any location within  $\frac{3}{4}$  of a mile of any fixed bus operated by the Los Angeles County public fixed route bus operators and within  $\frac{3}{4}$  of a mile around METRO Rail stations during the hours that the systems are operational. Complementary paratransit service is not required to complement commuter rail and commuter bus services, since the ADA does not require that these services provide complementary paratransit service. The service area is divided into service areas and extends into portions of the surrounding counties of San Bernardino, Orange and Ventura that are served by Los Angeles County Fixed-route bus lines.

<https://accessla.org/>



<https://www.octa.net/Getting-Around/Bus/Access-Service/Overview/>

**OC ACCESS:** is a shared-ride service that is available to qualified applicants whose physical or cognitive limitations prevent them from utilizing the regular OC Bus fixed-route service.

Your travel time on OC ACCESS should be expected to be the same travel time on OC Bus for the same trip. Please keep in mind that when riding OC ACCESS, you probably will not go directly to your destination because other customers may be picked up or dropped off first.

**Transport US** recently purchased **Secure Transportation**. So what we still commonly refer to as “Secure” is really “Transport US.” They get you to and from all your medical appointments at the VA for all qualified riders. They are also available for personal use, but at a price. This is something your grant could be used for if using this option to get somewhere fun!

Be sure to call the VA Travel Office to **schedule** and/or **cancel** your travel for medical appointments at x 5888.



<http://www.securetransportation.com/>

M O M E N T U M !!

# GENERAL MEMBERSHIP MEETING 4-22-20

Our Board of Director Meetings are typically held every month on the 3rd Wednesday at 11:00 am in the V-2 Conference room. They are open to members, and time permitting there is typically an opportunity for members to share at the end of the meeting when time permits. You are all welcome to attend any Board of Directors meeting and see the Board in action as they decide the future of the chapter each month. The Next meeting is scheduled for 18 March at 11:00 AM.

Then, on April 22nd (4th Wednesday) not only will we conduct a board meeting, but we will follow it with a luncheon for the entire chapter and their family along with a general membership meeting, where all members are given the opportunity to be heard and share with the Board of Directors. However, instead of simply “holding a meeting,” we plan on holding this at Fountain Bowl, 17111 Brookhurst St, Westminster Blvd, Westminster, CA 92683 with free fun bowling for the entire family afterwards.



Long Beach RTD is planning on bringing a bus to demonstrate how easy it is for all wheelchairs to get on and off the bus in case you have never had the opportunity to try. There will also be a handful of organizations coming to discuss the great things they are doing that you might be interested in.

We are also planning on broadcasting this meeting for the first time across Facebook LIVE, so if you are not in the area but want to participate via facebook keep checking our facebook page for info as the date gets closer.



## VETERANS MONTHLY SOCIAL CONNECTION (6)

Proudly sponsored by the VA Long Beach Veterans Connection Committee

Find your fellowship here as you unwind, relax, make friends, and get social!

This is the perfect excuse to get out of the house!

*Come in early for your appointment and socialize with your fellow veterans!*

### REFRESHMENTS PROVIDED

Last Friday of Every Month\*

8:30—10:30

Canteen Bldg 165 Back Patio

\* March Nov and Dec it is the 3rd Friday not last Friday

# National Veterans Sports Programs & Special Events

## FACT SHEET

The NVSPSE office provides opportunities for Veterans to improve their independence, well-being, and quality of life through adaptive sports and therapeutic arts programs in accordance with 38 United States Code 322, 521, 521A. As leaders in adaptive sports and therapeutic arts programs that complement VA's rehabilitation system of care, the program encourages Veterans and members of the Armed Forces with disabilities to stretch beyond perceived limitations.

In service of this mission, the NVSPSE directs six national rehabilitation events delivering direct patient care to Veterans eligible for VA health care. These programs embrace formalized adaptive sports medicine as a practice specialty and provide the largest coordinated therapeutic arts program for Veterans.

Built on VA clinical expertise and operations, with essential support from Veteran Service Organizations, corporate sponsors, individual donors, and community partners, the programs allow VA to extend its level of care beyond the clinical setting. The rehabilitation events, held in cities across the nation, serve thousands of Veterans and train hundreds of VA rehabilitation providers across more than 125 VA medical centers annually.

### NATIONAL VETERANS WHEELCHAIR GAMES

The National Veterans Wheelchair Games, co-presented by VA and Paralyzed Veterans of America, serves Veterans with spinal cord injuries, multiple sclerosis, amputations, stroke, and other neurological disorders. Since 1981, National Veterans Wheelchair Games have been inspiring Veterans to live healthier and more active lives through adaptive sports. It is the largest wheelchair sports rehabilitation event for Veterans with disabilities in the United States. [www.wheelchairgames.org](http://www.wheelchairgames.org)



Register Before April 15

### NATIONAL VETERANS GOLDEN AGE GAMES

Founded in 1985, the National Veterans Golden Age Games serves Veterans ages 55 years and older. Through its "Fitness for Life" motto, the Golden Age Games offers sports competitions and health education sessions to demonstrate the value that sports, wellness, and fitness provide to assist senior Veterans live an active and healthy lifestyle. National Veterans Golden Age Games is a qualifying event for the National Senior Games. [www.veteransgoldenagegames.va.gov](http://www.veteransgoldenagegames.va.gov)



Registration just opened Mar 2

### NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

The National Disabled Veterans Winter Sports Clinic has helped many of our nation's most profoundly disabled Veterans overcome obstacles and challenge their perceived limitations. The event is presented by VA and DAV (Disabled American Veterans), and provides rehabilitation through adaptive winter sports, headlined with Alpine skiing, Nordic skiing, and snowboarding. Since 1987, the Winter Sports Clinic has served Veterans with traumatic brain injuries, spinal cord injuries, amputations, visual impairments, and certain neurological conditions. The Winter Sports Clinic is hosted by the VA Western Colorado Health Care System. [www.wintersportsclinic.org](http://www.wintersportsclinic.org)



Registration Closed

[WWW.VA.GOV/ADAPTIVESPORTS](http://WWW.VA.GOV/ADAPTIVESPORTS) SOCIAL: @SPORTS4VETS EMAIL: SPORTS4VETS@VA.GOV

MOMENTUM!!

### NATIONAL VETERANS CREATIVE ARTS COMPETITION & FESTIVAL



The National Veterans Creative Arts Competition & Festival recognizes the role creative arts therapy plays in the rehabilitation of Veterans. Veterans who showcase their achievements in the festival are selected gold medal winners of national art, music, dance, drama, and writing competitions in which thousands of Veterans enter from VA facilities across the nation. The festival is presented by VA and the American Legion Auxiliary and culminates with a stage performance, writing exhibition, and gallery-style showcase of artwork. [www.creativeartsfestival.va.gov](http://www.creativeartsfestival.va.gov)

### NATIONAL DISABLED VETERANS T.E.E. (TRAINING, EXPOSURE, EXPERIENCE) TOURNAMENT

The National Disabled Veterans TEE Tournament serves Veterans with visual impairments, amputations, traumatic brain injuries, psychological trauma, certain neurological conditions, spinal cord injuries, and other life changing disabilities. Presented by VA and DAV (Disabled American Veterans), the TEE Tournament provides adaptive golf instruction and a range of adaptive sports opportunities. The rehabilitation event is held in the Iowa City, Iowa area and hosted by the Iowa City VA Health Care System. [www.veteranstee.org](http://www.veteranstee.org)



### NATIONAL VETERANS SUMMER SPORTS CLINIC



Founded in 2008, the National Veterans Summer Sports Clinic serves newly injured Veterans with complex disabilities, such as traumatic brain injury, post-traumatic stress disorder, visual impairments, neurological conditions, spinal cord injury, or loss of limb. The Summer Sports Clinic promotes the value of rehabilitation through adaptive summer sports, including surfing, sailing, kayaking, cycling, and new emerging sports. It is hosted by the VA San Diego Healthcare System. [www.summersportsclinic.va.gov](http://www.summersportsclinic.va.gov)



### MONTHLY ASSISTANCE ALLOWANCE PROGRAM

VA provides a monthly stipend to Veterans with disabilities who are actively training in a Paralympic or Olympic sport. Eligibility includes meeting the standard established by the sport governing body or being selected as a member of the National Team in a qualifying sport.

### ADAPTIVE SPORTS GRANT PROGRAM

VA awards grants to qualifying organizations to plan, develop, manage, and implement programs to provide adaptive sports, provider training, and other opportunities for Veterans and members of the Armed Forces. With the use of these grants, VA is helping community organizations promote community reintegration through sports. Eligible activities range from traditional and Paralympic sports to non-traditional outdoor recreational activities such as hiking, fishing, and adventure sports.



[WWW.VA.GOV/ADAPTIVESPORTS](http://WWW.VA.GOV/ADAPTIVESPORTS) SOCIAL: @SPORTS4VETS EMAIL: [SPORTS4VETS@VA.GOV](mailto:SPORTS4VETS@VA.GOV)

## VOCATIONAL REHABILITATION THERAPY (VRT)

VRT is a medically prescribed program that utilizes actual or simulated work situations to facilitate vocational rehabilitation. Through therapeutically guided exploration Veterans gain a sense of self discovery of untapped potentials and vocational abilities. VRT staff is also helping to direct energies for developing performance and stamina toward vocationally related goals.. More specifically, the major objective are:

1. Assist in exploring interests and aptitudes with the goal of returning to gainful employment.
2. Prevocational evaluation in specific therapeutic clinics.
3. Utilize appropriate activities to increase strength and tolerances, all of which are structured to specific disabilities being treated.
4. Therapeutic activities for the Veteran with physical and/or psychological disabilities.

Come check out what VRT has to offer you

Building 50 Room 108

Call 562 826-5593

Get a referral from your primary care team and let the Local VRT team come up with a great plan for you.



### Vocational Services

- Computer Clinic,
- Employment Services

### Compensated Work Therapy (CWT)

- CWT Sheltered Workshop
- CWT Supported Employment
- CWT Transitional Work



### Therapeutic Clinics

- Horticulture/Gardening
- Woodworking
- Lapidary/Jewelry Making



If you are looking to get back in the work force, get compensated doing various work opportunities, or simply want to get active and work in a garden, woodshop, or make jewelry discuss with your primary care team to make a referral over to the VRT office in Building 50 room 108.

After you get a referral, a Vocational Case Manager will provide you orientation and help you with any of the above listed programs.

Just another great opportunity offered to you here on campus that many people still do not know about.

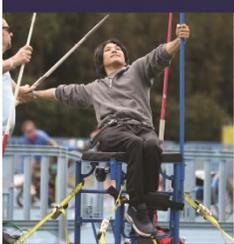




**Southern California's  
Premier Adaptive Sports Competition**

**Clinics and Competition in  
Track & Field, Wheelchair Basketball  
Wheelchair Tennis, Swimming  
Archery, Sitting Volleyball  
Powerlifting, Goalball  
& Table Tennis**

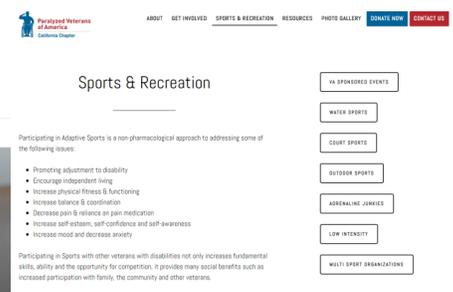
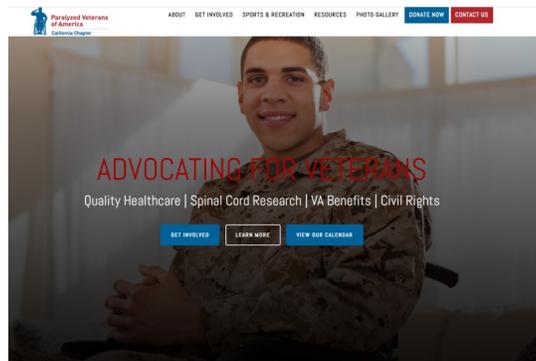
**Save The Date!**  
**June 18-21, 2020 • UCLA**



**Visit [AngelCityGames.org](http://AngelCityGames.org) for updates!**

# PVACC.ORG IS NOW LIVE!!!

It took some time but we think you will agree it was worth the wait. [www.pvacc.org](http://www.pvacc.org) is now live and active. Find out about events coming up on our calendar, download grant and membership requests, contact hundreds of organizations providing adaptive events for you, check on Dodger ticket availability, contact the office or a board member direct, read some interesting history about the chapter, and so much more....



We are updating new items on the web every week, so if you think of something you would like added, please simply send an email to [website@pvacc.org](mailto:website@pvacc.org) and we will see what you have in mind. But go check it out on your computer or mobile device. Be sure to follow us on facebook and Instagram as well.

## “Make A Difference Day” BINGO Sunday 29 March

The 6th Annual Belmont Heights Make a Difference Day (BHMADD) Pizza and BINGO event is Sunday March 29th in Room U200 in the Spinal Cord Center at 1230

Food, Prizes and Fun along with a guaranteed great time for all those attending. We know there are not usually a lot of activities scheduled on the weekends for many of the inpatients, so we are very glad they chose to bring this event to you all.

Hopefully many of you members will also come in and participate as well.





Sky Diving

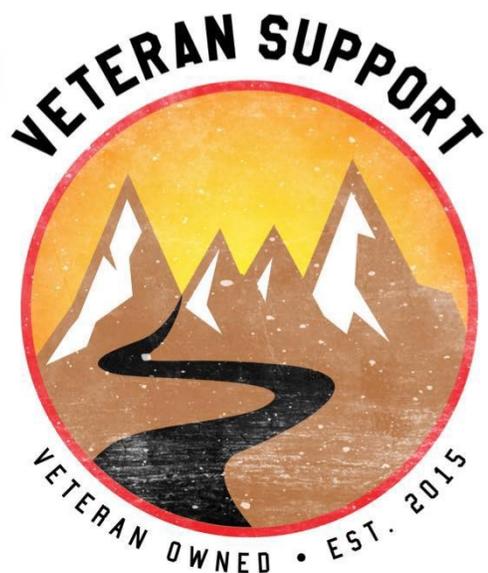
SCUBA

Race Cars

Spartan Races

The list never stops...

Why should you???



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[info@rangerroad.org](mailto:info@rangerroad.org)

## PVACC TIMECAPSULE OPENED!!!

OK well it wasn't a time capsule, but we had a Storage POD that had items put in it and closed up and stored back in August of 2007, and we finally got it delivered and opened. The PN Editor, Tom Fjerstad even came out two times to take all sorts of historical items back to Headquarters to properly help retore, and catalog.

One particular item of notice was the framed copy of the ORIGINAL letter signed by Dr Bors to the Commanding Officer of the Birmingham General Hospital in Van Nuys, CA requesting the formation of an organization to support Paraplegic Patients.

The letter was signed 23 January 1946. The Birmingham Paralyzed Veterans Association was incorporated March 7th, 1946. BPVA went on to become CPVA, which is now PVACC as you know it today. A copy of the letter is on the following 2 pages. ENJOY!

BIRMINGHAM GENERAL HOSPITAL  
Van Nuys, California

23 January 1946

MEMORANDUM TO: The Commanding Officer

SUBJECT: Formation of Paralyzed Veterans Association by the Paraplegic Patients of Birmingham General Hospital

1. On Friday 18 January 1946, 70 paraplegic patients attended a mass meeting at the Recreation Hall of the Red Cross, at which time they decided to found the nucleus of an organization to safeguard the interests of all paraplegic patients in the nation.

2. Consequently a committee of ten delegates, in free election, was appointed at this meeting and they were instructed to work out a program. These delegates have met repeatedly and have asked my presence as a medical adviser and liaison officer to the command of this hospital.

3. The last session of the delegates took place on 22 January 1946 in which the delegates continued the work of drafting the by-laws of the organization. They asked me to submit the following requests which I highly recommend in view of their sincerity and encouraging drive:

a. They would like to call a mass meeting for Friday night, 7 PM, 25 January 1946, in the Red Cross Recreation Hall, and would like to have permission to hold such meetings weekly at the same time and place, providing the hall would be available for them.

b. They would like to invite Miss Susan Peters to attend the meeting Friday night as one of their future honorary members. They feel that this will help to arouse interest for the program. If permission is granted, suggest that the Special Services officer invite Miss Peters and inform me whether the invitation has been accepted.

c. They would like to have a photographer present at the Friday meeting this week, to take pictures for publicity reasons on the formation of the organization, the name of which will probably be "Paralyzed Veterans Association", and they would like to have Miss Peters pose with them in these pictures.

d. The patients have contacts with persons who are willing to furnish paper and printing for the initial copy of a small newspaper or pamphlet on the paraplegic organization. This is meant to be a continuing paper, the first copy of which would contain the by-laws and pertinent articles regarding the patients, their problems and activities, etc. The patients herewith ask permission to go ahead with this publication.

e. The patients have been contacted by individuals from the American Legion who in turn would like to give them some publicity regarding the starting of the new organization.

*Letter from Dr. Bors to the Commanding Officer of Birmingham General Army Hospital requesting permission on behalf of his patients to form a Paralyzed Veterans Association*

MOMENTUM!!

-2 23 Jan 48

f. The delegates feel that it would be in the interest of the young organization to contact the Los Angeles Examiner and the Times through our Special Services officer in order to interpret to the public the foundation of the new organization.

4. The patients request permission to send, through channels, all matter pertaining to the new organization to all paraplegic patients in other paraplegic centers of the nation. If this permission is granted, they feel that it would save time if this matter could be sent from hospital to hospital directly rather than through Service Command. They cannot send it to the individual patients as they do not have mailing lists. They feel that perhaps the letters could be distributed by the headquarters in the respective paraplegic centers to these patients. These letters are proposed to include the following:

a. A form which the patient is to fill out and return to Birmingham General Hospital, indicating his interest and expressing his feeling as to whether such an organization might be started in his own hospital.

b. A form which the patient might send to his Congressman, asking his cooperation to improve the condition now prevailing in the Veterans Administration Facility whereby a hospitalized single man receives only \$20 per month.

c. A form whereby the patient could send information on the organization to his hometown newspaper in order to foster public interest in same.

5. The patients committee requests information as to location of Navy paraplegic centers in order to contact these patients as well as those in Army installations.

E.H.J.Bors, Capt.,MC

*Notice the signature on top of page 1 signed by Sgt Fred Smead who went on to be the first President of the Birmingham Paralyzed Veterans Association*

MOMENTUM!!

## ESTATE PLANNING

### Estate Planning: 11 Things to Do Before You Die

The beginning of the new year and decade has been a difficult one with the passing of a few close veterans, friends, therapist and fellow PVA California Chapter members. Pondering your own mortality is probably not high on your list of enjoyable activities, and yet getting your affairs in order is advisable for everyone.

You may think “estate planning” is only for the wealthy, or that—since you’re relatively young and/or healthy—you don’t need to worry about such things, but neither is true.

Even people with modest assets can benefit from end-of-life planning, which encompasses much more than just writing a **last will and testament**. And, as we all know, death doesn’t discriminate by age or any other factor.

A little forethought now about how you would like things to go once you’re incapacitated or gone can give you great peace of mind now, as well as spare your loved ones a lot of hassle later.

What are some of the most important things you can do now? Here is a handy **estate planning checklist**.

1. **Gather important documents and contact information.** Property deeds, vehicle titles, official certificates, dd214, military & medical records, (birth, marriage, etc.), the contact information for your attorney, insurance broker, doctor—all of these are things you can gather and put in the same, safe place now to make it easier for your loved ones later.

As a bonus, getting all these materials together should also make compiling your **estate plan** easier, as you will have a lot of the necessary information at your fingertips.

2. **Execute a last will and testament.** A will is one of the most important **estate planning documents** you can have, as it details where you would like your property to go after your death. Unless you **make a will**, you are leaving things up to your state’s intestacy laws, which apply when someone dies without a will. And you should not assume that the state will make the same choices you would have made.

When you **create a will**, you, the testator, name an estate administrator or executor: a person you trust to handle the distribution of your estate. You can also name a legal guardian for any minor children and their property, as well as leaving instructions for the care of your pets.



3. **Complete a living will or advance directive.** A **living will** or **advance directive** is a legal document in which you name someone to communicate with medical personnel regarding your treatment preferences should you become incapacitated or otherwise unable to express your preferences yourself.

Issues addressed in living wills generally include breathing tubes, feeding tubes, and other life-sustaining medical treatments.

4. **Put in place a power of attorney.** A durable **power of attorney** allows you to name someone to be in charge of making decisions for you if you become incapacitated. You may choose to name a separate health care power of attorney for medical decisions and a **financial power of attorney** for financial decisions.

A health care power of attorney works hand-in-hand with a **living will** to ensure that your wishes regarding medical treatment are followed. A Health Insurance Portability and Accountability Act (HIPAA) authorization is also necessary to allow others to speak with doctors and nurses about your condition.





Join us at the **FREE "Wheel to the Sea" event**  
*"A challenge hike for Veterans, wheelchair users and volunteer pushers"*  
**Saturday, May 2, 2020, 8AM-6:30PM**  
 Santa Monica Mountains National Recreation Area, Malibu, CA

This exciting community event is especially designed to serve individuals in wheelchairs, including Iraq, Afghanistan and other military Veterans (and their families). Non-wheelchair users with minor Traumatic Brain Injury, PTSD, blindness, deafness or debilitating illnesses are also welcome to push a wheelchair or join in the event. Fueled with a hearty breakfast, we embark on this five mile naturalist-led hike through Point Mugu State Park. The trail includes rocky terrain, slopes and mud or stream crossings in times of wet weather. These natural obstacles provide challenges and opportunities for teamwork and trust building. The event culminates at the beach with a family style barbeque and use of specialized beach wheelchairs. All who participate will benefit from the physical challenge, social interaction and camaraderie offered from this unique outdoor adventure.

**PRE-REGISTRATION IS REQUIRED: ATTENDANCE IS LIMITED**

To donate and/ or register please contact [Ciana@WildernessInstitute.com](mailto:Ciana@WildernessInstitute.com)  
 or Register on-line at: [www.meetup.com/Wilderness-Adventures](http://www.meetup.com/Wilderness-Adventures) (Registration deadline 4/25/20, unless full before).

*"Push Your Limits...Experience the Adventure!"*



**Celebrating  
Over 35  
Years Since  
1984**

CA State Parks,  
 Kiwanis of Thousand Oaks and  
 Chatsworth  
 Mtns. Recreation Conservation Authority  
 Volunteer Mountain Bike Unit



*It was everything I expected, and more!  
 I've been training for the upcoming National Veterans  
 Wheelchair Games for the wheelchair slalom event, kinda  
 like the x-games for wheelchairs. Competition is fierce but  
 if I can roll that course yesterday I think I'll be ok."*

**Larry Foster, Volunteer Service Specialist  
 Department of Veteran Affairs**

\*\*\*\*

*It's a great challenge to get outside and enjoy the day.  
 Before I lost the use of my legs in '79, I was very active, I  
 did a lot of backpacking and sailing. There's not many  
 activities for the disabled. But, The Wilderness Institute  
 really bends over backwards."*

**Rick Dunkin, Wheelchair participant**

*"Wheel to the Sea rocks (and rolls)!"*

*"This event is an extremely rewarding, inspiring and  
 therapeutic experience. Giving to another person, allowing  
 each of us to go beyond our individual limitations, and  
 reconnecting with nature has empowered me  
 physically, emotionally and spiritually."*

**Michael Tardif, Veteran volunteer and naturalist**

\*\*\*\*

*Life in a wheelchair is full of challenges. I love to face  
 those challenges head on. This hike is a good way to do it.  
 I see this as a great example of what the physically  
 challenged can do, and it is a great confidence builder for  
 those who have never done something like this before.*

**Evan Somers, wheelchair participant**

*"Helping others, challenging themselves and experiencing the therapeutic benefits of being in nature empowers Veterans, participants and volunteers to realize that they are capable of achieving anything they put their mind to:  
 life purpose, career, family, friends and passion in attaining their goals."*

**Brad Childs, Executive Director, The Wilderness Institute**

- Contact us to help your group achieve extraordinary results through other therapeutic programs  
 \* Veterans Challenge \* Vet-to-Vet Connect Mentoring \* Vet Cadre Training \* Family That Plays Together \*  
 \* Challenge Ropes Courses \* Wilderness Survival \* Orienteering \* Rock Climbing \* Eco-Challenges \*

818-483-6570

[Ciana@WildernessInstitute.com](mailto:Ciana@WildernessInstitute.com)

[www.WildernessInstitute.com](http://www.WildernessInstitute.com)



**Paralyzed Veterans of America**

**ANNUAL AIR RIFLE & AIR PISTOL PROGRAM**

Camp Pendleton Air Rifle and Pistol Tournament  
December 2-3, 2019  
Camp Pendleton, CA



Cal-Diego Air Rifle and Pistol Tournament  
January 27-28, 2020  
San Diego Naval Base  
San Diego, CA



Mid-Atlantic Air Rifle and Pistol Tournament  
March 4-5, 2020  
Colonial Shooting Academy  
Richmond, VA

Wisconsin Air Rifle and Pistol Tournament  
March 21-22, 2020  
Milwaukee Area Tech College  
Milwaukee, WI

Buckeye Air Rifle and Pistol Tournament\*  
April 16-18, 2020  
Spire Institute  
Geneva, OH

*\*Buckeye Wheelchair Games*

**PVA BOATING/FISHING TOUR**

Mid-America Bass Tournament  
September 20-22, 2019  
Lake Eufaula  
Eufaula, OK

Vaughan Bass Tournament  
October 4-6, 2019  
Rend Lake  
Mount Vernon, IL

Florida Gulf Coast Bass Tournament  
April 3-5, 2020  
Lake Harris  
Tavares, FL

Kentucky-Indiana Bass Tournament  
April 24-26, 2020  
Lake Barkley  
Kuttawa, KY

Mid-Atlantic Bass Tournament  
June 5-7, 2020  
James River  
Hopewell, VA

Capital Clash Bass Tournament\*  
June 12-14, 2020

Potomac River  
Marbury, MD

*\*Year-End Tournament*

**ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES**

Mid-Atlantic Billiards Tournament  
Chuck Willis Memorial  
March 13-15, 2020  
Diamond Billiards  
Midlothian, VA

Mid-America Billiards Tournament  
April 3-5, 2020  
Slick Willies Pool Hall  
Oklahoma City, OK

Buckeye Billiards Tournament  
June 5-6, 2020  
Wickliffe Lanes  
Wickliffe, OH

Mountain States Billiards Tournament  
June 20-21, 2020  
Widefield Corner Pocket Billiards  
Fountain, CO

**ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES**

Nevada Bowling Tournament  
December 5-8, 2019  
Sunset Station Hotel & Casino  
Las Vegas, NV

Mid-America Bowling Tournament  
April 9-12, 2020  
Firelake Bowling Center  
Shawnee, OK

Vaughan Bowling Tournament  
April 30-May 3, 2020  
Bowlero  
Romeoville, IL

**PVA NATIONAL SHOOTING SPORTS CIRCUIT**

Nevada Shooting Sports Tournament  
March 13-15, 2020  
Clark County Shooting Park  
Las Vegas, NV



Cal-Diego Shooting Sports Tournament  
March 27-29, 2020  
Redlands Shooting Park  
Redlands, CA



Mid-Atlantic Shooting Sports Tournament  
April 24-26, 2020  
Conservation Park of Virginia  
Charles City, VA

Lone Star Shooting Sports Tournament  
May 22-23, 2020  
Desoto Gun Club  
Waxahachie, TX

Vaughan Shooting Sports Tournament  
June 5-7, 2020  
St. Charles Sportsman Club  
Elburn, IL

Iowa Shooting Sports Tournament  
June 12-14, 2020  
Otter Creek Sportsman Club  
Cedar Rapids, IA

Wisconsin Shooting Sports Tournament\*  
June 26-28, 2020  
Brown County Sportsman Club  
Green Bay, WI

*\*Year-End Tournament*

**BOCCIA**

PVA National Boccia Tournament  
October 22-26, 2019  
The Pavilion at Lemay  
St. Louis, MO

Bayou Gulf States Boccia Tournament  
January 31-February 1, 2020  
Harrison County Shelter  
Gulfport, MS

Buckeye Boccia Tournament\*  
April 16-18, 2020  
Spire Institute  
Geneva, OH

Mid-Atlantic Boccia Tournament  
May 8-9, 2020  
Fort Monroe Community Center  
Hampton, VA

Vaughan Boccia Tournament  
June 26-28, 2020  
Fountain View Recreation Center  
Carol Stream, IL

*\*Buckeye Wheelchair Games*

**CODE OF HONOR QUAD RUGBY INVITATIONAL**

February 7-9, 2020  
The St. James  
Springfield, VA

**NATIONAL VETERANS WHEELCHAIR GAMES**



July 3-8, 2020  
Portland, OR

**HANDCYCLING**

Off-Road Spring Expo  
March 27-29, 2020  
Chesterfield, VA

PVA Racing High Performance Camp  
April 15-20, 2020  
Tucson, AZ

Redlands Cycling Classic  
April 22-26, 2020  
Redlands, CA



Blue and Gray Half Marathon and Criterium  
April 25-26, 2020  
Gettysburg, PA

## SPORTS / RECREATION GRANT

In the last issue of MOMENTUM!! we outlined the basics for the updated PVACC chapter recreation grant program. We have had all sorts of members request a wide variety of amazing adventures, and so far this year we have sponsored nearly \$30,000 in recreational grants to members to go out and get a smile on their face.

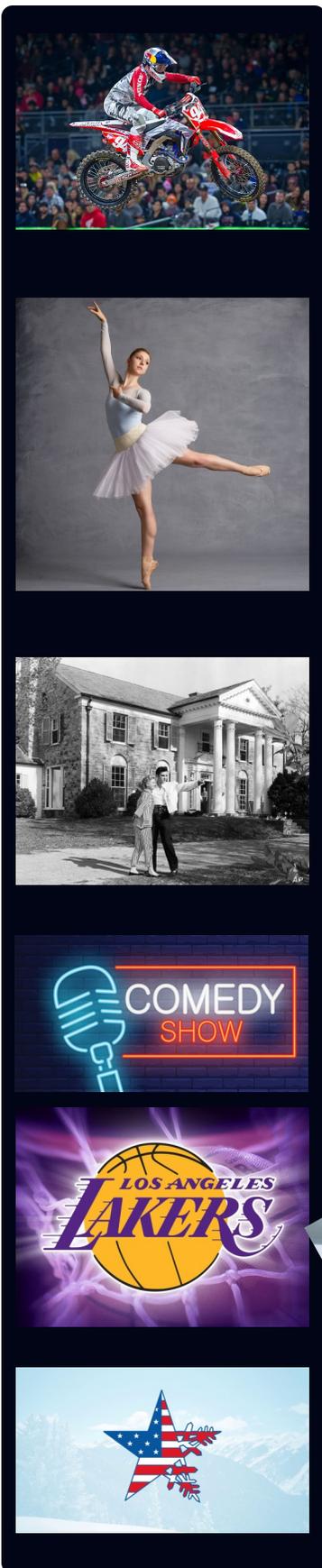
In the next issue of MOMENTUM!! We hope to share many pictures of our members doing super fun things, but for this issue we will simply share some of the fun things members have done with their grants! Be sure to take pictures and send digital copies to us at [info@pvacc.org](mailto:info@pvacc.org).

- Comedy Shows / Football Games / Basketball Games / Supercross
- Graceland Museum / MLK Jr Museum / National Table Tennis Tournament
- Music Concerts / Ballets / Symphonies / Plays / Ski Trips
- National Disabled Veterans Winter Sports Clinic
- And more.....

*What are you going to do with your grant?*

Please remember to submit your grant request BEFORE you purchase anything you are requesting your grant for. Grants are reviewed once a month at board meetings. Get your requests in so they can be reviewed and approved and get you out and having fun.

Questions?? Call the office, or stop in the next time you have an appointment.



## NOT SURE WHAT TO SPEND YOUR REC GRANT ON?



*The No Barriers Summit experience has the capacity to change your life. For me, it confirmed that I was not alone in seeing that adversity is often the catalyst for our growth.*

*2019 No Barriers Summit  
Tahoe attendee*

The Chapter Sport/Recreation Grant is sending members all over doing amazing things you will get to see more examples of in this issue and future ones, why not do something amazing for yourself and use the grant to help?

Join us on September 18 at Oracle Park in San Francisco, CA.

“I break barriers. They don’t break me.” The No Barriers Summit is a one-day event that challenges you to find your invincible self. Whether you have a disability, face discrimination, lost a loved one, or struggle with illness, the No Barriers Summit helps you redefine what is possible.

### Why Attend the No Barriers Summit?

- **Opening Ceremony:** Kick-off the event with renowned speakers and performances, as well as an overview on what to expect for the weekend.
- **Experiential Activities:** Try something new and break down your barriers. Our activities are fully adaptive and are created to push you to your limits and help you discover that What’s Within You Is Stronger Than What’s In Your Way.
- **Community:** Make hundreds of new friends and create your own rope-team of brave, collaborative and supportive explorers.
- **No Barriers LIVE:** A fully-accessible event experience designed so you can hear, feel, touch and see music come to life; celebrate differences; and enjoy speakers and performances, including an amazing headlining act that you don’t want to miss!

*The No Barriers Summit in 2020 will be an intimate, collaborative and interactive experience. Express interest today to be in the know about registration!*



[www.nobarriersusa.org](http://www.nobarriersusa.org)

Submit a grant request to apply towards your travel and lodging to San Francisco.

Grant requests can be picked up in the office or on our website at [www.pvacc.org](http://www.pvacc.org)

## CURRENT LEGISLATIVE ISSUES

### Veterans' Committees Leadership Identify 2020 Goals

The leaders of the House and Senate Veterans' Affairs Committees recently shared their areas of focus for 2020. Last year saw the passage of legislation expanding Agent Orange benefits, promoting suicide prevention, addressing the growing issue of toxic exposures from open air burn pits, and the lifting of limitations on some veteran and family benefits. We will see more along this vein in 2020.

Suicide prevention remains the top priority for committee leaders. Representative Mark Takano (D-CA), Chairman of the House Veterans' Affairs Committee, has asked to hear from veterans about how Congress can improve services. Representative Phil Roe (R-TN), Ranking Minority Member of the House Committee, believes one solution is H.R. 3495, the Improve Wellbeing for Veterans Act (Improve Act), which despite controversy between committee members, passed out of committee last year.



Senate Veterans' Affairs Committee Chairman Jerry Moran (R-KS) and Ranking Minority Member Senator Jon Tester (D-MT) are also focused on suicide prevention. On January 29, the committee marked up an amended version of S. 785, the Commander John Scott Hannon Veterans Mental Health Care Improvement Act, which had similarities to the Improve Act.

The four leaders also signaled their intent to improve services and care for women veterans. A comprehensive bill, the Deborah Sampson Act, is finally seeing movement and could be sent to the President for his signature this year. The House approved its version, H.R. 3224, of the bill in mid-November and parts of the Senate's rendering, S. 514, were included in the amended version of S. 785.

Finally, the passage of the Blue Water Navy Act last year kindled a new effort by the committee leadership in both chambers to look at other toxic exposures that occur during military service. The House committee's interest increased significantly last year, following Chairman Takano's visit to service members in Afghanistan where he saw and experienced toxic exposures first hand.

In addition to these priorities, the committees will also provide oversight of VA's unfolding MISSION Act implementation and other pressing issues facing the department. The PVA Government Relations team will continue to work with the Veterans' Affairs Committees and others in Congress to ensure our legislative priorities for 2020 also remain at the forefront of the minds of those on Capitol Hill.

## CURRENT LEGISLATIVE ISSUES (CON'T)

### Accessible Voting Act of 2020 introduced in the Senate

On January 16, U.S. Senators Bob Casey (D-PA), and Amy Klobuchar (D-MN), introduced S.3206, the Accessible Voting Act, which would support state and local efforts to improve voter accessibility and remove barriers to voting. In the 2016 general election, 16 million votes, representing 11.5 percent of the total votes, were cast by people with disabilities. Despite federal laws requiring fully accessible voting places, barriers to vote for people with disabilities still exist. In 2016, only 40 percent of polling places were architecturally accessible and only 45 percent of voting booths were accessible. Combining these deficiencies of physical and voting booth access a GAO study found that only 17 percent of the polling places it examined during the 2016 election were fully accessible.



PVA has had a long-standing commitment to ensuring that voting is accessible. The integrity of our democracy is based on the right to vote of all eligible voters who are registered. Over the years PVA helped expand access to voting with the passage of the Americans with Disabilities Act (ADA). The ADA requires polling places to be accessible to people with disabilities (ADA Checklist for Polling Places). Furthermore, the National Voter Registration Act (NVRA) made it easier to register at your local Division of Motor Vehicles (DMV) and the Help America Vote Act (HAVA) ensured the ballot was accessible entering the age of electronic voting and established the Election Assistance Commission (EAC).

The Accessible Voting Act would:

- Establish the Office of Accessibility within the EAC to support and oversee state efforts to expand voter accessibility and serve as a resource for advocates and voters;
- Provide up-to-date voting information and resources, through accessible websites, to ensure voters know how to register to vote, cast an absentee ballot and find help if their right to vote is challenged;
- Expand the number of options to cast a ballot in federal elections so voters with disabilities can utilize the voting option most accessible for them;
- Create a national resource center on accessible voting to conduct cultural competency trainings for election officials and poll workers to create truly accessible voting systems; and
- Increase grants to states to improve accessibility when registering to vote, voting by absentee ballot, and casting a ballot in person.

U.S. Senator Kirsten Gillibrand (D-NY), is also an original cosponsor of the Accessible Voting Act. The bill has been referred to the Senate Committee on Rules.



**Use your PVACC Grant**

*Don't live in SoCal, FL or NC? Submit a grant application to attend any or all of the races and we should be able to cover your transportation and lodging.*

*PLEASE Submit early!!!*

**GRIT  
FREEDOM CHAIR**

Contact Mike Halpert

Michael@gogrit.us

Cell: 617 279-2462

Office: 877 345-4748



GRITFreedomChair

Www.gogrit.us



In 2020 Spartan is hosting 4 Sprint Races (5K, 20 Obstacles) supporting adaptive athletes and beginners from adults to kids to partake in and learn about Spartan Races.

Goal: Lean about, partake in, and meet adaptative athletes to challenge and push beyond your known limits. Whether you're ready to tackle your first Spartan Sprint, or you're wanting to learn more about how you can contribute, we're all in this together. Aroo!!!

**To Sign Up or get more info, Contact:**

Nicole.Verneuille@spartan.com, or visit Spartan.com Register soon, and submit your PVACC Grant application soon as well

**April 11: San Diego CA**

**April 25-26: Palm Beach, FL**

**June 28: Fayetteville, NC**

**TBD: Laughlin, NV: Championship Race**



**GRIT Freedom Chair**

**The Spartan Recommended all-terrain wheelchair built for adventure**

Perhaps you tried out one of these at our Sports Expo back in September. The GRIT Freedom Chair is an all-terrain wheelchair designed to help you move beyond the pavement. Developed by MIT mechanical engineers, this easy-to-push, lever-driven wheelchair comes armed with rugged mountain bike wheels and a big, sturdy front wheel. Cruise across grass, cut through the mud, tackle an obstacle course race, or hit the beach in this all-terrain wheelchair. The choice is yours!

If you are doing a spartan race and want to use a free gogrit Freedom Chair vs potentially damaging your personal chair contact Mike and he will set you up.

**LAND MEETS SEA**  
**SPORTS CAMP**  
 CELEBRATING 25 YEARS

**August 5-7**  
**2020**  
 Wednesday-Friday  
 Long Beach, CA

Casa Colina's Land Meets Sea Sports Camp provides exhilarating outdoor activities for people with disabilities. Created to help people build confidence through adaptive sports and recreation, this unique 3-day camp includes water skiing, jet skiing, rock climbing, basketball, hockey, and more. The camp is part of Casa Colina's Outdoor Adventures program, which has safely provided adventure experiences to thousands of people with disabilities since 1985.

**CASA COLINA**  
 Hospital and Centers for Healthcare

The Outdoor Adventures program at Casa Colina Hospital and Centers for Healthcare is pleased to present the 25th annual Land Meets Sea Sports Camp, August 5-7, 2020, in Long Beach.

Land Meets Sea Sports Camp is a unique 3-day camp for people with disabilities, offering a variety of adaptive sports and recreational activities that celebrate ability over disability.

**Also coming up at Casa Colina**

**THERAPUTIC HORSEBACK RIDING:** (March 6 and 20)

Join Casa Colina and NDR Therapeutic Riding for a hands-on horseback riding experience that helps you develop muscle tone, coordination, and confidence.

**ADAPTIVE INDOOR ROCKWALL CLIMBING** (March 18)

Reach new heights by joining us for indoor rockwall climbing at Stronghold Climbing Gym. NO EXPERIENCE IS REQUIRED!!

**CATALINA ADVENTURE DAY** (March 24)

Sail into Catalina Island and spend the day exploring the beautiful city of Avalon.

**[www.casacolina/outdooradventures](http://www.casacolina/outdooradventures)**



To participate or volunteer, please call the Casa Colina Outdoor Adventures office at 909/596-7733, ext. 4131, or email [adventures@casacolina.org](mailto:adventures@casacolina.org) to request a registration packet.

The camp will take place at Marine Stadium, located at 490 Bay Shore Avenue, Long Beach, CA 90803.

Casa Colina is trying to expand their services to get more participation from PVACC members.

Let's show them how much we appreciate the great things they are doing for the spinal cord world by participating with them as well.

M O M E N T U M ! !



ARE YOU A A  
**FEMALE VETERAN**  
**WITH A DISABILITY?**  
 A GROUP FOR WOMEN HAS STARTED!

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**EVERY THURSDAY**  
**1:00PM**



V2 CONFERENCE ROOM, ROOM V219  
 BUILDING 150; SPINAL CORD INJURY UNIT

### Spiritual Support Group for SCI Veterans



**When: Alternate Fridays at 10am**  
**Where: V2 conference room**

The SCI Psychology Service is currently offering a spiritual support and therapy group, Building Spiritual Strength, for SCI Veterans.

The group is intended to help Veterans reduce spiritual and psychological distress and help use prayer and faith as positive coping skills. **Veterans of all faiths and belief systems are welcome.**

Veterans can simply “drop in”—no need to commit to regular attendance. Join us to meet with other spiritually-minded Veterans to explore topics such as: **hope, faith, prayer, gratitude, guilt, and forgiveness.**

### LIVING WITH SCI & CHRONIC PAIN

SCI Skills-Based Support Group  
 How does living with chronic pain impact your functioning, mood, and overall quality of life? The Living with Chronic Pain Group focuses on supporting and teaching skills that can assist Veterans with improving their quality of life. We invite you to learn how to address pain from a variety of approaches. We believe that your pain is real and are committed to assisting you with managing and living well with it.

**Day/Time:** Thursdays 2:00-3:00pm  
**Duration:** 8 weeks 50-minute sessions  
**Where:** V2 Conference Room, V219

Talk to your Provider today or contact Dr. Mona for more information!

### ADAPTIVE YOGA

For SCI Veterans



Our adaptive yoga class here in SCI is for **ALL** abilities within SCI. We will explore the mind/body connection with movement, meditation, and breathing exercises based on the ancient traditions of yoga, using seated/chair and reclining/floor poses.

**Class is held on Mondays from 1-2pm**  
**(for 8-wk cycles)**

Interested in any of the above opportunities, want more info or need transportation?  
 Contact Dr. Brindle at 562-826-8000 x 3837 or Dr. Mona at x2057



CALLING ALL PURPLE HEART WARRIORS  
**MISS THE  
CAMARADERIE?**



Take a trip with **five** other Purple Heart recipients



**CONNECT WITH THOSE WHO  
HAVE FACED THE SAME BATTLE**



**BUILDING CAMARADERIE  
AT THE BONFIRE**

**GO NEW PLACES**

**HAVE FUN**

**TRY NEW THINGS**



**WARRIOR  
BONFIRE PROGRAM**

**COUPLES  
TRIPS**



Let us help you give back to your loved one. We host trips full of pampering and fun!



EMAIL: [INFO@WARRIORBONFIREPROGRAM.ORG](mailto:INFO@WARRIORBONFIREPROGRAM.ORG)

VISIT US AT [WARRIORBONFIREPROGRAM.ORG](http://WARRIORBONFIREPROGRAM.ORG)

Warrior Bonfire Program would love to get PVACC Purple Heart Recipients involved in an upcoming trip.

**Check out their Website** / Drop them an Email

Start planning your trip for your next adventure

Watch videos by searching "Warrior Bonfire"

On Youtube or on their Website.



MOMENTUM!!



# GIFT YOUR OLD WHEELS FOR GOOD.



**Paralyzed Veterans  
of America**

**WHEELS HELPING  
WARRIORS**

Your donated vehicle can go far in helping severely injured veterans. Donations are sold at auction with proceeds going toward programs and services for veterans and their families. You may also receive a tax break, too! Schedule your free, easy pickup today.



[WheelsHelpingWarriors.org](http://WheelsHelpingWarriors.org) / 866-204-4548

# TRIUMPH FOUNDATION

HELPING CHILDREN, ADULTS & VETERANS  
TRIUMPH OVER PARALYSIS



Our Valley Go! Adapted Sports Program with Cal State Northridge is bringing **handcycling** and **kayaking** to you!

Join us Saturday, March 28, April 4, & May 2 from 10am-2pm  
at Castaic Lake located at 32132 Castaic Lake Dr, Castaic, CA 91384.

We will set up a base camp and have our "stable" of handcycles for people to try riding. Bring your own bike if you have one, and family and friends are welcome to ride along with us. We will also have aquatic staff helping people kayak and canoe.

We will be showing everyone the basics of the sports.

**No experience necessary.**

Water & snacks will be provided. Email [info@Triumph-Foundation.org](mailto:info@Triumph-Foundation.org) to RSVP

# TRIUMPH FOUNDATION (2) WHEELCHAIR SPORTS FESTIVAL PUSHING THE LIMITS OF YOUR ABILITY

[www.Triumph-Foundation.org](http://www.Triumph-Foundation.org)

**SAVE THE DATE!**

**Apr 25 2020 WHEELCHAIR SPORTS FESTIVAL**

**April 25-26**

Santa Clarita Sports Complex  
20880 Centre Pointe Pkwy, Santa Clarita, California 91350

FREE to participate. For more info

go to: <https://triumph-foundation.org/event/wsf2020/>

MOMENTUM!!

# MS CORNER

## MS Class

Every 2nd Tuesday — 11:30—12:30 Bldg 150 Room U200

Series of Classes to provide information about topics of interest to the MS community, presented by experts across many fields

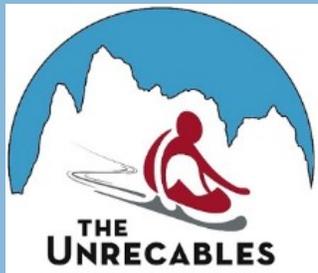
For More info, contact Jennifer Sebastian, KT x6367

## MS Support Group

Every 4th Tuesday — 11:30—12:30 Bldg 150 Room U200

Gathering of veterans & caregivers affected by MS, to connect, share experiences, and to give and receive support.

For More info, contact Dr. Melissa Matos, Psychology x4376



## L.A. County Unrecables Ski Trip

Did you get out skiing yet this year? Do you want to do more? Consider a trip with the Los Angeles County Unrecables Ski Club. If you have never skied with them before, then this is the year to join them! They are a really FUN group to hang out with, ski/snowboard and tell stories. The individual adaptive lessons are free, and your only expense is transportation, lodging and food. You can submit a grant request to PVACC to cover the lodging and transportation costs, so if you want to ski more, reach out to them ASAP and tell them you read about them in MOMENTUM!!

### Next Trips

April 17-19, 2020 April 6, 2020

May 8-10, 2020 April 20, 2020

TRIP RESERVATION DEADLINE:

3 WEEKS PRIOR TO TRIP

*Register soon, and submit your PVACC Grant application soon as well*

### Contact the Unrecables:

**Text:** 562-480-4398 Like us on Facebook

**E-mail:** info@unrecables.org

**Website:** www.unrecables.org



**Support Paralyzed Veterans of America California Chapter** by shopping at AmazonSmile.com and **Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to our California Chapter** whenever you shop on AmazonSmile.

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from our list of eligible organizations. You can change your selection at any time.

- 1 To change your charitable organization:
- 2 Sign in to [smile.amazon.com](https://smile.amazon.com) on your desktop or mobile phone browser.

From your desktop, go to **Your Account** from the navigation at the top of any page, and then select the option to **Change your Charity**. Or, from your mobile browser, select **Change your Charity** from the options at the bottom of the page.

Search for "Paralyzed Veterans of America, California Chapter"

Select it, then simply shop and support....

To shop at AmazonSmile simply go to [smile.amazon.com](https://smile.amazon.com) from the web browser on your computer or mobile device. You may also want to add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile.

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## NEW!!!! TEXTING TO DONATE

If at anytime during the year any of your friends or family asks for ideas about veteran organizations to make a donation to, you can easily give them instructions on how to donate to PVACC.

**Read this once and you will never forget it.**

Simply tell them to **text 'PVACC to 24365 24 hours a day, 365 days year** and they can donate as little or as much as they like over a secure web platform using a credit card in just a matter of minutes.

Who knows.... The person you suggest it to may just be the person who ends up funding your next Sports and Recreation Grant.



# Paralyzed Veterans of America



California Chapter  
5901 E 7th St  
Bldg 150 Room R-204  
Long Beach CA 90822

Phone: (562) 826-5713

Fax: (562) 826-5208

Email: [info@pvacc.org](mailto:info@pvacc.org)

*Proudly serving Southern  
California Veterans since  
March 7th 1946*

    [www.pvacc.org](http://www.pvacc.org)

You can donate to PVACC 24 hours a day, 365 days a year by simply texting PVACC to 24365

