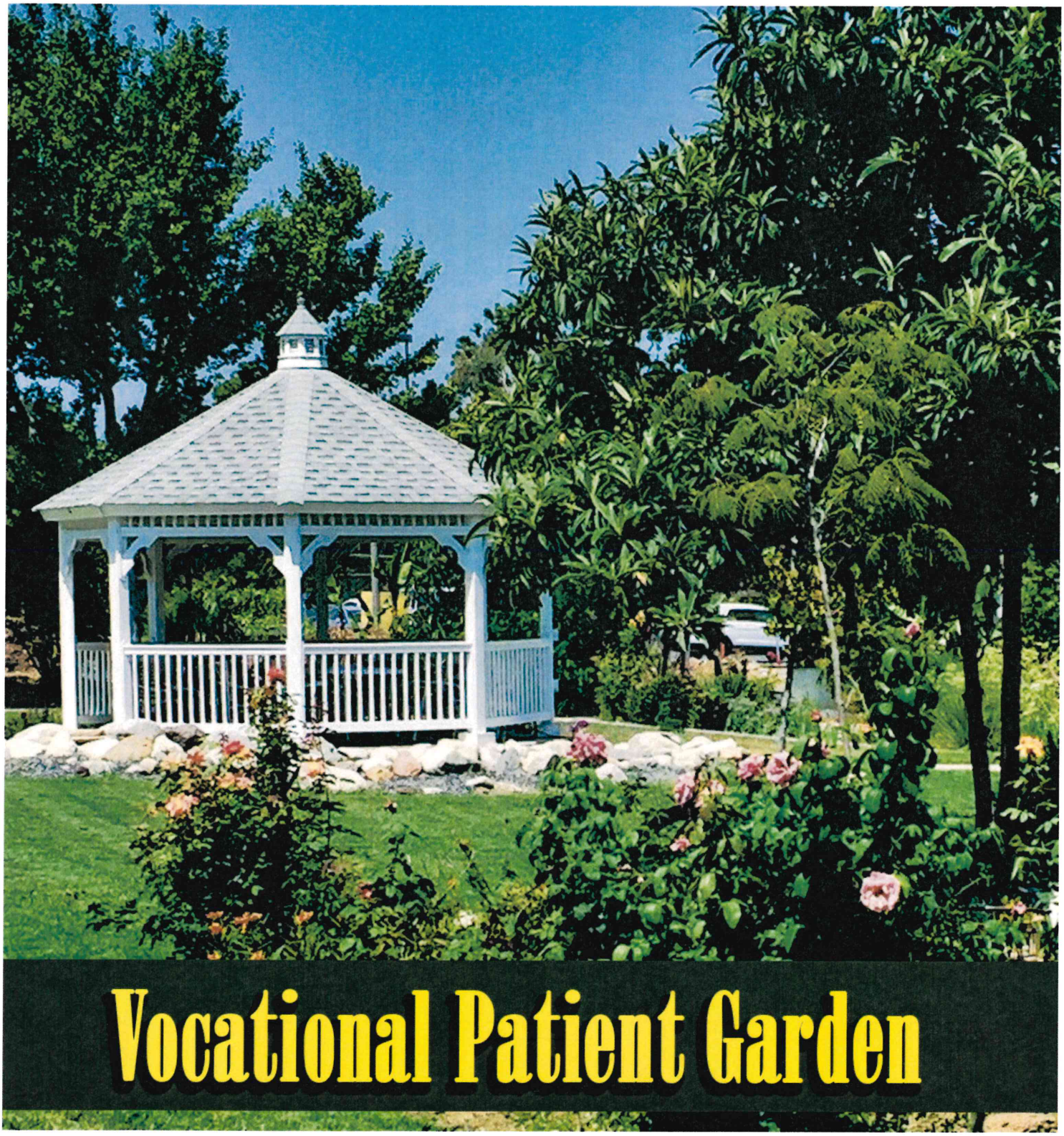
Paralyzed Veterans of America
California Chapter

BULLETIN

May / June 2018
www.pvacaliforniachapter.org



Vocational Patient Garden

2018 Fishing Trips

Dana Point Harbor

San Clemente, CA.

When:

Tuesday: May 15th. 2018

Thursday: July 26th. 2018

Tuesday: September 11th. 2018

What Time:

Van Leaves VA at 4:30 A.M. Sharp

Boat Will Leave Dock at 06:00 A.M

Sign-Up Sheet:

PVA California Chapter Office

(See: Office Mgr. Liz Lara, Bldg. 150, 2nd. Floor Room R-204)

See Rebecca or Crystal in RT about rides from VA.

- Important Notice -

There will be a $ 20.00 Deposit
(Refundable upon boarding the fishing boat Reel Fun)



MS

MULTIPLE SCLEROSIS SUPPORT GROUP

When: Second Tuesday of the month @ 11:30 AM
Where: Bldg. 150, Rm. R205 (2nd Floor)
Who: Veterans w/MS, family, friends, & caregivers
Topic: Different Guest speakers each month

Learn more about your diagnosis, discuss with other Veterans with MS, ask questions and socialize with your peers.

For more information, please contact Jennifer Sebastian @ ext. 6367





PARALYZED VETERANS OF AMERICA CALIFORNIA CHAPTER
NEWS BULLETIN DISCLAIMER

The Paralyzed Veterans of America California Chapter News Bulletin is publication of the PVA California Chapter. It serves its member and interested parties by informing them of Chapter activities, veterans issues, SCI related matters, legislative developments and other related concerns regarding disabilities and the disabled community. The opinions expressed in this publication do not necessarily reflect the views of Paralyzed Veterans of America California Chapter, its Officers, Board members, the Editor or Production staff. Similarly, appearance of advertising herein does not constitute an endorsement of any products or service.

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The Power of Happiness

Now what? This phrase has haunted me since I was discharged from the Veteran's Hospital back in 2010. Like many non-service connected Spinal- Cord Injured (SCI) patients, I had long completed my active duty service commitment, built up a civilian career, began my search for a spouse (again), and was beginning to make plans for retirement down the road when I was confronted with this major bump in the road called paralysis. All my preparations and designs were brought to an abrupt halt, and I was tasked with just trying to survive. When I was reasonably sure the survival portion was accomplished, I had pressure ulcers to repair, activities of daily living (ADLs) to remaster, two arms to strengthen, and one life to piece back together. And that was the easy part. My largest obstacle of all was not the question of what to do, or how to do it. I had to overcome the message in my head which was saying over and over to me, "Why bother.?"

The largest obstacle looming in front of me was not being placed there by another person, but originating from within my own mind. What I now realize was that at that very moment, I was lacking happiness. Or to put the situation more accurately, I was not choosing happiness. To be fair, I had many good reasons to be unhappy, and I relied on those reasons to continue to be unhappy and also to excuse my lack of moving forward in my rehabilitation. My legs were paralyzed, I had three pressure sores, I lost my apartment and even my job. I was depressed and I had every reason to be. It was later on during my stint in rehab when I realized it is when I have absolutely no apparent reason to be happy that choosing happiness is the most significant choice I can ever make for myself. The mystery looming before me now was how I can possibly become happy while in this situation.

The scientific and technological fields have a concept called a moonshot. It was made popular by the National Aeronautics and Space Administration (NASA) although they had no idea they were doing so, as they committed to landing a man on the moon without yet knowing how they were going to do it. New mathematical equations had to be discovered, new engines had to be built that would propel a rocket beyond the atmosphere of the earth, and new materials had to be fabricated to withstand re-entry into the earth's atmosphere. This had never been done before and yet the current President of the United States, John F. Kennedy, wanted it done before the end of the decade. So, to paraphrase, a moonshot is a commitment to accomplishing a monumental goal without any knowledge or understanding of any method of how you are going to do it. Sounds like my first week as an SCI rehabilitation patient, how about anybody else's?

If you are struggling with any stage of your rehab, from recovering, to discharge, to financial struggles, to personal obstacles of any kind, try implementing the "Moonshot" concept into your regimen. Commit to rebuilding your life, career, and body without needing to know exactly how you are going to accomplish it. Open your mind to the new techniques discussed by your doctors and therapists. Read and learn all you can about your condition, and maybe something no one has ever tried will dawn upon you. Take personal responsibility for your rehabilitation since your therapists can only show you what to do and how to do it. How hard you work at it is up to you. But most of all, be happy throughout the entire process, even if you feel you have absolutely no reason to be.

If you think this sounds crazy ask your self if blaming the person responsible, complaining about your surroundings, or lamenting about the difficult road ahead has benefitted you or your situation in any way. It didn't in my case. But that night that I chose to be happy, I slept throughout the entire night. The next morning I ate a proper breakfast and stuck to the diet my nutritionist provided for me. My ulcers healed, my strength increased, I adjusted to my new life in a wheelchair, found a nice apartment, returned to school and completed a new degree, and have begun a new career, and spend my time spreading the word about the power of self-generated happiness. You may have noticed a particular pattern of my writings. The topics and the tones may change from month to month, but the message is usually always the same which is as follows…

The Paralyzed Veterans of America (PVA) are out there fighting for you against two juggernauts- the United States Congress and the Veteran's Administration (VA), be patient and supportive and get involved. The Adaptive Sports programs, vocational rehabilitation programs, and recreational, physical, and kinesiological therapists are all here to help you through this difficult journey, so please work with them and give them one hundred percent of your efforts. But remember, your success, or failure, all begins and ends with you. I know many of you cannot find any reason to do so, and I have not earned the right to ask, but I am asking anyway to join me, commit to rehabilitation without

PAiNT it forward

NOMINATE A RETIRED HERO



"At ALLBRiGHT 1-800-PAINT-ING, we truly appreciate the brave men and women who have dedicated their lives to serving our country in the armed forces.

As a way to honor and provide a little "Painting Happiness" to our retired military heroes, we are now accepting Paint-It-Forward nominations for retired heroes whose home or meeting space is in need of a fresh coat of paint.

Once a nominee is selected, the ALLBRiGHT Painting Happiness Team and volunteers will work to beautify and restore a space with new paint.

If you know of a retired hero living in the Greater Los Angeles Areas please nominate them by visiting our website and using the nomination form.

https://www.allbrightpainting.com/paint-it-forward/

*Nominations will be accepted up until June 30th, 2018 and the winner will be announced on Facebook on July 4th, 2018."

You can also learn more about the event, and submit a nomination for a retired hero on our website here: https://www.allbrightpainting.com/paint-it-forward/



Adaptive Sports Expo Bridges Hospital to Community for Veterans

On April 13, 2018, the Spinal Cord Injuries and Disorders Health Care Group (SCI/D HCG) in partnership with the Paralyzed Veterans of America California Chapter and the Triumph Foundation hosted their annual Adaptive Sports Expo at the VA Long Beach Healthcare System (VALB). Now in its fourth year, the Adaptive Sports Expo has grown from 75 participants in 2015 to over 750 this past year. This hugely successful event included Veterans, athletes, vendors, civic leaders, volunteers, family members, caregivers and rehabilitation professionals.

According to the community partner/vendor participant post-survey, 100% of respondents would participate in the Adaptive Sports Expo next year and 100% found it valuable. Per the participant post expo survey, 94% of respondents reported they would participate in the Adaptive Sports Expo next year and 100% said the event was valuable.

Participants enjoyed the extremely popular resource fair which featured more than 50 booths and 20 different adaptive sports and activities including Wheelchair Rugby, Obstacle Course, Cycling, Boccia Ball, Adaptive Archery, Basketball, Badminton, Tennis, Power wheelchair Soccer and much more. SCI Chief Dr. Hung Tan Nguyen commented, "The Adaptive Sports Expo continues to be a great success and set the bar for outreach events at our facility". Additionally, special guest Milwaukee VA SCI Chief Col. Kenneth Lee, MD, US Army (ret.) an OIF Veteran and Purple Heart awardee, extoled the virtues of the Adaptive Sports Expo. "There are too many good things to describe… I will be duplicating many of what you did for us (at our sports event) as well… The program is a perfect template for others to emulate and follow." said Lee.

A highlight of the day was the all abilities Rock Climbing Wall. This 25-foot wall with adaptations to enable a survivor of stroke, spinal cord or severe visual impairment the ability to literally and metaphorically climb a mountain. The Adaptive Sports Expo planning committee and other supporters continue to see the benefits of the Adaptive Sports Day as a springboard for Veteran-centric health and wellness programs providing a number of services to Veterans in order to facilitate their increased engagement in adaptive sports as a pathway towards improved quality of life. The focus of the program is for Veterans to experience and participate in activities to develop independent living skills on the continuum of community reintegration.

Written by: Colin Lenington OTD, OTR/L,ATP, CAPS & Jana LaMarca OTD, OTR/L,ATP



actually knowing how, and choose happiness without knowing what the world has in store for you. Because whatever is out there, you are going to face it, overcome it, and keep moving on, but this time you'll be happier. But not because someone else made you smile, but because you chose to. And that smile they can't take away.

Scoba Rhodes

Vice President Report

Everyone has setbacks, challenges and difficulties in life. The way you accept, maneuver and proceed in those times are important. Keeping a chin up is not always easy to do. So let me introduce you to a man whom I had the pleasure of meeting at this year's Ability Expo 2018 located at the Los Angeles Convention center. J.R. Martinez author of " Full of Heart " is a story of Survival, Strength, and Spirit.



Accompanied by his wife and young daughter, he exemplified inspiration, courage, and peace to all the people he came in contact with. This Ex Army private overcame and conquered burns to his face and one-third of his body. Martinez incurred these life changing injuries in Iraq after driving over a antitank mine in his Humvee. With words of encouragement and support he climbed out of the rut he thought was his. J.R. found that words have a powerful impact on one's mindset. Knowing that people would stare and say things that can be hurtful he decided " words can never hurt me ". The journey of recovery prepared him to become a motivational speaker, author, actor, dancer and continue to chase after many more dreams. I suggest reading the book. Remember alot of people succeed in life after going through difficulties and overcoming obstacles.

Already we have provided a positive change in our out patient clinic. As your Vice President I go meet our vets who come to the SCI clinic for their annual physical exams. I have connected with members by making sure that the PVACC has their updated contact information, furthermore I have invited those who are not members to become a part of our chapter. I want to make sure that our members can be involved in all the programs the PVACC has to offer. Remember, no matter how small or how big the issues are, the Board members and officers are there to help you find an answer. As VP I can make time available to you if you need to discuss anything. Your questions can and will help the next vet.

Thank you once again for your support. I will serve you!

If anyone has any questions please fill free to come to the office and talk to any Officer, Board Member, Office Administration. @ LBVA, bldg 150 2nd floor , room R-204 or contact us at 562-826- 5713.

I am You
Vice President
Jemal Williams

Dependent's Educational Assistance (DEA) (Chapter 35)

The Department of Veterans Affairs (VA) administers several educational programs. The Survivor's and Dependents Educational Assistance Program offers education and training opportunities to eligible dependents of veterans who are permanently and totally disabled due to a service related condition or of veterans who died while on active duty as a result of a service related condition.
Eligible dependents include:

- The spouse or child of a Service Member or veteran who either died of a service-connected disability or who has permanent and total service-connected disability, or who died while such a disability existed.

- The spouse or child of a Service Member who is hospitalized or receives outpatient care or treatment for a disability that is determined to be totally and permanently disabling, incurred or aggravated due to active duty, and for which the Service Member is likely to be discharged from military service.

Benefits may be used for associate, bachelor, or graduate degrees at colleges and universities; independent study; cooperative training; study abroad; certificate or diploma from business, technical, or vocational schools; apprenticeships; on-the-job training programs; farm cooperative courses; and preparatory courses for tests required or used for admission to an institution of higher learning or graduate school; degree and certificate programs, graduate school, institutions of higher learning, and on the job training. If you are a spouse, you may take a correspondence course. Beneficiaries without high-school degrees can pursue secondary schooling, and those with a deficiency in a subject may receive tutorial assistance if enrolled half-time or more. Remedial, deficiency, and refreshers courses may be approved.

Training restrictions are bartending; non-accredited independent study courses; course given by radio, self-improvement courses; recreational in character; audited courses; courses that do not lead to an educational, professional or vocational objective; courses successfully completed in the past; and federal government employee – courses taken under the Government Employees' Training Act. Additional restrictions are: while on active duty;
convicted of a felony; and fugitive felon, which includes outstanding warrant for a felony or has violated a condition of probation or parole for committing a felony. This includes veteran, child or spouse.
Eligible dependents include; spouses, son or daughter (including step-child or adopted child) of a qualifying veteran or Service Member. In the case of children, eligibility begins on the 18th birthday and generally ends when the child reaches the age of 26. Dependent children do not lose eligibility if they marry. Under certain circumstances, eligibility can be extended to the 31st birthday.

Eligibility for a spouse or a surviving spouse is generally 10 years from the effective date of a veteran's permanent and total rating or the date the VA notifies the veteran of a permanent and total disability. The spouse can choose between the two dates to establish the effective date. A spouse using DEA remains eligible to receive DIC payments from VA.

Generally dependents are awarded entitlement of 45 months under the current programs. However, HR 3218, the "Harry W. Colmery Veterans Educational Assistance Act of 2017" proposes to amend Title 38, United States Code

(U.S.C.) to make certain improvements in the law. The proposed amendments related to Dependent Education (chap-

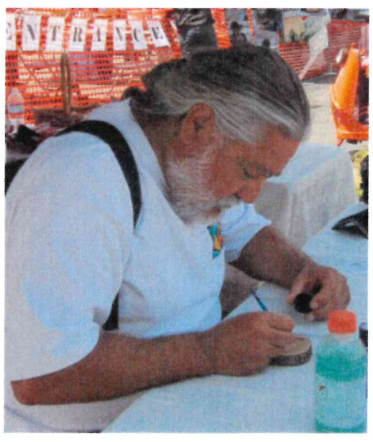
ter 35) are; Section 202 of the proposed legislation would decrease the amount of entitlement from the current 45 months to 36 months. The change would apply for those who make application for Chapter 35 benefits after August 1, 2018. Section 203 of the proposed legislation would increase the amounts of education assistance payable for pursuit of institutional courses and courses under the Survivor's and Dependents Educational Assistance Programs. Eligible persons would be entitled to monthly payments of $1,224.00 for full-time work, $967.00 per month for three-quarter time, and $710.00 for half-time work. Full time is considered 12 credit hours a semester. This increase would become effective October 1, 2018.

To apply for Chapter 35 benefits, the dependent can submit an application on-line at www.GIBILL.va.gov and click to apply for benefits. Printed VA form 22-5490 and send it to your nearest VA Regional Office or PVA Service Office for submission. This form can be obtained from any PVA Service Office or from the VA website.
Once a determination is made of eligibility, a "Certificate of Eligibility" will be sent to the dependent. The dependent must take this certificate to the certifying official at the school where dependent is currently attending for the school official to certify enrollment in an approved program.
IMPORTANT INFORMATION
Chapter 35 can approve advance payment in some cases. Those in receipt of Chapter 35 benefits have a responsibility to notify VA of any changes in enrollment, address, marital status to avoid possible overpayment. The toll free number is 1-888-442-4551 or go to the website www.GIBILL.va.gov . You may also contact any VA Regional Office, VA Medical Center or Vet Center, Education Service Officer at military bases or Paralyzed Veterans of America National Service Officers.

Raymond Pease
Sr. National Service Officer
Muskogee, Oklahoma







1st Year Participation STEAMBOAT Creative Activities at VALB EXPO

Hi Liz! Let me start by saying this was an AWSOME, INVALUABLE, EDUCATIONAL experience for us! More people now know that we exist every Wednesday at the SCI Therapy/Rec Room 2nd Floor from 10am to 2:00pm. YAY!

We had VERY GOOD traffic and many hands-on participants. Following are only a FEW of the many pics and comments we were told.

"I never thought I could do art. My grandkids are going to be SHOCKED when they receive these in the mail"
"This is easier than I thought and the time went by so fast"
"I enjoyed making this and want a veteran in the hospital to have it, so I am donating it,"
Wife telling her husband "you did a great job honey and now we know where you will be coming on Wednesdays."





Vocational Patient Garden

Have you visited the Vocational Patient Garden lately? Approximately two acres of planters of flowers and vegetables are located in the corner most part of the property below the water towers. Shade is provided by fruit and ornamental trees along the many wide paths of the garden. Veterans and their family members can sit inside the gazebo and quietly enjoy the flowers, the hummingbirds, and the squirrels leaping from the fig tree to the nut tree. Last year, three raised planter beds were constructed to make gardening attainable for veterans who are in wheelchairs or use walkers and find it difficult to bend. Currently, they are planted with strawberries, lobelia, and peppers. The garden is open from 8-12 daily and staff is available to assist individuals who would like to enjoy the many aspects of gardening, including planting seeds and sweeping pathways, or merely sitting, relaxing, and enjoying the beauty. Currently, we have several groups who meet in the garden with staff on a weekly basis. If therapists or staff would like to explore one-time or possible ongoing group sessions, please contact Scot Moon at Scot.Moon@va.gov.



To celebrate Earth Week garden volunteers will be outside the Patriot Cafe on Thursday, April 19th from 11:30-1:00pm, with seedlings for anyone to transplant and take home to start their own garden.

On May 16th, garden staff and volunteers will be at the Employee Health Fair from 11:00-2:00pm with more plants to transplant for staff to take home and add them to their gardens.

Lastly, if you happen to have any plastic pots 2", 4", or any size, that you do not know what to do with, we will take them for our garden. We transplant flowers and vegetables often and are always in need of pots.



Annette Hatala, OTD

Vocational patient garden volunteer

Wheelchair friendly accommodations, gorgeous views, cozy spots for relaxation and so much more.

BIG BEAR CABIN RENTAL











WHEELCHAIR ACCESSIBLE CABIN RENTAL

Sleeps 6 2 Bed 2 Bath

Wi-Fi, Full Cable, Wheelchair access to Master Bedroom/Bath with Queen Murphy Bed. Entry ramp, private spa.

For more information please call 909-809-4920 or e-mail: walker.thera@gmail.com or visit www.vrbo.com property 633187 **Veteran discount**

SCI Outpatient Clinic Article

-by SCI OPC Staff

Tibor Rubin VA Medical Center in Long Beach, CA is proud to provide a unique clinic for it's SCI/D patients. The SCI Outpatient Clinic (OPC) offers an array of services to both SCI outpatients and inpatients.

Primarily, the OPC operates like the primary care clinics that non-SCI/D veterans receive their care from. SCI Primary Care Physicians (PCPs) see their patients as in any community doctor's office during designated appointment times for a variety of different medical concerns or needs. The clinic is open for business between 0730-1600 and is located in Bldg. 150. Every SCI/D patient is assigned to a team, called a PACT team that is determined by which PCP they receive their care from. Every PACT team has a RN assigned and these RNs are also located in OPC. These individuals should be the primary point of contact for any issues that patients feel they need to address with their physicians. All in all, the day to day routine and system is not unlike a regular doctor's office.

This is where the similarities end however. SCI OPC also functions as a same day clinic for certain acute medical issues. This relieves many SCI/D veterans from having to utilize the emergency department and provides them with a same day option where they may receive care from compassionate and competent medical professionals who have been specifically trained in SCI care and are familiar with the unique medical challenges that SCI/D veterans pose. Patients choosing to utilize the same day clinic will normally be seen by a Nurse Practitioner in lieu of their PCP. The Nurse Practitioners in OPC are Registered Nurses with a wealth of experience and knowledge who have undergone extensive schooling to allow them practice medicine independently but in concert with physicians. Two of them will be familiar faces as they spent many years as floor nurses on the SCI inpatient wards.

It is important to note that the same day clinic is not an emergency room and should not be treated as such. Any patients experiencing life threatening conditions should call 911. Any patients experiencing mild symptoms they feel could be related to a stroke, heart attack, difficulty breathing or other serious conditions such as trauma or severe bleeding should always seek emergent medical attention as quickly as possible. Although the staff in SCI OPC are capable, the clinic is simply not properly equipped for true emergencies and it is located quite some distance from the facilities that are. The same day clinic also will be closed slightly before the rest of OPC at 1530. Patients needing same day services should report to the emergency room after that time.

The clinic provides other specialized services as well. They host several specialty clinics during select days of the month and, as urologic concerns are front and center with SCI patients, they feature a full-service urology clinic and procedure suite.

SCI/D patients will receive their Annual Evaluations in the OPC where they undergo a comprehensive exam with therapists, pharmacists, social workers, nurses and doctors. These evaluations are performed twice a week and patients should plan to arrive on time as the visit can last many hours.

SCI OPC also offers a Personal Care Clinic where patients who require assistance with bathing and/or bowel and bladder care can receive it Monday-Saturday. The PCC is generally open on holidays but may close on major holidays with patient consent.

Some other services available on a limited basis in OPC are telehealth appointments and services as well as diabetic retinopathy examinations.

SCI OPC has an incredible staff and a welcoming, compassionate atmosphere to go along with expert medical care that is tailored to SCI/D veterans. Hopefully, you don't require their services for anything other than routine issues, but however you need them, they will be there. If you don't need them, stop in sometime just to smile and say "hello." I promise they will smile back.

National Director Report

In May, we have our Annual Convention in Minneapolis. We are in a grave situation financially, and this most surely will be the focus of our discussions. In addition, National will mandate all Chapter BOD's or those who serve in a leadership role to partake in a Sexual Harassment training. I have facilitated this program for our chapter, and we are waiting on 5 leaders to complete before we are 100% compliant. National has shifted its programs to become more efficient. Development Department and Communications Department will be led by the Chief Development and Marking Officer. I have also had the pleasure of working side by side with our new Chief Financial Officer Cheryl Topping. We will sorely miss Blake Ortner, the Deputy Government Relations Director, as he has served in that capacity for more than 30 years. Some of the key Resolutions to be discussed at the National Convention are Judicial Complaint Procedures, Chapter Electoral Policies and Procedures, a Comprehensive Hospital Liaison Form, and a Research on Medical Cannabis Treatment, and possibly a reduction of our chapter grant by 10%!

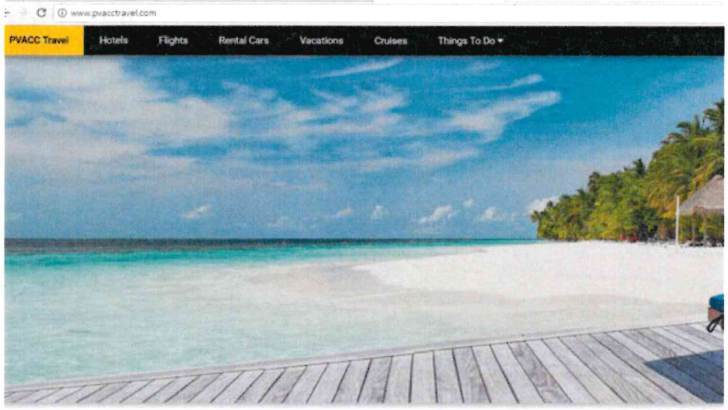
In April, I went to D.C. to serve on the PVA Education Foundation Committee. In this role, I have reviewed and evaluated a wide range of grant applications. Our work focuses on exploring treatments and finding a cure for SCI/D through the Foundation along with multiple partnerships, and the Consortium for Spinal Cord Medicine. I have assisted in selecting groups to fund workshops for health professionals, providing educational materials, or fellowships that ultimately improve the lives of those with SCI/D. As a female Veteran, I am put in the position to be the spokesperson of the exception, rather than the rule. We as a group from the Education Foundation will speak at the National Convention to solicit more contributions to the Foundation, as our donations have been meager at the least.

Finally, I will conclude with assuring our Chapter Members I am doing everything in my power to create a cohesive model chapter. If there is anything I can assist you with, please do not hesitate to contact me. There is a contact form on our Chapter website: pvacaliforniachapter.org that will funnel through me.

Jacqueline Baskett
PVA National Director, PVACC Secretary
If God brings you to it, He will bring you through it

Chapter Website Update

Our chapter has two Fundraising opportunities:
HTTP://WWW.PVACCTRAVEL.COM/
If you purchase your travel- be it flights, hotels, events, cruises, etc… our chapter will get a return of your purchases! Please visit our website at HTTPS://PVACALIFORNIACHAPTER.ORG/



PVACC Travel

Your Perfect Vacation Starts Here.

ALSO, IF YOU CLICK ON OUR AMAZON SITE ON OUR WEBPAGE, AMAZON WILL ALSO PROVIDE US WITH A RETURN OF YOUR PURCHASES!!

SHOP WITH PVACC AMAZON!!!



FOLLOW US!

And finally, join our Facebook, Twitter, or Blog!!! Become an active member for our chapter!1

Paralyzed Veterans of America
California Chapter

Below is a list of the Committees and Chairpersons Mr. Katsuki has appointed. If you are interested in Volunteering, please contact the appropriate Chairperson.

Advocacy Chairman: Mr. Reynoso

Architectural Barriers Chairman: Mr. Williams

Awards Chairman: Mrs. Baskett

Casa Corazon Chairman: Mr. Monzon

Chapter Strategic Planning Chairman: Mr. Monzon

Employment Chairman: Mr. Toki Katsuki

Fund Raising Chairman: Mr. Calvo.

CHL Chairman: Mrs. Baskett

Hospitality Chairman: Ms. Lara

Legislation (National & State) Chairman: Mr. Reynoso

Membership Chairman: Mr. Monzon

Research Chairman: Mr. Soto

Social Activities Chairman: Mrs. Madsen

Sports Chairman: Mr. Calvo

Volunteer Chairman: Mr. Beltran

Parking Chairman: Mr. Katsuki

Wheelchair Repair Chairman: Mr. Soto

Budget/Fiscal/Investment Chairman: Mr. Monzon

Bulletin Chairman: Mr. Rhodes

By-Laws Chairman: Mr. Monzon

Respectfully Submitted,

Jacqueline Baskett, California National Director and Secretary

PVACC BIMONTHLY VOLUNTEER AWARD

The purpose of this award is to solicit more membership and volunteers in assisting PVACC with a positive voice and gaining more members.

Eligibility

Any member of PVACC may be nominated except for any paid staff member of PVACC.

Criteria

Persons being nominated for this award will have consistently demonstrated qualities of compassion, and service to PVACC or its members. The charitable activities / events or service cannot receive any monetary or personal benefits from their involvement.

Judging Criteria

- The degree to which their services/ actions have made a lasting or meaningful contribution or impact to PVACC - 40%
- The length and degree of their service(s) – 20%
- The extent to which their service or action might be considered above and beyond the call of duty – 20%
- The extent to which their action would be recognized and valued by their peers/ community leaders- 20%

Nomination Application

Nominations must be presented in the Board Package 1 week prior to bimonthly meeting, commencing May 2018. Your nomination must include your name, the member's name, and a paragraph why you feel that member should receive the award.

Award

The Board will select the member for the award at the Board meeting. The award will consist of $60.00 to be awarded prior to the following Board Meeting and be advertised in the following Bulletin and the Recreation Therapy kiosk.

Below are the requirements for our Social Events Reimbursement Program. The purpose of this program is to assist our fellow Veterans in selecting an environment most suitable for our needs. Mr. Reynoso will also follow up on the Legislation facet if needed. Become a valuable member of our Chapter!!!

Sincerely, Mrs. Baskett California National Director and Secretary

Paralyzed Veterans
OF AMERICA
California Chapter

Social Events Reimbursement Program

PVA California Chapter's member must submit with the tickets, a paragraph describing the accessibility of the venue, parking, restrooms etc. or a picture of you at the event. This information will be used in the PVA California Chapter bulletin to assist members on the different venues and their accessibility.

Rules of the Social Events Reimbursement Program:

1. Must be a voting member of PVA California Chapter.

2. Events covered for reimbursement are sporting events, concerts, plays, etc. (Events that require a wheelchair seating area to view the event). Events not covered for reimbursement are museums, movies, amusement parks, dinner shows, fishing trips.

3. Tickets must be submitted to PVA California Chapter's office by the 10th day of the month following the event. (Example: date of event May 1st, tickets must be in the office by June 10th). Reimbursement will be for two tickets, per event, at face value. (One ticket per member and one ticket per attendant). Reimbursements will not exceed $100.00 per month.

4. The Social Events Reimbursement Program will not reimburse parking, gratuities, handling fees, meals or mileage.

5. You must submit with the tickets, a paragraph describing the accessibility of the event venue, parking, restrooms etc. or a picture of you at the event to be used in the PVA California Chapter Bulletin.

Social Events Reimbursement Program checks will ready for mail or pick-up by members at the end of the month if all requirements are met.

PVA California Chapter's PVA Board of Directors will be informed of members that abuse the Social Events Reimbursement Program for appropriate action.

The Social Events Reimbursement Program can be modified or discontinued at the discretion of PVA California Chapter's Board of Directors.



Make a difference in the lives of disabled veterans through vehicle donation.

Donating is quick, easy and pickup is FREE. Simply complete and submit the contact form on this page, or contact us at **855-744-0782**. Once the vehicle is donated/sold, you'll receive a receipt and may be eligible for a tax deduction.

The Paralyzed Veterans of America Wheels Helping Warriors program will gladly accept the following vehicles, regardless of the vehicle's condition:

- Cars, SUVs, Motorcycles
- Boats, RVs/Campers
- Airplanes
- Farm equipment, Horse trailers
- Trucks, Semi-tractors

Make your donation today! Your support helps disabled veterans with the benefits, medical services, jobs, research and rehabilitation they need to get on the road to recovery and live full and productive lives!

Contact Information

Name *

First | Last

Email Address *

Daytime Phone *

Zip Code *

Vehicle Information

Type of Vehicle *

Car, Motorcycle, Boat, RV

Year of Vehicle *

Enter NA if not known

Make of Vehicle *

Enter NA if not known

Model of Vehicle *

Enter NA if not known

Additional Info

Optional

SUBMIT

The Paralyzed Veterans' Wheels Helping Warriors vehicle donation staff contact isTara Shishmanian, TaraS@pva.org - (410)-206-4820.

About Paralyzed Veterans of America

Founded by a band of wounded soldiers who returned home from World War II with spinal cord injuries, Paralyzed Veterans of America is dedicated to giving all veterans and people with disabilities everything they need to live full and productive lives.





Robert, Jimmy, Camilla & Flying Wheels, THANK YOU for allowing our students to use your wheelchairs for our Disability Sport day! They had fun and most of all, have a better understanding of how intense, athletic, and competitive wheelchair basketball is.

THANK YOU for attending our sport day as well! You served as excellent role models and spoke-persons for the game.

We really appreciate your time.

Melissa



FLYING WHEELS INC

The team did OK, we ended up 5-4 and will move to D2 next season. The pictures are of an adaptive class on May 9th at CSULB east gym. There were about 30 students. They did very well for a first time at wheel chair basketball. In the background they were doing sit down volleyball and blind catch. I guess the ball made a lot of noise because they caught it most of the time. We thank the California Chapter for all of their support for our team and to help us do events for the college and high schools. Thank you all very much.

Paralyzed Veterans of America

MEMBERSHIP/CERTIFICATION APPLICATION

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted or commissioned for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States, or our allies as evidenced by other-than-dishonorable character of service documented by a verifiable DD-214 or DD-215 (entry-level separation not acceptable); (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. **Complete and return application to the chapter or by mail, email, or fax to:** Paralyzed Veterans of America Membership Department, 801 Eighteenth Street, NW, Washington, DC 20006; (E) ChristiH@pva.org; (F) 202.416.1250. Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.

Chapter Name: _____

First Name:_____ **Middle Initial:**_____ **Last Name:** _____

Date of Birth:___/___/_____ **Social Security Number:** _____ ▢ Male ▢ Female

Race/Ethnicity:

▢ Asian/Pacific Islander ▢ African American/Descent ▢ Hispanic/Latino

▢ Native American/Alaskan Native ▢ Caucasian

Address:_____ **City:** _____

State:_____ **Zip:**_____ **Email:** _____

Home Phone:_____ **Other Phone:** _____

VETERAN STATUS INFORMATION

Please submit the following with application:

- Proof of U.S. or U.S. Territorial Citizenship (Birth Certificate, Passport, INS Form, or Voter's Registration Form).
- DD214 showing character of discharge.
- Medical evidence of spinal cord injury or involvement (medical records or physician's statement).

Proof of active duty status must be verified prior to membership approval.

Have you been discharged under conditions that are less than honorable? ▢ Yes ▢ No

If yes, please explain: _____

Is your spinal cord injury or spinal cord disease service connected? ▢ Yes ▢ No

DISABILITY CLASSIFICATION

Injury or diseases involving the brain but not the spinal cord do not qualify.

SPINAL CORD INJURY

Complete only if you have a traumatic spinal cord injury.

Date of Injury:___/___/ _____

Cause of Spinal Cord Injury:

▢ Vehicular (car, motorcycle, aircraft, etc.)

▢ Violence (gunshot, explosion, etc.)

▢ Flying/Falling object

▢ Sport/Recreation (swimming, diving, etc.)

▢ Pedestrian (car accident, etc.)

▢ Unknown

▢ Other traumatic injury: _____

SPINAL CORD DISEASE

Complete only if there is no spinal cord injury.

Date of Diagnosis/Onset of Condition:___/___/ _____

Specific Disease Involving Spinal Cord:

▢ Multiple Sclerosis (involving bowel & bladder)

▢ Poliomyelitis

▢ Syringomyelia

▢ Amyotrophic diseases (lateral sclerosis, transverse myeltis)

▢ Other: _____

Paralyzed Veterans of America

MEMBERSHIP/CERTIFICATION APPLICATION

The Veterans Benefits Department advocates for quality health care for our members and can assist you to obtain the appropriate benefits available as a result of your military service.

Is Paralyzed Veterans of America presently your accredited representative? ▢ Yes ▢ No

If yes, I hereby request that my eligibility for membership in the Paralyzed Veterans of America be certified. I consent to process my submitted medical documentation to a confidential review by a member of the Paralyzed Veterans of America National Medical Staff, to validate that my condition presents as having spinal cord involvement and to allow official Certification by the Paralyzed Veterans of America National Secretary. I have no objection and hereby permit Paralyzed Veterans of America Service Officers to provide information to the Paralyzed Veterans of America National Membership Department that pertains to my qualifications for membership/certification.

I declare that I have read and meet the qualifications. I understand that my membership/certification could be denied or revoked if any information provided is inaccurate.

Applicant Signature: _____ **Date:** /___/ _____

___

▢ **I do not wish to become a certified member**

OFFICE USE ONLY

CAUTION TO ANYONE HAVING ACCESS TO THESE DOCUMENTS
The documents provided by the requester are personal in nature and are for membership eligibility and certification only. Information contained within these documents shall be treated with extreme confidentiality and released only to those employees of Paralyzed Veterans of America authorized to access.

I certify that I have personally examined the documents provided by the requester and find him/her to be eligible for membership/certification.

National Secretary's Signature: _____

Date Received:___/____/_____**Date Acted Upon:**____/____/ _____

Member ID Number: _____

Date Received:___/____/_____**Date Processed:**____/____/ _____

FROM:

Paralyzed Veterans of America
California Chapter

5901 E. 7th Street
Building 150., Room R-204
Long Beach, CA 90822
Tel:562-826-5713
Fax: 562-826-5208
Email: calpva05@aol.com
Web Site: www.pvacaliforniachapter.org

TO:

YOUR CHANCE TO HELP FELLOW SCI VETERANS!

Our Long Beach VA SCI Peer Mentor program is looking for volunteers to speak at our monthly social hour. Our Peer Mentor social hour is usually held on the 4th Monday of the month from 11am to 12pm in our SCI center's 2nd floor dining room, with a brief talk by one of our experienced SCI Veterans, then time for informal mentoring, socializing, and refreshments. If you would like to be a speaker for our social hour—or know someone who would be willing to speak—please let me know. Thus far, we have had 24 of our own Long Beach SCI Veterans share their stories with our newly injured Veterans—please consider joining the ranks or call me to learn more!

Sarah Brindle, Ph.D.
SCI Psychologist, SCI Peer Mentor Program director
(562) 826-8000, x2-3837 or sarah.brindle@va.gov