



California Chapter

INSIDE THIS ISSUE

Pres. Update	3
N.D / VP Update	4
E.D. Update	5
Birthdays	6-8
Election Update	9
Legislative Update	10-11
Grant Success Story	12-13
USMC Tribute	14-15
Palms to Pines Para.	16
Rancho Los Amigos	17
National Ability Center	18
Virtual Opportunities	19-22
W.O.W	24
ZOOM / Chapter Chat	26-27

MOMENTUM!!

Volume: 21-01

January - March

Marine Corps Edition

We hope you enjoy this USMC Edition of *MOMENTUM!!*

Nationally there are 1,922 PVA members who served in the Marines and 87 who are currently California Chapter Members.

Read more about the history of the US Marine Corps and see some photos of our Marine Members on pages 12 and 13



PVACC TURNED 75 MARCH 7TH!



California Chapter

Happy 75th Birthday California Chapter!! On March 7th we turned 75. We were incorporated on March 07th 1946 as the Birmingham Paralyzed Veterans Association, were renamed the California Paralyzed Veterans Association when the Birmingham VA Hospital closed and the patients moved to the Long Beach VA, and were renamed the Paralyzed Veterans of America California Chapter some years after that. Be on the lookout soon for a small gift bag of chapter goodies being mailed to all of our members.

Chapter Elections Postponed

Due to COVID19 precautions, we have worked with the National Office and did as many other chapters in postponing our elections for one year. More information on page 9.

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

President : Elmer Jacobs Jr.

Vice Pres / Nat. Dir: Jose Reynoso

Secretary: Bob Molinatti

Treasurer: Alex Calvo

Directors

Teresa Gaspar

Lamont Jacobs

Lance Toguchi

Charles Walker

National Service Officers**Ernest Bors M.D. SCI Center**

NSO: Enrique Chaves

Secretary: Bertha Smith

5901 E 7th St

Bldg. 150 Room T-133

Long Beach, CA 90822

(562) 826-8000 ext. 13774

Los Angeles Regional Office

NSO: Allen Williams

NSO: Joseph Phillipe

Secretary: Sharon Patterson

LA VA Regional Office

11000 Wilshire Blvd. R 5208

Los Angeles, CA 80024

(310) 235-7796

San Diego Regional Office

NSO: Robert Kamei

NSO: Eric Meekins

Secretary: Samantha Galliher

(619) 400-5320

Chapter Information**CALIFORNIA... THE 31ST STATE****CHAPTER ADMINISTRATIVE OFFICES****Executive Director:** Dick Fulton**Office Manager:** Elizabeth Lara

5901 E. 7th St.

Bldg. 150 Room R-204

Long Beach, CA 90822

Toll Free: (877) PVACC31

Toll Free: (877) 782-2231

website: www.pvacc.org**CONTACT US DIRECT:**

Elmer Jacobs: 909 489-2179

elmer@pvacc.org

Jose Reynoso: 818 422-2084

jose@pvacc.org

Dick Fulton: 720 308-4972

dick@pvacc.org

Elizabeth Lara

Elizabeth@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.



Follow us on your favorite
Social Media

President's Update



Happy New Year 2021. We made it through 2020, and what a year it was. All the issues impacting our world and nation was unbelievable with COVID-19 our lives have changed, I'm just thankful that we are still here. Wearing mask, washing hands, and sanitizing our hands, feet, wheelchairs and Social distancing all of these are our new way of life.

The chapters 1st virtual holiday celebration was a huge success, it lasted almost 4 hours, we have about 21 participants, we played games, gave away gift cards prizes, PVACC Christmas Ornaments and had a great time..

The VA is beginning to turn the corner with the roll out of vaccination. I received my 1st Moderna vaccination on Jan. 11th, I received my 2nd vaccination on Feb. 12th. I'm was looking forward to receiving the vaccination and to do my part to help stop the spread of COVID-19 and protect my family and friends. I know there are many of you out there who are skeptical and worries about the side effects from receiving the vaccination and I get it. You have to weigh your options and make the right and best decision for you.

We are approaching our 75th Chapter Anniversary in March 2021. It hard to believe that California Chapter was founded in 1946 one of the oldest chapter in PVA. I'm very proud and honored to be president of such a Great organization. I want to thank each and everyone of you for your support and all that you do for California Chapter.

Well let's get out and try to have as close to a normal way of life and enjoy ourselves and family in safe, healthy, mask wearing and social distancing way as possible.

Elmer Jacobs Jr.
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!

National Director Update



Hello everyone, first and foremost I want to wish you all a happy new year and hope this year has started positively well for you. With it being a new year there will also be new events and new changes that we are working within the chapter. We all want the best for the members and the chapter so it's exactly what we will strive for this year. Despite the struggles we are all facing worldwide, we will make it our number one goal to provide a better future for all of you, if it's with advocating, sports grants, more entertaining chapter chats, whatever it might be we will do our best to achieve that goal. We understand not everyone might be in a dire situation but for those who are and need any type of support you can always count on us, the California Chapter to help and assist with any issues you might have or need so never hesitate to reach out to any of us when you feel comfortable to do so.

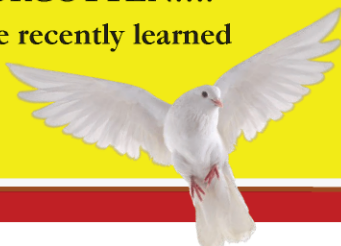
On a separate note I wanted to give the heads up on what's going to be happening roughly in a month where a few chosen of us within the Board of Directors and members that have found an interest in Legislation/Advocacy will be doing. Every year we normally attend a seminar up in Washington D.C. and speak with all your fellow Congressmembers and relay any issues or concerns we hear or see and propose to them to support our cause in better the lives of the disability community. Unfortunately because of COVID we won't be able to attend in person but will be attending via virtual, we will still speak with them so we'll still be able to bring up important information so in case any one has noticed or has experienced any terrain, or obstacles, or any sort of concern that you believe is in violation of the Americans with Disabilities Act (ADA) please inform us so we can properly address it and get it taken care of as quickly as possible.

I want to thank all of you for making this Chapter as resilient as it is even through these difficult times and helping us push forward. Everyone stay safe and healthy out there.

Jose Reynoso
Vice President / National Director

NEW MEMBERS SINCE JANUARY 1st

GONE BUT NOT FORGOTTEN....
Members who we have recently learned
of their passing.



Christopher Patterson (USA)

Michael Abad (USA)

Herbert Smith (USA)

Jimmy Polk (Army) 2/16/21

Executive Director Update



Here is to wishing you the best for 2021! Despite the pandemic, I would like to say that 2020 was a pretty good year for the California Chapter overall.

In 2020 we welcomed 14 new members to our chapter: Dale Strickland, Darryl Spellacy, Michael Van Houtte, Garamond Taylor, Teresa Hanson, Larry Collins, Kevin Astrup, Andy Alvarez, Michael Allen, Martine Peralta, Steven Olitzky, Isabelle McBeth, Michael Jennings, and Kevin Ortiz. We are glad you are part of the family, and proud to serve you all.

Sadly, we did say farewell to 34 members: Michael Forte, Manuel Ordaz, Carmen Ortiz, Trevor Cullen, Donald Ward, Glenn Dyer, James Kissamitakis, Jimmie Norris, Steven Moss, Donald Harris, Patrick Halloran, Henderson Harding, David Meiklejohn, Angela Madsen, David Greene, Gregory Winterbottom, Rudy Saavedra, Katherine Pepper, Rene Collins, Richard Salazar, Harry Williamson, Brian Pollock, Daniel Ybarra, Mike Tucker, Patricia Hale, Arnold Roy Kaeo, Edward Byers, Tom DePalma, Gary McMillen, Johnny Kimes, Ronald Keller, Douglas Harris, Arturo Pena, and Gerald Schwartz. Thank you for your service. You will never be forgotten.

Even with COVID restrictions, we were able to provide grants to many members to get out and “put a smile on their faces.” We paid for many members to participate in a wide variety of virtual programs, and sent many members out on social distanced trips!

Had it not been for COVID, we probably would not have learned the benefit of ZOOM like opportunities, whether via ZOOM, Teams, Skype, Webex or any of the other platforms. We now realize the benefit of virtual face to face communication. We are confident these types of meetings will have a strong presence in chapter operations for the long road ahead and even when we start meeting in live, we will offer virtual opportunities as well. If you have not tried one of our Friday Chapter Chats or Tuesday BINGO sessions, please log in and give them a shot. It's true camaraderie to see your fellow veteran members and to hang out with them for an hour and socialize.

Your Directors pour their heart and soul into this organization, and I hope you have all noticed an improvement in this chapter throughout 2020. Expect even more improvements in 2021. If you wish to help us with that goal, we welcome you to jump on board and volunteer where you can. We always have space for more amazing volunteers. If you ever have any questions, you can reach me or ANY of our directors at our office number of (877) 782-2231.

Dick Fulton
Executive Director

BIRTHDAYS

Tyson L Lewis 1/1/1978

Michael V Howell 1/1/1958

Mark L Chaffins 1/2/1960

Timothy A Doerner 1/2/1963

Charles E Lyles 1/3/1956

Jess A Walton 1/3/1976

Donald J Lipka 1/4/1952

Dennis R Bueno 1/5/1956

Jose Sandoval 1/5/1957

Darryl L Lair 1/7/1962

Lamont Jacobs 1/7/1960

James H Mitchell 1/7/1951

George G Geithner 1/8/1944

Anthony S Brown 1/8/1967

James L Finch 1/9/1945

Anthony W Smith 1/9/1934

Lawrence G Lewis 1/9/1949

Kevin L Sylvester 1/12/1957

Irma A Groot 1/12/1950

Jerrell J Hunter 1/12/1958

Charles E Anselmi 1/13/1948

Donald E Michaelis 1/13/1936

Donald W Robinson 1/14/1933

Daren D Heatherly 1/14/1952

Christopher P DePoix 1/15/1950

Arthur J Perez 1/15/1945

John D McDaniel 1/31/1955



MEMBERS

Scoba F Rhodes 1/18/1966

Robert J Grant 1/18/1954

Patrick A Tallino 1/19/1965

Timothy E Brown 1/19/1963

Richard S Taylor 1/20/1946

Dennis R Henson 1/21/1947

David G Houser 1/21/1961

Kevin J Astrup 1/21/1962

Jimmy D Polk 1/23/1957

Ulysses G Williams 1/24/1942

John A Bickerstaff 1/24/1949

John A Bickerstaff 1/24/1949

Berton S Burks 1/24/1938

Jose A Lopez 1/26/1978

Steven A Fraser 1/28/1963

Vera A Davis 1/30/1963

Landis F Berthiaume 1/30/1943

Carlos L Gomez 1/30/1989

Alban C Calzada 1/31/1956

John D McDaniel 1/31/1955



BIRTHDAYS

Robert B Rodriguez	2/1/1967	Pepito E Eclarinal	2/14/1945
Jeffrey D Burum	2/2/1960	Raymond A Monzon	2/15/1961
Jeffrey L Boykin	2/3/1954	Gary A Cobb	2/15/1952
Albert F Campos	2/4/1955	Elton M Daggs	2/15/1948
Rob C Adair	2/5/1947	Ivan L Bey	2/16/1965
John K Watkins	2/5/1983	Blane T Baker	2/17/1958
Laura D Pearson	2/5/1965	Daniel P Noonan	2/17/1948
Michael S Paul	2/6/1972	Rene Dolan	2/17/1964
Bernadtte T Gonzales	2/6/1974	Leif T Meisinger	2/19/1970
Lee R Wilkins	2/7/1942	Eric D Solis	2/20/1947
Donald R Jackson	2/7/1945	James A Compton	2/20/1943
Glen E Brown	2/7/1949	Bruce F Davenport	2/20/1956
James Bush	2/7/1947	William A Cherry	2/22/1955
Ronald L Bryant	2/7/1953	Charles A Arce	2/22/1957
Frank M Weare	2/8/1949	Juan A Mesta	2/22/1953
John F King	2/9/1961	James S Bryant	2/23/1942
Antonio V Locanas	2/10/1945	Lee A Kleinschmidt	2/24/1958
Joseph P Cruz	2/10/1948	Neil R Beck	2/24/1942
David J Franco	2/11/1949	Monte Parrish	2/24/1942
James F Sammons	2/11/1940	Tracey Cooper-Harris	2/24/1973
William O Craig	2/11/1951	Michael K Jennings	2/26/1955
Michael F Van Houtte	2/12/1949	Keith Gouverneur	2/28/1955
Leonard H Raines	2/13/1947	Miguel A Ruiz-Lopez	2/28/1947
Clifford E Ransfer	2/13/1959	Rudy R Gonzales	2/28/1948
Michael F McDermott	2/14/1958	Phillip F Palacio	2/29/1952

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, please let us know and we will gladly accept your help.



BIRTHDAYS

James Miner	3/1/1950
Lloyd Roberts	3/1/1931
Martha Barnett	3/2/1964
Alvin Reyes	3/2/1984
Lori Groce	3/3/1967
Zeke Alcala	3/3/1979
Jesus Garcia	3/5/1934
Larry Wells	3/5/1945
Robert Rafferty	3/7/1947
Kevin Whitney	3/7/1990
Miguel Galvez	3/8/1969
Deborah Radaker	3/8/1954
Jorge Gonzalez	3/8/1968
Nicholas Mendes	3/8/1990
Robert Linton	3/8/1939
Aaron Sampson	3/9/1955
Carlos Velez	3/9/1967
Stanley Sklute	3/10/1931
Mark Sonny	3/12/1965
William Fujimoto	3/12/1944
John Sweesy	3/12/1946
Paul Bruckner	3/12/1959
Ernest Mulvey	3/13/1961
David Hughes	3/14/1951
Raymond Berke	3/15/1938
Robert Eads	3/16/1932
Danny Knutson	3/16/1955



MEMBERS

Carl Cardey	3/16/1933	William Dorsey	3/24/1943
Larry Collins	3/16/1949	Jerry Lingren	3/25/1938
Arthur Lyles	3/17/1960	Ronald Scott	3/25/1942
Vance Blaine	3/18/1935	Donald Bicknell	3/27/1945
Bruce Odell	3/19/1945	David Eveland	3/27/1955
Charles Walker	3/19/1945	James Fisher	3/27/1957
Scott Ballard	3/19/1963	Ronald Lang	3/28/1946
Marion Collins	3/21/1936	Robert Stallcup	3/29/1932
Robert Carr	3/22/1930	Ronald Gardy	3/29/1948
Kenneth Paffrath	3/23/1946	Louis Holguin	3/29/1956
Robert Guerra	3/23/1961	Kelly McCumiskey	3/31/1959
Kevin Schaefer	3/23/1956		



Looking For
Something To do????



Check out the
calendar today!

8	9	10	
10am Seated Adaptive Yoga w/ Dr. Brondie	10am PMA Virtual Spin Class	10am PMA Virtual Spin Class	10am PMA Virtual Spin
11am KT Strength Class	11am Non Mat Yoga With John Oppenheimer	11am KT Strength Class	12pm PMA Online N.
2pm PMA Virtual Spin Class	12pm Randi 200M SGB Support Group		12pm Randi 200M
	1pm KT Cardio Class		1pm KT Cardio Class
	2pm Chapter 200M BINGO		2pm Women Veterans
15	16	17	
10am Seated Adaptive Yoga w/ Dr. Brondie	10am PMA Virtual Spin Class	St. Patrick's Day	10am PMA Virtual Spin
11am KT Strength Class	11am Non Mat Yoga With John Oppenheimer	10am PMA Virtual Spin Class	12pm PMA Online N.
2pm PMA Virtual Spin Class	12pm Randi 200M SGB Support Group	11am KT Strength Class	12pm Randi 200M
	1pm KT Cardio Class		1pm KT Cardio Class
	2pm Chapter 200M BINGO		1pm KT WORKOUT S
22	23	24	
10am Seated Adaptive Yoga w/ Dr. Brondie	10am PMA Virtual Spin Class	10am PMA Virtual Spin Class	10am PMA Virtual Spin
11am KT Strength Class	11am Non Mat Yoga With John Oppenheimer	11am Monthly BOD Meeting	12pm PMA Online N.
2pm PMA Virtual Spin Class	12pm Randi 200M SGB Support Group	11am KT Strength Class	12pm Randi 200M
	1pm KT Cardio Class		1pm KT Cardio Class
	2pm Chapter 200M BINGO		1pm KT WORKOUT S
29	30	31	1
10am Seated Adaptive Yoga w/ Dr. Brondie	10am PMA Virtual Spin Class	10am PMA Virtual Spin Class	10am PMA Virtual Spin
2pm PMA Virtual Spin Class	11am Non Mat Yoga With John Oppenheimer	11am KT Strength Class	12pm PMA Online N.
	12pm Randi 200M SGB Support Group		12pm Randi 200M
	1pm KT Cardio Class		1pm KT Cardio Class
	2pm Chapter 200M BINGO		1pm KT WORKOUT S
			2pm Women Veterans

Be sure to check out our new chapter calendar of events on our web-site. The newly updated calendar has a whole new look, and is full of all sorts of virtual opportunities to you all to participate in. Everything from Yoga to Monthly Board of Director's meetings, Chapter Chat, Support Groups, BINGO and much more.

Simply click the Calendar Button on the home screen of our website at www.pvacc.org



ELECTIONS



Chapter Elections moved to 2022

After many discussions with the National Office regarding the current pandemic situation, we decided to extend the current Board of Director's terms one additional year through Jun 2022. Since we are not authorized any sort of electronic or web based voting, and must rely on either a face-to-face general meeting to vote or mail in ballots counted by a committee we coordinated with the National Office to move our election back one year. We knew we would not be holding a face to face general membership meeting, and did not see how we could safely have a committee meet together and pass ballots around to count and verify.

Hopefully, you are all pleased with the efforts of the current Board of Directors (BOD) and do not feel you are missing out on your opportunity to run and become a board member yourself this summer. We are looking at our current Bylaws which limit the number of Directors to eight and are considering expanding this to twelve or thirteen with the goal of setting the current number of Directors at eleven. If you were considering running for a position this summer, please let our me know ASAP, for when we do amend our current bylaws, I will be appointing a few directors to finish out the one year remaining on the term.

If you have any questions or concerns about the election being moved, or ANY issue with the chapter, I welcome your call or email. You can reach me at 877 782-2231 or at elmer@pvacc.org

Your Humble Servant

Elmer Jacobs Jr
Presidents

LEGISLATIVE UPDATE

Recent news regarding legislation and regulatory actions affecting veterans and people disabilities.

Written and produced by Paralyzed Veterans of America-Government Relations Department

CONFIRMATION HEARING HELD FOR VA SECRETARY NOMINEE

On January 27, the Senate Veterans' Affairs Committee held a hearing to consider President Biden's nomination of Denis McDonough to be the next VA Secretary. During his confirmation hearing, McDonough, who is not a veteran, stated that he would succeed if confirmed. McDonough answered questions from Senators about topics ranging from VA's modernization efforts to preventing veteran suicide. He pledged to work with the Committee to resolve many of the department's enduring problems such as its burgeoning bureaucracy, lack of transparency, the claims and appeals backlogs, accessibility challenges for both education and health care, and modernizing its infrastructure. McDonough told Committee members that most of his decisions would be based on whether they increase access and improve outcomes for veterans.

Two of his responses related to PVA legislative goals. If confirmed, he promised to take another look at VA rules for the recently expanded VA comprehensive caregiver program to see if eligibility rules are consistent with what Congress intended. He also agreed to work with the Committee to make IVF services a regular part of VA's medical services package. A strong, bipartisan tone was evident throughout the hearing, which was led by newly minted Chairman Jon Tester (D-MT). The Committee is slated to vote on the nomination on February 2. You can view the full hearing [here](#).

WAYS AND MEANS LEADERSHIP ISSUES POLICY FRAMEWORK TO GUIDE ACTIONS IN 117TH CONGRESS

On January 11, Ways and Means Chairman Richard Neal (D-MA) released a legislative framework for how the Committee will "address the role that racism, ableism, and other social, structural, and political determinants have in perpetuating health and economic inequity in the United States." As one of the major committees in Congress, Ways and Means has jurisdiction over a wide spectrum of policies ranging from workforce, business and health care tax incentives to Social Security to economic stimulus initiatives. Based on a Committee [report](#) titled "Something Must Change: Inequities in U.S. Policy and Society," the framework lays out policy priorities to steer the Committee's work in the 117th Congress.

While the framework by its nature is broad and general in its outline of policies, it does touch on a number of issues of interest to PVA and its members. Among these are:

- Ensure technological advancements do not leave underserved communities behind by supporting efforts to revisit the role of algorithms in clinical decision tools that rely on race, ethnicity, or other non-medical factors in assessing patients and systemic bias vulnerabilities related to the use of Artificial Intelligence (AI) in health payment and delivery
- accommodate needs for assistive technologies and telehealth for individuals living with disabilities;
- Increase accessibility and reasonable accommodations within health care facilities so people with disabilities have better access to diagnostics, care, and treatment;
- Extend the Work Opportunity Tax Credit, which provides financial support for businesses that hire workers who are disproportionately likely to have difficulty finding a place in the workforce;

LEGISLATIVE UPDATE CONTINUED

Provide job services and supports targeted to vulnerable populations and focused on long-term career advancement, not just employment;

Strengthen and improve Social Security benefits, particularly for low-wage workers; and

Protect Social Security disability benefits from harmful regulations and other attacks designed to reduce access to benefits.

NEWS ITEMS OF NOTE

VA Pauses Debt Collection Efforts Again

On January 22, President Biden resumed the pause on debt collection activity by VA. It is unclear which debts will be paused under this order. If you have questions about how this impacts a debt you may have with VA, we encourage you to reach out to one of our PVA national service officers or you can contact the VA debt management center through their new tool, www.va.gov/manage-va-debt/ or by calling 1-800-827-0648.

DOT Publishes Draft Strategic Plan on Accessible Transportation

The U.S. Department of Transportation (DOT) has published a draft of its first Strategic Plan on Accessible Transportation. The plan represents an effort to make America's transportation system more accessible for all travelers and will guide DOT's efforts in fiscal years 2021-2025. The draft is available for public review and comment through February 16 at 5:00 p.m. ET.

RAND Corporation Issues Report on Family Caregivers and COVID

RAND Corporation has published a report titled, "The Coronavirus Pandemic Highlights Why Family Caregivers Need to Be Integrated into the Health Care Team and Shows Us How to Make It Happen." The authors describe why, in light of COVID-19, it is more critical than ever to integrate family caregivers into patients' health care teams and highlight several solutions for accomplishing this goal.



New Toll Free #: (877) PVACC-31

While our offices have been closed since March 13th. We have all been working remotely. Just recently we started a new phone service that will provide live coverage of our office phone number 24 hours a day.

So you can now call the Office number below anytime and someone will direct your call or take a message and deliver it to the right person. Give it a try! We would love to hear from you.

Grant Spotlight: Alex Calvo



When my wife mentioned going to the snow for the President's Day weekend, I can't say I was overly excited...not even mildly excited. I mean, I come from Puerto Rico, my wheelchair is exactly snow friendly, AND I have a broken leg in a cast. But being the good husband that I am, I've learned to go along...the ol' "smile and nod."

We drove to Mammoth Mountain on Friday. We may have been the only mini-van in town, but the hotel was on the main road and we didn't need to take up it to the top where chains were required.

The hotel had guaranteed that the bed in our room was open underneath to use the lift for transfers. Usually, we can get by with any bed as my wife can transfer me from the chair if the bed has a platform underneath. But now with my leg in a cast, using the lift is essential. We arrived at the hotel late at night and were very disappointed that the bed was not accessible as promised. But because it was late, we weren't ready for that fight. So we managed and figured we'd deal with it in the morning.

Overnight, 8 inches of snow fell! What a beautiful sight to wake up to...from the comfort of the warm indoors. My son had a ski lesson scheduled. My wife took my son up to the ski resort as the mini van would not have made it any further up the mountain. There are wheelchair accessible shuttle buses, but the sidewalks and bus stop hadn't yet been cleared and my "footprint" is much larger now with my leg extended in the cast. According to my wife, I would have been blocking the entrance of the shuttle for all the other riders.

I relaxed in the hotel room and had hotel staff. The staff weren't able to do anything for the beds, claiming there were no other bed frames in looked up the ADA laws. So, we managed. And we Did you know that the ADA does not provide any guidelines on beds in hotels? Beds can be any height they chose, and the popular trend now is high beds which can also make transfers difficult. And no requirement to use an open bed frame to allow for lifts. This is very disappointing. I hope that the PVA and other organizations will advocate for.



a mission to speak with the make any other accommodations were no other bed frames in looked up the ADA laws. not provide any guidelines height they chose, and the which can also make transfers to use an open bed frame to pointing and something that ganizations will advocate for.



Moving on...we made it work. Transfers were a struggle, but we made the best of it. And the rest of the days were incredible.

Disabled Sports Eastern Sierra has an adaptive ski and outdoor adventure program at the ski resort. They were actively instructing students over the weekend. As for me...that darn cast again. I couldn't participate.

We found a local park for my son to go sledding. We went to Convict Lake and threw snow balls. The Lake has a paved pathway/trail, however it wasn't cleared of snow. I'm sure it's beautiful in the spring and summer months.

Even though my activity level is even further impacted by my broken leg (nevermind C4-5 quadriplegia...this cast has slowed me down!), I was able to enjoy the scenery and the joy that the snow brought to my wife and son. We will be back when the cast is off and also check it out during the summer.

Thank you PVA – CA Chapter!

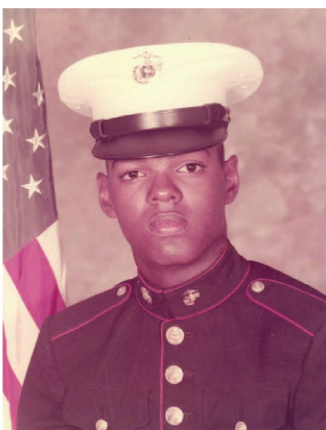
Joe Fox Memorial Sport, Recreation & Education Grant



If you are ready to get out and experience some of the beauty California offers and utilize your funds on your chapter grant like Alex did, simply go to our website and download the grant request form, fill it out and email it to info@pvacc.org. If you are not sure if what you have in mind qualifies for a grant, give us a call and tell us what we have in mind and we can give you some insight as to if it might be approved or not. Each month at the BOD meetings the directors approve or disapprove each request to get you out and have some fun.

We recently added education to the grant, so if you are going to be taking classes, fill out a request form asking for tuition reimbursement and we would love to help pay for your education. Each member has up to \$2000/Fiscal Year with a maximum of \$1000/event request. Unfortunately we do not have unlimited funds so there is always a chance we will have depleted our grant funds later in the year. We are hoping 100 members who have never received a grant from the chapter will take advantage of their first \$1000 next fiscal year. Will you be one of them? All we ask in return are some photos and maybe a short article like Alex wrote to share the news with other members about the fun things you were able to get out and do.

Marine Corps



Elmer Jacobs, Jr.
1972-1974



Jose Reynoso
2008-2012



Michael Van Houtte
1966-1971



Enrique Chavez
1991-1994

The United States Marine Corps (USMC), also referred to as the United States Marines, is the maritime land force service branch of the United States Armed Forces responsible for conducting expeditionary and amphibious operations through combined arms, implementing its own infantry, armor, artillery, aerial and special operations forces. The U.S. Marine Corps is one of the eight uniformed services of the United States.



Thomas Jennings
1996-2005

The Marine Corps has been part of the U.S. Department of the Navy since 30 June 1834 with its sister service, United States Navy. The USMC operates installations on land and aboard sea-going amphibious warfare ships around the world. Additionally, several of the Marines' tactical aviation squadrons, primarily Marine Fighter Attack squadrons, are also embedded in Navy carrier air wings and operate from the aircraft carriers.

The history of the Marine Corps began when two battalions of Continental Marines were formed on 10 November 1775 in Philadelphia as a service branch of infantry troops capable of fighting both at sea and on shore. In the Pacific theater of World War II the Corps took the lead in a massive campaign of amphibious warfare, advancing from island to island. As of 2017, the USMC has around 182,000 active duty members and some 38,500 personnel in reserve.

The next issue of *MOMENTUM!!* will highlight our USAF members. If you served in the USAF, please email an old photo of you in uniform to info@pvacc.org and we will add it to the next issue.





California Chapter Marines

Charles Arce	Joe Fisk	George Martin	Anthony Temblador
Kevin Astrup	Robert Flagg	Ricardo Martinez	John Thompson
Fred Austin	John Gallant	Dave Marzan	Michael Van Houtte
Edward Axton	Gregory Gallington	John McDaniel	Harvey Walker
Christopher Bakken	Rudy Gonzales	Michael McDermott	Jermaine Washington
Richard Batiste	Edward Guzman	Matthew McLaughlin	Larry Wells
Douglas Beverly	Daniel Harold	Joseph Means Jr.	Terry Yap
Ivan Bey	Derek Herrera	Jason Meier	Joe Zamora
James Bowlin	Jeff Hider	Michael Minor	Dwayne Zanders
Jeffrey Boykin	Kevin Holloway	Earnest Oliver	
Basil Brooks	Lyle Holmes	Juan Pedroza	
Keith Brown Miller	Vanessa Hughes	Martine Peralta	
James Bush	Donald Jackson	Daniel Pierson	
John Carter	Elmer Jacobs Jr.	Hubert Reynolds II	
Douglas Champa	Thomas Jennings	Jose Reynoso	
Enrique Chavez	Frank Kamita	Salvador Rios	
David Cho	Joseph Knox	Darrel Roddenberry	
Carlton Cisco	Ron Kovic	Fernando Sanchez	
Gary Cobb	David Landes	Ronald Scott	
Marion Collins	Gary Latta	Joseph Segarra	
Matthew Cook	Robert LeBlanc	Michael Slater	
Mark Cook	Daniel Long	Richard Sohn	
Terrence Correll	John Ludwig	Daniel Stansell	
John Cunnius	Lance Machamer	Roger Steele	
Alwyn Dohrn	Michael Malady	David Swift	
James Easley	Bruce Marcotte	Garamond Taylor	

If you are a Marine, but do not see your name listed, you are one of the 38 Chapter members where we are missing your service information, and we apologize for not listing you.

Please simply go to www.pvacc.org and click on the big blue "Contact" us button and let us know. Or simply send us an email to info@pvacc.org. You can also call us at 877 782-2231 and let us know as well.



PALMS TO PINES PARASPORTS

GETTING EVERYONE MOVING [GEM]



Find us on
Facebook

With our partner the Desert Recreation District, we're offering the following activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Stand Up Basketball	Archery	Wheelchair Basketball: Online Support Group	Tennis & Pickleball	Boccia & Meditation (Online)	Cycling & Meditation (Online)

Signups are required so please register at palmstopinesparasports.org or at <https://www.myrecreationdistrict.com/adaptivetherapeutic-sports-recreation>.



1817 N. San Clemente Road, Palm Springs, CA 92262

pppmiker@palmstopinesparasports.org

www.palmstopinesparasports.org

760-469-9207

FEIN 85-0873540



Rancho Virtual Wellness

by Don Knabe Wellness Center

www.RLAFit.com

Get • Ready • Optimize • Wellness

Virtual Live Private Sessions

Pilates Sessions—\$25/session

Personal Exercise Sessions—\$10 per session

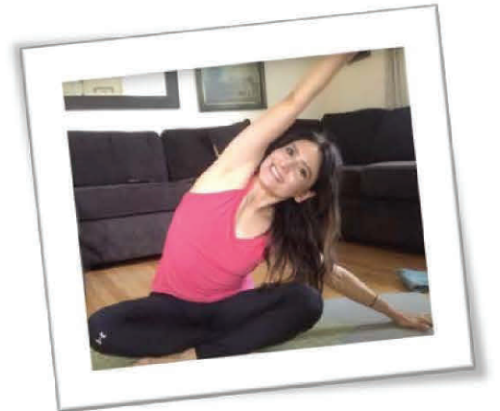
Adaptive Personal Training Sessions—\$25/session

*by appointment only

*To make an appointment email:

rlawellness@dhs.lacounty.gov

or text to (562) 396-5538



Monday	Tuesday	Wednesday	Thursday	Friday
11:00 am Spanish ABI Support Group To join the group email: rohan@dhs.lacounty.gov	10:00 am Brains in Motion To join the group email: mklein@dhs.lacounty.gov	11:00 am Live Zoom Chair Yoga & Dance To join the group email: rlawellness@dhs.lacounty.gov	10:00 am English Aphasia Support Group To join the group email: abettino@dhs.lacounty.gov	11:00 am Song Writing Class with Charles To join the class email: rlawellness@dhs.lacounty.gov
12:00 pm English ABI Support Group To join the group email: rohan@dhs.lacounty.gov	12:00 pm SCI Support Group (English) To join the group email: rohan@dhs.lacounty.gov	12:00 pm English Stroke Support Group To join the group email: rohan@dhs.lacounty.gov	11:00 am Spanish Aphasia Support Group To join the group email: Eplanas-Sena@dhs.lacounty.gov	1:00 pm Virtual Epilepsy Support Group 1st and 3rd Friday of every month. To join group email: EMartinez5@dhs.lacounty.gov or SSerpa@dhs.lacounty.gov
	1:00 pm Virtual Driving Support Group 2nd and 4th Tuesday of every month. To join group email: shaves@dhs.lacounty.gov and lphillips2@dhs.lacounty.gov	2:00 pm Spanish Stroke Support Group To join the group email: rohan@dhs.lacounty.gov	12:00 Spanish SCI Support Group To join the group email: rohan@dhs.lacounty.gov	
	6:00 pm Live Zoom Seated Pilates Class with Toni \$15 per class To join the class email: rlawellness@dhs.lacounty.gov Please include your phone number and email address in the body of the email		12:10 pm Live Zoom Virtual Adaptive Yoga with Emily \$15 per class To join the class email: rlawellness@dhs.lacounty.gov Please include your phone number and email address in the body of the email	
			2:00 pm Women's Support Group To join the group email: rohan@dhs.lacounty.gov	

Scholarships are available for Virtual Private Sessions and LIVE ZOOM Classes

For more information, email us at

rlawellness@dhs.lacounty.gov or text to (562) 396-5538



7601 E. Imperial Hwy, Downey, CA 90242
 (562) 383-7111 TTY/TDD: (562) 383-8450

www.rancho.org • www.twitter.com/ranchorehab • www.facebook.com/rancholosamigosrehab • www.instagram.com/ranchorehab

To request reasonable accommodation, contact the ADA Coordinator's office at (562) 385-7428, or by email at: lawong@dhs.lacounty.gov 5 days in advance.



MOMENTUM!!



With the recent cancellation of the NDVWSC in Snowmass this March, we realize many of our members are now looking for other adaptive skiing opportunities. The National Ability Center in Park City Utah has a HUGE list of programs and opportunities for Veterans. Most of these events are free, and as a PVACC member you can easily use your Sports Recreation and Education Grant to cover any possible transportation events getting you to Utah.

Why not take a few days, or even a week and head up to Park City and get some amazing lessons to improve whatever your outdoor winter fun passion is. Simply pick up the phone, give them a call, Shauna will let you know all the programs they have going on and if nothing fits your schedule, she will help you develop a trip that meets your timeline.

If you are not a big winter sports individual, call them as and ask about their amazing summer programs: Camping, Biking, Rafting and more.... All while tailoring each event to your particular adaptive needs.

Military On The Mountain

March 16 2021 Enjoy a group ski lesson at Park City Mountain Resort. Open to Military Service Members and Veterans. Lift ticket and rentals will be provided. Each person must apply individually.

Winter Experience Camps

Join fellow veterans for a no-cost week of skiing/snowboarding and other winter sports activities in beautiful Park City, UT, **March 8-12** or **March 29-April 1!** This camp is limited to 10 veterans Lodging and meals included.

Women Warrior Winter Retreat

Feb 22-26 Join fellow women veterans for a week of skiing/snowboarding and other winter sports activities in beautiful Park City, UT, Feb 22-26. This camp is available at no cost and is limited to 10 veterans Lodging and meals included.

Looking For More?

Sign up for an individual program or session—available to veterans, retired, active duty and reserve military servicepersons at no cost. From Nordic skiing and fat biking to skiing or snowboarding, we've got the outdoors covered.

For more information, please contact our Groups and Military Department, at (435) 649-3991

or email them at info@discovernac.org.

www.discovernac.org

PVA Book Club

All are invited to join us at our monthly PVA Virtual Book Club discussions. Books are selected randomly per attendees' recommendations, and lively discussions are held via Zoom every four weeks. It's a fun way to connect virtually! Please check back in December for our next reading to be discussed in January. For questions, please email MaryH@pva.org.

Rancho virtual wellness support groups

**Tues 12 PST SCI Peer Support Group, Wed 12 PST Stroke Peer Support Group
Thurs 12 PST SCI Peer Support Group, (Español)**

Simply contact Bobby Rohan to get zoom link and join the community
rrohan@dhs.lacounty.gov Once you have the link, it is the same each week.



Nutrition Classes

Are you interested in eating healthier?

Join us monthly the 2nd Thursday of every month at 12:00 PST for 30-minute nutrition classes taught by Dr. Audrey Lee.

Registration is now open, please register at <https://www.eventbrite.com/e/pva-online-nutrition-classes-tickets-114133199472>



Did someone say FREE BINGO?????

Every Tuesday at 2:00 PST

Guaranteed \$100 in cash prizes each week.

No entry fee.

Spin Classes



Join us for our virtual spin classes hosted by PVA handcycling. All classes take place via Zoom video conferencing and are led by a guest instructor.

Monday & Friday: 2pm PST
Tuesday & Thursday: 6am PST
Wednesday & Saturday: 9am PST

To sign up, email handcycling@pva.org.

Women Veterans with Disabilities Group EVERY THURSDAY @3:00PM

FROM YOUR HOME

(SECURED TELEPHONE CONFERENCE CALL)

This weekly group will aim to provide a space for women to share and connect about their experiences. Examples of topics covered include cultural identities, sexism and discrimination, sexual intimacy and relationships, healthcare concerns, and coping with stress.

**For more information, contact: Dr. Linda Mona:
562-826-8000 x12057**

MULTIPLE VIRTUAL ADAPTIVE YOGA OPPORTUNITIES

NON-MAT ZOOM YOGA EVERY TUESDAY

ZOOM ID: 89048979235

ALL ARE WELCOME / NO EXPERIENCE NEEDED

Join us Tuesdays with our favorite Yogi and Friend of PVACC: John Oppenheim from 11:00-11:30 AM PST via ZOOM. **ZOOM ID:** 89048979235

OR:

Dr Brindle offers a seated adaptive yoga class designed for **ALL** abilities within SCI.

We explore the mind/body connection with movement, meditation, and breathing exercises based on the ancient traditions of yoga using seated/chair poses from home. No equipment needed—just an open mind!

Class is held on Mondays from 10-11am by video

Please contact Dr. Sarah Brindle (x3837) or any of your rehab therapists for a referral.

MS SUPPORT GROUP FOR VETERANS

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



Spiritual Support Group for SCI Veterans

When: Alternate Fridays at 10am

Where: from your home (by video visit)

The SCI Psychology Service is pleased to continue 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.***

Join us to meet with other spiritually-minded Veterans to explore topics such as: ***hope, faith, prayer, gratitude, guilt, and forgiveness.***

If you are interested in participating in the group or have questions about whether this group might be helpful for you, please contact **Dr. Sarah Brindle at x1-3837.**

VIRTUAL ART & MUSIC LESSONS



FREE virtual Polymer Sculpture Workshop Taught by Thalia Isen, M.F.A.

Learn new skills and techniques for sculpture, or just have fun with the family at home. Perfect for small sculptures, jewelry, ornaments, or figurines.

The Polymer Sculpture Workshop is part of Creative Forces®: NEA Military Healing Arts Network, an initiative of the National Endowment for the Arts in partnership with the U.S. Departments of Defense and Veterans Affairs and the state and local arts agencies.

<https://www.vetart.org/>
Contact us (760) 295-0799



Online Music Lessons

Piano, Guitar, Voice, Ukulele, Flute, Violin, Trumpet, Clarinet, Songwriting, Musical Theatre, and more!

www.laschoolofmusic.com

213-290-6568

alana@laschoolofmusic.com



Virtual Arts & Craft Workshops

Feeling cooped up and need some inspiration? Get together with your crafting community from the comfort of your own home! We are so excited to offer live virtual classes with all of your favorite Makers Teachers - the perfect place to learn a new craft, get real time answers to questions you might have, and just to hang out with a group of crafty friends.

<https://www.makersmess.com/>



Maramba Academy

Joey Maramba is offering music instruction for bass, guitar, drums, and keyboard for all ages and levels.

Learn how to play your favorite song in various styles like pop, rock, funk, reggae ect..

Joey Maramba is a bass player, songwriter from Los Angeles most known for his work with John Cale of the Velvet Underground and Rickie Lee Jones and has appeared on Letterman, Jay Leno, Conan O'Brien, and Jimmy Fallon.

Learn the basics of performance, songwriting, and production as well!

Learn how to play like a NINJA ! First lesson for PVACC members is free!

<https://www.marambaacademy.com/>

USE YOUR GRANT FOR ANY OF THESE

KT WORKOUT SESSIONS



Looking for a workout session to help keep you in shape while not leaving the safety of your home?

Strength Class with J Powel Robles

Monday & Wednesday 11:00 PST Fridays 1:00 PST

Cardio Class with Jennifer Sebastian Tuesday and Thursday at 1:00 PST

Contact your care team for a referral and login information



Countless virtual support groups for SCI individuals every day of the week!!!

Simply log on to the web and find one for you

<https://triumph-foundation.org/outreach/support-groups/>



VIRTUAL DANCE PARTY

When: Alternate Fridays at 11am PST **Where:** Your Home via ZOOM

Request for an SCI Occupational Therapy Outpatient consult from your SCI Primary Physician to see if your eligible to join!

Hosted by Janice Kim, OT.

Paralyzed Veterans of America is partnering with Wheelchair Dancers Organization to host a Virtual Family Inclusive Dance Class and DIO Adaptive Fitness Class!

Virtual Family Inclusive Dance Class:

Fridays at 4:30 pm PST/7:30 EST

Virtual Dance It Out Adaptive Fitness Class: More Info:

<https://pva.org/adaptive-sports/special-events/>

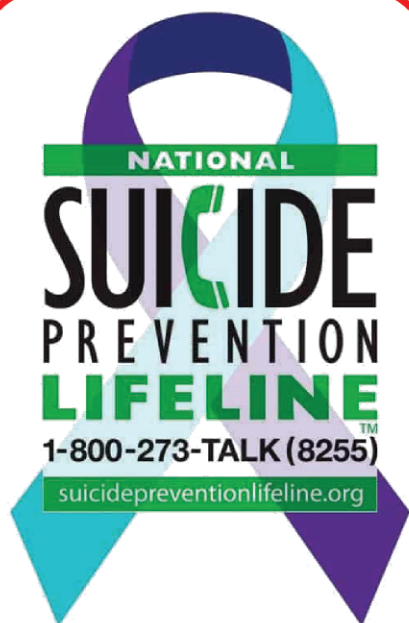


**Paralyzed Veterans
of America**

Disaster Relief Grant COVID-19 Request



The Paralyzed Veterans of America (PVA) Disaster Relief Grant Program is available to PVA members suffering financial hardship resulting from natural disasters. During the current novel coronavirus (COVID-19) pandemic, Paralyzed Veterans of America leadership has opened the Disaster Relief Grant Program to qualified applicants who are experiencing hardship directly related to the unexpected impact of the COVID-19 virus. The application can be found online at <https://pva-cdnendpoint.azureedge.net/prod/libraries/media/pva/library/pdfs/covid-disaster-relief-draft-rev-pn.pdf>



**March is Multiple Sclerosis
Awareness Month**



National
Multiple Sclerosis
Society

We Are Here

1-800-344-4867

Update Your Membership Information

Please be sure to notify us when your address changes so you continue to receive member benefits and other important information from PVACC.

Haven't received a phone call in the past few months? You should have! We probably don't have a good phone number on you. Email us your current contact info to info@pvacc.org, or update it on our web page under the "Contact us" tab here:

<http://pvacc.org/contact-us/>

Questions?

We're here to help! Contact

Liz Lara, Office Manager, at info@pvacc.org



IT'S YOUR CALL

Confidential help for Veterans and their families



1-800-273-8255 **PRESS 1**

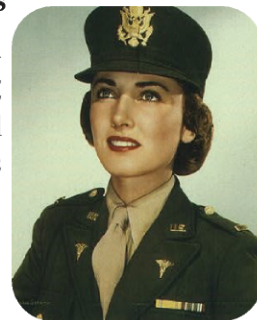
Confidential chat at VeteransCrisisLine.net

WOMEN Veterans - Grooming Needs

PVACC wants to ensure that our women veteran's feminine needs are taken care of. PVACC will provide care and resources for beauty and body care during your stay. Grooming baskets may be available upon admission.

Please call the office for a Grooming Basket

PVACC Phone number (877) PVACC-31



www.myhealth.va.gov

My Health, My Care: 24/7 ^{Online} Access to VA

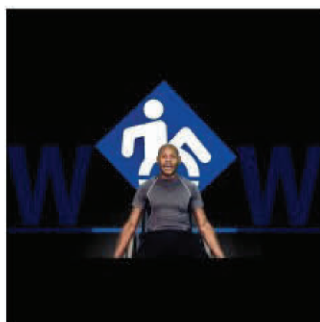
The PVACC Online Store is OPEN 24/7



Create your own look
with officially endorsed
California Chapter apparel.

Simply go to pvacc.org and click on "Shop our Store"

M O M E N T U M ! !



W.O.W. WONDERS ON WHEELS WHEELCHAIR FITNESS

THE LEADER OF ONLINE WHEELCHAIR FITNESS!

THE W.O.W. VIRTUAL WELLNESS PLATFORM

REVIEW CLASS AND TRAINING SCHEDULES,
ACCESS ON-DEMAND FITNESS VIDEOS, AND
SCHEDULE TRAINING APPOINTMENTS!



WEEKLY
LIVE
STREAM
FITNESS
CLASSES!



ON-
DEMAND
PERSONAL
TRAINING
VIDEOS!



CERTIFIED
VIRTUAL
PERSONAL
TRAINING!



WEEKLY LIVE STREAM CLASSES!

W.O.W. offers wide variety of strength,
cardio, weight, and Zumba/Dance
fitness classes every week.

- MUSCLE MONDAY!
- WEIGHT'N ON WEDNESDAY!
- FUN FITNESS FRIDAY!
- ZUMBA/DANCE FITNESS!
- POWER-POM WORKOUTS!

For more info: <https://www.wowwheelchairfitness.com/>

Phone: (602) 612-3101 E-mail: wowwondersonwheels@gmail.com

Get a new grip on life.



**CatTongue Grips will enhance performance
and safety in any situation, anywhere and anytime.**

SECURE ITEMS FROM TIPPING, SPILLING, SLIDING OR DROPPING!

LATEX FREE

WATERPROOF
+ DISHWASHER
SAFE

DURABLE

WON'T PICK UP
HAIR, LINT
OR DIRT

CUSTOMIZABLE
TO ANY SIZE,
SHAPE AND
SPACE



HEAR WHAT ABILITIES.COM IS SAYING ABOUT US: <https://www.abilities.com/community/cattongue-grips.html>



MADE IN THE
USA

**WOMEN
OWNED™**



www.cattonguegrips.com

M O M E N T U M ! !

FRIDAY FUNDAY "CHAPTER CHAT"

The week is winding down, why not hang out with your fellow members in a laid back relaxed atmosphere?

PVA California Chapter is inviting you to a scheduled recurring Weekly Zoom Update Meeting.

Our President personally hopes you and your families are all well and in good health. He wants to personally take this opportunity to Thank each of you for your Dedication, Commitment and all that you do for California Chapter. Be prompt and call in for our Weekly Zoom Teleconference Update Meeting Fridays @ 1 PM PST.

Join our Weekly Zoom Meeting

<https://us02web.zoom.us/j/81205470910>

Meeting ID: 812 0547 0910

zoom
Meeting



- Audio conferencing participant will need to call: (415) 762-9988 & follow the instructions.
- Enter the meeting ID followed by the # key.
- You will be asked to enter your participant ID, simply press the # key.
- That's it, your on the call

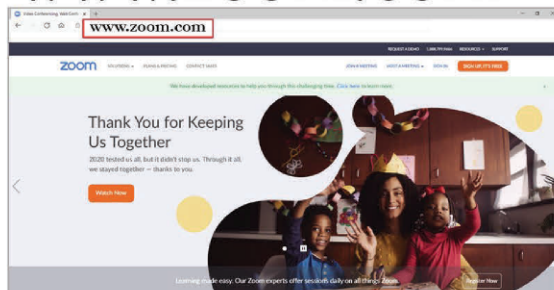


WE CANT WAIT TO SEE AND HEAR FROM

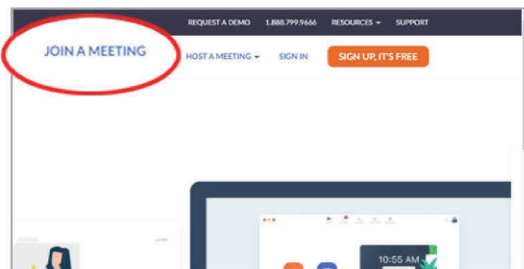
MOMENTUM!!

Step-by-Step ZOOM Chapter Chat

1. Go to www.zoom.com



2. Click JOIN A MEETING



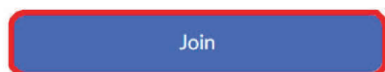
3. Enter 81205470910

Join a Meeting

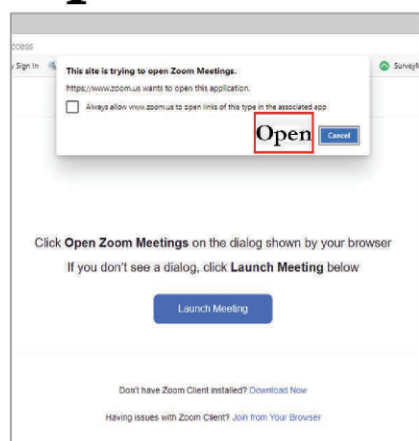
Meeting ID or Personal Link Name

Join

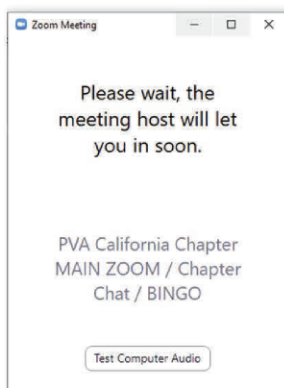
4. Click



5. Click Open

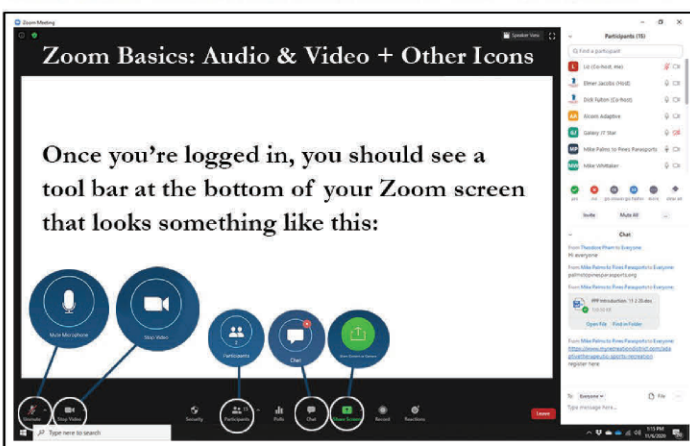


6. Please wait



YOU MADE IT!!!

Zoom Basics: Audio & Video + Other Icons



Video

Stop Your Video 1. To stop your video, push the "Stop Video" button.

2. Why stop video? For many reasons.

- If your internet connection is weak or unstable, stopping the video can help strengthen your internet connection. This way you can still participate in the call.
- If there is a distraction in your background, or you need to change locations, stopping video is a courtesy to other participants and can be less distracting for others on the call.
- Any other reason—perhaps you feel more comfortable.

3. What happens when I stop video?

- Typically, a dark screen appears with your name listed.

Mute Your Microphone

1. To mute your microphone, push the "Mute" button.

2. Why mute? Because when multiple people are on a call, your background noise can be distracting and can make it hard to hear the speaker.

How to Chat

1. To chat, click on the chat icon.

2. Options include chatting everyone, or individuals. Select accordingly, then type into the chat box and press enter.

3. Note: some meetings may not have this function. It depends which features the "Host" enabled when they set-up the Zoom meeting.

Manage Participants

- When you click this button, you will see the number of people participating, as well as their listed name on Zoom. Here, you can also edit how your name shows up. See Ensuring Privacy Info Sheet.



PRESORT STD.
U.S. Postage
PAID
Tucson, AZ
Permit #271

California Chapter

5901 E. 7th St.
Building 150. Room R-204
Long Beach, CA 90822

Toll Free:

(877) 782-2231

(877) PVACC-31

Email: info@pvacc.org

    #PVACC **WWW.PVACC.ORG**

Proudly serving Southern California Veterans for 75 years

You can donate to PVACC 24 hours a day, 365 days a year by simply texting
PVACC to 24365
(message and data rates apply)

