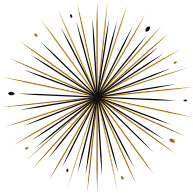
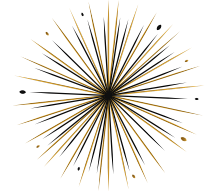


MOMENTUM 3.0



2026



Happy New Year -

Happy New Year to all our incredible disabled veterans! As we step into this new chapter, take a moment to reflect on your strength and courage. Celebrate the resilience that has carried you through both challenges and triumphs. This year promises new beginnings and opportunities for growth. Embrace each day with hope and determination, knowing that your experiences have equipped you with unique insights and capabilities. Remember, moving forward is about building on the past to create a future filled with possibilities. Your journey inspires many, and your unwavering spirit lights the way for others. Here's to a year of empowerment, progress, and the discovery of new dreams. You've got this!

In this newsletter you can expect:

Meet the Interim Board of Directors

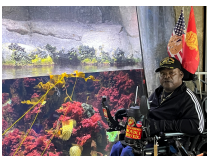
Breaking News!

Stories of Impact

Volunteer Spotlight

Women's Corner

Update on membership



MEET THE INTERIM BOARD OF DIRECTORS



David Zurfluh
President

David Zurfluh, of PVA's Northwest Chapter, served as National President of Paralyzed Veterans of America from 2017–2021 and continues as President. A U.S. Air Force veteran, Zurfluh became an incomplete quadriplegic after a 1995 accident in Japan. PVA helped him rebuild his life, inspiring him to serve veterans with spinal cord injuries and related disorders. He has held chapter and national leadership roles, serves on several veterans' boards, and volunteers locally. An avid hand cyclist, shooter, golfer, and snow sports enthusiast, Zurfluh travels nationwide advocating for all veterans, their caregivers, and families.

DAVID ZURFLUH - President

"PVA changed my life forever. PVA literally stays with you from initial injury to the grave, not only for the veteran but the spouse/caregiver, family and friends."



Anne Robinson
Vice President

Anne Robinson grew up in South Texas inspired by her father, a World War II veteran. She joined the U.S. Army in 1988, driven by a desire to serve. In 1999, a military vehicle accident during training in Alaska left her with a spinal cord injury, changing her life forever. Introduced to Paralyzed Veterans of America during rehabilitation, Robinson found support, purpose, and community. Through advocacy and peer mentoring, she turned adversity into leadership, serving in numerous roles within PVA. Today, she continues to uplift fellow veterans, believing that shared experience is the strongest path to healing and hope.

ANNE ROBINSON - PVA National Vice President

"There is no one better to help guide a Veteran with a new spinal cord injury than someone who has rolled in the same path."

MEET THE INTERIM BOARD OF DIRECTORS



Marcus Murry
Vice President

Marcus Murray grew up across the United States and pursued a military path after completing four years of Air Force JROTC. He served at Lackland Air Force Base and Misawa Air Base in Japan in Transportation–Traffic Management. In 2012, he sustained a spinal cord injury after being shot in Indianapolis. During rehabilitation, he connected with Paralyzed Veterans of America and became a member in 2013. Murray has since served in multiple leadership roles and was elected PVA national vice president in May 2025. He lives in Florida and is an active adaptive sports athlete and proud father and grandfather.

PVA and the Kentucky-Indiana Chapter (KIPVA) have both changed my life in many ways. They have shown me that there is plenty of life after my injury with adaptive opportunities, and also allowed me to be a voice for others.”

Marcus Murry
PVA National Vice President



Tom Wheaton
Treasurer

Tom Wheaton grew up in the Minneapolis suburbs and enlisted in the U.S. Navy in 1986, inspired by a family legacy of military service. A plank owner of the USS Fort McHenry, he sustained a spinal cord injury in 1988 while on active duty. Wheaton has been active in Paralyzed Veterans of America since 1989, serving in numerous leadership roles at the chapter and national levels. He was re-elected PVA national treasurer in May 2025. He is an elder at Hillside Community Church and enjoys puzzles in his spare time.

“PVA has changed my life in so many ways. Since I was injured 36 years ago, this organization has provided me tremendous opportunities to get into a lifestyle of dignity.”

Tom Wheaton
PVA National Treasurer

MESSAGE FROM THE PRESIDENT

Members,

During the last half of 2025, a lot happened to the California PVA Chapter. The National PVA Executive Committee took actions in the best interest of the chapter members, placing the chapter under the monitoring process. This action was taken to help the chapter with issues and problems that were affecting the delivery of services and programs to members. The goal of this monitoring process is to help the chapter rebuild leadership, programs, and services for the chapter members. The Interim Board's goal at the end of this process is to put the chapter on the best path to achieve success in running programs, creating opportunities, and serving members effectively.

Below is a timeline overview of what has and will transpire going forward:

The PVA Executive Committee placed the chapter under monitoring National President, and the EC established a program review committee that sent a list of findings and recommendations for the PVA President and EC to review. EC dissolved the chapter board and placed an Interim Board of Directors to run chapter programs and deliver services to members.

The Interim Board will be focused on trying to develop and finish the following tasks:
(Tasks can expand or shrink based on input during the process, note tasks are not in chronological order)

- Put a temporary hold on current and new programs until reviewed
- Review of financial accounts, documents, and transactions
- Review of Bookkeeping and Audits
- Distribute a monthly Newsletter and ensure the website is up to date
- Keep Social Media platforms up to date and running
- Pass a budget with member volunteers
- Review chapter programs and events
- Create a list of volunteers

- Re-establish programs like Hospital volunteers, Government Relations, Sporting and Social events
- Form an advisory panel

Build up a new board and conduct training on learning Chapter Policy and Procedures, SOPS (Standard Operating Procedure Manual), and Bylaws. Will also be trained on how to conduct and run board meetings using Roberts rules of order. When the chapter board is back in place, a list of monitoring standards, conditions, and requirements will be established (With completion date requirements) from the Interim board and program review findings and recommendations. Timeframe to accomplish 1-2 years. (Possibly faster, timeline based on past experiences)

If you are interested in becoming a board member, volunteering, or helping the chapter rebuild, please contact the following individuals by email or by calling the chapter office:

PVA Past President David L Zurfluh: DavidZ@pvacc.org

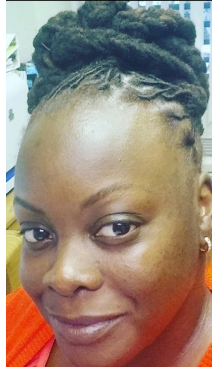
PVA Vice President Marcus Murray: mmurray@pva.org

PVA Vice President Anne Robinson: ARobinson@pva.org

California Chapter Office Manager Anita Graves: anita@pvacc.org

California Chapter Office Tel: 562-826-5713

MEET THE OFFICE MANAGER



Anita Graves
Office Manager

Anita Graves is a dedicated advocate for veterans and has been actively involved in volunteer service since 2022. Her commitment to helping those who served led her to work with Paralyzed Veterans of America, where she has been supporting veterans since December 2025. Through her work with PVA, Anita has assisted in housing homeless veterans and connecting them with vital resources that promote stability, dignity, and long-term support. She is passionate about community service and takes pride in making a meaningful difference in the lives of veterans and their families.

A Memo from the Board Members and PVACC Staff

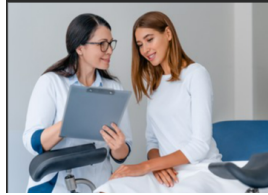
On behalf of the Board Members and PVACC staff, we look forward to a fresh start with the California Chapter. Together, we are excited to move forward with renewed focus, collaboration, and commitment to serving our members.

Warm Regards,
PVA- California Chapter



Attention: Breaking News for Women Veterans using the VA!!

After many years of requiring a consult to be placed in order to access women's health, the VA is no longer requiring consult. Women veterans can make Direct appointments with their local women's health clinic or GYN services."



VA EXPANDS DIRECT GYNECOLOGY ACCESS FOR WOMEN VETERANS

THE DEPARTMENT OF VETERANS AFFAIRS ANNOUNCED THAT WOMEN VETERANS CAN NOW SCHEDULE APPOINTMENTS DIRECTLY WITH VA GYNECOLOGY PROVIDERS WITHOUT FIRST OBTAINING A REFERRAL FROM A PRIMARY CARE PROVIDER. THIS CHANGE, EFFECTIVE IMMEDIATELY, REMOVES A LONG-STANDING BARRIER TO CARE AND IMPROVES ACCESS FOR MORE THAN ONE MILLION WOMEN VETERANS ENROLLED IN VA HEALTH CARE.

BY ALLOWING DIRECT SCHEDULING WITH GYNECOLOGY SPECIALISTS, VA AIMS TO PROVIDE MORE TIMELY, CONVENIENT, AND VETERAN-CENTERED CARE. THE STREAMLINED PROCESS REFLECTS ONGOING EFFORTS TO REDUCE ADMINISTRATIVE HURDLES AND ENHANCE HEALTH CARE DELIVERY ACROSS THE VA SYSTEM.

THIS UPDATE IS PART OF BROADER VA INITIATIVES FOCUSED ON EXPANDING ACCESS TO CARE, IMPROVING CUSTOMER SERVICE, AND MODERNIZING OPERATIONS. RECENT EFFORTS INCLUDE INCREASING APPOINTMENT AVAILABILITY OUTSIDE OF NORMAL BUSINESS HOURS, OPENING NEW HEALTH CARE CLINICS NATIONWIDE, INVESTING IN FACILITY IMPROVEMENTS, AND CONTINUING TO REDUCE BACKLOGS FOR HEALTH CARE AND DISABILITY BENEFITS.

TOGETHER, THESE CHANGES DEMONSTRATE VA'S COMMITMENT TO ENSURING VETERANS—ESPECIALLY WOMEN VETERANS—RECEIVE ACCESSIBLE, HIGH-QUALITY HEALTH CARE TAILORED TO THEIR NEEDS.



🎉 HAPPY BIRTHDAY & ANNIVERSARY – JANUARY! 🎉

A BIG HAPPY BIRTHDAY TO ALL OUR MEMBERS CELEBRATING THIS MONTH! 🎂
WE HOPE YOUR DAY IS FILLED WITH LAUGHTER, LOVE, AND ALL THE THINGS
THAT MAKE YOU HAPPY.

TO OUR MEMBERS CELEBRATING WEDDING ANNIVERSARIES, ❤️ WE WISH YOU
MANY MORE YEARS OF LOVE, JOY, AND WONDERFUL MEMORIES TOGETHER!

**PVACC'S MEMBERS
HYBRID MONTHLY MEETINGS
WEDNESDAY 02/11/2026 @
12:00 - 1:30 PM**

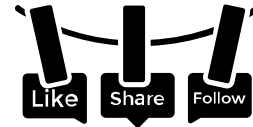


LOG IN INFO FOR ZOOM

**MEETING ID: 609 221 6677
PASSCODE: PVACC**

MOBILE: 1-669-900-6833#

CONTACT PLATFORMS



WWW.FACEBOOK.COM/PVACCLB



WWW.INSTAGRAM.COM/PVACCLB



WWW.TIKTOK.COM/@PVACCLB



WWW.TWITTER.COM/PVACCLB



**PARALYZED VETERANS OF AMERICA
CALIFORNIA CHAPTER**



WWW.PVACC.ORG

VOLUNTEER SPOTLIGHT



We're calling on compassionate community members to join us in making a difference for our veterans at the Spinal Cord Injury (SCI) Center in Long Beach. Your time and support can bring comfort, companionship, and encouragement to those who have served our nation. Whether it's lending a hand with daily activities, sharing stories, or simply being present, your involvement helps create a stronger, more caring community. Come be part of something meaningful—because our veterans deserve the very best.

If your interested email info@pvacc.org and put in the subject line: Volunteer

MEMBERS NEWS



Dear Members,

To stay connected and receive updates from PVA-California, please ensure your contact information is current.

Email info@pvacc.org or call 562-826-5713 to update your records. Keeping your information up to date helps us provide you with timely news, programs, and benefits.

Thank you,
PVA -California Chapter

QUESTIONS OR CONCERNS:



Do you have a question, concern, or need assistance with anything? Our team is here to help! Please don't hesitate to reach out to us. We want to make sure you stay informed, supported, and connected with all the latest news and updates.

"WE WANT YOUR FEEDBACK! 🗣️"



WHAT WOULD YOU LIKE TO SEE DONE DIFFERENTLY WITHIN OUR CHAPTER? ARE THERE PROGRAMS, EVENTS, OR RESOURCES YOU'D LIKE MORE OF? YOUR SUGGESTIONS HELP US GROW AND BETTER SERVE OUR MEMBERS—LET US KNOW!



5901 E. 7TH ST. BLD 15 R 204
LONG BEACH, CA 90822

NONPROFIT ORG
U.S. POSTAGE PAID
LONG BEACH, CA
PERMIT NO. _____