

MARCH 2026



Momentum 3.0



It's Springtime

Spring Forward with Strength: Cultivating Resilience in the New Season
as the frost thaws and the first buds of March appear, we are reminded that nature's greatest strength is its ability to renew itself. For our community of paralyzed veterans, spring is more than just a date on the calendar; it is a call to "Spring Forward" with the same resilience that has defined your service.

The Power of the Pivot

Resilience isn't about avoiding the storm—it's about how we navigate the clear skies that follow. Whether you are adapting to a new health routine, advocate for better benefits on Capitol Hill, or training for the National Veterans Wheelchair Games, every small step toward a goal is an act of strength. This month, we encourage you to:

- Set One "Growth" Goal: Whether it's trying a new adaptive sport or mastering a "Power Recipe," focus on what you can expand this season.
- Reconnect with Your Tribe: Resilience is a team sport. Reach out to your local PVA chapter to share your story and support a fellow veteran.

Fueling Your Resilience

True strength starts from within. To celebrate National Nutrition Month, we've featured our One-Pot Quinoa & Black Bean "Energy Bowl" (pictured below). This simple, wheelchair-accessible meal is packed with the nutrients needed to keep your energy high and your skin healthy as you spend more time outdoors.





Message from the PVACC President



Members as spring hits this month, hopefully so will opportunities for all of you as we continue to develop the path forward for the chapter as an interim board. We are early on this journey but are starting to organize finances, analyze programs in depth and re-develop relationships with chapter partners. We are currently analyzing the history of the chapter and it's programs to send out surveys and get a better feel of the wants and opportunities members desire. After this is completed, the interim board will focus on creating opportunities for members to volunteer and serve on newly formed committees. The process will seem slow to some, but we want to get things right and put the chapter on the best path moving forward and keep things as transparent as possible. Communication will be key and we will do our best to deliver to you timely information going forward on all the current newsletters, membership meetings and social media platforms. To paraphrase Agatha Christie, we will try to keep communication as pure as light, clean as bone and two words are never as good as one.

Lastly, to follow up on the musicians from last month I discovered things I did not know about them. Perhaps you knew this trivia or not, I listed two examples each that I did not know about them:

Sir Mix A Lot: Hosted a Seattle morning radio show on HOT FM 103.7 from 2017-2019. In 2014 he worked with the Seattle Symphony to create classical music as part of the Sonic Evolution series.

Ella Fitzgerald: Her voice ranged three octaves. Her last performance was at Carnegie Hall in NYC; she appeared there over 26 times.

Nat King Cole: Attended the same high School in Chicago as singer Sam Cooke, Wendall Phillips Academy. He sang at both the Republican and Democratic conventions in 1956 & 1960.

Jimmy Hendrix: He prophesized his death in 1969 from a tarot reading in Morrocco. He Sketched car designs as a teenager and sent them to the Ford Motor Company.





Meet Jose Reynoso National Service Officer



First and foremost, I would like to wish everyone a Happy New Year, and a year filled with many blessings. It is remarkable how quickly time passes as we enter the second month of 2026. With February upon us, this is a wonderful opportunity to show a little extra kindness and appreciation to one another- after all, a little love goes a long way, remember cupid is out and about it's the month to share some love.

Allow me to introduce myself. My name is Jose Reynoso, and I am a retired Marine who served from 2008 to 2012. In 2015, I was involved in a catastrophic motorcycle accident that resulted in my paralysis from the chest down as a T4 complete spinal cord injury. I've been a Paraplegic for over 10 years now, I understand how stressful and difficult life can be dealing with our disability and the unforeseen obstacles that impact us not only on a daily basis but further down the road we go. If there is ever a time you all need someone to talk too whether it's expressing yourself about care, about life, or just want to blow out some steam, I'm your guy.

I am honored to be a new member of the team in PVA, serving you as the National Service Officer (NSO) assigned to the West Los Angeles region. I began this role in mid-2025 and have been in training to ensure that I can provide the highest level of service and support that our members deserve.

To some of you, my name and story might sound quite familiar, and yes, the little voices in your head are correct. The reason being is because I previously served you all at the chapter level going back to 2017. I Started as the PVA California Chapter government relations director, then move to the National Director then as your Vice President eventually making it as the President for the Chapter. I am gratefully honored to be serving you all once again in the NSO capacity.

I look forward to working with you all and am committed to advocating on your behalf.

Paralyzed Veterans of America California Chapter
Jose Reynoso – NSO Article
Introduction



March is Women's Month

“She Led the Way: A Tribute to the PVA's First Female Member”

Anita Bloom Ornoff – PVA's First Woman Member

May 30, 1921 – February 13, 2008



Anita Bloom Ornoff was a pioneering advocate and Paralyzed Veterans of America's first female veteran member. Enlisting in the Women's Army Auxiliary Corps in 1943, she suffered a spinal cord injury during training due to a medical infection and was honorably discharged just months before the WAAC became the Women's Army Corps.

As the only female veteran with a spinal cord injury at the Bronx VA Hospital, Anita pushed boundaries—achieving independence through rehabilitation, driving with hand controls, earning college degrees, and becoming a civic leader. Denied GI benefits because of a technicality, she spent more than a decade lobbying Congress and U.S. presidents for recognition.

In 1954, the U.S. government finally recognized her as a service-connected spinal cord-injured veteran. Anita lived more than 65 years as a wheelchair user, inspiring generations through her resilience, advocacy, and unwavering belief in justice.

We honor her courage, determination, and lasting legacy.

March is Women's Month

MILITARY WOMEN'S MEMORIAL

MEMBERS OF THE 6888TH CENTRAL POSTAL



Members of the 6888th Central Postal Directory Battalion at a ceremony in honor of Joan of Arc on May 27, 1945 in Paris ; A scene from Netflix's ' The Six Triple Eight' (2024).
Credit : Everett Collection Historical/Alamy ; Laura Radford/Perry Well Films 2/Courtesy of Netflix

The 6888th Central Postal Directory Battalion was the only all-Black, all-female unit sent overseas during World War II. Facing racism and impossible workloads, they sorted millions of letters and brought hope to soldiers far from home. Their story is told in *The Six Triple Eight*, available on Netflix.

We thank these courageous women for their service, sacrifice, and for standing up for equality and women's rights. Their strength and determination opened doors and inspired generations to follow. 🇺🇸 ✨

Leaders & Notable Members

- Major Charity Adams Earley – commander of the battalion.
- Captain Abbie Noel Campbell – executive officer.
- Corporal Lena Derriecott Bell King – longtime member and survivor.
- Anna Mae Robertson – battalion member remembered for her service.

Survivors as of recent years

- Gladys E. Blount
- Romy Davis
- Fannie McClendon
- (Fannie McClendon was reported living as of mid-2025.)

The full battalion included 855 women from across the U.S.; detailed rosters by state are archived online.



NATIONAL NUTRITION MONTH

The "Skin-First" Strategy

During National Nutrition Month, prioritize Vitamin C and Zinc to bolster skin integrity and prevent pressure sores.

- **The Tip:** Add colorful bell peppers, citrus fruits, or strawberries to your meals. These are packed with Vitamin C, which is essential for collagen production and wound healing.
- **The Benefit:** Stronger skin means fewer complications and more time active in the community.

Zinc supports immunity, wound healing, and healthy growth—
here are some tasty ways to get more of it:

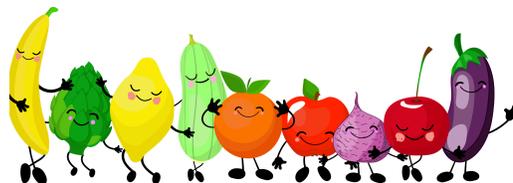
- Oysters – One of the richest natural sources of zinc.
- Beef – Especially lean cuts like sirloin or chuck roast.
- Crab & Lobster – Seafood favorites packed with minerals.
- Pumpkin Seeds – A crunchy, plant-based zinc boost.
- Chickpeas – Great in salads, soups, or hummus.
- Cashews – A snack that's both satisfying and nutrient-rich.
- Lentils – Versatile and perfect for hearty meals.
- Oats – Is a breakfast staple.
- Yogurt – Adds probiotics along with zinc.
- Cheddar Cheese – A flavorful way to sneak in extra minerals.

💡 **Tip:** Pair plant-based zinc sources with vitamin C-rich foods (like bell peppers or oranges) to help your body absorb zinc more efficiently.

Hydration for Health

Neurogenic bladder and bowel management require consistent hydration, yet many veterans limit fluids to avoid frequent catheterization.

- **The Tip:** Aim for 2–3 liters of water daily, unless otherwise directed by your VA SCI Care Team.
- **The Benefit:** Proper hydration prevents Urinary Tract Infections (UTIs) and aids in effective bowel management, reducing the risk of autonomic dysreflexia.





POWER RECIPE: ONE-POT QUINOA & BLACK BEAN "ENERGY BOWL"

THIS RECIPE IS A "COMPLETE PROTEIN" POWERHOUSE, MEANING IT CONTAINS ALL NINE ESSENTIAL AMINO ACIDS—PERFECT FOR VETERANS LOOKING TO MAINTAIN STRENGTH AND ENERGY LEVELS.

PREP TIME: 5 MINUTES

COOK TIME: 15–20 MINUTES

SERVINGS: 4

INGREDIENTS

1 CUP QUINOA: (RINSE WELL TO REMOVE BITTERNESS).

1 CAN (15 OZ) BLACK BEANS: (DRAINED AND RINSED TO REDUCE SODIUM).

2 CUPS VEGETABLE OR CHICKEN BROTH: (LOW-SODIUM PREFERRED).

1 CUP FROZEN MIXED VEGETABLES: (CORN, PEPPERS, OR PEAS—NO CHOPPING REQUIRED!).

1 TSP CUMIN & 1/2 TSP GARLIC POWDER: (FOR FLAVOR WITHOUT EXTRA SALT).

OPTIONAL TOPPINGS: SLICED AVOCADO, A DOLLOP OF GREEK YOGURT, OR A SQUEEZE OF LIME.

COMBINE: IN A MEDIUM POT OR A SLOW COOKER, COMBINE THE QUINOA, BROTH, FROZEN VEGETABLES, AND SPICES.

SIMMER: BRING TO A BOIL OVER MEDIUM-HIGH HEAT. ONCE BOILING, TURN THE HEAT TO LOW, COVER WITH A LID, AND LET IT SIMMER FOR 15 MINUTES.

TIP: IF USING A SLOW COOKER, SET IT TO "HIGH" FOR 2–3 HOURS.

FINISH: STIR IN THE RINSED BLACK BEANS DURING THE LAST 2 MINUTES OF COOKING JUST TO HEAT THEM THROUGH.

FLUFF & SERVE FLUFFED: REMOVE FROM HEAT AND LET SIT COVERED FOR 5 MINUTES. FLUFF WITH A FORK AND ADD YOUR FAVORITE TOPPINGS.

WHY IT'S A "POWER" MEAL FOR PVA MEMBERS

DIGESTIVE SUPPORT: HIGH FIBER FROM BEANS AND QUINOA HELPS MANAGE NEUROGENIC BOWEL.

SKIN HEALTH: ZINC FOUND IN BEANS AND QUINOA SUPPORTS TISSUE REPAIR AND HELPS PREVENT PRESSURE SORES.

LOW EFFORT: USING FROZEN VEGGIES AND CANNED BEANS ELIMINATES THE NEED FOR INTENSIVE KNIFE WORK OR LONG PERIODS OF STANDING AT A STOVE.



THE VA: HEALTH AND BENEFITS MOBILE APP NOW ALLOWS ELIGIBLE VETERANS TO CONVENIENTLY VIEW THEIR ACTIVE CERTIFICATE OF ELIGIBILITY (COE) HOME LOAN LETTER IN THE APP. BY IMPROVING BOTH EASE OF ACCESS AND TIMELINESS, THIS ENHANCEMENT MAKES IT EASIER FOR VETERANS TO TAKE THE NEXT STEP TOWARD HOMEOWNERSHIP.

THE COE FEATURE WAS DEPLOYED THROUGH A PHASED ROLLOUT FROM MARCH 2-5 TO ENSURE A SMOOTH TRANSITION. ACTIVATION BEGAN WITH 5% OF USERS ON MARCH 2, EXPANDED TO 25% ON MARCH 3, 50% ON MARCH 4, AND CONCLUDED WITH FULL DEPLOYMENT TO ALL USERS TODAY. THIS PHASED APPROACH WAS INTENDED TO ENSURE MINIMAL DISRUPTION THROUGHOUT THE IMPLEMENTATION PROCESS.

NOTE THAT ELIGIBLE VETERANS CAN ONLY VIEW THEIR ACTIVE COE THROUGH THE APP. IF A VETERAN DOES NOT HAVE AN ACTIVE COE AND WANTS TO USE THEIR BENEFIT, OR WANTS TO MAKE CHANGES TO THEIR ACTIVE COE, THEY SHOULD WORK DIRECTLY WITH THEIR MORTGAGE LENDER OR THROUGH VA.GOV.

VSO ENGAGEMENTS
OFFICE OF THE SECRETARY
DEPARTMENT OF VETERANS AFFAIRS

SAVE THE DATE FOR THE UPCOMING COMMUNITY EVENTS

LONG BEACH ABILITIES EXPO:



March 27-29, 2026
Abilities Expo
Location: Long Beach
Convention Center
We are looking for volunteers
if interest email
info@pvacc.org

LONG BEACH VA ADAPTIVE SPORTS EXPO



MAY 15, 2026
Long Beach Adaptive Sport Expo
Location: Long Beach VA
Come out and support the VA
(SCI/D) and PVA-California Chapter
as we sponsor the VA and be apart
of the event.
We will be looking for volunteer for
the table at this event.



Keep an eye out for our upcoming event with Limited Space.
For this event. TBA for date and time for this event.
Locations we are looking at are Montbello, CA, and El Segundo, CA
Note: *Rides will be provided for this event. *

PHOTOS OF OUR EVENTS FROM LAST MONTH
SPECIAL THANKS TO OUR SPONSORS FOR OUR SUPER BOWL PARTY
AMERICAN LEGION AUXILIARY UNIT 291



Reminder



🕒 Spring Forward: Don't Forget to Change Your Clocks!

As we celebrate our "Spring Forward with Strength" theme this March, don't forget the most important leap of all!

Daylight Saving Time begins on Sunday, March 8, 2026, at 2:00 AM.

The Action: Set your clocks one hour ahead before you go to bed on Saturday night.

The Benefit: Enjoy an extra hour of evening sunlight for outdoor recreation, adaptive sports training, or just a bright evening on the patio.

Safety Tip: This is also the perfect time to check the batteries in your smoke and carbon monoxide detectors!

Let's use this extra light to fuel our momentum toward a healthy, active spring.

CELEBRATING OUR MARCH WARRIORS!

JOIN US IN WISHING A VERY HAPPY BIRTHDAY TO ALL OUR MEMBERS, VOLUNTEERS, AND SUPPORTERS BORN IN THE MONTH OF MARCH!

AS THE WORLD WAKES UP THIS SPRING, WE CELEBRATE THE INCREDIBLE LIFE, SERVICE, AND SPIRIT YOU BRING TO OUR COMMUNITY. MAY YOUR DAY BE FILLED WITH FAMILY, FRIENDS, AND THE RECOGNITION YOU TRULY DESERVE.

- MARCH BIRTHSTONE: AQUAMARINE (REPRESENTING COURAGE AND SERENITY).
- MARCH FLOWER: DAFFODIL (REPRESENTING REBIRTH AND NEW BEGINNINGS).

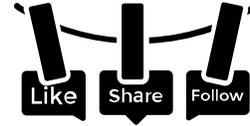


PVA NATIONAL PRESIDENT
ROBERT THOMAS AND INTERIM
BOD WILL BE IN TOWN AND
WOULD LIKE TO MEET YOU.
STOP BY THE OFFICE BUILDING
150 2ND FLOOR RM 204.



THURSDAY 03/26/2026 FROM
10:00 AM - 2:00 PM
COME OUT AND GET TO
KNOW OUR LEADERS AT THE
NATIONAL OFFICE IN
WASHINGTON DC

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



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

Non-Profit Org.
U.S. POSTAGE
PAID
Long Beach, CA
Permit NO. 258

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!

Interim Board of Directors for PVA- California Chapter

- David Zurfluh - President
- Anne Robinson - National Vice President
- Marcus Murray - National Vice President
- Tom Wheaton - National Treasurer
- Anita Graves - Office Manager

