

# MOMENTUM 3.0

## *April Wellness & Move More Newsletter*

*Paralyzed Veterans of America- California Chapter*

### **Stronger Minds, Stronger Bodies This April**



### **Embracing Renewal and Balance**

April marks a season of renewal—a perfect time to focus on mental health and overall well-being. As nature blooms, it's an opportunity to refresh routines, nurture emotional balance, and cultivate mindfulness.

### **Mindful Living**

#### **Practice Daily Gratitude**

Taking a few moments each day to reflect on what brings joy and meaning can improve mood and resilience. Keep a gratitude journal or share positive moments with friends and family.

#### **Breathe and Reset**

Incorporate short breathing exercises throughout the day. Deep, mindful breathing helps reduce stress, improve focus, and restore calm.

#### **Digital Detox**

Set aside time each week to disconnect from screens. Use this time to read, walk outdoors, or engage in creative hobbies that recharge the mind.

## Nutrition and Movement

### Nourish the Body

Spring produce like leafy greens, berries, and citrus fruits are rich in vitamins that support brain health. Balanced meals can boost energy and mental clarity.

### Move with Intention

Exercise doesn't have to be intense to be effective. Gentle yoga, stretching, or a brisk walk can elevate mood and reduce anxiety.

## Building Emotional Resilience

### Connect with Others

Meaningful social connections are vital for emotional well-being. Reach out to loved ones, join a community group, or volunteer to strengthen bonds and foster belonging.

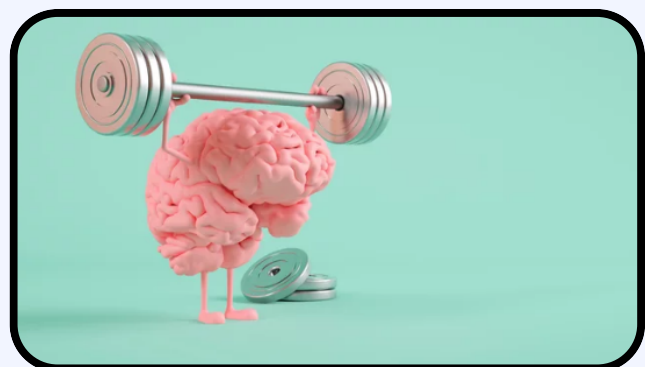
### Set Healthy Boundaries

Protect mental space by saying no when necessary and prioritizing rest. Boundaries create balance and prevent burnout.

## April Challenge: 21 Days of Self-Care

Commit to one small act of self-care each day for 21 days. Examples include journaling, enjoy creating a vision board with goal you want, meditating, taking a nature walk, daily affirmations or enjoying a hobby. Track progress and notice how consistent care enhances overall wellness.

Spring reminds us that growth takes time and care. By nurturing mental health and embracing mindful habits, this season can become a foundation for lasting wellness and renewal.





# Message from the PVACC President



This month's newsletter theme takes on a more serious subject, mental health. All of us SCI/D veterans have experienced dark days post injury or diagnosis. I like many have struggled at various times, never feel embarrassed or unworthy about depression, For me treatment is similar ( more serious of course) like the cold or flu, if you can treat it yourself great , but if you can't call for an appointment or help like anything else. Most importantly lookout for your brothers and sisters when you engage with them, and you think they need help, encourage them to seek help.

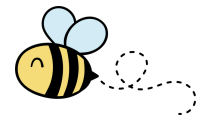
We have all heard the motto if you see something, say something, I would like to modify that for mental health when you see it in someone: listen not preach  
Encourage not scold  
Guide them to get help, call or go in person.

Suicide is too precedent for veterans today, let's all do our part to stop veteran suicide, just one is too many.

David L Zurfluh



# Message from NSO Allen Williams



## VA Medical Care & Dispute Resolution

Over the years hardly a month has gone by without a veteran coming to me with concerns over questionable VA care. These are always issues with either VA Medical Center (VAMC) system or VA Compensation and Pension (C&P) exam system.

Veterans always have the right to proper VA health care at all VAMC, Community Based Outpatient Clinic (CBOC), Community Living Centers (CLC), and VA contracted providers. This means that if a veteran is receiving care at any facility, even community-based providers though the Mission Act, they have the same rights, and the VA has the same responsibilities to provide quality care.

The Veterans Health Administration (VHA) Rights and Responsibility of VA Patients and Residents of Community Living Centers provide guidelines on what to expect from them and what options you have in care. It also offers guidance on concerns and complaints.

Our role as your representative is to provide advocacy even in issues of care if we can. The extent to which that usually applies is in making sure you know your rights and what the VHA is responsible for providing. Below are several areas in which most veterans' concerns and complaints usually fall into and their avenue for resolution. The process and resolutions are not seamless, but they are the only ones the VA provides.

### [Rights and Responsibilities of VA Patients and Residents of Community Living Centers](#)

### [Rights and Responsibilities of Family Members of VA Patients and Residents of CLCs](#)

### **Patient Experience office (Formerly Patient Advocate office)**

### **[Patient Advocate - Veterans Health Administration](#)**

### **[How To Report A Complaint Or Concern About A Community Provider | Veterans Affairs](#)**

In the pursuit of optimal care sometimes it is necessary to bring preference, shortcomings, discrepancy, or mistreatment to the attention of the VA. If the solution cannot be achieved with your direct care provider, then this is done through the VA Patient Advocate. There is a Patient Experience office located at each VA facility and it is the only remaining entry point for most of your needs. Once you speak with someone there about your concerns, they are to be escalated to the supervisor all the way up to the Director if need be. Expected resolution could be changing your PCP or location of care via Mission Act, for example or getting medication or treatment that your care provider refuses or requesting a permanent staff care provider instead of rotating medical students at every visit.

### **Clinical Appeal**

### **[Clinical Appeals Of Medical Treatment Decisions | Veterans Affairs](#)**

If you disagree with the decision that your VA health care team makes about your treatment or care, you can request to have other medical professionals review the decision. This type of decision review gives veterans a 3rd party review and decision if resolution cannot be gotten via the local Patient Advocate system.

## **VA Release of Information**

[How To Get Your Medical Records From Your VA Health Facility | Veterans Affairs](#)

Another tool you have available is your own patient records. You can see exactly what the provider has committed to your health records and confirm or dispute alignment with your exam or state of condition. Use VA Form 10-5345: This form allows vets to request a copy of your own health information. You can submit this request by sending it to the VA facility that has the records you seek or go in person. VA Form 10-5345

## **Freedom of Information Act (FOIA)**

[Privacy Act Requests - Privacy](#)

If for any reason what you seek is not there or held within another branch of the government then you can use FOIA to get those records.

## **TORT Claim Claims**

[Under the Federal Tort Claims Act - Office of General Counsel](#)

In the more extreme case of more egregious error on the behalf of the VHA during care at a VA facility that causes a chronic condition or injury as result of medical negligence a TORT claim can be filed. This is filed by the veteran directly with VA Patient Experience office.

Just be aware that your claim is with the VHA not the Veterans Benefits Administration (VBA) so it is usually a mostly closed-door adjudication between the VHA attorneys and you, the veteran exclusively. It can resolve in a one-time lump sum compensation. It is not usually necessary nor perhaps advisable to hire your own private attorney for counsel.

There is another path to redress and compensation for medical negligence under care of VA facility and that is a VBA 1151 Service Connection claim. It can be filed instead of a TORT claim for the same condition(s) that arise as result of medical negligence under care of VA facility. This claim is treated by the VA and PVA same as a standard compensation claim and PVA POA gives you access to our staff claims attorneys. If granted, you will receive a Service Connection rating and monthly compensation based on the percentage of disability.

## **Incomplete C&P Exam**

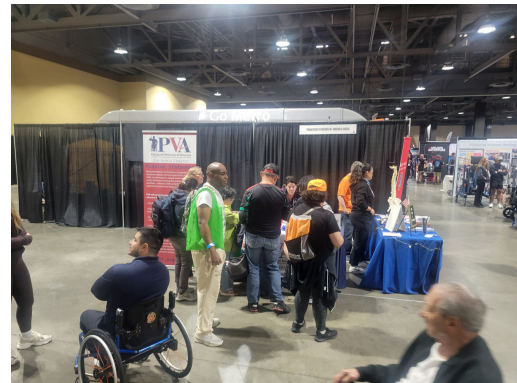
Once your VA claim is in development you will most likely receive an appointment for a C&P exam. If you feel that the same was not thorough or incomplete, then report that to the VA or your NSO. The provision of adequate exam is key in getting your rating fairly. The resolution sought is that of the VA reschedule the same exam with a different examiner to satisfy the requested information sought on the claim.

## **Request specialist, instead of NP for C&P exam**

If you go to a C&P exam and your complaint about an incomplete exam is based on the qualification and credentials of the examiner then it will be seen as unfounded by the VA. Their regulation, and agreement the C&P contractors allow exams to be performed by qualified examiners in the field even if they are nurse Practitioner or MD without specialty training in the area of your claimed issue. This is a concern fought over by PVA and others and as for now it is an area of high vigilance but not a singular reason for incomplete exam.

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## PHOTOS OF OUR EVENTS FROM LAST MONTH VISIT FROM NATIONAL AND ABILITY EXPO



FRUIT-BASED DRINKS PERFECT FOR SPRING—LIGHT, COLORFUL, AND EASY TO MAKE:

### STRAWBERRY LEMONADE REFRESHER



BRIGHT & CLASSIC

FRESH STRAWBERRIES, LEMON JUICE, WATER, HONEY OR SUGAR

BLEND STRAWBERRIES, MIX WITH LEMON JUICE + SWEETENER, ADD COLD WATER

SERVE OVER ICE WITH MINT

### PINEAPPLE COCONUT COOLER



TROPICAL VIBES

PINEAPPLE JUICE, COCONUT WATER, SPLASH OF LIME

SHAKE OR STIR AND SERVE CHILLED

OPTIONAL: ADD SPARKLING WATER FOR FIZZ

### WATERMELON MINT REFRESHER



SUPER HYDRATING

FRESH WATERMELON, MINT LEAVES, LIME JUICE

BLEND AND STRAIN (OPTIONAL), POUR OVER ICE

GARNISH WITH MINT

### CITRUS SUNRISE SPRITZER



LIGHT & BUBBLY

ORANGE JUICE, GRAPEFRUIT JUICE, SPARKLING WATER

ADD SLICES OF CITRUS FOR EXTRA FLAVOR

GREAT FOR BRUNCH TABLES

### BERRY HIBISCUS ICED TEA



FLORAL & REFRESHING

HIBISCUS TEA, MIXED BERRIES, HONEY

CHILL TEA, ADD MUDDLED BERRIES AND SWEETEN

SERVE OVER ICE

### MANGO LIME REFRESHER



SWEET + TANGY

MANGO PUREE, LIME JUICE, WATER OR COCONUT WATER

SHAKE WELL AND POUR OVER ICE

ADD CHILI SALT RIM FOR A FUN TWIST



## APRIL: A MONTH OF RENEWAL AND GROWTH



April marks the heart of spring in many parts of the world, a time when nature awakens from its winter slumber. Blossoms begin to bloom, days grow longer, and the air carries a sense of freshness and possibility. It's a month that symbolizes renewal, growth, and new beginnings. In gardens and parks, vibrant colors return as flowers like tulips, daffodils, and cherry blossoms paint the landscape. This natural transformation often inspires people to refresh their own lives—whether through spring cleaning, setting new goals, or spending more time outdoors.

April also brings moments of reflection and celebration. Earth Day, observed on April 22, reminds everyone of the importance of caring for the planet. Many communities host events focused on sustainability, tree planting, and environmental awareness.

As the season unfolds, April encourages a balance between productivity and appreciation. It's a reminder to pause, breathe in the crisp spring air, and embrace the opportunities that come with change.



CELEBRATING OUR APRIL HEROES!

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

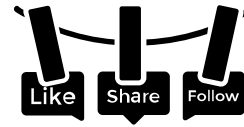
WE CELEBRATE THE INCREDIBLE LIFE, SERVICE, AND SPIRIT YOU BRING TO OUR  
COMMUNITY. MAY YOUR DAY BE FILLED WITH FAMILY, FRIENDS, AND THE  
RECOGNITION YOU TRULY DESERVE.

- BIRTHSTONE: DIAMOND  
SYMBOLIZES: LOVE, STRENGTH, AND CLARITY
- FLOWER: DAISY
- SYMBOLIZES: INNOCENCE, PURITY, AND NEW BEGINNINGS

## CHAPTER MEETING TBA



## CONTACT PLATFORMS



[WWW.FACEBOOK.COM/PVACCLB](http://WWW.FACEBOOK.COM/PVACCLB)



[WWW.INSTAGRAM.COM/PVACCLB](http://WWW.INSTAGRAM.COM/PVACCLB)



[WWW.TIKTOK.COM/@PVACCLB](http://WWW.TIKTOK.COM/@PVACCLB)



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PARALYZED VETERANS OF AMERICA  
CALIFORNIA CHAPTER



[WWW.PVACC.ORG](http://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](mailto: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](mailto: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



California Chapter

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LONG BEACH, CA 90822

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### 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