

MOMENTUM 3.0

JUNE 2026

ISSUE 6

FROM CALIFORNIA TO CAPITOL HILL: ADVOCATING FOR CHANGE

VETERANS TAKING ACTION ON CAPITOL HILL

June is an important month for advocacy as veterans and supporters from across the nation come together to ensure the voices of those who have served are heard on Capitol Hill.

Through meetings with lawmakers and congressional staff, veterans share their experiences and discuss critical issues affecting the disability and veteran communities.

Paralyzed Veterans of America continues to advocate for policies that improve access to quality healthcare, protect veterans' benefits, increase accessibility, expand caregiver support programs, and promote independent living opportunities for veterans with spinal cord injuries and diseases.

Advocacy is more than speaking to elected officials—it's about ensuring that future generations of veterans receive the support, resources, and respect they have earned through their service. By sharing personal stories and educating policymakers, our members help shape legislation that positively impacts veterans and their families nationwide.

The California Chapter is proud of the members who participate in advocacy efforts and represent the needs of our veteran community. Their dedication helps ensure that the issues facing disabled veterans remain a priority at both the state and federal levels.

Together, we continue to make a difference—one conversation, one meeting, and one voice at a time.





Message from the PVACC President

Men's Health

June is the month that celebrates Father's Day & Flag Day, but I want to mention something I feel get's lost in the shuffle and ignored by pride, procrastination, reluctance and sense of you need to suck it up mentality, it is "Men's Health".

I have talked to too many SCI/D men the last few years who have put off annual evaluations and prostate exams due to the examples I mentioned in the paragraph above and distance for those who have to travel a long way to an SCI/D center. I am going to be harsh in my response, because I care! There is no good excuse on missing a annual exam, if you are married and/or have a significant other, children, sibling, family member or friend who cares about you, you owe it to them to love them back. Go get your exam every year!

Almost all of us are not medical professionals or accurate clairvoyants who can properly screen our individual health. While there are many reasons to get your annual exam the three reasons I get mine every year are to screen for cancer, heart and skin health.

Lastly, if you are an individual who is struggling mentally or know a veteran who is struggling with mental illness, DO NOT WAIT till your or their next annual if it is critical to seek help immediately. Do not feel embarrassed or reluctant to get help, mental illness is a real healthcare issue! Men, take your health seriously and get your annual exams and if more acute call or message your provider when you need care or advice.



DAVID ZURFLUH
PRESIDENT



Message from our National Service Officer



Amyotrophic Lateral Sclerosis (ALS)

Resources for Home Modifications

It has been found that people who have a physical disability are more likely to receive better care, maintain function longer, and have a better quality of life if they can receive treatment and remain in their own home. To remain at home, most people with ALS in time will likely need some type of home modification to accommodate the use of a wheelchair. Initial changes usually include providing you with adaptive equipment to make daily activities easier. Unlike home modifications, adaptive equipment (e.g., walkers, bath bench, and transfer pole) can be moved in the home and is not permanently attached to walls or other structures. Home modifications may involve: 1) adjusting the location of items (e.g., moving furniture); 2) installing special equipment (e.g., grab bars and handrails); and 3) making changes or additions to the structure (e.g., widening doorways, adding a first-floor bathroom or a ramp). Planning for the use of a wheelchair in your home before it happens can reduce stress and ease the transition while maintaining your independence. It is helpful to review each room in your home to determine whether you need to use it, how you will use it, and what changes need to be made. Veterans are encouraged to check with their ALS Team about the options for home evaluations to assist with home modification planning. Veterans with ALS are eligible for several benefits that assist with home modifications, including the HISA Benefit, Specially Adapted Housing Grant, and Veteran Readiness and Employment Independent Living benefits.

PVA can assist with service connecting veterans who have ALS so they can receive compensation. It can vary, but veterans with ALS can receive about \$120,000 for housing, \$27,000 for vehicle modifications, as well as Aid and Attendance, which will also vary on the severity of their diagnosis, and the VA can assist in getting the veteran up to 40 hours, depending on the program they may be eligible for. You can contact your nearest PVA NSO to seek further assistance, or even if you want information, they will be your best resource for outreach.

To learn more:

The ALS Association Websites:

- <https://www.als.org/navigating-als/living-with-als/adapting-your-environment>
- <https://www.als.org/navigating-als/resources/fyi-home-adaptations>
- <https://www.als.org/blog/living-als-making-sure-your-home-environment-safe-and-liva>

Respectfully,

Jose Reynoso
Paralyzed Veterans of America
National Service Officer



PVA- CALIFORNIA CHAPTER EVENTS WE DID FOR THE MONTH OF MAY

NURSE WEEK IN SCI/D



ADPATIVE SPORT LONG BEACH VA



PVA- CALIFORNIA CHAPTER EVENTS WE DID FOR THE MONTH OF MAY

NURSE WEEK IN SCI/D



ADPATIVE SPORT LONG BEACH VA



UPCOMING EVENTS FOR SUMMERTIME

★ ANNUAL ★ FISHING TRIP

★ PVA-CALIFORNIA CHAPTER ★



DATE:
June 18, 2026



TIME:
10:00 am - 4:00 pm



BOAT:
Monto Carlo



LOCATION:
22nd Street Landing Fishing
141 W. 22nd Street
San Pedro, CA 90731

*Come out and enjoy
our annual fishing trip!*



RSVP IS A MUST.



HYBRID CHAPTER MEMBER'S MEETING

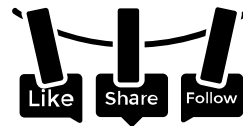
ZOOM
MEETING ID: 609 221 6677
PASSCODE: PVACC



JUNE 25, 2026.
@ 11:30 AM

LOCATION: BUILDING 150
RM- U-200
LUNCH PROVIDED

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





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

