October 2026 Issue: 10



PVA California Chapter

MOMENTUM 3.0

Pink Ribbons and Universal Care: October and the Power of Breast Health Awareness

Every year as autumn arrives, vibrant pink ribbons begin appearing in store windows, community centers, and digital feeds across the globe. October marks Breast Cancer Awareness Month, a crucial annual campaign dedicated to raising awareness, funding life-saving research, and promoting early detection for all.

While discussions around breast health traditionally center on women, October serves as a timely reminder that breast health is a universal topic that affects people of all genders.

Breast Health is for Everyone

A common misconception is that breast health only applies to women. However, biological breast tissue exists across the human spectrum, making awareness relevant for everyone:

For Women

- Know Your Baseline: Monthly hormonal shifts, pregnancy, and aging naturally alter breast density and texture. Knowing what feels normal for your body helps you recognize potential concerns.
- Mammography: Screening mammograms remain the standard tool for detecting non-palpable abnormalities early.

For Men

- Tissue Presence: Men possess breast ducts and tissue beneath the nipple, meaning they can experience conditions such as gynecomastia (benign enlargement) or, less commonly, male breast cancer.
- Removing Stigma: Male breast cancer accounts for under 1% of diagnoses, but it is often detected at later stages due to a lack of routine screening and awareness. Knowing the signs is vital.

Warning Signs to Watch For

Regardless of gender, consult a medical provider if you notice any of these changes:

- A new lump or area of thickening in the chest or underarm area.
- Changes in skin texture, such as dimpling, puckering, scaling, or redness.
- Unexplained nipple changes, including sudden inversion or unexpected discharge.



Message from the PVACC President

First off, for all of you who served and are currently serving our nation in the military, Thank you! I hope this Veterans Day fills you with the pride and honor you deserve my fellow brothers and sisters!!

Switching gears I want to recommend you enjoy the silence and slow pace of life while you can, because Thanksgiving, Christmas and New Year's Day are on the horizon. This 35-40 day stretch for most of us involves party and food planning whether hosting or going to an event.

During this period the pace of life speeds up, pressure increases, roads and shopping areas become more crowded and deadlines to get everything done form and pressure and stress increase more until Jan 1st comes and like a champagne cork when it pops most if not all the pressure and stress goes away.

My suggestion to all of you is to start planning now and to ease the stress, pressure and headaches that will come if you don't plan early and wait till the last minute.

Enjoy the quiet times now and slowly start planning for the three holidays that will soon come upon us and when New Year's Day arrives enjoy the release as the cork pops and truly savor your champagne or non - alcoholic drink!

Happy Thanksgiving

Merry Christmas/Feliz Navidad

Happy New Year to you All



DAVID ZURFLUH
PRESIDENT

Created by: Anita Graves

PVA National Service Officer

Automobile allowance and Adaptive equipment

If you have a disability related to your service that prevents you from driving, you may be able to get money to help you buy or change a vehicle so you can drive. Types of vehicles covered by VA automobile allowance include cars, vans, motor homes, commercial trucks, and farm machines like tractors.

Eligibility requirements

You may be eligible for VA automobile allowance or adaptive-equipment benefits if you have a disability that's related to your service (called a service-connected disability) and that includes at least 1 of these conditions.

At least 1 of these must be true for you:

· You have loss, or permanent loss of use, of 1 or both feet, or
· You have loss, or permanent loss of use, of 1 or both hands, or
· You have permanent decreased vision in both eyes: 20/200 vision or less in your better eye with glasses, or greater than 20/200 vision but with a visual field defect that has reduced your peripheral vision to 20 degrees or less in your better eye, or
· You have a severe burn injury, or
· You have amyotrophic lateral sclerosis (ALS), or
· You have ankylosis in 1 or both knees or hips (this qualifies you only for an adaptive-equipment grant)

You'll need to show that your disability is service-connected or treated as if service-connected under 38 U.S.C. 1151.

Eligibility for a second automobile allowance

You may be eligible for a second automobile allowance if either of these is true:

· You bought a vehicle with VA automobile allowance 30 years ago or more, or
· A natural disaster destroyed a vehicle you bought with VA automobile allowance

If a natural disaster destroyed a vehicle you bought with VA automobile allowance, both of these must be true:

· It's not your fault your vehicle was destroyed, and
· Your property insurance didn't already compensate you for the loss of your vehicle

If you meet these requirements, you can submit another Application for Automobile or Other Conveyance and Adaptive Equipment (VA Form 21-4502).

PVA National Service Officer

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You may be able to get 1 or more of these benefits:

- A payment to help you buy a specially equipped vehicle (called automobile allowance), or
- In some situations, 1 or more adaptive-equipment grants to change a vehicle so it has features like power steering, brakes, seats, windows, or lift equipment to help you get into and out of the vehicle

Also, before you buy a vehicle or adaptive equipment, make sure that the seller agrees to send us the completed claim form and an itemized invoice. We need these documents to process your claim. There will NOT be any reimbursements if the vehicle/adaptations are bought before submitting this claim.

Respectfully,



Jose Reynoso
PVA,
National Service Officer



A message from your PVA Office Manager



To those who are currently in the thick of the fight, and to those who carry the quiet weight of survivorship:

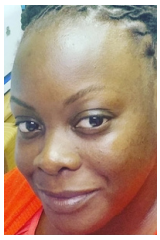
There are few experiences that reshape a life as completely as a cancer diagnosis. Whether you are sitting in a treatment room today counting down the hours, awaiting daunting test results, or learning how to navigate the complex world after treatment has ended, please know that your strength and courage do not go unseen.

To those currently in treatment: The path you are walking requires a depth of endurance that words can rarely capture. It is okay if some days are not about staying positive, but simply about getting through to the next morning. Give yourself absolute grace for every emotion you feel—the fear, the frustration, the fatigue, and the quiet moments of hope. Lean on the hands that offer support, rest when your body demands it, and know that taking things one single step at a time is more than enough.

To those walking the path of survivorship: Reaching the end of active treatment is a monumental milestone, yet survivorship is its own distinct journey. Moving forward often comes with a complex mix of relief, gratitude, uncertainty, and physical or emotional healing. There is no set timeline for processing everything you have been through, and there is no single "right" way to step into this next chapter. Honor your journey, celebrate your resilience, and allow yourself space to rebuild at your own pace.

Whether you are fighting through the hardest days of treatment or piecing together a new normal after the storm, you are a living testament to human resilience and hope. May you find comfort in the love around you, strength in the days ahead, and peace in knowing that you do not walk this road alone.

With deep respect, solidarity, and unwavering hope,
A Friend & Supporter
Anita Graves



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Upcoming Programs / Events

PVA California Chapter Peer Mentoring Program



- If you're interested in becoming a Mentor for the chapter, email us at info@pvacc.org or come to the chapter office.

Note: Every member must pass a simple background check.
The chapter will cover the cost. Must be a member of the PVA.

Upcoming Event Save the Date:



Thanksgivings Luncheon 11/19/2026 @ 11:00 am
Location: U-200 Building 150

Upcoming Event Save the Date:



Keep an eye out for your mailed RSVP invitation for our 1st Annual Holiday Party at the Long Beach Marriott. Date: 12/17/2026 @ 11:00 am - 4:00 pm
Please ensure your address is correct with the PVA California Chapter.



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October 2026 Event

















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October 2026 Event

















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PVA Upcoming Events





If you're interested in the Winter Sport Clinic

Visit the following site below

https://wintersportsclinic.org/participate/

Application Deadline November 30, 2026

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Important Update Regarding Brown Stickers for SCI:
Please note that the Paralyzed Veterans of America (PVA) California Chapter is no longer issuing Brown Stickers for Spinal Cord Injury (SCI). Moving forward, the Department of Veterans Affairs (VA) will be taking care of this matter and handling all related requests.

If you are interested in joining any other committees, please let us know. We welcome your participation and value the skills, ideas, and support you bring to our chapter.

We also encourage all members to attend our upcoming meeting to stay informed and receive updates on what's new within the chapter. Your voice and involvement help us continue building a strong and connected community.

Email: info@pvacc.org
Phone: 562-826-5713



Celebrating Our HEROES!

This month, we proudly celebrate the birthdays of our members here at the California Chapter of Paralyzed Veterans of America.

May your birthday be filled with joy, appreciation, and the recognition you truly deserve. Each of you brings strength, resilience, and heart to our community, and we are grateful to have you as part of our family.

As you celebrate another year, we wish you continued health, happiness, and success in all that you do. May this new chapter bring new opportunities, meaningful moments, and plenty of reasons to smile.

Thank you for being an important part of our community—today, we celebrate YOU! 🎂🎈



Happy Birthday and best wishes for a wonderful year ahead!

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PVA
Paralyzed Veterans of America
California Chapter

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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

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