

# BEACHCOMBER

A Bi-Monthly Newsletter

Volume 35 - Issue 3 - May/June 2023

## President's Message

Checking in with Brian DeLaney, our PVACD Chapter President for all the latest information and developments at PVA, Cal-Diego as well as a few personal insights.

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## SCI Symposium

Join us as our Chapter hosts this annual event.

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## On the Cover

On the cover this month we feature the recently held 2023 Armed Forces PB&J Classic at Belmont Pier to raise funds for Paralyzed Veterans of America, Cal-Diego Chapter.

Cover Shot

## PB&J Classic



Check out all the fun happening down at the Pier!

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## News from The Hill

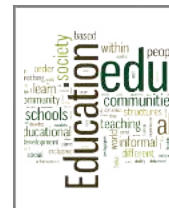
Wayne Landon keeps us apprised of the latest developments from the legislative perspective. Stay up to date on all governmental current affairs and their impact on you.

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## SCI Education Series

Timely and vital information on SCI Healthcare.

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## PVACD Scholarship

By: Steve Shelden

The Paralyzed Veterans of America, Cal-Diego Chapter's mission is to improve the quality of life of Veterans of the United States Armed Services and others who have a spinal cord injury or disease.

Our organization has further adopted the establishment of an Education Scholarship Program. In this way, PVA, Cal-Diego can further assist its members, family members and beneficiaries with aiding in the funding of secondary education.

- Applicant must be either a PVA, Cal-Diego member, the spouse of a PVA, Cal-Diego member, or an unmarried child (under 24 years of



age) who is dependent (as defined by the IRS) on the member for principal support or someone sponsored by a PVA, Cal-Diego member.

- Applicant must be a citizen of the United States.
- Applicant must be accepted or enrolled as a full-time or part-time

student in an accredited US college or university.

- Past award recipients may apply, but after receiving two consecutive awards, the Board of Directors may choose to gift others who have not been funded.

PVA, Cal-Diego will award up to a total of \$3,000.00 in scholarship funding to students. Scholarship funds are released solely in the name of the educational institution. Any payment will go directly to the Financial Aid Office of the college or university. All components of the application must be received by 30 June, 2023.

Contact our office to apply today!



# Board Members

*The PVA, Cal-Diego Chapter Board of Directors meet monthly. All PVA, Cal-Diego Chapter members are invited to attend. Minutes of the last meeting are available in the PVA, Cal-Diego Chapter office. Meetings are held on the second Thursday of each month. Please feel free to contact us about the next meeting date.*

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## A Word from the Editor



With just another month of the Spring Season remaining, it's time to start looking forward to our warm summer months ahead. When I think of summer, I think of all the typical things one might do during this season. I am pleased to tell you that you won't have to look any further to get in on some summertime fun! Time to start marking up your calendars because here we got a summer for you! How about a little Lake Fishing... or if you prefer, Deep Sea Fishing? Or, maybe you'd like to spend a warm summer evening at Barona Dragstrip watching our PVA Motorsports Dragster, "Unstoppable" tearing down the 1/8th mile track? Maybe you're the type that likes to go to a Summer BBQ with all of your friends... here too, we've got you covered at our Annual PVA Summer BBQ held at Santee Lakes. And let's not forget plenty of Radio-Controlled Truck Racing as well. Bottom line... it's going to be one exciting summer here at PVA, Cal-Diego Chapter. I'm looking forward to seeing each and every one of you sometime real soon!

If you have questions or comments for the Editor please email:  
[sshelden@caldiegopva.org](mailto:sshelden@caldiegopva.org)

The mission of the Paralyzed Veterans of America, Cal-Diego Chapter is to improve the quality of life for Veterans of the United States Armed Forces and others who have spinal cord injury or dysfunction.

## Health & Repair Services

**VA HEALTHCARE SYSTEM**  
858-522-8585

**WHEELCHAIR REPAIR**  
858-642-6330

## Disclaimer

The views and opinions expressed in the "Beachcomber" are not necessarily a direct representation of the views or ideals of PVA, Cal-Diego Chapter. We hereby disclaim any responsibility for opinions expressed herein.

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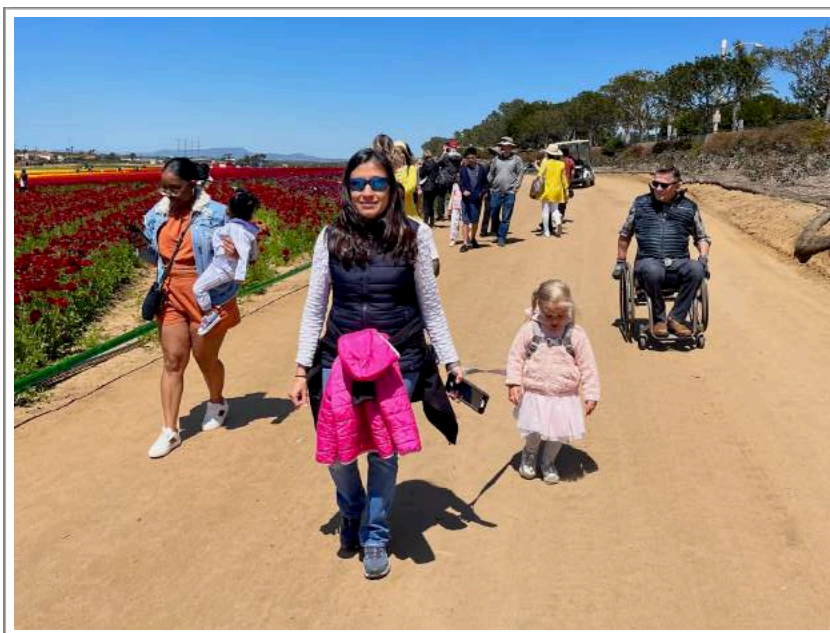
# In This Issue...



Marci Pou

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Paige Moscone



Al Kovach, Jr.

## President's Message



By: Brian DeLaney

It seems like just last week I had writer's block trying to figure out what to put in this column. I am always very focused on the mental and physical wellbeing of our members and one of the most

important aspect of that health is our care givers. The vast majority of us rely on someone else every day. They may be family, spouse, friend or hired. Regardless, their importance to us cannot be overstated and therefore we need to make sure to take care of them so they can take care of us. The VA has several programs focused on the care giver and I strongly encourage each of you to look into them and take advantage of them if they apply.

One such program is the Program of Comprehensive Assistance for Family Caregivers (PCAFC). It offers clinical support for family caregivers if eligible. To be eligible, the veteran must be service connected with a disability of 70% or higher and in need of personal care services. PCAFC may provide a monthly stipend, access to health care insurance, mental health counseling, travel benefits if traveling with the veteran, 30 days of respite care per year for the veteran. Be sure to check [www.caregiver.va.gov](http://www.caregiver.va.gov) for information about the VA Caregiver Support Program services and eligibility.

With regards to the Cal-Diego Chapter, it looks to be a busy summer! We are looking at starting a Disc Golfing day at the same location we do RC cars – which is

happening April 26th. Dates and times for golf to be determined. Additionally, the 1950 Studebaker, "Unstoppable," continues to amaze and impress wherever it goes. We will be attending car shows and events with it as well as getting it out on the race track. If you have not seen it, you need to check out our web page. It is truly a work of art... kind of. If you have any interest in driving it on the drag strip, please send the office an email or phone call. We do need drivers who would be dedicated to the program.

We have just recently approved gym memberships to be included in the Ticket Reimbursement Program. This means that every 6 months the Chapter will reimburse members up to \$75 for events (concerts, movies), travel (bus, trolley) and now gym membership. In order to receive the funds, you must submit the receipt to the office. The Board places high value in providing members every opportunity to improve their health.

The SCI unit continues to be in COVID lockdown so our access to in-patients is limited. The Chapter is aware of the nursing shortage on the unit and continue to work with Dr. York and National PVA to address this critical VA-wide issue.

We will also be sending out a survey asking about the one-day annuals as well as questions about what you would like to see from the Chapter. Please take the time to fill this out. We can't help with things we don't know about. As always, any issues, questions, concern you can always email me at [bdelaney@caldiegopva.org](mailto:bdelaney@caldiegopva.org), call the office, or stop by. Stay safe!





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## Executive Director's Message



By: Peter Ballantyne

We are always looking for new ideas for programs and ways to 'friendraise' in our community. When Matt Weathersbee contacted me regarding a National Peanut Butter and Jelly Day event, I was intrigued. I had known of

him through the Guacamole Bowl when I volunteered for City of San Diego Therapeutic Recreation Services.

Matt's concept was an Armed Services Peanut Butter and Jelly competition on that day, and call it the "Armed Forces PB&J Classic", even though he owns JellyBear Jelly Company—amazing home recipe jelly with the coolest glass containers in the shape of bears. He is indefatigable in his energy, and his enthusiasm is reflected in a streaming of ideas, thoughts and comments that one would consider him, at least, gregarious. Matt had all the bases covered—this was going to be 'Coney Island hot dog eating contest on the West Coast,' or at least the birth of a rivalry between these two. As we developed the concept to benefit PVA Cal-Diego, it was a treat to work with Matt, as well as some of the armed services folks that were participating. More than anything, I was really happy that someone in our community reached out to us, looking to support our members and our mission.

I want to thank some of our volunteers for this event—Al Kovach, Jr., Dave Deavenport from the band Night Shift, and my wife, all participated as 'umpires' who counted

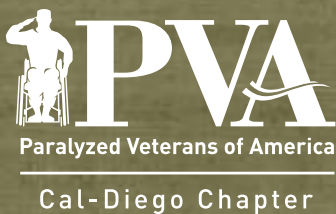
the sandwiches eaten by each group. And it is pretty cool that the winner of the first annual PB&J Classic was the Coast Guard, who my son serves as a pilot, and I serve locally as the Secretary for the SD Coast Guard City Committee.

The Combat Veterans Motorcycle Association 33-1 is another group with whom we have been working, and for a few years now. Their recent ride helped provide a \$2,000 donation to our programs. And their event at the Escondido Elks Club was a great showing of local artisans and tributes to veterans.

We have three events coming up in May where we are being supported by our community, also—May 3 Viasat Golf Tournament in Carlsbad, May 13 Lytle Creek Motorcycle Ride and Pistol Shoot, and May 20 Motorcycle Ride at Biggs Harley Davidson in San Marcos.

In our April Board of Directors meeting, the Board agreed to raise the semi-annual Ticket Reimbursement amount from \$50 to \$75, meaning \$150 a year. This allows you to attend movies, plays, sporting events and similar and receive a reimbursement of \$75 each half-year. In order to receive this, just send a copy of your receipts to me and we will send you a check. We know that not everyone wants to play rugby or drive race cars as a recreational activity. Yet we also know that being active in our community is one of the keys to good health—so get out there, enjoy the culture that surrounds us, and then send us the receipt/s. It is an important part of living to enjoy participating in art and life.





# PVA, CAL-DIEGO RC CLUB

*Remote Control Quadcopters, Fixed Wing Aircraft, & Trucks*

**May 24, 2023 - 11:30am - 1:30pm**

Nobel Athletic Fields & Recreation Center

8810 Judicial Drive, San Diego, CA 92122

[www.caldiegopva.org](http://www.caldiegopva.org)

*Call 858-450-1443 for More Information and Reservations.*

## NSO News: Program of Comprehensive Assistance for Family Caregivers (PCAFC)

By: Christian Alvarez, PVA National Service Officer

In this article we will be talking about the Program of Comprehensive Assistance for Family Caregivers Program (PCAFC), its benefits, requirements, and services. Veterans who served honorably are entitled to certain services if they have a medical necessity. There are certain requirements a veteran must meet in order to qualify for this program. Having a caregiver can allow a veteran to live a joyful life by providing them with assistance of daily living.

### Eligibility Criteria

1. The individual must be a veteran or a service member undergoing a medical discharge.
2. The individual must have incurred / aggravated a serious injury in the line of duty.
  - In regards to the PCAFC program the veteran must have one service connected injury rated at 70% or a combined total rating that equal 70% or more.
3. The individual must have at least 6 continuous months of in-person care services.
  - Requires assistance with daily living. Not having assistance would result in serious impairment.
  - Requires supervision based on neurological or residual symptoms.
4. Specific services that the caregiver provides will not be provided by another person or entity.
5. The individual receives care at home or will receive care if the VA provides a caregiver

There are plenty of reasons why a veteran or service member would benefit from a caregiver. Understanding how a caregiver would help improve a veteran's life is critical to the veteran's wellbeing. There are a lot of veterans who require the help of a caregiver, but unfortunately their pride gets in the way. Having a caregiver is not a negative thing, it is meant to help make the veteran's life positive and provide them with an easier way of life. The PCAFC offers a monthly stipend based on the current need of the veteran. Currently there

are two levels of stipend payments: level one and level two.

1. Level one pays the GS rate of grade 4, divided by 12 and multiplied by 0.625.
2. The level two pays the OPM GS rate of grade 4, divided by 12, multiplied by 1.00
  - Level two is offered when the veteran meets the definition of "unable to self-sustain in the community" for the purposes of PCAFC. This will pay the caregiver at a higher rate.

### Family Caregivers Eligibility Requirements

There are requirements for the veteran to qualify for this program, but there are also caregiver requirements as well. All caregiver must qualify in order to care for veterans through the VA caregiver support program.

1. The Caregiver must be over the age of 18.
2. Must be a dependent of the veteran or someone who lives in the home of the veteran.
3. Must be able to complete all caregiver educational and training programs required by the VA.
4. The Caregiver must be competent enough to demonstrate the ability to perform all specific personal care services that the veteran requires and additional care requirements as well.

In regards to the level of pay a caregiver can receive, they must meet certain requirements. Hence the VA states the veteran must be unable to self-sustain in the community. They are referring to certain needs and requirements, as stated in the VA.gov website. The VA's definition of "unable to self-sustain" in the community means:

1. Requires personal care services each time he or she completes three or more of the seven activities of daily living (ADL). Listed in the definition of an inability to perform an activity of daily living in this section and is fully dependent on a caregiver to complete such ADLs; or
2. Has a need for supervision or protection based on symptoms or residuals of neurological or other impairment or injury on a continuous basis; or
3. Has a need for regular or extensive instruction or supervision without which the ability of the veteran to function in daily life would be seriously impaired on a continuous basis.

*NSO News continued on  
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*NSO News continued from Page 8...*

When the VA is stating that the veteran must have the inability to perform ADL, everyone has their own definition for this. On the VA.gov website, the VA has their own definition and it means:

1. Dressing or undressing oneself, bathing, grooming oneself in order to keep clean and presentable
2. Adjusting any special prosthetic or orthopedic appliance that, by reason of the particular disability, cannot be done without assistance (this does not include the adjustment of appliances that nondisabled persons would be unable to adjust without aid, such as supports, belts, lacing at the back, etc.)
3. Toileting or attending to toileting, feeding oneself due to loss of coordination of upper extremities, extreme weakness, inability to swallow or the need for a non-oral means of nutrition
4. Mobility (walking, going up stairs, transferring from bed to chair, etc.)

These are the basic requirements the veteran and caregiver must meet in order to qualify for the PCAFC program, and based on the veterans needs, will determine the pay level of the caregiver.

### **PCAFC Application Process**

Members, if you want to apply for the PCAFC, please get in touch with your local PVA National Service Officer (NSO) for assistance and guidance. They will be able to advise you on how to proceed with the application and preparation process. To begin this process, the veteran must contact their local Caregiver Support Program (CSP) team coordinator. The coordinator must go through the entire application process outlined below with the veteran and the caregiver. Normally the decision process takes 90 days to complete. The steps to apply for the PCAFC are stated below.

1. The veteran and caregiver must both complete and submit the application for PCAFC VA form 10-10CG, they can either apply online through [https://www.caregiver.va.gov/support/support\\_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp). They can apply in person, by filling out the form and bringing it in to their local coordinator at their nearest VA facility, or they can mail the form to Program of Comprehensive Assistance for Family Caregivers Health Eligibility

Center, 2957 Clairmont Road NE, Suite 200, Atlanta, GA 30329-1647

2. Next the local CSP coordinator conducts an application intake with the veteran and the caregiver, either in person, over the phone, or via video connect.
3. Next is the veteran assessment. This is where the coordinator assesses the veteran and determines the veteran's needs. This will be done via phone, in person, or video call.
4. After the veteran assessment, the coordinator will conduct the caregiver assessment. This assessment will determine the caregiver's specific information. This interview will be conducted via phone, in person or video call.
5. A functional assessment will be conducted to determine the veteran's functional abilities and/or needs. This test will be conducted in person or video call.
6. The centralized eligibility and appeals team will review the intake, assessments and medical records of the veteran.
7. Once everything is approved, the caregiver will undergo training for the veteran's specific needs. The caregiver will complete the VA's core curriculum training. This training will be conducted online or via DVD workbook.
8. After the caregiver completes the training, a home-care assessment will be conducted by the CSP coordinator and home care team. This home assessment will determine the caregiver's competence, the wellbeing of the caregiver and all personal care services that must be provided to the veteran in their home. This intake will be conducted in person at the veteran's house.
9. Finally, the application review is last. The Centralized Eligibility Appeal Team (CEAT) will review and finalize their decisions based on all assessments and intakes taken by the coordinator, veteran and caregiver.
10. Once all documents have been turned in and the final review is completed, the veteran and their caregiver will be given a notification of approval letter.

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In conclusion, there are many benefits a veteran can receive by applying for the PCAFC program. There are many veterans who need a caregiver, but are unaware they qualify for this benefit. All veterans can read the requirements on the VA.gov website to see if they qualify for this program. Having a caregiver can provide a veteran with assistance in their daily living. If you need assistance gathering information for this program or require assistance applying. You can contact your local PVA NSO. They can walk you through the application process, guide you in the right direction and assist you

with all the necessary documents that might help your application. Don't forget to explain and show your provider that you require a caregiver and how much having a caregiver will improve your daily living.

References:

Veterans Affairs Program of Comprehensive Assistance For Family Caregivers, <https://www.caregiver.va.gov/pdfs/FactSheets/PCAFC-Roles-Responsibilities-Requirements-FactSheet.pdf#>, 2022.

Program of Comprehensive Assistance for Family Caregivers (PCAFC), [https://www.caregiver.va.gov/support/support\\_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp), 2023.

**FIGHT SERVICE RELATED CANCERS**

**May 13, 2023  
8:00-3:30  
Lytle Creek  
Firing Line**

**Paul Ehline, Sgt USMC  
Memorial Ride & Shoot**

Donations submitted through donation forms on PaulEhlineRide.org are tax-deductible to the fullest extent allowed by U.S. and state laws. These will be in U.S. Federal Reserve Notes. Paul Ehline Memorial Ride™ is a U.S. nonprofit, tax-exempt charitable Section 501(c)(19) organization that benefits US Armed Forces veterans under the U.S. Internal Revenue Code. (Tax identification number 85-4646563.)

Lytle Creek Firing Line is an equal opportunity recreation provider operating under permit from the U.S. Forest Service

**Paul Ehline Memorial Ride**

The Paul Ehline Memorial Ride supports the Motorcycle Rider and Motorcycle Club (M/C) Community. We hold events and sponsor various motorcycle clubs, and one of our founding members, Los Angeles lawyer Michael Ehline is a supporter of the Leathernecks LMCI. We keep our motorcycle ride events open to all military vets and

their families and use charity funds to promote awareness of various ailments diagnosed in our veteran communities.

For more information about this fundraiser ride as well as future events, please contact: <https://paulehlineride.org/>



# EVENTS CALENDAR - MAY 2023



If you have any further questions or would like to register for, or volunteer at any of our upcoming events, please feel free to stop by our office or call us at 858-450-1443.

For the most current information about our chapter and about Paralyzed Veterans of America in general, please visit:

<http://caldiegopva.org>

or, visit us on Facebook at:

<https://www.facebook.com/pvacaldiego/>

**Paul Ehline Memorial Ride** **May 13**  
 Lytle Creek, CA  
 8:00am - 3:30pm

**Mother's Day - Inpatient Treats** **May 14**  
 VASDHS SCI Dining Room  
 10:30am - 11:30am

**PVACD Board of Directors Meeting** **May 18**  
 Good Samaritan Episcopal Church  
 11:00am - 1:00pm

**Town Hall - Dr. York** **May 19**  
 Virtual Online Event  
 11:00am - 12:00pm

**Biggs Harley Davidson May Ride** **May 20**  
 San Marcos, CA  
 8:00am - 4:00pm

**RC Cars & Trucks** **May 24**  
 Nobel Athletic Fields - San Diego  
 11:30am - 1:30pm



**Paralyzed Veterans of America**

**Cal-Diego Chapter**

## Government Relations

By: Wayne Landon



### GOVERNMENT RELATIONS

#### VA Adopts Inclusive Motto

After several years of debate, the VA has opted for an updated and more inclusive mission statement. The motto, adopted 64 years ago, was from

President Lincoln's second inaugural address: "To care for him who shall have borne the battle and for his widow, and his orphan."

At the Military Women's Memorial at Arlington National Cemetery on March 16, the VA Secretary announced VA's plan to update the motto to be more representative of the population VA serves. The new motto, "To fulfill President Lincoln's promise to care for those who have served in our nation's military and for their families, caregivers, and survivors," reflects that change.

The VA currently provides care and benefits to 50,000 caregivers, 600,000 survivors, and more than 600,000 women veterans.

#### Air Carrier Access Act (ACAA)

PVA has made the Air Carrier Access Amendments Act (ACAAA) (H.R. 1267/S. 545) a top priority to improve access to air travel for passengers with disabilities.

Nearly 40 years ago, the Air Carrier Access Act (ACAA) was signed into law. The ACAA prohibits disability-based discrimination in air travel. Four years after the passage of the ACAA, Congress passed the Americans with Disabilities Act (ADA).

Although the ADA requires disability access in airports, shuttles, and other forms of mass transportation, it explicitly does not apply to commercial air travel.

The major problem with commercial air travel continues to be that airplanes have very few accessibility features to accommodate passengers with disabilities.

On behalf of PVA, Cal-Diego, President Brian DeLaney is sending a letter to our Senate and House Representatives urging their support for this important legislation. Please visit [PVAAction Force](#) page, to submit a prewritten letter with only a few clicks to show your support as well.

#### Reauthorization of the Women Veteran Task Force

The House Veterans Affairs' Committee voted to reauthorize the Women Veteran Task Force. The Task Force was created during the Spring of 2019 in response to veterans' service organizations advocating on behalf of the needs of women veterans.

Work done by the Task Force has included the passage of the Deborah Sampson Act, the largest expansion of women's health care at VA, as well as oversight of other policies that impact women veterans. The Committee voted unanimously to reauthorize the Task Force for another six months.

This bipartisan task force will work to ensure the bipartisan nature of the Task Force and will take their leads from topics highlighted by work done by the various subcommittees.

#### President's Budget Request – Fiscal Year 2024

The Biden administration released the President's budget for fiscal year 2024.

This budget proposes critical resources to help VA serve all Veterans, their families, caregivers, and survivors as well as they have served their country.

This is the largest budget proposal in U.S. history for Veterans, their families, caregivers and survivors. The total FY 2024 request for VA is \$325.1 billion, a \$16.6 billion (+5.4%) increase above the FY 2023 budget enacted level.

This includes a discretionary budget request of \$142.8 billion, a \$3.0 billion (+2.1%) increase over FY 2023. The 2024 mandatory funding request is \$182.3 billion, an increase of \$13.6 billion (+8.1%) above 2023.

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## Government Relations

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Our nation has a sacred obligation to support Veterans, their families, caregivers and survivors. said VA Secretary Denis McDonough. “With these historic investments, we at VA can continue to deliver more care and more benefits to more Veterans than ever before in our nation’s history.”

At the Department of Veterans Affairs, the budget will:

- Expand health care and benefits for toxic-exposed Veterans: The PACT Act, landmark legislation which was signed into law last year, expands VA health care and benefits to millions of Veterans exposed to burn pits, Agent Orange and other toxins. The budget requests \$20.3 billion in 2024 for the Cost of War Toxic Exposures Fund — \$15.3 billion above 2023 — for health care, research and benefits delivery associated with exposure to environmental hazards for Veterans and their survivors.
- Invest in preventing Veteran suicide: Suicide prevention is VA’s top clinical priority. This budget provides \$16.6 billion in 2024 for mental health efforts, including suicide prevention. As a part of that, the budget includes \$559 million for Veteran suicide prevention outreach programs and an estimated \$2.5 billion in suicide-specific medical treatment.
- Bolster efforts to end Veteran homelessness: Veteran homelessness has decreased over the past few years. The budget invests \$3.1 billion in providing homeless Veterans and Veterans at-risk of homelessness with permanent housing, access to health care and other supportive services.
- Support women Veterans’ health care: More women Veterans are choosing VA health care than ever before, with the number of women Veterans using VA services tripling over the last 20 years to more than 627,000 today. The budget invests \$257 million for women’s health and childcare programs to increase access to infertility counseling and

assisted reproductive technology, and support full-time women veteran program managers at all 172 VA medical centers. These investments support provide comprehensive specialty medical and surgical services for women Veterans, including \$1.0 billion for women’s gender specific care.

- Invest in Veteran medical facilities: Veterans deserve world-class health care facilities, but the median VA’s hospital was built nearly 60 years ago – compared to just 13 years ago in the private sector. The budget makes a historic investment of \$4.1 billion (discretionary and mandatory) for construction to begin restoring VA’s aging infrastructure and providing Veterans with state-of-the-art health care facilities, as well as a \$5 billion investment in medical care funding (discretionary) for non-recurring maintenance to improve medical facility infrastructure.

### Helping Heroes Act Reintroduced

Senior members of the Senate Committee on Veterans’ Affairs reintroduced the Helping Heroes Act of 2023, S. 622. This legislation would support the families of disabled veterans, including children who take on caregiving roles. The Helping Heroes Act is intended to address the unmet needs of veteran caregivers, including children by:

- Requiring a full-time family coordinator at each VA medical center to assess the needs of veteran families in their catchment area and refer them to available local, state, and federal resources.
- Establishing a Family Support Program to provide supportive services to eligible family members of disabled veterans.
- Ensuring transition assistance curriculum includes information on services for children in veteran families adjusting from active duty to veteran status; and
- Requiring VA to collect data on the experiences of disabled veteran families to better identify and understand their needs.



# Spinal Cord Injury Patient and Family Education Series

The VA San Diego Healthcare System is proud to present a series of classes designed to help Veterans with Spinal Cord Injury/Disorders (SCI/D) their families/caregivers become more knowledgeable about caring for themselves and becoming active in the community. The classes are mandatory on-site for all newly injured or Rehabilitation SCI inpatients, and are highly encouraged for other SCI/D inpatients in SCI Conference Room 1B123. Members of your team may assign you to attend certain classes. The classes are available via **Televideo** to the SCI/D community at-large, VASDHS outpatients, family members, and caregivers by contacting Aubrey Halili, SCI Telehealth Coordinator, (858) 642-1194.

<p>Tuesday, May 2, 2023</p> <p><b><u>Recreation and Sports</u></b> Kelli, CTRS</p> <p><i>What is leisure and why is it important? What are the benefits to me of leisure activities, sports, staying active and having personal goals?</i></p>	<p>Thursday, May 4, 2023</p> <p><b><u>Sexuality and SCI</u></b> Jila, DNP, CNS</p> <p><i>Am I still a sexual person? What is “sexuality”? What are the effects of SCI on sexual functioning? Can I still have children? What are my options? What do I do about erection or lubrication problems? How can I still give pleasure to my partner and myself?</i></p>	<p>Thursday, May 5, 2023</p> <p><b><u>Eating Right for Health</u></b> Ali, RD</p> <p><i>What do I need to eat for skin, muscle, healing and general health? What is a balanced diet? How do I keep my weight down or gain weight? How can I eat “heart smart”? What are good sources of fiber for my bowels?</i></p>
<p>Tuesday, May 9, 2023</p> <p><b><u>Safety in the Home and Community</u></b> Helena, OTR/L</p> <p><i>What are the safety hazards I may find in my home or community as a person with a SCI? How can I modify my home for better safety and accessibility? What do I do for fire safety at home? How can I be better prepared for a disaster such as an earthquake?</i></p>	<p>Thursday, May 11, 2023</p> <p><b><u>Pain Management</u></b> Jeri, PhD</p> <p><i>What causes pain after SCI? What types of pain are common after SCI? Other than pain medications, what can be done about this pain? What resources are there at the VASDHS to help me with my pain?</i></p>	<p>Friday, May 12, 2023</p> <p><b><u>Staying Healthy with SCI</u></b> Carol, MSN, RN, CNS-BC</p> <p><i>What do I need to do to stay healthy and be sure that any problems are caught early? What tests and evaluations should I have on a regular basis? How can I best use the VA SCI system of care to my advantage?</i></p>
<p>Tuesday, May 16, 2023</p> <p><b>NO CLASS</b></p>	<p>Thursday, May 18, 2023</p> <p><b><u>Autonomic Dysreflexia</u></b> Anneliese, BSN, RN</p> <p><i>What is autonomic dysreflexia? Why is it so dangerous? How will I know if I have it? What can I do to prevent and manage AD at home? When do I need to call my doctor or go to the emergency room with AD?</i></p>	<p>Friday, May 19, 2023</p> <p><b><u>Bowel Management</u></b> Cristina, BSN, RN</p> <p><i>How does a SCI change bowel function? How can I avoid accidents? How do I manage bowel problems at home? What medications and foods will affect my bowels? What techniques can I use for long term bowel management?</i></p>

**All classes are 12:30PM-1:15PM**

Call (858) 552-7453 or 1-800-331-VETS (8387) ext. 7453, for future class schedules or for more information.

# Spinal Cord Injury Patient and Family Education Series

<p>Tuesday, May 23, 2023</p> <p><b><u>Medical Complications in SCI</u></b> Jafar, PA</p> <p><i>What are the possible medical complications for my breathing, digestion, heart and blood vessels, muscles, bones and nerves? How can I avoid these complications? How can I help my doctor detect problems early? What other medications may I need to take?</i></p>	<p>Thursday, May 25, 2023</p> <p><b><u>Benefits and Resources</u></b> Dana, LCSW</p> <p><i>What do I qualify for; and who can help me apply?</i></p>	<p>Friday, May 26, 2023</p> <p><b><u>Psychosocial Issues</u></b> Jillian, PhD</p> <p><i>How do I learn to cope with the changes that SCI has caused in my life? How do I know if I need help with this process? What types of therapy are available to me should I need help adjusting to life with SCI?</i></p>
<p>Tuesday, May 30, 2023</p> <p><b><u>Managing Your Attendant</u></b> Phil, PCA Coordinator</p> <p><i>How do I find, hire and supervise a good personal care attendant (PCA)? How do I pay for attendant care? How do I keep good attendants and avoid problems? How can I learn to be an employer?</i></p>	<p>Thursday, June 1, 2023</p> <p><b><u>Taking Charge of Your Life</u></b> Henrietta, OTR</p> <p><i>Can I be “well” again after SCI? What can I do to keep control over my life? What can I do to keep fit? What are my legal rights with a disability? What do I do if I think I have been discriminated against because of my disability</i></p>	<p>Friday, June 2, 2023</p> <p><b><u>Spirituality and SCI</u></b> Tam, Chaplain</p> <p><i>What is spirituality and how can I use it to deal with SCI? Can I find meaning/purpose for my life as an SCI veteran? What spiritual resources are available to me or my family?</i></p>
<p>Tuesday, June 6, 2023</p> <p><b><u>What is Spial Cord Injury?</u></b> Hayley, MPT</p> <p><i>How does a spinal cord injury affect my whole body? What does my injury level mean? What is a reflex? What kind of functional outcome can I expect? What research is being done on regeneration and healing?</i></p>	<p>Thursday, June 8, 2023</p> <p><b><u>Preventing Pressure Injuries</u></b> Tracy, BSN, RN, CWS</p> <p><i>Why do we worry about pressure ulcers? What causes pressure ulcers? Why are they a problem for people with SCI? How can I prevent pressure ulcers? What other factors other than pressure can cause skin problems?</i></p>	<p>Friday, June 9, 2023</p> <p><b><u>Bladder Management</u></b> Rey, MSN, RN</p> <p><i>How does a SCI affect my bladder and kidneys? What are my options for bladder management? What are the common bladder and kidney complications I need to know about?</i></p>
<p>Tuesday, June 13, 2023</p> <p><b><u>Recreation and Sports</u></b> Kelli, CTRS</p> <p><i>What is leisure and why is it important? What are the benefits to me of leisure activities, sports, staying active and having personal goals?</i></p>	<p>Thursday, June 15, 2023</p> <p><b><u>Sexuality and SCI</u></b> Jila, DNP, CNS</p> <p><i>Am I still a sexual person? What is “sexuality”? What are the effects of SCI on sexual functioning? Can I still have children? What are my options? What do I do about erection or lubrication problems? How can I still give pleasure to my partner and myself?</i></p>	<p>Thursday, June 16, 2023</p> <p><b><u>Eating Right for Health</u></b> Ali, RD</p> <p><i>What do I need to eat for skin, muscle, healing and general health? What is a balanced diet? How do I keep my weight down or gain weight? How can I eat “heart smart”? What are good sources of fiber for my bowels?</i></p>

**All classes are 12:30PM-1:15PM**

Call (858) 552-7453 or 1-800-331-VETS (8387) ext. 7453, for future class schedules or for more information.

## March & April Events Recap

By: Paige Moscone

Spring is in the air (even if the weather hasn't gotten the memo!) The past two months have been busy with new and old events. Here is a quick recap with some highlights.

We hosted the second annual San Diego SCI Symposium at the end of March at UCSD. It was a great day to learn and be impacted by some truly powerful messages.

Thank you to Dr. York, the speakers, our guests, and to all the members who joined us! We are looking for new ideas for next year so if you have any suggestions, shoot us an email.

The first week of April was hectic. On April 2<sup>nd</sup>, the Studebaker and chapter members were at the first annual PB&J Classic at Belmont Park. Congratulations to the U.S. Coast Guard for taking home the win!

It was a gorgeous and fun day so thank you to Matt Weathersby for inviting us and thank you to the members and friends who joined us and helped judge the competition.

Another beautiful day was spent at the Flower Fields in Carlsbad on April 4<sup>th</sup>. Several members and their families joined PVACD for a wagon ride around the fields.

Thank you again to the Flower Fields for donating tickets to PVACD so that we could enjoy lunch and a stunning afternoon with family.

A special shoutout to John Schultz, and Jeff and Natalie McCaffrey for coming into the hospital on Easter Sunday to help feed inpatients and SCI Unit staff!

We hosted a brunch with pancakes, bacon, eggs, and mock-mimosas. Hopefully, everyone left with a full belly... I certainly did!

We have plenty of events coming up as we kick off this summer so keep an eye out on Facebook, the PVACD website, or call the office for more information!

## SCI Center Update

By: Paige Moscone

**Congratulations to Kelli Kaliszewski for being the employee of the month for February!!!!**

Kelli is so dedicated to making rec therapy happen every day and week and ensuring patients take the opportunity to explore the things they thought they'd never do.

Kelli brightens up the vets and the nurses' day. Not only does she bring coffee, but she has a great attitude. She is awesome.

Kelli always gives her 100% and is passionate about the work she does. Our SCI unit is truly blessed to have her as one of our recreational therapists!

**Congratulations to DeShawn Knight for being the employee of the month for March!!!!**

Absolutely a pleasure to work with! Always willing to jump into anything we need. Also is a great self-starter and takes the initiative to fix what's wrong.

Very thorough with his work. Great attitude. Always positive and goes above and beyond.

DeShawn does an awesome job on our unit, always has a great attitude, and goes above and beyond when we ask for help, even with responsibilities that do not fall under him.





# EVENTS CALENDAR - JUNE 2023



If you have any further questions or would like to register for, or volunteer at any of our upcoming events, please feel free to stop by our office or call us at 858-450-1443.

For the most current information about our chapter and about Paralyzed Veterans of America in general, please visit:

<http://caldiegopva.org>

or, visit us on Facebook at:

<https://www.facebook.com/pvacaldiego/>

**PVACD Board of Directors Meeting**  
 Good Samaritan Episcopal Church  
 11:00am - 1:00pm

**June 8**

**Family Catfishing**  
 Santee Lakes - Lake 2  
 5:30pm - 8:00pm

**June 8**

**PVACD Summer BBQ**  
 Santee Lakes - Lake 2  
 11:30am - 1:30pm

**June 10**

**Deep Sea Fishing**  
 Point Loma Sportfishing  
 8:00am - 2:00pm

**June 21**

**RC Cars & Trucks**  
 Nobel Athletic Fields - San Diego  
 11:30am - 1:30pm

**June 28**



**Paralyzed Veterans of America**

**Cal-Diego Chapter**



# Ticket Reimbursement Program

The Ticket Reimbursement Program is available for members. Receive \$150.00 annually from PVA, Cal-Diego Chapter for attending fun events such as: Museums, Padres Games, SeaWorld, Plays, Movies, & Concerts. It's important to get out! Please submit your original ticket stubs (showing dollar amount) to PVA, Cal-Diego Chapter for reimbursement of up to \$75.00 for the six-month period of January 1, 2023 - June 30, 2023.

## Donation Form - We Thank You



*Please take this chance to give back to the Programs & People at PVA, Cal-Diego Chapter.*

*Your valued donations will help support local programs, activities, and events that directly and positively impact our members and their families, making their lives active and enjoyable.*

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Phone: \_\_\_\_\_

Donation Amount: \$ \_\_\_\_\_

We gladly accept Checks, Money Orders, & Credit Cards

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## 2023 San Diego SCI Symposium

*Story & Photos by: Steve Shelden*

Focusing on the latest in research and technology for spinal cord injury, the 2023 San Diego Spinal Cord Injury Symposium took place on March 31, 2023, held at the UCSD Faculty Club.

Sponsored by Paralyzed Veterans of America, Cal-Diego Chapter, VA San Diego Healthcare System and UCSD Department of Neurosciences, this Spinal Cord Injury Symposium has become an annual event bringing together researchers, clinicians, patients, caregivers and other stakeholders where cutting-edge research and clinical practice are discussed and disseminated. The intended outcome is a three-way exchange among and between biomedical researchers, healthcare professionals and the patient community.

Some of the topics examined this year were:

- 1) Regeneration of Corticospinal Tract
- 2) Accelerating Wound Healing
- 3) Regenerative Heterogeneity
- 4) Aging with SCI
- 5) SCI Nursing Best Practices
- 6) Adaptive Drag Car Exhibit
- 7) Adaptive Disc Golf

*Symposium continued on  
Page 21...*



PARALYZED VETERANS OF AMERICA, CAL-DIEGO CHAPTER





*SCI Symposium continued from Page 21...*

Story & Photos by: Steve Shelden

This year, we were very fortunate to have garnered the involvement from top spinal cord injury researchers and medical professionals to deliver the latest information regarding the advances as well as the obstacles that have been in the forefront over this last year.

Our goal was to create a forum for the free exchange of ideas in order to advance our common goal... to improve the quality of life for those with spinal cord injuries or dysfunction.

Our distinguished guest speakers this year included:

- 1) Henry York, M.D.
- 2) Binhai Zheng, Ph.D.
- 3) Paul Lu, Ph.D.

- 4) Yimin Zou, Ph.D.
- 5) Hugo Kim Ph.D.
- 6) Rick Lieber Ph.D.
- 7) Angela Weir, RN, CCRN
- 8) Tracy Leal, RN
- 9) Sean Peterson
- 10) Jillian Clark, Ph.D.
- 11) Barbra La Plante, Consultant
- 12) Sara Kate Frye, OTD

For more information on how you can become involved in next year's San Diego SCI Symposium, please contact [henry.York@va.gov](mailto:henry.York@va.gov) or [info@caldiegopva.org](mailto:info@caldiegopva.org) or visit <https://www.sandiegoscisymposium.com>







## 2023 Armed Forces PB&J Classic

*Story & Photos by: Steve Shelden*

On Sunday, April 2nd, 2023, in celebration of National Peanut Butter and Jelly Day... the first annual "Armed Forces PB&J Classic," sandwich eating contest in front of the historic Belmont Park roller coaster in Mission Beach took place. This event was sponsored by the JellyBear Jelly Company, LLC.

Teams of 2 representing the Navy, Air Force, Marines, and Coast Guard, faced-off to see which branch of service earned bragging rights for the year and have their names forever memorialized on the "Legendary Peanut Butter Cup" perpetual trophy. The goal was to raise funds from the public sale of a custom made, 1.5" commemorative limited edition lapel pin with proceeds going directly to Paralyzed Veterans of America, Cal-Diego Chapter. This

was a good old fashioned peanut butter and jelly sandwich eating competition between active duty service members from four branches of the U.S. Armed Forces.

During the 10-minute competition, the Coast Guard team of Kinley Url, along with her fellow guardsman MEC Anthony Passmore, devoured a total of 15 Peanut Butter & Jelly sandwiches to take home this year's Title. A big "Thank You" goes out to our sponsor for this year's event... Escondido based JellyBear Jelly Company.

Representing Paralyzed Veterans of America, Cal-Diego Chapter and acting as Event Umpires were Al Kovach, Jr., Angela Ballantyne and Dave Deavenport.









# 2023

Veterans Employment Committee of San Diego

## JOB & RESOURCE FAIR

PRESENTED BY:



OPEN TO THE PUBLIC

Wednesday,  
**JUNE 21ST**  
11:00A-2:00P



SAN DIEGO PUBLIC LIBRARY  
330 PARK BLVD SAN DIEGO, CA

The Job Fair will be located on the 9th floor-Shiley Room

SCAN ME 



TO REGISTER



## If Dave Can Do It...

Story by: Steve Shelden & Dave Smith - Photos by: Steve Shelden

Over this last decade I've had the honor of both meeting and working alongside many of our disabled veterans in the San Diego area... Dave Smith was one of those veterans. I think from the first day I met Dave I was completely in awe. Dave was a high-level quadriplegic, with virtually no control of his bodily functions and movements from his shoulders down. No other way to say it... but Dave was literally a head in a wheelchair. Where many might have found this condition intolerable to say the least, I never heard a complaint once in the decade I've known Dave. Dave was a problem solver at heart, and if Dave needed to come up with a solution to help him navigate his world, he did. Whether Dave needed to design or fabricate a customized piece of hardware to make his life a little bit easier, he found a way to accomplish this.

Dave's vigor for participation in activities was all inclusive. Whether it be a fishing trip, or Bocce Ball, judging at a car show, or volunteering at a local high school presentation... Dave was first to speak up and show up. Dave became my "yardstick." More often times than not, I as well as many of our PVA, Cal-Diego members found ourselves thinking... "If Dave can do it, we can do it." Dave was truly a "Never say Never" kind of man. Dave is no longer with us, but in his wake he leaves behind countless students, veterans, friends, and neighbors who will always be thankful for the way he touched our lives.

**The following is a biography written by Dave himself. I think perhaps he is the best in providing insight into the years of his life.**

*"I am a medically retired Navy Electronics Technician Chief as a result of an off-road vehicle accident in October 1994. The resulting spinal cord injury is labeled as "C4 complete" which pretty much means I'm paralyzed from the shoulders down. I spent just over 2 months on life support with the ventilator breathing for me and wore a halo which basically means I had my head bolted to my shoulders for approximately 7 months. At that time my communications were limited to blinking my eyes since there was no mobility and being intubated no ability to talk. Through powers that I do not yet understand (I say God) my sister and I developed a communication system using the alphabet written on 6 lines and I would blink yes, one blink, or no 2 blinks, to each line and then each character so that we could spell out words. To say slow and cumbersome would be a huge complement compared to what we were used to. Being raised with what I call "farm-like mentality" meaning we used what we had to do what was necessary I immediately recognized that there must be a better way which pretty much meant that I must be the person that had been provided the opportunity (necessity is the mother of invention) to help others with disabilities who were not blessed with my mechanical/technical background. Knowing that I wanted to design new interface options for people with restricted mobility i.e. help myself, I started a degree at San Marcos community college in Electromechanical Drafting and Design (that's a lot of fancy words for AutoCAD and understanding of drawing out an idea) my only problem is that it was looking at a computer screen rather than holding up a piece of metal or lumber maybe wire, plastic... it all had to be already designed in your head and I just don't work that way. As I realized that was not going to work I decided to change my major to a Financial Services major at San Diego State University with the idea that I could afford to put a driver on staff and go back to doing things pretty much the way I had in the past.*



*If Dave Can Do It continued from Page 28...*

Story by: Steve Shelden & Dave Smith - Photos by: Steve Shelden

While attending San Diego State my disabled services counselor (Barbara, long since retired) continuously encouraged me to take the general studies class GS 420-Disabilities in Society, but I was interested in my finance studies and put it off until the last semester saying that I did not need a class on being disabled... I lived it. As we went through class on the first day my response to Mendy's question about which disability you would prefer to have I could not help myself but say I would like to be a para because that would be like getting halfback. At that point Mendy stopped the class and came and told me that if I would present to her class she would give me credit for my public service hours. I have presented to the GS 420 class every semester since. Given that my "specialty" was assistive technology, I had the opportunity to present on the same day as Caren Sax and was

invited to present the Assistive Technologies class. Wanting to help I became involved with the Cal Diego chapter of the Paralyzed Veterans of America. I have just stepped down from VP of that organization in order to let someone much younger and more willing to travel to be groomed for our next president. I worked as the Assistive Technologies Advocate for access to independence for a couple of years reporting directly to Louis Frick and definitely hope I can have as much impact on the disabled community as he and some of the other mentors that I have been lucky enough to interact with along the way.

*I am definitely an open book and will answer any questions that you may pose."* Dave Smith



## PARALYZED VETERANS OF AMERICA VEHICLE DONATION PROGRAM


Paralyzed Veterans of America has been on a mission to change lives and build brighter futures for our seriously injured heroes-to empower these brave men and women with what they need to achieve the things they fought for: freedom and independence.


They returned to a grateful nation, but also to a world with few solutions to the challenges they faced. They made a decision not just to live, but to live with dignity as contributors to society. They created Paralyzed Veterans of America, an organization dedicated to veterans service, medical research and civil rights for people with disabilities.

**Have an old car taking up space in your driveway? Donate it to Paralyzed Veterans of America!**

**HOW IT WORKS**

- 

1. Call or complete the online donation form. Our helpful Donor Support Team is available 7 days a week.
- 

2. Schedule your free and convenient pick-up. In most cases, your vehicle can be picked up just about anywhere in the U.S. within 72 hours of completing the donation.
- 

3. Receive a donation receipt. That's it! Vehicle donations are tax-deductible. You'll receive a donation receipt within 30 days of the sale of the vehicle.

Call 1-877-900-VETS (8387) or visit <https://pva.careasy.org/HOME.html> today for more information.

## Social Media

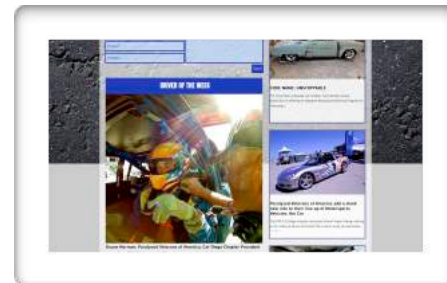
The best way to get the latest, most up-to-date information on all things related to programs and activities sponsored by the Paralyzed Veterans of America, Cal-Diego Chapter is to explore all 4 of our websites listed to the right.

These sites are updated on a continual basis, so please check back often in order to make sure you don't miss any of the exciting and greatly varied program and recreational activities coming up over the months ahead.

To show your support, please make sure you click the "Like" button when visiting our Facebook pages.



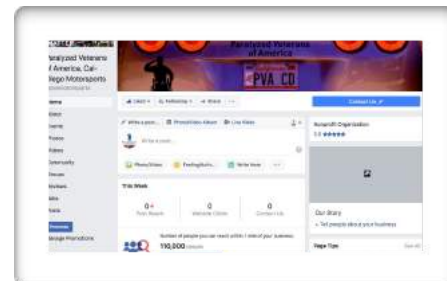
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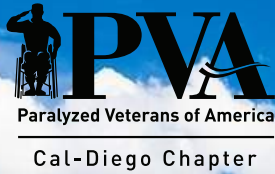
## PVA, Cal-Diego Chapter Birthdays - May/June 2023

Anthony Leonardi	Charles D. Romero	John W. Pou
Hilda Fox	Johnnie B. Booth	Daniel M. Litzenberg
John A. Martin	Mark I. Maghran	Wesley J. Bergin
William L. Striegel	Richard H. Constantine	Chris S. Jensen
Daniel J. Croninn	Amos Davis	Cathy M. Cresser
Shannon L. Snowhill	Lawrence W. Ward	Anthony P. Mezzadri
Dwight Odmark	Peter Cieslewski	William T. Kafka
Ronald D. Costa	Timothy P. Curtner	Lucy A. Pollard
Liam P. Ballantyne	Ildefonso L. Alamo	Michael A. Foster
William N. Hawks	Jeffrey D. Dlapa	William B. Ray
Tom F. Gunn	Gregory D. Stickney	John D. Martin
Howard Boyer	Debra Linder	Michael G. Beuoy
Gregory F. Smith	Richard P. Haynie	Michael C. Brown
Michael L. Jackson	William K. Smith	Jhoonar A. Barrera
Norman D. Giffin	John E. Wagner	John M. Woodson
Doug Ebersole	William J. England	Darren G. Westervelt
Moses J. Burke	Debra Giannini	Lani R. Dagley
Greg J. Roderick	George Ivie	Faraj A. Haddad
David O. Greta	Pernell M. Cooper	Miguel A. Sarellano
Efrain Davila	Jessy J. Ybarra	Howell H. Smith
Riley J. Barney	Edmund S. Simpliciano	Colin T. Anning
Barry J. Flynn	Dion V. Long	Isaac P. Lopez
John J. Addario	Anita N. Herron	

## Become A Volunteer Today!

*Give back to the Programs & People at PVA, Cal-Diego Chapter.*

*Call our office at 858-450-1443 today to find out how you can best support our local programs, activities, and events that directly and positively impact our members and their families. We need you!*



**8**  
JUNE  
2023



## PVA, CAL-DIEGO FAMILY FISHING

OPEN TO ALL PVA, CAL-DIEGO MEMBERS

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**WHERE:**

**SANTEE LAKES RECREATION PRESERVE  
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SANTEE, CA 92071**

**WHEN:**

**THURSDAY - JUNE 8, 2023  
5:30PM - 8:00PM**

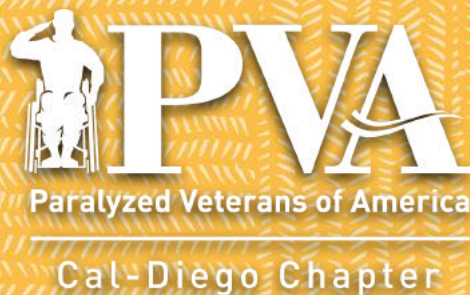
**ALL EQUIPMENT PROVIDED**

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JUNE  
**10**



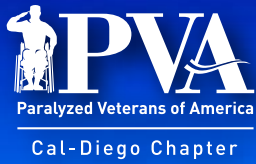
## Santee Lakes Recreation Preserve

9310 Fanita Parkway, Lake 2 (West Side) Santee, CA 92071  
**11:30am - 1:30pm**

Paralyzed Veterans of America, Cal-Diego Chapter is pleased to invite you to our SUMMER BBQ PICNIC being held June 10, 2023 at beautiful Santee Lakes! Please bring your entire family & friends to this wonderful event. We will be providing plenty of Great Food, Entertainment, Surprises, Games & Prizes... so just bring your appetite, as well as blankets & chairs and a desire to have a fantastic afternoon at the lake with your fellow chapter members! What a great way to start the summer off right!

**Please call the office today at 858-450-1443 or email to the address below for reservations or more information.**

**INFO@CALDIEGOPVA.ORG**



21  
JUNE  
2023

# POINT LOMA *Sportfishing*



## PVA, CAL-DIEGO FISHING TRIP

OPEN TO ALL PVA, CAL-DIEGO MEMBERS  
(ADVANCE RESERVATIONS REQUIRED BY 6/14/23)

[WWW.CALDIEGOPVA.ORG](http://WWW.CALDIEGOPVA.ORG)  
858-450-1443

WHERE:  
POINT LOMA SPORTFISHING LANDING  
1403 SCOTT STREET  
SAN DIEGO, CA 92106

WHEN:  
WEDNESDAY, JUNE 21, 2023  
8:00AM - 2:00PM  
(MUST ARRIVE 1 HR. EARLY AT 7:00AM SHARP)

HOW MUCH:  
NO CHARGE - FREE EVENT - LIMITED SPACE  
(ADVANCE RESERVATIONS REQUIRED BY 6/14/23)

# AN HONOR: Serving our veterans



MobilityWorks considers it a privilege to help our nation's veterans. In the last decade alone, we've assisted thousands of veterans obtain accessible vehicles, scooter lifts and adaptive driving equipment.

MobilityWorks has more than 90 locations across the country with the largest selection of accessible vehicles and adaptive solutions:

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- The latest in adaptive technology including transfer and turning seats, scooter lifts and hand controls
- Complete maintenance and service on adaptive driving equipment, lifts and conversions
- Daily, weekly and long term rental vans
- Financing options to fit your personal needs
- 24-hour roadside assistance with wheelchair transportation

MobilityWorks is committed to serving you. Contact us today so we can evaluate your needs and find a solution that best fits your lifestyle.



Certified Mobility Consultants Provide Comprehensive Needs Analysis



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# Getting Paralyzed Veterans Walking Again with Indego®

New VA Program offers eligible veterans an Indego® Exoskeleton at no cost.



## What is Indego?

**A robotic device that enables veterans to walk again.**

Indego is an FDA-approved exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries to stand and walk, offering a new level of independence.

Indego can currently be used with spinal cord injury levels of T3 to L5 in community or home settings. The device offers:

- Lightweight, modular design
- Slim profile compatible with most wheelchairs
- Rapid setup and breakdown for easy transportation
- Can be used with forearm crutches or walker



Contact us today to find out if you are eligible to receive an Indego exoskeleton

**Email:** [support.indego@parker.com](mailto:support.indego@parker.com)

**Phone:** 844-846-3346





## We Salute You.

*A very special thank you to all of our donors who continue to make the programs at PVA, Cal-Diego Chapter thrive and grow.*

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PARALYZED VETERANS OF AMERICA, CAL-DIEGO CHAPTER

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