

# BEACHCOMBER



A Bi-Monthly Newsletter

January and February 2024

## President's Message

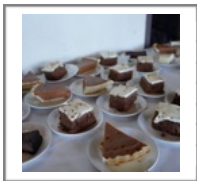
Checking in with PVACD Chapter President for all the latest information and developments at PVA.

Page 4

## Holiday Party

Check out photos from our outpatient Holiday Party!

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## On the Cover

On the cover this month we feature a shot by Paige Moscone, taken at our recent Holiday Party! Keep an eye out for more holiday photos!

## Fall Festival



Thank you to everyone who braved the rain!

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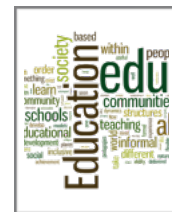
## News from The Hill

Wayne Landon keeps us apprised of the latest developments from the legislative perspective.

Page 10

## SCI Education Series

Timely and vital information on SCI Healthcare.



## Town Hall with Dr. York

By: Paige Moscone

Happy New Year! As we kick off 2024, we thought you might have a question or two about what to expect going forward with the Spinal Cord Injury Unit and upcoming building announcements. Dr. Henry York, Chief of SCI, as well as other members of his team have graciously agreed to host a Town Hall for our members on February 2<sup>nd</sup> at 1pm.

This is an opportunity for PVACD members to talk with SCI Unit Leadership about veteran care, address questions or concerns, and get insight into what 2024 holds for us. Moderated by our own Al Kovach, we will take pre-questions and hear from several individuals about the SCI Unit in a presentation as well as give a chapter update about programs and events that we have coming up.

This meeting will be head on Zoom and will be recorded and made available online. If you are interested in joining the Zoom call, please call or email the office at (858) 450-1443 and [info@caldiegopva.org](mailto:info@caldiegopva.org) to RSVP.

Hope to see you there!

# Board Members & Office Staff

*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*

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**RELATIONS DIRECTOR**

Wayne Landon

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**DIRECTOR**

**SPECIAL PROJECTS**

**COORDINATOR**

Paige Moscone

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CAL-DIEGO CHAPTER**

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**HEALTH & REPAIR SERVICES**

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Wheelchair Repair

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San Diego, CA 92161

Office: (858) 552-7519

Service Officer: Christian Alvarez

**PVA SERVICE OFFICE: MISSION VALLEY**

VA Regional Center 8810 Rio San Diego Dr. Ste. 1121

San Diego, CA 92108

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(800) 795-3586

FAX: (619) 400-0072

Service Officer - Robert C. Kamei

Secretary - Samantha Galliher

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**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.**

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**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.



## In This Issue...

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Photos Taken By: Steve Shelden



## President's Message

By: Brian DeLaney

It seems like the common thread when talking to people is pure amazement that it is 2024 already and comments as to where did 2023 go? I have noticed as my age has advanced that years tend to zip by with ever increasing speed. I know I'm not that old but try telling my body that...

As always it was great seeing so many of you at the Holiday Party in December! I think it was one of the largest turnouts I've seen since being a member. It was a good way to close out a challenging year for just about everyone. Thanks to all the volunteers, Rec Therapy, and staff that helped serve the in-patients and staff during the in-patient holiday meal provided by the Chapter! 2023 did have some other good points for the Chapter – RC program continues to thrive and will be even more robust with the addition of RC "Crawlers" and custom made courses; two deep sea fishing trips; the second Spinal Cord Injury Symposium; the first Financial Betterment Series; Unstoppable made its first runs at Barona Drags; and construction continued non-stop

on the new SCI Center and parking garages. The new center is still on track to open at the end of the year – everyone knock on wood...

I am very excited at the prospect of possibly bringing the RC Crawler program to the in-patients! In theory, we would have a track that can be set up in the dining room, day room or multi-purpose room. The RC crawler could then be checked out from the office or Rec Therapy. The potential benefits of that program to our members when in-patient and for new members in rehab should make for even better relations between us and the SCIU and increased member participation. This is still in the beginning stages of coordination but I like the way this is headed.

As 2024 gets rolling, if you have any ideas on something you would like to do or things we could do to help our members, please do not hesitate to stop by the office, call, email, write a letter, anything – we would love to hear from you. In the meantime please take care of yourselves. Be safe. Be sane. Happy New Year!





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## Executive Director's Message

*By: Peter Ballantyne*

Ring out the old and ring in the new. Yes, the bells you are hearing clang on both sides of the sound bow.

Reflecting on 2023, it was an interesting year. Many opportunities re-opened for us to get together, return to more face-to-face events, offering more support to members and friends and continuing to expand services and events. Our work to enhance the quality of life for our veterans is unwavering as we continue to provide information, advocacy, education, recreation, fellowship and above all—hope! Our members continue to amaze us as they adapt and demonstrate the ability to overcome any obstacle.

In this past year, Steve Shelden retired from his position as communications guru and Cal-Diego enthusiast. Steve started working with me about seven months into my tenure here and has been an invaluable help in promoting our programs and helping members. Some of you may know that he started working with Duane and the Motorsports program before I was hired in 2012. Steve took the newsletter to new heights—at any meeting of our national chapters, the newsletter was a point of discussion. It is truly the standard that all other attempt to achieve. And he did much more than just the newsletter—his photos were always beautiful and told a story unto themselves; the web site and social media platforms were always fresh and interesting. Many members counted on receiving information this way during the pandemic. His enthusiasm for each and every program and event was constant and did not wane. Thank you, Steve, for all your help and work over the years.

In 2023, the Veterans Day look was different. The parade, which San Diego decided should be held on 12 NOV, was not on our list this year. Our Freedom Festival was seriously curtailed by the Port of SD—no more cars allowed. Yet the cost to be near the parade was the same. Instead, we worked with SD Fleet Week and had a both on 11 NOV on the Broadway Pier. Our pivot from Freedom Festival was to our first annual Fall Family Festival, held on 19 NOV at Santee Lake #5. We already had a relationship with the Lakes, and Paige innovated and developed this event from the ground up. We were so pleased with the resulting family event that we will look to have this on our schedule every year. Community support from several vendors was also a nice bonus. Thanks go to Golden Boy Mobility for providing the grill-masters Sean and John as well as the food there. We appreciate their support.

We are also very thankful to all our supporters. At the end of the year, we received several wonderful gifts from members, family and friends. I especially want to thank Easterday Family Foundation, North Coast Corvettes, San Diego Festival of the Arts Foundation, Diane Johnson, Operation Desert Fun and our volunteers. With this support, we are 'Unstoppable', like our 1950 Studebaker. I hope you know how grateful we are as staff to be part of this group.

Please stay tuned as we look to bring you more information, advocacy, recreation, fun and fellowship in 2024!



# PVA, Cal-Diego RC Club

Remote Control Cars and Crawlers



**January 24th, 2024**

11:30am- 1:30pm

Nobel Athletic Fields and Recreation Center

8818 Judicial Drive, San Diego, CA 92122

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

Call 858-450-1443 for more information or to RSVP

## Allow Us to Introduce: Jacob Spivey, Future NSO

*By: Peter Ballantyne, Executive Director*

At the mid-year national PVA Board of Directors meeting in Orlando on October 2023, I shared a table in the large meeting room with Louis Irvin, our Cal-Diego national director, and Jacob Spivey, our Secretary on the Cal-Diego Board of Directors. This meeting, one of two each year in which the business of our national organization takes place, is informative, if not a bit overwhelming. This was Jacob's first look at the national group of leaders and the issues that face members across the nation. One of the constant topics that arises is the need for effective national service officers (NSO), and we hear of the vacancies across the country. A position had just opened up here in San Diego, and recruitment for filling this was just starting.

Many of you know that Louis was an NSO a few years back, and has also served in many chapter roles, here in San Diego, as well as when he moved to Florida. He also served at the highest levels of the national office in Washington, D.C. I met Louis in 2012 at a national meeting, being introduced by Jim Russell, who was our Cal-Diego national director at that time. Louis had several helpful ideas for us here in San Diego, even though he was in Florida at that time. It was clear that he was invested in the success of all of PVA, their chapters and the members.

During one of the breaks at the convention in Orlando, and with Jacob sitting between us, Louis leaned over and mentioned to Jacob that he should consider submitting an application for the open NSO position in San Diego. It was clear to Louis

that Jacob was also invested in the bigger picture of helping all of the Cal-Diego members. And the he was soaking up the environment that surrounded the business of our national organization. And, truth be told, there are many diverse characters that represent the chapters from around our nation. Jacob was attentive, observant and took to heart the many topics that were being discussed as they related to our paralyzed veterans on a national level as well as locally.

And let is also be known that Louis, as an NSO, was known as a bulldog for the rights and earned benefits of the veterans who he represented. He credits his mentor, Bud Rollison, for instilling in him the attitude to fight and scrape for every possible advantage for each individual.

Jacob had many questions for the two of us. As we answered them, and offered our support, it seemed like Jacob gained interest.

Upon returning to San Diego, and considering this opportunity, Jacob started the application process. Needing a current resume, he drew a sketch of his experiences and then worked with Paige, in our office, to create an up-to-date and very effective resume.

And yes, he did apply for this position.



*NSO News continued from Page 8...*

After a couple of interviews, in which he obviously was prepared and did very well, Jacob was offered the position, and will start his apprenticeship on 15 JAN. We are really proud of Jacob in attaining this position, and will continue to support him—although I think in a very short span of time, he will reach a point where his knowledge and skill will vastly surpass any help we would be able to offer.

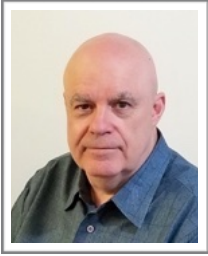
Now the down side to this is that Jacob was a rising star in the structure of our chapter. He was our Secretary on the Board of Directors, our Hospital Liaison, and was intimately involved in the processes of making sure our members were getting top-notch care on the acute care health side of the SCI unit, as well as having fun with the programs offered at Cal-Diego. While I suspect he will continue to advocate for all this on a grander scale, we will miss him as that rising leader at the chapter level.

And that leave a position open on the Board of Directors for anyone that has an interest in helping out our members at the chapter level. We are currently recruiting for anyone interested in serving our greater membership—just let me or Paige know!

Of course, with the spot open, we are having fun pointing the finger at Peter, Paige and Louis for ‘helping too much’ and pushing Jacob to get that position. This is mostly because we will miss his valuable input and contributions on the chapter level. Yet we know he will be helping our members on a much higher level, and we will be there to help him, and cheer him on, all the way.



## Government Relations



By: *Wayne Landon*

### **San Diego - FY 2025 City Council Budget Priorities**

Eight Councilmembers expressed support for various projects that have specific ADA improvement components to them, many of which

were within either parks or the City's right-of-way. This includes removing barriers and adding access in parks, recreation facilities, street intersections, sidewalks, curb ramps, and accessible parking spaces. In addition to the specific projects with 14 significant ADA components, five Councilmembers expressed support for the prioritization of funding to address the current backlog of ADA Transition and Complaint projects. These are projects that have been identified by the Office of ADA Compliance and Accessibility within the Sustainability and Mobility Department, and for which funding has not yet been allocated and the sites are not part of another CIP project. Three Councilmembers also expressed support for additional positions for the Office of ADA Compliance and Accessibility to oversee the projects and maintain these lists.

### **Justice For ALS Veterans Act**

The House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs marked up several pieces of legislation, including the Justice for ALS Veterans Act (H.R. 3790). This legislation would provide eligible survivors of veterans who died of service-connected ALS the additional monthly Dependency and Indemnity Compensation (DIC) benefit typically known as the DIC kicker. The next step is for the full committee to consider the legislation.

### **Access to Modern Assistive Devices**

Advancements in technology can provide life-changing options for veterans with spinal cord injuries and disorders (SCI/D) and a small group of

Representatives want to make sure VA properly evaluates those who are clinically eligible for modern assistive devices that promote independence and mobility. H.R. 6373, the Veterans Spinal Trauma Access to New Devices Act (Veterans STAND Act), which was introduced by Representative Jack Bergman (R-MI) and three other members, codifies the requirement that VA offer SCI/D veterans an annual assessment focused on their spinal health. It then takes steps to improve this program by requiring the department to actively conduct outreach to SCI/D veterans on the benefits of having such an annual evaluation and ensuring that consideration of assistive technologies, like personal exoskeleton devices, are part of these assessments.

The Veterans STAND Act also directs VA to consult with assistance device experts when developing or changing relevant guidance, and requires biennial reports to Congress on the extent to which veterans are being prescribed and are using personal exoskeletons issued by the VA. The bill does not alter the Veterans Health Administration's current guidelines on how veterans are assessed for assistive devices, but it helps ensure SCI/D veterans are given the opportunity to be legitimately evaluated for these life-changing technologies.

### **HISA Bill Introduced in the Senate**

Recently introduced legislation in the Senate that would help disabled veterans and their families make accessibility and safety improvements to their homes. S. 3290, the Autonomy for Disabled Veterans Act, seeks to establish a single grant rate of \$9,000 for VA's Home Improvements and Structural Alterations (HISA) grant program, and then tie that rate to the same index the department's other home modification programs use to calculate annual inflation-related increases. The new rate would be provided to future grant applicants and be payable regardless of the disability status (service connected or not).

Currently, the lifetime HISA grant benefit is worth up to \$6,800 for veterans who need a housing modification due to a service-connected condition. Veterans who rate 50 percent service-connected may receive the same amount even if a modification is needed due to a non-service-connected disability. Veterans who are not service-connected but are enrolled in the VA health care system can receive up to \$2,000. These rates have not changed since Congress last adjusted them in 2010, even though the cost of home modifications has risen nearly 50 percent since that time. Years of inattention have diminished the effectiveness of this program, and it is long past time to update grant rates to realistic levels.

### **AB 545 (Pellerin), Ensuring In-Person Accessible Voting for All**

Governor Newsom has signed AB 545 (Pellerin) into law. This legislation brings improvements to voting accessibility, with a particular focus on curbside voting. Key provisions of AB 545 include mandatory curbside voting, readily available handheld magnifiers, and signature guides at all voting locations across the state. These measures are designed to remove barriers that voters with disabilities often face when exercising their right to vote.

This legislation builds on California's commitment to accessible voting by instituting uniform standards

at voting locations statewide and removing unnecessary barriers to voting. It reinforces California's commitment to upholding the principles of equal access and representation for all voters. AB 545 will go into effect on January 1, 2024.

### **Google Accessibility Enhancements**

Google is looking to make it easier for people with disabilities to interact with the world around them. Maps will offer wheelchair-accessible walking routes. Much like the program already allows users to find step-free transit routes, users can now ask the app to generate walking directions free from stairs by toggling on "wheelchair-accessible" under route options.

Not only is this helpful for people who use wheelchairs, but it's also useful for people traveling with things like luggage or strollers.

In addition, the company is now allowing businesses to identify themselves in their Google profile as being owned by a person with a disability. This information will be displayed in listings within search and map results.

### **PVAction Force**

**Let Your Voice Be Heard – Your Actions Today Determine Your Quality-of-Care Tomorrow.**



# EVENTS CALENDAR - JANUARY 2024



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

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

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

Or visit us on Facebook at:

[www.facebook.com/pvacaldiego/](https://www.facebook.com/pvacaldiego/)

## PVACD Board of Directors Meeting

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January 11th, 2024

11:00am- 1:00pm

SDSU Aztec Recreational Center

## RC Cars and Trucks

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January 24th, 2024

11:30am-1:30m

Nobel Athletic Fields - San Diego

## Trout Fishing

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January 29th, 2024

8am- 12pm

Santee Lakes

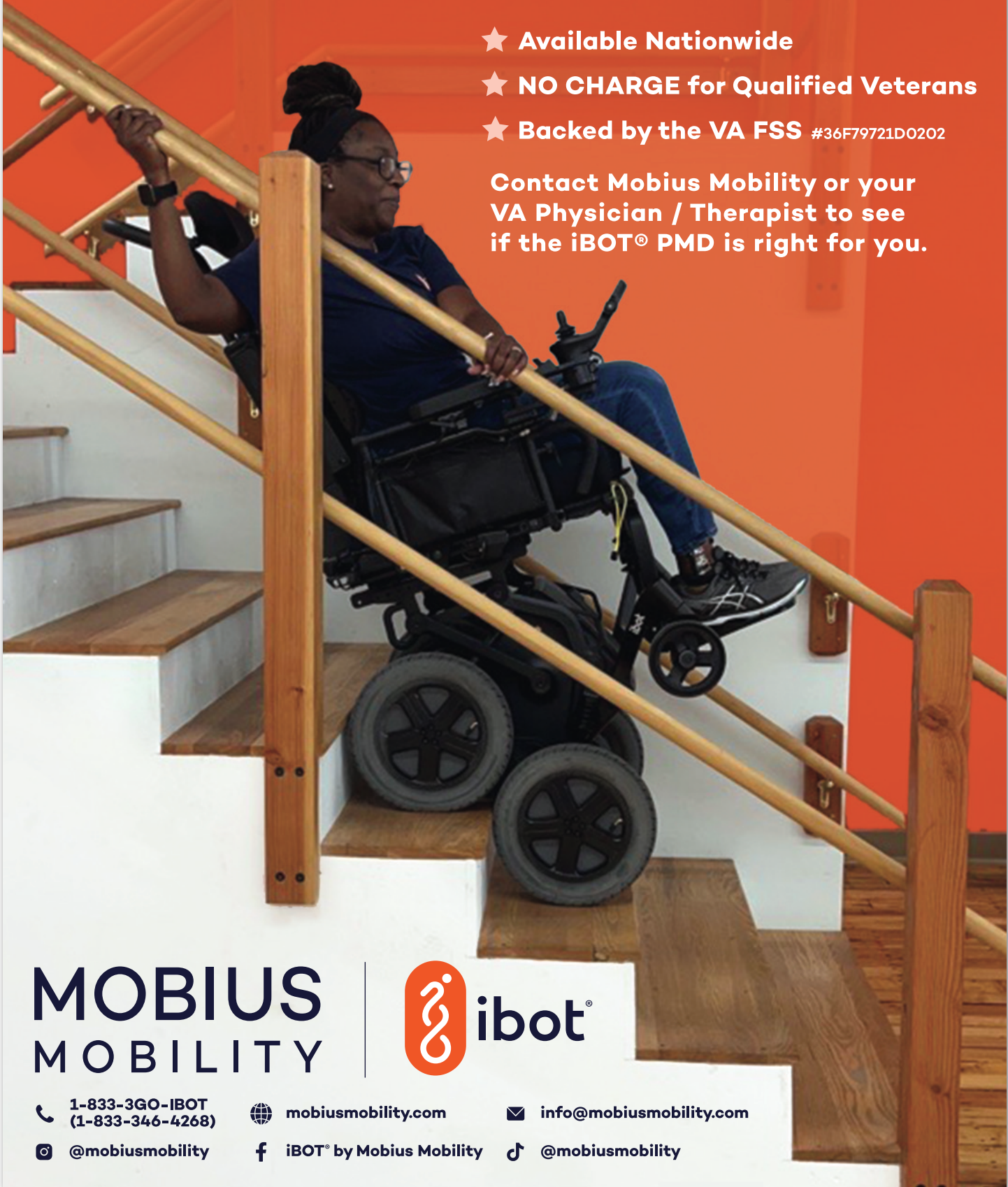


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## Fall Festival

*Story By: Paige Moscone, Photos by: Steve Shelden*

Despite the weather not playing ball in the early stages of prep for the Fall Festival, PVACD members, families and friends of the organization were able to make the best of it and enjoy a great day at the lakes! This was our first annual Fall Festival and was a fundraising opportunity for the chapter. This fundraiser was open to the public and our way of kickstarting the holiday season and an outreach opportunity before the mayhem of Thanksgiving.

We were supported by GoldenBoy Mobility who sponsored the food and beverages. Sean and Johnnie made a great pair of Grill Masters! North Coast Vettes also provided a fleet of Corvettes which were a must-see attraction at our Fall Festival. Santee Lakes hosted us on the north end of lake 5 and we could not have had a better location! The team at Santee Lakes were more than willing to help and accommodate to meet our accessibility needs. We were lucky to have volunteers from Maxim Healthcare and Santana High School to help us set up in the morning. Another big shout out to our sponsors: SDG&E, Jellybean Jelly, Maxim Healthcare and Quik Stik!

We didn't just have great burgers and dogs, we had tasty treats, hot apple cider, games and activities, and excellent company! Our adapted 1950 Studebaker Champion made an appearance and was giving ride-alongs around the Lakes! We had pumpkin painting for the kids, raffle items to win, and with such a picturesque location, the whole day was a Kodak moment. Thank you to everyone who joined us at this event! We hope to make this a regular PVACD event so if you missed it last year, keep an eye out for information about it this year.



Photos Taken By: Steve Shelden



## SCI Unit Employee of the Month - Congratulations!

### November - Edna Spicer

- "Edna is always willing to help and goes above and beyond for all the patients. Even when they're not assigned to her. I love working with her because I know our patients will be well taken care of."
- "Edna always takes initiative and steps into her role without being asked. She's a model employee for our unit."
- "Edna goes above and beyond to help the team! I appreciate her offer for help when it's not her patient."

### December - Hayley Howells

- "Hayley is so patient when educating nursing staff....most of the time ;)"
- "Anyone can see how much Hayley cares about her patients. She is a great advocate and always strives to provide them with the best care!"
- "Hayley is a team player and her knowledge, skillset, and humor make our unit a better place!"



## Holiday Party

*Story by: Peter Ballantyne, Photos by: Paige Moscone*

Our annual PVA Cal-Diego Holiday Luncheon was a wonderful time to share the warmth and spirit of our holiday season at the Holiday Party in December. Seeing all of the smiling faces and enjoying the beautiful day, delicious food and fun conversations together was really a joy that is reflective of our renewed energy and focus on being with friends—a festive opportunity to be with each other, for sure.

The Admiral Baker Clubhouse was once again our venue for lunch, with amazing food and many dessert treats. We are thankful for their excellent service and lovely venue, as well as the roped off parking!

You probably noticed the Studebaker, “Unstoppable”, on the way in to the clubhouse. Justin Ashbaugh has been working diligently on preparing the car for us, and for the upcoming race season. We are thankful to Wayne Landon for arranging the virtual visit from congress member Mike Levin, CA 49. Mr. Levin’s message of unwavering support for our veterans was nice to hear. Wayne’s year-long efforts help keep Cal-Diego at the forefront of bi-partisan advances in care for veterans. Rheanna Downey once again provided the holiday magic through her beautiful singing and guitar playing. It is always a treat to have her visit and share music with us. It should be noted that Rheanna also visited the acute care SCI unit on Christmas Eve and visited our in-patients, singing and playing music for each individual. Music and the holidays just go together—Rheanna makes this special.

We thank all those that attended—this is a busy time of year, and we know that many members make a special effort to attend and visit with friends and family. And I think we can agree that is worth the time and fun to catch up on the happenings of the year and share the good tidings of the season. Our community of members is spread out over all of San Diego. It is nice to reflect on those things that make us special and unique, and of course, the items that bind us together.

We are thankful for involvement of all members, and for those less involved with our programs—please look at ways to be more involved, get more active, especially now that we are back together, face-to-face and having fun.

Please know that we are here for you.  
The members make the organization.  
Please let us know how we can help.

For this new year, we wish you a safe, prosperous and Happy New Year!



PARALYZED VETERANS OF AMERICA, CAL-DIEGO CHAPTER



## EVENTS CALENDAR - FEBRUARY 2024



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

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Or visit us on Facebook at:

[www.facebook.com/pvacaldiego/](https://www.facebook.com/pvacaldiego/)



### Town Hall with Dr. York, Chief of SCI

February 2nd, 2024  
1:00pm - 2:00pm  
Zoom Meeting

### PVACD Board of Directors Meeting

February 8th, 2024  
11:00am-1:00pm  
Good Samaritan Episcopal Church

### Super Bowl In-Patient Party

February 11th, 2024  
12pm  
SCI Unit at VAMC

### Trout Fishing

February 26th, 2024  
8am-12pm  
Santee Lakes

### RC Cars and Trucks

February 28th, 2024  
11:30am-1:30m  
Nobel Athletic Fields - San Diego



## **PVA, Cal-Diego Trout Fishing**

**Open to all PVACD Members and Families!**

### **When:**

Monday, January 29th, 2024  
8am-12pm  
Lunch is on us at Angry Pete Pizza after!

### **Where:**

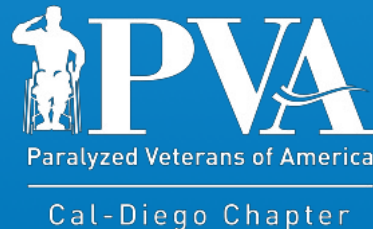
Santee Lakes Recreation Preserve  
9310 Fanita Parkway  
Santee, CA 92071  
Check Facebook for the Lake Number!

ALL EQUIPMENT PROVIDED

**Please Call the Office to RSVP!**

**858-450-1443**

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



# Spinal Cord Injury Patient and Family Education Series

The VA San Diego Healthcare System has classes about Veterans with Spinal Cord Injury /Disorders (SCI/D) for families and caregivers. Classes provide information about SCI to help patients stay active in the community.

<p>Tuesday, January 9, 2024</p> <p><b>Recreation</b> Recreational Therapist</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, January 11, 2024</p> <p><b><u>VA &amp; Community Resources</u></b> Social Worker</p> <p>What do I qualify for; and who can help me apply?</p>	<p>Friday, January 12, 2024</p> <p><b><u>Sexual Health and Reproduction</u></b> Clinical Nurse Specialist</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>Tuesday, January 16, 2024</p> <p><b><u>Transitions and Disasters</u></b> Occupational Therapist</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, January 18, 2024</p> <p><b><u>Pain</u></b> Psychologist</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, January 19, 2024</p> <p><b><u>Healthcare and Aging</u></b> Outpatient Coordinator</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, January 23, 2024</p> <p><b>Psychosocial Adjustment, Mental Health Conditions, Alcohol and Substance Abuse Brain Injury</b> Psychologist</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>Thursday, January 25, 2024</p> <p><b>AutonomicDysreflexia</b> Core SCI-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, January 26, 2024</p> <p><b>Bowel Management</b></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 at SCI Conference Room 1B123.

<p>Tuesday, January 30, 2024</p> <p><b>Anatomy, Physiology, &amp; Research, Respiratory Care, Circulatory System, Medications</b> Providers (MD, PA, NP)</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, February 1, 2024</p> <p><b>Nutrition and Weight</b> Registered Dietitian</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>Friday, February 2, 2023</p> <p><b>Spirituality and SCI</b> 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, February 6, 2024</p> <p><b>Attendant Management and Financial Planning</b> Program Specialist</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, February 8, 2024</p> <p><b>Home Modifications Driver Rehabilitation and Training Employment and Vocational Rehabilitation Your Rights</b> Occupational Therapist</p>	<p>Friday, February 9, 2024</p> <p><b>NO CLASS</b></p>
<p>Tuesday, Feb 13, 2024</p> <p><b>Muscle and Bone Equipment Limb Preservation and Posture</b> Occupational Therapist</p>	<p>Thursday, Feb 15, 2024</p> <p><b>Skin Care and Pressure Injury</b> Wound Care Specialist</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, February 16, 2024</p> <p><b>Bladder Management</b> Urology 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>

# Spinal Cord Injury Patient and Family Education Series

The VA San Diego Healthcare System has classes about Veterans with Spinal Cord Injury/Disorders (SCI/D) for families and caregivers. Classes provide information about SCI to help patients stay active in the community.

**All classes are 12:30PM-1:15PM at SCI Conference Room 1B123.**

<p>Tuesday, February 20, 2024</p> <p><b>Recreation</b> Recreational Therapist</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, February 22, 2024</p> <p><b>VA &amp; Community Resources</b> Social Worker</p> <p><i>What do I qualify for; and who can help me apply?</i></p>	<p>Friday, February 23, 2024</p> <p><b>Sexual Health and Reproduction</b> Clinical Nurse Specialist</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>Tuesday, February 27, 2024</p> <p><b><u>Transitions</u></b> and <b><u>Disasters</u></b> Occupational Therapist</p>	<p>Thursday, February 29, 2024</p> <p><b><u>Pain</u></b> Psychologist</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>	

Call (858) 552-7453 or 1-800-331-VETS (8387) ext. 7453, for future class schedules or for more information. Classes are available via **Televideo** for the SCI/D community, VASDHS outpatients, family members, and caregivers by contacting, SCI Telehealth Coordinator, (858) 642-1194.

# PVA, Cal-Diego RC Club

Remote Control Cars and Crawlers



**February 28th, 2024**

11:30am- 1:30pm

Nobel Athletic Fields and Recreation Center

8818 Judicial Drive, San Diego, CA 92122

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

Call 858-450-1443 for more information or to RSVP



# 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 July 1, 2023 - December 31, 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.*

Name: \_\_\_\_\_

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

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

We gladly accept Checks, Money Orders, & Credit Cards

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3350 La Jolla Village Drive, Suite 1A-118  
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## **PVA, Cal-Diego Trout Fishing**

**Open to all PVACD Members and Families!**

### **When:**

Monday, February 26th, 2024

8am-12pm

Lunch is on us at Angry Pete Pizza after!

### **Where:**

Santee Lakes Recreation Preserve

9310 Fanita Parkway

Santee, CA 92071

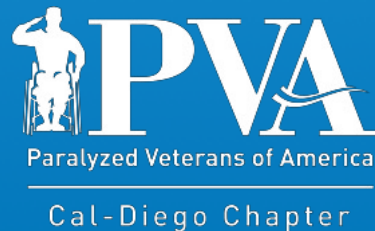
Check Facebook for the Lake Number!

ALL EQUIPMENT PROVIDED

**Please Call the Office to RSVP!**

**858-450-1443**

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



## PVA, Cal-Diego Chapter Birthdays - January / February 2024

Tommie Sullivan	James Dean	Stephen Ryan
Ronald Rasmussen	Jason Wittling	David Charbonnet
Jeffery Scanlon	Joseph Angeles	Martin Elie
Glen Middleton	James Sicard	Steven Seeley
Albert Kovach, Jr.	Steve Yuhas	Brian DeLaney
Ken Bolwyn	Anthony Stewart	Kevin Lemont
David Smith	Reynaldo Corate	Marshall Abbott
Thomas Boyle	David Karle	Devin Willey
Thomas Dahl	Michael Connevey	William McLeroy
Sean Henderson	William Hendrickson	Jesse Rook
Lester Astin	Andrew Robinson	Bernard Timple
Rufus Griffith	Nick King	Sean Godfrey
Gregory Paulsen	Shannon Centman	Harry Bennett
Neil Bly	James Weber	John Adams
Wesley Johnson	Leslie San Jose	Thomas Stottman
Eduardo Paz	Michael Few	Michael Armistead
Ronald Bradford	Valiant Gordon	Rosemarie Fioravante
Jesse Robinson	George Crockett	Rick McCullough
Russell Monroe	Raymond Lopez	Robert Lathrop
Raul Ramirez	Jose Delgado	John Ernst
Jonathon Hickle	Jeri Cassidy	Patricia Martini
David Kulak	Andrea Jarot	Georgeanne Plaza
Daniel Critten	Gilbert Vasquez	Linda Sheridan
Christopher Dabney	Irwin Gisler	Suean McCarty

## 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!*

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## 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.

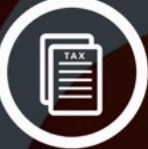
They returned to a grateful nation, but also to a world with few solutions to the challenges they faced. They made a decision not just to live, but to live with dignity as contributors to society. They created Paralyzed Veterans of America, an organization dedicated to veterans service, medical research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

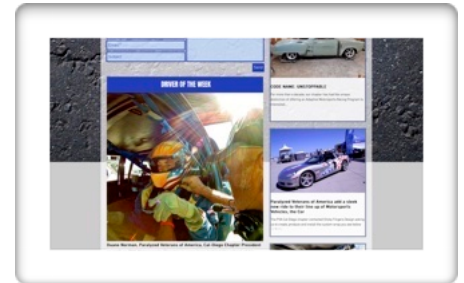
The best way to get the latest, most up-to-date information on all things related to programs and activities sponsored by the Paralyzed Veterans of America, Cal-Diego Chapter is to explore all 4 of our websites listed to the right.

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.



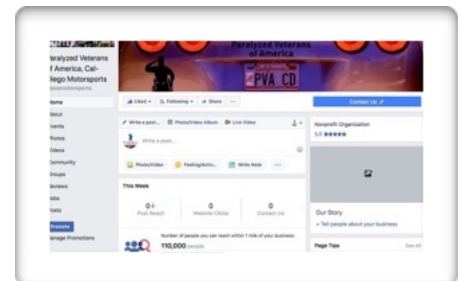
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- Complete maintenance and service on adaptive driving equipment, lifts and conversions
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- Financing options to fit your personal needs
- 24-hour roadside assistance with wheelchair transportation

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



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- 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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