

BEACHCOMBER



A Bi-Monthly Newsletter

Volume 35 - Issue 2 - March/April 2023

President's Message

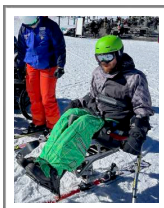
Checking in with Brian DeLaney, our PVACD Chapter President for all the latest information and developments at PVA, Cal-Diego as well as a few personal insights.

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Big Bear Trip

Join us as we head up the mountain for some Winter Sports.

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On the Cover

On the cover this month we feature participants from our recent trip to Big Bear to brush up on a variety of winter sports such as mono-skiing. It was very cold, but tons of fun!

Cover Shot

Disc Golf



Check out all the action at our Disc Golf Camp.

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News from The Hill

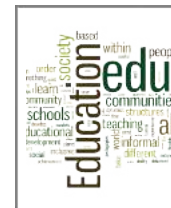
Wayne Landon keeps us apprised of the latest developments from the legislative perspective. Stay up to date on all governmental current affairs and their impact on you.

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SCI Education Series

Timely and vital information on SCI Healthcare.

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Wheelchair Games

Portland, Oregon

By: Steve Shelden

Time to start marking up your calendars and making your travel plans to attend the much awaited 2023 National Veterans Wheelchair Games to be held on July 4-9, 2023 in Portland, Oregon.

The National Veterans Wheelchair Games is co-presented each year by the **Department of Veterans Affairs** and **Paralyzed Veterans of America**.

Both organizations offer programs that help veterans with disabilities increase their independence, health, and quality of life through wheelchair sports and recreation. Veterans are often first exposed to adaptive sports



through their local VA Medical Center or PVA Chapter.

The Local Organizing Committee in Portland, Oregon is working tirelessly to make the Wheelchair Games one to remember. This event is further made possible by the support, time, and expertise of our generous sponsors; our passionate volunteers; and hundreds of VA therapists, physicians, nurses, and PVA Chapter staff from across the country.

We invite you to attend the National Veterans Wheelchair Games as a corporate partner, a spectator, a volunteer, or a participant. Your support will help us make this the most memorable year yet for our athletes and their families.

For more information on the Wheelchair Games, please visit <https://wheelchairgames.org/>

We encourage you to stop by, or call us at 858-450-1443 for all current information about this article or any of our other programs and opportunities. Our offices are located in the SCI Unit at the VA Medical Center in San Diego, and are open Monday-Friday, 8:00am-4:00pm.



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.

<p>PRESIDENT Brian DeLaney</p> <p>VICE PRESIDENT Jeff McCaffrey</p> <p>TREASURER John Pou</p> <p>SECRETARY John Schultz</p> <p>BOARD OF DIRECTORS Bill Palmer Justin Ashbaugh Darius Jones Buddy Wachtstetter Jeff Scanlon</p>	<p>APPOINTMENTS:</p> <p>NATIONAL DIRECTOR John Schultz</p> <p>SPORTS & RECREATION DIRECTOR Brian DeLaney</p> <p>SHOOTING SPORTS DIRECTOR Brian DeLaney</p> <p>FINANCE COMMITTEE Brian DeLaney John Pou Peter Ballantyne Al Kovach, Jr.</p>	<p>HOSPITAL LIAISON Wayne Landon</p> <p>MEMBERSHIP DIRECTOR Bill Palmer</p> <p>MOTORSPORTS DIRECTOR Justin Ashbough</p> <p>VAVS Darius Jones Don Hyslop</p> <p>OFFICE STAFF:</p> <p>EXECUTIVE DIRECTOR Peter Ballantyne</p> <p>GOVERNMENT RELATIONS DIRECTOR Wayne Landon</p>	<p>COMMUNICATIONS DIRECTOR Steve Shelden</p> <p>SPECIAL PROJECTS COORDINATOR Paige Moscone</p> <p>NEWSLETTER EDITOR Steve Shelden</p> <p>PARALYZED VETERANS OF AMERICA, CAL-DIEGO CHAPTER 3350 La Jolla Village Drive #1A-118 San Diego, CA 92161 (858) 450-1443 FAX: (858) 450-1852 E-mail: info@caldiegopva.org www.caldiegopva.org</p>	<p>PVA SERVICE OFFICE VA Regional Center 8810 Rio San Diego Drive Suite 1121 San Diego, CA 92108 (619) 400-5320 (800) 795-3586 FAX: (619) 400-0072</p> <p><i>Service Officers -</i> Robert C. Kamei Eric Meekins <i>Secretary -</i> Samantha Galliher</p> <div style="text-align: right;">  </div>
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A Word from the Editor



Just as we were approaching the publication date of this issue, I received some unwelcome news. Yet another one of our cherished PVA, Cal-Diego Chapter Members is no longer with us. The news of the passing of a close friend or colleague is not an unfamiliar occurrence, but even so, each time it happens it can shake you to your core. As I've grown older, I've realized that in life... all we have

is each other. We rely on each other, trust each other, and in some cases, love each other. Our relationships are what make our lives... "Our Lives." I think with each passing of a friend comes the reminder that we are all mortal and we all have an Expiration Date. My advice to myself is to stop and smell the roses just a bit more often and to make an effort to thank all those that have had an impact on my life and continue to do so. I've heard nothing lasts forever and I guess that might be true. All I know is I'm going to make the most out of every single day and appreciate those around me who mean so much. Godspeed Dave... you will be missed.

If you have questions or comments for the Editor please email:
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

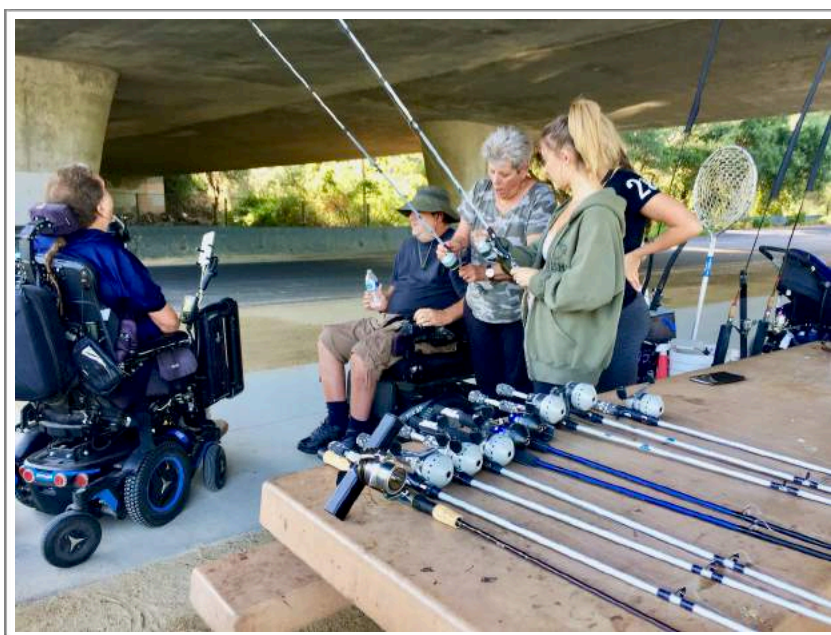
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President's Message



By: Brian DeLaney

Another month has flown by! It seems like last week I was sitting here wondering what I was going to write about. So, if you do read my column, I hope I haven't rambled randomly too much. Regardless,

2023 has the potential to be a great year for the Cal-Diego Chapter! Despite losing part of our heart and soul (and brain) with the passing of Duane Norman, the rest of the Board is busy preparing for all the good things to come. The National Veterans Wheelchair Games is just around the corner in Portland, Oregon the first week of July. A group of veterans went to Big Bear and hit the slopes. The pictures I've seen looks like they had a wonderful time! Our trap shooting event, in honor of Jim and BJ Russell, is on track for mid-March and I encourage anyone interested in trap shooting to check it out. It is a lot of fun and you meet great people as well.

I would like to mention the passing of Tom Fjerstad, the editor of the PN Magazine. Tom passed in January and was a wonderful man and valued member of the organization. Essentially taking PN Magazine on his shoulders, he was editor-in-chief and responsible for making the magazine the resource that it is now. For a full bio and tribute to him and all the things he accomplished, check out the most recent edition of PN Magazine. One of the things I am going to try and focus on is mental health for veterans. The crisis of veteran suicides is real and has been ongoing for years. Too many of our brother and sister veterans feel suicide is the answer and I'm here to say please try some of the many mental health resources available.

I am not ashamed or embarrassed at all to say I have used some of these resource in the past. I do not believe reaching out for help is not weakness. I feel it is actually a strength. To know you can't handle something alone and to seek help is a brave thing to do. You learned to rely on your battle buddy, your shipmates, your air crew, etc. to help you during your service and this is simply a version of that in the civilian world. At the bottom of this column are just a few of the resources available to veterans. There are many others and not just for veterans - the National Caregiver Support line is available Monday through Friday 1-855-260-3274. Sometimes it is easy to focus on our issues and forget about one of the key people in our lives helping us through every day. Before I go off on a tangent, more on caregivers in a future column.

Additionally, the VA recently [announced](#) that veterans in acute suicidal crisis can go to any VA or non-VA health care facility for emergency health care at no cost, including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. The change went into effect on January 17, and veterans do not need to be enrolled in the VA system to use this benefit.

Please help our brothers and sisters in need. If you are worried about someone's mental health, please be proactive but respectful. Those resources are also available to use if you are worried about a friend or family member. I know it is a fine line to walk and I am not one to advise about being careful. I am much more the bull in the china shop. Regardless, please take advantage of them, they are there for you to use!

Until next month, please be safe and take care of yourselves!

Resources for Veterans



U.S. Department of Veterans Affairs



www.MakeTheConnection.net

Veterans and their families share stories of strength and recovery.

WEBSITE: www.MakeTheConnection.net



Discover VA benefits and resources.

PHONE: 1-844-MyVA411 (698-2411)

WEBSITE: www.vets.gov



Counseling, peer support, and other resources at community offices.

PHONE: 1-877-WAR-VETS (927-8387)

WEBSITE: www.vetcenter.va.gov



Crisis support for Veterans, their friends, and families.

PHONE: Dial 988 then Press 1

CHAT: [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/Chat)

TEXT: 838255



Help for Veterans and their families to find and keep safe, stable housing.

PHONE: 1-877-4AID-VET (424-3838)

WEBSITE: www.va.gov/homeless



MOBILITY SOLUTIONS THAT PROVIDE THE FREEDOM TO

GO. BE. LIVE.

We are proud to have been providing mobility solutions to veterans since 1978. Our freedom and independence is important to us. You have defended ours, allow us to help you keep yours by providing you the right mobility solution for your needs. We offer handicap accessible vans, trucks, seating solutions, and driving controls. Meet with a Certified Mobility Specialist to help determine what equipment is right for you.



12130 Dearborn Pl. Poway CA 92064 858-748-9414 www.GoldenBoyMobility.com

Executive Director's Message



By: Peter Ballantyne

Ready for 2023?

Marching into madness, aren't we?
Talking about basketball, of course.

It's always a treat to see the upsets and some of the smaller schools have a chance to shine a bit.

And speaking of baskets, we had a very fun day at Nobel Park with the new disc golf setup. Our setup. The national PVA office, working with a VA grant, visited us to help showcase a new program that is spreading across the country. It was fun to have Vickie, Jeff and Fabio out here. Jeff, out of Fredricksburg, VA, is helping spread the word on disc golf and has worked with a local PVA chapter.

We had a local pro visit us and spend the day with our group. Really stellar day. And I learned a new 'f' word. At least in the 'D' world. That is, disc. Apparently it is beyond a faux pas to say 'frisbee' while flinging fast flying discs on a far-ranging field with fringe flora that

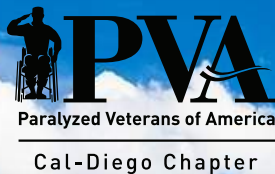
have five finely finished baskets fairly accepting the final flecks of flight of those discs. Anyway, now you know, too. As you go to any disc golf course—do not use the f word! Or it will be 'finito for you.'

Unless you are feeling frisky. Funny, huh?

We have a good team headed to DC to advocate for PVA members. Thanks to Jeff and Natalie Mc Caffrey, Louis Irvin and Paige. We have important messages to carry directly to our congressional offices. And while we finally have construction of the new SCI and long term care facilities here in San Diego, it is sometimes easy to forget it has been 17 years in the making, and we still have some time to go. I must admit that it is fascinating to watch the construction, from a dirt pile with big Caterpillar toys...well, D3s and such. Back to DC—maintaining specialized healthcare, improving services in our specialized care world, and some basic civil rights issues seem to be percolating to the top. Please read Wayne Landon's article to go deeper into some of our specific topics.

We continue to look to serve you all—please keep your contact info updated so we can reach you for all the cool new things and even cooler old things we do!





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MARCH
2023



PVA, CAL-DIEGO FAMILY FISHING

OPEN TO ALL PVA, CAL-DIEGO MEMBERS

PLEASE BRING YOUR ENTIRE FAMILY & FRIENDS FOR THIS WONDERFUL EVENT! WE WILL PROVIDE ALL THE FISHING EQUIPMENT AS WELL AS SOME TASTY SNACKS!

WWW.CALDIEGOPVA.ORG

WHERE:
SANTEE LAKES RECREATION PRESERVE
9310 FANITA PRKWY. (LAKE #4-WEST SIDE)
SANTEE, CA 92071

WHEN:
TUESDAY, MARCH 14, 2023
8:00AM - 11:00
ALL EQUIPMENT PROVIDED

HOW MUCH:
NO CHARGE - FREE EVENT
(ADVANCE RESERVATIONS REQUIRED BY 3/10/23)
1-858-450-1443 OR INFO@CALDIEGOPVA.ORG

NSO News: Advance Directive vs. Last Will & Testament

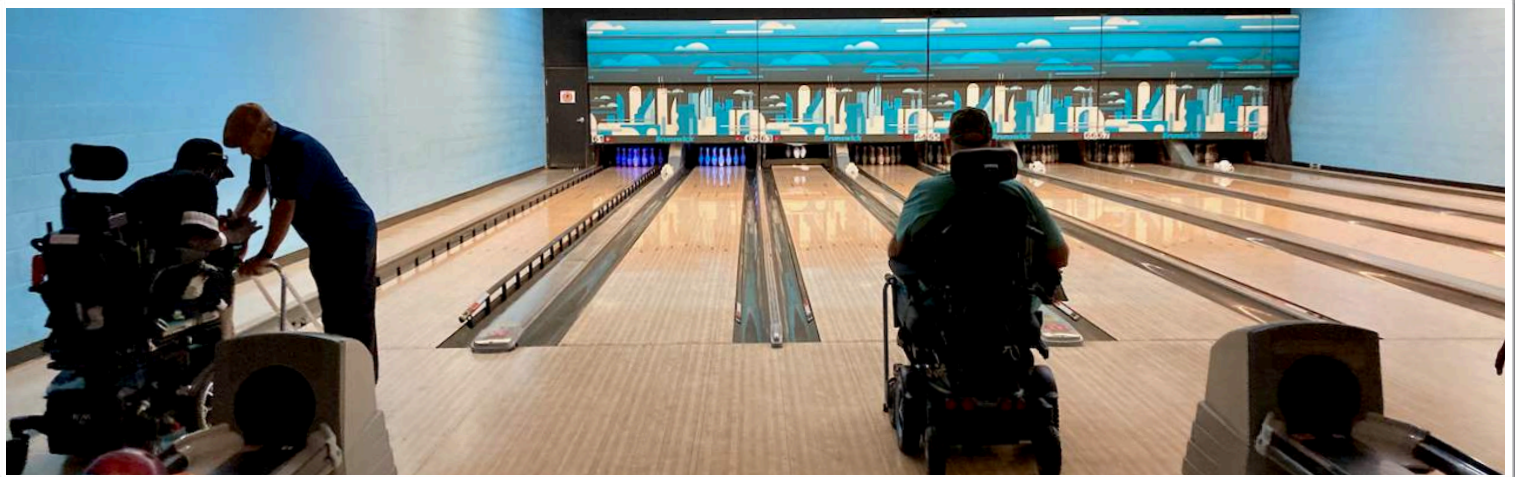
By: Robert C. Kamei, Senior National Service Officer

Every time you have a VA medical appointment, the triage nurse usually asks if you have an Advance Directive filled out already. If you don't have one already, they usually give you the application and tell you to fill it out "at your convenience". Saying that last part is a big mistake because individuals tend to "conveniently" misplace the paperwork or "conveniently" find something else to do besides filling the form out. This form is to prepare for the future but, if you are like me, you feel invincible and bulletproof, even though I do have the more progressive and disabling form of Multiple Sclerosis (MS). In fact, advance directive form can actually be the difference between life and death. VA form 10-0137 is actually called the "VA Advanced Directive Durable Power of Attorney for Health Care and Living Will". This form will help to determine what will happen to the veteran when hospitalized for certain circumstances. Part I is the veteran's personal information but Part II is where the veteran determines who will be the healthcare agent and advocate for their care. The veteran should select someone that he/she knows and trusts with their values and beliefs as well as an alternate if the primary is unavailable. Part III is where the veteran determines ahead of time what he/she wants or does not want during certain scenarios. These situations include: if a permanent condition arises where you need your activities of daily living assisted constantly; if a breathing machine is needed while you are in bed for the rest of your life; if pain or other severe symptoms cause suffering that cannot be relieved; or if you have a condition that may cause your death very soon even with life-sustaining treatments. From this list, the options for each one is whether you do want that life-sustaining treatment, you are not sure and it would depend on the circumstance, or you would not want the life-sustaining treatments. This part of the form is where you would initial the appropriate box pertaining to your choice. What is important about this form is that this is your "living will" or the actions you want taken while you are still alive or what actions you do not want taken that may end your life.

The following two sections to Part III are areas to freely discuss any mental health preferences that you may have

and any additional preferences you may have regarding social/cultural/faith-based requests that you would like performed. This is also a place where you can list your medications, your blood type, and even your choice to accept blood transfusions. Finally, the last section of Part III asks whether you want this living will to be a general guide, that can be adjusted by your healthcare agent or to be strictly enforced with absolutely no changes. This form is basically verifying how you want to be treated while you are admitted to the hospital and to verify who will determine what steps will be taken during the possible final hours. This form is certified by your signature along with two witness signatures outside of the medical staff and officially sealed by a notary public. Unlike the living will, the Last Will and Testament is a legal document that details how a person's assets and properties will be distributed after their death. This determination can also detail custody and guardianship details, in case there are any surviving children. In completing a last will and testament, you will need to have a clear idea about what you want to happen to your financial and real estate assets. Personal information for the party's that will be receiving these assets in the event of your death need to be provided in great detail to avoid any future confusion. If you have the information you need, it is possible for you to create a will without the assistance of a lawyer. In fact, the Internet offers many free programs to create a last will and testament for yourself and your family. Another option to direct your assets to the appropriate people before your passing is to create a Letter of Direction or Letter of Agreement. These forms of communication guide the receiver of the gifted assets the rights and privileges to that property. In most cases, the executor of this letter will require proof that the veteran is in control of said estate before handing the property over to the new recipient. These letters are fairly simple but again, be very specific about what you are giving and who you are giving it to. As you can see, the advanced directive, or living will, and your final will and testament and letters of direction/agreement discuss what actions need to be taken before and after death, respectively. Prevent future arguments with family members and loved ones by providing direct instructions on how you want your assets divided. Stated many times during our active service, prior proper planning prevents poor performance. By establishing these mandates early, this could eventually lead to celebrating your life after your passing versus mourning your life while living. For any questions, please contact your local PVA office so that we can provide you the assistance you need.

EVENTS CALENDAR - MARCH 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 **March 9**
 Good Samaritan Episcopal Church
 12:00pm - 2:00pm

Family Trout Fishing **March 14**
 Santee Lakes - Lake 4
 8:00am - 11:00am

Adaptive Bowling **March 15**
 Parkway Bowling - El Cajon
 12:00pm - 2:00pm

PVACD Trapshoot **March 17-19**
 San Bernardino & Redlands
 Multi-Day Event

RC Cars & Trucks **March 22**
 Nobel Athletic Fields - San Diego
 11:30am - 1:30pm

Winter Sports Clinic **March 25-April 1**
 Snowmass, Colorado
 Multi-Day Event

San Diego SCI Symposium **March 31**
 UCSD
 8:00am - 4:00pm



Paralyzed Veterans of America

Cal-Diego Chapter

Government Relations

By: Wayne Landon



118th Congress

The **118th United States Congress** is the current meeting of the legislative branch of the United States federal government, composed of the Senate and the House of

Representatives. New members were elected on November 3, 2022. The 118th Congress convened on January 3, 2023, and will conclude on January 3, 2025.

Emergency Mental Health Care

VA recently announced that veterans in acute suicidal crisis can go to any VA or non-VA health care facility for emergency health care at no cost – including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. The change went into effect on January 17, and veterans do not need to be enrolled in the VA system to use this benefit.

CAREERS Act

The VA Clinician Appreciation, Recruitment, Education, Expansion, and Retention Support (CAREERS) Act, S. 10, would provide the department with more tools to compete for highly qualified medical personnel and support training for current and future VA clinicians to ensure veterans receive the highest quality of care. Other provisions seek to provide greater oversight and public transparency on VA's efforts to address vacancies. VA recently reported that it is more than halfway toward meeting its hiring goal of 52,000 health care workers this fiscal year. Workforce provisions in the RAISE Act (P.L. 117-103) and PACT Act (P.L. 117-168), which PVA helped get passed last year, have given VA more flexibility to provide competitive salaries and fill critical slots needed to care for veterans. However, more needs to be done.

BUILD for Veterans Act of 2023

Now that the first session of the 118th Congress has begun, we are working with our champions on Capitol Hill to have bills that did not pass last year reintroduced. In some cases, we have to find a new sponsor because the previous sponsor is no longer in office. We are pleased to

report that several pieces of legislation supporting PVA's 2023 goals have already been reintroduced in at least one chamber (House and / or Senate).

The Build, Utilize, Invest, Learn and Deliver (BUILD) for Veterans Act of 2023, S. 42, would reform the way VA manages its medical facilities and infrastructure projects, bolster its workforce, and save taxpayer dollars by disposing of or repurposing buildings that are vacant or unused. Particularly noteworthy is language within the bill directing VA to inform Congress on physical infrastructure needed to support veterans with unique needs like SCI/D. Inclusion of this language is a direct result of PVA's advocacy. Women veterans, veterans needing dental or long-term care, and those with traumatic brain injuries or memory loss would likely benefit from this section. Another provision requires VA to update Congress on the women veteran retrofit initiative. The directive, which passed as part of the Johnny Isakson and David P. Roe, M.D. Veterans Health Care and Benefits Improvement Act of 2020, required VA to prioritize the modification of its existing facilities to facilitate the provision of care to women veterans.

Elizabeth Dole Home and Community Based Services for Veterans and Caregivers Act

The Elizabeth Dole Home and Community Based Services for Veterans and Caregivers Act has been reintroduced in the House as H.R. 542. PVA aggressively sought passage of this legislation last year which would have raised the cap on how much the VA can pay for the cost of home care from 65 percent of the cost of nursing home care to 100 percent. Also, it directs VA to make key Home and Community Based Services (HCBS) like Veterans Directed Care (VDC) and Homemaker Home Health available at all medical centers and certain U.S. territories. Other provisions allow hospitalized veterans to retain their VDC payments for their caretakers and direct VA to assist veterans who are denied participation in the VA caregiver program with enrollment in other home health services for which they are eligible. The lack of funding stopped the bill's progress in the last Congress; so, we are working with lawmakers on ways to advance the bill this year. Also, the Senate Veterans' Affairs Committee will be looking at a companion measure very soon.

*Government Relations continued on
Page 11...*

Government Relations

continued from Page 10...

Veterans Infertility Treatment Act

The Veterans Infertility Treatment Act, (H.R. 544), has also been reintroduced. This legislation would require VA to recognize infertility as a medical diagnosis to be included in the medical benefits package offered to veterans enrolled at VA. Currently, to receive treatment for infertility, a veteran must have a service-connected infertility condition or be married to a veteran with a service-connected infertility diagnosis. Infertility treatment can come from a range of services known as Assisted Reproductive Technologies (ART), such as in vitro fertilization (IVF). The authorization for VA to provide ART is allocated annually through the appropriations package and this legislation would permanently authorize the funding to offer such services. Additionally, current VA policy blocks a veteran's ability to use donated gametes. That means if a veteran suffered a genitourinary injury, which prevents their body from producing eggs or sperm, they are not able to use this benefit, keeping many young veterans from fulfilling their dreams of starting a family.

Accessible Global Entry Kiosks

After receiving a member complaint, PVA filed a complaint with the U.S. Department of Homeland Security, Office of Civil Rights and Civil Liberties (CRCL) regarding inaccessible Global Entry kiosks, in violation of Section 508 of the Rehabilitation Act. Section 508 requires all information and communication technology, such as kiosks, used by federal agencies to be accessible for employees and members of the public. The complaint centered on the Global Entry kiosks at the Fort Lauderdale-Hollywood International Airport (FLL). A member attempted to use the kiosks, but the camera on the kiosk was too high to capture his picture. The member, who uses a wheelchair, was forced to raise himself up from a seated position using his arms, which then required an unknown fellow traveler to push the button to take his picture. PVA argued the height of the

cameras made the kiosks inaccessible for wheelchair users.

After communications with CRCL, the U.S. Customs and Border Protection (CBP) agreed to replace all inaccessible kiosks with new touchless kiosks, featuring a swivel camera, that can capture pictures of travelers seated in wheelchairs by the end of 2023. In addition, CBP requested an expedited work ticket to retrofit the cameras at FLL. CBP will also issue more frequent reminders to officers on how to assist Global Entry members. Of note, if any Global Entry member needs additional assistance, they can ask the Global Entry Officers for "head of line" privileges.

Homeless Veterans

During 2022, the Department of Veterans Affairs permanently housed 40,401 homeless Veterans, providing them with the safe, stable homes that they deserve. This exceeded the department's goal to house 38,000 Veterans in 2022 by 6.3%.

Nationally, the total number of Veterans experiencing homelessness has decreased by 11% since January 2020. In total, the estimated number of Veterans experiencing homelessness in America has declined by 55.3% since 2010.

This success is a result of VA efforts to reach out to every Veteran experiencing homelessness, understand their unique needs, and address them. These efforts are grounded in the evidence-based "Housing First" approach, which prioritizes getting a Veteran into housing, then provides the Veteran with the wraparound support they need to stay housed — including health care, job training, legal and education assistance and more.

Check out the [PVAction Force](#) page to view our latest alerts and a list of key legislation and its status.



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, February 28, 2023</p> <p><u>Medical Complications in SCI</u> Jafar Zadeh, 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, March 2, 2023</p> <p><u>Benefits and Resources</u> Dana Sawyer, LCSW Amye Cubberley, LCSW</p> <p><i>What do I qualify for; and who can help me apply?</i></p>	<p>Friday, March 3, 2023</p> <p><u>Psychosocial Issues</u> Jillian Clark, 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, March 7, 2023</p> <p><u>Managing Your Attendant</u> Phil Dozier, 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, March 9, 2023</p> <p><u>Taking Charge of Your Life</u> Henrietta Padilla, 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, March 10, 2023</p> <p><u>Spirituality and SCI</u> Chaplain Cookson</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, March 14, 2023</p> <p><u>What is Spinal Cord Injury?</u> 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, March 16, 2023</p> <p><u>Preventing Pressure Injuries</u> 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, March 17, 2023</p> <p><u>Bladder Management</u> 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>

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, March 21, 2023</p> <p><u>Recreation and Sports</u> 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, March 23, 2023</p> <p><u>Sexuality and SCI</u> 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, March 24, 2023</p> <p><u>Eating Right for Health</u> 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, March 28, 2023</p> <p><u>Safety in the Home and Community</u> 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>Tuesday, March 28, 2023</p> <p><u>Safety in the Home and Community</u> 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>Friday, March 31, 2023</p> <p><u>Staying Healthy with SCI</u> 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, April 4, 2023</p> <p>NO CLASS</p>	<p>Thursday, April 6, 2023</p> <p><u>Autonomic Dysreflexia</u> 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, April 7, 2023</p> <p><u>Bowel Management</u> 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>
<p>Tuesday, April 11, 2023</p> <p><u>Medical Complications in SCI</u> 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, April 13, 2023</p> <p><u>Benefits and Resources</u> Dana, LCSW</p> <p><i>What do I qualify for; and who can help me apply?</i></p>	<p>Friday, April 14, 2023</p> <p><u>Psychosocial Issues</u> 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>

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.

January & February Events Recap

By: Paige Moscone

Whew.... what a busy couple of months! 2023 started off on a strong note and we hit the ground running with new and old events.

As always, you could have found us at Parkway Bowl on Jan. 18th and Feb. 15th. Jim Weber was one point away from bowling the highest PVA game on record... an incredible 199! We were at Nobel Athletic Field on Jan. 25th and Feb. 22nd for RC... gorgeous weather, extra tall ramps, and good people made both days a ton of fun! And on Feb. 13th, we were back at Santee Lakes for trout fishing. The trout weren't particularly hungry, so nothing was caught but members enjoyed the company and lunch afterwards.

On Jan. 20th, Dr. York was generous enough to participate in a Town Hall meeting. He provided some much-needed updates on the unit and new building. Thank you to Dr. York and other participants who submitted questions in the Q and A portion. We will have another Town Hall with Dr. York in the next few months so keep an eye out online for updates. A weblink to our Town Hall Meetings will also be made available if you can't make the Live Event.

PVACD sent 10 veterans to Big Bear, CA for a skiing

trip! I can personally confirm that it was a fantastic trip. Seasoned skiers and newbies alike absolutely crushed the slopes! Shout out to Kelli in Rec. Therapy for coordinating that event—it was a great couple of days!

Disc Golf has made it to PVACD! On Feb. 8th, we hosted our first disc golf event in the North Field at Nobel Athletic Fields. National PVA stopped by for a visit as well as a crew of volunteers from Maxim Health and a group of inpatients from the SCI Unit. Before lunch, disc golf experts taught our members the science behind putting and driving. Afterwards and with full bellies, a 5-basket course was set up for some friendly competition. We are looking forward to arranging future disc golf events, so keep watching our social media or check in on the website for future events.

For the Super Bowl and Valentine's Day, goodies were brought to the unit for inpatients and hospital staff. Whether it was chicken wings or chocolate covered strawberries, the SCI unit ate well that week!

If you thought that the past two months were busy, just wait till you see the events calendar in this edition of the Beachcomber! We have plenty of opportunities coming up including sporting events, trap shoots, and our annual SCI Symposium. Call the office or email Paige if you are interested in any of the events... we would love to have you!



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Disc Golf Camp

Story & Photos by: Steve Shelden

Well, I guess it was only a matter of time before the well known “Frisbee” would evolve into yet another popular sport... Disc Golf! Disc golf is played much like golf except, instead of a ball and clubs, players use a flying disc. The sport was formalized in the 1970s and shares with golf the object of completing each hole in the fewest strokes (or, in the case of disc golf, fewest throws).

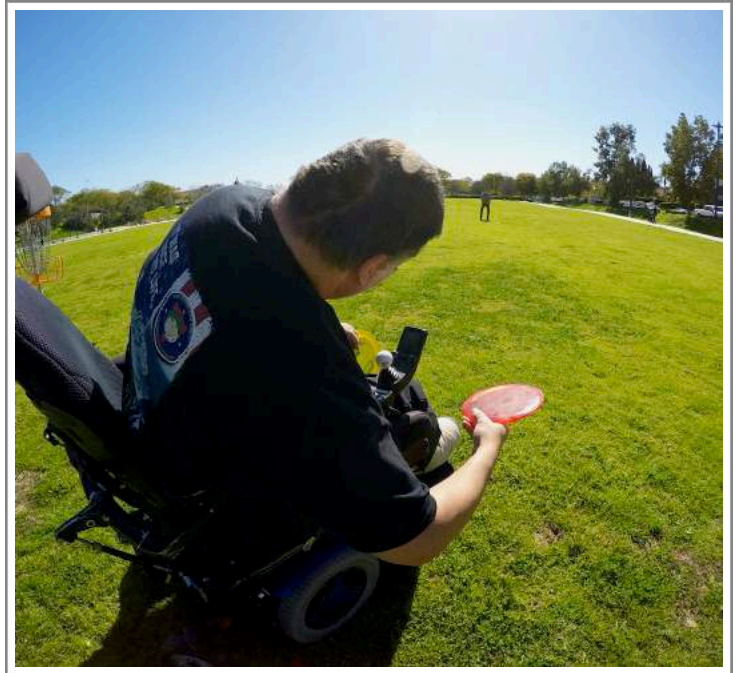
This last month, working with National PVA, our chapter hosted its first ever... Disc Golf Camp. We were also joined by representatives who are active with the Professional Disc Golf Association (yes, there is actually a professional association) to make sure we received the finest instruction and introduction to this accessible sport.

It’s always nice to get outside and enjoy the great weather we have here in San Diego and this day was no different. In addition to our chapter members coming out to toss around the discs, inpatients from the Spinal Cord Injury Center also had this chance to come out and enjoy this fun and challenging activity.

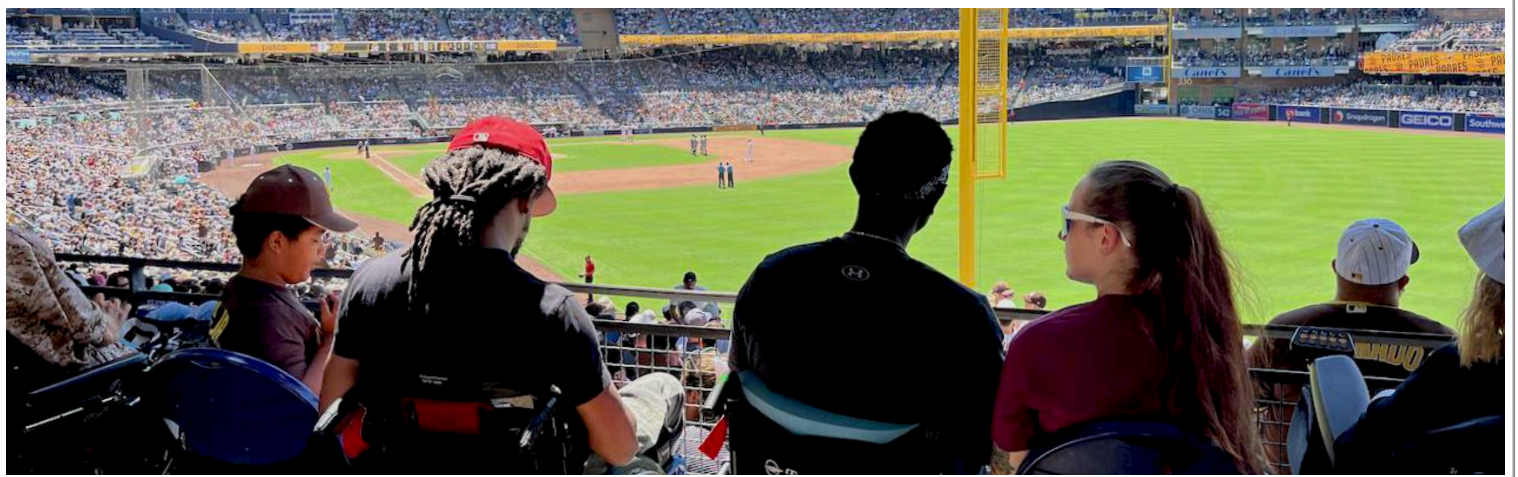
A special “Thank You” goes out to Kelli, Jeff, BJ, Vickie, Fabio and Fred for volunteering in making this a memorable day for all that attended. Please keep checking our website at <http://www.caldiegopva.org/> for future dates of upcoming Disc Golf outings. Hope to see you out at the “Links” next time we are out. Tons of fun... try it, you’ll like it!







EVENTS CALENDAR - APRIL 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/>

The Great PB&J Contest
Belmont Park, Mission Beach
11:00am - 1:00pm

April 2

Inpatient Easter Brunch
VASDHS SCI Dining Room
12:00pm - 2:00pm

April 9

PVACD Board of Directors Meeting
Good Samaritan Episcopal Church
12:00pm - 2:00pm

April 13

Adaptive Bowling
Parkway Bowling - El Cajon
12:00pm - 2:00pm

April 19

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

April 26



Paralyzed Veterans of America

Cal-Diego Chapter



Big Bear, Big Fun!

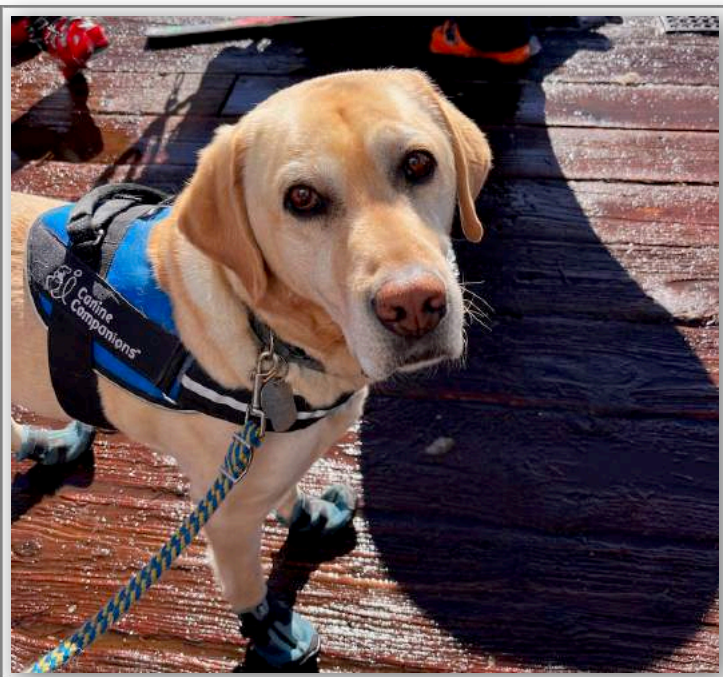
Story by: Steve Shelden - Photos by: Paige Moscone

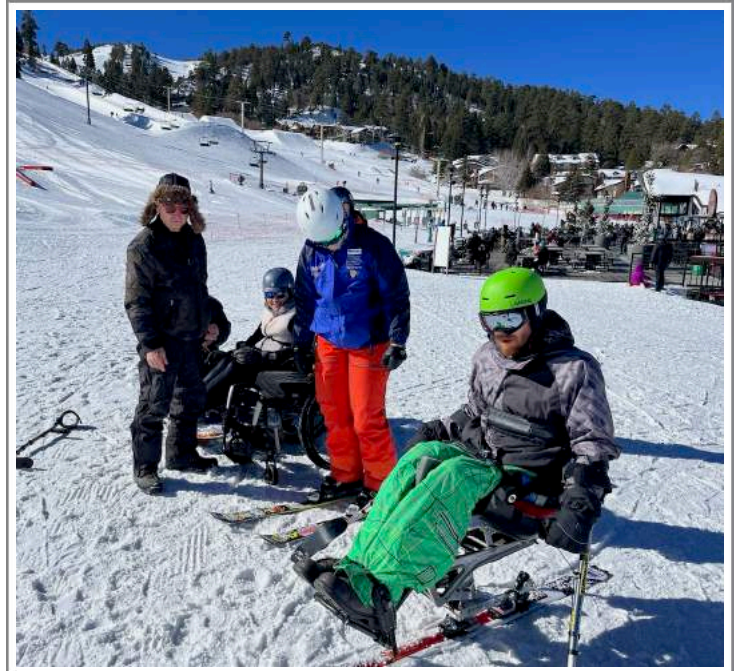
One of the big advantages of San Diego's location is its close proximity not only to the oceans, but to the mountains as well.

In what has now become an annual tradition, a group of thrill seekers from PVA, Cal-Diego Chapter headed up the San Bernardino Mountains to Big Bear to do a bit of Monoskiing! This year's participants were Timothy Alderson, Justin Ashbaugh, Adam Easley, Mark Thornton, John Martin, Jacob Spivey (first time), Juan Sandoval, Alex Velazquez (first time), Jeff McCaffrey, and Alex Tcholakov (first time). As always, we'd like to thank Kelli Kaliszewski and the Recreational Therapy Department for organizing this event and guaranteeing

its success. A Monoski is a single wide **ski** used for skiing on snow. The same **boots**, **bindings**, and **poles** are used as in **alpine skiing**. Unlike in **snowboarding**, both feet face forward, rather than sideways to the direction of travel. Recently the popularity of monoskiing has increased, particularly in France and in the United States largely due to technological advances in the design of the ski. The mono-ski was developed for individuals who ski in a sitting position. A mono-skier should have good upper body strength, balance and some trunk mobility. The mono-skier sits in a molded shell mounted above a single ski and uses two hand-held outriggers.

Keep watching for future event dates, and join us next year up on the slopes for a great time!





Off to Ireland

By: Paige Moscone

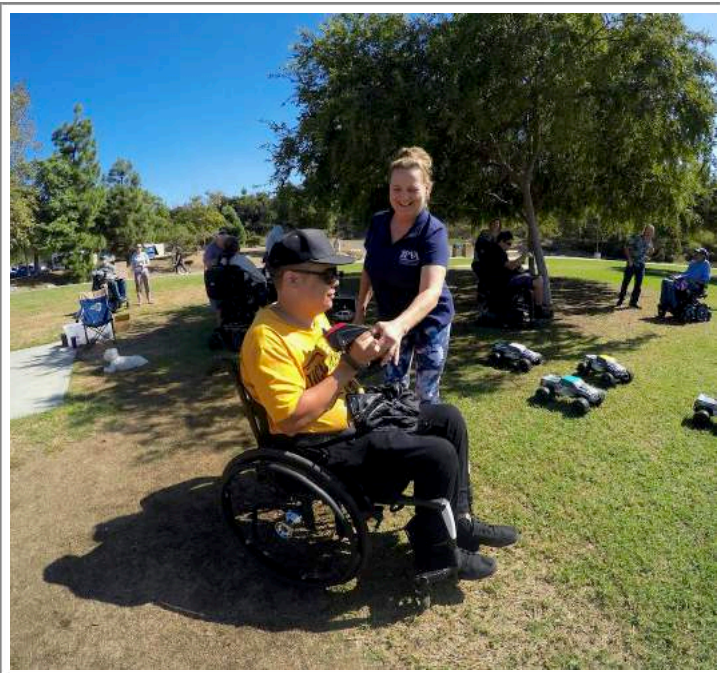
Thanks to the unbelievable support from the PVACD Board of Directors and Peter Ballantyne, I am excited and proud to announce that I will temporarily be stepping back into a part-time, remote position because I have taken an internship opportunity in... Dublin, Ireland! I am working towards my master's degree and one of the requirements for my degree program is completing an internship. After exploring every opportunity, I came across this one overseas. Unfortunately, I was not able to attend the two planned study abroad opportunities I had lined up during my undergraduate because they were cancelled due to COVID-19. I didn't think I would have another opportunity to do something similar and to be completely honest, that was a massive disappointment for me.

My internship will be with a non-profit in Dublin related to humanitarian services. The next few weeks for me includes interviews with potential employers so at this time, I do not know who I will be working for. I have no doubt that the invaluable skills that I acquire in Dublin will be transferable to PVACD. To say that I am excited to go to Ireland this summer is an

understatement! It has been a dream of mine to get the professional and personal experience that a study abroad entails.

I will be leaving at the end of May, and will be back in San Diego at the end of July. I plan on working remotely for PVACD by coordinating events, organizing food and volunteers, and continuing with our grant writing efforts. I will be easy to reach via email and messages can get passed along to me through the office. Kelli in Rec. Therapy is also helping PVACD in securing an intern for the duration of my absence. I will begin training the future intern in the beginning of May and they will be around through the beginning of August. This intern will be here for the physical work: event set up, in-person administration work as well as assisting Kelli with recreational therapy tasks.

I absolutely would not have been able to pull this off if it wasn't for the full support of Peter, Brian, and the rest of the Board of Directors. To them: THANK YOU!! This is a once in a lifetime opportunity and I can't thank you enough for being willing to work with me on this. This internship will make me a better person and employee, so I hope I am able to demonstrate that when I get back in July!





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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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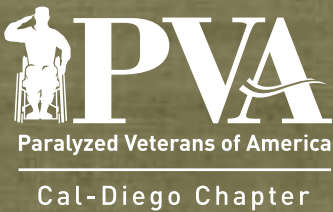
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Wednesday, March 15, 2023 - 12:00-2:00pm

Parkway Bowl

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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.



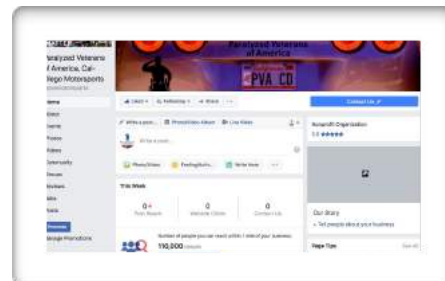
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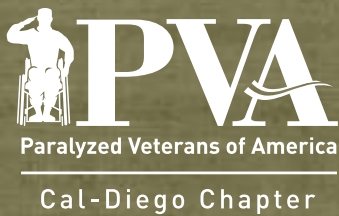
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Nobel Athletic Fields & Recreation Center
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Call 858-450-1443 for More Information and Reservations.

PVA, Cal-Diego Chapter Birthdays - March/ April 2023

Rebeca S. Becerra	Joseph Bailey	Wade A. Williams
Robert G. Fitzpatrick	Shawn D. Mackie	Barron Sledge
Joyce Benjamin	Kevin W. Peterson	James G. Armendariz
Ralph Taylor	Maria Arroyo	Josef C. Epton
Daniel D. Carnes	Michael G. Kelleher	Keith W. Haugland
James R. Van Sickle	Robert B. Fier	Carl P. Musick
Fr. George Morelli, Ph.D.	Gregory M. Rodgers	Terry J. Antoine
James D. Bittner	Douglas R. Allen	Marc M. Mezzina
Lee A. Davis	Wayne J. Landon	Calvin A. Brown
Paul M. Landry	Joseph L. Garrett	Patrick A. Ozborn
James R. Brunotte	John A. Godard	Erik A. Barrera
Cloyce A. Kelly	Michael J. Snodgrass	Ian M. Grado
David C. Eckrote	Michael E. Jenkins	Alex J. Failano
Randall R. Butler	Paul A. Dugas	Amanda M. McGrath
Richard Gugg	Bob S. Roberts	James M. Hafner
Peter A. Larson	Brent Relyea	Jeff A. McCaffrey
Paul H. Herman	Ricky M. Munoz	Joseph R. Roberts
Paul R. Stempel	Tracy E. Odell	Christopher M. Kessell
Albert W. McCubbin	Darcy J. Quimby	Adam M. Easley
Danny D. Shepler	Richard W. Craw	Sam T. Farr
Errol V. Samuelson	Brian F. Curry	Patrick Garcia
Jim R. Winston	Louis W. Irvin	Thomas R. VanderLann
Kenneth G. Moore	Roger B. Bennett	Celina Flores
Jerry L. Carpenter	James L. Pepler	Tevin M. Willis

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