

BEACHCOMBER



A Bi-Monthly Newsletter

Volume 35 - Issue 1 - January/February 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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Vettes for Veterans

Time for our Annual Fundraiser with North Coast Vettes.

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On the Cover

On the cover this month we feature the "Vettes for Veterans" All Corvette Car Show held in Carlsbad, CA in support of PVA, Cal-Diego's Motorsports Program.

Cover Shot

Holiday Luncheon



Check out all the fun from our Annual Holiday Luncheon.

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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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Airbnb Adaptive

New Category - Verified Access

Reprint: Seth McBride - New Mobility

Airbnb has debuted a new "Adapted Homes" category, which allows you to browse and book a variety of unique vacation homes across the world that have step-free access and dedicated accessibility features.

The Adapted category debuts with 1,000 listings. Every home in the category has, at the minimum, step-free access to the home and step-free access to at least one bedroom and bathroom, plus at least one accessibility feature in the bathroom, whether that's a grab bar, a roll-in shower or a shower bench. The goal isn't to provide units that will work for every wheelchair user, but to



provide a baseline of access of hosts who've intentionally modified their homes with access features and enough variety that you can find something that works for you.

Another upgrade includes an option for button-based panning and zooming on the mobile app, making it easier for switch-control users and others with limited hand function to navigate the listing map.

The short-term rental giant has been trying, with mixed results, to expand

and improve its rental offerings to wheelchair users for years, ever since it began in 2017. Today's release includes several upgrades intended to aid that effort.

To find out more about planning your vacation in these Adapted Homes, please visit www.airbnb.com.

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.

PRESIDENT Brian DeLaney	APPOINTMENTS:	HOSPITAL LIAISON Wayne Landon	COMMUNICATIONS DIRECTOR Steve Shelden	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
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		GOVERNMENT RELATIONS DIRECTOR Wayne Landon		

A Word from the Editor



As 2022 comes to an end and 2023 is now upon us, I find myself reviewing and reflecting upon the past 365 days. I know I began the year with a full list of lofty goals... but have those goals come to fruition? Well, some have and some have not. I guess that means there is still much work to be done in the upcoming new year. I also ask myself... "How'd the world do this last year?"

Have we solved the Energy Crisis or Global Warming? How about the ever present Immigration Reform Issues as well as the Economic and Educational Disparity here in the United States? Have we found the solutions to addressing Clean Water & Clean Air in this country? How about Global Peace and World Hunger? It seems that it is very easy to tell that despite many advances made over this last year, there are still so many things that remain to be addressed in the years and decades to come. May we all face the future with a renewed spirit of determination to truly make a difference for ourselves, our neighbors, and also the entire world.

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

First and foremost I have to honor my predecessor... Duane Norman, who passed away recently. I genuinely believe that everyone Duane knew and worked with knew what kind of person he was and

were better off for having known him. I definitely count myself among those.

I had served on the Cal-Diego Board of Directors for a couple of years when I began to consider taking over for Duane as Chapter President. Duane wholeheartedly took me under his wing and helped me to understand the position as well as the things I needed to work on before I took the role. Unfortunately, I still have many of those issues, but at least I am aware of them so I can work on it.

Duane was an intense man, who never used his disability as an excuse not to do something. Race car driver, mentor, businessman, entrepreneur, husband, friend... all titles Duane held and excelled at. I did not know him long, but he made a lasting impact on my life and I will miss him, his humor, and his honesty. Thank you Duane Norman.

On to slightly happier topics - it is the holiday season already! It seems like a blink ago and I was looking forward to summer. Halloween and Thanksgiving are already past and Christmas and New Years are staring us in the face.

It's unfair how time seems to speed up as you get older. Regardless, now is a perfect time to reach out to family and friends and just say hello. Strangely enough, there is no reason one couldn't do this any time during the year, but the holidays just seems to be opportune.

Personally, I am horrible about keeping in touch with people in my life. I care about them, I am unfortunately easily distracted. Squirrel!! What was I talking about? Please do not miss the chance to talk to loved ones and friends. I lost my father and two PVA members, Duane and Jim Russell, that I wished I'd spent more time with

and talked to more. I have no doubt most, if not all, of us have similar stories.

Take the time to reach out and then enjoy the season. Get out and see the lights around the city... Balboa Park, the San Diego Zoo, 32nd Street Navy Base, and all the neighborhoods with their decorations. We live in one of the most beautiful cities in the world. Take full advantage of it!

In the spirit of taking advantage of things, the Cal-Diego Chapter has many plans for the coming year. All of these events (listed on our website at www.caldiegopva.org and in this outstanding newsletter) are organized and held for your benefit, each and every member of the Chapter.

There are things for everyone regardless of age, income, injury level, or those with limited function. And if there is not, let us know and we will do what we can to find something. Next year will see several new opportunities for Cal-Diego members... disc golf, pickleball, boxing work outs, various fitness focused programs, and our dragster "Unstoppable" tearing up the drag strip! I highly encourage all our members to participate. It is all done for you.

Lastly, as the year ends I want to send a personal thank you to those in Cal-Diego that have made my life easier and enjoyable; Peter and Paige for keeping the chapter running and organizing all of the wonderful events. I would be lost without them! Steve for putting up with my late columns and still making an absolutely stunning newsletter along with all our social media. Wayne Landon for being Wayne. Each and every member of the Board of Directors – Bill, Dave, Buddy, John P., John S., Jeff, Justin, DJ and our past presidents Al Kovach, Jr. and Richard Johnson... thank you for your wisdom, experience, and dedication to the chapter. I could not ask for a better group of veterans to work with. Thank you all!

Happy Holidays! Merry Christmas! Happy New Year!
See you all in 2023!





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?

We are, too. We're just not sure what quite to do yet. Or what we'll be allowed to do. We are lucky in that we

live in San Diego—the outdoors is our friend year-round. We are planning on adding archery and SCUBA this year—please read the other columns in our newsletter to check up on our new—and existing—programs.

A highlight for us this year will our Second Annual SCI/D Education Symposium, slated for 31 March at the UCSD Faculty Club. It has been very rewarding working with Dr. York and a fine team from around the nation that helps put together this symposium.

Our annual spring shoot—the Jim and BJ Russell Memorial Trapshoot—will be held in Redlands and San Bernardino on 17-19 March 2023. We are finishing the final paperwork details with the national office and registration flyers will soon be available. Please check back on our website at www.caldiegopva.org in the new year!

We are opening up our outdoor programming as we are allowed and it is safe to do so. Programs such as our RC Program (radio-controlled cars and planes) and fishing are already up and running. Our deep sea fishing trips will be in June and September this year.

The National Veterans Wheelchair Games are still a 'go'—in Portland, Oregon this summer. If you haven't been to Portland, it is worth the time. Plus the camaraderie of the Games attendees is always the overwhelming winner of the Games! Enjoy Portland, whose name was decided on a coin flip, and whose gardens are world famous. 'Stumptown' was also a thick forest before it was cleared for homes and trade.

And this spring—we will start car racing again. The Autocross track at Qualcomm Stadium is gone (have you seen the stadium site recently?) Yet, we still have some gearheads that want to race. The only track left close by in San Diego is the Barona Drag Strip. Our 1950 Studebaker Champion coupe is currently being prepared

for racing by volunteers up in Ramona. Justin Ashbaugh and Cal Rothe are spearheading the efforts to get our members back on the race track. We will keep you all in the loop as we get ready to rumble down the track. Yes, Barona has been warned that we are on the way.

I've always admired those leaders that don't necessarily intend to lead. Yet, by doing the right things, treating people fairly given each situation, and being a part of a team just leads by service and caring. Being aware of strengths and weaknesses in all individuals, they are able to 'fill in the blanks' to help make the team better. And still maintain a focus of doing a job. It's just that we can do more together. Yes, I know what TEAM means. For us, though, it is a bigger picture. Our team is our community.

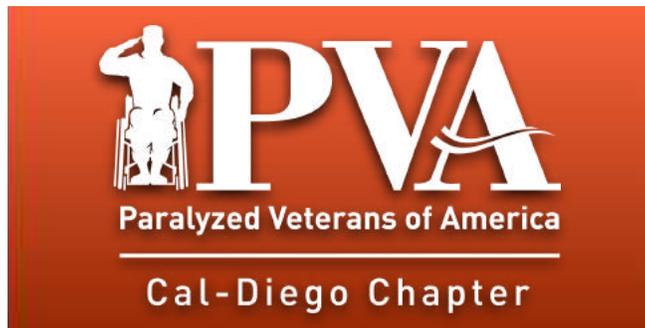
We give to our community in many ways—through service to country and through service to our local friends. Freedom Festival has been one of our ways to say 'thanks'—with our non-profit community friends, we show the Veterans Day crowd what San Diego has to offer. We visit service clubs, schools, flower fields (some of us are still hippies at heart) and make sure community folks know we are thankful for their support.

You are likely hearing that there is a steep rise in respiratory virus infections across the county. Please know that this is impacting us on the SCI unit as well.

Throughout this newsletter, you are reading about many fun activities being offered. We look forward to your participation.

Each year around this time we wish each other our wishes for an exciting new year, with expectations high with hope and backed with determination. So, if we wished this a year ago, how did last year's new year work out?

I am going to be more careful with my new year's wishes and resolutions. Maybe I'll keep my thoughts simple and clear. I'll wish for the Bentley Continental next year. Right now, I'll wish for the good health of you and your family.



“UNSTOPPABLE” APPEARANCE

PVA Motorsports is proud to present “UNSTOPPABLE” on display at the San Diego International Auto Show, Friday, December 30 - Monday, January 2, 2023. “UNSTOPPABLE” is a one-of-a-kind Adaptive-Controlled 1950 Studebaker Champion Dragster built and competitively raced by members of Paralyzed Veterans of America, Cal-Diego Chapter and supported by donations from the local community. For more information on the PVA Motorsports Program, please visit www.caldiegopva.org

Hope to see you there!

NSO News: Tailor Made

By: Eric Meekins, National Service Officer II

Recently I visited two of the mobility centers as an outreach for the month. My experience with the GoldenBoy Mobility Center in Poway California and Mobility Works in La Mesa California both far exceeded my expectations. Seeing the details of how important it is to provide the proper adaptations for our veterans on the auto grant gives me a heightened awareness of goods and services as it pertains to our veterans.

Convenient accessibility seems to be the model for both of these companies. I was able to actually see a brand new van that had been stripped from the console to the front seats. I had no idea what it took to design and implement adaptations. I was shown how even the original wiring of automobiles must be changed to enable and implement controls, ingress and egress ramps and other needed equipment.

I took a complete tour not only of a garage where the vehicles were worked on but I also was able to tour the manufacturing side. I was blown away to say the very least. The machinery that is used to cut steel from a huge block into small usable cylinders were stored in the building. There were eight of them total. Each one of them were designed, built, and programmed for the sole purpose of making adaptable equipment. There is no question that much thought, time, and pride go into the creation and assembly of each part. While talking to one of the owners of one of the companies, it was clear to me that this is not just a job for him, but it's a passion.

I learned that like I, he served veterans as well. His concern for safety of our veterans and their families who travel in adaptive automobiles is paramount. He began to share stories of how adaptive equipment and automobiles can absolutely change a veteran's outlook on life. For one, it gives them the opportunity to still have an independent life and transportation. Secondly the consultations for adaptations assures them of safety and ability to operate their customized automobile with confidence. And finally, he gives them the enjoyment of knowing that an automobile has been tailored specifically for them and their needs. The quality of life has been enhanced greatly by Mobility Works and GoldenBoy Mobility. Assisting our veterans and transitioning into a new way of life is invaluable. The impression that I was given by these two great organizations, reminds me of the work and care that we put into our veterans. The uniqueness and individuality of these custom cars, vans, trucks and utility vehicles is the same as I work each claim. No one automobile is alike and no one claim is alike. Each claim as well as each adaptation require specific details with the assistance of National Service Officers, mobility consultants and of course the veteran.

It is my hope, that we will continue to exhaust our efforts, in an effort to bring our veterans a flexible enjoyable life that they all deserve. We are fortunate to serve our veterans in the capacity that we do. Extending our knowledge, compassion and time is always well worth the benefits that our veterans are able to enjoy. I'm grateful for such an opportunity to work for PVA. As for me... this job is tailor made.



EVENTS CALENDAR - JANUARY 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/>

San Diego International Auto Show Dec. 30 - Jan. 2
San Diego Convention Center

PVACD Board of Directors Meeting January 12
Good Samaritan Episcopal Church
11:00am - 1:00pm

Family Trout Fishing January 17
Santee Lakes - Lake 4
8:00am - 11:00am

Adaptive Bowling January 18
Parkway Bowling - El Cajon
12:00pm - 2:00pm

Townhall with Dr. York January 20
ZOOM Online Meeting
11:00am - 12:00pm

RC Cars & Trucks January 25
Nobel Athletic Fields - San Diego
11:30am - 1:30pm



Paralyzed Veterans of America

Cal-Diego Chapter

Government Relations

By: Wayne Landon



Accessibility of SSTMs and Self-Service Kiosks

The U.S. Access Board, the agency charged with setting standards for disability accessibility guidelines, issued an Advance Notice of Proposed Rulemaking (ANPRM) for accessibility requirements of self-service transaction machines (SSTMs) and self-service kiosks. The requirements would cover built-in SSTMs and kiosks at grocery stores, drug stores, restaurants, health care provider offices, and other establishments that provide public services. The ANPRM comment period ended on November 21.

PVA, Cal-Diego submitted comments urging the Board to expand the definition of the devices covered under the standards; ensure that people with disabilities can access the devices with the same independence and privacy as those without disabilities; and require government agencies only use fully accessible devices. PVA, Cal-Diego also recommended that SSTMs and self-service kiosks accept contactless payment methods and described how inaccessible devices impact individuals with disabilities. After the Board reviews all comments submitted, the agency may choose to issue an NPRM and proceed with the rulemaking process. If an NPRM is issued, interested parties will have the opportunity to submit comments. If promulgated, the Board's final rule will set minimum accessibility standards for SSTMs and self-service kiosks, but such standards must be adopted by the U.S. Department of Justice to be enforceable for state and local governments and public accommodations.

117th Congress Ending Soon

There are not many legislative days remaining in the 117th Congress to tackle top priorities like funding the government beyond December 16 and passing the annual defense policy bill. Having to consider so many competing priorities in a constrained timeframe means the risk of having one of our top goals being overlooked has never been higher.

Over the Thanksgiving break, PVA and 20 other organizations urged the Senate to quickly pass H.R. 3304,

the AUTO for Veterans Act, which provides eligible veterans with an additional automobile allowance and provides statutory protections for certain services offered through VA's Automobile Adaptive Equipment program. This is now a time sensitive issue so call your senators and urge quick passage of this bill.

Clothing Allowance Legislation

The House is preparing to vote on H.R. 4772, the Mark O'Brien VA Clothing Allowance Improvement Act. This important legislation would make clothing allowance payments automatic until the VA determines the veteran is no longer eligible to receive the benefit. If the legislation passes the House, it will then go to the Senate for further consideration. The Senate companion bill to this legislation is S. 2513, the Brian Neuman VA Clothing Allowance Improvement Act.

Veterans Affairs Life Insurance (VALife)

The Department of Veterans Affairs has unveiled a new life insurance program for veterans, beginning Jan. 1, 2023. Veterans Affairs Life Insurance (VALife) provides guaranteed acceptance whole life coverage of up to \$40,000 to Veterans with service-connected disabilities. Lesser amounts are available in increments of \$10,000. Under this plan, the elected coverage takes effect two years after enrollment as long as premiums are paid during the two-year period.

The VALife program includes key dates and features that are important to know. They include changes that impact the Service Disabled Veterans Insurance (S-DVI) program.

All Veterans age 80 and under, who have a VA disability rating of 0 to 100 percent are eligible for the VALife program and have no time limit to apply. Veterans who are 81 or older and have applied for VA Disability Compensation before age 81 but did not receive the rating for a new service-connected condition until after turning 81 are also eligible if they apply within two years of their rating.

*Government Relations continued on
Page 11...*

*Government Relations
continued from Page 10...*

Critical Issues for People with Disabilities

Right now, Congress is negotiating its “end-of-year package,” a bill that includes money to fund the government and that has the power to uplift the health, inclusion, and civil rights of people with disabilities. All year long, advocates have been fighting for critical programs and life-sustaining priorities for people with disabilities. Decisions are being made now and the last votes of the year will happen in the next few weeks.

Contact your members of Congress and urge them to include the following priorities:

- Increase asset limits for people receiving Supplemental Security Income (SSI) so people can save for emergencies instead of being forced to live in poverty. The asset limit has not been updated since 1989.
- Make the Money Follows the Person (MFP) program permanent to assist people with disabilities and seniors to move back home after time in a nursing home or congregate setting. This program has already helped over 100,000 people move back home, but it needs to be made permanent.



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, January 3, 2023 <u>Safety in the Home and Community</u> Helena Svanlindh, OTR/L <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, January 3, 2023 <u>Safety in the Home and Community</u> Helena Svanlindh, OTR/L <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, January 6, 2023 <u>Staying Healthy with SCI</u> Carol Johnson, MSN, RN, CNS-BC <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 10, 2023 NO CLASS</p>	<p>Thursday, January 12, 2023 <u>Autonomic Dysreflexia</u> Anneliese Nanquil, BSN, RN <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 13, 2023 <u>Bowel Management</u> Cristina De Almeida Amaral, BSN, RN <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, January 24, 2023 <u>Managing Your Attendant</u> Phil Dozier, PCA Coordinator <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, January 26, 2023 <u>Taking Charge of Your Life</u> Henrietta Padilla, OTR <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, January 27, 2023 <u>Spirituality and SCI</u> Chaplain Cookson <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>

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, January 31, 2023 <u>What is Spinal Cord Injury?</u> Hayley Howells, MPT <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, February 2, 2023 <u>Preventing Pressure Injuries</u> Will Davis, PTA <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>Thursday, February 2, 2023 <u>Preventing Pressure Injuries</u> Will Davis, PTA <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>Tuesday, February 7, 2023 <u>Recreation and Sports</u> Kelli Kaliszewski, CTRS <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 9, 2023 <u>Sexuality and SCI</u> Jila Ghabeljoo, DNP, CNS <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, February 10, 2023 <u>Eating Right for Health</u> Ali Miller, RD <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, February 14, 2023 <u>Safety in the Home and Community</u> Helena Svanlindh, OTR/L <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, February 16, 2023 <u>Pain Management</u> Jeri Muse, PhD <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, February 17, 2023 <u>Staying Healthy with SCI</u> Carol Johnson, MSN, RN, CNS-BC <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>
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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.

November & December Events Recap

By: Paige Moscone

Happy New Year! This past holiday season was a busy one... we had not one, but two holiday parties. One for inpatients in the SCI Unit Dining Room, and another at the Admiral Baker Clubhouse. Both parties were festive hits and very merry occasions. Thank you to all the members, families, and friends who joined us!

Thanks to Kelli in Recreation Therapy, Thanksgiving was a success... there were good eats for everyone. Thank you Kelli and all of the volunteers who made it possible.

The San Diego Gulls donated tickets for Veterans Day to PVACD and we had a number of members enjoy the

game. Keep an eye out in the Beachcomber or on our PVACD Facebook Page for information about more Gulls tickets or other sporting events in 2023.

We had the first trout fishing event of the season on December 7th. Participants enjoyed good company and a good lunch but unfortunately, no bites. Better luck at the next event on January 17th, 2023! Dave Smith and Brian DeLaney presented at Francis Parker School for a Veterans Day Assembly. GoldenBoy Mobility joined with hand-controlled simulation for students to try out. Thank you to Principal Dunn and Francis Parker for inviting us! In the 2023, we are looking forward to starting archery, SCUBA diving, and several fitness programs.

If these pique your interest, please reach out to the PVA office to get more details.



SCI Unit Update

By: Paige Moscone

Employee of the Month:

Leica Custodio- Employee of the Month for November!

"I need to recognize Leica and her hard work for our patients!"

"Leica is dependable and you can always count on her to do a great job and think of potential solutions to any challenges that arise."

"Leica is a wonderful charge nurse and is always fair and jumps in to help her team without hesitation."

Phil Dozier- Employee of the Month for October!

"Thank you for being so flexible and accommodating for patients, providers, and nursing!"

"Phil is instructional, dependable, knowledgeable, a team player, and always goes the extra mile!"

New Employees:

Beverley Bailey-Hudson is a former Marine who received her BSN from California State University, San Marcos in 2011. Having earlier received her Associate Degree in Nursing from MiraCosta College, Beverley worked as a Registered Nurse specializing in Acute Rehabilitation

Nursing for 7 years prior to being hired to the Spinal Cord Injury Unit at the VA San Diego in 2018. Beverley enjoys listening to music, reading, walking and quiet time for meditation. She is excited to begin her new role and to continue making a positive impact at the VA San Diego.

Daniel Ruggirello BSN, RN started his career in the medical field in 2004 as a Navy Corpsman. During his time in the Navy, he had the opportunity to work in Same-Day Surgery at the NNMC in Bethesda. He was also stationed with the Marines in Twenty-Nine Palms and completed one tour in Iraq.

After leaving the Navy, Daniel earned his LVN license and started work here at the VA in La Jolla Primary Care in 2013. While working at the VA, he was able to earn his ADN from Southwestern College and then his BSN from Point Loma Nazarene University. He left the VA for a couple of years to resume working in Same-Day Surgery, which he truly enjoys. Daniel was excited to return to the VA in 2018, initially in Mission Valley Primary Care and then transferred to RN Care Manager in La Jolla Primary Care. When not at work, he enjoys photography and spending time with his two dogs. Daniel also loves to travel and is always ready for another trip. He is looking forward to new opportunities in SCI.



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Vettes for Veterans 2022

Story & Photos by: Steve Shelden

Once again, on a beautiful California morning, over 200 Corvettes from every generation made their way to Carlsbad, California to participate in what has become one of the most popular Corvette Shows in the state.

For the last decade, North Coast Vettes has sponsored the "Vettes for Veterans" All Corvette Car Show which directly benefits the programs and services of Paralyzed Veterans of America, Cal-Diego Chapter.

Raffle drawings and silent auctions were also part of the day's fun, as well as musical entertainment and numerous dining options... all helping to make this day one to remember for all attendees and the local community.

Many of our PVA members are car fanatics themselves, and it was an easy task to fill 6 positions for Car Show Judges. A very special "Thank You" goes out to Ruth Kurisu, who once again wrangled the show in top form. Ruth, as well as all the members from North Coast Vettes work tirelessly throughout the year to make sure this annual fundraising event is a huge success. The "Vettes for Veterans" All Corvette Car Show provides a unique outlet for the community to come out and talk cars with the men and women of Paralyzed Veterans of America.

I'm already looking forward to next year's event... it's difficult to imagine a better way to spend the day as well as making a difference in the quality of life for disabled veterans.







EVENTS CALENDAR - FEBRUARY 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/>

Disc Golf	February 1-2
Nobel Athletic Fields - San Diego 10:30am - 1:30pm	
PVACD Board of Directors Meeting	February 9
Good Samaritan Episcopal Church 11:00am - 1:00pm	
Super Bowl Party	February 12
SCI Inpatients 12:00pm - 4:00pm	
Family Trout Fishing	February 13
Santee Lakes - Lake 4 8:00am - 12:00pm	
Valentine's Day Party	February 14
SCI Inpatients 12:00pm - 1:30pm	
Adaptive Bowling	February 15
Parkway Bowling - El Cajon 12:00pm - 2:00pm	
RC Cars & Trucks	February 22
Nobel Athletic Fields - San Diego 11:30am - 1:30pm	



Paralyzed Veterans of America

Cal-Diego Chapter



PVACD Holiday Luncheon

Story & Photos by: Steve Shelden

After a long hiatus due to pandemic restrictions over the last couple of years, our PVA, Cal-Diego Chapter Annual Holiday Luncheon has finally returned! Once again we had the good fortune to be able to close out the year with what has become a valued tradition, as our PVA, Cal-Diego Chapter Members and invited guests joined together in December to ring in the upcoming holidays and the New Year.

The Admiral Baker Clubhouse in San Diego was our selected venue again this year. Our guests enjoyed dining with other chapter members as well as many of our local supporters who continue to help us achieve our goals throughout the year.

Our PVA, Cal-Diego Holiday Luncheon is always a highlight of the year, as many members who haven't been able to participate in various activities throughout the year make a special effort to attend this annual event.

In addition to wonderful food, drink and conversation, music also filled the air. This year we would like to thank Rheanna Downey who helped carry the warmth of the holiday season in making our spirits bright through her musical talents.

We wish you all a wonderful 2023, and thank you for making this past year so successful in achieving our goals and fulfilling our mission.











Ticket Reimbursement Program

The Ticket Reimbursement Program is available for members. Receive \$50.00 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 \$50.00 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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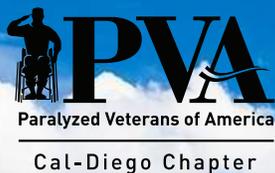
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We gladly accept Checks, Money Orders, & Credit Cards

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Please Mail to: **PVA, Cal-Diego Chapter**
3350 La Jolla Village Drive, Suite 1A-118
San Diego, CA 92161



17
JANUARY
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:

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WHEN:

**TUESDAY, JANUARY 17, 2023
8:00AM - 11:00AM**

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HOW MUCH:

NO CHARGE - FREE EVENT

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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.



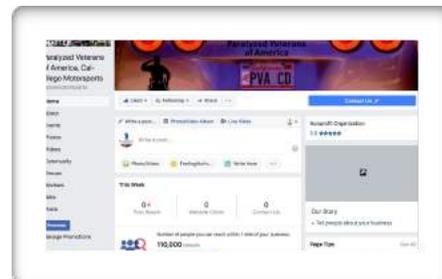
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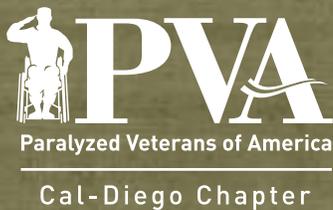
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PVA, CAL-DIEGO CHAPTER BOWLING LEAGUE

Adaptive Wheelchair Bowling Fun for Members & Their Families

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

Parkway Bowl

1280 Fletcher Parkway, El Cajon, CA 92020

Call the PVA Office Today at 858-450-1443 for Reservations & More Information

www.caldiegopva.org

PVA, Cal-Diego Chapter Birthdays - January / February 2023

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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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.

Jimmy Hatfield	Combined Federal Campaign	Diane Johnson
Larry Houghton	Robert Shaw	Linda and Peter Rhein
Beatrice Silva	Jim Schoenemann Charitable	William Kafka
Elaine Neilsen	San Diego Festival of the Arts Foundation	Carroll and Patricia Wilson
Susan Fox	Las Patronas	June Clark
Mary Coody	Ken Force	Thrivent Choice
Bernell Rice	Chris Fenimore	Dave and Eileen Ekrote
Easterday Family Foundation	Joyce Hall	Tom and Judy Gunn
Ruth Kurisu	Pamela Keinath	Larry Arnold
Anita Hammersly	Nancy Randolph	Doug Masi
Wanda Honeycutt	Praisner Family Foundation	Carla Johnson
Jennifer Garrett	Combat Veterans Motorcycle Association	Richard Harris
First Nation Group	33-1	William and Georgia Schafer
Rancho Santa Fe Foundation	Francis Parker High School Military	Maureen Ralston
Gloria Desmond	Outreach Club	John Tucciarone
Patricia Rodriguez	Angela Cook	James Pepler
James Goetz	Greg and Carole Mottino	Pala Band of Mission Indians
Nancy Spivey	Daniel Litzenberg	Stanley & Patricia Guinn
San Diego Gulls	Military Order of the Cootie Pup Tent 140	Advance Auto
Daughters of the American Revolution,	VFW Post 7041	Carmen Whitehead
San Diego Chapter	Bill Schaefer	Shelly and Steven Dunn
Patricia Plimmer	Marion Jones & Brenda Norman	VFW Post 3783
Suzan Gregory	Delores Horsman	Judith Kurose
Give Lively	Irwin Gisler	Richard and Sheila Johnson
Philip and Kimberly Ann Schultz	Richard Evans	Charles and Sharon Dirr
North Coast Corvette Club	The Simms Family	Prakash and Sushama Deshpande
Mary Oswell and Stanley Pedzick	Suzan Gregory	Liliana Binner

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



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A robotic device that enables veterans to walk again.

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