Chapter Elections

General Election Results

By Steve Shelden

This last month PVA, Cal-Diego Chapter Members were called upon to vote in our biennial elections for the Board of Directors. We wish to thank all of our members at this time for your involvement in selecting our new Board. It is only through our member’s continual participation that we can be assured of having a chapter that is focused on the needs of its members as well as our community.

Our elections ran from May 14, 2014 - June 6, 2014. A ballot was mailed out to all members, and the vote was certified by the sitting Board of Directors at the June 12, 2014 meeting.

We have some familiar faces returning to our Board of Directors, and some new ones as well. Please stop by and welcome them all.

Duane Norman is the chapter’s new President, with David Smith filling the shoes of Vice-President. Michael Snodgrass will be acting as Treasurer, while Bob Molinatti will be our new chapter Secretary. You can find a complete roster of our current Board Members and Staff on the next page.

If you, or someone you know, would like to make a valuable contribution to Paralyzed Veterans of America, Cal-Diego Chapter, there are a host of volunteer opportunities available.

Please contact this office if you have any questions or need additional guidance.

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.

We encourage you to stop by or call 858-450-1443 for all current information about this topic or any of our other opportunities.
Board Members

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

President
Duane Norman

Vice President
David Smith

Treasurer
Michael Snodgrass

Secretary
Bob Molinatti

Board of Directors
Bill Palmer
Richard Johnson
Al Kovach Jr.
Jim Russell
Buddy Wachstetter

Immediate Past President
James Miller

Appointments:
National Director
Jim Russell

Sports & Recreation Director
Gustavo Martel

Shooting Sports Director
Jim Russell

Finance Committee
Greg Mottino
Al Kovach Jr.
Jim Russell
Mike Snodgrass
Duane Norman
Peter Ballantyne

Hospital Liaisons
Arthur King

Membership Director
Bill Palmer

MotorSports Director
Duane Norman

VA Director
Brian Delaney

Office Staff:
Executive Director
Peter Ballantyne

Government Relations Director
Wayne Landon

Media Director
Steve Shelden

Newsletter Editor
Steve Shelden

Volunteer Coordinator
Jesse Robinson

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
Service Officers -
Robert C. Kamei
Patrick Cronk
Secretary -
Cindi Kourbelas

VASDHS/SCI Office
3350 La Jolla Village Drive
#1A-114
San Diego, CA 92161
(858) 552-7519

Service Officers -
DeMarlon Pollard

Health & Repair Services

VA Healthcare System
858-522-8585

Wheelchair Repair
858-642-3111

Disclaimer

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

A Word from the Editor

This month’s issue of the Beachcomber completes my “First Year of Beachcombers” as well my first full year as your Media Director & Editor. When I started at PVA, Cal-Diego Chapter my hopes were high for what lay ahead. I am happy to say, much of what we had hoped to happen over this last year has happened.

The Beachcomber has grown from a year ago as a 20 page publication, to the new expanded format of 32 pages. More news, more legislative information, more photography, more event coverage, and more advertisers.

I also made a request for our members and readers to call or email with any suggestions you might have, and respond you did. I still have not heard from everyone, but I have heard from quite a few.

Our promise to you as we continue to grow, will always be to rely upon your feedback in order to meet the needs of all our members and extended community of readers.

For any questions or comments, please write to me directly at sshelden@caldiegopva.org.
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Immediate Past President’s Message

By: James Miller

Dear members,

I know there is a significant amount of confusion, frustration, fear, and virtually any other negative emotion associated with the recent debacle with what has transpired with the Department of Veterans Affairs. I know there are a great deal of politics involved and it’s not my job to weigh in on those issues. I need to remain neutral on anything political with the exception of what affects our members, and this does.

As far as I know, the majority of our members receive their care at the VA San Diego Healthcare System (VASDHS).

Now, I must admit that I have somewhat of a personal bias because: even though my care has not been perfect, no care in the world is… I must say, however, that with that being the case, I have been receiving remarkable care with the VASDHS since 1995 right after I was injured in the Air Force.

As a matter of fact, I’ve received treatment outside the VASDHS for other opinions and some treatments simply to test the type(s) of care out there in the “regular world” and the care does not compare to the type and quality of care I receive here at the VASDHS.

Being in my position, as an advocate, and having been as involved as I was when I was the Hospital Liaison Officer (HLO), I heard from multiple veterans and asked them specifically about the type and quality care that was received. And I received a resounding thumbs up as a response to my inquiries.

It must be repeated thought that, and this is normal, care is not always ideal. In these situations, it’s important to report problems with care to your Unit Ambassador who the bridge between the patient and the Patient Advocate.

The Ambassador is the first line of defense to go to if one has a complaint about care or how one feels one is being treated. The next step is to contact the Patient Advocate only if the Ambassador has been given ample time and opportunity to resolve the issue at the Unit level.

Every Unit has an ambassador. As far as I know, if you don’t know who the specific Unit Ambassador is, please call the 1-858-552-5252 number, wait until the option to enter the extension, dial 0, then when the operator comes on tell them you need to “speak to the Ambassador of..” and name the unit your getting care from. I.e, the SCI Unit.

If you have expressed your concerns thoroughly and clearly to the Ambassador and have given them ample time and opportunity to resolve the issue, it is recommended that you return to the Ambassador, express your concern one more time, ask her/him why the issue hasn’t been resolved to your satisfaction, then inform them you will be going to the Patient Advocate.

Before the Unit Ambassador program was initiated, I always went to the Patient Advocate and always received sufficient resolution.

Once the Unit Ambassador program was implemented, I’ve used said system and still find it ample. The Unit Ambassador has, without fail, resolved my issue quickly and clearly.

I hope this helps if any of you happen to find yourselves in need of assistance if you are having problems or concerns about your care.

If you are not sure if you care is what it should be, the Unit Ambassador would still be the person to check with and ask all the questions you can.

The important thing to remember is that everyone’s time (including yours and theirs) is invaluable so please keep in mind to be prepared ahead of time with all cogent questions and concerns you may have.

One tip, take a notepad with you so while you’re working with either the Unit Ambassador or Patient Advocate (if it goes that far), you can jot down any questions or concerns that may arise during your conversation so you can address them at that time.
MOBILITY SOLUTIONS THAT PROVIDE THE FREEDOM TO

GO. BE. LIVE.

In our 32 years of experience we have had the pleasure to provide mobility solutions that have helped to provide you the freedom to Go, Be, and Live. We offer handicap accessible vans, driving aids, in-home and vehicle lifts, wheelchairs, scooters and all other mobility solutions. We pride ourselves with not just finding an answer, but rather helping you find the right solution for your needs.

GoldenBoy Mobility

12300 Stowe Dr. • Poway, CA 92064 • 858-748-9414 • GoldenBoyMobility.com
On July 22 and 23, the national PVA Site Visit Team will be at our VA for their annual review. This is a great way for our SCI to stay on the forefront of care and true to the proper guidelines for care. If there is any feedback you would like to share, we would be happy to put these in front of the reviewers—just give us a call or email.

Congratulations to new Board of Director’s President Duane Norman. Duane has been very active with Cal-Diego for many years. Special thanks to James Miller, president for the past four years, for guiding us through some rough waters. We also have a new Secretary in Bob Molinatti, and a new Treasurer, Mike Snodgrass. We are exceptionally grateful to Bill Palmer and Greg Mottino for their dedicated years of service in those two positions. Bill is staying on as a Board member, and Greg will work with Mike in the transition period for Treasurer.

In honor of the recent 70th anniversary of D-Day, I would like to share with you excerpts from the farewell address from President Dwight Eisenhower. I find his words from 54 years ago timeless:

“Our people expect their President and the Congress to find essential agreement on questions of great moment, the wise resolution of which will better shape the future of the nation.

My own relations with Congress, which began on a remote and tenuous basis...have since ranged to the intimate during the war and immediate post-war period, and finally to the mutually interdependent during these past eight years. In this final relationship, the Congress and the Administration have, on most vital issues, cooperated well, to serve the nation well rather than mere partisanship, and so have assured that the business of the nation should go forward. So my official relationship with Congress ends in a feeling on my part, of gratitude that we have been able to do so much together.”

“We now stand ten years past the midpoint of a century that has witnessed four major wars among great nations. Three of these involved our own country. Despite these holocausts America is today the strongest, the most influential and most productive nation in the world. Understandably proud of this pre-eminence, we yet realize that America's leadership and prestige depend, not merely upon our unmatched material progress, riches and military strength, but on how we use our power in the interests of world peace and human betterment. Throughout America’s adventure in free government, such basic purposes have been to keep the peace; to foster progress in human achievement, and to enhance liberty, dignity and integrity among peoples and among nations. To strive for less would be unworthy of a free and religious people.

Any failure traceable to arrogance or our lack of comprehension or readiness to sacrifice would inflict upon us a grievous hurt, both at home and abroad. Progress toward these noble goals is persistently threatened by the conflict now engulfing the world. It commands our whole attention, absorbs our very beings. We face a hostile ideology global in scope, atheistic in character, ruthless in purpose, and insidious in method. Unhappily the danger it poses promises to be of indefinite duration. To meet it successfully, there is called for, not so much the emotional and transitory sacrifices of crisis, but rather those which enable us to carry forward steadily, surely, and without complaint the burdens of a prolonged and complex struggle – with liberty the stake. Only thus shall we remain, despite every provocation, on our charted course toward permanent peace and human betterment.

Crises there will continue to be. In meeting them, whether foreign or domestic, great or small, there is a recurring temptation to feel that some spectacular and costly action could become the miraculous solution to all current difficulties. A huge increase in the newer elements of our defenses; development of unrealistic programs to cure every ill in agriculture; a dramatic expansion in basic and applied research – these and many other possibilities, each possibly promising in itself, may be suggested as the only way to the road we wish to travel. But each proposal must be weighed in light of a broader consideration; the need to maintain balance in and among national programs – balance between the private and the public economy, balance between the cost and hoped for advantages – balance between the clearly necessary and the comfortably desirable; balance between our essential requirements as a nation and the duties imposed by the nation upon the individual; balance between the actions of the moment and the national welfare of the future. Good judgment seeks balance and progress; lack of it eventually finds imbalance and frustration.”
Executive Director’s Message continued...

“Until the latest of our world conflicts, the United States had no armaments industry. American makers of plowshares could, with time and as required, make swords as well. But now we can no longer risk emergency improvisation of national defense; we have been compelled to create a permanent armaments industry of vast proportions. Added to this, three and a half million men and women are directly engaged in the defense establishment. We annually spend on military security more than the net income of all United States corporations. This conjunction of an immense military establishment and a large arms industry is new in the American experience. The total influence – economic, political, even spiritual – is felt in every city, every Statehouse, every office of the Federal government. We recognize the imperative need for this development. Yet we must not fail to comprehend its grave implications. Our toil, resources and livelihood are all involved; so is the very structure of our society. In the councils of government, we must guard against the acquisition of unwarranted influence, whether sought or unsought, by the military-industrial complex. The potential for the disastrous rise of misplaced power exists and will persist.”

“You and I – my fellow citizens – need to be strong in our faith that all nations, under God, will reach the goal of peace with justice. May we be ever unswerving in devotion to principle, confident but humble with power, diligent in pursuit of the Nations’ great goals. To all the peoples of the world, I once more give expression to America’s prayerful and continuing aspiration:

We pray that peoples of all faiths, all races, all nations, may have their great human needs satisfied; that those now denied opportunity shall come to enjoy it to the full; that all who yearn for freedom may experience its spiritual blessings; that those who have freedom will understand, also, its heavy responsibilities; that all who are insensitive to the needs of others will learn charity; that the scourges of poverty, disease and ignorance will be made to disappear from the earth, and that, in the goodness of time, all peoples will come to live together in a peace guaranteed by the binding force of mutual respect and love.”
Filing Claims in this New Age

In the up-tempo world we live where home-cooked meals are replaced by fast-food eateries and certain planes can cross the country in a couple of hours, we have also reached a new era in filing claims! The San Diego VA Regional Office (VARO), along with the other 55 VAROs, is moving away from paper claims and only wants electronic submittals. This has been an ever-evolving process starting when the VA introduced eBenefits to allow veterans to initiate and follow-up their own claims and has now included the Service Organizations by creating the Stakeholder Enterprise Portal (SEP). By creating this awkwardly named program, the SEP allows the respective service officer to directly submit claims into the VA network by filling out the forms online, scanning supporting documents to bolster said claims, and receiving notification – you guessed it, electronically.

By doing paperless claims, the VA no longer needs to send paper claims to a third-party scanning station (which I affectionately call “The Scanning Salon”) in St Louis, MO, where papers have ended up being either misplaced, improperly scanned by missing parts of the form, or even missing entire pages. Can you imagine that half of your medical evidence is not in the VA system because it was not scanned as double-sided?!

By going paperless, the VA expects the time delay for rating decisions for all claims to go down drastically. With the VA’s never-ending quest to reduce the time it takes to appropriately rate veterans’ claims, the VA started with the Fully Developed Claim (FDC). These paper claims were only accepted as FDC if ALL of the evidence was submitted at one time with no additional researching required by the respective raters. ALL evidence includes, but is not limited to, medical evidence/military treatment records, appropriate VA forms for the actual claim (VA Form 21-526EZ), dependency claims (VA Form 21-686c), along with claims for aid and attendance (VA Form 21-2680) and the VA favorite Disability Benefit Questionnaire (DBQ) (VA Form 21-0960 series), covering all disabilities between A-Z and everything in between. As you can tell, there is little room for error but if you are lucky enough to do all the work for the VA to get all the evidence and fill out all the forms properly, then the VA can give you a decision in around 90 days, not the 9-12 months for traditional claims!

The next step the VA made was to allow the veterans to circumvent the Service Organizations by filing their own claims through eBenefits. Create an account on the appropriate website and you can devise your own claims to your heart’s desire for every little thing that you feel is wrong with you. However, as you can imagine, without the Service Organizations providing rational thought to submitting frivolous claims, the VA was inundated with off-the-wall disability submissions that were not even close to having anything to do with their time in service.

And I am not talking about these certifiable pension claims for actual events that caused paraplegia and the like but for a broken toe, outside of their time in service, because the individual dropped their bowling ball on it! (There should be a book named True Confessions from Your Everyday VA Rater!, names and other personal information changed to protect the humiliation.)

This leads us to our current SEP program that re-integrates the Service Organizations to submit the claims by uploading the appropriate forms/evidence and downgrading the additional work and steps required to handle paper claims. With the traditional claims, the submittal was delivered to a central location in the respective VARO, known as the Intake Processing Center (IPC), where it would get a date stamp verifying the date it was submitted. From the IPC, the staff there would send that claim to the appropriate rating lane based on the type and number of disabilities: Express Lanes for only one or two issues, excluding anything related to diabetes or Individual Unemployability (IU); CORE Lanes for three-plus issues, where diabetes and IU are worked; Special Ops Lanes that deal exclusively with severe cases such as ALS, MS, and TBI, and also including homeless vets and financial hardship cases; and finally the Non-Ratings Lanes for dependency claims as well as the Auto and Housing Grants.

Now the claims bypass the Scanning Salon and are directly divvied out to the raters from their direct supervisor for processing the claims. No more shuffling papers from one location to another. It all travels on the electronic superhighway – until the power goes down, but I’ll save that for the sequel!
Better Life Mobility Center

Back in Black

2014 MV-1

Coming this Spring... Reserve yours today!

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Se Habla Español

www.betterlifemobility.com
San Diego • Las Vegas • Riverside • Los Angeles (Coming Soon!)
On Sunday, June 1, 2014, The Torrey Pines Kiwanis Foundation played host for a Los Lobos benefit concert with proceeds going towards the many programs and organizations in our area that support San Diegans with disabilities.

The Torrey Pines Kiwanis Foundation have been a long time advocate and supporter of the programs of Paralyzed Veterans of America, Cal-Diego Chapter. It was a true honor to be able to step-up and become a sponsor of this community oriented event which helped raise awareness of the many and greatly varied needs of our local disabled community.

Held at the Illumina Outdoor Amphitheater, this concert was one of a series of events leading up to the La Jolla Festival of the Arts which was held on June 21-22 at UC San Diego.
The evening began with the U.S. Navy Color Guard presentation, followed by the highly acclaimed youth band Mariachi Costa Azul of Chula Vista. Guests munched on delicious street tacos and sipped craft beer and wine margaritas as the sun set and Los Lobos, the Grammy Award winning rock band took the stage.

PVA, Cal-Diego Motorsports was honored to be represented, displaying our adaptive controlled 240SX race car for all the guests to examine up close.

Intermission activities included a live auction for the benefit of San Diegans with disabilities, as well as a presentation from The Torrey Pines Kiwanis Foundation to the Mission Bay Aquatic Center for $50,000. A big thank you to all of those that made this event so successful.

A Memorable Evening for All in Attendance to Benefit Our Disabled Community

More Than 40 Years as a Group, Los Lobos Still Surprises With a Few New Tricks
Legislative Updates

By: Wayne Landon

Cal-Diego Chapter on Capitol Hill

House Passes VA Accountability Bill

The U.S. House of Representatives recently passed H.R. 4031, the Department of Veterans Affairs Management Accountability Act. The bill was developed in response to evidence supporting a widespread lack of accountability in the wake of the Department of Veterans Affairs disability benefits backlog and a mounting toll of preventable veteran deaths at VA medical centers across the country. More than a dozen instances of this trend are documented on the VA Accountability Watch portion of the House Veterans Affairs Committee (HVAC) website at veterans.house.gov/accountability.

National Park Service Issues Proposed Rule on Service Animals in National Parks

The National Park Service recently issued a proposed rule concerning admission of service animals onto national park areas that updates regulations which have not been amended since 1983. The changes are meant to ensure that the Park Service rules comply with Section 504 of the Rehabilitation Act, which covers federal agencies, and align with the regulations for the Americans with Disabilities Act issued by the Department of Justice (DoJ) in September 2010. Those latter rules limited the definition of service animals to dogs that are "individually trained to do work or perform tasks for the benefit of an individual with a disability including a physical, sensory, psychiatric, intellectual or other mental disability." The DoJ regulations also state that comfort animals do not qualify as service animals. In addition, DoJ extended the definition of service animal to include miniature horses. Certain exceptions were included to provide for animals that are not housebroken or are out of control or if the miniature horse would "fundamentally alter" the program or services provided. A link to the federal register notice is below:

Budget & Appropriations

The Government Accountability Office (GAO) published a report on May 28 on the impacts of sequestration in 2013. The report looked at several agencies that provide funding to state and local governments and deliver services directly to individuals. The GAO found that many of these agencies reduced or delayed services to account for the across the board cuts. For example, the Centers for Medicare & Medicaid Services (CMS) reported reducing the frequency of surveys to determine quality of care and compliance with federal standards at psychiatric hospitals from once every three years to once every four to five years and at specialized organ transplant centers from once every three years to once every four to six years," according to the report. See the full report on the GAO website. "The DEI is an aspirational, educational, recognition tool that is intended to help companies identify opportunities for continued improvement and help build a company’s reputation as an employer of choice,” said Mark Perriello, President and CEO of AAPD, the nation’s largest disability rights organization. "The DEI pilot was thorough and helped us create an even more meaningful tool for the business community and disability community.”

"We are confident the DEI is going to be a game changer for all companies who are interested in enhancing their disability inclusion efforts regardless of where they are at in their journey," said Jill Houghton, Executive Director of the USBLN. "The DEI is also helpful for a company whether or not they are a Federal Contractor."

Companies that take the DEI self-report on a wide-range of criteria within four categories: Culture & Leadership, Enterprise-Wide Access, Employment Practices, and Public Support & Engagement.

Employment

Last week, the Department of Labor (DOL) announced the availability of approximately $15 million in grants to state workforce agencies to develop flexible and innovative strategies to increase the participation of people with disabilities in existing career pathways programs in the public workforce system. These grants represent the fifth round of funding through the Disability Employment Initiative, a joint program of the Labor Department’s Employment and Training Administration and Office of Disability Employment Policy.

Eligible applicants are public state workforce agencies. DOL anticipates awarding eight grants of between $1.5 and $2.5 million, to be spent over a 42-month period. Applications are due July 8, 2014. Learn more at grants.gov.
Legislative Updates continued...

First Annual Disability Equality IndexSM

The American Association of People with Disabilities (AAPD) and the US Business Leadership Network (USBLN) are excited to announce the public release of the first Annual Disability Equality IndexSM (DEISM).

Created by leaders in the business and disability communities, the DEI is an online benchmarking tool that offers businesses the opportunity to receive an objective score, on a scale of zero to 100, on their disability inclusion policies and practices.

After the successful completion of the DEI pilot with 48 Fortune 1000 scope companies in March 2014, AAPD and the USBLN will be releasing the DEI survey questions publicly on June 26, 2014 before opening up the first Annual DEI survey to Fortune 1000 scope companies for participation in October 2014.

"The DEI is an aspirational, educational, recognition tool that is intended to help companies identify opportunities for continued improvement and help build a company’s reputation as an employer of choice,” said Mark Perriello, President and CEO of AAPD, the nation’s largest disability rights organization.

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Call for Cyclists

Summertime is finally here, and there is no better way to enjoy beautiful San Diego than by getting out with a group of friends and cycling around town having some great exercise and amazing fun.

There are so many beautiful areas to ride in sunny San Diego, and we would like to try and accommodate all who are interested by riding in varying locations around town. We would like to welcome cyclist of all riding levels as well as those interested in cycling for the first time.

If this is something that you think you would be interested in, please contact me and let me know. We are in the process of putting together a calendar with dates and times of rides, and we highly encourage everyone to come on out and give this a try.

Lets get out in the community and have some fun this summer!

Come one, come all.

Thanks much,

DeMarlon Pollard

National Service Officer
Paralyzed Veterans of America
(858) 552-7519
Wheelchair Accessible Transport

By: Paul Polishuk

Preliminary Study for San Diego, CA

Based on a number of requests for information on Wheelchair Accessible Transportation by the Sharp Rehab SCI support group, it was decided to do a study to see what was the situation in all Transportation Modes for Wheelchair Accessibility.

The following modes were studied:

- Taxicab service
- MTS services (bus service, metro access, and airport)
- Private transport services
- Rent-a-car services
- Rent-a-van services

The economic impact of these services were also investigated. A number of issues were uncovered during the course of the study including:

- New taxicab like services by internet companies
- Gas station gas pumping accessibility for disabled
- Hotel provision of shuttle services for wheelchair customers
- Sidewalks and roadways, location of crossing buttons, etc. many sidewalks are a challenge.

This study was done in April and May of 2014, and the approach taken was to identify all the service providers, interview them by phone, investigate what other cites were doing, review the literature, and internet searches. The results did not indicate a rosy picture for wheelchair accessibility in the a San Diego area. For example, the study found that there are only six wheelchair accessible vans in the City and County of San Diego. As shown in the study, San Diego ranks last in the availability of wheelchair accessible vans. Houston is the leader with 250 and this service is provided on demand while the San Diego Accessible taxicabs require a one two two day reservation.

The MTS bus service ranked the best mode if you lived near a bus line. Their service is reliable, cheap, and on time. With easily accessible ramps and drivers who know how to tie you in. With such a success, MTS bought new buses which reduced the space for wheelchairs. This has been brought to their attention and they are working with the manufacturer to come up with a fix.

The MTS Access service is good and cheap but requires 2 hours before appointment to 2 hours after. The private services like Super Shuttle, Sol and Secure Transportation offer point-to-point service which could cost up to $100 each way. The major rental car companies provide no wheelchair Accessible vehicles to rent or specially equipped cars for the handicap can drive. There are two Rent-A-Van companies that service the area, The Ability Center and the Better life Mobility Center. Their rates are shown below:

<table>
<thead>
<tr>
<th>The Ability Center</th>
<th>Better Life Mobility Center</th>
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<tbody>
<tr>
<td><strong>Cost/day</strong></td>
<td></td>
</tr>
<tr>
<td>One day. $110.</td>
<td>$110 for up to 6 days</td>
</tr>
<tr>
<td>Week. $100.</td>
<td>$ 100 for 7-29 days</td>
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<tr>
<td>Month. $90.</td>
<td>$ 2700 per month</td>
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Pick Up and Drop Off Charges:

Ability Center - $80

Better Life -

- Mon-fri 9am-4:45 pm. $50 each way
- Mon-fri 4:46-9 pm $75 each way
- Sat & sun. $125 each way

Depending on which service provider, the rental of a van for a holiday meal at Aunt Mary’s could cost $270-$360!

The study results were presented to the Mayor’s ADA Advisory on June 12, 2014 and was favorably received. The study will continue and a more detailed study was recommended along with other policy issues that need to be developed. If you have recent experiences with any form of transportation, please email with a description Paul Polishuk at polishuk@igigroup.com or call at 617-835-5864.

<table>
<thead>
<tr>
<th>Wheelchair accessible transportation Report Card</th>
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<tbody>
<tr>
<td><strong>Taxicabs</strong></td>
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<td><strong>Public Transportation</strong></td>
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<td><strong>Private Services</strong></td>
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<tr>
<td><strong>Rent-a-Car</strong></td>
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<tr>
<td><strong>Rent-a-Van</strong></td>
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<tr>
<td><strong>DIY Sidewalks</strong></td>
</tr>
<tr>
<td><strong>Internet (Uber LYFT. Others)</strong></td>
</tr>
</tbody>
</table>
Donate a Vehicle: Wheels Helping Warriors Vehicle Donation Program

Looking for another way to make a difference in the life of a paralyzed veteran?

Consider donating your vehicle, boat, RV or motorcycle and help build brighter futures for our veterans and their families... and receive a tax deduction when you itemize your return!

Paralyzed Veterans of America’s Wheels Helping Warriors program will gladly accept the following vehicles, regardless of their current condition:

- Airplanes
- Boats
- Motorcycles
- RVs/campers
- Cars
- Semi-Tractors
- Farm equipment
- SUVs
- Horse trailers
- Trucks
- Motorized Wheelchairs

Simply call 1-855-744-0782 or go to the following link: www.wheelshelpingwarriors.org.

Be sure you have your title in hand before calling. A representative will explain all of the details and schedule a pickup that’s convenient for you, FREE of charge. The average pickup time is usually 24-48 hours from the time of the call. Even if your vehicle doesn’t run, we will gladly accept your donation. Once your vehicle has been sold, you’ll be sent a receipt for your tax records and the sale of the proceeds will be donated to the Paralyzed Veterans of America.

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 four of our websites listed to the right.

These sites are updated on a daily 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, make sure you click the “Like” button when visiting our Facebook pages.

www.facebook.com/CalDiegoPVA
www.caldiegopva.org
http://caldiegopvamotorsports.com
SCI RIDE 2014 Takes to the Roads

By: Steve Shelden

On a May Saturday morning, one with typical wonderful California weather... leather-clad bikers and their thunderous machines took to the roads of San Diego County for the first-ever, SCI RIDE.

This community fundraising event...
Cal-Diego’s 26th annual small arms shooting event took place over three days and two venues on 28, 29 & 30 March in Riverside County, CA. The event started with a center-fire pistol and rifle event on Friday 28 March at the Lytle Creek Range located in Lytle Creek, CA. The range is in a mountain pass at 4,000 feet elevation, so it was a cool morning, and again this year there was snow lingering on the mountain tops surrounding the range. We were fortunate to have two Marines from the Marksmanship Training Unit at the Hathcock Range on Marine Corps Air Station, Miramar to help set and score the targets. They were Sergeant Anders Carrillo and Lance Corporal Nick Albright. They did a great job working with us to make the event run smoothly.

2014 Annual Small Arms Shooting Event & BJ Russell Memorial Trapshoot

2014 Annual Small Arms Shooting Event & BJ Russell Memorial Trapshoot
Cal-Diego’s 26th annual small arms shooting event took place over three days and two venues on 28, 29 & 30 March in Riverside County, CA. The event started with a center-fire pistol and rifle event on Friday 28 March at the Lytle Creek Range located in Lytle Creek, CA. The range is in a mountain pass at 4,000 feet elevation, so it was a cool morning, and again this year there was snow lingering on the mountain tops surrounding the range. We were fortunate to have two Marines from the Marksmanship Training Unit at the Hathcock Range on Marine Corps Air Station, Miramar to help set and score the targets. They were Sergeant Anders Carrillo and Lance Corporal Nick Albright. They did a great job working with us to make
2014 Annual Small Arms Shooting Event & BJ Russell Memorial Trapshoot

By: Jim Russell

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**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 spinal cord injury/disease veterans and their families become more knowledgeable about caring for themselves and becoming active in the community. The classes are mandatory for all newly injured or rehabilitation SCI inpatients, and are highly encouraged for their family members and other SCI/D patients. The classes are also open to the SCI/D community at-large. Members of your team may assign you to attend certain classes. All classes are open to any VASDHS outpatients, their family members and personal care attendants. Classes are held in the VA San Diego, SCI Center Conference Room (1B123) from 12:30-1:15PM.

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Description</th>
<th>Presenter(s)</th>
<th>Abstract</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, July 1, 2014</td>
<td><strong>Resources for the SCI Veteran</strong></td>
<td>Penny Timmen, LCSW</td>
<td>What resources am I eligible for as a person with a disability? How do I apply for the different programs? What do I need to learn about VA resources/benefits and terminology for eligibility?</td>
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<tr>
<td>Thursday, July 3, 2013</td>
<td><strong>Spirituality and SCI</strong></td>
<td>Chaplain Steve Sexton</td>
<td>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?</td>
</tr>
<tr>
<td>Friday, July 4, 2014</td>
<td><strong>No Class. Independence Day Holiday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday, July 8, 2014</td>
<td><strong>What is spinal cord injury?</strong></td>
<td>Hayley Howells, PT</td>
<td>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?</td>
</tr>
<tr>
<td>Thursday, July 10, 2014</td>
<td><strong>Safety in the Home and Community</strong></td>
<td>Colleen Beaton, PT</td>
<td>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?</td>
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<td>Kelli Kaliszewski, CTRS</td>
<td>What is leisure and why is it important? What are the benefits to me of leisure activities, sports, staying active and having personal goals?</td>
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<td>Tuesday, July 15, 2014</td>
<td><strong>Taking Charge of Your Life</strong></td>
<td>Celia Macaspac, OTR</td>
<td>Can I be “well” again after SCI? What can I do to keep control over my life? How can I prevent stress from ruining my health? 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?</td>
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<td>Thursday, July 17, 2014</td>
<td><strong>Psychosocial Issues</strong></td>
<td>Corey McCulloch, PhD</td>
<td>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 help is available if I have a problem with drugs or alcohol?</td>
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<tr>
<td>Friday, July 18, 2014</td>
<td><strong>Pain Management in SCI</strong></td>
<td>Jeri Muse, PhD</td>
<td>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?</td>
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Call (858) 552-7453 or 1-800-331-VETS (8387) ext. 7453, for future class schedules or for more information.
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<td>Tuesday, July 22, 2014</td>
<td>Getting Back to Work</td>
<td>Joan Haskins, MA, CRC</td>
<td>Can I go back to work after an SCI? Why should I consider working or volunteering? What resources are available to me through the VA, the PVA, and community to help me meet my goals in this area?</td>
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<td>Thursday, July 24, 2014</td>
<td>Sexuality and SCI</td>
<td>Kathy Dunn, MS, RN, CRRN, CNS-BC</td>
<td>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?</td>
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<tr>
<td>Friday, July 25, 2014</td>
<td>Staying Healthy with SCI</td>
<td>Laura Boulden, RN, BSN, CRRN</td>
<td>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?</td>
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<td>Tuesday, July 29, 2014</td>
<td>What is spinal cord injury?</td>
<td>Hayley Howells, PT</td>
<td>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?</td>
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<td>Thursday, July 31, 2014</td>
<td>Eating Right for Health</td>
<td>Marc Shearer, R.D.</td>
<td>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?</td>
</tr>
<tr>
<td>Friday, August 1, 2014</td>
<td>Medical Complications in SCI</td>
<td>Matt Devries, PA</td>
<td>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?</td>
</tr>
<tr>
<td>Tuesday, August 5, 2014</td>
<td>Bowel Management</td>
<td>Hannah Bauhofer, RN, BSN</td>
<td>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?</td>
</tr>
<tr>
<td>Thursday, August 7, 2014</td>
<td>Bladder Management, Part I</td>
<td>Greg Fong, BSN, RN</td>
<td>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?</td>
</tr>
<tr>
<td>Friday, August 8, 2014</td>
<td>Bladder Management, Part II</td>
<td>Rey Puentespina, MSN, RN</td>
<td>What are the common bladder and kidney tests I need to have on a regular basis? What can be done if I start to develop kidney or bladder complications?</td>
</tr>
<tr>
<td>Tuesday, August 12, 2014</td>
<td>Preventing Pressure Ulcers, Part I</td>
<td>Will Davis, PTA</td>
<td>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?</td>
</tr>
<tr>
<td>Thursday, August 14, 2014</td>
<td>Preventing Pressure Ulcers, Part II</td>
<td>Christine Florendo, RN, BSN</td>
<td>How can I prevent pressure ulcers? Why do some people with SCI get pressure ulcers and others do not? What can I do at home to manage skin problems? How will my SCI team manage a pressure ulcer in clinic or in the hospital?</td>
</tr>
<tr>
<td>Friday, August 15, 2014</td>
<td>Autonomic Dysreflexia</td>
<td>AnnaMaria Cunningham, BSN, RN</td>
<td>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?</td>
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<td>Tuesday, August 19, 2014</td>
<td>Managing your attendant</td>
<td>Phil Dozier, PCA Coordinator</td>
<td>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?</td>
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<td>Spirituality and SCI</td>
<td>Chaplain Steve Sexton</td>
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<td>Resources for the SCI Veteran</td>
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<td>Colleen Beaton, PT</td>
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<td>Taking Charge of Your Life</td>
<td>Celia Macaspac, OTR</td>
<td>Can I be “well” again after SCI? What can I do to keep control over my life? How can I prevent stress from ruining my health? 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?</td>
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VA APPROVED
The VASDHS SCI Center’s 25th Anniversary Celebration was held on April 25, 2014. Twenty-five years ago, the center opened to serve those who had served their country, and now were faced with the greatest challenge of their lives: living with spinal cord injury or dysfunction.

Today the SCI Center provides a coordinated life-long continuum of services for over 700 Veterans and Active Duty personnel in San Diego and Imperial Counties, Arizona, and Southern Nevada.

Services provided to inpatients and outpatients include a 30-bed inpatient unit, nursing medicine, urology, pharmacy, outpatient clinic, psychology, social work, physical, occupational and recreation therapy, homecare, and telehealth.
The celebration began with the NMC San Diego Color Guard, followed by an introduction from the Program Host, Richard Johnson. In attendance were Jeffrey T. Gering, Director VASDHS, Al Kovach Jr. and Sherman Gillums Jr. from Paralyzed Veterans of America. Michael Burns, Past Executive Director for National PVA in Washington DC, was Guest Speaker at this monumental occasion.

SCI Center staff is dedicated to delivering holistic patient-centered care that provides Veterans with excellent sustaining care throughout their lifetime.

Building on all that’s been learned over the past twenty-five years, the SCI Center is capably poised for the next twenty-five years.

Special Ceremonies Were Followed by an “Open House” at the SCI Center

Sherman Gillums Jr. & Michael Burns Join the Celebration
Chaplain’s Corner

Silence is Golden

By: Archpriest George Morelli, Ph.D.
Chairman, Dept. of Chaplain and Pastoral Counseling
Antiochian Orthodox Christian Archdiocese of New York
2579 Luciernaga St.
La Costa, CA 92009
counseling@antiochian.org

A number of aphorisms inspired by popular wisdom are especially applicable to this age of instant global communication. I immediately think of one of my father’s favorite instructional sayings: “The wisest word is the word unspoken.” What brings this to my mind are recent media accounts of some notable individuals making some quite unwise statements that they think are private comments, but which later end up being publicly broadcasted. Often the individuals themselves are adversely affected, and when they are associated with others, be they corporations, governments or sport teams, the untoward effects extend to many.

Would it not be ideal if “the word unspoken” were not just motivated by desire to avoid the inauspicious consequences of making unwise statements, but, rather, sprang from the habits of a truly virtuous mind and heart? Buddhist wisdom is particularly apt in this understanding: “Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.”

When one has acquired such virtue, then wise silence should follow because it is built on a solid foundation.

In the book of Proverbs (8: 13), King Solomon tied true wisdom to virtue: “The fear of the Lord hateth evil: I hate arrogance, and pride, and every wicked way, and a mouth with a double tongue.” Hebrew wisdom puts it this way: “If a word be worth one shekel, silence is worth two.” The silence that is “golden” is, then, a product or consequence of virtue.

Benjamin Franklin understood that developing the value of silence is one of the defining characteristics of a virtuous person in attaining what he called ‘moral perfection’. He wrote: “Speak not but what may benefit others or yourself; avoid trifling conversation.” In the same vein, Roman Catholic Dominican friar, Meister Eckhart (c. 1260 – 1327 AD), wrote, “In silence man can most readily preserve his integrity.”

What better way to nurture virtue in our hearts and practice its offshoot of ‘golden silence’ than to be enlivened by God. Eastern Church Spiritual Father St. Mark the Acetic, writing in the fifth century, tells us: “God is the source of every virtue as the sun is of daylight (Philokalia I, p. 113). He says further that “Fulfilling a commandment means doing what we are enjoined to do; but virtue is to do it in a manner that conforms to the truth. (p. 123). Indeed, God is the ultimate truth.

Endnotes

1. [http://www.worldofquotes.com/topic/Virtue/1/]
2. [www.worldofquotes.com/proverb/hebrew/1/index.html]
4. [www.worldofquotes.com/author/Meister+Eckhart/1/index.html]

NSO Reminder

By: DeMarlon Pollard

Reminder, please see your NSO before, or right when you start AND when you finish your Comprehensive Annual Health Evaluation so that we can track the timeliness and completeness of your evaluation.

We wrote an article in the March 2012 Beachcomber which details what comprises a thorough examination per the VHA Handbook 1176.01.

Stop by and I’ll gladly make a copy for you.

Also, please let me know when you are getting a new wheelchair, bed or any prosthetic item which may cost more than $3,000.

We need to track the timeliness of the orders as the VA has implemented a new order process which we need to keep an eye on to ensure there continues to be no delays in providing the proper equipment.

If you have any concerns or questions on any matter, always remember we are here to serve you.
34TH NATIONAL VETERANS WHEELCHAIR GAMES

PHILADELPHIA, PA
August 12-17, 2014

PARALYZED VETERANS OF AMERICA, CAL-DIEGO CHAPTER

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Borrego Springs, CA

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Good Stuff to Know!

AUTOCROSS RACING AT QUALCOMM  JULY 5-6
McP’s DINING FUNDRAISER       JULY 12
BOUDIN DINING FUNDRAISER       JULY 16
SERCO FISHING TRIP             JULY 18
SAN DIEGO PADRES GAME          JULY 31
NAT’L. VETERANS WHEELCHAIR GAMES  AUGUST 12-17

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, Charger Games, 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 to June 30.

Donation Form

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.

Name:______________________________________________________________________________________________
Address:____________________________________________________________________________________________
City:_____________________________________________ State_______________           Zip:______________
Phone:___________________________________________
Donation Amount: $__________________________
We gladly accept Checks, Money Orders, & Credit Cards
Card#___________________________________________ Exp. Date_____________ CVV#_____________

Thank you.
July & August Member Birthdays

David V. Enter       Jerry L. Jackson       Aric J. Van Gaasbeck       Michael W. Cairns
Peter A. Morelli     David C. Colon       John R. Thompson       Vinson L. Crawford
Bernard J. Noel      Dan O. Willsey       John A. Shaw           Vicki L. Cozy
Kenneth Keith        Ron A. Noble         Richard J. Thesing     Timothy D. Fitsemons
Amy L. Alvarez       Shirley A. Barry       Harold T. Raggio      Guy E. Barnes
Benedicto J. Saludares Misty M. Whitehouse        Marvin Lacy          Edward J. Looney
Thomas P. McCullough  Anthony O. Lor         Craig Cornwall        Benjamin O. Weisfeld
John W. Sallee       Kenneth M. Perry       Darold W. Oakleaf     Travis G. Boecker
Andrew M. Porter      William G. Stamey      Thomas Dorsey         Victor R. Clark
William A. D’Alessandro Anna Maria Grijalva       Marion Barry         Gregory L. Mottino
Michael E. Loge      Robert E. Smith       Patricia S. Reed      Alvin Irizarry
Anthony F. Anderson   Wilfred P. Jackman      Mark R. Cordova       Douglas J. Bishop
Walter W. Conforme    Matthew D. Loveless     Timothy V. Henderson  Jeffrey S. Odom
David S. Hackley     Jon B. Bolton          Carla S. Padilla      Donald C. Tisch
William H. Palmer     Aubrey A. Bennett     Daniel E. Metivier    Melinda Y. Hosley
Corey O. Smith       Robert M. Gallardo       Richard F. Johnson    John T. Rishebarger
Tony DiMuccio        Timothy R. Ambler       Robert C. Delaney     Lyle T. Knode
Henriquez DeLacruz   Simon Jackson         Ronald Altamirano     James L. Fraser
Paul E. Keller       Jack R. White          John D. Lowther       Dovard L. Howard
Corey A. Blair       Jennette A. Causley      Logan P. Carter       Doug N. Vann
Jeffrey P. Smith     Jose C. Ramirez        Karl E. Ellermann     Corbin M. Beu
Jim R. Winston       Craig W. Scheidegger        Jeremy S. Roberts    Rodney E. Braswell

In Memoriam

Paralyzed Veterans of America, Cal-Diego Chapter wishes to recognize and honor the lives of those who have positively touched the lives of countless others. We would like to extend our deepest sympathies to the families of the following deceased PVA Members.

Roger J. Reynolds (PVA, Cal-Diego Member)
Joseph M. Romagnano (Past PVA National President)
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Special Thanks

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

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George Oswell
The Ability Center
Jo Anne Chevillon
Daniel Litzenberg
Jill Sanoff
DeaDotta Martinson
Better Life Mobility Center
La Jolla Festival of the Arts

Don Hyslop
Connie & Buck Ballantyne
William Wachtstetter
Walter O’Neil, Jr.
Golden Boy Mobility
Steven M. Shelden
Torrey Pines Kiwanis Foundation
Alfred Gutierrez