

# BEACHCOMBER



A Bi-Monthly Newsletter

Volume 35 - Issue 4 - July/August 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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**PVACD Summer BBQ**

Did someone say "Phil's BBQ???" It's that time of year!

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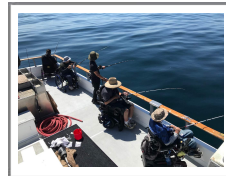


**On the Cover**

On the cover this month we feature a shot from Peter Ballantyne, taken at our recent Coastal Fishing Expedition. Check out all the fun on the high seas with PVA, Cal-Diego!

Cover Shot

**Out at Sea**



Catching our limit at a wonderful day spent on the ocean.

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**News from The Hill**

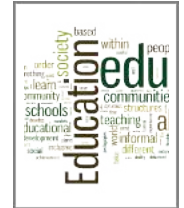
Wayne Landon keeps us apprised of the latest developments from the legislative perspective. Stay up to date on all governmental current affairs and their impact on you.

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**SCI Education Series**

Timely and vital information on SCI Healthcare.

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## Financial Betterment

By: Paige Moscone

PVA Cal-Diego Chapter is excited to launch an informational workshop series for Financial Betterment this fall. This series of five workshops will be hosted in-person and on Zoom for all PVA, Cal-Diego members. Each workshop will include a presentation and panel discussion. These workshops are designed to empower you to act in your best financial interest in order to build better lives for yourself and your family.

**Benefits**

- How to maximize on your military and disability benefits (Dependent benefits, VA home loan, etc...)



**Budgeting:**

- With maximized benefits, create personalized budgets and establish financial goals.

**Investing:**

- With budget and financial goals established, evaluate the various investment vehicles to achieve those goals and invest accordingly.

**Taxes:**

- Prepare taxes with optimal tax liability and strategy.

**Veteran Discounts:**

- Discover various discounts and cost savings on different goods and services from several vendors.

For each workshop you can attend, you will be entered to win prizes at the conclusion of the series! Each workshop will include light refreshments for in-person attendees. Keep an eye out for the finalized dates in the Beachcomber, on Facebook, and through email!



# Board Members

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

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## A Word from the Editor



Well summer is definitely in full swing, and the warmer weather has brought out our membership to enjoy this season's bounty of activities. This last month we were eating Ribs at our Annual Summer BBQ, and pulling out game fish from both the coastal ocean waters as well as the inland lakes.

Hard to keep our members down, when the summer spirit hits and in an effort to keep that spirit alive for the months to come we've got plenty of outdoor events to get you out and moving. From Remote-Controlled Truck Racing to Catfishing at Santee Lakes, this is just a sampling of the fun on tap for this summer. My suggestion to all is keep your eyes peeled on our website at [www.caldiegopva.org](http://www.caldiegopva.org) for a complete list of all our upcoming events, and truly make this a summer to remember! And as always... if you have an idea for a future event that you feel our members might enjoy, feel free to suggest it. We are always looking for new activities for the benefit of all our members.

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

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

## Health & Repair Services

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

**WHEELCHAIR REPAIR**  
858-642-6330

## Disclaimer

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

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# In This Issue...

Jim Weber

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Jim Weber



## President's Message



By: Brian DeLaney

As summer finally arrives – despite the consistent grey skies – it's always good to remember where we live. San Diego is likely one of the nicest cities in the country when it comes to weather and things to do. We are

blessed to live in a place others plan vacations in! San Diego has so many things to do, and a large portion of them are fully accessible. Our disability in no way limits our ability to enjoy this wonderful city. To ensure that all visitors can enjoy the sun, surf and sand, San Diego offers free manual or power beach wheelchairs at nine popular beaches for travelers with disabilities or limited mobility. A hybrid of the common power wheelchair and dune buggies... the power beach wheelchairs are comfortable, sturdy, self-propelled and designed to navigate the soft sands. Most wheelchairs are offered on a first come, first served basis. The manual chairs do require you bring a friend to help you navigate through the soft sand. For more information, you can call:

- City of San Diego Beach Wheelchair Line (Mission Bay, Mission Beach, Ocean Beach, La Jolla Shores) (619) 525-8247
- Coronado Beach (619) 522-7346, ext. 3
- Silver Strand State Beach (619)-435-0126 (manual beach wheelchairs only)
- Imperial Beach reservation line (619) 685-7972
- Oceanside Harbor Beach and Pier Beach (760) 435-4018 (manual beach wheelchairs only)

Besides the beach, there are attractions like the San Diego Zoo, Sea World, public parks (like Santee Lakes), casinos, Wild Animal Park, and some of the best restaurants in the country. Our chapter has a Ticket Reimbursement Program which can make these even more affordable. Please, take advantage of the opportunities presented.

Closer to "home," the new SCI Center at the VA is progressing on track. Many of us never thought we'd see it in our lifetime, but it is scheduled to open in the fall of 2024 with the garage opening later this year. As we get more information on the construction, we will pass it on.

I want to personally thank all the members, family, and friends who stopped by the membership picnic at Santee Lakes on 10 June. It was a great turn out and it was wonderful to talk to everyone and devour a lot of Phil's BBQ. "Unstoppable" was there and sounded like the beast that it is. Thank you to Cal, Justin and all the others that have worked so hard to get it built and running. We hope to get a racing schedule out in the next couple of months and would love to have as many members as possible there to support our drivers. More to come on that!

The office will be sparsely manned due to several well-earned vacations but fear not! If you need something or have questions you can always call the office, or email us at [info@caldiegopva.org](mailto:info@caldiegopva.org)

Until next time, please be safe, be sane, and enjoy yourself! You can give in, give up, or give it your all. I prefer the last option.







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## Executive Director's Message



By: Peter Ballantyne

Seemingly back to our normal patterns for summer—we are scattered all over the place. From just the early summer start, and despite a sun-resistant May gray and June gloom calendar, it sure feels like there are many many people

out and about.

For 'scattered', in general terms, let's look at where some of our folks are—like Paige, who is in Ireland. Our adventurous office traveler and student is earning her Master's degree, and is part of an internship program based out of Dublin, Ireland. This is a once-in-a-lifetime opportunity, and I know Paige will do well and come back with great ideas and enthusiasm to help our chapter continue to innovate and thrive. Brian, our Board President, is also in Ireland as I write this column. Part of Brian's family heritage is on this island, hence the visit. Brian had to delay his visit one year, so getting there has been a long time in the plans. Tiffany, our summer intern, is out in the Olympic Mountains. Our Wheelchair Games team heads up to Portland at the beginning of July. I head to upstate New York at the end of July. Scattered about, indeed.

For summer time activities, we encourage to engage in our communities many fun events. For us at Cal-Diego, we will have our Evening Family Fishing at Santee Lakes on July 6 and August 3. This is a great family-oriented event where we watch catfish eat our bait, and enjoy our own food on the lake side. These go from 5:30pm until

dark. We have the fishing gear set up for you—just bring the family or a friend. Please RSVP to the office so we make sure we have enough food and drink. And we have the radio-controlled car lunchtime events at Nobel Park in University City. It's amazing how much fun a little car can create—plus we have some great friends stop by as well. Lunch and drinks are provided for this event. Our RC program has been invited to share with City Disabled Services our cars and experts (thanks to Larry and Buddy) for a day in July. This is an ever-popular day for the kids from the City program, and very rewarding for PVA Cal-Diego to give of our time and innovative programming to our community. We, that is PVA, may still be a well-kept secret, yet it feels good every time we do something like this.

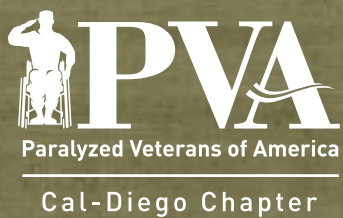
One of the questions that has come up are tickets to the SD County Fair. There are sites on the internet that have discount tickets—like govx, and remember that you can now receive back up to \$75 every half-year through the chapter's ticket reimbursement program.

In the office, we have several tickets for the Museum of Making Music up in Carlsbad. Please let us know if you'd like any—it is a wonderful and thoughtful museum to see.

Please pay attention to our website and like our Facebook page! We have opportunities and events that sometimes pop up—who knows what our next adventure can be?







## PVA, CAL-DIEGO RC CLUB

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

**July 26, 2023 - 11:30am - 1:30pm**

Nobel Athletic Fields & Recreation Center  
8810 Judicial Drive, San Diego, CA 92122

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

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

## NSO News: Overpayments, Waivers, & Compromises

By: Robert C. Kamei, PVA Senior National Service Officer

There may come a time when you incur an overpayment from the Department of Veterans Affairs for those receiving pension (non-service connected disabilities) or compensation (service connected disabilities). Even I had an overpayment (before I became a service officer) for not adjusting my dependency status to the VA. The main reason for overpayments for veterans receiving pension are for not reporting income or receiving a change in income. As for veterans receiving compensation, overpayments are seen for changes in marriage status, dependency status, and length of hospitalization stays. While no one ever feels they are being overpaid, the VA does follow up on the amounts they are paying and will want the money back.

### What are some examples that can cause me to incur an overpayment?

For those receiving pension, the VA requires you to maintain your income below a set dollar amount to continue receiving pension benefits. When the VA discovers an increase in your income over the limit, they will want the money they sent you back. This increase in income can come from new employment, Social Security income, sale of property, or an inheritance. In these instances, the month the new income came into the veteran's possession is the month where pension payments end. For every month after the new income was acquired is the amount of money the VA will want returned to them. For example, you sell some property of yours (a car, a house, etc.), it will be considered, by the VA, as accountable income and will prevent you from receiving a pension check until the money received from the sale was spent in an appropriate manner and brings you back under the income limit. The caveat to this example is if you use the money towards the purchase of your new car or residence, whatever is remaining after the purchase will be considered profit and accountable for overpayment.

For those receiving compensation, whenever there is change in your dependency status, you must report that to the VA. If the veteran encounters a divorce, a copy of the divorce decree must be presented to the VA, through your PVA representative, to cease payments for the

spouse. You can also write it on the VA official blank piece of paper (VAF 21-4138 Statement in Support of Claim) that you are no longer married and need to remove the spouse from your award. After the divorce, the blood-related child(ren) is(are) still considered dependents of the veteran even if they are no longer living with the veteran. When the children turn 18, they are no longer considered dependents unless they are still attending school. VAF 21-674 needs to be filled out and submitted to the VA to maintain their dependency. A big problem we face at the regional office is that many veterans believe that if they divorce one spouse and marry another, it should not affect their dependency status with the VA. That is completely wrong and the VA will issue an overpayment to the date of the divorce and not pay for the new spouse until you submit VAF 21-686c to officially add the new spouse and it will retro *only* to the date of submitting the form!

Regarding hospitalization for veterans receiving Special Monthly Compensation (SMC) needing Aid and Attendance (A&A), any stay lasting longer than two calendar months (*not 60 days*) will reduce you to the hospital rate. *What???* Okay, if you have a combination of disabilities that gets you to the higher rating scale, that is considered SMC. If you have lost the ability to use both of your feet, you would be considered SMC L and your hospital code would be the same. However, if you are rated at the highest rating, SMC R-2, your hospital code would drop to SMCO. This is quite a significant drop in payment and must be reported to the VA with the reasoning that A&A is no longer needed to be paid to the veteran since the hospital is providing that care. If the hospitalization is not reported, the A&A portion of the check will be considered an overpayment and required to be returned to the VA.

### What can I do if I have an overpayment?

First thing you should do is contact your local PVA service officer. They will look at your overpayment to determine the amount you owe and will request you to fill out a Report of Income (VAF 5655) to follow up on your level of income and expenditures.

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

There are two options available to you to settle your indebtedness to the VA – apply for a waiver consideration or develop a compromise offer. An important concept that VA tries to adhere to is that no collection should be against equity and good conscience. Basically, the VA will work with you regarding a collection with the belief that receiving some is better than none at all.

Waiver consideration of all debt is applicable if an erroneous payment occurred through administrative error and that there is no indication of fraud, misrepresentation, fault, or lack of good faith. Indebtedness can range from education loan defaults to participation in the housing loan program. Also subject to waiver consideration is an indebtedness which is the result of VA hospitalization, domiciliary care, or treatment of a veteran being charged to the veteran erroneously.

A compromise offer is one where you and the VA agree on sum that would be satisfactory to both sides. The VA has four criteria it will look for as to why a debt cannot be collected in full:

- (1) The veteran is unable to pay the full amount in a reasonable time, as verified through credit reports or other financial information;
- (2) VA is unable to collect the debt in full within a reasonable time by enforced collection proceedings;
- (3) The cost of collecting the debt does not justify

the enforced collection of the full amount; or

- (4) There is significant doubt concerning VA's ability to prove its case in court.

In determining the veteran's inability to pay the debt, the VA will consider relevant factors such as the following:

- (1) Age and health of the veteran;
- (2) Present and potential income;
- (3) Inheritance prospects;
- (4) The possibility that assets have been concealed or improperly transferred by the veteran; and
- (5) The availability of assets or income that may be realized by enforced collection proceedings.

And if neither waiver consideration or compromise work in your favor, your final step is to request a payment plan to pay back the overpayment in a method that is reasonably comfortable to you. Once again, contact your nearest PVA service officer if you received a notification of an overpayment by the VA to work out a plan that will be effective to resolve that debt.

**Notice: Beginning October 1, 2021, VA resumed sending debt notification letters for Veteran benefit debts created between April 6, 2020, and September 30, 2021. Debt notifications include information on collection resuming and will be distributed over several months.**

**Veterans with debt balances under Treasury's jurisdiction prior to the COVID-19 pandemic will see Treasury collection activities resume in October 2021.**



## Meet Tiffany!

Hello Everyone! My name is Tiffany Gavin and I am the intern at the PVA Cal-Diego office for Paige while she is at her internship in Ireland for the summer. A little bit about me is that I go to University of California, San Diego (UCSD) and I am a double major in Molecular and Cell Biology and Clinical Psychology with the hope of someday going to medical school to be a surgeon either in trauma or neurology. I volunteered with Keli (Recreational Therapy) for the past year and was fascinated and wanting to learn more. I am also an Undergraduate Researcher in spinal cord injuries at the UCSD

School of Medicine to obtain a better understanding of the science behind injuries. Besides the academic side of me, I really enjoy dancing and swimming (I have done both for 15 years) as well as baking and cooking (I have taken many classes and have won a few competitions.) I am very happy to be here and excited to learn more about everything PVA does! I am looking forward to meeting more members, hearing your stories, and if you are visiting the VA please feel free to come say hello... I would love to meet you!



## Government Relations

By: Wayne Landon



### AB 871 (Haney) - OPPOSE

The listed organizations must OPPOSE AB 871 (Haney) which will severely impact the elderly, Veterans, and individuals with disabilities who rely on accessibility equipment to live independently in their homes.

AB 871 would require all residences to obtain a permit from the Division of Occupational Safety and Health (CalOSHA) prior to installing a stairway chairlift, platform lift or similar type of conveyance. The mechanic installing the conveyance would be required to be certified with CalOSHA through obtaining 4 years of experience under the 1:1 supervision of a certified conveyance mechanic versus 3 years today. The training would be limited to only those programs authorized by the state excluding federally approved programs authorized today.

Current law requires conveyance mechanics that install conveyances in commercial establishments be certified and installations to be permitted by CalOSHA. Residential installations of stairway chairlifts and platform lifts are currently exempted from this requirement due to their unique settings that have low risk, low usage, and need timely installations for medical necessity. In addition, there have been no known issues with safety of these lifts.

A coalition of organizations that represent the residential accessibility industry are opposed to AB 871 for the following reasons:

Installations will be cost prohibitive and time-delayed for the elderly, Veterans and disabled. Under AB 871, the cost of installation for an elderly or disabled individual would be too lengthy and cost prohibitive due to the cost of permits, length of time to obtain approval through CalOSHA and the limited supply of qualified mechanics as a result of the legislation. The added time and cost to permit, install and inspect their mobility equipment for their home will make it prohibitive for most individuals to afford the installation, particularly in a time where high rates of inflation have already reduced affordability for many seniors. The permitting requirements in many

cases will be impossible to know or understand by a homeowner or renter. In addition, the permit would require subsequent inspections which are unrealistic in a residence. AB 871 unduly burdens an already fragile and at-risk elderly and disabled population that are primarily on fixed incomes.

### Congress Approves VA COLA Bill

On May 22, Congress passed S. 777, the Veterans' Compensation Cost-of-Living Adjustment (COLA) Act of 2023, which requires VA to increase rates for disability compensation, additional compensation for dependents, the clothing allowance for certain disabled veterans, and dependency and indemnity compensation (DIC) for surviving spouses and children. It directs VA to increase payment amounts for these benefits by the same percentage as the cost-of-living increase in benefits for Social Security recipients, which will be effective on December 1, 2023. The annual Social Security COLA is dictated by the Consumer Price Index (CPI), which measures the rate of inflation in the U.S. The figure used to determine next year's COLA is expected to be announced in mid-to-late October. Soon, S. 777 will be heading to the President's desk for signature.

### MAMMO Act

The MAMMO Act expanded access to high-quality breast cancer screenings and treatments for veterans. MAMMO also increased partnerships through the National Cancer Institute for access to clinical trials.

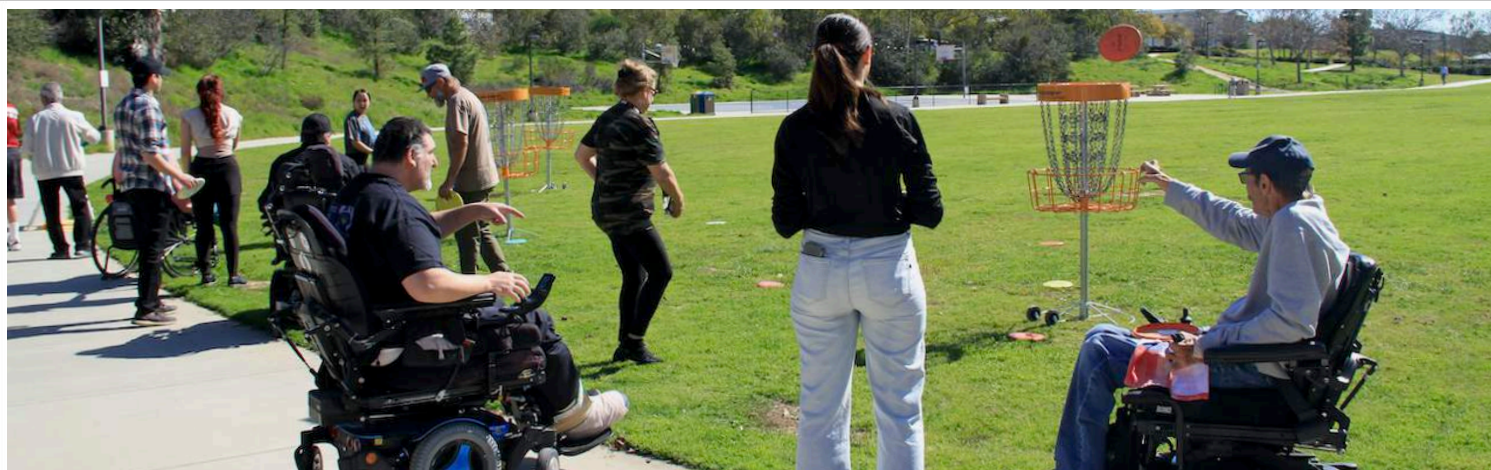
VA has made several advances in implementing MAMMO:

- Launched the first of five sites at the Clarksburg VA Medical Center in May 2023 as part of a three-year pilot program for patients to have their screening mammogram at their local VA clinic and interpreted by a breast radiologist at another location.
- Reached the final stages of upgrading all mammography technology to state-of-the-art, three-dimensional digital breast imaging.
- Developed a data dashboard to monitor breast cancer screening rates of veterans with paralysis, spinal cord injury, and major limb loss.

*Government Relations continued on  
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# EVENTS CALENDAR - JULY/AUGUST 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/>

**National Veterans Wheelchair Games** July 4 - 9  
Portland, Oregon

**Family Catfishing** July 6  
Santee Lakes - Lake 2  
5:30pm - 8:00pm

**PVACD Board of Directors Meeting** July 13  
Good Samaritan Episcopal Church  
11:00am - 1:00pm

**RC Cars & Trucks** July 26  
Nobel Athletic Fields - San Diego  
11:30am - 1:30pm

**Family Catfishing** August 3  
Santee Lakes - Lake 2  
5:30pm - 8:00pm

**PVACD Board of Directors Meeting** August 10  
Good Samaritan Episcopal Church  
11:00am - 1:00pm

**RC Cars & Trucks** August 23  
Nobel Athletic Fields - San Diego  
11:30am - 1:30pm



**Paralyzed Veterans of America**

Cal-Diego Chapter

## Government Relations

*continued from Page 10...*

VA providers and mammography programs manage screening programs and provide care coordination to assist patients in navigating the health care system and offer a variety of breast cancer resources and information.

### JOINT HVAC HEARING ON VA RECRUITMENT AND RETENTION

The subcommittees on Health and Oversight and Investigation held a joint oversight hearing on recruitment and retention within the Veteran Health Administration (VHA). The subcommittees questioned whether the Department's bureaucracy is hindering VA from securing a quality workforce.

One of the key takeaways from the hearing was that Congress and the VA are frustrated with outdated and burdensome processes for hiring new staff within VHA. The current hiring process includes 83 steps, sometimes taking more than six months to complete. Because of the excessive timeline for hiring, many potential candidates opt for a job outside of VA where it takes less time, and they are likely to earn more competitive pay. Several subcommittee members and witnesses also stressed that throughout the medical field, nurses are experiencing record numbers of violent encounters with patients.

VA highlighted that this year VHA is poised to hire 52,000 external hires, making it one of the most successful hiring years in VA history. That said, Congress pushed VA to be more proactive with their recruiting

strategies and more strategic with their marketing budgets for recruitment.

The hearing ended with the members stressing that VA needs to overhaul the HR process for hiring VHA staff; review the Department's hiring, outreach, and marketing strategies; and use every tool available to improve hiring and retention incentives, particularly for rural areas.

### HISA Bill Reintroduced

Recently, Rep. Don Bacon (R-NE) and Rep. Chris Pappas (D-NH) reintroduced the Autonomy for Disabled Veterans Act, H.R. 2818. This legislation would increase the amount of funding available to disabled veterans for housing modifications through VA's Home Improvements and **Structural Alterations** (HISA) grant program. Currently, a lifetime HISA benefit is worth up to \$6,800 for veterans who need a housing modification due to a service-connected condition. Veterans who rate 50 percent service-connected may receive the same amount even if a modification is needed due to a non-service-connected disability. Veterans who are not service-connected but are enrolled in the VA health care system can receive up to \$2,000.

HISA rates have not changed since Congress last adjusted them in 2010. Meanwhile, the cost of home modifications and labor has risen nearly 50 percent during the same timeframe. H.R. 2818 seeks to raise rates to \$10,000 for veterans with a service-connected disability and \$5,000 for those with disabilities that are not service connected. It also ties those rates to a Consumer Price Index, allowing for annual increases to help the benefit keep pace with inflation and increased home modification costs.



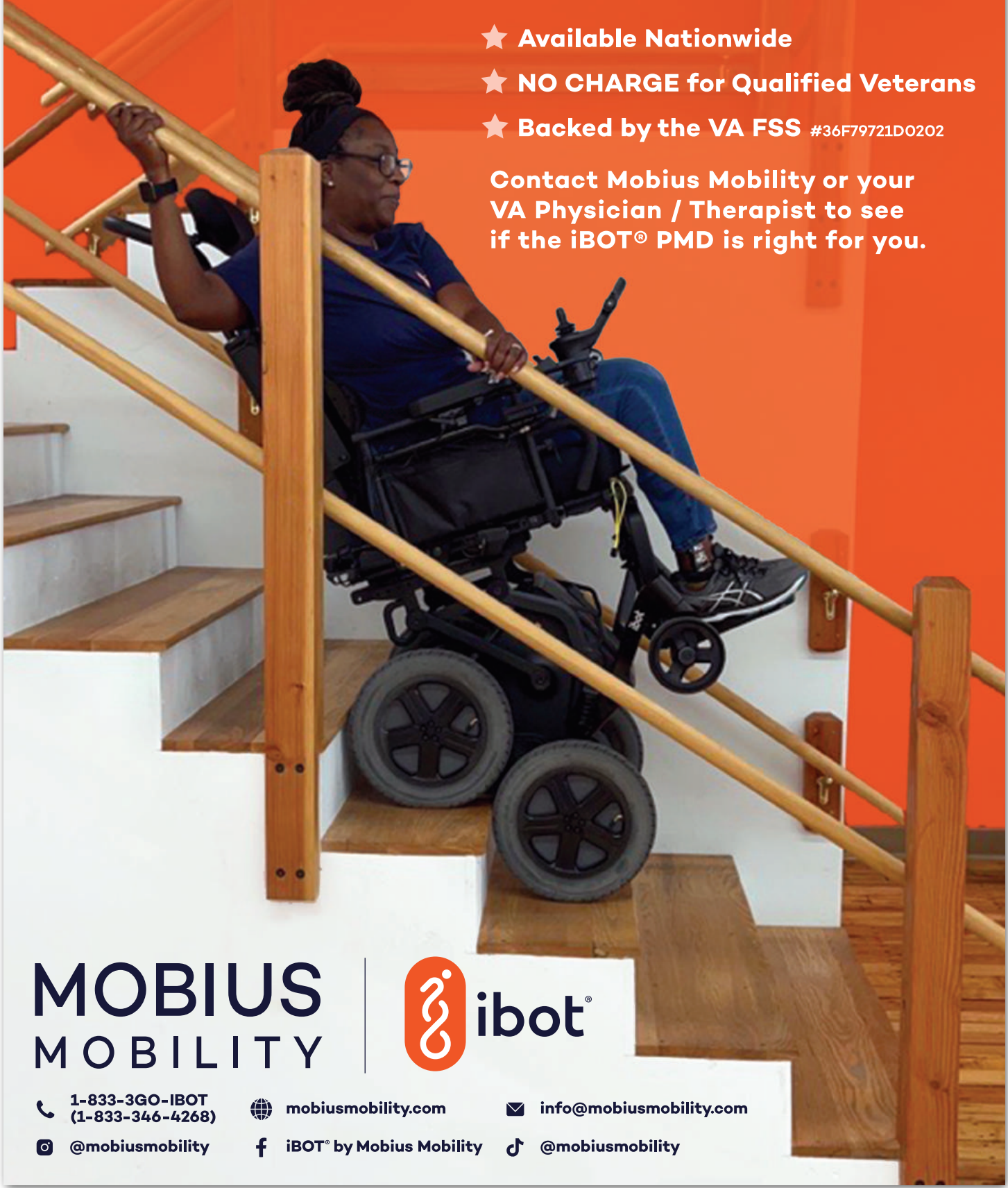


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## May & June Events Recap

By: Tiffany Gavin

Summer has officially started, despite the May showers and June gloom, hopefully the sun will be shining soon. With summer being one of the busiest seasons of the year we have had multiple new and old events in the past couple of months.

On May 19th, Dr. York, Shawn Frayne, and Daniel Ruggirello graciously spoke in a Town Hall meeting providing members with updates in regards to the unit, medications, and the new building. Thank you to Dr. York and other participants who submitted questions! We will be having another Town Hall with Dr. York in the next couple of months, so be sure to look out online for updates. Additionally, a recording of this town hall meeting is available on our website so be sure to check it out!

On May 20th, we headed to Biggs Harley Davidson to participate in the 21st Annual May Ride. Many motorcycles of all different types zipped on by, smells of different foods filled the air, and music played in the background by local artists. It was a great day to socialize and connect with other organizations. A special thank you to everyone who was able to come and volunteer at our booth. We hope to be able to participate in this amazing event next year!

Vrooming to RC club, the latest RC event was on May 24th at Nobel Athletic Fields with remote controlled cars jumping off ramps, racing one another to the finish

line, and speeding around the park. It was an incredible experience! Our next RC club event which is on June 28th from 11:30am-1:30pm at the Nobel Athletic Fields in San Diego. Please let Buddy Wachtstetter or the PVA office know if you are planning on coming to get a headcount for lunch as lunch will be provided. We hope to see you there!

We caught one! On June 8th from 5:30pm-8:00pm, we had our first summer family catfishing event at Santee Lakes-Lake 2. With multiple poles in the water, the anticipation kept building to reel in a fish, as the bell went off on one of the poles, we rushed to reel in the fish and caught a nice sized catfish. Special thank you to John and Marci Pou, and Patrick and Gayle Obrien for holding and participating in this amazing opportunity. Our next family catfish event is on July 6th from 5:30pm-8:00pm at Santee Lakes-Lake 2! Please let the PVA Cal Diego Office know if you are planning on coming to get a headcount for dinner which will be provided. We hope to see you there!

Is that BBQ I smell? We had our BBQ Picnic on June 10th at Santee Lakes which was such a wonderful time seeing PVA, Cal-Diego members getting together, enjoying mouth-watering Phils BBQ, playing Giant Jenga, and the Studebaker made an appearance. Thank you to everyone who helped set up, clean up, and to our amazing volunteers from Maxim Healthcare for helping the event run smoothly. We have many exciting events coming up as we continue into the summer so be sure to look out on Facebook, the PVACD website, or call the office for more information!

## SCI Center Update

By: Paige Moscone

**Congratulations to Anneliese Nanquil for being the "Employee of the Month" for May!**

Anneliese always advocates hard for her patients and has the compassion and smarts to care for them. Even through her most stressful moments, she still finds the energy to teach both patients and nurses. She's a nurse I look forward to working with and learn from. Her

tantrums are all justifiable 😊. Without her, I'd be bored.

Anneliese understands what it means to be a rehab nurse and does an excellent job educating new injuries on how to live a new life with their new spinal cord injury.

Anneliese has stepped up to be the UPC co-chair and charge nurse. Her commitment and dedication to our SCI center is greatly appreciated!







# NATIONAL VETERANS WHEELCHAIR GAMES

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Join 500+ Veterans  
competing in 22 sports!



WheelchairGames.org  
#WheelchairGames

Co-Presented by:







## PVACD Summer BBQ

Story & Photos by: Steve Shelden

Did someone say... "Phil's BBQ???" Most definitely so!

This last month the members of PVA, Cal-Diego Chapter once again joined together at our favorite Fishin' Hole... Santee Lakes, for our annual Summer BBQ! I think I've finally learned that the secret to having people show up in mass for an event is to have plenty of BBQ Ribs, Chicken, Pulled Pork, and all the fixings in enough proportions to feed an army... or in this case, our very hungry members.

It's hard to beat a day at the lake spent enjoying good times with good people, and that's pretty much the way the day went. Filled with spirited conversation and a relaxing atmosphere, our members spent time enjoying

all that this fine summer's day had to offer. In what has now become a tradition, Louis Irvin and Son, once again set-up a Giant Jenga Game for all to enjoy. I lack the fine coordination necessary to compete in the "big leagues," but Wayne Landon had no problem in working his magic with the wooden blocks... and let's not forget the Disc Golf and Cornhole Games set up and ready for action.

Sharing the day with not only our members, but also with our many friends and supporters of our programs and services... the day turned out to be a great success.

In thinking back, my mouth is already beginning to water for those ribs... for me, next year's Summer BBQ can't come soon enough!



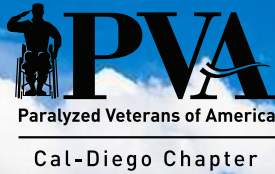












6

JULY  
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!

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9310 FANITA PRKWY. (LAKE #2)  
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**WHEN:**

**THURSDAY - JULY 6, 2023  
5:30PM - 8:00PM**

**ALL EQUIPMENT PROVIDED**

**HOW MUCH:**

**NO CHARGE - FREE EVENT**

**(ADVANCE RESERVATIONS REQUIRED BY 7/1/23)  
1-858-450-1443 OR [INFO@CALDIEGOPVA.ORG](mailto:INFO@CALDIEGOPVA.ORG)**

# 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, July 4, 2023</p> <p style="text-align: center;"><b>No Class</b></p>	<p>Thursday, July 6, 2023</p> <p style="text-align: center;"><b><u>Benefits and Resources</u></b> Dana, LCSW</p> <p style="text-align: center;"><i>What do I qualify for; and who can help me apply?</i></p>	<p>Friday, July 7, 2023</p> <p style="text-align: center;"><b><u>Spirituality and SCI</u></b> Tam, Chaplain</p> <p style="text-align: center;"><i>What is spirituality and how can I use it to deal with SCI? Can I find meaning/purpose for my life as an SCI veteran? What spiritual resources are available to me or my family?</i></p>
<p>Tuesday, July 11, 2023</p> <p style="text-align: center;"><b><u>Managing Your Attendant</u></b> Phil, PCA Coordinator</p> <p style="text-align: center;"><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, July 13, 2023</p> <p style="text-align: center;"><b><u>Taking Charge of Your Life</u></b> Henrietta, OTR</p> <p style="text-align: center;"><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, July 14, 2023</p> <p style="text-align: center;"><b>To Be Determined</b></p>
<p>Tuesday, July 18, 2023</p> <p style="text-align: center;"><b><u>What is Spial Cord Injury?</u></b> Hayley, MPT</p> <p style="text-align: center;"><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, July 20, 2023</p> <p style="text-align: center;"><b><u>Preventing Pressure Injuries</u></b> Tracy, BSN, RN, CWS</p> <p style="text-align: center;"><i>Why do we worry about pressure ulcers? What causes pressure ulcers? Why are they a problem for people with SCI? How can I prevent pressure ulcers? What other factors other than pressure can cause skin problems?</i></p>	<p>Friday, July 21, 2023</p> <p style="text-align: center;"><b><u>Bladder Management</u></b> Rey, MSN, RN</p> <p style="text-align: center;"><i>How does a SCI affect my bladder and kidneys? What are my options for bladder management? What are the common bladder and kidney complications I need to know about?</i></p>

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

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



# Spinal Cord Injury Patient and Family Education Series

<p>Tuesday, July 25, 2023</p> <p><b><u>Recreation and Sports</u></b> Kelli, CTRS</p> <p><i>What is leisure and why is it important? What are the benefits to me of leisure activities, sports, staying active and having personal goals?</i></p>	<p>Thursday, July 27, 2023</p> <p><b><u>Sexuality and SCI</u></b> Jila, DNP, CNS</p> <p><i>Am I still a sexual person? What is “sexuality”? What are the effects of SCI on sexual functioning? Can I still have children? What are my options? What do I do about erection or lubrication problems? How can I still give pleasure to my partner and myself?</i></p>	<p>Thursday, July 28, 2023</p> <p><b><u>Eating Right for Health</u></b> Ali, RD</p> <p><i>What do I need to eat for skin, muscle, healing and general health? What is a balanced diet? How do I keep my weight down or gain weight? How can I eat “heart smart”? What are good sources of fiber for my bowels?</i></p>
<p>Tuesday, August 1, 2023</p> <p><b><u>Safety in the Home and Community</u></b> Helena, OTR/L</p> <p><i>What are the safety hazards I may find in my home or community as a person with a SCI? How can I modify my home for better safety and accessibility? What do I do for fire safety at home? How can I be better prepared for a disaster such as an earthquake?</i></p>	<p>Thursday, August 3, 2023</p> <p><b><u>Pain Management</u></b> Jeri, PhD</p> <p><i>What causes pain after SCI? What types of pain are common after SCI? Other than pain medications, what can be done about this pain? What resources are there at the VASDHS to help me with my pain?</i></p>	<p>Friday, August 4, 2023</p> <p><b><u>Staying Healthy with SCI</u></b> Carol, MSN, RN, CNS-BC</p> <p><i>What do I need to do to stay healthy and be sure that any problems are caught early? What tests and evaluations should I have on a regular basis? How can I best use the VA SCI system of care to my advantage?</i></p>
<p>Tuesday, August 8, 2023</p> <p><b><u>Psychosocial Issues</u></b> Jillian, PhD</p> <p><i>How do I learn to cope with the changes that SCI has caused in my life? How do I know if I need help with this process? What types of therapy are available to me should I need help adjusting to life with SCI?</i></p>	<p>Thursday, August 10, 2023</p> <p><b><u>Autonomic Dysreflexia</u></b> Anneliese, BSN, RN</p> <p><i>What is autonomic dysreflexia? Why is it so dangerous? How will I know if I have it? What can I do to prevent and manage AD at home? When do I need to call my doctor or go to the emergency room with AD?</i></p>	<p>Friday, August 11, 2023</p> <p><b><u>Bowel Management</u></b> Cristina, BSN, RN</p> <p><i>How does a SCI change bowel function? How can I avoid accidents? How do I manage bowel problems at home? What medications and foods will affect my bowels? What techniques can I use for long term bowel management?</i></p>
<p>Tuesday, August 15, 2023</p> <p><b><u>Medical Complications in SCI</u></b> Jafar, PA</p> <p><i>What are the possible medical complications for my breathing, digestion, heart and blood vessels, muscles, bones and nerves? How can I avoid these complications? How can I help my doctor detect problems early? What other medications may I need to take?</i></p>	<p>Thursday, August 24, 2023</p> <p><b><u>Taking Charge of Your Life</u></b> Henrietta, OTR</p> <p><i>Can I be “well” again after SCI? What can I do to keep control over my life? What can I do to keep fit? What are my legal rights with a disability? What do I do if I think I have been discriminated against because of my disability</i></p>	<p>Friday, August 25, 2023</p> <p><b><u>To Be Determined</u></b></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.



## Out at Sea

*Story by: Jim Weber - Photos by: Peter Ballantyne*

Fishing was one of my passions in life before I was injured in 1985. When PVA, Cal-Diego Chapter offered me the opportunity to go saltwater fishing, I was all in. This is now my fourth saltwater fishing trip and it didn't disappoint!

It was a bright sunny morning and the forecast was for a warm clear day for fishing. I knew it was going to be a great day, as opposed to previous trips where we battled the cold and fog. As usual, we showed up bright and early to meet some of the regulars on our trips as well as a few new faces ready to catch a few fish and escape the realities of life for just a few hours.

Being able to enjoy saltwater fishing on a fishing boat you would have thought is not accessible to wheelchair users, but leave it to the PVA... problem solved! With the help of a few strong volunteers... and a short ramp, everyone was aboard and off we went.

After launching, we're off to get some bait, and breakfast is being served hot off the griddle as we enjoy the sites around the bay... then, off to the first fishing spot as the San Diego skyline fades off into the distance.

*Out at Sea continued on  
Page 23...*







*Out at Sea continued from Page 22...*

Story by: Jim Weber - Photos by: Peter Ballantyne

Truth be known, I am an “accidental tourist” and take a lot of photos everywhere I go. That's another passion of mine that goes with me on my fishing trip and other adventures. Both are very therapeutic activities for me. But I digress.

Amazing things we saw on the trip... two paddle boarders paddling through the channel unknowingly being followed by the largest ship I've ever seen. About 10 miles off the coast... a fresh, red long-stemmed rose was floating on the waves, and a large pod of dolphins darting in and out of the water around the boat, which seemed like good luck as that's where we caught our first

fish of the day. At the end of the afternoon, we all caught our limit of fish and sun rays.

I enjoyed the camaraderie, the new friendships... and I'm looking forward to the next trip in the fall. It's not so much about the fishing, but the whole experience.

Shout out to the Captain and crew of the Daily Double for hosting us, and to PVA, Cal-Diego Chapter for making it all happen!





# Ticket Reimbursement Program

The Ticket Reimbursement Program is available for members. Receive \$150.00 annually from PVA, Cal-Diego Chapter for attending fun events such as: Museums, Padres Games, SeaWorld, Plays, Movies, & Concerts. It's important to get out! Please submit your original ticket stubs (showing dollar amount) to PVA, Cal-Diego Chapter for reimbursement of up to \$75.00 for the six-month period of July 1, 2023 - December 31, 2023.

## Donation Form - We Thank You



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

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

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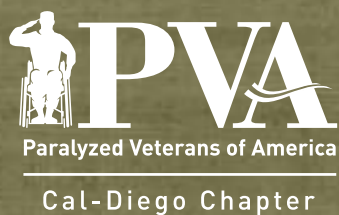


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*Call 858-450-1443 for More Information and Reservations.*



## PVA, Cal-Diego Chapter Birthdays - July / August 2023

Dovard L. Howard	Patricia S. Plimmer	Herbert P. Malone
Darol J. Kubacz	Corbin M. Beu	Amy L. Alvarez
Lyle T. Knode	Timothy R. Ambler	Michael E. Loge
Walter W. Conforme	W. Gary Stamey	Jeremiah J. Price
Aric J. Van Gaasbeck	John A. Shaw	Alvin L. Duke
John T. Rishbarger	William H. Palmer	Timothy D. Fitsemons
Kenneth P. Force	Michael F. Thomas	Richard G. Keefer
Peter A. Morelli	Gregory L. Mottino	Justin B. Ashbaugh
Robert M. Gallardo	Melinda Y. Hosley	Gregory L. Snell
Jeffrey P. Smith	Benedicto J. Saludares	Richard K. Harris
Craig Cornwall	John W. Sallee	Joseph E. Stutzman
Corey A. Blair	Robert C. Delaney	John T. Schultz
Richard F. Johnson	Jerry L. Jackson	Douglas A. Godfrey
Paul E. Keller	Marvin Lacy	Trevay L. Turner
Mark R. Cordova	Anthony O. Lor	Jacob A. Spivey
Misty M. Whitehurse	Jon B. Bolton	David M. Field
Tony DiMuccio	Anna Maria Girijalva	Sidney E. Asher
Ronald Altamirano	Carla S. Padilla	Billy J. Mills
Cynthia M. Wells	Vicki L. Cozy	Kenton J. Stacy
Benjamin O. Weisfeld	Jose C. Ramirez	Jennifer M. Pascua
Michael W. Cairns	Craig W. Scheidegger	Alexander D. Tcholakov
John R. Thompson	Matthew D. Loveless	Michael W. Klein
Logan P. Carter	Charles R. Waters	Allan R. Lazar
Daniel E. Metivier	Simon Jackson	Leland J. Morrison
Joseph M. Marshall	Arthur D. Del Nero	Stanley B. Garbus
David C. Colon	John M. Guild	Doug N. Vann
Jeffrey S. Odom	Guy E. Barnes	Henriquez DeLacruz
Douglas J. Bishop	Jennette A. Causley	Lauren R. Powers
Charles S. Hoffman	Patrick D. O'Brien	Ron A. Noble
Richard J. Thesing	David S. Hackley	Shirley A. Barry

## 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!*

## 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!**

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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.



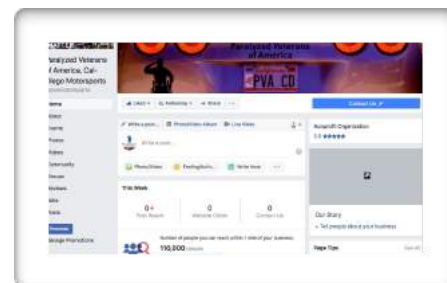
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## We Salute You.

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

Naresh Mote	Combat Veterans Motorcycle Association 33-1
21 <sup>st</sup> Annual May Ride at Biggs Harley	Angela Cook
JellyBear Jelly Company	Greg and Carole Mottino
Mary Coody	Daniel Litzenberg
David and Barbara Karle	Military Order of the Cootie Pup Tent 140
Easterday Family Foundation	VFW Post 7041
Ruth Kurisu	Delores Horsman
First Nation Group	Irwin Gisler
Don and Marsha Plehn	Richard Evans
Patricia Plimmer	The Simms Family
Al Kovach, Jr. and Magaly Parra	Suzan Gregory
Larry Houghton	Diane Johnson
Greg and Carol Smith	Linda and Peter Rhein
Carmen Whitehead	William Kafka
Maxim Healthcare	Carroll and Patricia Wilson
Rancho Santa Fe Foundation	June Clark
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Philip and Kimberly Ann Schultz	John Tucciarone
North Coast Corvette Club	James Pepler
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Robert Shaw	Carmen Whitehead
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San Diego Festival of the Arts Foundation	VFW Post 3783
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