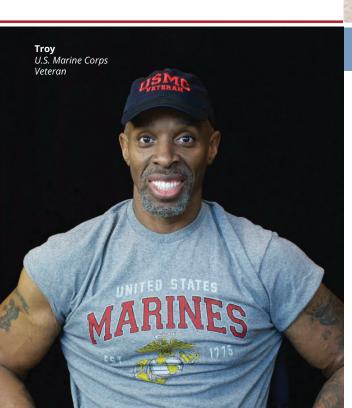
# For 75 years and counting,

PVA has led the fight for accessibility and provided a full-circle of support for America's heroes throughout their lives—from the point of injury or diagnosis to recovery and rehabilitation, and all other milestones of life. Staffed with licensed architects, medical professionals, legal experts, and leaders in research and education, PVA helps all those with spinal cord injuries and diseases, like MS and ALS, live full, independent lives.

PVA supports Veterans, their families, and caregivers at **EVERY STEP ALONG THEIR JOURNEY** to ensure they get the help they need.





# **LEARN MORE AT PVA.ORG**





Members@PVA.org 1.800.424.8200





# Welcome to



**Paralyzed Veterans of America** 









#### **NATIONAL SERVICE OFFICERS (NSOs)**

PVA's national service officers work inside VA's SCI/D Medical Centers. They help members file VA claims, monitor hospital activity, and obtain legal aid for claims and appeals. Connect with an NSO at *PVA.org/NSO*.

#### **ADAPTIVE SPORTS & RECREATION**

PVA hosts free virtual and in-person adaptive sports and recreation activities, like bass fishing, bowling, yoga, and the National Veterans Wheelchair Games. Find upcoming activities and events at *PVA.org/Sports*.

#### **CAREER SUPPORT**

PVA's vocational counselors work with members and their families to find meaningful employment, education and training, and volunteer openings. They also host virtual sessions with experts and employers. Talk with a counselor at *PVA.org/Careers*.

#### **DISABILITY CIVIL RIGHTS**

PVA meets frequently with Congress and cabinet secretaries, and testifies on Capitol Hill on topics like, accessible air travel, adaptive vehicles, housing modifications, and disability employment incentives. Receive legislative alerts and petitions at *PVA.org/ActionForce*.

#### **WOMEN VETERANS**

PVA provides women-centric employment support and advocacy, evaluates access to VA Veterans' clinics, and hosts webinars and empowerment retreats. Join our private *PVA Women Empowered!* Facebook group.

#### **SCHOLARSHIPS**

PVA awards educational scholarships to our members and their families. Vew available grants at *PVA.org/Scholarships*.

#### **DISASTER RELIEF FUND**

PVA offers financial relief to members who suffer a loss after a natural disaster. From replacing food and clothing to repairing a damaged roof, PVA helps members on their road to recovery. Learn more at *PVA.org/DisasterRelief*.

#### I'M A MEMBER. NOW WHAT?

At PVA, we care. We care about your health and well-being. We also value what you have to say. To ensure your voice is heard, get involved today!

### VISIT YOUR PVA CHAPTER

Meet with fellow members and families, attend Chapter meetings, participate in local outings and events, and join a committee.

#### **CONNECT WITH US ONLINE**

Follow us on social media, join our member only Facebook groups, participate in our educational, employment and advocacy webinars, and interact with fellow members online.

#### **GET INVOLVED WITH PVA NATIONAL**

Participate in our virtual and inperson adaptive sporting and recreation classes, fill out our surveys to help develop PVA's priorities, and check out our official online apparel store at *PVA.org/Shop*.

## **STAY CONNECTED WITH PVA!**

Update your contact information regularly with your cell phone number and email address to receive timely information about benefits, advocacy, media opportunities, and more. Simply email *Members@PVA.org*.