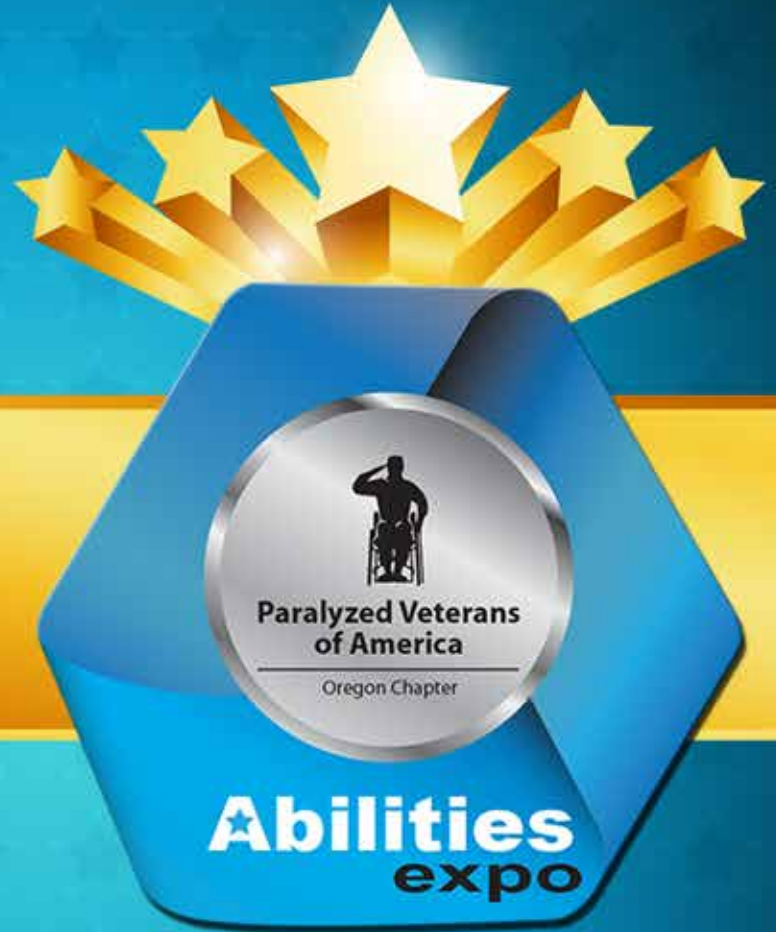


# PARALOG

Oregon Paralyzed Veterans of America

March/April 2016  
Volume 20, Issue 2



Paralyzed Veterans  
of America  
Oregon Chapter

“Serving Those Who Served”

**April 16, 2016 (Free)**  
Double Tree by Hilton Portland Hotel  
(Info: Page 19)

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### OPVA Mission

Oregon Paralyzed Veterans of America is committed to taking those actions necessary to improve the quality of life and to protect the rights of spinal cord injured or neurologically impaired veterans through: veterans benefits protection; advocacy; legislation; sports and recreation; hospital liaison and spinal cord research.

### Vancouver VA Primary Care Contact Phone Numbers

(360) 696-4061  
(503) 220-8262 ext. 31665 (Portland)  
(800) 949-1004 ext. 31665

**After Hours Number**  
(888) 233-8305

**Portland VA Contact  
Phone Number**  
(503) 273-5308

**Patient Advocates**  
Katina Collins, Trish Hafer,  
Kelly Williams

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Ken Fink

(800) 795-3627  
Fax: (503) 412-4763

Do you need assistance with your claims or benefits?



**Paralyzed Veterans  
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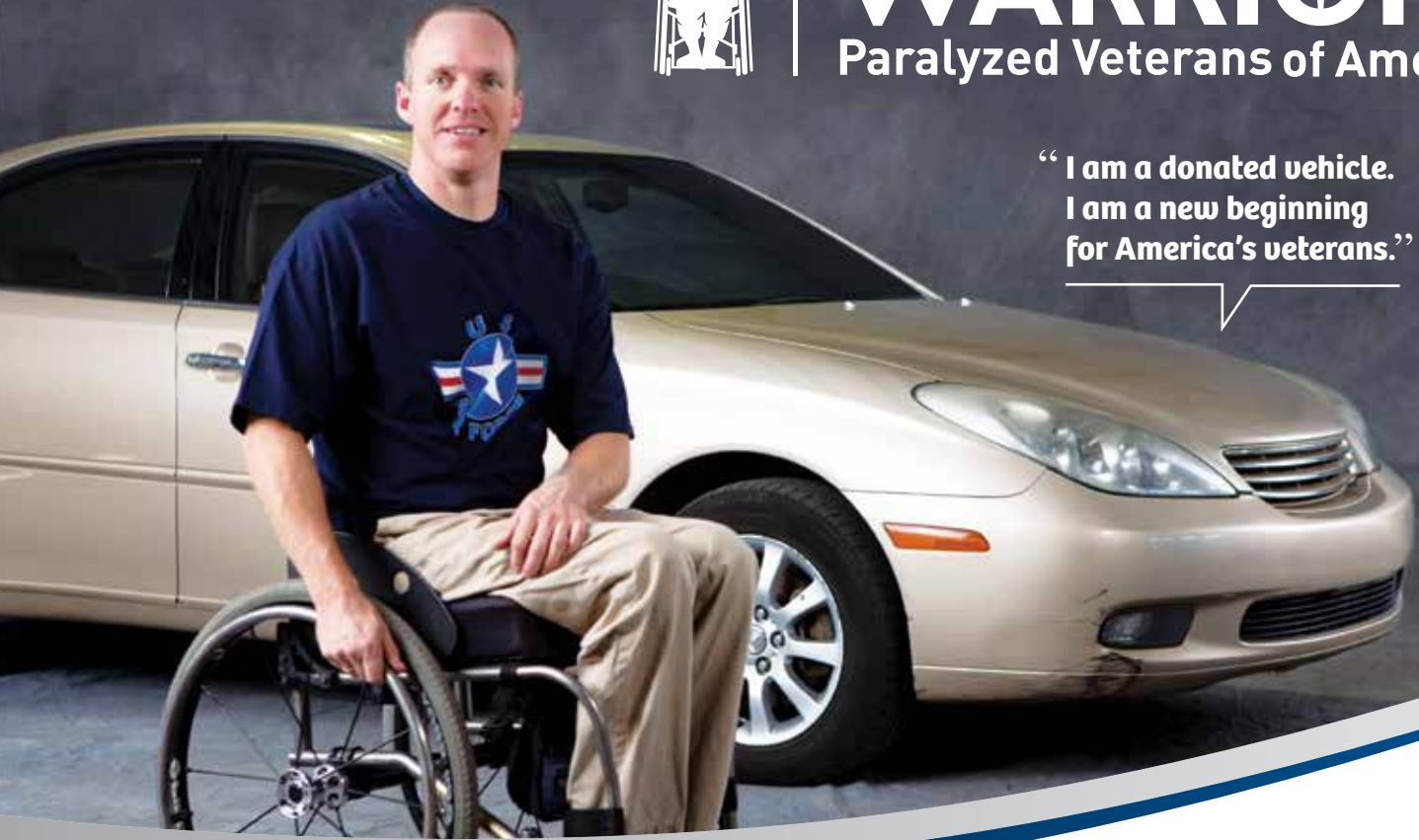


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# President's Greeting

Bill Blake—President

Spring is on its way. Sunshine is always better than rain. Hope you all had a good winter and are looking forward to getting out of the house and being active. We have held five OPVA membership Pizza Feeds around the state. It was good to meet many of our members.

I want all of you to pay attention to what is in the Paralog. This is one of the main ways we communicate upcoming events and opportunities to you. Mark your calendar and show up to participate or volunteer to “work”. We need you to help us serve our membership.

We are still selling raffle tickets for the 2006 Pontiac Solstice, a great sports car with only 20,000 miles on it and within the next few weeks we will have a beautiful older Pickup.

We can always use some volunteer help at the various car shows. Call the office at 503-362-7998 for more info.

Our trap team is looking for a few good men or women to join the team. We just need a few more to start the second team. Practices and training will be in Hillsboro or Albany.

It is time to plan a new adventure. Each member is entitled to a \$250 Grant from the Chapter for recreation purposes. It can be as simple as a trip to the Beach or maybe up to Mt Hood once the roads are clear. Just send us a copy of any invoices and a paragraph about all the fun you had. A few pictures for the Paralog would also help. Then we will send you a check. It is easy, and gives all of us an excuse to go on a new adventure. Just do it!!

I want to welcome two new people to the Board of Directors. Louie Grimmer is returning to the board after a few years off, and Dan Service is our new Treasurer. We are very lucky to have them. Our Board meetings are always the last Thursday of the month, beginning at 10:00. Any of our members are welcome to attend as a guest. Come on in to see how we work together on your behalf.

Let's all have a great Spring and Summer. Let us know how we can help.

**Some of the upcoming events**

<b>Portland Rod &amp; Custom Show at the Expo Portland</b>	<b>M</b> arch 18-20
<b>OPVA's Abilities Expo at the Double Tree by Lloyd Center in Portland</b>	<b>A</b> pril 16th 10am-3pm
<b>The Salem MS Walk starting at Riverfront Park in Salem</b>	<b>A</b> pril 16th
<b>Deep Sea Fishing out of Depot Bay starting in July</b>	





# Oregon PVA Gala & Auction

## *Stars and Stripes*

Saturday, May 14th 2016

6-10 PM



**World of Speed Museum**

27490 SW 95th Ave, Wilsonville, OR 97070

It is a pleasure to invite you to our 2016 "Stars and Stripes" Oregon PVA Gala and Auction fund raiser. This event will include; entertainment, dinner and an assortment of wonderful items for the silent and live auction. We are a non-profit 501(c)(3) Veteran's Service Organization. OPVA has proudly served veterans and non-veterans who experience mobility impairment.

**Tickets are \$60 or \$50 for Veterans – Tables are \$300 for six people.  
Business Attire**

For more information please call 503-362-7998 or toll free 1-800-333-0782

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

3700 Silverton Rd., NE Salem, OR 97305



# Vice President's/ Hospital Liaison Report

Mike Rosenbalm - Vice President /Hospital Liaison

There's a lot of construction going on at the Seattle VA and the Vancouver campus of the Portland VA. The following is a brief update to keep you posted as to what's happening.

## Seattle VA Parking Structure

Construction of the parking structure is scheduled to be completed at the end of March. Until this time, there is an abundance of temporary SCI/D parking with more than 25 spaces reserved by the south entrance of the hospital near Fisher House. In addition, there is a wheelchair drop off area for wheelchair patients near the main entrance of the hospital next to the ER. Let's hope the parking garage opens on time without further delays.

## Seattle VA SCI/D Unit

While the SCI/D unit survived phase I of the seismic upgrade construction project at the Seattle VA hospital. Phase II of the seismic upgrade construction project has begun and requires relocating the entire SCI/D unit beginning March 16 for 8 weeks. Current plans are to relocate the entire SCI/D inpatient unit to 5E and the SCI/D outpatient clinic, physical/occupational therapy gym and offices to the fourth floor, returning to 1W upon completion.

## Portland VA/Vancouver Campus

The new Fisher house that has been under construction at the VA Vancouver campus is under its final stages of construction. The grand opening and ribbon cutting ceremony is planned for March 23, 2016.

Once open the Fisher house will have 16 rooms available to accommodate families of patients at both the Portland

VA and the Vancouver VA campus that meet their requirements.

Construction of the Freedoms Path 50 unit apartment complex that will house homeless veterans is scheduled to be completed at the end of June.

The Eugene Oregon community-based outpatient clinic (CBOC) opened in January. The Fairview CBOC is scheduled to open March 11, 2016

## Beyond Construction

The Seattle VA SCI/D Unit recently celebrated their 30th anniversary of being opened. They had a party to celebrate on January 28th in which they invited all current/prior patients and staff to attend. Oregon PVA sponsored the food and Northwest PVA sponsored the desserts. Good times were enjoyed by all who attended. I especially enjoyed seeing some of the old practitioners that have retired over the years.

Remember the chapter is here to serve you. We would love to hear from you about your experiences with the SCI/D care you receive from Seattle – Vancouver – Outpatient Clinic.

Please let us know if you have had delays in receiving your healthcare and/or prosthetic equipment as well as if you've had exceptional service from a program and/or employ.







**Two locations to serve you:**

**Ability Center of Portland**

9770 SW Wilsonville Rd.

Ste. 440

Wilsonville, OR 97070

(971) 224-5895

**Ability Center of Eugene:**

3574 Marcola Rd.

Springfield, OR 97477

(541) 726-4001



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# As I see I it

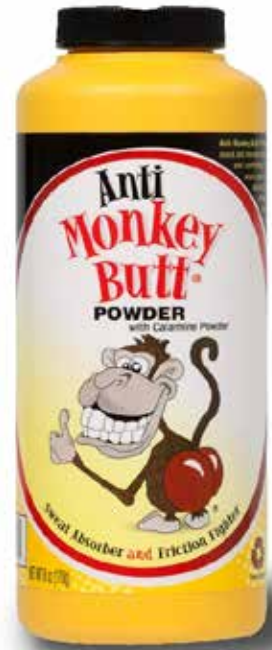
Louie Grimmer

Let's talk about something I found that works well for those who sit for long periods. Sometimes irritation occurs by transfer sliding, not moving, moisture build up or a multitude of reasons the end results can be skin breakdown. I have come across something that helps greatly in relieving this problem.

This product is called "ANTI MONKEY BUTT" with powdered Calamine, it has a fresh sent. This product is sold at Walgreens, ACE Hardware, Walmart, Harley Davidson, Amazon.com and Amazon has 289 customer reviews.

I think you will be pleasantly surprised with this product.

Contact me with suggestions or comments at: [opva.asiseeit@gmail.com](mailto:opva.asiseeit@gmail.com)



**Paralyzed Veterans of America**



## YOUR FUTURE AWAITS

Paralyzed Veterans' scholarship program now accepting applications

Paralyzed Veterans of America invests in our members and their families.

Our Educational Scholarship Program assists members and their immediate family members by providing scholarship funds to help with a post-secondary education.

We will award scholarships in the amount of **\$1,000** to full-time students and **\$500** to part-time students for an academic year.

### APPLICANT MUST BE:

- A Paralyzed Veterans of America member, spouse of a member, or an unmarried child (under 24 years of age) who is dependent (as defined by the IRS) on the member for principal support
- A United States citizen
- Accepted and enrolled as a full- or part-time student in an accredited U.S. college or university

*Previous award recipients may apply.*

Download an application at [pva.org](http://pva.org), or for more information contact Christi Hillman at 800.424.8200, ext. 776; [ChristiH@pva.org](mailto:ChristiH@pva.org). Applications must be completed in full and postmarked no later than June 17, 2016.

# SUPPORT LOCAL HEROES

---

# DONATE NOW



Paralyzed Veterans  
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Oregon Chapter



## Donation Form

Oregon PVA is a 501(c)(3) Non-Profit. Federal Tax I.D. # 93-0713859

To mail in your donation, fill out this form and make checks payable to **Oregon PVA** or visit our website, [www.oregonpva.org](http://www.oregonpva.org) to set up a payment or reoccurring payment.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Program requested support:

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Legislation      | <input type="checkbox"/> Recreation         | <input type="checkbox"/> Parking Enforcement |
| <input type="checkbox"/> Sport            | <input type="checkbox"/> Community Outreach | <input type="checkbox"/> Membership          |
| <input type="checkbox"/> Hospital Liaison | <input type="checkbox"/> Advocacy           |  |

Oregon Paralyzed Veterans of America, 3700 Silverton Rd. NE, Salem, OR 97305. Tel: (503) 362-7998





# Recreation Fund Reports

You have a Recreation Fund of \$250 per year, with the fiscal year starting in October

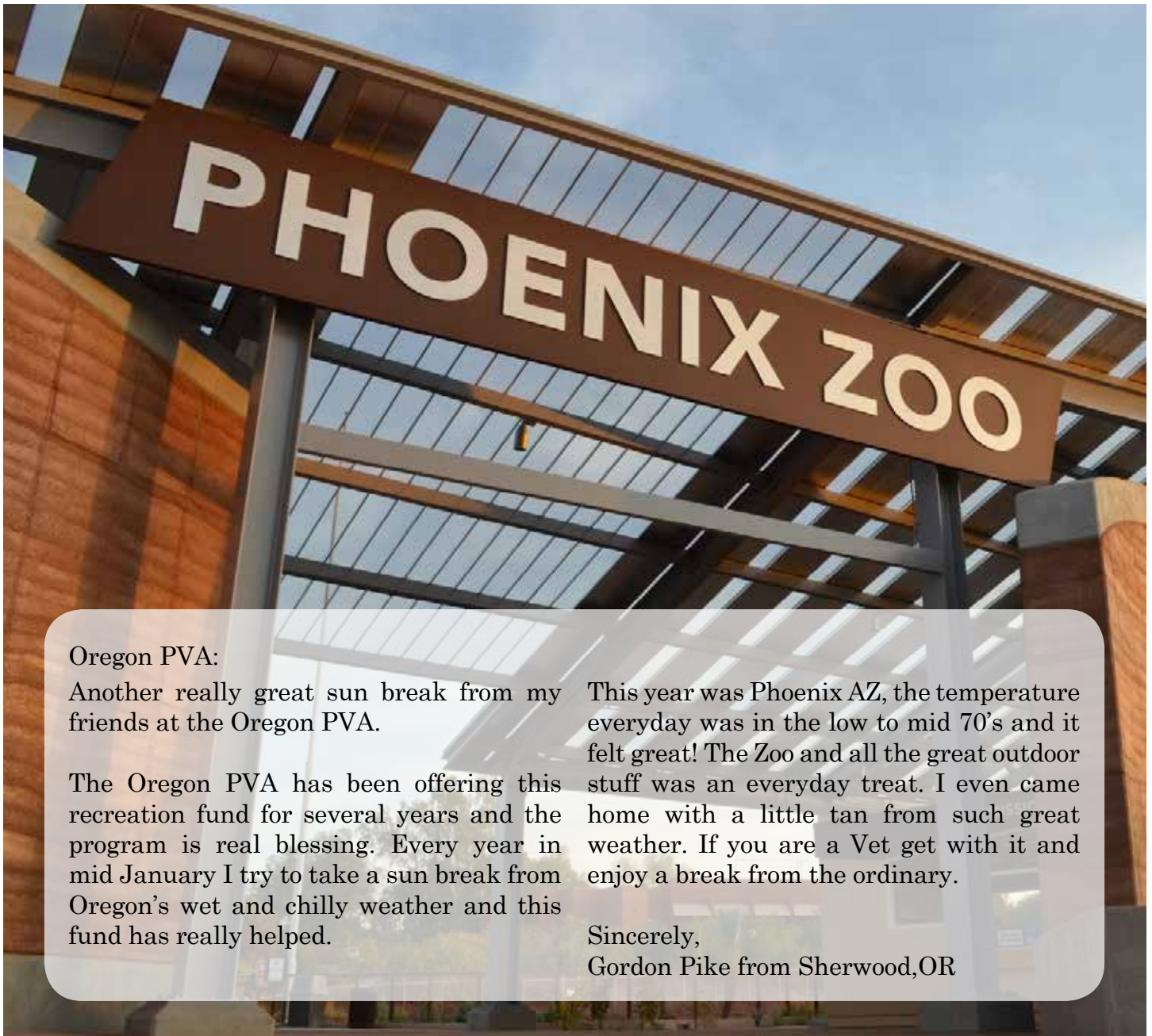
## Testimonials

Without the recreational fund my time enjoying these fishing trips would be less numerous. Thank you for let me have access to this fund.

*Don Linwood*

I just want to send a few lines to thank you for the vacation reimbursement. This year my wife and I did a 4,000 mile Harley trike ride from Oregon through the Canadian Rockies.

*Joe Heidrick*



Oregon PVA:

Another really great sun break from my friends at the Oregon PVA.

The Oregon PVA has been offering this recreation fund for several years and the program is real blessing. Every year in mid January I try to take a sun break from Oregon's wet and chilly weather and this fund has really helped.

This year was Phoenix AZ, the temperature everyday was in the low to mid 70's and it felt great! The Zoo and all the great outdoor stuff was an everyday treat. I even came home with a little tan from such great weather. If you are a Vet get with it and enjoy a break from the ordinary.

Sincerely,  
Gordon Pike from Sherwood,OR

# Keller Auditorium

Portland

Oregon PVA:

My wife and I recently attended the Broadway in Portland (Keller Auditorium) stage play "Book of Mormon". It was a wonderful way to enjoy a sunny afternoon when the winter rains were taking a break in Portland. A lite lunch before the play and some afternoon shopping in the sun afterwards made for a wonderful day. I want to thank the Board of Directors of OPVA for continuing to support the Membership Recreation Fund

Keith Wingfield

## Remember to Use **Your Recreation Fund**



Oregon PVA members are eligible to **receive \$250 each year** through the Member Recreation Reimbursement Fund.

It begins October 1st and runs through September 30th each year.

Simply send in your receipts along with a one to two paragraph description of what you did to have fun with your friends and family. We like pictures too, they may make it into the Paralog. All receipts must be dated within this current fiscal year and used within this current fiscal year, mail to: the Oregon PVA, **3700 Silverton Rd. NE, Salem, OR 97305**

**No later than September 30th**



Please contact the office at 503-362-7998 or 1-800-333-0782 if you have any questions or require additional information



**Paralyzed Veterans  
of America**  
Oregon Chapter





## Sports Updates

Larry Gardner—Sports Director

OK everyone here we go into our spring and summer sports events. First of all we had our HEROES IN SISTERS ski weekend at MT. Bachelor and Hoodoo Ski Resorts that was put on by the Oregon Adaptive Sports of Bend, Oregon, and what a wonderful group of people they are. Oregon Adaptive Sports provided the motel rooms at the Best Western in Sisters; meals; drinks; and snacks all day at the resorts. They also provided volunteers for helping all handicap with everything they could to make your weekend fun, and that's just what they did and they did it very well. If any of you haven't tried this skiing event, mark your calendars as soon as we list the next date and get signed up for a very good time.



Three chapter members attended the Cal-Diego trapshoot in southern California and took top score as a team. The next big shooting event is in Las-Vegas in March. Call me if you have any interest in this event.

We just finished the winter Multiplex shoots held every first Sunday of the month, and will start the summer multiplex shoots in June, so come out and get involved with our members if you like shooting, you don't have to have experience, just come on out and learn as you go. We have lots of trapshooting events coming up this summer and we could really use more members to build another team and represent the OPVA. Just call and we will help you get started.





This year we have four Deep Sea Fishing Trips scheduled and we are looking for members interested in fishing to fill the boats, so call the office and get your reservation in for one or all of the four trips. All the boats are manual wheel chairs only, bring a spouse or friend as a helper and enjoy the catch.

Deep Sea Fishing Dates:

Jul. 11th, Aug. 8th, Sept. 12th and Oct. 10th

**Get signed up for a very good time**

We also have lots of other fishing events coming up, golfing events, and car shows. Along with that we are always looking for more volunteers to help at most all of the events and members to get involved.



If anyone has any questions about our sports programs please contact me at:  
[sports@oregonpva.org](mailto:sports@oregonpva.org) or call 503-362-7998.



**Paralyzed Veterans  
of America**

Oregon Chapter

# Volunteers Needed

**Our chapter will succeed if members come forward to volunteer some of their time and experience. If you have experience and interest in any of the committees below you are urged to contact:**

**Office: (503) 362-7998**

**Email: [oregonpva@oregonpva.org](mailto:oregonpva@oregonpva.org)**

**Or visit our website:**

**[www.oregonpva.org/Programs/  
Membership/](http://www.oregonpva.org/Programs/Membership/)**

**Scroll down to Volunteer Opportunities,  
click on the Link:**

**“Volunteer Application Form”**

**and mail to OPVA,  
3700 Silverton Rd., Salem, OR 97305**

The following committees are  
now being formed:

- Membership
- Sports & Recreation
- Volunteers
- Fund Raising
- Special Events



# Greetings from the Development Department

Tom Hurt--Development Coordinator

I want to report that since the last Paralog we have held two more pizza meetings with the members, the first was in Salem, we had a great turn out at Wallery's Pizza parlor. The second was up in Troutdale at Godfathers Pizza, the turn out for this one was awesome to the point we almost ran out of space. It was great to get to meet the members and for the members to meet their new Board of Directors. We have scheduled the next two meetings that by the time you receive this Paralog we will have met in Beaverton and in Southern Oregon.



In February we had an OPVA Fundraising booth at the Albany Rod and Speed Car Show, this was a day and a half event. The group that put this on had a variety of characters there.

**Mark your calendars**

We are working very hard putting together the events for this year. Next month we will have a booth at the **Portland Roadster Show** at the Expo Center, we will be needing volunteers to work the booth. This is a 3 day show March 18th thru 20th.

The next month will be the **OPVA Abilities Expo**. This will be held at the Double Tree in Portland, on April 16th. We have vendors of all types signed up for the event, some of the categories signed up as follows: General Disability, Sensory

Disability; Adaptive Sports; Assistance Animals; Real Estate & Finance; Travel & Transportation; and Equipment.

This is going to be a great event, open to the public and free admission, hope to see you all there, and if you know someone with mobility issues and they are not a Veteran, drag them along. Also on the same day, April 16th, in Salem will be the MS Walk, Sue Holt here in the office is in charge of that event, so please get in touch with her if you would like to participate.

We are working on an event the chapter has not done before. That would be the **FIRST ANNUAL "OPVA Gala and Auction"** this is going to be held at the World of Speed Museum in Wilsonville OR on May 14th. We have auction items such as: Henry's firearm rifle; wine tours; Portland walking tours; Hotel Stays various locations; Hot Air Balloon Rides. We are still looking for more business to get involved with the event. We have sent out over 2800 invitations to attend our event.



As always for any of the events to be a success I am asking for your assistance, the most successful events we have or participate in are the ones where the members are attending and or volunteering at. So as you read through the Paralog and you see something we are doing or attending, check your schedule, hope to see you there.



## I AM 1 PISSED OFF VETERAN!!

Nathan Paine

To Start...

Thank You Oregon Adaptive Sports in Bend. Well more excited than mad, just upset that I didn't try this sooner, like 1, 2, even 8 years sooner...

Sit skiing with Matt, Kellie, and Larry, of OAS. And I mean sit skiing nine runs day 1 at Mt Bachelor, an epic snow day on the mountain.. Later a great reception dinner, meeting the OAS crew and other veterans.

I found my RELEASE!!! For a guy who lives on the ragged edge of everything! I found it, and I can do it safely with help from the great OAS staff.

The Adrenaline junkie in me has pushed me to some extremely exciting adventures, and it has taken its toll!! Hence spinal cord injury.

The weekend with the OAS, and OPVA was great. The staff had everything taken care of everything in advance, including the ski rental, and ski lessons for the family; meals; hotel; transportation... Everything!

Matt and Kellie were fantastic they were able to fit me to my ski in about 10 minutes then a full day of straight up adrenaline pump powder skiing.

My instructor got me going quick and skiing trips all day. They are great with instructions and ability base skill assessment. Made for a fun productive day...

Day 2 at Hoodoo Skiing with the family..

Matt again shows OAS is dedicated to veterans. Quick ski adjustments and me and my Son skiing together for the first time, it took 9 years for me to be able to enjoy myself out in the cold air, adrenaline pumping through my veins with my Son again.

Matt took me on some seriously epic sit skiing this weekend, I was able to push past my personal boundary limits that I put on myself due to my injury.

The weekend with Oregon Adaptive Sports at the Heroes in Sisters event was an Life changing event for me. It has renewed my internal FIRE!!

THANK YOU HEROES IN SISTERS, OAS & OPVA for a great life lesson and family event.





**April 16, 2016**  
**10am - 3pm**  
**Open to the Public**  
**(Free)**  
**Double Tree by Hilton**  
**Portland Hotel**  
*1000 NE Multnomah St.*  
*Portland, OR 97232*

We here at the Oregon Paralyzed Veterans of America are dedicated to serving not only those catastrophically injured veterans who have given so much. OPVA Abilities Expo is about bringing necessary products and services together under one roof for the community of people with disabilities, their families, caregivers, seniors, and healthcare professionals. It's about introducing opportunities that can enrich your life.

General Disability  
Mobility Issues  
Sensory Disability

Caregiver Support  
Adaptive Sports  
Assistance Animals

Real Estate/Finance  
Travel/Transportation  
Equipment

**Information**

Paralyzed Veterans of America - Oregon Chapter 3700 Silverton Rd. NE, Salem, OR 97305 Phone: 503-362-7998 Toll free: 800-333-0782  
[www.oregonpva.org](http://www.oregonpva.org) email: [development@oregonpva.org](mailto:development@oregonpva.org)  
Double Tree by Hilton Portland Hotel 1000 NE Multnomah St, Portland, OR 97232 Phone: (503) 281-6111



# Pontiac Solstice



Paralyzed Veterans  
of America

Oregon Chapter

# 2006

## Tickets \$10 each or 5/\$40

Drawing August 13, 2016, 2:00 P.M. at  
OPVA 2016 Car Show at  
Home Depot 3795 Hagers Grove Rd SE,  
Salem OR 97317



## OPVA Raffle Car

Oregon Paralyzed Veterans of America • 3700 Silverton Rd., Salem, OR 97305  
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# EVERY-Body has DanceAbility Specialized Dance Education Training Coming to Portland

“Through interpretation, every person can make every movement, and any one part of the body can experience and express every emotion.”

Alito Alessi

DanceAbility International brings people together, with and without disabilities, through dance. Their internationally acclaimed mixed-abilities dance method has traveled the world, dissolving prejudice and increasing diversity in the field of dance.

The DanceAbility method allows anybody and everybody’s movement to emerge, thereby facilitating individual and group expression. This approach impacts the lives of not only the participants, but also of the broader community. DanceAbility method founder Alito Alessi began exploring mixed-abilities dance in the late 1980’s. “At that time, there was a lot of talk in contemporary dance about inclusion but not much actual progress. So I set out to fulfill the values of inclusive dance,” stated Alessi.

Since then, he has certified over 500 teachers worldwide in the DanceAbility method. He was awarded a prestigious Guggenheim Fellowship for his contributions to increasing diversity in dance. DanceAbility International has reached tens of thousands of individuals in Oregon and in over 20 countries through performances and educational programming. They were recently featured on OPB’s Oregon Art Beat television program.

Alessi is now bringing the vision of increased inclusiveness to Portland, Oregon, with a five-day DanceAbility Teacher Orientation course. It will be held Monday, March 21st till Friday, March 25th, 2016, at the Cascade campus at Portland Pacific College.

The course equips participants with the skills to teach dance and movement to groups that integrate people across the full spectrum of abilities and disabilities. Participants learn how to create a foundation of equality and respect among students while building connections and community through dance. If a person with a disability has participated in dance in the Portland area, chances are that they were taught or strongly influenced by Alessi’s pioneering work.

*“The Teacher Orientation gives people an experience of the fundamentals of the DanceAbility method. With these skills, individuals are able to have an immediate impact in their communities,”* stated Alessi.

The course is supported in part by grants from the Oregon Community Foundation and Oregon Cultural Trust. These allow reduced-tuition scholarships to be offered, especially to those outside the I-5 corridor. The courses will also be offered in Eugene and Ashland later in 2016, on a weekends-only schedule.

DanceAbility Teacher Orientation, Portland, Oregon, March 21 – 25, 10:00a.m. - 5:00p.m. daily, PCC Cascade Campus Gym Info/Register: [www.danceability.com](http://www.danceability.com) or 541-357-4982

For more information or to interview founder Alito Alessi, please contact Kathryn Gaines at 541-731-1643 or email her at: [kathryn@danceability.com](mailto:kathryn@danceability.com).



# OPVA Birthday List

Gerald Lamb	3/1	George Nordling	4/4
Ronald Clement	3/2	Jeffery Johnson	4/4
Steven Tweton	3/2	Daniel Watts	4/5
Joseph Welsh	3/3	Steven Willard	4/7
Bridgette Selby	3/3	Richard Saxton	4/8
Jeffrey Nunn	3/5	Clinton Black	4/10
C. Greg Danielson	3/5	Michael Clark	4/10
Brian Beninger	3/6	Kelly Tadlock	4/10
John McClaran	3/7	Raymond Roberts	4/12
Frank Leithauser	3/8	Dana Strasheim	4/15
Mark Turpin	3/8	Timothy Hagberg	4/16
Leslie Woods	3/9	Frank Schindler	4/16
Richard Blair	3/11	Angela Tunnissen	4/16
Robert Kloehn	3/12	Michael Williamson	4/16
Mark McClellan	3/13	Richard Montiel	4/17
Mitchell Wood	3/14	Robert Brush	4/17
Ronald Beriault	3/14	Christopher Weatherby	4/17
Charles Feringa	3/18	Robert Hanshaw	4/17
Victor Marquardt	3/21	Jonathan Cline	4/18
Jeff Chambers	3/21	Melvin Johnson	4/18
Daniel Service	3/23	Dustin Simmons	4/18
Michael Carnahan	3/23	David Huston	4/19
Larry Gardner	3/24	John Olson	4/22
Richard Johnston	3/25	Ronald Heard	4/23
Maynard Epling	3/27	Bruce Henion	4/23
Steven Grogan	3/28	William Tucker	4/26
Bruce Freeberg	3/29	Robert Phillips	4/26
Brenda Marsters	4/1	William Cooper	4/26
Larry Charles	4/1	Rick Williams	4/27
Edward Suhr	4/1	James King	4/27
Mike Neher	4/2	Michael Mullett	4/29
Darrel Ackerman	4/3	Markus White	4/29
Michael Geoghegan	4/3		

Consider adding to your **Will or Trust**  
**Oregon Paralyzed Veterans of America**



**Paralyzed Veterans  
of America**

Oregon Chapter



# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13 Daylight Savings Time	14	15	16	17 St. Patrick's	18	19
20 Spring Begins Palm Sunday	21	22	23	24	25	26
27 Easter	28	29	30	31		

## Mark your Calendar

3/18-20 - Portland Roadster Show  
3/31 - Board of Directors Meeting (10:00 A.M.)

## Save the Date

**5/14** OPVA Gala & Auction  
**5/21** Willamette Speed Tour  
**6/14** OPVA Golf Tournament  
**6/14** Free Fish Day

**6/18** Spirit Mt Car Show  
**7/7-10** Marion County Fair  
**7/11** Deep Sea Fishing  
**7/16** Cruise - Ride Benefit



# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Mark your Calendar

- 4/16 - Abilities Expo 2016. Portland OR
- 4/16 - MS Walk. Salem OR
- 4/28 - Board of Directors Meeting (10:00 A.M.)

## Save the Date

- 7/23** Fun Shoot in Albany
- 8/8** Deep Sea Fishing
- 8/13** OPVA Show & Shine Car Show
- 8/26-9/5** State Fair
- 9/12** Deep Sea Fishing
- 10/10** Deep Sea Fishing
- 11/11** Albany Vets Day Parade





# Severe Winter Weather Checklist

Daniel Service - Treasurer

In this article we are going to combine two different checklists into one, because it is basically the same in any situation.

## FAMILY DISASTER PREPAREDNESS

- Decide where to go if at home; school; work; outdoors; or in a car when.
- Update these plans every school year and as places of employment and residence change.

## FAMILY DISASTER COMMUNICATION

- Designate a friend or relative outside your town as your contact in the event you are separated from family members during an emergency.
- Agree upon a place where family members can meet if separated.

## FAMILY DISASTER SUPPLIES KIT

- Battery-operated radio
- Flashlight
- Extra batteries
- Water
- Food (canned food, can opener)
- First Aid Kit (one for home and one for each car)
- Prescription and non-prescription drugs
- Tools and supplies (paper cups; plates; spoons/forks/knives; utility knife; hammer; matches, etc.)
- Supplies to maintain sanitation (toilet paper, paper towels, household chlorine bleach)
- Clothing and bedding
- Necessities for children / pets
- Important family documents
- Entertainment (games and books)

Non-perishable contents should be changed or replaced every six months. For more information on assembling a complete kit and refreshing supplies, contact the *American Red Cross* for their **Disaster Supplies Kit** brochure.

Keep one kit in your home, along with blankets, a small shovel, rubber boots and gloves and non-clumping kitty litter (to help with slippery roads) in each car.

### **ARE YOU READY FOR WINTER WEATHER / FLOOD or a FLASH FLOOD?**

Know your area's flood risk – check the incidence of winter storms in your area. Contact your local Emergency Management Agency (EMA), your local American Red Cross chapter (in the white pages), or go online with The Weather Channel at [www.weather.com/safeside](http://www.weather.com/safeside).

If it has been raining hard for several hours, or steadily raining for several days, be alert to the possibility of a flood. Listen to local radio or TV stations for flood information. A flood **WATCH** means a flood is possible in your area. A flood **WARNING** means flooding is already occurring or will soon occur in that area. Flash floods can take only a few minutes to a few hours to develop. A flash flood **WATCH** means flash flooding is possible. You may want to move your furniture and valuables to higher floors in your home. Make sure your cars always have at least a half tank of gas in case an evacuation notice is issued and if told to evacuate, do so as soon as possible. Move to higher ground away from rivers, streams, creeks, and storm drains. Do not drive around barricades... they are there for your safety. If your car stalls in rapidly rising waters, abandon it immediately and climb to higher ground.

**WINTER STORM WARNING** is issued when a storm with winter precipitation is rapidly moving toward an area. **HEAVY SNOW WARNING** is issued when a significant accumulation of snow and/or ice is expected within 24 hours. **BLIZZARD WARNING** is issued when winds are at least 35 mph and falling and/or blowing snow combine to reduce visibility to a quarter

mile or less for at least 3 hours. Inside – Collect your Family Disaster Supplies Kit and keep it with you. Stay indoors. Outside – Wear several layers of clothing. Layers will keep you warmer than a single heavy coat. Wear gloves and a hat to keep from losing body heat. Keep dry to prevent a loss of body heat. Watch for signs of frostbite: a loss of feeling and a white, pale appearance in fingers, toes, nose or ear lobes.

### **WATCH FOR SIGNS OF HYPOTHERMIA**

- Uncontrollable shivering
- Slow speech
- Memory lapses
- Frequent stumbling
- Drowsiness
- Exhaustion

In a car – If you must drive, let someone know your ETA and what route you plan to take. If necessary, they can send out help along your predetermined route. Keep your gas tank full for emergency use and to prevent fuel line from freezing. Keep Family Disaster Supplies Kit in your car trunk, including blankets.

**If you find yourself driving in icy conditions:** Slow down. If you don't have anti-lock brakes, pump, don't slam on your brakes.

**If you get stuck while driving:** Stay with your car. Do not try to walk to safety. Tie a brightly colored cloth to antenna and raise high (or tie to door handle) for rescuers to see. Start car and use heater for about 10 minutes every hour. Keep exhaust pipe clear so fumes won't back up in car. Leave overhead light on when engine is running so that you can be seen. Move your arms and legs to keep blood circulating and to stay warm. Keep the window away from blowing wind slightly open for ventilation.

“Be prepared” is the Boy Scout Motto. I have learned from my years of going to church that if you are prepared you will not fear. Everyone needs to be looking into making sure they are prepared for whatever emergency may occur, then go and help others get prepared as well.



Paralyzed Veterans  
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Oregon Chapter



**[www.Cruise-N-Ride-Benefit.org](http://www.Cruise-N-Ride-Benefit.org)**

*for OPVA*

***July 16<sup>th</sup>***

***\$15 per Driver***

***Any Street Legal Vehicle***

***Sponsored by: OPVA & Five Lane County Granges***

**The event starts 10-11 am and ends 3 pm at Crow Grange**

**85994 Territorial Hwy, Eugene (Crow) Oregon**

***Poker Run - Raffles - Food***

**Ph: 541.998.2803—Email: [CruZintoGranges@aol.com](mailto:CruZintoGranges@aol.com)**





The Cadets of the North Salem High School Army JROTC  
Viking Battalion

Invite you to watch them at the

# **Oregon-Washington Two State Championship**

on Saturday, March 12, 2016

North Salem High School, 765 14th St. NE, Salem, Oregon 97301

North Salem's Qualifying Team Include:

- \* Color Guard A (The Varangian Guard)
- \* Color Guard B (The Fiorir Hirtir)
- \* Unarmed Drill Team (The Lady Viking)
- \* Armed Drill Team (The Vanir Platoon)
- \* Precision Air Rifle Team
- \* Sporter Air Rifle Team
- \* Physical Fitness Team #1
- \* Physical Fitness Team #2

Color Guard Competition runs between 8:00 AM and 9:00 AM.

Unarmed Drill Team Competition runs between 9:00 AM and 11:30 AM.

Armed Drill Team Competition runs between 1:00 PM and 4:00 PM.

Air Rifle and Fitness Team Competition runs all day long.

Awards Ceremony will be approximately 5:00 PM.

To find out exactly when North Salem's teams will be competing, check our Facebook Page (North Salem High School Army JROTC) the week before the meet, or call 503-931-4801.



Paralyzed Veterans  
of America

Produced by the Paralyzed Veterans of America • Government Relations Department

# Washington UPDATE

*Recent news regarding legislation and regulatory actions affecting veterans and people with disabilities.*

February 18, 2016

Volume 22, No 2

## **Administration Releases FY 2017 Budget Request, Includes Inadequate Advance Appropriations for FY 2018**

PVA, along with our partners in The Independent Budget, believe that the FY 2017, VA Budget Request is a generally good budget. The Administration's budget request is \$78.7 billion in total discretionary spending for FY 2017. When considering the additional \$5.7 billion that the Administration projects spending from the Choice Act, the total projected expenditure from VA in FY 2017 is approximately \$84.2 billion. The Independent Budget veterans' service organizations (IBVSOs) recommend \$84.4 billion in total funding for the VA.

PVA believes that significant attention must be placed on ensuring adequate resources are provided through the Medical Services account to ensure timely delivery of high quality health care. We are generally pleased with the Administration's revised overall medical care funding level for FY 2017, and overall discretionary funding level, but believe the advance appropriations recommendation for Medical Services in FY 2018, approximately \$54.3 billion, is woefully inadequate to meet continually growing demand for health care services. The Administration appears to have punted responsibility for properly addressing the funding question for VA medical care to a new Administration following this fall's election. This is an unacceptable proposition.

For FY 2018, the IBVSOs recommend approximately \$64 billion in advance appropriations for Medical Services.

Similarly, PVA has serious concerns about the

massive growth in expenditures in community care spending in FY 2017, totaling \$12.2 billion. While we understand the need for leveraging community care to expand access to health care for many veterans, as discussed in The Independent Budget framework, we are troubled by the rapid growth in this area of health care spending. Congress and the Administration must ensure that it devotes critical resources to expand capacity and increase staffing of the existing health care system, particularly for specialized services such as spinal cord injury or disease, not just punts this responsibility into the private sector. Simply outsourcing more care to the community will ultimately undermine the larger health care system which many veterans with the most catastrophic disabilities rely upon. Also as we have previously stated, we believe the advance appropriations amount for FY 2017, provided for by Congress in the "FY 2016 Consolidated and Further Continuing Appropriations Act," approved in December 2015, is not sufficient to meet the full demand for services being placed on the system. For FY 2017, the IB recommends approximately \$72.8 billion for total Medical Care. Congress recently approved only \$66.6 billion for total Medical Care (based on an assumption that includes approximately \$3.3 billion for medical care collections).

PVA is also pleased to see another significant increase in funding for Medical and Prosthetic Research. For FY 2017, the Administration recommends approximately \$663 million for research nearly matching the recommendation of the IBVSOs. However, we are disappointed that the Administration did not similarly match our recommendation—\$75 million—for dedicated funding for the Million Veterans Program.

## Washington Update Produced by Paralyzed Veterans of America

Perhaps of greatest concern is the Administration's terribly inadequate funding request for Major and Minor Construction. For FY 2017, the VA recommends only \$528 million for Major Construction and \$372 million for Minor Construction. The IBVSOs recommend \$1.5 billion for Major Construction and \$749 million for Minor Construction. VA leaderships' reasoning for these inadequate requests is particularly galling—they would prefer to wait and see what recommendations the Congressionally-mandated Commission on Care makes with regards to infrastructure before committing significant new resources to projects. This despite the fact that the VA currently has more than 30 major construction projects that are either partially funded or funded through completion, but in which construction is incomplete. It is time for the projects that have been in limbo for years or that present a safety risk to veterans and employees to be put on a course to completion.

### **The President's Request for DOL and VETS**

The President's Budget Request for FY 2017 also included \$12.8 billion overall for the Department of Labor (DOL). This represents an increase of \$600 million over FY 2016. The Veterans Employment and Training Service (VETS) received a five percent increase to \$285 million and funding for the Homeless Veterans Reintegration Program (HVRP) was set at the full authorization level of \$50 million for the first time. The HVRP has long been lauded as one of the most cost-effective programs in the federal government, and yet it has never been fully funded at the \$50 million level.

The Jobs for Veterans State Grants program that supports Disabled Veterans Outreach Program (DVOP) staff and Local Veterans Employment Representatives (LVER) was flat funded at \$175 million. Within DOL's Employment and Training Administration, adult workforce system programs were increased by \$27 million and dislocated worker programs received a \$93 million increase. The Office of Disability

Employment Policy received a modest increase in the President's budget going from \$38.2 million in FY 2016 to \$38.5 million in FY 2017.

### **HVAC Begins Series of Hearings on VA Community Care Consolidation Plan**

The House Committee on Veterans' Affairs, Subcommittee on Health began a 4-part series of hearings this month related to the VA's recently released plan to consolidate its purchased care programs into one New Veterans Choice Program. The first hearing was held on February 2, 2016, and addressed eligibility requirements for care in the community. Carl Blake, Associate Executive Director for Government Relations, testified on behalf of PVA.

Although the new VA plan does much to address the convoluted system of granting veterans access to community care, VA still plans to employ a 30-day and 40-mile eligibility standard. PVA has consistently advocated for abolishing this arbitrary standard and implementing a system which determines when and where a veteran receives by keeping such clinical decisions between a veteran and his or her doctor.

The forum also provided PVA an opportunity to propose to the Committee expanding travel benefits to include non-service connected, catastrophically disabled veterans who are already granted high priority. Ranking Member Julia Brownley (D-CA) specifically noted in her opening remarks that one aspect of health care often overlooked is the cost associated with veterans with disabilities who require the assistance of caregivers to access care. She has proposed legislation that would authorize payment of beneficiary travel expenses for veterans with vision impairment, spinal cord injury or disease, or double or multiple amputations, whose travel is in connection with care provided through VA. Following the hearing, Rep. Ralph Abraham (R-



## Washington Update Produced by Paralyzed Veterans of America

LA), Chairman of the House VA Subcommittee on Disability Assistance and Memorial Affairs, expressed interest in advancing the proposal.

PVA also had an opportunity to address VA's proposal for expanded urgent and emergency care, along with the new co-payments. While PVA supports the idea of expanding access to emergency and urgent care services, we strongly oppose the co-payments recommended for those services—\$100 for emergency care and \$50 for urgent care. This co-payment would be required of any enrolled veteran seeking emergency or urgent care regardless if they have service-connected disability or are exempted from co-payments as a catastrophically disabled, Priority Group 4 veteran.

The second hearing was held on February 11, 2016, and focused on improving VA community care billing and reimbursement. Representatives from the American Legion and the Veterans of Foreign Wars (VFW) testified in addition to VA officials. Much of the discussion with VA officials revolved around the monumental task of overhauling the technology framework needed to implement its plan. The VSO representatives brought attention during their testimony to the issue of third party administrators failing to promptly pay providers. When providers are not paid, many times they turn to the veteran to seek payment for care VA was supposed to pay for. In numerous cases, veterans unable to foot the bill have had significant negative impact on their personal credit.

To read PVA's statement from the February 2nd hearing, please visit [www.pva.org](http://www.pva.org).

### **PVA Testifies on VA's Specially Adapted Housing Grant Program**

On February 10, 2016, the House Committee on Veterans' Affairs, Subcommittee on Economic Opportunity held a hearing regarding VA's Loan Guaranty and Specially Adaptive Housing Grant Programs. Heather Ansley, Associate

General Counsel for Corporate and Government Relations, testified on behalf of PVA.

VA's Specially Adapted Housing (SAH) grant program allows veterans and servicemembers who are permanently and totally disabled as a result of their military service, and who have a disability such as loss or loss of use of both legs, with assistance to remodel an existing home or build or purchase a home that will accommodate their disability-related needs. Accommodations may include wider doorways, ramps, roll-in showers, and other modifications that allow individuals with catastrophic disabilities greater independence. In fiscal year 2015, VA approved 1,648 SAH grants for a total amount of \$94,449,587.

PVA's testimony detailed areas of concern that must be addressed to ensure that the program is able to meet the needs of all eligible veterans, including those with diseases such as amyotrophic lateral sclerosis (ALS).

One of the biggest challenges PVA encounters in the SAH program is the length of time it takes for grants to be processed and approved. The difficulties that these delays create are especially concerning for veterans living with ALS. These veterans are critical users of the SAH grant program; however, the grant process is not well suited to veterans with rapidly changing diseases. Ultimately, the SAH program must be flexible enough to assist veterans who have relatively static disabilities, such as spinal cord injuries, and those who have progressive diseases. In many parts of the country, inadequate staffing also contributes to delays in processing grants and results in poor customer service for veterans. According to PVA's service officers, many veterans are having a difficult time contacting their SAH agents as phone calls and emails are not returned in a timely manner. Insufficient staffing also leads to retention problems as agents leave their positions due to the excessive workload and extensive travel requirements.

Investments in staffing and streamlined and

## Washington Update Produced by Paralyzed Veterans of America

expedited grant processing for veterans with terminal diseases, along with increased benefits and improved program outreach, will lead to a stronger SAH program. We look forward to working with Congress and the Administration to address the critical issues raised.

To read PVA's statement, please visit [www.pva.org](http://www.pva.org).

### **PVA Launches AirAccess30.org and Air Carrier Access Advocacy Initiative**

At the end of January, PVA's Government Relations program formally launched its initiative to amend the Air Carrier Access Act (ACAA) to better benefit people with disabilities who travel by air. The ACAA, signed on Oct. 2, 1986, by then-President Ronald Reagan, guarantees that people with disabilities receive consistent and nondiscriminatory treatment during air travel and requires air carriers to accommodate the needs of passengers with disabilities. PVA played a leading role in the passage of the ACAA. The ACAA along with the Fair Housing Amendments Act of 1988 were two laws that laid the groundwork for the landmark Americans with Disabilities Act (ADA) in 1990. Now, PVA is working with the broader disability community to bring attention to the successes and failures in air travel for passengers with disabilities. As a part of this initiative, individuals with disabilities now have a platform for sharing their stories, photos, videos and graphics about their air travel experiences. PVA needs all members to actively engage with us in this effort. AirAccess30.org, launched in January 2016, by PVA, enables passengers with disabilities who utilize air travel to share positive and negative stories about their experiences. The new website seeks the input of passengers with disabilities in showing the progress that has been made as well as the work that remains to accomplish the true spirit of the ACAA.

Please share the [www.AirAccess30.org](http://www.AirAccess30.org) website and encourage all people with disabilities to

share their stories. We will be using these stories to increase advocacy around the ACAA and improve air travel for passengers with disabilities.

### **PVA Participates in Amtrak Compliance Meeting**

On February 5, 2016, PVA's National Advocacy staff met with Amtrak Vice President Joe McHugh and Americans with Disabilities Act (ADA) Coordinator Gary Talbot as well as other representatives of the disability community for the quarterly Amtrak ADA compliance review. Amtrak was required to be compliant with the regulations of the ADA in 2010. Congress originally gave Amtrak 20 years after the passage of the ADA to comply recognizing the cost and infrastructural changes that would need to be made at stations and on board the train to fully accommodate travelers with disabilities. Whereas PVA has been involved with Amtrak beginning in 1992, and throughout the 1990's, with training of personnel and designing communication pieces, Amtrak did not begin infrastructure changes until 2008.

Review topics from the meeting included an overview of the ADA Stations Program (ASP) and ADA Compliance Effort for FY 2014 and FY 2015, and project plans for FY 2016 with a status update on current projects. Those projects include elevator installation at Union Station in Washington, DC, on track 27/28; the new "set back" platform in Ann Arbor, MI; level boarding platform construction at Roanoke, VA; and an update on the Paoli, PA station renovation that resulted from a National Disability Rights Network (NDRN) lawsuit.

The meeting concluded with discussions about the Federal Railroad Administration (FRA)/Amtrak ASP Five Year Plan (FY 2017 to FY 2021), and implementation of P.L. 114-94, the "Fixing America's Surface Transportation (FAST) Act." The next meeting compliance review meeting will be held later this summer.

# M.S. News

Sue Holt - M.S. Liaison

Time is flying - could the Saturday, April 16 MS walk be far behind? Time to get those feet, wheelchairs, bicycles, hansom cabs, going to raise funds for Multiple Sclerosis research.

## Our team

Is Walk, Roll, and Thunder and we need members to participate. This year we will be “walking” at Riverfront Park in Salem, Oregon. Show-time is 9 AM with the “walk” beginning at 10 AM.

I have been participating in these “walks” since 2009 And each one has been different. I met different people, some with MS, some walking for a friend or relative. We are all there though for the same reason... to stop MS in its tracks. In my lifetime I have seen medical research in action and the results that come from it.

Can't join us in Salem you say?

Check [www.walkMS.org](http://www.walkMS.org) for other events held throughout the state.

Still can't make the event but want to donate? Check different ways to donate at this website as well...Hope to see you at the OPVA table Saturday, April 16th!

If you participate in any other fund-raisers or donate in other ways tell them OPVA sent you!

And last but not least PLEASE tell me what you would like to read about in this column? I need ideas. I know what I like but what do YOU like to read about? Call the office at 503-362-7998 or toll free 1-800-333-0782. I know we have thoughtful members out there...you don't need to even have MS if there is something you might want to learn about it...until next issue.....





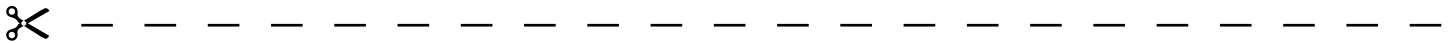


## YOU CAN HELP EARN DONATIONS JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (**Oregon Paralyzed Veterans of America**) at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). You can search for us by our name or by our non-profit number (**94989**).
- Then, every time you shop and use your Rewards Card, you are helping (non-profit) earn a donation!
- **You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.**
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

For more information, please visit [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards).



# OPVA Members

Please update your information:  
(Please Print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Please Return to:**

Oregon Paralyzed Veterans of America, 3700 Silverton Rd. NE, Salem, OR 97305 or email the information to [oregonpva@oregonpva.org](mailto:oregonpva@oregonpva.org)



# 36<sup>TH</sup> NATIONAL VETERANS WHEELCHAIR GAMES



# STRIVE

# LIVE

# CONQUER

CO-PRESENTED BY:



**VA** U.S. Department  
of Veterans Affairs



Paralyzed Veterans  
of America

# SALT LAKE CITY

JUNE 27 – JULY 2, 2016

# REGISTER

[wheelchairgames.org](http://wheelchairgames.org)

Host VA Medical Center:  
VA Salt Lake City Health Care System

Carlis Irwin  
801.584.2552  
[Carlis.Irwin@va.gov](mailto:Carlis.Irwin@va.gov)

WheelchairGames

#NVWG



Paralyzed Veterans  
of America

# SPORTS & RECREATION SCHEDULE OF EVENTS

For more information, contact Paralyzed Veterans Sports at 800.424.8200 or [pva.org/sports](http://pva.org/sports)

## PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

### CAL-DIEGO

Jan. 22–24, 2016  
*Rifle & Pistol Shoot*  
Jan. 22, 2016  
Redlands, CA

### FLORIDA GULF COAST

March 3–5, 2016  
Odessa, FL

### NEVADA

March 18–20, 2016  
*Pistol Shoot*  
March 18, 2016  
Las Vegas, NV

### VAUGHAN

April 22–24, 2016  
Edwardsville, IL

### COLONIAL

June 3–5, 2016  
Baltimore, MD

### IOWA

June 17–19, 2016  
*Pistol Shoot*  
June 17, 2016  
Cedar Rapids, IA

## PARALYZED VETERANS BASS TOUR

### FLORIDA GULF COAST

April 1–3, 2016  
Lake Toho  
Kissimmee, FL

### VAUGHAN

May 13–15, 2016  
Rend Lake  
Mt. Vernon, IL

### KENTUCKY- INDIANA

May 20–22, 2016  
Kentucky Lake  
Gilbertsville, KY

### NATIONAL

June 10–12, 2016  
Potomac River  
Waldorf, MD

### MID-ATLANTIC

June 16–18, 2016  
James River  
Richmond, VA

## ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

### FLORIDA GULF COAST

Feb. 26–28, 2016  
Tampa, FL

### CAL-DIEGO

TBD

## BOCCIA CLINICS

### CAL-DIEGO

Oct. 28–29, 2015  
San Diego, CA

### KENTUCKY- INDIANA

March 18–20, 2016  
Louisville, KY

## ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

**MID-ATLANTIC**  
March 18–20, 2016  
Midlothian, VA

**MID-AMERICA**  
April 1–3, 2016  
Oklahoma City, OK

**MOUNTAIN STATES**  
April 22–24, 2016  
Fountain, CO

**BUCKEYE\***  
July 22–24, 2016  
Independence, OH

\* A non-NWPA sanctioned event

## ANNUAL AIR RIFLE & PISTOL PROGRAM

### CAL-DIEGO

Jan. 18–19, 2016  
San Diego, CA

### MID-ATLANTIC

March 10, 2016  
Richmond, VA

### BUCKEYE

April 29–30, 2016  
Geneva, OH

### NATIONAL

TBD

## PARALYZED VETERANS HANDCYCLING SCHEDULE

**CLERMONT  
ROAD RACE**  
February 6–7, 2016  
Clermont, FL

**VALLEY OF THE  
SUN RACES**  
February 12–14, 2016  
Phoenix, AZ

**ONE CITY  
MARATHON**  
March 13, 2016  
Newport News, VA

**RIMS ON THE RUN**  
March 19–20, 2016  
Deland, FL



Updated 10/19/2015



Visit our website for more information



**Paralyzed Veterans  
of America**

Oregon Chapter

**[www.oregonpva.org](http://www.oregonpva.org)**





# PARALYZED VETERANS OF AMERICA MEMBERSHIP APPLICATION

**Paralyzed Veterans  
of America**

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted, or commissioned, and was accepted for or on active duty, in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States or an ally of the United States; (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. Complete and mail the application to: PVA Membership Department, 801 18th Street, NW, Washington, DC 20006 or to the chapter of choice. Providing the requested information is entirely voluntary but required for membership with PVA.

800-424-8200 • www.pva.org

Chapter Name: \_\_\_\_\_

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Social Security Number: \_\_\_\_\_  
month date year

Male  Female

Are you a United States citizen?  Yes  No

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## VETERAN STATUS INFORMATION

DATE(S) OF MILITARY SERVICE		TYPE OF SEPARATION	BRANCH OF SERVICE
Start Date <i>month/date/year</i>	End Date <i>month/date/year</i>	Discharge (D) or Retirement (R)	Copy of DD214 showing type of discharge or VA Medical Services Card Required (attach a <u>copy</u> to application)
		<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/> Still on Active Duty *Proof of Active Duty status must be verified prior to approval
		<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/> Army <input type="checkbox"/> Air Force <input type="checkbox"/> Navy <input type="checkbox"/> Marine Corps <input type="checkbox"/> Coast Guard
		<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/> Army <input type="checkbox"/> Air Force <input type="checkbox"/> Navy <input type="checkbox"/> Marine Corps <input type="checkbox"/> Coast Guard

Have you ever been discharged under conditions that are less than honorable?  Yes  No

Is your spinal cord injury or spinal cord disease service connected?  Yes  No

## DISABILITY CLASSIFICATION

### SPINAL CORD INJURY

(Complete ONLY if you have a traumatic spinal cord injury)

Date of Injury: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Injury Level:  C1-C08 Cervical  T01-T12 Thoracic  
 L01-L05 Lumbar  S01-S05 Sacral

Cause of SCI:

- Vehicular (auto, motorcycle, aircraft, bicycle, etc.)
- Violence (gunshot, stabbing, explosion, etc.)
- Pedestrian (hit by car, etc.)
- Sport or recreation (swimming, diving, etc.)
- Flying or falling object
- Medical-surgical complications
- Other traumatic injury \_\_\_\_\_
- Unknown

### SPINAL CORD DISORDER

(Complete ONLY if you have non-traumatic spinal cord disorder)

Date of diagnosis/onset of condition:

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Specific disease:

- Multiple Sclerosis (involving spinal cord)
- Poliomyelitis
- Amyotrophic diseases (lateral sclerosis, transverse myelitis)
- Syringomyelia
- Other (specify) \_\_\_\_\_

## LEVEL OF FUNCTION

Indicate your level of function: **\*\*If no paralysis, medical documentation must be submitted indicating spinal cord involvement**

- Paraplegia       Tetraplegia (Quad)       Hemiplegia       No paralysis at this time

## GENERAL INFORMATION (Optional, not required)

Please check the appropriate box or fill in the blank of each of the categories that best describes your present status. This important information enables the PVA to compile data for the effective implementation and support of our programs.

### EDUCATION *(highest level)*

- Less than high school graduate  
 High school graduate/GED  
 Some college or trade school  
 Associate's degree  
 Bachelor's degree  
 Attended graduate school  
 Graduate degree  
 Other \_\_\_\_\_

### CURRENT EMPLOYMENT STATUS

- Employed full time  
 Employed part time  
 Self-employed  
 Unemployed  
 Unemployed due to disability  
 Retired  
 Other \_\_\_\_\_

### MARITAL STATUS

- Divorced  
 Married  
 Never Married  
 Separated  
 Widowed

### RACE/ETHNICITY

- Asian or Pacific Islander  
 Black, not Hispanic/Latino origin  
 Hispanic/Latino  
 Native American or Alaskan Native  
 White, not Hispanic/Latino origin  
 Other \_\_\_\_\_

### TYPE OF RESIDENCE

- Apartment  
 Assisted living facility  
 Single-family home/condominium  
 State/veterans retirement home  
 Nursing home  
 VA hospital  
 VA nursing home  
 Other \_\_\_\_\_

### SOURCE(S) OF INCOME

*(check all that apply)*

- Employment  
 Gifts/Other  
 Private pension  
 Social Security  
 VA compensation  
 VA pension  
 Worker's compensation

The Veterans Benefits Department advocates for quality health care for our members and can assist you to obtain the appropriate benefits available as a result of your military service. Is PVA presently your benefits representative?  Yes  No

If yes, I have no objection and hereby permit PVA Service Officers to provide information to the PVA National Membership Department that pertains to my qualifications for membership.

I declare that I have read and meet the qualifications. I understand that my membership could be revoked if any information provided is inaccurate.

\_\_\_\_\_  
*Applicant's Signature*

\_\_\_\_\_  
*Date*

12/9/14

*Office Use Only*

*Date Received:* \_\_\_\_\_

*Member ID#:* \_\_\_\_\_

*Processed Date:* \_\_\_\_\_



# VETERANS CHOICE PROGRAM



VA U.S. Department of Veterans Affairs

The Veterans Choice Program provides eligible Veterans the option to receive VA Community Care from approved providers in their communities.

## Am I eligible?



Have you been told by your local VA medical facility that they can't schedule your appointment **within 30 days** of the clinically indicated date or if no such date can be determined, your preferred date?



Is your current residence **more than 40 miles** from the closest VA medical facility?



Do you need to travel by air, boat or ferry to the VA medical facility closest to your home?



Do you face an unusual or excessive burden in traveling to a VA medical facility based on the presence of a body of water or a geologic formation that cannot be crossed by road?

If you were enrolled in VA Health care on or before Aug 1, 2014 or you are eligible to enroll as a combat Veteran, and answered

# "YES"

to any of the questions, you may be eligible!

## How do I set up an appointment?

Call:  
**866-606-8198**

# 1

Gather your information about any other health insurance coverage you may have (e.g., employer, union-based health plans)



# 2

Call 1-866-606-8198 to make sure you qualify + schedule an appointment. When you call, we will walk you through the following steps:

- You will be asked to enter your ZIP code, and first and last name.
- We will check to make sure you are eligible for this program.
- We will check which of your needs are covered by the VA.
- You will be asked for your address and the name of your preferred VA Community Care. Unfortunately, not all providers will be eligible to participate so if your preferred provider is not available, we will recommend other providers in your area.



# 3

We will then work with you to schedule an appointment.



This hotline is exclusively for making sure you are eligible for the Choice Program and setting up a VA Community Care appointment. If you have questions about other aspects of your VA medical care or want to learn more about enrolling in VA health services, please visit [www.va.gov/health](http://www.va.gov/health).





**Oregon Paralyzed Veterans of America**  
3700 Silverton Rd. NE  
Salem, OR 97305

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