

PARALOG Oregon Paralyzed Veterans of America



We want YOU to join the OPVA Team!



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800-949-1004 ext. 31665

After Hours Number 888-233-8305 **Portland VA Contact Phone Number** 503-273-5308

RESOURCES

ID Cards www.vets.gov **eVetRecords** www.archives.gov **Vocational Rehab & Employment** www.gibill.gov

eBenefits www.benefits.va.gov **Women Veterans Health Care** 1-855-VA-Woman

OPVA Mission Statement

Oregon Paralyzed Veterans of America (OPVA), incorporated in 1976, is a chapter of Paralyzed Veterans of America. OPVA serves the needs of its Members - U.S. military veterans with spinal cord injury or disease (SCI/D) - and helps them enjoy the highest possible quality of life. OPVA, Members, Associate Members, Family Members, Volunteers, and allied organizations work to provide leadership and advocacy in

- Improving health care and SCI/D research and education
- Protecting veterans rights and benefits
- Improving awareness of disability rights
- Offering sports and health-promotion activities
- Increasing accessibility and removing architectural barriers in Oregon, Southwest Washington, and Idaho.

A 501(c)(3) charity, OPVA relies on grants and donations from members of the public.

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Thank you to all our Sponsors!

Cover photo: Timothy Vixay; 2012 NVWG, Richmond, VA. Photo courtesy PVA

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President News

HAPPY NEW YEAR



Larry Gardner - President

First of all I want to wish all our members and everyone reading this paralog a very HAPPY NEW YEAR. Here at the chapter we are already planning for a very busy year in 2020. The national veteran's wheel chair games coming up in July, and lots of new events that the chapter and the ambassadors are scheduling throughout the year.

The chapter's fiscal year started October 1st and we have already made some new improvements as to how the sports programs are managed. We've added more hospital liaisons at different locations. We're also working on a volunteer training program that will give our volunteers more knowledge when working the events.



We are also slowly working on adding more sports programs to the schedule like table tennis, bocce ball, and air guns. We currently have three ambassadors, central Oregon, southern Oregon, and Boise Idaho, I would like to hear from someone in the Portland area who would like to become our fourth ambassador. If interested please call the office and ask for Larry or Tom and one of us will answer any questions you have of that position.

On January 1st the chapters bowling season will start. If you like to bowl and haven't already signed up, get signed up before January 1st to enjoy the game. Then the trap team season will get on its way in March. If interested in shooting some trap or have any questions just call the office or my cell at 503-930-9589 and we will help get you started.

Become a volunteer for 2020

Every once in a while the chapters membership will drop and we like to increase our number of members as much as possible. If anyone knows a veteran with spinal cord damage or MS please have them call the office because they very well might qualify to become a member of the Oregon Paralyzed Veterans.

We are also always looking for volunteers to help out with our events especially with the busy year we are predicting for 2020. If you are interested in becoming a volunteer to help our veterans but are confused as to what you have to do, please call us. It's really very simple and rewarding, and you do not have to be a veteran to sign up. The chapter has already scheduled our 2020 deep sea fishing trips and the OPVA awards banquet along with other events. Please keep up with the dates in the Paralog for all the up coming events. I also want to remind all of our members to take advantage of the recreation fund that is available for you to get out and enjoy yourself.



OUR EXCLUSIVE GUARDIAN PROGRAM FREE WITH EVERY VEHICLE WE SELL.

- Six month free inspections with reminders
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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



Executive Director Report





Tom Hurt - Executive Director

Happy New Year!! 2020 is looking like it's going to be a great year filled with events and activities. With everything that is already scheduled for 2020, your chapter office is in need of volunteers to help out with events. Your Board of Directors is needing abled bodied individuals to help with setting up and tearing down the awareness booths.



We are looking for people with a True desire to volunteer and jump in with both feet, to help the membership out. We have events happening throughout the chapter's area of coverage. Some of the events we participate in are listed here.

Salem / Portland

- Marion County fair
- Oregon State Fair
- Car Auctions
- Salem Roadster Show
- Portland Roadster Show
- **OPVA** Golf Tournament
- Keizer Iris Festival
- MS Walks
- OPVA Show and Shine Car Show

Southern Oregon

- Douglas County Fair
- Boatnik Festival
- Pear Blossom Festival
- Josephine County Fair
- Summer Festival
- Blackberry Festival

Central Oregon

- **County Fairs**
- Air Show of the Cascades

Idaho

- Cherry Festival
- More to come

As you can see by the list of events, 2020 is going to be a busy year. With that being said let's not forget about the REALLY BIG event coming to your Oregon Chapter this July, the National Veteran Wheelchair Games. Registration will open on January 6, 2020. Keep in mind the event is limited to 600 athletes this year, so plan to register early! Completed registration forms are accepted in the order they are entered, with priority given to novice athletes. Go to https://www.wheelchairgames.org/athletes/registration/

Athletes can participate in more than 20 events including:

- Adaptive Fitness
 Competition
- Air Pistol
- Air Rifle
- Archery
- Basketball
- Boccia
- Bowling
- Cycling
- Disc Golf
- Field
- Motor Rally

- Nine Ball
- Powerlifting
- Power Soccer
- Quad Rugby
- Slalom (obstacle)
- Softball
- Table Tennis
- Team Challenge
- Track

www.RJ-MS.com

- Trapshooting
- 9-Hole Golf Scramble



In all events, athletes compete against others with similar athletic ability, competitive experience, or age. In closing let me leave you with this: I was told not that long ago by one of your members, that OPVA Members are NOT disabled they are just inconvenienced. If there is something you want or want to do you will find a way.

Independence: 503.838.5520



Sports Report





Dan Service - Sports Director

It's great to be able to share with you some of the activities available to you during January and February. First off, the National Veterans Wheelchair Games will be open for registration starting January 6th closing in April.

Keep in mind you will need to get your doctors clearing to be able to participate in the games. Like it has been said in the past, it doesn't matter if you have never done this before. Call the office and we will help you get registered; we will help you decide which events you will be able to participate in.

We will also help you understand about the accommodations and meals available to you. We will help you realize there are some events that are on a first come, first serve basis.

Don't forget to save your receipts for the \$250.00 Recreation Fund that is available each year to our members. We give this in hopes every member will utilize it to get out and be active in something that interest them.

If you have any questions please call the office 503-369-7998.



National Veterans Wheelchair Games July 3-8, 2020 Portland, OR For more information, visit: pva.org/sports





SPORTS & RECREATION MONTHLY CALENDAR OF EVENTS

JANUARY/FEBRUARY 2020

Cal-Diego Air Rifle and Pistol Tournament

January 27-28, 2020 San Diego Naval Base San Diego, CA

Contact: John Arbino - John Ar@pva.org

Bayou Gulf States Boccia Tournament

January 31-February 1, 2020 Harrison County Shelter

Gulfport, MS

Contact: John Arbino - John Ar@pva.org

Code of Honor Quad Rugby Invitational

February 7-9, 2020 The St. James Springfield, VA

Contact: Keith Cooper - Keith C@pva.org

Museum of Aviation Marathon

January 18, 2020 Warner Robbins, GA

Contact: Jody Shiflett - shiflettx4@cox.net

Top End Euro-American HC Championships

February 1-2, 2020 Gainesville, FL

Contact: Jody Shiflett - shiflettx4@cox.net

PVA Racing High Performance Camp

February 3-8, 2020 Brooksville, FL

Contact: Jody Shiflett - shiflettx4@cox.net

Valley of the Sun

February 14-16, 2020

Phoenix, AZ

Contact: Jody Shiflett - shiflettx4@cox.net

For more information on PVA Adaptive Sports programs, please contact 202-416-7752 or maryh@pva.org.

pva.org/sports • f ParalyzedVeterans • 💆 🔯 PVA1946

Idaho Ambassador News

Fall Harvest



By Donald Wyatt – Idaho Ambassador

All is well in Idaho. Another summer is in the memory column and the fall harvest is done.



As some of you may know, I am not a hunter. I did that in the past and found I'm not a good sport so I do other things to keep busy. I enjoy gardening in the summer and harvesting the product of a summer's hard work. This year I grew pinto beans and sunflowers.

The bean harvest netted 5 gallons of delicious pinto beans. The sunnies didn't disappoint either. Several of the sunnies were over 12 ft tall and at least one of them had a head of 22 inches across the front.

I harvest the seeds from the tallest plant with the largest head to plant next year and leave the rest for the birds.

My other interest/hobby are restoring old John Deere lawn tractors and designing and building related equipment for them.

This is all supposed to keep me out of trouble. In my spare time I do other things. Currently I am looking forward to snow so I can use my latest tractor project.

I'm looking forward to January 25th and the membership meeting at Big Al's in Meridian, ID. I hope to see all of the ID and eastern OR PVA members there.







Please consider adding OPVA to your will or trust





Members Meetings



Remember! You can use your REC FUND for Travel and Lodging

Southern OR

Jan 11 @ 11 AM

Strike City Lanes

1170 Hwy 99 N, Eugene, OR

• Idaho

Jan 25 @ 11 AM

Big Al's Bowling Alley 1900 N Eagle Rd, Meridian, ID

RSVP

503.362.7998

oregonpva@oregonpva.org



Recreation Fund Reports



Hi, I would like to use the Rec Fund for my trip to Las Vegas. I took this trip to celebrate my 73 birthday, I had a wonderful time on my day. Thank you OPVA.

Albert Bocanegra

Remember to use Remember to use your Recreation Fund

Oregon PVA voting members are eligible to receive \$250 each fiscal year through the Member Recreation Reimbursement Fund. It begins October 1st and runs through September 30th each year.

Include name, address, phone number, your legible receipts and a short description of what you did to have fun with your friends and family. We like pictures too (digital pictures are best), they may make it into the Paralog.

> ◆ Eating Out ◆ Movies ◆ Games ◆ Hobby Supplies ◆ Motel ◆ Sports ♦ Event Tickets ◆ OPVA Events ◆ Guns ◆ Trips ◆ Vacation Expenses, etc.

All receipts must be dated and used within this current fiscal year (10/1/19 - 9/30/20).

Mail or email to: Oregon PVA, 3700 Silverton Rd. NE, Salem, OR 97305 - oregonpva@oregonpva.org Your request must be received in the office no later than September 30th. Earlier is better in case of any problems.



Please contact the office at 503-362-7998 if you have any questions or require additional information about the Recreation Fund



Open to the Public (Free) 9am - 2pm



NEW LOCATION

Portland VA Medical Center 3710 SW U.S. Veterans Hospital Rd. Portland, OR 97239

Oregon Paralyzed Veterans of America 3700 Silverton Rd. NE, Salem, OR 97305 503.362.7998 • oregonpva@oregonpva.org • www.oregonpva.org

Bend Ambassador Report

Introduction to Ceramics

By Ken Townsend – Bend Ambassador

There were some boxes with clay pots on the left side under the coat rack and some folding chairs on the right stacked against the wall. I knew it would be a tight squeeze so I gave my wheelchair an extra hard push so I could lift my right hand up to avoid scraping my knuckles on the chairs as I coasted through the opening. The hand rim on my left wheel hit the corner of the first box of pots causing my chair to swing to the left and hit one of the other boxes with my foot rest. I backed up and slowly pushed past the boxes while rubbing my knuckles on the chairs.



I scanned the room looking for a table where I would be able to sit with my feet underneath. I looked at the table directly in front of me and directly in front of the ADA sink thinking that table would be the perfect place to sit. It had a shelf so I wouldn't be able to get my feet under it so I turned right. I rolled by a small table stopping to turn my legs under that table but even with my foot rests off my knees hit the bottom of the table so I rolled on. Just past that small table and to the left was a large ware board table where I found the perfect spot for me to sit. With my foot rests off I was able to get my knees under the table without hitting them, which seems to be kind of important to me.

The table behind me was far enough away that I was able to move in and out from the table without any interference. On the other side of the table there was a line of pottery wheels against the wall. Although I could roll between the pottery wheels and the table turning to get my feet under the table would be like getting in and out of a tight parking space. Like the spot at the table on my left where there was a table with a press and a scale on it directly behind that space. I had to sit there at the beginning of one lab session and it was tight parking but I made it work for me until the person that was in my perfect spot cleaned up and moved out.

On that first night of class after putting my bag with my pottery tools and clay at the perfect spot, I met the lab assistant Ty, he was going to show me the glaze room. I looked at the doorway and saw all the clutter that would be in my way and said I wouldn't be able to get through the doorway until it was moved. The next week when I arrived all that clutter had been cleaned up, so I wanted to give a gracious thank you to lab assistant Ty.

I was early to my first class so when my instructor Helen arrived, we introduced ourselves and she showed me the wheelchair accessible potter's wheel. Then she went to the back of it and turned the crank to lift the wheel to a place where I would be able to use it. I noticed she was struggling to turn the crank. After that we talked while waiting for the rest of the class to arrive. During that first-class Helen taught us how to wedge our clay and how to make pinch pots.

On the second night of class she taught us how to use the slab roller and how to build a box using the slabs. As she finished demonstrating how to make a box I took my wedged clay and went to the slab roller. I noticed I was unable to roll up beside either

side of the slab roller because there was a metal rack with bisque pots on one side. On the other side of the slab roller was a table to close for me to squeeze through. So I backed up to the other side of the slab, thinking maybe I could squeeze in between and be able to operate the machine. Another student Jessica saw that I couldn't fit and pulled the slab roller over about 4 inches so I could get close enough to put my clay up on the table and be able to turn the big wheel and press my clay into a slab. After putting my clay on the table, I looked up at the adjustment knob and couldn't see the gauge so it was evident to me that I would need help while attempting to make slabs. I want to give a big grateful thank you to the student Jessica who helped me that night and then to Alex the Lab assistant who rolled the rest of the slabs I needed during the remainder of the class. During that second night of class I made a beautiful oblong box that my wife immediately claimed as hers.



During the third week of class Helen showed us how to throw a pot using the potter's wheel. After her demonstration, I went to the wheelchair accessible potter's wheel and began throwing a pot which didn't turn out so well. Having thrown pots on the wheel twenty years before, thought I would be able to quickly throw a couple of pots but found out that was not the case. Now with wet clay caked on my hands I reached down to unlocked my brakes and pushed myself away to but noticed my brakes and hand rims had wet clay caked on them as well. Unlike many others in wheelchairs I am fortunate that I am able to push myself backwards with my left leg. I had clay caked on my hands, brakes, and hand rims I began pushing myself backwards towards the sink area which was very close to the ADA potter's wheel.

While pushing myself backwards, looking over my shoulder I saw someone else sitting at the table in front of the ADA sink. So I went to the other sink and sat sideways to wash my hands. I began some wrong thinking that evening and became frustrated so I left class early. The next morning during the 9:00 am lab I came in with a much better mindset and successfully threw 2 bowls.

I mentioned the wheelchair accessible potter's wheel but I would like to point out that it really wasn't wheelchair accessible. I know to an upright person it was accessible, because an upright person can walk all the way around it. This is important because there is a crank on the backside of the wheel wich was very difficult to turn. The crank raised and lowered the wheel. I could pull the handle towards me then push it until it stops then I had to slap it to get it around the corner so I could pull, push, and slap it again. Through this process I learned that while sitting at the wheel reaching over the table with a taller pot on the wheel, trying to turn the crank doesn't bode well for the pot. In order to make this an accessible wheel keep in mind it takes 3 feet of cleared space to move a wheelchair through, and 5 feet of cleared space to make a 90-degree turn.



On the fourth night of class I arrived for the 3:50 to 5:50 lab, before my class. I had a coffee cup and a box ready for glaze.

I went into the glaze room where there was just enough space for my wheelchair between the large plastic garbage cans filled with glaze and the counter. I parked there and reached up to the back of the counter and got a paint brush. Lab assistant Ty gave me the wax to put on the bottom of the pots. I sat there with elbows on the counter, twisted sideways and painted the bottoms of those two pots.



I backed up to leave and backed through the door with all the glazed pots ready for the kiln were sticking out. I hit it with the back of my chair, some of the pots wobbled but, nothing fell. Both Ty and myself breathed a sigh of relief.

I went to the potter's wheel to throw another pot. As Helen arrived, I was at the ADA sink washing the caked-on clay off of my hands. Helen noticed I was sitting sideways at the sink. She looked under the sink and saw there were boxes under the sink blocking me from sitting straight into the sink. When I finished washing my hands, she cleaned out the boxes under the sink so I could sit straight to wash my hands. I want to give a huge and gracious thank you to Helen for doing that, even though within 30 minutes a student was sitting at the table directly in front of the ADA sink. It was back to sitting sideways at the upright persons sink, which is a bit more difficult than sitting sideways at the ADA sink.

The next morning I arrived for the 9:00 am open lab and as I sat in front of the doorway looking at those boxes of clay pots on the left and the chairs on the right. The lab assistant Indy was straight ahead of me at the pug mill and saw me surveying the opening. I was about to squeeze through when she noticed how slow and careful I was moving so I told

her it takes 3 feet of cleared space to move my chair through without scraping my knuckles. Within a few minutes Indy had cleared the doorway of the boxes and chairs, I want to give a huge and very grateful thank you to Indy for doing this and doing it so quickly after noticing I was having issues getting through the door.

The fifth night of class During the 2-hour lab before class I threw two nice bowls and glazed the pots that had been through their bisque firing. I want to give lab assistant Alex a huge and grateful thank you for helping me with making slabs but also for bringing all the glazes I needed to my perfect working place in the lab.

The next morning in the 9:00 am lab I threw a very nice spittoon that I had a burning desire to make during this introduction to ceramics class. The evening before, while throwing those two bowls I noticed something that showed me how easy it would be to change it from a bowl to a spittoon.



I am thankful that it worked out so well. I am thinking since I am usually in bed by 10:00 pm that the evening classes are not the best for me to do my best work so I am grateful for the morning labs!

On Sunday November 10th as I drove into the parking lot of the Pence building for the 2:00 pm lab both disabled parking spaces were taken. There were only two other parking spaces that I could park my pickup and be able to unload my wheelchair. One directly below the stairs right in front of the door. This space would make a great

wheelchair user only parking space but, it was taken. The other parking space where I would be able to unload my wheelchair was to the right of the stairs where there were stripes for pedestrians and it was vacant. This parking space was on a slant and while parked, the slant got much steeper right at the rear of my pickup.

I unloaded my wheelchair then had to go to the other side of my truck to get my pottery tools and clay which I keept in a large bag. After I transferred into my chair, I was cautious because I was on a slant. As I turned towards the back of my truck I immediately began rolling without foot rests on my chair. I thought they were on the passenger side floorboard with my bag of tools. I knew when I reached the back of my truck, I would have to go straight down a bit then turn around and climb the hill to get to my front door. The grade was to steep, so I was unable to push myself up the hill forwards. I turned around and put my left foot on the ground to help push to keep me from going forward as I moved my hands for another push. Once I made it to the door, I opened it, picked up my bag, put it on my lap and noticed my footrests were on the other side of the truck in the back seat. Well I knew I needed to go straight down the hill, drop off by bag, then go back up to get my foot rests. I can usually hold my right foot off the ground by hooking my left leg under it.

Well with the added weight of the bag of tools and clay on my lap, as my chair hit the steep part, my momentum increased, my feet hit the ground and I was unable to stop. I essentially ran over my feet and my momentum flung me forward and I began flying out of my chair hitting my knees on the asphalt first, then my elbows. I was so thankful and grateful that when the bag on my lap flew off it slid down the hill and stopped in the perfect place, and in the perfect position. So when my face hit it, I was happy to feel that soft clay in the bag instead of those hard plastic containers I keep my pottery tools in. At that point with my head down hill and my wheelchair on top of my legs the only thing I could do was roll over on my back.

I laid there a couple of minutes yelling for help when another student Alex came along and was able to help me get back into my wheelchair. I want to give the pottery student Alex a huge and grateful thank you for helping me get off the ground and back into my chair.

Unfortunately, I was unable to attend my last class on November 14th. I am uncertain whether or not Helen knows why I was unable to attend as I didn't know how to contact her.

I am thankful and grateful to Central Oregon Community College for offering the continuing education classes. I have thoroughly enjoyed my experiences and meeting so many creative and wonderful people in this class. I am looking forward to taking more ceramics classes in the future.



When I first rolled into the ceramic's lab, I could tell this pottery studio had outgrown the room it is in. As I went in and out of the glaze room this became even more apparent. I am sure there wasn't anything more that could be done to make this room anymore ADA accessible than it already was due to the space available and the amount of needed equipment in that space. The Disabled parking on the outside however could be improved! There were two parking spaces next to the two existing disabled parking spaces that could be turned into one disabled parking space. There was that most desirable and coveted parking space at the bottom of the stairs right in front of the door that could also be a disabled parking space, possibly a Wheelchair User Only space.



Veterans Day Parade

Albany, OR 11/11/19











































PAVING ACCESS FOR VETERANS EMPLOYMENT

By Lauren Lobrano, Director, PAVE Program

Paralyzed Veterans of America's veterans' employment program, PAVE – Paving Access for Veterans Employment - was launched in 2007 to ensure that PVA members, their spouses, and caregivers, have access to meaningful employment, educational, and volunteer opportunities. Our team of certified vocational rehabilitation counselors and employment analysts provide high-touch, one-on-one assistance to guide veterans through the process.

Studies have found that there are significant benefits for individuals who are engaged, including improved quality of life, enhanced selfconfidence, expanded social network, a sense of community and increased income for those who are employed.

PAVE staff are specially trained to work with veterans receiving Social Security Disability Insurance and other government benefits. We work hand in hand with PVA national service officers to take into consideration other benefits a veteran may be receiving from the VA.

Despite the positive attributes of regular engagement, veterans with significant service-connected disabilities are not currently seeking employment. More than 62% of veterans with a service-connected disability rating of 60% or higher either struggle with or opt out of joining the civilian workforce.

When layered with the added challenges of managing a new injury or medical diagnosis, many may feel that the barriers to gainful employment are overwhelming. PVA's PAVE program Counselors and Analysts continue to be leaders in dispelling the myths and challenging stereotypes of those with disabilities. Working with dedicated employment partners, we will continue to create opportunities for quality and sustainable careers for those with significant and catastrophic injuries.



PVA Member Sean Ferry recently found success returning to work through the PAVE program. In late 2018, Sean decided that he was ready to pursue employment opportunities again. He did not have a great deal of success working on his own and reached out to the PAVE program in spring of 2019.

Sean worked one-on-one with PAVE Vocational Rehabilitation Counselor Genia Hachenberg, M.S., CRC, to explore his areas of interest and review the necessary accommodations at work. In September, Sean returned to work for the first time since his injury and shared the following about his experience working with PAVE:

"After my injury in 2014, my life was turned upside down. It was not easy to transition from being a Mechanical Engineer, and a rather avid hunter and fisherman, into a wheelchair dependent individual. After five years of unemployment, I turned to the PAVE program and its employees for assistance in getting back into the workforce. They were a great asset to me and a resource that helped me get my job and gain back my independence and self-confidence. Thank you PAVE."

If you, your spouse, or caregiver, are interested in more information about Paralyzed Veterans of America's PAVE program, please reach out to PAVE Vocational Rehabilitation Counselor Joan Haskins at (562) 676-4347 or JoanH@pva. org. You may also visit our website: www.pva. org/PAVE.org.













Your donated vehicle can go far in helping severely injured veterans Donations are sold at auction with proceeds going toward programs and services for veterans and their families. You may also receive a tax break, too!



WheelsHelpingWarriors.org / 866-204-4548
Paid for by the Jeffrey Carlton Charitable Foundation

GOVERNMENT RELATIONS



Roger C. Robinson – Government Relations

I'm doing a survey this month relating to the VA Prosthetics departments for Portland and Seattle. Please respond to me with your concerns and DO NOT sign your name, remain anonymous.

- 1. Are your orders being cared for in a timely manner?
- 2. When you leave a message do you always get a reply soon?
- 3. Have you experienced long delays?
- 4. Are clerks efficient with your request?
- 5. Do you have problems with getting tires in a timely manner?
- 6. Are you getting an auto grant without delay?
- 7. Do you use Veterans Choice? If so, how do you rate it?
- 8. Do you have trouble with transportation to and from appointments?

Please answer the questions and send them by mail or email to: 3700 Silverton Rd NE, Salem, OR 97305 or oregonpva@oregonpva.org so that way we can address the problem.

Note, if you have a chair issued from Portland and use Seattle for annuals, they will not fix that chair no matter if an emergency or not. Wishing you all a Merry Christmas and a great New Year.



Oregon Paralyzed Veterans of America Serving those who Served

Happy. Birthday.

| D A | |
|---------------------------|-------|
| Richard Dinges | 1/2 |
| Robert Batson | 1/3 |
| Robert Forson * • • • • | 1/4 |
| Larry Ricklefs | 1/7 |
| Thomas Shimon | 1/8 |
| Karen Abramowitz V | 1/8 |
| Michael Breshears • • • • | 1/10 |
| John Haber | _1/11 |
| Carolyn Hamstreet Shores | 1/11 |
| Gary Wright | 1/12 |
| George McCart | 1/15 |
| Janice Crews | 1/15 |
| Terrill Lykins | 1/15 |
| Betty Ricklefs | 1/17 |
| Donald Wyatt | 1/21 |
| John Buss | 1/21 |
| David Landis | 1/22 |
| Connie Paulsen | 1/24 |
| John Wilmot | 1/24 |
| John Phillips | 1/25 |
| Merle Cutler | 1/26 |
| Kenneth Cornelius | 1/28 |
| Steven Fairin | 1/28 |
| Gaetano Amico | 2/5 |
| Susan Holt | 2/5 |
| | |

| Kevin Airrington | 2/5 |
|-------------------------------|------|
| Patricia Godwin | 2/7 |
| Clyde Harmon | 2/9_ |
| Richard Elliott | 2/9 |
| Floyd Freemyer | 2/10 |
| Gerald Schroeder | 2/10 |
| Cathy Roff | 2/10 |
| Nathan Paine | 2/11 |
| Steven Lakin | 2/13 |
| Charles Wilcox Charles Wilcox | 2/14 |
| Larry Thompson | 2/15 |
| Christopher Hulse | 2/15 |
| Roger Robinson | 2/17 |
| Tommy Stratemeyer | 2/18 |
| Kevin O'Reilly | 2/18 |
| Robert Van Buren | 2/21 |
| Charlene Cash | 2/22 |
| Lee Presley C/O Mathews | 2/23 |
| Margaret Walker | 2/26 |
| David Magee | 2/27 |
| Ronald Weisenberger | 2/27 |



MS News

Sue Holt - MS Liaison

As we wrap up another year on the calendar I like to think of where I'll be this time next year. I have never been good at setting goals but I found out about someone who did.

Lori Schneider became the first person in the world to climb Mt. Everest with MS. 29,035 feet!

On July19, 2011 she climbed Mt. Kilimanjaro (the highest peak in Africa) becoming the first person with MS to complete the Seven Summits as recognized by the World MS Federation.

The Seven Summits are made up of the highest mountain on each of the seven continents of the world! Imagine the goal settings that went into those trips!

Two things I want you to take away from all this, take your MS one day at a time and set goals this year and see how many you can meet.

My goal for this year is to be a better MS Liaison to you.

Now I have to break this into small goals as to how this will be accomplished.

- 1. Better articles but I need input from members. Please call or email the office your message will get to me just give me enough lead time to research.
- 2. A continuity book I have begun this but will complete it by June 2020.
- 3. Participate in the Salem MS Walk (date TBD)
- 4. Participate in Bike MS to be held over a two day period in Monmouth, OR maybe on a bike or as a volunteer.



What will your goals for 2020? Our president of this Chapter always says he wants to do better than the last time. He can't do it alone, Lori Schneider didn't do it alone and I certainly can't do this alone. Maybe to volunteer at some MS events might lead to a better next year for you!

(For more information of *Lori Schneider* visit: https://www.nationalmssociety.org/Get-Involved/Personal-Stories/Life-with-MS/Lori-Schneider)





Oregon Chapter

Dates & Times

Wed May 20th - 6:00 am
Thur Jun 18th - 6:00 am
Wed Sep 23rd - 6:30 am

5 Hours Trip Lingcod & Rockfish

Voting Members FREE!

All Others \$65

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January

| 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 Martin Luther King Jr. Day | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | BOD 10:00 a.m. | 31 | |







February

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------|---------|-----------|-------------------|--------|----------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 Presidents' Day | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | BOD 10:00 a.m. | 28 | 29 |

Office Closed

Save the Date

| Jan 11 | Pizza Bowling |
|-----------|---------------------------------|
| Jan 17-18 | Winter Road & Speed Show Albany |
| Jan 25 | Idaho Pizza Bowling |
| Mar 7-8 | Salem Roadster Show |
| Mar 22 | Portland Roadster Show |
| Apr 17 | Abilities Expo 2020 |



February 14, 1859



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

Written and produced by Paralyzed Veterans of America - Government Relations Department

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WEBINAR ON VA'S COMPREHENSIVE FAMILY CAREGIVER PROGRAM

In late October, PVA's Legislative staff hosted a webinar entitled, "VA's Comprehensive Family Caregiver Program: Status of Expansion and Improvement Efforts." It was the first segment of a two part series on caregiving. The recording of the webinar (https://pva.zoom.us/recording/play/NCXA0HlvurYeyfUyCAB9zD2A35Z-s1GJIefwQj6WpNT9Hk-QIjKLmvCGouhxLNeo?continueMode=true) is available for anyone who may have missed it.

BUDGET STRUGGLES CONTINUE

Congress continues to struggle with their efforts to complete the annual spending bills. With the current resolution set to expire on November 21, the House and Senate passed a second continuing resolution (CR) that will keep the government running through December 20. The bill that funds VA, has been delayed due to broader concerns over border wall funding. VA has already received its health care funding for Fiscal Year 2020 due to advance appropriations but needs to receive additional funding to meet its full spending needs for the fiscal year. It's highly unlikely that the additional time afforded to Congress by the CR will be enough for them to complete their work. Thus, another CR will likely be needed to keep the government funded beyond December 20.

PVA PARTICIPATES IN ROUND TABLE ON PASSENGERS WITH DISABILITY

On November 14, the House Transp ortation and Infrastructure Committee, Subcommittee on Aviation held a round table entitled, "From Curb to Gate and Back Again: The Air Travel Experience for Persons with Disabilities." Subcommittee Chairman Rick Larsen (D-WA) noted that this was the first time the committee had held a round table on issues of passengers with disabilities. Thirteen members of the subcommittee attended the meeting and asked questions of the panelists. The panelists included: Ms. Blane Workie, Assistant General Counsel for Aviation Enforcement and Proceedings, Department of Transportation (DOT): Ms. Seena Foster, Deputy Assistant Administrator for Civil Rights and Civil Liberties, Transportation Security Administration; Mr. Tom Devine, General Counsel, Airports Council International; Mr. Doug Mullen, Vice President and Deputy General Counsel, Airlines for America; Mr. Lee Page, Senior Associate Advocacy Director, Paralyzed Veterans of America: Ms. Michelle Erwin. President and Founder, All Wheels Up; and Mr. Ian Watlington, Senior Disability Advocacy Specialist, National Disability Rights Network. Each panelist had an opening statement identifying the work they have done on assisting passengers with disabilities in the air travel experience and was asked to note other issues that are not currently being addressed that could further enhance accessibility.

Ms. Workie spoke about the implementation of the FAA Reauthorization Act of 2018, including implementation of the requirement for airlines to submit on a monthly basis to DOT the number of wheelchairs and scooters enplaned and the percentage returned damaged to passengers with disabilities. Ms. Workie also discussed the Advisory Committee on the Air Travel Needs of Passengers with Disabilities and the requirement for it to look into airline practices for ticketing, pre-flight seat assignments, and stowage of assistive devices for passengers with disabilities.

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The Advisory Committee will also work with stakeholders, including disability organizations, air carriers, and their contractors, to develop an Airline Passengers with Disabilities Bill of Rights. Ms. Workie further stated that DOT would soon publish a regulation on accessible lavatories in single-aisle aircraft.

Mr. Mullen talked about the work A4A has done over the past few years starting with the negotiated rulemaking in the summer of 2016, which was convened by DOT to work on the issues of service animals, inflight entertainment and communication, and access to a lavatory on a single-aisle aircraft. He was grateful to PVA for the work the organization is doing with the air carriers, other disability stakeholders, and wheelchair manufacturers to come up with a RESNA standard for wheelchairs in air travel that would alleviate damage from being placed in the cargo holds of airplanes.

Ms. Foster spoke about the TSA Cares Program, which outreaches to different segments of the disability population. She credited PVA for assisting TSA to understand more about catastrophic spinal cord injuries and the needs of PVA members. Also, TSA Cares has a wounded warriors and disabled veterans outreach program. She further spoke of the advantages of TSA Precheck and how they encourage passenger with disabilities to sign up. Ms. Foster also talked about the new technology of screening passengers that will be less invasive in the future. This will include a body heat sensor that will see areas blocked by items identifiable by size and would garner further inspection via a pat down if determined necessary by the TSA agent. She acknowledged that PVA had participated in a preliminary meeting to review the device.

Mr. Page emphasized three areas of concern. First, PVA members are still having trouble in boarding airplanes due to the lack of training of personnel to assist in boarding. Specifically, the transfer process to an aisle chair can be precarious. Second, the path of travel to enter the plane is not accessible like other modes of public transportation and standards

of access are needed. Lastly, he spoke of the need for individual recourse when a passenger with a disability is aggrieved by the airline for violations of the law.

Representative Brian Mast (R-FL), a combat disabled veteran, demonstrated his prosthetic leg and the wheel from his wheelchair as assistive devices that are an extension of his body and make him whole again. He directed his comments towards Ms. Foster of TSA and relayed the problems he has had with coming through security and having to be "patted down" or physically searched by TSA agents because they did not understand his disability. Mr. Page added that other problems going through security revolved around the wait time a person with a disability must endure for a same gender officer to arrive to escort the person to a location for more detailed inspection. This waiting time and announcement only draws more attention towards the person with the disability, causing anxiety and embarrassment.

LIFESPAN RESPITE CARE REAUTHORIZATION

On October 31, the Senate Committee on Health, Education, Labor, and Pensions unanimously approved S. 995, the Lifespan Respite Care Program Reauthorization Act originally introduced by Sen. Susan Collins (R-ME) and Sen. Tammy Baldwin (D-WI). The bill reauthorizes the program for another five years for \$50 million (\$10 million annually through Fiscal Year 2024) and requires a report from the Department of Health and Human Services to Congress by October 1, 2023. The measure goes next to the full Senate for a vote. Earlier in the summer, the House passed identical legislation, moving reauthorization of the respite care program one step closer to completion.

HOUSE APPROVES EDUCATION BILLS

Recently, the House approved a pair of education-related veterans bills: H.R. 4625, the Protect the

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GI Bill Act, which increases transparency and accountability among educational programs that receive VA funding; and H.R. 4162, the GI Bill Planning Act, which would eventually end the Montgomery GI Bill (MGIB). Both bills have been received by the Senate where they await further action.

H.R. 4625 ensures that schools receiving GI Bill funding inform prospective students of key items, including the cost of attendance, how much their benefits cover, and student outcomes. It also empowers State Approving Agencies to flag or suspend new enrollments to schools that violate these requirements. H.R. 4625 also aligns the definitions of an eligible child in VA and the Department of Defense (DoD) for the purpose of education benefit transfers and bans schools from misrepresenting themselves while marketing, recruiting, and enrolling students. Currently, DoD includes wards and foster children while VA does not. The second bill, H.R. 4162, gives new enlistees six months instead of two weeks to decide whether to pay \$1,200 or opt-out of the MGIB benefit. It also ends new enrollments in the MGIB by October 2029.

HOUSE PASSES COMPREHENSIVE PACKAGE TO AID WOMEN VETERANS

The House recently approved H.R. 3224, the Deborah Sampson Act, which addresses inequities and barriers that women veterans face when accessing VA care and benefits. H.R. 3224 is named after a Revolutionary War veteran, Deborah Sampson Gannett, who served in the Continental Army from 1782-1783 and was awarded a full military pension for her military service after years of petitioning Congress.

The measure encompasses 16 bills and reflects years of work and negotiation among stakeholders. The bills and a brief description of each are available https://juliabrownlev.house.gov/brownlevsdeborah-sampson-act-passes-house/.

As a result of PVA's advocacy, the legislation includes a requirement for VA to report on an annual basis an assessment of wheelchair accessibility of VA women's health centers. This assessment will include the accessibility of each kind of treatment provided at the center, including mammography. It will also address all other relevant factors, including door sizes, hoists, and equipment. PVA made this recommendation in response to concerns raised by PVA's women veterans committee regarding specific accessibility barriers at these clinics.

We applaud the House for advancing this important legislation. You can view a section-by-section summary of it here. In the coming months, we will be working with their Senate counterparts to incorporate additional provisions in their version that help meet the needs of catastrophically disabled women veterans.

DISABLED VETERAN DOD SHOPPING INITIATIVE

A provision in the Fiscal Year 2019 National Defense Authorization Act allows the Department of Defense to expand commissary; military exchange; and morale, welfare, and recreation retail privileges on stateside military installations to certain veterans and their caregivers. Beginning January 1, 2020, all service-connected disabled veterans, Purple Heart recipients, former prisoners of war (POW), and individuals approved and designated as the primary family caregivers of eligible veterans under VA's Program of Comprehensive Assistance for Family Caregivers can use commissaries; exchanges; and morale, welfare and recreation retail facilities, inperson and online.

Please note that veterans and their caregivers must have specific credentials in order to enter an installation. For more information regarding these privileges and access to military installations, please visit https://www.militaryonesource.mil/ products#!/detail/780.

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DOT HOLDS ACCESS AND MOBILITY FOR ALL SUMMIT

On October 29, the Department of Transportation (DOT) held the Access and Mobility for All Summit. At the Summit, Secretary Chao announced her intent to fund new programs to develop and deploy innovations in technology and further interagency partnerships to improve mobility. DOT assembled leaders from industry, academia, nonprofits, and government to participate in panel discussions and breakout sessions focused on interagency coordination, advanced vehicle technologies, and innovations in mobility services. Lee Page, Senior Associate Advocacy Director, represented PVA at the event.

As part of her keynote address, Secretary Chao announced several initiatives, including a planned Inclusive Design Challenge, which will make up to \$5 million in cash prizes available to innovators who design solutions to enable accessible automated vehicles. DOT aims to increase availability and decrease cost of aftermarket modifiers that improve accessibility of vehicles today and spark development for future automated vehicles.

Also, DOT and 10 other federal agencies approved the strategic plan for the Coordinating Council on Access and Mobility, an interagency partnership to coordinate the efforts of federal agencies funding transportation services for targeted populations. The strategic plan includes goals to improve access to jobs, health care, education, and community services by eliminating government duplication of services, reducing regulatory burden, increasing access to cost-effective transportation services, and ensuring that transportation services are centered on the citizens who depend on them as a lifeline to community participation. The strategic plan will help provide better transportation outcomes through the coordination of more than 130 government-wide programs.

ADVOCATES MEET TO CONSIDER DISASTER RECOVERY HOUSING POLICY

PVA Advocacy staff participated in an invitationonly policy conference in Houston, Texas, on October 28 - 30, to discuss ways to improve federal disaster housing response and recovery systems to ensure that the needs of low-income survivors are not overlooked. The meeting was sponsored by the Disaster Housing Recovery Coalition (DHRC), which is comprised of more than 850 local, state, and national organizations.

Often, when disasters strike, the lowest-income survivors - among them many people with disabilities - sustain the greatest damage, have the fewest resources, and face the longest paths to recovery. The current disaster housing response and recovery system exacerbates and reinforces racial, income, and accessibility inequities at each stage of response and recovery. Many of the system's flaws were outlined in a preliminary report developed by DHRC members, the Fair Share Housing Center of New Jersey, and the National Low Income Housing Coalition (NLIHC). The document, Fixing America's Broken Disaster Housing Recovery System: Barriers to a Complete and Equitable Recovery, served to set the stage for the convening focused on creating an improved disaster response system.

The conference began with a bus tour highlighting some of the successes and continuing challenges in Houston two years after the devastation of Hurricane Harvey. Organized by Texas Housers and the Houston Organizing Movement for Equity (HOME) Coalition, participants heard from survivors and community organizers and toured a home being renovated by a neighborhood recovery group, a public housing complex that flooded during Hurricane Harvey, and a home built with accessible features utilizing RAPIDO, an efficient temporary-to-permanent post-disaster housing program.

Attendees also viewed the premiere of a Revisioning Recovery film compilation by Working Films

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highlighting the inequities in present day disaster preparedness and response systems, and the solutions needed to respond to natural disasters. Among the documentaries was, "The Right To Be Rescued," focusing on people with disabilities affected by Hurricane Katrina in 2005.

The meetings over the next two days consisted of indepth discussions concerning improvements needed in the federal disaster housing response system. Separate sessions were held on the immediate response following a disaster; the provision of longterm housing recovery; and mitigation and resilience efforts. Each session began with a panel discussion featuring stakeholders with direct experience in each area and policy experts, followed by in-depth small- and large-group sessions exploring new and more effective policies, systems, and structures to address challenges identified in the plenaries. Every group and panel focused on similar themes such as addressing racial and economic equity, improving meaningful community involvement and power, ensuring compliance with civil rights and fair housing laws, strengthening pre-disaster planning, and driving federal investments to meet the needs of the most vulnerable. The NLIHC will now work with DHRC partners to consolidate the recommendations generated at the convening into a comprehensive set of policy recommendations. The report, the second of two on Fixing America's Broken Disaster Housing Recovery System series, will be released in 2020.

BILL TO STRENGTHEN DHS OFFICE OF CIVIL RIGHTS AND CIVIL LIBERTIES ADVANCES

On October 23, H.R. 4713, the Department of Homeland Security (DHS) Office of Civil Rights and Civil Liberties (CRCL) Authorization Act of 2019, was approved by the House Committee on Homeland Security. Sponsored by Congressman Al Green (D-TX), this legislation would make certain improvements to CRCL by improving the accountability, transparency, and responsibility of

the office that is intended to oversee civil rights and liberties in programs carried out by DHS, including those directed at disaster response and recovery. The legislation calls for investigative reports and reviews of Department programs to be publicized on the Department's website and establishes CRCL officers to guarantee improved oversight of complaints lodged against components of the Department. H.R. 4713 also directs CRCL officers to submit an annual report of their findings to the President and Congress. Consideration by the full House is expected sometime in November.

U.S. JUSTICE DEPARTMENT SETTLES WITH PUBLIC ACCOMMODATIONS TO PROTECT THE RIGHTS OF VETERANS WHO USE SERVICE DOGS

The Justice Department announced two settlement agreements under the Americans with Disabilities Act (ADA) to protect and advance equal access for veterans with disabilities who use service dogs. One agreement is with Deerfield Inn & Suites, in Gadsden, Alabama. The second agreement is with the Landmark Hotel Group in Virginia Beach, Virginia, which manages the Holiday Inn Express in Hampton, Virginia. These matters were investigated and resolved in furtherance of the Department's commitment to ensuring that our veterans enjoy equal access to public accommodations, such as restaurants, hotels, and shops.

The ADA generally requires public accommodations to provide access to individuals with disabilities who use service animals, including those who use service dogs for post-traumatic stress disorder (PTSD) or anxiety. Yet, in public accommodations across the country, individuals with disabilities are frequently barred from entering with a service animal.

The Deerfield Inn & Suites agreement resolves allegations that, after driving many hours, a veteran arrived at the Deerfield Inn & Suites at 4:00 am. When the desk clerk learned that the veteran

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was accompanied by her service dog, the desk clerk refused to honor the reservation, insisting that no dogs were permitted in the hotel. Despite numerous attempts by the veteran to explain that the dog was not a pet, but a highly trained animal required for disabilities she acquired in the service of our country, the clerk would not allow the veteran to stay at the hotel. As a result, and given the late hour, the veteran ended up sleeping in her car in the parking lot of a church.

Similarly, the complaint underlying the Landmark Hotel agreement alleged that, at the Holiday Inn Express managed by the Landmark Hotel Group, the desk clerk refused to honor a reservation by a veteran because he would not provide documentation that the dog with him was a service dog. The veteran informed the clerk that it was unlawful to ask for documents to establish that a dog is a service animal, but the desk clerk informed him that such documentation was corporate policy. The veteran then requested to speak to the hotel manager, who confirmed that it was the hotel's policy to require such documentary proof. The veteran was forced to find another hotel.

Under the ADA, public accommodations generally must make modifications to their policies, practices or procedures—such as a no-pet policy—to permit the use of a service animal by a person with a disability. A service dog generally may go wherever the public is allowed to go, and a public accommodation may not require documentation about the service dog. Under these agreements, both entities will adopt and implement a service dog policy; provide training on the service dog policy to employees and managers; post the service dog policy at their facilities and in their advertising; and pay money damages to the two veterans. All entities cooperated with the Department throughout the investigations.

OLDER AMERICANS ACT REAUTHORIZATION

On September 18, the House Committee on Education and Labor considered H.R. 4334, the Dignity in Aging Act of 2019, to reauthorize the Older Americans Act (OAA). The bill authorizes funding increases across all OAA programs. Key provisions related to family caregiving include:

- Extension of the authorization for the RAISE family caregivers act by one-year, until 2022;
- Clarification that family caregivers include adult family caregivers for individuals of any age with Alzheimer's, and that individuals of any age with Alzheimer's may be served by the State Long-term Care Ombudsman Program;
- Elimination of the cap on Title III-E National Family Caregiver Support Program funds that can be allocated toward older relative caregivers (currently at 10 percent);
- Extension of the authorization period of the Supporting Grandparents Raising Grandchildren Act by one year.
- Incorporation of H.R. 3782, the Supporting Family Caregivers Act, to authorize use of caregiver assessments.

The full House has not yet scheduled a floor vote on the bill. In the Senate, staff continue to work on the bill, including resolution of disagreements.



PARALYZED VETERANS OF AMERICA

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Oregon Paralyzed Veterans of America

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Membership Application

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 for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States, or our allies as evidenced by other-than-dishonorable character of service documented by a verifiable DD-214 or DD-215 (entry-level separation not acceptable); (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 return application to the chapter of choice or by mail/email to: Paralyzed Veterans of America Membership Department, 801 Eighteenth Street, NW, Washington, DC 20006; (E) members@pva.org. Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.

| Chapter Name: Oregon Paralyzed V | eterans of America, 3700 |) Silverton Rd | NE, Salem | ո, OR 9 | 97305 |
|---|---|--------------------------|-------------|---------|----------------|
| First Name: | Middle Initial: | Last Name: | | | |
| Date of Birth: //Soc Race/Ethnicity: | | | | | VIale □ Female |
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| Please sumit the following with a DD214 showing character of disch Medical evidence of spinal cord in Proof of active duty status must be very Have you been discharged under con If yes, please explain: | narge. njury or involvement (med erified prior to membersh nditions that are less than | nip approval. honorable? | , | | nent). |
| Are you a United States citizen? Ye | | | | | |
| Do you have a spinal cord injury or di | i sease? | ease, specify: _ | | | |
| Is your spinal cord injury or spinal co | rd disease service connec | t ed? ☐ Yes ☐ | No | | |
| If Paralyzed Veterans of America is yo information to PVA National Member | · | | | | • |
| I declare under penalty of perjury that and I understand that my membershi | | | | | • |
| Applicant Signature: | | | _Date: | _/_ | _/ |
| Witness Signature: | | | Date: | / | / |

Physician's Statement Form

| | is a veteran who has a spinal cord injury or disease. |
|-------------------------|--|
| His/her diagnosis is: | Paraplegia Quadriplegia Brown Sequard Syndrome Cauda Equina Syndrome ALS Multiple Sclerosis (involving the spinal cord) Transverse Myelitis Other (please specify) |
| Physician's Signature | |
| Physician's Name | |
| Physician's Title | |
| Physician's Phone/Email | |
| Date Signed | |



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