

July/August 2020  
Volume 24, Issue 3



Paralyzed Veterans  
of America

Oregon Chapter

# PARALOG

Oregon Paralyzed Veterans of America



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# Paralyzed Veterans of America

Oregon Chapter

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### eBenefits

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### 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!

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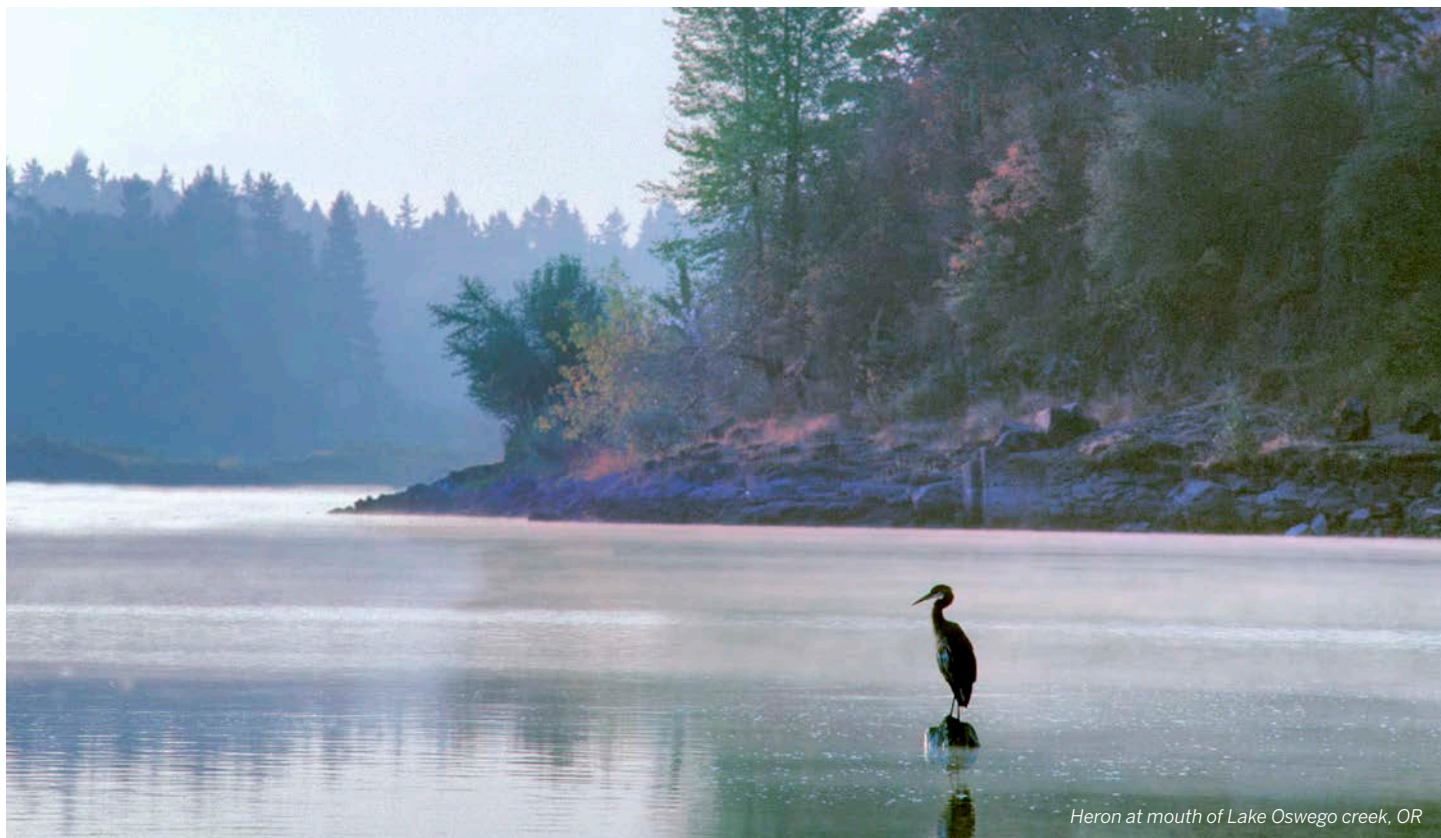


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## Oregon Paralyzed Veterans of America

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# PRESIDENT NEWS



*Heron at mouth of Lake Oswego creek, OR*



Larry Gardner – President

Since March the Covid 19 has really changed everything we do here at the chapter. Most of our scheduled events are cancelled through September, the monthly board meetings have been call in conferences only. The OPVA Gold Cup Golf Tournament is reschedule for July 18th and the OPVA Show & Shine Car Show is September 19th.

We hope everyone is doing ok out there and if you need help with anything or have any questions please call and we will help in any way we can.

The once a year members banquet will be re-scheduled hopefully to October, we will keep everyone updated on any future events coming up this year.

Everyone will be getting a nomination form in the mail to nominate members

of the board for the new fiscal year that starts October 2020 thru September 2021. Please fill out the form and get it back to the office as soon as possible. If you have anyone in mind that you would like to see on the ballot, please write down their name and maybe even your own name if interested.

The draw for the Camaro raffle ticket will be in July as scheduled at OPVA office.

Once everything opens back up we are going to be very busy with events and everything we can do to get the Oregon Paralyzed Veterans of America back on track and be even better than ever before. Thank you everyone and stay safe.



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We hope everyone  
is doing well, staying safe



Tom Hurt – Executive Director

With everything changing almost daily as to the state of events throughout the country, it is an understatement that our fundraising efforts have been severely affected. With that being said I am pleased to announce that OPVA's 11th annual Golf Tournament has been rescheduled for July 18th and according to McNary Golf Club should not be an issue.

As you are aware there have been many canceled events this year, one of those events was the National Veterans Wheelchair Games. Yes, this was a big disappointment not to have the games in Oregon this year, however, not all is lost. Next year the Games will be in New York. Not only will they be the 40th Anniversary of the NVWG, it will also be the 20th Anniversary of 911.



So PVA and the VA are going to make this an extra special Games in 2021. So, remember if you are a novice and going to compete in the games in Portland, same rules apply for New York Novice (your travel and lodging is paid 100%). If you are a returning Athlete the Chapter will Cover 50% of your travel and lodging. Let's have a great showing from the Oregon Chapter.



Hopefully you have been receiving the email notices regarding all of the virtual activities that National PVA has been hosting, from Disc Golf, Book Clubs, and Air Rifle to Wheelchair Yoga. So, if you are unable to leave your house you can still stay connected.

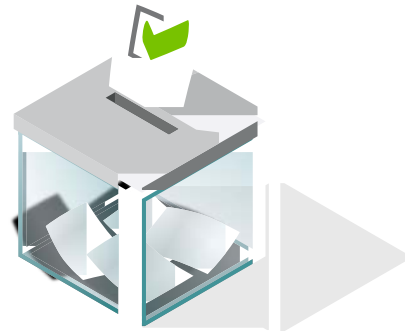
Dockside Charters takes great care of us. Reserve your spot for the September trip now. **FREE TO VOTING MEMBERS.**

The chapter office has been on limited entry and hours and will continue as long as we are under the executive order for social distancing. All meetings are taking place via Phone conference. Your Board of Directors are making sure that business is getting taken care of.

Just a reminder that Nomination Ballots for New Board of Directors just went out, please take a moment and fill it out and return to the chapter office no later than July 31st. This is a great opportunity to do GOOD for your fellow members and help direct the path of the organization.



I am pleased to let you know that our deep sea fishing trips are happening again, our first trip of the year went out on June 18th. Our next scheduled trip will be September 23rd if you like to fish these are great trips out of Depoe Bay.



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# Who said Oregon is closed?



Dan Service—Sports Director

Go ahead and get out your fishing brain and start making plans. I just got off the phone with Dockside Charter, Inc. and they are open for business. Needless to say, our Deep Sea Fishing trips are a go (unless something happens that will shut them down).

Check with your local Trap Club, some are open for practice shooting.

At this point it is not too likely we will be having any sports activities where a person will be within two arms lengths of each other. If you have been reading PVA's emails, they have virtual activities and classes you can attend on the computer. Such as, SitStrong Workout Program, Adaptive Yoga, Guided Meditation, Equine Therapy, Virtual Spinning Sessions hosted by PVA, or you can just sit back with a good book, with the Book Club.

There are many different activities you can find on the internet, all you need is a desire to find what you are looking for. Me, I enjoy working on FamilySearch.org, finding my relatives, and straightening out my family records with all the sources they have available.





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## Covid-19 Idaho

**I hope everyone is faring well during the nationwide 'stay home' pandemic.**

By Donald Wyatt – Idaho Ambassador



Cathy and I are doing well on our five-acre piece of the American dream a couple of miles south of Emmett, ID. This 'stay home' thing hasn't affected us all that much because when you don't have much money you have to stay home anyway. We are doing the same things we did every day before the 'stay home' order. This five-acre piece of the American dream requires a lot of work to keep it looking good.

We didn't have a stockpile of paper products put aside but we were prepared for a 30 day 'stay home' order. Two weeks before the order I ordered refills on all my stuff from the pharmacy just in case there would be a supply chain problem. I had already stocked up on food items. I even had plenty of fuel on hand to operate the tractors and even a stand by generator if necessary.

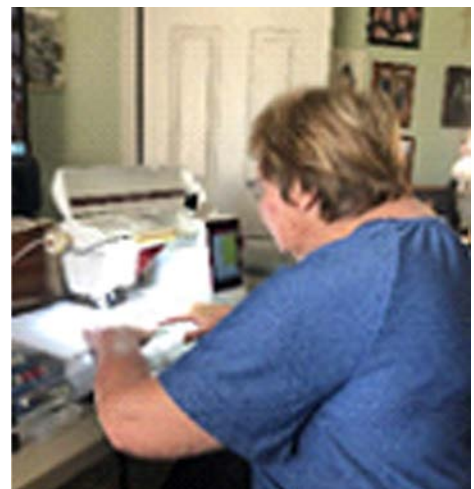


Mowing the lawn, preparing the garden for planting, cleaning irrigation ditches and maintenance on all my John Deere lawn and garden items. They did not get put on hold just because we were told to 'stay home.' I've been so busy I have not been off the property for a month and there is still more than two weeks of the 'stay home' order.

I've learned to order things on line and pay S&H instead of driving uptown to the parts store. I've even learned some about webinars. Our 'stay home' is about normal for us. However, I do miss my kids and neighbors not stopping by for a visit now and then.

Our "stay home" is about normal for us

Cathy, in her spare time, has been sewing masks for family and friends. My daughter, Denelle, lives about 20 miles away calls every couple of days to check on us and see if we need anything. Thank God for family. Be well everyone.







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## RECREATION FUND SCOPE



This past February, Cathy and I drove to Las Vegas, NV to spend some time with her son David and his wife, Wendy, and her daughter, Karen and her husband Richard. David and Wendy live near Tampa, Florida but were going to be in Vegas for a week of sightseeing. Karen and Richard live in Oceanside, CA and were also going to be in Vegas for the weekend. Cathy hadn't seen David for nearly 10 years so decide to make the 11-hour trip to spend time with her kids. I drove.

Sunday evening, we all went to the *Smoking Pig BBQ* for a great meal. Spending time together made the meal even better. We had great time and since we were at a motel near the Nellis AFB we were lucky enough to watch Air Force One Land Monday evening.

David had been stationed at Nellis for a while during his Air Force career so they drove over to the flight line and got a photo of a Air Force One. Thank you for the Recreation Fund.

*Don Wyatt and Cathy*



Thank you so much for this fund! I was able to surprise my husband and cousin with "surprise boys we are going on a plane ride!" A little over an hour flying over North Idaho. Unbelievable amount of beauty! So, so blessed! Thank you!

*Julie Pollard*



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## National Veterans Wheelchair Games At Home (NVWGatHOME)



Dan Service—Sports Director

Isn't it exciting to have the National Veterans Wheelchair Games At Home (NVWGatHOME), starting on 12 July 2020. Opening ceremonies starting at 5pm (EST)? For those who are not familiar with ESPORTS (electronic sports, e-sports, or eSports) let me explain a little about it as presented from Paralyzed Veterans of America. ESPORTS is a sport competition using video games. It often takes the form of organized, multiplayer video game competitions, between players, individually or as teams. Adaptive Esports considers a person's physical, cognitive and/or psychosocial limitation and modifies the experience to promote maximum participation.

Adaptations may include but are not limited to:

- Game Selection
- Controller/Button Reconfiguration
- Adaptive Hand Controls (Xbox Adaptive Controller, One Handed ergonomic Controller, rollerball mouse etc.)
- Oversized Button or Switch input
- Eye gaze/visual input devices

I will not go into full detail, but I want to let you know some of the esports that will be participated in:

- **ROCKET LEAGUE:** is described as “soccer, but with rocket-powered cars”. These vehicles hit a ball into their opponent's goal and score points over the course of a match.
- **DISC GOLF CHALLENGE:** consists of putting three times from three different distances.
- **PISTOL AIR RIFLE COMPETITION:** being this is a Paralympic event consideration is given to participants physical limitations to make the sport accessible. The Postal Match format will be used for the NVWGs this year, with consideration given to current social distancing restrictions. Postal Matches are held at the National level and allow participants to take part in matches while minimizing travel. The targets are mailed to competitors.

- **2020 TEAM CHALLENGE-THE BUTLER CUP:** only one person's score in any of the events can be used, and once a Veteran's score is used, that person is done. The events are as follows:
  - Shot put – an 8 lb. object, thrown three times.
  - Wall Ball Toss – throwing a basketball to a 10ft height against a wall within 3 minutes.
  - Disc Golf – highest score wins.
  - TIE BREAKER – Biggest Fish Caught – this is simple, go fishing.



Photo courtesy PVA

- **CASCADE CUP:** A fun and competitive community that helps you achieve your goals. An app, game and constant competition that delivers daily challenges to you from your friends & industry authorities -when you want them. This is the workout segment.
- **30-DAY CYCLING CHALLENGE:** between June 15 – July 15, 2020 the top three finishers in each class and by male or female that log the most miles is the plan. Winners announced at the Awards Ceremony July 17, 2020.

At 3pm (EST), July 17, 2020, tune in to a live broadcast closing out the 2020 NVWGatHOME. This will be followed by all of the NVWG family including Veterans, VA and PVA Staff, Caregivers, NVWG partners, families and friends from across the United States and our team from Great Britain cycling, walking, or rolling (and social distancing a 5K at home.

**THE COMPETITION:** in these esports you can play alone, or with others which is a great way to meet others.

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Paralyzed Veterans of America  
Oregon Chapter

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## Update on VA's SCI/D System of Care



Bill Gray—National Director

Veterans and medical services during Covid-19 are continuing. If you need immediate care contact your care provider. If you encounter problems contact your NSO. You also have the new ability to make virtual appointments with VVA Video Connect, sometimes called VVC. Do this by contacting your provider and requesting they set one up. See further information below.

If you have an in-home caregiver and they need Personal Protective Equipment (PPE), Medicare B can supply them. If they have a prescription for the Personal Protective Equipment. I recommend that you use the MyHealtyVet site. If you have not signed up do it now. It is a fast way to communicate with your health care team whenever you have medical issues that need attention.

Dr. Monosha Wickremasinghe, is the executive director of VA's SCI/D System of Care. She assures us that SCI units in the VA should have no problem meeting the needs of the veteran, they are ready. The VA was appropriated 20 billion of which 14 billion is earmarked for Medical Services.

You can go on-line and access more information on the different services available and find contact information at our national PVA web site <https://pva.org/covid-19/>. You can also access VA information on the VA.GOV web-site with specifics to Covid-19. There's a wealth of information for

you and your families, including a veteran focused list of frequently asked questions.

As far as SCI/D units the VA is testing all veteran inpatients in SEID centers and community living centers, as well as all staff for COVID-19. The VA posts the results of testing on the internet at [www.va.gov/coronavirus](http://www.va.gov/coronavirus) so you can make the best decisions about your own healthcare. Further information for SCI and caregiver's is available at [www.sci.va.gov](http://www.sci.va.gov).



The VA has developed several mobile applications to promote good self-care. Here are three examples. The first app is the Annie app. It uses automated text messaging to help veterans take a more active role in their health, by following a personal care plan set up to address many health conditions. The new Annie app protocol is specifically focused on COVID-19 symptoms.

The second app is the COVID Coach app. It was created for everyone, including veterans and service members to support self-care and

overall mental health during the coronavirus pandemic. The third app, PTSD Coach app is a free and publicly available mobile app for people with post-traumatic stress disorder and for those interested in learning more about PTSD.

Together with professional medical treatment, PTSD Coach provides you with resources you can trust. If care within VA is not possible, community care is an option. During the pandemic the VA will make community care referrals when needed. We're currently prioritizing referrals for urgent or other medically necessary care due to COVID-19. I highly encouraged you to stay engaged with your SCI/D teams, whether in an SCI/D Hub or a Spoke.

VVA Video Connect also known as VVC visits, can be completed by you, using your own computer, smartphone or tablet. If you do not have a device, the VA may be able to provide or loan an iPad with an included data plan free of charge. With the recent surge in the use of Telehealth, VA has been working closely with Apple to make sure that enough iPads are available for those who need them. For veterans who may have difficulty managing the use of an iPad, we have worked with VA telehealth services to take advantage of the many accessibility features of the Apple iOS.

We can customize the configuration of the iPad to meet an individual's needs. Contact your health care team to get started using VVC, and to learn more about the iPad loan program. It's an invaluable tool in your tool kit.

Again, I know there is a lot in this article and hope it's of help to all of you. Remember, that if you have a problem contact the National office. Your best option is to contact your local NSO, Ken Fink, at his office which is 503-412-4762, if you continue to have problems. Staying in touch with your health care team is highly important. We can all get through this, stay safe and make wise choices through the coming months.



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# Save the Date

*Next trip, September 23rd*

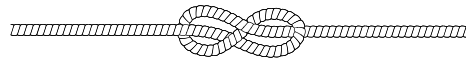
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What a beautiful day and good times were had by all! How lucky they are to experience this. Thank you for your generosity.  
“Virtual hugs to all”

*Charlene*



I went on the OPVA fishing trip on June 19, 2020. The weather was great, sunny and warm, with a little wind. So the ocean was relatively calm. We did have a very high rate of drift while fishing caused by the minus tide the night before. But it did not adversely affect the fishing in any way.



I would like to commend the captain and mate for their patience and effort put forth helping those in chairs. They were fantastic!!!

Everyone limited out on rock fish and a couple people caught legal size ling cod. I caught a legal size cabezon but they are out of season so it went back in the water.

Cabezon season starts July 1st. Just my luck. I think the gentleman in the power chair is Pete; I'm not sure. This is the first time I've seen him. He had his wife and 2 teenage daughters with him.



As you can see in the pictures, the girls pulled the crab pots along with Ann's grandson. All seemed to be having a fun time. Several crab were caught and I think everyone got as many as they wanted.

I am signed up for the September trip with high hopes for repeat of this trip.

*Jay Jabson*



# Bowling League

by Grant Buehler

Hello Everyone! I hope you're all doing well during this time of uncertainty.

Back on March 16th, 2020 we suspended the OPVA Bowling League. Even though we are still suspended, we are still looking for anyone who wants to join. Many of the counties are in phase 1 which gives us hope that we will be bowling again soon. Hope you all are keeping safe and I'll keep you informed on any significant changes as they arise.

OPVA Bowling League starts back up October 1, 2020

Contact the chapter office to join the league 503-362-7998

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## Updated COVID-19 Guidance for the VA Spinal Cord Injuries and Disorders (SCI/D) Centers



Mike Rosenbalm – Hospital Liaison

### BACKGROUND

Protection of Veterans and staff remains the highest priority in the VA response to COVID-19. Due to paralysis of respiratory muscles and impaired cough, Veterans with spinal cord injuries and disorders (SCI/D) are at particularly high risk for complications and death from COVID-19 infection. The VA SCI/D System of Care provides lifelong care to Veterans with SCI/D including inpatient, outpatient, home care, hospice services, and in some cases, long term care. Various strategies to mitigate exposure to, and transmission of COVID-19 to this population is critical.

This fact sheet serves to provide updated guidance since the issuance of the March 10, 2020 Deputy Under Secretary of Health for Operations and Management memorandum, COVID-19 Guidance for the VA Spinal Cord Injuries and Disorders (SCI/D) Centers.

### QUESTIONS AND ANSWERS

**1. *What types of admissions are permitted during the COVID-19 national public health emergency?***

Admissions to both acute and long term care VA SCI/D Centers must be limited to Veterans who absolutely require admission. Two examples for admissions to the acute units at a SCI/D Center are Veterans or Active Duty Service Members (ADSM) with a new (acute) spinal cord injury and Veterans with SCI/D who develop new acute illnesses that are best treated

in a VA SCI/D Center acute inpatient unit. Veterans with SCI/D must also be considered for admission when there are no other options for safe care in the community and the Veteran is in imminent danger, such as when a caregiver is incapacitated and there are no other available community resources. However, during the COVID-19 pandemic, all other options must be fully investigated prior to consideration of admission to a VA SCI/D Center inpatient unit with capacity for such cases.

## ***2. What responsibilities do staff members in the SCI/D System of Care have to contact Veterans with SCI/D on their SCI/D Registry?***

SCI/D staff members at SCI/D Centers and Spokes should work together and contact all Veterans with SCI/D on their SCI/D Registry to help educate, provide guidance, reassure, and triage (if necessary) when problems arise. Telephone, telehealth, MyHealthVet secure messaging, and other virtual care modalities should be used to minimize the need for Veterans with SCI/D to leave their homes.



## ***3. What requirements are there prior to an admission determination for a Veteran or ADSM to a VA SCI/D Center?***

Veterans or ADSMs with SCI/D requiring admission to a VA SCI/D Center (from the same facility, from another VA facility or from the community) must be evaluated for exposure to or infection from COVID-19 as a determining factor for admission, following the most current national VHA and CDC guidance.

Veterans and ADSMs with SCI/D must be observed for 14 days in a non-SCI/D setting prior to admission to the VA SCI/D Center. If that is not possible and admission to a VA SCI/D Center is required. For example, if the Veteran or ADSM has a new spinal cord injury, the patient may be admitted to a single room on the VA SCI/D unit. Only if there is no known exposure to a confirmed case and no symptoms of COVID-19 or a negative COVID-19 test prior to admission.

No individuals should be admitted to a VA SCI/D Center inpatient unit if they have symptoms of, tested positive for, or are under investigation for COVID-19. Protection of the many Veterans in SCI/D inpatient units in the 25 VA SCI/D Centers is of paramount importance.

## ***4. What are the staffing, procedural, and patient requirements?***

Staffing, procedures and care delivery models must strictly limit staff members entering the SCI/D Center. Dedicated SCI/D staff must be maintained in all SCI/D Center inpatient wards, including acute and long term care units.

- a. To minimize possible exposure, the practice of floating staff out of the SCI/D Center is strongly discouraged. If it is absolutely necessary to float staff members from the SCI/D Center, provide a dedicated team of staff to float out of the Center.
- b. The cohorting of SCI/D with non-SCI/D inpatient populations on the SCI/D Center is strongly discouraged, to minimize potential exposure of COVID-19 and other infectious diseases to Veterans with SCI/D. SCI/D Center inpatient beds are unique with few, if any, options for specialized care in the community or other VA medical centers. As the COVID-19 pandemic continues and outbreaks occur in an increasing number of communities, it is likely that Veterans with SCI/D will face challenges that threaten their safety (e.g., caregivers become ill, Veterans develop other health problems) and may require admission to a VA SCI/D Center.
- c. Whenever feasible, SCI/D staff should perform procedures on the unit and avoid sending Veterans with SCI/D to other areas of the hospital (e.g., phlebotomy). As possible, deliveries should be limited (e.g., pharmacy, linens, supplies).





**5. *What are employee responsibilities to reduce the likelihood of introduction or spread of COVID-19 to Veterans and employees on the SCI/D units?***

Within VA SCI/D Centers, any situation that might result in introduction or spread of COVID-19 to Veterans with SCI/D or staff members must be avoided, including group settings such as meetings and meals. When using any common spaces, appropriate distancing must be practiced for both patients and staff. In some SCI/D Centers, therapy gyms are small; if social distancing is not possible, alternative schedules, therapy in the patient's room, and other creative methods of treatment delivery must be used. Sponsored events and meals and overnight passes are prohibited.

Telehealth and other virtual technologies to establish communication and connection between patients for peer-to-peer support, for activities such as those often provided by recreation therapy, and to connect inpatients with family and friends are critically important during this time.

**6. *What visitor restrictions have been instituted?***

Visitors for SCI/D patients to the VA SCI/D Center or elsewhere in the medical center must be restricted to reduce risk and possible exposure to COVID-19. Exceptions might include end-of-life care, a family member of a newly injured Veteran or ADSM during the first week of admission and training a caregiver for discharge. Consider using telehealth and telephone communication as alternatives whenever possible, including for visits by Veteran Service Officers to Veterans and those by commanding officers to ADSMs.

**7. *What are the responsibilities of staff members for treatment of Veterans with SCI/D on units outside of the SCI/D Center inpatient unit?***

To direct SCI/D care, Veterans with SCI/D admitted off the SCI/D Center inpatient unit must be visited daily by the SCI/D team (VHA Directive 1176(2), September 30, 2019, amended February 7, 2020: "Spinal Cord Injuries and Disorders

System of Care"). Virtual visits with the patient are highly encouraged unless physical contact is required.

**8. *In what circumstances should telehealth/virtual care be used?***

Use of virtual health and communication are strongly recommended (e.g., telephone, telehealth) whenever possible, including all non-urgent interactions with Veterans with SCI/D in the outpatient and home care settings that do not require physical contact. Interdisciplinary team members who do not require physical contact with inpatients (e.g., psychology or social work) are also strongly encouraged to utilize virtual health and telephone communication.



- a. Home care teams should support Veterans with SCI/D to stay at home and avoid visits to the medical center unless absolutely necessary. Telephone and telehealth visits should be used whenever possible. Home care visits should only be for those Veterans with SCI/D that require physical contact. VA SCI/D-specific (VHA Directive 1176(2), September 30, 2019, amended February 7, 2020: "Spinal Cord Injuries and Disorders System of Care") and national VHA and CDC guidance must be followed. The SCI/D home care team should assess the suitability of the residential setting for home care and home care visits. Risks to the Veterans with SCI/D and to SCI/D home care employees must be assessed. Appropriate personal protective equipment should be made available to home care staff members for all visits, including a facemask, gloves, eyewear and gowns.

b. Monitoring Veterans with SCI/D who have symptoms of or test positive for COVID-19 and who live at home require special monitoring. The course of COVID-19 in Veterans with SCI/D is largely unknown. However, due to paralysis of respiratory muscles and impaired cough, Veterans with SCI/D at higher neurologic levels are at extreme risk for complications and death. Close follow-up by VA SCI/D experts and pulmonologists is required. The need for early intervention and hospitalization may be necessary, although managing these Veterans at home, if safe, is the preferred option.



c. Adequate Telehealth Clinical Technician support must be available to support, troubleshoot, and facilitate the increased use of telehealth and other virtual care for Veterans with SCI/D during this critical time.

### 9. What requirements apply to prosthetic devices?

Recognizing that Veterans with SCI/D require a full array of prosthetic devices to function and for discharge from the hospital, vendors should meet with SCI/D staff and Veterans in the SCI/D Centers and in other facilities only when absolutely necessary. Creative solutions should be pursued that avoid direct contact between vendors and Veterans with SCI/D and SCI/D employees such as delivering, assembling, and working on wheelchairs in non-patient care areas. SCI/D therapists are encouraged to call or send secure messages through MyHealthVet to Veterans with SCI/D on the SCI/D Registry to do an equipment check; this proactive approach

may avoid last minute equipment problems that threaten the Veteran's independence and safety at home. For Veterans with SCI/D who require the constant use of a wheelchair and are living in the community, consider furnishing a spare wheelchair to avoid unsafe conditions if the primary wheelchair breaks down (VHA Handbook 1173.06, "Wheelchairs and Special Mobility Aids"). For wheelchair repairs, collaboration between the Veteran, SCI/D therapists, and prosthetics is vital. Whenever possible, repairs that avoid face-to-face encounters and visits to the hospital should be utilized.

### 10. What other resources are available?

For additional information not covered in this Fact Sheet, please contact: SCI/D National Program Office intranet 'Resources and Policy' page at [http://vaww.sci.va.gov/Resources\\_and\\_Policy.asp](http://vaww.sci.va.gov/Resources_and_Policy.asp) or send an inquiry to the SCI/D System of Care National Program Office COVID-19 Workgroup, at [VHA10NC9COVID@va.gov](mailto:VHA10NC9COVID@va.gov)



### RECREATION Fund Scope

We went to couple camping trips, Lake Billy Chinook on Memorial Day and Marion Forks on our birthday. Thank you.

*Russ Goffin*







Curtis Ketchum	7/2	Douglas Carr	8/2
Michael Gardner	7/3	Stephen Bergseng	8/3
Roger Watson	7/3	David Vincent	8/4
Kenneth Woodward	7/4	Gregory Schouweiler	8/5
Kirk Parkhurst	7/4	Richard Staley	8/6
Daniel Gifford	7/5	Ronald Winner	8/9
Jeremy Turner	7/5	Marc Stump	8/11
Douglas Powell	7/6	Lisa Travis	8/11
Charles Younglove	7/6	Dinah Wells	8/13
Steven Hickam	7/11	Lawrence Rathbun	8/14
Craig Colerick	7/12	John Brasch	8/15
Louis Di Croce	7/13	Bob Mahler	8/16
Dale Neely	7/14	Richard Rayas	8/16
Matthew Lexow	7/17	Gerald Caldwell	8/17
Daniel Umbriaco	7/17	Katheren Picaso	8/17
Kay Workman	7/18	Elmer Childress	8/18
Thomas Morgan	7/19	Renee Langston	8/18
Vern Spaur	7/20	Leo Espinoza	8/19
Donald Darland	7/21	Gloria Johnson	8/20
Carl Griffith	7/22	Richard Weaver	8/21
Charles Wheeler	7/23	Keith Miller	8/21
William R.C. Hobbs	7/24	Tonya Giesbers	8/21
Samuel Hennon	7/26	Michael Hebert	8/22
Terry Dean	7/26	Daniel Fairchild	8/23
Randle Reddett	7/27	Diane Grady	8/25
Scott Catlin	7/28	Craig Ackerson	8/27
Neal Tooze	7/29	Casey Jones	8/28
Robert La Favor	7/29	Joseph Heidrick	8/29
Gary O'Donnell	7/29	Hosie Stadamire	8/30
Virginia Facer	7/30	Timothy Vixay	8/30
Charles Burch	7/30	Timothy Walusiak	8/31
William Shields	8/1	Addam Green	8/31
Bruce Dunbar	8/1		



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# PAVE

Paving Access for Veterans Employment

# Employment Support for ALL Veterans

With PAVE, Paralyzed Veterans of America's Employment Program,

## You Will:

- Receive carefully tailored **one-on-one support** from a PAVE team member.
- Set goals to achieve your career objective.
- Learn how to craft an effective resume and cover letter specific to your career interests.
- Develop effective interview and communication skills so you are confident in interviews.
- Craft job search strategies to meet your employment goals.
- Create an effective LinkedIn profile.
- Identify and engage in networking opportunities in your community.
- And much more!



## We Will:

- Provide one-on-one guidance to help you find **meaningful employment**.
- Guide you through development and enhancement of your resume and cover letter.
- Assess your current abilities, training, and experience and help you identify career goals.
- Teach you how to build an effective LinkedIn profile page.
- Practice mock interviews to hone your skills before you interact with employers.
- Regularly communicate with you to track progress and identify other resources to assist in the job search process.
- Be a **Partner for Life** to assist you for the duration of your career.

[pva.org/pave](http://pva.org/pave) • [info@pva.org](mailto:info@pva.org) •  ParalyzedVeterans •   PVA1946



# Fast Facts

- PAVE has helped more than 4,100 veterans, military spouses and caregivers find meaningful work.
- Recent data shows that **more than 80%** of PAVE program clients stay in their position for more than a year.
- We work with more than 1,200 nationwide employer and community partners to engage and employ PAVE clients.
- PAVE's vocational rehabilitation counselors are experts in assisting people with significant employment barriers.
- PAVE provides a Partner for Life Guarantee. We are always available to help you reach your next employment goal!

“ Without [PAVE] I don't know if I would've had that confidence to go after the current job I have, whereas I might've settled for something less just because of the stigma that surrounds disabled employment. ”



— **Bobby Fecteau**  
U.S. Army veteran, PVA member

“ PAVE literally saved my life. They came into my life when I was about to lose everything. I was working part-time, but I was not able to make ends meet. The paid training program led to a full-time position and ultimately to the position I have now. ”



— **Edna Jackson-Jones**  
U.S. Marine Corps veteran

## PAVE Regional Offices

Visit [pva.org/pave](http://pva.org/pave) to find out more about regional contacts.

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SHOW & SHINE

# Car Show

SEP 19 2020



Vehicle Registration \$15  
[www.oregonpva.org](http://www.oregonpva.org)



Location: Home Depot 3795 Hagers Grove Rd. SE Salem, OR 97317  
Show begins at 10 AM with New Raffle Vehicle

Information: 3700 Silverton Rd. NE, Salem, OR 97305 Tel: 503.362.7998 • [www.oregonpva.org](http://www.oregonpva.org)





# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Office Closed	4  Independence Day
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 BOD 10:00 a.m.	31	





# August

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	31			BOD 10:00 a.m.		

## Save the Date

- |                |   |
|----------------|---|
| Jul 12         | Camaro Raffle - OPVA Office @ 2 pm          |
| Jul 18         | OPVA Gold Cup Golf Tournament - McNary Club |
| Jul 29 - Aug 1 | Gem County Fair - Idaho                     |
| Sep 19         | Show & Shine Car Show                       |
| Sep 23         | Deep Sea Fishing Trip                       |
|                | Members Banquet - Wilsonville               |





## **SENATE VETERANS' AFFAIRS COMMITTEE HOLDS HEARING ON RESILIENCY OF VA'S SUPPLY CHAIN**

On June 9, Dr. Richard Stone, Executive in Charge, Veterans Health Administration (VHA) testified before the Senate Veterans' Affairs Committee on the resiliency of VA's supply chain.

According to Dr. Stone, VA is experiencing the same challenges with obtaining supplies like personal protective equipment as every other hospital system in the country. Unlike other health care systems, however, VA has the ability to share their supply and personnel resources between sites based on immediate health care needs.

VA is in the process of collaborating with the Department of Defense (DoD) and will transition to the Defense Medical Logistics Standard Support (DMLSS) on an enterprise-wide basis. DMLSS is an information technology system within the Defense Medical Logistics – Enterprise Solution (DML-ES) portfolio. The DML-ES portfolio provides a continuum of medical logistics support for the Defense Health Agency. DMLSS delivers an automated and integrated information system with a comprehensive range of medical material, equipment, and facilities management functions. DMLSS will replace VA's legacy system designed and developed in the 1970s.

VA is currently piloting DMLSS at the James A. Lovell Federal Health Care Center in North Chicago, Illinois, and VA's initial electronic health record (EHR) deployment sites in Spokane and Seattle to analyze VA enterprise-wide application.

According to Dr. Stone, moving to DMLSS will allow VA to leverage a proven system that DoD has developed, tested, implemented, and interfaced with its EHR, the same Cerner platform being deployed across VHA.

Dr. Stone also discussed establishment of Regional Readiness Centers, geographically distributed, in support of four Veterans Integrated Service Network (VISN) Consortiums. A VISN Consortium is a partnership between multiple VISNs located in the same region of the country. Each Regional Readiness Center coupled with VHA medical facilities must be capable of maintaining a combined supply depth of 180 days. We support any efforts that will ensure that PVA members, VA employees, and all veterans and their caregivers have access to needed PPE supplies without needing to ration them.

## **HOUSE VETERANS' COMMITTEE EXAMINES VA'S PANDEMIC RESPONSE**

On June 11, the House Veterans' Affairs Committee met to review VA's response to the COVID-19 pandemic. Many panel members commended VA for early actions like limiting visitors to facilities with high risk populations like the SCI/D centers. Dr. Richard Stone, Executive in Charge, Veterans Health Administration said that VA hired nearly thousands of new employees during the pandemic, includes roughly 4,000 registered nurses. Much concern was expressed about VA's availability of personal protective equipment (PPE) such as masks, gloves, and gowns. Dr. Stone assured the panel that the department currently has what it needs to safely provide care.

The availability of COVID-19 testing was another area of high interest prompting several questions from committee members. At one point, Dr. Stone told the committee that VA would like to provide on demand testing for veterans and employees but its ability to do that is limited by the availability of testing materials.

In PVA's statement for the hearing record, we noted that VA has tested most of the veterans who were inpatients in its SCI/D centers and SCI/D long-term care facilities. This aggressive effort led to the early identification and treatment of those with the virus and minimized the risk of further exposure to the remainder of this extremely vulnerable population. However, we pointed out that we do not know how many veterans who are on VA's SCI/D registry but not inpatient or living in VA facilities have been tested. We also relayed our members' interest in being tested for the virus and its antibodies.

## NEWS ITEMS OF NOTE

- MilCon/VA Appropriations Subcommittee Hearing on VA's Pandemic Response

On May 28, the House Appropriations Subcommittee on Military Construction, Veterans Affairs, and Related Agencies held a hearing on VA's response to the coronavirus pandemic. VA Secretary Robert Wilkie, Veterans Benefits Administration Under Secretary Paul Lawrence, VA CFO Assistant Secretary Jon Rychalski, and Veterans Affairs Health Chief Consultant to the Deputy Under Secretary Jennifer MacDonald testified. This was one of the first "hybrid hearings" held since the shelter in place orders began. Some Subcommittee members participated in person while others attended through video conference to provide oversight of the almost \$20 billion Congress has appropriated to VA in emergency funding through COVID-19 response packages.

VA leaders were questioned about a variety of issues, including austerity measures for the use of personal protective equipment, adequate testing of veterans and VA employees, the use of hydroxychloroquine in COVID-19 positive patients, food insecurity, state-run veterans nursing homes, and telemedicine.

- VA National Cemetery Funeral Services Resume

VA resumed regular funeral services and internments, including military honors June 9. Two cemeteries in Long Island, New York, are still closed as COVID-19 cases remain high. They are tentatively scheduled to resume June 22, so long as the state and local agencies approve. Services that were unable to be held during the pandemic will begin happening in July. While internments continued during the pandemic, no graveside services or military honors were allowed and burial witnesses were limited. Anyone wishing to attend services, as well as cemetery employees, will be required to wear masks.

- VA to Resume In-Person Disability Exams

Over 230,000 compensation and pension (C&P) exams were placed on hold during the pandemic. Some veterans who cancelled their appointments or whose appointments were cancelled due to COVID-19 are being reported as no shows. The Veterans Benefits Administration (VBA) increased the number of appointments that could be conducted through telehealth or through ACE exams so veterans' claims could proceed. VA facilities have begun phasing back in services at 20 facilities. VBA's contract medical disability examination vendors are gradually resuming in-person exams in those locations as well. This week, in Colorado, Iowa, Michigan, Nebraska, Utah, and Wyoming vendors will begin scheduling and



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completing pending in-person exams as soon as possible. These exams will be held according to the personal protective equipment, sanitation, and distancing requirements prescribed by VBA. Also, there will be no decision on a claim if a claimant fails to appear for an exam due to continuing concerns about exposure to the COVID-19 virus.

- Presidential Campaign Positions on Issues Impacting People with Disabilities

The American Association of People with Disabilities (AAPD) and the National Council on Independent Living (NCIL) have reached out to both major party candidates with a survey to ascertain their positions on issues of interest to the disability community. Responses to the AAPD/NCIL survey can be found [here](#). Also, the presidential campaign of former Vice President Joe Biden recently released its plan on full participation and equality for people with disabilities.

- Partnership for Inclusive Disaster Strategies Launches Expanded Website

The Partnership for Inclusive Disaster Strategies has launched an expanded website. On this site, you can find information about the Partnership's crisis hotline that is open 24/7 for people with disabilities and their families to use during natural or man-made disasters, information for advocates and people with disabilities during the COVID-19 pandemic, material about the READI for Disasters Act and Disaster Relief Medicaid Act, and many other helpful resources.

- FEMA Announces Guidance for 2020 Hurricane Operations during the Pandemic

In preparing for the 2020 hurricane season, FEMA announced guidance for State, Local, Tribal & Territorial officials to prepare for response and recovery operations and encourage personal preparedness measures amidst the ongoing COVID-19 pandemic. While this document focuses on hurricane season preparedness, most planning considerations

can also be applied to any disaster operation in the COVID-19 environment, including no-notice incidents, spring flooding, and wildfire seasons, and typhoon response.

- House Holds Hearings on the Administration of Elections During a Pandemic

Several hearings concerning the administration of elections in light of the coronavirus have taken place in the last few weeks.

- On June 1, the Committee on Homeland Security held a virtual forum on "Election Security and Integrity During the COVID-19 Pandemic." Representatives Jim Langevin (D-RI) and Lauren Underwood (D-IL) co-chaired the forum and heard testimony from two panelists: Wendy Weiser from The Brennan Center for Justice and Leigh Chapman from The Leadership Conference on Civil and Human Rights. The discussion revolved around the challenges facing voters and election officials in the 2020 election and illustrated how voting in November may look different than in previous elections.

- On June 3, the House Judiciary Subcommittee on the Constitution, Civil Rights, and Civil Liberties held a hearing to discuss the need to protect the right to vote during the COVID-19 pandemic. The hearing addressed measures to meet this challenge, including large-scale expansion of voting by mail, as well as the impact the health crisis and other voter suppression efforts have had on minority and historically disenfranchised communities.

- On June 11, the House Administration Subcommittee on Elections held a hearing on the effects of COVID-19 on the elections. Testimony was presented by the Secretaries of State of Alabama and Louisiana along with Rep. Marci Kapter (D-OH) and Rep. Gwen Moore (D-WI). The hearing is available [here](#).

- U.S. Department of Transportation Announces \$3.5 Million in Grants to Improve Access and Mobility for All Americans

On June 5, the U.S. Department of Transportation's (USDOT) Federal Transit Administration (FTA) announced \$3.5 million in grants for 17 projects in 16 states as part of FTA's Mobility for All Pilot Program. This program seeks to improve mobility options through employing innovative coordination of transportation strategies and building partnerships to enhance mobility and access to vital community services for older adults, individuals with disabilities, and people of low income.

Examples of projects selected to receive funding through FTA's Mobility for All Pilot Program include:

- o The Flint Mass Transportation Authority will receive funding to expand its same-day, on-demand transportation program with new partner agencies and clients, specifically veterans and individuals with substance use disorders living in Flint and Genesee County's rural communities who travel long distances to health care facilities.
- o The Maine Department of Transportation will receive funding for a pilot project to expand on-demand bus service in Aroostook County and the rural Presque Isle area to daily fixed-route bus service. The project will use enhanced technology to fill gaps in service and improve access and mobility for older adults and individuals with disabilities in northern Maine.

## HEARINGS, WEBINARS, AND SURVEYS

- On June 23 at 2:00 p.m. ET, PVA Government Relations will hold a webinar for chapters and PVA members with Mr. Jason Latona, Chief of VA's Specially Adaptive Housing (SAH) Program. In this webinar, attendees will learn what the SAH program entails, who is eligible and how to apply. We will also discuss how the SAH program adapted during the pandemic so it can continue to serve veterans, and how pending legislation may greatly improve the program. Mr. Latona will answer questions from participants. To register, please visit. [https://pva.zoom.us/webinar/register/WN\\_xG9W8mTWTRGjtrCakeMrvQ](https://pva.zoom.us/webinar/register/WN_xG9W8mTWTRGjtrCakeMrvQ).
- The House Veterans' Affairs Committee, Subcommittee on Health and Subcommittee on Technology and Modernization will be holding a hearing on June 23 at 1:00 p.m. ET on "VA Telehealth During the COVID-19 Pandemic: Expansion and Impact."
- As we prepare for the 30th Anniversary of the Americans with Disabilities on July 26, we need your help. Please complete our survey regarding the accessibility experience of people with disabilities who use wheelchairs.



**PARALYZED VETERANS OF AMERICA**  
 Government Relations Department  
 801 Eighteenth Street, NW • Washington, DC 20006  
 (800) 424-8200 • (800) 795-4327 • [www.pva.org](http://www.pva.org)



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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 Veterans of America, 3700 Silverton Rd NE, Salem, OR 97305

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

**Date of Birth:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Social Security Number:** \_\_\_\_\_  Male  Female

**Race/Ethnicity:**

- Asian/Pacific Islander                       African American/Descent       Hispanic/Latino
- Native American/Alaskan Native       Caucasian

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

### VETERAN STATUS INFORMATION

**Please submit the following with application:**

- DD214 showing character of discharge.
- Medical evidence of spinal cord injury or involvement (medical records or physician’s statement).

**Proof of active duty status must be verified prior to membership approval.**

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

If yes, please explain: \_\_\_\_\_

**Are you a United States citizen?**  Yes  No

**Do you have a spinal cord injury or disease?**  Yes  No If disease, specify: \_\_\_\_\_

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

If Paralyzed Veterans of America is your accredited representative, do you permit PVA Service Officers to provide information to PVA National Membership Department relative to your membership eligibility?  Yes  No

I declare under penalty of perjury that the foregoing is true and correct, that I have read and meet the qualifications and I understand that my membership could be denied or revoked if any information provided is inaccurate.

**Applicant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Witness Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_



## Membership Application

### 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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July/August 2020

**We proudly support the Paralyzed Veterans of America**

If you have a **service-connected disability**, you may qualify for VA funding assistance for wheelchair accessible vehicles or driving modifications. If your current vehicle is more than two years old, you may even qualify for a brand new conversion.

**Portland East**

12905 NE Airport Way Portland,  
 OR 97230 Local: 503.564.7155  
 Toll-Free: 877.501.8267  
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**Portland West**

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 97210 Local: 503.243.2940  
 Toll-Free: 877.501.8267  
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Trade-In your accessible vehicle for a new one.  
 Call us today to schedule your appraisal.



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