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**Paralyzed Veterans
of America**

Oregon Chapter

PARALOG

Oregon Paralyzed Veterans of America



**April 17, 2020
Portland OR**

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

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PARALOG

Marcie Ceja Editor in Chief

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NATIONAL SERVICE OFFICER

Ken Fink
800-795-3627
Fax: 503-412-4763

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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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Oregon Paralyzed Veterans of America
3700 Silverton Rd. NE, Salem, OR 97305
503-362-7998
www.oregonpva.org
oregonpva@oregonpva.org
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Thank you to all our Sponsors!

PRESIDENT NEWS



Larry Gardner – President

Once again thank you to all members and volunteers for your time spent helping the chapter when needed the most.

Our Executive Director, the Directors, and our Ambassadors are taking on more and more events as we move forward through the year. This is why we are in need of more volunteers. If anyone reading this article has thought about becoming a volunteer but aren't for sure what it consists of, please give us a call at 503-362-7998.

We started a volunteer training program that when done you will know everything required to work the events. We are also in need of some members and volunteers to step up and be a sports coordinator for table tennis, air gun, bocce ball, archery or any sport you might be able to get our members involved in. If interested give us a call and we will be glad to help you get started with the sport you choose to do.



Last year the chapter trap team thinned out due to members having medical issues and moving out of state. This year we are building the team back up. If interested in trying some trap shooting and would like to join us for a very fun season of shooting, call the office at 503-362-7998 and ask for Larry. If you don't have a gun for shooting the chapter has a loner you may borrow to see if you will enjoy the sport.



Some benefits for members also might save some money, so give me a call because we are here for you.

During the year we hold member meetings through out our jurisdiction. The past few meetings were held in bowling allies with food and drinks and free bowling provided. At our board meetings we discuss different ways to get more members to attend. At this point we are asking **YOU** for any ideas. You may have ideas to make these meetings more successful. Please call or send a message with any suggestions you have to oregonpva@oregonpva.org and all will be considered.

The chapter currently has three Hospital Liaisons, one in Vancouver, one in Portland, and one in Boise. If anyone in the Medford area would like to become a Hospital Liaison please call us at the office for information you might need to know regarding this position. So ending this article I want to remind all members to call the office for the nearest ambassador in your area. They are always in need support and help planning for their events.

Keep in mind as a member you have your recreation fund available to help with whatever it takes to enjoy life.

Thanks everyone and don't forget to sign up for the **National Veterans Wheelchair Games**



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Portland Roadster Show 2020



Tom Hurt – Executive Director



Things are moving here at this chapter office. We are getting ready for a couple of big roadster shows in the month of March. We attend several car shows throughout the year, if you like Car Shows and would like to help out at our awareness booths, contact the office to get signed up.

One of the big missions of our chapter is rehabilitation through sports and recreation. That being said, we would love for YOU to come and have some fun with other members. Currently Oregon Paralyzed Veterans of America has 300 members in the charter. We want you to get all you can, every day. OPVA has a Trap shooting program you can join, not to mention a Bowling League that is active all year long.

Our chapter contracts with Dockside Charters to take members out Deep Sea Fishing (this year we have three trips scheduled). I have heard rumors of other sports being added to entice members to come out and have some fun, such as Archery, Disc Golf, Bass

Tournaments, Table Tennis and Bocce Ball. You have a great opportunity this year, with the **National Veterans Wheelchair Games (NVWG)** coming to Oregon July 3rd through 8th. You can and SHOULD sign up to participate. If you have been curious about a specific sport or event, this is where you could check it out to see if it is something you would like to keep doing. If so, the chapter may already be doing it, if not we could get a program started.



Photo courtesy PVA

You know we are all about our veterans, if you're interested in something, let's get it started.



We have events happening throughout the year. You may have said to yourself ***“I wonder how I could get involved and help out”***. I’m glad you asked, we are going to be traveling around doing Volunteer Training. We are doing this in order for you to feel more comfortable in volunteering at our events.

Besides, it’s a lot of fun to work an OPVA booth at a fair, festival or car show. You can reconnect and or make new friends at the same time.

We would like to hear from you, give a call to the office and come to an event with us. If you like to

write, we are always looking for human interest stories for the Paralog. I know your ambassadors would love to hear from you. They could use help from other members when doing the events in your area.



I was told not that long ago by one of the members, that ***OPVA Members are NOT disabled they are just inconvenienced.*** If there is something you want to do, *you will find a way.*

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PEOPLE, PEOPLE, PEOPLE LISTEN TO MY PLEA!



Bill Gray—National Director

It's already February and there is only two more months to get signed up for the *National Veterans Wheelchair Games* coming to Portland, Oregon. A lot of fun activities are being planned. There will be some new events for those who want a little change or more of a challenge. I have not been to the Games since 2011, but I'm signed up for this one. I'm even going to try out golfing for the first time at the games.

New Sporting Events

- "The Brawl 2020" Adaptive Fitness Competition
- Adaptive E-Sports
- Disc Golf
- Air Gun Elite Sniper Division
- Team Challenge and Fourth of July celebration
- 9-Hole Golf Scramble-Exhibition Event

Portland will be a great place to be while celebrating the 4th of July, not to mention all the great food from the Northwest. Salmon anybody? It would be great to have a team of 30 or more representing Team Oregon, so would you consider signing up TODAY!

You still have almost six months to get in shape. so don't hesitate. **April 15th is the dead line for registration**, so let's get it done.

The VA has Only 50 scholarships for Novice Veterans to receive financial

support for travel and housing during the 40th Wheelchair Games, so apply early! Again, applications are due by **April 15, 2020**.

Please note: These funds are intended for Novice athletes without funding support!

All novices athletes are covered for travel and lodging by the VA Scholarship or OPVA. Food is provided for all, some is covered using a meal card. What an opportunity to have a great experience at no cost to you! If you've previously been to the games, 50% of your travel and lodging will be reimbursed. **So, what are you waiting for?**

Check out the games on the National Paralyzed Veterans of America web site which is [Http:// www.wheelchairgames.org](http://www.wheelchairgames.org), to find out more.

For more information about applying, contact Kristine Goedhard at (206) 407-9542 or Kristine.Goedhard@va.gov.

Let's all enjoy this once in a life time event which will not be back to the Northwest for many years! You have just 150 days to get ready for the competition, so lets get in shape!

See you at the Games!

PORTLAND, OR

JULY 3-8, 2020



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of America

Oregon Chapter

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- **Boccia**
- **Field & Track**
- **Trapshoot**
- **Bowling**
- **Cycling**
- **Archery**
- **Golf**
- **Nine Ball (Pool)**

For more information call 503-362-7998
or visit www.wheelchairgames.org



IDAHO AMBASSADOR REPORT

All is well in Idaho



Big Al's Meridian/Facebook



By Donald Wyatt – Idaho Ambassador

In the spring of 2006, I became an Idaho resident. After I transferred my PVA membership to the nearest chapter, which was Oregon, I never heard from or saw anyone. It seemed Boise was too far out to worry about. Sometime after that I was complaining to my Boise VA social worker, Virgil Rock, about being under represented in Idaho. He encouraged me to quit complaining and get involved by trying to become a PVA 'go to' guy for Idaho. I tried but at the time OPVA was not interested. After one more attempt, I gave up and became my own advocate.

A year ago, OPVA asked for volunteers to be ambassadors. I called to volunteer. At the time I had no idea how many PVA members might be living in Idaho. There are 15 members in Idaho.

The OPVA Chapter just had a membership meeting at Big Al's bowling alley, free lunch and free bowling for those members who attended. Counting me, there were two members in attendance. Two other members called to say they couldn't make it. One other member told me, when I made reminder calls for everyone regarding the meeting, that it was too far to drive. I understand. Thank you all. Perhaps we can try again in the future.

I am still mostly representing myself. If there is anything I can do to help, even if you just need to talk, please call me 208-484-3537 or email me dwyatt37@aol.com.



The OPVA Abilities Expo is about bringing products and services together under one roof for people with disabilities, their families, caregivers, and healthcare professionals.

April 17, 2020 **Portland, OR**

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



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503.362.7998 • oregonpva@oregonpva.org • www.oregonpva.org



Accessibility Solution

Stay positive; so we can keep on rolling

By Ken Townsend – Bend Ambassador

During the Christmas break I received an email from the director of the college asking if I would meet with him in the ceramic's lab. I responded saying I would love to meet with him.

On January 2nd I met with him and as I went into the lab, I noticed there had already been some changes. I asked Alex who I mentioned in my last article if he had read the report that I had sent to the college and he said no. Then he stated that he watched me around in the lab and noticed some changes that he could make it easier for a wheelchair to move around in the lab. When the director arrived, we had a good talk and he is looking into what upgrades can be made for the pottery wheel to be more accesible for someone to operate in a wheelchair.

There is a pugmill when is turn on in the room, is so loud that while sitting a few feet away it hurts my ears. The director said that is another thing he can do something about.

We also talked about the disabled parking spaces. He stated the spaces have to be on level ground. There are already two disabled spaces located in

the parking lot. It wouldn't be possible to add more disable parking spaces. The seeds that I planted by writing my article have taken root and are growing.



Photo by Joe Kline/The Bulletin. Central Oregon Community College

I have found that complaining never helps, yet planting some well thought out seeds into the minds of the right people make all the difference in the world.

Stay positive; so we can keep on rolling.

With Love Kenneth Townsend

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RECREATION FUND SCOPE



During our 5 week visit to our Coast Guard son's home in Virginia, we were able to introduce our teen grandson to US History at Colonial Williamsburg and Yorktown areas. We saw Jamestown Settlement; Williamsburg; the turret from the Monitor at Mariners' Museum and Park; Fort Monroe; Battlefields at Yorktown and Manassas (Bull Run). We even had a break from History by seeing Frozen 2 with other family members.

Great History lessons at the places events took place. Thank you so much for helping us spend time with our grandson and learn about the birth of this great nation!!

Rex (and Gail) Stevens

Dear Oregon PVA,
For my Birthday and Christmas gift, I bought myself a new rifle and would like to use the recreation fund.

Regards,
Robert L. Haberman Jr



Hello OPVA,

I was fortunate to have shot a few rounds of trap recently with some good people and I'm hooked. I look forward to entering into this event at the upcoming Wheelchair Games this summer. I am truly grateful that I am able to use the recreation fund to aid my continued participation in this new sport.

Cheers,
Steven Murphy



Dear OPVA

I am truly grateful for this fund. My granddaughter turned 18 in December. She is a good girl and smart, wants to be a Trauma Surgeon.

We took her and her mom and sister to Gustav, it was very good. Monday, she and I went to a Blazer game, we were up until the 4th, lost by 6. This morning we went to breakfast at I-Hop.



Also, I want to express my many thanks for giving us the opportunity to go and celebrate our 16th anniversary at our favorite place "Red Lobster". Oh my, it was so good! Many, many thanks.

Steve Grogan



ENJOY LIFE

Remember to use your
Recreation Fun

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

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SOUTHERN OR AMBASSADOR REPORT



By Dennis Hooper – Southern Oregon Ambassador

Well another holiday season has come and gone in the great Pacific Northwest. Although this time of year is sometimes referred to as the 'dead of winter', there was lots to do for our members.

On December 6th, I had the honor of representing our Chapter at a banquet hosted by Matt Mai from the Price Financial Group. It was a customer appreciation event held at the Portland Airport Holiday Inn, where Matt and his colleagues gave thanks to all the folks they work for. Matt and his staff have been great with our Chapter's financial portfolio. I knew the shindig would be top notch.

We were not disappointed! The food was great. There was a live band. We had the opportunity to pretend gamble for a good cause and meet lots of nice folks. We took the opportunity to tell many attendees about the upcoming **National Veterans Wheelchair Games** and the many ways that citizens can volunteer. People were excited to hear that the games will be in Portland. I expect to see a few of them there.

January was even more eventful. Our Chapter held the first member's meeting of 2020 in Eugene at Strike City Lanes on Saturday, January 11. Jennifer and I were joined by a few of our board members, our executive director and a few members and their spouses. The free food was tasty and we all had a chance to give our thoughts on many topics. Most of us did, the free bowling and the time passed way too fast. The members meetings are always enjoyable. It is always good to hear from our members. I hope to see more of us veterans at the next one.

On the weekend of January 24-26, Oregon Adaptive Sports held their 13th annual Heroes in Sisters event. This annual event is a chance for veterans with a disability to get out and ski. Jennifer and I always look forward to getting out on the snow. This year, both ski days were at Mt. Bachelor.

They put us up in the brand new Best Western motel in Bend. It was not far from the mountain. They fed us well all three days and transported us to the mountain both days.

The equipment rentals were taken care of and the staff really know their way around a ski slope. I encourage any OPVA member to give these folks a try. You do not have to be an accomplished skier.



Not to be out done, Jennifer and I attended our first Gathering of the Mountain Eagles event in West Virginia. This gathering of veterans on January 30th - February 2nd, is put on by veterans, for veterans with a service-connected disabilities. They took us skiing, bowling and we got to attend a West Virginia U / Kansas State U basketball game. Everything was taken care of. All we had to do was get there. The first two nights we stayed at Canaan Valley Resort near Davis, West Virginia, a top notch place. The food was buffet style, but well prepared. Just across the road basically was Canaan Mt. Ski Resort. With a summit of some 4200 feet, there was enough snow to make it a great day.



Saturday, we moved to Camp Dawson near Kingwood, West Virginia along the banks of the Cheat River. This was a nice National Guard training base facility. Senator Robert Byrd brought a lot of money into West Virginia and it shows at this facility.

Clean, nice and very military, it gave Jennifer and I visions of our prior service adventures. The mess hall was very welcoming to us. It was then off to Morgantown to bowl on the West Virginia U campus and of course, more eating. We were escorted onto center court for some acknowledgment of our service, then given some pretty sweet seats. After an entertaining game, we were treated to dinner at Pies and Pints, a very respectable pizza joint. They indeed had great pizza, but had a strange process in which they served my milk with ice in it! When in Rome...



We were able to get some sightseeing in before returning our rental car to the Pittsburgh Airport. I strongly suggest our members google Gathering of the Mountain Eagles based out of South Carolina. They have summer and winter outings that are catered for veterans. This is one of many, many ways for OPVA members to get out and explore the world. I would like to remind my fellow members that the annual Winter Sports Clinic sponsored by the VA is the first week of April. You will see us there this year. If you want something closer to home, OPVA will be setting up a booth at the annual Pear Blossom Festival in Medford. The festival is April 11-12 this year and regularly features a parade, marathon and lots of vendors and booths. Your OPVA will be reaching out to folks in Southern Oregon to spread the word of our mission. As your ambassador for Southern Oregon, I always look forward to meeting our local members. If you are in that area, come by and lend me a hand at the booth. Jennifer will keep you all company as I work the crowd and introduce our organization. Rain or shine, your help is always appreciated. I look forward to meeting you all in 2020!



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There's a widespread telephone scam involving callers claiming they're from Social Security. The caller ID may even show a government number. These callers may tell you there's a problem with your Social Security number. They may also threaten to arrest you unless you pay a fine or fee using gift cards, pre-paid debit cards, a wire transfer, or cash. That call is not from us.

If you receive a suspicious call from someone alleging to be from Social Security, please:

- Hang up right away.
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- Report the scam at oig.ssa.gov/ to Social Security's law enforcement team at the Office of the Inspector General.

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- Promise a Social Security benefit approval, or increase, in exchange for information or money.
- Request personal or financial information through email, text messages, or social media.



Social Security will:

- Sometimes call you to confirm you filed for a claim or to discuss other ongoing business you have with them.
- Mail you a letter if there is a problem.
- Mail you a letter if you need to submit payments that will have detailed information about options to make payments and the ability to appeal the decision.
- Use emails, text messages, and social media to provide general information (not personal or financial information) on its programs and services if you have signed up to receive these messages.



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- PAVE has helped more than 4,100 veterans, military spouses and caregivers find meaningful work.
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— **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 to find out more about regional contacts.

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**Cal-Diego Air Rifle
and Pistol Tournament**
January 27-28, 2020
San Diego Naval Base
San Diego, CA

**Mid-Atlantic Air Rifle
and Pistol Tournament**
March 4-5, 2020
Colonial Shooting Academy
Richmond, VA

**Wisconsin Air Rifle and
Pistol Tournament**
March 21-22, 2020
Milwaukee Area Tech College
Milwaukee, WI

**Buckeye Air Rifle and
Pistol Tournament***
April 16-18, 2020
Spire Institute
Geneva, OH

**Buckeye Wheelchair Games*

**PVA BOATING/FISHING
TOUR**

Mid-America Bass Tournament
September 20-22, 2019
Lake Eufaula
Eufaula, OK

Vaughan Bass Tournament
October 4-6, 2019
Rend Lake
Mount Vernon, IL

**Florida Gulf Coast
Bass Tournament**
April 3-5, 2020
Lake Harris
Tavares, FL

**Kentucky-Indiana
Bass Tournament**
April 24-26, 2020
Lake Barkley
Kuttawa, KY

Mid-Atlantic Bass Tournament
June 5-7, 2020
James River
Hopewell, VA

Capital Clash Bass Tournament*
June 12-14, 2020
Potomac River
Marbury, MD

**Year-End Tournament*

**ANNUAL PVA/NWPA
BILLIARDS TOURNAMENT
SERIES**

**Mid-Atlantic Billiards Tournament
Chuck Willis Memorial**
March 13-15, 2020
Diamond Billiards
Midlothian, VA

**Mid-America
Billiards Tournament**
April 3-5, 2020
Slick Willies Pool Hall
Oklahoma City, OK

Buckeye Billiards Tournament
June 5-6, 2020
Wickliffe Lanes
Wickliffe, OH

**Mountain States
Billiards Tournament**
June 20-21, 2020
Widefield Corner Pocket Billiards
Fountain, CO

**ANNUAL PVA/AWBA
BOWLING TOURNAMENT
SERIES**

Nevada Bowling Tournament
December 5-8, 2019
Sunset Station Hotel & Casino
Las Vegas, NV

Mid-America Bowling Tournament
April 9-12, 2020
Firelake Bowling Center
Shawnee, OK

Vaughan Bowling Tournament
April 30–May 3, 2020
Bowlero
Romeoville, IL

**PVA NATIONAL SHOOTING
SPORTS CIRCUIT**

**Mid-Atlantic Shooting
Sports Tournament**
Dates TBD
Conservation Park of Virginia
Charles City, VA

**Nevada Shooting
Sports Tournament**
March 13-15, 2020
Clark County Shooting Park
Las Vegas, NV

**Cal-Diego Shooting
Sports Tournament**
March 27-29, 2020
Redlands Shooting Park
Redlands, CA

**Lone Star Shooting
Sports Tournament**
May 22-23, 2020
Desoto Gun Club
Waxahachie, TX

**Vaughan Shooting
Sports Tournament**
June 5-7, 2020
St. Charles Sportsman Club
Elburn, IL

**Iowa Shooting
Sports Tournament**
June 12-14, 2020
Otter Creek Sportsman Club
Cedar Rapids, IA

**Wisconsin Shooting
Sports Tournament***
June 26-28, 2020
Brown County Sportsman Club
Green Bay, WI

**Year-End Tournament*

BOCCIA

**PVA National
Boccia Tournament**
October 22-26, 2019
The Pavilion at Lemay
St. Louis, MO

**Bayou Gulf States Boccia
Tournament**
January 31-February 1, 2020
Harrison County Shelter
Gulfport, MS

Buckeye Boccia Tournament*
April 16-18, 2020
Spire Institute
Geneva, OH

Mid-Atlantic Boccia Tournament
May 7-9, 2020
Fort Monroe Community Center
Hampton, VA

Vaughan Boccia Tournament
June 26-28, 2020
Fountain View
Recreation Center
Carol Stream, IL

**Buckeye Wheelchair Games*

**CODE OF HONOR QUAD
RUGBY INVITATIONAL**

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

**NATIONAL VETERANS
WHEELCHAIR GAMES**



**July 3-8, 2020
Portland, OR**

HANDCYCLING

Valley of the Sun
February 14-16, 2020
Phoenix, AZ

Off-Road Spring Expo
March 27-29, 2020
Chesterfield, VA

**PVA Racing
High Performance Camp**
April 15-20, 2020
Tucson, AZ

Redlands Cycling Classic
April 22-26, 2020
Redlands, CA

VA awards grant to Beaverton-based Adaptive Sports

I am happy to report the VA awarded the local adaptive sports program “Adaptive Sports NW” a \$146,000 grant



Mike Rosenbalm – Hospital Liaison

The Grants for Adaptive Sports Programs for veterans and service members with disabilities (ASG Program), provides grant funding to organizations. This increases and expands the quantity and quality of sustainable adaptive sport activities. Veterans and service members with disabilities have to participate in physical activity. These activities include those with mental health issues within their communities, as well as more advanced Paralympic and adaptive sport programs at the regional and national levels.

Portland Health Care System is proud to announce that Adaptive Sports Northwest (ASNW) out of Beaverton was selected to receive a \$146,000 grant from VA. This provides adaptive sports programs benefiting Veterans with disabilities and disabled members of the U.S. Armed Forces.

ASNW is the one recipient of 126 grants VA awarded this fall to national, regional and community programs. This will reach about 11,000 veterans and service members across the country.

“We are honored to partner with Adaptive Sports Northwest to help veterans with disabilities flourish and open pathways to community integration. Despite the physical or mental challenges they may face,” stated Darwin Goodspeed, VA Portland Health Care System Director. “This grant is particularly timely and special for us as we are hosting the 2020 *National Veterans Wheelchair Games* in Portland July 3 – 8 in partnership with Paralyzed Veterans of America.”

VA awarded the grants to Veterans Service Organizations; city and regional municipalities; and other community groups to provide a wide range of adaptive sports opportunities. The grants will also benefit national governing bodies which prepare high level athletes for Paralympic competition.

Grant recipients may use the funds for planning, developing, managing and implementing adaptive sports programs. In addition to equine therapy, the grants will support well-known adaptive sports such as cycling, kayaking, archery and to less traditional sports like hiking, hunting and paragliding.

ASNW's grant will support their efforts to expand veteran's access to sports in collaboration with ten Oregon-based organizations including:

- Oregon Paralyzed Veterans of America
- Disabled American Veterans
- Portland Veterans Administration
- Portland International Raceway
- Portland Pounders wheelchair rugby team
- Team River Runner
- Tualatin Hills Park and Recreation
- Portland Parks and Recreation
- City of Eugene
- Portland State University

For more information about ASNW's programs for service members and veterans, contact Dave Hanna at 503-241-0850 or dave@adaptivesportsnw.org.

Information about the VA awardees and details of the program are available at www.va.gov/adaptivesports and @Sports4Vets on social media.

(Source: https://www.portland.va.gov/PORTLAND/features/VA_awards_grant_to_Beaverton_based_Adaptive_Sports.asp)

Borrow this Chair



Paralyzed Veterans
of America
Oregon Chapter

Available to OPVA Members



**GIFT YOUR OLD
WHEELS FOR GOOD.**



Paralyzed Veterans
of America

WHEELS HELPING
WARRIORS

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



MS and Healthy Diet

By Dan Service – Secretary

I feel compelled to write about what has happened. I have Multiple Sclerosis (MS), and was diagnosed in 1991. It has been up and down with relapses throughout the years since then. In 2004 the VA diagnosed me and life didn't improve. In 2006 I ended up in the hospital for a week getting steroids to help me walk to calm down an exacerbation I was going through. In 2008 I ended up in a motorized wheelchair.



We started finding different ways of eating and using supplements. We attended seminars learning about the Paleo way of eating. In 2015 my wife heard about Dr. Terry Wahls and her way of eating to help her with her MS. Dr. Wahls studied, did research, accomplished trials with others, then she wrote a book, that my wife purchased. I was skeptical about it so I just sorta went along with my wife's trying out different things. In 2017 we started being interested in what she was reading. It was hard for her to get going on this because I would not go along with it. I liked my deserts, treats, etc. She convinced me to try it out. There are three levels in Dr. Wahls program and we went from the 1st to the 2nd, and then on to the third.

We were not serious about it, due to my wife falling off a tow truck. She broke 1 rib, her right elbow in half, and separated her right shoulder. It was hard for her to get serious when she could not do anything in the kitchen. But that did not keep her away from her lap top computer.

As time went on through the second half of 2017 and into 2018 my wife kept coming up with other Dr.'s eating recommendations that were similar. We were focused on different challenges she was going through, so we would go to these other recommendations. I would do my best to fix the meals recommended, and they were good, but we kept going back to Dr. Wahls book, but still were not serious about it.

The last time we went off this way of eating I gained 20 pounds. I had high blood pressure, I couldn't remember from one minute to the next. My cognitive thinking was very slow, and I didn't smile anymore.



Dr. Terry Wahls before and after doing her own treatment

So on 2 December 2019 we made a commitment to get serious about level 3 the Wahls Protocol Plus. We totally stopped eating all grains, got rid of all ice cream, milk products, all the processed

foods, packaged and canned. We stopped eating anything with sugar in it (which is just about everything).

We started seriously eating three cups of Leafy greens, three cups of Colored vegetables, and three cups of Sulfur-Rich vegetables. We use coconut oil in everything, a lot of it. We ate grass-fed meats and wild-caught fish. We have personally found certain foods like eggs do havoc in our system so we have stopped eating them (except in recipes). There are so many great recipes that we use. It makes our time in the kitchen working together enjoyable. I cut up the meats and vegetables, and do the dishes, my wife cook and puts everything together. When we are done our entire meal time from start to finish takes about an hour (preparing, cooking, eating, and cleanup). I would say half that time is eating because we are talking during dinner. Clean up is so easy because there aren't a lot of pots and pans to mess with. We have been so happy with the change.

My wife is still struggling with adrenal and thyroid challenges. Since we have been eating on the Wahls diet she has completely lost all symptoms of brain fog, Fibromyalgia, Hypoglycemia, Lupus, Nephropathy, and so many other problems she was experiencing. She no longer gets her migraines, or even headaches.



She has lost 10 pounds as well. Since 2 December 2019 I have stabilized my blood pressure, lost 14 pounds. I can think clearer, my comprehension is great. I don't get headaches, which means I don't take Ibuprofen or Tylenol anymore. I have been asked to go to Washington D.C. to represent our state in advocating for those who are not able to voice their concerns.

I explain what has happened, to help everyone understand that eating the American diet was not doing us any good physically, or mentally. I encourage all to do your own research to find what is honestly being put in our food now days. Myself, I'll stick to greens and meat.

(THE WAHLS PROTOCOL, TERRY WAHLS, M.D., with EVE ADAMSON.)

A promotional poster for an event. The background features a red and white checkered pattern. In the top left corner, there is a logo for 'Paralyzed Veterans of America Oregon Chapter' featuring a silhouette of a person in a wheelchair. The main text is in large, bold, red and black fonts. A yellow starburst graphic with the word 'FREE' in black is positioned in the bottom right corner.

Paralyzed Veterans of America
Oregon Chapter

OPVA Members Picnic

Saturday, May 23, 2020
11 am - 4 pm

South Salem Elks Lodge
2336 Turner Rd SE, Salem 97302
Information & RSVP 503.362.7998

FREE

Roger C. Robinson – Treasurer/Government Relations

Our finances are doing well so far this fiscal year. Since telemarketing was cancelled, we are not enjoying the large amount of money received from telemarketing however, direct mailings are good and we don't have to share 70% to the telemarketing company. Our investments since the economy is doing well, had a gain of 23.87%.

Our Camaro Raffle is almost over only about 800 tickets are left. We will have an ATV Raffle starting March 7th, the drawing is the last day of the State Fair.

Government Relations: as for the state of affairs, a team from the chapter went to the Oregon Capital in February for a day of meeting with our legislators. The team had a great response from our State Senators & Representatives.

S.2216 - TEAM Veterans Caregivers Act is up 13 cosponsors and still active in the US Congress and hopefully moving forward.

SOCIAL SECURITY 2100 ACT INTRODUCED

On January 30, Representative John Larson (D CT), Chairman of the Ways & Means Social Security Subcommittee, introduced the "Social Security 2100 Act," H.R. 860. In remarks to a public briefing on that occasion, Larson said, "Today, over 200 Members of Congress came together on the anniversary of President Franklin Delano Roosevelt's birth to honor his legacy, and to enhance and expand the nation's most successful insurance program, Social Security, which touches the lives of every American. With 10,000 baby boomers becoming eligible for Social Security every day, the time to act is now. The Social Security 2100 Act will provide economic security not just for today's seniors but for future generations, too." The last major overhaul of Social Security was in 1983 and the significant changes made then enabled the system to pay benefits well into this century.

However, modest updates are needed to ensure that the program will remain strong into the next century. Social Security is the most important source of retirement income for 4 out of 5 seniors. It serves over 9 million veterans and their families, including over 1 million veterans with disabilities. PVA has endorsed the Social Security 2100 Act because of the important improvements it makes to the program, from setting a more realistic cost-of-living-adjustment, cutting taxes on benefits for almost twelve million beneficiaries and making long overdue adjustments in the financing mechanisms for the system. Moreover, Social Security actuaries have determined that this bill will ensure the long-term solvency of the trust funds. The legislation current has more than 200 cosponsors.



United Veterans Group of Oregon (UVGO) is anticipating some shortfalls in funding next year, so we are hopeful that Congress will get a budget passed. One of the snags has to do with the border wall funding being included with the military budget.

In Idaho we are having problems with parking at the VA there. I am working with Don Wyatt to see if we can correct the problem with the disable parking. Some spots are 9 feet wide with a 3 feet access, they should be 6 feet access to accommodate vans with lifts.

I hope all of you will remember the 40th year of the National Veterans Wheelchair Games in Portland this year. Be there!

Happy

Birthday

Gerald Lamb	3/1	Mike Neher	4/2
Ronald Clement	3/2	Darrel Ackerman	4/3
Steven Tweton	3/2	Stephen Seaton	4/4
Joseph Welsh	3/3	George Nordling	4/4
Bridgette Selby	3/3	Jeffery Johnson	4/4
C. Greg Danielson	3/5	Daniel Watts	4/5
Brian Beninger	3/6	Steven Willard	4/7
John McClaran	3/7	Clinton Black	4/10
Frank Leithauser	3/8	Michael Clark	4/10
Mark Turpin	3/8	Kelly Tadlock	4/10
Leslie Woods	3/9	Raymond Roberts	4/12
Randall Lawler	3/9	Dana Strasheim	4/15
Lane Lamoreaux	3/9	Paula Townsend	4/15
Richard Blair	3/11	Timothy Hagberg	4/16
Robert Kloehn	3/12	Frank Schindler	4/16
Mark McClellan	3/13	Angela Tunnissen	4/16
Mitchell Wood	3/14	Michael Williamson	4/16
Ronald Beriault	3/14	Richard Montiel	4/17
Charles Feringa	3/18	Christopher Weatherby	4/17
Laura Lanssens	3/20	Jonathan Cline	4/18
Victor Marquardt	3/21	Melvin Johnson	4/18
Jeff Chambers	3/21	Dustin Simmons	4/18
Daniel Service	3/23	John Olson	4/22
Larry Gardner	3/24	Bruce Henion	4/23
Richard Johnston	3/25	Peter Hundahl	4/24
Maynard Epling	3/27	Robert Phillips	4/26
Steven Grogan	3/28	Harriet Schmidt	4/26
Bruce Freeberg	3/29	Rick Williams	4/27
Brenda Marsters	4/1	Michael Mullett	4/29
Edward Suhr	4/1	Markus White	4/29

MS SUMMARY



Sue Holt – MS Liaison

One might say I have a few hobbies and am a master of none. The most important thing to me is to have fun while I'm doing it. Football, fishing, cross-stitch and photography are the top four. I suppose when I retire I will have to worry more about the costs but that's where coupons and yard sales come in handy!

Below is a few basics concerning cross-stitch. Maybe you might want to give it a try.

If you google the phrase “videos of copyright free instructions for beginning cross stitch” in your search engine and you will be on your way.

There is so much you can do with cross stitching from gifts to card making to decorating your own surroundings to name just a few. This hobby is for men and women. Don't believe me? It was a man who introduced me to this fine hobby while I was in the Air Force and I have been cross stitch crazy ever since!

Do you have a hobby you would like to share? Taxidermy, gardening, poetry, or painting... I'm open to anything. Let me know! Any questions about MS? Let me know to—I am always looking for topics to be discussed in upcoming issues...

MS WALK / Salem - MAY 16TH

Reserve this date - May 16, 2020 Salem MS Walk. You can call the office for more information and watch this space. If you want to make a donation for MS research please make it through OPVA. Note: Salem MS Walk donation. (More information to follow as the time approaches).

Reserve this date: May 30th National/World MS Day-(more as time approaches). Thanks, see you next issue!



Paralyzed Veterans
of America
Oregon Chapter

Oregon Paralyzed Veterans of America
Serving those who Served



**Paralyzed Veterans
of America**

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

**DOCKSIDE
CHARTERS** 

270 Coast Guard Dr, Depoe Bay, OR
(541) 765-2545

Fishing and shell license required,
may be purchased at Dockside Charters
Complementary coffee is provided.
Bring your own lunch, snack or drinks

Oregon Paralyzed Veterans of America
3700 Silverton Rd. NE Salem, OR 97305
Tel: 503-362-7998 | www.oregonpva.org





March

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

- | | |
|------------------|--------------------------------------|
| Mar 7-8 | Salem Roadster Show |
| Mar 20-22 | Portland Roadster Show |
| Apr 10-11 | Pear Blossom State Fair |
| Apr 17 | Abilities Expo 2020 |
| May 14-17 | Keizer Festival |
| May 20 | Deep Sea Fishing |
| May 25 | Memorial Day (Office Closed) |
| Jun 18 | Deep Sea Fishing |
| Jun 27 | OPVA Gold Cup Golf Tournament |

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 Abilities Expo	18
19	20	21	22	23	24	25
26	27	28	29	30 BOD 10:00 a.m.		

Save the Date

- | | |
|------------------|--|
| Jul 3 - 8 | National Veterans Wheelchair Games - Portland (Office Closed) |
| Jul 9-12 | Marion County Fair |
| Jul 12 | Camaro Raffle - Marion County Fair @ 2 pm |
| Aug 4 | 1st Tuesday - Sublimity |
| Aug 4-8 | Douglas County Fair |
| Aug 15 | Salute to Veterans Car Show |
| Aug 19-22 | Josephine County Fair |
| Aug 21-23 | Blackberry Festival |
| Aug 28-29 | Airshow of The Cascades |

MEMBERSHIP DIRECTOR NEWS



Carolyn Hamstreet Shores – Membership Director

Greetings fellow members. I'm hoping that this finds you all doing as well as you can and are having your immediate needs met. If not, please don't hesitate to call the office and see if we can be of assistance.

The main focus of this article today is how we get you, our members, more active in our programs and meetings. We are here for YOU.

If you want to participate, which we certainly hope you do, here are some ways you can:

1. Come to our monthly Board of Directors meetings on the last Thursday of each month at the office on Silverton Rd. Everyone is welcome and encouraged to attend.

This is where we check ourselves to see how we're doing. We discuss how our programs are going. What we need to improve, what the needs of our members are. Are any members in need of equipment, or have medical issues that need addressing, or community ADA concerns. Where questions can be answered and needs addressed.

Also, when you see that we're having our yearly members meeting in your region come join us.

2. If you see one of our programs is happening in your area, come check us out. Contact the ambassador for your region. Maybe you could help him in some way, Volunteers are always

needed. Meet other members who live in your area.

3. Join us by participating in a sporting event. We have bowling, trap shooting and deep sea fishing.

We are in the process starting bocchia ball, air rifle, pistol and disc golf. If you want to do something else just let us know. We can't offer it if we don't know what you want.

Come join us for the ***National Veterans Wheelchair Games*** to be held in Portland this year July 3-8. If this is your first time, all expenses are paid; hotel, meals, transportation. Returning athletes are reimbursed 50% of travel and lodging. Just call the office for details. There are twenty (20) different events you can do.

4. Volunteer. We are constantly in need of volunteers. They can be you, your spouse, your family, your friends, anyone. All you (they) have to do is contact the office and fill out the form. Not only is it helpful to us but its fun. It is especially important now that the games are coming to Oregon.

I hope this will put a burr under your saddle and encourage you to get more active in the chapter. It is your chapter, we are here for you.

We want you to participate. We want you to take advantage of all we have to offer.

After all "***Life is worth living***".

COMCAST
9th Annual



August 15, 2020 9:30 am – 3:00 pm Washington County Fair Complex
873 NE 34th Avenue Hillsboro Or 97124 (Exit 61-A off Hwy 26)



FORGOTTEN VETERANS MOTORCYCLE RUN
By Disabled Veterans Motorcycle Club



FREE Spectator Admission
All cars, trucks & motorcycles welcome!

Vehicle Registration

<https://www.salute-to-veterans-car-motorcycle-show.com/>



Over 400 Show Cars, Trucks, Motorcycles & Military Vehicles, Huey Helicopter landing, West Coast Ravens Fly Over, Race Cars, Veterans Tribute Ceremony, Bagpipe Band, Corral Creek Bluegrass & Got Your Six R&R Bands, Great Food, HUGE Raffle, 50/50 Raffle

PROCEEDS SUPPORT: Salvation Army Veterans & Family Center and Veterans Village temporary housing for homeless veterans, and the Oregon Paralyzed Veterans of America





ACCESS BOARD TO ASSESS FEASIBILITY OF WHEELCHAIR RESTRAINT SYSTEMS ON AIRCRAFT

On February 5, Senior Associate Advocacy Director, Lee Page, and Associate Executive Director, Government Relations, Heather Ansley, presented to the members of the Committee for a Study of Feasibility of Wheelchair Restraint Systems Passenger Aircraft about the boarding and deplaning experience of wheelchair users. This was the first meeting of the Committee, which was authorized by the FAA Reauthorization Act of 2018.

The Access Board's study has the potential to advance access to air travel for passengers who use wheelchairs. As directed by Congress, this project will assess the feasibility of equipping passenger planes with restraint systems so that passengers can remain in their wheelchairs on flights. Having to transfer out of a wheelchair makes air travel very difficult, if not impossible, for many people with disabilities.

The National Academy of Sciences' Transportation Research Board (TRB) is conducting this study. TRB has organized a committee of experts to evaluate the feasibility of in-cabin wheelchair restraint systems. The members include: experts in aircraft interiors and safety engineering, accessibility, wheelchair design and crashworthiness, airline operations, and other disciplines. Committee members will evaluate the design, engineering, and safety requirements for equipping aircraft with locking or tiedown mechanisms for non-motorized and motorized wheelchairs used as seats. If such restraint systems are found to

be feasible, the committee will then assess the wheelchair restraint systems that can be used to accommodate passengers using wheelchairs through all phases of flight, from boarding to deplaning.

In his comments, Mr. Page presented a slide show of the various aisle chairs that are currently in service at airports throughout the country. He focused on the process PVA members have to endure to board an airplane. Specifically, he described being the first to board, by transferring onto an aisle chair at the bottom of a sloped jetway and relying on contract personnel to bring the passenger into the plane for transfer to an airline seat. The path of travel to the airline seat can cause further injury because the aisle is too narrow and seats are too close together. Too often the airline aisle chairs are in disrepair and airline personnel don't know how to properly assist passengers. Furthermore, passengers' wheelchairs are stowed in the cargo hold and often damaged, mishandled, or lost as a result.

A peer-reviewed report on the panel's findings will be published at the conclusion of the project and submitted to Congress. The report is expected by October 2021.

LEGISLATION AUTHORIZING MORE THAN ONE AUTOMOBILE GRANT INTRODUCED

In direct response to PVA's advocacy, on February 6, Representatives Dan Meuser (R-PA) and Anthony Brindisi (D-NY) introduced H.R. 5761, the "Advancing Uniform Transportation Opportunities (AUTO) for Veterans Act," which would allow eligible veterans to receive more

than one automobile grant to purchase a vehicle. Present law restricts veterans to one grant in their lifetime so they often bear the full cost of a replacement vehicle. As written, H.R. 5761 would authorize an eligible veteran to receive a new grant every 10 years, if they need it.

This bill's prospects for movement in the House are favorable. The bill has bipartisan support. Also, both members serve on the House Veterans' Affairs Economic Subcommittee (HVAC EO), which has oversight of the grant program.

Proposed auto grant legislation received much focus during a February 6 HVAC EO hearing looking at more than a dozen bills. PVA's National Legislative Director Morgan Brown testified at the hearing and spent much of his time advocating for this legislation. The hearing is available for viewing here: <https://www.youtube.com/watch?v=D-Su2JasWrM>.

ELECTION OFFICIALS MISUSING THE ADA TO CLOSE POLLING PLACES

A new report from the National Disability Rights Network (NDRN) shows many of America's polling places remain inaccessible to people with disabilities. The report, entitled *Blocking the Ballot Box: Ending Misuse of the ADA to Close Polling Places*, also examines an alarming new trend in which jurisdictions are misusing the Americans with Disabilities Act (ADA) to close polling places.

The ADA requires all polling places to be accessible to people with disabilities and the Help America Vote Act of 2002 mandates that all Americans have the right to a private and independent vote. When the United States Supreme Court in *Shelby County v Holder* struck down key provisions of the Voting Rights Act of 1965 that required federal approval before changes could be made to election procedures, jurisdictions with a demonstrated

history of discriminatory voting practices saw an opportunity — blaming their polling place closures on the ADA and access needs of voters with disabilities.

After the Supreme Court struck down protections in the Voting Rights Act, counties and cities began citing ADA concerns as the reason for closing, relocating, or consolidating their polling places. The ADA was never meant to be used in this way.

In this report, NDRN spoke to and visited counties with recent Department of Justice (DOJ) settlements for polling place accessibility. NDRN found these counties were working to be more accessible while keeping polling places open. Alternatively, counties that did not have a recent DOJ intervention and had not shared ADA surveys of their polling places or any collaboration with the disability community, seemed more likely to attempt closing polling places.

To read the report, view video commentary, and see recommendations for how election officials can avoid poll closures, go to *Blocking the Ballot Box: Ending Misuse of the ADA to Close Polling Places*.

NEWS ITEMS OF NOTE

- **HOUSE ANNOUNCES COMPREHENSIVE STRATEGY TO ADDRESS VETERAN SUICIDE**
House Veterans' Affairs Committee (HVAC) Chairman Mark Takano (D-CA) recently announced a new strategy to address veteran suicide that is based on the Centers for Disease Control and Prevention's Seven Core Strategies for Suicide Prevention. Chairman Takano believes a strategy rooted in evidence-based measures, taking a public health approach that looks into every intersection that leads to suicide, is how to best serve veterans and reduce the

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number lost to it each day. The strategy has seven goals: strengthen economic supports, strengthen access and delivery of care, create protective environments, promote connectedness, teach coping and problem-solving skills, identify and support people at risk, and lessen harms and prevent future risks for all veterans. It also supports taking these steps for all veterans, not just those already in VA care.

The Committee has already held two hearings to help strengthen economic support. The first was a hearing on veteran hunger and the second on housing insecurity. A third hearing conducted by the Subcommittee on Oversight and Investigations, along with the Women Veteran Task Force, held a hearing examining VA's support for survivors of Military Sexual Trauma, which is in line with goal six: identify and support people at risk of suicide. PVA was invited to submit a statement for the record on this issue. We will continue to monitor and inform our members of legislative efforts to reduce veteran suicide, as well as advocate on the Hill for legislation that effectively addresses veteran suicide.

- **SVAC HOLDS FIRST MARKUP OF 2020**

In late January, the Senate Veterans' Affairs Committee (SVAC) held its first markup session of the New Year and unanimously passed nearly a dozen bipartisan bills. The main bill for consideration was S. 785, the "Commander John Scott Hannon Veterans Mental Health Care Improvement Act," which seeks to provide separating military members with a year of VA medical coverage and authorize mental health, transitional aid grants to community organizations, and increase veterans access to telehealth. It also allows additional mental health professionals for VA such as psychologists,

women's specialists, and suicide prevention coordinators. The bill is somewhat similar to legislation passed by the House in December. Unlike the House measure, this bill is less controversial. PVA is working with congressional staff and a small coalition of VSOs to make the provisions in the bill more palatable.

Another bill of interest was S. 850, the "Highly Rural Veteran Transportation Program Extension Act." This measure would extend the Highly Rural Veteran Transportation Program and allow state veterans service agencies and VSOs to continue to provide no-cost transportation services to VA or VA-authorized health care facilities to highly rural veterans. Finally, S.123, the "Ensuring Quality Care for Our Veterans Act," would ensure that a third party reviews each case where any veteran was treated by a VA provider who was later found to have a revoked license. PVA was an early endorser of this bill, which would ensure the veteran is notified if the review determines that a competent practitioner would have managed the veteran's care differently.

- **AGING COMMITTEE LOOKS AT SOCIAL SECURITY SCAMS**

The Senate Aging Committee held a hearing on January 29 focusing on schemes aimed at defrauding Social Security beneficiaries. Witnesses included Commissioner of Social Security Andrew Saul who reported that the Social Security Administration's (SSA) toll free phone system had recently been updated to include messaging alerting callers to be aware of scams targeting beneficiaries and what they can do to protect themselves. He also noted that SSA had recently sent emails to their 47 million online account holders advising them of ways to guard themselves against fraudsters. SSA Inspector General

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(OIG) Gail Ennis reported that the agency is working with various telecommunications companies to block spoof SSA callers that try to engage with beneficiaries in an attempt to get them to reveal sensitive account information. The SSA OIG also recently posted a blog on this topic at <https://blog.ssa.gov/inspector-general-warns-public-about-new-twist-to-social-security-phone-scams/#more-4517>.

Three key points emphasized by the Administration's witnesses were:

1. The government will never call out of the blue and ask for a Social Security number.
2. The government will never ask for payment by gift card or wire transfer.
3. Social Security numbers cannot be suspended.

The full hearing can be found at <https://www.aging.senate.gov/hearings/thats-not-the-government-calling-protecting-seniors-from-the-social-security-impersonation-scam>.

- HUD ISSUES GUIDANCE ON ASSISTANCE ANIMALS AND FAIR HOUSING ACT

On January 28, the U.S. Department of Housing and Urban Development, Office of Fair Housing and Equal Opportunity (FHEO) released Notice FHEO-2020-01, sometimes referred to as the "Assistance Animals Notice." The Notice includes two attachments. The first, "Assessing a Person's Request to Have an Animal as a Reasonable Accommodation Under the Fair Housing Act," recommends a set of best practices for complying with the Fair Housing Act when assessing a person with a disability's accommodation requests involving animals in housing. The second attachment is "Guidance on Documenting an Individual's Need for Assistance Animals in Housing."

It provides guidance on information that an individual seeking a reasonable accommodation for an assistance animal may need to provide to a housing provider about his or her disability-related need for the requested accommodation, including supporting information from a health care professional. The contents of the Assistance Animal Notice do not have the force and effect of law and are not meant to bind the public in any way. The documents are intended only to provide clarity to the public regarding existing requirements under the law or agency policies.

- o A fact sheet about the guidance can be found at:

<https://www.hud.gov/sites/dfiles/PA/documents/AsstAnimalsGuidFS1-24-20.pdf>.

- o The guidance can be found at:

<https://www.hud.gov/sites/dfiles/PA/documents/HUDAsstAnimalNC1-28-2020.pdf>

- MORE AGENT ORANGE LOCATIONS REVEALED

In January, VA released an updated Department of Defense list of locations outside of Vietnam and inside the US where tactical herbicides were used, tested, or stored. This update was intended to improve the accuracy and communication of information for disability claims of herbicide exposure in response to a Government Accountability Office 2018 report. Locations listed in the United States are Arkansas, Florida, Georgia, Indiana, Maryland, Mississippi, Montana, New York, Texas, Tennessee, and Utah. Additional countries where these tactical herbicides were used include Cambodia, Canada, India, Johnston Atoll, Korea, Laos, and Thailand. If you feel you may qualify for benefits due to exposure, we encourage you to contact your NSO for assistance in filing a claim.

WASHINGTON UPDATE

February 18, 2020

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- PRESENTATION ON VETERANS BENEFITS ADMINISTRATION (VBA) FIRST QUARTER PERFORMANCE

The “Managing VBA Performance & Results: Q1” update was presented by Under Secretary for Benefits, Paul R. Lawrence, Ph.D. on January 30. His presentation included an update on the performance of VBA for the first quarter of fiscal year 2020 and a review of some of the department’s accomplishments for the previous quarter. It was recorded, and it is available here for viewing.

- NEW DOLE FOUNDATION CAREGIVER INITIATIVE ANNOUNCED

On January 31, the Dole Foundation in partnership with VA and supported by USAA launched their new initiative to integrate caregivers into the medical team.

The Campaign for Inclusive Care includes four online courses for health care providers and front-line staff called the Academy for Inclusive Care and other downloadable resource materials. The campaign is designed to recognize the value caregivers brings to appointments.

UPCOMING EVENTS

- The 2020 National ADA Symposium early bird deadline is approaching. To save \$150 on registration, you will need to register by March 6. More information about the Symposium is available at: www.adasymposium.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:** ____/____/____

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



Oregon Paralyzed Veterans of America

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March/April 2020

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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.

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Portland West

4347 NW Yeon Ave Portland, OR
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