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Paralyzed Veterans  
of America

Oregon Chapter

# PARALOG

Oregon Paralyzed Veterans of America



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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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# PRESIDENT NEWS



Larry Gardner – President

The Oregon Paralyzed Veterans office here in Salem continues to stay closed to all unnecessary traffic do to state restrictions. Although if there is a need to visit the office our office manager is available 9am to 3pm weekdays and you may call in and make an appointment if there is business to be done.

**We'll do what we can  
to solve the issue**

I want to remind all members if 2020 has created a hardship for you, please call the office and speak to Tom or myself and we will do what we can to solve the issues.

Bob Mahler, a member, is our new Sports Director! He will over see all Sports Programs such as: table tennis; trap shooting; air guns; bowling; archery; bocchia ball to name a few. Right now, we have coordinators for table tennis, bowling and trap shooting. He can use your help as coordinator for one of the other sports!

The chapter has two raffles going on that we are selling tickets for, we have the 2020 Can-Am ATV Outlander four-wheel drive, has a passenger seat, luggage rack, and automatic transmission. The 2nd raffle is the Sportsman's Warehouse Outdoor Adventure Package for \$500 to spend on anything in the store, just call the office for information on how to purchase the tickets.



Trap shooting season is pretty much over except for the multiplex shoots on the first Sunday of each month thru November 2020. This is a good time for anyone who hasn't, but would like to try trap shooting and hopefully get on the team so we can share the fun. Just call my cell at 503-930-9589 and I will along with the team help you get started, we also have shotguns here at the chapter we can loan out to our members.



The yearly rabbit hunt at camp Adair will be on the first Saturday of February 2021, it is a all wheel chair accessible event with very nice group of people ready to help make it successful, just give me a call with any questions anytime, because I'm here for you.

Thank you all so much and take care.

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# EXECUTIVE DIRECTOR UP DATE

## *2020 HAS BEEN A YEAR FULL OF CANCELLATIONS*



Tom Hurt – Executive Director

To say 2020 has been a trying year is an understatement, from COVID-19 shut downs to the fires throughout the NW.

With that being said, it has been great seeing all the different recreation fund request coming into the chapter office. The membership of OPVA is a resilient bunch of people. I truly missed seeing your faces at the annual banquet, this is one of the events we look forward to all year long. This just means we will make the 2021 members banquet fantastic. Mark your Calendars for September 18th for the 2021 Banquet.

2020 has been a year full of cancellations and distancing, it has also been a year of learning technology. Your Board of Directors has shifted gears from holding their monthly Board Meetings at the Chapter office to teleconferencing, and looking to move into Zoom meetings. The Board Meetings are open to ALL members to attend whether they are meeting in person, on the phone or via Zoom. We would love to have your input. As we begin our new fiscal year with a new Board of Directors I am encouraged to see what 2021 is looking like. Everyone is ready to get back to work.

### We do have some **TENTATIVE** dates for Events in 2021

Winter Rod and Speed Car Show	January 15th & 16th
Salem Roadster Show	March 6th & 7th
Portland Roadster Show	March 19th - 21st
Pear Blossom Festival	April 9th & 10th
Festival of Flowers	May 1st
OPVA Gold Cup Golf Tournament	July 17th
Marion County Fair	July 8th - 11th
Douglas County Fair	August 3rd - 7th
Gem County Fair	August 4th - 7th
Klamath County Fair	August 5th - 8th
Keizer Fest	TBD
Josephine County Fair	TBD
Blackberry Festival	TBD
Oregon State Fair	August 27th - Sept 6th
Air Show of the Cascades	August 27th - 29th
OPVA Show and Shine Car Show	September 11th
OPVA Members Banquet	September 18th

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## Now What?



Larry J Ricklefs – Government Relations

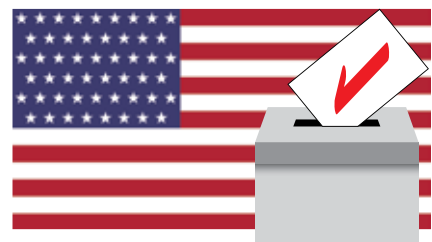
COVID-19 is running rampant, fires burned indiscriminately before being contained thanks to welcomed rains, the economy dampening fiscal stability touching just about everyone. Legislators are not in session.

That is bad news, the good news is veterans continue to secure their health needs through a very taxed VA system with minimal disruptions.

VA and ODVA vigorously support and promote women's health priorities through outreach efforts such as monthly webinars with top VA professionals for one-on-one questions and answers. Women veterans comprise roughly 16% of the veteran population and growing.

Voting outreach by VA, ODVA, NFB, and others are top priority to ensure voting is accessible for all veterans at all polling places. All veterans are encouraged to vote as turnout is expected to be heavy. To beat the crowds, arrive early.

Unfortunately, many veteran related bills did not advance beyond committee hearings. Specially Adapted Housing funding passed with flying colors. Eligibility requirements were significantly relaxed along with increased funding.



Air Carrier Access Act is immersed in wheelchair damage control. This can be a problem, a time consuming and hugely expensive problem. Rail services are addressing ADA standards in boarding equipment, and rail car reconfigurations, another fund hungry undertaking. They are making progress albeit slowly especially outside of main rail corridors.

OPVA is open for business by appointment, just give us a call. We are here to serve you.





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# Introducing



Bob Mahler – Sports Director

Paralyzed Veterans of America (PVA), our national Washington, D.C. based organization, lists as #8 Sports and Recreation, under their Chapter Programs outline, one of "the mandatory programs that must be operated by each participating PVA chapter..."

The task of Oregon Paralyzed Veterans of America's (OPVA), as stated in PVA's administrative manual reads, OPVA "must provide a program to improve the quality of life of paralyzed veterans and other persons with disabilities by assisting the expansion of both the quality and quantity of opportunities in sports and recreation, especially those activities which enhance lifetime health and fitness."

Hi, my name is Bob Mahler. I am proud to announce my acceptance for the job of Sports Director for our OPVA chapter. Under the learned and patient mentoring of Tom Hurt (Executive Director) and Larry Gardner (President), I've been acquainting myself with the important OPVA inner workings, Boarding Meetings, and my first ever deep sea fishing charter voyage. Boy! I gave a new meaning to the word "seasick"!

OPVA will initially target the following 5 sports in a format the suits the expansion of our overall competitive spirit. The initial five sports are listed below along with an OPVA coordinator, if appointed, for that sport.

Archery

Bocci

Bowling ..... Grant Buehler

Table Tennis ..... Michael Hanes

Trapshooting ..... Larry Gardner

The following team and individual sports are part of OPVA's plan for expansion:

- Air Pistol
- Air Rifle
- Basketball
- Cycling Field
- Motor Rally
- Nine Ball Power Soccer
- Quad Rugby
- Slalom
- Softball
- Swimming
- Track
- Power lifting
- 9-Hole Golf Scramble
- Team Relay



Please call OPVA at 503-362-7998 to inquire about applying for coordinator in which you are interested.



## RECREATION FUND SCOPE

I'm so glad we had tickets to attend 3 University of Oregon men's basketball games during the regular season! Little did we know what would transpire in the world in the months following the game we witnessed live February 13th when COVID-19/Coronavirus hit the nation. Our family very much enjoys these college basketball games, and of course following successful teams is even more exciting!

All 3 of the games we saw were wins with 2 of them being OT wins and 1 of those being a double OT win.

President Trump declared a national emergency March 11, 2020, and March 23, 2020, Governor Brown issued an executive order to stay home and save lives. This news was unfortunate for our Oregon sports, as the post-seasons wound up being cancelled, and especially sad to the Duck community considering both basketball teams were playoff-bound with potential championships. The last games played were March 7th (men) and March 8th (women).



Stomp, a percussion group using the body and ordinary objects to create a show packed with rhythm, acrobatics, and comedy, made a return visit February 19th to our



local performing arts center. Years ago, we had an opportunity to see a show and were amazed with the unique origination of 'music'. Without intermission, the show is non-stop action and entertainment.

Other activities planned were cancelled during this unprecedented time with Corona virus. As restrictions began to relax slightly, Mike left his home for the first time on June 19th.

Unfortunately, that outing was cut short when our handicap-accessible van broke down, and he had to return home via a local transport company. There have been a few other trips away from home, but mostly life is still contained. We are now going thru another unprecedented time with fire threats in our area. Despite poor air quality actually deemed the worst in the world currently, we are thankful to no longer be in the direct path of raging wildfires. May 2021 be a more prosperous, peaceful year for all!

As always, thank you, OPVA, for contributing to the welfare and well-being of your members thru your generous recreation fund program!

*Mike & Tracy Williamson*

# The Program of Comprehensive Assistance for Family Caregivers

For this issue of the Paralog I wanted to provide additional information about expanded eligibility for the VA Program of Comprehensive Assistance for Family Caregivers that began October 1st and also encourage everyone to get their 2020 Flu Shot.



Mike Rosenbalm – Hospital Liaison Director

We recognize the important role of family caregivers in supporting the health and wellness of Veterans. Find out if you may be eligible and how to apply for the Program of Comprehensive Assistance for Family Caregivers (PCAFC).

We're working to give more family caregivers access to this program. Learn more about this change and how it may affect you.

As part of the VA MISSION Act, we're working to give more family caregivers access to this program so we can support them as they care for Veterans of all eras.

## **We are expanding access in two phases:**

- **On October 1, 2020**, we expanded the program to include family caregivers of eligible Veterans who were seriously injured in the line of duty on or before May 7, 1975.
- **2 years from this date**, we'll further expand the program

to include family caregivers of eligible Veterans from all eras who were seriously injured in the line of duty.

For more information about this expansion or to learn about the many support services you can access now:

Visit our Caregiver Support Program website at:

<https://www.caregiver.va.gov/>

Or call our Caregiver Support Line at **855-260-3274**. We're here Monday through Friday, 8:00 a.m. to 8:00 p.m. ET.

You can also check our MISSION Act website at <https://www.missionact.va.gov/> for ongoing updates or go to the **Federal Register** to read the final regulation.

## **Am I eligible for the Program of Comprehensive Assistance for Family Caregivers?**

You may be eligible if you and the Veteran you're caring for meet all of the requirements listed below.



## What are personal care services?

These are services the eligible Veteran needs from another person. They include care or assistance to support the Veteran's:

- Health and well-being
- Everyday personal needs (like feeding, bathing, and dressing)
- Safety, protection, or instruction in their daily living environment

## How many caregivers can the eligible Veteran appoint?

The Veteran can appoint:

- 1 **Primary Family Caregiver** (the main caregiver), and
- Up to 2 **Secondary Family Caregivers** (people who serve as backup support to the primary caregiver when needed)

**Eligible Primary and Secondary Family Caregivers can receive:**

- Caregiver education and training
- Mental health counseling
- Travel, lodging, and financial assistance when traveling with the Veteran to receive care



**Eligible Primary Family Caregivers may also receive:**

- A monthly stipend (payment)
- Access to health care benefits through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)—if you don't already qualify for care or services under another health care plan

## Eligibility requirements for the family caregiver

You must be at least 18 years old and at least one of these must be true for you.

**You must be either:**

- A spouse, son, daughter, parent, stepfamily member, or extended family member of the Veteran,  
or
- Someone who lives full-time with the Veteran, or is willing to do so if designated as a family caregiver

## Eligibility requirements for the Veteran

**All of these must be true for the Veteran you're caring for.**

The Veteran must have a VA disability rating (individual or combined) of 70% or higher. The Veteran's service-connected disabilities must have been caused or made worse by their active-duty service during one of these periods of time:

- On or after September 11, 2001,  
or
- On or before May 7, 1975

**And the Veteran must:**

Have been discharged from the U.S. military or have a date of medical discharge, and  
Need at least 6 months of continuous, in-person personal care services

- Learn more about CHAMPVA at <https://www.va.gov/COMMUNITYCARE/programs/caregiver/index.asp>
- At least 30 days per year of respite care for the Veteran



### How do I apply for this program?

You and the Veteran will need to apply together and participate in an application process to determine if you're eligible for the Program of Comprehensive Assistance for Family Caregivers. You'll both need to sign and date the application, and answer all questions for your role.

You can apply online right now at <https://www.va.gov/family-member-benefits/apply-for-caregiver-assistance-form-10-10cg/introduction>



**Note:** Each time the Veteran wants to add a new family caregiver, the Veteran and the new caregiver will need to submit a new application. Remember, there can only be 1 Primary and up to 2 Secondary Family Caregivers designated at any one time.

### You can also apply:

#### By mail

Fill out a joint Application for the Program of Comprehensive Assistance for Family Caregivers (VA Form 10-10CG). Download VA Form 10-10CG (PDF) at <https://www.va.gov/vaforms/medical/pdf/10-10CG.pdf>

Mail the form and any supporting documents to:

Program of Comprehensive Assistance for Family Caregivers  
Health Eligibility Center  
2957 Clairmont Road NE, Suite 200  
Atlanta, GA 30329-1647

#### In person

Bring your completed VA Form 10-10CG to your local VA medical center's Caregiver Support Coordinator. To find the name of your local coordinator, you can:

- Go to the VA Caregiver Support Coordinator directory at [https://www.caregiver.va.gov/support/New\\_CSC\\_Page.asp](https://www.caregiver.va.gov/support/New_CSC_Page.asp)
- or
- Contact the Caregiver Support Line at 855-260-3274

If you need help filling out the form, you can contact your local coordinator, or call our main VA information line at 877-222-8387.

\*Source: <https://www.va.gov/family-member-benefits/comprehensive-assistance-for-family-caregivers/>



# 2020 Flu Shot

While America's attention is focused on the COVID-19 pandemic, another serious viral threat is right around the corner. Seasonal Influenza is on its way, and it causes up to 45 million illnesses and 61,000 deaths in the US every year. A vaccine for COVID-19 does not yet exist, but there are a number of effective vaccines to protect you from the Seasonal Flu. As such, it is vitally important that everyone get vaccinated, not only to protect themselves but also to avoid exposing their friends and loved ones to this potentially deadly disease. It is especially important that those at risk of serious disease get vaccinated. This group includes children under two, those over 65, people with suppressed immune systems, and those with lung, heart, kidney or liver disease. Pregnant women and their unborn children are especially vulnerable to the flu virus and are highly encouraged to get vaccinated as well.

The flu shot will be widely available but demand is expected to be high this year, so don't delay in getting vaccinated. You can get your shot at your local VA, doctor's office, many pharmacies and places of business as well as other convenient locations. It takes two weeks before the flu shot is effective so it's best to get vaccinated before the start of the flu season. Plan on getting the shot in mid-September to early October.

Those who should avoid getting vaccinated are children under 6 months of age, and individuals who have had a serious allergic reaction to the flu shot in the past or a history of Guillain-Barre syndrome.

There are six different flu vaccines available this year. The vast majority are quadrivalent which are preferred over the trivalent vaccines since they offer broader protection.

However, if a quadrivalent vaccine is not available, the CDC recommends you don't wait and get the trivalent.



You and your healthcare provider can determine the appropriate vaccine for you based on your age, personal preference and availability:

1. Standard-Dose Inactivated Vaccine - appropriate for everyone over the age of six months.
2. High-Dose Inactivated Vaccine - approved for everyone over the age of 65. It offers increased protection needed for seniors whose immune function is not as strong as younger people.
3. Adjuvanted Inactivated Influenza Vaccine - approved for seniors over the age of 65. It contains an adjuvant, which is an ingredient that boosts its protective properties.
4. Live-Attenuated Influenza Vaccine - a nasal spray that is approved for people aged 2 to 49 years of age who dislike injections. Pregnant women and people with suppressed immune systems should avoid this vaccine.
5. Recombinant Influenza Vaccine - made without eggs. It is recommended for those with egg allergies.
6. Cell Culture Influenza Vaccine - another vaccine made without eggs.

\*Source: [https://blog.pva.org/2020-flu-shot?fbclid=IwAR3hvRSd-TCE7VBvl2009cVfMI&zjjGVJuHaFVzZZNV8PbOgDqClde2TL\\_M](https://blog.pva.org/2020-flu-shot?fbclid=IwAR3hvRSd-TCE7VBvl2009cVfMI&zjjGVJuHaFVzZZNV8PbOgDqClde2TL_M)



## RECREATION FUND SCOPE



I got a new pair of gardening boots to replace the ones the EMT's cut off when I broke my leg last year. (I enjoy gardening, even when it is dangerous. I also get a foam massage roller to help with the physical therapy for the (repaired) leg. And finally, a meal with my friend, and two meals with my husband. I appreciate the Rec Fund opportunities to splurge!

*Susan Hruza*

OPVA,

We rented a car to go to the ocean and back several times. We didn't see fireworks but had fun anyways. It was a godsend during the pandemic to see the ocean and get out of the house. Thank you so much for this program.

*Susan Holt*



OPVA saves the day again! During these past seven months of stay home to avoid COVID, my tv and my PlayStation have been pretty much what has kept me half sane. And a few days ago, my tv died! Thank you, dear chapter, for my new, upgraded and bigger version. Killing dragons on this tv is so much more pleasurable!

*Gloribel Casalduc*





Dear OPVA,

After spending one year, every month in and out of the hospital or ER in 2018 and all 2019 on hospice, I am happy to report I was able to take my loving wife of 43 years, back to Maui one last time, with help from our sons Nick and Chris. Sherrie has been my life partner and has taken care of me for 37 years. We were only married 3 years when I become totally disabled (from MS). I love her and my family so much. Thank you OPVA for helping with some of the cost.

*Gary Cooper*

I used my Recreation Fund for gas for my boat to pursue crab and rock fish here on the coast. Also for a new crab pots, line, and a new fishing line and a new fishing lore.

*Donald R. Linwood*



Thank you OPVA for having this recreation fund, I am taking the advice to be prepared as perpetrated by Mr. Dan Service. Recently we had a power outage and that got me thinking, as of now I use an Electric wheelchair and what do I do with no way to charge my batteries, that is why I bought a Solar charger.

*Louie Grimmer*



Hello,  
During this pandemic and stay at home orders I began a new hobby. I have taught myself to crochet and I am attempting to make a few blankets. It has been a very nice distraction during this long period of isolation. I have attached receipts with for my purchase of yarn for this hobby. Thank you.

*Dawn Roden, Proud OPVA Member*



OPVA,  
Thank you for the Recreation Fund, last month after a doctor's visit we used the fund to go out and eat on the way home it was nice eating out after a day in town, I also used the fund for my flower beds (which are raised so I can plant and weed etc.)

This year I needed to redo part of one of the beds. I also got some hanging baskets. First thing in the morning seeing flowers uplifts me. I also try to have a variety of flowers so I can have something blooming year-round to cut and have indoors. Thank you

Brenda Marsters

OPVA,  
This year we used the Recreation Fund to go to the "Melting Pot" to celebrate our 43rd anniversary and our son's and his wife's 12th anniversary. We had a wonderful time together.

Thank you again OPVA for the Recreation Fun which made this possible.

*Dina & Brad Wells*





Greetings,

Like most of us, after weeks-to-months of forced hibernation, we looked forward to a safe occasion to see our family again in person. We finally took advantage of such opportunity by spending a couple days reintroducing ourselves to our daughter during outdoor working party.

Using our motorhome as a base with its hitch-mounted carrier holding my brand-new all-terrain wheelchair, my wife and I joined them for a couple daze supervising efforts to clean, sand and stain some decks. It was quite tiring and required frequent rest breaks as I watched all of that work getting accomplished yet while my new chair made getting in and out of the way easy and kinda' fun, it also helped confirm my eyelids are indeed opaque. Thankx,

*Michael Clark*

#### OPVA

I would like to thank you for letting Kaye and myself enjoy a nice dinner out at Benihana's Restaurant. I also bought some shotgun shells for going out to the range and having some fun. Thanks!

*Bear*



#### Oregon PVA

In late February I made a trip to Arizona to visit relatives and I returned in mid-March. Unfortunately, two of the three were dealing with serious health problems, but it was good to see them and help in any way that we could. In spite of the situation we were able to have some good quality visiting time with all of them which was good for all of us since we do not get the opportunity on a regular basis.

*Charles Wilcox*

Every year I need to head south for some sunshine to make it through the last days of winter. Fortunately, we have friends and family in Tucson so we stay with them for a few weeks then head home.

One of the highlights this year was driving the east side of the Catalina mountain range to Mount Lemmon ski resort. The geography was breathtaking! The steep, curvy road was not for the faint of heart! We also watched the international wheelchair tennis trials for the Paralympics (pre-pandemic).



I was privileged to meet the director of adaptive sports from U of A, meet up with friends from Mobility International USA (Eugene based) to try out an OMEO (Segway chair) and ride recumbent trikes. Thank you for providing funds for our lodging via Hwy 101. It is always a trip that tops off our vitamin D reserves.

*With thanks,  
Dennis and Karen Harbour*



Hello OPVA,  
For my birthday, we enjoyed a nice family meal at “Dan and Louis Oyster Bar” in downtown Portland. It was especially memorable since it was a rare occasion of having the whole family together especially with everyone's schedules being affected during the COVID-19 pandemic. One of our daughters was even here from Seattle. My wife and I both have MS so the opportunity to go out and enjoy a meal with family is in itself a great treat. Thank you OPVA for the Recreation Fund which helped make my 62nd birthday celebration so very special! Sincerely,

*Michael Angerinos & Family*

# Recreation Fund

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

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

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

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

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

## Getting Paralyzed Veterans Walking Again with Indego®

New VA Program offers eligible veterans an Indego® Exoskeleton at no cost.



### What is Indego? A robotic device that enables veterans to walk again.

Indego is an FDA-approved exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries to stand and walk, offering a new level of independence.

Indego can currently be used with spinal cord injury levels of T3 to L5 in community or home settings. The device offers:

- Lightweight, modular design
- Slim profile compatible with most wheelchairs
- Rapid setup and breakdown for easy transportation
- Can be used with forearm crutches or walker

### Free Indego Webinars

During the first Thursday of every month you can join a free live webinar to learn more about the Indego and hear from a veteran who owns a device already.



Contact us today to find out if you are eligible to receive an Indego exoskeleton

Email: [support.indego@parker.com](mailto:support.indego@parker.com)  
Phone: 844-846-3346



## Program of Comprehensive Assistance for Family Caregivers to expand Will open up to eligible WWII, Korean and Vietnam Veterans



Mike Rosenbalm – Hospital Liaison

VA recognizes the critical role family caregivers play in enabling Veterans to stay in their homes, surrounded by their loved ones.

That's why VA has announced the expansion of the Program of Comprehensive Assistance for Family Caregivers (PCAFC) this October.

### The specific launch date will be announced in mid-September

VA believes the PCAFC expansion will enhance the health and well-being of thousands of Veterans by supporting the caregivers who care for them. Two anticipated changes for the program are improved standardization and increased transparency.

PCAFC expansion will open up the program to eligible WWII, Korean and Vietnam Veterans. In addition, eligibility will change to eligible Veterans who have a single or combined VA service-connected disability rating of 70% or higher. This applies regardless of whether the disability is the result of an injury, illness or disease.

With this expansion, Primary Family Caregivers in PCAFC will also have access to financial planning and legal services.

Currently, PCAFC is only available to family caregivers of eligible Veterans seriously injured in the line of duty on or after September 11, 2001.



### The program will expand in two phases

- In October, PCAFC will expand to eligible Veterans who incurred or aggravated a serious injury in the line of duty in the active military, naval or air service on or before May 7, 1975.
- Two years after the expansion, PCAFC will expand again. Access then will include eligible

Veterans from all eras who have a serious injury – incurred or aggravated in the line of duty in the active military, naval or air service.



VA's Caregiver Support Program (CSP) also offers robust educational services and supportive resources to Veteran caregivers. The Program of General Caregiver Support Services (PGCSS) has a range of services. These services include workshops, self-care courses, a Caregiver Support Line, psychoeducational group calls, Peer Support Mentoring and much more.

Check the Caregiver Support Program website at [www.caregiver.va.gov](http://www.caregiver.va.gov) for updates or subscribe to the Listserv to receive email updates.



Source: <https://www.blogs.va.gov/VAnAge/78396/comprehensive-assistance-family-caregivers-expand/>

I encourage you to see the following Frequently Asked Questions the Caregiver Support Program website at [www.caregiver.va.gov](http://www.caregiver.va.gov)

- Caregivers PCAFC Expansion FAQ
- Caregivers PCAFC Changes for Current Participants FAQ
- Caregivers PCAFC Eligibility Under the New Final Rule FAQ
- Caregivers PCAFC Monthly Stipend Payment to Caregivers FAQ

Many services are available via phone or online which is especially important during the coronavirus pandemic. All caregivers who provide personal care services to Veterans enrolled in VA healthcare have access to PGCSS. Please consider contacting your local Caregiver Support Coordinator and asking about PGCSS.

## Do not apply prior to the launch date

WWII, Korean and Vietnam Veterans will want to apply for PCAFC after the official launch date. VA will announce in mid-September.

Applications submitted from Veterans in these eras prior to the official launch date will be denied.



Paralyzed Veterans  
of America  
Oregon Chapter

***Please consider adding OPVA  
to your will or trust***



“Pain doesn’t stop me now. I was hardly able to get out and do things before, but now I can do what I like and be out whenever I want,”

David Soloman, United States Navy Veteran

Everybody’s experience in the military is unique to them. Unfortunately, injury is something that befalls many in the Service and sometimes that injury is permanent and can cause varying degrees of mobility issues. David is a veteran that suffered such circumstances. His injuries during his services made it difficult, sometimes impossible, to get out and do the things he loves because walking caused so much pain, and he needed assistance.

R&J Mobility worked directly with the VA to make the process easy for David so all he really had to do was drive it out and take his new wheels for a spin.

“We like to go camping and now (with my scooter) I’ll be able to get around and do things I love. I’ll be able to travel with my wife again as well, and she’s so happy that I’ll be able to get out and do more things.” David remarked.



We are so happy that we were able to help David find a scooter that he loves and that will give him the freedom and independence he so deserves. We believe in the ability to live life without limitations and we are ready to help anyone with mobility issues overcome the obstacles that prevent them from doing so.



David wanted to find a scooter so that he could have more independence and easier mobility. In working with his local Veteran’s Affairs (VA) office, he was referred to R&J Mobility Service. When David came in, he worked with Anthony in his search for the perfect scooter. There are over fifteen different models on the showroom floor for him to try out and we saw him many times before he made his final selection, with the help of the VA.

We answered all of his questions and helped him navigate how each machine operated, “My memory is not as good as it used to be,” Said David, “they (R&J) were so helpful and patient.” He eventually decided on the Wrangler model and is very happy with it, noting specifically its all-terrain capabilities and its “cushy seat”.

Since 1979, R&J Mobility Service has been a locally owned and operated business that specializes in helping individuals with disabilities overcome the barriers to freedom. We sell new and used wheelchair vans, mobility and accessibility equipment for vehicles, scooters, wheelchairs and powerchairs, durable medical equipment and more. These products are instrumental in the pursuit of a richer and fuller life for people with mobility limitations.





# HAPPY Birthday

Dawn Roden	11/21
Steven Ross	11/21
David Peddicord	11/22
John Balbin	11/22
Terry Langston	11/23
Carl Hay	11/23
Robert Haberman	11/27
Daniel Brophy	11/27
Joseph Theriot	12/1
Ronald Latham	12/4
Kathryn Shear	12/4
Patrick Cain	12/5
Pauline Cox	12/8
Steven Terry	12/9
Jarlin Medlock	12/10
Brian Schmidt	12/10
Ivan Nance	12/10
Donnie Hedlind	12/11
Brian Price	12/13
Brian Thompson	12/13
Angel Enriquez	12/13
Scott Larsen	12/13
William Hauser	12/14
Donna Schymanski	12/15
Paul Dahlke	12/16
Paul Donovan	12/21
Duane Ingersoll	12/22
Bradley Williams	12/23
Brian Barlow	12/24
James Ledridge	12/25
Leslie Halvorson	12/29
Michael Mayea	12/30
Richard Dean	12/30
Edward Lawrence	12/31

*Wishing all  
Happy Thanksgiving  
&  
Merry Christmas from* **OPVA**

*Larry Gardner*

*Paul Dahlke*

*Dustin Simmons*

*Dan Service*

*Bill Gray*

*Carolyn Hamstreet Shores*

*Larry Ricklefs*

*Dennis Hooper*

*Don Wyatt*



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# November

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

 **Office Closed**

## Save the Date

- |           |                                 |
|-----------|---------------------------------|
| Jan 15-16 | Winter Rod & Speed Show         |
| Jan 18    | MLK Day (Office Closed)         |
| Feb 15    | President's Day (Office Closed) |
| Mar 6-7   | Salem Roadster Show             |
| Mar 19-21 | Portland Roadster Show          |
| Apr 9-10  | Pear Blossom Festival           |
| May 1     | Festival of Flowers             |

**ENJOY TOGETHER**

*Happy  
Thanksgiving*

# December

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 Christmas	26
27	28	29	30	31 New Year's Eve		

 **Office Closed**



**Merry  
Christmas**





## **VETERANS BENEFITS/SOCIAL SECURITY COLA ANNOUNCED**

The Social Security Administration (SSA) announced on October 13 that Social Security benefits will receive a 1.3 percent cost-of-living adjustment (COLA) increase starting in 2021. - COLA serves as a baseline for other federal benefit increases such as military and federal employee retirement pay which will also rise by that amount. As previously noted, Congress has passed legislation that would allow certain veterans' disability compensation programs to receive a similar boost. The bill was presented to the President on October 9 and now awaits his signature.

## **PVA AWARDED TSA'S DISABILITY COALITION PARTNER OF THE YEAR AWARD**

On September 28, the Transportation Security Administration (TSA) held its 18th Annual Disability and Multicultural Coalition Conference. During the event, which was held virtually, TSA Administrator David P. Pekoske, presented PVA with the award for Disability Coalition Partner of the Year. The award was in recognition of our efforts to educate transportation screeners about the unique needs of people with spinal cord injuries and disorders and screening considerations for people with disabilities during a pandemic. The latter effort resulted in a document produced by PVA and supported by nine other disability organizations that was transmitted to TSA earlier this year.

## **VA CAREGIVER EXPANSION AND FINAL RULE NOW IN EFFECT**

On October 1, VA announced that Secretary Wilkie had certified the IT system for VA's Program of Comprehensive Assistance for Family Caregivers (PCAFC). Thus, veterans with a service-connected disability rating of 70 percent or above who were seriously injured (including a serious illness) on or before May 7, 1975, or on or after September 11, 2001, may now apply for caregiver benefits. Also, on October 1, VA implemented significant changes to the existing caregiver program. All current participants will be reassessed to see if they are still eligible to participate in the program. We will be closely watching the implementation of the program and are working closely with PVA's Veterans Benefits Department to ensure that any systemic problems are quickly identified. More information about the program, including fact sheets on the application, eligibility, and current participants, is available [here](#).

## **PVA TESTIFIES AT HVAC HEARING ON ACCESS TO COMMUNITY CARE**

On September 30, the co-authors of The Independent Budget (IB)—DAV (Disabled American Veterans), PVA, and Veterans of Foreign Wars (VFW) testified before the House Veterans' Affairs Health Subcommittee on the timeliness of veterans' access to community care since VA implemented the MISSION Act. Roscoe Butler, PVA's Associate Legislative Director, gave the oral testimony on behalf of the IB.

Mr. Butler testified that the IBVSOs' members had reported ongoing issues exacerbated by COVID-19. Issues identified included veterans receiving bills for care provided through VA community care, the provider no longer participating in the program, wait times, and VA's cancellation of appointments earlier this year. Because of the specific problems PVA members have experienced with erroneous billing from community network providers, the IB's testimony further highlighted this specific concern.

## NEWS ITEMS OF NOTE

- Department of Labor Marks National Disability Employment Awareness Month

The U.S. Department of Labor issued a news release announcing the 75th anniversary of National Disability Employment Awareness Month (NDEAM) in October 2020. This year also marks the 30th anniversary of the Americans with Disabilities Act. "Americans with disabilities bring tremendous value to the workforce, and National Disability Employment Awareness Month is an opportunity for the nation to recognize and honor the contributions they make," said U.S. Secretary of Labor Eugene Scalia. "This year we also celebrate the 30th anniversary of the Americans with Disabilities Act, an important milestone in our effort to increase access and opportunity for all Americans."

- Update on COVID-19 Relief Legislation

On October 1, the House passed a revised version of the HEROES Act, which it originally passed back in May. It has a lower cost estimate than the original HEROES Act, but the list of included priorities for the disability community largely remains the same. Additional information from the Center for Public Representation is available [here](#).

- Expansion of Respite Relief for Military and Veteran Caregivers

The Elizabeth Dole Foundation and VA joined together to create a new program, Respite Relief for Military and Veteran Caregivers, which offers family caregivers of veterans access to no-cost, short-term relief with the help of in-home care professionals. The program started out with CareLinx providing \$1 million to launch the first phase of the campaign that is providing non-medical respite home care for more than 1,600 caregivers and their wounded warriors in metro regions of California, Florida, and Texas. With additional funds from Wounded Warrior Project, the program will continue to expand to reach 3,000 caregivers in a phased nationwide roll-out of services to additional areas across the country. More information, including how to apply, is available [here](#).

Courtesy of the ARCH National Respite Network and Resource Center

- New Report on Impact of Caregiving

BlueCross BlueShield (BCBS) recently released a report entitled, "The Impact of Caregiving on Mental and Physical Health." Close to seven million BCBS members are caregivers for their spouse or child(ren). Caregivers in the BCBS sample felt a 26 percent greater impact of health conditions that could lower their overall health, as measured by the BCBS Health Index, compared to a benchmark population. The survey also found that the health differences associated with caregiving are greater for millennials than for Gen X and baby boomers. Also, the differences are larger for those caregivers in communities with a majority Black or Hispanic population compared to caregivers in majority white population communities. Not surprisingly, COVID has increased the demand for and intensity of caregiving and has increased self-reported stress, isolation, and loneliness among caregivers. To read the report, please click [here](#).

Courtesy of the ARCH National Respite Network and Resource Center

- National Inventory of Self-Directed Programs

The fourth National Inventory of Self-Directed Long-Term Services and Supports Programs prepared by Applied Self-Direction for the 2020 AARP Long-Term Services and Supports (LTSS) State Scorecard provides a snapshot of self-direction programs immediately prior to the spread of COVID-19. The Inventory also examines the extent to which self-directed LTSS programs support family caregivers by allowing them to be paid workers and by offering respite services available to family caregivers. Included are the 2019 Inventory project methods, key findings, and emerging trends. For Respite Services, the data revealed that in 2019 the majority of programs reported that respite was a waiver service or, in the case of Veterans Health Administration's Veteran-Directed Care (VDC) programs, that funds could be used to pay for respite services. While respite is not explicitly part of the VDC program plan of care, program rules do not prohibit participants from using allotted staff time to provide respite services.

Courtesy of the ARCH National Respite Network and Resource Center

- HVAC Subcommittee on Technology Modernization Hearing on the Electronic Health Record Modernization Program

On September 30, the House Committee on Veterans' Affairs, Subcommittee on

Technology Modernization conducted an oversight hearing entitled: "Examining VA's Ongoing Efforts in the Electronic Health Record Modernization Program." During the hearing, subcommittee members expressed concern over VA's ability to meet its timeline for launching the modernized electronic health record (EHR) at hospitals around the country and how well it will work with the military's new system, as its deployment lags behind that of the Department of Defense's (DOD) Military Health System—GENESIS. The programs are being developed under the same Cerner EHR platform with the ultimate plan to create interoperability between them so service members' health records can seamlessly transition from DOD to VA.

VA plans to launch the EHR in late October at the Mann-Grandstaff VA Medical Center in Spokane, Washington. This go-live date has already been pushed back twice due to a lack of training and impacts of the ongoing pandemic. After the first major launch in Washington state, VA plans to update the IT systems of dozens of centers over the next several years. Eventually, more than 100 centers will transition to the Cerner-based cloud platform.

- AAPD Report on Voting during the Pandemic

The American Association of People with Disabilities (AAPD) has published a nonpartisan policy report, COVID-19 and the Disability Vote, urging federal, state, and local governments to take immediate action and ensure that voters can cast a ballot safely, accessibly, and securely



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in the 2020 general election. This report explores how COVID-19 has both created and worsened a variety of accessibility barriers that disenfranchise voters with disabilities. For many people with disabilities who face a higher health risk from COVID-19, in-person voting is too risky. However, vote-by-mail and absentee voting present other accessibility barriers to voters with disabilities.

## WEBINARS

- PVA Webinar on Voting Now Available

On October 6, PVA hosted a webinar with the National Disability Rights Network entitled, "Understanding Voting Access for Veterans with Disabilities During a Pandemic." The webinar is now available on PVA's dedicated voting webpage. The direct link is available here.

- DOL Presents Building a Future That Works

The U.S. Department of Labor will host a virtual celebration of the 75th annual National Disability Employment Awareness Month (NDEAM) and the 30th anniversary of the passage of the Americans with Disabilities Act. "Building a Future that Works" will be held on October 20 from 2:00-3:00 p.m. ET.

The event will explore the crucial role of accessible technology in relation to this year's NDEAM theme of "Increasing Access and Opportunity" for people with disabilities, and the Labor Department's work to ensure that emerging technologies are accessible to all in the workplace. One of the panelists is Rory Cooper, Ph.D. – Distinguished Professor at University of Pittsburgh and PVA member. Features will include insightful dialogues with thought leaders and a video showcase of the latest innovations in communications, artificial intelligence, autonomous vehicles, and more. To register, click here.

- Access Board Webinar on Built-In Elements

The next webinar in the Access Board's free monthly series will take place November 5 from 2:30 – 4:00 (ET) and will review scoping and technical provisions for built-in elements in the Americans with Disabilities Act and Architectural Barriers Act Accessibility Standards (Chapter 9). This session will address the requirements for dining and work surfaces, benches, check-out aisles, and sales and service counters. Presenters will clarify common sources of confusion and address frequently asked questions about these provisions. To register, click here.



 Paralyzed Veterans of America

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## Membership Application

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted or commissioned for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States, or our allies as evidenced by other-than-dishonorable character of service documented by a verifiable DD-214 or DD-215 (entry-level separation not acceptable); (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. **Complete and return application to the chapter of choice or by mail/email to:** Paralyzed Veterans of America Membership Department, 801 Eighteenth Street, NW, Washington, DC 20006; (E) members@pva.org. Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.

**Chapter Name:** Oregon Paralyzed 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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