

May-June 2022
Volume 26, Issue 3

PARALOG



Paralyzed Veterans of America

Oregon Chapter

Oregon Paralyzed Veterans of America

“Serving Those Who Served”

www.oregonpva.org



Oregon Chapter

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

After Hours Number

888-233-8305

Portland VA Contact Phone Number

503-273-5308

RESOURCES

ID Cards

www.vets.gov

eVetRecords

www.archives.gov

Vocational Rehab & Employment

www.gibill.gov

eBenefits

www.benefits.va.gov

Women Veterans Health Care

1-855-VA-Woman

US Disaster Hotline

(800) 626 4959

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.

The views and opinions expressed in the Paralog are not necessarily a direct representation of the views or ideas of Oregon Paralyzed Veterans of America who hereby disclaims any responsibility for opinions expressed by contributors and printed in the Paralog.

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

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Cover Photo: Yaquina Bay Lighthouse
(Courtesy of Adobe Stock Images)
Page 3 Photo: Sand Dunes at Winchester Bay
Courtesy of Adobe Stock Images

PRESIDENT NEWS

**Come and join us May 21st,
at Willamette Speedway!**



Willamette Speedway
Lebanon, Or



Larry Gardner – President

First of all, I want to say a big thank you to:

- OPVA Board Members
- Office Staff
- Chapter Members
- Associate Members
- Volunteers
- Sponsors
- National PVA

for everything you do! Without all of us working together as a team we would not be a successful Chapter.

We all know the last two years has been a challenge for everyone. Now we are into a new year, with a very busy schedule ahead of us, and as always are in need of more volunteers at our events coming up.

We also have some room for more Board Members, a Sports Director, Sports Coordinators and MS Liasion. If anyone has some interest in any of these positions, please call the office and we will provide all the help you will need to get started and be successful.

In the Paralog, we do our best to keep everyone up to date on our past and future events coming up along with the Chapter news. If anyone has any questions, please call so we can help in any way we can.

With the nicer weather upon us, it's

a great time of year to get out and get involved. Please support our upcoming events and stop by our booth to say "hello." We can always use help with the setting up and tearing down at events.

On May 21st, we will be at the Willamette Speedway in Lebanon. We will be the recipient of the 50/50 raffle. So come on out and have a great time with your fellow Chapter members.

The Chapter Membership Meetings are very important to us. This lets us visit with all the members possible, answer questions you may have, bring everyone up to date on chapter news, and listen to suggestions or complaints. Please join us for a meeting in your area and enjoy for some good food and lots of fun.

The Chapter is always working on ways to reach out to the Oregon, Idaho and SW Washington population to increase our membership. We know there are lots of veterans out there who will qualify. If anyone out there knows a Veteran with spinal cord damage, MS, or ALS please have them contact our office for possible membership and benefits. That's all I have for now and thank you so much!

Calling All Members!!!



Time: 11am - 4pm



Food • Fun • Fellowship

June 11, 2022
OPVA Members Meeting
South Salem Elks Lodge

**2336 Turner Rd SE,
Salem OR 97302**

For more information and to RSVP:
503-362-7998 • oregonpva@oregonpva.org
www.oregonpva.org

EXECUTIVE DIRECTOR Update

COMING
SOON

OPVA is in the process of
changing it's name to:
TriState Chapter



Tom Hurt – Executive Director

Greetings from your chapter office, Now that Daylight Savings time is in effect, we are getting more light in the evenings. Hopefully you have been able to get out and enjoy yourselves. Unfortunately, in the Willamette Valley we have not only had enormous amounts of rain but measurable snow in April. As you go out to enjoy the lighter evenings, be careful out there.

Last month, we set up an awareness booth down at the Pear Blossom Festival in Medford. We met with another organization called “David’s Chair,” they have a bunch of Track Chairs that are available to use to be able to get out on the beach or mountain trails down in southern Oregon. Their website is: www.davidchair.org your contact person is Kirk Mickelsen.

Your chapter does have a couple of Track Chairs you can check out, as well. However, you would need to pick up and return to the chapter office in Salem. All in all, we got to talk to a bunch of people at the festival.

We do have several items that can be checked out for our members to use; 2 – Track Chairs / Handcycle / Bowling Balls / Fishing Poles / Discs for Disc Golf, I am sure there are more items as well. Don’t let not having the equipment keep you from getting out and having fun.



Speaking of having fun, our first Members Picnic is scheduled in the Salem area. It will be at the Elks Club on Airport Rd. on June the 11th, find the flyer, on page 5, for more information.

We are scheduling the Southern Oregon Picnic out at Bowman Pond, again this year. (See page 26) Mark your calendar for September 10, 2022. If you didn't make it last year, you really want to come this year. This is a truly magical little oasis down in Winston, OR. We will have Fishing, Disc Golf, and Archery. Oh and don't forget: I will be cooking some of the **BEST** burgers (if I do say so myself). You don't need to worry about bringing any equipment it will all be provided. Just don't forget to bring your appetite!

I would like to thank Larry Ricklefs for being our Government Relations Director since 2019. As life happens, Larry has stepped down. Thank you, Larry, for your years of service, Sir!

With that I would like to thank Don Hedlind for stepping up to fill Larry's shoes. Now, Don is filling two positions for your Chapter, I am sure most of you have spoken to Don as your Membership Director. Don has done a great job reaching out to the membership.



Thank you Larry Ricklefs!

You could be like Don, and volunteer to help serve our veteran membership.

Your Board of Directors Elections are right around the corner. If you have a heart for your fellow veterans, and would like to make a difference, let us know that you would like to throw your hat in the ring and be one of Directors "Serving those Who Served. Thank you to the Executive Board;

- Larry Gardner, as President
- Bill Gray, as Vice President
- Carolyn Hamstreet Shores, as Treasure
- Dennis Hooper, as Secretary.

Your drive to keep the Chapter going in a forward motion. As members of this chapter, you need to know that these individuals put your needs to the front of the line continually and what they do they do for YOU!

PVA
Paralyzed Veterans of America
Oregon Chapter

2022 Deep Sea Fishing

Free For Voting Members!
Bring a guest for \$65!

Dates and Boarding Times:

- May 25th - 5:30am
- July 19th - 5:30am
- Sept 19th - 6:30am

DOCKSIDE CHARTERS

5 Hour Trip - Lingcod and Rockfish

**Address: 270 Coast Guard Dr. Depoe Bay
541-765-2545**



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Tigard

Salem

12154 SW Garden Pl
Tigard, Oregon 97223

4280 25th Ave NE
Salem, Oregon 97301





155 McNary Estates Dr N
Keizer, OR 97303



Oregon Chapter

SAT. JULY 16 2022

OPVA GOLD CUP

13TH GOLF ANNUAL TOURNAMENT

Title Sponsor



Cost:

\$125 Individual

\$400 Foursome

Register Online

www.oregonpva.org

503-362-7998

Registration and Team Photos: 10am
Shotgun: 1pm

Prizes:

- \$10,000 Hole in 1
- Putting Contest Cash Prize
- Closest to the Pin
- Longest Putt
- Longest Drive
- Prizes on holes 4, 7, 8, 10, 15, 17, & 18

Awards:

- Teams: Mens, Womens & Mixed Teams

THANK YOU TO OUR SPONSORS!!!



MEMBERSHIP DIRECTOR UPDATE

Mark your calendar for lots of great upcoming events!



Membership Meetings & Picnics



Donnie R. Hedlind - Membership Director

Hello to all our members. Hope you are enjoying the sunshine and fun that comes with brighter days. We encourage you to get out and into "Mother Nature" to enjoy what she has to offer. We have a very busy schedule this Summer for you to attend and associate with us and our other members.



On May 14th, at the Albany Gun Club, we will be having a Funshoot Fundraiser. Come on out and shoot some clay pigeons with us. You will be surprised just how much fun you can have, and the facilities are accessible. The club does a great job of accommodating us and we would like to thank them for hosting this event at their club. More info on page 11.

If you like racing, the Willamette Speedway, is doing a 50/50 Fundraiser for OPVA on May 21st;

it is Armed Forces Day, so come on out and enjoy yourself, watch some racing, eat a hot dog, and drink a coke.



Our 1st Deep-Sea Fishing trip kicks off at 5:30 AM on May 25th, at Dockside Charters, out of Depoe Bay. There are still a couple spots open as of this writing, if you miss that one, no worries... We have 2 more scheduled along with a Salmon Fishing trip in September. Nothing like catching a big fish with friends and Dockside will even clean your catch. Now that's a win-win! OPVA would like to thank the folks over at Dockside Charters for all they have done for us and the way we are treated by their staff. We look forward to fishing with them in the future.

As a member of OPVA, you are entitled to a \$250 annual Recreational Fund reimbursement, just for getting out there and doing something!

You can even use it for gas, hotel and/or to GO FISHING!!! Memorial Day weekend is fast approaching, so get the family in the car, truck, or RV and head out into the fresh air and have some fun!



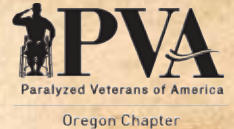
We head back to Lebanon for the annual Strawberry Festival on June 3-5. There is nothing like beautiful red-ripe strawberries sitting on top of homemade shortcake, topped off with a scoop of ice cream; "Now, that's a slice of heaven right there." How can anyone turn that down????!!

On June 18th, we will be attending the Roll the Dice Car Show, at Spirit Mountain Casino. We will have our 77 Corvette and Artic Cat there. We will be selling raffle tickets for both vehicles. So, come on out to say "hello", look at cool cars and support your favorite veterans!

Our Membership Meeting is on the books for June 11th, at the South Salem Elks Club. We expect you to be there and enjoy good food, friends, and festivities.

As your Membership Director, I want to connect with you, see how you are doing, and keep you informed about what your Chapter is up to and where we are at. If you have any friends or acquaintances, who may qualify for membership in our Chapter, please send them our way. We are always looking for volunteers who can help us out with our events and enjoy so good old fashioned chatter.

Our Board Members and Ambassadors will also be contacting you when we have an event in your area, so look for our phone calls. We work hard to schedule and bring these events to you, so come on out and see us. Look for a phone call from me with the area code (406) give me a call back if you get my voicemail. Since it is a cell phone number, it is also OK to text me. I would love to talk with you and catch up. Until then HAVE FUN!



May 14, 2022

Funshoot Fundraiser



LOCATION: ALBANY GUN CLUB

35305 HWY 20 SE
ALBANY, OR 97322

TIME: REGISTRATION BEGINS AT 9AM
TRAP EVENT: 10:00AM - 4:00PM

COST: EACH GAME COSTS \$4.00

- ALL PROCEEDS SUPPORT OPVA SPORTS PROGRAMS
- RAFFLE PRIZES FROM SPORTSMAN'S WAREHOUSE
- FAMILY FRIENDLY

THANK YOU TO OUR SPONSORS!



NRA

FOR INFORMATION: OREGON PARALYZED
VETERANS OF AMERICA

503-362-7998 • WWW.OREGONPVA.ORG

We proudly support Oregon PVA



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. If you are a non-service connected Veteran, you also may be eligible for benefits towards mobility solutions.

Portland East

12905 NE Airport Way
Local: 503-564-7155

Portland West

4347 NW Yeon Ave
Local: 503-243-2940



We're here to help!

Call today to schedule a test drive, either at your home or at our facility...we can come to you!



Proud Supporters of the



Oregon Chapter

Recreation Fund Reimbursement

(Members Only)

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 (legible photo copy is ok) 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. Please note: drugs and alcohol will not be reimbursed.

♦ **Eating Out** ♦ **Movies** ♦ **Games** ♦ **Hobby Supplies** ♦ **Motel** ♦ **Sports**
♦ **Event Tickets** ♦ **Guns** ♦ **Trips** ♦ **Vacation Expenses (lodging food, gas etc)** ♦
OPVA Events etc

All receipts must be dated and used within this current fiscal year (10/1 - 9/30). Rec Funds **NOT** received in a timely matter will be denied.

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 25th**. 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.



Memorial Day A Day to Remember and Honor

Traditional Observances in Oregon:

Memorial Day Parades:

**Wasco, Kalamath Falls, Prineville, Reedsport,
Seaside, and Warrenton**

Memorial Day Services:

- **11am Korean War Memorial, Willsonville**
- **(Start time TBD) Ocean View Cemetery, Warrenton**
- **(Start time TBD) Fort Stevens Cemetery, Warrenton**
- **2pm Benton County Veterans Memorial
at National Guard Armory, Corvallis**
- **11am City View Cemetery, Salem**
- **3pm Afghan-Iraqi Freedom Memorial Service, Salem**
- **11am Veterans Memorial Park, Klamath Falls**
- **11am Hillsboro Pioneer Cemetery, Hillsboro**

Get Paid to Have Fun!



\$250 REC FUND REIMBURSEMENT

Dear OPVA,

My birthday is March 28th. My only daughter's birthday is the 31st. We always celebrate together. Saturday we went to Red Lobster with her fiance. On my birthday she's going to a Blazer's game with me.



Thank you again,
Steve G.

Thank you so much for this fund!
I used it to help pay for fuel to go
visit my grand daughter. It had been
7 months since I have seen her.
Again, thank you!

Semper fi,

Julie P



To OPVA/Rec Fund,

Model Railroading Kits and supplies are a great hobby for the rain and wet, Fall, Winter and Spring indoors!

Thanks!
Neal T.





SHOW & SHINE

Car Show

JULY 30 2022



TITLE SPONSOR



Location: Home Depot 3795 Hagers Grove Rd. SE Salem OR 97317

Registration: 8am Show Time: 10am - 2pm

**For more information: Oregon Paralyzed Veterans of America
503-362-7998 • www.oregonpva.org**



Adaptive Sports Spotlight

Wheelchair Accessible Campgrounds

Here are a few of the many accessible campgrounds
Get Out and Have Fun!!!

Cabin 15 at Fort Stevens
Photo Courtesy of Charles Pannell

Oregon: Visit: <https://stateparks.oregon.gov>

• **Fort Stevens (near Astoria):** 8 cabins and 10 yurts are accessible
Reservations: <https://oregonstateparks.reserveamerica.com>

• **Umpqua Lighthouse State Park (Near Florence)** Yurt 16,
Sleeps up to 7 people wheelchair accessible bathroom and shower inside yurt.
Reservations: <https://oregonstateparks.reserveamerica.com>

• **Milo McIver State Park (near Portland)**
one ADA standard campsite, powerchair charging station.
Reservations: <https://oregonstateparks.reserveamerica.com/>



Yurt 16 at Umpqua Lighthouse State Park
Photo Courtesy: Charles Pannell



Redtail ADA Cabin
Farragut Park

Idaho: Visit: parksandrecreation.idaho.gov/

• **Farragut Park (Near Coeur d'Alene)** 7 ADA sites and 1 ADA Cabin available for rent. ADA boat ramp, museum, restrooms and trails.

For reservations: Call 1-888-922-6743

Online: <https://idahostateparks.reserveamerica.com/camping/>

• **Lake Cascade State Park (North of Boise)** 7 ADA campsites and 1 ADA Yurt. ADA boat ramp and restrooms available.

For reservations: Call 1-888-922-6743 or

Online: <https://idahostateparks.reserveamerica.com/camping>

SW Washington: Visit: www.parks.wa.gov

• **Sequest State Park:** 18 partial-hookup sites and 15 full-hookup sites, four ADA restrooms and six ADA showers.

For reservations call: 888-226-7668 or www.washington.goingtocamp.com

• **Cape Disappointment:** 18 partial-hookup sites and 50 full-hookup sites, Yurts are ADA accessible, two ADA restrooms and four ADA Showers.

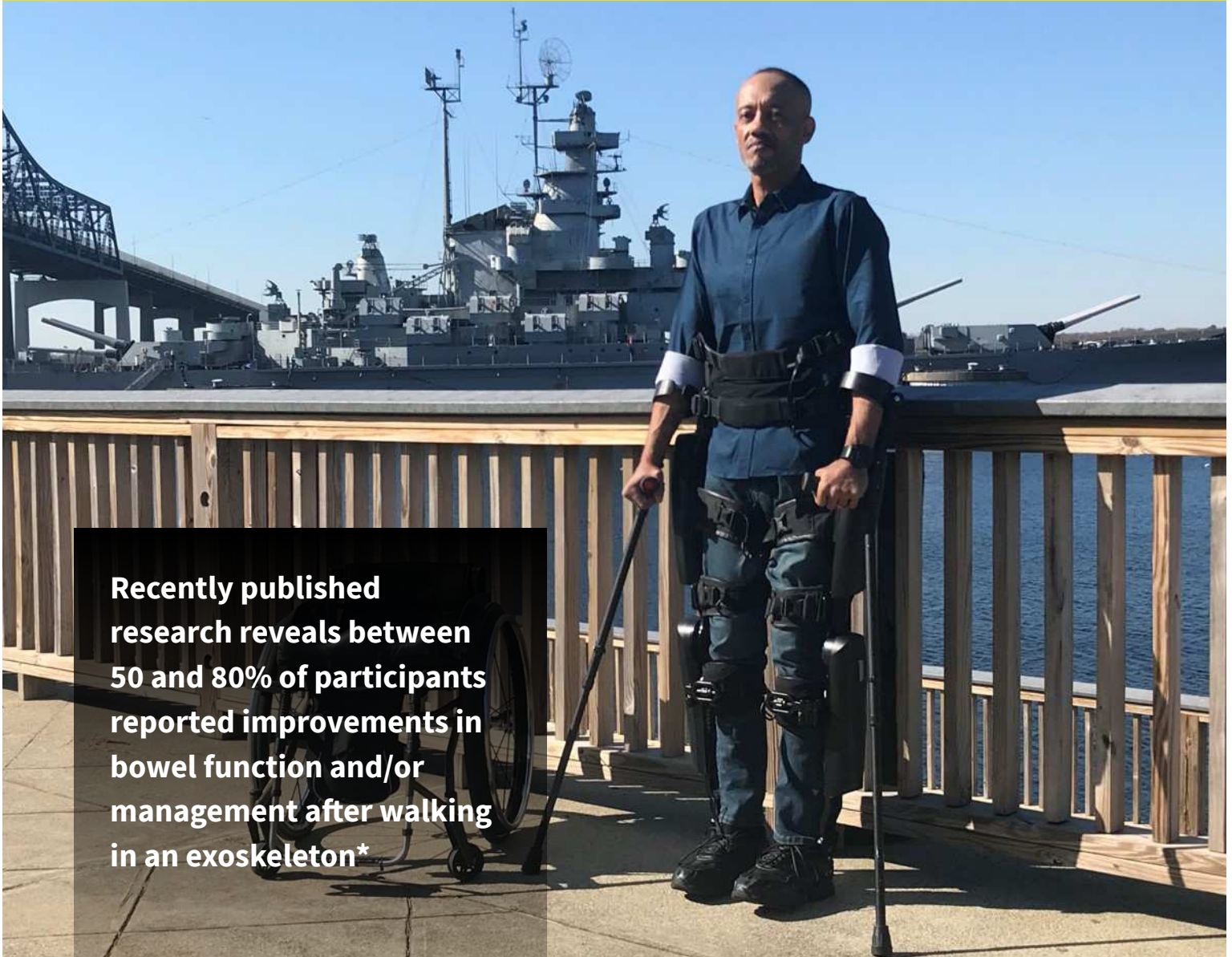
For reservations call: 888-226-7688 or www.washington.goingtocamp.com



ADA Yurts Cape Disappointment



Want To Improve Your Bowel Function?



Recently published research reveals between 50 and 80% of participants reported improvements in bowel function and/or management after walking in an exoskeleton*

Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton?

Contact ReWalk for more Information:
rewalk.com/contact or
508.251.1154 option 2

Resources For You 2022 Current Topics in MS – Free CME/CE

The MS Centers of Excellence (MSCoE) collaborate with the National MS Society on a quarterly CME/CE series. This FREE quarterly CME/CE webinar series has been designed to meet the educational needs of physicians, nursing professionals, physician assistants, mental health professionals, and other members of the healthcare team who manage patients with MS. Attendees must pre-register in the VA system to receive CME/CE credit.

- **Translational Research in Progressive MS**

Monday, May 9, 4 p.m. ET
Benjamin Segal, MD
Deborah Backus, PT, PhD, FACRM

- **Bladder Dysfunction in MS**

Monday, Sept. 12, 4 p.m. ET
Rebecca Lavelle, MD



Mental Health Professionals Clinical Discussions

Third Thursday of Every Other Month | 2:00 PM to 3:00 PM ET | [View Details](#)
Join the National MS Society and other mental health practitioners for a bi-monthly educational discussion series designed to enhance the knowledge base of mental health professionals. The format is an interactive video discussion and participation by all is encouraged. Please note, this month's call is on February 24th. Topic: Mental Health Advocacy: How Mental Health Providers Can Make a Difference.

2022 Virtual MS Summit

Saturday, May 21, 2022 | 8:00 a.m.– 4:25 p.m., PDT | Free | [Register Today](#)
The National MS Society's annual continuing medical education conference is hosted by MS experts in the Pacific Northwest Region, attracting an audience of neurologists, physiatrists, nurse practitioners, physician assistants, and others involved in the search for answers to the complex questions of multiple sclerosis. CME: 6.75 AMA PRA Category 1 Credits™

Make Your Voice Heard: MS State Action Days

Due to the ongoing COVID-19 Crisis, MS State Action Day events will continue to be held virtually; January – May 2022. Raise awareness and urge state lawmakers to make policy decisions that will help people with MS live their best lives and do so virtually. We will provide the information you need to share your patient's stories and make a difference. Your voice as a healthcare provider is so valued and important.

Thank you for being an important partner in the MS Movement!

Warm regards,

Vicki Kowal, MA, LPCC, NCC, MSCIR
Manager, Special Populations (Health Equity)
Phone 505-767-7097

Email: vicki.kowal@nmss.org
nationalMSSociety.org

Salmon

Deep Sea Fishing Trip



**Must RSVP
to OPVA
503-362-7998**

*** Check in at 6:30am ***

**DOCKSIDE
CHARTERS** 

270 Coast Guard Dr.
Depoe Bay, OR 97341
(541) 765-2545

- * Fishing license can be purchased at Dockside Charters.
- * Complementary coffee is provided.
- * Bring your own lunch, snack or drinks.
- * Don't forget about the Rec Fund to help with expenses
- * Bring a guest for \$65!

Oregon Paralyzed Veterans of America • www.oregonpva.org

VICE PRESIDENT UPDATE

Don't forget to check
pva.org
and va.gov
for the latest news!



**The American Veterans
Disabled for Life Memorial**

(Cortesy of The American Legion)



Bill Gray—Vice President & National Director

I encourage each of our members to visit the PVA.org, as well as, the VA.GOV websites to keep up with the latest that is happening attached is a copy of an article that was just sent out.PVAction Force Newsletter

PVA's 2022 Policy Priorities

Earlier this year, we released our veterans and disability policy priorities for 2022. Our priorities reflect the need for paralyzed veterans to have access to high quality, comprehensive health care and timely, accurate delivery of all earned benefits. They must also have equity of access to all opportunities and freedoms. The priorities for this year are as follows:

- Protect Access to VA's Specialized Health Care Services
- Expand Access to VA Long-Term Services and Supports
- Improve VA Health Care Services and Benefits for Catastrophically Disabled Veterans and their

Survivors

- Increase Access to VA Health Care and Benefits for Women Veterans with SCI/D
- Protect the Civil Rights of People with Disabilities
- Strengthen and Enhance Social Security Benefits
- Increase Employment Prospects for Veterans with Disabilities

Bipartisan Bill to Improve Availability of VA Home Care Introduced in Congress

A bipartisan group of senators and representatives have introduced the Elizabeth Dole Home and Community Based Services for Veterans and Caregivers Act of 2022 (H.R. 6823/S. 3854), which would make urgently needed improvements to VA home and community-based services.

If passed, this legislation would raise existing caps on noninstitutional care from 65 percent of the cost of nursing home care to 100 percent. It also requires the VA to establish a Veteran Directed Care (VDC) program at each VA medical center and ensure the program is available in the U.S. territories as well. It would also allow catastrophically disabled veterans to continue to use funds under the VDC program during a period of hospitalization to hire an attendant to assist with their non-medical needs during that time.

noninstitutional extended care services. The bill also includes a pilot program to address direct care worker shortages.

We call on Congress to quickly pass this desperately needed legislation and urge you to contact your senators and representative and ask them to support it.

Legislation Passes the Senate to Improve Access to Mammography for Disabled Veterans

On March 23, the Senate unanimously passed the Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act (S. 2533). This important piece of legislation directs the VA to develop a strategic plan to improve access and technology for mammography Services throughout the department. It would also create a tele-mammography pilot program for rural Veterans and for medical centers that do not offer in-house mammography services. PVA has been championing the MAMMO Act and is excited for its passage in the Senate as another provision within the bill will ensure increased access to screening services for paralyzed Veterans and veterans living with SCI/D. Nobody should be denied access to critical, lifesaving care because of mobility and the MAMMO Act would ensure that the VA does more to support breast health for our nation's veterans. We want the House to approve this bill quickly, so we encourage you to click here and urge your representative to support the MAMMO Act.



Other provisions in the bill would help pave the way for greater veteran participation in critical support programs such as Homemaker and Home Health Aide, Home-Based Primary Care, and Skilled Home Care. Additional language ensures careful consideration is given to the health care needs of any veteran who is removed from VA's Program of Comprehensive Assistance for Family Caregivers (PCAFC), ensuring they receive a smooth and personalized transition from the PCAFC to an appropriate program within the VA that meets their needs for



Save the Date
Members Banquet 2022

September 17th
Holiday Inn - Wilsonville

SPORTS

Corner

Here at the chapter, we are doing everything we can to get our members out and involved in the sports programs. If anyone has some interest in a sport that we don't list, please let us know so we can do our best to make it happen.

Our current most active sports programs are:

- Air Rifle Shooting
- Trap Shooting,
- Fishing

This year we have three Deep Sea Fishing trips out of Depoe Bay and have added a Salmon trip as our fourth trip in September. Hurry and get signed up ahead of time before the boat is full. You don't want to miss out!

We have a limited amount of trap shoots this year with a multiplex shoot every first Sunday of each month, but there are still lots of days the clubs are open for practice. This will help everyone get ready for our chapter National Trap Shoot held on September 24th and 25th of this year at the Hillsboro Trap and Skeet club.

The Air Rifle shooting events are scheduled right now by availability at The Albany Rifle and Pistol Club (Shedd, OR). Our next competition will be in June. The date and time have not been determined yet. Please stay tuned for more information.

Everyone is having a great time at these events so come and join us when you can. We have trap and air guns available for you to get started. We would love to have you come aboard so give us a call and let's go have some fun!

-Larry Gardner



Shooting

SPORTS

Corner



2021 -2022 OPVA Trap Team Current Scores:

Singles Average/Doubles Average

Larry Gardner	85% / 70%
Brad Gardner	94% / 86%
Jack Howell	76% / 68%
Wayne Howell	72% / 58%
Paul Dahlke	82% / 39%
Bill Gray	86% / 64%

Upcoming shooting opportunities:

- May 1st Multiplex at your local range
- May 14th Funshoot Fundraiser, Albany OR
- June 5th Multiplex at your local range
- September 24-25 National Trapshoot, Hillsboro OR

Please call the office at 503-362-7998 for more info.

**There is plenty to do
in our area!!!**

Floras Lake, Sourther Oregon Coast
Photo Courtesy: Wikipedia



By Dennis Hooper – Southern Oregon Ambassador

Hello my fellow Spring Breakers! What do I mean? I mean it is time to take a break from the plethora of bad news and embrace some positivity. The weather seems to be cooperating, so let that be some positive vibes to begin with.

Your Chapter is working hard to reach ou tto our members in Southern Oregon. You had a chance to meet with a couple of us at our OPVA booth at the **Pear Blossom Festival, April 8-9**. There wassomething for everybody; a great parade, lots of food and music; and many vendors downtown. We hope to see you at next year's Pear Blossom Festival.

Please check out our calendar of events in this Parallog. You can come try your hand at our next **Air Gun Competition**, coming in June. Or, if you want a bigger bang, come join us for a **Funshoot** and try your shoulder at trap shooting on **May 14th**.



There is plenty to do in our area! For this year's Memorial Day Weekend, check out the Azalea Festival in Brookings or the Boatnik Festival in Grants Pass. Please see page 26 for Memorial Day events being held.

Remember, our Deep Sea Fishing trips start in May also. Or, try your angling skills during the free fishing weekend on June 4-5. This also will give us people in the south an opportunity for a little road trip.

You can stop by our booth at the **Strawberry Festival in Lebanon, June 3-5**, while checking out the good waterways nearby, such as the Row River, Coastal Fork of the Willamette or one of the lakes, on the way.



Another opportunity for fishing is the **Take A Vet Fishing** event on **June 18th**, at Lake Hagg. Don't let the big ones get away! If you're a member, don't forget you can save your receipts for gas, traveling expenses, entertainment and use our annual Rec Fund for reimbursement.

I would like to remind everyone to get registered for the **National Veterans Wheelchair Games** coming in July. Please check out all the rule changes and most recent news at <https://wheelchairgames.org>. It looks like it will be a good event. You can keep in shape leading up to the games by bowling, playing some tennis, or taking a stroll on a nice trail.

One of the many treks I like is the New River trail system. This nature preserve offers a lot of different views. From Muddy Lake to Floras Creek and the ocean to the New River itself, there are trails accessible to the earnest. The river is actually new, as it was formed in a storm in 1890. There is plenty of accessible parking. Don't let the gas prices keep you home, you can use your recreation fund to help out.



Finally, for those of us that use a CPAP machine, please keep up with the recall news and updates. Our replacement machines should not be too far off. The VA has been working with the supplier to get these devices replaced. As always, if you have any questions or concerns, please call myself or your Chapter.



TAKE A SOLDIER FISHING
FREEDOM ISN'T FREE
www.takeasoldierfishing.org

When: Saturday, June 18, 2022

Time: 7 am to 4 pm Lunch: 11:30 am to 12:45 pm

Where: Henry Hagg Lake, Scoggins Park, Near Forest Grove, OR

Who: Volunteers with boats and fishing equipment will take Veterans and their immediate family members for a day of fishing.

For more information: Contact Jack Morby 503-704-1842 or email morby517@aol.com

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Food • Fellowship • Archery • Disc Golf • Fishing • Games • Prizes!!!

Please RSVP by Phone 503-362-7998 or email: oregonpva@oregonpva.org



Members Picnic
September 10, 2022
Bowman's Pond

1965 Olalla Rd,
Winston, OR





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JULY 7–12, 2022
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- **500+ Athletes**
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- Wine and cultural tours for the general public
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ACCESSIBLE

Walla Walla

Making the Walla Walla Valley
Accessible to All

Family Turns Firsthand Mobility Experience into opportunity to improve visitor experiences

By Vicki Hillhouse

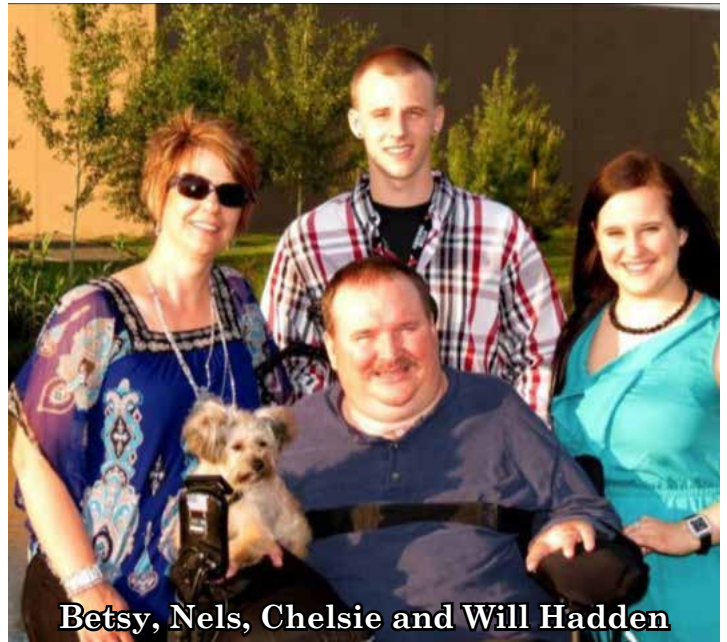
A vision was being imagined for the new dining room of a wing-centric restaurant in downtown Walla Walla, Washington, when Betsy Hadden lobbied for wider aisles around the tables. Hadden was on the marketing team to spread word of the new operation before its 2014 opening. But she and her husband, Nels, a U.S. Navy veteran and OPVA member, knew the sting of disappointment any time his power wheelchair couldn't fit through doorways or aisles of restaurants, venues and shops.

Her suggestions, including a corner table large enough for parties of eight and mobility devices of all sizes, were incorporated at Wingman Birdz + Brewz. Eight years later, the restaurant is part of a growing list of businesses and sights on a new website the Haddens are developing to showcase accessibility in the greater Walla Walla area.

Accessible Walla Walla — accessiblewallawalla.com — launched in late 2021. The site is developing in real time to provide accurate and detailed information for residents of and visitors to the Walla Walla and Touchet valleys with a range of accessibility accommodations. Lodging, dining, outdoor activities, wine and beer tasting venues, events and cultural activities are among the featured listings.

The concept is inspired by the lived experiences of the Hadden family, including guidance from a similar website on the first family vacation after Nels was hit by a car and paralyzed below the neck. It is designed to improve the quality of life for an often-overlooked population of people while simultaneously working to build an untapped segment of the region's tourism industry.

“Build it, and they will come,” Betsy says.



Betsy, Nels, Chelsie and Will Hadden

She scours the area, visiting historical monuments, wineries, restaurants, farm destinations and local attractions, making notes on accessibility that can be posted and shared as a guide for those with hearing and visual impairments, mobility accommodations and neurodivergence, as well as those simply interested in learning about and visiting such places.

Updates are posted on Accessible Walla Walla's social media platforms. The website was launched with money from a private investor money and is hoping to be sustained by grant funds.

The Haddens know the information is valuable for visitors to businesses because a site like this worked for them.

In 2009, Nels Hadden, a 9 ½-year Navy veteran who worked on Trident submarines until 1993, had pulled over to help a motorist whose vehicle had flipped on an icy stretch of Oregon highway east of where the John Day River meets the Columbia. While setting up road flares, he was hit by a separate vehicle at 55 mph.

The crash left him with a torn aorta in his heart, punctured lungs, a broken pelvis, lacerated liver and spleen, breaks in every rib and crushed lower legs and left arm.

The father of two, daughter Chelsie was a senior in high school at the time and son Will was a sophomore, was in a coma for two months. When he was released from the hospital another 11 months and more than 50 surgeries later, he longed for the ocean.

It was a trip no amount of rehabilitation had prepared the family for. So Betsy started with an online search.

"I Googled 'accessible hotels,' and came across a website in Lincoln City," Betsy says of the Oregon Coast community. "That's how I planned the whole trip."

The site is no longer live. But at the time it allowed her to click on hotels and see their floor plans. She could also scan recommendations for things to see and do, and places to eat. "How cool was this?" she recalls. "We were just learning how to live at that point."

She had long wanted to replicate the idea in Walla Walla. She even bought the domain name more than a decade ago. But a career in events planning and management took off, and she didn't return to the concept until COVID-19 shut down the kinds of gatherings she created. The timing aligns with an already established tourism industry around Walla Walla's world-class wine, art and food. It also comes as businesses and communities awaken to the impact of accessible tourism.



Photo courtesy of
Welcome to Walla Walla County

According to the CDC, 61 million adults in the U.S. — 26% — live with a disability. An aging population is only expected to build those numbers in the future, travel experts say.

The U.S. Bureau of Transportation Statistics reports an estimated 25.5 million people in

America have travel-limiting disabilities, accounting for 8.5% of those 5 and older in 2017.

Meanwhile, the disability travel market continues to grow. In 2018 and 2019, more than 27 million travelers with disabilities took 81 million trips and spent \$58.7 billion on their own travel, according to the Open Doors Organization, a nonprofit that teaches businesses how to make their goods and services accessible. The spending was up from \$34.6 billion in 2015.



The Haddens believe their operation can serve as a gateway for growth in Walla Walla. "The numbers are here. The potential is here," Betsy says.

More Businesses Making Steps Toward Accessibility

An increasing number of businesses are actively working to accommodate guests of all needs. Valdemar Estates on Walla Walla's Southside recently became the first 100% inclusive and accessible winery/tasting room in the U.S. The winery introduced visual-friendly tasting cards, braille menus and QR codes leading to signed and spoken descriptions of each wine.

Visitors with visual impairments receive detailed directions, for instance, to navigate the winery, including the number of steps from the front door to an elevator or staircase leading to the tasting room. No details have been left out in planning for guests, General Manager Kaleigh Brook says. Visitors who need their hands free can keep their glasses looped with a neck piece.



Straws are provided for those without use of their arms. All staff are trained to ask, “Will you need assistance?” when they book appointments. For lip-reading guests, management makes sure a staff member without a beard is on duty. Lighting can be adapted to accommodate sensitivities to brightness.

“Wheelchair access, for me, is the baseline,” Kaleigh says. “A ramp, close parking — that really is meeting the base requirement of what is possible.”

Valdemar consulted with and learned from hearing and visually impaired residents, along with those who use mobility assistance, in order to better understand how to serve its customers. “It’s very difficult to go out if you’re completely blind or deaf and not feel singled out,” Kayleigh says.

That’s the opposite of how Brendon Mendoza wanted guests at Wingman to feel when Betsy made her suggestions.

“When we designed Wingman, it was important to me that we had the inclusiveness of everyone top of mind during our build,” Brendon says. “We are lucky to be in a great community where we have people of all abilities. Everyone just wants to dine out and have a great experience, and that is our commitment to provide. We hope to continue with innovation and strategies to do even more in the future.”

Among the ideas: making a menu available in braille. That concept is also embraced at Yamas Greek Eatery on Walla Walla’s First Avenue.

Owner Dimitris Sidiropoulos’ says seeing the hardship of navigating the restaurant with a power chair inspired him to rearrange his tables.

When the restaurant recently expanded into neighboring space, a gap in the flooring would have created a barrier for fluid movement, especially for those with mobility devices. “Life is hard enough, especially these days,” he says. So he filled in the gap and raised up the flooring. He’s also working on an accessible entry from the back parking lot of the restaurant. “It’s all about living together, I think,” he says.

Around the corner and up the road, a similar philosophy is shared at retro roadway inn The Finch. Manager Morgan Davis said the 3-year-old hotel, reimagined from a previous inn and suites, incorporated concrete, ramps and ample pathways into its design. Among the 80 rooms in its four buildings are two accessible suites, complete with roll-in showers, external doorbells that provide flashing lights inside for the hearing impaired, and lowered knobs, hangers and helving for guests in wheelchairs.



With input from the Haddens, the hotel plans to switch out its platform beds in its accessible rooms to ones with lifted frames so that guests who need lifts can use them.

Betsy offers herself as a consultant to businesses on accessibility. In the long run, she sees ample opportunities to grow events, including ideas that can add to those that already exist, such as Tour of Walla Walla bike races or the Peach Basket Classic three-on-three basketball tournament.

A separate business venture within the Hadden family is Accessible Walla Walla Tours. The service, led by Will Hadden behind the wheel, provides shuttle rides and transportation, as well as custom tours, in a Ford Transit 3500 van that carries one power wheelchair, or two manual wheelchairs or scooters, and up to seven other guests.

“We’re not just a tour business,” Betsy says. “We live the life.”

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 <i>Happy Mother's Day!</i>	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 BOD Meeting	27	28
29	30 Memorial Day	31				

 **Office Closed**



June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 <i>Happy Father's Day!</i>	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 BOD Meeting		

Save the Date

- | | | | |
|----------|--|---------|---|
| May 14 | Funshoot Fundraiser, Albany | July 4 | Independence Day Parade (City of Independence) |
| May 21 | Willamette Speedway 50/50, Lebanon | July 10 | ATV Artic Cat Raffle (Marion County Fair @ 3pm) |
| May 25 | Deep Sea Fishing (Check In at 5:30am), | July 16 | OPVA Gold Cup Golf Tournament, Keizer |
| June 3-5 | Strawberry Festival, Lebanon | July 19 | Deep Sea Fishing (Check In at 5:30am) |
| June 10 | Members Meeting at South Salem Elks Club | July 30 | OPVA Show and Shine Car Show, Salem OR |
| July 1 | OPVA Night at Keizer Volcanoes | | |
| July 4 | Military Tribute at Keizer Volcanoes | | |



HAPPY BIRTHDAY!!!

D. Alexandra Wolfe	5/3	Larry Whitmire	6/10
Alexander Smith	5/6	Miguel Vera	6/12
Anne Wyatt	5/7	Kevin Parker	6/13
Donald Linwood	5/9	Daniel Chytka	6/13
Clifford Svoboda	5/10	Frederick Parker	6/14
John Caldwell	5/13	Christina La Fon	6/14
Jacob Wacker	5/15	Gerald Sandlin	6/15
Terri Gardner	5/15	Kenneth Swiderski	6/16
Edward Curtis	5/18	Terry Ogan	6/17
James Kimsey	5/19	William Gray	6/19
Gloribel Casalduc	5/20	Michelle Morris	6/25
Steven Huft	5/20	Joel Satoris	6/27
Lonnie Morgan	5/22	Robert Moore	6/27
Toby Newton	5/24	Catherine Ballard	6/28
Donald Lambert	5/24	Harold Johnson	6/29
Michael O'Connor	5/25		
Thomas Hartzell	5/25		
Ervin McLain	5/25		
Michael Miner	5/26		
Steve Hubley	5/26		
Erik Berg	5/26		
Barbara Bingham	5/27		
Susan Hruza	5/28		
Matthew Allmaras	5/28		
Michael McAlvage	5/31		
Carl Jensen	6/1		
Nels Hadden	6/1		
Justin Larson	6/1		
Gene Stuart	6/3		
Rex Stevens	6/3		
Kelly Jordan	6/6		
Russell Goffin	6/9		





Washington Update

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

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

April 14, 2022

Volume 30, Number 7

Visit the PVAAction Force page to view our latest alerts and a list of key legislation and its status. Check out our latest blog on our women veterans' policy priorities.

FY 2023 BUDGET SUBMISSION WOULD FUND ARRAY OF DISABILITY COMMUNITY PRIORITIES

The Administration's fiscal year (FY) 2023 budget submission proposes significant increases in funding for numerous programs affecting Americans with disabilities.

The budget requests \$37.7 billion in discretionary funding for the Department of Justice, a \$4.2 billion increase from the 2021 enacted level. Promising to reinvigorate federal civil rights enforcement, the budget offers \$367 million, an increase of \$101 million over the previous level, to support police reform, the prosecution of hate crimes, enforcement of voting rights, and efforts to provide equitable access to justice.

To protect elections and the right to vote, the budget proposes \$10 billion over ten years for the Election Assistance Commission to fund grants increasing access and security to the ballot. States would be responsible for assessing their most urgent needs and making changes under those grants. However, new voting machines are among the top priorities for those grants, which are required to be accessible under the Americans with Disabilities Act and the Help America Vote Act.

The Federal Transit Administration would receive an \$8.2 billion increase to \$21.1 billion. The funds are targeted to efforts to strengthen the nation's transit systems, reduce emissions, and improve transportation access for people with disabilities and historically disadvantaged communities.

For the Social Security Administration (SSA), the budget provides an increase of \$1.6 billion, or 14 percent over the 2021 enacted level, to improve services at SSA's field offices, state disability determination services, and teleservice centers. The budget also seeks to improve access to SSA's services by adding staff to speed disability claims processing and reduce wait times.

The Department of Labor (DOL) would see an increase of \$397 million to \$2.2 billion. The budget increases funding for DOL's Veterans' Employment and Training Services' (VETS) Homeless Veterans' Reintegration Program to \$62.5 million, enabling the program to serve over 1,000 additional veterans experiencing homelessness. The request also provides the Employment and Training Administration \$10 million for a new program, developed in collaboration with VETS and the VA, focused on helping veterans shift to careers in clean energy. The Office of Disability Employment Policy's request is \$58 million, which includes increased funding of \$19 million to support new initiatives that address the challenges posed by the COVID-19 pandemic for people with disabilities. Overall, VETS would receive almost \$331 million, an increase of \$14.6 million, to enable VETS to serve more veterans experiencing homelessness; improve USERRA (Uniformed Services Employment and Reemployment Rights Act) enforcement capabilities, financial operations, and knowledge management; and policy and workforce coordination.

At the Department of Housing and Urban Development (HUD), the budget provides \$180 million to support 2,000 units of new permanently affordable housing specifically for the elderly and persons with disabilities.

The budget also contains \$35 billion in HUD funding for state and local housing finance agencies and their partners to provide grants, revolving loan funds, and other streamlined financing tools that reduce transactional costs and increase housing supply, as well as grants to advance state and local jurisdictions' efforts to remove barriers to affordable housing development.

The budget would also provide nearly \$500 million to the Centers for Medicare and Medicaid Services Survey and Certification, an increase of 24 percent, to support health and safety inspections at nursing homes and enhance Medicare behavioral health benefits, eliminate cost sharing for vaccines, and add coverage of services from community health workers.

Finally, the budget includes a \$48 million initiative to build a more equitable National Park System. Through this initiative, the Department of the Interior would expand operations at parks that preserve and tell the story of historically underrepresented and marginalized groups, further integrate tribal viewpoints into park management, address transportation barriers to parks from underserved communities, and improve park accessibility for visitors and employees with disabilities.

DOT PUBLISHES PROPOSED RULE ON ACCESS TO LAVATORIES ON LARGER SINGLE-AISLE AIRCRAFT

After years of delays, the Department of Transportation (DOT) recently published a notice of proposed rulemaking that would eventually require an accessible lavatory on larger single-aisle aircraft.

The language of the proposed rule stems from a 2016 negotiated rulemaking in which PVA and other stakeholders came to agreement that would give a date certain for accessible lavatories but still requires a lengthy timeline for full implementation.

In light of delays in publishing the rule and equity concerns, DOT is seeking comments not only on the rule but also whether the proposed timeline should be shortened or accessibility requirements lessened to provide more access sooner. In a DOT news release about the proposed rule, PVA National President Charlie Brown said, "We cannot underscore the importance of having dignified access to lavatories for our physical health and well-being, and we must have lavatory access as soon as possible."

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PVA will be providing comments on the rule which are due May 27. We also encourage PVA members to submit individual comments about the importance of having lavatory access on single-aisle aircraft as soon as possible.

VA CONTINUES IMPLEMENTATION OF NEW ELECTRONIC HEALTH RECORD

On March 26, the VA launched its new electronic health record (EHR) system at the Jonathan M. Wainwright Memorial VA Medical Center in Walla Walla, Washington. The recent launch brings all VA clinics in the Walla Walla catchment area online with the new EHR system, including facilities in the following locations:

- Washington – Richland and Yakima
- Oregon – Boardman, Enterprise, and La Grande
- Idaho – Lewiston

The next rollout of the new EHR system is scheduled for April 30 at the VA Central Ohio Healthcare System in Columbus, Ohio.

PVA TAKES PART IN BRIEFING ON EMERGENCY PREPAREDNESS LEGISLATION

PVA's National Advocacy Director Susan Prokop took part in a March 22 congressional briefing on the REAADI for Disasters Act (H.R. 4938/S. 2658) and Disaster Relief Medicaid Act (DRMA) (H.R. 4937/S. 2646), two measures designed to improve attention to the concerns of people with disabilities in emergency preparedness, response, and recovery.

Hosted by the Partnership for Inclusive Disaster Strategies, the online event featured remarks from several disability organization advocates; representatives for Rep. Jimmy Panetta (D-CA), the main sponsor of DRMA, and Sen. Bob Casey (D-PA), the chief sponsor of both bills in the Senate; Amy Nicholas, Senior Attorney Advisor with the National Council on Disability; and Rep. James Langevin, (D-RI) chief sponsor of REAADI.

In her comments, Susan addressed PVA's support for the two measures citing PVA members' difficulties in natural disasters dating back to Hurricane Katrina in 2005. Information about REAADI and DRMA can be found at www.REAADI.com. The March 22 event can be found on YouTube.

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HOUSE COMMITTEE APPROVES VETERANS LEGISLATION

The House Veterans' Affairs Committee recently approved 17 veterans-related bills, setting the stage for consideration by the full chamber soon. The bills approved included H.R. 7158, the Long-Term Care Veterans Choice Act, which would authorize the VA to enter into contracts to place certain disabled veterans in medical foster homes at the request of such veterans, and H.R. 7153, the VA Principles of Benefits Automation Act, which requires the department to submit a plan on modernizing the information technology systems for the Veterans Benefits Administration. You can find a complete list of the bills considered here and a video of the markup session here.

SVAC EXAMINES WAYS TO INCREASE DENTAL CARE FOR VETERANS

The Senate Veterans' Affairs Committee (SVAC) held a round table on April 6 to discuss VA's dental benefit. Even though dental benefits are the bridge to health and wellness, the VA closely rations these services citing the severe underfunding of its dental departments. The VA provides dental care services to a small fraction of veterans enrolled in the VA health care system, including veterans with a 100 percent service-connected disability, veterans with service-connected dental conditions, former prisoners of war, and homeless veterans.

According to the VA, only six percent of the almost nine million VA enrollees receive VA dental care. At the round table, Senators engaged Assistant Under Secretary for Health for Dentistry Patricia Arola and veterans service organizations on various topics, such as expanding the VA's capacity to provide in-house dental care to more veterans, expanding rural veterans' access to dental services, and increasing research on veterans' dental health programs. PVA has supported legislation in the past which would require the VA to furnish dental care in the same manner as any other medical service. The prevailing hope is this recent conversation about needed dental care will spur some form of legislative action on the matter in the future.

HOUSE APPROPRIATIONS COMMITTEE EXAMINES VA'S FY23 BUDGET PROPOSAL

On April 6, the House Appropriations Committee's Subcommittee on Military Construction and Veterans Affairs held a hearing to examine the Administration's fiscal year (FY) 2023 budget request for the VA. As previously reported, the President requested a total of \$301.4 billion for the VA which is roughly 10.6 percent more than current year levels. \$139.1 billion of that amount would go towards health care delivery and the remaining \$161.3 billion would be provided for education programs, disability compensation for veterans, and survivor benefits.

Several of the Subcommittee's members expressed concern with the rising cost of delivering health care for veterans during the

hearing. VA Secretary Denis McDonough, the department's lone witness, explained that rising costs are a function of both health care inflation and of increased reliance by veterans on the VA for their care. He told lawmakers that increased focus on preventative services and retention of providers should help bring the growth rate down over time. Questions were also raised about a White House proposal to separate funding for veterans' medical care from the rest of the federal budget.

Such a change would free the veterans' health budget from caps on non defense spending and allow more money to go toward other non defense areas, such as education, transportation, and homeland security. Secretary McDonough said the move would underscore the importance of investing in Veterans' health and its funding does not come at not come at the expense of other investments in the federal government that the VA also relies on for veterans' health.

Also, it would make the government's investment in veterans' health look more like other areas of mandatory spending and may lead to greater trust from the veteran population. The proposal has been met with mixed reviews and it is too soon to say if legislation will be proposed regarding the matter. The VA's recent AIR Commission recommendations, the Veterans Crisis Line, and ongoing Electronic Health Record Modernization project were also discussed during the fully virtual hearing.

VA RELEASES VOTING SURVEY FOR VETERANS

In March 2021, the Administration issued Executive Order 14019: Promoting Access to Voting, directing federal agencies to take steps to make voting registration more accessible. The Executive Order directed agencies to expand opportunities for eligible citizens to register to vote, obtain information about elections, and participate in the election process. In response, the VA is assisting veterans by posting registration information on their website and linking veterans to online voter registration. In addition, the VA is piloting a program in six states to seek designation as voter registration agencies, allowing people to register to vote at VA facilities.

The VA recently released a national survey seeking input from veterans and their family members on how the VA can best assist Veterans in voting. The survey also addresses challenges experienced during the voting process. PVA encourages veterans and their families to participate in the short online survey and provide their feedback before the April 22 deadline.

NEWS OF NOTE

VA Announces PAWS Act Pilot Program

On March 30, the VA published a Federal Register notice announcing its plan for implementing the pilot program required by the Puppies Assisting Wounded Service members for Veterans Therapy Act. The pilot will help the VA explore the benefits of service dog training and provide the VA with data needed to make recommendations to Congress on the way forward.

Veterans participating in the program will have the opportunity to train potential future service dogs with the goal of helping veterans manage their PTSD symptoms.

The pilot program will be offered at the following five VA medical centers:

- Anchorage, Alaska
- Asheville, North Carolina
- Palo Alto, California
- San Antonio, Texas
- West Palm Beach, Florida

VA's Women Veterans Website Refreshed

Women veterans now have a newly refreshed VA website for their health care needs. Each page details health concerns specific to veterans and gives clear guidance on how to access care and services at the VA. [Click here to read more](#)

Access Your Financial Status Reports Online

The VA has enhanced its debt portal by adding a new user-friendly online financial status report form for Veterans Benefits Administration debts. In addition to the online debt management tool launched in 2021, this feature makes it easier to manage benefit related debt online.

Veteran Rapid Retraining Assistance Program Seeks Veterans

Congress created the Veteran Rapid Retraining Assistance Program (VRRAP) to assist unemployed veterans who have lost their jobs due to the COVID-19 pandemic. VRRAP provides up to 12 months of tuition and fees and a monthly housing allowance to eligible veterans training towards employment in a high-demand occupation. Visit the VA VRRAP website for more information about the program including how to apply.

Advanced Care Planning A Conversation about Burial Benefit

The VA invites caregivers and veterans to join the Washington DC VA Cooperative Studies Program team, American Association of Retired Persons (AARP), and the VA National Cemetery Administration (NCA) for the second event in their Advanced Care Planning Series. Participants will learn more about the services and benefits offered through VA NCA. The event will be held on April 20 from 10:00 a.m. – 11:30 a.m. ET. There will be an opportunity to ask questions to the presenters. Please RSVP at least 72 hours in advance by [clicking here](#).

EVENTS AND HEARINGS

Upcoming VA Committee Activities

Please visit the House Veterans' Affairs Committee webpage and the Senate Veterans' Affairs Committee webpage for information on upcoming hearings and markups.

Reminder: DOT Accepting Comments on Air Travel Experience of Passengers with Disabilities

On March 24, the Department of Transportation (DOT) held a public meeting on the air travel experience of wheelchair users. The meeting focused on wheelchair damage and the experience of wheelchair users in using the aisle chair. DOT is accepting public comments on the barriers wheelchair users encounter in air travel until April 25. To submit comments, please [click here](#).



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



4th Annual Women Veterans Empowerment Retreat

JW Marriott Resort • San Antonio, Texas

September 24 – 27, 2022

DEADLINE FOR REGISTRATION—AUGUST 1, 2022

Join us for Paralyzed Veterans of America's 4th Annual Women Veteran Empowerment Retreat. Come enjoy three days in beautiful San Antonio with other women members of PVA. This event is limited to 40 attendees so be sure to register ASAP!

Participants will enjoy time in an inclusive, supportive environment with other women Veterans with sessions that focus on:

- VA Benefits & Services
- Self-Advocacy
- Leadership Skills
- Resilience
- Empowerment

A few things you can expect if you attend the Women Veteran Empowerment Retreat:

- Three days of education, opportunities, and camaraderie
- Interact and learn from experts
- Meeting other women members

PVA and our sponsors are proud to cover all expenses related to travel, hotel accommodation, meals, and programming. Additionally, we will have several fun activities that will be no cost to any of our attendees.

Caregivers welcome!

"Because of this retreat, I finally learned how to let go of things and people in a healthy way! That was so powerful to me, and I will never forget it. Learning different ways to deal with life stressors made me so excited to come home and apply what I learned... and I have!"

– 2021 WVER attendee

REGISTER NOW!

Deadline for Registration
August 1, 2022

Registration Link:
<https://cvent.me/mM9BMX>

For additional information contact:
WVER@PVA.org

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Membership Application

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

Chapter Name: Oregon Paralyzed Veterans of America, 3700 Silverton Rd NE, Salem, OR 97305

First Name: _____ Middle Initial: _____ Last Name: _____

Date of Birth: ____ / ____ / ____ Social Security Number: _____ Male Female

Race/Ethnicity:

Asian/Pacific Islander African American/Descent Hispanic/Latino

Native American/Alaskan Native Caucasian

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Home Phone: _____ Cell Phone: _____

VETERAN STATUS INFORMATION

Please submit the following with application:

- DD Form 214 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
 3700 Silverton Rd. NE
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May/June 2022



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