

November - December 2023
Volume 27, Issue 6

Paralog

**Paralyzed Veterans of America
Tri-State Chapter**

Serving Oregon, Idaho and SW Washington



Tri-State Chapter

"Serving Those Who Served"

www.TriStatePVA.org



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PARALOG

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Care Contact Phone Numbers
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

PVA Tri-State Chapter Mission Statement

Paralyzed Veterans of America Tri-State Chapter, incorporated in 1976, is a chapter of Paralyzed Veterans of America. We serve the needs of our Members – U.S. military veterans with spinal cord injury or disease (SCI/D) – and help them enjoy the highest possible quality of life.

Tri-State Chapter, 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, PVA Tri-State Chapter 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 Paralyzed Veterans of America Tri-State Chapter who hereby disclaims any responsibility for opinions expressed by contributors and printed in the Paralog.

PVA Tri-State Chapter - 3700 Silverton Rd. NE, Salem, OR 97305

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Cover Photo: Odell Lake, Oregon
Page 3 Photo: Crater Lake, Oregon
Photos taken by Scarlett Guerra

President News



Swearing in the Board of Directors 2023 Members Banquet



Larry Gardner – President

Here it is already November and the last several months just seemed to have flown by. With that being said, Saturday, November 11th is Veterans Day. This year, the Tri – State Chapter is entering two floats in the Albany Veterans Day Parade. Our members and families are welcome to ride and enjoy the celebration. We try to get the floats ready and load up around 8 am, then move into the staging area. The parade will start moving at 11 am and will take around two hours to finish. If you have never attended the Veterans Day parade, it is absolutely one to see! If interested in riding along with us on one of the floats, give us a call at the office so we have a head count. The floats will have ramps for the wheelchairs and we will bring folding chairs for those who need them. Mark your calendars and don't miss your spot on a float!



September 16th was our annual Members Banquet held at Chinook Winds Casino, in Lincoln City, OR. I would like to say thank you to everyone who was able to attend our event and make it very successful. We had a great turnout, live music and prizes. Congratulations to the following award recipients:

• **Commendation Award:**

Shaun Benson

• **President's Award:**

Gary Alexander

• **Legacy Award:**

Paul Geck

• **Platinum Award:**

Gary Alexander

Wally Hise

Bob Lanphere

• **Outstanding Employee of the Year Award:**

Scarlett Guerra

• **John L. Stark Award:**

Don Hedlind

• **Speedy Award Year:**

• Non-Member: Matthew Paige

• Member: William Gray

We would like some feed back from our members and guests with your opinion for next years banquet. How can we make it even better? Would you prefer a different location, entertainment, food choices, or ??? Please call the office or email tristatepva@tristatepva.org with your thoughts and suggestions. We try to make each banquet better than the last one. Thanks for your input!



The Tri-State Chapter is pushing hard to get the new building in Silverton ready to move into. We're hoping by February or March 2024. We already have big plans for our members to be able to enjoy this facility for years to come. We will keep all of you updated as the project moves along.

The Chapter is still in need of a Membership Director. We are looking for someone who is willing to work on building our membership and provide any information to meet our members needs.

We also need ambassadors for Central Oregon and the Northern Portland area to set up, work events in the area, with local members of the Tri-State Chapter.

The Chapter will supply all the materials; tables, hats, popup tent, etc. to set up at events. We will provide all the help you need to get started, please give the office a call if interested in this position.

I would like to introduce one of our members, **Harriet Schmidt**, out of Hillsboro, OR. She has volunteered to coordinate a **painting** class that will be held at the Chapters' new building in Silverton. This recreation program will be open to our members, family and friends of the Chapter. Please read Harriet's article for more information on page 11. Thank you Harriet, for this great opportunity!



May you all enjoy the upcoming holiday season. Happy Thanksgiving and Merry Christmas to all our members, volunteers and supporters! We can not do all that we do without you.



Willamette Master Chorus 19th Annual Veterans Concert

FREE Concert ticket to current and former service members. Please join us as we honor you.

When: November 11 & 12, 2023, at 3pm

Where: Smith Auditorium, Willamette University, Salem

Cost: \$27 General Admission

WillametteMasterChorus.org • 503-580-0406

Executive Director Update

Welcome Fall



Tom Hurt – Executive Director

Greetings from the Chapter office. We are now in our new fiscal year. With that being said, I am pleased to let you know who is on your Board of Directors.

Executive Board:

- President - Larry Gardner
- Vice President - Bill Gray
- Secretary - Dennis Hooper
- Treasurer - Daniel Service

Board Members:

- Don Hedlind
- Larry Ricklefs
- Joe Heidrick
- Dennis Harbour

I look forward to working with everyone this year. As your Chapter president says: "Let's make this year better than last year!"



In September, we held our annual Members Banquet. Everyone who made it had a good time. We have

started planning the 2024 banquet, which is already shaping up to be a blast. Keep a watch for updates and plan to attend in September 2024!!

Update on the new Chapter office: we are currently working with an architect to get the drawings for the builders to be able to get us good numbers for the Chapter office. I believe we are still looking at first quarter of 2024 to be able to be completely moved in. I must say the community is very welcoming in Silverton. We are the talk of the town.



Our first event was the Trunk or Treat on Halloween. We put this on for the kids in the community and the business jumped right in to partner with the Chapter. My hat goes off to Desiree for putting this event together. She will give an update on the event in the next Paralog. She is doing a great job as your new Development Coordinator.

October is the beginning of our new fiscal year, and we have hit the floor

running (rolling). On Oct. 20th, we held one of our Air Gun competition shoots down at the Albany Rifle and Pistol Club. Wow what a turnout! We had 11 shooters. We were able to present Larry Carstales with his awards, including Overall Highest Score and Highest Score in a Single Match. Larry said, "I just come for the cookies." Please go to the Sports page to check out the scores. Our next competition will be Nov. 17th at 11am. Please come join us for fun, fellowship and of course, cookies.



For those of you who have not heard: Marcie has retired, as of Sept 29th. She will definitely be missed. She gave her all to the Chapter and the membership. I am pleased to say that she is still popping in and helping with the training of her replacement. The staff at the Chapter is strong and working hard to maintain your office and supporting the programs for you to enjoy.

As a reminder, we are always looking for new activities that you will enjoy participating in, just like the one Harriett Schmidt came up with. I'm not going to let the cat out of the bag. However, you need to keep reading the Paralog to find her article and the new activity we are excited for you to participate in.

I wish you and your family a Happy Thanksgiving and a very Merry Christmas!



Notice to All Members:

**Starting January 2024
Join us for our Monthly
Board Meetings**

**January 25, 2024
Starting at 10 am**

**Join us online via Zoom
or in person at the office
(more details in the next Paralog)**



Linn County Oregon Veterans Day Parade

Saturday, November 11, 2023,

parade begins at 11 am

In Downtown Albany

If you would like to help scan the QR code and make your donation.



Please call the office to
reserve your spot on PVA
Tri-State's float!

Come Join the Fun!!!

(Scan to donate to the Albany Veterans Day Parade)

Thank You and enjoy the parade

For Sponsorship and entries visit our website:

linncountyveteransdayparade.org

**Nov 17, 2023
11 am to 3 pm**

**Free Event!
Win Prizes!!!
Snack Provided!**



**All Members
Friends &
Family are
welcome to
participate!!!**



**Don't miss out
on the next:**

Tri-State Chapter Air Gun Competiton!!!

Location:

**Albany Rifle and Pistol Club
29999 Saddle Butte Rd, Shedd OR**

For More Information:

PVA Tri-State

503-362-7998 • www.TriStatePVA.org



NRA



MS Liaison Corner



By: Dan Service – MS Liaison/ Treasurer

This month I was involved in, or I listened to some enlightening information that I feel is worth sharing.

1. The “MS and VETS” podcast shared information from Dr. Marissa Kellogg about “Seizures and Epilepsy in People with MS.” I learned a great deal, and am happy to say, people with MS are less likely to develop Epilepsy or have Seizures than the general population.

2. The “Can Do MS Webinar Series” (www.cando-ms.org) was about “Staying Active.” The goal of this webinar was to Approach activity with Confidence. 150 minute of moderate intensity exercise weekly of a well-balanced program with components of aerobic strengthening, balance, and stretching, helps us all with better strength, posture, mood, mobility, self-confidence, overall wellness, sleep, appetite, cognitive function, lessen fatigue, decreases chances of secondary illness, prevent overuse injuries, creates opportunity for new social outlets, and with weight loss.

3. The VA MS Support Group that meets the third Tuesday of each

month at 2:30 was enjoyable. We discussed the importance of having good friendships; how if something is not working out for us one way, it is important to continue figuring it out another way; what the differences are between fatigue vs exhaustion; being around other people gives us an interaction that is so vital to our wellbeing.

4. The PVA MS Committee has sent to our office PVA MS Tee Shirts, and will be sending MS Wallet Card when they are available. They have put together a Tri-fold brochure to be handed out at the PVA Health Care Summit and other events. Specifically, for doctors and those who deal with MS patients. I mentioned “Can Do MS” earlier, and PVA is working on partnering with them. Similarly, to what they have done with the National MS Society. PVA is still looking for one more member to be on the MS Committee board.

5. I studied an article from Veterans’ Health on the Circle of Health, and added my thoughts to my article. You can visit online at: <https://www.va.gov/WHOLEHEALTH/circle-of-health/index.asp>

Recreation with Harriet



Members Harriet Schmidt and Travis Nelson with their spouses at 2023 Members Banquet

By: Harriet Schmidt – MS Liaison Assistant

Would you like to Try Some New Activities with the PVA?

I really enjoyed the recent PVA Tri-State Members Banquet at Lincoln City, in September. A friend there asked me if I had joined any of the activities last year, and I realized I hadn't. I'm trying to find some new activities that members might enjoy in addition to the traditional offerings.

The new facility in Silverton has enough room - I am told - for some exciting new possibilities. One is that we could invite an art teacher to come and give us a painting class, similar to "Paint Nite." If you have ever done that but probably minus the wine. She would bring all the supplies, set it up and tidy up afterwards. All we'd have to do is come along and paint together, and the teacher would guide us step by step to make our own individual work of art. No previous talent required, just ability to follow instructions, for which I think we all qualify as veterans. Art class is also a great way to make friends and get to know each other. The PVA classroom will be ready for us some time in the new year.



A local organization called Adventures Without Limits provides outdoor activities for groups like us with adaptive equipment. The sports they offer include:

- Kayaking
- White water rafting
- Snowshoeing
- Cross-country skiing
- Camping
- Hiking

All of these activities are offered for people with varying degrees of spinal cord injury with assistance and adaptive equipment. Some of the activities would be constrained by how much adaptive equipment is available, for example they have a total of 4 sit-skis, so a limit of 4 users per ski/snow-shoe outing in addition to any walking participants. Kayaking would be available to a larger number of adaptive users. Adventures Without Limits can facilitate a group camping trip too and combine it with adaptive hiking/kayaking, just as another idea. They also have a couple of mini-buses so we could all gather at a meeting point and set out on our adventure together.

For budget planning we would like to know how many people would be interested in any of those outdoor activities. If you'd like to take part in those at some point in the new year, please let me (Harriet Schmidt) know you're interested at my email altocumulus200@yahoo.com by December 15. I will see what people want to do, and get something started.

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ABILITY CENTER



UNITED ACCESS



Recreation Fund Reimbursement

(Voting Members Only)

PVA Tri-State Chapter voting members are eligible to **RECEIVE \$300** each fiscal year through the Member Recreation Reimbursement Fund. It begins **October 1st** and runs through **September 25th** 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)** ◆
PVA Tri-State 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: PVA Tri-State Chapter, 3700 Silverton Rd. NE, Salem, OR 97305 - tristatepva@tristatepva.org
Please be sure to include your address and phone number. 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.



Especially now,
we need your support.

Donate a car, truck or other vehicle.
The process is easy, the pick-up is free,
and your gift is tax-deductible.

www.pva.careasy.org



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\$300 Rec Fund Reimbursement

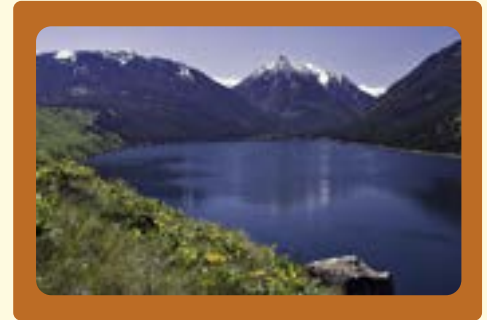
Dear PVA Tri-State Chapter,

What a blessing it is that the PVA Tri-Chapter has the Recreation Fund to help us disabled veterans get out and enjoy the good life, we are surrounded by. Thank you PVA Tri-State Chapter!!

The last weekend of August, four of my Navy buddies had a 45 year reunion at Joseph, OR. We stayed at the Wallowa Lake Lodge and enjoyed good food, a car show, cruising in the mountains, fishing in a pontoon boat on the beautiful Wallowa Lake.

What a great time we all had, so again Thank you PVA Tri-State Chapter. May God bless you all in a special way!

Sincerely,
Don B.



PVA Tri-State Chapter,

Howdy! I want to thank all of you for what you do. I'm sending some receipts from our camping trips. We went on a couple of trips. One on Memorial Day weekend and the other on Father's Day weekend. We ate, drank, danced, and played a lot of corn hole. It was a great time spent with family and friends.

Russ G.

Dear PVA Tri-State Chapter,

My wife, daughter, and I went to California for a family gathering in June. We stayed at the Best Western Galt Inn. Thank you for the Recreation Fund. We really appreciate it!

Sincerely,
Marc S.





**PVA Tri-State Chapter,
We spent a lot of time outside, so we bought a Bose system to listen to music, while enjoying the quiet evenings, and watching the birds and humming birds. We really appreciate the Recreation Fund.**

**Thank you,
Brenda M.**

Hello and good day,

I am a numismatic and bullion collector. This is a hobby and a passion of mine since I was a kid. One of the main reasons why I do this is because of the history behind it. I have a graded penny from 1859 that is perfect condition for its age. When looking at it, I wonder where it has been and who's hands it's crossed.

Along with collecting coins the materials in its self can be costly at times, as well. But in order to keep what I have in the condition I received it, I must buy proper holders, sleeves and books. You will see in one of the pics that I circled the supplies I have purchased for my hobby.



**Cheers and have a blessed day,
Clare C.**



**Hello,
I would like to use some of the Rec Fund for a dinner I had with my wife, friends and their wives. We went to Craig's Lucky Logger on the McKenzie Hwy.**

**Thank you,
Charles D.**

Dear PVA Tri-State Chapter,

I would like to thank you for this fund. I don't get out much, so I do a lot of things close to home. We had one of my nurses from Seattle Spinal Cord unit down and his wife. We bought dinner for them and ourselves.

We were also able to order in Benihanna Food for Kaye's Birthday, as that is her favorite place to eat.

I also bought some 45 ammo so I could shoot my Colt 45 when one of my guys took me out.

Thanks for helping us to be able to enjoy these fun extras!

Bear and Kaye R.



Greetings,

Please find the attached picture of our granddaughter enjoying her first visit to a waterpark, during the week long visit to Birch Bay, WA. Please consider this request for reimbursement from the Recreation Fund.

Thanks,
Michael C.

Greetings,

Just a short note to thank you for the PVA Tri- State Recreation Fund and the opportunities it provides. It certainly helps to make trips away from home more affordable. Our last trip was to Trout Lake, WA. We went with a group of long-time friends to an RV park, for some relaxing visiting in a nice location. Again, thank you for the help to make this possible.

Sincerely,
Charles W.



Adventure is Calling Join Now!



Ok, this is my first submission to the Rec Fund:

By the way, this would be used to get my family (four boys, my wife and myself) into the Oregon State Fair. Also for two of my sons to ride the rides. We had a fabulous time!

**Thank you again,
Matthew D.**

Thank you for the opportunity to use this Recreational Fund to help with the costs of lodging for my wife and I to have a few days at the beach. After the Member's Banquet at Chinook Winds was over, Tammy and I enjoyed the rest and relaxation that was direly needed. We had fun down at Depoe Bay and downtown Lincoln City checking out the shops and eating some good food.

On our way home, we stopped by Oceanside to watch the waves crash into each other. As the tide came in, the view of Three Capes was spectacular and awe inspiring. We also stopped by and checked out the Brad Dawson Wayside in Tillamook, a disabled fishing platform on the Tillamook River. The ODFW and Tillamook County have been working on replacing the boards in the elevated walkway down to the fishing platform. It looks like they did a great job and now it is ready for accessible fishing. If you fish

for salmon, make sure to fish the incoming tide. I am enclosing a picture of myself pointing at the map showing the location where it is located.

**Thank You
Don & Tammy H.**



I have been enjoying Shotgun Sports for just over 2 years now! It is a great outdoor activity and it has developed many great friendships! As well as, improving my shooting skills, I have learned to reload my own shells. That is a whole different hobby that requires focus and concentration... no margin for error when dealing with gunpowder!

The Rec Fund will also help pay for my annual membership in local gun clubs.

**Best to all,
Larry C.**



Development Coordinator Update



WELCOME ABOARD



By: Desiree Arellano - Development Coordinator

Salutations!

I'm Desiree Arellano, PVA Tri-Sate Chapter's new Development Coord. I currently live in Silverton, OR, where Tri-State Chapter's new building is located. However, I am not originally from Silverton, nor am I an Oregonian. I come from the Sunshine State, Titusville, FL., to be exact. The area is known for NASA space shuttle launch programs. A large majority of my family was or are military members. Naturally, after 9/11 happened, I was 18 and joined the military. After joining the Army as a 92G, or Food Service and Sanitization, enlisted soldier. Taking an injury, while in service, I was discharged medically.

Currently, I am an active disabled veteran who has worked in catering and event planning for most of my career. A decision to go back to college and receive my Bachelor's Degree in Psychology with an emphasis in Organizational Development. This allowed me to dig deeper into the functional processes of behavior modification, business and project management.

So, I opened my own business with my husband, Martin. We own a small successful mobile food truck, that only does catering and events, called Crave Haven. My husband

has taken over our business, so I can concentrate on one of the two things I love doing: helping veterans and teaching life skills to youth. Sometimes, I get to do both at once.



Since I live in Silverton, I knew that PVA Tri-State Chapter was coming to town, because of the large and very obvious signage they posted on their new building. My family and I are well adjusted to Silverton after 5 years of living there. It just so happened that my husband saw an add on the social media page, in Silverton Connections, for a Job posting as Development Coord. I was not able to find the listing, instead I choose to call the office myself and find out how I could apply. I sent my resume in. After two interviews, here I am, the new Development Coordinator!

With that being said, I started jogging along, straight to the Oregon State Fair, on my first day! I dived right into getting some sales

and answering questions, avoiding the rain and lightning, with the help of members and staff to guide me.

Since the beginning of September, I have attended several events to include; Red, White, and Blue Golf Tournament in Santiam, Oktoberfest/Veteran's fundraising event in Winston, and Woodburn Dragstrip Swap Meet in Woodburn. This allows me to get to know members, staff and volunteers better and they get to know who I am.



At our Air Gun Competition on October 20th, I enjoyed the company of 11 competitors, including myself and their families. It was definitely a stiff competition with some surprising wins. I didn't win but it was fun to participate and help out with spotting and rifle adjustments. Some of these things, I haven't done in quite a while. I look forward to the next competition, which has been set for November 17, 2023. I am sending out a challenge to our members to join us at the next one, hang with us and give it the ol' college try. Who knows you could be the next winner!



On October 31, the Chapter held its first Fall Festival Trunk or Treat, in the parking lot of the new building. We received a lot of support from the city of Silverton. It was a great event and we had a large turnout! I am thankful for all the volunteers, members, and business that showed up and helped make this event a huge success!

As far as the other events go, each one brings the potential for new members, volunteers, or connections that might be helpful for others or PVA. Tri-State Chapter, with the goal of opening possible opportunities and building meaningful relationships to last a lifetime. I look forward to meeting as many members, family members, volunteers and anyone else involved in the PVA Tri-State Chapter.

Happy Holidays to all. May your days be Merry and Bright!"



Mark Your Calendar:

Snowshoe: Mt Hood National Forest

**Saturday Jan. 20, 2024
10am • Mt. Hood National Forest**

**visit: www.awloutdoors.org
for more information**

***Don't forget about the Rec Fund
to help with expenses!***

Government Relations Update



By: Don Hedlind – Government Relations Director

Another year has passed by and now reflecting upon it, we can see our efforts are making strides up on the hill in DC and in our state capitols. We went up to DC in March to pitch our PVA “talking points” to the politicians and their staff. We were greeted warmly and were able to use the allotted time successfully. They seemed to listen and take notes on what we were saying. We will return next June to see them again. Please make sure if you have anything you would like them to know, that you let us know before we go.

The Veteran constituency is large and influential. Our politicians understand they must fund our care, benefits, and build, maintain and staff the hospital/clinics. Our SCI/D system of care is very expensive, and I am sure some of them would love to push us out of the VA and into CC (Community Care). I know CC is very important to many of us in terms of access and rural needs. I used it for my rotator cuff surgeries in 2017 and 2019 because the Portland VA did not have an on-staff shoulder surgeon. I was able to use a local surgeon who did a good job . Then inpatient rehab for 11 weeks,

each time over at the CLC (Community Living Center) in Vancouver, WA to get the care I needed. I do not want to use CC unless I need to, I prefer using the VA, they have many professionals and staff that are there for us to use. Make sure you push that it stays that way, or we may find SCI/D out in the community for good in the future.



During my second surgery rehab, I was introduced to the NVWG (National Veteran Wheelchair Games). In 2019, my wife Tammy and I went to Louisville, KY for the 39th games to compete. We had a blast! This is where we met our PVA Tri-State Executive Director, Tom Hurt. Once I was healed up, I attended the Oregon State Fair as a Volunteer and then got involved in the PVA.

Now I am writing to you, to tell you, you can do the same.

Getting involved in our Chapter is a rewarding experience, so if you have the time give the office a call and volunteer to help.



Our government leaders are listening to us, and we need you to continue to let them know that they need to focus on Veteran issues, policies, and reforms. The House and Senate Veteran Affairs Committees have been slowly working their way towards a single bill that could encompass caregiving, record keeping, employment at the VA and education. We hope to be able to bring this passage as good news in the New Year. PVA ActionForce is always standing by and accessible to let them know what you would like in this bill.

Be an advocate for your rights, benefits, and healthcare/caregiver needs. The politicians are interested in hearing from us. It is why the PACT Act was passed last year with overwhelming support from the veteran community. This year the Second Auto Act was passed; this is for those of us who are 100% disabled and service-connected who took advantage of an auto grant over 30 years ago. The passage of this act allows the veteran to receive a second auto allowance and makes it

renewable every 10 years. If you have not taken advantage of this, you should. Our National Service Officers are the ones to contact to get this application through the VA process. Be prepared to wait a little while, this is a new program in the VA, and they are just now implementing it. The passage of this bill this year is just the beginning, we are going to work to get every veteran covered under this in the future. Same with the HISA renewal and upgrade for all disabled veterans who need to do some remodeling or build a ramp. HISA has not changed its award amounts in 10 years, and we all know how expensive contractors have gotten. We hope to see movement on this by the end of the year as well. Stay tuned to the Paralog we will keep you informed.

Have A Merry Christmas and a Blessed Holiday Season!

Till Then, Stay Frosty



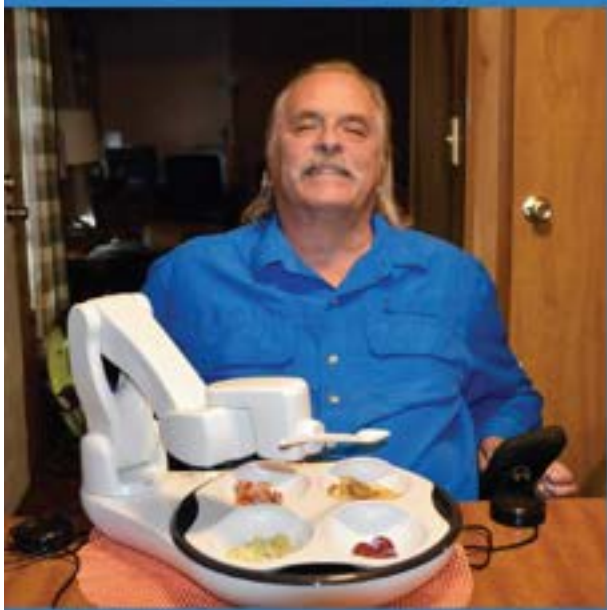
Eric, Don, and Jack
at 2023 Members Banquet



Portland Veterans Day Parade

November 11th, at 10 am

**The parade begins at NE Beech St
and Martin Luther King Jr. Blvd.**



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Salmon Fishing with Donnie



Dockside Charters, Depoe Bay



By: Don Hedlind – Board Member

Three in the morning comes early, especially when you are used to getting up around 8AM. After getting the thermos's full of coffee, snacks, lunches and drinks, we headed out of the house. With 4 hours of sleep, it was time to go fishing.

This was a special day, our Salmon Fishing trip, out of Depoe Bay, had finally arrived. It was my brother Ron's 60th birthday present from me to him and we were excited to go. Earlier in the week, I had gotten the news that one of our members had to cancel, so this had left open two seats on the boat. I decided to pre-pay for myself, Ron, my dad Richard and my youngest brother Rick. It was going to be a real family fishing trip, our odds of bringing home fish had increased!

The drive over from Eagle Creek took about 2 hours. Shows how quickly one can get across the Portland metroplex and out to Lincoln City. It was real early in the morning, so traffic was not an issue. We arrived at the docks before check-in time, had our members and their guests sign the waivers. Once everyone was ready, we headed down to the Tacklebuster. Our goal for the morning fishing trip was to

bust some tackle and hook us some salmon.

The skipper, Captain JT did a really good job of getting us safely on board and then instructed us on safety, bathroom access, and the main reason we were there, fishing. We all gathered together and started chatting. Something told me to get everyone's attention and request that the Lord bless our boat with a bounty of fish just like Jesus told the fishermen to do. We had a nice prayer asking the Lord to bless our boat with a safe trip and a limit for every rod. After prayer was over, we all said "Amen" and the deckhand cast off the ropes and we motored out of the harbor.



The Pacific had fog on the water with the sun breaking further out

over it. Which was interesting, because the sun rises in the east. It was like a lake, calm and quiet as we watched the birds landing on the water, doing some fishing of their own. The ride was pretty smooth and once we were about 4 miles off shore, the captain cut the motor to a slow troll.

The Tacklebuster is a 50-foot accessible charter boat designed for all around fishing with rails and spots to fish from. On this trip, we had 4 wheelchairs on board, 2 powered and 2 manual and were more than able to get around each other. As we slowly trolled along, the deckhand readied the poles and baited each rod with his special scent and lowered it down into the ocean. Here salmon salmon...

Captain put the boat in auto-pilot and came out to help get the lines in the water. When you go out on one of our fishing trips, the only thing you ever need to do is reel in your fish. You can lower the bait and jig on a bottom fishing trip. However when trolling, you want to let them handle it. They know how to set the lines, so they do not get tangled up and you get to fish, instead of dealing with tangled lines.

Well, it did not take very long for that wonderful glorious saying Fish-On to be yelled over and over and over again. Our bounty that we had prayed for was coming in quickly. There were so many fish-on at one time, five to be exact, that the captain had to net fish. As you catch fish, they hand you a metal tag that comes off a very large metal safety pin that holds your fish, so no worries as we filled up both fishing boxes.

The salmon kept getting caught to the point of rods getting limited. Our Chapter VP, Bill Gray, caught the biggest fish of the day! Everyone was catching fish and some were getting netted, they use barbless hooks, so keep those poles up and the lines tight. Captain kept saying if you have not limited your rod get on these stern ones because they were hot.



We had only been out about 3 hours (I'm not kidding) when my dad Richard said "Don we only need 5 more fish to limit the boat. Why don't we ask the Lord for 5 more fish?" We got everyone's attention and we asked the Lord for 5 more fish and gave all the Glory of that day to Him. As soon as we said, "Amen", Bam! Down goes my stern rod, I yelled Fish-On and onward we went and limited the boat.



What a glorious day of fishing! Once the boat was limited, this included the captain and his deckhand reeling up 2 fish each as well, 32 salmon in all. Wow what a day! I have never had this happen on any boat I have ever been on. We are truly blessed!

We pulled up the lines, and motored back into the harbor. Once the boat had stopped and the captain turned off the motor and joined us, we all gathered together once more to thank the Lord for the bounty He had given us.

The lesson of the day: "You have not, because you ask not." Next time you go fishing and you need fish for your table, ask the Lord for it. You may just be surprised how your day will turn out. As I'm sitting here writing this, my wife Tammy is in the kitchen baking salmon with white rice and a green salad. Guess where the salmon came from?!?!

Our Chapter uses Dockside Charters for our fishing trips and we have had some very successful ones with them. Our members love participating and Dockside does an Awesome job of accommodating us! We had 3 bottom fishing and 1 salmon fishing trip this year and we look forward to many more in the future. If this trip is any indication of things to come, well then, the result can only be bent rods and tight lines and delicious fare for our table. Fish-On!

SPORTS

Corner



By: Larry Gardner – President



The Tri-State Chapter Air Rifle shoots, held once a month at the Albany Rifle and Pistol Club, indoor range have been very successful and competitive. We give prizes to the top 3 high scores at each event along with some snacks and drinks. No worries if you don't have an air rifle, we supply air rifles and pellets for our members to use. We also supply safety glasses and targets, all you have to do is show up and have fun.

At this year's Members Banquet we handed out awards to:

Highest Score in a Single Match:
Larry Cartales

Over All High Score:
Larry Cartales

2nd Place Over All High Score:
Larry Gardner

3rd Place Over All High Score:
Dennis Harbour

Congratulations and thank you very much to everyone who has

attended this fun sports event. Any members, family and friends who might want to join us and try our Air Gun Shoot just give us a call at the office 503-362-7998.

At our last Air Gun Competition, I had the honor of presenting Larry Cartales with his awards. As well as, an award to Brian of the Albany Rifle and Pistol Club. We are extremely grateful for Brian and the ARPC's support in providing a place for our members to shoot. I appreciate all that they do for us.



The Trap Team has broken up since COVID hit and the economy is bad. The Pacific International

Trap Assoc.(PITA) has hardly been scheduling any shoots the past 2 years. So it's been really slow. PITA does have the Multiplex shoots the first Sunday of each month at various trap clubs year-round. The Chapter needs a Trap Team coordinator to build the team back up and schedule the shoots. If anyone has an interest in being a team coordinator for the air rifle team or trap team, please give the office a call.



This year, the Deep-Sea Fishing trips all turned out very well. The weather was good along with good fishing and lots of fun. The last trip out of Depoe Bay, with Dock Side Charters, was the Salmon trip. Everyone on the boat limited out on fish and went home with lots of crabs. What a great day! Please keep following the upcoming Paralogs for the 2024 Deep Sea Fishing schedule. We are excited for next year!

Once the Chapter has moved to the new building, in Silverton OR, we will be looking for coordinators for Archery, Billiards, Table Tennis, Boccia Ball, and other sports. Please step up and become a coordinator, all you have to do is give it your best shot. Give us a call, were here to help.





PVA Tri-State Air Gun Competition

October 20, Top Scores:

Vincent Cartales	89 pts
Brad Gardner	88 pts
Harvey Castle	82 pts

Congratulations to our winners!!!

Thank you to everyone who came out!

We look forward to seeing you at our next competition

November 17, 2023 at 11 am

Mark your calendars and don't miss out on all the fun!

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

All Members
Friends &
Family are
welcome to
participate!!!

Free Event!
Win Prizes!!!
Snack Provided!



Recreation Fund Cont.

We took our annual trip to Oro Valley, AZ, in April. We like to drive 395 through Nevada and the desert. We had to reschedule several times due to record snowfall in the Sierra Mountain range. When it was finally clear to travel, we found the roadside lush and green with the desert flowers blooming. We enjoyed our time in the sun with dear friends and fellow retirees.

We had a day trip to Mount Lemmon for lunch. Then we marveled at the stunning rock formations on the serpentine road to the top of the Catalina mountains. We explored the ski village and had lunch at a quaint restaurant, Iron Door. The food and service was phenomenal!

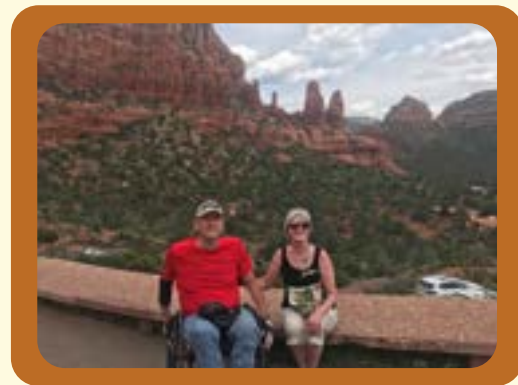
On our way home, we took a detour through Sedona. We could not believe the beauty of the red rock canyon. We took the challenging paved path to the

top to the entrance of the Chapel of the Holy Cross to tour the chapel. PHEW!

This is always an energetic trip with long days of driving and experiencing new sights and activities each year.

We are grateful to the Recreation Fund and all the fun that it affords us.

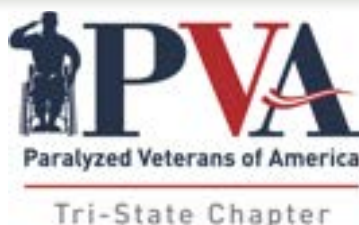
Thank you!
Dennis and Karen H.



Enclosed please find credit card receipts qualifying for reimbursement from the Recreation Fund for Michael W.

Last November, we took advantage of the opportunity to see the Trans-Siberian Orchestra. They played in Eugene, at the Matthew Knight Arena. It was a phenomenal experience!

Sincerely,
Traci and Michael W.



***Please consider adding
PVA Tri-State Chapter
to your will or trust***

VETERANS DAY

ARMY
MARINE CORPS
NAVY
AIR FORCE
SPACE FORCE
COAST GUARD

NOVEMBER 11, 2023

HONORING ALL WHO HAVE SERVED

WWW.VA.GOV



Southern OR Ambassador Report



Crater Lake Lodge, Oregon



By: Dennis Hooper – Southern Oregon Ambassador

Hello to our autumn enthusiasts. I usually say "autumn", instead of "fall", so that people will not think I have hit the floor and try to rescue me. I say this every year, but autumn is my favorite season. This time of year brings us the harvest, football, baseball playoffs, bright colors and neat holidays. It hardly allows time to reflect on the great summer we had. Your Chapter has accomplished so much this past fiscal year.

I was very busy with the Chapter activities in August. We had a record performance at both the Douglas County Fair and the Sutherlin Blackberry Festival. Thank you to all our members that came to visit! Your Chapter also participated in the 2nd Annual Oktoberfest in beautiful Winston, Oregon. This was our first visit to this event that focuses on veteran suicide prevention and awareness. I was pleased at all the community support. It is always a good feeling to be appreciated by a community.

I was fortunate enough to take advantage of our Chapter's free Reno Air Race tickets and passes. I didn't want to miss out on the final

installment of this long running tradition. It is the final time this event will be in Reno. I expected it to be grand, and it was. Due to a crash, the event was terminated prematurely, but I have no regrets in attending. Thank you Tri-State Chapter!



I also got to enjoy the Central Oregon Veterans Ranch near Bend and Redmond. October 6-8 was their 3rd Annual Central Oregon Regenerative Weekend. This is a working ranch/farm that is very accessible for those who wish to experience farm life, for a weekend. We camped on the lawn and learned about eco-friendly agriculture. They fed us really well and took us to the Deschutes National Forest to help with fire mitigation. There was

live music and a great tour of the livestock and gardens. We met lots of other veterans from all over the area, male and female, disabled and abled.. They host many events throughout the year. You should pay them a visit. <https://www.covranch.org/> or look them up on Facebook.



October had many things happening. One of my favorite events was the Klamath Basin Potato Festival in Merrill, OR. The 86th annual festival was October 20-21. There was a parade, free potato bar, free BBQ and lots of exhibits.

One of the highlights is the Pop Warner football games. Watching the little tikes have fun is a great way to spend a day!


Naturally, November has plenty for us veterans to do. Roseburg has a wonderful Veteran's Day Parade starting at 11am. Your local VA facility has ceremonies to honor those who have served.

Another opportunity for adventure is with Warrior Impact on the lower Rogue River. The rafting and camping event is November 10-14. These veterans are great at feeding and taking care of you on the river. If the cover photos on there website look familiar, that would be yours truly. I can attest that this opportunity to enjoy nature and the river history will give you an awesome experience.



For those unable to attend, the event will also be livestreamed on ODVA's Facebook page at <https://www.facebook.com/odvavet>. If you have any questions about this event, please contact ODVA at (800) 692-9666 or visit www.oregon.gov/odva

Happy Birthday!!!



<i>Richard Kyser</i>	11/2	<i>Joseph Theriot</i>	12/1
<i>Martin Halsey</i>	11/5	<i>Ronald Latham</i>	12/4
<i>Lynette Noble</i>	11/5	<i>Patrick Cain</i>	12/5
<i>Ken Allen</i>	11/5	<i>Pauline Cox</i>	12/8
<i>Edgar Padilla</i>	11/5	<i>Steven Terry</i>	12/9
<i>Louis Grimmer Jr.</i>	11/7	<i>Ivan Nance</i>	12/10
<i>Jacob Kershisnik</i>	11/8	<i>Martin Arellano</i>	12/10
<i>Jack Howell</i>	11/13	<i>Brian Schmidt</i>	12/10
<i>Edward Lanssens</i>	11/13	<i>Donnie Hedlind</i>	12/11
<i>Dennis Harbour</i>	11/20	<i>Scott Larson</i>	12/13
<i>Dawn Roden</i>	11/21	<i>Willaim Hauser</i>	12/14
<i>Steven Ross</i>	11/21	<i>Paul Dahlke</i>	12/16
<i>John Balbin</i>	11/22	<i>Paul Donovan</i>	12/21
<i>Carl Hay</i>	11/23	<i>Duane Ingersoll Jr</i>	12/22
<i>Terry Langston</i>	11/23	<i>Bradley Williams</i>	12/23
<i>Robert Haverman Jr.</i>	11/27	<i>Brian Barlow</i>	12/24
<i>Steve Shirey</i>	11/27	<i>James Ledridge</i>	12/25
		<i>Richard Dean</i>	12/30
		<i>Edward Lawrence</i>	12/31



Happy Thanksgiving

&

Merry Christmas

from

PVA Tri-State

Chapter

Don Hedlind

Tom Hurt

Larry Gardner

Joe Heidrick

Dennis Hooper

Larry Ricklefs

Dan Service

Desiree Arellano

Dennis Harbour

Scarlett Guerra

Bill Gray

November

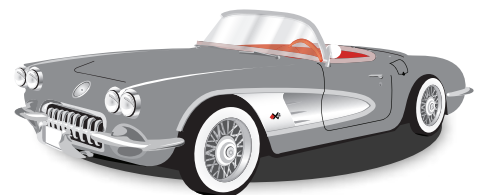
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11 <i>Veterans Day</i>
12	13	14	15	16	17	18
19	20	21	22	23 <i>Thanksgiving Day</i>	24	25
26	27	28	29	30 BOD Meeting		

 **Office Closed**

Save the Date

- Nov 3 Veterans Stand Down, 10 am - 2 pm Hillsboro
- Nov 17 Air Gun Competition 11 am - 3 pm Albany Rifle and Pistol Club
- Nov 11 Albany Veterans Day Parade
- Nov 18-19 Show Biz Holiday Exp Oregon State Fairgrounds
- Jan 19-20 Winter Rod and Speed Show Albany

- Mar 2-3 Salem Roadster Show Oregon State Fairgrounds
- Mar 15-17 Portland Roadster Show
- Jun 8 Show & Shine Car Show Powerland Heritage Park, Brooks



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	26	27	28	29	30	
<i>Christmas Day</i>							
31							
<i>New Year's Day</i>							



Washington Update



Recent news regarding legislation and regulatory actions affecting veterans and people with disabilities.
Written and produced by the Paralyzed Veterans of America - Government Relations Department

October 19, 2023

Volume 31, Number 18

Check out the PVAction Force page to view alerts and a list of key legislation.

2024 COLA ANNOUNCED FOR VETERANS AND SOCIAL SECURITY BENEFITS

The Social Security Administration announced on October 12 that Social Security benefits will receive a 3.2 percent cost-of-living adjustment (COLA) increase starting in 2024. The increase is reflective of the effects of inflation. On June 14, the President signed legislation ensuring that certain veterans' disability compensation programs will receive the same COLA. Military and federal employment retirement benefits will also be increased.

UPDATE ON THE VETERANS OMNIBUS PACKAGE

Work continues on a special package of veterans-related provisions that leaders of the House and Senate Veterans' Affairs Committees hope to advance before the end of the year. Much of the current work is being done by the staffs of the two committees and they are near agreement on the final language of the Elizabeth Dole Home Care Act, which we hope will be included in the larger package. There is considerable work to do on other provisions, including how to pay for them; so, it will be a while before the omnibus package is turned over to the committee leaders for final negotiations.

PVA WEIGHS IN ON VA'S FIDUCIARY PROGRAM

Late last month, PVA submitted a statement for a House Veterans' Affairs, Subcommittee

on Disability Assistance and Memorial Affairs (DAMA) hearing looking at VA's Fiduciary Program. Testifying before the Subcommittee was Kevin Friel, VA's Deputy Director of Pension and Fiduciary Services, and Lisa Van Haeren, Director of Claims and Fiduciary, Division of the Office of Audits and Evaluations for the VA Office of Inspector General (OIG).

Members of the Subcommittee voiced concerns about abuse and fraud that may be experienced by veteran beneficiaries who are assigned a VA fiduciary. Additionally, the VA and the OIG were questioned about processes of approval for a fiduciary, misuse allegations, and ways to improve the redistribution of misused funds to beneficiaries.

PVA's statement focused on the standardization of the disability benefits questionnaires (DBQ) that ask questions about mental deficiencies, the qualifier for the assignment of fiduciary services. We also highlighted data around fraud and misuse allegations from the VA Annual Benefits Report. Lastly, we stressed the need for additional support and outreach from the Pension and Fiduciary Program for fiduciaries who also act as a caregiver. Caregivers often encounter several barriers to accessing fiduciary support due to their numerous responsibilities.

PVA JOINS COMMENTS TO DOJ NPRM ON ADA TITLE II WEB AND MOBILE APP ACCESSIBILITY

PVA recently joined more than 260 disability rights organizations in submitting comments to a notice of proposed rulemaking (NPRM) issued

by the U.S. Department of Justice (DOJ). The NPRM addressed accessibility requirements for websites and mobile apps under Title II of the Americans with Disabilities Act (ADA). Under Title II, state and local governments' services, programs, and activities must be accessible for people with disabilities. The NPRM proposed specific technical accessibility standards for services, programs, and activities offered by state and local government entities to the public through websites and mobile apps. Notably, the NPRM did not include websites and mobile apps used solely by private businesses, which are governed by Title III of the ADA. However, many state and local governments use third-party websites and apps for services, such as transportation, voting, public feedback, and social media.

PVA and the disability rights advocates applauded DOJ for addressing the significant issue of website and mobile app accessibility barriers, but also rebutted the six broad exceptions proposed, which included exceptions for third-party platforms. The comments addressed the need to include all programs and services, even third-party platforms, to ensure all persons with disabilities can participate in government services and activities.

DOJ will now review and address the comments submitted before issuing a final rule.

SUPREME COURT HEARS ORAL ARGUMENT ON ADA HOTEL WEBSITE TESTER CASE

On October 4, the U.S. Supreme Court held an oral argument on *Acheson Hotels, LLC v. Laufer*. Deborah Laufer, a mobility assistive device user and self-deemed "tester," regularly visits hotel websites checking whether they have information on the physical accessibility of the hotel. Under the Americans with Disabilities Act (ADA) reservation rule, hotels must identify and describe the accessibility features of the hotel and guest rooms in enough detail for a guest to decide if the hotel will meet their needs. When Laufer visited the hotel's website, she found no accessibility information and sued, though she had no plans to reserve a room at the hotel. The district court dismissed the case, but the circuit court ruled in her favor. Acheson Hotels then filed a petition to the Supreme Court to review the case. PVA joined a brief to the Court, with 17 other disability rights

organizations, to explain the importance of lawsuits as a means to enforce the ADA.

The initial question before the Court was whether a "tester" can bring a lawsuit for a hotel's failure to provide accessibility information on their website. However, due to developments in the case, the Court added a consideration of whether the case was moot. A case is moot when there is no longer an actual controversy and the parties have no interest in the outcome. Since the case was initially filed, the hotel owner sold the hotel and the hotel's website was updated. After the Court granted the petition for review, Laufer dismissed her case before the district court, which nullified the circuit court's decision. Both parties and the Solicitor General agreed that the case is moot. However, Acheson Hotels argued the Court should still issue an opinion for future cases.

The Court's opinion on tester standing for hotel website compliance, or website ADA compliance in general, could have a major impact on a person with a disability's right to file an ADA case in court. However, during the oral argument, several of the justices deemed the case to be "dead." The Court has the option to rule the case as moot and not issue an opinion. The transcript and recording for the oral argument are posted on the Supreme Court's website.

WHITE HOUSE CELEBRATES THE 50TH ANNIVERSARY OF THE REHABILITATION ACT

On September 25, the White House hosted an event at the U.S. Department of Education to celebrate the 50th anniversary of the Rehabilitation Act of 1973. The Rehabilitation Act is a federal law that prohibits discrimination against people with disabilities by any federal department or agency or an entity that receives federal financial assistance from a department or agency. The event consisted of multiple panels on issues impacting people with disabilities, including housing, employment, education, and health care. There was a prominent focus on Section 504 of the Rehabilitation Act. Section 504 prohibits organizations and employers from excluding or denying individuals with disabilities an equal opportunity to receive program benefits and services. Representatives from several agencies discussed the power of Section 504, but also the

need to strengthen 504 through rulemaking and enforcement.

The following week, the White House hosted an event on the White House South Lawn for disability rights advocates to celebrate the 33rd anniversary of the ADA and 50th anniversary of the Rehabilitation Act. Advocate, Selma Blair, addressed the crowd and the President gave remarks. He praised the work of advocates, but acknowledged that the laws still fall short in ensuring people with disabilities have equal access to daily life, including employment, voting, public spaces, and health care. He noted that advocacy focused on making improvements must continue.

NEWS OF NOTE

Federal Funding Update

Lawmakers in Washington recently passed a continuing resolution (CR) that keeps the government running through November 17. Congress has until that date to pass some or all of the fiscal 2024 funding bills, or approve another stopgap measure for the unfunded parts of the government. Currently, the House has approved four of the 12 annual funding bills, while the Senate hasn't approved any. None of the four House bills are likely to be accepted by the Senate, and the process of funding the government remains as strained as ever. Disagreements over support for Ukraine and Israel pose new challenges for appropriators that have been seeking common ground between both chambers and individual members, making another CR highly likely.

DOT Releases Video on The Rights of Air Travelers with Disabilities

The U.S. Department of Transportation (DOT) launched a public awareness campaign with a short, informative video to educate air travelers with disabilities on their rights. Air passengers with disabilities are protected under the Air

Carrier Access Act (ACAA), which prohibits air carriers from discriminating against passengers with disabilities. In July 2022, DOT published the Airline Passengers with Disabilities Bill of Rights, which outlines passengers' rights and protections under the ACAA.

DOT's campaign seeks to raise awareness of air travelers' with disabilities rights to safe, dignified, and accessible air travel. DOT is partnering with airlines, airports, and disability organizations, including PVA, to promote the video. Sharing the video is encouraged using the hashtag, #AccessibleAirTravel.

VA Caregiver Stipends Changed to Direct Deposit

On October 1, VA ended the practice of issuing paper checks for all primary family caregivers. Payments are now being made electronically and caregivers had until that date to enroll in direct deposit in order to continue receiving stipend benefits. [Click here for complete information.](#)

National Buddy Check Week

VA recently announced the first annual National Buddy Check Week which takes place this week. During this timeframe, VA is asking veterans to contact 10 of their fellow veterans and check in with them. The goal of this effort is to build peer-to-peer connections, improve mental health, and increase access to VA resources. Veteran family members, caregivers, and survivors are also encouraged to participate, and all of the resources that participants need can be found on VA's National Buddy Check Week website.

VMLI Rates Drop

At a time when it seems like the price of everything is increasing, VA has reduced premiums for most veterans and service members insured under the Veterans'



Paralyzed Veterans of America
Tri-State Chapter
Serving those who Served!

Mortgage Life Insurance (VMLI) program Veterans' Mortgage Life Insurance (VMLI) program. Beginning October 1, most VMLI policyholders saw a reduction between six percent and 36 percent of their premiums, depending on their age. VA is using an updated actuarial table and interest rates adopted by the insurance industry to decrease VMLI premium rates. Veterans will see the reduced rates on their next billing cycle, starting in November, as payment of each VMLI premium is for the prior month. [Click here for more information.](#)

Veteran Interoperability Pledge

Recently, VA and 13 private health care systems agreed to share data to improve the veteran experience, regardless of where veterans receive their health care — inside or outside of the VA. Through this interoperability pledge, VA and the identified health care systems will work to improve veteran health care by seamlessly exchanging information about care provided and requested; save money for veterans by ensuring that they are taking advantage of VA and community resources; and connect veterans with VA benefits, including new benefits for toxic exposure-related conditions under the PACT Act. VA will safeguard the privacy and security of veteran information in this effort. The health care systems partnering with VA in

this effort are Emory Healthcare, Inova, Jefferson Health, Sanford Health, University of California Davis Health, Intermountain Health, Mass General Brigham, Rush Health, Tufts Medicine, Marshfield Clinic, Kaiser Permanente Health Plan and Hospitals, University of Pittsburg Medical Center, and Atrium Health. VA's official announcement is available [here](#).

WEBINARS & HEARINGS

PVA Webinar in Honor of the 50th Anniversary of the Rehabilitation Act Now Available

In September, PVA hosted a webinar titled, "Celebrating 50 Years of Disability Rights Under the Rehabilitation Act." The webinar celebrated the 50th anniversary of the Rehabilitation Act and educated attendees about the law, its application to the VA and other agencies, and how to advocate for accessibility compliance. The recording of the webinar and the slide presentation are available on PVA.org. Upcoming Veterans' Committee Activities

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

ARE YOU MOVING???

Don't forget to notify the office of your new address, email, and phone number.

If you are a PVA Tri-State member, we will let National PVA know where you are moving to, so you won't miss a single issue.

Please call 503-362-7998

or email tristatepva@tristatepva.org





November 3, 2023
10 AM – 2 PM

Veterans Stand Down

Sonrise Church

6701 NE Campus Way, Hillsboro, OR 97124

The Stand Down is a one day event that provides a one-stop connection for veterans in our community to key services. This event includes breakfast and lunch, clothing and hygiene supplies as well as resources for housing, employment, medical care, pet supplies, legal assistance and much more.



Interested in providing resources, volunteering, or donating items for this event? Contact Sean_Files@washingtoncountyor.gov or 503-846-3047.



V. 7/25/2023

PVA VETERANS CAREER PROGRAM UPDATE

August 2023

HELPING ALL WHO HAVE SERVED



Mr. Cox was referred to the Veterans Career Program (VCP) through the Unite Us* network in June of this year. A retired Army veteran, Doug had recently been released from prison. Determined to not let his background as a justice-impacted individual hinder his ability to find a job, he and our Vocational Rehabilitation Counselor, Darah Gerou, hit the ground running.

They discussed second-chance employment and his career options. After looking at the opportunities for truck drivers, he decided to get a CDL license. Darah researched the laws regarding obtaining a CDL license in his state, and sent Doug tools to help him prepare for exam. They worked together on what Doug jokingly considers the "employment success trifecta": to update and tailor his resume, brainstorm potential references, and talk about how to craft an effective cover letter. In early August, Doug started a job at TransWest as a shuttle driver.

Doug said the following about VCP: "Since becoming a client of the Veterans Career Program, I have had more job opportunities available to me. I am grateful for the job readiness skills that I have learned and for the continued support."

*Unite Us (<https://uniteus.com>), the nation's leading technology company connecting health and social care services, works to address the unmet needs of individuals and their families through a secure coordinated care network. This network of services benefits transitioning military members, veterans, military spouses, and military caregivers who are also seeking career assistance.

The Unite Us network of health and social care services, together with VCP's dedicated Vocational Rehabilitation Counselors and Employment Specialists, provide a whole-person approach to quality-of-life care and help the veteran community achieve their career goals. PVA Chapters, Nonprofits, community-based organizations, and other providers seeking to connect their clients to the Unite Us network of resources should click this link and complete the form: <https://uniteus.com/contact/>

MONTHLY IMPACT

21 Client Placements

- 20 Paid Employment
- 1 Education/Training
- 0 Volunteer
 - 20 Veterans
 - 0 Active Duty
 - 1 Family Members
 - 0 Caregivers
 - 1 PVA Member
- The average salary for the 18 clients placed in full-time employment was \$76,477; and the average income for the 2 clients placed in part-time work was \$24,570.



2023 PVA HEALTHCARE SUMMIT + EXPO



PVA hosted the 11th Annual Healthcare Summit + Expo August 14 – 17 in Orlando, FL. The Veterans Career Program was honored to attend, assist at the PVA info booth, and learn more about medical and technological advances that improve the quality of life for those with spinal cord injury or disorder.

"The 2023 Healthcare Summit felt like the professional equivalent of a Baskin-Robbins," expressed Genia Hachenberg, Associate Director of VCP. "How could I decide which flavor to pick? With an incredible variety of experts and sessions, I was able to gain significant and timely information, such as the latest status of presumptive conditions for VA service connected disabilities and infusion therapies for relapsing Multiple Sclerosis. As a Certified Rehabilitation Counselors (CRCs), we specialize in holistic case management. Summit is a wonderful opportunity to enrich our current knowledge in the medical, psychological, environmental aspects of multiple disabilities. Additionally, having access to such a wide range of professionals in one setting is invaluable."

*"This level of continuing education and networking enables CRC's to be a more powerful 'bridge between the individual and a self-sufficient, fully integrated life'."**

*<https://crccertification.com/crc-certification/>



PVA.org/VeteransCareerProgram

POWERED BY:





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: PVA Tri-State Chapter, 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
- Tetraplegia
- Brown Sequard Syndrome
- Cauda Equina Syndrome
- ALS
- Multiple Sclerosis
- Transverse Myelitis
- Other (please specify) _____

Physician's Signature

Physician's Name

Physician's Title

Physician's Phone/Email

Date Signed



Paralyzed Veterans of America
Tri-State Chapter
 3700 Silverton Rd. NE
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