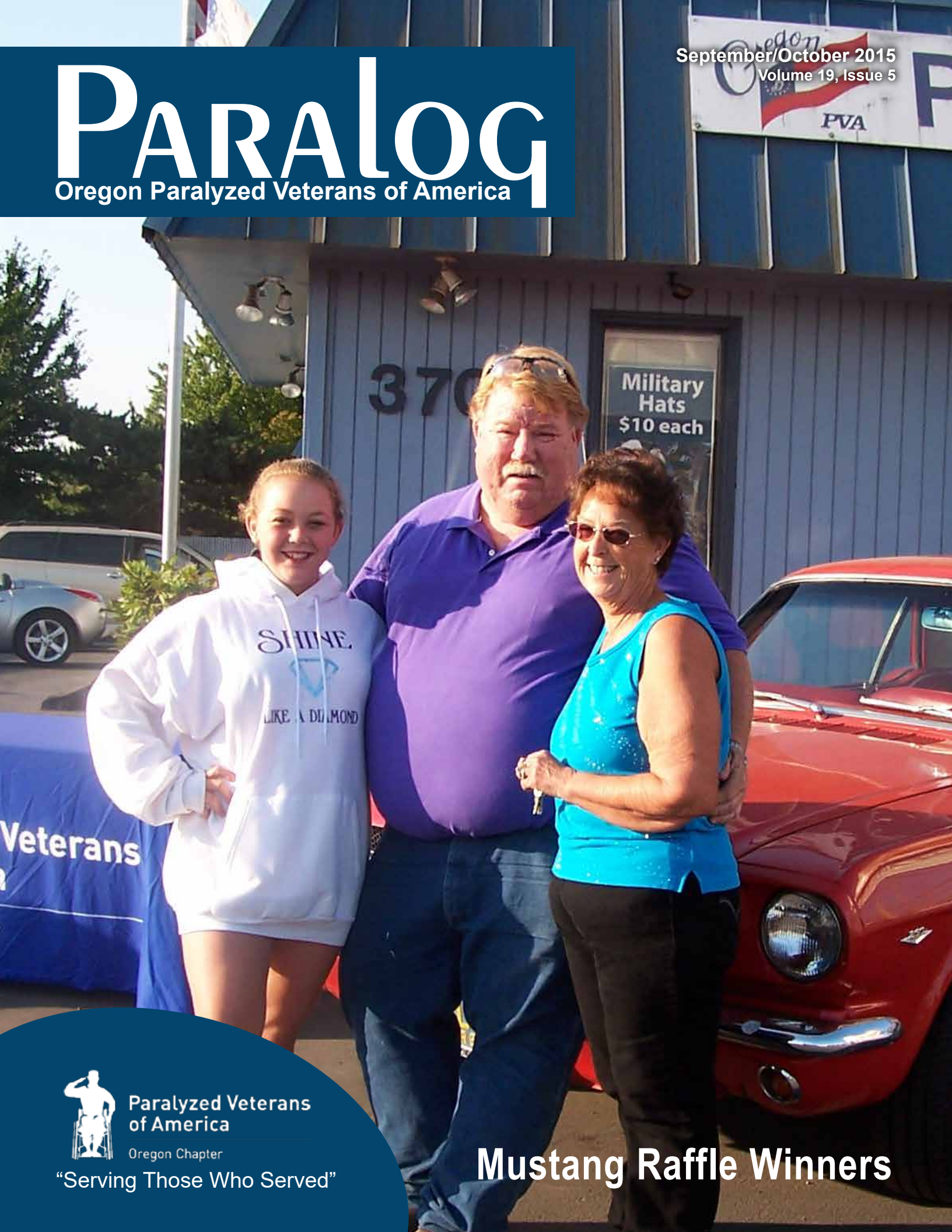


September/October 2015
Volume 19, Issue 5

PARALOG

Oregon Paralyzed Veterans of America



Paralyzed Veterans
of America

Oregon Chapter

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OPVA Mission

Oregon Paralyzed Veterans of America is committed to taking those actions necessary to improve the quality of life and to protect the rights of spinal cord injured or neurologically impaired veterans through: veterans benefits protection; advocacy; legislation; sports and recreation; hospital liaison and spinal cord research.

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Do you need assistance with your claims
or benefits?



**Paralyzed Veterans
of America**

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



Election Time



President's Greeting

Terry Brown—President

Well, here we are again, the end of one fiscal year and the beginning of another. Of course, it all depends on when you read this article. Either way, we are still moving forward with an open hand extended to anyone willing to reach out and shake it. That is really all we can do when there are service (men/women) who have honorably served this Country and could benefit through the events and programs we have to offer. The calendar is full and the participation part is up to you. I already plan to be there myself and look forward to shaking your hand.

Election ballots, budget and banquet. Now that is a mouthful and an important part of the process as we transition into another season of

growth and progress. Growth for all of those who continue to serve in the capacity they have over the years and progress for those who are stepping up to new and challenging opportunities to serve important positions within the Chapter. I, myself, am moving on and even moving out as in, to another State. You have 49 guesses or you can come out to one of our scheduled events or stop by the office and I will tell you. Anyhow, 1993 or so, seems like a whole century away from when I first participated in any event with OPVA. I will still hold the position of Immediate Past President, so I will still be involved at a somewhat more limited capacity. I do plan on coming to the (unofficially named) Abilities Expo on April 16, 2016. See you soon.



Vice President's Greeting

Bill Blake—Vice President

This has been one of the hottest summers of all time. Here is hoping that we will get our typical beautiful fall and early winter. I remember a few years ago, when I had season tickets to OSU Football, that every home game was sunny and warm. Hope you all survived the hot summer. It is nearly over.

September follows one of the busiest Augusts that we have ever had. Hope some of you enjoyed the summer picnic, the Cruise in Ride in Eugene, the Extravaganza at the Lebanon Veteran's Home, the fun Trap Shoot in Albany, and maybe there is still time to come see us at the Oregon State Fair. Our annual Member's Banquet is September 19th at the Quality Inn in Keizer. Come and join us for a great time

It is important to read the articles in the Paralog to find out what is

happening during the rest of the year. Come by the office on Silverton Road to see the new raffle car, a 2006 Pontiac Solstice with only 20,000 miles on it. What an awesome car. You can come by the office to buy tickets.

Elections are in process and with your kind vote I will be next year's President. We will all miss Terry Brown as he and his parents are moving to Nebraska. We wish them all the best. He was a great member of the Oregon Chapter for over twenty years. Terry's parents are the heart and soul of this Chapter and I wish them well. The new officers and the board look to do an outstanding job for the chapter. Tom Hurt, our Development Director continues to do a fabulous job. We need all your support to make this coming year one of the best. See you soon.

Pontiac Solstice



Paralyzed Veterans
of America

Oregon Chapter

2006

Tickets \$10 each or 5/\$40

Drawing August 13, 2016, 2:00 P.M. at
OPVA 2016 Car Show at
Home Depot 3795 Hagers Grove Rd SE,
Salem OR 97317



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2015 Gun Raffle



The raffle will be held at 1:00 P.M.

Glock Pistol

\$5.00 per ticket

Raffle will be held on **November 23** at the OPVA office.

Models to choose from:

G-17/17Gen4, G-19/19Gen4, G-26/G-26Gen4, G-22/22Gen4, G-23/23Gen4, G-27/G-27Gen4, G-31/31Gen4, G-32/32GEN4, G33/33GEN4, G-42

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Recreation Fund

Daniel Service—Member

The 25th of April to the 18th of May, my wife and I took a wonderful trip. We went down to Tucson, AZ and spent a week visiting our daughters and grandkids. We went down to Nogales, Mexico, but only spent an hour there. The first two blocks around the area had makeshift ramps for the sidewalks but after that I needed to find driveways to get onto the walkways. What was funny to me was that every other vendor wanted me to come into their store to buy Viagra, hummmmm. When we left Tucson we went to Flagstaff and visited the Grand Canyon National Park. While there we took the bus for the tour around the South Rim, and discovered that it took more time to wait for the next bus to come than it did to see the view. We were told we could get a pass to take our vehicle into the parks bus only area, but didn't

understand, if you go we suggest you get a pass and enjoy the park more fully. We also stopped by Yosemite National Park and took some beautiful photos. We found out that if you want to use the camp grounds you need to get on their waiting list at least 1 to 2 years ahead of time. We visited with my wife's cousin who she hadn't seen for fifty years, then visited and took pictures of her ancestors grave sites for our family history. We next spent a week in South Lake Tahoe, CA. While there the weather was in the 30-40's and it snowed. What a beautiful area to visit. We enjoyed a wonderful meal at the Chart House, overlooking the lake as the snow fell. Overall it was a very enjoyable trip, one we probably will not do again due to Sore Bum Syndrome, we will fly instead.



Wheelchair Games

Jeff DeLeon - Member

First and foremost I would like to thank the PVA Oregon Chapter for their support in my participation at the National Veterans Wheelchair Games 2015. This year's game was held in Dallas, TX and let me tell you that the big D showed big love for us.

Last year a part of my family from Missouri accompanied me to Philly and they enjoyed it so much that they made the trek to Dallas for their second games experience. We decided to rent a house in the area which proved to be a wise choice. We were a traffic-less 20 minutes from the main venues at the Convention Center. Having the accessible room to recoup in was nice as I usually do not get one as they are limited and some participants need it more than I do.

This year I signed up to participate in basketball; table tennis; field (shot put; javelin; and discus); archery and slalom. Before the competition began we had a day of Expo to explore. The Expo Hall was a ton of fun for my nieces and nephew with all the cool booths and their wonderful prizes and giveaways. During our Expo adventure we met up with my friends for life, the Rupertos. Michelle, Dominic, and Gionna have been attending the games since Dominic and Gionna attended

their first kids' day in Pittsburgh 2010. I had the pleasure of meeting them in Tampa 2013, and the rest is history.

Day 1 meant an 8 a.m. start on the SMU practice soccer field. Thankfully Per4max provided us with 4 throwing chairs so I was able to use familiar equipment. After 3 puts I was off to a golden start. Next I chose to throw the discus which was another good showing. Finally I had the javelin which was once my best implement. After two no marks, and a lot of questions going through my head, I was able to get one to stick and it was enough for runner up. Morning medal count was 3.

As we were looking for friends we knew, we spotted a familiar face. Evander Holyfield had made his way out to show his support for the games. I was lucky enough to shake his hand and get him to sign my shirt. One of my fellow Oregon competitors and boxing fanatic Manny Garcia missed a signature, but I was able to hook him up when I found out he was a big fan. Seeing that smile on his face was well worth it.

Back to the convention center for lunch and preparation for the next event, opening round of basketball

games. As my team began to take the court I felt like we had a good group ready to play. After a few handshakes, and shoulder bumps it was game time. We played a great team game and came away with a W. After watching some of our friends play we wrapped up about 9:30 p.m. first long day down of many.

Day 2 was supposed to be another early morning start at the archery field. I opted to have family breakfast then made our way to the exhibit hall for kids day. I was honored to be asked by PVA to be a kids day mentor. I had the pleasure to kick kids day off with a little follow along military style cadence. After stretches, we were off. We started by running the young men and women through a slalom course. My friends the Rupertos made it look easy. I also was able to connect with a young man by the name of Joseph. Watching Joseph and all the kids having a blast at softball and then basketball was priceless.

After this short competition day we took the opportunity to take in a Rangers game. It is a beautiful ballpark but the seemingly endless ramps to the top were a bit rough. I'm guessing that there is another route up we just didn't find it. The Rangers lost but we were there for the experience, and it was great.

Day 3 was the table tennis tournament which ended in

a rematch of the 2010 gold medal match between Mark Shepherd and I (which I won), and basketball. Mark is a good friend of mine but it was game time. After a first game that went back and forth and ending in a win in my column 15-13, Mark got warmed up and soundly beat me 15-13, 6-15, 5-15, 12-15. The competitor in me was not too happy but it was nice to see my friend again. For the record we are even at 1 match apiece all time. The evening was basketball and my team played exceptional, qualifying us for the gold medal game.

Day 4 the day I was waiting on had arrived. It was time for slalom. If you are not familiar with slalom, it is an obstacle course that shows off your wheelchair skills. It is such a fun event to participate in. I was also eager to defend my 5x champion status. After a great run to start the event, I now had a time to beat, 3 minutes and 40 seconds. The funny thing is that this is the only event that gives me butterflies, even when I feel confident. I'm proud to say that I was blessed enough to make a near perfect run, and finish 50 seconds ahead of my next competitor. Top three athletes' times in class II through V qualified for the Super G, which is slalom on steroids. (<https://youtube/zmMCoehVGSA>) You can watch it on YouTube if you like. You may or may not see me in a skin tight suit with a cape. With the Super G now on the

schedule my Friday was going to be full.

Day 5 Friday was another good trip to the convention hall and we got started early. The walk through for SG was good. I think we caught a break from an obstacle the day before and they decided to cut down its height. The SG is the only event that you get a pin just for participating. After a tough run of 5 and a half minutes I was just glad I wasn't spent because I had a basketball game I wanted to win for my boy Dominic. I believe that I finished middle of the pack out of 12. I was ready for the basketball final. Warming up I was definitely feeling that it was our game to win or lose. I was knocking em down from deep and so was another teammate. Game started and we were bucket for bucket. I was able to chip in a couple 3's before we closed the half down 4. Second half was a different story as our team ball turned into 1 on 1 at the local YMCA. We made a few runs but ultimately were defeated by a well deserving group of players. It's not just about the win but I have to say that I really want a basketball gold. Until next year I guess.

The week was now coming to a close at the banquet hall across from the host hotel. A great meal, a few drinks, sharing the week's most memorable moments, and the games had come to a close. I hope to see a few more of our members next year in Salt Lake City.



Greetings from the Development Department

Tom Hurt—Development Coordinator

This has been a VERY BUSY couple of summer months, here are a few of the events that YOUR chapter has been involved in.

- 4th of July Celebration at River Front Park in Salem
- First Tuesdays Community events in Sublimity
- Marion County Fair
- Cruise-N-Ride in Eugene
- Members Picnic
- Deep Sea Fishing
- Oregon Veteran's Home Extravaganza Lebanon
- Mustang Raffle Drawing
- Trap Shoot in Albany

And the Winner Is?????



The Tracy Family:

This lucky family purchased their tickets at the Salem Auto Auction back at the end of January.



Here it is !!! our 2015/2016 Raffle Car

4th of July at River Front Park:

We may not have sold a ton of tickets at this event, we did however get to speak with a lot of people, and explain who and what OPVA is about.



Marion County Fair:

This was a great fundraising event for the OPVA, we brought more money in at this year's County Fair than all of the Past Marion county fairs combined. Next year we are looking to be moved to a spot with even more pedestrian traffic.

Oregon Veteran's Home in Lebanon

This was a super fun event, we had about 65 classic and hot rod cars participate in the Cruise In. All the residents at the Home were able to come out and enjoy the cars, have a hot dog lunch and listen to the live band.





Trap Fun Shoot

This was a fun family oriented event. There was such a variety of people having fun shooting clay targets, from beginners to seasoned shooters. We had a Dad bring his boys to shoot, we had some ladies who dominated the beginners section. And then there was our own Trap Team, that not only showed us what it looks like to shoot like a Pro, but they were out helping the beginners feel comfortable..

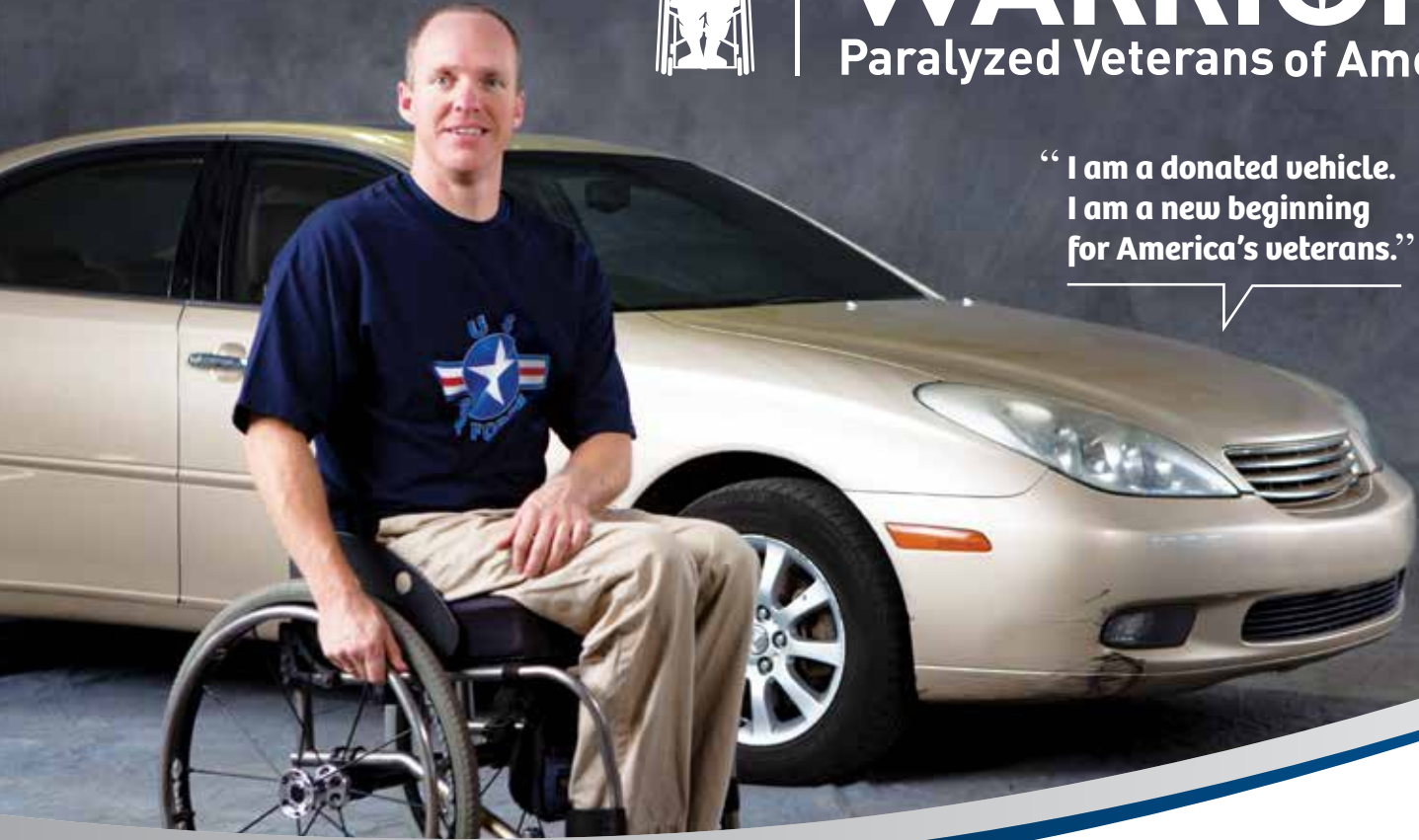
Hats off to the Albany Gun Club Staff, for sponsoring this event.





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Northwest Wheelchair Tennis Association

John McClaran—Member

Live in or near Portland or Salem Oregon? Want to learn how to play Wheelchair Tennis? The Northwest Wheelchair Tennis Association (NWTA) is a group of wheelchair tennis players, coaches and supporters dedicated to the sport they love and very interested in getting anyone with a mobility impairment to come out and play. As a group we represent a wide variety of skill levels from beginners to advanced including those who compete in tournaments across the country.

Since 1986, the NWTA has been devoted to growing our sport in the Pacific Northwest. Our mission is to promote an active lifestyle and supportive community for adult and junior players. Through our various programs and activities, we offer competitive and recreational opportunities for people of all ages and skill levels. Many of our members travel

across the country as ambassadors of the sport playing in local, national and international tournaments. One of our members; David Wagner of Beaverton, is the number one quad player in the world and recently won his third straight gold medal at the Paralympics in London! We try to offer something for everyone and no matter your skill level our focus is on having fun



Wheelchair tennis can be played by anyone in any style of wheelchair. As

a person's skill level increases, they may want to purchase a chair that has been specially designed for the sport. In the meantime we have tennis chairs that you can borrow and will provide you with assistance in obtaining grants.

Whether playing with able-bodied opponents or another wheelchair player, this is a life-long sport that can provide a healthy lifestyle and years of enjoyment. Wheelchair athletes play the same game as standing players. The only difference with wheelchair tennis is that we get up to two bounces, all the other rules of tennis are the same. This enables you to play with

able-bodied friends and family as well as other wheelchair players.

We have a number of different programs including free weekly lessons every Monday night in Salem and most Saturdays in Portland. We are fortunate to have two of the leading wheelchair coaches in the world teaching us. We put on an annual kids camp, a three day advanced adult camp and the 26th annual Pacific Northwest Sectional Championship Tournament August 28 – 30 at the Tualatin Hills Tennis Center in Beaverton. Our tournament attracts some of the best players in the country with some fifty players

competing. Everyone is invited to come play and or watch this exciting event.



To find out more about the NwTA please visit our website at www.nwwheelchairtennis.org. There you can see a list of our next classes and on the top left of the page sign up to attend. You can also find news stories related to the world of wheelchair tennis, instructional videos, photos, tournament information and much more. We've been changing lives one swing at a time since 1986. All you have to do is show up and we'll take care of the rest so come on out. You will make a lot of new friends and have a really good time!



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Address: _____

Program requested to support:

- | | | |
|---|---|---|
| <input type="checkbox"/> Legislation | <input type="checkbox"/> Recreation | <input type="checkbox"/> Parking Enforcment |
| <input type="checkbox"/> Sports | <input type="checkbox"/> Community Outreach | <input type="checkbox"/> Membership |
| <input type="checkbox"/> Hospital Liaison | <input type="checkbox"/> Advocacy | |



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503-362-7998





Sports Updates

Larry Gardner—Sports Director

I would like to introduce myself to all members and friends of the OPVA my name is Larry Gardner. I've been a member of the OPVA since 2010, and voted to the Board of Directors during the last election, I am now moving up to the Sports Director.

I served in the Army from 1969 through 1971 after being drafted during the Vietnam War. I had basic training at Fort Lewis Washington, then artillery training at Fort Sill Oklahoma, then spent one and a half years or more in a rocket unit in Germany.

Worked most of my life in construction, building equipment, repairing equipment, operating heavy equipment, and driving before my disability. In my last job I was also the company's safety director.

Now I am spending a lot of my time

working with a group of wonderful people at OPVA and hope to make our Sports Program cater to all the interested members, so please be sure to fill out the survey sent to you with the ballot and return as soon as you can.

Jack Howell will continue to work with me on the fishing and trap shooting programs as he has done a very good job, but wants to take a little time off.

We've been having very good results with our fishing and trap shoots etc., but still could use more members and volunteers in our sports and other OPVA events to make them more successful. Again please return your surveys, and hope to see all of you at Members Banquet on September 19th.

Thank you and take care.

Annual Awards Ceremony & Member's Banquet



September 19, 2015

Location:
Quality Suite
5188 Wittenberg Lane
Keizer, OR 97303

Appetizers at 1:00 P.M.
Dinner at 3:00 P.M.

Dave Parker
503-990-7900
fparker426@aol.com
Office: 503-362-7998



Recreation Fund

Joe Heidrick—Member

I just want to send a few lines to thank you for the vacation reimbursement. This year my wife and I did a 4,000 mile Harley trike ride from Oregon through the Canadian Rockies. What a beautiful trip, in spite of some stormy weather. We left Albany on July 1st and traveled through Nevada, Utah, Colorado, Wyoming, and Montana, seeing Yellowstone and Glacier Parks before the big fires. Taking Hwy 1 through Alberta and British Columbia we spent a few days exploring Canmore, Lake Louise, Whistler, and Victoria.

There is nothing like the feeling of coming back to the good old USA. On July 25th we were happy to spend the night in our own bed back in beautiful Oregon. Canada has its own beauty and I got a couple hundred pictures of rugged, snow covered mountains, but it was an exhausting trike ride through some hot and then cold, sleet, rain, hail and windy conditions that we were not prepared for in July. Between storms, however we had a wonderful time and made some beautiful memories.

SEPTEMBER



**Paralyzed Veterans
of America**
Oregon Chapter

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			

Mark Your Calendar

9/1-9/7	Oregon State Fair	9/19	Member's Banquet
9/11	The Dalles Veterans Home Hot Dog Feed	9/24	Board Meeting
9/12-9/13	PITA Shoot		

OCTOBER



**Paralyzed Veterans
of America**
Oregon Chapter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Mark Your Calendar

10/10 **Salem Auto Auction**
10/15-10/18 **Salem Fall RV Show**
10/29 **Board Meeting**

Volunteers Needed

Volunteers needed for all events.
 Please contact the office for how
 you can volunteer
 Office: (503)362-7998

OPVA Birthday List

Steven Herron	9/1	Jon Satoris	9/20
Synda Patten	9/1	Russell Boyles	9/20
Jerry Arnoldus	9/2	Cara Overstreet	9/20
George Weathers	9/2	Martin Campos	9/21
Charles Abernathy	9/2	James Johnston	9/23
Gregory Pearce	9/3	Westley Carter	9/24
Laura Eagle Thunder	9/3	Kennety Townsend	9/25
Michael Angerinos	9/3	Ellena Watson	9/25
Jerold Billings	9/4	Andrea Harris	9/25
Michael Casner	9/4	Jeffry Watkins	9/26
Henry "Evan" Burroughs	9/4	Daniel Ash	9/27
Clydine Hernandez	9/5	Michael Bigsby	9/27
Samuel Learn	9/5	Charles Montague	9/28
Darrell Von	9/5	John Siemssen	9/28
Donald Boss	9/6	Kristy McNulty	9/29
Bertram Merrell	9/7	Todd Walters	9/29
David Miller	9/7	Rui O'Reilly	10/1
Mary Burton	9/8	Bradley Bray	10/1
Edward McKinney	9/8	Curtis Renfroe	10/2
Harvey Michel	9/9	Timothy Witt	10/3
Dennis Watson	9/9	Shaun McKamey	10/3
Laura Woodruff	9/9	Charles Demoss	10/4
James Bender	9/10	Julie Pollard	10/4
Gary Cooper	9/11	Melinda Loosli	10/4
Michelle Beech	9/11	Cheryl Morgan	10/5
Michael Anderson	9/12	David Holt	10/5
Robert Harding	9/13	Lois Jones	10/7
Colin Dye	9/13	Monty Montague	10/7
Victoria Aubry	9/13	Mark Hansen	10/7
Grant Buehler	9/13	Tom Weare	10/9
Gordon Stone	9/14	Steven Harmon	10/9
Donald Knapp	9/14	Travis Nelson	10/9
Mayer Schwartz	9/14	Linda Parker	10/10
Steven Cearley	9/14	Michael Johnson	10/10
William Blake	9/15	Jeffery Fortner	10/10
William Kincaid	9/15	Bradley Barton	10/11
Rita Baugh	9/17	Marilyn Davis	10/12
Ruth Grovom	9/17	Randy Roddey	10/12
Larry Topliff	9/17	Amy Sanders	10/13
Carlton Herron	9/18	Wendy Jenkins	10/13
Godfredo Battista	9/19	Deborah (Debs) Sylvis	10/14

William Vankuik	10/14	Tyler Hills	10/24
Albert Wagoner	10/15	Richard Eisenblatter	10/25
Mark Parker	10/17	Jerome Brewer	10/26
Matthew Denny	10/18	William Pringle	10/26
Zachary Parent	10/18	Keith Wingfield	10/26
James Harding	10/19	Dennis Hooper	10/27
Jerry Ryan	10/19	Clyde Burks	10/28
Gilbert Arendt	10/20	Stephanie Hartzell	10/28
Shawn Kellar	10/20	Steven Murphy	10/29
Albert Bocanegra	10/21	Richard Smith	10/30
Frank Maas	10/23	John Jabson	10/30
Jaime Cale	10/23	Abe Quihuis	10/30
Roland Croft	10/24	Mike Rosenbalm	10/30
Linda Adams	10/24	Nicholas Lewis	10/31
Deanna McMackin	10/24		



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- Then, every time you shop and use your Rewards Card, you are helping (non-profit) earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
 - For more information, please visit www.fredmeyer.com/communityrewards.

Filing a Personal Injury Claim in Oregon

Auto accidents are one of the biggest causes of spinal cord injuries and paralysis. If you have been severely injured due to an auto accident, there may be financial resources available to you to help with medical bills, lost wages, and more. A personal injury claim has helped millions of Americans get the assistance they need.

Fault and Personal Injury Claims

Before considering filing a personal injury claim, you will need to be able to show that you were not at fault for the accident. In an auto accident, the driver at fault will be the driver who broke a law, such as driving through a stop sign or driving on the wrong side of the road. Here are some rules of the road that you should always follow in Oregon:

- **Signaling:** Motorists in Oregon must signal at least 100 feet ahead of time before making a turn.
- **Lights:** Motorists in Oregon cannot use high beams when another vehicle is approaching 500 feet away, or 350 feet behind another vehicle.
- **Drinking:** The legal alcohol limit in Oregon is .08% for an adult age 21 or over, .04% for someone who is a commercial driver, and .00% for anyone under the age of 21.

Proving that you were not at fault in your accident is extremely important, because Oregon will reduce any settlement you may earn by your percentage of fault. If you are more than 50% at fault for an accident, you will not receive any financial compensation at all. Here is an example of how fault could affect your claim:

Delilah was driving to work when she was rear-ended by a large truck. She suffered a serious spinal cord injury and lost most of the mobility in her legs. She had \$10,000 in medical bills, plus months of physical therapy. Delilah filed a personal injury claim for \$30,000 to pay for her medical bills, future bills, and pain and suffering. In her case, it was determined that her brake lights were not working. Delilah was found to be 10% responsible for the claim. Delilah won her case, but her settlement was reduced by 10% to \$27,000 to compensate for her own fault.

How to Start the Claim Process

If you became paralyzed in a car crash, your first step will be writing a demand letter to the insurance company of the driver at fault for the wreck. This letter will list the exact medical bills you've paid, plus any lost wages or future medical bills. Since you've lost a great deal of mobility as well, you should demand a sum for pain and suffering. Consider contacting a personal injury attorney in your area to discuss what a fair compensation would be for a demand letter.

If the other driver's insurance company denies the claim, you will need to take the claim to court. Be sure to document any bills or materials related to your injury. You will have two years in the state of Oregon to file a personal injury claim. Be sure to look at Oregon's courthouse information online to determine where you should go to file a claim. With any luck, your demand letter will be accepted and you will not need to step foot inside a court house.

Veterans' Benefits and Personal Injury Claims

There are two forms of disability benefits for veterans: Veterans Disability Compensation and Veterans Disability Pension. Veterans Compensation requires that an injury or disability incurred while on active duty in the military and has no financial requirements. A personal injury settlement will not affect Veterans Compensation.

Veterans Pension is for disabled veterans who did not necessarily become disabled while on active duty, but are low income. A settlement could definitely affect any veteran on Veterans Pension, because the program is needs based.

This article was not written by an attorney, and the accuracy of the content is not warranted or guaranteed. If you wish to receive legal advice about a specific problem, you should contact a licensed attorney in your area.



OPVA Members

Please update your information:

(Please Print)

Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email Address: _____

Please Return to:

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

or email the information to oregonpva@oregonpva.org



Veteran Legislation 2015

Report Date: July 7, 2015

Bill #	Division / Position	Division / Priority	Last Three Actions	Next Hearing
HB 2036 EN	Tracked Bill : Under Review	Tracked Bill : 1	5/21/2015 - Governor signed. 5/15/2015 - President signed. 5/15/2015 - Speaker signed.	
Provides that U.S. Highway 395 shall be known as World War I Veterans Memorial Highway.				
HB 2230 EN	Tracked Bill : Under Review	Tracked Bill : 1	7/1/2015 - Governor signed. 6/26/2015 - President signed. 6/25/2015 - Speaker signed.	
Requires Director of Oregon Health Authority to notify Director of Veterans' Affairs upon receipt of certain written information from member or veteran of uniformed service, if authorized to do so by member or veteran.				
HB 2349 EN	Tracked Bill : Not Reviewed	Tracked Bill : 1	6/11/2015 - Governor signed. 6/8/2015 - President signed. 6/8/2015 - Speaker signed.	
Requires petition for appointment of professional fiduciary to include information regarding investment credentials, licensing, fees, method for assessing or charging fees and acknowledgment that professional fiduciary will make all investments of client assets in accordance with certain investment standards.				
HB 2389 EN	Tracked Bill : Not Reviewed	Tracked Bill : 1	5/12/2015 - Chapter 47, (2015 Laws): Effective date May 4, 2015. 5/4/2015 - Governor signed. 4/29/2015 - President signed.	
Changes process by which person may receive Fallen Hero roadside memorial sign.				
HB 2539 EN	Tracked Bill : Under Review	Tracked Bill : 1	7/2/2015 - Rules suspended. Third reading. Carried by Monroe. Passed. Ayes, 29; excused, 1--Olsen. 7/2/2015 - Rules suspended. Second reading. 7/2/2015 - Recommendation: Do pass the B-Eng. bill.	
Directs Department of Veterans' Affairs to enter into contract to conduct statewide study regarding delivery and use of, and barriers to access to, health care and medical services for women veterans no later than July 1, 2016.				
HB 2645 EN	Tracked Bill : Under Review	Tracked Bill : 1	6/11/2015 - Governor signed. 6/5/2015 - President signed. 6/4/2015 - Speaker signed.	
Requires public universities to establish priority enrollment system for qualified students who are active members of Armed Forces of the United States, who are qualified veterans or who receive veterans' educational benefits as federally qualified dependents of active members or qualified veterans.				
HB 2658 EN	Tracked Bill : Under Review	Tracked Bill : 1	5/28/2015 - Governor signed. 5/22/2015 - President signed. 5/21/2015 - Speaker signed.	
Permits Department of Transportation to issue veterans' recognition registration plate to Gold Star Family member who is sibling of person who was killed in action in armed conflict while serving in Armed Forces of United States.				



Veteran Legislation 2015

Report Date: July 7, 2015

Bill #	Division / Position	Division / Priority	Last Three Actions	Next Hearing
Recognizes and honors Lance Corporal Joseph E. Rodewald (1988-2010) for his service to his country.				
HCR 30 EN	Tracked Bill : Under Review	Tracked Bill : 1	7/6/2015 - Filed with Secretary of State. 7/3/2015 - President signed. 7/3/2015 - Speaker signed.	
Designates Oregon as Purple Heart State.				
HJM 9 EN	Tracked Bill : Under Review	Tracked Bill : 1	6/2/2015 - Filed with Secretary of State. 6/1/2015 - President signed. 6/1/2015 - Speaker signed.	
Urges Congress to recognize presumption of service connection for Blue Water Vietnam War veterans exposed to Agent Orange.				
HJM 14 EN	Tracked Bill : Not Reviewed	Tracked Bill : 1	6/5/2015 - Filed with Secretary of State. 6/5/2015 - President signed. 6/4/2015 - Speaker signed.	
Urges Congress to support efforts to improve access to health care for veterans in rural areas.				
SB 89 EN	Tracked Bill : Under Review	Tracked Bill : 1	7/1/2015 - Effective date, January 1, 2016. 7/1/2015 - Chapter 574, 2015 Laws. 6/26/2015 - Governor signed.	
Authorizes county governing body in each county and Department of Veterans' Affairs to appoint one or more volunteer veterans' guides to provide support services and assistance to veterans, spouses and dependents of veterans, and survivors of veterans, within county or served by department.				
SB 250 EN	Tracked Bill : Under Review	Tracked Bill : 1	6/26/2015 - Effective date, June 22, 2015. 6/26/2015 - Chapter 531, 2015 Laws. 6/22/2015 - Governor signed.	
Repeals outdated statutes.				
SB 251 EN	Tracked Bill : Under Review	Tracked Bill : 1	6/15/2015 - Effective date, June 11, 2015. 6/15/2015 - Chapter 381, 2015 Laws. 6/11/2015 - Governor signed.	
Clarifies Department of Veterans' Affairs status and authority as fiduciary and representative payee appointed by United States Department of Veterans Affairs and United States Social Security Administration.				
SB 252 EN	Tracked Bill : Under Review	Tracked Bill : 1	6/15/2015 - Effective date, January 1, 2016. 6/15/2015 - Chapter 382, 2015 Laws. 6/11/2015 - Governor signed.	



M.S. News

Sue Holt—M.S. Liaison

I just don't know where to time has gone and I'm sure many of you are thinking the same thing.

I did have a question posed to me that I thought everyone could benefit from knowing. How do you dispose of needles and other sharps after use? I was cruising the Internet and think I found part of the answer and why it's important. The following website has lots of information: FDA.gov

Once on the FDA website click on the Medical Devices tab, then click on the link to Products and Medical Procedures. On the left of the page there is a link to Home Health & Consumer Devices.

Information included: what are sharps? Importance of Safe Sharps Disposal and what to do if you are accidentally stuck by a used needle or other sharps? Here is some of the article for those that don't have Internet access.

Needles and Other Sharps (Safe Disposal Outside of Health Care Settings)

What are Sharps?



"Sharps" is a medical term for devices with sharp points or edges that can puncture or cut skin.

Examples of sharps, including needles and syringes.

Examples of sharps include:

- Needles – hollow needles used to inject drugs (medication) under the skin
- Syringes – devices used to inject medication into or withdraw fluid from the body
- Lancets, also called "fingerstick" devices – instruments with a short, two-edged blade used to get drops of blood for testing. Lancets

are commonly used in the treatment of diabetes.

- Auto Injectors, including epinephrine and insulin pens – syringes pre-filled with fluid medication designed to be self-injected into the body
- Infusion sets – tubing systems with a needle used to deliver drugs to the body.
- Connection needles/sets – needles that connect to a tube used to transfer fluids in and out of the body. This is generally used for patients on home hemodialysis.

Sharps may be used at home, at work, and while traveling to manage the medical conditions of people or their pets. These medical conditions include allergies, arthritis, cancer, diabetes, hepatitis, HIV/AIDS, infertility, migraines, multiple sclerosis, osteoporosis, blood clotting disorders, and psoriasis.

There are about 9 million Americans who use needles or other sharps to manage their medical conditions at home. This amounts to more than 3 billion used needles and other

sharps that must be disposed of outside health care settings each year.

Importance of Safe Sharps Disposal

Used needles and other sharps are dangerous to people and pets if not disposed of safely because they can injure people and spread infections that cause serious health conditions. The most common infections are:

- Hepatitis B (HBV),
- Hepatitis C (HCV), and
- Human Immunodeficiency Virus (HIV).

Safe sharps disposal is important whether you are at home, at work, at school, traveling, or in other public places such as hotels, parks, and restaurants.

Never place loose needles and other sharps (those that are not placed in a sharps disposal container) in the household or public trash cans or recycling bins, and never flush them down the toilet. This puts trash and sewage workers, janitors,

housekeepers, household members, and children at risk of being harmed.

Pet owners who use needles to give medicine to their pets should follow the same sharps disposal guidelines used for humans.

What to Do If You Are Accidentally Stuck By a Used Needle or Other Sharp

If you are accidentally stuck by another person's used needle or other sharp:

1. Wash the exposed area right away with water and soap or use a skin disinfectant (antiseptic) such as rubbing alcohol or hand sanitizer.
2. Seek immediate medical attention by calling your physician or local hospital.

Follow these same instructions if you get blood or other bodily fluids in your eyes, nose, mouth, or on your skin. For more information on viruses and needle-stick prevention, visit the Occupational Safety and Health Administration's website.

Consider adding **Oregon Paralyzed Veterans of America** to your Will or Trust.



**Paralyzed Veterans
of America**

Oregon Chapter

Hospital Liaison Update

Mike Rosenbalm - Hospital Liaison

There's a lot of construction going on at the Seattle VA and the Vancouver campus of the Portland VA. The following is a brief update to keep you posted as to what's happening..

Seattle VA SCI/D Unit

The Seattle VA has broken ground on construction of the new mental health facility forcing the closure of the SCI/D parking since the new parking structure is not complete yet. There is an abundance of temporary SCI/D parking with more than 25 spaces reserved by the south entrance of the hospital near Fisher House.

The SCI/D unit survived phase 1 of the seismic upgrade construction at the Seattle VA hospital. During this phase they temporarily moved several of the PT/OT staff offices and some patient beds to 5E until construction was complete. Phase 2 of the seismic upgrade construction is scheduled to begin sometime in December or January. During this phase the plan is to temporarily move 22 patient beds to 5E for approximately eight weeks, returning to 1W upon completion.

Portland VA/Vancouver Campus

The VA Vancouver campus recently broke ground on building a 50 unit apartment complex that will house homeless veterans. There's been a temporary stop on the building of the new patient clinic due to contracting issues. Although construction has

stopped and not started on the building the parking lot for the patient clinic has been paved.

The new Fisher house under construction at the VA Vancouver campus hopes to be completed at the beginning of the new year. Fisher house at the Vancouver campus will facilitate families of patients at both the Portland VA and the Vancouver VA campus.

Beyond Construction

July 21-23 I was actively involved as the Chapter's representative in the annual PVA Site Visit which is an overview of SCI health care at Seattle SCI Center and Puget Sound Healthcare System compliance with VHA Directive 1176 and Handbook.

August 5th I attended the Portland VA Directors Townhall in which director was available for the public to ask questions. The director emphasized her goal of patient centered care and continuous improvement.

Remember the chapter is here to serve you. We would love to hear from you about your experiences with the SCI/D care you receive from Seattle – Vancouver – Outpatient Clinic. Please let us know if you have had delays in receiving your healthcare and/or prosthetic equipment as well as if you've had exceptional service from a program and/or employee.



PARALYZED VETERANS OF AMERICA MEMBERSHIP APPLICATION

**Paralyzed Veterans
of America**

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, and was accepted for or on active duty, in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States or an ally of the United States; (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 mail the application to: PVA Membership Department, 801 18th Street, NW, Washington, DC 20006 or to the chapter of choice. Providing the requested information is entirely voluntary but required for membership with PVA.

800-424-8200 • www.pva.org

Chapter Name: _____

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

Date of Birth: _____ / _____ / _____ Social Security Number: _____
month date year

Male Female

Are you a United States citizen? Yes No

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Other Phone: _____

Email: _____

VETERAN STATUS INFORMATION

DATE(S) OF MILITARY SERVICE		TYPE OF SEPARATION	BRANCH OF SERVICE
Start Date month/date/year	End Date month/date/year	Discharge (D) or Retirement (R)	Copy of DD214 showing type of discharge or VA Medical Services Card Required (attach a <u>copy</u> to application)
		<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/> Still on Active Duty *Proof of Active Duty status must be verified prior to approval
		<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/> Army <input type="checkbox"/> Air Force <input type="checkbox"/> Navy <input type="checkbox"/> Marine Corps <input type="checkbox"/> Coast Guard
		<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/> Army <input type="checkbox"/> Air Force <input type="checkbox"/> Navy <input type="checkbox"/> Marine Corps <input type="checkbox"/> Coast Guard

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

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

DISABILITY CLASSIFICATION

SPINAL CORD INJURY

(Complete ONLY if you have a traumatic spinal cord injury)

Date of Injury: _____ / _____ / _____

Injury Level: C1-C08 Cervical T01-T12 Thoracic
 L01-L05 Lumbar S01-S05 Sacral

Cause of SCI:

- Vehicular (auto, motorcycle, aircraft, bicycle, etc.)
- Violence (gunshot, stabbing, explosion, etc.)
- Pedestrian (hit by car, etc.)
- Sport or recreation (swimming, diving, etc.)
- Flying or falling object
- Medical-surgical complications
- Other traumatic injury _____
- Unknown

SPINAL CORD DISORDER

(Complete ONLY if you have non-traumatic spinal cord disorder)

Date of diagnosis/onset of condition:

_____ / _____ / _____

Specific disease:

- Multiple Sclerosis (involving spinal cord)
- Poliomyelitis
- Amyotrophic diseases (lateral sclerosis, transverse myelitis)
- Syringomyelia
- Other (specify) _____

LEVEL OF FUNCTION

Indicate your level of function: ****If no paralysis, medical documentation must be submitted indicating spinal cord involvement**

Paraplegia Tetraplegia (Quad) Hemiplegia No paralysis at this time

GENERAL INFORMATION (Optional, not required)

Please check the appropriate box or fill in the blank of each of the categories that best describes your present status. This important information enables the PVA to compile data for the effective implementation and support of our programs.

EDUCATION (highest level)

- Less than high school graduate
- High school graduate/GED
- Some college or trade school
- Associate's degree
- Bachelor's degree
- Attended graduate school
- Graduate degree
- Other _____

CURRENT EMPLOYMENT STATUS

- Employed full time
- Employed part time
- Self-employed
- Unemployed
- Unemployed due to disability
- Retired
- Other _____

MARITAL STATUS

- Divorced
- Married
- Never Married
- Separated
- Widowed

RACE/ETHNICITY

- Asian or Pacific Islander
- Black, not Hispanic/Latino origin
- Hispanic/Latino
- Native American or Alaskan Native
- White, not Hispanic/Latino origin
- Other _____

TYPE OF RESIDENCE

- Apartment
- Assisted living facility
- Single-family home/condominium
- State/veterans retirement home
- Nursing home
- VA hospital
- VA nursing home
- Other _____

SOURCE(S) OF INCOME

(check all that apply)

- Employment
- Gifts/Other
- Private pension
- Social Security
- VA compensation
- VA pension
- Worker's compensation

The Veterans Benefits Department advocates for quality health care for our members and can assist you to obtain the appropriate benefits available as a result of your military service. Is PVA presently your benefits representative? Yes No

If yes, I have no objection and hereby permit PVA Service Officers to provide information to the PVA National Membership Department that pertains to my qualifications for membership.

I declare that I have read and meet the qualifications. I understand that my membership could be revoked if any information provided is inaccurate.

Applicant's Signature

Date

12/9/14

Office Use Only

Date Received: _____

Member ID#: _____

Processed Date: _____


VETERANS CHOICE PROGRAM



VA U.S. Department of Veterans Affairs

The Veterans Choice Program provides eligible Veterans the option to receive VA Community Care from approved providers in their communities.

Am I eligible?



✓ Have you been told by your local VA medical facility that they can't schedule your appointment **within 30 days** of the clinically indicated date or if no such date can be determined, your preferred date?

✓ Is your current residence **more than 40 miles** from the closest VA medical facility?

✓ Do you need to travel by air, boat or ferry to the VA medical facility closest to your home?

✓ Do you face an unusual or excessive burden in traveling to a VA medical facility based on the presence of a body of water or a geologic formation that cannot be crossed by road?

If you were enrolled in VA Health care on or before Aug 1, 2014 or you are eligible to enroll as a combat Veteran, and answered

"YES"

to any of the questions, you may be eligible!

How do I set up an appointment?

Call:
866-606-8198

1

Gather your information about any other health insurance coverage you may have (e.g., employer, union-based health plans)



2

Call 1-866-606-8198 to make sure you qualify + schedule an appointment. When you call, we will walk you through the following steps:

- You will be asked to enter your ZIP code, and first and last name.
- We will check to make sure you are eligible for this program.
- We will check which of your needs are covered by the VA.
- You will be asked for your address and the name of your preferred VA Community Care. Unfortunately, not all providers will be eligible to participate so if your preferred provider is not available, we will recommend other providers in your area.



3

We will then work with you to schedule an appointment.



This hotline is exclusively for making sure you are eligible for the Choice Program and setting up a VA Community Care appointment. If you have questions about other aspects of your VA medical care or want to learn more about enrolling in VA health services, please visit www.va.gov/health.





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

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