

Jan-Feb 2022
Volume 26, Issue 1



PARALOG

Oregon Paralyzed Veterans of America

"Serving Those Who Served"

www.oregonpva.org



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Marcie Ceja Editor in Chief

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NATIONAL SERVICE OFFICER

800-795-3627

Fax: 503-412-4763

PORTLAND/Vancouver VA Primary

Care Contact Phone Numbers

360-696-4061

503-220-8262

ext. 31665 (Portland)

800-949-1004

ext. 31665

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888-233-8305

Portland VA Contact Phone Number

503-273-5308

RESOURCES

ID Cards

www.vets.gov

eVetRecords

www.archives.gov

Vocational Rehab & Employment

www.gibill.gov

eBenefits

www.benefits.va.gov

Women Veterans Health Care

1-855-VA-Woman

US Disaster Hotline

(800) 626 4959

OPVA Mission Statement

Oregon Paralyzed Veterans of America (OPVA), incorporated in 1976, is a chapter of Paralyzed Veterans of America. OPVA serves the needs of its Members – U.S. military veterans with spinal cord injury or disease (SCI/D) – and helps them enjoy the highest possible quality of life.

OPVA, Members, Associate Members, Family Members, Volunteers, and allied organizations work to provide leadership and advocacy in

- Improving health care and SCI/D research and education
- Protecting veterans rights and benefits
- Improving awareness of disability rights
- Offering sports and health-promotion activities
- Increasing accessibility and removing architectural barriers in Oregon, Southwest Washington, and Idaho.

A 501(c)(3) charity, OPVA relies on grants and donations from members of the public.

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Courtesy of Adobe Stock Images
Page 3 Photo: Hills in Montana by Scarlett Guerra

Thank you to all our Sponsors!

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

Oregon Paralyzed Veterans of America

3700 Silverton Rd. NE, Salem, OR 97305

503-362-7998 • www.oregonpva.org • oregonpva@oregonpva.org • OPVA is a 501(c)(3), Tax ID# 93-0713859

PRESIDENT NEWS



Larry Gardner – President

Happy New Years to all for 2022!!! Now, we all need to get ready and hope for a much better year than the last. Here at the Chapter, we are still working on the event schedule for the new year, including member meetings, lots of sports programs, fund raising events, and more. Like always, we will need volunteers to step up and help make these events successful. Please watch our schedule of events in the Paralog or call the office with questions to stay up to date. We are still in need of a Sports Director, MS Liaison, and Sports Coordinators for bowling, table tennis and other sports programs of future interest.

**Volunteers
&
COORDINATORS
Needed**

We are continuously working to improve and build our sports programs and teams so our members can get out and enjoy the

sports they like. If anyone reading this has suggestions that could help us make this happen, please call the office and talk with Larry or Tom. Let's all work together as a team. Remember we are here for you.

CALL ME!



The OPVA Executive Board, Board of Directors, and office staff are here for the purpose of helping our members and veterans in every way. We want you to have a better life. Please don't hesitate to call us with any questions you may have. Remember we are here for all of you. Thank you all! Please stay in touch and take care.

Attention: PVA Photography Class!!!

Whether you are an aspiring professional, want to improve your social media feed, or you just want to better capture memories with family and friends, the **PVA Creative Arts Photography Class** is for you! Taught by experienced professional photographer Roger Wollenberg, this program will enhance your skills no matter the type of camera you use. From cell phone to digital, DSLR and mirrorless, this class has you covered.

This four-month program will be taught once per week, on **Wednesdays at 4:00 pm ET**. Topics will include:

- **Camera Types and Best Uses**
- **Photography Basics**
- **Composition & Focal Length**
- **File Types & Workflow**
- **Camera Accessories –**
What do they do and when do you need them?
- **Understanding Light Direction & Sources**
- **Photo Editing**
- **Intellectual Property & Why it Matters**
- **Types of Photography**



Throughout the course, there will be challenges and opportunities to share your work with your classmates. PVA will provide one printed and framed photo for each regular attendee as a capstone project. At the end of the course, PVA will select one participant to attend the annual PVA Wheelchair Rugby Invitational as a guest photographer.

About the Instructor:

Roger Wollenberg is a contract photographer for the Department of Defense's Military Adaptive Sports Program and previously worked as a photojournalist for United Press International and other wire services. Roger has covered many sporting events, including the Olympics and DOD Warrior Games, as well as political events on Capitol Hill and the White House. Throughout his career, he has enjoyed mentoring young photographers. He has found a great sense of purpose working with recovering service members and Veterans as they adapt and overcome injury and illness.

Registration Link: <https://app.bookabl.io/pvaartexperience>

If you have any questions, please contact Vickie Lincks at VickieL@pva.org.



EXECUTIVE DIRECTOR Update

OPVA's First Air Gun Competition



Tom Hurt – Executive Director

Good afternoon all, welcome to 2022. This is shaping up to be a great year with the fairs and festivals we will be attending; as well as, our team events.

Last year we started the Air Gun program, that program has had great participation. We will continue holding competition shoots, **BIG THANK YOU** to the **Albany Pistol and Rifle Club** for allowing the Chapter to use their range. We had been talking about getting this program started. All it took was one person to step in and make some calls.



Next thing you know, we have an Air Gun program. It is that simple, so if there is something that you enjoy doing for recreation and you think others might as well, step up and we will help get a new program going. It could be anything from photography to knitting to pottery or any sporting activity.

The board has started planning for the 2022-member meetings throughout the Chapters Charter. They are planning something a little different for the Idaho area this year. We are planning on doing a road tour from north to south to try and speak with every member in Idaho and hopefully add to the membership through the state. We will still be holding member meetings in Southern OR, Central OR and the Mid-Willamette Valley; as well, so watch the Paralog for dates, locations and what activity we will be doing. **2022 is going to be an Awesome Year!!**



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Salem, Oregon 97301



VICE PRESIDENT UPDATE

Winter Sports & Activities are Calling!!!



Bill Gray—Vice President & National Director

Hi, I just want to encourage all of you, if you can, to get out and take advantage of the winter snow and hit the slopes using Oregon Adaptive Sports organization. (OAS) They offer lots of free opportunities for us to enjoy the fun on the snowy slopes. It's been a couple of years for me, I should get out there, too. They will take great care of our needs as well, even cover hotel and lift cost and getting you the proper ski equipment. Oregon Adaptive Sports 63025 O.B. Riley Rd, Suite 12, Bend, OR 97703-9013 Phone: 541-306-4774



Maybe you would like to ice fish? Diamond Lake offers a fun time if you like to fish. Just put on those winter garments and catch a fish. I've done it and it's fun, cold and rewarding when you finally catch fish. You must keep the ice from

forming back up in the hole you drilled as it could cut your line. Check out Diamond Lake Lodge for an afternoon get away.



Evergreen Curling Club is always looking to get wheelchair curlers back on the ice. Contact them if you are wanting to try a new sport. It's fun to throw stones even when they are 40 lbs of granite. I encourage you to check it out at www.evergreencurling.org Their address is 10950 SW 5th Street Suite #155 Beaverton, OR 97005 Phone: 503.430.0910



Adaptive Sports Spotlight

OAS 
Oregon Adaptive Sports

Winter Sports Program

Winter Programs will be offered at Central Oregon, Mt. Bachelor, and Hoodo Ski Area. Programs begin December 20th and runs through March 27th.

OAS offers individually tailored lessons for adaptive alpine skiing and snowboarding at Mt Bachelor Resort and Hoodoo Ski Resort.

OAS offers instruction and guides for cross country skiing and snowshoeing at Mt. Bachelor Nordic Center only.

For more information:

Call: (541) 306-4774

Visit: www.oregonadaptivesports.org



We proudly support Oregon PVA



If you have a **service-connected disability**, you may qualify for VA funding assistance for wheelchair accessible vehicles or driving modifications. If your current vehicle is more than two years old, you may even qualify for a brand new conversion. If you are a non-service connected Veteran, you also may be eligible for benefits towards mobility solutions.

Portland East
12905 NE Airport Way
Local: 503-564-7155

Portland West
4347 NW Yeon Ave
Local: 503-243-2940



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



Proud Supporters of the



Oregon Chapter

Recreation Fund Reimbursement

(Members Only)

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

Include name, address, phone number, your legible receipts (legible photo copy is ok) and a short description of what you did to have fun with your friends and family. We like pictures too (digital pictures are best), they may make it into the Paralog. Please note: drugs and alcohol will not be reimbursed.

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

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

Mail or email to: Oregon PVA, 3700 Silverton Rd. NE, Salem, OR 97305 - oregonpva@oregonpva.org
Your request must be received in the office no later than **September 25th**. Earlier is better in case of any problems.

Please contact the office at 503-362-7998 if you have any questions or require additional information about the Recreation Fund.



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



Get Paid to Have Fun!



\$250 REC FUND REIMBURSEMENT

Dear OPVA Board and Membership Director:

Please note my attached documentation for my annual Recreation Fund. My wife Marcy and I went to Diamond Lake and Crater Lake last week for my 65th birthday. We've lived here for over 30 years and had never gone to see Crater Lake. It's the most beautiful place in Oregon! We will definitely return next summer. Thank you!

Sincerely,
Jerry R.



I would like to use a portion of my Rec Fund for a breakfast we took some friends to. The Lucky Logger restaurant is a great place to eat! It is up the McKenzie River on Hwy 126, Walterville, Oregon.

Thanks,
Charles D.

Oregon Paralyzed Veterans of America Chapter

Recreation Fund Comes through again! I want to thank Oregon Paralyzed Veterans Chapter for the funds to buy a Disc Sander, to use when I do different projects. I sure hope more members will take advantage of this program because it is so easy to use. So, keep up the great work you do for all our members.

Thank you again for your assistance in getting a new tool!

Best Regards,
William G.



I have pursued the hobby of Bonsai (growing trees in miniatures) for the past 40 years. I have about 100 trees in my collection, ranging from fully developed and refined, to just developing. It is a great year-round hobby, as there is something that needs to be done in every season of the year. I have written articles about the fun and challenges of this hobby for past editions of the "Paralog" and "PN News". With the difficulties and restrictions, which continue in place due to COVID 19, in person, hands on classes are no longer possible. Thanks to the OPVA Recreation Fund, I can still persue my hobby and share my art with other Bonsai enthusiasts, all-be-it remotely over the internet.

I want to thank the Board of Directors of OPVA for continuing to support the Membership Recreation Fund.

Keith W.



Greetings,

Please find the enclosed receipt from our recent family camping/glamping adventure at the Navy's Jim Creek Recreation facility.



Arranged by our daughters, but paid for the parents (naturally), we loaded the motorhome with enough food for the entire family with their accompanying canine army for three days of family fun, smores made over our new wildfire-safe portable propane campfire. All had such a great time that reservations were made for next year before this adventure ended.

Thanks,
Michael C.

Dear OPVA,

For my birthday, we enjoyed a family meal at the Charthouse restaurant nestled in the hills above the city of Portland. While eating, we marveled at the outstanding views of the Willamette River and Mt. Hood. My wife and I both have limited abilities due to MS, so sharing this fine dining experience with family is a rare treat. Thank you OPVA

for the recreational funds that make my 63rd Birthday celebration memorable.

Sincerely,
Michael A.



OUT AND ABOUT WITH CAROLYN

**Don't Miss Out!
Adventure Awaits!!!**



Photo credit: UTV
Action Magazine



Carolyn Hamstreet-Shores - Treasurer

The last weekend in June, OPVA had a booth at DuneFest in Winchester Bay for the first time. I had never been to the dunes before. What an eye opener it turned out to be! I never realized how much sand there was and how much expansive area was involved. It went on for miles! There were thousands of men, women and children there, each one outfitted in leather, boots and helmets in matching colors, dogs galore and of course their quads, ATVs, etc.



the noise!

As an event it wasn't a huge success but I am so glad we were there. In the booth next to ours was a veterans' group from CA, "Our Heroes Dreams", whose mission is to help disabled veterans get out of their houses and enjoy the outdoors and recreational opportunities that are available to help fulfill some of their dreams.



Then there were the vendors; selling every kind accessories, tires, sound systems, clothing and vehicles you could imagine. Of course, there were several food booths as well. And then, there was

One of the people manning the booth was a young man whom I had met before, Justin. We visited quite a bit and on the second day he asked if I "would like to go for a ride out on the dunes?" I jumped at the chance, even though I was a bit apprehensive of how it would affect my back. I got all strapped in and

away we went. At first, I asked him not to go too fast. After awhile, he could see I was enjoying myself and threw caution to the wind. At one point I asked him if there were any "rules of the road" out on the dunes? Since, there were hundreds of rigs driving around out there...adults and kids! He said "Not really. Everyone just looks out for his or herself." We went flying up one dune after another doing turns and other maneuvers.



The view of the ocean and the dunes was fantastic! Hundreds of RVs, trailers, campers,

tents and probably thousands of various vehicles were parked out on the dunes. I couldn't figure out how they got out there and Justin told me they deflate their tires to gain traction. Then on the last day there are inflations stations for their trips home after the festival. Who would've thunk?!?! We stopped along the way to watch some of the races which was fun but LOUD. Then we drove further down the dunes, 2 or 3 miles, until it was time to turn back. I could have stayed out there all day. I told him it's a good thing I didn't learn about this sport when I was young or a whole different path might have been taken. I couldn't stop thanking him because I had such a glorious time. Did it affect my back? Yes. Did it increase my pain? Yes. Did I care? NO!! Would I do it again? In a heartbeat!

When I signed up to work at Dunefest I had no idea what lay ahead for me. If I hadn't volunteered to help I would have missed out on a wonderful adventure. What adventures lie ahead for you when you volunteer? Come in sign up and find out. You may be surprised!

PVA
Paralyzed Veterans of America
Oregon Chapter

2022 Deep Sea Fishing

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

Dates and Boarding Times:

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

DOCKSIDE CHARTERS

5 Hour Trip - Lingcod and Rockfish

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

MEMBERSHIP DIRECTOR UPDATE



Donnie R. Hedlind - Membership Director

Hello to our honorable members, associate members, their families, volunteers, and sponsors. As the new Membership Director at OPVA, I will be contacting you in the future. I wanted to introduce myself. I have been a paralyzed US Navy Vet for 36 years and I am familiar with the many issues that are related to a spinal cord injury disease (SCI/D). Whether your needs are recreational or administrative, OPVA is here to help you have a "better quality of life."

Your OPVA is 501(c)3 non-profit organization, we are here to provide: leadership, advocacy with health care, veterans rights and benefits, awareness, sports programs, recreation opportunities and removal of accessibility barriers.



We strive to deliver on our promise of empowering our brave men and women to regain what they fought and served for: their freedom, resilient nature, and independence. Getting out in the "fresh air" participating in activities such as fishing, trap/air gun shooting and frisbee golf. We also sponsor many indoor events such as bowling, bocchia ball, billiards, table tennis and challenging obstacle courses.



We encourage participation and competition through our recreation fund. As a "voting member" you are entitled to an annual \$250 Recreation Fund distribution to use for a recreation outing. We have a section of the Paralogue detailing how to use your "rec fund" and within the magazine, we have many testimonials from our members who

have taken advantage of this program. I encourage everyone to take advantage of this “fun program” in 2022.

Save the Date

January 21-22 Albany Winter Rod and Speed Show



Building on our success at OPVA, we have many exciting events planned for 2022, beginning with the Winter Hot Rod show in Albany January 21/22, where will display our ATV and Corvette raffle-ticket vehicles.



In April, we will be attending the Pear Blossom Festival in Medford; we look forward to seeing you there, stay tuned to the Paralog for future events, remember to make a note using our calendar and browse our website for updates.

If you would like to participate as a Member, Volunteer or Sponsor, make sure you contact us. We welcome your support and participation, so as your new Membership Director, I am looking forward to talking with you in the future. Have a fun, exciting, safe, healthy and “fresh air” induced 2022.



**Medford's
69th Annual Pear Blossom Festival
begins April 8, 2022!!!**

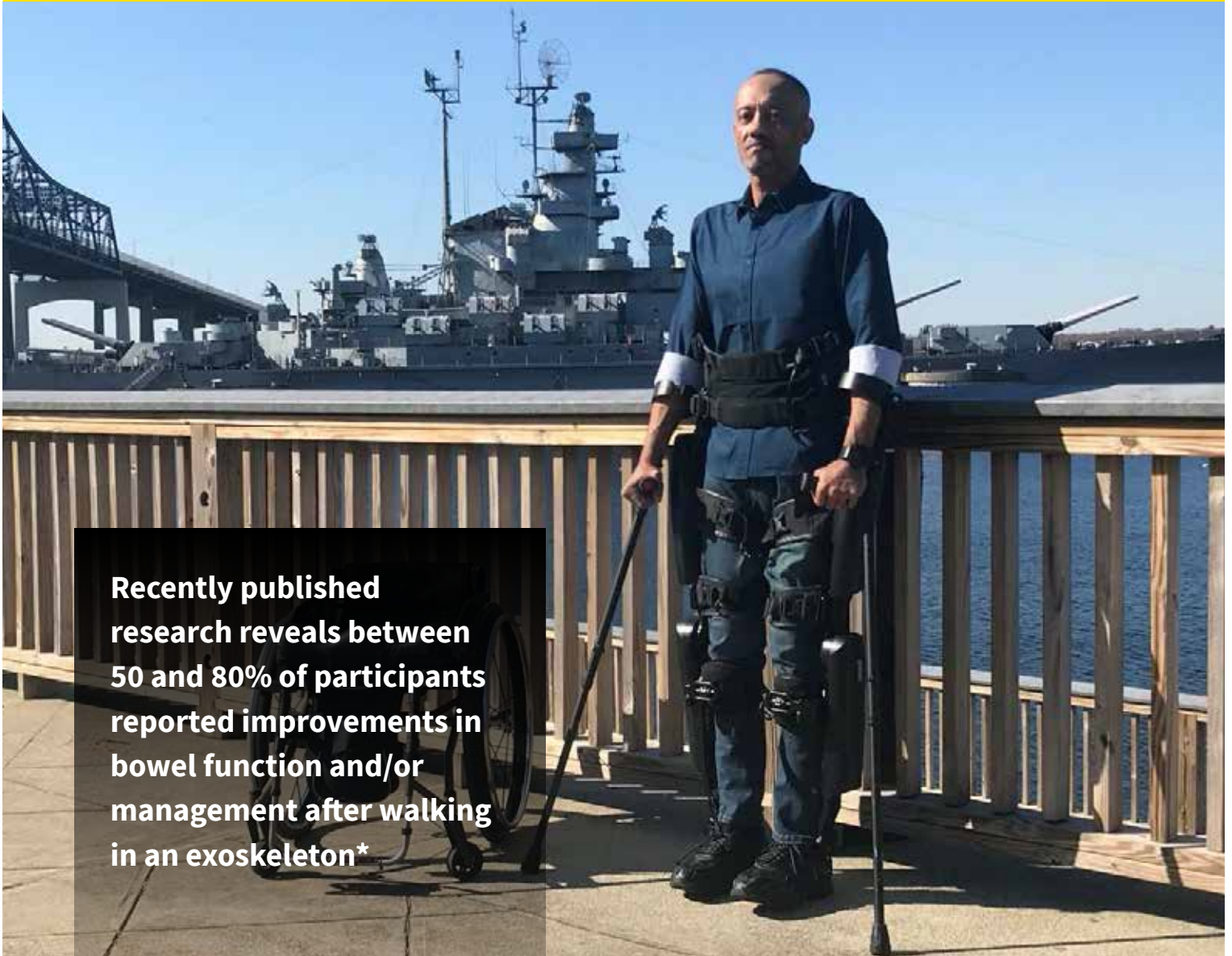
**Pear Blossom Parade April 9th, at
11am in Downtown Medford**

**Visit www.pearblossomparade.org
for more information**

***Make sure to stop by and say
"Hello" our OPVA booth!**



Want To Improve Your Bowel Function?



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

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

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



UNITED STATES DEPARTMENT OF VETERANS AFFAIRS

Beginning January 1, 2023, based on Veteran advocacy and recent legislation, the VA will offer a new Veterans Affairs Life Insurance program (VALI).

Insurance is foundational in family financial planning as 63% of adults protect their spouse, children, or other beneficiary. As a person ages, life insurance becomes more popular, but also more expensive or difficult to approve the later someone applies. VALI has fixed premiums for life that are lower the sooner one signs up; an initial two year period to achieve the policy face value; and retains cash value that builds up over time.

VALI offers guaranteed acceptance whole life coverage up to \$40,000 for all service-connected Veterans age 80 and under with no medical underwriting and no time limit to apply. Some Veterans over age 80 may also be eligible.

VALI resources:

- An online factsheet going over coverage up to \$40,000, premium rates, and FAQs: https://www.benefits.va.gov/INSURANCE/docs/VALI_Information.pdf
- A link to register for email updates on the new program: <https://public.govdelivery.com/accounts/USVAVALI/subscriber/new>
- The VA.gov Life Insurance website: <https://www.va.gov/life-insurance>
- VA Life Insurance Call Center: 1-800-669-8477 (M-F 8:30 AM to 6:00 PM ET)

Daniel E. Herrigstad
Public Affairs Officer
VA Portland Health Care System

e: daniel.herrigstad@va.gov
Office: 503-402-2975
Mobile: 971-221-4920

Save the Date

January 21-22	Albany Winter Rod and Speed Show
Feb 11	OPVA Air Gun Competition
April 8-9	Medford Pear Blossom Festival
May 25	Deep Sea Fishing
July 10	ATV Artic Cat Raffle (Marion County Fair @ 3pm)
July 16	OPVA Gold Cup Golf Tournament
July 19	Deep Sea Fishing
July 30	OPVA Show and Shine Car Show



Bowling with GRANT



Grant Buehler - Volunteer

A special thank you goes out to the OPVA (Oregon Paralyzed Veterans of America) for graciously sponsoring me in the singles portion of this great bowling event. I had the opportunity to represent the State of Oregon in the “60th Annual AWBA (American Wheelchair Bowling Association) National Championships” at Sunset Station in Henderson, Nevada, December 1-4, 2021. This tournament brought both men & women, including veterans, from all over the country to compete in this popular four-day event.

We started the tournament on December 1, 2021, with the 3-Man team event in the morning, each team consisted of 3 wheelchair individuals. This event is unusual because it’s competition usually only takes place at national tournaments. In the afternoon, we competed in a doubles event which consisted of 2 wheelchair bowlers.



On December 2, 2021, the singles event began which included 5 sets of 3 games each. Also, at this time there was a very special presentation of Gold, Silver & Bronze medals to 4 of our members. They competed in Dubai – United Arab Emirates at the first IBF (International Bowling Federation) Para-Bowling World competition proudly representing the United States & the American

Wheelchair Bowling Association. Our opening ceremony included introduction of all participating tournament bowlers, a color guard presentation, & the U.S. National Anthem. We completed our first 2 sets of singles competitions.



December 3rd was our busiest day with singles sets 3 & 4...and the Up/Down event. Our up/down is popular because AWBA seated bowlers form a team with 2-3 stand-up bowlers. This is a 9-pin No-Tap event -- meaning if you knock down 9+ pins in your first ball it counts as a strike. This has a large participation rate with friends. Many raffle prizes make it a fun time for all throughout the night.



The tournament concluded December 4th, with the final set of singles. Computation selects the top 5 finishers to compete in roll offs in each division Scratch, A, and B. A stairstep single elimination roll off determined a National Champion for each division. For our final activity we celebrated at our annual banquet, including cocktails, dinner, awards, prizes, and fun for all.



There are many tournaments throughout the year and in various locations around the country. I personally rolled 24 games in 4 days. I wish I would have done better but had a great time. Wheelchair bowling is open for any person using a power or manual wheelchair. If you have any interest, try it! With some practice you'll have fun, I promise. Check out the website at www.awba.org, Facebook page AWBA - American Wheelchair Bowling Association, Twitter page at @awba1962 and/or Instagram page at AWBA1962.



***Adventure is calling
Join Now!***

Shooting

SPORTS

Corner



2021 -2022 OPVA Trap Team Current Scores:



Larry Gardner	545 pts
Paul Dahlke	294 pts
Jack Howell	194 pts
Wayne Howell	204 pts
Brad Gardner	76 pts
Justin Larson	62 pts
Scott Larson	42 pts
Don Hedlind	32 pts
Bill Gray	205 pts





Dec. 10, 2021 OPVA Air Gun Competition Results:

Larry Gardner	78 pts
Hack Albertson	75 pts
Ken Cornelius	58 pts
Carolyn Hamstreet Shores	54 pts
Don Hedlind	24 pts

Congratulations to our winners! Thank you to everyone who came out and participated! Our next Air Gun Competition will be February 11, 2022 at 12pm. Please mark calendars and save the date. You don't want to miss out on all the fun!



A special thank you Albany Rifle and Pistol Club
for hosting!

SOUTHERN OR AMBASSADOR REPORT



Crater Lake, Oregon



Dennis Hooper – Secretary Southern Oregon Ambassador

Hello Members!

I hate starting an article with a cliché, but I haven't used a French word all day. I am glad for those of us that have survived another year. I am equally sorrowful for the loss of some of our members. This time of year is filled with thankfulness and festivities. I am thankful for many things while residing in Southern Oregon.

machine was ordered on November 9th. I am grateful the VA has extended the claim period and the effected service dates for health issues caused by burn pits or bad drinking water while serving in the Middle East and other stations. The VA has expanded the presumptive conditions which may qualify a veteran for compensation.



I am glad that the United States Department of Justice is suing Uber for assessing "wait fees" on passengers traveling with wheelchairs because of the time it takes to load the wheelchair into the Uber vehicle. All of this should help our members thrive.

I am thankful for the care I receive through the Veteran's Administration. They made it easy to schedule my Covid booster shot and they have seamlessly worked with my non-VA healthcare providers.

I enjoy the bulletins I receive from the VA newsletters and emails. The Phillips CPAP machine recall is in full swing and my replacement





One of my favorite past times are Christmas parades. Here in Sutherlin, we have the Timber Town Toy Land Electric Light Parade (Dec. 18 @ 7pm). In Myrtle Creek, there is the Timber Truckers Light Parade (Dec. 11 @ 5pm). Who doesn't like log trucks lit up? There is also the Grants Pass Christmas Parade on Dec. 11 at 5:30 pm. I was in this parade in junior high. It is very popular. If you want something in the order of a festival, I highly recommend the Klamath(Falls) Snowflake Festival. This event starts on Nov. 24 and runs until Dec. 19. The highlight, in my humble opinion, is the parade on Dec. 9 at 7pm. I actually attended the very first Snowflake parade in 1984! I was a mere sophomore at Oregon Tech. These folks don't let any weather impede them. One can assume that when you party at over 4000 feet elevation.

I am thankful for the many celebrations in our region. I am sure most of you are familiar with the traditional and time tested Christmas displays. Festival of Trees in Medford and Eugene. Festival of Lights at River Forks Park outside Roseburg (Home of the world's largest nutcracker). The awesome lights of the season displayed at Shore Acres Park near Charleston. But I am hoping our members in the area take advantage of the mild weather and explore other local celebrations.



My point is, I hope our members can check out the activities wherever they may occur. It is a great way to see the traditions and heritage of Oregon. Like most travels, you can save your receipts and stories for our Paralog. Your Recreation Fund will cover your travel expenses but remember, most of the hot chocolate is free!

This is the time of year for thankfulness & festivities!!!

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Jr. Day	18	19	20 Zoom BOD 10:00 a.m.	21	22
23	24	25	26	27	28	29
30	31	Office Closed				




Happy Birthday!!!



<i>Richard Dinges</i>	<i>1/2</i>	<i>George McCart</i>	<i>1/15</i>
<i>Robert Batson</i>	<i>1/3</i>	<i>Michael Lugo</i>	<i>1/17</i>
<i>Tracy Carroll</i>	<i>1/3</i>	<i>Betty Ricklefs</i>	<i>1/17</i>
<i>Robert Forson</i>	<i>1/4</i>	<i>John Buss</i>	<i>1/21</i>
<i>Larry Ricklefs</i>	<i>1/7</i>	<i>Donald Wyatt</i>	<i>1/21</i>
<i>Karen Abramowitz</i>	<i>1/8</i>	<i>David Landis</i>	<i>1/22</i>
<i>Thomas Shimon</i>	<i>1/8</i>	<i>John Phillips</i>	<i>1/25</i>
<i>Michael Breshears</i>	<i>1/10</i>	<i>Richard Spady</i>	<i>1/25</i>
<i>Karen Harbour</i>	<i>1/10</i>	<i>Merle Cutler</i>	<i>1/26</i>
<i>Michael Hays</i>	<i>1/10</i>	<i>Kenneth Cornelius</i>	<i>1/28</i>
<i>John Haber</i>	<i>1/11</i>	<i>Steven Fairin</i>	<i>1/28</i>
<i>Carolyn Hamstreet Shores</i>	<i>1/11</i>	<i>Kenneth Feldhaus</i>	<i>1/30</i>
<i>Gary Wright</i>	<i>1/12</i>	<i>Lee Hall</i>	<i>1/30</i>
<i>Janice Crews</i>	<i>1/15</i>	<i>John Reid</i>	<i>1/31</i>
<i>Terrill Lykins</i>	<i>1/15</i>		

February

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



Happy Birthday!!!



<i>Kevin Airrington</i>	<i>2/5</i>	<i>Christopher Hulse</i>	<i>2/15</i>
<i>Gaetano Amico</i>	<i>2/5</i>	<i>Larry Thompson</i>	<i>2/15</i>
<i>Susan Holt</i>	<i>2/5</i>	<i>Roger Robinson</i>	<i>2/17</i>
<i>Kenneth Thompson</i>	<i>2/5</i>	<i>Kevin O'Reilly</i>	<i>2/18</i>
<i>Patricia Godwin</i>	<i>2/7</i>	<i>Tommy Stratemeyer</i>	<i>2/18</i>
<i>Richard Elliott</i>	<i>2/9</i>	<i>Robert Van Buren</i>	<i>2/21</i>
<i>Floyd Freemyer</i>	<i>2/10</i>	<i>Charlene Cash</i>	<i>2/22</i>
<i>Cathy Roff</i>	<i>2/10</i>	<i>Lee Presley</i>	<i>2/23</i>
<i>Gerald Schroeder</i>	<i>2/10</i>	<i>Adam Simon</i>	<i>2/23</i>
<i>Nathan Paine</i>	<i>2/11</i>	<i>Margaret Walker</i>	<i>2/26</i>
<i>Steven Lakin</i>	<i>2/13</i>	<i>David Magee</i>	<i>2/27</i>
<i>Robert Spicher</i>	<i>2/14</i>	<i>Ronald Weisenberger</i>	<i>2/27</i>
<i>Charles Wilcox</i>	<i>2/14</i>		



Washington Update

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

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

November 24, 2021

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Follow the Status of PVA's Priority Issues Between Updates! Visit the PVAAction Force page to view our latest alerts and a list of key legislation and its status.

HOUSE HEARING LOOKS AT VA EFFORTS TO MODERNIZE ITS MEDICAL SUPPLY CHAIN

On November 18, the House Veterans' Affairs, Oversight and Investigations and Information Technology Subcommittees held a hearing looking at VA's efforts to modernize its medical supply chain system. VA has long faced challenges in achieving efficient acquisitions and a recent Government Accountability Office (GAO) report says the department's lethargic efforts to modernize its supply chain may now be putting the quality of veterans' health care at risk.

Many of the findings of this report were addressed during the hearing, including VA's failure to fully enact GAO recommendations to improve acquisition management at VA and the absence of a comprehensive plan to implement a new system. Throughout the hearing, lawmakers expressed concern with the cost of developing a new program, numerous managerial problems, and the lack of clarity as to whether the Defense Medical Logistics Standard Support (DMLSS) or prime vendor systems are suitable for use by VA for its future supply system.

The COVID-19 pandemic exasperated VA's supply woes. Too many PVA members have experienced problems with VA filling prescriptions for critical items needed for veterans to perform wound and bowel and

bladder care at home. We shared this information with congressional staff in advance of the hearing along with word that VA is experiencing shortages of wheelchair parts, durable medical equipment, and even lab specimen tubes. The staff appreciated our inputs and are looking into the issues raised. The hearing was recorded and can be viewed here.

AMTRAK INVESTMENTS UNDER BIPARTISAN INFRASTRUCTURE LAW

On November 15, President Biden signed the bipartisan Infrastructure Investment and Jobs Act into law. Among its many provisions, the legislation provides Amtrak with an investment of \$66 billion to eliminate its maintenance backlog, modernize the Northeast Corridor, and improve rail service in areas outside the northeast and mid-Atlantic. Within these totals, \$22 billion would be provided as grants to Amtrak; \$24 billion as federal-state partnership grants for Northeast Corridor modernization; \$12 billion for partnership grants for intercity rail service, including high-speed rail; \$5 billion for rail improvement and safety grants; and \$3 billion for grade crossing safety improvements. The legislation also expands Amtrak's Board to add a position for a disability advocate.

According to an inspector general report from September 2021, Amtrak has made progress on overdue Americans with Disabilities Act (ADA) compliance requirements. Amtrak reported that the ADA requires that 516 stations across its rail network be compliant. It is responsible for making various combinations of station components accessible at individual stations, including the station structure, train platform, and parking area. Based on federal regulation and lease agreements with third parties,

Amtrak has determined it has sole and shared responsibility for 386 of these stations. Over the next six years, Amtrak will embark on a plan to bring more than 300 stations into ADA compliance.

INDEPENDENT BUDGET AND OTHER VSOS RAISE NEED FOR CONGRESS TO FINALIZE VA BUDGET FOR FISCAL YEAR 2022

On November 10, the Independent Budget veterans service organizations (VSO), PVA, DAV, and VFW, along with five other VSOs sent a letter to Senate leadership to express serious concerns about reports that the Senate was considering approving a full-year continuing resolution (CR) to fund the federal government for the remainder of fiscal year (FY) 2022. A full-year CR would have significant negative consequences for veterans, their families, caregivers, and survivors. FY 2022 began on October 1. Congress passed a continuing resolution to fund the government through December 3.

PVA WEIGHS IN ON PENDING VETERANS LEGISLATION

On November 17, the Senate Veterans' Affairs Committee held a hearing on pending legislation. PVA submitted a statement for the record to provide our views on some of the 22 bills included in the hearing. We strongly supported several bills, including S. 2513, the Brian Neuman Department of Veterans Affairs Clothing Allowance Improvement Act of 2021, which would allow eligible veterans to be automatically enrolled in the clothing allowance program, eliminating the burden of having to reapply each year. This would have a big impact on many PVA members.

We also supported S. 1607, the Student Veterans Transparency and Protection Act of 2021, which would improve data-sharing between VA and the Department of Education, so VA would have more data for the GI Bill Comparison Tool. It would also reinstate education benefits to students who experienced predatory behavior from certain schools. Another bill we supported was S. 1664, the Department of Veterans Affairs Post-Traumatic Stress Disorder Processing Claims Improvement Act of 2021, which would improve

training for claims processors who review PTSD disability benefit claims and establish a formal process that identifies future training needs to avoid inaccurately processed and unjustly denied claims.

PVA SUBMITS STATEMENT IN HOUSE MST HEARING

On November 17, PVA submitted a statement for the record for a joint House Veterans' Affairs, Disability Assistance and Memorial Affairs and Health Subcommittees hearing titled, "Supporting Survivors: Assessing VA's Military Sexual Trauma (MST) Programs." PVA's statement focused on a set of VA Office of Inspector General reports that relayed the department's shortcomings in MST claims process. Our statement stressed the importance of raters and clinicians being aware of the complicated conditions of veterans with spinal cord injuries and disorders and other disabilities who might file MST claims.

Representative Raul Ruiz (D-CA) referred to our statement when questioning witnesses, asking if VA offered specialized training for staff when it comes to complexities often seen in veterans with serious disabilities. VA stressed the importance of training, but PVA believes more work needs to be done in this area to ensure that veterans with complex disabilities receive equitable support when filing MST claims. You can watch the hearing [here](#).

JUSTICE DEPARTMENT SUES UBER FOR OVERCHARGING PEOPLE WITH DISABILITIES

The Justice Department has filed a lawsuit under the ADA against Uber Technologies Inc. (Uber) for charging "wait time" fees to passengers who, because of disability, need more time to enter a vehicle. In April 2016, Uber began charging passengers wait time fees in a number of cities, eventually expanding the policy nationwide. Wait time fees start two minutes after the Uber vehicle arrives at the pickup location and are charged until the vehicle begins its trip.

The department's complaint alleges that Uber violates the ADA by failing to reasonably modify its wait time fee policy for passengers

who, because of disability, need more than two minutes to get in an Uber vehicle. Passengers with disabilities may need additional time to enter a vehicle for various reasons. A passenger may, for example, use a wheelchair or walker that needs to be broken down and stored in the vehicle. The department's lawsuit alleges that, even when Uber is aware that a passenger's need for additional time is clearly disability-based, Uber starts charging a wait time fee at the two-minute mark.

The lawsuit seeks relief from the court, including ordering Uber to stop discriminating against individuals with disabilities. Additionally, the department asks the court to order Uber to modify its wait time fee policy to comply with the ADA; train its staff and drivers on the ADA; pay money damages to people subjected to the illegal wait time fees; and pay a civil penalty to vindicate the public's interest in eliminating disability discrimination.

Anyone who may have been charged wait time fees, should contact the Justice Department at 833-591-0425 (toll-free), 202-305-6786, or send an email to Uber.Fee@usdoj.gov. The complaint can be viewed [here](#).

NEW STRATEGY FOR REDUCING MILITARY AND VETERAN SUICIDE

The Administration recently unveiled a new plan aimed at ending veteran and military suicide nationwide. It is pillared by five priorities: improving lethal means safety; enhancing crisis care and facilitating care transitions; increasing access to and delivery of effective care; addressing upstream risk and protective factors; and increasing research coordination, data sharing, and evaluation efforts. The new plan calls for federal agencies, including the Departments of Defense, Homeland Security, Justice, Health and Human Services, VA, and Transportation, to create public awareness campaigns to encourage safer storage of guns and training for counselors, crisis responders, and others. Another key part of the strategy focuses on reducing barriers to high quality mental health care and encouraging help-seeking among service members, veterans, and their families. This could include, but is not limited to, eliminating or lowering co-payments for mental health treatment, increasing confidentiality, clarifying fitness for duty

standards, and training of providers in evidence-based suicide risk assessment and care. This would be coupled with similar efforts to limit risk factors like increased financial strain, lack of housing, food insecurity, unemployment, and legal issues—all of which may contribute to or increase the risk for suicide.

PROTECTION OF SOCIAL SECURITY BENEFITS RESTORATION ACT REINTRODUCED

On November 4, Representatives Raúl M. Grijalva (D-AZ) and John B. Larson (D-CT), Chair of the House Ways and Means, Subcommittee on Social Security, reintroduced the Protection of Social Security Benefits Restoration Act, H.R. 5866. This legislation would restore federal protections for Social Security benefits to prevent the federal government from garnishing them for the repayment of all non-tax federal debt—such as student loans. Senator Ron Wyden (D-OR), Chairman of the Senate Committee on Finance, introduced companion legislation (S. 3177) in the Senate.

According to a September 2016 GAO report, the number of retirees and people with disabilities whose Social Security benefits were seized by the government to pay off student loans increased more than fivefold between 2002 and 2016. While the Department of Education put a pause on collecting student loan payments due to the pandemic, the department is prepared to resume them at the end of January, including those for seniors. In addition to protecting Social Security benefits, the bill also protects railroad retirement and black lung benefits. More information is available [here](#).

NEWS OF NOTE “Veteran Finder” App Launched

On Veterans Day, Together We Served launched a “Veteran Finder” app to help connect veterans with people they served with. You can learn more about the free app which was specially designed for Android and Apple mobile phones [here](#).

U.S. Access Board Hosts Virtual Event on Architectural Trends and Social Justice

The U.S. Access Board hosted, “Designing for Inclusion: Architectural Trends and Social Justice,” on November 10. Access Board Member Karen Braitmayer reviewed current trends in architectural design for toilet rooms, lavatories, adult changing tables, self-service transaction machines, wayfinding, dining surfaces and tables, and accessible routes, including those that have emerged in response to the COVID-19 pandemic. The archived event can be found [here](#).

Mathematica and Dole Foundation Release Report on Young Caregivers of Veterans

On November 10, the Elizabeth Dole Foundation and Mathematica Research released a new report that shows children who live with and help care for wounded, injured, or ill service members or veterans face local and national barriers to speedy, high quality support for themselves. Hidden Helpers, as they are called in the report, take on considerable responsibilities compared with their peers, ranging from household chores to physical and emotional caregiving duties and childrearing responsibilities for siblings. They require significant support themselves to grow up healthy and thrive, but their needs are often superseded by those of the people they care for. The full report can be found [here](#).

Myths About ADA Enforcement

In “DeBunking Disability Enforcement Myths,” two University of Pennsylvania law professors examine some of the most troubling and intransigent misrepresentations about disability rights enforcement. Among these are: filing a disability law suit is taking advantage of the system; the ADA is the source of much predatory litigation; and stopping or delaying ADA lawsuits is the only way to protect small businesses from these abusive practices.

HEARINGS, SURVEYS, AND WEBINARS

PVA’s NDEAM Webinar Recording Now Available

On October 26, PVA hosted a webinar in honor of National Disability Employment Awareness Month. PVA's webinar featured Susan Prokop, PVA's National Advocacy Director, and PVA's Veterans Career Program staff who shared their insights and experiences on the employment of veterans with disabilities. The webinar is available for viewing [here](#).

Survey for Women Veterans

The Center for Faith-Based and Neighborhood Partnerships in collaboration with the VA Center for Women Veterans is conducting a survey for women veterans. The survey is looking to understand why these veterans may not be accessing their benefits and services. Please complete this 5-minute survey if you are a woman veteran.

Upcoming Hearings

For the latest VA committee hearings, please visit the House Veterans’ Affairs Committee and Senate Veterans Affairs’ Committee pages.

Last Call: Survey on Air Travel

We still need your help to learn more about the current air travel experiences of passengers with disabilities. Please complete a short PVA-sponsored survey to help inform our policy efforts on this issue. The survey closes on November 30.



Oregon Paralyzed Veterans of America

Serving those who Served!



ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

Cal-Diego Air Rifle and Pistol Tournament
December 3, 2021
Camp Pendleton
Camp Pendleton, CA

Wisconsin Air Rifle and Pistol Tournament
March 11-12, 2022
Milwaukee Tech Area College
Milwaukee, WI

Mid-Atlantic Air Rifle and Pistol Tournament
March 2022 (Dates TBD)
Colonial Shooting Academy
Richmond, VA

Buckeye Air Rifle and Pistol Tournament *
April 14-16, 2022
Spire Institute
Geneva, OH
**Buckeye Wheelchair Games*

PVA BOATING/FISHING TOUR

Mid-America Bass Tournament
September 10-12, 2021
Lake Eufaula
Eufaula, OK

Vaughan Bass Tournament
October 8-10, 2021
The Lakes of Egypt
Marion, IL

Southeastern Bass Tournament
October 15-17, 2021
Thurmond/Clarks Hill Lake
Evans, GA

Florida Gulf Coast Bass Tournament
April 1-3, 2022
Lake Toho
Kissimmee, FL

Kentucky-Indiana Bass Tournament
April 22-24, 2022
Lake Barkley
Kuttawa, KY

Mid-Atlantic Bass Tournament
June 10-12, 2022
James & Appomattox Rivers
Hopewell, VA

Capital Clash Bass Tournament
June 17-19, 2022
Potomac River
Waldorf, MD

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

Buckeye Billiards Tournament
July 17-18, 2021
8 Ball Sports Bar & Billiards
Columbus, OH

Mid-South Billiards Tournament
October 15-16, 2021
Clicks Billiards
Memphis, TN

Mid-Atlantic Billiards Tournament
March 18-20, 2022
Diamond Billiards
Midlothian, VA

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

Great Plains Bowling Tournament
July 29-August 1, 2021
Thunderbowl
Council Bluffs, IA

Mid-Atlantic Bowling Tournament
September 24-26, 2021
Bowl America
Midlothian, VA

Florida Gulf Coast Bowling Tourn.
February 23-25, 2022
Pin Chasers
Tampa, FL

Vaughan Bowling Tournament
April 2022 (Dates TBD)
Bowlero
Romeoville, IL

PVA NATIONAL SHOOTING SPORTS CIRCUIT

North Central Trapshoot
September 11-12, 2021
Crooks Gun Club
Sioux Falls, SD

Cal-Diego Trapshoot
March 25-27, 2022
Redlands Shooting Park
Redlands, CA

Nevada Trapshoot
April 1-3, 2022
Clark County Shooting Park
Las Vegas, NV

Florida Gulf Coast Trapshoot
May 13-15, 2022
Silver Dollar Trap Club
Odessa, FL

Vaughan Trapshoot
June 3-5, 2022
St. Charles Sportsmen's Club
Elburn, IL

Wisconsin Trapshoot
June 10-12, 2022
Brown County Sportsman Club
Green Bay, WI

Iowa Shooting Trapshoot *
June 17-19, 2022
Otter Creek Sportsman Club
Cedar Rapids, IA
**Buckeye Wheelchair Games*

Mid-Atlantic Trapshoot
(Dates TBD)
Conservation Park of Virginia
Charles City, VA

BOCCIA

IN Boccia Tournament
July 17-18, 2021
Indianapolis, IN

IN Boccia Tournament
September 25-26, 2021
Bowling Green, KY

Bayou Boccia Tournament
February 11-12, 2022
Gulfport, MS

Buckeye Boccia Tournament *
April 14-16, 2022
Geneva, OH
**Buckeye Wheelchair Games*

Mid-Atlantic Boccia Tournament
May 2022 (Dates TBD)
Richmond, VA

Vaughan Boccia Tournament
(Dates TBD)
Carol Stream, IL

HANDICAP CLING

Chelon Racing League ToAD Virtual Criterium Races
November 2021 - February 2022

PVAR High Performance Camp
January 29 - February 3, 2022
Brooksville, FL

Museum of Aviation Marathon
January 15, 2022
Warner Robins, GA

Caribonbike USA
February 5-6, 2022
Gainesville, FL

Valley of the Sun
February 18-20, 2022
Phoenix, AZ

ff-Road Spring Tripo
April 13-16, 2022
Chesterfield, VA

Redlands Cycling Classic
April 20-24, 2022
Redlands, CA

Gettysburg Marathon
April 2022 (Dates TBD)
Gettysburg, PA

Tour of America's Dairylands
June 2022 (Dates TBD)
Milwaukee, WI

Wichita Triumium
June 2022 (Dates TBD)
Wichita, KS

NATIONAL VETERANS WHEELCHAIR GAMES



July 7-12, 2022
Tempe, AZ

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Membership Application

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

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

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

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

Race/Ethnicity:

- Asian/Pacific Islander African American/Descent Hispanic/Latino
 Native American/Alaskan Native Caucasian

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Home Phone: _____ Cell Phone: _____

VETERAN STATUS INFORMATION

Please submit the following with application:

- DD Form 214 showing character of discharge.
- Medical evidence of spinal cord injury or involvement (medical records or physician's statement).

Proof of active duty status must be verified prior to membership approval.

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

If yes, please explain: _____

Are you a United States citizen? Yes No

Do you have a spinal cord injury or disease? Yes No If disease, specify: _____

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

If Paralyzed Veterans of America is your accredited representative, do you permit PVA Service Officers to provide information to PVA National Membership Department relative to your membership eligibility? Yes No

I declare under penalty of perjury that the foregoing is true and correct, that I have read and meet the qualifications and I understand that my membership could be denied or revoked if any information provided is inaccurate.

Applicant Signature: _____ Date: ____/____/____

Witness Signature: _____ Date: ____/____/____



Physician's Statement Form

_____ is a veteran who has a spinal cord injury or disease.

His/her diagnosis is:

Paraplegia

Quadriplegia

Brown Sequard Syndrome

Cauda Equina Syndrome

ALS

Multiple Sclerosis (involving the spinal cord)

Transverse Myelitis

Other (please specify) _____

Physician's Signature

Physician's Name

Physician's Title

Physician's Phone/Email

Date Signed



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