

November - December 2022
Volume 26, Issue 6



Paralog

Paralyzed Veterans of America Tri-State Chapter

Serving Oregon, Idaho and SW Washington

"Serving Those Who Served"

www.TriStatePVA.org



OFFICERS

- Larry Gardner** President
- Bill Gray** Vice President
- Dennis Hooper** Secretary
- Carolyn Hamstreet Shores** Treasurer

BOARD MEMBERS

- Erik Berg**
- Stephen Bergseng**
- Don Hedlind**
- Dennis Harbour**
- Larry Ricklefs**
- Don Wyatt**

PROGRAM DIRECTORS

- Mike Rosenbalm** Peer Mentoring
- Dan Service** MS Contact
- Don Hedlind** Membership Director
- Don Hedlind** Government Relations

AMBASSADORS

- Don Wyatt** Idaho
- Dennis Hooper** Southern OR
- Stephen Bergseng** Central OR

NATIONAL DIRECTOR

- Bill Gray**

TRI-STATE OFFICE STAFF

- Tom Hurt** Executive Director
- Marcie Ceja** Office Manager
- Scarlett Guerra** Graphic Designer

PARALOG

- Marcie Ceja** Editor in Chief
- Scarlett Guerra** Graphic Designer

NATIONAL SERVICE OFFICER

- Matt Paige**
- Email: matthewp@pva.org
- Phone: 503-412-4762

PORTLAND/Vancouver VA Primary

Care Contact Phone Numbers	After Hours Number
360-696-4061	888-233-8305
503-220-8262	Portland VA Contact Phone Number
ext. 31665 (Portland)	503-273-5308
800-949-1004	
ext. 31665	

RESOURCES

ID Cards	eBenefits
www.vets.gov	www.benefits.va.gov
eVetRecords	Women Veterans Health Care
www.archives.gov	1-855-VA-Woman
Vocational Rehab & Employment	US Disaster Hotline
www.gibill.gov	(800) 626 4959

PVA Tri-State Chapter Mission Statement

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

Tri-State Chapter, Members, Associate Members, Family Members, Volunteers, and allied organizations work to provide leadership and advocacy in

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

A 501(c)(3) charity, PVA Tri-state Chapter relies on grants and donations from members of the public.

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

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

Paralog Contents

- 4** President News
- 8** Executive Director Update
- 10** MS Liaison Report
- 12** Vice President Update
- 16** Rec Fund Reimbursement
- 22** Membership Director Updated
- 24** Shooting Sports Corner
- 25** Sports Corner
- 26** Southern OR Ambassador Report
- 28** Idaho Ambassador Report
- 29** Bowman Pond Picnic
- 30** Government Relations
- 34** Calendar
- 36** Washington Update

Thank you to all our Sponsors!

Event Flyers:

- Page 5** OAS Heroes Weekend
- Page 7** Air Gun Competition
- Page 8** Albany Veterans Day Parade

Cover Photo: Oregon Japanese Gardens
Courtesy of Adobe Stock Images

President News



2022 Tri-State Chapter Board of Directors



Larry Gardner – President

September 5th was the last day of the Oregon State Fair and the draw of the winning ticket for the Corvette raffle car. The winners out of Oregon City, picked the Corvette up at the office the very next day. They were very happy and proud to drive it home.



The Tri-State Chapter sponsored the barbecue again this year at the Dalles Veterans home September 8th and 9th. We delivered the food on the 8th and attended the event on the 9th. The event went very well and they all can't hardly wait for the next one in 2023.

September 17th was the annual members banquet at the Holiday Inn in Wilsonville Oregon, real good turnout, meals were good, we had bingo games, lots of prizes, a live band, and awards that include:

- **Speedy Award:**
Donnie Hedlind
- **Non Member Award:**
Jennifer Binder
- **The John L Stark Award:**
Margaret Leach
- **Commendation Award:**
Jerry Howard
- **Presidents Award:**
Scarlet Guerra
- **Transportation Award:**
Oregon Mobility
- **Ambassador of the Year:**
Dennis Hopper

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

We also handed out gift cards and volunteer pins to all of our active volunteers for their many hours spent helping at our yearly events. Congratulations and thank you everyone for your help!

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



Oregon Adaptive Sports Heroes Weekend

By: Harriet Schmidt, MS Liaison Asst.

Oregon Adaptive Sports, based in Bend, OR, provides a year-round program of sports and activities for people with disabilities. COVID changed things for a while, but in early 2023 they plan to once again run their “Heroes Weekend”. They invite disabled veterans to enjoy a weekend of free skiing and lessons, including their specialized adaptive ski equipment.



Dennis Hooper
PVA Tri-State Member

You can ride the ski lift to the top of Mt. Bachelor with a guide, and ski down on a sit-ski with as much or as little assistance as you wish. You can choose to just hang on for the ride as a guide takes you down the slope, handle the whole thing yourself with outrigger hand skis, or anything in between. Whatever your challenges are, the OAS guides help you in the way you need.

I (ambulatory with MS) was very frightened of trying downhill ski lessons and they could not have been more patient and encouraging for me on the beginners’ “bunny slope”.

The following year I opted for their Nordic/cross-country option instead though!

Heroes Weekend includes your hotel stay and most meals, and is a great way to meet other veterans. OAS have told me that for the 2023 weekend, they are running a smaller program. They want to focus on veterans who are new to OAS and have not participated in Heroes Weekend before. Particularly those who will use the adaptive ski equipment. Your family members are also included and I believe they get discounted equipment rentals and lift tickets.

More details and registration information will become available later this fall. Veterans are also welcome and encouraged to participate with OAS at any point during the season and OAS offers any new-to-OAS athletes their first three lessons at no cost. Lessons commence at Mt Bachelor on December 21st and Hoodoo on January 13th.

The website for OAS is:
oregonadaptivesports.org



Photo Courtesy of OAS

Executive Director Update

Welcome Fall



Tom Hurt – Executive Director



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

Executive Board:

- President - Larry Gardner
- Vice President - Bill Gray
- Secretary - Dennis Hooper
- Treasurer - Carolyn Shores

Board Members:

- Don Hedlind
- Larry Ricklefs
- Erik Berg
- Don Wyatt
- Stephen Bergseng
- Dennis Harbour

I am looking forward to working with everyone this year, as your Chapter president says let's make this year better than last year.

September, we had the annual Members Banquet, everyone who made it had a good time. We have started planning the 2023 banquet which is already shaping up to be a blast, so watch for updates and plan on attending on Sept 16, 2023.... Come for the Banquet and Play at the Beach!!

The Member meeting down in Winston at Bowman Pond was amazing! We held a fishing derby, Disc Golf Putt off; as well as, Dennis Hooper giving Archery Lessons. As you get phone calls from your Board or see the flyers in the Paralog of the events that are coming up, I truly hope that you will consider joining us and have a good time. Remember we do these events for YOU!!!



October is the beginning of our new fiscal year, and we have hit the floor running (Rolling). On Oct 7th we held one of our Air Gun competition shoots down at the Albany Rifle and Pistol Club. Wow what a turn out! Please go to the Sports page to check out the scores. We ended the month by attending the La Pine Veteran Outreach event in Central Oregon,

It was the first time we have been at that particular one, we will definitely return.



One of our most popular activities we do is our Deep-Sea Fishing Trips, we are in the process for planning our trips for the upcoming year. So, if you like to get out on the water and maybe bring some fish home, I highly recommend registering for one of the trips this year.

Your Chapter office is always looking for more activities that you would participate in.

Currently we have: Trap Shooting, Air Guns, Deep-Sea Fishing, picnics and people seemed to lose interest in Bowling (however it can very easily be revived). If you have something you enjoy doing let us know, because if you like it there is a good chance other members would as well, that's all it takes to get a new program started.

Wishing you and your family a Happy Thanksgiving and a very Merry Christmas.



**Mark Your Calendar
for the Next:**

Tri-State Chapter Air Gun Competition

**January 13, 2023
12 pm to 3 pm**

**Location:
Albany Rifle and Pistol Club
29999 Saddle Butte Rd**



**Come and Ride
Tri-State PVA
Chapter Float**

**71st Annual Albany
Veterans Day Parade**

November 11, 2022

**Parade travels through
downtown historic Albany**



Please Call the Office to Sign Up and for More Details!

503-362-7998



oregon
mobility
solutions

DRIVING YOUR INDEPENDENCE



Authorized Dealer



www.OregonMobility.com

We have factory trained and certified technicians with over 40 years combined experience ready to serve you.

- New and used wheelchair vans
- Veteran discounts and benefits available
- We also install hand controls and lifts
- WE COME TO YOU! We specialize in mobile servicing and sales
- Family-owned and operated
- We also service wheelchairs and scooters

Call Us Today! 503-991-4100

Tigard

Salem

12154 SW Garden Pl
Tigard, Oregon 97223

4280 25th Ave NE
Salem, Oregon 97301



MS Liaison Report



2022 Members Banquet



Dan Service—MS Liaison

Hello my fellow members. I have volunteered to be the Multiple Sclerosis (MS) Liaison for our Chapter. I am working along with Harriet Schmidt, also a fellow member, who has graciously volunteered, like I have, to see what we can find that will be of benefit to those of us with MS.

First off, we would like to share some exciting news from our PVA National Office: “Paralyzed Veterans of America – the nation’s premier non-profit of choice for disabled veterans, their families, and caregivers – is expanding its membership as medical technology advances early detection of MS, inviting all veterans with MS to join.” That’s right, all veterans with MS may now join PVA.

The article goes on to encourage people to join by saying: “Among the benefits now available are: access to educational materials specific to MS; support from on-staff licensed architects who can review plans and provide subject matter expertise for making their homes more accessible; admission to PVA’s private, members-only Facebook Groups that keep members abreast of important news that impact them; engagement with over 33 Chapters across the country that support advocacy efforts specific to the MS community; and opportunities to take

part in important surveys and webinars, as well as participate in sports and recreation events both virtually and in-person around the country.”



2022 National Trapshoot

This year our Tri-State Chapter was involved in participating with our National PVA, by hosting PVA’s 2022 National Trap shoot which was held on 23-25 September. There are other National events put on year round that help us be as active as possible want.

Our Chapter shares a Recreational Fund to our members that is the best in the nation (that we know of). We provide many opportunities for our members to volunteer at, or participate in different events, whether something of our own, or other events we attend.



2022 National Veterans Wheelchair Games

Harriet has indicated that there may be members of our Chapter who are ambulatory, and not paralyzed, that might not feel, as she did, that they “aren’t exactly the target market for the aim of the organization.” She then asked: “I guess I would like to know why the PVA is interested in MS folks . . . ?” My understanding is that lesions may eventually be on the spine of people with MS in some way, so people, like myself and Harriet, who have lesions on our spinal cords, have our problems of walking. I was not aware, but Harriet told me spinal lesions can cause numbness, paresthesia (strange and uncomfortable sensations), foot drop, gait (walking) problems, bowel and bladder difficulties. Harriet is here, she can find out for us what we need to know, and the pros/cons, and the dos/don’ts of different situations.

Harriet is a perfect example of most of our MS members. She stated: “I know I have been a

member for many years now but never participated until coming to the dinner on Saturday. Never used the Recreation Fund, never showed up to anything, just read Paralog only.”

The dinner she is referring to is our Membership Banquet that was held in Wilsonville on September 17th. We had a good turn out, but it would have been better had more members been there. It’s free, so come next year (use your \$250 Recreational Fund for gas, hotel, or food on the way).

I feel, overall, that the expansion of the membership for all veterans with MS is wonderful, and that our present membership has an opportunity to expand our overall membership, by letting other veteran’s with MS know of the great program they can be a part of belonging to PVA National, and especially our Tri-State Chapter.

Save the Date
January 21-22 Albany
Winter Rod & Speed Show



I would like to thank the Tri-State PVA and staff for a wonderful time at the banquet. Great food, entertainment and great meeting all the staff. It was great to see you all! It's been a long time with COVID.

Oh yes, Tom too.

Albert B.



Vice President Update

2022 National Trapshoot, Hillsboro



Bill Gray—Vice President & National Director

Members Meetings and Chapter events are for you! Well, here it is October already and I hate to say it but winter is just weeks away. If you didn't have a chance to make it to one of our members meetings, I hope you can in the coming year.

Bowman Pond was a fun event with Trout Fishing, Disc Golf, Air rifle shooting and even Archery. And food was furnished too. Hamburgers, hot dogs, fruit and chips and drinks. Tom and his wife Lisa did a great job feeding us. We had a little smoke and warm weather, but no rain can you believe it! Not to brag, but my wife caught the first fish. We are proposing to have this event again next year.

Put it on your calendar to enjoy the great outdoors.

Air Rifle Fun shoots have been set up every other month, or when our Range Officer has been available. Snacks and drinks are provided as well as at least 4 air rifles for members to use, along with safety glasses and pellets. It's a fun competition and I hope we can get a team put together to possibly go to the National Veterans Wheelchair Games.



Wheelchair Trap Circuit shoot a couple weeks ago and had eight shooters and lots of fun and great weather. Prizes were awarded

and we finished it with a Spaghetti Feed provided by the Hillsboro Trap Club. We are hoping to get involved with the upcoming Multi-Plex shoots which are held at many trap ranges and they consist of 150 rounds per shoot, so stay tuned for more. We are still looking for a Sports Director for the Chapter, so if you have an interest please call the office and let it be known.

If you have suggestions or ideas for upcoming member meetings and their locations

let us know we want to try and make them available to as many members as possible.

Have a great Thanksgiving! It's not far off either.

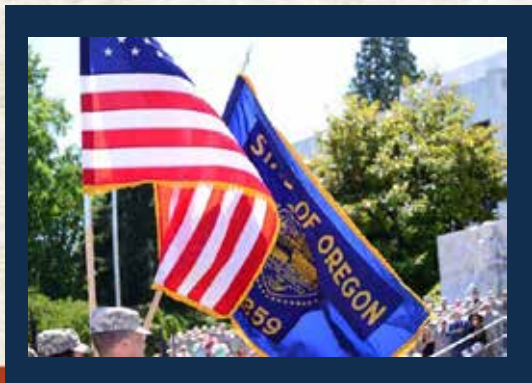


OREGON DEPARTMENT *of* VETERANS' AFFAIRS

Oregon Department of Veterans' Affairs to Host Statewide Veterans Day Ceremony at Oregon State Capitol Park.

SALEM, Ore. - The Oregon Department of Veterans' Affairs will honor all veterans of the U.S. Armed Forces during its Statewide Veterans Day Ceremony this year in view of the Oregon State Capitol Building.

The event will feature remarks by federal, state and local dignitaries and ceremonial elements including color guard, national anthem, wreath presentation and the playing of "Taps." Attendees should be advised that this year's event will be held at 11 a.m., Thursday, Nov. 10 — the day before Veterans Day.



The event will be hosted at the Oregon State Capitol Park located on Court Street Northeast in downtown Salem — directly in front of the Oregon State Capitol Building.

While the celebration will honor Oregon veterans of all eras, there will be special recognition of Oregon's Korean War generation. ODVA is honored to welcome Consul General Eunji Seo of the Consulate of the Republic of Korea in Seattle, Wash., who will serve as one of the event's keynote speakers.

The event is open to the public and uncovered seating will be provided for attendees. Accessible pathways and seating areas for those needing accommodations will also be provided. Attendees are reminded to plan accordingly for Oregon weather.

For those unable to attend, the event will also be livestreamed on ODVA's Facebook page at <https://www.facebook.com/odvavet>.

INTRODUCING H.R. 3172 & S. 2981

The HELPER Act

HOMES FOR EVERY LOCAL PROTECTOR, EDUCATOR, AND RESPONDER



What Is The HELPER Act?

The HELPER Act stands for "Homes for Every Local Protector, Educator, and Responder." This bill aims to provide our local law enforcement, fire-fighters, EMS, and K-12 Educators more affordable mortgage financing.



What Benefits Does The HELPER Act Provide?

- ✔ HUD/FHA Program
- ✔ 100% Financing
- ✔ No Monthly Mortgage Insurance
- ✔ One Time Premium - 3.6%
- ✔ No Geographic Restrictions
- ✔ FHA Price Limits Apply
- ✔ 6% Maximum Seller Assist



FOR MORE INFORMATION CONTACT

Mandi Stephens | Ambassador
(971) 241-9790
mandi.stephens@churchillmortgage.com
Jeremy Stephens | Ambassador
(503) 806-3175
jeremy.stephens@churchillmortgage.com

WWW.THEHELPERACT.US



Law Enforcement



Educators



Fire-Fighters



EMS

Recreation Fund Reimbursement

(Members Only)

PVA Tri-State Chapter voting members are eligible to **RECEIVE \$250** each fiscal year through the Member Recreation Reimbursement Fund. It begins **October 1st** and runs through **September 25th** each year.


Include Name, Address, Phone Number, your Legible Receipts (legible photo copy is ok) and a short description of what you did to have fun with your friends and family. We like pictures too (digital pictures are best), they may make it into the Parallog. 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: PVA Tri-State Chapter, 3700 Silverton Rd. NE, Salem, OR 97305 - oregonpva@oregonpva.org
Please be sure to include your address and phone number Your request must be received in the office no later than **September 25th**. Earlier is better in case of any problems.

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



Especially now,
we need your support.

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

www.pva.careasy.org

Get Paid to Have Fun!



\$250 Rec Fund Reimbursement

**PVA Tri-State,
Please accept these invoices for a Wii for fun and recreation for myself and my husband for competition. It should help me move my upper body more and be more fun then watching TV all day.**

I would like to add things for the enjoyment of watching birds in my yard. Particularly humming birds.

Thank you,

Brenda M.



Dear Tri-State Chapter,

Each year we enjoy going to the coast. The cool ocean breezes are a wonderful break from the 100+ degrees days. We enjoyed great food & watching the folks flying kites.

My sincere thanks to Tri-State Chapter for the Rec Fund. We are already planning our next trip.

Dinah W.

Tri-State PVA,

My wife and I went to Portland in August to celebrate my birthday. We ate dinner at Ruth's Chris Steak House on 8/11. Then we saw John Mulaney perform his stand-up show at the Moda Center on 8/12. I'm sorry we didn't get a picture of us there, but I've included a photo of me at dinner the night before the event.

Thank you for the Recreation Fund. We really appreciate it!

Sincerely,

Marc S.





Sharkey's Pub and Grub, in Springfield, Oregon is a great place to eat and good food. After spending nearly three months in the VA Hospital, in Seattle, I took the family out to dinner. I would like to use some of the Rec Fund for this.

Thank you,
Charles D.

Once again, I'd like to thank PVA Tri-State Chapter for the Recreation Fund allotment of \$250.

As I have in the past years, I used it for one of the Deep Sea Fishing Trips. It covered my motel, gas and food. It can't get any better than that!

Although this year I did more fishing than catching. I really don't care, except for the Salmon Trip. The boat shares its catch, so no one goes home empty handed.

To me, the trip, meeting new members and just being on the ocean is what I enjoy there the most, regardless of the weather.

Thank you again,

Carolyn



This year it was time to replace most of my camping gear. Between the age of the gear, the wear and tear of our Oregon weather, and the homeless thieves at South Beach State Park that took everything they could, I didn't have much left. Our PVA Chapter saved the camping season for me. What an amazing thing this Recreation Fund is!

Gloribel C.

Thank you for the opportunity to use my Recreation Funds. It allowed me to attend my 2022 Search and Rescue reunion at Whidbey Island, WA. A good time was had by all.

Robert M.





Rec Fund Continued

It seems the world still hasn't recovered from COVID, nor likely will it fully. While things are starting to become more normal, hopefully we will be able to attend more events. Last year our outings were kept to a minimum, and some events were still canceled.

A usual Christmas gift for Mike are tickets to see a men's Oregon Ducks Basketball Game, and this year's game was against Washington State on January 20. We enjoy wearing our Ducks attire and supporting our local college teams at University of Oregon. It's been very exciting to follow Payton Pritchard thru college and onto professional ball now with the Boston Celtics. We even got to know Payton's grandparents while attending Duck basketball games.

In October I purchased tickets to see country artist Randy Houser at our local performing arts theater in Eugene on March 10. Seldom does the Hult Center have country music events, but we really enjoy the smaller, more intimate venue for country music.

This was the first year since 2019 that the Walk to Defeat ALS was back to real-time walking at a community park in Eugene on May 15. It was nice to get out the house and meet other families and friends who daily live with/provide support for this illness. Cloudy weather cooperated with the perfect temperature.



For our anniversary on June 30 we made the drive to Seven Feathers Casino. Our trek wasn't without complication, as we ultimately learned our portable suction machine wouldn't work without being plugged into power. Determined to make the drive worthwhile, we got help at the casino to find an outlet near a slot machine into which to plug the suction which confined our gambling to this small area. While we didn't come away with any large winnings, though losing only a small amount, a good time was had. Mike occasionally won some dollars by just throwing a few coins in the slots overseas at Kadena Air Base, Okinawa. Now when we do manage to make a trip to the casino, which is very seldom considering distance, I am merely an extension of Mike doing as he wishes with bets. Heads turn because I get so excited winning almost anything.

During the heat of the summer is a good time for us to attend a Eugene Emeralds Baseball Game, so July 12 found us at PK Park. Unfortunately the Ems lost 0-9 to the Spokane Indians, as their best ball wasn't played. Next year we'll hope for the win.

Each year we try to go to the Lane County Fair to catch a country concert. This year a concert wasn't in the cards, but Mike wanted to go through the vendor exhibits, which we did July 21. It was surprising and actually disappointing, though less stressful not having to maneuver the wheelchair among so many people, to see many less booths than in previous years. Hopefully next year we will be back to our concert fair highlight. As always, thank you, PVA Tri-State, for contributing to the welfare and well-being of your members thru your generous Recreation Fund program!

Sincerely,
Mike & Traci W.



I am including the hotel room, gas and fishing license for the trip. It was great fun! Thanks again to you all for organizing and running this.

Kirk L.

To My Tri-State Chapter, I wanted to say thank you for the \$250, as Kaye and I took my long time friend, from first grade, and his wife out. We had a very nice lunch at Benihana Restaurant. For those that have been there, you know it is a lot of fun. Then I bought some rounds to use to go target practice, as it is the one activity I will enjoy.

Thanks again for helping us enjoy a great day!

Bear & Kaye



Tri-State Chapter PVA, I am writing this letter regarding a medical visit to the Portland VAMC on 8/19/22 at the MRI department. Attached is a receipt for a RV site in Willsonville, OR. My husband and I with our two dogs camped for a total of 4 days in conjunction with my medical visit.

During the trip, we visited two Harley Davidson stores in Tigard and Portland. We got Harley Davidson clothing and enjoyed riding our bike through the Oregon countryside.

Not to mention the great restaurants we ate at, which were all delicious!

Thank you for your consideration in this matter.

Sincerely,

Michelle B.



Recently, I purchased a Revitalize machine, as advertised on TV, that sends electrical waves to your feet and lower leg muscles, to help with muscle spasms, cramping and blood circulation. So far it has worked out very well. Thanks to the Recreation Fund, I was able to justify the cost. Thank you Tri-State PVA for the great program!

Larry G.





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

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



Membership Director



2022 Members Banquet

Donnie R. Hedlind - Membership Director



Hello PVA Tri-State Members
As you read this, events will be happening all around you as we prepare for the holiday season. Enjoy the fun and festivities of the season with your family and friends. It's going to be another cool one this year, so bundle up, put some logs on the fire (in my case turn on that gas fireplace) and enjoy a nice hot chocolate. We will busy planning for next year, so if there is something going on in your area, and you would like for us to know about it, send us an email or give the office a call.

Most of you should have already been contacted by one of us on the Board. We have Board Member Ambassadors in Southern and Central Oregon, along with Idaho who are giving you a call or sending an email. If we do not have your contact info (phone/email) and you are receiving this Paralog in the mail, give us a call or send an email with your updated info. We want to keep in touch with our members, we listen to your concerns, ideas and we act on them; we are here for you.

Calling all Korean War Vets! You are being honored Nov 10th at the Oregon State Capital in Salem.

It's part of the Statewide Veterans Celebration on Nov 10th at the Capitol State Park in front of the Capitol.



On Nov 11th, in Albany, Oregon we will be entering a float in the parade this year, if you are interested in getting on board, give the office a call 503-362-7998 and tell them you want to participate. This is now the largest Veteran's Day Parade west of the Mississippi River. It's going to be a lot of fun, come on down, wave a flag, say Hi to the crowd and enjoy a celebration of Patriotic splendor. This community really loves to "Honor Veterans" so get on over to Albany and jump on board our float. We have ramps for your wheelchair and plenty of room.

Dress warm, we are not sure what the weather will be like, so you want to be comfortable.

For those of you who like to shoot air guns or would like to try, we will be having an event down at the Albany Rifle and Gun Club in Shedd, Oregon on Jan. 13th. If you have not come in and participated in one of these fun shoots, we encourage you to come give it a try. Some good old-fashioned competition, along with snacks and drinks is just what the doctor ordered.



Then it's Christmas parties and end of the year celebrations which will be had by all as we "ring in the New Year!" 2023 is "right around the corner." Enjoy the Christmas Holidays with your friends and family and remember this is the "Season of Giving" so make sure to brighten someone's day this year.

As the new year settles in, we will be hard at work planning and scheduling events for next year. Fairs Festivals, Car Shows, Speedways, Drag Strips, all the fun places where we can meet up and talk amongst friends. If you are a Volunteer or Associate Member, we will be looking for you to sign up and participate. If you would like to become one, we have a sign-up form under resources on our home page or give the office a call, they'll walk you through how to participate in Your Chapter. Just remember, we want to be in your area, so make sure you keep us apprised of what is happening in your "neck of the woods." Until then have a Festive and Blessed Holiday Season.

Merry Christmas and Happy New Year!

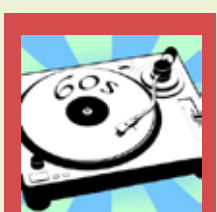
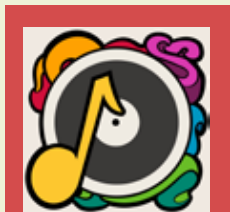


Dear PVA Tri-State,
July 23, was my school's old-timers' reunion, in Riddle, OR. I had volunteered to be the DJ or at least run the music. I have a 5 tray CD Player. I have made several compilations of mostly 60's and 70's tunes and the school song, which sounds like Standford's.

At 7:30am, I loaded up my car (Rav 4) with the music equipment, cooler decoration, director's chair, etc. The car was full. Then I drove from Eugene to Riddle. My youngest brother was there to help me setup. It went well from 10am to 5pm.

I got to 7 Feathers at 5:50pm. My room was on the east wing, 4th floor, and facing the courtyard. The next morning, I had a BLT with extra tomatoes and no mayo in the cafe, at 7 Feathers. It was really good. My son picked me up out front in his Eldorado at 11am. Then I drove back to Eugene and unpacked. Job well-done and with good help! Thank your for the Rec. Fund!

Barbara B.



Shooting SPORTS Corner



October 7, 2022 OPVA Air Gun Competition Results:

Larry Cartales	92 pts
Carolyn H. Shores	86 pts
Steve Hruza	74 pts
Gloribel Casalduc	67pts
Dennis Harbour	55 pts
Larry Gardner	54 pts
Susan Hruza	43 pts

Congratulations to our Winners!!!

Thank you everyone who came out and participated!
We look forward to seeing you at our next Air Gun Competition
January 13th, 2023 at 12pm.

Please mark your calendar and **save the date!!!**



SPORTS

Corner



2022 National Trapshoot, Hillsboro



By: Larry Gardner

Unfortunately Covid limited gatherings at businesses, and our bowling team was affected, along with other sports programs. Things are better now but the Chapter is in need of a Sports Director and Coordinators to help start up some sports teams. If anyone is interested in volunteering for this opportunity, please call the office and we are here to help in any way we can.

We currently have an Air Rifle team shooting every other month at the Albany Rifle and Pistol club, if interested please give us a call at the office, we would be glad to have you on the team. The last Air Rifle shoot was October 7th. Our next shoot will be January 13th, at 12pm.

On September 23rd thru the 25th, we hosted a National Trapshoot at the Hillsboro Trap Club. The event was successful.

Also, we held three Deep Sea Fishing Trips and one Salmon Trip this year out of Depoe Bay. All the trips were very good. For all upcoming fishing trips, please note you **MUST** call in to register at the office prior to the fishing date. Anyone who shows up at the boat and failed to preregister, will not be allowed to board. So please call 503-362-7998 or stop by the Chapter office to register ahead of time.

Don't forget monthly multi-plex shoots have started for the season. If you would like to shoot trap in your area, contact me for information. 503-930-9589 Remember to keep reading the Paralog magazine for all the new and upcoming event dates for the new year.

Thank you all so much!

**Sports Director
&
Coordinators Needed**

Southern OR Ambassador Report



**2022 Members Picnic
at Bowman Pond**



By Dennis Hooper – Southern Oregon Ambassador

Greetings my fellow Americans! It is my favorite time of year. Hard to believe fall is upon us again. It has been a whirlwind of activity since the last Paralog. August and September were very busy months for our Chapter. I feel we were very successful with our fundraising efforts. In September, our Chapter gave away the Corvette at the State Fair; we had our Members' Meeting at Bowman Pond; and had our annual Members Banquet. Boy is my vehicle tired!

Bowman Pond was a wonderful event. Tom's cooking skills are top notch. The weather was wonderful, as usual. We really enjoyed the numerous activities provided by other participants. I wish it could have lasted longer.

Equally, the annual Members Banquet did not disappoint! It was great to meet so many folks. I am always humbled by the abundant kindness shown by our members. It makes me proud to be associated with so many awesome veterans and their families.

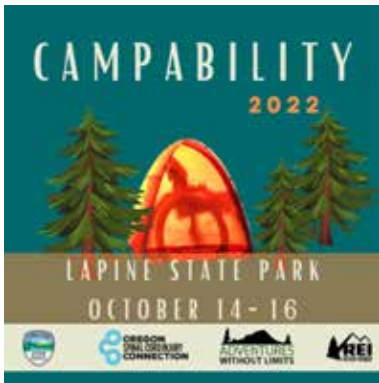


The fairs and festivals we set up at in August and September, allowed our Chapter to spread the word of our mission and purpose. We got to meet lots of donors and some members from all over. We appreciate all the love and support we received. Hopefully, we made lots of connections to expand our ranks and sustain our Chapter.



The very next weekend after the banquet, we were on a plane headed to Lake Kabetogama, Minnesota, for a week of fishing with The Fallen Outdoors. Let me tell you, this lake has fish in it! We had a chance to land northern pike, walleye,

smallmouth bass and perch. There were plenty of guides with boats I could get into. The Driftwood Resort had a couple accessible cabins that were rustic and functional. Blind Joe performed a couple nights. The food provided was delicious and plentiful. There were two nights where we could see the Northern Lights a little bit. Memories that will last a life time.



I wish this issue could include the camping trip at La Pine State Park on October 14-15, put on by the Oregon Spinal Cord Injury Connection and Adventures Without Limits. I heard the cabins there were sweet. I hope I get to attend. October should be decent weather again this year. I intend to make full use of it.

Of course, November has a special place for veterans. I hope you can join us at the Veteran's Day Parade in Albany. Your Chapter will be represented at this huge parade. If Albany is too far for you, perhaps you will check out the parade they have in Roseburg. I always enjoy the flyover they have. It still gives me chills.



If you are looking for more adventure for mid November, Warfighter Outfitters/Veterans Back 40 Adventures is having another Rogue River Wild and Scenic Military Veterans Raft Trip. This will be 5 days of rafting and camping on the lower Rogue, starting on November 10. Check out their Facebook page. I am really looking forward to it. I haven't been outdoors as much as I need to, but with fishing and hunting season upon us, I hope to change that.



Now remember, our Chapter has two Track Chairs for our members to use. I borrowed one for about thirty days, in August and September, and went around Southern Oregon. I believe there is enough interest where we can get an event going with our members down south to test out one of those chairs. They are fun. We have been trying to work with David's Chair, based out of Medford, to get more veterans exposure to the Track Chair. They are on a similar mission.



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

Idaho Ambassador Report



Idaho State Capitol



By Donald Wyatt – Idaho Ambassador

I hope everyone is well. President Biden says the pandemic is over. If anyone had the COVID-19 virus or any of its variants I hope you are not suffering any long term affects.

Some of you may know I was in the hospital for 7 ½ months for what the doctors called a pressure ulcer. I spent 5 months at the Boise VA and 2 ½ months at the Long Beach, CA, hospital where I had flap surgery. I had some concerns with some of he doctors at the Boise VA, which I will deal with. However, the nursing care was great at both hospitals, even though they were overworked due to being under staffed and COVID. I am healed and back home so if anyone needs my help or has questions I am here to help.

After nearly 35 years of being paralyzed I have some experience

dealing with the VA health care system. I have had some negative experiences but, in most cases, it was because the person I was dealing with at the time did not have the correct information. Do not be afraid to take it to the top. Throw the chain of command out the door and go to the person in charge. Some times even they don't know. I don't have all the answers but I can direct you to someone who does. My number is, 208-484-3537. Let's talk. Don Wyatt, ID Ambassador.



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

2022 Bowman Pond Picnic



**2022 Members Picnic
at Bowman Pond**



By Joe Heidrick

Bowman Pond is a privately owned park located about five miles west of Winston, Oregon. It is only made available to groups like the Tri-State PVA. It features several acres of manicured grounds with open grassy areas, oak trees, clean restrooms, and a man-made pond stocked with nice size trout. Everything is ADA and the pond has a cement walkway halfway around with fishing decks and easy access for wheelchairs. On the far side of the pond there is a beautiful stream cascading through and over big rocks and pouring into the water, providing a peaceful, relaxing place to just enjoy nature at its best. It is a bit of a drive for most of us, but well worth the effort. The best part, for me, was getting to know several members of the Tri-State PVA that I had not met before.

While Tom and Lisa Hurt cooked big hamburgers and hot dogs with all the fixings, salads, chips and cookies, some of our members competed in a fishing tournament and others spent the time just getting to know one another, laughing and enjoying a sunny day with a perfect weather and good people.

After a delicious lunch, we played games, laughing at ourselves because none of us were very good at archery or disc golf. However, we all had fun trying to hit the target, or at least coming close to it. There were prizes for the first two places in each game, but I think we were all winners because it was a great day! I want to encourage all members to GET INVOLVED. Like every organization, it's always more enjoyable when you know and are known by other members.

Also, there was a special benefit for me, the next Saturday, when several members and spouses showed up at the Members Banquet, in Wilsonville, September 17. We recognized people we had fun with the week before. It is nice to be with people I have a connection with rather than being in a big room full of people I don't know.



Government Relations



Arlington National Cemetery,
Washington , DC



By: Donnie R. Hedlind - Government Relations

Here comes our Glorious Fall. The leaves are starting to turn that beautiful vibrant orange color and political campaigns are kicking into high gear. By the time you read this, we will be in the cool-down period we get every year before the cold wet air starts to permeate in. Speaking of permeating, let's have a look at what our Federal and State Governments have been up to lately. It looks like the politicians in DC did some good old fashioned can kicking as they passed a CR (Continuing Resolution) to keep the lights on until Dec 16. Inside the CR were some military operation and veteran benefits that needed funding, so we are grateful for their continued effort, however we would sleep much easier if they would pass an annual budget and stop these "stop-gap funding measures."

The PACT (Promise to Address Comprehensive Toxics) Act has now been passed and we are imploring each member to have our National Service Officers (NSO's) check your benefits to see if additional ones are now available to you. You have

earned them with your service to our great country, so give Matt Paige (NSO) or Margaret Leach in the Portland office a call to have them look and see if you are eligible for new benefits under the PACT act. If you need help with numbers or email, give the Salem office a call (503) 362-7998 and get the info you need to move forward with our NSO. Even if you are not service-connected, there may be new benefits available to you, it does not hurt to ask.



Margaret Leach
& Larry Gardner

On the accessibility front, Senate Commerce Committee on Science – nominated David Capozzi to be on the BOD of Amtrak. This is a big

deal because in the most recent bipartisan infrastructure bill, there was language requiring a person with a disability to be on the board of directors. Capozzi used to work for PVA as Advocacy Director and served on the Access Board. He is a wheelchair user expert who will bring great perspective and leadership in helping Amtrak come into compliance.



Photo courtesy of Amtrak Vacations

Congress is also working on the HISA Act, the auto grant allowance, as well as the Air Carriers Act which PVA has been an essential part of drumming up support for. Congress is also working on the Major Richard Star Act Senate Bill 344, this vital piece of legislation once passed, will allow service-connected combat vets access to their retirement pay as well as their veteran's compensation if they served less than 20 years. Make sure to call your Senator and tell them you support this act, along with the other vital legislation mentioned above.

On Nov 10, in front of the State Capitol at Capitol Park there will be a Statewide Vets Celebration, this year we are honoring all Korean War Vets. On Nov 11, in Albany, we will have a float for the parade this year, so call the office to get on board, wave your flag, say hello to the crowd, and have a good time. This Patriotic event is now the largest Veteran's Day Parade West of the Mississippi, so don't miss out this year.

ODVA has announced the 2023 Women's Veterans Conference May 21-23, 2023, at the Salem Convention Center. Dave Holtz, a White City, Oregon native, is now the Portland VA Hospital Director. He is excited to be taking over the helm up on the hill. He's an energetic people person, so expect to see him walking around and talking with vets in the future.

Over in Idaho, the new 49-million-dollar Post Falls Veterans Home is now accepting applications for residency. This 83,400 sq ft facility is located on 7.3 donated acres in the Riverbend Commerce

Park. It will have 64 private rooms, with a common community center housing a dining room, common spaces, and administrative offices. It joins Lewiston, Pocatello and Boise as Idaho's 4th Veterans Home. It will be owned by the state of Idaho and operated by the IDVS, while the U.S. Department of Veterans Affairs exercises some joint oversight with the IDVS through joint inspections, audits, and record keeping. The goal behind the effort to build the state's fourth veterans' home is to enhance veterans' quality of life by providing a safe, homelike environment.

Washington State Department of Veteran Affairs has received a grant from the Federal VA to help combat veteran suicides in rural communities. Studies have shown connecting benefits to veterans as quick as possible helps prevent suicide. The SSG Fox grant will allow WDVA to extend current suicide prevention efforts with additional Veteran Community Outreach Coordinators located in targeted rural communities. Coordinators will be local staff skilled in Veteran benefits and healthcare enrollment, as well as early suicide-risk identification and intervention screening. This effort is part of the new #988 National Suicide Prevention hotline established by Congress in 2020. Annual veteran suicides had been on the rise staying steady over 6300 per year since 2008, topping out at 6491 in 2019. A light is beginning to shine at the end of a very dark tunnel, there were 6146 veteran suicide deaths in 2020, which was 345 deaths lower than 2019. Mental health plays a huge part in veteran suicide and having the new 988 hotline is showing progress. Connecting veteran's benefits to our service members as quick as we can, is vital to insuring suicide deaths stay on the decrease.

It's nice to know our leaders and community advocates are working hard to make sure every benefit our veteran's have earned are available to them. Government Relations is all about our bringing them to your attention, your job is to call your legislator and advocate for these and other veteran bills. As a veteran, we are never retired, we must keep our eyes and ears open, help those who need it and advocate on behalf of all citizens. Even though we may not wear the uniform, our service to our nation does not end, until we take our last breath and are called home. May God Bless You and...

Till next time, stay Frosty

Happy Birthday!!!

Richard Kyser	11/2	Janice Heidrick	12/7
Felicidad Boddy	11/2	Pauline Cox	12/8
Ken Allen	11/5	Steven Terry	12/9
Martin Halsey	11/5	Jarlin Medlock	12/10
Lynette Nobel	11/5	Ivan Nance	12/10
Louis Grimmer	11/7	Brian Schmidt	12/10
Jacob Kershisnik	11/8	Donnie Hedlind	12/11
Jack Howell	11/13	Angel Enriquez	12/13
Edward Lanssens	11/13	Scott Larsen	12/13
Dennis Harbour	11/20	Brian Price	12/13
Dawn Roden	11/21	William Hauser	12/14
Steven Ross	11/21	Paul Dahlke	12/16
John Balbin	11/22	Paul Donovan	12/21
Carl Hay	11/23	Duane Ingersoll	12/22
Terry Langston	11/23	Bradley Williams	12/23
Daniel Brophy	11/27	Brian Barlow	12/24
Robert Haberman	11/27	James Ledridge	12/25
Steve Shirey	11/27	Leslie Halvorson	12/29
Joseph Theriot	12/1	Richard Dean	12/30
Ronald Latham	12/4	Edward Lawrence	12/31
Patrick Cain	12/5		



*Happy Thanksgiving
&
Merry Christmas
from
Tri-State Chapter*

Dennis Harbour

PVA

Bill Gray

Carolyn Hamstreet Shores

Larry Gardner

Don Wyatt

Stephen Bergseng

Larry Ricklefs

Don Hedlund

Dennis Hooper


Erik Berg

November

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

 Office Closed

*** November 11, Albany Veterans Day Parade ***



Happy Thanksgiving!!!

December

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

 **Office Closed**





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

October 18, 2022

Volume 30, Number 18

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

2023 COLA ANNOUNCED FOR VETERANS AND SOCIAL SECURITY BENEFITS

The Social Security Administration (SSA) announced on October 13 that Social Security benefits will receive an 8.7 percent cost-of-living adjustment (COLA) increase starting in 2023. The increase is reflective of the effects of inflation. On October 10, the President signed legislation ensuring that certain veterans' disability compensation programs will receive the same COLA. Military and federal employment retirement benefits will also be increased.

RATES FOR VA HOUSING ADAPTATION GRANT PROGRAMS RAISED

The value for some of VA's housing adaptation grant programs were raised at the start of the new fiscal year which began on October 1, 2022. The maximum rate for the Specially Adapted Housing (SAH) grant is now \$109,986 and the Special Housing Adaptation (SHA) grant is now \$22,036. Additionally, rates for the Temporary Residence Adaptation (TRA) grant were raised to \$44,299 for the temporary version of the SAH grant and \$7,910 for the temporary SHA grant. The TRA grant assists veterans who qualify for an SAH or SHA grant but are living temporarily in a family member's home that needs modifications to improve accessibility.

UPDATING VA'S HOME MODIFICATION GRANT PROGRAMS

The rates for VA's Home Improvements and Structural Alterations (HISA) grants do not increase to reflect the increased costs of construction. Currently, veterans who need a housing modification due to a service-connected disability may receive up to \$6,800. Veterans who rate 50 percent service-connected may receive the same amount even if a modification is needed due to a non-service-connected disability. Veterans who are not service-connected but are enrolled in the VA health care system can receive up to \$2,000. These are the maximum amounts an eligible veteran can receive in their lifetime.

In the past 12 years, most of VA's home modification grant programs received annual increases that cumulatively raised their value by 50 percent. So, if Congress had indexed the HISA grant program to the same inflation index the other programs use, or, if lawmakers regularly approved increases to keep up with inflation, HISA grant rates would be one and a half times higher than they are now.

Congress can restore much of the HISA grant program's purchasing power by passing the Autonomy for Disabled Veterans Act (H.R. 5819/S. 4721). This legislation establishes new base amounts of \$10,000 for veterans with a service-connected disability and \$5,000 for veterans with a non-service-connected disability. It also requires VA to apply an inflation formula to keep them relevant in future years. Urge your Senators and Representative to take action now by [clicking here](#).



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

VA EXTENDS DELAY OF NEW EHR DEPLOYMENTS

On October 13, the VA announced it would be delaying upcoming deployments of the Oracle Cerner electronic health record (EHR) until June 2023 to address challenges with the system and make sure it is functioning optimally for veterans and for VA health care personnel. This decision comes after Secretary Denis McDonough announced in July that the VA would delay EHR deployments until January 2023 to ensure that the system's issues had been resolved. Recently, the VA identified several issues needing additional attention at sites where the new EHR system has already been deployed.

Over the next few months, the VA will work closely with Oracle Cerner to resolve issues with the system's performance, maximize usability for VA health care providers, and ensure veterans are served by an effective EHR. In addition to the system review, the VA will be sending letters to every veteran who may have been impacted by these system challenges in some manner, asking that if they have experienced a delay in medications, appointments, referrals, or test results, to contact the VA through the call center or online. Once they reach out, these veterans can expect a member of their care team to follow up with them within five business days to resolve the issue. [Click here to read VA's announcement in its entirety.](#)

VA BOWEL AND BLADDER PROGRAM UPDATES

Over the past year, the VA has been making changes to the Bowel and Bladder program. The Office of Community Care, in collaboration with the SCI/D National Program Office, has developed a standard form and two letters related to payments, which are currently pending Office of Management and Budget review and approval. In addition, the two offices are updating processes and communication related to payments. Last year, VA centralized the payment process. These additional changes will further standardize the claims process. PVA is also working to make additional improvements to the program's administration.

Any questions may be directed to Roscoe Butler, Senior Health Policy Advisor, at 202-461-7641 or RoscoeB@PVA.org.

PVA FILES COMPLAINT ON INACCESSIBLE GLOBAL ENTRY KIOSKS

After a member's complaint about Global Entry kiosks at Fort Lauderdale-Hollywood International Airport (FLL), PVA filed a complaint with the Department of Homeland Security (DHS), Office for Civil Rights and Civil Liberties (CRCL). Upon arrival at FLL, the member found that the Global Entry kiosks were inaccessible. The kiosk requires facial recognition to take the picture necessary to present to the U.S Customs Agent. However, the cameras at the top of kiosks were too high to capture the member's photo while seated in a wheelchair.

Section 508 of the Rehabilitation Act requires electronic and information technology used by federal agencies be accessible for individuals with disabilities. PVA's formal complaint filed with CRCL alleged that FLL's Global Entry kiosks violate Section 508. CRCL recently acknowledged the complaint and sent it to the DHS Office of Inspector General for review.

FEDERAL STUDENT LOAN FORGIVENESS APPLICATION IS LIVE

The Department of Education recently launched the Federal Student Loan Forgiveness application. This one-time debt relief is offered to any student that has a federal student loan. Collective student loan debt in the United States is an estimated \$1.75 trillion and the government is offering financial relief to eligible borrowers.

Eligibility criteria depends on your tax status in the years of 2020 and 2021. Borrowers who earned less than \$125,000 in 2020 and 2021, and who did not receive Pell Grants, may be eligible for up to \$10,000 in forgiveness. For families, the threshold for earnings is \$250,000 during those same years.

Borrowers who were the recipients of Pell Grants with those income thresholds, may be eligible for up to \$20,000 of forgiveness.

The application is quick to complete and can be found here. The deadline to apply is December 1, 2023. If borrowers are unsure about the status of their loans, they can go to Studentaid.gov to review their loans and their status. The Department of Education will determine eligibility and will contact applicants if additional information is needed. Borrowers will be notified by their loan provider when their application has been processed.

PHILADELPHIA AGREES TO IMPROVE SIDEWALKS AND CURB RAMPS

Recently, Philadelphia agreed to a fifteen-year settlement to construct and fix curb ramps in the city. The settlement agreement, which is awaiting court approval, resulted from a lawsuit filed in 2019, *Liberty Resources, Inc., et al. v. City of Philadelphia*. The four plaintiffs in the case use mobility devices due to their disabilities. The plaintiffs alleged that the city's curb ramps and other walkways had physical barriers that impacted their ability to freely travel around the city; curb ramps were broken, steep, crumbling, and had inadequate detectable warnings; and the barriers made traveling independently difficult or impossible. The plaintiffs had experienced injuries from falling out of their wheelchairs or tripping over the obstacles. The plaintiffs sued the city alleging violations of Section 504 of the Rehabilitation Act and Title II of the Americans with Disabilities Act.

Over the next fifteen years, the city must take steps to repair existing curb ramps, install new accessible curb ramps, and maintain accessible curb ramps. Under the agreement, whenever the city constructs a new road or street with a pedestrian walkway, it must install accessible curb ramps, when feasible. The city agreed to install or repair at least 10,000 curb ramps within fifteen years, with a timeline of at least

2,000 every three years. By the end of the third year, and moving forward, the city must allow residents to submit requests for installation, repair, or maintenance using the city's website, phone app, by telephone, or in-person. The city must also make the number and location of the curb ramps publicly available.

WEBSITES AND SOFTWARE APPLICATIONS ACCESSIBILITY BILL INTRODUCED

Senator Tammy Duckworth (D-IL) and Representative John Sarbanes (D-MD) recently introduced legislation to decrease accessibility barriers in websites and software applications. The Websites and Software Applications Accessibility Act (S. 4998/H.R. 9021) would require the U.S. Department of Justice (DOJ) and U.S. Equal Employment Opportunity Commission to establish clear and enforceable accessibility guidelines for websites and software applications. The legislation seeks to address and remedy the systematic problems that exclude individuals with disabilities from equal participation in and equal access to all aspects of society. In March 2022, DOJ issued guidance on website accessibility under the Americans with Disabilities Act (ADA). However, clear standards have not yet been promulgated. The legislation recognizes that without equal access to websites and applications, many individuals with disabilities are treated as second-class citizens. Due to differing opinions by the courts, the bill seeks to reaffirm that the ADA requires websites and software applications be readily accessible and useable by individuals with disabilities.

NEWS OF NOTE

CSP Broadens Services to Caregivers

VA's Caregiver Support Program (CSP) is enhancing services offered to caregivers of



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

veterans. One of them, Caregiver Health and Wellbeing Coaching, empowers caregivers by helping them focus on their own health and wellbeing. It pairs caregivers with trained coaches (staff members from local CSP teams) who offer guidance in developing personalized health plans based on the caregiver's values and needs. Also, it connects caregivers with the resources that will help them achieve their goals.

Coaching services are not offered at all locations so caregivers will need to contact their local CSP to check availability. [Click here to view the full announcement.](#)

ACL Releases Older Americans Act Program Highlights

The Administration for Community Living (ACL) released its first comprehensive report on the accomplishments of Older Americans Act (OAA) Title III, VI, and VII programs. Enacted in 1965, the OAA supports an extensive system of services and supports for older adults, targeting those with the greatest economic or social need, particularly low-income and minority persons, older individuals with limited English proficiency, and older persons living in rural areas. The report provides an overview of the history of the OAA; the purpose and services of the Title III, VI, and VII programs; and summarizes accomplishments and results for each of the programs using 2020 data. The full report is available [here](#).

National Strategy to Support Family Caregivers Now Available for Comments

The National Strategy to Support Family Caregivers released on September 21 is now open for a 60-day public comment period. Comments are due by the end of November. To submit comments, interested parties are asked to use the online form on the Administration for Community Living's website: [Instructions for commenting are included at the link](#). Comments may be directed to the strategy globally or on any of its four components.

Fraud Alert for PACT Act Scams

The VA wants veterans to know that there has been an increase in PACT Act-related phishing

(email), vishing (phone), and social media scams targeting veterans to access their PACT Act benefits or submit claims on their behalf.

Veterans should always be cautious of anyone who guarantees a lucrative financial benefit or service and remember that PVA service officers will assist you with your claim for free. [Click here for tips to avoid PACT Act scams.](#)

Justice Department Resolves Disability Discrimination Lawsuit Against Housing Authority of New Orleans Properties

On October 3, the Department of Justice announced that the Housing Authority of New Orleans and seven private developers have agreed to pay \$250,000 to settle claims that they violated the Fair Housing Act and the Americans with Disabilities Act by failing to design and construct eight multifamily residential properties and associated places of public accommodation in accordance with those laws. As part of the settlement, the defendants also agreed to make extensive retrofits to remove accessibility barriers at the properties. The properties at issue are Bienville Basin, Columbia Parc, Faubourg Lafitte, Fischer Senior Village, Guste III, Harmony Oaks, Marrero Commons, and River Garden.

Assistance Available for Veterans After a Natural Disaster

The VA recently published resources available for veterans, dependents, survivors, and caregivers who have experienced a natural disaster. A SitRep YouTube video outlines what assistance is available and where to go for help.

Also, the VA is offering a suspension of debt repayments for veterans and family members affected by Hurricane Fiona or Hurricane Ian. For suspension of benefit debt, veterans and beneficiaries can contact the VA Debt Management Center via Ask VA (select Veterans Affairs-Debt as the category) or call 800-827-0648. For suspension of medical care and pharmacy copayment debt, veterans and beneficiaries can call 866-400-1238. Veterans can also check the status of their VA debt online on VA's debt portal.

HUD Awards Funds to Modify and Repair Low-Income Veterans' Homes

The Department of Housing and Urban Development (HUD) recently announced that \$5 million is now available to modify and repair low-income veterans' homes. The funding is expected to support 330 low-income disabled veterans. Details can be found [here](#).

Disability Statistics Compendium Released

The annual state of science conference on disability statistics took place on October 6 and 7 and focused on the release of the 2021 Disability Statistics Compendium. The conference is hosted by the University of New Hampshire, Rehabilitation Research and Training Center on Disability Statistics and Demographics. A chapter of the report devoted to veterans provides data on veterans with a service-connected disability rating; the prevalence of disabilities in the veteran population; the portion of the veteran population that experiences poverty [as well as the difference between the poverty rates of veterans with and without disabilities (poverty gap)], by disability status. The compendium can be accessed [here](#). Presentations from the conference are available [here](#).

Reeve Foundation Summit

The Christopher and Dana Reeve Foundation held its third annual summit in Washington, DC on October 13 and 14. Bringing together advocates, family members, researchers, and other stakeholders, the conference featured presentations on the challenges faced by caregivers, updates from the Administration for Community Living, planning for pregnancy with SCI, and the latest in research on SCI/D. PVA Associate Executive Director for Government Relations Heather Ansley appeared on a panel discussing air travel issues and the legislative and policy environment for addressing them. Information about the Summit and the Reeve Foundation can be found [here](#).

HEARINGS & SURVEYS

VA Requests Feedback on Motto

As the number of women veterans increases, the VA is seeking ways to make its facilities more inviting to them. Many women report feeling unwelcome at VA medical centers which often serves as a barrier to them receiving care.

Some women veterans feel that updating the VA motto would help them feel more welcome. The current VA motto, "To care for him who shall have borne the battle and for his widow, and his orphan," is an excerpt from President Abraham Lincoln's second inaugural address in March of 1865.

In recent years, the VA and veterans have debated if there is a way to make the motto more inclusive for women veterans. To understand the perspective of veterans across the country, the VA is conducting a survey to assess what veterans think might be the best way to adapt the motto to include the service and sacrifice of women, who are currently the fastest-growing demographic in the veteran population.

You can participate in the survey [here](#). The deadline to participate is October 29.

Upcoming Veterans' Affairs Committee Action

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

Attention Veterans You're invited to:

*Willamette Master Chours
18th Annual Veterans Concert
November 12 and 13, 2022
at 3pm*

*Hudson Hall, Willamette University, Salem
Limited FREE seating available for Veterans
Call 503-949-2095
to reserve your 2 for 1 tickets*



PVA VETERANS CAREER PROGRAM UPDATE

September 2022

Understanding Your Employment Options



Fay Smith is an Army Veteran with 100% disability, and a PVA Member. She initially reached out to the Veterans Career Program (VCP) at the start of the COVID-19 pandemic. Our Vocational Rehabilitation Counselor, Genia Hachenberg, maintained contact with Fay over the next year as she

contemplated re-entering the work force; but Fay repeatedly felt overwhelmed by physical, mental and emotional strain. In October 2021, Fay reached back out to VCP after attending the PVA Women Veterans Empowerment Retreat in Tempe, AZ (where Genia had given a Zoom presentation on employment).

Fay indicated that she wanted training to update her work skills, and to pursue part-time work. She also indicated she had serious concerns about her SSDI benefits and the risk of losing them. They discussed work incentives such as Ticket to Work (TTW), and agreed to look at the impact of any earned income before pursuing employment opportunities. Fay began taking Saylor Academy courses and volunteering at Longleaf Hospice; and expressed plans to pursue part-time work from home in the New Year.

They revised her resume, explored local part-time opportunities and continued to discuss the TTW program. By mid-2022, Fay decided to pursue a caregiver position that was comparable to her volunteer work and allowed for a flexible, part-time schedule. She has been working since June, and they have tracked her earnings very carefully so she feels confident working and retaining needed benefits.

Fay attended WVER again this year in San Antonio, TX, and shared with other attendees how VCP has positively impacted her life. *"I don't want to live in fear. I don't want to be paralyzed by fear. I felt useless, discarded and betrayed by my body. Volunteering and working have helped me redefine my goals and helped me get in a more disciplined mode. It's creating a routine and balance in my life."*

IMPACT + OPPORTUNITIES

14 Client Placements

- 10 Paid Employment
- 4 Education/Training
 - 13 Veterans
 - 5 PVA Members
 - 1 Family Member
- The average salary for the 10 clients placed in full-time employment was \$61,158.



New Associate Director, VCP



PVA's Veterans Career Program (VCP) is excited to announce the promotion of Genia Hachenberg to Associate Director. Genia has been a Vocational Rehabilitation Counselor (VRC) with VCP since 2018; and has been a Certified Rehabilitation Counselor for over 20 years -

excelling in private sector, federal, state, local government & non-profit environments. She has had the opportunity to work with individuals ages 13 to 80; with a wide variety of disabilities including intellectual, physical, sensory and psychological.

A native of Atlanta, GA, Genia had her first experience with individuals with spinal cord injuries (SCI) as an undergraduate recreation therapy intern at the Shepherd Center. She shared that her experience at PVA has been, "the purest rehabilitation counseling experience of (my) career." Genia notes that there is the freedom (within VCP) to pursue the goals and opportunities that offer the most happiness and health for our clients.

She has three (mostly) amazing children (joke) that teach her to appreciate her parents more and more every day.



PVA.org/find-support/veterans-career-program

Powered By:





Membership Application

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

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

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

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

Race/Ethnicity:

Asian/Pacific Islander African American/Descent Hispanic/Latino

Native American/Alaskan Native Caucasian

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Home Phone: _____ Cell Phone: _____

VETERAN STATUS INFORMATION

Please submit the following with application:

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

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

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

If yes, please explain: _____

Are you a United States citizen? Yes No

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

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

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

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

Applicant Signature: _____ Date: ____/____/____

Witness Signature: _____ Date: ____/____/____



Physician's Statement Form

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

His/her diagnosis is:

- Paraplegia
- Quadriplegia
- Brown Sequard Syndrome
- Cauda Equina Syndrome
- ALS
- Multiple Sclerosis
- Transverse Myelitis
- Other (please specify) _____

Physician's Signature

Physician's Name

Physician's Title

Physician's Phone/Email

Date Signed



Paralyzed Veterans of America
 Tri-State Chapter
 3700 Silverton Rd. NE
 Salem, OR 97305

Address Service Requested

Non Profit Org
 U.S. Postage
PAID
 Salem, OR
 Permit #779

Nov/Dec 2022



Vehicle Accessibility Specialists

- New & Pre-Owned Vehicles
- Wheelchair/Scooter Lifts for your vehicle
- Adaptive Driving Equipment
- Wheelchair Accessible Van Rentals
- Power Chairs, Scooters, and Manual Chairs
- Durable Medical Equipment

24-Hour Emergency Service

VISIT OUR WEBSITE
RJMOBILITYSERVICE.COM

PROUDLY SERVING OREGON SINCE 1979

THREE LOCATIONS TO SERVE YOU
SALEM (NORTH): 503-967-5130
SALEM (SOUTH): 503-838-5520
MEDFORD: 541-245-4846

