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Phone: 503-362-7998

Laura Berry Office Manager

Scarlett Brandt Graphic Designer

Office Admin

Rick Wiley Development Coordinator

PARALOG

Sue Holt Editor in Chief

Scarlett Brandt Graphic Designer

NATIONAL SERVICE OFFICER

Matt Paige

Email: matthewp@pva.org

Phone: 202-416-1255

PORTLAND/Vancouver VA Primary

Care Contact Phone Numbers

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

ext. 31665

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www.archives.gov

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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, Washington, and Idaho.

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.

Paralog Contents

- 4 President News
- 8 An Interesting Trip at Christmas Time
- 9 Calling All Veterans and PVA Members
- **14** Rec Fund Reimbursement
- **16** Reanimating Paralyzed Limbs Using Functional Electrical Stimulation
- **22** Tri-State Chapter News
- **26** Sports Corner
- 28 Coming Soon: RC Club!
- 30 Calendar
- **32** 2025 Hunting Opportunities
- **35** Washington Update

Cover Photo: Silver Falls, Silverton OR Page 3 Photo: Sisters Mountains, OR

Photos Courtesy of Adobe Stock Images

Event Flyers:

Page 6 Volunteer Luncheon

Page 7 Veterans Day Parade

Page 25 PVA National Bowling Tournament





Don Hedlind – President

Wow what a year!

This fiscal year, we participated in over 40 awareness events like fairs, festivals, car shows, veterans centered events and many other ones that required us to sometimes be in 2 or 3 places on one weekend. It was not an easy logistical maneuver, but we persevered andcame out on top; many times, we were not at home in our beds at night. There is no I in TEAM and it required a TEAM effort to make sure we were executing our mission. Thank you to our sponsors, donors, volunteers and our dedicated staff for a great year.

This Paralog has some special articles. New Board member Roy Lindsay has written an article about 46 hours of Christmas; it's a great read about his service overseas. Member Kevin Arrington is inviting everyone to his bible study class in Medford. If you are in the area, make sure to attend and check it

out. New MS Liaison Sue Holt gives us some good information on MS and our Capabilities Expo on April 18th. Board member Bill Gray gives us insights into hunting in Wyoming and how you can apply to go on a special hunt there. New Volunteer and R/C Club member Ivan Linde explains why he would like to have an R/C Club here at the Chapter and help us with getting one started.

I have been injured for forty years and have always wondered how "modern science" could cure spinal cord injury and make our limbs move. Computer technology with chip science may just be the answer, take some time to read Oregon State University Professor V. John Matthew article on Reanimating Paralyzed Limbs Using Functional Electrical Stimulation. This is truly a breakthrough in neurology and maybe the future of stimulated limb movement. When I met with John, he showed me a video of how they

were able to get an artificial hand to move on an amputated arm. I asked him to write an article for The Paralog, so we can tell our readers about this vital technology. As National Director, I will be advocating for OSU to be one of the three this year who receives funding from PVA Research and Education grant program for this vital research.

We recently had our annual Membership Banquet at the Chapter office on September 27th in Silverton. We listened to music from "Next of Kin," played Bingo, gave out prizes, awards and enjoyed good food from the Wooden Nickel in Silverton. It was a warm sunny day resulting in the sunshine beaming through the front windows heating up the activity room. It was not easy to stay in the room with temperatures above 80 degrees. The fans were blowing at full speed, allowing us to once again to persevere, but some of our members and guests could not and retreated to a cooler section of the building or went home early.

When we remodeled the building, we could only afford to install air conditioning (AC) in the new office space. We have forced air heat in the building which helps in the winter. We need to install AC in the rest of the building by next spring. We have an unfinished section of the building that we would like to remodel and add two new ADA bathrooms, one with a shower and laundry facilities. If you would like to donate to the building fund to help our members and visitors, be comfortable when they visit, please call the office or go to tristatepva.org/donate and click on the donate tab for the building remodel fund. Anything you can give will help us get to our goal of making sure we have a viable, climate-controlled building for everyone.

On October 25th we had a special night at the Silver Falls Brewery for the 1st Annual Flannel Fest. This fundraiser promoted by GenX Media Alt NW was unique, because Eric and his TEAM brewed a special batch of PVA POLOTMAVE' PIVO, a Czech Amber Lager with donated hops by Prairie Malt and Crosby Hops. It was a big hit and is on tap and in cans at their breweries in Silverton and Eugene. Thank You to Tommy Reves and Kristin Scott owners of GenX Media, along with Eric, Andrew, John, the staff at Silver Falls brewery and special beer maker Ryan for a great beer and to all those who showed up and supported us. We had a fun time and look forward to the 2nd Annual Flannel Fest next fall.

Thank you to Cyndy and everyone at Quilts of Valor for the Awesome quilts you presented to us at the membership banquet. I will always cherish mine and I know Jeff and the two Franks appreciated theirs as well it is truly an honor to receive such a "work of art."

Our TEAM would like to thank every sponsor of our Chapter; our mission and vision could not be accomplished without your help, and we want you to know we appreciate you more than you know. We are excited about working with all of you in the future. Your effort helped us continue our "mission forward" and we could not have done it without you.

It's the holiday season, time for family, fun and good cheer. Have a Blessed Thanksgiving, a very Merry Christmas and a safe, healthy and prosperous New Year!







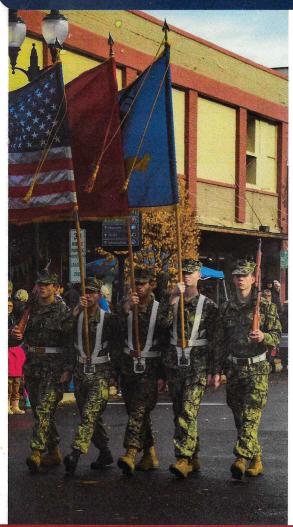
LINN COUNTY OREGON VETERANS DAY PARADE

The largest Veterans Day Parade west of the Mississippi

Celebrating America's Heroes since 1951

The Linn County Veterans Day Parade is composed of local Veterans organizations and supporters. Thousands of spectators line the streets of downtown Albany, Oregon to show respect and honor for our local Veterans.

The Parade is a cherished tradition that honors the service and sacrifice of our Veterans. Established in 1951, this parade has grown to become the largest of its kind west of the Mississippi River. Each year, thousands gather to pay tribute to our heroes, fostering a spirit of community and gratitude. Our mission is to ensure that every Veteran feels appreciated and remembered for their invaluable contributions to our freedom.



A LEGACY OF HONOR & COMMUNITY

Thanks to the unwavering support of our community, the Linn County Oregon Veterans Day Parade has grown to become one of the largest community-driven, volunteer-led Veterans Day parades in the nation. Through the generosity of our sponsors, we have been able to create a deeply meaningful and memorable tribute that reflects our shared gratitude for those who have served.

THE ONGOING ROLE OF SPONSORS IN THIS MISSION

Your support makes this tribute possible. Sponsorships help cover vital logistics, military honors, and the countless details that make the parade a powerful expression of appreciation for our veterans. But more than funding an event, your generosity sends a profound and lasting message: We remember. We honor. We care.

JOIN US

We would be truly honored to have your support as we prepare for this year's parade. Whether through sponsorship, donation, or volunteering, your involvement ensures that this proud tradition continues to thrive.

EVERY CONTRIBUTION IS A TRIBUTE TO THE COURAGE, SACRIFICE, AND SERVICE OF OUR VETERANS—AND A PROMISE THAT THEY WILL NEVER BE FORGOTTEN.



info@linncountyveteransdayparade.org



Box 106, 2532 Santiam Hwy SE, Albany, OR 97322



linncountyveteransdayparade.org



(757) 593-5094

An Interesting Trip at Christmas Time





By: Roy Lindsay -Board Member

Back when I was in the Air Force in the 1960s, this occurred about December 20, in 1964. I was the Aircraft Commander Pilot and was transporting an HC-54 from Hawaii to Tokyo, Japan. We arrived in Tokyo on December 21st. We were told at the time that we would have to wait three days to see if there would be a military flight to take us back to Hawaii. So we had three days in Tokyo. No military flight was available, so we were authorized to fly commercial from Tokyo to Honolulu.



On December 25th, I had dinner with a very dear friend outside of Tokyo. That was Christmas dinner. I took the train back into Tokyo and went to the hotel and met the rest of my crew. We boarded the monorail to go to Tokyo Airport. We were booked on Pan Am 2, scheduled to leave December 25th at 10 p.m. However, there was a significant delay because they were loading the airplane belly with cargo. The reason is that because there were so few passengers. As a matter of fact, there was more crew than passengers.

So my crew and I had the run of the airplane. We took off about an hour or so late. We headed towards Hawaii and it was, of course, dark because it was in the night. On the way, we passed by a Coast Guard ship and I knew that a friend might be on that ship. So I asked the pilot to see if he would contact the Coast Guard ship and see if my friend was on board. Well, it did not work out that I was able to talk to him, so of course, we continued on.

By the time we got to Hawaii, it was 10 a.m. And believe it or not, it was Christmas morning in Hawaii. I got back to my apartment on base, unpacked, showered and cleaned up. And then late that afternoon, I went to a dear friend's house and we had Christmas dinner again. So as a result of that event, I had about 46 hours of Christmas. It was a long Christmas day for me, but enjoyable nonetheless.

Calling All Veterans and PVA Members

By: Kevin Arrington, Member

A Personal Invitation to Join Our Saturday Veterans Bible Study

Meet a Fellow Veteran

Hello fellow veterans and PVA members, I served in the U.S. Army for four years as a 45E M1A1 Abrams Tank Turret Technician, stationed primarily at Katterbach Kaserne, near Ansbach, Germany, with HHC 1/37th Armor Battalion.

From the Battlefield to the Bible

After leaving the Army in March 1989, I returned to Medford, Oregon. On August 16, 1989, a small storefront church became the place where I gave my life to Jesus Christ—a turning point that led me deeper into ministry, Bible school, and teaching.

A Life-Altering Event – and a New Calling

On September 11, 2006, I became paralyzed for reasons still undetermined—nearly full sensation but no motor control. Yet, I found that God doesn't need working legs to use a willing heart.

Our Veterans Bible Study -

Each Saturday morning, at 10:45 AM, we gather in our community room here in South Medford for a veterans-focused Bible Study. We spend about an hour diving into Scripture using my military-themed lessons drawn from my book "Boot Camp: A Soldier's Field Guide to Faith."

What We Study

- The Bible (Our Field Manual) Why we use the King James Bible
- God the Father (Commander in Chief)
- Jesus Christ (Field Commander)
- The Holy Ghost (Intelligence Officer)
- Salvation (Recruiting Office)
- The Church (Our Unit)
- Spiritual Warfare (Battlefield Training)

What to Expect

- Clear lesson outlines
- · Guided Scripture reading and discussion
- · Open Q&A
- Guest speakers (e.g. 30 year missionary from Papua New Guinea, Dr Mike Gass, Author of The Glorius Church, Sr. Pastor Lloyd Read, Harvest BaptistTemple)

- Learning at a pace where everyone understands
- Prayer, teaching, and participation opportunities

Hot Coffee, Tea, and Coaco

· Maybe a snack or two.

Fellowship After Study

We enjoy pizza and cold drinks together—what many call the highlight:

- · Relaxed fellowship
- · Food and laughter
- · Veteran camaraderie

All Veterans Welcome

Whether you're new to faith or exploring, this is a safe, veteran-friendly space to grow, heal and connect. Remember: No soldier is left behind. Easy wheelchair access.

Why It Matters Now

In uncertain times, many of us carry scars—seen and unseen. Here's the opportunity to reignite your inner warrior with purpose, truth, and God's Word.

Attendees Say...

"This study gave me back a sense of mission."
"I never miss a Saturday, I really look forward to it."

"Came for the pizza... found something real."

"I have been coming a year, and I am amazed at my understanding of the Bible."

"Because of the Bible Study, I have been encouraged to read the Bible every day."

"These are my brothers."

From One Soldier to Another

I may be paralyzed, but I'm still active duty in God's army—and so are you. Come stand with us.

Next Saturday at 10:45 AM, in our community room here in South Medford. (every Saturday)

Please email, call or text me at:

Email: letstalkkjb@gmail.com

Call/Text: (541) 261-8061

"Blessed is the nation whose God is the Lord." – Psalm 33:12

MS Liaison News





By: Sue Holt — MS Liaison

Occasionally, I come across an article on the internet that I think would be useful to anyone with MS. I urge you to access the computer and read the article in its entirety. Let me know what you think. I will convey highlights of the article in the hopes that some of the tips will come in handy. (http://www.americanmedical-id.com)



Key Takeaways include:

- 1. Why use a medical ID? It helps others to know what to do in case of a medical emergency.
- 2. A medical ID can provide access to your medical information and offer peace of mind to those who

wear them. It provides accurate and relevant health information to first responders and medical staff.

- 3. Options to a medical ID bracelet may include the following:
- Watches
- Necklaces
- ID Cards
- Tags
- Pendant
- · Key Fobs
- · Audio Recorders
- USB Devices
- Medical Tattoos (with a doctor's clearance)

Did you know medical ID bracelets can be obtained for free through the MS Clinical Social Worker? If interested, please call the your local MS Clinic for further information.

I know the holidays are coming up and loneliness can be a problem this time of year. For some in the disability community, it can be all year round. I will share with you two ways I have gotten out and about.

The first one is: I attended the annual Members Banquet for PVA Tri-State Chapter. It was held in Silverton, at the office. The food was good and it was great to see people I haven't seen in ages! We played BINGO and I won a cup!



The second thing that helps during the holidays is: with Thanksgiving and Christmas coming up I lean on old traditions. While, I know this is not possible for everyone, I challenge you to think ahead. Call or text someone you haven't heard from. Send out those greeting cards. Who doesn't like to find a card in the mail?

Maybe you might share how you manage to get through this of year.

Save the Date:

On April 18, 2026 we will be hosting the CAPABILITIES EXPO here at our building. This is our first such undertaking and we need your help! We are in the early planning stages, and would like to hear your suggestions for vendors. More details be announced at a later date. If interested in being a vendor or you have any suggestions please call our office at 503-362-7998.

One last question: Can you name one thing that would help you to get more involved with this Chapter? Drop us line, call the office at 503-362-7998 or email me at MSLiaison@tristatepva. org. We would love to hear from you you! YOU ARE THE CHAPTER!





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fear of my next debilitating

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*Individual results may vary



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ABILITY CENTER



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Recreation Fund Reimbursement

(Voting Members Only)

PVA Tri-State Chapter voting members are eligible to **RECEIVE \$300** each fiscal year through the Member Recreation Reimbursement Fund. It begins **October 1st** and runs through **September 25th** each year.

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

Eating Out * Movies * Games * Hobby Supplies * Motel * Sports
 Event Tickets * Guns * Trips * Vacation Expenses (lodging, food, gas etc) *
 PVA Tri-State Events, etc

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

Mail or email to: PVA Tri-State Chapter, 600 N Water St, Silverton, OR 97381 - tristatepva@tristatepva.org Please be sure to include your address and phone number. Your request must be received in the office no later than **September 25th.** Earlier is better in case of any problems.

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



Get Paid to Have Fun!





Hello,

I was wondering if my recent trip to New Mexico would quilify for my once per year Recreational Reimbursement?

I was able to take this trip and I would be so thankful for the Recreational Reimbursement to help make this wish list trip possable.

> Thank you, Dawn R.

Hi,

I am submitting 2 receipts for lodging for consideration for reimbursement from the PVA Tri-State Recreation Fund.

One is from the Lanai at the Cove Motel in Seaside, Oregon where we stayed in November celebrating our 54th wedding anniversary. We traveled to Seaside on Saturday, Nov. 30th and checked into our beautiful oceanfront room in time to eat our crab salads in front of the windows as the sun set in front of us. The view there is so great that we never left the room till checkout the next morning. We ate brunch at the Bridgewater Bistro in Astoria in front of a beautiful Columbia River view. Gotta love those water views. Both the Lanai and the Bridgewater Bistro have good wheelchair access. We then headed home to Colton, Oregon.

The getaway was a great Anniversary break as well as a welcome "Ahhh!" after the busy family Thansgiving at our house.

Thank you for considering this request for the Recreation Fund to help us do these things.

Richard K.



Dear PVA Rec Fund.

On August 16th, I went on a Norwegian Bliss cruise to Alaska with my wife. Alaska was the last state in the United States that I had never vistied. Our cruise was for nine days. My favorite part was getting off the ship at Ketchikan, to look for my uncle's grave. Unfortunately, we didn't find it. I loved walking around the ship and talking to people. Thank you for your consideration.

Sincerely, Frank C.





Hello,

While coming back from a short 1 1/2 days camping trip on the beach, I some how misplaced my cooking gear. Came to the conclusion that it feel off the bed of the truck while hitting potholes on the old loggers road.

Carol and I, on the following weekend did a 4 and a half day camping. I was able to cook every day and of course make Carols liquid gold aka "COFFEE" every morning followed with hot chocolate in the evenings.

> Thank you PVA! Clare C.

I use the Rec Funds to pay for hotel fees for the fishing trips. The first one we got three salmon out of it and the second one we got skunked. But in both cases, we got out on the water, we got to fish, and had a lot of fun! I always stay the night before going down to Depoe Bay. Then, I don't have to drive hours before the trip.

Thank you guys for taking care of me:) Kirk L



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

Reanimating Paralyzed Limbs Using Functional Electrical Stimulation

Guest Article by: V. John Matthew - School of Electrical Engineering and Computer Science Oregon State University

Many paralyzed individuals consider restoration of lost basic motor functions like grasping and walking as important abilities that could improve their quality of life. Functional electrical stimulation (FES) is a means to potentially restore lost motor functions to paralyzed individuals. This article provides a brief overview of how FES works.

The block diagram in Figure 1 may be useful for explaining how the human nervous system is affected by a spinal cord injury, and how we may be able to find engineering solutions to treating paralysis due to spinal cord injury.

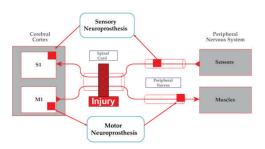


Figure 1: Conceptual block diagram of a neuroprosthesis system for restoring motor and epresent the primary motor cortex and the primary somatosensory cortex, respectively, of the brain. (Figure courtesy of Dr. Richard Normann.)

An Engineering Perspective of Spinal Cord Injury

The nervous system consists of the central nervous system and the peripheral nervous system. The peripheral nervous system contains nerves innervating the entire body. Furthermore, the peripheral nervous system has sensory components as well as motor components. Sensory nerve fibers detect changes in the body and send that information to the central nervous system. The central nervous system consists of the spinal cord and the brain. The peripheral nerves communicate to the central nervous system through discrete

electrical signals known as action potentials. The central nervous system processes the information received from the peripheral nerves and sends out appropriate control signals through the motor nerves to evoke desired responses.

When the nervous system sustains damage, such as during spinal cord injuries, the communication channels between the peripheral nerves and the central nervous system is broken. This might result in loss of sensory information and motor control of the body functions. However, this does not mean that the sensory and motor fibers are not working; just that they cannot communicate with the brain. If we can replace this communication system (i. e., go around the injury), this will provide a means of treating spinal cord injuries and restoring body functions to the injured patients. To restore movement to joints of paralyzed limbs, we need to somehow stimulate the motor fibers to evoke desired muscle forces and joint movements. We also need to sense the movement intent and provide that information to the stimulation system directly.

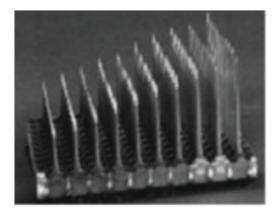


Figure 2: the USEA is a device for neural recording and stimulating. When impanted in peripheral nerves. The closely situated electrodes enable selective access to nerve fibers. Electrodes with varying length allow accessing nerve fibers.

Figure repoduced with permission with permission from Warren, et al., Proceedings of the IEEE, 2016)

A Tool to Sense and Stimulate Artificially

Peripheral nerves are formed by bundles of nerve fibers known as axons. Each axon innervates a different area in the body. The fibers are themselves organized into smaller bundles called fascicles. The axons may be motor fibers or sensory fibers, and each nerve bundle may contain both types of fibers. To effectively replace the communication system between the peripheral nerves and the brain, we need access to individual fibers or at least small groups of fibers in the fascicles. We accomplish this using an array of electrodes. One example is the Utah slanted electrode array (USEA) (Figure 2). USEAs contain 100 electrodes in a 4mm x 4mm area. Furthermore, the electrodes vary in length. The small separation between electrodes allows several electrodes to penetrate a fascicle. The varying lengths of the electrodes allow accessing fascicles that are located at different depths from the implant sites. In short, the USEA allows intra-fascicular multielectrode sensing and stimulation.

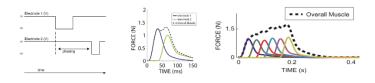


Figure 3: The process of evoking forces and movements in paralyzed limbs is illustrated here. See text for additional details.

Sensing or recording from nerve fibers involves listening to action potentials using one or more electrodes in the array after implanting it in a nerve that innervates the joint we wish to reanimate. In our work, we perform stimulation via pulse width modulated electrical signals applied to the electrodes (Figure 3). The basic idea is that the application of a single pulse creates a twitch force in the muscles affected by the nerve fibers targeted by the electrode. The twitch force retains some basic characteristics over a wide range of nerve fibers. There are fast and slow fibers, where the reaction times are substantially different from each other. Some fibers respond with greater strength than others. Given a particular response to an electrical pulse, increasing the pulse width will

give a larger force response. Now, if we apply another pulse a little later to a second electrode, that electrode may stimulate a different motor fiber group, which in turn will generate a slightly different twitch force response in the muscle and this response may overlap part of the response to the previous stimulation pulses. In the third panel, we have illustrated applying stimulus pulses to six different electrodes generating muscle forces in succession. These muscle forces add up to produce the overall muscle force we experience or can measure. The fundamental design question this problem entails is that of determining the pulse widths and the pulse start times associated with the sequence of pulses applied to each electrode in the array to generate a desired force response of the target muscle or movement of the target limb or joint. Evoking force changes the lengths of the muscles involved, which in turn results in ioint movement.

Interpreting Movement Intent

To make the system described above work, we also need a mechanism to interpret the prosthesis user's movement intent. One way to accomplish this is by using brain signals that are correlated with motor intent. Examples of such signals include electroencephalogram (EEG) signals which can be collected from the scalp non-invasively, electrocorticogram (ECOG) and other brain signals that require invasive urgeries to implant sensor arrays in the brain. Modern machine learning approaches may be used to estimate movement intent from brain signals. It is also possible to transfer control of the neuroprosthesis to a group of functional muscles. In this approach, the prosthesis user will activate specific muscles to evoke specific movements. Muscle activation generates electromyograms (EMGs) which may be recorded using EMG sensors and interpreted by machine learning algorithms.

Concluding Remarks

The ideas described here are active research topics at present, with most of the experimental work done using animal models. The techniques have the potential to restore natural movements, and significantly enhance the quality of life of paralyzed individuals.

Happy Birthday

Richard Kyser	11/2	Joseph Theriot	12/1	
Wallace Roseboro	11/2	Ronald Latham	12/4	
Ken Allen	11/5	Patrick Cain	12/5	
Martin Halsey	11/5	Cody Punzel	12/5	
Lynette Nobel	11/5	Janice Heidrick	12/7	
Louis Grimmer	11/7	Pauline Cox	12/8	7.
Jacob Kershisnik	11/8	Don Hedlind	12/8	1
Thelma Wiley	11/8	Brittany Garza	12/9	fly f
Michael Pettit	11/10	Steven Terrry	12/9	
Jack Howell	11/13	Ivan Nance	12/10	
Edward Lanssens	11/13	Brian Schmidt	12/10	
Kathy Valentine	11/13	Alexis Cardenas Ortiz	12/11	
Dennis Harbour	11/20	Jackie Evans	12/12	
Rhonda Mackey	11/21	Scott Larsen	12/13	
Dawn Roden	11/21	William Hauser	12/14	
Steven Ross	11/21	Paul Dahlke	12/16	
John Balbin	11/22	Phillip Merrill	12/16	
Dana Allen	11/23	Paul Donovan	12/21	
Carl Hay	11/23	Duane Ingersoll	12/22	
Robert Haberman	11/27	Edward Lawrence	12/31	
Rauna Hoene	11/27			
Steve Shirey	11/27			
Bradley Wilkinson	11/28			
Joshua Iliya	11/29			25



In Loving Memory of Those Who Passed This Past Year

Charles Abernathy 11/27/2024 Adam Simon 5/19/2025

William Smith 1/06/202 Richard Heimbaugh 5/22/2025

Larry VonSchell 1/15/2025 Erik Berg 6/26/2025

Dana Strasheim 1/27/2025 Millard Tope 8/31/2025

Daniel Chytka 1/07/2025

Craig Ackerson 2/01/2025

Douglas Powell 3/18/2025

Daniel Service 5/10/2025





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Tri-State Chapter News





By: Rick Wiley - Developement Cooridinator

Welcome again to the Paralog... We are coming up in the Fall season. The time when everything slows down. We had a great end to summer with the Oregon State Fair. With eleven days of fun talking to hundreds of people about PVA Tri State Chapter. After the fair, we headed out to the Sublimity Harvest Festival for three days of festival fun. The monster trucks along with the smaller pulling trucks and tractors were loud and proud. On Sunday, the last day, we were across the highway highway at the Santiam Golf Club for the Red White and Blue 9/11 Tribute Golf Tournament, Thank You Rob Warnock, Jared and BUMA for once again for partnering with us..

The next weekend, we were at The Dalles for the Cruise-In Car Show and BBQ for the residents of The Dalles Oregon Veterans home. Mid-Columbia Car Club was instrumental in ensuring there was a good turnout, the American Legion Patriot and the Dufur Patriot Riders Motorcycle Clubs brought in

the flags for a show of support. We are looking forward to the next one on Sept 19, 2026. Make sure to put this special event on your calendar next year, many new cars and motorcycle clubs have pledged their support next year.

Our Member's Banquet was held on September 27th at our office in Silverton.. There were many members and guests for the dinner and the awards. President Donnie started us off with BINGO. There were a lot of prizes and awards for everyone. The food was catered by the Wooden Nickel. The salmon was delicious! Thank you Next of Kin for providing live music. They do a great job every year! The members enjoyed listening to their favorite songs.



On October 19th we participated in the Indoor Craft and Marketplace Bazaar. Thank you Ben Punley of Showbiz Salem for partnering with us. The event was at the Scottish Rite Center in Salem. There were vendors of all kinds selling their wares and goods. Many pledged a portion of their sales to the Chapter.

November 11th is the Albany Veterans Day Parade. It is the "largest parade west of the Mississippi." We have room on our float for you and a guest to join us. Please call the office at 503-362-7998 to save your spot and join us!



We have 2 more events left for the year with Showbiz Salem at the Oregon State Fairgrounds, November 21-22. Then the Holiday Market on Dec 6th at the Scottish Rites Center in Salem. Then we take a break until 2026. It will once again be time for the Winter Rod and Speed Show at the Linn County Convention Center in Albany Jan. 16-17. We would like to Thank Rich Bailey for the invite.

In 2026, our PVA sponsored events are PVA National Bowling Circuit Bowling Tournament at Big Al's in Beaverton, OR on March 13-15. 1st Annual Daniel Service Capabilities Expo at the Chapter Office in Silverton on April 18. We are inviting accessibility vendors, medical device companies, Veteran service agencies and many other vendors to come here and show our members and participants their companies' products and services. Complete with a Silverton Mural Walk, food trucks and music to give it that welcoming feel. We encourage all of you to come and check it out.

On June 13, 2026, our annual Show and Shine Car Show is moving to the Oregon State Fairgrounds. This move gives us many different options, like each car club being able to park together, swap meet for both vehicles and motorcycles, vendor market, food carts and plenty of space to expand over time. The picnic grove where the vehicles will be parked is complete with grass and plenty of shade. We have been blessed to have beautiful weather for our car show each year and look forward to the same this year.

We will be updating the website and calendar to reflect our PVA sponsored events, when we add new ones, they will be on there. Stay tuned to the calendar and constant contact for our events next year. We are looking to start doing a monthly member meeting here at the chapter office. We believe this will get more members involved with our events and the chapter itself.

WE NEED YOUR HELP WITH OUR EVENTS AND AT THE CHAPTER.

Have a Merry Christmas and a Happy New Year!

PVA Tri-State Rec Fund,

My favorite band announced earlier this year they would be playing a concert for the first time in over twenty years. Didn't think it was possible to ever see them again. The show comprised of three bands, all in my favorite category. Rose Blossom Punch, The Prayer Chain, and Poor Old Lu headline. It took a bit of planning on my part to make it happen. Me and my three older boys were able to nab tickets and a hotel room. On the way back, we stopped at Point Defiance in Tacoma on the way home, a place that meant so much to me

while at Fort Lewis, and eat the Ram on the waterfront.

Thank you for helping me make it a possibility!

Matthew D.



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By: Don Hedlind - President

This year our sports program consisted of shooting, fishing, bowling, and other recreational outings. We have a new Fishing Coordinator, Steve Kinney, who has recently become a new member, and wants to show us some good fishing spots and offer fly-tying classes at the chapter office or other locations. Steve tells us, his goal is to teach you how to ty a fly and then go out to the water source and fish with it. He lives up in the Detroit Lake area and knows the lake well. There are a couple of nice wheelchair access platforms or docks up there for us to fish from and catch some nice trout. We also would like to travel somewhere and catch some bass or perch, maybe even a walleye, steelhead or salmon. Private ponds, river or lake access could offer these benefits: if you are someone who can help with this, give the office a call at 503-362-7998.

When it comes to fishing, we are usually over at Depoe Bay fishing

off the accessible boats at Dockside Charters. We will be doing this again next year with two trips with Captain James on The Samson and two trips for salmon on Captain JT's, The Tacklebuster. The ling cod and bottom fish were also being caught, with each fisherman also taking home a mess of crabs which made for an exciting time. We love to do these trips because they are safe and fun. Depoe Bay built a new accessible dock, so getting on and off the boat and dock is much easier now. Both boats can accommodate power wheelchairs and scooters.



New Board member Larry Cartales is our new Shooting Coordinator. We are working with Home Depot and Volunteers to build new sturdy shooting tables in different heights for accessibility of the shooter, so we can schedule air gun shoots at the chapter. Thank You to Tri-County Gun Club for donating shooting bags to help us rest comfortably and secure while shooting. Our plan is to have monthly air gun shoots next year, either at the building or one of the gun clubs. Stay tuned to the Paralog for the schedule of all sports next year.

The weather has turned into our usual fall and winter weather, which makes us retreat inside for sports. This is the perfect time to start bowling. This year we received a grant from Bowler to Veterans Link, as a non-profit themselves, they focus on getting veterans out to bowl. It's easy to participate, bowl in your local area, and save your scores, lane, shoe rental receipts to turn into the office at the end of the month. We will re-imburse you for three games per week. You may use your annual Recreation Fund for a bowling ball and shoes if needed. Send in your pictures and testimonials. On March 13-15, 2026, we are hosting a PVA National Bowling Tournament at Big Al's Bowling Alley in Beaverton, OR. Come watch the wheelchair bowlers and on the last day, we are going to have a community bowl thanking everyone who helped and volunteered. If you would like to sponsor a lane at the bowling alley, give the office a call at 503-362-7998.

The 45th Annual National Veteran Wheelchair Games (NVWG) are going to be held in Detroit, Michigan on July 9-14, 2026. This year our athletes brought home 8 medals, and next year we would like to send more athletes, both novice and pro. If you have never been, you should go, there are scholarships available for novices through the VA. You will need to consult with your Physical Therapist to get you rated and qualified. There are over 32 sports to participate in. It is a fun and rewarding experience for athletes from all over the United States, and territories.



The Chapter office has the ability to host and play many different sports and offer fun for all. We are working with outside organizations, sponsors and donors to raise the funds to participate in many different sports next year. We have plans in spring 2027, to have a PVA National Bass Fishing Circuit Tournament on Tenmile Lake in North Bend/Coos Bay area of the Oregon Coast. If you would like to participate in it, be a volunteer, or have a boat to offer your services, call the office and someone will get back to you. Do you have any sports you are involved in? Would you like the Chapter to support you or would like to get involved insports? Please let us know, we are open to suggestions. It is through recreation that we can re-habilitate and it is through re-habilitation that we are able to achieve independence and celebration of our lves.

Stay Active



Adventure is Calling Join Now!!!

Coming Soon: RC Club!





By: Ivan Linde- Guest Article

Growing up my grandfather was my role model and inspiration. He served in the Coast Gurad and instilled in me to honor those who serve our country. Through his example, I learned to love our country, and those who serve (military, police, fire, etc).

As a god-fearing man he also taught me about giving. I have been blessed in many ways in life and believe when there's an opportunity to do good, you act. My donation to PVA Tri-State Chapter is my way of thanking the many men and women who have fought for our freedom.



To get a RC (Remote Control) club active and going at the PVA woud be awesome! Having something that veterans can build and play around with I believe can be healing. Life is full of challenges and what better way than through building, racing and driving toy cars. Having a way to destress and get lost in fun is the best therapy.



The RC world has many different vehicles in many different scales. One of the more popular catgegories in RC vehicle isrock crawlers. You can build kits or purchase RTR (Ready to Run) models. The upgrades and personalization is limitless.

Indoor crawler courses can be easy to build and extremely challenging to naviagate.

The RC community is one of camradery and friendship. If racing or crawling in competitin they are

always willing to help when needed. Just like our veterans they band togehter in support of one another. Through a RC club we can band as teams builds race and crawler together courses and vehicles...

My hope is to create an environment of support for veterans to have hobbies. A place to enjoy life with friends sharing similar hobbies; promote the feeling of accomplishement and pride in learning new things; and a place to live dreams in small scale RC vehicles.

A BIG Thank You to Ivan for everything you did for our chapter. Like many of our Volunteers, Ivan is dedicated to working with us on creating and implementing a recreational R/C Club. The chapter has the facility and capability to do so, now all we need is you. He has started us on this journey by donating the semi-truck and trailer to the chapter. He spent a year designing and fabricating it and then he entered it into the Oregon State Fair, where it won First Place! How's that for a nice start to a fun activity at the building and who knows where else we could end up with this group.

Our new R/C group will be open to our members, Volunteers and the public who would like to become Volunteers and help with this fun and beneficial activity. We are looking forward to building and playing with R/C cars, trucks, and who knows what else we can come up with.



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Fibromyalgia

Paralyzed Veterans of America

November

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



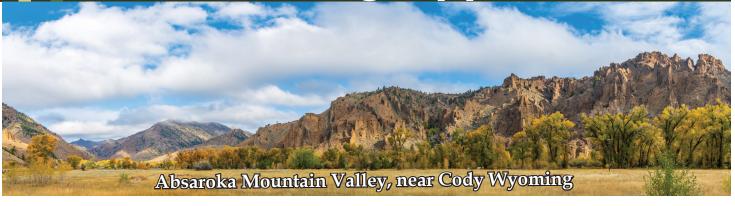
Paralyzed Voterans of Türstgate Chupyl	America ber	Dec	cem	ber	• 	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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14	15	16	17	18	19	20
21	22	23	24	25 Christmas Day	26	27
28	29	30	31			
			New Year's Eve			



Office Closed

	Save th	ne Date	
Nov 8	Volunteer Luncheon	Jan 3- Feb 1	Eugene Sportsman Show
Nov 11 Nov 11	Albany Veterans Day Parade Roseburg Veterans Day	Mar 20 - 22	Portland Roadster Show
Nov. 24 22	Parade	April 18	Capabilities Expo
Nov 21 - 22	Showbiz Salem Holiday Market	Jun 13	Show & Shine Car Show at Oregon State
Dec 6	Showbiz Christmas Craft Fair and Vendor Market		Fairgrounds
Jan 16 - 17	Albany Winter Rod & Speed Show		
		•	

2025 Hunting Opportunities





By: Bill Gray - Board Member

2025 Hunting Opportunities in Wyoming through by Wyoming **Disabled Hunters Association**

If you are interested in a fun experience you need to contact Wyoming Disabled Hunters Association, they are offering a great experience hunting for Elk, Deer and Antelope. Now is the time to plan for a hunt. I've hunted for Elk and Deer and would like to hunt for a nice Antelope if I get the chance. They really take care of all your needs Lodging Meals, and processing your animal. The following information is what was shared by the President. Good Luck!



Our hunting application process is now online, as we are no longer doing paper applications.

You can review the available disabled licenses for which you qualify - go to our website (www. wyomingdisabledhunters.org click on the "Hunts" link that is the 1st tab from the top left, click on "Applications" in the drop-down menu and review that page of information. You can actually review this info now as I believe it should answer many of your questions related to the Wyoming G&F licenses for disabled individuals beforehand. Link to our online hunting application is normally located at the bottom of that page but has been removed since our application period is closed. We'll be re-opening the online application (for our 2024 hunts) around Dec 1st this year, leaving it open until approx. Jan 25th, 2024.

As to the criteria to be allowed to hunt with us, we have a particular process that we follow. Our single MUST-HAVE qualification for in-state/out-of-state hunter applicants is they must qualify and receive a Disabled Hunter license issued by Wyoming Game & Fish. (FYI: A veteran with a 70% or higher disability rating would qualify for a disabled hunter license.) Those 100% VA rated veterans also qualify for the season extension permit. For those non-veteran individuals, they must have some physical disability that fits into one of five boxes and have their doctor sign off on their disabled hunter license applications to Wyoming G&F. There are two other licenses (Shoot-fromvehicle and Season-Extension) that are available to disabled hunters. Links to these licenses are provided on our same website page described in the preceding paragraph.



Links for all three licenses are provided below, for your convenience. I trust you have your disabled veteran hunter permit but am unsure about other permits you may have. A veteran should use the first link for a disabled hunter license. All such license applications are simple 1-page paper forms, cost nothing and are lifetime licenses. You must submit to Wyoming G&F the original paper applications as they need your and the doctor's original signatures on the applications. Veterans need to attach their VA disability paperwork to their applications as well. A non-veteran needs to have a doctor sign off in the bottom section of the applicable license applications for which you qualify.

You then mail all your license applications to Wyoming Game & Fish at their Cheyenne, WY address located at the bottom of each form. Submitting these applications can be done any time during the year. Applying for, and receiving any additional permits should be completed in this interim period leading up to Dec 1st.

DISABLED-VETERAN-PERMIT.pdf (wyo.gov) DISABLED_HUNTER_PERMIT.pdf (wyo.gov) HUNTING-SEASON-EXTENSION-PERMIT. pdf (wyo.gov) SHOOT-FROM-VEHICLE-PER-MIT.pdf (wyo.gov)

For more information on these hunts please use our Contact page on our website www.wyomingdisabledhunters.org Wyoming Disabled Hunters PO Box 2232 Cody, WY 82414







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

GOVERNMENT SHUTDOWN LINGERS WITH NO CLEAR RESOLUTION IN SIGHT

The government shutdown is nearing the end of its third week and there is no clear resolution in sight. Thankfully, much of the VA is shielded from the adverse effects of a government closure by advanced appropriations, which PVA and its veterans service organization (VSO) partners previously helped secure. Direct care through the Veterans Health Administration continues and VA benefits, including compensation and education, are still being processed and delivered. Veterans Benefits Administration regional offices have closed and while National Cemetery Administration burials continue uninterrupted, the maintenance of cemetery grounds and the placement of permanent headstones at grave sites have ceased for the time being.

The Department of Defense is affected by the shutdown, but immediate fears that activeduty servicemembers would have to serve without pay were alleviated when the president directed the department to use "all available funds" to ensure they received their October 15 paychecks. Beyond that, the availability of their paychecks is less certain. Also, important things like permanent change of station moves, and family support programs have been limited or will not be available during the lapse in funding.

On October 14, PVA joined more than a dozen

military organizations and VSOs to urge Congress to ensure servicemembers are paid, and more importantly, to work across party lines to pass a bipartisan, bicameral solution that protects servicemembers, military families, veterans, and survivors.

A Republican measure to keep the government funded until November 21 passed the House by a narrow majority of 217 to 212 on September 19. The Senate, whose current rules require 60 affirmative votes for passage, have failed to advance the measure on several occasions. The prospects of a breakthrough grow increasingly slim, and lawmakers appear to be bracing for a lengthy government shutdown.

While the government shutdown may affect aspects of your daily life and interfere with some functions of the VA, it does not affect PVA's work directly. If you need assistance or support, please reach out to your local PVA National Service Officer, or call the PVA benefits hotline at 1-866-734-0857.

USB NOMINEE WITHDRAWS FROM CONSIDERATION

Recently, the president's nominee to serve as the VA's Under Secretary for Benefits (USB) withdrew her name from consideration. Karen Brazell, who is currently serving as a senior adviser to VA Secretary Doug Collins, was nominated by President Trump to lead the Veterans Benefits Administration back in June and appeared before the Senate Veterans'

'Affairs Committee in early September for her confirmation hearing. Ms. Brazell indicated she was withdrawing for personal reasons. It's unclear how quickly a new nominee will be named. By law, department officials are required to establish a commission to consider candidates for the leadership post, a process that took about two months when it was initiated earlier this year.

SENATE VOTES ON THE MAJOR RICHARD STAR ACT

On October 8, two attempts from Senate Veterans' Affairs Committee Ranking Member Richard Blumenthal (D-CT) to advance stalled bipartisan legislation to deliver more than 50,000 combat-injured veterans their full military benefits and financial certainty failed to pass. The Major Richard Star Act would ensure these veterans could receive their full Department of Defense retirement and VA disability payments, which currently has a dollar-for-dollar offset.

Senate Armed Services Committee Chairman Roger Wicker (R-MS) blocked Senator Blumenthal's motion to pass the legislation due to the cost of the bill and the lack of a means to pay for the estimated \$10 billion price tag. With his attempt to pass the bill unanimously blocked, Senator Blumenthal then offered a compromise motion that would have set up a single roll call vote on the bill at a 60-vote threshold. The motion would have waived all procedural votes to protect floor time and given Republican Majority Leader John Thune (R-SD) discretion to call up the vote at any point before the end of the year. Chairman Wicker also blocked this motion. The bill still can be brought to a vote in the House or the Senate, however, there is no indication that this will happen anytime soon.

DOT ISSUES NOTICE OF ENFORCEMENT DISCRETION FOR RULE PROTECTING WHEELCHAIR AND SCOOTER USERS IN AIR TRAVEL

The U.S. Department of Transportation (DOT) issued a notice of enforcement discretion stating that the department is delaying enforcement of certain provisions of the final rule, "Ensuring Safe Accommodations for Air Travelers with Disabilities Using Wheelchairs." The rule, published in December 2024, expanded

the rights of passengers who fly with wheelchairs and scooters. According to the notice, DOT will be delaying enforcement of four sections of the rule until December 2026. The four provisions include: (1) an airline's liability for mishandled wheelchairs; (2) the frequency of refresher trainings for airline personnel and contractors; (3) passenger pre-departure notification requirements; and (4) reimbursements of fare differences when the passenger's preferred flights cannot accommodate their wheelchair or scooter. The other provisions of the rule are still enforceable. In addition, DOT announced its intent to revise the requirements under these four provisions with a potential upcoming notice of proposed rulemaking late next summer.

Airlines continue to have an obligation to repair or replace mishandled wheelchairs or scooters. If you are a wheelchair or scooter user and experience issues while flying, especially an airline damaging your mobility device or difficulties with aisle chair transfers, please contact Danica Gonzalves, PVA Senior Advocacy Attorney, at DanicaG@PVA.org.

GAO REPORT ON THE ACCESSIBILITY OF MEDICAL FOSTER HOMES FOR VETERANS

According to a recent Government Accountability Office (GAO) report, VA projects that demand for home-based care, including homebased long-term care, will increase 51 percent from fiscal year 2020 to 2038. One way that VA is increasing availability of home-based longterm care services is through the Medical Foster Home Program. In a medical foster home, a caregiver provides supervision and assistance in the caregivers' home to eligible veterans in need of nursing home care. VA has been expanding this program since December 2021 with the goal of having at least one medical foster home aligned with each of VA's 170 medical centers by 2026. As of May 2025, over 700 veterans were participating in the program.

Provisions in the Joseph Maxwell Cleland and Robert Joseph Dole Memorial Veterans Benefits and Health Care Improvement Act of 2022, which passed as part of the Consolidated Appropriations Act of 2022 (P.L. 117-164), gave VA the authority to pay for eligible veterans' costs for care in private medical foster homes for a five-year period.

It also required VA to create a system for the ongoing monitoring of the program, including tracking the number of veterans requesting care.

GAO determined that while VA has made progress in implementing the data tracking requirement, as of May 2025, they had not begun paying for veterans' medical foster home costs. VA says the problem stems from outdated systems that still need updating, but they are exploring ways to begin paying for medical foster home costs for certain veterans before their authority related to the Cleland-Dole Act expires in 2027. VA also believes the tracking system may help address caregiver recruitment and retention challenges by providing more information on why caregivers are denied or leave the program. The new system may also give them a better understanding of the amount of work required to recruit homes into the program. You can read the report in its entirety here.

NEWS OF NOTE

PVA Cohosts Access to the Skies Summit

On September 26, PVA cohosted the Access to the Skies Summit with All Wheels Up. The summit was a half-day hybrid event to update members of the veterans and disability communities on efforts underway to make air travel more accessible both today and in the future. The event featured airline leaders, researchers, and advocates working to improve air travel accessibility. Chief Executive Officer Carl Blake opened and closed the event with All Wheels Up Founder and President Michele Erwin. Chief Policy Officer Heather Ansley presented to attendees about what's happening in Washington, DC to improve access to the skies. Other panels discussed what advocates are working on to improve accessibility and what people with disabilities should know now to make air travel easier. The Access to the Skies Summit took place following the All Wheels Up Global Forum on September 24-25 on the Microsoft Campus in Redmond, WA. Chief Policy Officer Ansley also presented a policy update at the Global Forum.

Senate Confirms Several DOL Appointees

Several senior level appointments at the Department of Labor (DOL) have been confirmed

as part of a larger group of more than 100 officials that the Senate pushed through using its "nuclear option" to expedite consideration. The appointees were voted in along a party-line vote of 51-47.

Included in the group are the new DOL solicitor, the head of the Wage and Hour Division, who oversees child labor violations, the head of the Office of Disability Employment Policy (ODEP), and the Chief Financial Officer. We are still waiting for a Senate floor vote to confirm the Assistant Secretary for the Veterans' Employment and Training Service. The Senate also confirmed an addition to the Equal Employment Opportunity Commission (EEOC), which restores a quorum to the EEOC for the first time since January, meaning there's enough members on the EEOC to authorize decision making.

October Marks 80th NDEAM

October 2025 marks the 80th anniversary of National Disability Employment Awareness Month (NDEAM). NDEAM began in 1945 to celebrate employees with physical disabilities and evolved into what it is today, an opportunity to celebrate all people with disabilities in the work force.

The Department of Labor has published resources tailored to employees and employers to help celebrate NDEAM that can help workplaces be more welcoming to disabled staff. There are educational resources, training modules for supervisors, posters, suggested social media posts, and other materials to help increase awareness of NDEAM. There are also materials focused on educators and youth services professionals, state level resources, tools for associations and unions, and for federal agencies.

You can see the NDEAM resources page here.

New OIG Report Questions the Accuracy of VR&E Claims

In late September, the VA's Office of Inspector General (OIG) released a new report titled, "The Accuracy of Veteran Readiness and Employment Claims Cannot Be Assessed Because of Insufficient Documentation."
The OIG conducted an audit and reviewed claims submitted from April to September of 2023 to determine whether staff processed eligibility and entitlement accurately.



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Chapter Name: PVA Tri-State, 600 N	Water St.; Silverton, C)R 97381	
First Name:	Middle Initial: _	Last Name:	
Date of Birth: /Soc Race/Ethnicity: ☐ Asian/Pacific Islander	ial Security Number: African American/I		
☐ Native American/Alaskan Native		_ , ,	
Address:		1	
State:	Zip:	_Email:	
Home Phone:	Cell Ph	one:	
 Please submit the following with appl DD Form 214 showing character of Medical evidence of spinal cord inj Proof of active duty status must be very large years and active under cond 	f discharge. ury or involvement (me erified prior to member ditions that are less tha	ship approval. n honorable? ☐ Yes ☐	
If yes, please explain: Are you a United States citizen? Yes			
Do you have a spinal cord injury or dis		sease specify:	
Is your spinal cord injury or spinal cord			
If Paralyzed Veterans of America is you information to PVA National Members	ur accredited representa	ative, do you permit PV	·
I declare under penalty of perjury that and I understand that my membership			·
Applicant Signature:		Date:	/
Witness Signature:	_	Date:	



Physician's Statement Form

	is a veteran who has a spinal cord injury or disease.
His/her diagnosis is:	 □ Paraplegia □ Tetraplegia □ Brown Sequard Syndrome □ Cauda Equina Syndrome □ ALS □ Multiple Sclerosis □ Transverse Myelitis □ Other (please specify)
Physician's Signature	
Physician's Name	
Physician's Title	
Physician's Phone/Email	
Date Signed	



Tri-State Chapter

Paralyzed Veterans of America Tri-State Chapter

600 N Water St Silverton, OR 97381

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