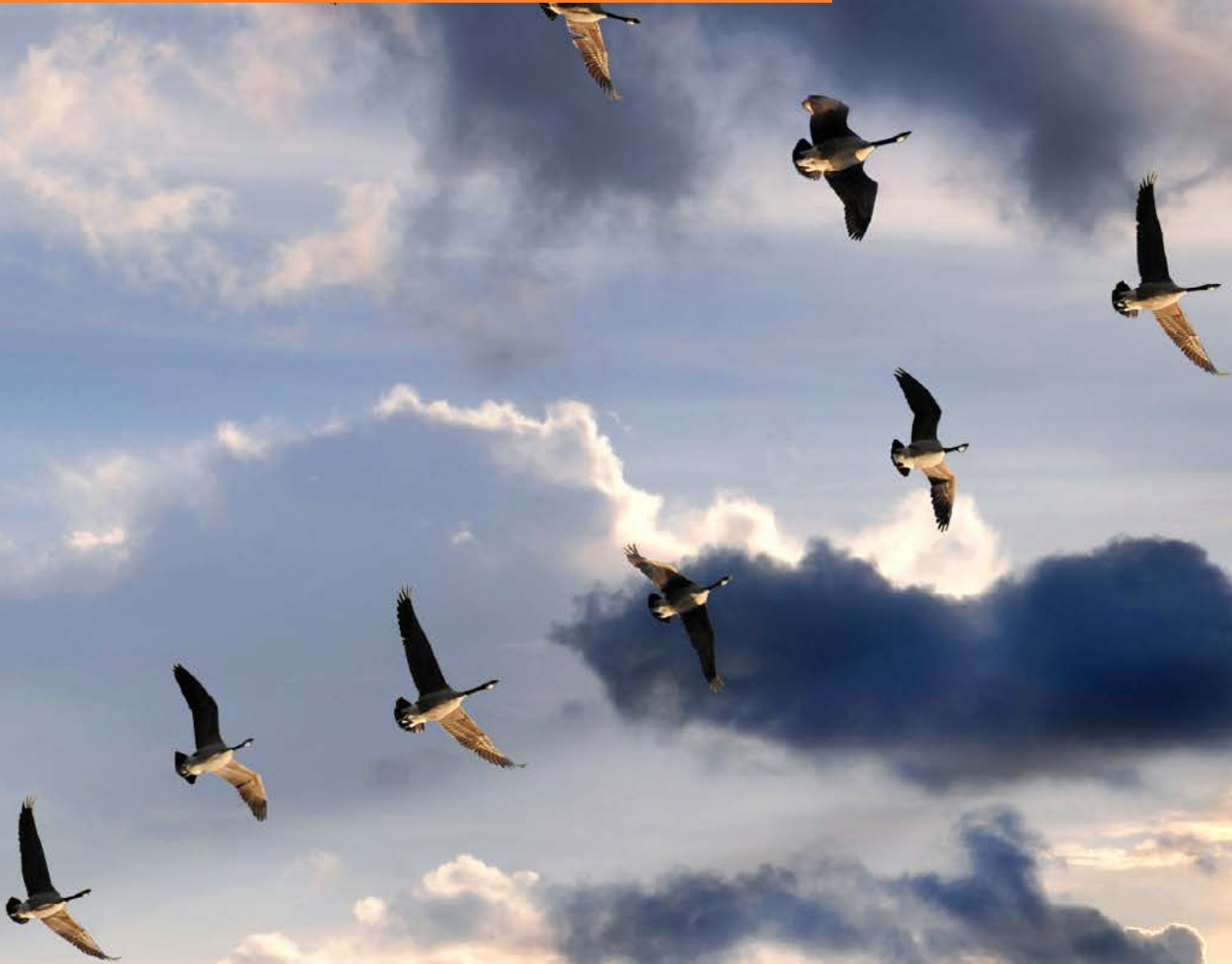


January/February 2016
Volume 20, Issue 1

PARALOG

Oregon Paralyzed Veterans of America



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of America

Oregon Chapter

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- For more information, please visit www.fredmeyer.com/communityrewards.

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OPVA Mission

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

Vancouver VA Primary Care Contact Phone Numbers

(360) 696-4061
(503) 220-8262 ext. 31665 (Portland)
(800) 949-1004 ext. 31665

After Hours Number
(888) 233-8305

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



April 16, 2016
10am - 3pm
Open to the Public
(Free)
Double Tree by Hilton
Portland Hotel
1000 NE Multnomah St.
Portland, OR 97232

We here at the Oregon Paralyzed Veterans of America are dedicated to serving not only those catastrophically injured veterans who have given so much. OPVA Abilities Expo is about bringing necessary products and services together under one roof for the community of people with disabilities, their families, caregivers, seniors, and healthcare professionals. It's about introducing opportunities that can enrich your life.

General Disability
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Caregiver Support
Adaptive Sports
Assistance Animals

Real Estate/Finance
Travel/Transportation
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Information

Paralyzed Veterans of America - Oregon Chapter 3700 Silverton Rd. NE, Salem, OR 97305 Phone: 503-362-7998 Toll free: 800-333-0782

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2016



President's Greeting

Bill Blake—President

I want to wish all of you a Merry Christmas and a joyful New Year. It is amazing how time flies, and how important it is to face each day with a positive attitude. We have had a good year at Oregon PVA, and are looking forward to an even better year in 2016.

One of the encouraging things that has recently happened, is our membership meetings in Bend and Salem. With nearly thirty members and Board Members in Bend and even more at the Salem meeting, we feel energized about what we can accomplish this coming year. There will be at least three more membership meetings scheduled. We will call you when the meeting is in your area. Come out and meet the new Board of Directors and enjoy a pizza lunch.

We met with our long time partner, Oregon Adaptive Sports, and are excited at the many new possibilities for our members to enjoy the great outdoors. We will list or write articles in the Paralog as to what is available. We are excited about hearing from you on potential programs.

Mark your calendars for events you are interest in.

It is important to our state of mind that we keep busy and involved in the daily activities of life. Don't forget that you all have monies available via the Recreation Fund to use to give your life a jump start. Last month I took a dear friend out to dinner and to Riverdance, a celtic dance program in Portland. We had the time of our lives.

It is important to our state of mind that we keep busy and involved in the daily activities of life.

All you have to do is go do something, like a dinner and a movie, or a trip to the beach. Write a short paragraph and send us your receipts, and we will send you a check. You have \$250 available this fiscal year (ends Sept 30th) or whenever the money runs out. There is \$10,000 available. Quite a nice benefit from OPVA!!! We want to encourage all of you to read the Paralog and make notes on your calendar for things that you are interested in. We are looking to have new events and some old favorites for you to participate in. We would love to see you and to develop a great new friendship.

Have a great New Year.

OPVA Raffle Car

2006 Pontiac Solstice

Horsepower: 177 HP
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Tickets

\$10 or 5 for \$40

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



Vice President's/ Hospital Liaison Report

Mike Rosenbalm - Vice President /Hospital Liaison

As Vice President I am happy to report that the Chapter has recently held two different membership meeting/pizza feeds. The first one was held in November at Abby's Pizza in Bend and the second was held in December at Wallery's Premium Pizza in Salem. The membership meeting/pizza feeds will continue to be held in different areas around the state so we can meet with our members face-to-face and hear what your concerns are, and how the chapter can better serve you. In addition, they have been and are a great way for members to connect and network with one another.

Oregon Adaptive Sports (OAS) was a guest speaker at the Bend membership meeting/pizza feed. OAS offers adaptive sports for individuals with disabilities including snow skiing, snowboarding, kayaking, bicycling and hiking. They also coordinate the annual Heroes in Sisters weekend. The 9th Annual Heroes in Sisters Weekend will be held January 22-23, 2016. This is one of OAS' largest and most popular events of the winter. The purpose of the event is to honor Pacific Northwest veterans with permanent physical disabilities and their families, and to have a great time skiing and snowboarding!

Lodging in Sisters, Oregon is provided at no cost to the participant and their immediate family (spouse/significant other/children) for Fri, Jan. 22 and Sat, Jan. 23 (one room per participant and family).

For more information about OAS programs including the Annual Heroes in Sisters Weekend go to their website and/or Facebook page at:

- www.oregonadaptivesports.org
- www.facebook.com/OregonAdaptiveSports

I thought some of our members may also be interested in another new organization called Oregon Spinal Cord Injury Connection.

They are located in Portland and have been building a movement of meet-ups, support groups, and educational forums for people with spinal cord injuries or disorder. They have a meet up in Portland at the Lucky Labrador Brew Pub on the last Monday of every month from 6:30-10:00pm.

Additionally, there is a support group every 1st/3rd Thursday of the month at OHSU's Center for Health and Healing from 4:00-5:30pm in room 7050.

Also, there is a support group for family members and partners of a person with an SCI at Taborview Health and Wellness Center the 2nd Tuesday of every month from 6:30-8:00pm.

And lastly, there is a SCI/D Forum at the Rehabilitation Institute of Oregon every other month from 6:30-8:00pm as well.

All this is on the website and/or Facebook page:

- www.oregonsci.org
- www.facebook.com/groups/749711478452820

As Hospital Liaison I am happy to report that the Fisher House Dedication and Ribbon Cutting Ceremony is scheduled for Wednesday, March 23, 2016 at the VA Portland Health Care System Vancouver Campus.

In November, I was honored to have the opportunity to present *Ricki Devereaux* the OPVA, Presidents Award in front of the SCI Nursing Station with several of his peers present.



Ricki Devereaux
PVA, Oregon Chapter, Honored Presidents Award

Remember the chapter is here to serve you!

We would love to hear from you about your experiences with the SCI/D care you receive from Seattle, Vancouver or Outpatient Clinic.

Let us know if you have had delays in receiving your healthcare and/or prosthetic equipment as well as if you've had exceptional service from a program and/or employee.



OREGON
SPINAL CORD INJURY
CONNECTION



Oregon Spinal Cord Injury Connection

www.oregonsci.org

contact@oregonsci.org



As I see I it

Louie Grimmer



I joined OPVA June 1978 and Brozie Lathan and Vic Mazzaco were my mentors and taught me how to represent OPVA in a manner that shows respect to others.

This article is to help you out when dealing with the confusion of the VA and some personal ideas on dealing with life as a disabled person.

I will give you tips that have worked for me when working WITH the VA system.

Try this practice saying THANK YOU and you will stand out, watch what happens.

These nurses and doctors have a thankless job and when you leave your chip on your shoulder at home things may go a bit easier. There are a lot of vets clamoring for services so lets put on a friendly face.

Other topics that will be discussed Emu aid cream for sores, Anti Monkey Butt, Buck and Buck, \$250.00 recreation fund, walkers, and other items.

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|-------------------------------------------|---------------------------------------------|----------------------------------------------|
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Oregon Paralyzed Veterans of America, 3700 Silverton Rd. NE, Salem, OR 97305. Tel: (503) 362-7998



Oregon PVA;

I was privileged to be selected for a ramp to allow better access in and out of my home.

Dec. 4-6 a volunteer crew from Corvallis Home Depot worked diligently despite the rain to build the ramp, a project that exceeded my expectations. Food was provided by *Abbey's Pizza* and *Walmart Deli*, and *Best Pots* delivered a fully accessible and obligatory toilet. The entire front porch was elevated 6 1/2 inches to be level with door threshold and a gentle slope thereafter to the driveway. LED lights the way at night.

I can now access the garage and workbench areas with ease, that was not possible before this improvement was made for me. Construction was flawless.

My heartfelt Thank You to PVA, *Home Depot*, *Walmart Deli*, *Abbey's Pizza*, *Best Pots* and my supportive wife who is very thrilled to see the new ramp.

The icing on the cake was the surprise delivery a new **BBQ Grill** from Home Depot!

Thank you for your love and compassion.
I am a happy camper.

Sincerely,
Larry J Ricklefs



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Remember to Use **Your Recreation Fund**



Oregon PVA members are eligible to **receive \$250 each year** through the
Member Recreation Reimbursement Fund.

It begins October 1st and runs through September 30th each year.

Simply send in your receipts along with a one to two paragraph description of what you did to
have fun with your friends and family. We like pictures too, they may make it into the Paralog.
All receipts must be dated within this current fiscal year and used within this current fiscal year,
mail to: the Oregon PVA, **3700 Silverton Rd. NE, Salem, OR 97305**

No later than September 30th



Please contact the office at 503-362-7998 or 1-800-333-0782
if you have any questions or require additional information



**Paralyzed Veterans
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Oregon Chapter



Sports Updates

Larry Gardner—Sports Director



This year OPVA had 3 members who won the draw for a elk hunting trips in Prineville Oregon at Dale and Wendy Acklers ranch. They all reported to us that they had a hunting trip they will remember forever as the best it gets. All three parties saw lots of wild life and a couple of them got off a shot or two but unfortunately did not bag any game. They all had a wonderful time while they were there, thanks to Dale and Wendy working with the disabled veterans, letting us use there fully furnished log cabin up in the woods with a view that is unbelievable. Thank you Dale and Wendy for everything you have done.



We are now getting lots of snow on the ski resorts so if you and your immediate family members are interested in snow skiing or snowboarding jump on your computer and go to [oregonadaptivesports.org] and get signed up for a very fun weekend at Mt Bachelor and Hoodoo resorts

It's on the weekend of January 22 to 24 with free lodging and meals, so hurry and get signed up. On Friday night (1/22) the Oregon Adaptive Sports is having a free dinner and a get together in order for the members to meet the volunteers and staff who will be offering their assistance to the disabled that may need it. So hurry and get signed up, the rooms are first come first serve, and the cutoff date for getting signed up is January 16, 2016, if you have any questions please call me at the office at: 503 362 7998.



Free Lodging and Meals

Also members out there that are interested in trying trap shooting even if you have never before, we have a multiplex shoot going on at Hillsboro and Albany gun ranges on the first Sunday of each month so now is a really good time to get involved. We need more members for our events and look forward to hearing from you. We have some fishing trips coming up, car shows and lots of other events that we will need volunteers to help us out with, so give us a call here at the office and join us for the fun coming up now thru 2016. Thank you and hope you all have a safe and happy holidays.



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wheelshelpingwarriors.org



Greetings from the Development Department

Tom Hurt—Development Coordinator

Happy New Year and greetings from the Development Department.

WOW I can't believe it's already a New Year, look out 2016 we have some awesome events already on the schedule.

We held our first Members Pizza meet and greet in Bend, and had a great turn out. These events are designed for the membership to be able to meet your new Board of Directors and have some social time. As I write we are getting ready for the Salem and surrounding area Pizza meet and greet, on Dec 5th, still on the schedule are pizza meet and greet in Southern OR, Central Valley (Eugene to Roseburg), Eastside Portland Metro, and Westside Portland Metro. We look forward to meeting with all, we will post all events on the website:

www.oregonpva.org, so check the site regularly for all upcoming events.

Expect a phone call and mailer for the Pizza meet and greet in your area.

As you may be aware one of our fundraisers this year was a raffle for a Glock handgun, we had the drawing on Nov 23rd, the winner Russell Bowling was notified and has picked up his certificate.

This was a very successful fundraiser, the proceeds for this raffle will be going to the OPVA Trap program, to help support and promote their activities. Keep an eye out because I believe that within the next little bit we will have another gun raffle starting.

We are always looking for volunteers

For 2016 we have several large events scheduled, it's not too late to get involved with the planning committees.

Currently we have committees for the following events. Abilities Expo in April / OPVA Gala & Auction in May / Gold Cup Golf Tourney in June / OPVA Show and Shine Car Show in August.



Russell Bowling
Glock Raffle Winner. Nov. 23, 2015

2016 is looking like a GREAT year, for events. As you read the Paralog, know that we will be in the Albany Winter Rod and Speed show on Jan 22nd and 23rd. Then in March we have the Portland Roadster Show March 18th thru the 20th at the Portland Expo Center.

We are always looking for volunteers to help man our booths, if you can't volunteer please stop by to say hi.

If you have any questions PLEASE feel free to contact me at:

development@oregonpva.org or at the office at 503-362-7998.

Pizza



Membership Meeting

Coming Soon
Southern Oregon & Portland

Bend, OR Nov. 14, 2015



Salem, OR Dec. 5, 2015





M.S. News

Sue Holt - M.S. Liaison

I struggled to come up with a topic this Paralog and then it hit me. When I am writing this we are two weeks away from Christmas and three weeks away from the New Year.

A lot of people get depressed during this time. For those with MS the holidays can make it worse. So here is an article that I came across that gives a few tips. Hope this helps. I know it has helped me. I am now looking forward to the New Year and all that might bring...

HAPPY NEW YEAR!

MS and Depression: Tips for Mental Fitness

Article taken from www.webmd.com

By R. Morgan Griffin

WebMD Feature

Reviewed by Arefa Cassoobhoy, MD, MPH

When you have MS, your emotions are in play. While having MS raises your chances of having depression, knowing that fact -- and being aware -- can help you try to prevent it and get treatment.

Protect yourself with healthy habits.

Get moving. When it comes to MS treatment, exercise is a two-for-one. Being active improves MS symptoms -- like fatigue and bladder problems -- and improves your mood, says Rosalind Kalb, PhD, vice president of clinical care at the National Multiple Sclerosis Society.

"It's essential," she says.

Many people with MS say they feel better after walking, swimming, and biking. Before working

out, talk to your doctor about what kind of exercise is good for you.

Relax. Kicking back in front of the TV likely isn't enough. Try to relax consciously -- set aside time for it.

"I think it's especially hard for people, especially women, to be in the moment," says Cindy Richman, senior director at the Multiple Sclerosis Association of America. "Yoga, meditation, mindfulness, and other approaches can help with that." Taking breaks works too, she says. "Read a few lines of a poem. Write in a journal. Go smell the flowers in your garden."

Get backup. You still have all the responsibilities you had before you got MS, but now you may not have the energy to tackle them all. That leads to stress.

Talk to your family and friends. Ask for help -- whether it's grocery shopping, picking up the kids after school, or making dinner. Talk to the people in your life before you're already feeling overwhelmed.

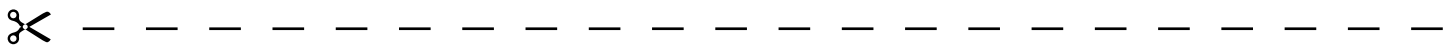
Taking care of yourself -- and preserving your resources -- isn't selfish. Lowering stress is good for your mental health, and that's good for your family.

Tackle issues one at a time. It's easy to get overwhelmed, especially when you're having a challenging day. Stay in control by focusing on specific issues, and come up with solutions one at a time.

What would make your mornings easier? What household tasks are the most and the least important? Prioritize. "One success builds your confidence, and that leads you to the next," Kalb says.

Get a coach. Therapists -- like psychologists, social workers, and counselors -- aren't just for people who are in the middle of a mental health crisis. They can also be life coaches, Kalb says. "Therapy is a way to help you sort out your priorities, to find solutions to what's challenging you at home or at work."

You might see a therapist for a while, take a break, and then come back if a new issue crops up, Kalb says.



OPVA Members

Please update your information:

(Please Print)

Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email Address: _____

Please Return to:

Oregon Paralyzed Veterans of America, 3700 Silverton Rd. NE, Salem, OR 97305 or email the information to oregonpva@oregonpva.org

OPVA Birthday List

Richard Dinges	1/2	Steven Fairin	1/28
John Dixon	1/3	Steven Neumeyer	1/29
Robert Batson	1/3	Gaetano Amico	2/5
Robert Forson	1/4	Susan Holt	2/5
Larry Ricklefs	1/7	Kevin Airrington	2/5
Karen Abramowitz	1/8	Patricia Godwin	2/7
Robin Krakow	1/8	Richard Elliott	2/9
Terry Brown	1/9	Floyd Freemyer	2/10
Michael Breshears	1/10	Gerald Schroeder	2/10
John Haber	1/11	Cathy Roff	2/10
Carolyn Hamstreet Shores	1/11	Steven Lakin	2/13
Gary Wright	1/12	Charles Wilcox	2/14
Theodore Geck	1/15	Christopher Hulse	2/15
George McCart	1/15	Roger Robinson	2/17
Janice Crews	1/15	Tommy Stratemeyer	2/18
Boyd Hixson	1/17	Kevin O'Reilly	2/18
Donald Wyatt	1/21	William Morgan	2/19
John Buss	1/21	Barry Brandt	2/20
David Landis	1/22	Robert Van Buren	2/21
Connie Paulsen	1/24	Lee Presley C/O Mathews	2/23
John Wilmot	1/24	Lowell Higley	2/24
John Phillips	1/25	Margaret Walker	2/26
Merle Cutler	1/26	David Magee	2/27
Ronal Coffman	1/28	Dewey Johnson Jr	2/27
Kenneth Cornelius	1/28	Ronald Weisenberger	2/27

Volunteers Needed

Volunteers needed for all events.

Please contact the office for how you can volunteer.

Office: (503) 362-7998

Or visit our website: www.oregonpva.org/Programs/Membership/

scroll down to Volunteer Opportunities,

click on the Link

“Volunteer Application Form”

and mail to OPVA,

3700 Silverton Rd., Salem, OR 97305



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Visit our website for more information



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www.oregonpva.org



This publication we recomend clicking on:

- Resources/Newsletters
- Events/Winter Rod and Speed Show
- Events/Heroes in Sisters
- Store





January

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

Mark your Calendar

- 1/3 - Trap Shooting. Hillsboro & Albany, OR
- 1/16 - Pizza Membership Meeting. Gresham, OR
- 1/22-23 - Winter Rod and Speed Show. Albany, OR
- 1/22-23 - Annual Heroes in Sisters Weekend. Sisters, OR
- 1/22-24 - PVA National Shooting Sports Circuit. Redlands, CA
- 1/28 - Board of Directors Meeting (10:00 A.M.)
- 1/30 - Pizza Membership Meeting. Eugene/Roseburg, OR

2016
Happy New Year



February

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
Valentine's Day	Presidents Day					
21	22	23	24	25	26	27
28	29					



Mark your Calendar

- 2/7 - Trap Shooting. Hillsboro & Albany, OR
- 2/14 - Oregon's Anniversary
- 2/20 - Pizza Membership Meeting. Portland Metro Westside
- 2/25 - Board of Directors Meeting (10:00 A.M.)
- 2/27 - Pizza Membership Meeting. Southern, OR

Save the Date

- | | |
|---------------------------------------|---------------------------------------|
| 3/18-20 Portland Roadster Show | 7/7-10 Marion County Fair |
| 4/16 Abilities Expo | 8/3 OPVA Show & Shine Car Show |
| 4/16 MS Walk. Salem OR | 8/26-9/5 State Fair |
| 5/14 OPVA Gala & Auction | 11/11 Albany Vets Day Parade |
| 6/14 OPVA Golf Tournament | |



Keep Your Important Documents Safe from a Disaster

Daniel Service - Member

The following is an article from FEMA that adds emphasis on the information listed in my article “Funeral Planning Guide” in the last PARALOG, November/December 2015, Volume 19, Issue 6.

SACRAMENTO, Calif.

Fumbling through files for important papers can be frustrating. But when an emergency strikes, trying to gather up all those documents can be downright frightening.

There is a way around all the last-minute hassle, but it will take some time and a way to organize and contain them so that you can grab and go when a disaster strikes. And, with predictions of more severe weather and flooding this winter due to El Nino, now is a good time to organize your papers.

Container options can range from a fireproof lock box or safe, a safety deposit box or something as simple as a three-ring binder with plastic sleeves into which you can insert the documents.

The list of documents and records you will want to have is long, but will be invaluable after you have evacuated your home. You will need access to some of these items sooner than others, but all are important enough to include in your “must have” list:

Vital Records

Driver’s licenses, birth certificates, adoption papers, Social Security cards, passports, citizenship papers (such as a “green card” or naturalization documents), marriage license, divorce decrees, child custody papers, current military ID, military discharge (DD Form 214), medical and vaccination records for pets along with current photos and ID chip numbers in case you are separated.

Insurance Policies

Homeowners, renters, flood, earthquake, auto, life, health, disability, long-term care; have at least the policy number and insurance company contact information for each type of coverage.

Property Records

Real estate deeds of trust and mortgage documents (at least the two-page settlement statement provided by the title company showing the actual cost of the house and purchase expenses); rental agreement or lease; auto/boat/RV registration and titles; video, photos or a list of household inventory.

Medical Information

Immunization and other medical records, prescription information (drug name and dosage), health insurance identification cards, physician names and phone numbers, powers-of-attorney for health care, and living wills.

Estate Planning Documents

Wills, trusts, funeral instructions, powers-of-attorney, attorney names and phone numbers.

Financial records

First two pages of your previous year's federal and state tax returns, stock and bond certificates, investment records, brokerage and retirement account information, credit card, checking and savings account numbers, contact information for credit unions, banks, financial institutions, credit card companies and financial advisers.

Other

Personal address book, a letter with instructions for family or friends (for use in a situation where you're not present), backups of important computer files, a list of usernames and passwords for online accounts, a key to your safe deposit box, a recent photograph, fingerprints and dental records for each member of the household (some police stations and nonprofits fingerprint children free), account and contact information for utilities and other services (you may have to provide a new billing address or cancel certain services), a list of important documents and where originals and copies are located.

Those who don't have the time or ability to gather all of these documents should focus on the most important and most difficult to replace.

In addition, take time now to think about the priceless personal items you would want to protect from danger or take with you if you had to suddenly evacuate your home.

The first step is to take an inventory of your household valuables. Those who wish more complete checklists or guidance on collecting and safeguarding this important information, go to www.ready.gov/financialpreparedness.



a·bil·i·ty
/ə'bilədē/
noun
the power or skill to do something.
synonyms: capacity, capability, potential, faculty, expertise, adeptness

April 16, 2016
10am - 3pm (Free)
Double Tree by Hilton Portland Hotel

Paralyzed Veterans of America
Oregon Chapter
Abilities expo

Replacing Personal Documents After a Natural Disaster

Daniel Service - Member

Use this guide to help obtain replacements.

All of the organizations listed below offer online resources. If personal computers aren't available, public libraries and other agencies may have computers available to the general public.

Document	Who to Contact for Replacement
EBT Card	EBT Card is part of the federal program known as the Supplemental Nutrition Assistance Program (SNAP – formerly known as Food Stamps). Lost EBT card replacements. Call 877-328-9677 right away, or contact your local county social services worker.
Birth and Death Certificates	Birth and Death Oregon Health Authority or online at: http://public.health.oregon.gov/BirthDeathCertificates/Pages/index.aspx or by calling 971-673-1222.
Lost Green Card	Go to www.uscis.gov and complete the Form I-90, application to replace a permanent resident card, and file it online or by mail. Call 800-375-5283 to check the status of your application.
Oregon Driver License	Visit a Oregon DMV office to complete an application. Replacement license forms must be delivered in person. For more information, call Bend.....(541) 388-6322 Eugene.....(541) 686-7855 Medford.....(541) 776-6025 Portland Metro Area.....(503) 299-9999 Roseburg.....(541) 440-3395 Salem Metro Area.....(503) 945-5000 Statewide Relay.....7-1-1
Bank Checks, ATM/Debit Cards, or Safe Deposit Boxes	Contact your financial institution or get contact information from the FDIC by calling 877-275-3342 or going to www.fdic.gov
Credit Cards	Contact the issuing institution: American Express ...800-992-3404 or www.home.americanexpress.com Discover800-347-2683 or www.discover.com/credit-cards/help-center/ Master Card800-622-7747 or www.mastercard.com/cgi-bin/emergserv.cgi Visa800-847-2911 or www.usa.visa.com NOTE: If you don't remember all the credit cards you had, obtain a credit report from any of the three major credit bureaus.
Credit Report	Equifax, Experian or TransUnion 877-322-8228 or www.annualcreditreport.com

Social Security Card	Social Security 800-772-1213 or www.ssa.gov
Fraud Alerts or a Credit Freeze	Call the identity theft helpline at 877-438-4338; or contact the FTC at: www.ftc.gov
Medicare Cards	Social Security Administration 800 772-1213 or www.socialsecurity.gov/medicarecard/
Passport	U.S. Department of State , Passport Services, Consular Lost/Stolen Passport Section 202-955-0430 or call 877-487-2778 or visit the website: www.travel.state.gov/content/passports/english/passports/ lost-stolen.html
U.S. Savings Bonds	U.S. Department of Treasury 800-722-2678 or www.treasurydirect.gov
Tax Returns	Internal Revenue Service 800-829-1040 or download the Request for Copy of Tax Return at www.irs.gov/pub/irs-pdf/f4506.pdf
Military Records	National Archives and Records Administration 866-272-6272 or www.archives.gov/contact/

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Paralyzed Veterans
of America

Produced by the Paralyzed Veterans of America • Government Relations Department

Washington UPDATE

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

December 16, 2015

Volume 21, No 12

Review Begins of VA Community Care Consolidation Plan, IB Offers Alternative

On November 18, 2015, the House Committee on Veterans' Affairs held a hearing to discuss the Department of Veterans Affairs' (VA) plan to consolidate all purchased care programs into one new "Veterans Choice Program" (VCP). The Senate Committee followed suit on December 2, 2015. Last year when Congress passed the "Veterans Access, Choice, and Accountability Act of 2014" (the "Choice Act"), the law was designed to provide a timely response to well-publicized VA failures to provide access to medical services and other forms of mismanagement. Given the short time frame in which it was passed, the measure was not meant to serve as a permanent fix. As Choice implementation unfolded, Congress, the VA and a variety of stakeholders identified critical issues.

One significant issue was the fact that VA has traditionally used a wide array of programs and partnerships with community providers, each with their own unique requirements. While it expanded VA's ability to purchase care, the Choice Act in some ways exacerbated the complexity of this system. It presented a confusing landscape to navigate for not only veterans and community providers seeking to use the Choice Program, but the VA employees who support them as well. As a result, Congress mandated the development of a plan to consolidate all non-Department provider programs when it enacted P.L. 114-41, the "Surface Transportation and Veterans Health Care Choice Improvement Act." The effect would be to establish a new, single program known as the "Veterans Choice Program." The new system

would expand access to care by streamlining the process used to determine which veterans receive outside care and by which doctors. Other expected results include improving claims, billing and reimbursement, as well as medical recordkeeping.

In developing this plan, the VA relied on numerous sources of internal and external support. It engaged Veterans Service Organizations (VSOs), Federal partners, individual veterans, VA leaders, staff and clinicians, health care industry leaders and other stakeholders in a meaningful way. PVA and fellow Independent Budget (IB) members—Disabled American Veterans and Veterans of Foreign Wars—met frequently with VA officials throughout the planning process, offering unique insight and expertise regarding proposed aspects of the plan.

A comprehensive independent assessment of VA health care delivery systems and management processes was also conducted as part of the Choice Act requirements. Different aspects of this assessment were contracted out to various organizations. The third-party product encompassed more than 4,000 pages of findings and over 180 major recommendations.

The VA combined the input and efforts from these collective assets and submitted its plan to Congress on October 30, 2015. The plan itself focuses on five functional areas. The first area is eligibility. The first enhancement in this area is establishing a single set of eligibility criteria for all community care based on geographic access/distance to a VA primary care provider, wait-time for care, and availability of services at VA. The second enhancement is greater access

Washington Update

Produced by Paralyzed Veterans of America

to emergency treatment and urgent community care. The second functional area is reducing the administrative burdens on referrals and authorizations in order to expedite delivery of care.

The third area is the development of a high-performing network. In addition to VA infrastructure, the high-performing network will include a VA Core Network and an External Network. The VA Core Network includes existing relationships with Department of Defense (DoD), Indian Health Services (IHS), Federally Qualified Health Centers (FQHC), Tribal Health Programs (THPs) and academic teaching affiliates.

The External Network is comprised of commercial community providers.

The reality is that VA cannot provide all forms of care at the highest quality and accessibility to all veterans in all locations. In this light, VA is seeking to leverage components of existing non-Department networks to close gaps in its current infrastructure. By utilizing assessments at the local level, VA can position itself to capitalize on existing strengths within its own infrastructure, as well as those within its Core Network and External Network. By leveraging existing strengths at the local level, VA will be able to eliminate redundancies and focus energy and resources on aspects of care in which the VA excels in that particular locale. It also allows VA to invest in and grow its core competencies, i.e. spinal cord injury care, traumatic brain injuries, and post-traumatic stress disorder.

While care received by veterans might end up being provided by the Core Network or External Network, in the context of this high-performing network, delivery of care would be viewed as a direct extension of VA care as opposed to simply outsourcing. This aspect ties in closely with the fourth functional area, care coordination.

Improving medical records management and allowing community providers to easily exchange

health information with VA will support more effective care coordination. It also provides VA the ability to analyze health care outcomes more effectively and move toward value-based care models. These changes combined with upgraded customer service platforms will offer continuum of care coordination tailored specifically to the veteran's needs, ultimately improving the consumer's overall experience.

The fifth functional area is improving provider payment methods. Two critical changes would be moving to a standardized regional fee schedule, and implementing automated adjudication for a high percentage of claims. These adjustments target the current problem of quality providers being unwilling to participate in Choice due to billing, claims and reimbursement failures. Bringing these providers into the fold will be essential to building a high-performing network that maintains VA standards for quality of care.

Certainly, overhauling a health care delivery system serving approximately 6.6 million unique patients spread across the United States is a seemingly insurmountable task, especially in light of the unceasing public backlash following the wait-time scandal in Arizona. Despite the common rhetoric these days, VA officials were met with surprising optimism and support from Members when they presented the plan to the House Committee on Veterans' Affairs on November 18th. While it is important to highlight that the overall tone of the hearing was positive, skepticism was still apparent regarding some aspects, notably the IT portion. Representative Mark Takano (D-CA), noting the VA's past endeavors in the IT arena, stated that he wants something that actually works this time.

The other significant concern is the cost to design and implement the new VCP. Multiple members of the Committee made comments on this subject, particularly in light of the unique dilemma VA faces as it finds success. As VA improves health care services, the cost and difficulty reducing

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the delivery backlog is likely to increase because more veterans are likely to opt for VA care.

Deputy Secretary Sloan Gibson noted that this effect is already being seen.

The House Committee did not invite VSOs to testify at the hearing, but PVA was able to submit in conjunction with our IB partners written testimony stating our position regarding VA's plan. The Independent Budget veterans service organizations (IBVSOs) were, however, invited to present oral testimony at the Senate hearing on December 2nd, along with the American Legion, Iraq and Afghanistan Veterans of America, and Concerned Veterans for America.

The Senate Committee hearing provided a stark contrast from the tone in the House. Senator Dan Sullivan (R-AK) exhibited frustration and a lack of optimism in light of VA's failure to launch a long-overdue pilot program in his state.

Illustrating the never-ending bureaucratic obstacles VA faces, Undersecretary for Health Dr. David Shulkin explained that the simple explanation for why promises in Alaska had not come to fruition was the unexpected time it was taking to complete the requisite Federal Acquisition Regulation (FAR) contracts.

Senator Mazie Hirono (D-HI) pointed to the sizable funding request in the plan related to creating an online portal for veterans using the new program. She questioned VA's competence to effectively use that money for IT purposes in light of the failure of VA and DoD to create a joint electronic health record.

Sitting alongside fellow IB representatives, PVA's Associate Executive Director of Government Relations, Carl Blake, joined the second panel for questions before the Committee. The IBVSOs collectively presented commentary on the plan proposed by VA and expressed a level of satisfaction that many of our key recommendations were incorporated into the new choice plan. Though voicing strong support for the plan's direction, IB representatives also articulated certain points of divergence with VA

such as eliminating arbitrary federal standards regulating access to care.

Appended to the written testimony submitted to the Committee was the IB Framework for Veterans Health Care Reform. This policy document was developed and based on feedback from the membership of all three organizations as well as the larger veteran community. The vision for reform is based on the understanding that veterans have earned and deserve high-quality, accessible, comprehensive, and veteran-centric health care designed to meet their unique needs. To accomplish this long-term goal, the IBVSOs argue that four fundamental areas must be addressed: (1) restructure the veterans health care delivery system, (2) redesign the systems and procedures that facilitate access to health care, (3) realign the provision and allocation of VA's resources to reflect the mission, and (4) reform VA's culture with workforce innovations and real accountability.

With regard to restructuring, the IBVSOs recommend establishing local Veterans-Centered Integrated Health Care Networks. These networks would leverage the capabilities and strengths of existing local health-care resources (including VA, other public health care systems, and private providers) to meet the needs of veterans in each uniquely different health care market. This includes increasing capacity to deliver urgent care.

As the Institute of Medicine stated in the previously mentioned Independent Assessment, national standards for access and wait-times similar to the Choice Program's 40-mile and 30-day standards do not exist in the private sector. Changes to the system and procedures for accessing health care should be made to reflect this fact. The IBVSOs strongly believe that the focus should shift to clinical need and the interaction between clinicians and their patients.

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In order to address VA personnel and infrastructure resources, the IB proposes establishing a Quadrennial Veterans Review (QVR) similar to the Quadrennial Defense Review. Utilizing a QVR would enable VA to take the long view of prospective resource needs, ensuring continuity of planning across administrations.

Finally, the fourth fundamental area is one in which both prior and ongoing scandals have generated significant media attention and progressively degrading rhetoric regarding VA culture. The Framework explains that any plan for reforming the culture at VA must recognize that the situation is complicated and demands a holistic approach to addressing this critical issue. Instead of focusing solely on firing individuals, there must be a strong emphasis on workforce development that ensures VA's ability to recruit, train and retain quality professionals who are motivated to place veterans' interests first.

By comprehensively reforming the delivery model, VA will eventually be able to provide high-quality health care closer to home by seamlessly combining the capabilities of the VA health care system with public and private health care providers in the community.

To read the joint IBVSO statement, a discussion of the proposals in the VA's community care consolidation plan, and the IB Framework for Veterans Health Care Reform, visit the following website:

http://www.pva.org/atf/cf/%7BCA2A0FFB-6859-4BC1-BC96-6B57F57F0391%7D/leg_2015%201202%20SCVA%20CVA-Community%20Care%20Plan-IB%20Joint%20Statement.pdf
Senate VA Committee Conducts Hearing on Pending Legislation

On November 18, 2015, PVA provided a statement for the record to the Senate Committee on Veterans' Affairs on several pieces of pending legislation. Legislation considered included improving the VR&E program, access to tele-health, and education benefit protections.

PVA supports S. 2106, the "Wounded Warrior Employment Improvement Act of 2015," which would require the Department of Veterans Affairs (VA) to develop and publish an action plan for improving services and assistance provided through VA's Vocational Rehabilitation and Employment (VR&E) program (Chapter 31). Returning to the workforce is a critical aspect of recovery for many catastrophically disabled veterans. This legislation would require VA to evaluate barriers to participation in VR&E and implement efforts to improve counselor training.

PVA supports S. 2134, the "Grow Our Own Directive: Physician Assistant Employment and Education Act of 2015." This bill would set up a five year pilot program to provide education assistance to veterans training as physician assistants (PAs) in the Department of Veterans Affairs. The goal is to train veterans with medical or military health experience to be readily employable physician assistants at VA. Recruiting and retaining PAs at VA is critical to improving access to high quality care. Further, this bill will provide job opportunities for veterans with medical work histories that are hard to translate to the civilian sector.

PVA supports S. 2170, the "VETS Act of 2015." This bill would improve access to telemedicine services from the Department of Veterans Affairs. Under current law, VA may only provide at-home tele-health to a veteran if the physician and veteran are in the same state. This requirement can be a particularly troubling barrier for veterans who have specific medical or mental health needs, have moved, or live in rural communities without providers. This bill would alleviate some of these pressures by waiving the instate requirement, allowing VA health professionals to operate across state lines.

PVA supports S. 2253, "Department of Veterans Affairs Veterans Education Relief and Restoration Act of 2015." Veterans entitled to education benefits should not be robbed of those benefits due to external factors beyond

their control. A school closure sets an enrolled veteran back due to the lost time and effort invested without ultimately earning course credit. This legislation ensures that the effects of this inconvenience and loss are not amplified by the additional loss of a semester's worth of benefits eligibility.

PVA has no official position on the "Veterans Affairs Retaliation Prevention Act of 2015" at this time. We acknowledge that ensuring whistleblowers receive a level of protection adequate to encourage government employees to come forward and expose fraud, waste and abuse within the government sphere will always be an important issue. We appreciate and support the initiative Congress is taking to address these issues both within the VA and across the broader government sector.

Native American Veterans Documentary

On November 19, 2015, Chairman Jeff Miller (R-FL) hosted a screening of the 30-minute film "Warriors Return" by Marcia Rock. The film tells the story of five veterans from the Navajo Nation who served during World War II, Vietnam and Operations Iraqi and Enduring Freedom. It explores the unique challenges they face upon returning home. Living on a reservation the size of West Virginia, they have to travel hundreds of miles to receive care from the VA. Access problems are compounded by a 70 percent unemployment rate, an extreme housing shortage and devastating substance abuse throughout the Nation.

Native Americans serve in the Armed Forces at a higher rate than any other ethnic group. They are also more likely to incur a service-connected injury and the least likely to seek VA benefits. To help amend this inequity PVA service officers have conducted numerous outreach efforts to veterans in Indian Country to make them aware of the benefits they have earned and deserve.

To learn more about the film and how you can view it, visit www.servicethefilm.com/warriorsreturn/

Senior and Veterans Emergency Benefits Act Introduced

Legislation has been introduced in the House and Senate that would provide a one-time payment of \$550 to Social Security beneficiaries as well as veteran recipients of compensation and pension to address the fact that the Social Security Administration (SSA) will not pay a cost of living adjustment (COLA) in 2016. Because the inflation rate increased only minimally in 2015, SSA announced in October that there would be no increase in Social Security benefits. This has a spillover effect on other federal benefits such as VA compensation and military retirement because their COLAs are tied to those for Social Security. H.R. 4144, the "Seniors and Veterans Emergency Benefits Act," was introduced by Rep. Tammy Duckworth (D-IL) in the House and referred to the House Ways and Means Committee. A Senate version of the bill, S. 2251, was introduced by Sen. Elizabeth Warren and was referred to the Senate Finance Committee.

Veterans Homebuyer Accessibility Act

Rep. James Langevin (D-RI) and Sen. Robert Casey (D-PA) have reintroduced legislation that would provide a veteran first time home buyer or a current veteran homeowner with a refundable tax credit of up to \$8000 for specially adaptive housing improvements. H.R. 3975, the "Veterans Homebuyer Accessibility Act," and its companion in the Senate, S. 2277, would also allow the veteran, if he or she should choose, to assign the specially adaptive housing credit to another individual making the specially adaptive housing improvements. This latter provision would enable family members to make housing adaptations for an injured son, daughter, or other relative. Unlike the Special Adapted Housing grant from the VA, veterans whose disabilities are not service-connected would be able to take advantage of this tax credit. H.R. 3975 was referred to the House Ways and Means Committee and S. 2277 was referred to the Senate Finance Committee.

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DOT Announces Efforts to Ease Air Travel Problems for Passenger with Disabilities

In December, the U.S. Department of Transportation (DOT) announced two efforts to address problems in air travel for passengers with disabilities. After several years of delay, DOT published a notice in the Federal Register on December 7 (<https://www.federalregister.gov/articles/2015/12/07/2015-30764/nondiscrimination-on-the-basis-of-disability-in-air-travel-consideration-of-negotiated-rulemaking>) announcing its intent to explore the feasibility of conducting a negotiated rulemaking (Reg Neg) on several issues of critical concern for people with disabilities in air travel. The areas DOT are exploring for inclusion in the Reg Neg include accessible in-flight entertainment, access to in-flight medical oxygen, service animals, accessible lavatories on new single aisle aircraft, classes of service for purposes of seating accommodations, and airline reporting requirements. DOT has engaged the services of a convener who will meet with all relevant stakeholders, including PVA, to develop a report regarding the feasibility of addressing these

issues through a Reg Neg. Comments can also be submitted in writing via the regulatory process to be given to the convener for his review.

In addition to the Reg Neg, DOT has also announced that it will be working with stakeholders to create training modules to address the top four areas of complaints received by DOT from people with disabilities. As part of its efforts, DOT will establish focus groups to address the following issues: (1) wheelchair and guide assistance at airports and on aircraft; (2) transport of wheelchairs and other mobility aids in aircraft; (3) accessible aircraft seating accommodations; and (4) travel with service animals. Any resources developed will be primarily for airlines and their contract service providers. PVA and other disability organizations are partnering with DOT in these efforts.



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



Oregon PVA Gala & Auction



Oregon PVA is preparing for our 2016 “Stars and Stripes” Gala and Auction fundraiser on May 14th 2016, an event critical to funding our many programs. This event will include dinner, fun, entertainment, a “dessert dash”, and an assortment of wonderful items to bid on in our silent and live auction. Our auction will be held at the World of Speed in Wilsonville May 14th 2016 from 6-10pm.

Save the date

THE 30TH ANNUAL



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For more information, contact Paralyzed Veterans Sports at 800.424.8200 or pva.org/sports

PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

CAL-DIEGO

Jan. 22–24, 2016
Rifle & Pistol Shoot
Jan. 22, 2016
Redlands, CA

FLORIDA GULF COAST

March 3–5, 2016
Odessa, FL

NEVADA

March 18–20, 2016
Pistol Shoot
March 18, 2016
Las Vegas, NV

VAUGHAN

April 22–24, 2016
Edwardsville, IL

COLONIAL

June 3–5, 2016
Baltimore, MD

IOWA

June 17–19, 2016
Pistol Shoot
June 17, 2016
Cedar Rapids, IA

PARALYZED VETERANS BASS TOUR

FLORIDA GULF COAST

April 1–3, 2016
Lake Toho
Kissimmee, FL

VAUGHAN

May 13–15, 2016
Rend Lake
Mt. Vernon, IL

KENTUCKY- INDIANA

May 20–22, 2016
Kentucky Lake
Gilbertsville, KY

NATIONAL

June 10–12, 2016
Potomac River
Waldorf, MD

MID-ATLANTIC

June 16–18, 2016
James River
Richmond, VA

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

FLORIDA GULF COAST

Feb. 26–28, 2016
Tampa, FL

CAL-DIEGO

TBD

BOCCIA CLINICS

CAL-DIEGO

Oct. 28–29, 2015
San Diego, CA

KENTUCKY- INDIANA

March 18–20, 2016
Louisville, KY

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

MID-ATLANTIC
March 18–20, 2016
Midlothian, VA

MID-AMERICA
April 1–3, 2016
Oklahoma City, OK

MOUNTAIN STATES
April 22–24, 2016
Fountain, CO

BUCKEYE*
July 22–24, 2016
Independence, OH

* A non-NWPA sanctioned event

ANNUAL AIR RIFLE & PISTOL PROGRAM

CAL-DIEGO

Jan. 18–19, 2016
San Diego, CA

MID-ATLANTIC

March 10, 2016
Richmond, VA

BUCKEYE

April 29–30, 2016
Geneva, OH

NATIONAL

TBD

PARALYZED VETERANS HANDCYCLING SCHEDULE

**CLERMONT
ROAD RACE**
February 6–7, 2016
Clermont, FL

**VALLEY OF THE
SUN RACES**
February 12–14, 2016
Phoenix, AZ

**ONE CITY
MARATHON**
March 13, 2016
Newport News, VA

RIMS ON THE RUN
March 19–20, 2016
Deland, FL



Updated 10/19/2015

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SINCERELY,
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UNITED STATES AIR FORCE



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PARALYZED VETERANS OF AMERICA MEMBERSHIP APPLICATION

**Paralyzed Veterans
of America**

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted, or commissioned, and was accepted for or on active duty, in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States or an ally of the United States; (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. Complete and mail the application to: PVA Membership Department, 801 18th Street, NW, Washington, DC 20006 or to the chapter of choice. Providing the requested information is entirely voluntary but required for membership with PVA.

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Chapter Name: _____

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

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

Male Female

Are you a United States citizen? Yes No

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Other Phone: _____

Email: _____

VETERAN STATUS INFORMATION

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

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

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

DISABILITY CLASSIFICATION

SPINAL CORD INJURY

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

Date of Injury: _____ / _____ / _____

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

Cause of SCI:

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

SPINAL CORD DISORDER

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

Date of diagnosis/onset of condition:

_____ / _____ / _____

Specific disease:

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

LEVEL OF FUNCTION

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

Paraplegia Tetraplegia (Quad) Hemiplegia No paralysis at this time

GENERAL INFORMATION (Optional, not required)

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

EDUCATION (highest level)

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

CURRENT EMPLOYMENT STATUS

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

MARITAL STATUS

- Divorced
- Married
- Never Married
- Separated
- Widowed

RACE/ETHNICITY

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

TYPE OF RESIDENCE

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

SOURCE(S) OF INCOME

(check all that apply)

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

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

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

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

Applicant's Signature

Date

12/9/14

Office Use Only

Date Received: _____

Member ID#: _____

Processed Date: _____



VETERANS CHOICE PROGRAM

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

Am I eligible?



- ✓ Have you been told by your local VA medical facility that they can't schedule your appointment **within 30 days** of the clinically indicated date or if no such date can be determined, your preferred date?
- ✓ Is your current residence **more than 40 miles** from the closest VA medical facility?
- ✓ Do you need to travel by air, boat or ferry to the VA medical facility closest to your home?
- ✓ Do you face an unusual or excessive burden in traveling to a VA medical facility based on the presence of a body of water or a geologic formation that cannot be crossed by road?

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

"YES"

to any of the questions, you may be eligible!

How do I set up an appointment?

Call:
866-606-8198

1

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



2

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

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



3

We will then work with you to schedule an appointment.



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





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

Address Service Requested

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