

PARALOG

Oregon Paralyzed Veterans of America

September/October 2016
Volume 20, Issue 5



Deep Sea Fishing

Depoe Bay, OR

Sept 12th/Oct 10th



Paralyzed Veterans
of America

Oregon Chapter

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OPVA Mission

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

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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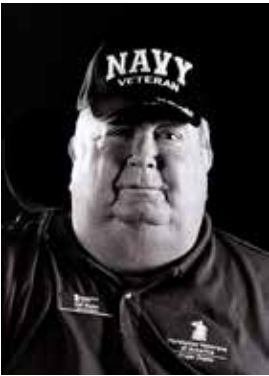
**Paralyzed Veterans
of America**
Oregon Chapter

Board of Directors

Front Row (left to right): Dave Parker, Jack Howell, Bill Blake, Toby Newton and Bill Gray.
Second Row: Dan Service, Mike Rosenbalm and Louie Grimmer. Back Row: Larry Gardner and Roger Robinson



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.



President's Greeting

Bill Blake—President

Can't believe our fiscal year is almost over! We've had a great year at OPVA. Still not too late to sign up to attend the Member's Banquet on September 25th at Spirit Mountain.

Contact Dave or Linda Parker to reserve your place at 503-983-8187. The new Officers and Board Members will be sworn in at the Banquet.

Be sure to carefully read the Paralog, this is where all the info for the next two months is located. September is a busy month, so mark your calendars so you won't miss the opportunities.

September 12th and October 10th are the last two fishing trips out of Depoe Bay. They have been limiting out each time they go out.

Last year we had five membership meetings throughout the state. We want to do that again this coming year and even mix in some bowling events. The membership meetings are

important for many reasons. We would like to meet all our members personally and get their feedback on how to run the Chapter better. If any of you have an idea on a special place to have a membership meeting, please let us know.

By the time you get this the State Fair will be in full swing.

You have to come out to see our new raffle car. It is a Plymouth Barracuda, and it is truly beautiful.



We will be finishing up our pistol raffle with the drawing at the OPVA office on November 21st.

Hope you all have a great Fall.



Two locations to serve you:

Ability Center of Portland

9770 SW Wilsonville Rd.

Ste. 440

Wilsonville, OR 97070

(971) 224-5895

Ability Center of Eugene:

3574 Marcola Rd.

Springfield, OR 97477

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**VETERANS &
FIRST RESPONDERS**
get in **FREE**
on **LABOR DAY.**

There's no way we can fully express our appreciation to military veterans and first responders. But one small gesture is free admission for these folks on Monday, September 5. Spouses and children of vets and first responders get in for free that day as well. No I.D. is required. Just let the gate attendants know of your status and you're in.

AUG 26TH - SEPT 5TH, 2016



HERE COMES THE FUN

2330 17th Street NE, Salem, Oregon 97301

oregonstatefair.org



Hospital Liaison Report

Mike Rosenbalm – Hospital Liaison

Over the years I have found many veterans' are not aware of Hospital Indemnity Insurance. Several of these veterans' told me that they wished they had previously known about and purchased this type of insurance that they would have benefited from the cash benefit it pays. Therefore, I am writing this article for informational purposes to increase awareness, not as an endorsement.

What is Hospital Indemnity Insurance?

Hospital indemnity insurance provides the policy holder/insured with a fixed or variable cash benefit for their hospitalization. The benefit amount of cash and how it is paid out depends on the hospital indemnity policy. In addition, many policies pay

a greater amount per day if you are hospitalized in intensive care or for cancer treatment.

Fixed Rate Hospital Indemnity Insurance

Fixed amount policies pay a fixed amount for each day such as \$100 per day. (Amount will vary based on policy.)

Variable Rate Hospital Indemnity Insurance

Variable amount policies pay a variable amount such as \$250 day 1; \$100 day 2 through 30; \$150 day 30-60, \$300 day 61 and beyond. (Amount will vary based on policy.)



VA Provides My Care for Free or Minimal Co-Pay

Since many veterans' receive free or low cost care from the VA they often discount potential benefits and do not consider purchasing hospital indemnity insurance marketed to help insured by paying them cash to offset deductibles, co-insurance payments and expenses related to being hospitalized.

While it is true veterans receive free or low cost care from the VA and may not have these costs when hospitalized. Many veterans must pay their own travel and lodging expenses to get to and from the VA. Veterans in receipt of Aid and Attendant (A&A) allowance, including that payable under 38 U.S.C. 1114(r)(2), are subject to reduction under 38 CFR 3.552(b)(2).

“When a veteran is hospitalized at the expense of the United States Government, the additional aid and attendance allowance authorized by 38 U.S.C. 1114(r) (1) or (2) will be discontinued effective the last day of the month following the month in which the veteran is admitted for hospitalization.”¹

Therefore, while the veteran receives free care from the VA he/she can have costs associated with hospitalization including loss of their A&A benefit they many depend on.

¹“Pensions, Bonuses, and Veterans’ Relief” Code of Federal Regulations Title 38, Pt. 3.552(b)(2), 2011 ed.



**Paralyzed Veterans
of America**

Oregon Chapter

**No One
Left
Behind**

**We continue fulfilling
our mission.
Are you participating?**

**Our chapter will succeed if
members come forward to
participate in the activities.**

Support your Chapter!

**Oregon Paralyzed Veterans of America
3700 Silverton Rd., Salem, OR 97305
Office: 503-362-7998
www.oregonpva.org**

Example: service connected veteran has skin break down that requires a 105 day hospital stay March 15 through June 30, The veteran can lose Aid and Attendant pay on April 30th resulting in the loss of approximately 4,000-6,000 dollars. If this veteran had Hospital Indemnity Insurance at the \$100 daily rate they would be entitled to a claim of \$10,500 (105 days hospital times \$100 per day). This would offset the loss of Aid and Attendant pay lost due to hospitalization.

While the veteran receives free care from the VA he/she can have costs associated with hospitalization including loss of their A&A benefit they many depend on

Features to Consider When Looking For Hospital Indemnity Insurance

Consider the following when comparing policies

- Amount of daily payment. Some policies provide for increase in coverage for a stay in a hospital Intensive Care Unit and/or cancer diagnosis.
- Whether the amount of payment is unconditional, or conditioned on other insurance you have.
- How long the benefit is payable. Some policies have a limit of 60, 180, 365 days and etc.
- Eligibility (What if any eligibility restrictions are there)
- Who receives the money? Most policies pay you, but a few pay the hospital.
- Pre-existing condition exclusion. Many policies have a 6 or 12 month pre-existing condition exclusion.
- When payment starts. Most policies start payment on the first day of hospitalization, but others doesn't start until being hospitalized for 3 days, 1 week and etc.
- Termination: Some policies terminate or reduce benefits at age 65
- Some policies are for illness and others accident

Hospital indemnity policies frequently are available directly from insurance companies by mail as well as through insurance agents. You will find that these policies offer many options on benefits and terms, so be sure to ask questions and find the right plan to meet your needs.

If you Google the term “Hospital Indemnity Insurance” you will find numerous companies and organizations ranging from Allstate, State Farm And Physicians Mutual to AARP that offer hospital indemnity insurance.



Filing Claims

Most insurance companies require you complete a claim form online or by mail. Benefits will be paid shortly, as long as you meet eligibility requirements.

Summary

Hospital indemnity insurance provides cash benefits for each day you are hospitalized. When you're in the hospital, the last thing you need is to worry about money. With a Hospital Indemnity Insurance policy, you can concentrate on getting well. The cash benefits are typically paid directly to you not the VA or doctor. So it's your money to spend as you see fit.

VETERAN BENEFIT EXPO 2016

SEPTEMBER 8 ★ 9 A.M.-2 P.M. ★ PORTLAND
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of VETERANS' AFFAIRS



Sports NEWS Alert

Larry Gardner—Sports Director

Well summer is flying by way to fast and we have been very busy with the many events we have through out the summer.

We still have lots of fun events coming up. For instance September 12th and October 10th is our last two Deep Sea Fishing trips this year out of Depoe Bay. We still have lots of room available on both trips, so if you are interested in catching some big fish just call in to the office and get your reservation made for the date that works for you.

Come on and join us for a great time

Then on September 9th through September 11th is the Hillsboro Nut shoot at the Hillsboro Trap Club. We are always looking for more members to join us. Even if you haven't shot trap before come on and join us for a great time.



Trapshoot Fund-raiser, July 23rd

So far this year we've had some very successful events including: Trapshooting; Members Picnic; Golf Tournament; Hot Dog Feed; Fishing; Car Shows; County Fair, State Fair and many other fun things. Whether you volunteer or attend the events we would love to see you there.

If you're not sure what's going on or what to volunteer for, just call the office at 503-362-7998 or check the website www.oregonpva.org.



Spirit Mountain Car Show, June 18th

Also I am putting a bowling team together, just to start, let's get together and do some bowling as a group and go from there, if anyone has any ideas that may help me out with this process please give me a call.



Marion County Fair, July 7th-10th

Then one last reminder that our current gun raffle is getting real close so hurry and get your raffle tickets the drawing is November 21st. The tickets are only \$5 each.

Well that's all for now so if anyone has any questions about our sports programs please give me a call. Thank you.

Your Sports Director, Larry Gardner.
Office 503-362-7998
Cell 503-930-9589



Jack Howell and his son Adam Howell with Halibut (65 lb. - 55 in.)
from the August 8th Deep Sea Fishing Trip



Fishing Trip 2016



Dockside Charters.
270 Coast Guard Dr., Depoe Bay, OR 97341



Cost: \$50 members
nonmembers \$65



Mon Jul 11 Board 5:30 am - 11:00 am
Mon Aug 8 Board 5:30 am - 11:00 am
Mon Sep 12 Board 6:30 am - 12:00 pm
Mon Oct 10 Board 6:30 am - 12:00 pm

Complementary Coffee is provided. Bring your own lunch, snack or drinks



**Paralyzed Veterans
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Oregon Chapter

3700 Silverton Rd., NE Salem, OR 97305

Tel: 503-362-7998

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Paralyzed Veterans of America

Sports & Recreation

SCHEDULE OF EVENTS

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

PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

WISCONSIN

July 29–31, 2016
Rifle & Pistol Shoot
July 29, 2016
Green Bay, WI

NEVADA

March 17–19, 2017
Las Vegas, NV

CAL-DIEGO

March 24–26, 2017
Rifle & Pistol Shoot
March 24, 2017
Lytle Creek, CA

NORTHWEST

August 5–7, 2016
Summer, WA

OREGON

August 19–21, 2016
Hillsboro, OR

VAUGHAN

April 21–23, 2017
Edwardsville, IL

NORTH CENTRAL

Sept. 9–11, 2016
Sioux Falls, SD

MINNESOTA

April 28–30, 2017
Minneapolis, MN

KEYSTONE

Sept. 23–25, 2016
Clairton, PA

COLONIAL

June 2–4, 2017
Baltimore, MD

MID-ATLANTIC

October 7–9, 2016
Richmond, VA

YEAR-END

June 16–18, 2017
Cedar Rapids, IA

ARIZONA

October 28–30, 2016
Tucson, AZ

BOCCIA CLINICS

GATEWAY

Sept. 15–17, 2016
St. Louis MO

WEST VIRGINIA

October 22–23, 2016
Charleston, WV

FIVE NEW TOURNAMENTS TO BE ADDED!

Locations and dates to be determined by bids submitted by 9/30/2016.

ANNUAL AIR RIFLE & PISTOL PROGRAM

WISCONSIN

August 18–20, 2016
Milwaukee, WI

MID-ATLANTIC

March 22–23, 2017
Richmond, VA

ARIZONA

August 27–28, 2016
Phoenix, AZ

BUCKEYE

April 29–30, 2017
Geneva, OH

CAMP PENDLETON

Sept. 8–9, 2016
Camp Pendleton, CA

NEW ENGLAND

TBD

CAL-DIEGO

January 30–31, 2017
San Diego, CA

PARALYZED VETERANS NATIONAL TOURNAMENT

TBD

PARALYZED VETERANS HANDCYCLING

VIRGINIA BEACH HALF MARATHON

Sept. 4, 2016
Virginia Beach, VA

ARMY 10 MILER

October 9, 2016
Washington, DC

PENSACOLA CLASSIC

Sept. 10–11, 2016
Pensacola, FL

BLUE AND GRAY

October 22–23, 2016
Gettysburg, PA

AIR FORCE MARATHON

Sept. 17, 2016
Dayton, OH

MARINE CORPS MARATHON

October 30, 2016
Washington, DC

PARALYZED VETERANS BASS TOUR

MID-AMERICA

Sept. 23–25, 2016
Eufaula, OK

NORTH CENTRAL*

May 18–19, 2017
Chamberlain, SD

SOUTHEASTERN

October 14–16, 2016
Evans, GA

NATIONAL

June 2–4, 2017
LaPlata, MD

VAUGHAN

October 28–30, 2016
Mt. Vernon, IL

NEVADA*

June 3, 2017
Las Vegas, NV

FL. GULF COAST

March 31–
April 2, 2017
Kissimmee, FL

MID-ATLANTIC

June 9–11, 2017
Richmond, VA

KENTUCKY-INDIANA

May 5–7, 2017
Gilbertsville, KY

* A non-sanctioned event

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

MID-ATLANTIC

Sept. 16–18, 2016
Virginia Beach, VA

MOUNTAIN STATES

April 21–23, 2017
Fountain, CO

MID-SOUTH

October 14–15, 2016
Memphis, TN

BUCKEYE*

June 16–17, 2017
Independence, OH

MID-ATLANTIC

March 17–19, 2017
Midlothian, VA

KENTUCKY-INDIANA*

TBD

MID-AMERICA

April 7–9, 2017
Oklahoma City, OK

* A non-sanctioned event

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

MOUNTAIN STATES

August 18–21, 2016
Colorado Springs, CO

FLORIDA GULF COAST

Feb. 24–26, 2017
Oldsmar, FL

MID-ATLANTIC

Sept. 23–25, 2016
Richmond, VA

MID-AMERICA

March 16–19, 2017
Shawnee, OK

NEVADA

December 1–4, 2016
Las Vegas, NV

KENTUCKY-INDIANA*

TBD

* A non-sanctioned event

37TH NATIONAL VETERANS WHEELCHAIR GAMES





Jeff De Leon 2016 Spirit of the Games Award



I recently had the opportunity to attend the 36th National Veterans Wheelchair Games in Salt Lake City, thanks to the Paralyzed Veterans of America, Oregon chapter. I enrolled in 5 events. Slalom, Field events, Archery, Softball, and Basketball.

My week started out on Monday the 27th of June participating in the Media Kickoff basketball game. The city turned out to cheer us on and the games were underway.

Tuesday the 28th marked the first day of competition and I was opening with an 8 a.m. basketball game. It turned out to be the game of the tournament as we fell in the final seconds when Team White laid the ball up for the 2 point victory. My team pushed on and finished up by winning the next three games to take home the bronze.

Softball filled up my evenings and what a great team I was allowed to play with. On the opening night we overcame a 9-4 deficit with a 10 run rally in the 7th inning. We eventually played in the championship game but came up one rally short, losing 6-3.

Shot put, Javelin, and Discus were nice to me netting gold-silver-gold respectively. After a scratch in the Slalom I was able to put up a PR in archery with a 632/720 for gold.

I think the best time for me was on HP kids day. It is a day where local children with disabilities are invited out to come participate in some of the events that are held.

This year we had a strong turnout of 16 children. 18 Wheelchair Games competitors were selected as mentors and guided the youth through Basketball, Slalom, and Softball.

By the end of the hour there were smiles on everyone's faces and I'm guessing they stayed for hours like mine.

My week at the VA and PVA hosted games ended with a very special award. I was selected as the 36th NVWG Spirit of the Games recipient, which caught me by surprise.



The games for me are an opportunity to see old friends but foremost to reach out to the new faces and do everything we can to make their experience everlasting.

To be recognized by my peers was such an honor but more it is a reflection of the rehabilitation that I was afforded in a VA Hospital in Seattle, WA. Since I was left speechless on the evening the award was presented I would like to say a few things I missed.

“Part of the rehabilitation process is making a difference in someone else’s life”

A thousand thank yous go out to my team that helped me rehabilitate back in 1999.

Dave Tastenrude, Kendra Betz, Dr. Little, Marguerite David, Merlita Affholter, Carrie Booker, Elaine Rogers and a list of others, this award is as much yours as it is mine. Without your assistance I would not be the man that sits before you today.

Jeff DeLeon



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Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here’s how the program works:

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



**Paralyzed Veterans
of America**

Oregon Chapter

2016 Car Raffle

2006 Pontiac Solstice



Ticket #160054



Congratulations!

Thanks to all who participated in the raffle car this year,
your support is very important to us!

Together, we all make a difference that lasts a lifetime!



Dear Golfer,

I would like to invite you to the Friends of America Lake Veteran 911 golf tournament. For the last six years we have been playing on a nine-hole golf course, trying to make that work the best we knew how. This year I am excited and happy to announce that we are playing the full 18 holes to include the new Nicklaus nine.

I know that the foursome will fill up fast, so get your registration form filled out and sent in soon.

Jim Martinson
Tournament Director

Registration form is on the back

Contests:

1. Longest Drive #7 (Blue Tees)
2. Straightest Drive #10 (Blue Tees)
3. Closest to Pin #8 (Blue Tees)
4. Hole-in-One #2 (Blue Tees)
\$10 entry Fee Win Car

For Sale

- Mulligans - 4 per foursome at \$10
- Three Foot String - One per Foursome at \$10
- Raffle Tickets - \$5 each, no limit
- Golf Caps - \$20 each, no limit
- Golf Shirt - \$35 each, no limit



FRIENDS OF AMERICAN LAKE VETERANS GOLF COURSE

9-11 Tournament

Date: Saturday, September 10, 2016

Registration: 7:00 AM

Tee Time: 8:00 AM

Location: American Lake Veterans Golf Course
Lakewood, WA

Hosted by: Ken Still

RAFFLES!

Event: Foursome scramble Golf Tournament and BBQ Lunch!

*** Tournament is open to members of the community supporting
FRIENDS OF AMERICAN LAKE VETERANS GOLF COURSE ***

REGISTRATION FORM:

Golfing package (includes lunch) Single Golfer \$175.00
 Pair \$300.00
 Foursome \$500.00

Send completed forms to:
9/11 Golf
Friends of American Lake
Veterans Golf Course
P.O. Box 99608
Lakewood, WA 98496

Name:	Name:	Name:	Name:
Address:	Address:	Address:	Address:
City, State, Zip:	City, State, Zip:	City, State, Zip:	City, State, Zip:
Phone:	Phone:	Phone:	Phone:
Email:	Email:	Email:	Email:

_____ Enclosed is my check or money order payable to the "Friends" in the amount of: \$ _____

_____ I cannot attend the event, but please accept an enclosed contribution to the "Friends" in the amount of: \$ _____

_____ I cannot attend, but I want to pay for a foursome and have four "Wounded Veterans" golf in my place. \$ _____

Friends of American Lake Veterans Golf Course is a non-profit 501(c)3 organization, EIN 81-0650129.



Heroes in Summer is a weekend adventure sports retreat for injured and disabled Veterans and their families. It is one of OAS' largest and most popular events of the season and a great opportunity to meet and have fellowship with fellow Veterans, try a new sport or improve a current skill. The purpose of this event is to honor Pacific Northwest veterans with permanent physical disabilities and their families. OAS hopes to show you what you can do regardless of your injuries.

HEROES IN SUMMER

KAYAKING CYCLING GOLF HIKING



SEPTEMBER 9, 10, 11 2016

EAGLE CREST RESORT REDMOND, OREGON

Information: 541.306.4774 info@oregonadaptivesports.org



Greetings from the Development Department

Tom Hurt – Development Coordinator



This has been a Great Summer so far, with lots of great events and activities going on.

July started with an event we do every year out in Sublimity. It is their First Tuesday in the Park, they have live music and local vendors for the community to come together and support. They hold the event on the first Tuesday of July and August. The August date is in conjunction with National Neighborhood Night Out and the local sheriff's deputies come out and BBQ burgers and dogs for all who attend.

Also July was the start of our Deep Sea Fishing trips. I was fortunate enough to go on the first trip, we had a great time, and I got to spend some time with several of our members. If you like to fish or just like the ocean, I would recommend signing up for one of the upcoming trips. There is still room for the Sept and Oct trips.



Marion County Fair was also in July, we took part in the Heritage and Heroes displays, this has become a great venue to promote the Oregon Paralyzed Veterans of America Chapter.



July 23rd was the annual Trap Shoot Fund-raiser down at the Albany Gun Club, hats off to Tom Boyd and the Crew from the Club. They do such a great job supporting the OPVA. This year we had more shooters than ever before. There were novice shooters intermediate shooters and then there were those shooters that all you can say is WOW !!!!



On August 13th your Chapter had our first Car Show, the OPVA Show and Shine Car Show was held at the Salem Home Depot, this event was sponsored by The Home Depot, Batteries NW, and Les Schwab Tire Center.

The most successful events we have or participate in are the ones where the members are attending and or volunteering at

We had approximately 45 entrants to the Show, everyone had a great time. There were door prizes, 50/50 raffle drawings, we had the drawing for the 2006 Pontiac Solstice as well as unveiling the next Raffle Vehicle.

This was so much fun that we have already set the date to have another car show next year on August 12th 2017, so mark your calendars and come on out...

Here is our Next raffle Car:



Mark Your Calendars

Just because summer is coming to an end there are still thing for you to do. On September 8th we will be at the Department of Veteran Affairs Expo, being held at the Memorial Coliseum in Portland by the Rose Quarter. This is a very informative event, with vendors for all areas of interest.

Also in September is the Sublimity Harvest Festival, we will be there on Sunday September 11th for Cause Day, and join us on September 16th, at the St. Helens Stand Down.

If you have not yet RSVP to the Parkers for the Members Banquet time is of the essence. Your Members Banquet is on September 25th back out at Spirit Mountain Casino.

As always for any of the events to be a success I am asking for your assistance, the most successful events we have or participate in are the ones where the members are attending and or volunteering at. So as you read through the Paralog and you see something we are doing or attending, check your schedule, hope to see you there.

OPVA Birthday List

Steven Herron	9/1	Michael Bigsby	9/27
George Weathers	9/2	Charles Montague	9/28
Charles Abernathy	9/2	John Siemssen	9/28
Gregory Pearce	9/3	Kristy McNulty	9/29
Michael Angerinos	9/3	Todd Walters	9/29
Michael Casner	9/4	Charles Demoss Jr.	10/4
Henry "Evan" Burroughs	9/4	Julie Pollard	10/4
Samuel Learn	9/5	Tom Weare	10/9
Larry Selby	9/6	Travis Nelson	10/9
Donald Boss	9/6	Michael Johnson	10/10
Edward McKinney	9/8	Jeffery Fortner	10/10
Dennis Watson	9/9	Bradley Barton	10/11
James Bender	9/10	Amy Sanders	10/13
Gary Cooper	9/11	Albert Wagoner	10/15
Michelle Beech	9/11	Matthew Denny	10/18
Colin Dye	9/13	James Harding	10/19
Donald Knapp	9/14	Jerry Ryan	10/19
William Blake	9/15	Gilbert Arendt	10/20
William Kincaid	9/15	Shawn Kellar	10/20
Rita Baugh	9/17	Albert Bocanegra	10/21
Carlton Herron	9/18	Linda Adams	10/24
Cara Overstreet	9/20	Jerome Brewer	10/26
Martin Campos	9/21	Keith Wingfield	10/26
Westley Carter	9/24	Dennis Hooper	10/27
Kennety Townsend	9/25	Stephanie Hartzell	10/28
Andrea Harris	9/25	Steven Murphy	10/29
Larry Rilling	9/26	Richard Smith	10/30
Jeffrey Watkins	9/26	John Jabson	10/30
Daniel Ash	9/27	Mike Rosenbalm	10/30



**Paralyzed Veterans
of America**

Oregon Chapter

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



Veteran Stand Down

Columbia County Fairgrounds Pavilion

58892 Salser Rd., St Helens, OR

September 16, 2016 9-2pm

If you are a veteran with questions or issues you need answers to, come talk with service providers.

(Both VA and non-VA) They can assist with:

Homelessness

Mental Health

Job Placement

Compensation

Education

Veteran Activities

& Programs for children of active military and Veterans

Come meet other veterans, have a good meal, and get the resources and information you need.

**** Want to volunteer or donate? Call 503 366 7163 ****

**** Sponsored by Standing 4 Vets ****

(www.standing4vets.com) a non – profit 501(c)(3) organization dedicated to helping veterans.



Wheelchair Adventures

Louie Grimmer – Board Member

One might think that hunting is exciting all of the time but the truth is it is work that is why they call it “HUNTING”.
The Experience of a lifetime continues

All of a sudden Chuck slammed on the brakes and said the magic word, “DEER!” I have not been out in the woods since I was a teenager and my first response was, “WHERE?”

Chuck spent the next few minutes trying to show me where it was. Finally he got out of the truck and came over to my window and aimed the rifle with a 3X9 Leupold scope. Then I could see the deer (200 yards) looking back at us. Hopefully my skill in being able to locate game has improved since that incident.

Later on that season we were scoping the hillside across the canyon. It was the last day we were going to shoot an Elk if we saw one. The hillside that we were looking at was very visible from our vantage point but not to those of our huntin’ party who were located on the road below.

Chuck spotted two bull elk moving up a trail and he took a shot. The elk stopped and the next shot hit just below them. That made them move different directions. This is where ethics come into play. At that range he was not sure he hit the Bull Elk or not so we had to go check.

The ride from one side of the canyon to the other was the first time I experienced Chuck’s wild and crazy driving. Yes, everything was totally under control but quite breathtaking.

We had to travel about one mile then head downhill to a gate. We then went down one more set of steep downhill roads at 60 MPH when all of a sudden Chuck slammed on the brakes. When we finally stopped skidding he looked at me and asked if he was scaring me. I honestly but sheepishly said, “No.” He resumed careening down the gravel road.

When we reached the bottom I breathed a sigh of relief then we started up the other side. It was tolerable until we reached the level part of the road when our speed increased substantially. We were making a twisty road almost straight by cutting all the corners. We then saw something that made both of us gasp.

There were two rigs parked side by side on the one lane road with two hunters talking to each other. Now that road was just one lane with two parked trucks in the middle and one Datsun pickup coming right at them at 50 MPH +.

There was a steep hill on the left and a deep canyon on the right. Chuck must be very lucky because we swerved to the right taking out a large clump of brush which could have contained a stump or a large rock.

As we skidded, thinking that this was going to be the moment we feared, and nothing happened, he shifted down a gear then resumed our jaunt



up the road. The two hunters jumped out of their rigs not knowing what had just happened but in a flash it was over.

Chuck, Pete, and Elsnick looked until dark and found no sign of the elk or it being hit with a bullet.

Contact me with suggestions or comments at opva.asiseeit@gmail.com TO BE CONTINUED.

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.

**Eating Out ♦ Movies ♦ Games ♦ Hobby Supplies ♦ Motel ♦ Sports
♦ Event Tickets ♦ OPVA Events ♦ Guns ♦ Trips ♦ Vacation Expenses, etc.**

All receipts must be dated within this current fiscal year and used within this current fiscal year, Mail to: **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





September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Oregon State Fair		
4	5 Labor Day	6	7	8 DVA Expo	9 The Dalles Hot Dog Feed	10
					Hillsboro Nut Shoot	
11 Sublimity Harvest Fest	12 Deep Sea Fishing	13	14	15	16 Stand Down St Helens	17
18	19	20	21	22	23	24
25 Members Banquet	26	27	28	29 BOD 10:00 a.m.	30	



Office closed



Oregon State Fair



Hillsboro Nut Shoot

Save the Date

- | | |
|--------------------------------------|--|
| 9/1-5 Oregon State Fair | 9/11 Sublimity Harvest Festival |
| 9/5 Labor Day - Office Closed | 9/12 Deep Sea Fishing |
| 9/8 DVA Expo - Portland | 9/16 Stand Down - St Helens |
| 9/9-11 Hillsboro Nut Shoot | 9/25 Members Banquet |
| 9/9 The Dalles Hot Dog Feed | 9/29 BOD Meeting (10:00 a.m.) |



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3	4	5	6	7	8	
9	Deep Sea Fishing	10	11	12	13	14	15
	Columbus Day						
16	17	18	19	20	21	22	
23 30	24 31 Halloween	25	26	27 BOD 10:00 a.m.	28	29	

 Office closed

Save the Date

- | | |
|---|---|
| 10/10 Deep Sea Fishing | 11/11 Veterans Day - Office Closed |
| 10/10 Columbus Day-Office Closed | 11/17 BOD Meeting (10:00 a.m.) |
| 10/27 BOD Meeting (10:00 a.m.) | 11/24 Thanksgiving |
| 10/31 Halloween | 12/25 Christmas |
| 11/11 Albany Vets Day Parade | |

Recreation Fund Reports



Dear Oregon PVA.

This year's National Veteran's Wheelchair Games was the largest I have attended. The locals were great support and really enthusiastic. Salt Lake City had a wonderful transit system.

The recreation fund has allowed me to visit this great town and experience all the history. It had some great cuisine as well. Thanks for helping with this adventure!

Dennis Hooper

Hi Guys,
Well, time to request the ol' Recreation Funds. These moneys helped me and some friends go to a movie or two and out to a few lunches and dinners. It was very helpful and I appreciate it.
Thanks

Kevin O'Reilly



Please add this to my recreation fund. This was a trip in July that I took to Yakima Washington to attend Staff meetings for the Department of Washington, Marine Corps League.

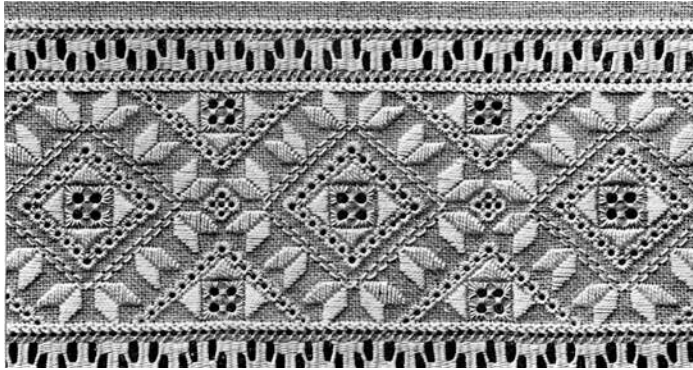
We elected new Officers for 2017. In late June I finished my two years as Detachment Commandant and I was looking forward to not having any responsibilities for a while but somehow I returned home from Yakima as the Paymaster for the Department of Washington.
Thanks

Bill Hauser



Once again I enjoyed taking my wife on a trip to California. We spent a lot of years stationed there while in the Air Force and do enjoy visiting old haunts and friends. Thank you so much that we have this fund to draw from.

Al Wagoner



Example Ukrainian Whitework



I attended the Greater Pacific Region Embroiderers' Guild of America seminar held in Eugene this past June. It was great! I learned techniques in both Ukrainian whitework embroidery and Romanian point lace embroidery. I also visited my sister, who lives in Eugene. By the end of the week I was very tired, but also happy that I went. Thank you, OPVA, for helping offset the cost with the Recreation Fund. (I'd include a picture, but haven't finished any of the projects yet!)

Susan Hruza

On the 7th of August we traveled to Portland to see Cavalia Odysseo. The cost of our tickets were well worth it. We had a wonderful time and stopped and had dinner after the show. We do not get to do things like this very often because of my husband's wheel chair and he is starting to have some trouble driving it.

We will hope you will get a chance to see the show while it is in Portland.

Wendy & Corky Childress

This is to request my Rec fund for this year. I've enjoyed Ladies' Night at Sportsman's Warehouse with the purchase of two fishing poles which I will get a lot use on vacation this year at the coast. The balance was spent on a weekend rental of a car to celebrate our 36th Wedding Anniversary. We went 500 miles going from the mountains to the ocean via a trap shoot in Albany (sponsored by OPVA). The main idea is I had lots of fun and can't wait to try the fishing poles. Thanks so much

Susan Holt



Recreation Fund Reports (continued)



Oh what fun it is to do research. My wife and I decided to experiment using the 72 hrs. Kit, using our new Van, so we prepared. We purchased plywood and made a foundation for an inflatable mattress.

We took a 3 day trip up to Detroit Lake and lived one day out of our kit. We learned a few things, so we prepared and bought some foam to help the mattress be a little more comfortable, we also got a 13'x13' canopy and went to Cape Lookout for 5 days and lived out of our 72 hrs. Kit for two days.



It rained, no it poured both days, but it was nice being under the canopy, until we learned it was not water proof, the water on the ground seemed to be drawn to us, it was splashing in from all directions. Did we cry and run home? No – we laughed and had fun.

We then went to a family reunion for 7 days, of sorts, up in Washington. Our family had purchased some land and has started to build some cabins, level the ground, put in a septic system, well, and electricity, so it was more of a working reunion. But – we still ended up living out our 72 hrs. Kit.

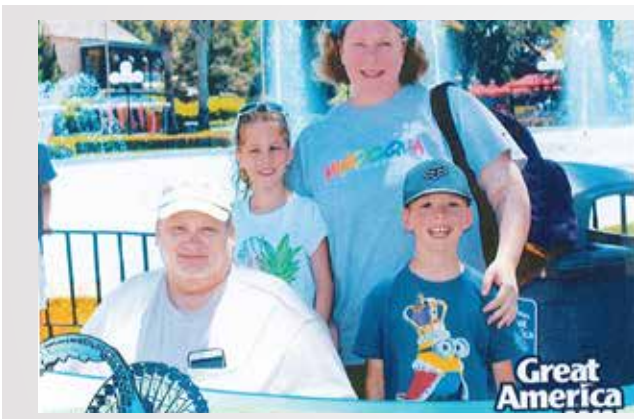
My wife and I are accustomed to getting up in the morning and eating breakfast – I guess others are not. We needed to use our emergency food in the morning to hold us over until we could eat with the others around 10 am.

We utilized our canopy to block the sun and keep the lite amount of rain off our items on the table.

We were awaken at 10 pm by some noise, and discovered my brother using their cell phones to do some emergency work on a trailer, so we got up, got out our propane lamp and took it to them, they were so grateful. One of my sisters was experiencing pain in her back, so my wife went to the first aid kit and got my sister some pain patches we had, she felt a lot better after that.

These experiences have taught us that we don't enjoy camping like we used to, we have to prepare more to make things work for us. But if we don't prepare, we will like it even less.

Dan Service



Dear Oregon PVA,
Yesterday, my family returned from a trip to Palo Alto, where we visited the Alameda County Fair and California's Great America.

Thank you for the recreation fund; we really appreciate it!

Sincerely,

Marc Stump



Sirs:

A friend of mine, who was educated in Scotland as a physician recently had guests from his Scottish family visit here. We had met the pair when they were on their honeymoon about eighteen years ago.

On this visit, they brought their twin daughters aged 16 with them. Suffice it to say there were twelve people eating at The Old Spaghetti Factory in Vancouver, Washington. The food and the service was great and the entire place, was completely wheelchair accessible. The food served was "Tasty Italian style food" and the portions were large.

The conversation was in English, with a heavy Scotch accent from five people. I think I understood all that was said, but as they say in Mexico "¿Quién sabe?"

As always, I would like to thank OPVA and all of its supporters for everything it provide its members. You folks really do make life more bearable and more fun!

On another matter, as a paraplegic with extremely diminished upper body strength, I could not find a dentist with a chair I could transfer to. My muscular deterioration worsened after I had a partial shoulder replacement in November 2014 and I haven't been in a dentist's chair since August 2014.

I needed to replace a filling that came out. I'm happy to report that I found a dentist who was willing to work on me in my manual chair. I had a cleaning, X-Rays and a crown. The dentist is just off 34th Street and 192nd Avenue in Vancouver. If anyone wants particulars, they can email me at: figboot_8115@msn.com
Thank you,

Ron W. Clement

Dear OPVA,

All funds were used for the rental of an accessible lake house on Devils Lake in Lincoln City, Oregon. We rented the house from July 17th to July 22nd and invited our children and grandchildren to join us.



If the PVA Entertainment/Recreation Reimbursement Fund, would be willing to reimburse any part of this joyous trip, it will only add to what was a most pleasurable week. I believe this is my tenth year of using your marvelous Entertainment/Recreation Reimbursement Fund. Please know that is greatly appreciated.

Thank you for all your efforts on behalf of the paralyzed veterans in Oregon. Oregon PVA really does make life easier and more enjoyable.

Most Sincerely,

Bob Blackman



Membership and More

Roger C. Robinson – Membership Director



We've gained a few members since I last reported to you.

At our fun shoot last July in Albany we had double the shooters that we had last year. This event is growing and I urge everyone to attend if possible.

The Reno International Air Races are next month September 14th through the 18th and will feature the Blue Angel on the 17th and 18th exclusive.

We some have passes for the last three day of the event including pit passes. Call Roger at the office for tickets.

Sure you can afford to go, use your recreation fund it will pay most if not all cost. Call Marcie about your fund.

Remember the Members Banquet next month also. Call the office for more details. The Banquet will be at Spirit Mountain. Free to members.

Reno Air Races 

14501 Mt Anderson St, Reno, NV 89506

Free

GA & Pit Tickets

for September 16th, 17th, 18th
 At the OPVA office. First come, first served
 Call 503-362-7998 to request you tickets!

Save the Date!

Welcome Home Veterans!

The VA Portland Health Care System honors and shows its appreciation for service members by hosting a *Welcome Home* celebration for Veterans and their families in the Pacific Northwest!

Sunday, Sept. 18, 2016

**Enjoy free, all day admission
at the
Oregon Zoo**

**4001 SW Canyon Road
Portland, Oregon**

**Registration
9 a.m. - 12 noon**



Image used with permission, courtesy of Oregon Zoo

Parking is limited and at own expense, please consider taking TriMet MAX: Red or Blue Line trains stop next to the Oregon Zoo at the Washington Park Station

- ☆ Free admission and food for Veterans and their guests!
- ☆ **RSVP by Monday, September 12, 2016**
Space is limited and RSPV is required
- ☆ RSVP Contact: Welcomehome@va.gov;
503-273-5075 or outside Portland,
1-800-949-1004, ext. 53062
- ☆ Come with your family and enjoy food, fun and learn about VA benefits and services



VA HEALTH CARE | Defining **EXCELLENCE** in the 21st Century



National Director Report

Bill Gray – National Director

Fellow Veterans we are all getting a little older I thought that many of you would enjoy knowing about what you're Burial allowances are and how to take advantage of them.

WHAT ARE VA BURIAL ALLOWANCES?

VA burial allowances are flat rate monetary benefits that are generally paid at the maximum amount authorized by law for an eligible Veteran's burial and funeral costs. A VA regulation change in 2014 simplified the program to pay eligible survivors quickly and efficiently. Eligible surviving spouses of record are paid automatically upon notification of a Veteran's death, without the need to submit a claim. VA may grant additional benefits, including the plot or interment allowance and transportation allowance, if it receives a claim for these benefits.

WHO IS ELIGIBLE?

If the burial benefit has not been automatically paid to the surviving spouse, VA will pay the first living person to file a claim of those listed below:

- The Veteran's surviving spouse, or
- The survivor of a legal union* between the deceased Veteran and the survivor, or
- The Veteran's children, regardless of age, or
- The Veteran's parents or surviving parent, or
- The executor or administrator of the estate of the deceased Veteran

**Legal union means a formal relationship between the decedent and the survivor existed on the date of the Veteran's death, which was recognized under the law of the State in which the couple formalized the relationship and evidenced by the State's issuance of documentation memorializing the relationship.*

The Veteran must have been discharged under conditions other than dishonorable

In addition, at least one of the following conditions must be met:

- The Veteran died as a result of a service-connected disability, or
- The Veteran was receiving VA pension or compensation at the time of death, or
- The Veteran was entitled to receive VA pension or compensation, but decided to receive his or her full military retirement or disability pay, or
- The Veteran died while hospitalized by VA, or while receiving care under VA contract at a non-VA facility, or
- The Veteran died while traveling under proper authorization and at VA expense to, or from, a specified place for the purpose of examination, treatment, or care, or
- The Veteran had an original or reopened claim for VA compensation or pension pending at the time of death and would have been entitled to benefits from a date prior to the date of death, or
- Disabilities determined by VA to be related to your military service can lead to monthly non-taxable compensation, enrollment in the VA health care system, a 10-point hiring preference for federal employment and other important benefits. Ask your VA representative or Veterans Service Organization representative about Disability Compensation, Pension, Health Care, Caregiver Program, Career Services, Educational Assistance, Home Loan Guaranty, Insurance and/or Dependents and Survivors' Benefits. or
- The Veteran died on, or after, October 9, 1996, while a patient at a VA-approved state nursing home.

HOW MUCH DOES VA PAY?

Service - Connected Death

If the Veteran died on or after September 11, 2001, the maximum service-connected burial allowance is \$2,000. If the Veteran died before September 11, 2001, the maximum service-connected burial allowance is \$1,500. If the Veteran is buried in a VA national cemetery, VA may reimburse some or all of the costs of transporting the deceased Veteran's remains.

Non Service - Connected Death

If the Veteran died on or after October 1, 2015, VA will pay a \$300 burial allowance and \$747 for a plot.

- If the Veteran died on or after October 1, 2014, but before October 1, 2015,
- VA will pay \$300 for burial allowance and \$745 for a plot.
- If the Veteran died on or after October 1, 2013, but before October 1, 2014, VA will pay \$300 burial allowance and \$734 for a plot.
- Effective October 1, 2011, there are higher non-service-connected death rates payable if the Veteran was hospitalized by VA at the time of his or her death.
- If the Veteran died on or after October 1, 2015, VA will pay a \$747 burial allowance and \$747 for a plot.
- If the Veteran died on or after October 1, 2014, but before October 1, 2015, VA will pay a \$745 burial allowance and \$745 for a plot.
- If the Veteran died on or after October 1, 2013, but Before October 1, 2014, VA will pay a \$734 burial allowance and \$734 for a plot.

If the death occurred while the Veteran was properly hospitalized by VA, or under VA contracted nursing home care, some or all of the costs for transporting the Veteran's remains may be reimbursed.

Note: If the Veteran dies while traveling at VA expense for the purpose of examination, treatment, or care, VA will pay burial and plot allowances and transportation expenses.

Unclaimed Remains

If a Veteran dies and their remains are unclaimed, the entity responsible for the burial of the Veteran would be entitled to a \$300 burial allowance. If the Veteran is buried in a VA national cemetery, VA may reimburse the cost of transporting the deceased Veterans remains. VA may also reimburse for the cost of a plot.

HOW CAN YOU APPLY?

You can apply by completing
VA Form 21P-530

Application for Burial Benefits. You should attach a copy of the Veteran's military discharge document

(DD Form 214 or equivalent) and a death certificate. If you are claiming transportation expenses, please attach a receipt for the expenses paid.

You can call us toll-free within the U.S. by dialing 1-800-827-1000. If you are located in the local dialing area of a VA regional office, you can also call by checking your local telephone directory. For the hearing impaired, the TDD number is 711.

You should mail your application to the VA regional office located in your state. You can obtain the mailing address for VA regional offices by accessing the locations site. The address is also located in the government pages of your telephone book under "United States Government, Veterans."

Do you remember yester years?

1



2



3



Picture #1: From left to right. 1987 Vets Parade Hollywood District, Portland.

Tony Marx, Don Cummings, Doug Colley, Scott Hemple, Roger Robinson, Willis Neer.

Picture #2: Just Before Veterans Wheelchair Games in Seattle 1996. Dave Parker, Director of Seattle VA, Roger Robinson and Dave Tostenrude, presenting support check for games.

Picture #3: James Harding, Dave Parker, Roger Robinson at legislative seminar Washington D. C. 1989

AUG 26
.....
SEPT 5



HERE
Comes
-THE- FUN
2016

OREGON STATE FAIR.org

OPVA Banquet 2016



**Paralyzed Veterans
of America**

Oregon Chapter

Join us for another fabulous afternoon on

September 25th

at

Spirit Mountain Casino

Games, Prizes, Karaoke

Banquet theme is:

Make new friends and get to know your OPVA Chapter

HOTEL RESERVATIONS



1-800-760-7977
(Cutoff Date 8/25/16)
Check in Time for
Hotel Rooms is 4:00 pm

BANQUET



Banquet Check in 1 pm
Social Time, 2 - 3 pm
Appetizers served at 2 pm
Dinner served promptly at 3 pm

Make Dinner Reservations by **September 15th**

email: fparker426@aol.com

or call 503-990-7900



Answer These Questions Before a Disaster

Daniel Service – Treasurer

During an emergency you'll need immediate answers to many questions. Here are some questions you should answer long before a disaster strikes.

Where will my family be and how will I reach them?

- Make sure your family disaster plan includes:
 - Children who may be away at school, day care, or at other activities.
 - Planning for pets or livestock if you are away from home.
 - An out-of-the area contact to convey information to other friends and family members.
- Discuss your safety and emergency plans with everyone in your family.

Remember – The 9-1-1 system will likely be overloaded or completely down, ambulances and emergency vehicles will be overwhelmed or have limited access and some medical facilities may not be operational.

Am I prepared to live without the essentials?

- Store water at home, work and in your car because drinking water will be in short supply.
- Keep at least one week's worth of food and medicine on hand for everyone in your family.
- Fill up your gas tank frequently and keep it at least half full because gasoline will be scarce.

Remember – Utilities and water supplies may be disrupted for weeks.

How will I pay for things?

- Keep cash on hand because banks may be closed and credit cards unusable.

Remember - ATM's are likely to be out of order.

How will I repair the damage to my home?

- Examine what your insurance covers and consider earthquake and/or flood insurance.
- Minimize losses by taking action to reduce your hazards.

Remember – Construction materials and labor for repairs will be limited and costs may increase.

Do I live, work or visit in a tsunami hazard zone?

- If you are in a tsunami hazard area, determine your evacuation routes beforehand – you may only have 10 to 20 minutes to reach a safe zone on foot after feeling a very strong earthquake at the coast.
- If you are in a safe area, typically above 100 feet above sea level, stay put. You will not have to evacuate.

Remember – there will be no time for an official tsunami warning to reach you if the ground shakes and you are at the coast.

Who's going to save you?

Who can you rely on to help you after a disaster? Who will provide you with food, water, shelter, and medical care? You might be surprised by the answer: **you and your neighbors!**

A major earthquake or tsunami will likely overwhelm local law enforcement, fire, and emergency medical personnel and resources. In fact, it may take local, state and federal agencies a week or more to provide the most basic relief. This is particularly true in the many locations on the coast and in rural areas of Oregon.

Getting prepared today by identifying and mitigating hazards, readying supplies, and developing an emergency plan may make all the difference to you and your family during a disaster.

Preparing for Earthquakes and Tsunamis will prepare you for all disasters including Fire, Winter Storms and Floods

Supplies for Seven Days

Oregon Emergency Management recommends that you store enough food and water to survive on your own for a minimum of seven days.

In rural area of Oregon, it may take longer for assistance to reach you – plan to be on your own for at least a week or more.





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.

August 19, 2016

Volume 22, No 8

PRIORITY

The Government Relations staff is still looking for stories about problems that our members have experienced during air travel. Please visit www.AirAccess30.org and share your story.

Presidential Campaigns Wrap-up Nominating Conventions

The House and Senate recessed in mid-July to accommodate the Republican and Democratic National Conventions held over the last two weeks of July. The Republican National Convention (RNC) was held the first week after recess in Cleveland, OH. During the convention, Donald Trump and Mike Pence were formally nominated as the Republican candidates for the President and Vice President. The Democratic National Convention (DNC) was held the following week in Philadelphia, PA. During the DNC, Hillary Clinton and Senator Tim Kaine were formally nominated as the Democratic candidates for President and Vice President.

The conventions also included approval of the official party platforms for the Republican and Democratic parties. Both platforms recommit to America's sacred trust to veterans, they expound at length the heroic character of our service members, and regrettable consequences that befall them and their families. Where their similarities diverge is in each party's perception of primary problems and the corresponding plans to address them. The full RNC platform can be accessed at: <https://gop.com/platform/>. The full DNC platform can be accessed at: <https://www.demconvention.com/platform/>.

The RNC platform denounces the wait-time

scandals concerning VA. In response to these controversies, Republicans seek accountability of senior leadership and fundamental changes to their structure. Regarding veterans' health care, Republicans will seek to consolidate VA's existing community care authorities to make a single program. In order to combat bureaucratic stagnancy, they encourage VA partnerships with private enterprises, VSOs and competitive bidding, predicting such work will allow for high quality VA care, reduce backlogs, and save resources. Additionally, Republicans will retain veterans' preference, support a broader range of options for health care, including faith-based programs to respond to the opioid crisis, and encourage private sector and public school hiring of veterans.

The Democrats, equally enraged by VA scandals, propose fully resourcing VA to meet the needs of all veterans and reject attempts at privatization. The platform emphasizes the need for more education benefits and job training, preservation of the post-9/11 GI Bill, and fair treatment of reservists and Guard members. They recommit to ending chronic homelessness and suicide. Regarding veterans' health care, they emphasize veteran-centric care, resources for military sexual trauma (MST), the growth of mental health programs, treatment of invisible and toxic wounds and the expansion of the VA Caregiver Program to veterans of all eras. They seek to provide women with full and

Washington Update Produced by Paralyzed Veterans of America

equal treatment, including reproductive health services. The DNC platform also proposes workplace policies that are more equitable for caregivers, as well as the expansion of a well-paid home care workforce and increased access to long-term care. They disfavor the deportation of immigrants who are veterans, while also highlighting the housing crisis for veterans in Indian Country.

The only identical policy proposal from both parties, aside from vaguely ensuring high quality health care and benefits for veterans (achieved differently), is a commitment to veterans treatment courts to prioritize rehabilitation over incarceration.

The respective platforms also offer views on some disability policy, albeit with slightly different inflections. The Republican platform highlighted the GOP's historic support of the Americans with Disabilities Act (ADA) and the role of Republican leadership in the enactment of the Workforce Innovation and Opportunity Act (WIOA), ABLE Act and the Steve Gleason Act. WIOA was the first major overhaul of the nation's workforce system in almost 20 years while the ABLE Act was a measure that lets people with disabilities maintain access to services while saving to develop assets. The Gleason law bears the name of former NFL player Steve Gleason who developed ALS. The law provides access to speech-generating devices. To encourage entrepreneurship, the platform endorsed opening the Small Business Administration's 8(a) certification program to people with disabilities, something that PVA has long supported. The platform continued the party's opposition to embryonic stem cell research and the Convention on the Rights of Persons with Disabilities. Social Security was addressed largely from the perspective of reforms needed to the retirement system with Republicans calling for "all options," other than tax increases, to be considered for modernizing this important social insurance program.

The Democratic platform addressed a number of

issues important to individuals with disabilities including affirmation of support for the ADA and promises to expand access to appropriate accommodations and supports people with disabilities need to live in integrated community settings. The party endorsed policies that would bring to an end sub-minimum wage work, improve the lives of caregivers of people with disabilities, increase federal funding for affordable housing for low-income families, people with disabilities, veterans and the elderly, improve access to meaningful and gainful employment for people with disabilities and vowed to continue to fight for ratification of the Convention on the Rights of Persons with Disabilities.

In sections of the platform concerning restoration of the full protections of the Voting Rights Act (VRA), the Democrats highlight support for full funding of the Help America Vote Act (HAVA) to ensure that all registration materials, voting materials, polling places, and voting machines are fully accessible to seniors and Americans with disabilities. With regard to Social Security, the platform opposes efforts to cut or privatize the program or raise the retirement age and supports improvements to the cost-of-living formula that better reflects the fixed expenses of seniors and people with disabilities. The party also proposes measures to ensure the long term solvency of Social Security by asking those earning above \$250,000, a year to contribute more to the system and to provide sufficient financial support to the Social Security Administration to ensure it can provide timely benefits and high quality services to all beneficiaries.

Ultimately, the platforms only serve as a guide for the two parties during the course of the political campaigns with the goal to influence the policy positions of the major party candidates. However, the presidential candidates are not obligated to adopt the platform proposals. During next month's Washington Update, we will highlight the individual candidates' policies directed towards veterans and people with disabilities.

PVA Attends VA Joint Symposium: Safeguarding the Integrity of GI Bill Benefits

On August 3, 2016, VA and the Deputy Under Secretary for Economic Opportunity, Curtis Coy, hosted a joint symposium to address VA's enforcement of its consumer protection authorities to protect veterans from dishonest schools. VA has faced considerable criticism for failing to take action against predatory for-profit colleges targeting veterans and service members. Current law calls for VA to cease distribution of federal funds when it finds that a school is employing aggressive, deceptive or fraudulent recruiting practices in order to get access to the lucrative GI Bill and Defense Department Tuition Assistance. So far, however, VA has taken relatively few enforcement steps despite numerous reports of deceptive behavior.

PVA and its VSO partners discussed the various legal authorities VA has at its disposal and advocated for greater enforcement efforts against such schools. We also encouraged VA to develop a support structure for veterans who have already been harmed by these schools or are otherwise forced to try and transfer into a different school to continue their education.

PVA Conducts Survey to Support Access Committee Work

In May, PVA was notified that Lee Page, Senior Associate Advocacy Director, was selected to be a member of the Access Advisory Committee on Accessible Air Transportation overseen by the Department of Transportation (DOT). The Committee is comprised of representatives from the disability community as well as the airline industry. During its first meeting, the ACCESS Committee selected PVA to chair the workgroup evaluating the need for accessible lavatories on board aircraft.

In order to assist the ACCESS Committee, PVA recently conducted a survey/poll to disability stakeholders addressing seven questions that gauge their expectations for an accessible lavatory on a new single aisle aircraft. The poll was conducted over a three week period, with final results being collected on August 1, 2016. During that time period, 931 total respondents and 515 PVA members registered their opinions. We were particularly pleased with the response rate—8 percent—to the survey (industry standards consider 3 percent response rate to any survey to be good).

The overall results show that current lavatories are too small and more space is needed. The other significant take away was the lack of ability to get to the lavatory. Many respondents indicated that they were not aware of on board wheelchairs and had trouble getting the assistance needed to obtain them or their personal assistive devices. Additionally, airline personnel need more training in order to assist passengers throughout the process.

Review of AirAccess30.org Website

With the www.AirAccess30.org website now having been live for six months, we have analyzed visitor traffic on the site. In the first six months, there have been approximately 3,200 total visits to the website and approximately 2,700, unique visits. While visits to the website decreased during April and May, there was a significant increase in June and July. Some of this can be attributed to more awareness from PVA members as they traveled to our Annual Convention in May and to the significant number of athletes who traveled to the National Veterans' Wheelchair Games in June and July. Additionally, the time spent on the website during each visit increased significantly during June and July. The website currently includes 39 individual stories with additional stories that will be posted soon. We will continue to promote the website widely leading up to the

Washington Update Produced by Paralyzed Veterans of America

30th anniversary of the Air Carrier Access Act signing in October and carrying into the new Congress next year.

Election Assistance Commission Focused on Security for Elections

The U.S. Election Assistance Commission (EAC) was established by the Help America Vote Act (HAVA) in 2002. The EAC is an independent, bipartisan commission charged with developing guidance to meet HAVA requirements, adopting voluntary voting system guidelines, and serving as a national clearinghouse of information on election administration. The EAC is currently working with all levels of government to facilitate the conversation regarding securing the election process and to support election officials' efforts to provide an accessible and secure voting process.

Since the creation of its Voting System Testing and Certification Program, in partnership with the National Institute of Standards and Technology, the EAC has led in ensuring voting systems brought to the market have been vigorously tested against security standards. Voting systems certified by the EAC are not connected to the Internet.

Further, the EAC has worked with local and state election officials—as well as election stakeholders, from accessibility experts to scientists and academics—to ensure that best practices are shared nationwide. These best practices include pre-election testing, security, continuity planning, and post-election audits. Already this year, the EAC has conducted a

series of events related to the #BeReady16 initiative, and more are underway and planned, including activities addressing Election Security Preparedness.

Voters are encouraged to get involved with their state and local election officials, and ask questions about their election process. The vast majority of election offices offer numerous opportunities for voters to engage in the process, including witnessing pre-election testing of the voting systems. Election officials welcome voters' questions and participation because they want voters to have confidence and to participate in the process.

The EAC also encourages voters to work at the polls as election workers. The election process benefits from full engagement from all people, and election administrators across the country are seeking election workers now for November. With 50 days before the deadline to mail ballots to military and overseas voters, the EAC is working with all stakeholders to lead discussions productively so that voters can have the utmost confidence in the election process.

For more questions about accessible voting, contact PVA Senior Associate Advocacy Director Lee Page.



PARALYZED VETERANS OF AMERICA
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65th Albany's Veterans Day Parade

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“Anxiety happens when you think you have to figure out everything all at once. Breathe. You’re strong. You got this. Take it day by day.”

Karen Salmansohn

I am in the office at OPVA trying to come up with a subject for my article. Nothing immediately comes to mind so I thought “What have I done in the last two months?”

1) We celebrated our 36th wedding anniversary by renting a car and driving 500 miles going from the mountains to the ocean. We attended the Trapshoot Fund-raiser in Albany and had a fantastic time. I shot two games and proved to myself that I could shoot trap, but I need lessons. Another story & time. Last we had a quiet day at home.

2) I attended Ladies Night at Sportsman’s Warehouse and purchased two fishing poles for myself. Oh fishing tales galore... Point being I spent my Recreation Fund doing what I love and had lots of fun to boot.

3) I worked. My job entails a lot of walking and meeting a lot of nice people. We’ve shared MS Diagnoses, the good and the bad, so far for me, the good has outweighed the bad.

Multiple Sclerosis is such a wide and varied disease. I’m going into my ninth year since being diagnosed & I’ve learned a lot by sharing.

I know sharing isn’t for everyone – but try it – you might like it. I met someone newly diagnosed and I just wanted to hug them and tell them – hang in there – find out as much as you can – chart your course – which brings me to an article that I wish I had read when I first started out... Google “5 Myths and Facts about Multiple Sclerosis Web MD” – I hope it helps. Don’t stop moving. Keep on trucking.

Next time: A visit to the Multiple Sclerosis Office in Portland.



HEROES IN SUMMER

September 9-11, 2016

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Oregon Adaptive Sports is providing a 3 day all inclusive event at Eagle Crest Resort for service members and their families featuring:
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MEMBERSHIP/CERTIFICATION APPLICATION

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted or commissioned for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States, or our allies as evidenced by other-than-dishonorable character of service documented by a verifiable DD-214 or DD-215 (entry-level separation not acceptable); (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. **Complete and return application to the chapter or by mail, email, or fax to:** Paralyzed Veterans of America Membership Department, 801 Eighteenth Street, NW, Washington, DC 20006; (E) ChristiH@pva.org; (F) 202.416.1250. Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.

Chapter Name: Oregon Chapter

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

Date of Birth: ___ / ___ / _____ **Social Security Number:** _____ Male Female

Race/Ethnicity:

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

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Email:** _____

Home Phone: _____ **Other Phone:** _____

VETERAN STATUS INFORMATION

Please submit the following with application:

- Proof of U.S. or U.S. Territorial Citizenship (Birth Certificate, Passport, INS Form, or Voter’s Registration Form).
- DD214 showing character of discharge.
- Medical evidence of spinal cord injury or involvement (medical records or physician’s statement).

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

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

If yes, please explain: _____

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

DISABILITY CLASSIFICATION

Injury or diseases involving the brain but not the spinal cord do not qualify.

SPINAL CORD INJURY

Complete only if you have a traumatic spinal cord injury.

Date of Injury: ___ / ___ / _____

Cause of Spinal Cord Injury:

- Vehicular (car, motorcycle, aircraft, etc.)
- Violence (gunshot, explosion, etc.)
- Flying/Falling object
- Sport/Recreation (swimming, diving, etc.)
- Pedestrian (car accident, etc.)
- Unknown
- Other traumatic injury: _____

SPINAL CORD DISEASE

Complete only if there is no spinal cord injury.

Date of Diagnosis/Onset of Condition: ___ / ___ / _____

Specific Disease Involving Spinal Cord:

- Multiple Sclerosis (involving bowel & bladder)
- Poliomyelitis
- Syringomyelia
- Amyotrophic diseases
(lateral sclerosis, transverse myelitis)
- Other: _____



**Paralyzed Veterans
of America**

MEMBERSHIP/CERTIFICATION APPLICATION

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 Paralyzed Veterans of America presently your accredited representative? Yes No

If yes, I hereby request that my eligibility for membership in the Paralyzed Veterans of America be certified. I consent to process my submitted medical documentation to a confidential review by a member of the Paralyzed Veterans of America National Medical Staff, to validate that my condition presents as having spinal cord involvement and to allow official Certification by the Paralyzed Veterans of America National Secretary. I have no objection and hereby permit Paralyzed Veterans of America Service Officers to provide information to the Paralyzed Veterans of America National Membership Department that pertains to my qualifications for membership/certification.

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

Applicant Signature: _____ **Date:** ___ / ___ / _____

I do not wish to become a certified member

OFFICE USE ONLY

CAUTION TO ANYONE HAVING ACCESS TO THESE DOCUMENTS

The documents provided by the requester are personal in nature and are for membership eligibility and certification only. Information contained within these documents shall be treated with extreme confidentiality and released only to those employees of Paralyzed Veterans of America authorized to access.

I certify that I have personally examined the documents provided by the requester and find him/her to be eligible for membership/certification.

National Secretary's Signature: _____

Date Received: ___ / ___ / _____ **Date Acted Upon:** ___ / ___ / _____

Member ID Number: _____

Date Received: ___ / ___ / _____ **Date Processed:** ___ / ___ / _____

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