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Paralyzed Veterans
of America

Oregon Chapter

PARALOG

Oregon Paralyzed Veterans of America



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of America**
Oregon Chapter

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RESOURCES

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www.vets.gov

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**Vocational Rehab &
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OPVA Mission Statement

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

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

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

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

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Thank you to all our Sponsors!

Cover photo by Dennis Hooper, Ben Irving Reservoir

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Oregon Paralyzed Veterans of America

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PRESIDENT NEWS



Larry Gardner – President

Here at the PVA Oregon Chapter the year 2020 as we all know has been a very challenging time and will go down as a year nobody will ever forget.

Most of our fundraising events that we scheduled were canceled do to the COVID restrictions. We are starting to schedule events for 2021 and hoping things will get better and I'm sure they will.

The chapter office remains closed except for necessary business, but anyone who has a need to come in, must call in advance and set up a day and time, the office management will be available Monday thru Friday 9 am to 3 pm.

The chapter is in need of a Membership Director and also a MS Liaison. These are volunteer positions and are offered to anyone who would like to help with our Membership and MS Programs. We are here to help and work as a team, if interested please get in touch with myself at the chapter office.

If we have any members that need assistance please give us a call or email, oregonpva@oregonpva.org there maybe something we can help you with.

Members that need
ASSISTANCE
Please give us a call

Also, there is still lots of things you can do to enhance your life and get thru the hard times, so don't forget as a member to take advantage of the recreation fund that is available for voting members.

The chapter currently has 2 fundraising raffles right now, a 2020 Can-AM ATV Outlander four-wheel drive and an Outdoor Adventure Package (which is a \$500 Gift Card) good for any purchase at Sportsman, Warehouse.

These raffle tickets are only \$5.00 per ticket and may be purchased in person at the chapter office, just give us a call.



I also would like to remind all members that when you use the recreation fund each year, it must be used and turned in during our fiscal year which is **October 1st through September 30th**, anything before or after will be denied, so get out and enjoy!!!

Everyone take care, know that better times are coming. Thank You all.



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EXECUTIVE DIRECTOR UP DATE

Get your raffle tickets from the OPVA awareness table in front of



Tom Hurt – Executive Director

Happy New Year, hoping everyone had a wonderful Christmas and Thanksgiving.

It has been a challenging Holiday Season. We are planning for a fun filled 2021, with a number of fairs and festivals we are planning on attending. (As long as things open up.) As we begin planning our events it reminds me that your Ambassadors in Southern Oregon, Central Oregon and Idaho need Volunteers to assist them with fundraising and participating at our booths at the different events.

You can go to our website to get a Volunteer application to get signed up <https://oregonpva.org/resources/forms/> and click on the “Volunteer Activation Form Button”

Please Note: Members and non-members must be registered volunteers.

We want you to send in your pictures with stories of activities and adventures to what you have been doing during these trying times.

Keep in mind that sharing your experiences may just ignite another member to get out there and try something new.



Your board of directors is in the process of putting together a survey so that they can add additional programs that you as members are interested in.

Unless we hear from you we are just shooting in the dark as to what to put together.

With this survey getting mailed to each member, you will have the opportunity to be rewarded once the survey is returned to the chapter office and we can update your contact information. The Board of Directors have moved the Monthly Board Meetings to a Zoom Platform.

Thanks to Sportsman's Warehouse they have allowed us to set up awareness tables in front of their stores. We will be selling raffle tickets for our ATV Raffle as well as the Outdoor Adventure Raffle for a \$500 gift card for anything at Sportsman's Warehouse. We have opportunities for volunteers to help at our tables in your local area. Currently we setting dates for Salem, Portland, Bend and Roseburg. We would love to have your help or just stop by and say hi!

As an OPVA Member you are as always welcome to attend the Chapters Board meetings, and now that they are on-line it now makes it even easier for you to sit in on a meeting and see the direction of your chapter. If you are interested in receiving the link to the meeting just drop me an email, so I can send you the link. Exec.dir@oregonpva.org.



Thank you Salem Home Depot for your continued support to our veterans

COMING **Deep Sea Fishing Schedule** SOON

Getting Paralyzed Veterans Walking Again with Indego®

New VA Program offers eligible veterans an Indego® Exoskeleton at no cost.



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During the first Thursday of every month you can join a free live webinar to learn more about the Indego and hear from a veteran who owns a device already.



Contact us today to find out if you are eligible to receive an Indego exoskeleton

Email: support.indego@parker.com

Phone: 844-846-3346



Caregiver Program



Larry J Ricklefs – Government Relations

VA will notify when a COVID-19 vaccine is available. This may be sooner than later.

Veteran suicide prevention is top priority at VA. Need immediate help? VA hot line 1-800-273-8255 or online Net/Chat.

Administration transfer of power, addresses VA priorities for long term SCI/SCD care, benefits decision making and specialized health care.

The recently enacted caregiver program is being fine-tuned with significant input from PVA to ensure maximum benefit of the new program passed October 1, 2020.

Women vets in SW Oregon (there are about 5,000 eligible women vets) will benefit from services at the Roseburg VA. This is specialized health care tailored for women veterans.



Photo courtesy PVA

Also, VA has a quick guide publication to help direct women veterans to the VA health care system.

Finally, don't forget your free flu shot especially if you are 65 or older.

If you need stories of inspiration you'll find them in PVA's Member Insider newsletter good people overcoming bad situations discovering victory from their achievements.



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MEMBER ALERT! MEMBER ALERT! LISTEN TO MY PLEA!

Needed a Membership Director and a Multiple Sclerosis Director



Bill Gray—National Director

It's already January. Can you believe it? 2020 is over and what a year it's been. A lot of fun activities are being planned for the coming year. There will be some new events for those who want a little change or more challenge.

National Paralyzed Veterans mandates that we have a Membership Director in our chapter. This would involve attending monthly Board of Directors meetings at the chapter to report on membership changes from the National PVA office. And this could include new members, applications for transfer, and those who have passed away.

Also, you would be working with the National Service officer on new member possibilities. Other duties would be contacting members in the chapter for wellness checks and general information.

To recruit new members and to insure appropriate members records are maintained. Our Membership Director guidelines are outlined on our Chapter manual of operations for greater detail if you are interested.

We need an energetic, can do individual to step up and join our team to help make Oregon Paralyzed Veterans better in this coming year!

Additionally we need someone to help with reaching out to MS membership. To encourage and organize events which could include MS Walks and put on Fundraisers to draw attention to our OPVA mission in supporting all those members with MS and making their life experience better.

This would include working with the Chapter Hospital Liaison and making contact with possible new MS afflicted Veteran. Also, reaching out to the MS Society organization in Portland, bringing together their outreach and events to further reach out to those afflicted with this disability. Some of the duties of this would require attending monthly board meeting to report the latest news and events and putting together a specific plan to accomplish OPVA overall mission of reaching members and letting them know of events they can get involved in if possible.

If you are interested please let us know at the Salem Oregon Paralyzed Office 503-362-7998.

See you at the next event!

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COVID-19 VACCINE

PLANNING-FREQUENTLY
ASKED QUESTIONS

With all the recent talk about Covid-19 vaccines being available soon, I thought it would be a good topic for this issue of the Paralog. The following Covid-19 vaccine information is from the Portland VA website.



Mike Rosenbalm – Hospital Liaison Director
Source VA.gov

General

1. Why do I need a COVID-19 vaccine?

The disease (COVID-19) has caused severe illness and death around the world. This is, in part, because the virus that causes COVID-19 spreads easily from person to person.

We have some treatments to help reduce the effects of COVID-19 but a vaccine that helps prevent people from becoming infected is the best way to slow or stop the spread of the virus.

2. How do vaccines for viruses like the coronavirus protect me from getting sick?

Vaccines help train your body's natural immune system to recognize and fight a specific disease by stimulating a response to the virus that causes that disease.

When a virus is introduced to your body for the first time, your immune system mounts a defense. This includes making antibodies that help kill or neutralize the virus. If you're exposed to the same virus again, these antibodies also help your immune system recognize and fight the virus quickly.

3. How will getting a vaccine benefit my family and community?

Vaccines protect you and the people around you. Protecting whole communities from diseases like COVID-19 is an important reason for everyone to get vaccines.

We call this "community immunity."

When enough people are vaccinated and develop immunity to a certain virus, that virus can't spread as easily from person to person. This means that everyone in the community is less likely to get infected.

Even if some people do still get infected, there's less chance of an outbreak that causes many people in the community to get sick at the same time. This helps prevent issues like too many people needing care at once and not having enough hospital beds or health care providers.

4. Can I get the vaccine even if I've already had COVID-19?

At this time, we don't know. This will depend on the results of the COVID-19 vaccine clinical trials. The Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) are reviewing results for some of these trials now.

Many COVID-19 vaccine trials have enrolled participants even if they had COVID-19 in the past. The FDA and CDC will closely review the trial results to determine if people who've had COVID-19 should still get the vaccine.

5. Can I still get COVID-19 after I receive the vaccine?

An effective vaccine will lower your risk of getting infected with the virus that causes COVID-19. If you do get infected, the vaccine may also lower your risk of severe illness. But no vaccine can prevent all infections. That's why one goal of a COVID-19 vaccine is to make it harder for the virus to spread to others.

We'll have more information about the effectiveness of COVID-19 vaccines after clinical trials are complete.

6. If I get the COVID-19 vaccine, can I stop wearing a mask in VA facilities?

No. Even if you receive a COVID-19 vaccine, you'll still need to wear a mask that covers your mouth and nose when you're in a VA facility. You'll also need to follow other VA safety rules like practicing physical distancing. This helps protect you, other Veterans, and our staff.

COVID-19 Planning Process

7. When will VA have a final COVID-19 vaccination plan?

We submitted a draft plan to the CDC in October 2020 but the plan will not be finalized until these 2 events take place:

- The FDA authorizes or approves one or more COVID-19 vaccines, and
- The CDC's Advisory Committee on Immunization Practices (ACIP) issues recommendations for how to give vaccines to specific groups of people.

Vaccine Approval and Authorization Process

8. Is there a cure or any FDA-approved treatments for COVID-19?

There is no cure for COVID-19 at this time. There are treatments for COVID-19, but the risk of severe illness and death are still high in certain groups of people. The FDA recently approved remdesivir as the first drug to treat COVID-19. Clinical studies have shown that remdesivir may reduce the risk of death and shorten the length of illness in some people with COVID-19.

9. What efforts are being taken to produce a COVID-19 vaccine?

Federal, private, and academic partners are working to provide a safe and effective COVID-19 vaccine as quickly as possible. We expect the FDA to authorize or approve one or more COVID-19 vaccines for public use within the next few months.



This partnership is called Operation Warp Speed. The partnership's goal is to deliver hundreds of millions of doses of safe and effective COVID-19 vaccines to people across the country. To learn more about Operation Warp Speed, read the Department of Health and Human Services fact sheet at <https://www.hhs.gov/coronavirus/explaining-operation-warp-speed/index.html>



10. What is the FDA's role in approving a safe and effective vaccine for COVID-19?

The FDA is the government agency that regulates all vaccines used in the U.S. It ensures organizations that develop vaccines follow strict scientific and regulatory processes. The FDA also reviews all of the laboratory and clinical trial data for each vaccine to make sure the vaccine is safe and effective before it can be used by the American public. This review process usually takes several years.

During a public health emergency like the COVID-19 pandemic, the FDA can issue an Emergency Use Authorization (EUA). An EUA speeds up the FDA's review process to get critical medical products such as vaccines to people as quickly as possible. The process still includes all the same important steps, but in a shorter period of time. After the FDA authorizes the product, they continue to monitor the product's safety and effectiveness. This includes tracking any adverse reactions or side effects that people may report when using the product.

To learn more about how the FDA and other government partners are speeding up the process to get a COVID-19 vaccine, go to the Operation Warp Speed Accelerated COVID-19 Vaccine Process infographic at <https://media.defense.gov/2020/Aug/13/2002476369/-1/-1/0/200813-D-ZZ999-100.JPG>

To learn more about the EUA process in general, play this FDA video at <https://www.youtube.com/watch?v=iGkwaESsGBQ&feature=youtu.be>

Who Will Get the Vaccine

11. How will VA decide who gets the vaccine while supplies are limited?

We're working with the CDC and other federal partners to develop a phased plan that will help us do the most good for the most people. Under this phased plan, we'll first offer vaccines to high-risk Veterans and staff based on CDC guidelines. These guidelines include the following criteria:

- Risk of becoming infected with the virus
- Risk of severe illness and death from COVID-19
- Risk of spreading the virus to others
- Risk of harm to society if essential workers are unable to work.

12. Why is VA going to offer the COVID-19 vaccine to VA health care staff first?

Based on these criteria, we'll first offer the vaccine to our health care staff who are at highest risk from COVID-19. Vaccinating essential health care staff helps us meet these goals:

- Reducing the spread of the virus to Veterans who may be at high risk for severe illness if infected.
- Reducing the spread of the virus to other employees.
- Keeping our staff healthy so they can continue to care for Veterans.

13. What criteria will VA use to decide which Veterans get the COVID-19 vaccine first?

While we have a limited supply of COVID-19 vaccines, we'll offer vaccines to Veterans based on their risk. In addition to the risk of getting infection, risk of passing infection to others, and the risk to society if someone is unable to work, we'll consider factors that may influence the risk of severe disease, including:

- Age. The risk of severe illness or death from COVID-19 increases with age.
- Race and ethnicity. Data shows that some groups of people have been disproportionately affected by COVID-19. These include Black, Hispanic, and Native American communities.
- Existing health problems. People with certain health problems (like cancer, diabetes, or heart disease) have a higher risk of severe illness or death from COVID-19.
- Other factors that raise risk of severe illness or death from COVID-19, such as living in a nursing home or other group living facility.

To learn more about people at increased risk, go to the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>

14. Will I be able to get a COVID-19 vaccine as soon as one is available?

When the FDA first approves or authorizes a vaccine, we'll have a limited amount to start. During this time, we'll offer the vaccine to Veterans and VA health care staff with the highest risk of getting or spreading the coronavirus, or of becoming severely ill from COVID-19.



Vaccinating our high-risk VA health care staff helps us continue providing care for Veterans. Over time, more vaccines will become available. We'll then offer a COVID-19 vaccine to all Veterans enrolled in VA health care who want one.

If you have more questions about getting a COVID-19 vaccine, you can send a secure message to your provider. To learn more about COVID-19 vaccines, go to the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>

15. If the FDA authorizes more than one COVID-19 vaccine, will I be able to choose which one I receive?

Most likely, no. For the first several months we wouldn't have enough vaccine to allow for this. We will reassess as more vaccines become available. Over time, when more vaccines become available the plan is to offer a free COVID-19 vaccine to all Veterans enrolled in VA health care who want one.

16. Who is considered to be high-risk for COVID-19?

We know that people have a higher risk of getting and spreading COVID-19 if they live in places like nursing homes or other group care settings. Health care providers also have a higher risk of getting and spreading COVID-19 through their work caring for others.

We also know that the risk of getting very sick or even dying from COVID-19 increases with age. People who have certain health problems (like diabetes, cancer, or heart disease) also have a higher risk of severe illness from COVID-19 and data shows that people from some racial and ethnic groups have been disproportionately affected by COVID-19.

To learn more about people at increased risk, go to the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>

17. If I'm a member of a racial or ethnic minority group, am I at greater risk of getting COVID-19?

Members of certain racial and ethnic minority groups are at higher risk of being infected with or dying from COVID-19. Racial and ethnic minority groups make up 40% of the U.S. population, but account for about 50% of COVID-19 deaths.

We strive to ensure that all Veterans receive high-quality COVID-19 care when they need it. Our data shows that survival rates for Veterans treated for COVID-19 at VA health facilities do not differ by race or ethnicity. We're also considering the disproportionate impact of COVID-19 on racial and ethnicity minority groups as we plan for how to offer COVID-19 vaccines to Veterans.

Getting Vaccinated

18. How many doses of a COVID-19 vaccine will I need to take? Will I need a booster dose?

The number of doses you'll need of a COVID-19 vaccine will vary depending on the vaccine. The first two COVID-19 vaccines that we expect the FDA and the CDC to review each require two (2) doses, given 21 to 28 days apart. Vaccine experts will need to continue studying the data to determine if and when people will need additional vaccine doses to maintain protection from COVID-19.

For answers to more frequently asked questions about COVID-19 vaccines, go to the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

19. How long will the vaccine protect me from COVID-19?

We won't know how long protection will last until we have an authorized vaccine and more data on how well it works. For answers to more frequently asked questions about COVID-19 vaccines, go to the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

20. Can I receive the COVID-19 and flu vaccines at the same time? If not, how long do I have to wait between vaccines?

We expect the CDC to recommend against getting both the flu and COVID-19 vaccines at the same time. The CDC will provide this guidance when a vaccine is authorized or approved and clinical trial results are available for review.

If the CDC recommends getting both vaccines separately, we'll follow their guidance on how much time to wait between the vaccines.

For answers to more frequently asked questions about COVID-19 vaccines, go to the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>



21. Will I be able to get the vaccine through my VA-approved community provider?

The COVID-19 vaccines that we expect to be authorized for use first require special storage and handling. Because of this, we'll start by offering vaccines through certain VA Medical Centers. When more vaccines are available, we'll determine if we can provide vaccines through our community provider network.

22. Will I have to pay a copay for the COVID-19 vaccine?

We don't charge Veterans who are enrolled in VA health care a copay for vaccinations provided during a health visit. At this time, we're not planning to charge any fee for the COVID-19 vaccine.

Safety

23. Will VA monitor COVID-19 vaccination reactions?

Yes. We'll closely monitor everyone who gets a COVID-19 vaccine for reactions, side effects, or adverse events. An adverse event is an injury or harm that happens to someone after they receive a vaccine, which may or may not have been caused by the vaccine. We'll report this information in our vaccine monitoring and tracking system. This is the same system we use to monitor reactions to all vaccines, including those for the flu and shingles.

Education

24. Where can I get the latest accurate COVID-19 vaccine information?

The best sources for timely, accurate information are government websites. The FDA and CDC websites offer general vaccine information and will continue to add information about specific COVID-19 vaccines as it becomes available.

Go to the FDA website at <https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-vaccines>

Go to the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

Vaccine Data Sharing

25. If I get a COVID-19 vaccine from VA, what data will VA share with the CDC?

We'll share the same information with the CDC that we share for other vaccines.

This includes the following information:

- Demographic information (like your age, gender, race, and ethnicity) that helps the CDC understand which groups of people are receiving the vaccine
- Adverse reactions to the vaccine

We will not share names or street addresses.

Clinical Trials

26. Is VA participating in clinical trials for COVID-19 vaccines? If so, can I participate?

Yes. More than 50 VA Medical Centers across the country are recruiting volunteers to participate in COVID-19 vaccine trials. These include Phase 3 clinical trials for vaccines developed by Moderna, AstraZeneca, and Janssen.

Anyone age 18 or older can sign up for our research volunteer list. You don't need to be a Veteran or enrolled in VA health care. Your decision to join a study or not won't affect your VA health care or any of your VA benefits or services in any way.

We especially want to make sure that any vaccines or treatments work in the people most affected by COVID-19. Data shows this includes people over age 65, people with chronic (long-term) health conditions, and Black, Hispanic, and Native American people.



Learn more about volunteering for coronavirus research at VA go to

<https://www.va.gov/coronavirus-research>

Source

https://www.portland.va.gov/Documents/COVID_Vaccine_Awareness_for_Veterans_120220.pdf?fbclid=IwAR1zgD6Um4GYIMpwR-QK2-v6aUlc03TD7n5rbUZB744Gmei3XP9NQAE4AWA

RECREATION FUND SCOPE



I work out three times a week on average with my UpperTone Gym. Being a quad, it's hard to get an aerobic workout. I needed a way to monitor my heart rate during my workouts. The Fitbit gives me that capability. I don't have to guess what my heart rate is anymore. I don't have to go by how hard I'm breathing either. The best part is that it keeps a record of my heart rate throughout the entire day, not just during my workouts.

It's really helped me get the most benefits of every workout.

The Panda Drum is a nice musical instrument that I enjoy playing. It helps maintain a sense of peace and calmness. It's small enough to sit on my lap tray and the drumsticks are very usable for me as a quad. It even came with a songbook that I'm using. Best regards.

Jerry

I have pursued the hobby of Bonsai (growing trees in miniature) for the past 40 years and have about 100 trees I collect ranging from fully developed and refined, to just developing. It is great year-round hobby, as there is something that needs to be done in every season of the year. I have written articles about the fun and challenge of this hobby for past editions of the "Paralog" and "PN News".

With the difficulties and restrictions currently in place due to COVID-19, in person, hands on classes are no longer possible, but thanks to the OPVA Recreational Fund, I can still pursue my hobby and share my art with another Bonsai enthusiast, all-be-it remotely over the Internet. I want to thank the Board of Directors of OPVA for continuing to support the Membership Recreational Fund.

Keith Wingfield



Recreation Fund

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

Include name, address, phone number, your legible receipts and a short description of what you did to have fun with your friends and family. We like pictures too (digital pictures are best), they may make it into the Paralog.

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

All receipts must be dated and used within this current fiscal year (10/1 - 9/30).

Mail or email to: Oregon PVA, 3700 Silverton Rd. NE, Salem, OR 97305 - oregonpva@oregonpva.org
Your request must be received in the office no later than **September 30th**. Earlier is better in case of any problems.

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



The poster features a woman in a wheelchair holding a basketball, set against a background of a city skyline and an American flag. The text includes the event name, anniversary, location, dates, and logos for the Paralyzed Veterans of America and the U.S. Department of Veterans Affairs.

NATIONAL VETERANS WHEELCHAIR GAMES
40th Anniversary

•NYC•

**August
8-13
2021**

WheelchairGames.org

Paralyzed Veterans of America | VA | U.S. Department of Veterans Affairs

Don't Feel Restricted



Dan Service—Secretary

With Christmas, and the New Year over, we now settle back for the winter season. This past year has brought many some life changing experiences, and for the most part, we have not had to do anything different, and we adapted to the life and regulations placed before us. We should now look forward, to the future.

This year Beverley and I are not planning on taking any long trips outside of Oregon. We purchased a RAM ProMaster van, we set it up with a queen size bed, fridge/freezer, microwave, TV/DVD player, games, loaded all our camping supplies, clothes, emergency items (just in case stuff), and food.



We spent a week at Detroit Lake, one at Cape Lookout, but that was in our Sprinter, this time we will be all over Oregon at the State Campgrounds in the RAM. It's really nice to be able to spend up to 10 days a month, for just \$8 each time we make reservations.

This last summer we spent a week at Nehalem State Park, until the charger for my chair busted, then we had to come home early.

We tried the long distant trips, and they are just too much for these older bodies. So, we will be heading over to Lake Owyhee, or maybe Succor Creek State Parks; then again, we might go to Kimball, or Joseph H. Stewart State Parks, who knows, there are plenty to choose from. Anybody been to Valley of the Rogue State Park? Beverley has a grandpa who has a mountain named after him down there in the Applegate area, Boaz Mountain.

So many possibilities, and plenty of time to go. We still are aware of what's going on around us, we do not want to get sick, so we adhere to the restrictions from the powers to be, but we meet enough people around us at the different campgrounds that are just as cautious as we are, and we still have a great time with these people.

I guess what I am saying is it is time to not feel restricted, and forced to stay at home. There are plenty of things to do, places to go, and things to see, so go enjoy yourself while you are still able to do so.



HAPPY

Birthday

Richard Dinges	1/2	Cathy Roff	2/10
Robert Batson	1/3	Nathan Paine	2/11
Robert Forson	1/4	Steven Lakin	2/13
Larry Ricklefs	1/7	Charles Wilcox	2/14
Thomas Shimon	1/8	Christopher Hulse	2/15
Karen Abramowitz	1/8	Roger Robinson	2/17
Michael Breshears	1/10	Tommy Stratemeyer	2/18
John Haber	1/11	Kevin O'Reilly	2/18
Carolyn Hamstreet Shores	1/11	Robert Van Buren	2/21
Gary Wright	1/12	Lee Presley C/O Mathews	2/23
George McCart	1/15	Margaret Walker	2/26
Janice Crews	1/15	David Magee	2/27
Terrill Lykins	1/15	Ronald Weisenberger	2/27
Michael Lugo	1/17		
Donald Wyatt	1/21		
John Buss	1/21		
David Landis	1/22		
John Phillips	1/25		
Merle Cutler	1/26		
Kenneth Cornelius	1/28		
Steven Fairin	1/28		
Lee Hall	1/30		
Gaetano Amico	2/5		
Kenneth Thompson	2/5		
Susan Holt	2/5		
Kevin Airrington	2/5		
Patricia Godwin	2/7		
Richard Elliott	2/9		
Floyd Freemyer	2/10		
Gerald Schroeder	2/10		



New Board Member Landing



Dustin Simmons—Board Member—Air Gun Coordinator

Hello, my fellow veterans,
My name is Dustin Simmons. I've recently was voted to the Board of Directors for the Oregon chapter. I've also been put in charge of our air rifle and pistol sports program. I'm a 44-year-old Air Force veteran who served for 4 1/2 years prior to my SCI on September 2, 1998. I've had multiple injuries to my spine, but the highest is C4-C5 making me an incomplete quad.

I'm looking to start this program by getting the equipment needed in order to help facilitate any and all interested in the sport. I'm looking to set up at least four or five regions to make it convenient for those who wish to practice or develop the skills necessary in order to enjoy the sport. There are many functional applications of this sport to include: hunting, participating in the wheelchair games, and/or even the Paralympics.



In order to best organize events and locations for our chapter members, I'll need information from those interested.

I request information such as:

- Your town or city of residence
- What weapons you're interested in (rifle/ pistol/ or both)
- A brief description of hand and arm function
- Do you have experience with air guns or not
- Do you have your own equipment
- Will you need assistance with loading or setting up the weapon
- Anyone who might want to volunteer from your area.

If you have any interest or any questions, please feel free to contact me. This can be done by calling the chapter at (503) 362-7998, emailing the chapter at Oregonpva@Oregonpva.org, or contact me directly at (971) 404-5806.



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SOUTHERN OR AMBASSADOR REPORT



By Dennis Hooper – Southern Oregon Ambassador

It finally happened... fall weather appears! For awhile there we had record high temperatures that seemed like they lasted forever. It was a great opportunity to take the boat out a few more times and add some camping. We decided to visit several local lakes in Southern Oregon. Let me share some of the assets of Cooper Creek Reservoir; Ben Irving Reservoir; Galesville Reservoir and Dorena Lake.

Cooper Creek is in the hills just above Sutherlin at 670 feet. It is not very big for a lake, but quick and easy to get to. The water tends to warm up in the summer, so the fishing slows down. There are two boat ramps, however, one is more steep than the other. Parking can be tight and there are not many designated handicap spots. But, the parking area is flat at the west end of the lake. There is no camping at this lake.

Ben Irving is a quite a bit larger and deeper (100 acres). You will find this gem about about 10 miles east of Winston off Hwy 42. It is at 900 feet or so and can get pretty crowded. The parking area at the boat ramp is big and on a bit of an incline. Plenty of parking spots with or without your placard can be found. There is no camping here, although there is a privately owner RV park nearby.





One place we go every year is Galesville Reservoir about 8 miles east of I-5 in the Azalea area, south of Canyonville. Again, not a big lake, but mountain scenery around Cow Creek. It is a bit higher up as well and has cooler temperatures during the summer. At 1,870 feet, it is also great to sleep on the boat and watch the stars.

They have a great variety of fish. The parking lot can get crowded and it has adequate handicap accessibility. There is camping at Chief Miwaleta County Park. A bit of trivia, this lake was used in the making of the movie "Night Moves". All three of these lakes are in the Douglas County park system.

Finally, we got to visit Dorena Lake. This lake has been on our radar for awhile. We did not let all the smoke deter us. Dorena Lake is about 6 miles east of Cottage Grove on the Row River in Lane County. It is a good size lake at 1,840 acres nestled at 835 feet. It has a couple boat ramps including a small marina at Baker Bay. We found this really convenient for camping at Baker Bay Park.

It was quite smoky for our visit and that kept the crowds away. It was awesome to get up and fix breakfast, then amble down to the boat in the marina.

The walkways between the slips are on the narrow side, so please use caution when boarding/disembarking. Although the pandemic closed the nice bathrooms and showers, there were the usual accommodations for the wheelchair. We found the fishing quite rewarding especially for bass!

The weather cooperated very well this fall. I hope everyone was able to take advantage of the thin crowds and enjoy these local waterways. If you are inclined to do more park visiting you should seriously consider applying for the Oregon State Parks pass or similar pass for your desired county park(s). They all have veteran's discounts and little perks that can go a long way. All one has to do is ask. Don't forget to use your recreation fund toward visiting these and many other parks.



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Paralyzed Veterans of America | VEHICLE DONATION PROGRAM



January

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




Office Closed

*Happy New Year
2021*



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 	15 President's Day	16	17	18	19	20
21	22	23	24	25 ZOOM BOD 10:00 a.m.	26	27
28						



Office Closed

Save the Date

- Mar 6-7 Salem Roadster Show
- Mar 19-21 Portland Roadster Show
- Apr 9-10 Pear Blossom Festival
- May 1 Festival of Flowers - Jefferson
- Jul 8-11 Marion County Fair
- Jul 10 Outdoor Adventure Raffle (Marion County Fair @ 2 PM)
- Jul 11 ATV Raffle (Marion County Fair @ 3 PM)
- Jul 17 OPVA Gold Cup Golf Tournament
- Nov 11 Veterans Day Parade - Albany



Paralyzed Veterans
of America

WASHINGTON UPDATE

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

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

November 13, 2020

Volume 26, Number 20

PRELIMINARY ELECTION RESULTS

PVA is continuing to monitor the results of the November 3rd election. While the majority of individual elections have been called, none of the results are yet official. Currently, it appears there will be a new Administration, that Democrats will retain the House, and that control of the Senate will not be decided until January's Georgia Senate runoff elections. We also know that there will be some changes on the House Veterans' Affairs Committee as Ranking Member Phil Roe (R-TN) decided not to run for reelection. Regardless of the outcome of the outstanding races, there will also be fewer veterans serving in the 117th Congress.

Of those up for reelection, nearly all of the sponsors of some of PVA's Legislative and Advocacy priorities from this Congress will return in January. Sen. Susan Collins (R-ME), sponsor of the AUTO for Veterans Act, won reelection in Maine. Sen. Gary Peters (D-MI), sponsor of the TEAM Veteran Caregivers Act, will also be returning to the Senate for another term. Rep. Rick Larsen (D-WA), sponsor of the Women Veterans and Families Health Services Act of 2019; Rep. John Larson (D-CT), Chair of the Ways and Means Social Security Subcommittee and chief sponsor of the Social Security 2100 Act; and sponsor of the Air Carrier Access Amendments Act and the REAADI for Disasters Act, Rep. James Langevin (D-RI), were also reelected. However, the chief sponsor of the Disaster Relief Medicaid Act (DRMA), Rep. Donna Shalala (D-FL), lost her bid for another term.

We will continue to assess the outcome of the election and provide greater coverage of the results and their potential impact on PVA members in our next issue of the Washington Update.

FAVORABLE DOWN BALLOT DECISIONS WILL BENEFIT VETERANS AND THEIR SURVIVORS

In addition to electing candidates to office, voters in the November election also considered state and local issues. We are aware of at least three states where voters overwhelmingly approved down ballot issues significantly benefiting veterans or their survivors.

First, Florida residents approved an amendment that would transfer Homestead Property Tax discounts of veterans with permanent combat-related disabilities to their surviving spouse.

This Transportation, including a city in North Carolina and a regional transit authority in Washington, undertook corrective action to address access to public sidewalks and parking.

NEWS ITEMS OF NOTE

- **“Ready to Roll” Initiative to Improve Disaster Preparedness for Wheelchair Users**

United Spinal has announced the launch of a comprehensive disaster preparedness initiative for individuals with spinal cord injuries and disorders, designed to lessen the effects and risks associated with natural or human-caused disasters. The “Ready to Roll” initiative will

WASHINGTON UPDATE

February 18, 2020

Volume 26, Number 3

address the significant challenges wheelchair users and other individuals living with disabilities face when disasters strike.

- **Research Brief: “The Extra Costs of Living with a Disability in the U.S.”**

National Disability Institute (NDI), in partnership with the Stony Brook University School of Social Welfare and the University of Tennessee College of Social Work, released a brief that summarizes research on out-of-pocket expenses faced by individuals with disabilities compared to individuals without disabilities. Research indicates that a household with an adult who has a work-related disability will need an average of 28 percent more income to obtain the same standard of living as a comparable household without a member who has a disability.

The brief recommends “resetting the policy table” for greater equity by addressing the tax code and eligibility criteria for public benefits. To review the brief, please [click here](#).

- **HVAC Survey on C&P Exams**

The House Committee on Veterans’ Affairs wants your input on VA compensation and pension or C&P exams. If you are currently scheduled for a C&P exam, or have received one in the past, please fill out their survey to ensure our members’ voices are represented. You can access the survey [here](#).

- **Free National Parks Access for Veterans**

The U.S. Department of Interior recently announced they will be granting free entrance to national parks, wildlife refuges, and other federally-managed public lands to all U.S. military veterans and Gold Star families. Unlike previous years where fees were waived for a set period, this change is permanent—meaning

entrance fees and standard amenity fees charged by the Bureau of Land Management and Bureau of Reclamation will be waived for veterans and Gold Star families from this point forward. For purposes of this program, a veteran is identified as an individual who has served in the United States Armed Forces, including the National Guard and Reserves, and is able to present one of the forms of identification listed below.

- Department of Defense Identification Card
- Veteran Health Identification Card (VHIC)
- Veteran ID Card
- Veterans designation on a state-issued U.S. driver’s license or identification card

VIRTUAL EVENT

- **PVA’s Women Veterans Empowerment Seminar**

Registration is open for the Women Veterans Empowerment Seminar! Paralyzed Veterans of America welcomes women veterans with a disability to attend a free two-day, 6-hour virtual seminar focused on Empowerment; taking control of your life to become stronger and more independent. We’re excited to feature Paralympian Melissa Stockwell as a keynote speaker for the session: Baghdad to Rio and Beyond.

Event Date: November 18 & 19, 2020

Event Time: 11 a.m. - 2 p.m., EST each day

[Registration Link](#)

[View the Full Agenda on the Online Event Guide](#)



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



Membership Application

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

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

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

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

Race/Ethnicity:

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

Address: _____ **City:** _____

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

Home Phone: _____ **Cell Phone:** _____

VETERAN STATUS INFORMATION

Please submit the following with application:

- 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: _____

Are you a United States citizen? Yes No

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

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

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

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

Applicant Signature: _____ **Date:** ____/____/____

Witness Signature: _____ **Date:** ____/____/____



Membership Application

Physician's Statement Form

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

His/her diagnosis is:

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

Physician's Signature

Physician's Name

Physician's Title

Physician's Phone/Email

Date Signed



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