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Care Contact Phone Numbers

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

800-949-1004 ext. 31665

After Hours Number

888-233-8305 **Portland VA Contact**

Phone Number

503-273-5308

RESOURCES

ID Cards

www.vets.gov

eVetRecords

www.archives.gov

Vocational Rehab & Employment

www.gibill.gov

eBenefits

www.benefits.va.gov

Women Veterans

Health Care

1-855-VA-Woman **US Disaster Hotline**

(800) 626 4959

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!

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

Page 3 Photo: Cherry Blossoms at Capitol Mall Park,

Salem, OR taken by Scarlett Guerra

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

President News







Larry Gardner - President

First of all, I hope everyone is doing well, Spring time is getting really close and the Chapter is getting ready for a very busy schedule ahead us. The schedule of events is constantly changing from month to month. To keep up with the updates, please read the Paralog magazine, call the office, or email us for an event schedule. With so many events coming up, we are always in need of volunteers. If you would like to volunteer, just call or stop by the office and get signed up.

This year we are going to be pushing really hard to increase our membership in Oregon, Idaho, and SW Washington. If anyone reading this knows of a veteran with spinal cord damage, MS, or ALS, please have them get in touch, so we can do our best to get them signed up as a member.





Every year we are required to have at least six-member meetings for all members and families in our jurisdiction. We are still in the process of scheduling those meetings. When completed, we will list them in the Paralog magazine and send out flyers. Please don't forget to mark your calendars ahead of time for all the events you want to attend or volunteer at. Lets make 2022 a way better year!!!

Thank you all so much and take care!

May 14, 2022 Fundamental Public Welcome!!! May 14, 2022 Paralyzed Veterants of Amer Oregon Chapter Oregon Chapter







Location: Albany Gun Club

35305 Hwy 20 SE, Albany, OR 97322

Time: Registration begins at 9:00am

Trap Event 10:00am - 4:00pm

Cost: Each game costs \$4.00

- All proceeds support
 OPVA Sport Programs
- · Raffles and Prizes
- Family Friendly

Thank you to our Sponsors!





NRA



Information: Oregon Paralyzed Veterans of America

503-362-7998 • www.oregonpva.org





Tom Hurt - Executive Director

Happy March OPVA Members, the calendar year is kicking off with a bang. In the month of January, the Chapter was able to attend the Winter Rod and Speed Car Show down in Albany, not only did we have an awareness booth set up, we had members show up to enjoy the show. It was refreshing to see so many people enjoying their hobbies with their families.



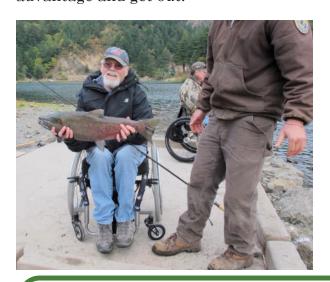
In February, we held our second competition Air Gun Shoot at the Albany Pistol and Rifle Club followed up by attending the Wild to Mild Swap Meet at the Oregon State Fairgrounds in the Columbia Hall. Please remember you are all welcome to participate in these events either as volunteers or just coming out to see what's happening.

As far as what's coming up, in March there is a new event on the Calendar. It is the Lockdown Performance Drift Invitation. This is something **NEW** for us, it will be held at the Douglas County Fairgrounds put on by the Energy Drink Company out of Eugene Lockdown Performance. This event will be March 12th and 13th. If you would like to help out with it, please get in touch with our Southern Oregon Ambassador Dennis Hooper by calling our office at 503-362-7998.



In April, we are going to be down in Medford for the Pear Blossom Festival. Even with COVID last year, it was a great event with music and vendors galore!

Also, this year we have added a Salmon Fishing Trip with Dockside Charters. The trip will be September 10th with a check in time of 6:30am. (Free for members) The Salmon Trip will have a fewer amount of people on it to allow for room to land the fish and you will want to be ready for bigger fights than a bottom fishing trip so upper body strength will come into play. Please Note that ALL our trips are open to the entire membership. With that being said, when you sign up for a trip, you will then be put on Stand By for other Fishing trips you would like to do. This gives everyone that would like to get out on the Ocean that opportunity. With these trips, we want to make sure as many members as possible can take advantage and get out.



Your Board of Directors are planning on attending more events this year than ever before. Please keep an eye on the Paralog for new things you can get out and do. Also, I would like to thank your new Membership Director Don Hedlind. A lot of you have already had the opportunity to talk with Don. He has been making phone calls to get to know everyone.

So, expect phone calls from Don and the rest of the Board checking in and letting you know what's coming up. The ENTIRE board is here for YOU, Making things better.

One last bit of information YES, it is TRUE the Oregon Chapter of the PVA has a new NSO his name is Matthew Paige, he has hit the ground running. Matt comes to us from DAV and brings a wealth of experience with him.; have no fear though Margaret is still there right beside Matt.

With all that being said, go out and make it a great day! If you have any questions, don't hesitate in contacting the Chapter Office.



When: Saturday, June 18, 2022

Time: 7 am to 4 pm Lunch: 11:30 am to 12:45 pm

Where: Henry Hagg Lake, Scoggins Park, Near Forest Grove, OR

Who: Volunteers with boats and fishing equipment wil take Veterans and their immediate family members for a day of fishing.

For more information: Contact Jack Morby 503-704-1842 or email morby517@aol.com



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Tigard

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Oregon Chapter

OPYA GOLD CUP

TOURNAMENT 13TH ANNUAL

Title Sponsor: TJ Walker



155 McNary Estates Dr N Keizer, OR 97303

SATURDAY JULY 16 2022

Registration and Team Photos: 10am Shotgun: 1pm

Register Online
www.oregonpva.org
503-362-7998

National Service Officer





Matt Paige - National Service Officer

First, I would like to introduce myself: my name is Matt Paige. I am the new National Service Officer for Paralyzed Veterans of Americas Portland Office. Prior to being hired by PVA, I served as a National Service Office of Disabled American Veterans at the Portland Regional Office.

VA Form 21-22, Appointment of Veterans Service Organization as Claimant's Representative, which is sometimes referred to as the VA Power of Attorney Form 21-22, is used communicate to the VA which service organization is authorized to assist you with your claim. The Department of Veterans Affairs (VA) does not recognize outside Powers of Attorney for the purposes of prosecuting a VA claim. In order to be recognized by the VA, a claimant's representative must be appointed according to the VA guidelines.

The VA 21-22 is a legitimate agreement between the veteran, or in some cases the veteran's spouse, and an agency or a Service Organization, such as Paralyzed

Veterans of America. Once signed the authorized party has access to the veteran's VA file and medical records. They can represent the veteran in court and at medical facilities.

The VA 21-22 can be revoked at any time, and an agent or attorney may be discharged at any time. Unless a claimant specifically indicates otherwise, the receipt of a new POA completed by the claimant shall constitute a cancellation of an existing one.



(Aerial View of Portland VA Medical Center)

This action is why I am writing today's article. We realize that there are times veterans have not been able to contact PVA's Portland office in a timely manner. Naturally, many reach out to local county service offices requesting assistance. In most cases to simply ask a question.



The problem is that county Service Officers require veterans to sign a new VA 21-22, in order to simply answer a question. At that point PVA ceases to be able to represent the veteran with the VA. Veterans are usually unaware of this and the change in representation isn't noticed until the next time the veteran calls PVA for an update on his or her claim.

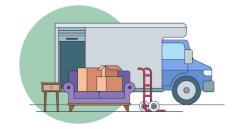
We ask that before one of our veterans contacts a county service office, they first reach out to PVA's Chapter office in Salem. Chapter personnel can contact our office and assist the veteran in their efforts to contact us. This will allow us to better service PVA's veteran population in Oregon while avoiding any loss of visibility of our customer's claim status.

ARE YOU MOVING???

Don't forget to notify the office of your new address, email, and phone number.

If you are an OPVA memember, we will let National PVA know where you are moving to, so you won't miss a single issue.

Please call 503-362-7998 or email oregonpva@oregonpva.org





Please consider adding OPVA to your will or trust

We proudly support **Oregon PVA**





If you have a service-connected disability, you may qualify for VA funding assistance for wheelchair accessible vehicles or driving modifications. If your current vehicle is more than two years old, you may even qualify for a brand new conversion. If you are a non-service connected Veteran, you also may be eligible for benefits towards mobility solutions.

Portland East

12905 NE Airport Way Local: 503-564-7155

Portland West

4347 NW Yeon Ave Local: 503-243-2940

We're here to help! Call today to schedule a test drive, either at your home or at our facility...we can come to you!



Recreation Fund Reimbursement

(Members Only)

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

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

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

Mail or email to: Oregon PVA, 3700 Silverton Rd. NE, Salem, OR 97305 - oregonpva@oregonpva.org Your request must be received in the office no later than **September 25th.** Earlier is better in case of any problems.

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







Hi, OPVA folks!

I'm submitting my receipts for Rec Fund Reimbusement. (Which, I sincerely appreciate. Thank you.) Mostly, my husband and I got drive thru food, some delievery and once we ate inside!

My friend came down from Portland and we had a fun day out, until we got tired early and had to go home. That never happened when we were younger. This getting old is a pain in the patootie!

Thanks again,

Susan H.

To whom it may concern,

I'm writing you about the Rec Fund. I had a hard time in 2021 It started with me being in the hospital for 3 weeks. Then, I was released to my home with a lot of at home therapy. That started in April of 2021. I was just released from therapy. I had to learn how to do everything from sanitary, walking, writing, and so much more.

I love the month of February. The shortest month of the year, and for me, the funnest. I love Black History month, Martin Luther King day, Super Bowl and Valentine's Day. I bought two stand up outdoor heaters, that stand over six feet tall. They heat up a very large patio or porch, receipts are enclosed. They were on sale. I'll be having a few outdoor events (I am the only one invited) or if my dog wants to hang out. I'm going to have a great Super Bowl tailgating event. Just for me!

> Thanks! Bridgette S.



I spent the weekend in Newport with my wife and our dog. We had a great time at the Hallmark Resort.

Erik B.

Dear Oregon PVA,

I thought I would lose a piece of my identity when ALS took my mobility and I couldn't scuba dive. Ends up not so! Now I'm an "adaptive diver"; I use hand paddles instead of fins, a full face mask instead of a mask & reg, and I do things a little differently. My adaptive buddies are specially trained to lift me in/out of the boat and water, help me with my gear, and help me underwater too. ("I get by with a little help from my friends", haha!) The freedom of flying without gravity, beauty of underwater and creatures, and sense of accomplishment—pure joy. I had a blast with my daughter and sister in Cozumel this December! I dived with my adaptive and able-bodied buddies, they are all rock stars, what an experience!! I'd like to give a shout out to Scuba Access For Everyone (S.A.F.E);

Dale's team at S.A.F.E. even helped me train up in their pool before the trip and taught me how to use my adaptive gear and feel confident, what awesome peeps. You should try it!

I love being a scuba diver! Thanks S.A.F.E. divers and OPVA!

Cheers,

Tracy C.





Adaptive Sports Spotlight



Adaptive Recreation Services at Hillyard Community Center Eugene, OR

The mission of Adaptive Recreation Services is to provide diverse recreation programs and services that enhance the quality of life for people with disabilities. ARS provides a wide range of adaptive recreation programs for people with cognitive, emotional, mental social and physical disabilities that expand their access to opportunities that promote overall health and wellness. We have beach and all-terrain wheelchairs, as well as, bikes (trikes, recumbents, hand cycles and tandems) that are available to the community through our rental program.

Location: 2580 Hilyard St. Eugene, OR 97405

Phone: 541-682-5311

Email: recadaptive@ci.eugene.or.us

www. https://www.eugene-or.gov/134/Adaptive







Ask an MS Expert Veterans Program

Topic:

Adapting to a New Identity with MS

Date:

Tuesday, March 15, 2022

Time:

1-2:30 p.m. ET / 10-11:30a .m. PT

To learn more about this series visit:

nationalMSsociety.org/MSexpert

Stream live on <u>YouTube</u>
Registration is not required.



TRACEY, DIAGNOSED IN 2009

Join us for a conversation about adapting to a new identity when living with MS and how to manage emotional changes in your journey. Learn about strategies and resourcest o thrive with MS and hear how a Veteranl iving with MS found support in the VA community. O ur presenters will include:

- Aaron Turner Ph.D., ABPP (RP),D irector of Rehabilitation Psychology at VA Puget Sound Health Care System and Professor with the University of Washington Department of Rehabilitation Medicine
- Maggie Kazmierski, L CSW-C, MS, C linic Senior Social Workera nd Spinal Cord Injury Clinic Coordinator at VA MS Centers of Excellence-East
- Karla Clay is a former Commissary Officer with the US Air Force and lives with MS.
 Karla is Team Captain of the Veteran Strong team for Walk MS Dallas.

About Ask an MS Expert: Veterans Program

The Ask an MS Expert: Veterans Program is a place to connect quarterly and learn more about topics impacting Veterans affected by MS.

Experts answer your questions and MS Navigators provide live resource support throughout each program. Ashley Lee, a Veteran living with MS and host of the Elite Warrior Project podcast, moderates the program.

This program is presented in partnership with:



U.S. Department of Veterans Affairs

Veterans Health Administration

Multiple Sclerosis Centers of Excellence







Air Gun Competition



Due to the pandemic the last couple of years has been a real challenge for everyone, the Chapter Sports Programs have really slowed down. Here at the Chapter, we are in great need for some one to step up as our Sports Director along with some Sports Coordinators. We need coordinations to work with the director on different sports such as Air Guns, Bowling, Boccia Ball, Table Tennis, Archery, and any other sports of interest. Our Air Gun program has been doing very good with lots of interest and attendance at the shoots. The Bowling team has almost faded out due to the pandemic and all the restrictions that makes it very uncomfortable to want to participate. The Trap team is still moving forward with a very limited schedule this past season during the Winter months but is starting to look a lot better for 2022.

This year the week end of September 24th, the Chapter will be hosting a National Trapshoot at the Hillsboro Trap and Skeet Club, all are invited. So, anyone who likes to shoot trap get ready for a more than fun week end.

Fishing trips out of Depoe Bay with Dockside Charters is always a big success and this year along with the three scheduled bottom fishing trip on May 25th, July 19th, and Sept 19th we have added a salmon trip for Sept 10th. So, don't forget to RSVP for your trip. Please stay in touch with us for any questions or updates you may have in the future.

Thank you all and take care

Larry Gardner





Want To Improve Your Bowel Function?



Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton? Contact ReWalk for more Information:

rewalk.com/contact or 508.251.1154 option 2





AIR RIFLE/AIR PISTOL

DUSTIN SIMMONS



Hello, once again Chapter shooters,

Just a friendly reminder that we're having continued Air Gun shoots at the Albany Rifle and Pistol Club. Event flyers are being mailed out to Chapter members so keep an eye out for further details. The Chapter has a couple of air rifles to borrow or bring one of your own. These events are done to encourage our members to come out and get involved, practice for the National Veterans Wheelchair Games, or just have a little friendly competition amongst your fellow veterans. If you have any further questions feel free to

reach out and contact the Chapter office for details. They will be able to get you in contact with the right person.

Also, as a reminder, please contact the office to keep any and all of your contact information up-to-date with the Chapter. This helps keep those interested with been involved or acted within the Chapter notified and up-to-date.

Thank you.



Adventure is calling Join Now!



2021 -2022 OPVA Trap Team Current Scores (as of March 1st):



Larry Gardner	545 pts
Paul Dahlke	294 pts
Jack Howell	194 pts
Wayne Howell	204 pts
Brad Gardner	76 pts
Justin Larson	62 pts
Scott Larson	42 pts
Don Hedlind	32 pts
Bill Gray	205 pts

Upcoming shooting oppurtunities:



Multiplex March 6th in Hillsboro starts at 9am



St. Patrick's Day Shoot in Hillsboro **March 12-13** Starts at 8am

Please call the office at 503-362-7998 for more info.



Feb. 11 2022, OPVA Air Gun Competition Results:

Ken Cornelius78 ptsLarry Gardner69 ptsJohn Reid65 ptsBill Gray53 ptsDennis Harbour46 pts

Congratulations to our winners!
Thank you to everyone who came out and particpated!

Our next Air Gun Competition will be April 29, 2022 at 12pm.
Please mark calendars and save the date.
You don't want to miss out on all the fun!



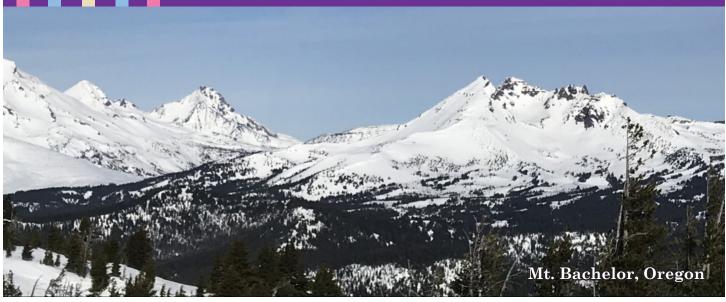






A special thank you to Albany Rifle and Pistol Club for hosting our Air Gun Competitions!

Out and About with Dennis





By Dennis Hooper – Southern Oregon Ambassador

We at the Oregon Chapter hope that 2022 is the best year for our members. Things seem to be getter back to somewhat normal. I for one, am looking forward to a great year. I try to keep up with all the activities that are available to us. Lately, that has been challenging with all the ups and downs that we have had to endure. I prefer to be more of a "Steady Eddie".



One event that I was happy to see back was the Heroes In Sisters weekend. This event was canceled the last two seasons, but luckily, this year was a scaled down version. The weather in the Bend area on January 21-23 was exquisite! The folks at Oregon Adaptive Sports invited 8 veterans to ski on Mt. Bachelor. The folks really tried to make everyone comfortable. With an established Covid-19 policy, all participants knew what to expect and what was expected of them.

The motel we stayed at was awesome! They had a very nice staff that were quite helpful and a breakfast buffet that reminded us of the pre-pandemic days. The shuttle ride to the mountain is about a half hour. The OAS staff hustled all over to make our outing a big thrill. We got two great days of skiing in! OAS provided two lunches and one dinner and we needed every calorie of it. I can't thank OAS enough for providing a safe and comfortable outing during these tough times.



We usually take our time going back home and that Sunday was no different. We decided to dine at the Bigfoot Tavern in downtown Crescent, Oregon. I was hoping Bigfoot was NOT on the menu and I was not disappointed. The soup was homemade and the sandwiches were huge, with bread made at a bakery in Bend. Jennifer had the brisket and I had the tri-tip sandwich. We had lots of leftovers!



Our next adventure is skiing at Beaver Mountain, Utah in mid February. This trip is catered by Common Ground, another great Veteran friendly group. I hope the weather will be equally as pleasant. This will be our second trip to the Logan area for skiing. February 15-19, should be a great time for skiing at that altitude. The hardest part of the trip will be getting to the Portland Airport. I sometimes dread that.

Before you know it, Spring will be back and things will really pick up. I definitely will be looking forward to our outreach booth at the Pear Blossom Festival in Medford, April 9-10. We had a great crowd last year. Also, our Deep Sea fishing charters start up in May. So there are opportunities to get out and visit with your fellow members. Let your voice be heard! I hope all of you will use your recreation fund to travel and explore.

See You Around!



daho Ambassador Report





By Donald Wyatt – Idaho Ambassador

I don't have much to report as I haven't done anything but lay around in the Boise VA Community Living Center (CLC), for the past two and a half months. My right Ischium is the problem. It has a pressure ulcer that is taking too long to heal. I may need surgery. No decision on that just yet but either way I have a few more months lying around.



However, I have my phone with me and it is supposed to be a smart one, so if I can be of help with something my phone number is still the same, 208,484,3537.

Please Don't Hesitate to Call Me!

Be safe everyone, don't just sit around, get out and do something.

(VA Medical Center Boise, Idaho)

Oregon Paralyzed Veterans of America

Serving those who Served!



Register Online at:

WheelchairGames.org • #WheelchairGames





Paralyzed Veterans of Ame	orica	V	larc	h		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
Daylight Savings Time	14	15	16	17	18	19
20	21	22	23	24	25	26
24	28	29	30	31 BOD Meeting		

Office Closed



Paralyzed Veterans of America
Oregon Chapter

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 BOD Meeting	29	30



Office Closed

Save the Date

March 12-13	Lockdown Performance Drift Int. (Douglas County Fairgrounds)
April 8-9	Medford Pear Blossom Festival
May 14	Albany Funshoot Fundraiser
May 25	Deep Sea Fishing
July 10	ATV Artic Cat Raffle (Marion County Fair @ 3pm)
July 16	OPVA Gold Cup Golf Tournament
July 19	Deep Sea Fishing
July 30	OPVA Show and Shine Car Show

Happy Birthday!!!

Gerald Lamb	3/1
Ronald Clement	3/2
Steven Tweton	3/2
Bridgette Selby	3/3
Joseph Welsh	3/3
C. Greg Danielson	3/5
Brian Beninger	3/6
John McClaran	3/7
Mark Turpin	3/8
Lane Lamoreaux	3/9
Leslie Woods	3/9
Robert Kloehn	3/12
Mark McClellan	3/13
Ronald Beriault	3/14
Brittany Hayter	3/14
Mitchell Wood	3/14
Charles Feringa	3/18
Laura Lanssens	3/20
Victor Marquardt	3/21
Daniel Service	3/23
Larry Gardner	3/24
Maynard Epling	3/27
Steven Grogan	3/28
Bruce Freeberg	3/29
Brenda Marsters	4/1
Edward Suhr	4/1
Darrel Ackerman	4/3
Jeffery Johnson	4/4

George Nordling	4/4
Daniel Watts	4/5
Steven Willard	4/7
Clinton Black	4/10
Michael Clark	4/10
Justin Hurt	4/10
Kelly Tadlock	4/10
Raymond Roberts	4/12
Dana Strasheim	4/15
Paula Townsend	4/15
Timothy Hagberg	4/16
Frank Schindler	4/16
Angela Tunnissen	4/16
Michael Williamson	4/16
Richard Montiel	4/17
Christopher Weatherby	4/17
Melvin Johnson	4/18
Dustin Simmons	4/18
Kirk Loftus	4/21
John Olson	4/22
Bruce Henion	4/23
Paul Geck	4/24
Robert Phillips	4/26
Harriet Schmidt	4/26
Chad Clemens	4/27
Rick Williams	4/27
Markus White	4/29



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

February 14, 2022 Volume 29, Number 3

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

INDEPENDENT BUDGET RECOMMENDATIONS RELEASED

The Independent Budget veterans service organizations (IBVSOs) – DAV, PVA, and the VFW – recently released VA budget recommendations for fiscal years (FY) 2023 and 2024. The recommendations serve as a roadmap to ensure VA is fully funded and capable of carrying out its mission to serve veterans and their families, both now and in the future.

The Independent Budget's (IB) recommendations, coupled with the Administration's FY 2023 budget proposal, will be used to guide Congress with its spending decisions for the coming year. For FY 2023, the IBVSOs recommend \$121.2 billion for the Veterans Health Administration (VHA) to meet the full demand for care both within VA's health care facilities and its Community Care Networks. The IB report details specific funding levels and targeted increases for VHA programs, including a \$490 million increase for the Caregiver Support Program, \$395 million boost for homeless veterans' programs; \$288 million more for mental health services and suicide prevention efforts; \$160 million increase for health care for women veterans and minorities: and \$1.8 billion to close the gap in clinical care and support vacancies across VHA. This year's IB recommendations also contain significant plus ups for VA's Home and Community-Based

Services, including additional funding to expand the Veteran Directed Care Program into every VA Medical Center.

For the Veterans Benefits Administration (VBA), the IBVSOs recommend a total of \$3.9 billion for FY 2023—an increase of approximately \$510 million over the estimated FY 2022 appropriations level—and \$251 million for the Board of Veterans' Appeals (BVA). The IB recommendations include additional information technology (IT) funding for both VBA and BVA to modernize their IT infrastructure, reduce backlogs, and streamline the delivery of benefits.

The IBVSOs believe VA infrastructure projects, including those that present a safety risk to veterans and employees, must continue to be fully funded even as the Asset and Infrastructure Review (AIR) process plays out over the next several years. To accomplish this, the IB recommends Congress appropriate \$3.8 billion for VA's major and minor construction programs in FY 2023 to fund new and existing major construction projects, begin advance planning and design development on VA's highest-priority health care construction projects, and boost support for pending minor construction projects.



PARALYZED VETERANS OF AMERICA

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

PVA WELCOMES NEW ADVOCACY ATTORNEY

Danica Gonzalves, Esq. recently started as PVA's Advocacy Attorney focusing on disability civil rights. For five years, Danica directed The Veterans Consortium's Discharge Upgrade Program. The program provided legal assistance to thousands of veterans that received less than honorable discharges for conduct related to mental health conditions and military sexual trauma. She received a competitive Equal Justice Works fellowship to build the program and was a key player in obtaining a \$1,000,000 grant for continual funding. Danica is a graduate of The George Washington University Law School where she focused on disability rights and health care.

During law school, Danica interned at University Legal Services, now known as Disability Rights DC, and Mental Health America, where she protected and advocated for individuals with mental health conditions. She gained federal experience at the Department of Health and Human Services, Office of the General Counsel, and the Department of Justice (DOJ), Disability Rights Section. At DOJ, Danica worked on physical accessibility, community integration, accommodations, and employment. Her unique background brings greater knowledge of disability civil rights and veterans law to PVA.

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General Counsel, and the Department of Justice (DOJ), Disability Rights Section. At DOJ, Danica worked on physical accessibility, community integration, accommodations, and employment. Her unique background brings greater knowledge of disability civil rights and veterans law to PVA.

HOUSE APPROVES **NEW** STOP-GAP **FUNDING BILL**

In early February, the House approved another temporary funding bill—the third one this fiscal year to buy more time to set federal agency spending levels and avoid a government shutdown. The Senate is expected to consider the measure soon which would give lawmakers until March 11 to pass other legislation that funds the federal government through the remainder of the fiscal year.

HOUSE COMMITTEE EXAMINES DEPENDENT AND SURVIVOR BENEFITS

On February 8, the House Veterans' Affairs, Subcommittee on Disability Assistance and Memorial Affairs conducted an oversight hearing entitled, "Honoring Our Promise: Reviewing the Effectiveness of Services for Dependents and Survivors." The Subcommittee examined ways to increase VA's outreach and education efforts, the quality of services provided, and areas for improvement in the delivery of care and benefits to survivors and dependents. They also looked at the experience of survivors and dependents. challenges to unique populations such as caregivers and members of the LGBTQIA+ population, and COVID's continued impact on service delivery, as well as discussing ways to improve and increase collaboration between VA and other federal agencies.



PVA submitted a statement for the record focused on survivors' general lack of awareness of the benefits they are entitled to, and the need for VA to improve its outreach to them. We also addressed the urgent need for better financial protections for surviving spouses, including the need to increase Dependency and Indemnity Compensation, and reiterated our calls for Congress to pass H.R. 5607, the Justice for ALS Veterans Act. The hearing is available here. The written statement is available here.

STOP THE WAIT ACT INTRODUCED

On February 3, Representative Lloyd Doggett (D-TX), Chair of the House Ways and Means Health Subcommittee, Senator Bob Casey (D-PA), Chair of the Senate Special Committee on Aging, and Representative Brian Fitzpatrick (R-PA) introduced the Stop the Wait Act (H.R. 6583/S. 3575) to end the waiting periods during which Americans with serious disabilities are denied access to Social Security Disability Insurance (SSDI) and Medicare. Under current law, those who qualify for SSDI must wait five months before their disability benefits begin and two years before they can access Medicare.

These waiting periods have imposed considerable hardship on many SSDI beneficiaries who may have exhausted all their savings while going through the application process for benefits and may no longer be covered by an employer health insurance plan. Representative Doggett featured his bill in a hearing before his Subcommittee on the day that the Stop the Wait Act was introduced. The hearing can be viewed here.

CAREGIVER COUNCILS MEET FOR UPDATES ON NATIONAL CAREGIVER STRATEGY

The RAISE Family Caregiver Advisory Council and Advisory Council to Support Grandparents Raising Grandchildren met jointly on January 25 for updates on the development and implementation of the national family caregiving strategy called for by the Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act that was signed into law in 2018.

The main aim of the meeting was to inform the members of the two councils about the progress made to date in data collection, cross agency coordination, and planning for a final set of recommendations to launch the national family caregiver strategy later this year. Preliminary themes and recommendations were part of an initial report to Congress submitted in September 2021.

Under the direction of the Administration for Community Living (ACL), several stakeholder and federal agency partner meetings were convened in 2021 to receive input about the needs of family caregivers and identify the array of federal programs designed to support them. Eighteen federal agencies were asked to submit action items to ACL on ways their programs can fulfill the goals of the national caregiver strategy. Seven agencies have reportedly completed their action plans, including VA, which submitted 25 proposals across the five caregiving strategy goals identified in the September report. These action plans from the federal agencies will be reviewed by ACL and the Councils before the final release of the strategy in August.

INCLUSIVE DESIGN OF AUTONOMOUS VEHICLES

Self-driving or "autonomous" vehicles stand to revolutionize road transportation in the U.S. and around the world. Their cutting-edge technologies and engineering innovations have the potential to significantly expand transit options for many people including those with disabilities. It is important that autonomous vehicles (AVs) are designed to be inclusive of everyone.

In the spring of 2021, the U.S. Access Board hosted a four-part series of virtual meetings on making AVs accessible to passengers with disabilities. The Board provided an open forum where members of the public and stakeholders could discuss considerations, challenges, and solutions in designing accessible AVs. The sessions covered accessibility for passengers with mobility, sensory, or cognitive disabilities. A summary report on the forum is now available online.

HVAC HOLDS MARKUP ON THE RAISE AND STRONG ACTS

On February 2, the House Veterans' Affairs Committee (HVAC) held a markup on two bills: H.R. 5575, the VA Nurse and Physician Assistant RAISE Act, and H.R. 6411, the STRONG Veterans Act of 2022. The RAISE Act would increase the rate of pay for certain VA nurses and other medical positions. The STRONG Veterans Act would make certain improvements in mental health care provided by VA. During the markup, the committee approved an amended version of the RAISE Act and the STRONG Act. PVA has expressed support for the RAISE Act to address staffing needs within VA in furtherance of our priority to protect access to VA's specialized health care services.

SVAC PASSES THE HEALTH CARE FOR BURN PIT VETERANS ACT

On February 2, the Senate Veterans' Affairs Committee (SVAC) unanimously passed the Health Care for Burn Pit Veterans Act. The bill was unveiled the previous day by SVAC Chairman Jon Tester (D-MT) and Ranking Member Jerry Moran (R-KS). This legislation would offer Post-9/11 combat veterans - including those who suffer from conditions caused by toxic exposures such as burn pits - access to VA health care. More information about the bill is available here.

NEWS OF NOTE

NCD Holds Quarterly Meeting

The National Council on Disability (NCD) held its quarterly meeting on January 27 to receive updates on several of its ongoing projects and hear presentations on state level initiatives to promote health equity and on a new film highlighting disability culture and inclusive storytelling. As part of its work on a

health equity framework, the Council voted to urge the Departments of Justice and Health

and Human Services to adopt standards for accessible medical equipment promulgated by the Access Board.

NCD is also looking into the impact of COVID-19 on residents of congregate settings and devoted public comment exclusively to receiving information for this effort. The project will examine the state of the nation's home and community-based services prior to and during the COVID-19 pandemic that contributed to the inability of residents with disabilities to transition to lesser-density community housing options and resulted in widespread deaths.

Further information about the Council and its meeting can be found here.

People with Disabilities Continue Strong **Employment Trends**

According to the Kessler Foundation/ University of New Hampshire Institute on Disability monthly update on national trends in disability employment, January job numbers again showed gains for people with disabilities. The numbers continued to surpass their pre-pandemic levels of employment for the fifth straight month. The labor force participation rate for working-age people with disabilities increased from 36.7 percent in December 2020 to 37.5 percent in January 2022.

VA Pensions for Surviving Spouses

Did you know VA provides tax-free, supplemental income for qualified, surviving spouses? Learn more by watching this VA SITREP video and visiting the web links in the video description. As always, you can also contact a PVA service officer for more information and assistance.

EVENTS, HEARINGS, & WEBINARS

We Need Your Stories

PVA is advocating for a critical piece of legislation that will have significant impact on women veterans with SCI/D. H.R. 4794/S. 2533, the Making Advances in Mammography and Medical Options for Veterans Act or MAMMO Act, will increase access to mammography services for all veterans.

But, for women with SCI/D, this bill will ensure accessible mammography services.

Receiving informed, gender-specific care at VA can be a challenge for women veterans with catastrophic disabilities. If you have experienced a difficult appointment while attempting to receive mammography services either in VA or in the community, please contact Julie Howell, Associate Legislative Director, at JulieH@pva.org.

Airborne Hazard Class

VA is holding a free virtual class entitled, "Airborne Hazards and Burn Pits: What You Need to Know," on February 24 from 1:30-3:00 p.m. ET. To learn more about the class and to register, click here. All veterans will need to register in order to participate. If you have trouble with registration, email VA's War Related Illness and Injury Study Center here.

Caregiver Support Line Monthly Calls

The VA Caregiver Support Line's (CSL) monthly education call helps caregivers think about themselves and what they need. Join CSL this February for "Focusing on the Forgotten... Me!" on one of the following dates and times:

- February 9 at 7:00 p.m. ET
- February 16 at 3:00 p.m. ET

Caregivers must register to join the CSL monthly education call. To register, call 1-855-260-3274. Caregivers who are unable to attend the calls can access presentations on the CSL's webpage.

Webinar: ADA Advocacy in the Post-ADA World

The Mid-Atlantic ADA Center is hosting a webinar on February 22 from 2:00-3:30 p.m. ET entitled, "ADA Advocacy in the Post-ADA World." This webinar will chronicle the on-going advocacy efforts of the Roads to Freedom Center for Independent Living and North Central Pennsylvania ADAPT as they worked with the city of Williamsport, Pennsylvania, to provide access for people with disabilities to the city's government buildings, programs, and services (ADA Title II.) There is no charge to access this session. Real-time captions will be available, and the session will be recorded for later viewing.

PVA's Medicare Home Health Care Webinar Now Available

PVA hosted a webinar on January 26 about Medicare Home Health Care in partnership with the Center for Medicare Advocacy. This webinar, along with additional resource materials, are now available here.

Upcoming Hearings

For the latest VA hearings, please visit the House and Senate Committee pages.



Medford's 69th Annual Pear Blossom Festival begins April 8, 2022!!!

Pear Blossom Parade April 9th, at 11am in Downtown Medford

Visit www.pearblossomparade.org for more information

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ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

Cal-Diego Air Rifle and **Pistol Tournament**

December 3, 2021 Camp Pendleton Camp Pendleton, CA

Wisconsin Air Rifle and **Pistol Tournament**

March 11-12, 2022 Milwaukee Tech Area College Milwaukee, WI

Buckeye Air Rifle and Pistol Tournament *

May 9-19, 2022 *Virtual Buckeye Wheelchair Games

PVA BOATING/FISHING TOUR

Mid-America Bass Tournament

September 10-12, 2021 Lake Eufaula Eufaula, OK

Vaughan Bass Tournament

October 8-10, 2021 The Lakes of Egypt Marion, IL

Southeastern Bass Tournament

October 15-17, 2021 Thurmond/Clarks Hill Lake Evans, GA

Florida Gulf Coast Bass Tournament

April 1-3, 2022 Lake Toho Kissimmee, FL

Kentucky-Indiana Bass Tournament

April 22-24, 2022 Lake Barkley Kuttawa, KY

Mid-Atlantic Bass Tournament

June 10-12, 2022 James & Appomattox Rivers Hopewell, VA

Capital Clash Bass Tournament

June 17-19, 2022 Potomac River Waldorf, MD

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

Buckeye Billiards Tournament

July 17-18, 2021 8 Ball Sports Bar & Billiards Columbus, OH

Mid-South Billiards Tournament

October 15-16, 2021 Clicks Billiards Memphis, TN

Mid-Atlantic Billiards Tournament

March 18-20, 2022 **Diamond Billiards** Midlothian, VA

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

Great Plains Bowling Tournament

July 29-August 1, 2021 Thunderbowl Council Bluffs, IA

Mid-Atlantic Bowling Tournament

September 24-26, 2021 **Bowl America** Midlothian, VA

Florida Gulf Coast Bowling Tourn.

February 23-25, 2022 Pin Chasers Tampa, FL

Vaughan Bowling Tournament

April 29-May 1, 2022 Bowlero Romeoville, IL

PVA NATIONAL SHOOTING SPORTS CIRCUIT

North Central Trapshoot

September 11-12, 2021 Crooks Gun Club Sioux Falls, SD

Cal-Diego Trapshoot

March 25-27, 2022 **Redlands Shooting Park** Redlands, CA

Nevada Trapshoot

April 1-3, 2022 Clark County Shooting Park Las Vegas, NV

Florida Gulf Coast Trapshoot

May 13-15, 2022 Silver Dollar Trap Club Odessa, FL

Vaughan Trapshoot

June 3-5, 2022 St. Charles Sportsmen's Club Elburn, IL

Wisconsin Trapshoot

June 10-12, 2022 **Brown County Sportsman Club** Green Bay, WI

Iowa Shooting Trapshoot *

June 17-19, 2022 Otter Creek Sportsman Club Cedar Rapids, IA *Year-End Tournament

BOCCIA

KY-IN Boccia Tournament

July 17-18, 2021 Indianapolis, IN

KY-IN Boccia Tournament

September 25-26, 2021 Bowling Green, KY

Bayou Boccia Tournament

February 18-19, 2022 Gulfport, MS

Buckeye Boccia Tournament *

May 9-19, 2022 *Virtual Buckeye Wheelchair Games

Mid-Atlantic Boccia Tournament

May 2022 (Dates TBD) Richmond, VA

Vaughan Boccia Tournament

June 11-12, 2022 Glen Ellyn, IL

Swamp Classic

February 5-6, 2022 Gainesville, FL

Valley of the Sun

February 18-20, 2022 Phoenix, AZ

US Paracycling Open

April 8-10, 2022 Huntsville, AL

Off-Road Spring Expo

April 13-16, 2022 Chesterfield, VA

Redlands Cycling Classic

April 20-24, 2022 Redlands, CA

Pittsburgh Marathon

May 1, 2022 Pittsburgh, PA

Tour of America's Dairylands

June 16-20, 2022 Milwaukee, WI

Wichita Omnium

Dates TBD Wichita, KS

NATIONAL VETERANS WHEELCHAIR GAMES



July 7-12, 2022 Tempe, AZ

HANDCYCLING

Echelon Racing League ToAD Virtual Criterium Races

November 2021 -February 2022

PVAR High Performance Camp

January 29 – February 3, 2022 Brooksville, FL

Updated 02/08/22

For more information: pva.org/sports

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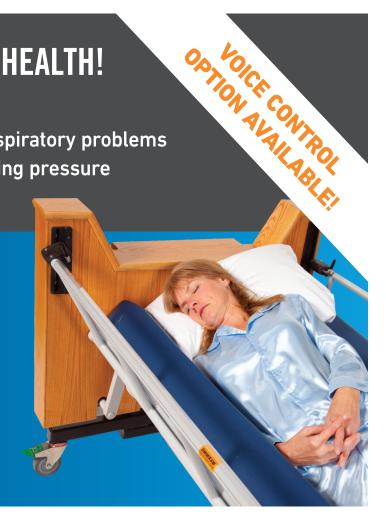
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An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted or commissioned for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard 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 Ve	eterans of America, 370	U Sliverton Rd NE, Sai	lem, OR 97305
First Name:	Middle Initial:	Last Name:	
Date of Birth: /Soc Race/Ethnicity:			
Asian/Pacific Islander	_	escent	_atino
☐ Native American/Alaskan Native	_		
Address:			
State:	Zip:	Email:	
Home Phone:	Cell Pho	one:	
VETERAN STATUS INFOR	MATION		
Please submit the following with app			
 DD Form 214 showing character of Medical evidence of spinal cord in Proof of active duty status must be verified. 	jury or involvement (med		n's statement).
Have you been discharged under con If yes, please explain:			No
Are you a United States citizen? ☐ Ye	s 🗖 No		
Do you have a spinal cord injury or di	sease? □Yes □No If dis	ease, specify:	
Is your spinal cord injury or spinal cor	rd disease service conne	c ted? ☐ Yes ☐ No	
If Paralyzed Veterans of America is you information to PVA National Members			· ·
I declare under penalty of perjury that and I understand that my membership			
Applicant Signature:		Date:_	
Witness Signature:		Date:_	



Physician's Statement Form

	is a veteran who has a spinal cord injury or disease.
His/her diagnosis is:	Paraplegia 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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