

# Paralog



Oregon Paralyzed Veterans  
of America

January - February 2010  
Volume 14 Issue 1



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**Front Cover Photo Provided By: Gilbert Brown**

*Pictured on the cover are Suzanne Marx and Bill Gray at the line shooting backers.*

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

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# Oregon PVA

## President's Message

By ANTHONY MARX, President

Veterans Day was a great success as it pertained to our involvement with the Veterans Parade in Albany and the Fighting for Life movie that was premiered in Salem. The Albany Democrat-Herald featured several pictures of our members during the parade. We had approximately 165 people who attended the Fighting for Life premier where the participants shared their appreciation and opportunity to support veterans and active military personnel.

In the month of December I participated in a site visit to the Seattle SCI Unit. It was a pleasure to work with National staff and the members of the Field Advisory Committee. During the site visit we addressed prosthetics issues, annual evaluations, staffing ratios, the construction project and other issues concerning healthcare for our members. We also discussed concerns about the availability for annual evaluations for our members who have multiple sclerosis (MS). Currently the Seattle SCI Unit does

not admit our members who have MS which puts them at a disadvantage for addressing bowel and bladder changes as well as a comprehensive evaluation of mobility equipment needs. It was discussed during the meeting that there were at least seven other SCI centers who currently admit MS patients. The inconsistency of the policy to determine eligibility for the MS population to utilize an SCI center will continue to be a major priority not only at this Chapter as well as the National office. The overall outcome of the site visit was positive, staff was receptive to the recommendations and as always we have the highest committed enthusiastic personnel that handle our care on an inpatient and outpatient basis.

We have been working very hard to increase our visibility in the public through all media avenues available. We currently run ads on five different digital billboards in Salem with a viewing of approximately 37,000 drivers daily.

We also will be in the Retirement Connection which has a circulation of 120,000 in the Portland – Vancouver area. We now have a Fans page on Facebook where fans can get instant news feeds on every event, press release or activity Oregon PVA does. We will be launching the VIP card mid-January to members, donors and friends to help provide discounts on day-to-day items as well as dining. The cards will be presented in custom packaging that describes our mission and objectives. This new VIP card package will also provide information to the general public to better promote our programs.

There is a lot going on in the next several months, so for the best way to keep up to date with what your Chapter is doing check out the feature pages on the website [www.oregonpva.org](http://www.oregonpva.org) or if you are into Facebook sign up as a Fan of Oregon Paralyzed Veterans of America.

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# Oregon PVA

## Vice President's Report

By Terry Brown, Vice President

### WOW, WHAT A PARADE!

First off, I want to thank Bill Blake, Jack Howell, Jeff DeLeon and his son Axel for taking part in the parade. The weather turned out great and the F-15's came in nice and low, right down 2<sup>nd</sup> Avenue. The parade went off without a hitch and there was a sizable turnout to celebrate our Veterans service to their country. This was the first time any of us actually participated in the



Terry Brown and Family

parade and each one came away with a new appreciation for Veterans Day. We ended up with only one hand cycle rider pulling his son in a bike trailer in between our two vans. Maybe we will have more hand cyclists next year. The best part of the whole parade, for me, was the children. We fight for freedom from one generation to the next for the future of our children.



Jeff DeLeon and son Axel

By Jeff DeLeon, USN and Oregon PVA member

Today was a day to celebrate all Veterans of our armed forces and I was given an opportunity to do so in a very exciting way. The OPVA was participating in a Veterans Day Parade in the city of Albany and I was asked to ride my handcycle to promote our organization and the sport itself. The day started out with the appearance of a typical day for us Oregonians, rainy and cold. I decided to drive the parade route just to get an idea of the distance and any obstacles we might encounter. There were none and

the route seemed like a good trip for me to tow a cart that my son could ride along with me. As we unloaded the handcycle it was beginning to feel like we might get a break in the weather. My son was beginning to get restless and was ready to get to riding so we headed off for our spot in the assembly line. As we passed wagons full of Boy Scouts and other children we were beginning to get lots of comments about our unique "bicycle". There are not very many people who have seen anything like the "contraption" we were in and it is fun to see the faces when we tell them it is out of necessity rather than comfort. Well with all the hustle and bustle over

my bike, wouldn't you know, we missed our spot. I was kinda glad though, because we happened to be at the overpass when a pair of F-15's made a fly-over. We finally



found our spot and as much as we could hold still, waited for the parade to begin. After about 20 minutes we were up to start our route. Candy, check. Son, check. You have to have your priorities straight. Ha, Ha. As we made our way to the parade route, I was amazed at the amount of people who chose to attend. My son proceeded to throw out handfuls of candy, and I proceeded to let him know we might want some for the whole route. The farther we got, the larger the crowds. What an experience! As we made our way to downtown the smile on our faces seemed permanent and I knew it was from seeing the appreciation of the people. The end of the route left both of us looking and wishing there would not be an end, but I guess that will leave us looking forward to next year. I have to thank Terry and the OPVA as a whole for letting us be a part of that day.



*Bill Blake and Jack Howell*

bands, a lot of old cars, especially Army jeeps, to floats with kids, all expressing a significant "Gung Ho". There were thousands of people along the route, with many of them wearing baseball hats with their branch of service. There were children as well as many senior citizens all saying thanks for your service. It really was special. Afterwards there was a spaghetti feed at the American Legion Hall. Met several Army and Army reservists. Even saw the two F-15's fly over the parade. Jets always make me excited. We plan to have a few more people with us in the parade next year. Join in and make it special.



*By Jack Howell*

The Veterans Day Parade in Albany, Oregon was quite an experience for me. To see thousands of people lining the streets waving and thanking us for our service, was quite emotional to bring tears to my eyes. As a Vietnam combat Veteran, this is something we did not see when we came home. While riding with Bill I was throwing candy to the kids, following was Jeff on his hand cycle pulling his son in a trailer and

*By Bill Blake*

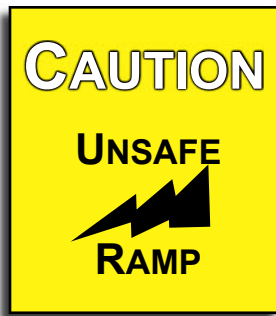
What a great experience!!! Terry and Gilbert Brown, Jack Howell and Jeff DeLeon all were in the Veterans' Day Parade in Albany. It is known for being one of the biggest Parades for Veterans' Day. It was a wonderful day, first off it wasn't raining. With the weather we have been having in November, anything could have happened. There were nearly 200 entrants in the parade, from local



Terry with his dad brought up the rear in his van.

I had a great time and all I can say is thank you for supporting all our veteran men and woman of the service.





## Ramp Alternatives

### Outdoor Innovations

By David Youst

Although wood is plentiful here in the Pacific Northwest, it may not always be the best material for some applications, specifically wheelchair ramps. Amramp provides a steel modular ramp system that is safe, sturdy, and will withstand the test of time.

There are three basic construction options available for installing a ramp at your residence: wood, concrete, or metal. For wood or concrete, you have to consider several issues:

- You must find a handyman or contractor who knows how to



design and construct the ramp so it will be safe, secure, and appropriate for its intended use.

- In most communities, you need a building permit and must be sure the ramp meets all local

code requirements. This process may also trigger a reassessment of your property's value.

- Construction of wood or concrete ramps may take days or even weeks. An unreliable contractor may not finish the job. When completed, it is a permanent modification, and removal will require a process similar to the installation.
- Wood will rot over time and may need to be replaced several times during the life of the user. Wood can also warp,

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- splinter, or become infested with pests such as termites.
- Wood is slippery when wet. Rain, sleet, snow, and ice make wood and concrete ramps dangerous.
- A permanent wood or concrete ramp can reduce a home's resale value.

In contrast, metal ramps are not permanent home modifications and do not need building permits for installation. This type of ramp is not a permanent building fixture and can be easily removed and sold (or donated) when it is no longer needed. Steel ramps are stronger than wood, can support more weight, and are not subject to rot or pest infestation.

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has a perforated pattern that allows moisture to pass through.

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# Sports

## Program Report

By Jack Howell, Sports Director

Due to the weather we had to cancel the poker night at the office in December. The poker night is rescheduled for January 15th, starting at 6:00 pm. There will be pizza and soda pop provided. If you can come, please RSVP the office.

The Veterans Wheelchair Games will be held in Denver Colorado this year from July 4 – 9, 2010. We would like to send ten athletes this year with preference given to novices. We need to know by April 1st if you would like to attend the Games so that we will have adequate funding and practice. Do not wait until the last minute, otherwise you might not be able to attend.

In the last issue of the Paralog I mentioned that we would like to start a basketball program. Jeff DeLeon is the contact person for the basketball program, so if you like to shoot hoops call the office and leave a message for Jeff.

Many of you may remember that last year Governor Kulongoski directed Paul Evens and Amy Keiter to put together a program that would allow veterans with

disabilities an opportunity to go to the Paralympics Games in Vancouver (2010). Amy Keiter took the lead and has done a tremendous job driving the team forward. Their first mission was to secure the needed cash from outside of government sources. And so far, about \$60,000 has been raised/pledged through the generosity of non-profits, foundations, and persons with a sincere commitment to this cause. That amount will allow us to send 25 veterans with disabilities to the games.

Unfortunately, right now they have about 7 of the 25 slots accounted for. They are at the point where they need to start firming up the trip and we have 18 slots open.

Everything else is ready to go and we want to fill the bus!!! To do this, they need YOUR help. If you are interested –apply! There is a process – the application form can be found at:

[http://www.operationhomefront.net/Chapter\\_root/chapter\\_index.asp?Chapter\\_ID=42](http://www.operationhomefront.net/Chapter_root/chapter_index.asp?Chapter_ID=42) on the Operation Homefront site (Oregon Chapter).

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## Quarterly Inter-Chapter Trap Shoot

By Suzanne Marx

Once again the two trap teams meet: Northwest PVA and Oregon PVA. For the second time in a row everything lined up to make this shoot another success. The weather was gorgeous, the shooting conditions were pristine, and the Sumner Sportsmen's Association graciously opened their doors for this shoot on what was normally an off day for the club. Thank you, Sumner, and a special thank you to the Annex family for your time and involvement.

After the troops rallied for breakfast and headed to the gun club, order set in and Oregon began the shoot with singles. Sumner is a tough venue for the Oregon club but a welcome challenge and challenge it was! Out past each trap house there is a berm with a floating skyline right on the horizon with currently leafless trees dotting the background. It makes for some stimulating conversation after every round on how shooters tackled 'seeing the bird' but those chats help each shooter to find the mojo that works for them in the next round.

Singles were followed by doubles and then by handicap. Northwest had Oregon in singles but Oregon rallied back and pulled ahead in doubles. However, Northwest whipped out their arsenal and took back the lead in handicap. A final tally of fifteen birds is what separated them as the winner over Oregon. To the very end it was a close and friendly competition with

much bantering going on back and forth. Shooters for the Oregon team this quarter were Todd Burk, Darrel Von, Suzanne Marx, Bill Grey, and Jack Howell. Shooting for Northwest and the winning team were Dave Zurfluh, Ernie Butler, Toai Nolan, Sean Halsted, and joining them as their fifth shooter, resident Sumner member Debbie Annex.



*Mark Daly shows his natural ability shooting as he breaks a few birds of his own for fun.*

Present at this quarter's shoot was a very special guest: Mark Daly, Director of Communications for the National PVA office. Mark extended a business trip and spent the weekend observing different rounds of shooting and chatting with shooters as well as interviewing Ernie Butler of Northwest PVA and Suzanne Marx of Oregon PVA for a National PVA pod cast. In turn, it was a joy to have Mark join the group for the weekend and be afforded a rare treat in getting to spend one-on-one time with him. Thank you, Mark, for joining this inter-chapter shoot.

With two successful shoots under the teams' belts, the next quarterly shoot will be scheduled for March, date to be announced. If you are interested in coming out and shooting, please call the Oregon PVA office at 1-503-362-7998 or toll free at 1-800-333-0782. It is a great way to meet new people, get out of the house and begin a new or expand on an old hobby. Come on out and join us!



*Teammate Bill Grey waits his turn after Suzanne Marx*

# Oregon PVA's First Christmas Shoot Starts With a Bang

By Terry Brown, Vice President



Thankfully, the forecast for the First Annual Christmas Turkey Shoot held at the Albany Trap Club was correct. After morning clouds, the sky cleared off and the temperature was near sixty degrees.

Suzanne Marx organized our first turkey shoot that started out good and only improved as the day continued.

A huge part of the success was due to hard work from more than twenty volunteers that cooked the breakfast, ran the raffle, and every other detail to make this first shoot a great event. I would like to thank everyone who volunteered at the event as well as those individuals at our office that prepared everything before the event.



A special thank you to our host, the Albany Gun Club. Ray Unger, President and his board, as well as club volunteers made sure the range was ready and handled the money and provided assistance throughout the event.

Also, please support and shop at the business that provided the raffle prizes and let them know how much we appreciate their partnership.

The day started off with a complete breakfast cooked by and served by the Foster family to all the participants. Then the shooting started around 10 am and ended just after noon. One of our youngest shooters with only two days of experience won himself a turkey. Congratulations Ryan!



Shooters shot from the 16, 24 and 27 yard mark depending on their skill level. There were some shooters shooting backers and scatter boards to add a little more variety and excitement.

With more than sixty shooters everyone went home with something to show off. The day ended with the drawing for the Beretta 390 shotgun that was valued at over \$1,200. The winner was one of the last raffle tickets. Congratulations Bob Parsons, enjoy the shotgun!

Next year will be bigger and better! Look for information next fall.

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# Membership

## Program Report

By Lynette Nobel, Membership Director

How many of you know what your membership number is? Personally, it was quite some time ago when I became a member and I am not sure exactly where my card is. One thing for sure is I am not the only one. Everyone I have talked to in the office just laughs when I ask them if they know their card number. So to fix the problem, starting in February we will be mailing out new membership cards with the Oregon logo on them. The importance of knowing your membership number is that beginning in the March issue of the Paralog we will put two membership numbers hidden in each publication for members to find. What do you get when you find your membership number? You'll have to win to find out.

Have you ever been broken down in your vehicle on a major highway and are not sure who you are supposed to call for assistance? Many of us have our own personal roadside assistance cards but for those of you who do not, Oregon Department of Transportation Incident Response Program can help you. Contact David Luster, Traffic Operations Specialist in Region 1 (Portland Metropolitan Area) at [davidluster@odot.state.or.us](mailto:davidluster@odot.state.or.us). Remember to ask for the dispatch number for assistance in your area for emergency roadside assistance on major byways in Oregon.

For those of you who fly and have problems related to how you were treated, transferred or assisted you can call a toll free hotline from 7 am to 11 pm eastern

standard time at 1-800-778-4843. This number puts you in contact with the US Department of Transportation's Aviation Consumer Protection Division.

We would like to place pictures of our members while they were in service in upcoming issues of the Paralog with a brief paragraph stating where you served and when. It could be a boot camp picture, which we all love to laugh about, or

other military picture as well as a current picture.

The membership recreation fund has continued to be successful with you, the members, by meeting recreational needs as well as daily living needs due to the current economic conditions. Please continue to send pictures and stories about how this fund has helped you. If you have any suggestions as to how we can serve you better or you would like to become a volunteer please call us at the office at 1-800-333-0782. One person can make a difference!

### GOT YOURS YET?

The Oregon Department of Veterans' Affairs has worked with the Oregon Department of Motor Vehicles and the Oregon Legislature to bring you new graphic designed veteran license plates for your vehicle. Now you can show your loyalty to your branch of service or show that special medal you earned.

Just visit your local DMV office and ask how you can get one of the new veteran license plates for your automobile.

As an added bonus, a percentage of the money raised on the license plates is returned to the Oregon Veterans' Home. So you are helping others as you adorn your vehicle with new graphic plates.



### Use Your Recreation Fund

Oregon PVA's \$250 Member Recreation Reimbursement Fund begins Oct. 1st and ends Sept. 30th until the funds have been depleted. Simply send in your receipts to the Oregon PVA office in Salem. Also, include a one to two paragraph description of what you did—maybe a picture. All receipts must be dated within this current fiscal year and received in the Oregon PVA office no later than September 30th for those funds to be used. Oregon PVA's fiscal year ends September 30th each year.



# Canine Compassion

## Service Dog Update

Over the last year we have been receiving a lot of inquiries in regard to requests for service dogs for veterans with mobility impairments. As part of the inquiry, the caller usually follows up with the question, "What does the VA pay for?" The VA's web-site states the following on Service Dogs:

### What are service dogs?

A service dog is trained to help those with disabilities other than visual or hearing impairment. Service dogs typically perform tasks for the benefit of an individual with a physical or hearing disability.

### How do I get a service dog?

Each Veteran's case is reviewed and evaluated by a prescribing clinician for the following:

- Ability and means, including family or caregiver, to care for the dog currently and in the future
- Goals that are to be accomplished through the use of the dog
- Goals that are to be accomplished through other assistive technology or therapy
- The Veteran will be informed of an approval or disapproval of their service dog request. Veterans approved for service dogs are referred to Assistance Dogs International-accredited agencies. There is

no charge for the dog or the associated training.

### What benefits does VA provide?

Veterans with working service dogs are provided veterinary care and equipment through VA Prosthetics and Sensory Aids. VA does not pay for boarding, grooming, food, or any other routine expense associated with owning a dog.

Even though the VA provides the above information on their web-site there is no consistent approval policy. Due to the confusion at the VISN level we contacted the VA Central Office in Washington, DC. After speaking with Neal Eckrich, VA National Program Manager, Prosthetic and Sensory Aids Service, stated that "At this point in time, service dogs will not be an eligible "device" for a prosthetic service card. We will evaluate as the service dog program evolves."

However, when Public Law 111-184 passed, it created an opportunity that Oregon Paralyzed Veterans can play an important role in the Service Dog issue. This portion of the law referring to Service Dogs is Section 1077 of the National Defense Authorization Act for Fiscal Year 2010. Section 1077 establishes a three year study on the benefits that an eligible participant receives by having a service dog. Mr. Eckrich stated that once the VA selects a researcher that he would put us and the researcher together. It is very

important that this study is successful to help establish a permanent Service Dog program within the VA system. Mr. Eckrich also stated that previous studies have failed to get many volunteers, so our assistance to make people aware would be greatly appreciated.

The study is designed to target two hundred participants and will pay up to \$10,000 for the service dog as well as \$75 per month to offset the cost of having the dog. There are several other aspects of study which will be posted on our web-site. The bottom line is that if you are interested in being part of the study; please call our office at (503) 362-7998 with your contact information. Once we develop the list we will be contacting Neal Eckrich, VA National Program Manager, Prosthetic and Sensory Aids Service with the information.

For those of you who do not know about service dogs, there is a difference between Guide Dogs and Service Dogs. The service dogs are trained to assist in activities of daily living by opening doors, retrieving dropped items and pulling wheelchairs. These are just a few of the many benefits that a service dog provides. Plus the dog also offers unconditional love and acceptance.

The service dog accompanies their partner everywhere - home, work, anywhere their lives take them. In many cases, service dogs

perform tasks that were previously performed by an attendant or family member; thus reducing the veteran's dependence on other people.



Because of the importance of the positive impact that service dogs have on their owners, Oregon Paralyzed Veterans of America and the Joys of Living Assistance Dogs

have teamed up to offer a volunteer program called Help for Heroes. Help for Heroes is an opportunity for veterans to care for and train puppies to become assistance dogs for their disabled comrades.

Veterans face many challenges when it comes to reintegrating into society. They often feel isolated and depressed. The loss of friends and comrades can lead to feelings of helplessness and guilt. It is common for both combat and non-combat veterans to deal with some level of anxiety, anger, and/or depression that comes with physical injuries or emotional trauma. For too many veterans, everyday events continue to trigger traumatic memories from their time of service,

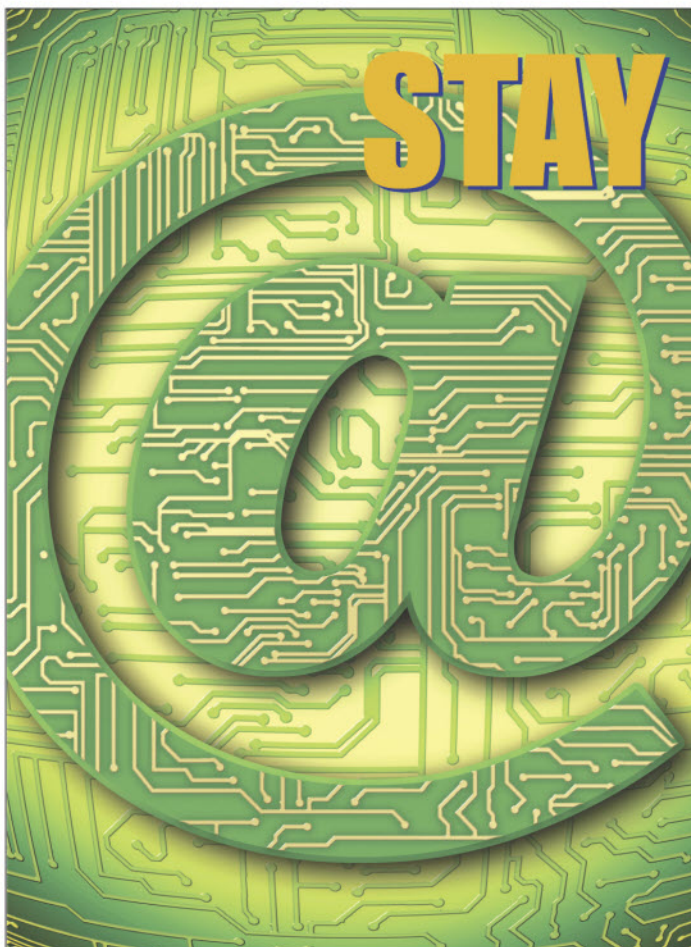
resulting in Post-Traumatic Stress Disorder (PTSD).

Post-Traumatic Stress Disorder is an anxiety disorder caused by exposure to a terrifying event — an assault, accident or military combat — involving the threat or occurrence of grave physical harm.

About 1.6 million U.S. troops have been deployed to Iraq and Afghanistan since 2001.

Nearly 40,000 military personnel serving in the two wars have been diagnosed with PTSD, according to the Pentagon.

Nearly 14,000 cases were diagnosed in 2007, up 47 percent from the 9,500 cases in 2006. The military also acknowledges that many troops, wary of the stigma attached to mental health issues, do



# STAY INFORMED!

## ARE YOU A PVA MEMBER? DOES PVA HAVE YOUR EMAIL ADDRESS?

Email is the fastest way for PVA to communicate news, event calendars, or special offers to PVA members. Contact the PVA Membership Program ([memberupdate@pva.org](mailto:memberupdate@pva.org) or 800-424-8200, ext. 775 or 776) to ensure that we have your current contact information, including email address.

Don't miss an issue of the *President's Quarterly* newsletter, now being sent exclusively via email. And help us to inform you immediately on issues that affect you as a PVA member.

**Contact PVA membership today!**

**[memberupdate@pva.org](mailto:memberupdate@pva.org)**





not report psychological problems. The number jumped 47 percent in just one year, from about 9,500 cases diagnosed in 2006 to nearly 14,000 in 2007.

Nearly 20 percent of service

members who have returned from Iraq and Afghanistan — 300,000 in all — reported symptoms of PTSD or major depression, and only slightly more than half have sought treatment, according to a Rand Corp. study. Many cases go unreported.

By caring for and training puppies Help for Heroes aims to assist veterans in two ways: 1) to help heal their emotional wounds, become more relaxed, and less hyper-vigilant; and 2) to help their fellow comrades, wounded in duty, regain their independence through the aid of assistance dogs. These very special dogs provide constant companionship for both the trainer and the recipient, greatly decreasing feelings of isolation, anxiety, anger, and/or depression.

Help for Heroes is seeking veterans who wish to volunteer their time and resources to train

assistance dogs. Veterans will be taught how to train the dogs to respond to dozens of commands. Within approximately 18 months, the dogs will be able to help their new owners with simple to complex tasks such as opening doors, turning on/off lights, retrieving dropped items, alerting to safety hazards, helping with the laundry, and more. These round-the-clock companion dogs are eager to serve and give their owners greater independence. If you are interested in becoming a trainer or part of the "Help for Heroes" program contact Joy St. Peter, Director, The Joys of Living Assistance Dogs, (503) 551-4572.

*Photos taken by Phyllis Dinsmore of JLAD Photography*

**SUPPORT AND SAVE!**

*Make a Difference That Lasts a Lifetime!*

**Oregon Paralyzed Veterans of America**

**Check out the featured page at [www.oregonpva.org](http://www.oregonpva.org) For a special discount offer!**

# Service has its Rewards!



U.S. Bank is proud and appreciative of all U.S. Military personnel. To thank you for your service, U.S. Bank is pleased to offer a complete package of banking benefits designed for all Armed Forces members, including active duty, reserve, retired and veterans. As valued customers, you have the option to choose Military Benefits with the checking account that best fits your needs: Five Star Platinum Checking or Elite Checking<sup>1</sup>. You'll receive these benefits:

- Unlimited free ATM transactions at all ATMs<sup>2</sup>
- Free Checks<sup>3</sup>
- Free Internet Banking, Bill Pay, and Online Statements
- Free U.S. Bank Visa Check Card with Rewards<sup>4</sup>
- Checking with interest<sup>5</sup>
- No Minimum Balance or Monthly Maintenance Fee<sup>6</sup>
- Free Money Orders, Traveler's Checks, and Cashier's Checks

Special Offer for the  
Insert Military  
branch here



1. All regular account opening procedures apply. Non-routine transaction fees may apply. \$50 minimum opening deposit to open a U.S. Bank Platinum or Elite Checking account; \$25 minimum deposit to open a Five Star Money Market Savings Account. Platinum Checking requires a Five Star Money Market Savings and/or qualifying U.S. Bank Visa Platinum credit card. Credit products are subject to qualification and approval. Other restrictions may apply. 2. A surcharge fee may be applied by the ATM owner, unless they are participating in the MoneyPass network. 3. Free U.S. Bank logo style checks or a 50% discount on all other personal styles. 4. Checking That Pays<sup>®</sup> offers reward programs for check cards that can be added to any U.S. Bank personal checking account. Only Visa transactions (transactions that do not require a PIN to be entered) qualify for rewards. Cash advance and ATM transactions do not qualify. 5. Interest rates vary by branch and are subject to change. 6. With the military waive code. Deposit products offered by U.S. Bank, N.A. Member FDIC.





# Community

## Program Report

By Byron Loosli, Community Liaison Director

It is an absolute privilege to have the opportunity to serve you as your Liaison Director for the state of Oregon. With this privilege comes a great passion to aide and help our organization develop awareness programs for the entire state of Oregon. With these diverse awareness programs comes the added opportunity for the Oregon Paralyzed Veterans of America to meet and become associated with many different government, civic and local organizations.

As we embark on a number of diverse community events and awareness programs, I am reminded daily by individuals I meet at different community events of the importance of your service to our great country. I met a man today after a chamber meeting (I will leave his name out for anonymity). He is the owner of a local business and as he began to talk to me he began by thanking me for reminding all the members of the chamber about the importance our veterans have played in the history of this great nation we live in.

The gentleman went on to share some stories with me about himself and his family and their involvement with the military. As he shared with me he began to get tears in his eyes as he reflected on his personal experiences serving in the armed forces, he suffered many losses in defending our country. As we furthered our discussion he shared with me how very happy he was to see an organization such as the **OPVA (Oregon Paralyzed Veterans of America)** standing up in community meetings to remind the general public about all of the veterans, both past and present that have served our country to make it possible for all of us to be able to live in this FREE nation.

As all of us go out performing our daily duties, jobs or honey do's around the house, remember that you represent an organization that continues to serve this

great country to the fullest. Take pride in the fact that people everywhere appreciate what you have done and continue to do.

Though they might not always say it verbally, I am finding out on a daily basis, that the general public truly appreciates what you have done, and as we develop more and more awareness programs and outreach programs, our community will be reminded more often that you are here to continue to serve them.

### February's Big Event

The big event of the quarter is the **1<sup>st</sup> annual Health and Wealth Expo**. Come out to the Expo, meet over 40 businesses that you can gain knowledge from attend over 5 different workshops centered on your health and wealth issues in your life. Leave the Expo better informed and have a greater understanding of companies and organizations here to serve you.

You're Invited to the  
**2010**  
**Passport to Freedom**  
February 20th -- 10 am - 5:00 pm  
**HEALTH & WEALTH**  
*SENIORS AND DISABLED*  
**EXPO**  
at the  
**KROC**  
CORPS COMMUNITY CENTER  
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Free Cruise Drawing  
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Special Give-a-ways  
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Door Prizes

Call today for more information:  
**1-800-333-0782**

Wellspring  
CRUISE PLANNERS  
WADDELL & REED  
Retirement Connection

Oregon Paralyzed Veterans of America

## Remember Our Soldier's Overseas

*Christmas will be coming soon and some credit is due to our U.S. service men and women for our being able to celebrate these festivities. Let's try in this small way to pay a tiny bit of what we owe. Make people stop and think of our heroes, living and dead, who sacrificed themselves for us.*

# Soldier on Watch



LCDR JEFF GILES, SC, USN  
30TH NAVAL CONSTRUCTION REGIMENT  
OIC, LOGISTICS CELL ONE  
AL TAQQADUM, IRAQ

*The embers glowed softly, and in their dim light,  
I gazed round the room and I cherished the sight.*

*My wife was asleep, her head on my chest,  
My daughter beside me, angelic in rest.  
Outside the snow fell, a blanket of white,  
Transforming the yard to a winter delight.*

*The sparkling lights in the tree I believe,  
Completed the magic that was Christmas Eve.  
My eyelids were heavy, my breathing was deep,  
Secure and surrounded by love I would sleep.  
In perfect contentment, or so it would seem,  
So I slumbered, perhaps I started to dream.*

*The sound wasn't loud, and it wasn't too near,  
But I opened my eyes when it tickled my ear..  
Perhaps just a cough, I didn't quite know, Then the  
sure sound of footsteps outside in the snow.  
My soul gave a tremble, I struggled to hear,  
And I crept to the door just to see who was near.*

*Standing out in the cold and the dark of the night,  
A lone figure stood, his face weary and tight.  
A soldier, I puzzled, some twenty years old,  
Perhaps a Marine, huddled here in the cold.  
Alone in the dark, he looked up and smiled,  
Standing watch over me, and my wife and my child.*

*"What are you doing?" I asked without fear,  
"Come in this moment, it's freezing out here!  
Put down your pack, brush the snow from your sleeve,  
You should be at home on a cold Christmas Eve!"  
For barely a moment I saw his eyes shift,  
Away from the cold and the snow blown in drifts..*

*To the window that danced with a warm fire's light  
Then he sighed and he said "Its really all right,  
I'm out here by choice. I'm here every night."  
"It's my duty to stand at the front of the line,  
That separates you from the darkest of times.*

*No one had to ask or beg or implore me,  
I'm proud to stand here like my fathers before me.  
My Gramps died at ' Pearl on a day in December,"  
Then he sighed, "That's a Christmas 'Gram always remembers."  
My dad stood his watch in the jungles of ' Nam ',  
And now it is my turn and so, here I am.*

*I've not seen my own son in more than a while,  
But my wife sends me pictures, he's sure got her smile.  
Then he bent and he carefully pulled from his bag,  
The red, white, and blue... an American flag.  
I can live through the cold and the being alone,  
Away from my family, my house and my home.*

*I can stand at my post through the rain and the sleet,  
I can sleep in a foxhole with little to eat.  
I can carry the weight of killing another,  
Or lay down my life with my sister and brother..  
Who stand at the front against any and all,  
To ensure for all time that this flag will not fall.."*

*" So go back inside," he said, "harbor no fright,  
Your family is waiting and I'll be all right."  
"But isn't there something I can do, at the least,  
"Give you money," I asked, "or prepare you a feast?  
It seems all too little for all that you've done,  
For being away from your wife and your son."*

*Then his eye welled a tear that held no regret,  
"Just tell us you love us, and never forget.  
To fight for our rights back at home while we're gone,  
To stand your own watch, no matter how long.  
For when we come home, either standing or dead,  
To know you remember we fought and we bled.  
Is payment enough, and with that we will trust,  
That we mattered to you as you mattered to us."*



# Hospital Liaison

## Program Report

By JOEL SATORIS

Wow! Is it good to be out of the hospital! Good food, my own bed and back on the road working for Oregon PVA again. Life couldn't be any better. One of my first big trips back in the saddle was going up to The Dalles on December 4<sup>th</sup> for the annual Christmas party we put on for the residents and staff. It was wonderful to see and hear the appreciation of what Oregon PVA does for our veterans at The Dalles Veterans Home. During my time up there we set the schedule for our summer and fall barbeques. If you would like to be involved and come up and speak with the residents during these barbeques please call the office and I will get back to you.

With all the changes in the VA system it is hard to keep up with the appropriate protocols to utilize not only the healthcare system, but even getting a flat tire fixed on your wheelchair. As many of you know, the VA is constantly hiring or promoting personnel so Oregon PVA has to constantly train and educate new staff on customer service. Sometimes changes are good but in the VA system we are never told when a change happens until a member has difficulty getting service.

Prosthetic Cards are real and do exist! Either you do not have one or you may have one and it has been denied by a vendor! Here are some things you should know about getting a Prosthetics Card that can make your day go a lot easier. First

of all, you must request the card from your prosthetics department in your catchment area. So, if you are serviced by Portland, you would call the Portland VA and if you are served by the Roseburg facility you would call them. If you are in the Boise area, you would use the Boise facility. When you request your Prosthetics Card **MAKE SURE** they have your current serial number, make and model of your day-to-day chair and back-up chair. Many times your local prosthetics department does not have the most current information on your mobility equipment, even though computers and internet have been around more than a decade. So please help yourself out and the VA with providing up to date information. If you do not receive a Prosthetics Card within two weeks of your request call our office with the name, date and wheelchair information so that we can provide a little bigger hammer to get you your card.

How many of you use respite care or do you even know what respite care is? For some reason those veterans who are entitled to respite care neither know how to use respite care or where it can be received at. The following is directly take out of the **VHA Handbook 1176.1** on respite care:

*Respite care is recognized as an important consideration for families and caregivers of physically dependent veterans. Each veteran*

*using attendant care is offered respite care on the SCI Unit in a VA medical center having and SCI center, unless a veteran requests its provision in another setting. The duration of any respite care admission, absent complicating medical factors, will not exceed 14 days. However, the total of all respite care for a veteran in a year, absent complicating medical factors, is not to exceed 30 days. For those of you who would like to have your respite care at home, this is possible. However, you will only be entitled to 4 hours of care per day. So if your caregiver needs a break because of "I'm losing my mind" or "I need to take a trip" or "personal time off for medical recuperation" use your respite care eligibility. Remember, this is an entitlement at your request, not to be determined for some magic day in the future as some may believe. So, if you request respite care remember you have options, make the VA do their job and provide you with the options for respite care that suit your need. If you are denied respite care even when you were being flexible, please contact the office with who you spoke with and the date so we can follow up and provide you with a solution to the problem. Our main goal is to ensure that you have access to the highest quality healthcare available.*

# "WADDELL & REED IS THE 5-YEAR LEADER..."

Barron's - Feb. 2, 2009



According to Barron's annual ranking of the Best Mutual Fund Families as of 12/31/08, "...Waddell & Reed still has a sizable lead over its rivals for five years."

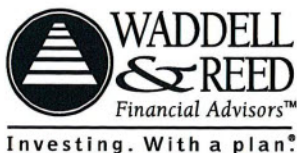
The market environment may change, but our commitment to consistently competitive performance never does. At Waddell & Reed, we've been building personal financial plans with highly competitive mutual funds for more than 70 years. Can we build a plan for you?

**PERSISTENT PERFORMANCE. CALL WADDELL & REED TODAY.**

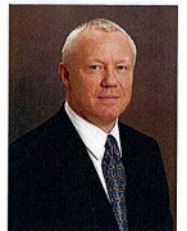
*Investors should consider the investment objectives, risks, charges and expenses of a fund carefully before investing. For a prospectus containing this and other information for the mutual funds offered by Waddell & Reed, call your financial advisor or visit us online at [www.waddell.com](http://www.waddell.com). Please read the prospectus carefully before investing.*

Past performance is no guarantee of future results. Investment return and principal value of an investment will fluctuate, and shares, when redeemed, may be worth more or less than their original cost. Barron's 2.02.09. For the period ending 12.31.08, Waddell & Reed ranked 5 and 7 out of 59 and 48 firms for the 1 and 10 yr periods, respectively. Rankings based on asset-weighted returns across five asset types: domestic equity, world equity, mixed equity, taxable bonds and tax-exempt funds. Sales charges are not included in the returns. In addition, the ranking period included time periods during which some funds' returns were affected by expense reduction arrangements. Please visit our web site for more information.

Waddell & Reed, Inc. 8575 (02/09)



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# Research Update

## Mobility Innovations

By Anthony Marx, President

In the last two years I have been reviewing the progress and development of the Magic Wheels. It has been very important to me personally to track the progress and innovation of this product because of the years of wear and tear from pushing has done to my shoulders. There are a lot of products out there for assistive power wheels, however there are several drawbacks to those products for me personally. The first being as a C-5 quadriplegic it changes how I position my arms when I push. Another problem is the ease for side impact damage to the wheels. Because I travel a lot I cannot afford not being independent in my wheelchair.

When I first tested the Magic Wheels I was preparing myself for the worst. But once I started pushing up an incline with its geared system it blew my mind. With very little effort and pressure to push up inclines where I

needed assistance in the past, I was able to be more independent. The wheels in the normal push setting did not significantly change my effort or coasting distance compared to standard manual wheels. Even with the added weight of the Magic Wheels and not having to exert any additional energy for compensation was a great relief. The Magic Wheel also is very durable because of its carbon fiber composition. I can go off curbs without breaking spokes and travel on planes without worrying about damage to the rims.

Magic Wheels comes with a 5 year warranty which in the long run is cost effective. After looking at their website and have any questions as a user, give me a call. Having been in a manual wheelchair for more than 25 years I have seen about every homemade contraption out there to make pushing easier.

**MAGICWHEELS®**  
2-GEAR MANUAL WHEELS

NEW!  
Medicare approved  
HCPCS Code  
E2227

VA Approved: Contract #V797P-3144M

## Geared wheels proven to reduce shoulder pain by over 55%<sup>1</sup> — *without batteries or motors!*

**Climb with ease.** Similar to bicycle technology, shifting into low gear eases the challenge of inclines and uneven terrain.

**Hill holding.** When in low gear, this automatic feature prevents the wheelchair from rolling backwards.

**Increased downhill control.** In low gear, stopping is easier because only half the force is needed.

**VETERANS!** Call today to arrange a test drive at your local VA or to receive a free product DVD!



**Barry Long, MAGICWHEELS® user since 2004.** "With MAGICWHEELS® I can live without shoulder pain, which benefits me and my family."

**1 866-624-4294**  
[www.MagicWheels.com](http://www.MagicWheels.com)

*Isn't it time to shift gears?*

<sup>1</sup> Finley, M.A., Rodgers, M.M. "Effect of 2-Speed Geared Manual Wheelchair Propulsion on Shoulder Pain and Function." Archives of Physical Medicine and Rehabilitation. Vol. 88, December 2007, pgs 1622-1627.



# PARALYZED VETERANS OF AMERICA

## 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, and was accepted for or on active duty, in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States or an ally of the United States; (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. Complete and mail the application to: PVA Membership Department, 801 18th Street, NW, Washington, DC 20006 or to the chapter of choice.*

800-424-8200 • [www.pva.org](http://www.pva.org)

Chapter Name: Oregon Paralyzed Veterans of America

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Social Security Number: \_\_\_\_\_  
month date year

Male  Female

Are you a United States citizen?  Yes  No

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

Email: \_\_\_\_\_

DATE(S) OF MILITARY SERVICE		TYPE OF SEPARATION	BRANCH OF SERVICE
Start Date <small>month/date/year</small>	End Date <small>month/date/year</small>	Discharge (D) or Retirement (R)	
		<input type="checkbox"/> D or <input type="checkbox"/> R	<input type="checkbox"/> Army <input type="checkbox"/> Air Force <input type="checkbox"/> Navy <input type="checkbox"/> Marine Corps <input type="checkbox"/> Coast Guard
		<input type="checkbox"/> D or <input type="checkbox"/> R	<input type="checkbox"/> Army <input type="checkbox"/> Air Force <input type="checkbox"/> Navy <input type="checkbox"/> Marine Corps <input type="checkbox"/> Coast Guard

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

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

### DISABILITY CLASSIFICATION

#### SPINAL CORD INJURY

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

Date of Injury: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

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

Cause of SCI:

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

#### SPINAL CORD DISEASE

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

Date of diagnosis/onset of condition:

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Specific disease:

- Multiple Sclerosis
- Poliomyelitis
- Amyotrophic diseases (lateral sclerosis, transverse myelitis)
- Syringomyelia
- Other (specify) \_\_\_\_\_

## LEVEL OF FUNCTION

Indicate your level of function:

- Paraplegia       Quadriplegia       Hemiplegia       No paralysis at this time

## GENERAL INFORMATION

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

### EDUCATION *(highest level)*

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

### CURRENT EMPLOYMENT STATUS

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

### MARITAL STATUS

- Divorced  
 Married  
 Never Married  
 Separated  
 Widowed

### RACE/ETHNICITY

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

### TYPE OF RESIDENCE

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

### SOURCE(S) OF INCOME

- (check all that apply)*  
  
 Employment  
 Gifts/Other  
 Private pension  
 Social Security  
 VA compensation  
 VA pension

## NEXT OF KIN INFORMATION

Relationship: \_\_\_\_\_

Name: \_\_\_\_\_

Same as member address on front of form

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

## OTHER CONTACT INFORMATION (someone other than next of kin)

Relationship: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

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

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

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

\_\_\_\_\_  
*Applicant's Signature*

\_\_\_\_\_  
*Date*

*Office Use Only*

*Date Received:*  
\_\_\_\_\_

*Member ID#:* \_\_\_\_\_



## Volunteer Questionnaire

NAME:  
ADDRESS:  
CITY: STATE: ZIP:  
PHONE: FAX:  
E-MAIL:  
SPECIAL TALENTS:  
HOBBIES:

3700 Silverton Rd. NE  
Salem, Oregon 97305  
www.oregonpva.org  
1-800-333-0782

---

### GENERAL QUESTIONS:

Do you drive?  
How many hours per week do you want to volunteer?  
Can you spend nights away from your home?  
Do you have a disability? If yes, please specify.  
Do you have a college education? If yes, what is your major?  
Do you own a digital camera?

### PUBLIC RELATIONS:

Talk to public about Oregon PVA?  
Attend meetings with other organizations?  
Distribute flyers?  
Photograph events?

### ADVOCACY/LEGISLATION:

Learn laws and building codes?  
Help solve access problems?  
Attend hearings and meetings?  
Work on mass transit issues?  
Just want to learn and help out?

### SPECIAL EVENTS:

Help organize events?  
Help at event?  
Take photographs?  
Development flyers?

### HOSPITAL LIAISON:

Visit hospitals to locate eligible members?  
Visit members that are patients?  
Visit members with home care?  
Deliver resources to hospitals?

### MEMBERSHIP:

Call members?  
Visit members at their home?  
Transport members to appointments?  
Be a pen pal?  
Help with mailings?  
Volunteer in the office?  
Help athletes at sporting events?  
Just want to get involved?  
Write articles for newsletter?  
Take photographs for the newsletter?  
Work on web-site?



## Members'

### Letters and Stories to the Chapter

Dear PVA,

After spending a long seven days in the hospital with high blood pressure and seizures, it was nice to get out with my family for a good dinner, hospital food is not the best. We enjoyed a nice evening at the Olive Garden in Clackamas, they are very nice and accommodate my wheelchair and they even have van accessible parking.

Thank all of you for allowing this with the recreation fund.

Steve

My wife and I went down to Salem to join our family for my granddaughters 13th birthday. She is our level headed straight "A" student and going from a little girl to a young lady was a special day for her. We were happy to be able to celebrate this day with her. We are proud of our granddaughter for her interest in her future.

We would like to thank the OPVA on supporting our trip for this special occasion.

Elmer and Wendy

Dear PVA,

Once again I want to thank you for this program that allows me to participate in activities that I otherwise might not be able to. I appreciate the PVA organization and all that it does for paralyzed vets.

First of all, I used part of the money available to purchase the Bible on CD. This was necessary because I have become blind in one eye and have limited vision in the other. Therefore I cannot read God's Word, which is of great importance to me.

Secondly, I was able to take my mother and a couple of her friends out to lunch for my mom's 80th birthday. We enjoyed our time together and a great time was had by all.

Thirdly, I was able to take a good friend and neighbor to a Oregon Duck's basketball game. We had a great time and Oregon won the basketball game.

And finally, my caregiver and I went to the movies together.

Thankfully yours,  
James

Dear OPVA,

Thanks for the recreation fund, my wife and I really enjoyed our trip to the Grand Canyon, we were able to fly to Las Vegas and rent a car for two weeks and drove to many areas in Arizona. It was the right time of the year, weather was in the upper 70's and 80's. We had talked about seeing the Grand Canyon for years, and it is a very, very Grand place to visit.

Thanks again,  
Albert

My friends and I went to Long Beach, WA. It's clam season and my friends decided to give it a try for the first time. I explained how fast razor clams are and a regular shovel was not going to work. They were sure there was no way a clam was going to out run them. We didn't get any clams, but we enjoyed a movie in a warm theater later. It was a comical escapade but we had a lot of fun.

Leo

Dear OPVA,

I would like to thank OPVA for their supportive and caring gift, which is the recreation fund. Because of this fund I enjoyed a brief but very enjoyable visit with an old friend.

On October 21st my assistant and I set out for Condon Oregon on an overnight trip to have dinner with an old friend I have known from the fourth grade. Now granted Condon is not considered a high point of Oregon tourism with a little

over 750 residents, it did however provide a wonderful stage for a long meal and great conversation. I truly believe we sometimes find our oldest friends to be our personal treasures. Having weathered the ups and downs of childhood and later life together these friends have bonds with us unlike most. Thanks to your wonderful gift we had a splendid meal, overnight stay and time to enjoy my personal treasure.  
Sincerely, Gordon



## January 2010 Birthdays

Michael R. Breshears	William J. Guernsey	Keith A. Norstegaard	John E. Wilmot
Terry L. Brown	John C. Haber	Connie D. Paulsen	Gary K. Wright
Ronald R. Coffman	Louis C. Hall	John D. Phillips	
Janice A. Crews	Alan H. Hershey	Larry J. Ricklefs	
Merle E. Cutler	Boyd R. Hixson	Wendell A. Robb	
Richard J. Dinges	Roger D. Houser	Jerry Ryan	
Steven B. Fairin	Kemric D. Jones	Carolyn Hamstreet-Shores	
Chester E. Fletcher	David A. Landis	Larry E. Sinor	
Robert O. Forson	George E. McCart	Karen D. Starratt	
Theodore P. Geck	Patrick E. Mulrooney	Michael J. Ward	
Jannalee Goodrich	Steven E. Neumeyer	Charles A. White	

## February 2010 Birthdays

Gaetano A. Amico	Launie J. Hitchcock-Boruck	David L. Magee	Gerald D. Schroeder
Joseph Bilbao	Christopher W. Hulse	Tina M. Morgan	Brett A. Searcy
Barry G. Brandt	Dewey D. Johnson	William A. Morgan	Robert J. Spicher
Clyde E. Brown	Gloria E. Jones	Randy C. Parent	Tommy A. Stratemeyer
Kayla D. Carreon	David J. Kammeyer	Samantha Posvar	Thomas O. Tucholke
Richard A. Elliott	Robert Kinnaman	Lee H. Presley	Margaret A. Walker
Floyd H. Freemyer	Mark W. Knecht	Roger Robinson	Charles L. Wilcox
Clyde A. Harmon	Violet Loeck	Cathy M. Roff	
Lowell H. Higley	Carolyn M. Lundstrom	Nona G. Ryan	



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Independent Healthcare Reps

### The Tri-Nova Therapy System

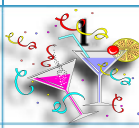




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*These products are VA approved.*

Call 1-360-200-2197 and speak with David Gideon; a quad for 36 yrs, a life member of the PVA and a Combat Engineer at heart.







# January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						2
3	4	5	6	7	8	9
10	11	12	13	14	15 	16
17	18	19	20	21	22 Arizona Trapshoot	23
24	25 Strategic Planning, Washington, DC	26	27	28 	29	30
31						

## Schedule of Events

- 1st:**  
Closed for New Years
- 15th:**  
Poker Night at OPVA Office - 6pm
- 21st-23rd:**  
Arizona Trapshoot
- 23rd:**  
Rod & Speed Show at Linn County Fair
- 24th-28th:**  
Strategic Planning in Washington, DC
- 28th:**  
BOD Meeting at OPVA Office at 10am

# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 
7	8	9	10 	11	12 	13
14 	15 Mid-Winter BOD Meeting, Orlando, FL	16	17	18	19	20 
21	22	23	24	25 	26	27
28						

## Schedule of Events

- 6th:**  
Rabbit Hunt at E.E. Wilson  
"Heroes in Sisters"
- 10th:**  
Paralog Deadline to submit articles
- 12th:**  
Movie Night at the OPVA Office - 6pm
- 15th-18th:**  
Mid-Winter BOD Meeting
- 20th:**  
Health & Wealth Expo
- 25th:**  
BOD Meeting at OPVA Office at 10am

## **Attention Armed Forces Servicemen & Women with Physical Disabilities, Past or Present!**

Oregon Adaptive Sports and Hoodoo Ski Resort want to say “THANKS” for your commitment and sacrifices. And invite you to come enjoy a day on the mountain.

**February 6<sup>th</sup> 2010 we will be hosting the  
Third Annual “Heroes in Sisters”!**

The weekend will include OAS hosting Veteran’s with physical Disabilities from Oregon for one day of snow skiing with our adaptive instructors, two nights lodging for skier and spouse on the 5<sup>th</sup> and 6<sup>th</sup>, and all meals on the 6<sup>th</sup>.



***Please Note: This program is for service members with physical disabilities. If you have questions about eligibility, for more information, or to register for the event contact Kevin McCormack at 541-280-0820 or oasbend@gmail.com***



# Multiple Sclerosis (MS) Information & Resources

## National Multiple Sclerosis Society Oregon Chapter

104 SW Clay Street  
Portland, OR 97201

**1-800-344-4867**  
fax: 503-223-2912  
info@defeatms.com

**www.defeatMS.com**

### Other MS Resources

- National MS Society - [nationalmssociety.org](http://nationalmssociety.org)
- Christopher and Dana Reeve Paralysis Resource Center - [paralysis.org](http://paralysis.org)
- MS Society of Canada - [mssociety.ca](http://mssociety.ca)

### Medical Equipment Program

This Oregon Chapter program is available for people with MS. For more information or to have an application sent to you, please contact:  
1-800-344-4867 or  
info@defeatms.com

## National MS Society, Oregon Chapter Programs and Services

### Client Services:

Financial Assistance  
Medical Equipment Program  
Caregiver Respite  
Self-Help Groups  
Provider and Community  
Resource Referrals

### Information:

Information Resource  
Center  
Educational Programs  
Publications  
Research Updates  
Literature Library

### Fundraising and Awareness:

Walk MS - April 10 + 17, 2010  
[www.walkMSoregon.com](http://www.walkMSoregon.com)

Bike MS - July 31 + August 1, 2010  
[www.bikeMSoregon.com](http://www.bikeMSoregon.com)

For more information about Oregon Chapter programs and services, please contact the Chapter at 1-800-344-4867 or [info@defeatms.com](mailto:info@defeatms.com).

## MS Clinics in Oregon

### Oregon Health & Science University (OHSU) MS Center

Department of Neurology, CR 120  
3181 SW Sam Jackson Park Road, Portland, OR 97239  
503-494-7772      [www.ohsu.edu/ms](http://www.ohsu.edu/ms)

### Portland Veterans Administration Medical Center

3710 SW US Veterans Hospital Road, Portland, OR 97239  
503-220-8262      [www.va.gov/portland](http://www.va.gov/portland)

### Providence MS Center

9427 SW Barnes Road, Suite 595, Portland, OR 97225  
503-216-1060      [www.providence.org](http://www.providence.org)



## LOCAL NEWS

### Personal Help

#### Even During Tough Times, Life Insurance Offers Peace of Mind



As you watch the value of your property, home or retirement investment savings struggle in the current economy, you may be wondering about ways to protect your family in the event of an unforeseen event. One option you may not have considered is the purchase of a whole life insurance policy.

It may not be something you'd automatically turn to, but whole life insurance offers guaranteed death benefit protection in addition to multiple tax advantages and flexibility. Owning a whole life policy can be a great financial alternative, not only for the protection of your loved ones but also a financial option for your living needs.

#### Invest in Your Loved Ones

The primary promise of life insurance, of course, is that your loved ones will be protected in the event of your death. And with a whole life policy, your death benefit is guaranteed,<sup>1</sup> whether the payout comes in a matter of years or decades. This is an investment that provides protection in the long-term interests of those you care for most, as well as your own peace of mind.

#### Invest in Your Future

But, what you may not know is that a whole life insurance policy is much more than protection against the unknown. It also provides you with tax-deferred cash value that accumulates over time. In the event of sudden unforeseen or happily anticipated expenses, it provides a readily available source of funds. And in the long run, it can also supplement your retirement income.<sup>2,3</sup>

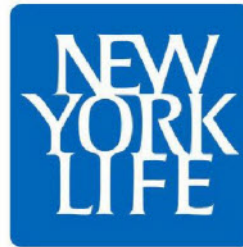
Any kind of financial strategy these days seems fraught with uncertainty, so it's important to consider carefully what vehicles work best for your own circumstances.

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<sup>1</sup>Guarantees backed by the claim-paying ability of the issuer. <sup>2</sup>If your life insurance policy is paid up and your need for a death benefit decreases. <sup>3</sup>Loans against your policy accrue interest and decrease the death benefit and cash value by the amount of the outstanding loan and interest; withdrawals reduce the available death benefit.

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