

Paralog

March - April 2010
Volume 14 Issue 2



Oregon Paralyzed Veterans
of America

**Special
Expanded
Edition!**

In This Issue

President's Report
Government Relations Report
Hospital Liaison Report

HEALTH & WEALTH EXPO
FOR SENIORS AND PEOPLE WITH DISABILITIES

"SERVING THOSE WHO SERVED"



Veteran Owned & Operated
1-888-239-4041

We Specialize in Servicing Non-Service
 & Service Connected Veterans

Providing Freedom through Vehicles

- ★ Lowered Floor Mini-Vans
- ☆ Driving Accessories
- ★ Scooter & Wheelchair Lifts
- ★ At Home Lift Install *(no charge to veterans)*

Two Convenient Locations!

3574 Marcola Rd 466 NE Chestnut Ave
 Springfield, Oregon Roseburg, Oregon



OREGON'S ONLY ★☆☆☆☆ PLATINUM BRAUN DEALER



1-800-214-5520
503-838-5520

Specializing in Adaptive Equipment for Vehicles

- New & Pre-Owned Vehicles & Equipment •
- Raised Roofs & Doors •
- Lowered Floor Vans •
- Hand Controls •
- Scooters •
- Lifts •



Service & Repair from Certified Technicians



www.rjmobilityservice.com

155 "E" Street • PO Box 128 • Independence, OR 97351



Contents

March - April 2010 Volume 14 - Issue 2

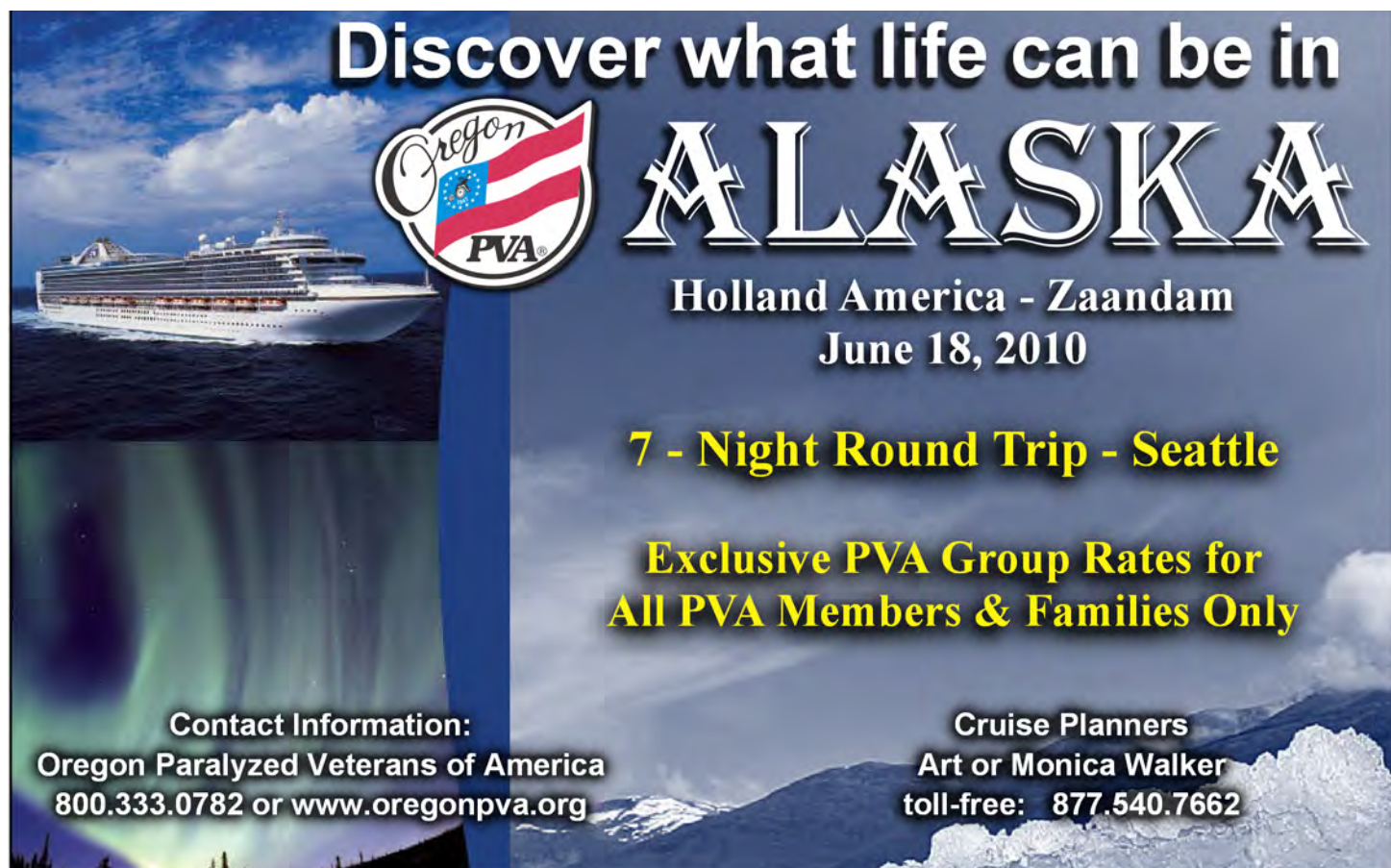
4	President's Report	33	Community Services
5	Vice President's Report	36	Membership Application
7	Sports Report	38	Volunteer Questionnaire
13	Community Outreach: Report	39	Members' Letters & Stories
15	Membership Report	40	Members' Birthdays
17	Government Relations Report	41	Calendar of Events
20	Hospital Report	42	Membership Outreach: Meetings
23	Community Outreach	43	Local News
29	Vocational News	45	MS Resources
31	Canine Compassion	47	Community Partners

Paralog

Features

- 14 Financial Wellness
- 23 Expo Rocks Kroc
- 25 Membership Travel Tips
- 27 Membership Benefits
- 28 Star Builders
- 29 Vocational News
- 33 Community Services
- 35 Medical Update

Calendar of Events notes more information on specific pages!



Discover what life can be in

ALASKA

Holland America - Zaandam
June 18, 2010

7 - Night Round Trip - Seattle

Exclusive PVA Group Rates for All PVA Members & Families Only

Contact Information:
Oregon Paralyzed Veterans of America
800.333.0782 or www.oregonpva.org

Cruise Planners
Art or Monica Walker
toll-free: 877.540.7662

Oregon Paralyzed Veterans of America

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

Oregon PVA OFFICERS

ANTHONY MARX
President

TERRY BROWN
Vice President

DAVE PARKER
Secretary

WILLIAM "BILL" BLAKE
Treasurer

JEFF DELEON
Membership Director
Member of the Board

JACK HOWELL
Sports Director
Member of the Board

JOEL SATORIS
Hospital Liaison
Member of the Board

BRYAN DORNON
Indoor Recreation/MS Liaison
Member of the Board

TIMOTHY VIXAY
Member of the Board

STAN HARMON
Parking Enforcement Director

DARREL ACKERMAN
Advocacy Director

KEVIN O'REILLY
Government Relations Director

TOM DOVE
Health Care Advocate

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.

Oregon PVA STAFF

AUDREY WAKEFIELD
Project Coordinator
Volunteer Coordinator

BYRON LOOSLI
Community Liaison Director

JOSE SAMANIEGO
VA Work Study

MARK KNECHT
Bulk Mail Coordinator
Office Maintenance

MELINDA LOOSLI
Bookkeeper

RICHARD EISENBLATTER
Membership Assistant
VA Work Study

RICHARD RAYAS III
VA Work Study

PARALOG STAFF

ANTHONY MARX
Publisher

JOEL SATORIS
Assistant Editor

DAVE PARKER
Chief Editor

AUDREY WAKEFIELD
Assistant Designer



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

**National
Service
Officer**



**Do you need assistance
with your claims or
benefits?**

Ken Fink

1-800-795-2538
Fax: 503-412-4763

Vancouver VA Primary Care Contact Phone Numbers

(360) 696-4061 ext. 31665
(503) 220-8262 ext. 31665
1-800-949-1004 ext. 31665

After Hours Number
1-888-233-8305

Portland VA Contact Phone Number

Patient Advocates
Katina Collins, Trish
Hafer, Kelly Williams
Portland
503-273-5308



Oregon PVA

President's Message

By ANTHONY MARX, President

The office has been buzzing with activity, mailers, Expo development, outreach opportunities and a multitude of other program preparations. We just finished with our first Expo and it was awesome. Thanks to the staff, volunteers, sponsors and visitors, the event was well worth the time and effort. This is not the only Expo this year; we are planning another Expo in July which will have more vendors and different speakers at the workshops. So read your newsletter to stay informed on upcoming events and the latest news pertaining to members services.

In the beginning of February, the chapter began its focus on building bridges with other non-profits, government agencies, and local businesses. Through these partnerships, several opportunities have developed that will enhance our influence and effectiveness as we strive to accomplish the mission of Oregon Paralyzed Veterans of America.

Coming up in March, several of

you will be contacted by board members who will request your involvement, on a local level, in the various programs supported by Oregon Paralyzed Veterans of America. This is a new and exciting time where each of our talents can be used to help others. I believe that as we move forward together, opportunities for employment will be possible and necessary to stay proactive and competitive in the non-profit industry.

When PVA was formed in the late 1940's the organization met the tangible personal needs of its membership and changed the face of society, healthcare, employment and recreation. Now there is a growing belief that PVA is not needed because we have overcome all the major hurdles and we now enjoy accessibility, employment, recreation opportunities and laws that protect the rights of people with disabilities. However, I believe there is "no status quo!" Either you are pushing forward or sliding backwards.

Today I give you a challenge, make a difference in the life of someone else. Don't get defensive or say to yourself that, "I've done enough" or make excuses to stay disconnected. Each of us deep down have dreams and desires to be more, do more and

be a part of something bigger than ourselves. Honestly, the hard part is over -- you survived your initial injury. So now it is time to share your talents, knowledge, time and energy with us. Together we can make a difference in this era!

You will be asked as a member personally, "have you accomplished all you dreamed too do?" Life is about doing and being. If you are into sports, watching may be fun but, to be in the game is the thrill. Currently, we have new blood and enthusiasm within the organization. I hope your answer is like so many others getting involved: "what can I do to make a difference!?" Remember, there are no limits to a willing mind and a willing heart.

We are becoming a catalyst for change within the disabled community and now within the baby boomer generation. But we can not keep this momentum going and fire hot without others. We need to continue to look ahead, build more partnerships and leave the past where it belongs, in the past. So as long as we look back with regrets and disappointment, we miss the here and now, and the future eludes us. This a new dawn with opportunities to make a difference just as the PVA's founders did. Make "what if" a reality! Get involved! So there it is in a nut shell -- I'll put my pen down and leave you with this final statement. Thank you for allowing me to serve you!

McGINTY & BELCHER
ATTORNEYS
PROTECTING YOU & THE ONES YOU LOVE

694 High Street NE
P.O. Box 12806
Salem, OR 97309-0806
Phone: (503) 371-9636
Fax: (503) 371-2879

Kathryn M. Belcher
kathy@mcginty-belcher.com
www.mcginty-belcher.com



Oregon PVA

Vice President's Report

By TERRY BROWN, Vice President

DMV, SOCIAL SECURITY and YOU

A new Law took effect this January requiring you to present a Birth Certificate and Social Security card as proof of citizenship before you can get anything issued or renewed at the Oregon Department of Motor Vehicles (DMV). The Birth Certificate must be certified with an official stamp. A military I.D. with your SS# will work if you don't have a Social Security Card.

As fate would have it my disabled placard expired in January and they were issuing the new Wheelchair User Only placard also. In order to get the new placard your doctor needs to fill out, print and sign a DMV Wheelchair User Only form 735-265 IP. When you go in to the DMV they will want official documents, my laminated copy of my Birth Certificate did not qualify because they could not feel the certified stamp. Without an official Birth Certificate I could not renew my placard and needed to order a new Birth Certificate. I ordered two on-line for \$20 and \$15 for each additional copy and that took a week to 10 days.

My Drivers License and tags also expired, so I thought I would "kill three birds at once," after I got my official copies of my Birth Certificate. I found out one very interesting item to pass on to everyone. If you use hand controls to drive or any other driving control

because you can't use your legs, make sure you have it noted on the back of your drivers license. If this is not noted on your driver's license and you get in an accident, the other party or insurance company can sue you.

Since I was getting all this official work regarding my identity I thought I would go down to the Social Security Office and get a new Social Security Card. There is a form you have to fill out to get a new card. I presented the form, my official Birth Certificate and my military I.D. card that had my SS# on it. With all that information presented I was still turned down because I didn't have a valid Oregon State I.D.??? My Drivers License expired and my temporary license was not the official hard plastic card they required. When I get my new license in the mail 7-10 days from now I can come back and get a new Social Security card.

If you can't make it to your local Social Security Office and have access to the internet, you can get a replacement Birth Certificate and replacement Social Security card for a fee by visiting the following websites:

www.cdc.gov/nchs/w2w.htm
www.ssnhome.com

Next goal: Passport

There are three different styles of disabled person parking permit placards currently in use.

The most common styles have a light blue background or a dark blue background (shown below).



However, as of January 1, 2008, a new disabled parking permit style was made available for persons that use wheelchairs, or low-powered motorized or mechanically propelled vehicles for use in the new wheelchair users only disabled parking areas. These permits have a medium blue background and display the words "Wheelchair User" on the lower portion of the permit.

Wellspring was the rebirth of my lifestyle.

I never thought of myself as someone who needed to be helped. I took care of myself.

I did yoga. But at 69 years old I realized that there is so much more out there. Pilates for strength. Drinking Pero instead of coffee. Eliminating white sugar and white flour from my diet. Imagine - goal-setting at 69! I visit Wellspring three to four days a week and it has truly changed me. I love the cooking classes. Who knew that Agave Nectar would taste so good? I might be the only grandmother I know who doesn't have a box of cake mix in her cupboard."

WellspringHeart

Diabetes Living!

Wellspring Specialist Center

The Source at Wellspring

The Fitness Center at Wellspring

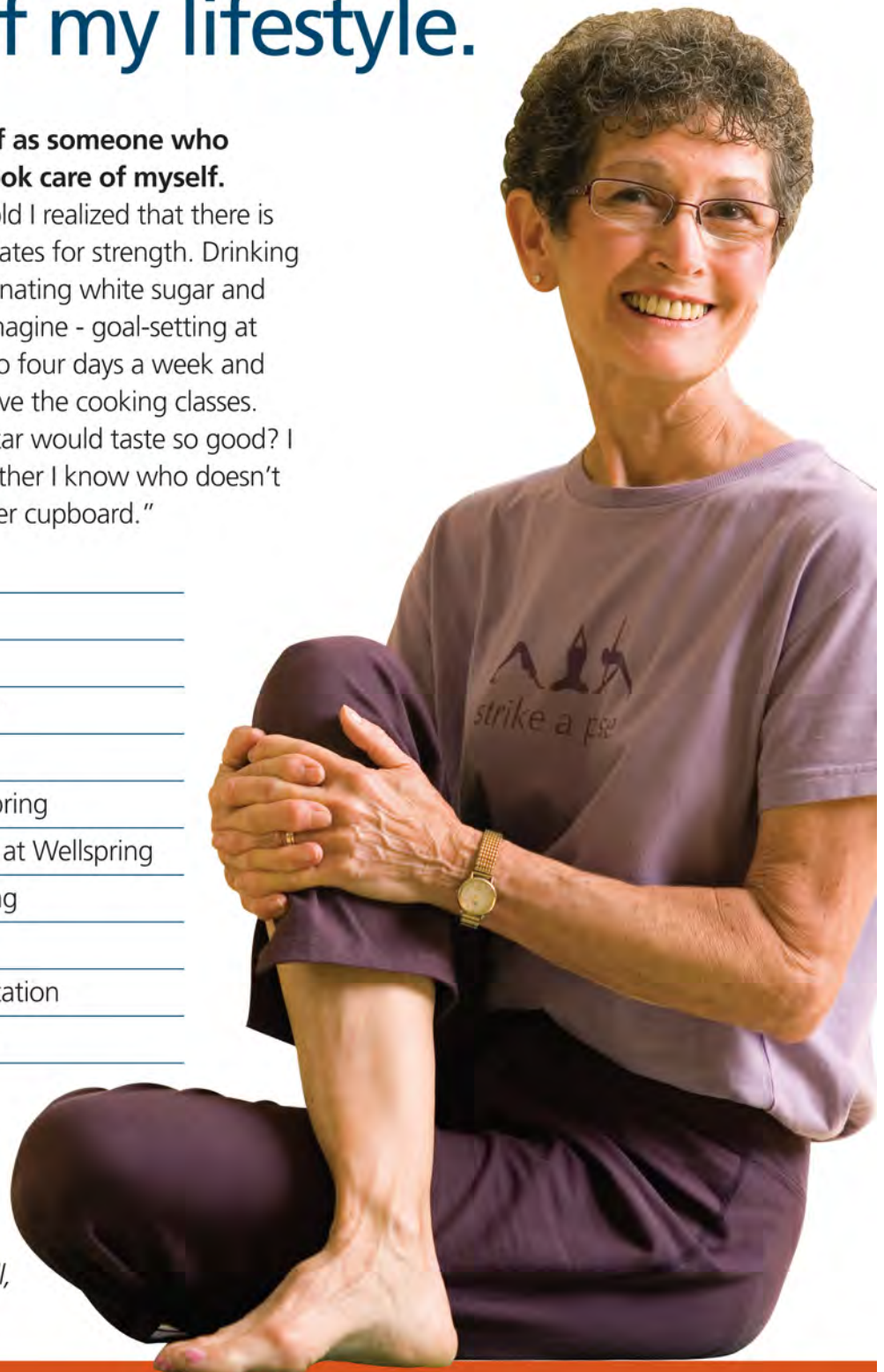
The Spa & Aesthetic Center at Wellspring

The Woodlands at Wellspring

Vitality Food & Spirits

Wellspring Physical Rehabilitation

Wellspring Immediate Care



*Tish Mendenhall,
Yoga Student*

1475 Mt. Hood Avenue, Woodburn
971.983.5200 iamwellspring.com

Wellspring

Center for
Extraordinary Living



Sports

Program Report

By JACK HOWELL, Sports Director

Spring is just around the corner and the chapter is planning a lot of neat stuff coming up in the next few months. The Trap Team will be shooting in Hillsboro on March 13th against the Northwest PVA Team. Come out and support the team!

On June 5th we will be putting on the Kids Free Fish Day at Detroit Lake, bring the kids and grand kids for a great outdoor activity. As always the Oregon Paralyzed Veterans of America will be providing lunch.

The Paralyzed Veterans of America 30th Annual Wheelchair Games will be held in Denver, Colorado this year from July 4th - 9th. If you are interested in attending call the office at 1-800-333-0782 for your registration packet, it has to be filled out and sent in by April 1st. If this is your first time attending the Games -- your trip will be on us! Returning athletes will receive at least 50% funded or more depending on turnout.

We will be having a gold panning camp-out at Greenpeter Reservoir, Yellowbottom Campground July 20th - 25th, should be lots of fun. More information will be in the next issue of the Paralog.

Project Healing Waters is planning 3 fishing trips for veterans who are interested in learning how to Fly fish.

The dates for the outings are:

- ◆ March 30 -- Lake Margaret
- ◆ Mid May -- Hornung's Hideaway
- ◆ Late June -- Trillium Lake

These trips will be fully supported, and provided at no expense to the veterans who participate. Each trip includes transportation from the VA Hospital in Portland, lunch at the site, and all equipment for fishing. Call 503-402-2896 for more information.

Competitive Sports

By Jeff DeLeon

Oregon Paralyzed Veterans of America is still actively pursuing individuals who are highly motivated to fill slots on hand cycling and wheelchair basketball teams. The goal of these programs is to compete in sanctioned events. These programs are in the beginning stages but some funding has been allocated to get them going.

I am currently scheduled to participate in some rides in our area and will be representing the organization at the Monster Cookie ride here in Salem. For any of you that might be interested in this, or have questions about rides in your area, contact me at 800-333-0782.

HIDDEN COVE

Bed and Breakfast on Devil's Lake

Hidden Cove Bed and Breakfast is located on Devil's Lake in Lincoln City, on the central Oregon coast.

The lake is 9 1/2 miles around and lies parallel to the Pacific ocean. Hiway 101 is between the lake and the beach. We are minutes from The Chinook Winds Casino and Golf Resort, The Tanger Outlet Mall, shopping, art galleries, and numerous gift shops.

Rent a boat at The Blue Heron Boat Landing just across the lake from Hidden Cove and tie up to our dock.

Queen bed
Full kitchen
Private bath
Huge deck over-
looking lakefront
Garage
\$150.00 + tax per
night, plus full
breakfast for
two. Adults only



Romance Package
Dozen Roses
Splits of Champagne
Two Creme Puffs
\$50.00

Wheel chair friendly! Call for details....

541-921-9754

<http://www.hiddencovebedandbreakfast.com>



LET'S GO FISHING! FLY FISHING WORKSHOPS FOR 2010



www.projecthealingwaters.org

Whether you are a novice or an experienced fly fisherman, **all** veterans are invited to sign up for the workshops. At the workshops you will learn fly fishing techniques, develop skills, and just talk about fishing. We will tie flies and teach techniques to catch fish.



The Project's program provides basic fly fishing, fly casting, fly tying and rod building classes and clinics for wounded and injured personnel ranging from beginners to those with prior fly fishing and tying experience who are adapting their skills to their new abilities. All activities and services are provided to the participants at no cost. Fly fishing and tying equipment and materials are provided to the participants, including equipment that accommodates their special needs.

VA Portland Campus in the Auditorium
VA Vancouver Campus in Bldg D-7, Columbia Room, 2nd floor **NOTE:**
All Workshops begin at NOON and end at 3:00 p.m.
If you are interested join us or call the Voluntary Services Hotline 503-402-2896 to get more information.
Project Healing Waters Tualatin Valley Trout Unlimited (TU) Federation of Fly Fishers (FFF)

Project Healing Waters is unique in that our volunteers are teaching classes on an on-going, long term basis. It is much more than a one day fishing trip. For many participants, particularly disabled veterans, the socialization and camaraderie of the classes are just as important as the fishing outings, and provide them a new activity.

The Project's training and educational activities are designed to ignite or rekindle the participants' appreciation and enthusiasm for a wide variety of fly fishing outings. While most of these fishing trips are conducted within a half-day's travel from a hospital, the Project actively seeks opportunities to offer outings in quality fishing sites across the county. The trips, near and far, are provided at no cost to the participants.

<u>Vancouver</u>
March 22 Monday
April 12 Monday
May 17 Monday
June 24 Thursday
July 19 Monday
August 23 Monday
September 20 Monday
October 25 Monday
November 15 Monday
December 6 Monday

<u>Portland</u>
March 19 Friday
April 2 Friday
May 7 Friday
June 11 Friday
July 9 Friday
August 6 Friday
September 3 Friday
October 15 Friday
November 5 Friday
December 3 Friday

Heroes in Sisters

By JEFF DELEON, Membership Director

I was able to attend the ski session the weekend of February the sixth and would love to share my time with you all. I am not sure how many of you heard about the Heroes in Sisters program that is put on annually by Oregon Adaptive Sports, but hopefully by next year there will be more familiar faces in attendance. For those lucky enough to sign up early, Oregon Adaptive Sports even puts you up for a two night stay in Sisters. For us latecomers the day trip is still quite an experience.

My day started off with the hour and forty-five minute drive across Hwy 22. Peaceful, relaxing, with just the right amount of snowfall as I

neared Santiam pass. I arrived at the lodge on Hoodoo around 9:45 a.m., promptly signed in and was taken to their spacious equipment room. I was fitted for a mono ski and given some gloves and a proper jacket. (Thanks Guys!) To my surprise, we were on the mountain by 10:30.

I'm athletic right? This should be easy. Well not quite. My first run resembled the building of a snowman, me, rolling downhill, gathering snow. Boy was I glad there was fresh powder. The day was beautiful and the morning was fresh and after a few more runs I had learned enough to make it downhill in two sections. With my

arms feeling the morning exertion we broke for lunch. Again, provided for us by the people at OAS.

Refreshed by the delicious vittles, I was ready to once again submit my body to the mountain's will. Lo and behold, on my second afternoon run I actually made a full run. Blood pumping and chest swelled, I figured we needed to keep this up because I had it down! So not true. I had definitely made some progress, and hopefully a few new friends. I am looking forward to my next trip and have to thank all at Oregon Adaptive Sports for getting me started.

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%¹ — *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

Isn't it time to shift gears?

¹ 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.



THE UNIVERSITY
OF ARIZONA.

Arizona's First University.

May 25-29, 2010 U.S. Veterans GPS Camp

The Guide to Your Personal Success (GPS) Camp is for all qualified disabled U.S. Veterans who are looking to pursue academics and wheelchair athletics. It will be held at The University of Arizona in Tucson, Arizona. The camp is designed for beginners, novice, experienced and advanced skilled players. Camp curriculum will include the following adaptive sports: basketball, track, hand-cycling, quad rugby, tennis and other recreational activities. For those with a strong interest in wheelchair basketball the camp will stress fundamentals, reinforce individual skills and team dynamics.

Camp Registration is FREE for all qualified disabled U.S. Veterans

This is a grant-funded camp, all camp-related expenses will be covered for those selected to attend.

Camp includes:

- Round-trip airfare to Tucson
- Airport transfers
- Lodging at the Marriott Hotel at campus
- All meals provided
- Athletic camp instruction
- Wellness seminars
- College transition seminars

Interested in attending?

Contact: **Dan Standage, Project Coordinator**
(520)626-9559 or standage@email.arizona.edu

Questions regarding sports?

Contact: **Coach Derek Brown, (520)247-4305** or
ddbrown@email.arizona.edu

On-line applications and information:
www.studentaffairs.arizona.edu/VETS
<http://drc.arizona.edu/athletics>

Deadline for applications March 30, 2010

WHEELCHAIR BASKETBALL



Application on reverse

2010 GPS Sports Camp Application

Please fill out the application and email it to standage@email.arizona.edu. If you have any questions, feel free to call Dan Standage at (520) 626-9559.

All fields expand to accommodate your entries.

Name (first, MI, last)			Nickname (if any)
Mailing address			
Email			Phone (cell preferred)
Age	Military Branch	Years of Service	OIF/OEF Era (if no, list inclusive dates of service)?
How did you learn about GPS?			
What interested you in attending GPS?			
Please describe your injury			
What are your goals related to higher education?			
Please explain your goals and experience with adaptive athletics?			
What specific sports were you interested in? (check all that apply by double-clicking box)			
<input type="checkbox"/> Basketball	<input type="checkbox"/> Rugby	<input type="checkbox"/> Tennis	<input type="checkbox"/> Track/Road Racing

E.E. Wilson Rabbit Hunt

Mary's Peak Hound Club holds a disabled rabbit hunt on the first weekend of February at the E.E. Wilson Game Reserve at Camp Adair. They provide the dogs to flush out the rabbits for us to shoot at with shot guns. This takes most of the morning and then we meet for a ceremony to recognize the sponsors and volunteers and then enjoy a spaghetti feed for lunch followed by door prizes.

I showed up with my dad Gilbert, Jack Howell and his son Adam, Darrell Von and his friend Jerry Kazunas, Bryan Dornon and Rick Rayas III. Only three brought shot guns and the rest observed. Del Martin showed up later but didn't go



hunting. Well, the day didn't turn out bright and sunny like the day before. It was overcast and cool with intermittent sprinkles. There were enough other people to form four groups, two groups went north and two went south. My dad and I went north with Darrel Von and his friend Jerry Kazunas along with a team of four Beagles and their handler. The reserve is the WWII Camp Adair military base with long stretches of old roads and empty foundations of old barracks. The wide open areas and patches of overgrowth is prime habitat for "wabbits." I'm sorry, but I couldn't help it. We went 2-3 hundred

yards before the dogs picked up the scent of their first rabbit. Darrel must have had to warm up a little bit because he cracked off at least six rounds before he got his first rabbit. We stayed out for 3 or 4 hours before coming in with five rabbits. We gave up on the last one; it was giving those dogs a run for their money. As a



whole we got over a dozen rabbits before sitting down to a spaghetti dinner. Everybody got a ticket for door prizes and we all won something. Next year on the first weekend of February I will have something to shoot with myself. Hopefully I will see you there!



Photos by Gilbert Brown

The rabbit hunt this year started with some coffee, donuts and good old conversation inside the EE Wilson Park repair shed. I had never been on a rabbit hunt and was not sure what I might learn. When I say learn that is because I had been told that beagle



dogs are used in the hunt. As a beagle owner this caught my interest. Here is a bit of information about beagles. They are very loving dogs that can be difficult to train. They also have a sensitive nose. I found out that for the dogs they feel as if it is just a day out for a walk.

EE Wilson opened the roads enabling better range for our members with disabilities. Upon arriving at the hunt site, you, the guide and other party members move down the roads and let the dogs work. Once the dogs get a scent they chase it and you find a spot where you think a shot may be made. Now let me tell you, don't worry, I saw more rabbits in EE Wilson than jack rabbits in Eastern Oregon. A representative for the Parks and Recreation was there and expressed how important the hunt is for controlling the overall number of rabbits in the park. Every group returned with smiles and stories to be told for a long time. I do not shoot that type of gun so I went just to observe. For me the best part was seeing the guys come back with smiles and a sense of ability for themselves. I for one am proud of the events OPVA offers and have become active in and look forward to future events to enable myself and others. I hope to see you at some of the events.

By Bryan Dornon



Community Outreach

Program Report

By BYRON LOOSLI, Community Liaison Director

What an amazing time we are in today. As I travel around our great state I am approached by a wide range of individuals and the message is the same. "What can I do to help support our veterans?" I do not know if it is because of the young soldiers returning home today from service or if it is the awareness programs that our nation's capitol is releasing on a consistent basis.

Whatever the reason may be, the message is the same, our country appreciates your service and wants to support you in any way possible. Here is an excerpt of a letter sent to me shortly after Veterans Day.

"I was very moved the other night, watching "Fighting For Life". This is just down my aisle, as I have been fighting for life as a small child all during World

War Two, the Air Lift and The Berlin Wall (as a teenager then). If I can be of any assistance/volunteer work I would be happy to know where I could fit in with my immediate war experiences, although at the time having been on the receiving end.

We Berliners loved "our Americans" (I lived in the Berlin American occupation zone) and know we would never had made it had it not been for you Americans. I received my first piece of chocolate from an American soldier (I was then eight years old), which I will NEVER forget.

Please feel free to contact me. I would be happy to tell you my story, which is NOT judgmental, political or hateful, just what I experienced as the child I was. My BEST war

experience was when the war ended and we finally could sleep through the nights, no bombings and having friendly, caring American occupation.

There is much more to it.....would love to share it. As I said, I am writing a book on all this and almost finished it." Sincerely, Christel

As we move forward this coming year keep in mind all the people near and far that you come in contact with, because you can have a lasting impression on them. Then ask yourself, "am I having a positive impact and am I continuing to serve others"

Please contact our office if you find out about any events or programs in your area that you think others in our chapter would enjoy attending. e-mail Byron Loosli at - cld@oregonpva.org

Up and coming events:

March 8th & 9th - OHCA Spring Expo "Unmasking your potential" located at Eugene Hilton

March 17, 2pm - Community Education "Ask the Doc about medications, research and behavior issues"

April 11 - Connections 50+ Expo located Vancouver Hilton

May 22 - Grand Works Northwest Art Festival 1119 SW Park Ave, Portland, OR

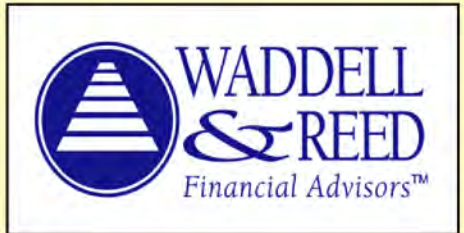
Go to Oregonpva.org for all event information

Chinese, the word 'crisis' is composed of two characters. One represents danger, and the other represents opportunity.

-John Fitzgerald Kennedy

Exclusive Offer For Members!

We would like to announce an exciting **new limited Membership Benefit** that we will begin in March. Waddell & Reed Financial Advisors has partnered with Oregon PVA to provide a custom tailored financial program to help members plan for the future. This program provides you an opportunity to **improve your financial well-being** through financial wellness. Only ten members (couples count as one participant) per five week course. Classes start March 22, Mondays from 3:00 pm - 5:00 pm at the Chapter office.



Take control of your finances – Don't let them control you!

** Members receive an \$80.00 credit toward program. Payment of \$320.00 must be paid before program start date. Members may apply for reimbursement of \$250.00 from the Recreation Fund once program is completed and if the member has not used the fund in the 2010 fiscal year.*

Financial Wellness Program

3/22/2010	<i>Making the Most of Your Financial Future: An Overview Money Management & Goal Setting</i>
3/29/2010	<i>Credit & Debt Management Starting Your Nest Egg & Ways to Save</i>
4/5/2010	<i>Begin Financial Planning Process</i>
4/12/2010	<i>Insurance Planning Planning for Life Events</i>
4/19/2010	<i>Estate Planning for Everyone Turning Plans Into Action</i>

Call 1 (800) 333-0782 to Reserve Your Space!



Membership

Program Report

By JEFF DELEON, Membership Director

Teaching the Old Dogs New Tricks

Here at the Oregon Paralyzed Veterans of America we are in the midst of making some much needed upgrades to some of our timeless processes. One that is very exciting for me is the streamlining, and restructuring of our current membership program. Not only will this help in bolstering our member registry, it will also enable us to keep in better contact with our long-time members. Our vision here is to expand our membership along with our interaction in our communities. The current board has deemed it a great priority to get back in touch with all of our members on the personal level.

First let me tell you about some benefits that may not be well know but are in place now for our life members. All military veterans who are enrolled in the VA health care system can shop The All Services Exchange Catalog and Online Store. Get exclusive discounts and offers from HP at discounts typically up to 10% off starting prices as well as national mail-in and instant rebates and coupons. Through PowerNet Global members and their family members can keep in touch with each other by phone or Internet at a discounted rate. Our plan includes \$14.95 per month for an internet connection and 4.9 cents per minute for long distance.

In addition, it offers easy to read billing, with no monthly fees and no time restrictions. Hertz offers Paralyzed Veterans of America members discounts at participating locations in the United States and around the world. Members no longer need a Hertz discount card. To check out these, and other offers log on to www.oregonpva.org, click on programs, membership programs, member eligibility. Then scroll down to lifetime members and click on the link for more information about PVA members benefits.

Now let me tell you about what the future holds for all of us. We are currently working with numerous sources to provide our members and associate members a custom benefit package that will provide a more personal and tangible benefit. One of the new systems we are looking to implement is a tiered system that offers you a choice to more adequately fit your membership to your liking. We are also hoping to streamline the application process and get you only the information you request as a member. For those of you who are more internet saavy, we are looking to make more information available to you via our website. Our timetable as of now is 90 days out and I would like to hold our leadership to that, if not

sooner. I am very excited and am here to help push us forward in bringing our vision to reality so we can all enjoy the hard work that is going into this.

In the process of building our membership we have realized the necessity to make ourselves more available to our current members. We are now working on a program to get a board member to each and every life member and find the areas we can focus on to assist you on a personal level. Our sports and recreation program is being pushed to new heights, but we would love to get more of our membership involved in any way possible. Basketball courts around the state are being sequestered in the hopes of bringing a competitive team back to the state of Oregon. The trapshooting team is always up to some sort of mayhem somewhere. We are also in the first phases of starting a handcycling team. Now of course these are just some of our new pushes. We still have the recreational stuff like fishing, camping, bowling, and the likes. If I have missed any of your favorites activities, feel free to contact me and we'll see if we can turn it into an outing for all.

Why use a
Cruise Planners Specialist?

1. We have low pricing with special amenities on thousands of sailings.
2. We offer special fares including regional, past passenger, senior and military rates.
3. We are group experts specializing in reunions, weddings, clubs and associations. (A group cruising all at once is one way you can cruise for free. Ask how.)
4. We're destination specialists and experienced travelers.
5. We're your personal advocate and just a phone call away.

**Voyages
for Veterans**

benefiting the Fisher House Foundation



CRUISE & PLANNERS 

Art & Monica Walker - Cruise Specialists

503.540.7662

1.877.540.7662

info@salemcruises.com

www.salemcruises.com

We can help you make your dreams come true

**Cruise
& Planners
VETERANS
PROGRAM**



CRUISE & PLANNERS 

 **Royal Caribbean
INTERNATIONAL**



Government Relations & Advocacy Report

BY KEVIN O'REILLY, GRD/Advocacy Director

As most of us know the State Legislature has entered a mini session. This will last a month and is a carry over from an experiment two years ago when the legislature had its first mini session . By State Constitution the legislature meets once in a two year period. These mini sessions are an attempt to do two things. First, test the waters to see if it is more productive to hold sessions annually and second to address some rather pressing budget issues.

During these sessions each legislator and each committee may offer a Bill or two for consideration. There is about eight Bills that relate to veterans, Guard or the military.

Some of these are:

HB 3679, This relates to the education of military families and will enact the states participation in the Interstate Compact on Educational Opportunity for Military Children. Basically this is suppose to allow for a smoother transition for the children when the family of an active duty person moves between states. The compact itself is some what more restrictive than current Oregon law. Also in the Compact is a provision that would allow a Federal Commission the authority to asses fees on Oregon.

The State is looking for ways to implement the intent of the Compact by Rule so that there is less fiscal impact on the State and benefits the children of our military.

SB 999, This Bill would establish a diversion program for veterans and active duty who are accused of a non violent crime.

SB 1000, Allows a veteran to self identify on their state drivers license that they are a veteran and permit's the Department of Motor Vehicles to waive the customization registration plate fee for Congressional Medal of Honor registration plates.

SJR 44, Proposes an amendment to the State Constitution to allow the state to incur general obligation indebtedness to finance real property owned, in whole or part, or operated by the State of Oregon. If passed this would go before the voters for approval.

This would make it somewhat easier for the Oregon Department of Veterans Affairs to provide maintenance at


the State Veterans Home in The Dalles and to build new state veterans homes in other parts of the state.

The State, through the Oregon Department of Veterans Affairs and the Oregon Military Department is implementing a program of recognition of veteran owned businesses, business that hire veterans, Guard and Reservists and businesses owned by Guard or Reservists. Basically this mirrors a program from Washington started a few years ago that provides a state sanctioned decal or emblem and provides a state wide registry that can be checked by the consumer. Oregon should have its program running by the end of April, beginning of May 2010. Around this time a veteran who owns a small business in Oregon may apply for the recognition emblem and ask to be placed on a state wide registry. This would make it easier to ensure the business you are using is veteran owned and would allow the business to display the emblem in their advertising and business cards.

Also as I'm sure most of you know, last year Congress passed a Bill that allows for Advanced Appropriations. This became Law on October 2,1 2009. The Administration has sent its proposed budget to Congress. This budget includes \$125 billion for fiscal year 2011 and \$50 billion in Advanced Appropriations for veterans health care in 2012.

This budget has an increase in discretionary funding of about \$5 billion over the 2010 budget. Discretionary funding is that part of the VA budget used for among other things veterans health care. This would provide about \$51.5 billion for 2011. The Independent Budget or IB recommends \$52 billion. The IB is a budget for the VA put together by four of the Veteran Service Organizations, AMVETS, Disabled American Veterans, Paralyzed Veterans of America and the Veterans of Foreign Wars.

It rather depends on how one reads the numbers and recommendations but there is a projected short fall or budget inadequacies of between \$1.5 and \$3 billion in the administrations request. Some of this is in the way the Administration projected collections from third party payers, ie private insurance companies. Other areas are



such as medical and prosthetic research where the IB recommends about \$110 million more than the administrations budget and about \$250 million more for improvements in information technology.

The IB would like to see more in Capital Construction. The VA's hospitals tend to be on the older side, some as old as 60 years or more. This infrastructure is not adequate to meet today's needs and even with extensive remodeling it will not be able to adequately provide for the changes in health care that are foreseen into the 21st century. Additionally the IB recommends funds for Nonrecurring Maintenance at existing facilities of \$250 million.

Another area of concern is staffing, particularly in areas of Specialized Services. There is concern that the VA does not have sufficient registered nurses to adequately staff areas such as SCI/D. These staffing shortages result in a reduction of available beds for inpatient care, delayed access to health care and deferment of non life threatening care.

As mentioned the VA anticipates income through third party billing. The VA is accused of inappropriately billing service and non service disabled veterans for health related issues. This practice has forced some veterans to seek health care outside of the VA and in other instances has created an undue burden on veterans in need of adequate health care.

A great deal of attention is being focused on female veterans. Today's military has women serving in rolls that put them more directly in harms way than ever before. The VA is still playing catch up as it fills the needs of these veterans, not only in physical health areas but also mental health. There is a realization that women, particularly women with children have a need for a different approach to Combat Stress and Military Sexual Trauma (MST). As we all know, if the veteran is broken, the family is broken. Veteran Service Organizations are advocating quite strongly for a more holistic approach to mental health care. One that includes the family. In the case of a veteran dealing with MST and who has children to care for the VA is attempting to find a more comprehensive way of providing this care.

The best solution is to have facilities where the family can be together during the initial phase of therapy. In 2008 the governor authorized a Task Force to determine how the state might improve and enhance services to veterans. One issue was the lack of facilities for female veterans and their families with MST issues. The Task Force recommended the state partner with the VA and

revamp the Eastern Oregon Training Center as such a facility. The 2009 legislature approved a Task Force to examine this as well as other issues facing our female veterans. We hope to see concrete recommendations from the Task Force prior to the 2011 legislative session.

Other issues on the national front include: An improvement in the Adaptive Vehicle and Housing Grants. These improvements would include an increase and an annual index so that the Grants would keep pace with the cost of living. These provisions are in H.R. 1169 An increase in the amount of the Special Monthly Compensation that our most severely disabled veterans receive is contained in H.R. 3407. This increase was recommended in a benefits study conducted during the Bush Administration.

Two companion Bills, H.R. 1708 and S. 700 would end 24 month MEDICARE waiting period for individuals with Spinal Cord Injuries or Disease, phasing out the waiting period over ten years. These Bills would also immediately end waiting periods for those with life threatening conditions.

Our own legislators in Washington DC are championing other issues identified by the Governors Task Force on Veteran Issues.

Representative Wu has introduced H.R. 3008. This Bill would improve services to veterans in rural areas. If implemented it would provide grants to veteran service officers serving rural areas. The grants would need to be renewed yearly.

Representative Walden has introduced legislation that would improve access to health care for our veterans residing in rural areas. These are H.R. 2860 also known as the Health Care Access and Rural Equity (H-CARE) Act of 2007.

Senator Wyden has introduced legislation to assist returning Guard and Reservists with transitioning to civilian life. This is a package of Bills:

- **The National Guard and Reserve Soft Landing Reintegration Act of 2009** will ensure that returning service members have a firm safety net when they return from war. By allowing them to remain on active duty for up to 90 days, collect pay, and access reintegration services, this legislation will help ease the adjustment from combat to civilian life. Currently Guard and Reserve troops have only a few days to readjust before returning to civilian life.
- **The Military Family Leave Act of 2009** would give immediate family members (spouse, children and

Report continued on next page

parents) of deploying soldiers up to two weeks un-paid time off to spend together before and after the deployment. Employers would not be allowed to penalize immediate family members taking time off to ease the transition of a deploying soldier. Currently, a patchwork of leave programs requires larger business to give time off to some family members. The Military Family Leave Act would apply to all businesses and part time employees as well as full time employees.

- **The Wounded Warrior Retention Act of 2009** will allow service members who wish to remain on active duty after suffering injuries or disabilities as a result of combat, an act of terrorism, military training or other duty-related activities to do so. Currently, some well trained and productive soldiers are forced out because of injuries, despite their ability to still contribute to the military.
- **The Servicemembers Mental Health Care Commission Act of 2009** recognizes that the scars of war can be mental as well as physical. This act will form a commission to study and identify the most effective treatments available to those who are

experiencing problems as well as the stigmas and barriers that stand in the way of servicemembers seeking care.

- **The Department of Veterans Affairs Hospital Quality Report Card Act of 2009** will ensure that data regarding the quality of care administered by the nation's veteran's hospitals is readily available to the public in the form of a semiannual report card. This initiative will allow patients to compare the quality of healthcare provided by Veterans Affairs facilities.

Senator Merkley has introduced a Bill to provide health care to veterans exposed to chemical hazards. This is S. 1779.

Representative Blumenauer has introduced legislation to allow veterans to qualify for the state Veterans Home Loan Program by lifting the 30 year limit and allows for **H.R. 2319**, "Veterans Home Loan Improvement Act." This bill implements an Oregon Veterans Task Force recommendation to remove the federal time limit on for the Qualified Veterans Mortgage Bond program so that veterans of recent military actions would qualify.

WHEELCHAIR RAMPS



For wheelchairs, scooters, power chairs,
or anyone who has trouble climbing stairs

- Low cost
- Rent or buy
- FREE home evaluation
- Delivered in days, not months



Call today for a **FREE** estimate or
more information about our products.

Proudly serving America's veterans.
VA Contract #V797P-3115M

888-817-8796 • www.amramp.com



Hospital Liaison

Program Report

By JOEL SATORIS, Hospital Liaison

Spinal Cord Injury Facts and Figures at a Glance

www.uab.edu/NSCISC

April 2009

This is a publication of the National Spinal Cord Injury Statistical Center, Birmingham, Alabama.

Incidence: It is estimated that the annual incidence of spinal cord injury (SCI), not including those who die at the scene of the accident, is approximately 40 cases per million population in the U. S. or approximately 12,000 new cases each year. Since there have not been any overall incidence studies of SCI in the U.S. since the 1970's it is not known if incidence has changed in recent years.

Prevalence: The number of people in the United States who are alive in 2008 who have SCI has been estimated to be approximately 259,000 persons, with a range of 229,000 to 306,000 persons. Note: Incidence and prevalence statistics are estimates obtained from several studies. These statistics are not derived from the National SCI Database.

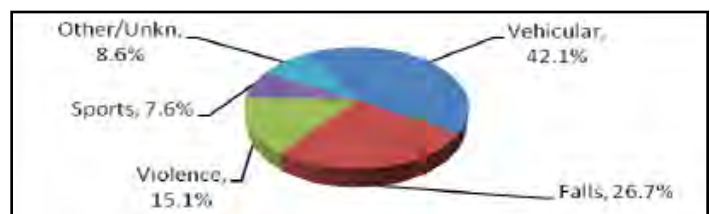
The National Spinal Cord Injury Database has been in existence since 1973 and captures data from an estimated 13% of new SCI cases in the U.S. Since its inception, 26 federally funded Model SCI Care Systems have contributed data to the National SCI Database. As of November 2008 the database contained information on 26,189 persons who sustained traumatic spinal cord injuries. All the remaining statistics on this sheet are derived from this database or from collaborative studies conducted by the Model Systems. Detailed discussions of all topics on this sheet may be found in special issues of the journal *Archives of Physical Medicine and Rehabilitation* published in November 1999 and November 2004.

Age at injury: SCI primarily affects young adults. From 1973 to 1979, the average age at injury was 28.7 years, and most injuries occurred between the ages of 16 and 30. However, as the median age of the general population of the United States has increased by

approximately 8 years since the mid-1970's, the average age at injury has also steadily increased over time. Since 2005, the average age at injury is 40.2 years. Other possible reasons for the observed trend toward older age at injury might include changes in either referral patterns to model systems, the locations of model systems, survival rates of older persons at the scene of the accident, or age-specific incidence rates.

Gender: Currently, 80.9% of spinal cord injuries reported to the national database have occurred among males. Over the history of the database, there has been a slight trend toward a decreasing percentage of males. Prior to 1980, 81.8% of new spinal cord injuries occurred among males.

Race/Ethnicity: A significant trend over time has been observed in the racial/ethnic distribution of persons in the database. Among persons injured between 1973 and 1979, 76.8% were Caucasian, 14.2% were African American, and 0.9% were Asian. However, among those injured since 2005, 66.1% are Caucasian, 27.1% are African American, and 2.0% are Asian. Hispanic increased from 6.0% to 8.1% over this same time period. This trend is due in part to trends in the United States general population and also possibly explained by the changing locations of model systems, referral patterns to model systems, or race-specific incidence rates.



Report continued on next page

Etiology: Since 2005, motor vehicle crashes account for 42.1% of reported SCI cases. The next most common cause of SCI is falls, followed by acts of violence (primarily gunshot wounds), and recreational sporting activities. The proportion of injuries that are due to sports has decreased over time while the proportion of injuries due to falls has increased. Violence caused 13.3% of spinal cord injuries prior to 1980, and peaked between 1990 and 1999 at 24.8% before declining to only 15.1% since 2005.

Neurologic level and extent of lesion: Persons with tetraplegia have sustained injuries to one of the eight cervical segments of the spinal cord; those with paraplegia have lesions in the thoracic, lumbar, or sacral regions of the spinal cord. The most frequent neurologic category at discharge of persons reported to the database is incomplete tetraplegia (30.1%), followed by complete paraplegia (25.6%), complete tetraplegia (20.4%), and incomplete paraplegia (18.5%). Less than 1% of persons experienced complete neurologic recovery by hospital discharge. Over the last 15 years, the percentage of persons with incomplete tetraplegia has increased slightly while complete paraplegia has decreased slightly.

Occupational status: More than half (57.5%) of those persons with SCI admitted to a Model System

reported being employed at the time of their injury. At post injury year 1, 11.5% of persons with SCI are employed. By post injury year 20, 35.4% are employed and a similar level of employment is observed through post injury year 30.

Residence: Today 87.8% of all persons with SCI who are discharged alive from the system are sent to a private, non institutional residence (in most cases their homes before injury.) Only 5.7% are discharged to nursing homes. The remaining are discharged to hospitals, group living situations or other destinations.

Marital status: Considering the youthful age of most persons with SCI, it is not surprising that most (52.3%) are single when injured. Among those who were married at the time of injury, as well as those who marry after injury, the likelihood of their marriage remaining intact is slightly lower when compared to the general population. The likelihood of getting married after injury is also reduced.

Length of stay: Overall, median days hospitalized in the acute care unit for those who enter a Model System immediately following injury has declined from 24 days in 1973 through 1979 to 12 days in 2005 through 2008. Similar downward trends are noted for days in the rehab unit (from 98 to 37 days). Overall,

Lifetime costs: The average yearly health care and living expenses and the estimated lifetime costs that are directly attributable to SCI vary greatly according to severity of injury.

Severity of Injury	Average Yearly Expenses (in 2008 dollars)		Estimated Lifetime Costs by Age At Injury (discounted at 2%)	
	First Year	Each Subsequent Year	25 years old	50 years old
High Tetraplegia (C1-C4)	\$801,161	\$143,507	\$3,160,137	\$1,860,390
Low Tetraplegia (C5-C8)	\$517,356	\$58,783	\$1,786,836	\$1,131,560
Paraplegia	\$292,740	\$29,789	\$1,055,869	\$720,169
Incomplete Motor Functional at Any Level	\$236,109	\$16,547	\$704,344	\$510,452

These figures do not include any indirect costs such as losses in wages, fringe benefits and productivity which average \$64,443 per year in December 2008 dollars, but vary substantially based on education, severity of injury and pre-injury employment history.

Life expectancy is the average remaining years of life for an individual. Life expectancies for persons with SCI continue to increase, but are still somewhat below life expectancies for those with no spinal cord injury. Mortality rates are significantly higher during the first year after injury than during subsequent years, particularly for severely injured persons.

Life expectancy (years) for post-injury by severity of injury and age at injury											
		For persons who survive the first 24 hours					For persons surviving at least 1 year post-injury				
Age at Injury	No SCI	Motor Functional at Any Level	Para	Low Tetra (C5-C8)	High Tetra (C1-C4)	Ventilator Dependent at Any Level	Motor Functional at Any Level	Para	Low Tetra (C5-C8)	High Tetra (C1-C4)	Ventilator Dependent at Any Level
20	58.8	52.6	44.8	39.8	35.3	18.1	53.0	45.5	40.8	36.9	25.1
40	39.9	34.1	27.3	23.1	19.6	8.0	34.5	27.9	23.9	20.8	12.2
60	22.5	17.7	12.7	9.8	7.6	1.8	18.1	13.1	10.3	8.4	3.6

median days hospitalized (during acute care and rehab) were greater for persons with neurologically complete injuries.

Cause of death: In years past, the leading cause of death among persons with SCI was renal failure. Today, however, significant advances in urologic management have resulted in dramatic shifts in the leading causes of death. Persons enrolled in the National SCI Database since its inception in 1973 have now been followed for 35 years after injury. During that time, the causes of death that appear to have the greatest impact on reduced life expectancy for this population are pneumonia, pulmonary emboli and septicemia.

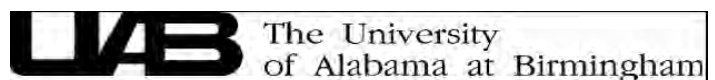
Additional information is available in the *Spinal Cord Injury Information Network* (www.spinalcord.uab.edu).

<p>The Spinal Cord Injury Model System Program was established in the early 1970s. Presently there are 14 systems and 3 subcontractors sponsored by the National Institute on Disability and Rehabilitation Research, Office of Special Education and Rehabilitative Services, U.S. Department of Education:</p>		
U of Alabama-B'ham SCI Model System Birmingham, AL (205) 934-3330	Midwest Regional SCI Care System Chicago, IL (312) 238-0764	Mount Sinai SCI Model System New York, NY (212) 659-9340
Georgia Regional SCI System Atlanta, GA (404) 350-7353	Northern New Jersey SCI System West Orange, NJ (973) 243-6849	U of Pittsburgh Model System on SCI Pittsburgh, PA (412) 648-6954
University of Michigan Model SCI System Ann Arbor, MI (734) 763-0971	Regional SCI System of Delaware Valley Philadelphia, PA (215) 955-5756	SUBCONTRACTS:
Northeast Ohio Regional SCI System Cleveland, OH (216) 778-7295	Northwest Regional SCI System Seattle, WA (206) 731-3665	St. Joseph's SCI Care System Phoenix, AZ (602) 402-6148
Texas Regional SCI System Houston, TX (713) 797-5023	National Capital Model SCI System Washington, D.C. (202) 877-1196	Northern California SCI System San Jose, CA (408) 793-6446
Rocky Mountain Regional SCI System Engelwood, CO (303) 789-8220	New England Regional SCI Center Boston, MA (617) 638-7911	Virginia Commonwealth Regional SCI System Richmond, VA (804) 828-5401

This is a publication of the National Spinal Cord Injury Statistical Center, Birmingham, Alabama, which is funded by the National Institute on Disability and Rehabilitation Research, Office of Special Education and Rehabilitative Services, U.S. Department of Education, Washington, DC. The opinions contained in this publication are those of the grantee and do not necessarily reflect those of the U.S. Department of Education. ©2009, Board of Trustees, University of Alabama.

The National SCI Statistical Center, 1717 6th Avenue South, Room 515, Birmingham, AL 35233-7330; Voice: (205) 934-3320; TDD: (205) 934-4642; FAX: (205) 934-2709; E-mail: NSCISC@uab.edu

Published by:





Membership Travel Tips

Featured Report

By ART WALKER, Cruise Planners

CRUISING - AN AFFORDABLE AND RELAXING WAY TO TRAVEL

If you are looking for a great, relaxing way to travel whether you require accessibility needs or not, cruising is an excellent and affordable way to go. You unpack once for the entire trip. You can travel to exotic and interesting places for about \$100 per day per person. This cost includes, your ship travel, all meals (4 or 5 star dining in the dining rooms) and drinks (exclusive of alcoholic and carbonated beverages), excellent overnight accommodations, 24-hour-per day room service, pampering, nightly entertainment, a large variety of onboard activities including, swimming, libraries, piano bars, dancing, nightclubs, crafts, bingo, garden golf, tennis, basketball and a myriad of other things to do. For additional charges you can browse the internet and if you desire use your cellular phone onboard, visit the casino, enjoy onboard shopping, port of call shopping, exploring and sightseeing at destinations you may have never thought you could afford to visit. Some of the new mega-liners even have parks, complete with real trees and grass, bowling alleys, ice skating rinks and outdoor amphitheaters with movies to see under the starlight or Las Vegas type water productions. Did you know that 85% of Americans have

never taken a cruise? Did you know that approximately 90% of the people who have taken that first cruise, cruise again? Along with these statistics there are some myths about selecting a cruise you may want to consider, such as...What do the "Abominable Snowman", the "Loch Ness Monster" and "Booking Cruises Directly with the Cruise Line is Cheaper" all have in common? Answer: They are all myths. While we may not be experts on the first two subjects, at Cruise Planners we can certainly shed some light about direct booking myths.

First of all, let's face it, a sales representative at a cruise line gets paid to sell only their company whether it's the right product for you or not. They will never recommend the competition. That should be enough right there to make you stop and think. But wait, there's more! Special prices? At Cruise Planners we see the same rates on the computer as the cruise line sales representative. But more importantly, in addition, we have access to unique rates such as exclusive group fares, regional specials, and other special rate programs.

The most important part of planning a cruise is not getting the lowest price. The real goal should

be to get the right cruise for your personal needs at the best price available. At Cruise Planners there is no charge for our basic services as we are compensated by the cruise lines for providing personal service to you. It's the best deal in town. While we can't help with sightings of the Snowman or "Lochie" we *can* plan the cruise vacation of a lifetime for you.

Art is an Army veteran, serving four years during the Vietnam conflict. He and his wife Monica live and have their Cruise Planners business franchise in Salem, Oregon. They can be reached at 503.540.7662 or toll-free at 877.540.7662, or visit their website at www.salemcruises.com. While you're there, check out the OPVA sponsored Alaska Cruise via the Holland America ms Zaandam departing Seattle for 7 days on June 18, 2010. The password for access is 'veterans'. Bon Appétit and Good Sailing!



Reaching

the most affluent generation in history with news, commentary, events, and with **YOUR BUSINESS...**

Northwest
SENIOR & BOOMER NEWS

Oregon's oldest and largest 50+ newspaper.

Give Clark a call today and discover marketing strategies to fit your business and your budget.



503-304-1323

cts0507@att.net

**4159 Cherry Ave NE
Keizer, OR**





Community Outreach

Expo Rocks Kroc

By The Rolling Reporter

The preparations for the Health and Wealth Expo started just after sunrise as staff and volunteers loaded their vehicles with banners, promotional items and decorations for this first time event. The sky was clear and the forecast for the day was sunny, high near 60 degrees -- excellent weather to give people an opportunity to enjoy the day!

Vendors started setting up their tropical theme islands at 7 am and the event was ready to start at 10 am. The Kroc Center was ready for the first Health and Wealth Expo to begin. More than 20 volunteers and staff from the Oregon Chapter was ready to kick off the day!

Visitors started lining up at 9:30 am and by 10 am the Expo opened its doors. By 11:30 am, more than 450 attendees gathered information from vendors and registered for the give-a-way cruise. The Volcanoes' Baseball team brought the largest jersey to be signed by guests -- the kids loved it.



When noon arrived so did KYKN Talk Radio and Rich Baley with the Capitol Auto Group Dragster. KYKN broadcasted live from the event throughout the day, interviewing vendors and attendees alike. The dragster was a hit with families and kids as they took pictures and talked with the driver. Almost like clock work, every twenty minutes a vendor raffled off a gift. Attendees were positive and appreciated that there was finally an event that was personally beneficial and FREE!

More than fifty vendors shared their expertise and special service. If you were looking for long-term care insurance, scar removal, entertainment, transportation, home modifications and a multitude of other businesses and agencies, they were there to make a difference in the lives of the attendees.

The tropical theme was everywhere as nearly all representatives of among the 50+ vendors were wearing leis, and many exhibits were decorated with cheery tropical décor, which was reinforced by the sunny clear day. "This (theme) leads you into hoping for spring soon," said Theresa Green of The Joys of Living Assistance Dogs. "And with this weather, it sure feels like it."

Joys of Living, based in Keizer, was among the wide array of vendors; a diverse range that included Wellspring Center for Extraordinary Living from Woodburn, Performance Mobility from Portland and RJ Mobility from Independence,





climbing and other activities offered daily at the Kroc which added to the success of the Expo!

Reporters and photographers were busy taking pictures, interviewing anyone who had a

the Alzheimer's Network, Cherriots mass transit, Brownell Photo and Video, Costco, Senior Helpers, Marquis at Home and Willamette Financial Group, to name just a few. "We had about 50 or so hand-picked vendors, because we wanted to concentrate on what they could do to help veterans, seniors, and people with disabilities," said Loosli, noting that the response to the expo has been tremendous in both vendor interest and visitors.

Even though many of the families brought their children through the expo, their day was not done. Many attendees had never been at the Kroc Center. Attendees also enjoyed swimming, rock-wall

moment to spare, and gathered promotional items as well.

Every attendee received a special full color Resource Guide with information about every vendor participating at the event. The Guide will benefit attendees when they need reliable help or services by businesses who truly want to help improve lives.

As the day ran down and the cruise winner was to be announced -- more than 2,500 men, women and children attended the expo.

The winner of the cruise was announced but was not present. So they were called to be notified. Unfortunately, the winner declined the cruise and a new winner was selected randomly. The final winner was Judy Howard from



Dave Parker (left), former national president of Paralyzed Veterans of America, talks Saturday with a visitor during the Health & Wealth Expo. (timothy J. Gonzalez | Statesman Journal)



Aumsville. When she got the news, she exuberantly yelled to her husband at the other end of the house, "We won, we really won! We're going on a cruise!"

As the vendors broke their islands down, many shared that the Expo was a top notch event and they were planning to be an exhibitor at the next Expo in Woodburn at Wellspring on July 13th.

Mark your calendar for the Expo in July -- more vendors, more fun and sunshine to come!





Membership Benefits

Insurance Discounts

By CAROL PAVELEK, Independent Agent for Aflac

My family is full of vets.. my father, brother, uncles, and now my own son. So, naturally, vets are close to my heart. No group of people are more deserving of not only our gratitude, but all benefits possible.

The directors of your organization are always on the look-out for ways to enhance your membership in the Oregon Paralyzed Veterans of America (PVA). For the past few weeks, I've had the pleasure of being involved in the addition of a new benefit... one that can be of considerable value to you and your family. That new benefit is from the American Family Life Assurance Company of Columbus....you know us as Aflac.

Other than having a smart aleck duck as its mascot, what can Aflac do for you, you might ask? Aflac is "supplemental insurance" that pays you cash for a health event. And who couldn't use some extra cash when accidents or sickness happen? What Aflac offers are indemnity policies that pay cash to YOU. Aflac does not pay your doctor, the dentist, the clinic, the hospital or the drugstore. The cash is paid directly to you. We'll even pay you to stay well!

You use the money from Aflac as you see fit. Use it to pay for groceries, the car, gasoline, the light bill, your son's football

equipment, your daughter's piano lessons. Any purpose!

The Oregon PVA is now recognized and approved as a group with Aflac, and that qualifies you for group rates, which are much less than if you were to obtain Aflac on your own. Many of our policies can be had for about the price of a fancy coffee drink per week!

You can get Aflac for yourself, you and your spouse, or you and your entire family. Accident, Hospital, Dental, Vision, Cancer, Intensive care and Life insurance are just a few examples of our indemnity policies. Having Aflac does not change or lessen any health insurance you may have now, and Aflac does not pay any less just because you might have health insurance. No "coordination of benefits" is ever necessary. Aflac provides you with an extra layer of financial protection and can stand alone, if need be.

Your organization thinks that there are so many good things about Aflac (and that YOU can qualify for!) that they couldn't keep it to themselves. The discounted group rates will be available through your chapter's Advantage Plus Program. The program will be offered in late April. I'm here to help.. it's my way of saying "thanks!"

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.

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.





"It's a Matter of Trust"

by Dianna Barham

When you were in the service you knew that your buddies had your back and that you had theirs. You knew they could be trusted. When choosing a contractor you want to know that you can trust the man and the company. You want them to hold the same values that you've had since you took your oath of service. Meet Jason Robertson from Star Builders, LLC.

Jason is a veteran from the U.S. Marine Corp. Anyone who knows Jason can tell you that it's hard not to like him from the first moment you meet him. He's your typical all American boy. He grew up here in Salem and is now a third-generation contractor and owner of Star Builders, LLC. Both his father and grandfather worked in construction. As well as being a family man, he is active in the Salem Area Chamber of Commerce, Salem Business Builders, Inc., Paralyzed Veterans of America, Home Builders Association of Marion and Polk counties as well as the Pathfinders youth club.

Jason is a man of integrity and has a heart for service. It was a friend and neighbor who had a life-changing experience that inspired him to create the Accessibility Remodel Program. When his friend came home after a stroke, Jason saw first-hand how difficult it was for him to navigate in what used to be friendly surroundings. Suddenly there were barriers everywhere in his home, obstacles to the ease of every day functions.

Jason knew that the frustrations his friend was encountering were solvable problems, but the most

enlightening moment for him was informing his friend of the options available. When Jason realized that people just didn't know what solutions were available to make life easier, his mission was born.

When you think about accessibility remodeling, perhaps wheelchair ramps and handrails come to mind. Jason and crew can certainly help there, but Jason takes a more holistic approach to your situation. They are experts at solving accessibility issues both large and small. They will spend time with you in your home assessing how you move about and noting where struggles occur, observing where ease can be implemented and then listening to your needs and requests. By working together, the home improvements you want can easily and affordably come to completion.

When it comes to doing business we are likely to trust the experience of our friends and family members. If they have had a good outcome with a business then we are likely to patron them as well. This is what your neighbors are saying about Star Builders:

Jason's reputation is that of a professional. He always gives the best prices and never takes advantage of people. I like the fact that he is a veteran

and that is why the PVA has invited him into our family as a preferred contractor.
~Byron L.

I've known Jason for over 10 years and he's a kind, warm, loving person. When choosing a contractor to remodel my shower for wheelchair access, the choice was easy because they are the only company that has a program dedicated to accessibility. They have a reputation for excellence throughout the mid-Willamette valley. Jason lives and works in his community and he knows that his name is on the line when he is working on his neighbor's homes. His crew is fabulous; always polite, neat and on time. Jason's roots are here and I would recommend Star Builders to anyone. ~Diane.



NO MORE BARRIERS!

STAR Builders, LLC CONTRACTORS

503-409-1975

Your One Stop Home Improvement Specialist!

Accessibility Remodels

- ★ Ramps & Railings
- ★ Bathroom Remodels
- ★ Door & Hall Widening
- ★ New Flooring Options
- ★ Kitchen Remodels

We help you stay at home in comfort.

www.StarBuildersllc.com



Vocational News

Program Report

By JOAN HASKINS M.A., CRC, Vocational Rehabilitation Counselor,
Paralyzed Veterans of America

I am a Vocational Rehabilitation Counselor hired by Paralyzed Veterans of America (PVA), and my base office is located in Long Beach, California. I provide professional vocational rehabilitation services to paralyzed veterans in other states including Oregon, Washington, Idaho, Nevada, Arizona and Hawaii. Together with other PVA branch offices located in San Antonio, Texas, Richmond, Virginia and Minneapolis, Minnesota, we cover the nation helping those veterans with a spinal cord injury or disease to find suitable work.

Imagine having a vocational "life" and then a catastrophic injury that is limiting in so many ways. Skills that use to come easily and "pay off" with a job cannot be accessed. Imagine not having a vocational life before a catastrophic injury then what?

The role of the Vocational Rehabilitation Counselor is to pay particular attention to the individual veteran, glean what is important to them, identify what they wish to do vocationally, and provide direction, counseling and information to help each do what is maximally possible in the workforce. Some will wish to work from home. Some will wish to return to the corporate world. Some will wish to return to a job and not a career. We are there to assist veterans realize what is possible



and satisfying.

Paralyzed Veterans of America is seeking to add more partnerships with businesses and organizations. Many companies have already stepped up to the plate with pledges to consider competent qualified paralyzed veterans. They are willing to open the door and allow our veterans to roll through and be considered. These companies realize the advantage of tapping this sometimes "hidden" talent pool. The search though is on for many other employers who have work that is suitable and available.

We offer our services to match qualified veterans with employers, coordinate and complete federal and state incentive programs, and we work closely to help ensure a good employer/employee fit. As needed throughout the veteran's life, we at PVA are ready and able to assist.

I welcome contacts to discuss our program, and to learn about your company.

Vocational Rehabilitation Goals

Through the Vocational Rehabilitation Program, a Paralyzed Veterans of America vocational rehabilitation counselor located in a VA Spinal Cord Injury Center will:

- Meet with veterans to discuss and explore their future career options as early as possible in their medical rehabilitation.
- Work with medical personnel to begin discussions about employment expectations as veterans are working to achieve their medical rehabilitation goals.
- Serve as the "hub" or coordinator for the various vocational rehabilitation resources in the federal, state, and private arenas.
- Inform veterans of the benefit programs available to them and when appropriate assist them to apply for programs such as Social Security, State-Vocational Rehabilitation Programs, and community-based programs.
- Develop a network of employers who are willing to train/provide career jobs for veterans.

JOB INTERVIEWS AFTER A SPINAL CORD INJURY:

TIPS FOR PERSONS WITH A SPINAL CORD INJURY

Your hard work sending out all those cover letters and résumés has finally paid off — you've been called in for a face-to-face job interview. Congratulations! But now is not the time to sit back and think about how you're going to spend your new salary; you've got a lot of work to do. The better prepared you are beforehand, the better your chances are of wheeling out of the interview with a confident smile on your face that says, "I think I got the job!"

Keep in mind that in the competitive business world, there are sure to be dozens of other highly qualified candidates going after *your* job. It's important to make yourself stand out as someone special. Now is the time to practice exactly how you will sell yourself to a prospective employer during that crucial first meeting.

Here are several important tips to help your next interview lead to your next job:

During the Interview

- Be confident.
- Be enthusiastic.
- Use professional /business language (no slang).
- Remember that your body language and eye contact can mean as much as what you say.
- Respond directly to the interview questions and stay on topic.

- Ask any questions about the company and job that you had while preparing for the interview.
- Be prepared to discuss why you consider yourself the best applicant for the job.

Addressing Your Spinal Cord Injury



- Acknowledge differences.
- Emphasize your strengths.
- Talk about how you have learned from the SCI. (Examples: overcoming difficulty, problem solving, talking to different sorts of people, and handling stressful situations).

An Employer Can Ask

- How you will complete job tasks.
- Relevant issues as to your knowledge, skills, and abilities that pertain to the job.
- If you can do the job with or without accommodations.

- Cost factors related to accommodations.

An Employer Cannot Ask

- Disability specific questions.
- Personal questions related to your disability.
- About family members with disabilities.

Remember

- You do not have to answer any question that you are uncomfortable with.
- No job is worth compromising your personal beliefs.

Make sure you let the interviewer know how pleased you were to have the chance to interview with him or her. Immediately after the interview, send the interviewer a thank-you note, thanking him or her for taking time to interview you. This is not only proper etiquette and a common display of appreciation, but it also allows you to reaffirm one or two key points of the interview. It also lets the interviewer know how interested you are in working for the company.

If interested in discussing jobs, and return-to-work issues, then please call:

Office: 562-826-8000 Ext 4607
Cell: 202-374-0353



Canine Compassion

Service Dog Update

By JOY ST. PETER, Director, The Joys of Living Assistance Dogs

Help for Heroes

The Joys of Living Assistance Dogs and the Oregon Paralyzed Veterans of America work together in offering 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. There are many challenges veterans must face when returning from service/combat. Feelings of isolation and depression can become debilitating, loss of friends and comrades can lead to feelings of helplessness and guilt, and for many veterans, everyday events can trigger traumatic memories, a condition known as Post-Traumatic Stress Disorder (PTSD).

The Joys of Living Assistance Dogs (JLAD) is a 501(c)3 non-profit organization whose mission is to provide a skilled, devoted companion to support and assist a person living with disabilities – creating a cohesive team focused on building a life of greater freedom and independence. Assistance dogs provide companionship, obedience, practical aid and affection. Persons with disabilities rely on these special animals to perform a multitude of tasks. The mobility and freedom the dogs' efforts afford help provide a new and profound sense of independence to the owner,

creating a pathway toward a safer and more empowering way of living.

Benefits for Trainers

By caring for and training puppies, Help for Heroes' veteran volunteers will:

- help their fellow comrades regain their independence through the aid of assistance dogs.
- be provided with constant companionship.
- receive the many benefits dogs often provide for those with depression, anxiety, and PTSD.

Puppy Trainers Needed

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.

Help for Heroes

The Joys of Living Assistance Dogs and the Oregon Paralyzed Veterans of America 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.

The Joys of Living Assistance Dogs
P.O. Box 21804
Keizer, OR 97303
(503) 551-4572
E-Mail: info@joydogs.org
joydogs.org

THE JOYS OF LIVING
ASSISTANCE DOGS

Accessibility...In The Home...and On The Go

RJM MOBILITY SERVICE

**Specializing in
Vehicle & Home Accessibility**

Home Services

- Stair Lifts & Porch Lifts
- Assistance Handles
- Entry Ramps
- Hand Railings



Vehicle Services

- Vehicle Lifts
- Hand Controls
- New & Pre-Owned Vehicles & Equipment
- Lowered Floor Vans
- Custom Modifications

CCB#187428



1-800-214-5520 • 503-838-5520

www.rjmobilityservice.com

155 "E" Street • PO Box 128 • Independence, OR 97351



Community Services

Service With A Smile

By Rick Barley, Owner

In 2004, I was offered an opportunity I couldn't pass up – to purchase the former Curly's Dairy milk and dairy delivery business. Having been in the home delivery industry since 1996, I knew I had always wanted to own my own business. Given my passion for people and serving customers, I purchased the business and renamed it Mr. Milkman Home Delivery, and have been serving customers from Salem to Portland and everywhere in between ever since. As a true family owned and operated business, my wife Chandra, son Zac, and daughter Lexi often assist me with the business duties. Their dedication to customer service is second to none,

and they don't take the words "customer satisfaction" lightly – it is their #1 priority. My favorite part of the grocery delivery business is putting a smile on the customers' faces and the satisfaction of a job well done.

Mr. Milkman Home Delivery is an independent distributor of Alpenrose Dairy. Alpenrose produces **only** the absolute best quality milk and dairy products, and I am proud to be an independent distributor. I know that home delivery of milk and dairy products ensures the freshest products available to the customer, because you get the products straight after bottling or packaging; the same cannot be said for store-bought dairy products.

With two refrigerated grocery trucks in the delivery fleet, Mr. Milkman Home Delivery can efficiently service customers all through the Willamette Valley. Expanding the business and service area are two core long-term goals, so that even more people can experience the convenience and pleasure of having fresh milk and dairy products delivered right to their door.

Call today or complete a delivery application on our website at www.mrmilkmanllc.com to begin your home delivery service from Mr. Milkman. You won't find better products at better prices.



HOME DELIVERY ORDER FORM & PRICE LIST

Contact Rick at (503) 589-1150
www.mrmilkmanllc.com

PRICES EFFECTIVE NOVEMBER 1, 2009
 PRICES SUBJECT TO CHANGE WITHOUT NOTICE

Bills are handed out on the first delivery day of the month and are due on the second delivery day of the month. \$5.00 late fee for past due balances.

ALPENROSE

HOMOGENIZED MILK

- Gallon Market Price
- 1/2 Gallon Market Price

ALPENROSE - 2%

- Gallon Market Price
- 1/2 Gallon Market Price

ALPENROSE - 1%

- Gallon Market Price
- 1/2 Gallon Market Price

ALPENROSE - SKIM ULTRA

- Gallon Market Price
- 1/2 Gallon Market Price

ALPENROSE - FAT FREE MILK

- Gallon Market Price
- 1/2 Gallon Market Price

ALPENROSE

ORGANIC MILK - 1/2 GALLON

- 1% 3.69
- Homogenized 3.69
- 2% 3.69
- Skim 3.69

ACIDOPHILIS

- 1% - 1/2 Gallon 2.99

CHOCOLATE MILK

- 3% Gallon Market Price
- 6% 1/2 Gallon Market Price
- Quart 2.39

HALF & HALF

- Quart 2.59
- Pint 1.59

WHIP CREAM

- Pint 2.49

BUTTERMILK

- Quart 1.99

BUTTER

- Quarters Market Price

MARGARINE

- Quarters 1.99
- 1 lb. Soft Tub 1.99

SOUR CREAM

- 16 oz. Regular 2.89
- 16 oz. Light 2.89

EGGS

- Extra Large - doz. 2.99
- Cage Free - doz. 3.99

COTTAGE CHEESE

- 32 oz. 3.99
- 16 oz. 2.89
- Low Fat - 32 oz. 3.99
- Low Fat - 16 oz. 2.89
- Non Fat - 16 oz. 2.89

CHEDDAR CHEESE

- Tillamook 1 lb. 5.99
- Tillamook 2 lb. 7.99

TAMPICO FRUIT DRINKS - GAL.

- Citrus 2.59
- Mango 2.59

MORNING HARVEST ORANGE JUICE

- Gallon 4.99

TROPICANA ORANGE JUICE

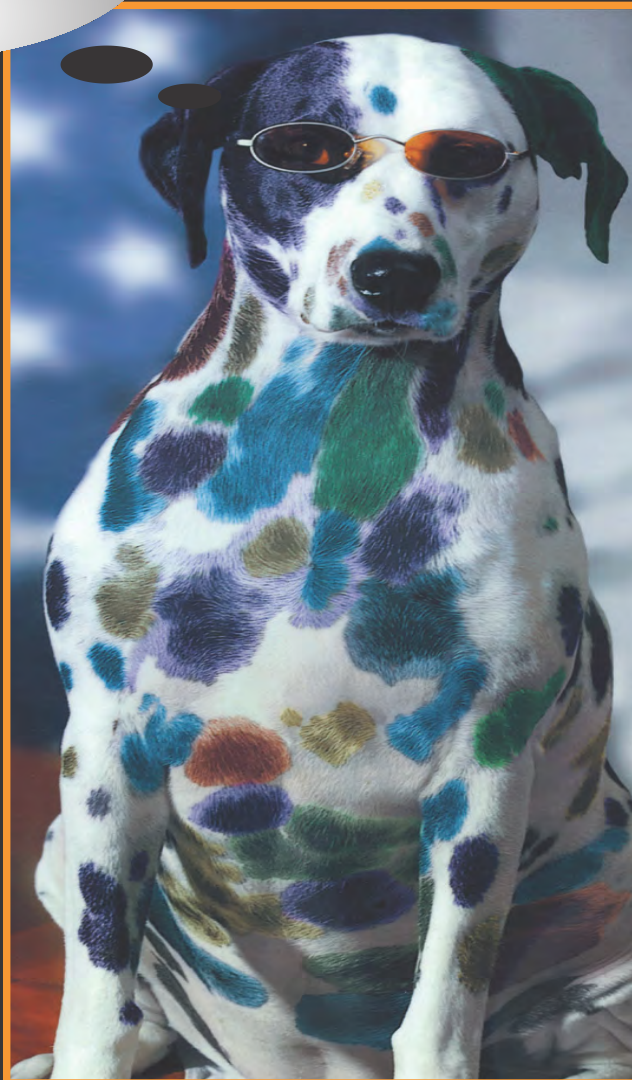
- 1/2 Gallon 4.59



COPY **CATS**

THOSE CATS
EVEN MAKE
ME LOOK
GOOD

The only
thing
you need
to know
about
Printing
and
Copying
is our
Phone
Number



(503)370-7340



Medical Update

Therapeutic Electrical Stimulator

By Myron Musick, Independent Representative

The Oregon Paralyzed Veterans of America are pleased to introduce Myron Musick as the new Oregon representative of Neuro Care.

The number of medical conditions which have been treated with the Neuro Care 1000 since release from the FDA in 1993 is over ninety.

The conditions that have been successfully treated range from Diabetic Neuropathy to Parkinson's Disease. What is important for those that are paralyzed is that the Neuro Care 1000 is very useful in treating Disuse Atrophy, Muscle Spasms, Incontinence and even Post-Traumatic

Stress Disorder.

With conventional methods of treatment, the diabetic medical community is still having to amputate limbs of some diabetic patients.

This is because Diabetes causes a restriction of circulation to the extremities which is a leading cause of non-healing wounds, which then leads to amputation. The solution of course is increased circulation to the extremities. The Neuro Care treatments increase local circulation, increase range of motion, retard disuse atrophy, relax muscle spasms and re-educate muscles to achieve lasting results.

Normal skin tone and sensitivity can be returned, long-term, non-healing wounds can be healed if circulation to the effected areas is increased. Nothing known to medicine can stimulate blood circulation, build muscle tone (even in inactive muscles) and can heal and prevent pressure ulcers in immobile patients like the Neuro Care 1000 has in thousands of cases since 1993.

The Neuro Care 1000 will bring renewed Strength, Hope and Healing to many who have waited too long for a medical answer like the Neuro Care 1000.

Neuro-Care™
Electronic Muscle Stimulators (EMS)
for Physical Therapy and Rehabilitation

- Maintain or Increase Range of Motion
- Muscle Re-Education
- Prevent or retard Disuse Atrophy
- Relax Muscle Spasm
- Increase Local Blood Circulation

HIGH VOLTAGE HEALING
Myron Musick
503.510.6667
myronmusick@yahoo.com



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

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

Once again we managed to gather our family and have a wonderful evening, thanks to OPVA Recreation Fund.

We love to introduce our children and grandchildren to live performance, so on December 30th we bought tickets for a performance of "Narnia" at the Children's Reparatory Theater in Portland.

We had a grand evening. After the performance, the actors and actresses, many of whom were similar in age to our grandchildren, gathered in the lobby to sign autographs and talk about the experience of being on stage. Our grandchildren especially loved this part, and we stayed almost an hour after watching them soak up the atmosphere.

Thanks again,
Carl

Dear PVA,

Once again you have allowed my family and myself to enjoy an evening out of the four walls I face on a daily basis. You'll never know how much this means.

Thank you many times,
Steve

Dear PVA,

Thank you again for your contribution to my recreational activities. This time I was able to purchase a great seat at WWE Monday Night Raw and see some great wrestling entertainment (yes, I know it's fake). I'm looking forward to sitting down low in the arena rather than being in the nosebleed seats.

Thank you again,
Tom

Thank you for the opportunity for me to make a trip to New York to see my middle daughter for the holidays. She was recently married so the event was doubly rewarding. This was the first time I was able to go back east to see my children in the last five years.

So, thank you again for the financial support that you have made available to me for this memorable event. I appreciate it.

Jeffery

I went to the Oregon Coast. Lincoln City and Eola Inn. Spent time at Seaside, Astoria and other sites. Eating out is always a treat on the coast. Nice room and plenty of beach watching with a beautiful view right on the beach. It was the high time of my year.

Thank you,
John

I was surprised by my husband for Valentine's Day. He planned the most romantic valentines day I could ever hope for. We went to the Smokey Robinson concert in Tacoma, WA on the train. The performance lasted about 3 hours and for a man 70 years old (Mr. Robinson) he looked like a man of 40. The ride was wonderful, the buffet was amazing and the people were all so kind. I had a time that I will remember for a life time.

Bridget

PVA,

Well, I had a chance to get out of the house in the middle of winter due to the weather. It was such a nice day, I took my wife out for a good dinner at Sheri's. She needed a break from cooking. The food was good as usual and the weather was nice for a time out of the house.

Thanks,
Joe

Your financial help has contributed to mine and my wife's hours of pleasure enjoying the Oregon Coast.

Thank you very much.

Respectfully yours,
Joseph



Members' Birthdays



March 2010 Birthdays

Richard W. Blair	Steven L. Grogan	Victor C. Marquardt	Bridgette E. Selby
James L. Browning	Brittany Hayter	James R. Martin	Daniel D. Service
Jeff L. Chambers	Rodney W. Hockley	Del D. Martin	Corey P. Steubs
Ronald W. Clement	Ben L. Hordes	John P. McClaran	Owen D. Tiller
Tallina O. Cornelius	Richard W. Johnston	Mark J. McClellan	Steven D. Tweton
Greg C. Danielson	Robert F. Kloehn	Norma Michael	Martin J. Weideman
Charles R. Feringa	Gerald J. Lamb	Robert H. Pung	Joseph F. Welsh
Bruce A. Freeberg	Frank P. Leithauser	Kenneth W. Roy	Mitchell W. Wood

April 2010 Birthdays

Darrel N. Ackerman	William S. Cooper	George E. Nordling	Jayson R. Tobias
Roland D. Bechtold	Michael E. Geoghegan	Raymond D. Roberts	Doug M. Troutman
Donald E. Benchick	William A. Graham	Vernon T. Roos	William H. Tucker
Clinton A. Black	Timothy L. Hagberg	Robert W. Root	D Tunnissen
Alice D. Blahm	Robert J. Hanshaw	Richard M. Saxton	Robert (Bob) E. Waterman
Joan M. Brown	Ronald R. Heard	Frank G. Schindler	Markus W. White
Larry H. Charles	Loy L. Huskey	Wesley D. Soukkala	Steven F. Willard
Michael D. Clark	David C. Huston	Dana G. Strasheim	Rick J. Williams
Jonathan W. Cline	Brenda E. Marsters	Benny C. Stroud	Michael H. Williamson
Stephen Constande	Richard A. Montiel	Edward J. Suhr	
Roger W. Cooper	Mike L. Neher	Robert D. Talbot	



NORTHWEST MEDICAL PARTNERS

Independent Healthcare Reps

The Tri-Nova Therapy System










The TRI-NOVA THERAPY SYSTEMS alternating pressure mattresses enhance healing for all grades of pressure ulcer and is recognized as the ultimate choice for maintaining and restoring tissue viability in the highest risk, even immobile patients. The unique three cell cycle mattress replacement offers the ultimate pressure elimination system for accelerated healing of all grades of wound irrespective of mobility. We also sell or rent alternating wheelchair cushions.

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.

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	Advocacy/Legislation Seminar					
7	8	9	10	11	12	13
						
14	15	16	17	18	19	20
						
21	22	23	24	25	26	27
						
28	29	30	31			
						

Schedule of Events

8th:

Veterans Stand Down & Job Fair pg. 49

12th-14th:

2010 USQRA Pacific Sectional

13th:

Inter Chapter Trapshoot - Hillsboro pg. 7

14th:

Daylight Savings Time - Set clocks ahead

17th:

St. Patrick's Day

18th:

Clackamas Disability Resource Fair pg. 50

19th:

Fly Tying, Portland VA pg. 8

Poker Night at OPVA

22nd:

Fly Tying, Vancouver, WA pg. 8

Members Financial Wellness Program pg.14

25th:

BOD Meeting at OPVA Office at 10am











28th - 2nd:

Winter Sports Clinic

30th:

Fly Fishing Trip, Lake Margaret pg. 7

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						
4	5	6	7	8	9	10
						
11	12	13	14	15	16	17
		PVA Awareness Week				
18	19	20	21	22	23	24
25	26	27	28	29	30	
						

Schedule of Events

2nd:

Fly Tying, Portland VA pg. 8

4th:

Easter Day

8th:

MS Workshop, Portland VAMC pg. 42

10th:

Walk MS pg. 45

11th - 17th:

PVA Awareness Week:

12th:

Fly Tying, Vancouver, WA VA pg. 8

16th:

Poker Night at OPVA

17th:

Walk MS pg. 45

25th:

Southern Oregon Meet and Greet

29th:

BOD Meeting at OPVA Office at 10am



Membership Outreach

Meetings

OPVA Poker Night

By Bryan Dornon

What a great turnout for the first poker night. Thanks to everyone who attended and making this a hit for us all to enjoy. We started out with several learning hands for new players to have a chance to get in the game. Once the game started, of course it was a big pot since we all wanted to be the chip leader. The game was finally won by Jack Howell at around 9:00pm. We had lots of prizes from gift cards to lottery tickets.

We plan to have poker nights throughout the year so keep an eye out. If there is enough interest and players we could get another dealer and have a new player's game only. This is a great time to come out whether by yourself or with someone as a guest. I am sure you will have fun and get to know some great people. By the way wives, you are welcome to come. My wife attends and enjoys watching or visiting with others.

Super Bowl Party

By Bryan Dornon

Oregon PVA held its first Super Bowl party at the Salem office. First of all thanks to everyone who came and enjoyed the football game with me and my family. Good food, great conversation and a descent football game made for an enjoyable day. The office opened up around 1:00pm for enjoyment of the pre game. The food was plentiful and filled everyone at least twice. We had rooters from both teams which made for some good old rousting. Keep an eye out for upcoming events to attend as we are just starting the year and plan many other chances to get out with Oregon PVA members.



SAVE THE DATE FOR THE NEXT MULTIPLE SCLEROSIS WORKSHOP

If you are a veteran with MS, family member, or caregiver of someone with MS, you should attend this workshop!

Information on registration, speakers, and agenda will be mailed in early February. If you have questions before then, please call Jaimie Henry at 503-220-8262 ext. 53296 or send an email to jaimie.henry@va.gov.

DATE: Thursday, April 8, 2010

TIME: 9:00 am - 2:30 pm

LOCATION: Portland VAMC - 2nd Floor Auditorium

Southern Oregon Meet and Greet



Sunday, April the 25th

the Oregon Paralyzed Veterans of America will be in Roseburg for our first of many, membership meet and greets.

This event will be held at **Ten Down Bowling** in Roseburg. The meeting will start at 1 pm and end around 3 pm. Several lanes are being reserved and shoes and frames have been pre-paid. There is Pizza and Soda, so come and enjoy the camaraderie. We will also be unveiling our new membership program and are hoping to have a great kick-off. Bring your families and friends and come support the Oregon Paralyzed Veterans of America. Thank You!





LOCAL NEWS

Personal Help

Funds Available to Help Pay Medicare Insurance and Prescription Costs

NorthWest Senior and Disability Services has received a grant to help low-income seniors and adults with physical disabilities access funds to pay for Medicare premiums, deductibles and co-pays. For more information call Beth Jackson at 1-800-469-8772.

NorthWest Senior and Disability Services can help Medicare-eligible, low-income, seniors and adults with physical disabilities access the Qualified Medicare Beneficiaries (QMB) program, QMB, which can pay for Medicare Part B premiums, deductibles, and co-insurance. To receive QMB benefits, the person must also be receiving Medicare

Part A (hospital insurance), meet income limits, and have assets below \$6,600 for an individual and \$9,910 for a couple. These asset limits do not include the family home or car.

The agency has received a grant to help Medicare eligible seniors and adults with physical disabilities apply for Extra Help from the Social Security Administration to pay for Medicare Part D prescription drug coverage. In 2009, persons with incomes below \$21,855 for a married couple, \$16,245 for a single person, and with assets below \$25,010 for a couple, and \$12,510 for an individual, can apply to

reduce their prescription drug co-pays and insurance premiums and eliminate the gap in coverage known as the "Doughnut Hole." These income limits usually change annually.

NorthWest Senior and Disability Services is the Area Agency on Aging that serves seniors and adults with physical disabilities in Clatsop, Marion, Polk, Tillamook and Yamhill counties. For information about applying for Medicare assistance programs, call Beth Jackson at 1-800-469-8772. Information about the agency is also located at www.nwsds.org



KOREAN WAR VETERANS OF OREGON



60th Anniversary of the Korean War Commemoration Ceremony

The Oregon Trail Chapter of the Korean War Veterans in conjunction with the Korean Community in the Portland, Oregon area are planning a commemoration for the beginning of the Korean War.

WHEN: Saturday, June 26, 2010

TIME: 10 AM

LOCATION: Oregon Korean War Memorial in the Wilsonville Town Center Park at 29600 Southwest Park Place, Wilsonville, OR 97070.

CONTACT: Don at dnldcoh6@aol.com or call Red at 503-655-7812

Come See Wheelchair Rugby

as the Portland Pounders &
Oregon Disability Sports
Host



The Pounders Are Looking For Your Support!

**For More Information Call Trisha Suhr @ 503-241-0850
or go to www.portlandpounders.org**



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
- Christopher and Dana Reeve Paralysis Resource Center - paralysis.org
- MS Society of Canada - 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

Bike MS - July 31 + August 1, 2010
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.

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

Portland Veterans Administration Medical Center

3710 SW US Veterans Hospital Road, Portland, OR 97239
503-220-8262 www.va.gov/portland

Providence MS Center

9427 SW Barnes Road, Suite 595, Portland, OR 97225
503-216-1060 www.providence.org



The Digital Accelerator Ring optimized for Speed

It is accepted by the VA.



DARIOS the new digital accelerator ring adapts its sensitivity to the speed of your car:

- At low speed the acceleration is smooth and progressive to help you drive more economically. City driving and parking maneuvers are safe, comfortable and easy to perform.
- At high speed the acceleration is dynamic and precise for a more responsive driving experience. It allows you to keep your hands on the wheel in a comfortable and natural position requiring very little effort

DARIOS never reduces the full range of acceleration of your vehicle. Smoothly push the ring towards the steering wheel to accelerate. The pressure required remains constant at any speed.

DARIOS is installed with a left or right hand brake enabling you to drive without the use of both legs. The mechanical brake is well integrated in the dashboard to avoid adding any metal parts in front of your knees. All adjustments of your steering column are maintained.

DARIOS may be deactivated by a driver using the original pedals. All airbags including the knee airbag remain functional.



Visit our website to watch test-drives by veterans at the wheelchair games



www.kempf-usa.com

Call Toll-Free for a free demo-DVD and brochure

1-888-4-KEMPF-US or 1-888-453-6738



Community Partners

Personal Help

More than a welcoming building with a Northwest Décor and feel, Center 50+ provides hundreds of opportunities for individuals age 50+ to make the most of the next chapter in their lives. Whether it is getting fit and fabulous and addressing high blood pressure or cholesterol issues in the Fitness Center, or updating computer skills and preparing for a second career in the Computer Learning Center, or fulfilling a lifelong interest through a hobby, craft, or educational opportunity, or gaining support and training to help with family caregiver issues, Center 50+ is poised to meet these

requests and so much more. But, it is really the intangible outcome that is not fully understood in the program catalog that drives the Center 50+ Mission. Supporting Healthy Aging in All Aspects of our Operations. It is proven that individuals that are socially engaged, remain active in their community, and give of their time and energy to the betterment of others are found to live healthier and more fulfilling lives. Center 50+ is the vehicle for this interaction. The Center offers that gathering place to congregate and socialize. It provides that location where everyone 50+ can attend and find a place to belong regardless of their socioeconomic background, educational level, health status, religious or political affiliations, familiar status, or even interest. The rich and diverse make-up of Center50+ patrons is what keeps the facility balanced and healthy, and thus the same for the patrons. Join us at Center 50+ and experience first hand what everyone has been talking about. We are here for you, come enjoy YOUR Center 50+. Built for you by our community.



**TRI-CARE
WHEELCHAIR
SERVICE**

OUR SPECIALTY IS SERVICING YOU
IN YOUR OWN HOME
AT YOUR CONVENIENCE

**Sales, Rental, and Repair
on all makes & models of Wheelchairs and Scooters!**



















**Call and Ask for
Mazouz Fattom**

432 SE 91st Ave * Portland, Oregon 97216

Phone: 503-267-2603 Fax: 503-252-4246

Center 50+

CITY OF SALEM SENIOR CENTER

Center 50+ is a growing, dynamic organization poised to meet the evolving needs of the 50+ population of today and tomorrow. The Center welcomes input from new participants and partners to help develop a center that meets the needs of those 50 and older and serves the community.

- Enjoy life-long learning through our lectures and classes.
- Stay healthy and active with exercise through the fitness center.
- Explore the arts by attending a dance class, learning the fine skill of drawing and painting, or by joining one of our gallery tour groups.

**2615 Portland Rd NE
503-588-6303**

**Monday-Thursday
7:30am-9:00pm**

**Friday & Saturday
8:00am-5:00pm**

- Meet new friends and enjoy good conversation over a cup of coffee.
- Have fun playing cards, billiards, or other games.
- Share ideas at one of our book clubs or discussion groups.
- Find support and encouragement from others at one of our support groups.



30th National Veterans Wheelchair Games

Games with Heart a Mile High

Denver, Colorado ★ July 4-9, 2010

Hosted by VA Eastern Colorado Health Care System and the Mountain States Chapter Paralyzed Veterans of America

Presented by



National Host Sponsor



Yes, you can.

For More Information and Registration Materials Contact:
 Paralyzed Veterans of America
 Sports and Recreation Program
 (800) 424-8200, ext. 752 or 657,
 (800) 795-4327 (tty)

or
 VA Eastern Colorado
 Health Care System
 Amanda S. Eckman, RN, MBA
 (720) 201-0455,
 amanda.eckman@va.gov

or visit
www.pva.org/hwvg

Medal Events

Air Guns
 Archery
 Basketball
 Bowling
 Field Events
 Handcycling
 Motor Rally
 Nine Ball
 Power Soccer

Quad Rugby
 Slalom
 Softball
 Swimming
 Table Tennis
 Track
 Trapshooting
 Weightlifting

Exhibition/Clinic

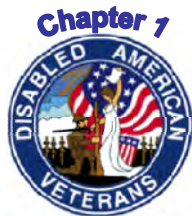
Kayaking



CALLING ALL VETS!!!

VETERANS STAND DOWN & JOB FAIR

Monday March 8, 2010 10:00 to 3:00



An Opportunity to Connect With Employers, Agencies, and Your Fellow Veterans



BRING RESUMES TO SHARE WITH EMPLOYERS!!

Legal Services
VA Voc. Rehab and Education
Veteran Services Agencies
Local Community Resources

Separate Job Fair Room open until 2PM
20+ Employers
Veterans Benefits
And Many More!!

Ambridge Event Center
1333 NE MLK Jr. Blvd Portland, OR 97232

(Southwest corner of Clackamas Street & Martin Luther King Jr. Blvd)

Transportation on **the MAX is free in the Free Rail Zone**. Get off at the Convention Center MAX stop and cross the street and walk three blocks north to the Event Center. There are paid parking meters and lots nearby. Limited lunches available on a first come first serve basis. For questions please call 503-226-7387 or go to Portlandstanddown.org.



Equal Opportunity Employer/Program Preparation of this item was funded by the United States Department of Labor under Grant No. HV-16419-07-60-5-41
This document does not necessarily reflect the views or policies of the US Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the US Government

DISABILITY RESOURCE FAIR

Sponsored by the Disability Provider Network
of Clackamas County

March 18th, 2010
9:00AM – 1:00PM

Resource Fair for Clackamas County
Adults, Youth & Veterans to learn about
resources and services available in the
community.

***There is no
cost for this
event!***

Clackamas Community College
19600 Molalla Avenue
Oregon City, Oregon 97045
Gregory Forum Building

Representatives from over 30 area agencies, including:

- Community Solutions
- Job Corps/PIVOT
- Social Security Administration
- Oregon Food Bank
- DePaul Industries
- Independent Living Resources
- Outside In
- WOAPE
- Clackamas Community College
- Goodwill/Job Connections
- National Assoc. for Mental Illness
- CCI Enterprises
- C-TEC Youth Services
- Military Family Support Foundation
- Easter Seals
- FACTS
- WorkSource Clackamas
- And Many More!!!!



Workforce
Investment Council
of Clackamas County
www.wicco.org

More information:
Bridget Dazey
Disability Program Navigator
503-657-1727

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

Non-Profit Org.
U.S. Postage
PAID
Salem, OR
Permit #779



PERFORMANCE MOBILITY

ADAPTIVE EQUIPMENT SPECIALISTS

Locally Owned Since 1993

Wheelchair Vans & Mobility Products

30+ New & Used Vans for Sale - Large Indoor Showroom!



24 HOUR SERVICE!



PERFORMANCE MOBILITY
4347 NW Yeon Ave. • Portland, OR 97210
(503) 243-2940 • Fax (503) 243-1413
Toll Free (888) 707-0456

Authorized Dealer For:
BraunAbility Minivans & Wheelchair Lifts • Vantage Minivans Vision
Rear Entry Vans • Vantage/Tuscany Full Size Vans
Bruno Scooter Lifters • Ricon Wheelchair Lifts • Hand Controls



Performance Mobility is a member of the National Mobility Equipment Dealers Association (NMEDA) and is a participating member in their Quality Assurance Program (QAP). As a QAP accredited dealer, be assured your mobility equipment will be installed and serviced by factory trained personnel, and inspected to meet the highest standards.

Van Sales Hotline: 888-292-7504 • www.pmobil.com