

# MINNESOTA PARALYZED VETERANS OF AMERICA

## Northern *highlights*

December 2010



***Minnesota PVA National Service Office Staff  
and Rickey Grant, PVA National Field Director***  
***Back Row, left to right, Rickey Grant, Jason Stephenson (Senior Benefits Advocate) and  
Tami Anderson (National Service Officer III)***  
***Front Row, Elaine Dresen (Senior Secretary)***

## Continuing to Serve

Minnesota Paralyzed  
Veterans of America  
One Veterans Drive  
SCI-238  
Minneapolis, MN 55417

Monday - Thursday:

8:00 AM - 4:00 PM

Friday:

8:00 AM - 1:30 PM

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or

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The Minnesota Chapter of the Paralyzed Veterans of America is a non-profit organization. Our funding is primarily received from donations. The Paralyzed Veterans of America is the name of our parent organization, and is chartered by the Congress of the United States of America. All members of the Paralyzed Veterans of America, have sustained a spinal injury or disease. If you have any questions, or you would like to make a donation to our organization, please write to the address or call the numbers listed on this page

Any and all articles that appear in this newsletter, is the opinion of the author of said article, and not necessarily those of its members, Board of Directors, or that of this organization. Any advertising that appears in this newsletter, is paid for by the business or organization that placed the advertisement. The Minnesota Paralyzed Veterans of America, by printing said advertisements, does not endorse and shall not be held liable for any claims of any kind against said business or organization.

The Minnesota Paralyzed Veterans of America's newsletter will be published 6 times per year. The editor and/or assistant may edit all articles for content, grammar, clarity and punctuation.

— Richard F. Jost, Editor.



*We wish you a  
Merry Christmas  
and a Happy  
New Year*

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## Presidents Report – Thomas R. Fjerstad, PRP

I am currently in the process of a complete technology makeover in the chapter office. The computers are being replaced with 23 inch all in one units. We will be utilizing wireless technology for all applications in an effort to reduce or eliminate the need for cables. We are also investigating the possibility of providing a wireless Hot Spot in and around the office for use by our members. The only thing that aggravates me about going through a process like this is trying to purchase at a competitive price. It seems anything technology related drops drastically in price about two weeks after you purchase it.

Those of you who participate in sports programs sponsored by the chapter will be seeing some changes to our policies. I have recently sent a notice to those members identified as participants. If you participate in chapter sponsored sports and recreation programs and did not receive this please call the office so we can be sure to keep you up to date.

I spent Veterans Day in Washington DC again this year. The day after I made the rounds on the hill visiting with our congressional delegation and will provide details on these visits in the next newsletter. I wish you all a happy Veterans Day and thank you for your service to our country.

If you have any questions or an issue you would like to discuss, please feel free to give me call.

Tom

## National Service Officer Report – Tammi J. Anderson

### VETERANS' MORTGAGE LIFE INSURANCE (VMLI)

(Information ascertained from the Department of Veterans Affairs website)

Veterans' Mortgage Life Insurance (VMLI) provides mortgage life insurance to severely disabled veterans and service members. It is designed to pay off home mortgages of disabled veterans and service members in the event of their death.

Veterans and service members who have received Specially Adapted Housing Grant from the VA are eligible for VMLI. This is a grant to help a disabled veteran or service member build or modify a home to accommodate his or her disabilities. To receive the Specially Adapted Housing Grant; a veteran or service member must be service connected for the loss, or loss of use of both lower extremities, such as to preclude locomotion without the aid of braces, crutches, canes or a wheelchair or blindness in both eyes, having only light perception, plus the anatomical loss or loss of use of one lower extremity or the loss or loss of use of one lower extremity together with residuals of organic disease or injury which so affect the functions of balance or propulsion as to preclude locomotion without the aid of braces, crutches, canes or a wheelchair. The loss of use of one lower extremity together with the loss of use of one upper extremity which so affect the functions of balance or propulsion as to preclude locomotion without the aid of braces, crutches, canes or a wheelchair per 38 CFR 3.809(b)(1)(2)(3)(4).

VMLI provides up to \$90,000 mortgage life insurance payable to the mortgage holder, (i.e., a bank or mortgage lender), in the event of the veterans or service members death. The amount of coverage will equal the balance of the mortgage, not to exceed \$90,000. VMLI is decreasing term insurance which reduces as the amount of the mortgage reduced. There is no loan or cash values and pays no dividends. Coverage automatically terminates when the mortgage is paid off. If a mortgage is disposed of through sale of the property, VMLI may be obtained on the mortgage of another home.

Veterans and service members who receive a grant for the purchase of Specially Adapted Housing are advised by Loan Guaranty personnel at their interview of their eligibility for life insurance to cover the unpaid mortgage on their home.

To view a premium, go to the premium calculator available at <http://www.insurance.va.gov>. If you have additional questions or you need to complete a VA Form 29-8636, Application for Veterans' Mortgage Life Insurance VA Form 29-8636, please feel free to contact your National Service Office, Tami Anderson at 612-970-5668/1-800-795-3609 or your Senior Benefits Advocate, Jason Stephenson at 612-629-7022

## SCI Staff – Becky Wittig, PT, ATP – 2010 SCI Congress

This year the Academy of Spinal Cord Injury Professional Congress was held in Las Vegas. Twelve Minneapolis SCI/D staff members from various disciplines were able to attend. There were 81 sessions, tracks and research topics which made it difficult to choose which concurrent session you would attend.

Attendees were kind enough to share some of the sessions they found most informative and interesting as well as research posters and vendor demonstrations.

Exercise and Weight Management sessions discussed how SCI population should follow adult physical activity recommendations of 30 minutes/day, 5 times a week of moderate aerobic exercise (can talk but not sing during exercise program) and resistance training 2 times a week for all available major muscle groups, 8-10 exercises, 1 set of 8-12 repetitions. **“Some is good. More is better. Avoid inactivity.”**

Travel session titled “SCI and Air Travel: Helping Patients Prepare for Challenging Barriers” by Angela Kuemmel, PhD; Rebecca Juemmel, MPT and Michelle Demichele, RN was an eye opening presentation of two travelers with special needs who have endured many trails during their numerous travels, some life threatening. Dr. Goldish would love to have them come here to speak (dreams are good).

Ethics Lecture: “Between the Scylla and Charybdis: The SCI Patient and End-of-Life Decisions.” This lecture addressed very difficult and heartbreaking situations which require respect for patient’s autonomy and careful review of rights and other ethical issues in each situation.

Clinical Issues of Psychosocial Care in SCI talked about resilience that should be measured and incorporated into rehabilitation. Also, body image changes that result from an SCI and how grief work can complicate rehab process. There was also a discussion on spirituality emphasizing how this trait often serves to help people cope with adversity, provides a source of connection to others, and meaning and purpose in life.

It’s always interesting and exciting to make your way through the vendor’s area! It’s nice when you have time to listen, learn and explore equipment that’s available and being utilized in areas outside your area of expertise.

The Paralyzed Veterans of America provided a lovely soiree with fun dancing. We’d like to express our sincere gratitude to the Minnesota Paralyzed Veterans of America Chapter for their ongoing support. **Thank You!!**

## ATTENTION MEMBERS ONLY - SCI HOLIDAY PARTY

The SCI Holiday Party is scheduled for Tuesday December 21, 2010 at the Minneapolis VA Health Care System in the SCI Multi Purpose starting at 11:30 a.m. so mark your calendars. If you plan on attending this event, you must call in or email your reservation to the MNPVA office by Monday December 13, 2010 at the latest to reserve your spot because we need to know how much food to order.

- WHAT:** SCI Holiday Party  
**WHO:** MNPVA Members and a guest, SCI Patients and their guests, SCI Staff only  
**WHEN:** Tuesday December 21, 2010  
**WHERE:** SCI Multi-Purpose Room  
Minneapolis VA Health Care Systems  
1 Veterans Drive  
Minneapolis, Minnesota  
**TIME:** 11:30 A.M. ---- 1:00 P.M.

Please call in your reservations to the MNPVA office at 612-467-2263 or 1-800-663-6782 or via email to [mpva@qwestoffice.net](mailto:mpva@qwestoffice.net) with the number of guests that will be attending.

**REMINDER!!** Only those who call in or email their reservation to the MNPVA office by Monday December 13, 2010, will be able to attend the party.

# Executive Directors Report - Ric Jost

Winter is here and the first big snow storm of the season has arrived a little bit early for me and I'm sure for many of you also. This will make the winter season seem so much longer now that the snow came so early.

The annual audit was conducted on Monday November 1st and Tuesday November 2nd by our auditing firm. A hearty thank you to Tom Fjerstad and John Christensen for assisting with the audit and I certainly want to thank Dianna Way (office assistant) for her excellent organizational skills and record keeping which was really appreciated during the audit because all reports were ready for the auditors as they requested them.

I would like to thank everyone that attended the Annual Banquet at the Sheraton on Saturday October 2, 2010. The new Board of Directors were introduced and sworn in by Rickey Grant, PVA National Field Director along with the new MNPVA President, Tom Fjerstad.

Charlie Wittwer, MNPVA Immediate Past President, was recognized for his seven years as President. Elaine Dresen, Senior PVA Secretary was also given special recognition on her upcoming retirement at the end of November. She has worked in that position for 21 years and her expertise will be missed by her co-workers and everyone she has helped over the years. We wish her a great retirement!! How are the Snicker candy bars holding out?? A few photos from the banquet are included in this newsletter.

During the annual banquet the Minnesota PVA Chapter presented Steven Kleinglass (Director) and Dr. Goldish (Director of Extended Care and Re-hap) from the Minneapolis VA Medical Health Care Systems with a check for \$150,000.00 to use for the completion of the new gazebo in front of the SCI building plus updated computers for the patient rooms in the SCI Center.

The SCI Holiday Party is scheduled for December 21, 2010, at the Minneapolis VA Health Care Systems. You must call in or email your reservation if you plan on attending this party because we are only ordering enough food for those who call in and remember last year we did run out of food. This year we will have a list of those attending so we will know who reserved their spot. Please call in your reservations to the office at 612-467-2263 or 1-800-663-6782 or email them to [mnpva@qwestoffice.net](mailto:mnpva@qwestoffice.net) please include number of guests that will be attending.

**I would like to wish everyone a Very Happy and safe Holiday Season!!**



# Help yourself to some FREE SAVINGS!

FREE Prescription Drug Card, compliments of



The card at the bottom of this page is pre-activated and can be used immediately to save up to 75% on your prescription drugs. A number of additional benefits (back of card) have also been included to show our appreciation!

## Prescription Drug Card Highlights:

- The FREE Prescription Drug Card is available to EVERYONE.
- The card is accepted at over 50,000 pharmacies nationwide.
- The card is pre-activated and can be used immediately.
- The card can be used to get discounts of up to 75% off all brand name and generic medications, with average savings around 30%.
- All prescriptions processed through the program are confidential.
- In addition to the Prescription Drug Card, the program offers other discounts on teeth whitening supplies, prescription eye glasses, hearing aids and diabetic supplies.
- The program was launched to help the uninsured and underinsured, but EVERYONE is eligible.
- For those with insurance, the card can be used to cover all non-covered medications.
- This program can be used by people who have Health Savings Accounts (HSA's), High Deductible Plans, and Medicare Part D (on non-covered drugs).
- This program has "LOWEST PRICE" logic to guarantee that you get the best pricing on prescriptions.

*This card is pre-activated for immediate savings at participating pharmacies! Simply cut out the card below and fold along center line.*

<h2>Rx Prescription Drug Card</h2> <p>Compliments of:</p>  <p><b>PARALYZED VETERANS OF AMERICA</b></p> <p>Customer Service (CSR) 877.321.6755</p> <p>Pharmacy Helpline 800.248.1062</p> <p><small>THIS PROGRAM IS NOT INSURANCE THIS PROGRAM IS A POINT OF SALE DISCOUNT PLAN</small></p>		<p><b>PARTIAL LIST OF PARTICIPATING PHARMACIES:</b></p> 											
<p><b>NAME:</b> _____</p> <p><b>RxMBR ID:</b> Customer's Ten (10) Digit Phone Number <b>OR</b> Initials &amp; Last 4 Digits of Phone Number</p> <p><b>RxGRP:</b> PVAORG    <b>RxBIN:</b> 610709    <b>RxPCN:</b> 7777</p> <p><b>PROGRAM:</b> UNA RX CARD – UNITED NETWORKS OF AMERICA</p> <p>POWERED BY:  </p> <p><b>NOTE:</b> This card is being provided to you at NO COST. There are no forms to fill out. Simply take this card into a participating pharmacy (see back) with your Rx to qualify for discounts on medications. You also have access to other value added programs listed on back. Each family member must have his/her own card. This card has been pre-activated for immediate use! To obtain information and to print additional cards visit <a href="http://www.pva.org">www.pva.org</a>.</p>		<p><b>ADDITIONAL SAVINGS</b></p> <table border="1"> <tr> <td></td> <td>\$25.00 Prescription Eyeglasses <a href="http://www.25dollareyeglasses.com">www.25dollareyeglasses.com</a></td> </tr> <tr> <td></td> <td>Teeth Whitening-Save up to 70% <a href="http://www.prosmileusa.com">www.prosmileusa.com</a></td> </tr> <tr> <td></td> <td>Diabetic Supplies-Save up to 50% <a href="http://www.diabeticsavingsplan.com">www.diabeticsavingsplan.com</a></td> </tr> <tr> <td></td> <td>Lasik Surgery-Save 40-50% Call 1-888-733-6695</td> </tr> <tr> <td></td> <td>Hearing Aids-Save up to 50% <a href="http://www.ushearingplan.com">www.ushearingplan.com</a></td> </tr> </table>			\$25.00 Prescription Eyeglasses <a href="http://www.25dollareyeglasses.com">www.25dollareyeglasses.com</a>		Teeth Whitening-Save up to 70% <a href="http://www.prosmileusa.com">www.prosmileusa.com</a>		Diabetic Supplies-Save up to 50% <a href="http://www.diabeticsavingsplan.com">www.diabeticsavingsplan.com</a>		Lasik Surgery-Save 40-50% Call 1-888-733-6695		Hearing Aids-Save up to 50% <a href="http://www.ushearingplan.com">www.ushearingplan.com</a>
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# Sport's Directors Report - Todd Kemery

It's that time of year again to get out the cold weather gear and start doing the holiday shopping dance. This year, more than any other, the December holiday shopping started at or around Halloween. I hope you all survived the Thanksgiving feast. So let me start this report with a heartfelt Merry Christmas and Happy New Year to all of our chapter members.

There are two events that need to be addressed with the change of season. The first is the ongoing Operation Liberty Sports and Recreation program. There is detailed information regarding this following my report. The flyer is information pertaining to the numerous opportunities available to veterans with disabilities. I would like to highlight, with the change of season, we are once again gearing up for the ski season here in Minnesota. There is Nordic (cross country) and Alpine (downhill) programs available. We are planning a future mini expo to coincide with snow on the ground to have a hands on demonstration of the equipment available. For those interested in this activity please E-mail [takemery@msn.com](mailto:takemery@msn.com) or [Janelle.gustafson@va.gov](mailto:Janelle.gustafson@va.gov)

The second event is the upcoming Golden Age Games. The Golden Age Games are for any veteran age 55 or older to participate in. This year the games will be held in Hawaii. Further information and the application packet for the Golden Age Games are downloadable on the V.A. Gov web site.

May you and yours be safe through the holiday season and throughout the New Year! See Y'all in 2011.

Todd Kemery

## Operation Liberty

*Join us and learn about local opportunities, resources and adapted sports and recreation equipment!*

### **Sports & Recreation for Veterans with Disabilities**

Courage Center is looking for a **- Veterans with disabilities** to participate in a nationally recognized adaptive sports and recreation program in Minnesota.

**Operation Liberty** is reintegrating our injured men and women of the armed forces back into full participation in life; helping them have fun, gain skills and build confidence. Courage Center's adaptive sports and recreation programs give veterans a chance to rediscover their passion for sports.

#### What programs are offered?

Archery, wheelchair basketball, adapted golf, handcycling, martial arts, power soccer, wheelchair rugby, sailing, alpine and Nordic skiing, swimming, track and field, water skiing and wheelchair softball.

Visit [www.couragecenter.org](http://www.couragecenter.org), follow site to Sports and Recreation and click on Operation Liberty for more information-or just call us at [763-520-0558](tel:763-520-0558).

Over the past 40 years, Courage Center coaches have trained many elite athletes with disabilities, including those who achieved national and international experience within the U.S. Paralympics, Wheelchair and Ambulatory Sports USA and the National Disabled Sports Association.

#### What does it cost to join an Operation Liberty program?

There is **NO COST**. Because of the grant from the Paralympics, all program fees, equipment use and competition costs are covered.

#### How often do I practice?

Practice days and times vary with the program; most meet at least once a week, some twice a week, evenings and weekends.

**QUESTIONS??? CONTACT RECREATION THERAPY**

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## SCHEDULE OF EVENTS

- |    |   |    |                                       |
|----|---|----|---------------------------------------|
| 1  | UVLC Meeting – 9:30 a.m.                    | 23 | PVA Christmas Holiday – Office Closed |
| 2  | First Day of Hanukkah                       | 24 | Christmas Eve – Office Closed         |
| 7  | Bingo Veteran’s Home – 7:00 p.m.            | 25 | Christmas Day                         |
| 7  | Pearl Harbor Day                            | 26 | Kwanza Begins                         |
| 21 | Winter Begins                               | 30 | PVA New Years Holiday – Office Closed |
| 21 | SCI Holiday Party – 11:30 a.m. to 1:00 p.m. | 31 | New Year’s Eve – Office Closed        |

**Hospital Visitation:** Monday through Friday

**Bowling South:** Thursday mornings starting at 11:00 a.m. at Eden Prairie Bowling Lanes in Eden Prairie, Minnesota

**Bowling North:** Thursday afternoons starting at 2:00 p.m. at Stars & Strikes Bowling in Wyoming, Minnesota

Please call the MNPVA office if you plan on attending any of the above activities at 612-467-2263 or 1-800-663-6782 or via email at [mnpva@qwestoffice.net](mailto:mnpva@qwestoffice.net)



# 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. Providing the requested information is entirely voluntary but required for membership with PVA.

800-424-8200 • www.pva.org

Chapter Name: Minnesota PVA Chapter

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

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Last 4 Digits of 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: \_\_\_\_\_

### VETERAN STATUS INFORMATION

DATE(S) OF MILITARY SERVICE		TYPE OF SEPARATION Discharge (D) or Retirement (R)	BRANCH OF SERVICE				
Start Date <small>month/date/year</small>	End Date <small>month/date/year</small>		DD214 required (attach a <u>copy</u> to application)				
		<input type="checkbox"/> D or <input type="checkbox"/> R	<input type="checkbox"/> Still on Active Duty (DD214 Not Required)				
		<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       Tetraplegia (Quad)       Hemiplegia       No paralysis at this time

## GENERAL INFORMATION (Optional, not required)

Please check the appropriate box or fill in the blank of each of the categories 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  
 Worker's compensation

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*

8/26/10

*Office Use Only*

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

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

*Processed Date:* \_\_\_\_\_

## December Birthdays

<b>December 2</b> Martin W. Sundvall	<b>December 17</b> Betty A. Janu
<b>December 3</b> Lawrence E. Mans	<b>December 19</b> Bruce A. Andrzejewski
<b>December 4</b> Dale F. Berven James D. Bumgartner	<b>December 20</b> Roger L. Johnson
<b>December 7</b> David Hopkins William C. Rollefson	<b>December 21</b> Joseph T. Novotny
<b>December 8</b> David F. Ryan Eric C. Webster	<b>December 22</b> Andrew J. Glazewski John T. Tambornino
<b>December 11</b> Neil A. Altenhofen Earnest F. Grabowski Carol A. Ostertag Michael B. Rehmann	<b>December 23</b> Jessica S. Cook Linda N. Hooker Scott D. Kneen
<b>December 12</b> Dallas G. Hallis Stephen D. Shores	<b>December 24</b> Albert M. Love Joy
<b>December 13</b> Andrew A. Chandler Jay A. Johnson	<b>December 25</b> Chris L. Butterfield
<b>December 14</b> Scott Laurie	<b>December 26</b> David B. Kane
<b>December 15</b> Odell Frank Raymond E. Heebl William A. Massie	<b>December 28</b> Bruce B. Brockopp
<b>December 16</b> Thomas R. Fjerstad Nicholas J. Suckow	<b>December 29</b> Donald E. Lundquist
	<b>December 30</b> Oliver T. Anderson Christian A. Hatleli
	<b>December 31</b> Barbara T. Cecchini Dale E. Kratchmer

## Inspirational Thoughts

**Leo Dondlinger**

**Proverbs 3:5-6**

Trust in the LORD with all your heart  
and lean not on your own understanding;  
in all your ways submit to him,  
and he will make your paths straight.

## Membership Report

**Dave Hallis**

**Current Membership is at 346**

**Service Connected = 151**

**Non Service Connected = 195**

## Welcome New Member

**Daniel Anderson, David Anderson,  
Charles Boom and Timothy Hanson**

## Remembering our Deceased Members

The MNPVA Chapter office mourns the loss of  
the following members:

**William Gingress, Wayne Lynum,  
Gordon Van Kleek and Douglas Williamson**  
The chapter extends its deepest sympathy to their  
family and friends during this time of sorrow.

## Van for Sale

Asking \$5,000; 181,000 miles;  
the van has been serviced regularly  
it is a one owner vehicle  
and was bought as a demo model.  
Any questions please call Leo  
Dondlinger at 952-442-2586.





# MINNESOTA PARALYZED VETERANS OF AMERICA

1 Veterans Dr. SC1-238  
Minneapolis, Minnesota 55417

## Membership Change of Address Form

First Name: \_\_\_\_\_ MI: \_\_\_\_\_

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

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

\_\_\_\_\_

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

Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail: \_\_\_\_\_

Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Membership ID Number \_\_\_\_\_