

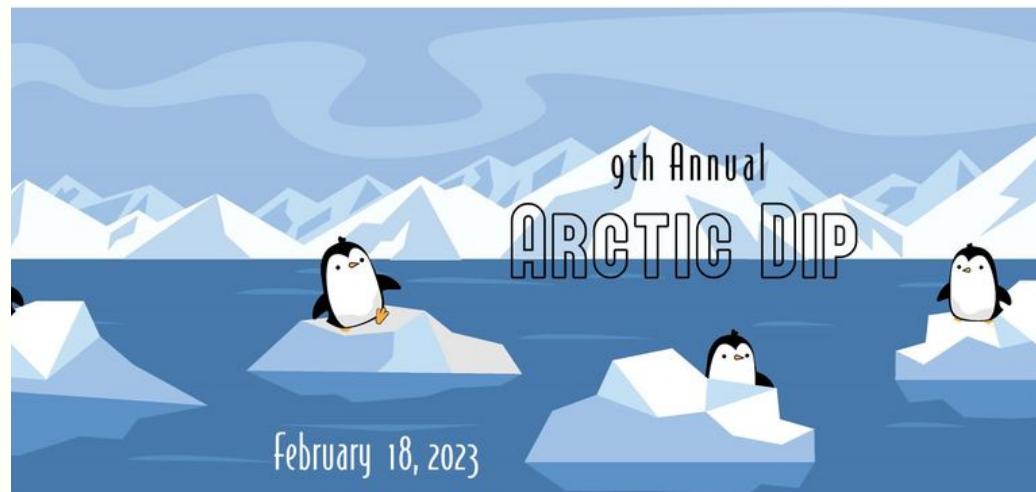


JANUARY 2023

PreVAIL

Valley Associates for Independent Living, Inc.

Promoting self-direction among people with disabilities and removing barriers to independence in the community.



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THE COOLEST FUNDRAISER OF THE YEAR

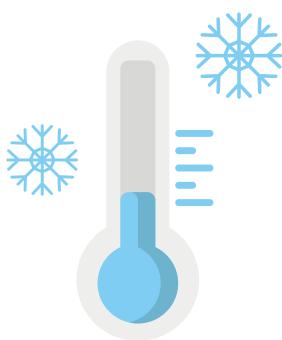
Please join us for our 9th Annual Arctic Dip! Much like a more traditional walk-a-thon, individuals register to participate and then ask family and friends to sponsor their dip in the lake. Individuals must raise at least \$25 to participate; and those raising \$75 or more get a free t-shirt to commemorate their zany adventure. Prizes are awarded to individuals who raise the most funds.

The public is encouraged to come and cheer for the participants, enjoy lively music, concessions, and a toasty bonfire.



Follow the Arctic Dip Facebook page for information & updates!

**WHEN: FEBRUARY 18TH 2023
WHAT TIME: 10:30 AM
WHERE: SUN RETREATS SHENANDOAH VALLEY
(FORMERLY SHENANDOAH ACRES FAMILY
CAMPGROUND) @ 348 LAKE RD, STUARTS DRAFT**



GO TO **GOVAIL.ORG/DIP** TO REGISTER AND JOIN IN
ON THE FUN!



Thank you to our event sponsors!



The Wednesday Afternoon
Fine Arts League



Anthem HealthKeepers Plus





MENTAL HEALTH TIPS FOR WINTER

1. Get the proper amount of sleep



Getting 7-8 hours of sleep every night can help make you feel less stressed and have more energy, while maintaining your mental health. Avoiding blue light (from electronics) a couple hours before bed may also help you fall asleep faster. Develop a night time routine you enjoy to wind down and rest your body and mind.

2. Avoid isolation by spending time with friends and loved ones



“Humans are highly social creatures, and we need social support to cope with stress and promote resiliency,” says Boston psychologist Berta Summers, Ph.D. “Having a social support network is one of the biggest protective factors we have against mental health issues.” Even if the people you love are far away, take the time to call them and check in, it’s important.

3. Practice mindfulness



Practicing mindfulness helps you relate to stress and uncertainty with greater skill, facility, and ease. You can practice this formally through meditation, or informally by bringing full awareness to even the most mundane everyday tasks like washing the dishes. There are also apps on your phone that can help you practice mindfulness in your day-to-day life.

4. Move around and go outside



Participate in activities that will get your heart pumping and your blood flowing, like playing in the snow, jogging, or dancing. Getting fresh air and being in the sunlight also helps release serotonin to regulate your mood. Being indoors all of the time is a contributing factor to seasonal depression, therefore getting out and going for a stroll just may make you feel much happier and relieved.

5. Go on a social media diet



Exposing yourself to a constant barrage of upsetting news and anger-inducing headlines can take a real toll on your mood. To protect yourself, consider limiting your media consumption. You don't need to completely cut yourself off from social media, but rather limit the amount of times you check your phone per day. This may help regulate mood swings and self-deprecating thoughts.

Granting Freedom

Granting Freedom is a grant program for home modifications for disabled veterans and service members who sustained a line-of-duty injury resulting in a service-connected disability.

Funds of up to \$8,000 can be used to widen doorways and add ramps to make a home wheelchair accessible, to install grab bars in a bathroom, or to make other modifications that help eligible recipients feel more at home. Funding to pay for modifications to houses and apartments is available on a first-serve basis.



Rental Unit Accessibility Modification Grant

Landlords are required by fair housing laws to allow modifications to an apartment or rental house to make it barrier-free to the tenant. However, tenants usually bear the cost of these modifications, which can be substantial. Fortunately, help is available through grants offered by Virginia Housing.

Individuals with a disability who rent a home and who earn 80% or less of the area median income may be eligible for grant assistance up to \$8,000.

Applications must be submitted by a Virginia Housing-accepted agent. VAIL is a registered agent in Planning District 6.

Energy Share

Valley Associates for Independent Living, Inc. (VAIL) has an EnergyShare program in collaboration with Dominion Energy. This program provides for \$500 credit to be applied to your energy bill (gas, electric, or propane) for individuals who meet the criteria. If you are interested in applying, please contact the VAIL staff person that you work with regularly or Andrea King at andrea@govail.org.

Criteria include:

- Must reside in Harrisonburg, Lexington, Buena Vista, Waynesboro or Staunton City or Rockingham, Augusta, or Rockbridge County
- Must include a recent bill from your energy provider and complete an application
- Must not have received energy share assistance in the past 12 months
- Must have an open goal with VAIL, that you, or your family member, are working on with VAIL staff
- Cannot have your payment set up for automatic payments
- Cannot reside in subsidized housing or receive a housing voucher

This is a first come first program. We make no guarantee that payment will be made until after the whole process is complete. It is imperative that you continue making payments on your account. Please reach out with questions.

HARRISONBURG CARDINALS

PLAYER SPOTLIGHT: ANTHONY STREIFF #35

What is your favorite part about being on this team?

Probably the comradery with all the other players who have similar disabilities and challenges as yourself, so then you can confide in each other on and off the court.



How would your teammates describe you?

Back when I was younger in my 20s they would probably say I was a little cocky and arrogant, but as I've gotten older, accepted the injury more, and have become a "veteran" in the chair, I would hope they would say I've grown to be humble, competitive, and a better teammate.



What has playing wheelchair basketball taught you?

Oh my gosh... a whole lot. Having a disability will humble you really quick and it's important for people to know that it's not a pity party, you can literally smell the rubber from our tires on the court, and even if you get injured the competitiveness is still there and being on the team is like having one big happy family. It's different than any able bodied sport that I was involved in before I got hurt.

What is your favorite memory from being a cardinal?

In 2018 we went into the national tournament ranked 6th. The tournament is a big deal and like the NCAA you have to be ranked and invited to play. We ended up surprising ourselves and everyone around us by making it to the final, where we lost by 2 points. It was so cool knowing that people around the country were watching little old Harrisonburg play.

How did you come to be a member of this team?

I was in rehab at HealthSouth and they brought a gentleman up to my room to just talk about life in a wheelchair and how life goes on. It got brought up that he played for the Charlottesville Cardinals and that peaked my interest so he gave me and my parents all the contact information. When I came home we contacted Tim and I went to a practice and liked it instantly. I was a college and high school athlete before I got hurt, so being a sports fan it was no question I was going to play.

How has being on this team impacted your life overall?

Everything. When I was first hurt I was down in the dumps and embarrassed to go anywhere or be seen by anyone I knew before. So when I found basketball, a 45 year old man named Butch taught 24 year old me everything about being in a chair. He truly took me under his wing and became a mentor to me not only about basketball, but about life on wheels.

What would you want people to take away from this article?

My motto is: don't focus on what you can't do, focus on everything you still can do. People often say "I'm sorry what's happened to you", but I can now say that being in a wheelchair has given me more opportunities than I ever would have had as an able bodied person, life is good!



CardinalCare

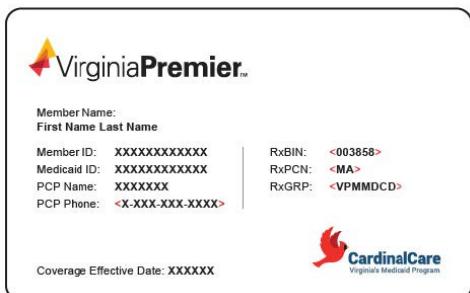
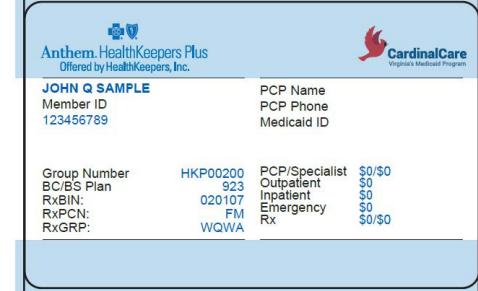
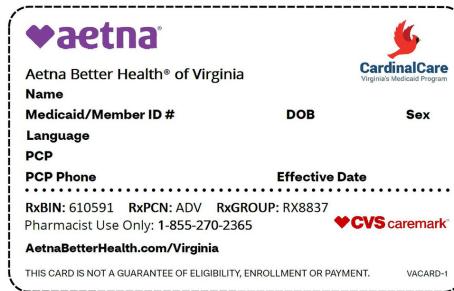
Virginia's Medicaid Program



On January 1, 2023, Virginia Medicaid rebranded all of its health coverage programs for Medicaid members. Cardinal Care will be the new unifying name for Virginia's two existing managed care programs – Medallion 4.0 and Commonwealth Coordinated Care Plus (CCC Plus) – and will also include members enrolled in fee-for-service, Plan First, and Family Access to Medical Insurance Security (FAMIS).

There will be no changes to the coverage or services that members have come to expect and the transition is automatic. You can make sure your information is current with Virginia Medicaid by going online to commonhelp.virginia.gov or calling Cover Virginia at 1-855-242-8282.

You should receive the new brand ID cards with the new logo in January. Samples are pictured here.



For more information,
visit the Virginia Medicaid website:
<https://www.dmas.virginia.gov/for-members/cardinal-care/>



Follow the Harrisonburg Cardinals
on Facebook!
[https://www.facebook.com/
HburgCardinals](https://www.facebook.com/HburgCardinals)



Masks and
Covid-19 test
kits available
for
consumers!

Please contact your VAIL staff member or
call 540-433-6513 for more information.



Schedule of Events

Jan. 16th	Office closed for MLK, Jr. Day
Jan. 24th	Board of Directors meeting
Feb. 18th	9th Annual VAIL Arctic Dip
Feb. 20th	Office closed for George Washington Day
March 28th	Board of Directors meeting

WAYS TO SUPPORT VAIL

SHOP AND DONATE AT THE SAME TIME!



Sign up for Amazon Smile and, using your existing account, create donations for VAIL! On your first visit to smile.amazon.com/charity you will be asked to select a charitable organization to receive donations from any eligible purchases – choose Valley Associates for Independent Living.



Use your Kroger Rewards card to create donations for VAIL! Visit the Kroger Community Rewards website, log into your account, and choose Valley Associates for Independent Living. Each time you use your rewards card, a portion of your purchase will be donated to VAIL.

SCAN THE QR CODES BELOW TO
DONATE VIA PAYPAL OR VENMO!



venmo

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Harrisonburg, VA 22801

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711	VA Relay
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