



# PreVAIL

*Valley Associates for Independent Living, Inc.*



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

## COOLEST FUNDRAISER



### IN THIS ISSUE

Arctic Dip	1-2
Harrisonburg Cardinals Invitational	3
Sportable Mentor; Outdoor Adaptive Recreation (OAR)	4
Home Modification Funding	5
Great Community Give; Brunch & Collaborate	6

VAIL was proud to host the 9th Annual Arctic Dip at Sun Retreats Shenandoah Valley on February 18th. The temperature started at 30 degrees Fahrenheit and rose throughout the day. Through partnership with Sun Retreats Shenandoah Valley, the event was fully accessible with a sand mat and wheelchair. VAIL's board member Doug Galica was the first one to access the lake using the mat and chair.

VAIL raised over \$47,000! There were a total of 84 dippers and 290 supporters. We cannot thank each one of you enough for all you do! These funds will assist VAIL in removing barriers for people with disabilities in their communities and helping them achieve their goals!

# THANK YOU TO OUR SPONSORS

## Arctic Circle

LD&B Insurance & Financial Advisors  
Virginia Housing

## Emperor Penguin

Larson Wealth Management  
Myers Ford

## Snow Roller

A-Able Plumbing  
Anthem Healthkeepers  
Blue Ridge Bank  
Dominion Energy  
Harrisonburg Honda  
James River Equipment  
Wednesday Afternoon Fine Arts League

## Ice Breaker

Compass Family Services  
DuPont Community Credit Union  
Interchange Group  
Rockingham Coop  
Vision Technology Group

## Wintery Wader

DARS  
Ritchie Law Firm  
M.I.T.S. of Virginia  
Weaver's Flooring

“  
The impact that it makes on people's lives that live with a disability, it's phenomenal. It's our favorite activity, and it's been great to see it grow every year.”  
— Gayl Brunk, Executive Director





## VAIL Invitational



“Thank you for inviting the Sun Wheelers to play. We enjoyed the competition and hospitality.”

David Stanger

“Being a part of VAIL and all the clients that they reach out to and it becomes a program for them. It's a family feeling, we get out here and play basketball, beat up on each other. At the end of the day, it's the love of competition, it's the love of the comradery of all of us being disabled.”

Anthony Streiff



“The Harrisonburg Cardinals are 6th seed in the National Wheelchair Basketball League with a chance to go to the championship in Wichita, Kansas. Please look forward to more upcoming tournaments to be held locally. We are always looking to recruit more members with lower limb injuries.”

-Gayl Brunk, Executive Director



## What is Mentor?

Mentor is a free 8-week, virtual wellness program designed for adults who have mobility limitations. By joining the program, individuals receive interactive instruction on mindfulness, exercise, nutrition, and other wellness topics led by trained professionals and health.

## All that sounds great! How do I sign up?

Contact Sportable Health & Wellness Outcomes Manager, Caitlyn Berry by phone 804-340-2991 or email [Caitlyn@sportable.org](mailto:Caitlyn@sportable.org) Or fill out the MENTOR interest form here: [sportable.org/mentor-program/](https://sportable.org/mentor-program/)  
The next MENTOR group starts in March so don't delay! sign up today!

## OUTDOOR ADAPTIVE RECREATION (OAR)

Valley Associates for Independent Living presents OAR! OAR coordinates group activities in the great outdoors for individuals with mobility impairments for socialization, exercise, and fun!

Third Thursdays starting March 2023

Join us for Kick-Off Event Thursday, March 2nd 2023 @ 2pm.

- A birdwatching stroll along the Maury River
- Jordan's Point Park in Lexington
- Snacks provided!
- Please contact us for more details or contact Terri Bsullak to sign up at 540-460-3473
- Some activities include Wheelchair Hiking, Kayaking, Handcycling, Bird Watching, Explore State Parks, Attend Outdoor Festivals, and so much more!







Valley Associates for Independent Living, Inc. (VAIL) has an EnergyShare program in collaboration with Dominion Energy. This program provides for a \$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](mailto: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 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 serve 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.



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 become independent. Funding to pay for modifications to houses and apartments is available on a first come-first served basis.

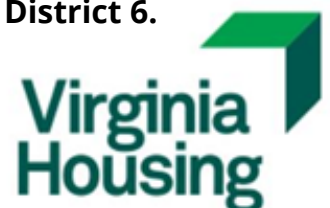


## RENTAL UNIT ACCESSIBILITY MODIFICATION GRANT

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.**



# GREAT COMMUNITY GIVE

On Wednesday, April 19th, 2023, VAIL will participate in the Great Community Give hosted by The Community Foundation of Harrisonburg and Rockingham County. This one-day, sunrise to sunset charitable giving day will take place from 6:30 AM to 8:00 PM. All funds donated to VAIL during this event will go to the VAIL Harrisonburg Cardinals.

We send a very special thank you to The Community Foundation for hosting this event! Please look on VAIL's social media for highlights of exciting information for the upcoming year!



<https://www.greatcommunitygive.org/organizations/vail>



## BRUNCH & COLLABORATE

On Tuesday, April 25th, 2023 at ten o'clock in the morning, VAIL will host a brunch for local nursing facilities, departments of social services, and discharge planners from local hospitals to network and collaborate.

Brunch will be provided at the VAIL office at 3210 Peoples Drive Suite 220

Harrisonburg, VA 22801. Please RSVP by Friday, March 31st to

Olivia@govail.org. More information will be provided to those who are registered.



**It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.**

**—Muhammad Ali**







Follow the VAIL Harrisonburg Cardinals on Facebook!  
<https://www.facebook.com/HburgCardinals>



## Schedule of Events

March 28th	VAIL Board meeting
April 19th	Great Community Give
May 23rd	VAIL Board meeting



Masks and Covid-19 test kits available for consumers!

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

**Adagio House has hired an Occupational Therapist and are starting to offer outpatient services (No Waitlist Currently)**

Reach out [www.adagiohouse.org/contact](http://www.adagiohouse.org/contact) or by 540-746-0345

Accept most forms of insurance, including most Medicaid (don't bill Magellan, Aetna, or Cigna and some other lesser known ones yet). Also have a sliding fee scale for those who don't have coverage or prefer to pay out of pocket.



## WAYS TO SUPPORT VAIL

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



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.

Find us on 

<https://www.facebook.com/ValleyAssociatesforIndependentLiving/>



<https://www.youtube.com/user/govail>



<https://www.instagram.com/valleyassociatesil/>

Contact VAIL at:

3210 Peoples Drive Suite 220  
Harrisonburg, VA 22801

(540) 433-6513

Voice

1-888-242-VAIL

Toll-free

711

VA Relay

(540) 433-6313

Fax

[vail@govail.org](mailto:vail@govail.org)

Email

[www.govail.org](http://www.govail.org)

Website

Non-Profit Org.  
U.S. Postage Paid  
Harrisonburg, VA  
Permit No. 88

Valley Associates for  
Independent Living, Inc.  
3210 Peoples Drive Suite 220  
Harrisonburg VA 22801

