



PreVAIL

Valley Associates for Independent Living, Inc.



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

**GREAT
COMMUNITY
GIVE**



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VAIL was proud to participate in the Great Community Give.

VAIL Harrisonburg Cardinals raised over \$7,373! The Harrisonburg Community raised \$2,000,545. We cannot thank each one of you enough for all you do! These funds will assist VAIL's Harrisonburg Cardinals with various costs. These funds will fulfill various items like tires for wheelchairs, abilities to attend tournaments, and costs for travel.



Nationals

Wichita, Kansas



In the air & On the Ground

Part of the team traveled by van while the other part went by plane. The players encountered a delayed flight which would mean they would miss their connection to Wichita. Through players advocacy and diligence, the guys made it to Wichita a little before midnight to get rest before the big games. The team on the ground encountered tornado warnings and lots of rain, they made it there that evening. We thank everyone for their positive thoughts.

Game time

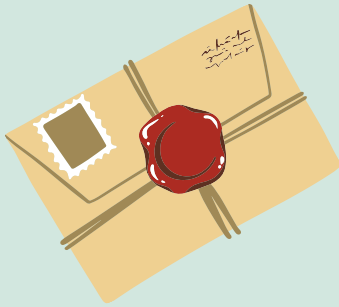
Game one was a close one at 69-55, unfortunately not coming away from a win competing against Lakeshore Storm from Alabama was disheartening. Game two the VAIL Harrisonburg Cardinals competed against the Tulsa Twisters but walked away by one point loss, 48-47. The next morning was a win for Harrisonburg, 57-47! The VAIL's Harrisonburg Cardinals was 1-2 and would be playing for 13th place.



Ranked

The final game was a tough battle between various teams across the nation. They played team St. Lukes with a heartbreaking loss. The Harrisonburg Cardinals ranked 13th in the entire nation. Anyone with a lower limb disability interested in playing wheelchair basketball, please contact the VAIL office at 540-433-6513 for more information. The team is always looking for more members! We thank each of you for a great season and the games will return in October.





Community Leader's Luncheon



DEAR READER,
YOU ARE INVITED TO THE ANNUAL
VAIL COMMUNITY LUNCHEON ON
SEPTEMBER 21ST AT 11 AM AT FIRST
PRESBYTERIAN CHURCH AT 17
COURT SQUARE, HARRISONBURG.
INDIVIDUALS WITH DISABILITIES FROM
AROUND PLANNING DISTRICT SIX
WILL COME TO SHARE THEIR
EXPERIENCES WITH COMMUNITY
LEADERS. PLEASE COME TO
CONNECT AND MEET YOUR LEADERS.



What are K-12 Learning Acceleration Grants?

The Virginia Department of Education's \$30 million K-12 Learning Acceleration Grants program provides funds for families to access tutoring and educational services their children need to address the impact of the pandemic on their academic progress and well-being.

Qualifying students whose family income does not exceed 300% of the Federal Poverty Guideline level will receive a \$3,000 K-12 Learning Acceleration Grant; all other qualifying students will receive a \$1,500 K-12 Learning Acceleration Grant.

The K-12 Learning Acceleration Grants program will empower families to access approved tutoring, summer enrichment programs, and other specialized services their students need to reach their full potential and combat severe learning losses. Families of eligible students who are awarded grants may access and choose tutors and educational service providers to help their children succeed and be academically successful.

Visit:

Welcome to Grant & Aid ([factsmgt.com](https://www.doe.virginia.gov/parents-students/for-parents/k-12-learning-acceleration-grants))

or

<https://www.doe.virginia.gov/parents-students/for-parents/k-12-learning-acceleration-grants>



OUTDOOR ADAPTIVE RECREATION (OAR)



Outdoor Adaptive Recreation (OAR) is a new program at VAIL that focuses on getting individuals with mobility impairments in the Lexington/Rockbridge area outside and enjoying nature, exercising, and socializing together. OAR coordinates accessible outdoor adventures including bird watching, hiking and strolling, wildlife photography, handcycling, kayaking, and so much more!

OAR events will be held on the 3rd Thursday of every month, with many events offering snacks, coordination of transportation when possible, and always providing a good time! Please contact Terri Bsullak, OAR volunteer coordinator at tbsullak@yahoo.com or 540-460-3473 to sign up or for more information.



WANT TO BE A MENTOR?

The Ready to Achieve Mentoring Program is currently looking for persons to make a year-long commitment to help us coach transition-aged youth with disabilities.

What we need help with:

- Career-focused mentoring and goal setting
- Combination of weekly meetings and one-on-one mentoring
- Assist with an exploration of careers and needed skills for employment
- Mentoring can be any age
- Weekly meetings are a mix of in-person and virtual

If you are willing to be a mentor, then you may contact tessa@govail.org for more information!





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.

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 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.

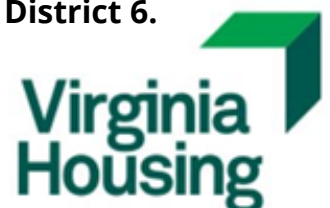


RENTAL UNIT ACCESSIBILITY MODIFICATION GRANT

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.



Warm Welcome and Congratulations

Welcome

Please help us in welcoming back Monique Ware. She states: I started with VAIL in 2017 and left in 2020 to pursue nursing. I graduated in May 2022 with an Associate's degree of Arts and Sciences. I am currently a 2nd year nursing student at BRCC with hopes to join JMU for my RN to BSN this fall. I enjoy providing care, advocating, and providing individuals with the resources that they need to have a fulfilling life while being as independent as they can be. I enjoy VAIL because the staff is so friendly and VAIL is very flexible which helps me to balance work, school, and my family life. When I'm not working, I am usually studying or hanging out with my family. My 3 girls keep me busy as they love to be outside and on the go!



Please help us in welcoming Carlton Hutcheson. He graduated from Broadway High School in 2018. In 2021, he graduated from Blue Ridge Community College and is currently finishing up his degree in Sports Management through Liberty University Online (LUO). His major is sports management. In his free time he loves to watch various sports on his TV. He will be helping us with our adaptive sports programs along with some other tasks.



Congrats!

Let's congratulate Olivia Phillips on graduating with a Masters of Public Health Degree. She states: I was looking to expand my knowledge into a world I didn't know much about, and working for VAIL has exceeded my expectations. I love how much I've learned from Gayl and all of the staff. They amaze me each and every day with their wisdom and heart for individuals with disabilities. I truly had no idea how special and unique this community was until I started working at VAIL. I have also really enjoyed getting to know the staff and have them match my sarcasm right back, every day in the office is a great day. We wish the best in her career path!





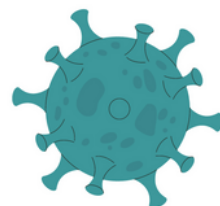
Follow the VAIL Harrisonburg
Cardinals on Facebook!
[https://www.facebook.com/
HburgCardinals](https://www.facebook.com/HburgCardinals)

Schedule of Events



May 30th	VAIL Board meeting
July 23rd	VAIL Board meeting
September 26th	VAIL Board meeting

I used to serve and understand the system but navigating it is hard and you guys are great navigators. We appreciate that.
–An Individual



Covid-19 test kits available for consumers!

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

WAYS TO SUPPORT VAIL

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



amazon



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/>

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