



VALLEY ASSOCIATES FOR INDEPENDENT LIVING, INC.

ANNUAL REPORT FY 2023

MISSION STATEMENT:

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

Letter from the Executive Director

“The coolest things in life are things that you have not done before. That’s the key to life: new things always.”

Afrojack

When I look back and ponder the last year, words like phenomenal, incredible, and WOW come to mind. On top of all the established services that VAIL provides to the community, we began three new programs this year!

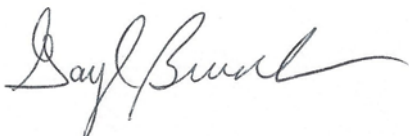
VAIL has incorporated the Harrisonburg Cardinals wheelchair basketball team, which had been in existence for 19 years, into our programs. With VAIL’s advocacy, gym space was secured and practices were able to resume after a two year hiatus which began with the pandemic and continued due to a lack of access to gym facilities. The team went on to rank 6th in the nation and had the pleasure of being invited to the national NWBA tournament in Wichita. VAIL hosted an exhibition game in November of 2022 and had the largest attendance at a team event in the team’s history. We also hosted a tournament in February of 2023, again with record attendance. The visiting teams commented about how great it was to play in front of an audience!

At that same time, VAIL was approached by Terri Bsullak from Lexington with the vision for an outdoor adaptive recreation program in our area. The pandemic had shown the world what isolation is as well as the detriments of being isolated. Unfortunately, this is something that many individuals with disabilities already knew and their isolation became exacerbated throughout the pandemic. The need for adaptive recreation became apparent and VAIL stepped up to the challenge, with Terri being the volunteer coordinator. The new Outdoor Adaptive Recreation (OAR) group has experienced water skiing, kayaking, hiking/rolling, bird watching, swimming, and miniature golf. Participants have described some of the events this program coordinated as the “best day of our lives.”

VAIL also began a youth transition program – RAMP (Ready to Achieve Mentoring Program). This program helps identified youth meet their transition goals focused on employment and higher education after high school. Individuals aged 14-21 participate in weekly group activities and one-on-one meetings with mentors to explore career interests and set career-focused goals. Participants spoke with representatives from the fields of information technologies, banking, and animal rescue. In addition, they toured two local colleges, began crafting resumes, and practiced job interview skills.

VAIL continues to work in our communities to identify needs and remove barriers to full participation in community life. The staff at VAIL remain steadfast and amazing and I am grateful to the staff, VAIL’s Board of Directors, the consumers we serve, and the larger community. We look forward to making an ongoing significant impact on our community.

Best,



Gayl Brunk
Executive Director

Annual Statistics

447 consumers served

9,110.76 hours of Individual Services

501.5 hours of Community and Systems Advocacy — a 22% increase

148.25 hours of Outreach to underserved areas — a 93% increase

781.46 hours of Community Education

1,888.25 hours of Networking — a 58% increase

123.25 hours of Technical Assistance — 424% increase

551.25 hours of Information & Referral calls — a 108% increase

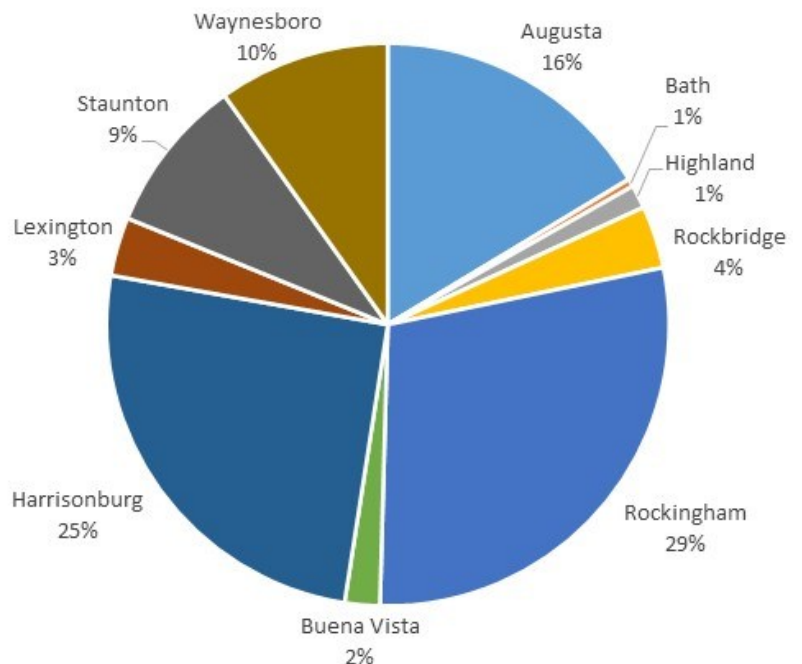
393 people received services that kept them out of institutions

64,544.8 miles driven to perform services – a 25% increase

VAIL continues to support many individuals within our community. As time and things change, so do the needs of the individuals that VAIL serves. VAIL served more individuals this past fiscal year. There was a significant increase in the amount of hours spent providing technical assistance, networking, conducting outreach to underserved areas, and connecting individuals to services and supports through information and referral calls. VAIL experienced a decrease in hours spent on community education.

Individuals Served

Locality	Number of Individuals
Augusta County	73
Bath County	2
Highland County	6
Rockbridge County	16
Rockingham County	128
Buena Vista	9
Harrisonburg	113
Lexington	15
Staunton	40
Waynesboro	44
Out of area	1

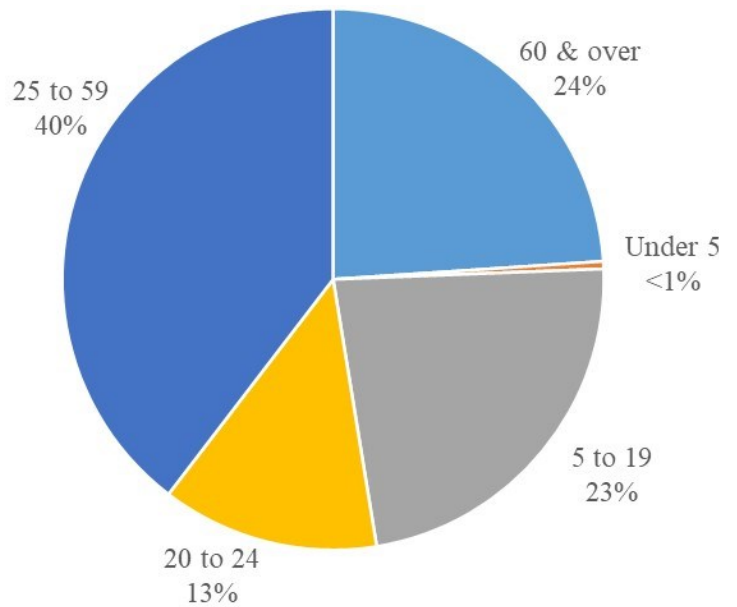


Ethnicities Served

Ethnicity	Number of Individuals
American Indian/ Alaskan Native	2
Asian	9
Black / African American	32
Hispanic / Latino	21
White	367
Two or More	15
Race and ethnicity unknown	1

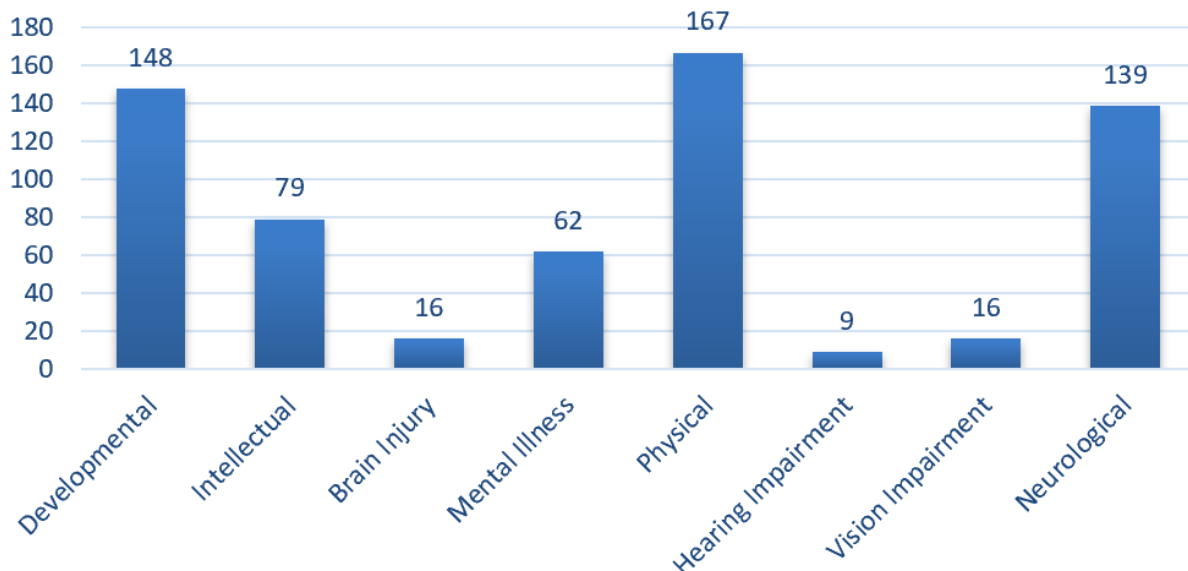
These numbers reflect individuals who completed intakes with VAIL. These numbers do not include information & referral, advocacy, or community education, outreach, or networking services provided this fiscal year.

Ages Served

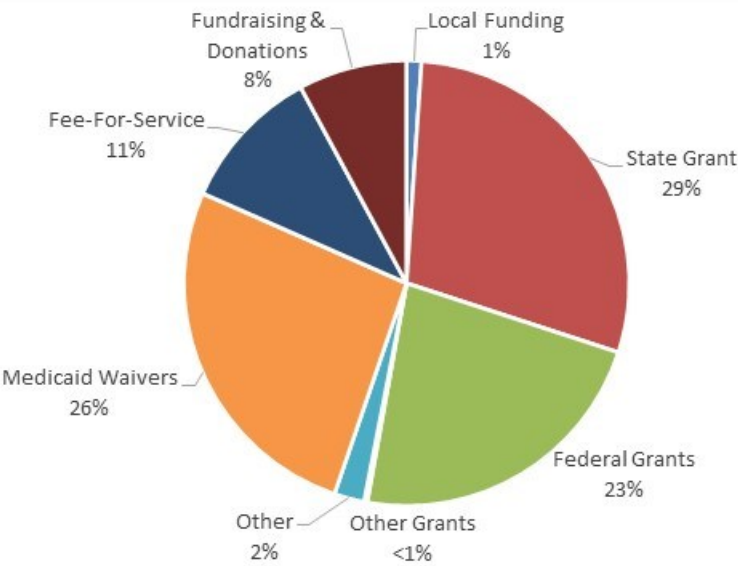


Age Range	Number of Individuals
Under 5	2
5 to 19	103
20 to 24	58
25 to 59	177
60 & Over	107

Disability Type



Finances



Income Type	Amount
Fee-For-Service	\$103,175.97
Medicaid Waivers	\$258,969.99
Federal Grants	\$224,027.03
State Grant	\$284,370.00
Other Grants	\$2,302.07
Local Funding	\$10,600.00
Fundraising & Donations	\$77,478.22
Other	\$21,449.54
TOTAL	\$982,372.82

Go VAIL Cardinals! Go!

The VAIL Harrisonburg Cardinals are currently ranked 13th in the nation! This NWBA Championship Series is the largest series of adapted sporting events in the United States. Teams play in regular games and tournaments from October to April, culminating with an invitation to the teams' respective divisional national tournament. Only the top sixteen teams in each division are invited to the National Championships.



**“Talent wins games but teamwork
& intelligence wins championships”**

~Michael Jordan

Fundraising: Arctic Dip

Individuals from the area plunged into the frigid 45°F waters of Sun Retreats Shenandoah Valley in Stuarts Draft to raise money for VAIL to serve individuals within our community.



Donors

Trailblazers (\$2,500 +)

Beachy Arehart PLLC
Larson Wealth Management
LD&B Insurance Agency
Myers Ford
Railside Industries
Virginia Hosuing

Champions (\$1,000—\$2,499)

Anonymous \$1080
Anonymous \$1635
A-Able Plumbing Inc.
Michael Alexiou
Blue Ridge Bank
Julie Crawford
Dominion Energy
Elevance Health, Inc.
Chris & Becky Grandle
Harrisonburg Honda
Harrisonburg-Rockingham Assoc. of Realtors
Bryan & Jennifer Hutchinson
Independence Resource Center
Sun Communities

Pacesetters (\$500—\$999)

David Brunk
Ken & Gayl Brunk
Charlottesville Cardinals
Compass Counseling Services of VA
Marcia DuBois
DuPont Community Credit Union
M.S. Green
Interchange Group, Inc.
James River Equipment
Rockingham Cooperative
Emily Rutherford
The Community Foundation
Vision Technology Group

Advocates (\$250 - \$499)

Thomas & Gail Bundrick
DARS
Gerald & Diane Horst

M.I.T.S.

Ritchie Law Firm
Thomas Vandever
Weaver's Flooring American
Jeffrey & Debra York

Partners (\$100—\$249)

Anonymous \$100
Anonymous \$205
Anonymous \$150
Anonymous \$110
Anonymous \$100
Kathryn Ackerman
Susan & Nathaniel Adamson
Svetlana Adamson
Dustin & Tessa Atkins
Sara Atkins
Sandra Bower
Wendy Brown
Amy Bruce
Shelly Brumbaugh
Sara Christensen
Mary Craft
Lucas Defazio
Laura Doherty
Charles Downs
Don Driver
Lynn Eggert
Alexander Erskine
B. Wayne & Elizabeth Erskine Jr.
Nancy Estep
Nancy Frutuozo
Tim Galica
Chris Gallien
J D Glick
Brooke Goodwin
Donna Heatwole
Sonia Hose
JJ's Soft Serve
Cheryl Kasey
Jill Kastanek
Christopher & Inger Knicely
KS Masonry
Cole Lawrence
Mary Lawrence
Justin Leake

Rachel Leatherman
 Eileen Magruder
 Martha McDonough
 Paul McFarland
 Rhona Meredith
 Anthony Miller
 Frances Miller
 Rebecca Miller
 Sharon Moran
 Bradley Moyers
 Christopher Porter
 Danny Porter
 David & Holly Prochaska
 Rainbow Hill Farm, LLC
 Shannon Rankin
 Alice Rexrode
 Tammy Rowzie
 Dawn Ruple
 Kathleen Rusmisl
 Ann Salyards
 Meredith Sanders
 David & Charlow Sarco
 Patricia Sawyer
 Tracey Seefried
 Olivia Shifflett
 Cheryl Showalter
 Patricia Skelton
 Mary B. Smith
 Valerie Smith
 Charles Spain
 Susan Sweeten
 Kai Torkelson
 Lisa Tumer
 Linwood & Radella Vrolijk
 Shana Wagner
 James Ward & Donna Schminkey
 Judy Warren
 C.L. Kathryn Whitten
 Phyllis Wong
 Jackqueline Yoder

Associates (\$50—\$99)

Donna Abshire
 Anonymous \$50
 Randal & Shirley Andes
 Jason Andress
 Kathy Deacon
 Jonathan & Jennifer Aulgur
 Karen J Barlow
 Angela Beadles
 Paetyn Beverly
 Kathy Billhimer
 Betzi Bostic
 Amber Bower
 Clifford Brady
 Carolyn Bragg
 Christine Bundrick
 John Calhoon
 Rebecca Campbell
 Lanae Conley
 Violet Cox
 Bridget Crawford
 Robin Crespo
 John & Virginia Croushorn
 Julie Define
 Olga Dyachkina
 Kirstann Edwards
 Joyce Estep
 Iban Feldmeier
 Rebecca Frank
 Gladys Galica
 Lori Gorden
 Edith Green
 Joey Gutshall
 Kimberly Haines
 Diane Haldane
 Harrisonburg Radio Group
 Dennis & Luanne Hatter
 Emily Hertzler
 Mindy Hickman
 Justin Jackson
 Janice Drechsler
 Christine Johnston
 Amy Jones
 Tina Jordan
 Cathy Kesner

Yana Krivokon
 Sandra Leary
 John Malone
 Margaret Oncken
 Jonathan Mayes
 Amanda Mays
 James & Bonnie McLarty
 Kathleen McManus
 Laurie McManus
 Frank McMillan
 Keenan Moore
 Kristian Moore
 Cheryl Moran
 Letitia Morris
 Matt Morris
 Ashley Nganga
 Lorna Nichols
 Michael Obenshain
 Alan Earl Oncken
 Heather Payne
 Olivia Phillips
 Drew Price
 Randall Ray
 Jennifer Riner
 Natalie Rohrer
 Jessica Rowzie
 Whitey Simmons
 Chelsea Skelton
 Natasha Skelton
 Rebecca Smiley
 Fran Smith
 Gail Smith
 Jeremy Spillman
 James Stroh
 Sandra K. Sumpter
 David Tanner
 Joshua Tomlin
 Terry Tucker
 Lindsay Vantine
 Luther Vucic
 Jeff & Leslie Wagner
 Jennifer Weller
 Blanche Whitesell
 Noah Yoder
 Terri Yoder



Survey Results

An annual survey was sent to all current recipients of VAIL's services to ensure VAIL is providing quality services that meet the needs of individuals with disabilities in our community.

VAIL assisted me in getting a job evaluation completed, finding a job, find job coach and now VAIL is helping me find shared living.
- Survey Respondent

When asked which type of service received from VAIL was the most helpful, the top 5 responses were:

- ⇒ They helped me use personal care, respite, or companion care so I could stay in my home.
- ⇒ They put me in touch with other agencies or people who could help me.
- ⇒ They assisted me in understanding my social security, SNAP, Medicaid and/or other benefits.
- ⇒ They assisted me to stand up for myself or they stood up for me.
- ⇒ They assisted me in making choices to improve my life.

VAIL helped with advocacy, understanding benefits, securing transportation to appointments, and by connecting with other agencies which all make life a little more easier.
- Survey Respondent

Survey recipients were asked to identify the 5 biggest needs of people with disabilities in our area. The top five responses were:

Need	% Response
Peer Supports	75%
Emergency Preparedness	69%
Support for Family/ Caregivers	67%
Transportation	65%
Assistive Technology	64%

VAIL needs to keep helping individuals with disabilities. They helped me with finding a job and independent living.
-Survey Respondent

What is the most important priority in your life currently?

"Assuring my son receives the services and supports he needs to ensure a strong foundation to prepare him for the most independent life he can lead."

- Survey Respondent

VAIL continued to support individuals with COVID-related needs. Some of those needs include securing groceries for individuals, assisting people in home modifications through the rental unit accessibility modifications (RUAM) process, assisting people through the Dominion Energy Share program, and purchasing and shipping Personal Protective Equipment and disinfectant supplies as needed. VAIL received Public Health Worker funding which allowed for increased outreach and networking to ensure that needs are being met within our community.

Get Involved



Donate via PayPal: <https://govail.org/> or Venmo: @goVAIL



Participate in our fundraisers

The Great Community Give – an initiative of The Community Foundation of Harrisonburg and Rockingham County

Arctic Dip: the 3rd Saturday of February



Write/call your legislators

Advocate for disability issues

Tell them about the great work VAIL does



Click “like” on our Facebook page!

www.facebook.com/valleyassociatesforindependentliving



Learn about our services on our YouTube page!

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



**"Individual commitment to a group effort -- that is what makes a team work, a company work, a society work, a civilization work."
– Vince Lombardi**



venmo

Staff

Gayl Brunk: Executive Director

Holly Prochaska: Finance, Operations, & Compliance Director

Andrea King: Community Services Director

Chelsea Skelton: Community Living Supervisor

Svetlana Adamson: Community Living Specialist

Tessa Atkins: Independent Living Specialist / Service Coordinator

Olesya Ermolenko: Community Living Specialist

Taylor Hinkle: Community Living Specialist

Amy Jones: Community Living Specialist

Richard “Mat” Magruder: Service Coordinator

Inger Knicley: Program Support Specialist

Monique Ware: Social Support Specialist

Jesse Compagnari: Independent Living Specialist

Roger Southerly: Custodial Assistant

Board of Directors

President: **Scott Pruett**

Vice President: **Debra York**

Treasurer: **Jeremy Spilman**

Secretary: **Paul McFarland**

Doug Galica

Chris Grandle

Madeline Marsh

Whit Menefee

Kristian Moore

Retha Reed

Beth Sellers

Luther Vucic

James Ward

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