



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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VAIL was proud to host the 10th Annual Arctic Dip at Sun Retreats Shenandoah Valley on February 17th. The temperature started at 43 degrees Fahrenheit and rose throughout the day. Through partnership with Sun Retreats Shenandoah Valley, the event was fully accessible with a wooden ramp, sand mat, and wheelchair. VAIL raised over \$43,481! There were a total of 109 dippers and many supporters. This was the most dippers that VAIL has to date. 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!

Proudly
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by:





2024 VAIL INVITATIONAL



WHEELCHAIR BASKETBALL TOURNAMENT

Four Division III teams will compete at Horizon's Edge Sports Complex on March 9th & 10th. Games will be played on Saturday, 3/9/24, from 10 AM until 4 PM, and on Sunday, 3/10/24, from 9 AM until 3 PM. **There is no admission cost for spectators.**

Presented by:



The VAIL Harrisonburg Cardinals are a nationally ranked Division 3 wheelchair basketball team based out of Harrisonburg, Virginia that play within the National Wheelchair Basketball Association. Practices are held every Thursday from 6 PM – 8 PM at Horizon's Edge Sports Complex in Harrisonburg. Practices are open to anyone, but all players are required to have a permanent lower limb and/or spinal cord injury in order to be eligible to roster and play in games. New players are always welcome, and it is a great opportunity to get involved with a team that has been in the Harrisonburg community for over 20 years!



For more information on the team and upcoming events, please reach out to the team representative Tim Davis at tim@govail.org.

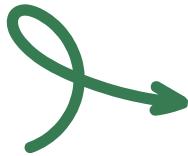


Great Community Give!



The Great Community Give Fundraiser will be held on April 17th, 2024. 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 Wheelchair Basketball team. For this event, we will be engaging with board members, VAIL staff, the VAIL Cardinals, and a variety of other community members to raise money to support equipment, travel, and repair costs for the team.

We send a very special thank you to The Community Foundation of Harrisonburg and Rockingham 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>

Outdoor Adaptive Recreation (OAR)



Outdoor Adaptive Recreation (OAR) is a VAIL program 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, skiing, handcycling, kayaking, and so much more!

While based out of the Lexington/Rockbridge, part of our service area, OAR is open to all individuals with mobility impairments in our service area. OAR events will be held on the third Thursday of every month, and before please contact Terri, 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.

Ready to Achieve Mentoring Program! (RAMP)

Welcome

Please welcome Jasmine Headen as our new mentor to the Ready to Achieve Mentoring Program!

"It was during my five years of meaningful work at a preschool, one year of which was devoted to serving children with special needs that I decided to become a mentor. I became passionate about becoming their buddy and making sure they never felt excluded after hearing about their unique experiences and struggles. I have an Associates in Education and currently receiving my Bachelor's in Psychology this May. The most fulfilling part of mentoring is building relationships and appreciating each person's unique story. Outside of work or school, I devote my time to worthwhile pursuits. Esteem Models, Latin Dance, and Women of Color are the three school clubs that I actively participate in. I'm also committed to broadening my horizons by picking up the Spanish language. On a personal note, I have two amazing dogs that I live with: a tiny Golden Doodle and a Shih Tzu. They infuse my everyday routine with happiness and friendship, creating a lively and inviting atmosphere in my home."



REMOTE AREA MEDICAL CLINIC

LOCATION: AUGUSTA EXPO -- 277 EXPO ROAD, FISHERSVILLE, VA 22938



- The patient parking lot will open no later than 11:59 p.m. (midnight local time) on Friday night, April 12, and remain open. As patients arrive at the parking lot, they will be provided with additional information regarding clinic opening processes and next steps. Clinic doors typically open at 6 a.m. This clinic is in collaboration with the University of Virginia (UVA) RAM Chapter.
- Patients should be prepared with their own food, water, medicines, and clothing when arriving early. Bathrooms will be provided. Free dental, vision, and medical services are provided on a first-come, first-served basis. Due to time constraints, be prepared to choose between DENTAL and VISION services. Medical services are offered to every patient attending the clinic.
- All services are free and open to the public. No ID required.
- In some situations, such as inclement weather, volunteer cancellations, or other circumstances outside of RAM's control, the parking lot may open earlier or a smaller number of patients served. RAM encourages everyone who would like services, especially dental services, to arrive as early as possible.

*Clinic closing time may vary based on each service area's daily capacity. Please check RAM's clinic FAQ page for more information.

Visit <https://www.ramusa.org/event/fishersville-va-2024/> for more information.

Virginia Housing Modification Programs

OWNER-OCCUPIED MODIFICATION VIRGINIA

Owner-Occupied Modification Virginia Housing's Owner-Occupied Modification Grant makes funding available to assist with modifications to homes to make them accessible to elderly individual owners with disabilities. The modification must directly address barriers created by the disability. These funds are available to persons earning 80% or less of the area median income, based on HUD guidelines. These income limits are available here:

<https://www.virginiahousing.com/.../rental.../income-limits>.

This program is targeted at homeowners aged 65 and older. Applicants under 65 must provide written documentation of the need for the accessibility improvement, such as a doctor's letter, insurance documentation, or social security documentation showing the nature of the disability. Applicants must provide documentation of their ownership of the property. It opened on September 1st and goes to May. 2024 depends on remaining funding.

Please contact Taylor Hinkle at taylor@govail.org!



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!

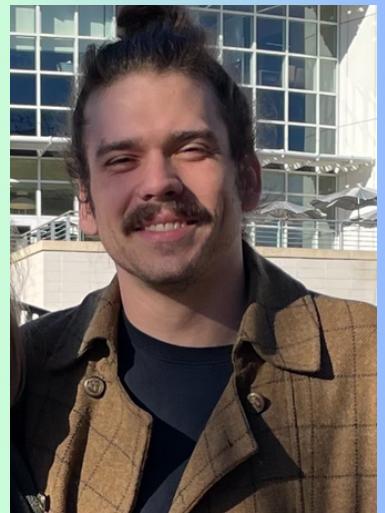
We welcome Tim Davis to the team!

"For the last 4 years, I have been working to get my Bachelors of Social Work from James Madison University, and have now become a full-time employee at VAIL. My favorite part about being at VAIL is that I am able to form a connection with an individual that I may have never otherwise known, and have the opportunity to be a force of change in their lives. I believe deeply that we are formed as people by the connections that we make with those around us, and it is an incredible blessing to be in the position of forming a connection with an individual that could really use it. Outside of work, my favorite things to do are to play golf, watch baseball (go Mets!), build Lego sets, and spend time with my cats."



Please help us in welcoming Jack!

"I am a student intern from the JMU social work department. Here at VAIL, I provide some direct services to individuals, and I also assist with the youth transition programs that VAIL operates. I also help with the VAIL Harrisonburg Cardinals wheelchair basketball team. I got into this field of work because I believe that working with and for other people brings out my best. My favorite part about working at VAIL is the variety of services that we provide. There are so many opportunities to work with different programs. When I'm not at work I like to cook, read, and volunteer. At school I am a member of JMU Saferides, an organization that provides free rides make sure that students get home safe on the weekends."



Please help us in welcoming Alexa Danielson as our work study student!

"The opportunity to work at Valley Associates Independent Living (VAIL) particularly appealed to me because of its focus on community engagement and support. I'm a junior at James Madison University, and I am pursuing a major in Health Service Administration complemented by a minor in business and business Italian. When I'm not at work, I enjoy staying active by working out at the gym or taking walks outdoors. I also find fulfillment in volunteering at the Explore More Discovery Museum and the local SPCA, where I can make a positive impact in my community. On a more personal note, my mother's journey with Multiple Sclerosis has been a significant part of my life. Diagnosed when I was eight years old, her resilience in the face of this challenge has been a source of inspiration for me. With our close family residing in Peru, managing her condition has presented unique obstacles. However, advancements in medical technology have enabled her to maintain a manageable level of health. Witnessing her strength has instilled in me a strong desire to make a positive impact on others and contribute to my community in meaningful ways."





VAIL has been awarded additional Neighborhood Assistance Program (NAP) tax credits for immediate distribution! If you would like to receive a 65% tax credit for your donation to be credited to your VA State taxes please contact Gayl Brunk at 540-820-9423 for more information. Individuals must donate a minimum of \$500 and businesses must donate a minimum of \$1,000.00 to be eligible for this program.

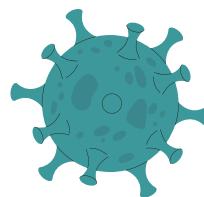
Schedule of Events

March 9th-10th	2024 VAIL Invitational
March 19th	VAIL Board meeting
April 16th	VAIL Board meeting
May 3rd (Rain date June 7th)	VAIL Yard Sale 
May 21st	VAIL Board meeting
May 27th	VAIL Closed

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Thank you for all you have done. I really appreciate you and the fact that you are willing to help me understand how to handle these issues. I guess we are not alone to fend for ourselves.

—An Individual



COVID-19 TEST KITS AVAILABLE FOR VAIL CONSUMERS

Please contact your VAIL staff member or call 540-433-6513 to request your kit.

WAYS TO SUPPORT VAIL

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



venmo



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

Find us on 

[https://www.facebook.com/ValleyAssociates
forIndependentLiving/](https://www.facebook.com/ValleyAssociatesforIndependentLiving/)



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



[https://www.instagram.com/
valleyassociatesil/](https://www.instagram.com/valleyassociatesil/)

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