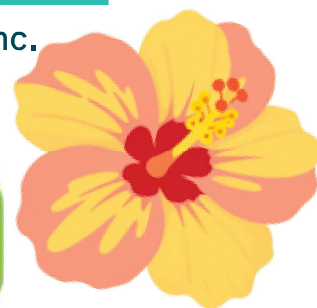




PreVAIL

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 Great Community Give was a tremendous success for our organization this year, bringing together supporters from across the community to invest in the outdoor adaptive recreation (OAR) program and the VAIL Harrisonburg Cardinals that empower individuals with disabilities. Through the generosity of donors and community partners, we are proud to share that we raised a total of \$7,420.

These funds directly support opportunities that promote independence, community engagement, and meaningful participation for the individuals we serve. Every donation, no matter the size, contributed to this impactful total and reflects the strong commitment our community has to inclusion and accessibility, helping to create Outdoor Adaptive Recreation opportunities and provide essential equipment for the Wheelchair Basketball Team.

We are deeply grateful to everyone who contributed, shared, and supported our efforts during the Great Community Give and grateful for the Community Foundation. Your generosity makes a lasting difference and helps us continue building a more inclusive community for all.

Outdoor Adaptive Recreation (OAR)

Where Outdoor Adaptive Recreation Meets Possibility

What an exciting and empowering day for the Outdoor Adaptive Recreation Program in partnership with Ride With Pride on May 8th! Participants spent the day building confidence, encouraging one another, and experiencing the many benefits of adaptive horseback riding in a welcoming and supportive environment. From the moment the group arrived, there was a strong sense of teamwork, positivity, and connection as participants cheered each other on and drew inspiration from the experienced riders and instructors.

In addition to riding, participants had the opportunity to interact closely with the horses by helping groom and prepare them, creating meaningful bonds and hands-on learning experiences. The program encouraged individuals to step outside of their comfort zones, try new things, and celebrate personal accomplishments throughout the day.

Four participants had the opportunity to ride, each utilizing different mounting methods tailored to their individual needs and abilities. Accessibility remained a top priority, including the use of a ramp with a platform positioned at horse level to support safe and comfortable mounting. Riders enjoyed time in the covered arena, which featured mirrors to help improve posture, riding form, and body awareness during instruction. Helmets were also provided to ensure a safe and supportive experience for all participants.

The day was filled with smiles, encouragement, empowerment, and personal growth. Experiences like these highlight the importance of inclusive recreation opportunities and the positive impact adaptive outdoor programs can have on confidence, independence, social connection, and overall well-being.



Upcoming Events

- **Saturday, June 13: Rockbridge Outdoors Festival at Glen Maury Park in Buena Vista.** In conjunction with National Outdoors Day. This is a free event. VAIL is signed up to have a vendor table. OAR folks will take shifts staffing the table with info about VAIL, photos of OAR events, and demos of power wheelchairs, grit wheelchair, and handcycle.
- **Friday, July 10: Stroll and picnic at Crabtree Falls at noon in Nelson County.** The waterfalls cascade down over 1200 feet. There's a paved trail to the first overlook.
- **Tuesday, July 21: Pool party at Lexington Municipal Swimming Pool.** They have a ramp and a water wheelchair for easy access into the pool. Bring your pool toys!



VAIL Harrisonburg Cardinals

The VAIL Harrisonburg Cardinals basketball team recently had the pleasure of visiting Wilson Workforce and Rehabilitation Center to introduce students to the exciting world of adaptive recreation and sports.

Students had the opportunity to learn more about adaptive athletics, participate in activities, and join in an energetic 4-on-4 basketball game alongside team members. The event created a fun and inclusive environment where students could experience firsthand how recreation and sports can be accessible and enjoyable for everyone.

Experiences like these help promote camaraderie, teamwork, confidence, and community awareness while encouraging individuals to explore new recreational opportunities. The VAIL Harrisonburg Cardinals are grateful for the warm welcome and support from Wilson Workforce and Rehabilitation Center in helping make the event such a positive and engaging experience for all involved.



Home Modifications

A recently completed home modification project is helping improve accessibility, safety, and independence for an individual in our community.

Modifications were tailored to meet the individual's unique needs and included updates designed to increase mobility and ease of access within the home. These improvements not only support daily living activities but also help create a more comfortable and empowering environment. Home modifications like these play an important role in promoting independence and allowing individuals to remain active and engaged in their homes and communities.



Virginia Housing Modification Programs

Virginia Housing offers grants up to \$,8,000 to foster independence and provide assistance to those in need of barrier-free housing.

Typical modifications include, but are not limited to:

- Installing ramps & chairlifts
- Modifying bathrooms and kitchens
- Widening of doorways and sidewalks
- Installing remote entry devices

All funds are available on a first-come-first-served basis until funding is expended.



OWNER-OCCUPIED MODIFICATION

Virginia Housing's Owner-Occupied Modification Grant makes funding available to assist with modifications to homes to make them accessible. 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.

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.

Owner Occupancy is now closed and will reopen for new submissions on July 1st.

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.

Reopens July 1st to new applicants.



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 are available to renters or home owners and can be used to make a home wheelchair accessible, to install grab bars in a bathroom, or to make other modifications recommended by the VA that help eligible recipients become independent.

Granting Freedom reopens July 1st to new applicants.

Applications for all of these programs must be submitted by a Virginia Housing-accepted agent.

VAIL is a registered agent in Planning District 6.

Contact Shawn Abercrombie at shawn@govail.org for more information!

12th Annual VAIL Arctic Dip

Highlights

The 12th Annual VAIL Arctic Dip brought the community together once again for a fun, energetic, and memorable event in support of individuals with disabilities. February started off with a huge snowstorm, but the Arctic dip turned out to be absolutely beautiful! Participants, supporters, volunteers, and community partners gathered to take to the icy cold waters while showing their enthusiasm and dedication to a great cause.

The event was filled with excitement, laughter, and community spirit as individuals cheered one another on and celebrated each participant's bravery and commitment. In addition to the dip itself, attendees enjoyed opportunities to connect with others, support VAIL's mission, and raise awareness for the importance of accessibility, independence, and inclusion within the community.

The success of this year's Arctic Dip would not have been possible without the support of volunteers, donors, sponsors, and everyone who participated or attended the event. The continued growth of the Arctic Dip over the past 12 years reflects the strength of the community and its ongoing commitment to creating opportunities and support for individuals of all abilities. Thank you to everyone who helped make the 12th Annual VAIL Arctic Dip such a successful and impactful event. We look forward to continuing this tradition and seeing even more community members participate in the years to come!



embrace the cold, make a splash



YOUTH transition



Pre-Employment Transition Services (Pre-ETS) are designed to help students explore career interests and develop valuable work skills to assist with a smooth transition to adulthood. Students who are ages 14–22, enrolled in an education program, and have a disability are eligible. Transition-aged students at VAIL are gaining valuable skills and experiences as they prepare for life after high school. Through hands-on activities, career exploration, and community engagement, students are building confidence, independence, and important workplace readiness skills.



Students have been identifying their individual strengths, skills, and interests while learning how these qualities can help them succeed in future employment and educational opportunities. Activities focused on self-awareness and self-advocacy encourage students to recognize their abilities and communicate their goals effectively. Mock interviews have provided students with opportunities to practice professional communication, answer common interview questions, and develop confidence in speaking with employers. Students have also been working on building resumes that highlight their skills, volunteer experiences, accomplishments, and career interests.



Community partnerships have played an important role in helping students learn about different career paths and services within their communities. Students have had the opportunity to meet with local community leaders and professionals, including representatives from the police department, fire department, the Virginia Department for Aging and Rehabilitative Services, and the banking industry. These experiences allow students to ask questions, explore career options, and better understand the responsibilities and opportunities within each profession. Combining career readiness activities with real-world community connections, students are developing important life and employment skills that will support them as they transition into adulthood, higher education, and the workforce. Referrals can be made directly at: <https://dars.virginia.gov/employment-services/for-students/pre-employment-transition-services/pre-ets-referral/>, or by calling your local DARS office.



Schedule of Events

June 19th	VAIL Closed
July 3 rd	Closed
September 7th	Closed
September 17th	VAIL Luncheon
Columbus Day & Yorktown Victory Day	Closed

PEATC at VAIL

PEATC Community Office

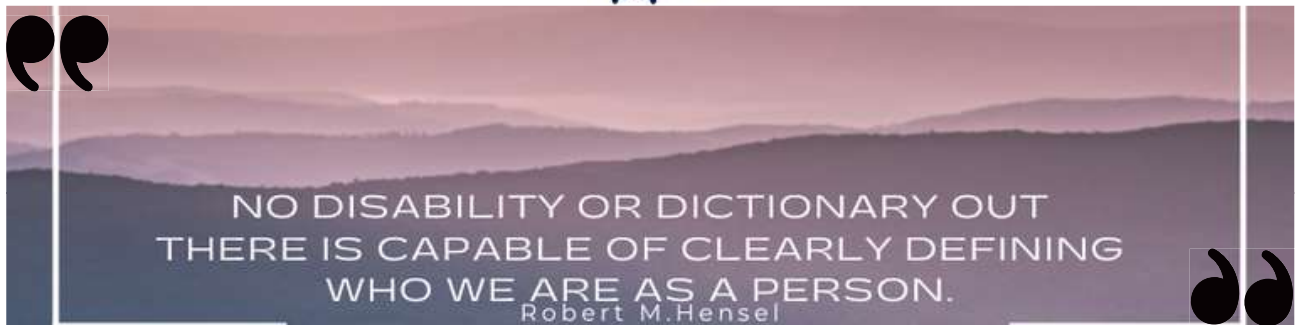
Hours are held at Valley Associates for Independent Living (VAIL) in Harrisonburg on the fourth Friday of each month from 10:30 a.m. – 12:30 p.m. Families can meet with PEATC's Region 5 Family Support Specialist, Wanda Beck, for free and confidential support regarding special education and disability-related questions. Walk-ins are welcome, or schedule an appointment by emailing beck@peatc.org or calling (703) 923-0010.



wishlist

A quick and easy way to support VAIL is by donating needed items. Some of these items you may already have in your home. Others you can purchase at a discount at places like the Green Valley Bookfair or Ollie's.

Magazines
Adult Coloring Books
Word Searches
Crossword Puzzles
Thin tipped marker sets
Self-adhesive Velcro dots



Ways to Support VAIL

Scan the QR Codes below to donate via PayPal or Venmo!



PayPal



venmo

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 Email
www.govail.org Website

Find us on 

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



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

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

Did You Know?

Have you heard the saying “One man’s junk is another man’s treasurer”? Well, that’s actually true! Did you know you can donate your used toner and ink cartridges to VAIL and we can use those in trade for supplies from Staples? If you would like to donate your old ink or toner cartridges, contact inger@govail.org.

Non-Profit Org.
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Harrisonburg, VA
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