Listen, Support, and Follow!*  
VAIL’s annual Community Leaders Luncheon

On Thursday September 19th, 2019, VAIL hosted a luncheon to inform the community about the type of work that consumers and staff have been doing to continue breaking down barriers to create access within our community. Close to 100 people attended the luncheon and they got to hear from seven individuals speaking about their experiences.

Faith Patterson discusses the difficulties she has faced in the past year and her ongoing efforts to remain independent. “As someone who enjoys working and being active, the fact that I was born with a disability of this level should not mean that I have to do less activities than anyone else.”

Do not admire me. 
A desire to live a full life does not warrant adoration. Respect me for respect presumes equity.*
experience and connection with VAIL. Many of the consumers who spoke mentioned what services they utilized and what struggles they have been dealing with and showed appreciation for the advocacy efforts and service delivery of VAIL.

For instance, Brian Ringgold spoke about his experience trying to hire an attendant through his Medicaid waiver. Brian has tried posting help-wanted ads through various social media with little response. And when Brian tried to post the job description on a paid website, the lowest option for pay per hour was $10, causing difficulty in properly posting the job. As you may know, the Medicaid pay rate for attendants is $9.40/hour. Furthermore, many consumers know the struggle of when people ask, “Do you really expect somebody to do all that stuff for that wage? That’s just not acceptable.” This is simply one of the multitude of barriers that consumers run into when navigating the Medicaid system. Brian is not the only one who has run into barriers lately.

Faith Patterson spoke about the struggle she endured during 2018-2019 as her attendant hours got cut from 9.5 hours a day to 8 hours a day and then to 6 hours a day as well as going through multiple appeal processes. The managed care company (MCO) cut her hours because they were under the impression that Faith did not need support with bathing, dressing, and using the bathroom even though none of her paperwork suggested this. This simple action of reducing hours, even by 3.5 hours per day, became detrimental to Faith’s daily life and resulted in health concerns. Throughout this time period, Faith’s independence became limited, she got skin ulcers due to not being changed and showered as needed, and she would not have been able to get into bed to sleep if it weren't for her parents’ availability, ability, and support. “It definitely increases my anxiety when I cannot choose the life I want to live.” Faith spoke to the importance of not reducing a consumer’s hours unless there has been a change in their ability to care for themselves, and how impactful that can be. Faith is not the only VAIL consumer who knows the struggle of getting their hours cut, needing more attendant support, or having to navigate the Medicaid system.

Ella Schminkey-Ward has been with VAIL for approximately ten years and she and her father, James Ward, spoke to the importance of...
Kate van Emmerik is a second year graduate student in the Occupational Therapy Program at JMU. She grew up in Mathews, Virginia, right on the Chesapeake Bay, but has been enjoying her time in the mountains. Kate graduated from Christopher Newport University in 2018 with a degree in psychology. She then decided to become an occupational therapist because she believes that everyone deserves to live a life they find meaningful and purposeful, and OTs work with individuals of all abilities to help them achieve this! Recently some of Kate’s favorite things to do in Harrisonburg are going for walks, spending time with her housemates, and getting ice cream at Kline’s.

Ana Lidia Hunter-Nickels was the first Social Work inter from Eastern Mennonite University (EMU) at VAIL and has been working with us since January. Ana graduated from EMU with a Bachelor of Social Work and Spanish minor in May 2019. She has decided to stay on board with VAIL as a Community Living Specialist and will soon being doing service facilitation for Medicaid waivers. Ana currently does Independent Living Skills Training along with Work Readiness Training, and a lot of fundraising outreach for our events! She wants to remind you sign up early for Bingo to have a chance to win a prize.
BEGIN USING ELECTRONIC VISIT VERIFICATION (EVV) NOW!

What is EVV?
- Electronic Visit Verification is the use of a mobile phone, through the use of an app, or landline to collect attendant’s start and end times. This change is required by federal rule.

Who does it affect?
- Attendants who provide consumer-directed personal care, respite care, and/or companion services to a Medicaid waiver member.
- EORs must approve time worked by attendants online or through EVV as well.

When does EVV begin?
- Although the effective date is October 1st, 2019, you can use the apps before that date. Additionally, all fiscal agents and MCOs are requiring attendants to use the apps beginning Sept. 26, 2019.

***PAPER TIMESHEETS ARE NO LONGER BE ACCEPTED!***

Fiscal Agents selected the following Smartphone apps:
- Public Partnerships (PPL) - Time4CareApp
- ACES$ and Consumer Direct Care Network (CDCN) - CellTrak App

What if I have no cellular service at my home?
You may qualify for the exemption from utilizing a smart phone and be allowed to use Interactive Voice Recognition (IVR) through a home landline.

Please direct your EVV questions to evv@dmas.virginia.gov or to your fiscal agent.

For those with Virginia Premier as their MCO

On September 26th, 2019, Virginia Premier is switching fiscal agents and will be using Consumer Direct Care Network (CDCN). The Employer of Record (EOR) and attendants should have completed transition packets already. That way the transition will run as smoothly as possible.

If you have not completed this paperwork, the EOR and attendant packets for transitioning can be found at: https://www.consumerdirectva.com/forms/virginia-premier-health-plan-forms/

You may contact your Service Facilitator to help you.
Designer handbag & Tool BINGO

~ To benefit ~
Valley Associates for Independent Living, Inc. (VAIL)

Saturday. October 19, 2019
Doors open at 4:30 PM
Games start at 6:30 PM
Weyers Cave Community

$10.00 per card
4 cards for $25.00
Credit cards accepted

20 games!
Raffles & 50/50 Raffle
Door prizes between each game

Concessions available

Reserve your cards in advance for a chance to win a special gift!
(Must call by 3:00 PM on 10/19/19 for this chance.)

Call (540) 433-6513 or 1-888-242-VAIL for more information or to reserve your cards.
Wish List

We welcome the donation of any of these items to support VAIL.

- Water Filter Sink Fixture
- 1.5” View Binders
- Copy Paper
- Projector
- Over-the-door coat hooks
- Gender neutral accessible bathroom signs
- Yoga ball
- Stamps

Do not use theories and strategies on me.
Be with me. And when we struggle with each other, let that give rise to self-reflection.*

RESOURCE:
OPTIONS COUNSELING

VAIL has an Options Counselor who can help you develop your own personal plan and connect you with the support and services that can assist you in remaining at home! Whether you are in a nursing home, hospital, rehabilitation facility, community setting, or at your own home, if you have had a life-changing event and need to consider long-term options, give VAIL a call.

For more information contact:
⇒ Paula Ford
  • 540-433-6513 extension 115
  • paula@govail.org
⇒ Monique Ware
  • 540-433-6513 extension 107
  • monique@govail.org

Important Reminder

Be sure you know when your Medicaid renewal paperwork is due and turn your paperwork into Social Services in a timely manner. Turning in your Medicaid paperwork late will impact your services and authorizations.

The renewal paperwork is due back to your local social services office within 30 days of the date you receive it in the mail. If you need assistance completing this paperwork, contact your eligibility worker at your local social services office.

https://www.facebook.com/ValleyAssociatesforIndependentLiving/
Used Equipment Programs

Health Equipment Loan Program (H.E.L.P)

H.E.L.P loans free medical equipment regardless of financial circumstance. The standard loan for most equipment is 3 months and hospital beds are loaned for 6 months. Items available to loan include wheelchairs, bedside commodes, toilet seat risers/frames, blood pressure cuffs, and swivel seats, among others.

For more information visit: http://www.medicalcloset.org/ or call 540-324-6186.

Briery Branch Church of the Brethren

Briery Church of the Brethren provides used medical equipment.

If you would like to donate or are in need of medical equipment, contact Greg & Tammy Kiser at 540-746-6337.

Harrisonburg Mission Central:

The Mission Central loans medical equipment for those in need. These items include, hospital beds, wheelchairs, toilet seat risers, rolling shower chairs, walker attachments, cloth incontinent pads, O2 and nebulizer tubing, etc.

For more information visit: www.harrisonburgdistrict.org or call 540-383-6112.

Home Modification Programs

Requirements:
- Owner of your home
- Live in Harrisonburg/Rockingham
- Meet income/eligibility requirements

Application available at:
www.uwhr.org/build-united

VAIL can assist with application.

Rental Unit Accessibility Modifications (RUAM)

If you require a modification for your rental home due to disability, VAIL can assist with the paperwork required for this program. The grant program provides for up to $6,000 per unit for necessary modifications.

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. VHDA is pleased to partner with the Virginia Department of Veterans Services to make this program available. Funds are available to make other modifications recommended by the VA that help eligible recipients feel more at home.

Contact VAIL to access these grants.
Family Caregivers may receive up to $400 for Respite Care

The VA Department for Aging & Rehabilitative Services is offering up to $400 in reimbursement per family for respite services to assist Virginians with disabilities or chronic conditions and the family members who provide their care. Priority will be given to assisting caregivers for loved ones with dementia, as well as helping grandparents or relative caregivers providing care to a child under age 18 or an individual between the ages of 19 and 59 who has a severe disability.

To qualify for the Virginia Lifespan Respite Voucher Program:
- You must be a Virginia caregiver of a child, or an adult, who resides full-time in your household.
- The primary caregiver for the person receiving care must apply for the funds. You may receive up to one $400 benefit.
- You may not use the voucher funds to reimburse household expenses or daycare.

Respite care is care provided to someone with special needs as a temporary relief to a family caregiver. Respite care can be for different periods of time, from a few hours to days or weeks. Not everyone who applies will be approved and those who have benefited from the program in the past will be ineligible for the current program.

To learn how to apply, visit www.vda.virginia.gov, call toll-free at 800-552-3402, or send an email to nick.slentz@dars.virginia.gov.

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CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

This FREE workshop is designed to empower adults living with chronic pain, as well as their family and caregivers.

YOU WILL LEARN:
- Techniques for dealing with the side effects of chronic pain
- Appropriate exercise and nutrition
- Managing medication and evaluating Treatments
- Communicating effectively with health professionals, family, and friends

Fall 2019 workshops are currently being scheduled.

Contact Joyce Nussbaum at 540-820-8567 or joyce@vpas.info for more information and to express interest.
VAIL’s Board of Directors

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Contact VAIL at:
3210 Peoples Drive Suite 220  
Harrisonburg, VA  22801  

(540) 433-6513  Voice  
1-888-242-VAIL  Toll-free  
(540) 438-9265  TTY  
(540) 433-6313  Fax  
vail@govail.org  Email  
www.govail.org  Website  

Schedule of Events

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<td>VAIL Closed</td>
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<tr>
<td>October 19th</td>
<td>Designer Handbag &amp; Tool Bingo</td>
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<tr>
<td>November 11th</td>
<td>VAIL Closed</td>
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<td>November 19th</td>
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<td>November 28th &amp; 29th</td>
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<td>December 24th &amp; 25th</td>
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<td>January 1st</td>
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In this Edition

You have seen quotes throughout this newsletter that are designated with an asterisk (*). These are snippets from A Credo for Support by Norman Kunc and Emma Van der Klift, 1995, which is dedicated to the memory of Tracy Latimer.

Tracy Latimer was born with cerebral palsy and had a seizure disorder. On October 24, 1993, 12 year old Tracy died by carbon monoxide poisoning at the hands of her father. Robert Latimer was convicted of 2nd degree murder.

Norman Kunc was also born with cerebral palsy. Emma Van der Klift is a neurodivergent speaker, author, and activist who is diagnosed with autism. They are well known speakers and advocates within the disability rights community of Canada.

The introduction to A Credo For Support states, “Throughout history, people with physical and mental disabilities have been abandoned at birth, banished from society, used as court jesters, drowned and burned during the Inquisition, gassed in Nazi German, and still continue to be segregated, institutionalized, . . . . Now, for the first time, people with disabilities are taking their rightful place as fully contributing citizens. The danger is that we will respond with remediation and benevolence rather than equity and respect.”

Do Not see me as your client.  
I am your fellow citizen. See me as your neighbor. Remember, none of us can be self-sufficient.

Do not teach me to be obedient, submissive, and polite.  
I need to feel entitled to say NO if I am to protect myself.

Do not tell, correct, and lead.  
Listen, Support, and Follow.*
SAVE THE DATE!
2/15/2020

Join VAIL at our 6th Annual Arctic Dip!

When: Saturday February 15th, 2020

Who: EVERYONE!
Registration starts Dec. 1st. at DIP.GOVAIL.ORG

Why: To support your local center for independent living!