

Community Resource Guide

*Creating Opportunities for
Individuals of **ALL** Abilities*



inclusivewellness.org
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About Us

The Shenandoah Valley Inclusive Wellness Coalition (SVIWC) is an alliance of individuals with disabilities, family members, and professionals who are working to increase opportunities for ALL individuals to participate in community-based physical activity and wellness opportunities.

Mission: To work together to identify needs, provide training, and increase opportunities for individuals with disabilities to engage in wellness activities and sports throughout the Shenandoah Valley.



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Introduction

The Shenandoah Valley Inclusive Wellness Coalition (SVIWC) believes everyone has the right to participate in their community and pursue wellness with their friends and neighbors. Therefore, we have created this Community Resource Guide to raise awareness of those wellness and advocacy organizations in our community who have expressed an interest in and a commitment to serving individuals with disabilities through inclusive programming by becoming a member of the coalition. Each organization wants to celebrate the ability of all individuals and support you, whether you have a disability or not, in pursuing greater wellness.

We have made every effort to identify the particular groups that an organization is prepared to serve through our Key for Inclusivity, which you will find on the following page. However, we recommend that you reach out to an organization to discuss how they can best meet your specific needs. Contact information for all organizations is included in the guide.

If you or your organization would like to become a member of the coalition (and be included in future editions of this guide), please go to our website, www.inclusivewellness.org. Membership is free, and the website includes resources, free trainings for wellness providers, a calendar of local inclusive and disability-focused events, information about our coalition meetings, and more.

Key for Inclusivity



Available to all types of disability



Braille



Available to individuals with mobility impairments



Available if accompanied by parent, guardian, caregiver, or volunteer



Closed captioning



Instructor with specialized training available



Programs are specialized or disability-specific



Sensory room



Adaptive equipment



Chair lift/ramp

Wellness Opportunities

Aquatics (swim lessons and/or fitness)



Empowerment3/Overcoming Barriers (p. 17)

Offers beginner and advanced swim lessons. Provides 1:1 mentors for all participants. Programs offered on a weekly basis in the Fall and Spring. Opportunities for all ages are available.



Sentara RMH Wellness Center (p. 19)

Offers swim lessons and various aquatic fitness programs (e.g. water aerobics) for varying skill levels. Classes meet weekly or semiweekly with start dates throughout the year. Opportunities for all ages are available.



Special Olympics Virginia – Area 5 (p. 20)

Offers opportunities for individuals with intellectual disabilities to participate and compete in swimming events during the Winter, Fall, and Spring. Serves Staunton, Waynesboro and the counties of Augusta and Highland. Also hosts dances and other social events.



Staunton-Augusta Family YMCA (p. 20)

Offers swim lessons and various aquatic fitness programs (e.g. water aerobics) for varying skill levels. Classes meet weekly or semiweekly with start dates throughout the year. Opportunities for all ages are available. Monthly dues for membership and a joining fee.



SOCA Augusta (p. 19)

Five-day (Monday-Friday) recreational soccer day camp held in June. No playing experience required. Fun learning activities, soccer skills, and training games. Ages 7 to 14. Coed.



Speech and Language Center (p. 20)

Offers Summer day camps focusing on various activities from June through August. Each camp session meets from 9:00am to 12:00pm, and includes a field trip on the last day. Activities focus on literacy skills, conversation skills, social skills, and food comfort level and preferences. Camp sessions are broken up into specific age groups (i.e. 3–6; 7–11; all ages [food]).



Staunton-Augusta Family YMCA (p. 20)

Day camp runs from June to July. Open for ages 4–19 years old. Camp is open from 9:00am to 4:00 pm. All meals are provided for free. Also includes a 1:10 counselor to camper ratio. One-week sessions are available. Activities include water sports, STEM education, and creative arts.



Photo from Camp Light

Fitness (individual and/or group classes)



Bridgewater Retirement Community (p. 17)

A modern wellness center for strength and cardio training, with certified and trained staff to assist with equipment, technique and individualized fitness programs. A wide variety of group exercise classes, which include aerobic and weight training and brain fitness. Open to all levels of skill. Available to BRC residents only.



Edge Effective Fitness, LLC (p. 17)

Daily fitness programs and classes open to all levels of skill. Personal therapeutic and adaptive exercise training for all ages. Adaptive boxing and martial art personal training. Onsite classes that come to you. Custom private group training sessions. Monthly class and program fees.



Empowerment3/ Overcoming Barriers (p. 17)

Weekly programs during the Fall, Spring, and Summer semesters. Opportunities for all ages. Mentoring ratio of 1:1 in the use of machines and weight-bearing exercises.



Girls on the run (p. 18)

A 10-week seasonal running program for girls in the 3rd through 8th grades. Meeting times are twice per week. Each seasonal session ends with a girls 5K run.



Ignite Fitness, LLC (p. 19)

Offers Ability Beats, (the adapted version of the Drums Alive program) once a week. The up-tempo cardio drumming class is designed to reduce stress and burn calories.



Sentara RMH Wellness Center (p. 19)

Offers a broad range of daily fitness programs, including group classes and personal training. Classes include aerobic and weight training. Open to all levels of skill. Monthly dues for membership and an initiation fee.



Staunton-Augusta Family YMCA (p. 20)

Offers a broad range of daily fitness programs, including group classes and personal training. Classes include aerobic and weight training. Open to all levels of skill. Monthly dues for membership and a joining fee.



Waynesboro Family YMCA (p. 20)

Offers a wide array of daily fitness programs for all skill levels, including group classes and fitness training. Adaptive classes and personal training are available on an individual basis. Monthly dues for membership and a joining fee.



Photo from Ignite Fitness, LLC



Photo from Girls on the run

Golf



First Tee of Harrisonburg (p. 17)

In partnership with **Empowerment 3/Overcoming Barriers**, a weekly program during the Fall and Spring semesters works on specific golf skills using adapted equipment. Participants practice on a putting green and driving range, as well as create a miniature golf course using creative obstacles. For all ages.



Mulligan's Golf Center (p. 19)

Opportunities include private lessons, a ladies-only class, LPGA-USGA girls, junior classes, driving range, and a miniature golf course. For all ages.



Photo from First Tee of Harrisonburg



Photo courtesy of Overcoming Barriers/ Empowerment3

Gymnastics



Empowerment3/Overcoming Barriers (p. 17)

Offers weekly Kidnastics classes during the Fall, Spring, and Summer semesters. This child-centered approach to teaching gymnastics incorporates elements of traditional and educational gymnastics. Students work at their own pace with their mentor on skills appropriate to their ability level. Skills include rolling, balancing, vaulting (movement on your hands), and jumping. Ages 3- 12.

Parks

Harrisonburg

Bluestone Trail (p. 18)

A 1-mile shared-use path that connects people between James Madison University; Port Republic Road and Hillside Avenue; Purcell Park and the surrounding neighborhood; and businesses along Stone Spring Road. The shared-use path is 10 feet wide, hard surfaced, and is used by many walkers, joggers, and bicyclists for transportation and recreation.

A Dream Come True Park (p. 18)

A completely inclusive/ accessible playground with features which include accessible swings, a draw wall, a separate playground for ages 2–5 years old, and a fully inclusive family comfort station.

Edith J. Carrier Arboretum (p. 18)

A public urban garden and forested greenspace that preserves the native plant species. Includes inclusive walking trails and a pond. Also features a large pavilion.

Hillendale Park (p. 18)

A 74-acre park that features a playground, basketball courts, volleyball courts, and accessible picnic shelters. The 1.3-mile walking trail includes 11 exercise stations.

Kiwanis Park (p. 18)

A 3.8-acre park with playground equipment and a basketball court.

Purcell Park (p. 18)

The 67-acre park features softball/baseball fields, basketball courts, picnic shelters, tennis courts, and a 1.5-mile walking trail.

Ralph Sampson Park (p. 18)

The 31-acre park features a sports field, basketball courts, tennis courts, playground, and a horseshoe pit. Also includes a 0.3-mile natural surface walking trail and picnic shelters. Surrounds the Lucy F. Simms Continuing Education Center.

Riven Rock Park (p. 18)

The 27-acre site includes four picnic shelters, natural surface trails, horseshoes, and individual picnic sites. Open late-Spring through mid-Fall.

Westover Park (p. 18)

This 48-acre park is home to the Westover Swimming Pool Complex (with accessible lift), the Cecil F. Gilkerson Community Activities Center, the Westover Skate Park, and a 21-hole Disc Golf Course. The park also has four picnic shelters, a playground area, and the Price Rotary Senior Center.

Rockingham County

Rockingham Park at the Crossroads (p. 19)

A 72-acre park featuring an amphitheater, baseball fields, multipurpose sport fields, playground, splash pad, walking trails and a recreation center. Currently in various stages of development, potentially limiting use.

Shenandoah National Park (p. 19)

The 79,579-acre park encompasses parts of eight counties, while its central feature, Skyline Drive covers 105 miles of scenic mountain overlooks. The Lumberlost Trail is a fully accessible circuit hike of 1.3 miles. Other features include picnic grounds, campgrounds, ranger programs, overnight lodging, fishing, horseback riding, and cycling. Most facilities in the park are accessible or accessible with assistance.

Staunton

Betsy Bell and Mary Gray Wilderness Park (p. 20)

Features an overlook of the Shenandoah Valley and gravel nature trails.

Gypsy Hill Park (p. 20)

The 214-acre park features a skate park, 1.3-mile circular roadway/play street, golf course, picnic areas, fishing in Lake Tam, baseball fields, basketball courts, volleyball courts, playgrounds, fitness station, and a swimming pool.

Montgomery Hall Park (p. 20)

The 148-acre park features a disc golf course, mountain bike trails, softball fields, soccer fields, pickle ball courts, picnic areas, nature hiking trails, playgrounds, tennis courts, and a community pool (with accessible lift). Nature Ridge Natural Playground is uniquely designed to encourage and foster creativity and imaginative play for children ages 2-12 years old.

Waynesboro

Basic Park (p. 21)

An 18-acre park featuring fishing in the South River, softball/baseball fields and a picnic shelter.

Constitution Park (p. 21)

Home to soccer fields, picnic shelters, numerous special events, the Waynesboro Arboretum, and the Waynesboro Farmer's Market.

Coyner Springs Park (p. 21)

The 145-acre park features a leash-free dog park, nature trails, a 9-hole disc golf course, and picnic areas.

North Park (p. 21)

A 14-acre park featuring baseball/softball fields, picnic areas, and a playground.

Ridgeview Park (p. 21)

The 85-acre park features an accessible fishing pier, a serenity garden, soccer fields, tennis courts, bike path, and the War Memorial Pool. The River Shelter for picnics is accessible and near accessible parking and the War Memorial Pool facilities.

Martial Arts



Edge Effective Fitness, LLC (p. 17)

Offers marital arts classes and one-on-one training in Kanso Gojo Karate. Depending on membership, training is 2 or 3 times per week. Group classes are offered 2 times per week for 90 minutes each session. Private instruction is also available. All skill levels are welcome for both types of training. Ages 16 years or older.



Staunton–Augusta Family YMCA (p. 20)

Offers Tai Chi classes for energy, beginner, intermediate, and advanced levels. Monthly membership dues and a joining fee.



Photo from Edge Effect Fitness, LLC

Outdoor Recreation



Empowerment3/ Overcoming Barriers (p. 17)

Cycling program designed to help build balance, coordination, and confidence on a bike. Combines indoor, fitness style cycling and outdoor bike riding. Ages 8 and up.



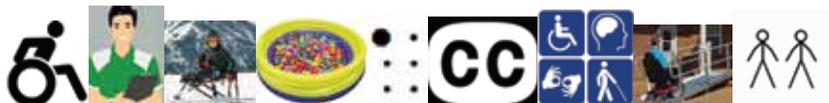
Therapeutic Adventures (p. 20)

Offers adaptive hiking, backpacking, rock climbing, camping, kayaking, canoeing, stand-up paddle boarding, fly fishing, and sailing. In the winter months, Therapeutic Adventures' programs include adaptive snow sport instruction in skiing, snowboarding, cross-country skiing, snowshoeing, as well as adaptive snow sports trips and the annual Independence Cup – Adaptive Snow Sports Race. Instructional sessions and inclusive group outings are available. Opportunities for all ages and abilities.



Photo from Therapeutic Adventures

Team Sports



Empowerment3/ Overcoming Barriers (p. 17)

A sport-based basketball program allows mentees to focus on improving their basketball skills. Mentees will learn and practice the basic skills, as well as learn to integrate those skills into modified and 2 v 2, 3 v 3, and 5 v 5 games. Ages 7-adult.



Shenandoah County Special Olympics (p. 19)

Offers opportunities for individuals with intellectual disabilities to participate and compete in soccer, basketball, and track and field. Hosts an annual Unified Basketball Tournament in March at Central High School in Woodstock, Virginia.



SOCA Augusta (p. 19)

Offers a variety youth and adult soccer programs for all levels of skill and interest, including an inclusive recreational league for ages 8-18. Personal training is also available. Opportunities for all ages.



Special Olympics Virginia – Area 5 (p. 20)

Offers opportunities for individuals with intellectual disabilities to participate and compete in both skills level and team level activities during the Winter, Fall, and Spring. Sports include volleyball, soccer, softball, bowling, tennis, bocce, track and field, cheerleading, and basketball. Serves Staunton, Waynesboro and the counties of Augusta and Highland. Also hosts dances and other social events.



Photo from SOCA Augusta

Yoga



The Center Yoga Studio (p. 17)

Offers a broad range of daily yoga classes. Individual and private group sessions are also available. Open to all skill levels. A wide variety of membership options are available, including a 30-day pass or an unlimited 3-month pass. Adult yoga classes are for ages 16 and up, while Family Yoga is for all ages.



Sentara RMH Wellness Center (p. 19)

Offers a broad range of daily yoga classes. Open to all skill levels. Monthly dues for membership and an initiation fee.



Staunton-Augusta Family YMCA (p. 20)

Offers a broad range of daily yoga classes, including Adaptive Yoga and Chair Yoga. Open to all skill levels. Monthly dues for membership and a joining fee.



Waynesboro Family YMCA (p. 20)

At least 13 classes of varying discipline and skill level are offered each week, including adaptive chair yoga. Monthly dues for membership and a joining fee.



Photo from the Center Yoga Studio

Wellness Organizations

The contact person listed for each organization can help address accessibility needs and answer questions for interested participants.



Bridgewater Retirement Community

Address: 302 N. 2nd St., Bridgewater, VA 22812
Phone: 540-828-2550
Website: www.brcliving.org
E-mail: [lspicer@brcliving.org](mailto: lspicer@brcliving.org)
Contact Person: Laura Spicer



Camp Light

Address: 107 Creative Works Ln., Waynesboro, VA 22980
Phone: 540-471-1659
Website: www.camplight.org
E-mail: [kelly@creativeworksfarm.org](mailto: kelly@creativeworksfarm.org)
Contact Person: Kelly Truxell



The Center Yoga Studio

Address: 217 S. Liberty Street, Suite 201, Harrisonburg, VA 22801
Phone: 540-383-0438
Website: <https://thecenterdowntown.com>
E-mail: [suzanne@thecenterdowntown.org](mailto: suzanne@thecenterdowntown.org)
Contact Person: Suzanne Perrine



Edge Effect Fitness

Address: 785 Acorn Drive, Suite 102, Harrisonburg, VA 22801

Phone: 540-607-4855

Website: <http://www.edgeeffectfitness.com>

E-mail: EdgeEffectFitness@gmail.com

Contact Person: Randy Simpson



Empowerment3/ Overcoming Barriers

Address: 800 S. Main St., Harrisonburg, VA 22807

Phone: 540-568-4877

Website: empowerment3.jmu.edu

E-mail: overcomingbarriers@jmu.edu

Contact Person: Maureen Pfahler



First Tee of Harrisonburg

Address: 690 Garbers Church Road, Harrisonburg, VA 22801

Phone: 540-437-4239

Website: www.thefirstteeharrisonburg.org

E-mail: thefirstteeharrisonburgva@gmail.com

Contact Person: Jeff Simmons



Girls on the run

Address: 413 Fairmont Ave., Winchester, VA 22601

Phone: 540-431-5320

Website: www.girlsontherunsv.org

E-mail: dia.russell@girlsontherun.org

Contact Person: Dia Russell

Harrisonburg Parks

Bluestone Trail

Address: 320 E. Mosby Rd., Harrisonburg, VA 22801
Website: <https://www.harrisonburgva.gov/bluestone-trail>

A Dream Come True Playground

Address: 1050 Neff Avenue, Harrisonburg VA, 22801
Website: <https://www.harrisonburgva.gov/dream-come-true-playground>

Edith J. Carrier Arboretum

Address: 801 Hillandale Avenue, Harrisonburg, VA 22801
Website: <https://www.jmu.edu/arboretum>

Hillandale Park

Address: 801 Hillandale Avenue, Harrisonburg, VA 22801
Website: <https://www.harrisonburgva.gov/hillandale-park>

Kiwanis Park

Address: 302 Myers Avenue, Harrisonburg, VA 22801
Website: <https://www.harrisonburgva.gov/kiwanis-park>

Purcell Park

Address: 41 Monument Avenue, Harrisonburg, VA 22801
Website: <https://www.harrisonburgva.gov/purcell-park>

Ralph Sampson Park

Address: 431 East Washington Street, Harrisonburg, VA 22802
Website: <https://www.harrisonburgva.gov/ralph-sampson-park>

Riven Rock Park

Address: 6 Last Left Lane, Hinton, VA 22831
Website: <https://www.harrisonburgva.gov/riven-rock-park>

Westover Park

Address: 305 South Dogwood Drive, Harrisonburg, VA 22801
Website: <https://www.harrisonburgva.gov/westover>



Harrisonburg Parks and Rec

Address: 305 South Dogwood Drive, Harrisonburg, VA 22801
Phone: 540-433-2474
Website: <https://www.harrisonburgva.gov/parks-recreation>
E-mail: parksandrecreation@harrisonburgva.gov
Contact Person: Alexandra Routzhan



Ignite Fitness, LLC

Address: 318 S. West St., Culpeper, VA 22701
Phone: 540-718-0147
Website: <http://www.ignitefitnessllc.com>
E-mail: sgregory@ignitefitnessllc.com
Contact Person: Sharon Gregory



Mulligans Golf Center

Address: 141 Carpenter Lane, Harrisonburg, VA 22801
Phone: 540-432-9040
Website: <http://www.mulligans-golf.com>
E-mail: info@mulligans-golf.com
Contact Person: Wendy Kern



Rockingham County Parks and Recreation

Address: 20 East Gay Street, Harrisonburg, VA 22802
Phone: 540-564-3160
Website: <http://www.rockinghamcountyva.gov/208/Recreation>
E-mail: recreation@rockinghamcountyva.gov
Contact Person: Jerry West

Rockingham Park at the Crossroads

Address: 4584 Spotswood Trail, Penn Laird, VA 22846
Website: <https://www.rockinghamcountyva.gov/620/Rockingham-Park-at-the-Crossroads>



S E N T A R A

RMH Medical Center

Sentara RMH Wellness Center

Address: 2500 Wellness Drive, Harrisonburg, VA 22801

Phone: 540-564-5682

Website: <https://rmhwellnesscenter.com>

E-mail: grreid@sentara.com

Contact Person: George Reid



Special Olympics

Virginia

Shenandoah County Special Olympics

Address: PO Box 242, Woodstock, Virginia 22664

Phone: 484-597-0983

Website: <http://specialolympicsva.org/who-we-are/find-special-olympics-near-you/shenandoah-region/area-4>

E-mail: shencoSO@gmail.com

Contact Person: Jamie Schoenberger

Shenandoah National Park

Address: 3655 U.S. Highway 211 East, Luray, VA 22835

Phone: 540-999-3500

Website: <https://www.nps.gov/shen/index.htm>



SOCA Augusta

Address: 21 Hannah Circle, Suite 103, Waynesboro, VA 22980

Phone: 540-466-1581

Website: <https://www.socaspot.org>

E-mail: SOCA.Augusta@SOCAspot.org

Contact Person: Nora Maguire White



Special Olympics
Virginia

Special Olympics Virginia – Area 5

Address: PO Box 1381, Waynesboro, Virginia 22980

Phone: 540-255-7973

Website: <https://www.sova5.org>

E-mail: alan@sova5.org

Contact Persons: Alan and Tammy Cale



The SPEECH &
LANGUAGE Center

Speech and Language Center

Address: 1591 Port Republic Rd., Harrisonburg, VA 22801

Phone: 540-437-4226

Website: <https://www.virginiaspeechtherapy.com>

E-mail: Lora@thespeechandlanguagecenter.com

Contact Person: Lora Nalberczinski



Staunton Augusta YMCA

Address: 708 N. Coalter St., Staunton, VA 24401

Phone: 540-885-8089

Website: <http://www.saymca.org>

E-mail: josh@saymca.org

Contact Person: Josh Cole

Staunton Parks

Betsy Bell and Mary Gray Wilderness Park

Address: 525 Betsy Bell Rd., Staunton, VA 24401

Website: <https://www.ci.staunton.va.us/departments/parks-recreation-/parks-/montgomery-hall-park/betsy-bell-mary-gray-wilderness-park>

Gypsy Hill Park

Address: 600 Churchville Ave., Staunton, VA 24401

Website: <https://www.ci.staunton.va.us/departments/parks-recreation-/parks/gypsy-hill-park>

Montgomery Hall Park

Address: 1000 Montgomery Ave., Staunton, VA 24401

Website: <https://www.ci.staunton.va.us/departments/parks-recreation-/parks/montgomery-hall-park>



Therapeutic Adventures

Address: 1764 Dudley Mountain Rd., Charlottesville, VA 22903

Phone: 434-981-5834

Website: taonline.org

E-mail: info@TAonline.org

Contact Person: Mark Andrews



Waynesboro Family YMCA

Address: 648 S. Wayne Ave., Waynesboro, VA 22980

Phone: 540-943-9622

Website: <https://www.waynesboroymca.com>

E-mail: szclark@aol.com

Contact Person: Sue Clark Mirra

Waynesboro Parks

Basic Park

Address: 1405 Genicom Drive, Waynesboro VA 22980

Website: <https://www.waynesboro.va.us/212/Basic-Park>

Constitution Park

Address: 215 McElroy St., Waynesboro, VA 22980

Website: <https://www.waynesboro.va.us/215/Constitution-Park>

Coyner Springs Park

Address: 2091 Lyndhurst Road, Waynesboro, VA 22980

Website: <https://www.waynesboro.va.us/218/Coyner-Springs-Park>

North Park

Address: 800 Bridge Ave., Waynesboro, VA 22980

Website: <https://www.waynesboro.va.us/221/North-Park>

Ridgeview Park

Address: 700 S. Magnolia Ave., Waynesboro, VA 22980

Website: <https://www.waynesboro.va.us/192/Ridgeview-Park>

Advocacy & Service Organizations

Advocacy organizations include agencies and groups whose mission specifically includes working with or providing support and services for individuals with disabilities and their families.



Adagio House

Address: 481 E. Market Street, Harrisonburg, VA 22801

Phone: 540-746-0345

Website: <https://www.adagiohouse.org>

E-mail: april@adagiohouse.org

Contact Person: April Hepler

Adagio House provides holistic care to caregivers through individual counseling, support groups, seminars, and special training. Skilled onsite care is available for loved ones in a separate, safe space during appointments.



The Arc of Harrisonburg

Address: 620 Simms Avenue, Harrisonburg, VA 22802

Phone: 540-437-9214

Website: <http://www.hrarc.org>

E-mail: arc@hrarc.org

Contact Persons: Heather Denman, Sara Harper

The Arc of Harrisonburg and Rockingham promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes. The ARC's programs include community engagement, day support at the Simon-Edmonson Center, in-home care, respite care, and resource services. In conjunction with the Harrisonburg Parks and Recreation, the Canteen Program offers adults and teens with disabilities opportunities to socialize at special events throughout the Fall and Spring.



Brain Injury Connections of the Shenandoah Valley

Address: JMU Campbell Building, 755 Martin Luther King Jr. Way,
Harrisonburg, VA 22801
Phone: 540-568-8923
Website: <http://www.bicsv.org>
E-mail: info@bicsv.org
Contact Person: Cindy Noftsinger

Brain Injury Connections provides brain injury case management, among other specialized services, designed to maximize the person's independence within the community. Case managers assist clients with employment and education, daily living and personal care, housing, finances, healthcare, and many other of the client's needs. The service area encompasses the counties of Rockingham, Augusta, Page, Shenandoah, Bath, Highland, and Rockbridge and all the cities located within. No fee is charged for services.



Claude Moore Precious Time

Address: 755 Martin Luther King Jr. Way, Harrisonburg, VA 22801
Phone: 540-568-3280
Website: <http://www.iihhs.jmu.edu/precioustime/index.html>
E-mail: schmued@jmu.edu
Contact Person: Eric Schmucker

Precious Time is a pediatric respite care program that provides the families of children with special needs an opportunity to take a break from the demands of caregiving. James Madison University nursing students provide respite care as part of a student learning experience. Precious Time serves families who live within a one-hour radius of Harrisonburg, Virginia. There is no cost for families to participate in the program.



Family Sharing, Inc.

Address: 2857 Stuarts Draft Highway, Suite 121, Stuarts Draft, VA 24477
Phone: 540-480-0182
Website: <http://www.familysharing.org>
E-mail: familysharing.information@gmail.com
Contact Person: Brandy Friday

Family Sharing, Inc. provides sponsored residential services and supportive in-home services for individuals with intellectual disabilities. They promote independence, community integration, person-centered serves, and equal opportunity for all individuals being served. Family Sharing also hosts the Shenandoah Valley Provider Forum, which is comprised of various providers licensed by Department of Behavioral Health and Developmental Services, overseen by the Office of Human Rights, or are providers of Medicaid Waiver services to adults and children with disabilities in the Shenandoah Valley and Charlottesville Area.



Friendship Industries, Inc.

Address: 801 Friendship Drive, Harrisonburg, VA 22802
Phone: 540-434-4451
Website: <https://friendship-industries.com>
E-mail: sandraquigg@friendship-industries.com
Contact Person: Sandra Quigg

Friendship Industries, Inc. helps to meet the employment and economic needs of persons with disabilities in Harrisonburg and Rockingham County by providing commercial work and training opportunities in integrated work environments. Transportation is also provided to and from the site, if needed.



Generations Crossing

Address: 3765 Taylor Spring Lane, Rockingham, VA 22801
Phone: 540-434 - 4901
Website: <https://www.generationscrossing.com>
E-mail: director@generationscrossing.com
Contact Person: Laurie Deavers

Generations Crossing provides daytime care for children 6 weeks through 9 years old and adults 18 years and older with disabilities or health issues requiring supervision. This unique program offers special opportunities for adults and children to develop meaningful relationships within an intergenerational setting.



Harrisonburg Rockingham Community Service Board

Address: 1241 North Main Street, Harrisonburg, VA 22802

Phone: 540-434-1941

Website: <https://www.hrcsb.org>

Email: jmalone@hrcsb.org

Contact Person: John Malone

Harrisonburg-Rockingham Community Services Board provides information about and access to numerous services benefiting young children with developmental delays and individuals of all ages with autism and developmental disabilities. Services include the support and assistance of certified case managers who can assess needs, coordinate care and link clients to needed services. They can also help clients gain access to Medicaid Waiver screenings and services.



Independence Resource Center

Address: 815 Cherry Ave, Charlottesville, Virginia 22903

Phone: (434) 971-9629

Website: <http://charlottesvilleirc.org>

Contact Person: Tom Vandever

Independence Resource Center advocates for and serves individuals with physical and sensory disabilities through peer counseling, assistance with affordable housing, discounted adaptive equipment, sign language classes, educational demonstrations, and braille services. The center has a Training and Demonstration Facility, which is often used in conducting independent living skills programs. In cooperation with local middle and high schools, the Youth Transition Program helps to prepare students for life after graduation through skills training and counseling. The IRC sponsors the Charlottesville Cardinals wheelchair basketball team.



Rockingham County Public Schools

Address: 100 Mt. Clinton Pike, Harrisonburg, VA 22802

Phone: 540-564-1983

Website: <http://www.rockingham.k12.va.us>

E-mail: fhottle@rockingham.k12.va.us

Contact Person: Faith Hottle

The Rockingham County Public School system provides a continuum of alternative placement options and services to meet the varying needs of students from the ages of 2 to 21 who have a disability and need special education services. These students are educated with their peers to the maximum extent appropriate in the least restrictive environment possible in an effort to prepare students with disabilities to live and work in society. Programs and services are provided to persons identified as having autism, deaf-blindness, developmental delay, hearing impairment, intellectual disabilities, multiple disabilities, orthopedic impairment, other health impairment, emotional disturbance, specific learning disabilities, speech or language impairment, traumatic brain injury, or a visual impairment.



Virginia Board for People with Disabilities

Address: 1100 Bank Street, 7th Floor, Richmond, VA 23219
Phone: 804-786-0016
Website: <https://www.vaboard.org>
Email: info@vbpd.virginia.gov
Contact Person: Jason Withers

The Virginia Board for People with Disabilities serves as Virginia's Developmental Disabilities (DD) Council, and working for the benefit of individuals with DD and their families to identify needs and help develop policies, programs, and services that will meet these needs in a manner that respects dignity and independence.



The Virginia Department for Aging and Rehabilitative Services

Address: 351 North Mason Street, Suite 109, Harrisonburg, VA 22802
Phone: 540-214-3366
Website: <https://www.vadars.org>
E-mail: John.Jackson@dars.virginia.gov
Contact Person: John Jackson

The Virginia Department for Aging and Rehabilitative Services' mission is to improve the employment, quality of life, security, and independence of older Virginians, Virginians with disabilities, and their families. They offer a wide array of services including vocational rehabilitation, assistive technology, community partners, adult protective services, No Wrong Door, Disability Determination services, and special Disability and Aging Programs within the Division of Community Living.



VAIL

Address: 3210 Peoples Drive, Suite 220, Harrisonburg, VA 22801
Phone: 540-830-5817
Website: <https://govail.org>
E-mail: vail@govail.org
Contact Person: Andrea King

Valley Associates for Independent Living, Inc. (VAIL) is a private, non-profit center for independent living. All services are provided in the community and in the homes of individuals with disabilities and are geared toward keeping people with disabilities as independent as possible in their own homes and out of institutions. Services include advocacy, independent living skills training, information and referral services, transition services, peer support, technical assistance, and waiver assistance.

Additional Resources & Information

ADVOCACY – Rights and Laws

A Guide to Disability Rights Laws

<https://www.ada.gov/cguide.htm>

Laws supporting rights, access, and opportunity for individuals with disabilities.

Americans with Disabilities Act (ADA)

Refers to Title III (Public Accommodation), which covers businesses and nonprofit service providers that are public accommodations, privately operated entities offering certain types of courses and examinations, privately operated transportation, and commercial facilities. Public accommodations are private entities who own, lease, lease to, or operate facilities such as restaurants, retail stores, hotels, movie theaters, private schools, convention centers, doctors' offices, homeless shelters, transportation depots, zoos, funeral homes, day care centers, and recreation facilities including sports stadiums and fitness clubs.

Rehabilitation Act

Refers to Section 504 which states that "no qualified individual with a disability in the United States shall be excluded from, denied the benefits of, or be subjected to discrimination under" any program or activity that either receives Federal financial assistance...." This includes physical activity and wellness opportunities.

Physical Education and Requirements in IDEA

<https://www.ada.gov/cguide.htm>

WHY IS PHYSICAL ACTIVITY AND WELLNESS IMPORTANT?

Reaching People with Disabilities through Healthy Communities

<https://www.cdc.gov/ncbddd/disabilityandhealth/reaching-people.html>

Stories from individuals with disabilities, families, and local communities.

2018 Physical Activity Guidelines for Adults with Disabilities

https://health.gov/paguidelines/secondedition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

Chapter 6 provides guidance on physical activity for adults with disabilities, while Chapter 3 includes information for children with disabilities.

Be Active Your Way

<https://health.gov/paguidelines/2008/pdf/adultguide.pdf>

A guide for adults, including those with a disability, that provides everything from step-by-step instructions on getting started with physical activity to information on the actual physical activity needs of adults.

Exercise is Medicine™

<https://exerciseismedicine.org>

Provides resources and tools to share with healthcare providers and health and fitness professionals.

Health Care Providers Action Guide

https://www.exerciseismedicine.org/assets/page_documents/Complete%20HCP%20Action%20Guide.pdf

Health and Fitness Professionals Action Guide

https://exerciseismedicine.org/assets/page_documents/ExPro_Action_Guide.pdf

The Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities

<https://www.cdc.gov/ncbddd/disabilityandhealth/pdf/whatitmeanstoyou508.pdf>

ACCESSIBILITY – Guidelines and Resources

Americans with Disabilities Act Accessibility Guidelines (ADAAG)

<https://www.access-board.gov/guidelines-and-standards/buildings-and-sites/about-the-ada-standards/background/adaag>

This document contains technical and legal requirements for accessibility to buildings and facilities by individuals with disabilities under the Americans with Disabilities Act (ADA).

U.S. Access Board

<https://www.access-board.gov>

The Access Board is an independent federal agency devoted to improving accessibility for people with disabilities. The Board develops and maintains design criteria for the built environment, transit vehicles, telecommunications equipment, medical diagnostic equipment, and electronic and information technology. It also provides technical assistance and training on these requirements and on accessible design, while continuing to enforce accessibility standards that cover public accommodations and federally funded facilities.

How to Make Your Fitness Center Accessible: Fitness Center Makeover

<https://www.nchpad.org/fitnessCenter/index.html>

Interactive tool an organizational staff can use.

AIMFREE Manuals

<https://www.nchpad.org/426/2254/AIMFREE~Manuals>

NCHPAD's AIMFREE (Accessibility Instruments Measuring Fitness and Recreation Environments) Manuals can be used to assess the accessibility of recreation and fitness facilities, including fitness centers and swimming pools.

Removing Barriers to Health Clubs and Fitness Facilities: A Guide for Accommodating All Members, Including People with Disabilities and Older Adults

https://fpg.unc.edu/sites/fpg.unc.edu/files/resources/other-resources/NCODH_RemovingBarriersToHealthClubs.pdf

This guide provides ways you can make a health club's facility and services more accessible to all people, including people with disabilities and older adults. Illustrations demonstrate how barriers in the physical environment can be removed and how exercise equipment and programs can be designed to create a welcoming facility.

Accessibility Guidelines for Recreation Facilities

<https://www.access-board.gov/guidelines-and-standards/recreation-facilities>

These guidelines from the U.S. Access Board describe standards for new construction and alterations of recreation facilities covered by the ADA.

Accessibility Guidelines for Play Areas

<https://www.access-board.gov/guidelines-and-standards/recreation-facilities/background/ada-accessibility-guidelines-for-play-areas>

These guidelines from the U.S. Access Board describe standards for newly constructed and altered play areas covered by the ADA.

PHYSICAL ACTIVITY – Resources

National Center on Health, Physical Activity, and Disability (NCHPAD)

<https://www.nchpad.org>

Focuses on improving the health, wellness, and quality of life of people with disabilities.

Exercise and Fitness Fact Sheets

<https://www.nchpad.org/Articles/9/Exercise~and~Fitness>

Describes various exercise and fitness techniques, modes, methods, adaptations, programming and related exercise equipment

Disability/Conditions Fact Sheets

<https://www.nchpad.org/Articles/7/Disability~Condition>

Describes various disabilities and health conditions, as well as considerations for each related to exercise and physical activity.

NCHPAD 14 Weeks to Healthier You

<https://www.nchpad.org/14weeks>

A National Center on Health, Physical Activity, and Disability based program. Those who register can access physical activity options and nutrition advice for people with disabilities—at no cost.

Intellectual/Developmental Disabilities

Health Matters

<http://healthmattersprogram.org>

This program is a partnership between community and academia with a common aim to improve the health of people with intellectual and developmental disabilities.

Healthy Athletes™

<https://www.specialolympics.org/our-work/inclusive-health>

This program provides tips on coaching and physical activity options for people with disabilities.

Sports and Physical Activity Fact Sheets and Coach Guides

<https://www.specialolympics.org/our-work/sports>

Provide extensive free information on sports and fitness tailored to people with intellectual disabilities.

Hearing Loss

Exercise is Medicine™ Exercising with Hearing Loss Fact Sheet

https://www.medscape.com/viewarticle/719759?src=par_cdc_stm_mscpedt&faf=1

Provides tips for getting started and exercise cautions for adults with hearing loss

Paralysis

A Reeve Foundation Fact Sheet on Fitness and Exercise

<http://s3.amazonaws.com/reeve-assets-production/Fitness-and-Exercise-2-19-2.pdf>

A Reeve Foundation Fact Sheet on Recreation (PDF)

<http://s3.amazonaws.com/reeve-assets-production/Recreation-4-19.pdf>

Limb Loss

Limb Loss Education Day

<https://www.amputee-coalition.org/events-programs/limb-loss-education-day>

Allows people with limb loss to receive hands-on instruction to learn how to engage in an adaptive sport or recreation activity.

TOOLS FOR PROFESSIONALS

Certified Inclusive Fitness Trainers (CIFT)

<https://www.acsm.org/get-stay-certified/get-certified/specialization/cift>

Have specialized training on understanding exercise precautions for people with disabilities, and utilizing safe, effective and adapted methods of exercise training to provide exercise recommendations. CIFTs provide services with an understanding of current Americans with Disabilities Act (ADA) policy specific to recreation facilities (U.S. Access Board Guidelines) and standards for accessible facility design. Endorsed by American College of Sports Medicine/National Center on Health, Physical Activity, and Disability (ACSM/NCHPAD).

Inclusive Fitness Toolkit

<https://s3.amazonaws.com/static.northeastada.org/local/en/Inclusive-Fitness-Toolkit.pdf>

Be Included

If your organization would like to be added to the guide,
please contact us at
valleyiwc@gmail.com

Be Involved

If you would like to be involved with the
Shenandoah Valley Inclusive Wellness Coalition go to
inclusivewellness.org. You can also follow us on
Facebook (<https://www.facebook.com/valleyiwc>);
Twitter (@valleyiwc); and Instagram (valleyiwc).

Be Informative

A digital edition of the Community Resource Guide is available for
download on the Shenandoah Valley Inclusive Wellness Coalition's
website: inclusivewellness.org . Please share it with anyone who would
be interested in the information in this guide or the Shenandoah Valley
Inclusive Wellness Coalition.



Aquatics
Camps
Fitness
Golf
Gymnastics
Parks

Martial Arts
Outdoor
Recreation
Team Sports
Yoga



