

Vitalville Times



All the news that's fit for vital living



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VITALITY IN ACTION FOUNDATION LAUNCHES VITALVILLE

by Rusty and Harvey

"Vitalville is ready for settlers!"

The infrastructure is in place at our new web address www.vitalact123.org and we're inviting you to link up and settle

extraordinary impediments to vitality. We call them **Barrier Busters**: ordinary folks who carry on through any number of vitality threatening conditions or events, sometimes on the very

experience and finds happiness. But most do. People live with the most disagreeable conditions imaginable. The ones who find substantial joy in life are not disabled. Those individuals are exceptionally able. They are Barrier Busters and make excellent guides for our journey because they always find a path and can show us the way.

"Vitalville is a network of friends dedicated to one another's vitality," – Rusty Stout

into Vitality In Action Foundation's (VIA) virtual community. Vitalville is a network of friends dedicated to one another's vitality," Foundation president Rusty Stout declared. "Join us on a joy-filled trek through life," welcomed Founding Fellow Harvey Siegelman. "We call it life at 100%."

Everyone face challenges, barriers if you will, along the paths of our journey. It's family, friends, and neighbors who create the network of support and assistance that prepares us for and sustains us through those challenges. We're looking for unique individuals who seek the joy of overcoming some

edge of life itself.

But on that fine edge of life there are awesome displays of courage and spirit. In an instant, an elite athlete, a young downhill skier, who is physically exceptional in every respect, faces the remainder of life using a wheelchair. Our first impression, "*Her life is ruined!*" Then we see the look on her face after winning gold in the Paralympics Downhill and witness a miracle. You know when someone is happy – it shows in their smiles.

It is incredible anyone survives the absence of a major physical, social, or intellectual function let alone comes through the

That's who Vitality In Action is, a group of pretty ordinary folks – well, most of us aren't all that pretty. We do enjoy a life of vitality. Not a single one does it alone. Each of us has a community of interest, a **Fellowship** of support to hammer the barriers into paving stones and create a roadway.

When we meet a thorny hedge, we find a friend who knows how to use the right tool, a chainsaw in this case, and go to work. And when we're tempted to use that chainsaw to trim our toenails, that fellowship lovingly removes it from our hands until sober.

Leonard Nelson, our Master of Smiles (and another Founding Fellow) always responds to the

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question "how are you" with, "Better now that you're here!" Len's smile is a dead giveaway that he's telling you the truth. When a connection occurs, the conversation begins.

Talk is cheap – unless it's with a professional "expert." Then it's expensive as a Defense Department toilet seat because "only the best will do." Best is really expensive. Better – not so much.

Talk among friends is really cheap so we do it a lot in Vitalville. We share the secrets of vitality we've each found via our own unique journey and ponder barriers to bust. Actually, Vitalville exists wherever friends get together to keep vital – like at the Apex Ice Arena in Arvada, Colorado.

"Why isn't there any figure skating in the Paralympics?" asked Yvonne Dowlen, Rusty's skating coach, ice dancing teacher, and a founding Barrier Buster.

"Not very many people can imagine folks with disabilities ice skating. Most people can't

imagine themselves ice skating," replied Viet Nam Vet Glen Sandusky.

"Then let's show them we do able and we never dis' able," suggested Anjali Arnold. "Let's put on a show!"

"Who's going to pay for it?" asked Lynn Poole, pointing out the ubiquitous barrier to doing almost everything in the health sector – **cost**. Disability imposes substantial, sometimes exorbitant costs of time and treasure in order to achieve and maintain vitality.

"We can do it as a **VIA**" Rusty volunteered. "It's the Foundation's name for community-based, small-group initiatives that mitigate barriers to vitality. It's our mission – vitality by way of neighborly action.

We have a great relationship with the folks here at Apex. We worked it out so Nancy Ester has learned to swim and she hasn't used her wheelchair in months.

If we do all the work ourselves, choreography, coaching, costumes, the works, the

Foundation can afford to buy dead ice time for a dress rehearsal and show."

Glen had that sort of smile you get when you realize a dream just might come true and added, "We can show how we squeeze a nickel 'til the buffalo bellers!" And indeed we did!

We found that Good Friends could do just fine on a nickel while those ubiquitous professional nags charge a dollar. Fellowship is VIA's **5¢ Solution**.

Six months later, VIA Apex Ice Buddies, presented *Vitality On Ice*, directed by Anjali, featuring the vitality of Yvonne, Glen, Rusty, and Lynn and many other friends who "put on skates and wander around the ice for a while."

That's what our Dear Friend Yvonne would reply to, "How are 'ya?" No matter how we phrase it, we all want to answer that question, "Alive and vital!"

We did it ourselves – with a lot of help from our friends. Best is, at best, temporary. "Better now that you're here!" can be forever.

So if you want to know how we are? "We're better now that you're here!"

**Join Up
Join in
Be vital**

Vitality in Action Foundation

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