

Wheels for Wellness Month in Review

May 2024



Happy Summer

Happy Summer to all! Its finally warm and sunny! The first half of the year is almost over and the mileage and number of transports is already incredible. To date we've added 10 new volunteers and with the current numbers I'm projecting that there will be about 4,000 transports by the end of the year.

I am busy brainstorming ideas to celebrate the 20th anniversary in August and hope you will all celebrate with us.

I hope everyone has a fabulous summer getaway planned even if it's to the patio with a good book.



Traci

Did you know?

June has the longest and shortest days of the year, depending on where you are. In the Northern Hemisphere, June 21st is the longest day of the year, while in the Southern Hemisphere, it is the shortest

June's birthstone is the pearl, the Moonstone and the Alexandrite

Frisbees are a popular sport that came from throwing pie plates

The Eiffel Tower grows in the summer! The heat expands the iron of the Eiffel Tower causing it to grow 6 inches

The word summer is recorded before the year 900 and comes from the Old English word for the season, sumor. It's related to the Dutch zomer, the German Sommer, and the Sanskrit samā

Statistics

May

of transports 372

Number 2024 Transports
1,743

Dialysis 240

Cancer Treatment 32

Medical Appts 100

2023: 3,390

2022: 1,167

2021: 1,296

2020: 1,380

2019: 3,261

2018: 2,964

2017: 3,285

2016: 2,552

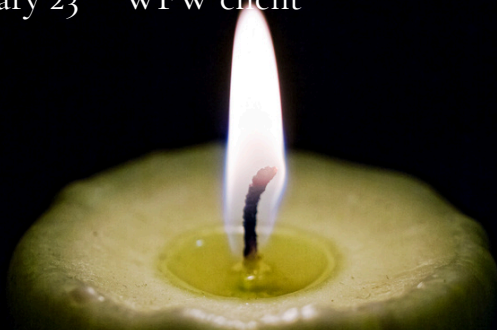
2015: 2,000

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In Memory

Donald Izzet, December 23, 2023 former WFW client
Frances Carpenter, February 23 WFW client



Valley Glasshoppers join us....

Valley Glasshoppers Club Meeting

Tuesday, June 11

7:00 p.m. social

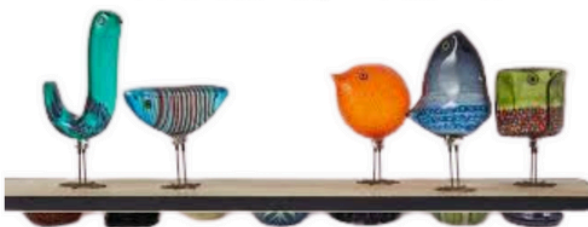
bring a snack to share during the social

7:30 p.m. Program

followed by show and tell

do you have a mystery item you need help
identifying? or something unique to share?
bring it for show and tell!

Greenwood Methodist Church
726 Greenwood Road, Winchester 22602



Upcoming Events

June 4 National Cheese Day

June 6 D-Day

June 14 Flag Day

June 20 WV Day

June 21 Father's Day

July 4 Independence Day

July 7 National Chocolate Day

July 29 Lasagna Day

August ? WFW

Anniversary Party
date TBA

The Valley Glasshoppers club, who provides a display for Tablescapes each year, will be holding their June meeting on Tuesday, June 11. They invite everyone to join them. You may decide this is a great new hobby for you!

They meet in the basement of Greenwood Methodist Church, 726 Greenwood Road, 22602. The door is around the back of the church where the parking lot is located.

They have a social half-hour with snacks at 7p.m. and then the program begins at 7:30p.m. A club member will discuss a different topic each month with many pieces on display.

Afterward is Show-and-Tell. Everyone is invited to bring an item to share. June is mystery items. Bring an item you need help identifying or more information on to see if club members can help.

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Congratulations

Congratulations to our own volunteer driver, Darryl Myers, whose engagement was announced on Facebook earlier this spring. What a happy occasion. Best Wishes to you!



ID Badges

As you will recall, last year when the intake process for new volunteers was changed and moved from Valley Health to me in the WFW office, the VH volunteer office requested that we phase out and return their ID badges. The time has come.

IF YOU VOLUNTEER FOR ANY VALLEY HEALTH ENTITY, THIS DOES NOT APPLY TO YOU. (gift shops, thrift stores, within the hospital, etc.)

Everyone else, that ONLY volunteers for WFW. If you currently have a Valley Health Volunteer Badge, or no badge, please let me know. I will need to get the VH Badge from you AND will need a headshot photo from you (emailed). Shoulders up, decent resolution, only you in the photograph, please.

My email is wheelsforwellness@outlook.com

New Volunteers



It's been a pleasure meeting the newest volunteers in the WFW office and getting them ready to hit the road. The process moves much more quickly than the "old method" and it's a chance to put a name to a face. Which is something I didn't have the opportunity to do in the past.

New drivers should have received a Driver Handbook, a dashboard placard and a volunteer ID badge. I know that not everyone got all three items. If you are missing any of these please let me know what items and I will get them to you. If you need a Wheels for Wellness Volunteer ID badge, please send me (email) a photograph, headshot only, preferably shoulders up, decent resolution. Email me at wheelsforwellness@outlook.com

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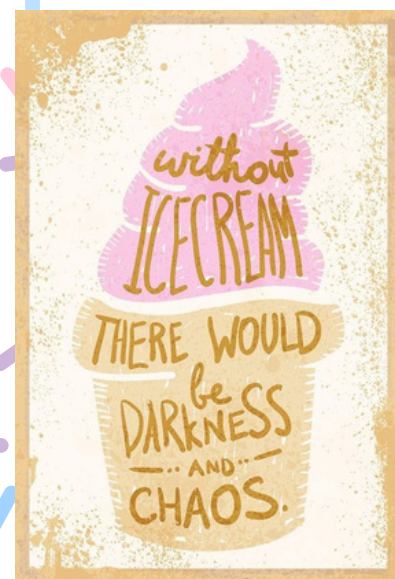
May 2024

Happy 20th Anniversary to us!!!

Wheels for Wellness turns 20 in August 2024! We want YOU to help us celebrate. Watch for details, coming soon!



I SCREAM
you SCREAM
we ALL
SCREAM
for ICE
Cream



FREE
EDUCATIONAL
MEDICARE SEMINAR

REGISTER TODAY!
TEXT HOLIDAY
TO 540-506-3375 OR CALL!

LIGHT REFRESHMENTS SERVED

TURNING 65 OR RETIRING?
» When should you enroll?
» What is A, B, C, D?
» Do you need Part D?
» Medicare Supplement vs Medicare Advantage/Part C?

HOLIDAY INN EXPRESS
Sunnyside, VA
Last Wednesday each month
6:00pm

Local Certified Medicare Insurance Agent
PO Box 292, Gore VA 22637

Agent does not work for Medicare and is NOT endorsed by Medicare
For accommodations or persons with special needs at meetings, please call 540-336-3038 TTY 711



Help Understanding Medicare

Are you turning 65 or getting ready to retire and are totally confused by Medicare? Then this seminar is for you! A local, experienced Certified Medicare Insurance Agent will explain all parts of Medicare and tell you about your options. No sales will be made at this event.

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Museum of the Shenandoah Valley

Gardens of Glass: The Art of Craig Mitchell Smith

June 8–October 13, 2024

Explore the seven-acre MSV gardens and discover 30 larger-than-life glass sculptures of flowers, insects, and more! This beautiful outdoor exhibition features the work of Craig Mitchell Smith, one of America's most innovative kiln-glass artists. Gardens of Glass highlights include a chandelier of 600 autumn-colored glass leaves suspended from a maple tree, a 16-foot-tall stainless-steel dandelion topped with a iridescent glass puffball, and a sculpture inspired by apple blossoms, created just for the MSV exhibition.

Exhibition fee (includes gallery admission): \$15, \$10 youth (13–18)/senior (60+), \$5 for ages 5–12, free to ages 4 & under, and free to MSV members.

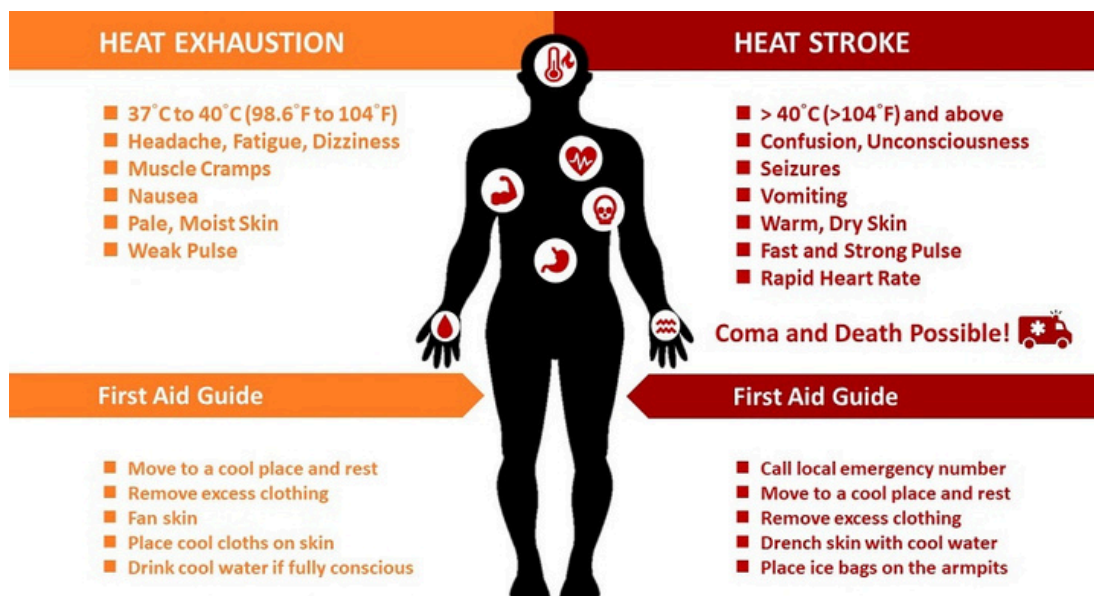
Note: while MSV gallery admission is always free to ages 12 & under and free to all on Wednesdays, these free-admission offers do not include Gardens of Glass or the house & gardens from June 8–October 13, 2024.



Heat Exhaustion vs Heat Stroke

Hot summer days are coming, know what to look for when you or friends and family are outside for prolonged periods of time in the heat and sun.

Also, if there are clients who mention they are without air conditioning, please let them know that the Department of Social Services (in the locality in which they live) has cooling assistance programs they can apply.



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Valley Health Partnership



Community Health Impact Grant Recipients

Each year, Valley Health provides eight one-year grants totaling \$200,000 to area nonprofit organizations to address crucial health needs. In 2023, these were:

- Morgan County Partnership
- Winchester Area Temporary Transitional Shelter
- Page Alliance for Community Action
- ChildSafe Center-CAC
- Concern Hotline
- Literacy Volunteers
- Wheels for Wellness
- Winchester Rescue Mission



Mission Critical Partners

Valley Health supports a number of community-based health and educational organizations through in-kind donations and financial support. These mission critical partners include:

- AIDS Response Effort
- ChildSafe Center-CAC
- Family Promise of Shenandoah County
- Good Samaritan Free Clinic
- Healthy Families NSV & Warren
- Healthy Families Shenandoah County
- Lord Fairfax EMS
- Laurel Ridge Community College Page County
- Northern Shenandoah Valley Substance Abuse Coalition
- Our Health Inc.
- Page Free Clinic
- Saint Luke Community Clinic
- Shenandoah Community Health Clinic
- Sinclair Clinic
- Wheels for Wellness
- Winchester Public Schools Technical Education Center

Confidentiality Forms

Watch your mailbox. In the coming weeks you will receive a confidentiality form to be signed and returned to me for your volunteer file. There are no current issues, this is just something that needs to be updated and on file for each and every volunteer.

As you know we deal with individuals medical needs, while they may openly share their diagnosis, treatments or struggles with us, we should not repeat it to anyone outside of the organization.

Once you receive the form please sign and return to me in the enclosed envelope or drop it off to me at the WFW office.

If you have any questions or concerns please let me know.



**Fresh Local
Produce from
Marker-Miller
Orchards**



- 🍏 June 18, 2024
- 🍏 July 16, 2024
- 🍏 August 20, 2024
- 🍏 September 17, 2024

Every Third Tuesday Our Health Campus

10am – 2 pm

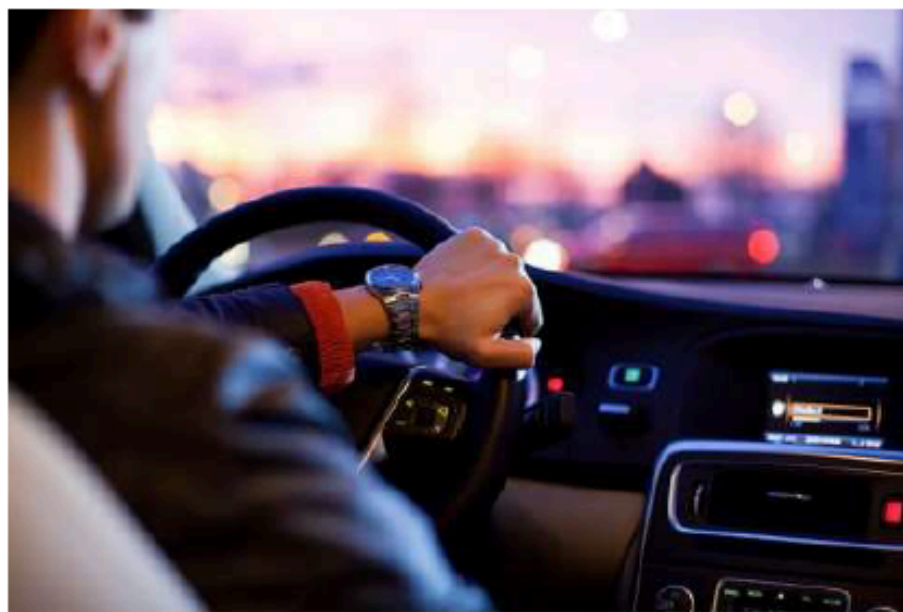
Come learn about our community's resources for healthy living. Our Health partners' clients are eligible to receive a FREE \$10-\$15 coupon for fresh produce at the Richard's Fruit Market booth!

Free Medical and Dental Screenings - Nutritionist Consultations - Fresh Produce and Baked Goods - and More!

See reverse side for more details about produce coupons and community resource groups who are attending.



OUR HEALTH, INC
329 N. Cameron St. Suite 200
Winchester, VA 22601
540-536-1600
www.ourhealthva.org
www.facebook.com/ohwinchester



REVVING UP CARE OUR COMMITMENT TO WHEELS FOR WELLNESS

For The Volunteers

We will offer all volunteers a **15% discount on automotive repairs and maintenance.** We understand all the dedication and hard work you put in to make a difference in our community. We want to offer you this special discount as a small token of our appreciation.



Plus, any applicable tax, shop supplies, and fees. Maximum discount \$100. Please present your volunteer badge before the write-up to receive a discount. It cannot be combined with other offers or specials and does not apply to already discounted services. One coupon per customer per visit. Not valid on previous services. Most vehicles. Other Restrictions may apply. See dealer for details.

Marlow Motor Company

707 N Commerce Ave
Front Royal VA 22602
540-635-4158

Service Open:
Mon to Fri: 6am To 10pm
Sat: 8am to 4pm

Tri-State Nissan

1230 Millwood Pike
Winchester, VA 22602
540-667-6800

Service Open:
Mon to Fri: 6am To 10pm
Sat: 7am to 4pm

Marlow Ford

1021 US-211 West
Luray, VA 22835
540-743-5128

Service Open:
Mon to Fri: 6am To 10pm
Sat: 7am to 4pm

**All Makes
& All Models**

**No Appointment
Needed**

**Free Pick Up &
Delivery**