



WHEELS FOR WELLNESS

Month in Review

November 2021

STATISTICS



November 2021

Miles Driven 2,153.5
Volunteer Hours 102.25
Numbers of Transports 101

Year to Date 2021

Miles Driven 29140.25
Volunteer Hours 1,129.25
Numbers of Transports 1,177

Number of unduplicated clients in 2021: 62

UPCOMING EVENTS

WFW Annual Fall Gas Card Raffle **Drawing Dec 19!**

Save the Date!

Tablescapes, Sunday, April 3, 2022

The Annual Fall Gas Card raffle is going on NOW, tickets can be purchased online at www.Wheels4Wellness.org or from me (or any board member) just call me!

Tickets are \$5/each or 5 tickets/\$20

Drawing is December 19



1st prize: \$500 Exxon/Mobil gas card, generously donated by HN Funkhouser

2nd prize: \$100

3rd prize: Wheel alignment at Buettner Tire Distributors, donated by Buettner Tire Distributors

Did you know...

Reliable and affordable access to (medical) care (i.e.: transportation) remains in the *top three priorities* cited in the 2021-2023 Community Needs Assessment?

If you are interested in reading the full report you can access the Community Needs Assessment at www.ValleyHealthLink.com under Our Community Commitment or at www.UnitedWayNSV.org

In Memoriam

Former FIA driver Steve Chance 12/4/21

FIA/WFW client Joy Wood 11/18/21

FIA/WFW client Delmar Miner 12/4/21

COVID-19

UPDATES

In early December letters were mailed to every active Wheels for Wellness client asking them to *voluntarily* disclose their COVID19 vaccination status. On the new schedules going out there will be an additional column indicating if they have been vaccinated, unvaccinated or declined to answer.

If you have been vaccinated and not yet had a booster, we encourage you to do so. The effectiveness of the vaccine after the booster greatly increases. The vaccine clinic at the Apple Blossom mall will be closing at the end of December.

Walk-In COVID-19 Vaccinations

Rotz Pharmacy is now offering the Pfizer, Moderna, J&J, Booster, and Pediatric COVID-19 Vaccinations on a Walk-In Basis!

- Please bring your ID and health insurance card(s)
- Please bring your Vaccine Record Card for second doses and boosters
- Please arrive at the store no later than 5:00 pm

#GetYourShotsAtRotz

Volunteer Drivers Needed!!



Know of any friends or neighbors with a few extra hours to spare each week? **We need more volunteer drivers.**

Due to the pandemic the driver pool of about 30 dropped to 5. It has been slowly coming back and in 2021 we have been operating with between 14-19 drivers. More volunteers are always needed!

Are you a Shenandoah Valley Electric Cooperative customer? It's that time of year again and Wheels for Wellness will be applying for a local community grant through SVEC Operation Round Up. We have been fortunate to be a grant recipient the past few years through the program. Round your monthly bill up to the next dollar the funds go to local non-profits. Your change adds up to dollars for us! Please consider enrolling and encouraging neighbors to do the same. You can find more information on their website at www.svec.coop/operation-round-up/



Be on the lookout, you will soon be receiving an email link from Survey Monkey for the annual survey sent out to gather information from volunteers that will help plan and set priorities for the upcoming year.

Please think about anything you think we should know or do and be candid with your answers, they are anonymous so please feel free to submit your comments.

Have you ever considered serving on the Board of Directors?

Wheels for Wellness has three open seats on the Board. If this is something you would have interest in learning more about please contact Tract at the WFW office or wheelsforwellness@outlook.com



2022 Board of Directors

Ann Lamanna, Chair

Karen Shipp, Vice-Chair

Dr. Nelson Isenhower, Treasurer

Patty Taylor, Secretary

Diane Ruckman

Betsy Bellingham

Susan Ralls

Barbara Morris

RoseAnna Fisher

Brona Cheek- Tyson

Brittni Athey

Congratulations!

Wheels for Wellness Vice-Chair and founding member of Faith in Action, Karen Shipp was recently honored by the Village at Orchard Ridge **Stellar 7 Over 70 Awards**.

Ms. Shipp won the award for Vocational Connectivity in honor of her volunteer service to Faith in Action/Wheels for Wellness, the Winchester Royals, Bethel Lutheran Church and more.



Caregivers are valuable in the lives of those they care for on a daily basis. But its sometimes easy to overlook those that are doing the caretaking. The article below has a few good tips on how to help a caregiver and make them feel appreciated.

Article from Thrivent Magazine, Winter 2021, page 5

5 ways to care for caregivers

These meaningful gestures can go a long way

By Anya Britzius

It's challenging to be a caregiver. And it's especially difficult during the pandemic, when people may not be comfortable with in-person activities. If you want to provide support to a caregiver, here are some ideas of how you can help.

1. Listen without judgment

From heartfelt conversations to simple text messages, let caregivers know you are there for them. Provide emotional support by being a trusted confidante. Offer your thoughts when they ask.

2. Pamper them

Take them out to lunch or give them

a gift card to their favorite restaurant or for services at a salon or spa. Go shopping or go on a walk around the neighborhood. Look for ways to give them time to practice self-care regularly.

3. Tackle their to-do lists

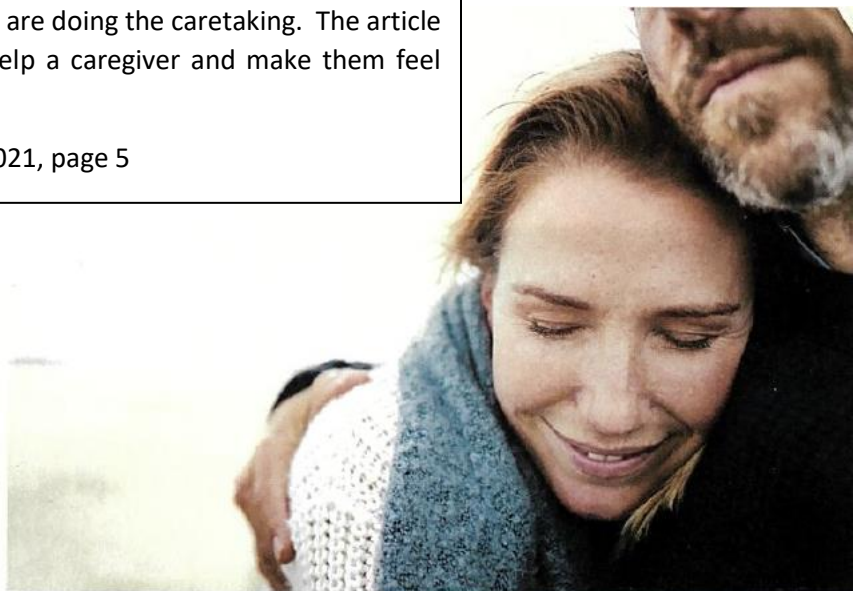
Whether it's grocery shopping, driving kids to activities or doing a couple of loads of laundry, ask if there are practical tasks (big or small) you can help with.

4. Help them feel included

It's easy for caregivers to feel isolated. Set up a virtual happy hour or book club meeting with the caregiver and other friends. Even if they can't attend, they will appreciate the thought. Make sure your invitations come without pressure.

5. Start a meal train

Coordinate a group of people to drop off meals at the caregiver's house. Some meals can be frozen for later.





12/17/21

Thank you for your service to Wheels for Wellness, I appreciate the hours and miles you put in each and every week. With such a great volunteer pool it makes my job so easy.

It seems we provide such a simple and basic service, but that is exactly it. We provide a service that so many take for granted and never give a second thought. To the clients we serve, it's a huge deal and they are most grateful.

The past (almost) two years have been challenging, thank you for sticking in there with us. So many different circumstances have created an influx of new clients for WFW. As of today, 78 new client applications have been received in 2021. Of those 76 have been approved for service. There is a steadily growing and underserved population in our community that I am happy to say we help on a daily basis.

Merry Christmas and Happy New Year to all, I hope you enjoy this season of celebration with your friends and families.



Jani