



WHEELS FOR WELLNESS

Month in Review

June 2022

STATISTICS



June 2022

Miles Driven 2,832.5

Volunteer Hours 127.75

Numbers of Transports 111

Number of Transports in 2022: 745

Number of unduplicated clients in Qtr: 31

New Client Applications received in 2022: 33

New Client Applications approved in 2022: 30

UPCOMING EVENTS

July 19 Our Health, Healthy Living Event 10-2

August 11 Winchester City, 1st day of school

August 15 Frederick Co, 1st day of school

August 16 Our Health, Healthy Living Event 10-2

September 5 Labor Day

September 20 Our Health, Healthy Living Event 10-2

October 13 Top of VA Triad Senior Resource Fair, *see last page of Month in Review for more information*

Did you know...

- Volunteerism improves health by strengthening the body, improving mood, and lessening stress in participants.
- Volunteering decreases the likelihood of high blood pressure development by 40%.
- Benjamin Franklin started The Union Fire Company, in 1736, the first volunteer-run firehouse worldwide.
- Aristotle (born: 384 BC) once said: “the essence of life is to serve others and do good.”
- Volunteers, on average, spend 50 hours per year donating their time to the greater good.
- One out of four American’s volunteer
- Utah has the highest rate of volunteers in America at 51%. Virginia ranks #22 with 34%

Sources: <https://www.volunteerhub.com/> and <https://americorps.gov/>



*As of today, on the CDC website, Frederick Co, VA is listed as **MEDIUM***

● Medium

In Frederick County, Virginia, community level is Medium.

- If you are [at high risk for severe illness](#), talk to your healthcare provider about whether you need to wear a mask and take other precautions
- Stay [up to date](#) with COVID-19 vaccines
- [Get tested](#) if you have symptoms

This page on the CDC website is helpful, you may quickly and easily search any state or county in the US.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

REMINDER

It has come to our attention that some clients have been demanding of drivers. Asking for stops that are not medical related, to be wheeled to and from the vehicle AND have a wheelchair transported, to enter their home to help them, etc.

I apologize and know that it puts you in an awkward position. When new clients are screened they are made aware that WFW:

1. Transport to medical related appointments (or pharmacy) *only*;
2. They must be ambulatory and require little to no assistance with entering/exiting a vehicle;
3. They may bring a personal-size portable oxygen tank, cane or folding walker, but wheelchairs are not allowable.

We do recognize that over the course of time we do see the mobility decline of some clients. As we're made aware we try to make the accommodations that stay within our guidelines or we make referrals to other agencies such as Seniors First (WellTran) for those requiring wheelchair accessible vans.

If it becomes a problem please let Mike or Traci know, we are happy to handle it for you.

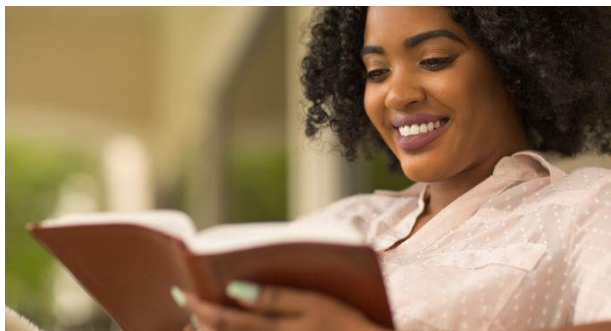


Grantors and donors *love* to read success stories from the organizations to which they donate. If you have a transport that shares a touching story of how they came to be WFW clients, their appreciation, their story, anything, please email Traci at wheelsforwellness@outlook.com to share. Creating a visual picture for grantors and donors to see how their contribution is making a difference in their community goes a long way.

Names will be changed for these purposes.

For example: I recently learned that former dialysis patient was referred to WFW after nurses at DaVita realized he was going to his truck after treatments and sleeping until he felt well enough to drive himself home.

WFW being able to provide service to this gentleman was a success story for the patient, he was taken home after his evening appointments and no longer had to rest until he felt well enough to drive.



It's summer and travel time! Below is an article from the Summer 2022 Thrivent Magazine with some handy tips. If you haven't traveled recently, things certainly are different than in the past. I know the sense of dread and panic that came over us while in Florida in April when arriving at the airport two hours before our flight to come home and spending that *entire time* in line at security. We reached the gate one minute, yes, *one minute* before they were to close the door for boarding. If you are flying and have the ability to give yourself extra time, do it!

Enjoy these long, sunny and sometimes **HOT** days. I hope everyone is enjoying their summer!

5 ways to reduce travel stress

Preparing ahead of time can make your travel experience more enjoyable

By Sofia Haan

1. Organize important documents

Traveling by air looks a bit different these days. Check if your airline requires any COVID-19 testing, vaccination or other documents. In addition to packing your credit cards, driver's license, passport and insurance cards, make copies of them in case they get lost.

2. Alert your bank ahead of time

Whether you're traveling in or out of the country, give your financial institution a call. Let them know where you'll be traveling to and what cards or accounts you may be drawing from to avoid what might look like suspicious activity.

3. Pack smartly

Do you know what size suitcase fits in the overhead bin? Research the

airline's luggage guidelines prior to your trip. A few days before the trip, lay out what clothes you think you'll need, then edit down by finding pieces, like sweaters, that can be used for a few outfits.

4. Clean before you leave

No matter how long you're gone, there's nothing better than coming back to a clean and organized home. Take the garbage out, put away all dishes, sweep the floors and clean out the refrigerator.

5. Give yourself extra time

Avoid delays and rushing to make your flight. On the travel day, leave your house with plenty of time to get to the airport. The security line may be longer these days, or you may hit unexpected traffic along the way.





- 🍏 June 21, 2022
- 🍏 July 19, 2022
- 🍏 August 16, 2022
- 🍏 September 20, 2022

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 \$5-10 coupon for fresh produce at the Marker-Miller Orchard’s 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

SNAP Recipients or clients of Our Health partners are eligible to receive a \$10 personal (or \$15 family) voucher toward the purchase of fresh fruits and vegetables from Marker Miller Orchards.

Top of Virginia TRIAD



2022 Fall Festival



TRIAD is a partnership of local law enforcement agencies, seniors, and senior service providers working together to reduce criminal victimization

Learn about current scams, financial trends, self defense, and health info



Thursday, OCT 13

8:30am-1pm

Moose Lodge-215 E Cork St

REGISTRATION-RSVP by 9/26

call 540-667-5770

Ask for City Sheriff's Office

**door prizes*

**lunch provided*



COVID protocols at time of event will be followed-currently MASKS OPTIONAL

VolunteerPro

THE SMALLEST
ACT OF
KINDNESS
IS WORTH
MORE THAN
THE GRANDEST
INTENTION.

Oscar Wilde