



WHEELS FOR WELLNESS

Month in Review

August 2022

STATISTICS



August 2022

Miles Driven 4,215.5

Volunteer Hours Numbers of Transports 185.5

Number of Transports in 2022: 1,025

Number of unduplicated clients YTD: 65

New Client Applications received in 2022: 51

New Client Applications approved in 2022: 48

UPCOMING EVENTS

September 20 Our Health, Healthy Living Event 10-2
LAST EVENT FOR 2022

September 29 Community Connect and Serve Volunteer Fair,
Church of Jesus Christ of Latter-Day Saints, Apple Pie Ridge Rd 4-7 p.m.

October 13 Top of VA Triad Senior Resource Fair, see page 7

October 21-22 Valley Glasshoppers Fall Show, see page 3

November 17 Lake Frederick Volunteer Fair, WFW will be there!

November 24 Thanksgiving

November 29 Giving Tuesday

Through December 17 Annual Fall Gas Raffle, see page 4

Did you know...

- The average adult makes 122 decisions a day
- Q is the only letter that doesn't appear in any US state name
- Only 18 out of 1 million Lego pieces are defective. The molds at the manufacturing plant at Lego are so precise and effective that just 18 out of 1 million are found to be defective. That's out of the 20 billion pieces that are manufactured every year! *About 10 billion of those can be found on my family room floor.*
- There is a museum dedicated to failure. Boasting around 159 failed products and innovations, the touring Museum of Failure features displays on such bad ideas as Harley-Davidson perfume and Colgate frozen entrees. It's a touring exhibition currently in Calgary, Canada.
- It's illegal to own just one guinea pig in Switzerland. Guinea pigs are highly social critters that prefer the company of other guinea pigs. Also, if one of your guinea pigs passes away and you're not ready to commit to another, the Swiss government will allow you to rent a guinea pig as a companion to your remaining pet.

Source: <https://parade.com/1199611/maryniles/did-you-know-facts/>

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.

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.



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>

New Protocol

During a recent transport home, a dialysis client began bleeding in a volunteer's car. The patient was returned to Fresenius but not before a significant amount of blood was lost and absorbed into the seat. Since blood is considered hazardous waste finding somewhere to have the car cleaned/sanitized/repared was quite a challenge.

This has never happened before, so there is no policy or protocol in place as what to do if this should happen.

IF THIS SHOULD HAPPEN TO YOU....

Please contact Traci or Mike right away either via the office phone 540-536-1006 or by email wheelsforwellness@outlook.com for Traci or faithia@valleyhealthlink.com for Mike, no matter what day or time it occurs.

Traci will need to file an insurance claim and contact the detail shop.

Auto Details Concierge in Vienna is a small auto-detailing shop that did a great job getting this drivers car cleaned and sanitized.

I will work with you and the insurance company to get your vehicle scheduled for the repair as quickly as possible.



Depression Glass • Elegant • Kitchen • Cut • Carnival • EAPG

VALLEY GLASSHOPPER

For info: valleyglasshoppers@yahoo.com

Fall 2022 Glass Show & Sale

Friday October 21st - 5pm to 9pm
Saturday October 22nd - 10am to 3pm

Large Club Display
Over 100 Tables of American Glassware Offered For Sale
Contact Co-Chairs For More Info

Jim Coverston: 540-622-4921

Rosie Fisher: 540-514-6976

1309 Opequon Ave, Winchester, VA 22601
\$5 Donation at the door
Snack Bar Available



Directions: I-81 Take Exit 313 To 50 West, Right On Pleasant Valley, Follow Signs

Vintage Antiques • Jewelry • Toys • Pottery • Etc

Valley Glasshoppers, who provides a display for Tablescape each year, will be holding their fall glass show and sale October 21-22.

1309 Opequon Ave, Winchester (the gymnasium at Mount Carmel Baptist Church off Pleasant Valley Rd, across from Jim Barnett park).

Even if you are not a collector, the displays and history are impressive and worth a visit.

Help us support another nonprofit who has provided Tablescape displays and was a 2022 Tablescape sponsor.

WFW Director, Traci, and WFW Board members Diane Ruckman, Patty Taylor and Rosie Fisher are Valley Glasshoppers members.



FALL

is (*almost*) here...so that means it's time for the **annual GAS CARD RAFFLE!**

Tell your friends, family, neighbors, everyone!
Who wouldn't love a chance to WIN \$500 in gas???

1st Prize: \$500 Exxon/Mobil Gas Gift Card
Compliments of HN Funkhouser



2nd Prize: \$75 Mastercard Gift Card
AND
\$50 Food & Laughs Restaurant Gift Card
Compliments of First Bank and John & Ann Lamanna

3rd Prize: \$50 Exxon/Mobil Gas Gift Card
Compliments of John & Ann Lamanna



Tickets \$1/each OR \$20/five tickets

Tickets are available online at www.Wheels4Wellness.org
through any Board Member, at the WFW office or
Scan the QR Code below!



Drawing Saturday, December 17, 2022 at noon



Traci and Board of Directors Chair, Ann Lamanna, will be meeting with Valley Health officials in mid-October. This meeting is an annual review of the services provided by WFW, how they address the priorities identified in the Community Health Needs Assessment and how funding from Valley Health awarded to WFW furthers the mission.

Personal accounts and stories go a long way during these reviews. Since we are not always working in the field, like the volunteers do, these tidbits don't always make their way back to us.

If you have anything you'd like to share about your experience, especially over the past two years, please send it to Traci via email wheelsforwellness@outlook.com we'd love to be able to present specific instances. Seeing how their dollars are making a difference in the lives of those in our community make an impact.

Names and identifying information will be omitted

LAST EVENT FOR 2022

Fresh Local
Produce from
Marker-Miller
Orchards



- 🍏 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