

# Month in Review



## Inclement Weather

Reminder:

It's December and we're heading into winter which means that dreaded 4 letter word will probably soon appear SNOW. Just a reminder about inclement weather.



Drivers are NEVER asked to drive in conditions in which they are uncomfortable. This is on a case-by-case decided by the driver. If there are unsafe driving conditions or it is calling for ice, snow, etc and you wish to not drive, please call the WFW office # right away and leave a message or call/text Mike ASAP so that the transport can be reassigned or cancelled. Everyones safety is priority so please do not hesitate if you are unsure about what to do.

## Do you know?

1. How many sides does a snowflake have?
2. What ancient monument is aligned wiht the winter solstice sunset?
3. At what temperature can you begin to see your breath?
4. What is the coldest recorded temperature in the US?
5. What fruit has a variety called "Winter Banana"?
6. In what country did the tradition of the Christmas tree orginate?
7. What is the common symbol of winter in Japanese art?
8. What winter holiday lasts eight days and nights?
9. What country has won the most medals in the Winter Olympics?
10. On what other planet has snow been observed?

answers on page 4

## Stats

November

# of transports 310  
 mileage 7,010  
 volunteer hours 326

Number 2023 Transports:  
3,073

2022: 1,167  
 2021: 1,296  
 2020: 1,380  
 2019: 3,261  
 2018: 2,964  
 2017: 3,285  
 2016: 2,552  
 2015: 2,000

# Wheels for Wellness Month in Review

November 2023

## Upcoming Events

December 7  
Hanukkah begins  
at Sundown

December 16  
Gas Raffle Drawing

December 24  
Christmas Eve

December 25  
Christmas Day

December 31  
New Years Eve

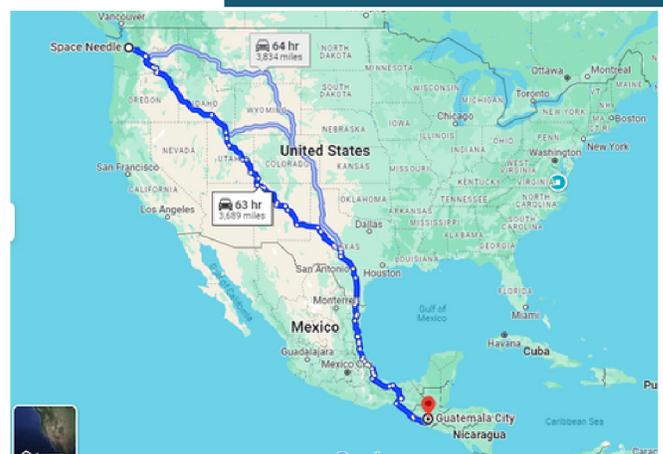
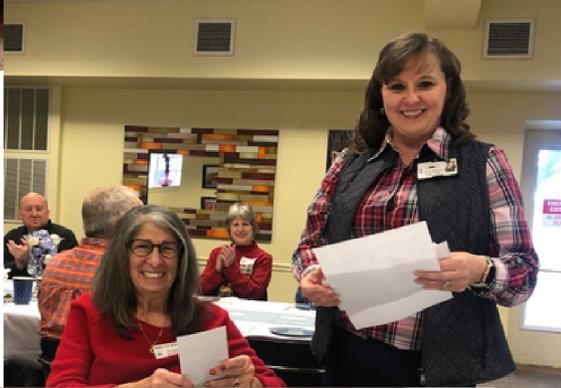
January 1  
Happy 2024

January 3  
Schools reopen  
watch for busses

## Celebrating Volunteers Jingle and Mingle



On December 1st we took a timeout to sit down and celebrate our dedicated volunteers over coffee, quiche and donuts. In attendance were about half of the driving pool, and many members of the Board of Directors as well as a few special guests.



Drivers were presented with different items and mileage for this year was discussed. Rich Gervasoni topped the mileage chart with 7,805 miles driven between January and October of 2023. To give it perspective, he has driven as far as a round-trip from the Seattle Space Needle to Guatemala City and back.

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## Lake Frederick Volunteer Fair

Executive Director, Traci and Board Chair, Ann Lamanna, attended the by-invitation-only volunteer fair hosted by the Community Foundation of NSV at Lake Frederick on November 15th.

In past years this has been a successful event for WFW in our recruitment efforts for additional drivers. Since the fair there has been one individual that has followed up and signed on to be a volunteer. We handed out a lot of information that evening, hopefully there will be more applicants in the near future.



Save the date

## Tablescapes 2024

Sunday, April 14, 2024

Millwood Station Events Center

## Tablescapes 2024

The date has been confirmed!  
Mark your calendars and save the date!

If you're not familiar with Tablescapes, it's our annual signature fundraiser each spring. WFW will host our 8th annual event in April 2024.

Best described as a showcase of fine dining and entertaining ideas, demonstrations, displays, raffle, silent auction, door prizes, music, food and more.

*"An Elegant Afternoon"*



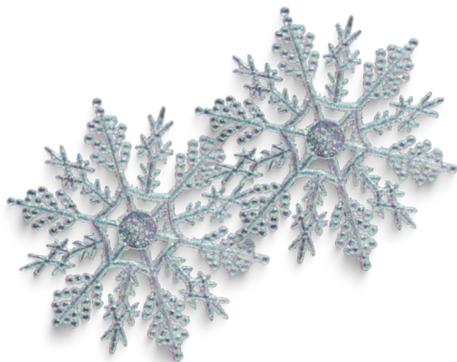
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November 2023



## Peacock Paradise

If you thought I was joking when I said I was excited there was room for a Christmas tree in my new office ... I wasn't kidding!  
Anyone who knows me knows I am a Christmas tree nut. This year the WFW has a peacock themed tree to brighten the space



## Do you know?

1. 6
2. Stonehenge
3. 45° F
4. -80°F in Prospect Creek, Alaska
5. Apple
6. Germany
7. The Crane
8. Hanukkah
9. Norway
10. Mars

Wheels for Wellness will celebrate 20 years of service to the community in 2024.

Do you have ideas how we can celebrate? My brainstorm has been more of a drizzle at this point.

I'd love to hear your suggestions, please email me at [wheelsforwellness@outlook.com](mailto:wheelsforwellness@outlook.com)



# Month in Review

## Welcoming New Volunteers



Welcome to the newest members of the WFW volunteer driver fleet. We have had a successful recruitment year. As I told drivers at the volunteer breakfast, I know you probably aren't feeling the impact of the additional volunteers that have joined us this year due to the increase in requests we've had to fill. With the addition of the new drivers listed below, a total of 11 new volunteers have joined the ranks in 2023, bringing our total number of active volunteers to 31.

We lost two drivers this year; one due to retirement and one relocating to NC.

Welcome to: Jerry Frase Patricia Frase  
Betsy Lewis Shelley Lewis Christine Newby Tom Smith

## Changes to the Recruitment and Onboarding Process

In September the onboarding process for new volunteers was changed, for many reasons. Many, many years ago a director of Faith in Action went to Valley Health to work in Volunteer Services and continued to perform the volunteer screening process since FIA (now WFW) has had a partnership with Valley Health since its inception in 2004. Over the years as they processes at Valley Health changed and grew, the changes didn't always work well for WFW.



When Valley Health went to the one Saturday a month, full day orientation it considerably slowed down the time it took to get new volunteers approved and the orientation didn't include processes that included transportation. So, it no longer served our purposes.

After a long discussion with the Board of Directors and the current Volunteer Services director at Valley Health it was decided that our screening process would be moved in-house, meaning all done at WFW. There has always been a lot of confusion as to what role Valley Health plays in conjunction with Wheels for Wellness. The simple answer is, they are a community partner. WFW is not part of Valley Health, I am not an employee of VH and WFW volunteers are not considered VH volunteers. Even though they have been offered some Valley Health perks in the past and those who were "trained" and credentialed through Valley Health your ID badge may have their logo on it. More on that later.

So, instead of me sending volunteer applications on to Valley Health to be screened, interviewed, background check, driving record check and ID badge generated, which could take up to four months or more, that is all done in my office now. I call and schedule a face-to-face interview with the applicant within a day or two of receiving their application. I meet with applicants, have them fill out necessary paperwork and have them cleared to drive in about a week.

# Month in Review

## Changes to the Recruitment and Onboarding Process

The Director of Volunteer Services at VH was also confused as to why some of the processes were done in their office. None of it had been clearly laid out to anyone, including me.

Since this has changed, Valley Health has changed how they will be handling this also and will be making changes also. This will only affect those drivers who were brought in through VH volunteer services.

Annual flu shots will still be offered to all drivers.

WFW drivers who volunteer for WFW only and not any Valley Health departments will be marked as inactive in Valley Health's files. You will remain active with WFW. If you volunteer somewhere within VH or the hospital also, you will remain active within their network as well.

Our monthly mileage totals have always been reported to Valley Health. They will no longer receive mileage reports.

Since intake is being done through WFW and not VH, new volunteers will not be required to have a TB test done and will not be required to be vaccinated. This is voluntary, and can be voluntarily disclosed to WFW.

Over the next few months, anyone that has a VH ID, I will need you to turn it in to me and provide a headshot for a new WFW ID to be created. This does not have to be done right away, I will put a due date on this at a later time. Probably by the end of the 1st quarter of 2024.

As these changes are made and questions arise we will address them since this is new territory. If you have any questions, concerns or suggestions now, please let me know.

# Month in Review

## Board of Directors



As 2023 closes the terms of some Directors also close and they may choose to not request to be reappointed to the Board. Have you considered serving on the Board of Directors for Wheels for Wellness?

The Board meets the third Tuesday of each month (except for July and December) for about an hour and a half. Fundraisers, budgets, strategic planning, community involvement and outreach, oversight of the Executive Director and more is discussed.

The by-laws state there may be a minimum of 8 members and a maximum of 14 members on the Board. There are currently 10 seats filled.

If you are interested in learning more about this opportunity and what the BOD does, please contact the Chair of the Board, Ann Lamanna at [AnnCLamanna@gmail.com](mailto:AnnCLamanna@gmail.com)

The 2024 Board of Directors will be voted/approved at the January 2024 business meeting on January 16, 2024.

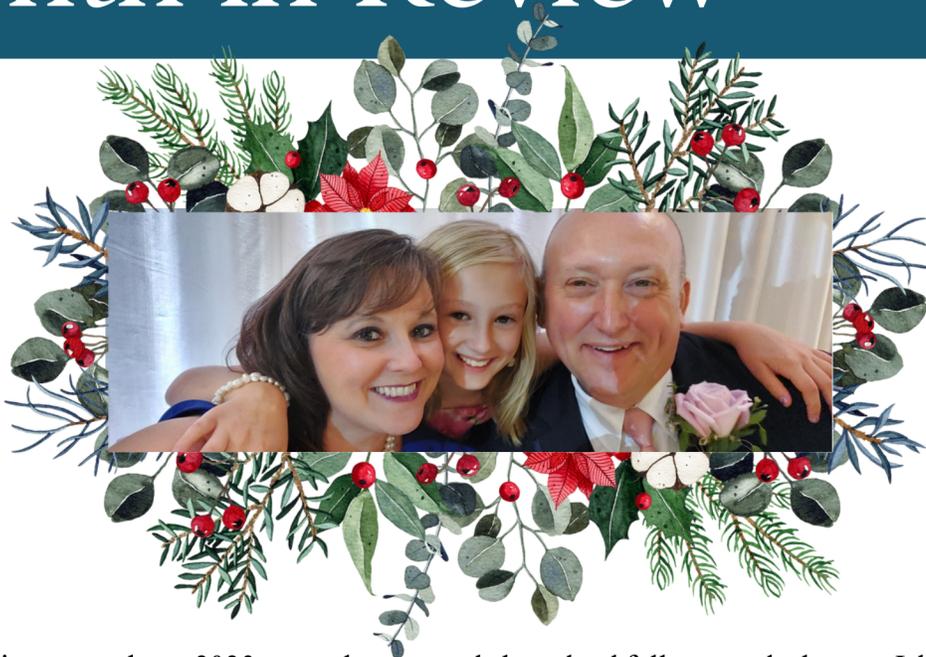
## End of year and New year Questionnaire

It's that time! Each year about this time or shortly after new years a link to a volunteer survey goes out via email to everyone. It's a short simple survey to gather feedback from the drivers. The answers return to me *anonymously*, so I ask that you are open, honest and candid with your answers. It really does help me get a handle on what we're doing right and what we can do better. Seeing everyone once a year at a celebration and in an open forum isn't always the optimal place to discuss concerns. We also have a lot of new drivers who are still learning how things work and what practices work best for them.

So, when you receive the link in the next week of so, please take a few minutes to fill it out. It shouldn't take any more than 5 minutes and it helps me plan what needs to be a priority or addressed in the the coming year.



# Month in Review



Another year coming to a close, 2023 started out rough but thankfully smoothed out. I have now been with the organization in some capacity since 2010. Director since 2017. I still have a list of things I want to accomplish, update and change, but it becomes a time issue. Part-time hours are swallowed up quickly. And I'm always thinking of additional things to add to my list.

I have been so happy to have had such a great recruitment year bringing on 11 new drivers. But, I know it doesn't feel like it's made a dent in the list when I see the number growing week after week. Our new recruits have been wonderful additions to the organizations and have a wide range of backgrounds. I have enjoyed meeting everyone and getting to know them as part of the new intake process, which is greatly simplified and much quicker. Applicants are now interviewed, background and driving record checks done and cleared to drive in about a week.

Brand recognition is something myself and the Board has worked very hard on, this past year in particular. And it has paid off. One simple strategy was to have engraved name tags made for Board members to wear to any functions they attend, I always wear my ID badge as well. When at public events, speaking events, luncheons, social events, holiday parties and many other places now we are readily recognized and hear, "oh yes, I know about Wheels for Wellness". Which is a great change over past years. We've also heard from many they have either heard about or have attended Tablescape, another success for us.

I know the number of individuals in the region we could help is staggering, but we only have so much manpower and so many hours in a day. And for the size of organization Wheels for Wellness is, we have done a wonderful job. When I see the mileage totals each month I am amazed. Each quarter I have to report to Valley Health, face to face to a panel, as part of my Memorandum of Understanding (MOU) with them since WFW was awarded an impact grant for 2023. I have also stressed the increase in both drivers and requests. They have been impressed we are able to do so much with so little. Part-time staff, no capital projects and one singular mission allows our focus to remain solely on client needs. Which we do well. WFW drivers are also known in the community to be friendly, prompt, reliable and dedicated. Your reputation in the public eye is sterling. Thank you for all that you do, I greatly appreciate it. As does the Board. They see the statistics monthly, they are well aware of how lucky we are to have you as volunteers.

I hope your holidays are filled with fun and laughs, family and friends and you have time to relax or spend time doing things you truly love.

Merry Christmas from me and my family,

*Traci*

# Month in Review

## Annual Gas Raffle

### WINNERS

*Congratulations*  
**Lynn Huffman**

1st Prize: \$500 Exxon/Mobil gift card



Compliments of HN Funkhouser

## Heather Ralls

2nd Prize: \$300 Exxon/Mobil gift card



Compliments of Marlow Automotive Group



## Jay Foreman

3rd Prize: \$50 Exxon/Mobil card

AND

\$50 Food and Laughs Card

Compliments of John & Ann Lamanna



# Month in Review

## Partnership with Marlow Motors

Please don't forget about our partnership with Marlow Motors and take advantage of this discount they're offering volunteers before you head out for your fall leaf pepping drives!



## 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