

Wheels for Wellness Month in Review

January 2023



Stats January

of transports 256
mileage 5,514
volunteer hours 271.25

Number 2023 Transports:
256

Number of Clients YTD:
27

New Client Applications
in 2023: 10

Approved new client
applications in 2023: 10

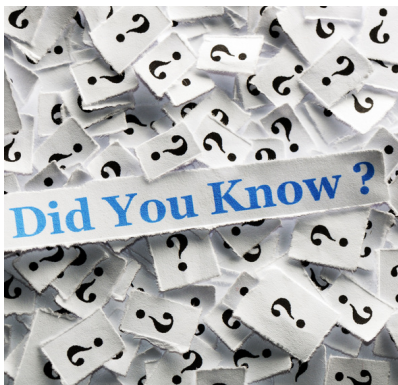
New Volunteers in 2023:
2

Friendly Reminder

Just a friendly reminder that clients should not be calling drivers directly to schedule appointments. We know it puts you in an awkward position. You may blame Traci and remind them that for insurance purposes all transports need to be scheduled through the office. If it should become an issue with recurring calls, please let Mike or Traci know.



Did you know?...



~ In Waynesboro, it is illegal for a female motorist to drive her car along Main Street unless her husband is walking in front of the vehicle waving a red flag.

~ In Richmond, citizens cannot flip a coin in a dining establishment to see who gets to pay for coffee.

~ Virginia has a higher concentration of customized license plates (called vanity plates) than any other state in the country. Approximately 1 of every 10 vanity plates comes from Virginia.

Wheels for Wellness

Month in Review

January 2023



In Memory

Kathryn Bradley, February 5, 2023
WFW Client

Inclement Weather



Just a reminder during our winter months and potential for that dreaded four letter word, SNOW, below is a reminder of our inclement weather policy.

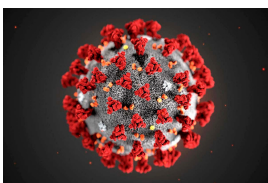
No driver will ever be asked to drive in weather or road conditions in which they feel uncomfortable. If you have a transport scheduled and wish to cancel, please notify the client and the WFW office ASAP.

You are free to decide on a case-by-case basis.

If you need guidance or wish to talk it through, please call the WFW office at 540-536-1006.

Covid Update

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



● Low

In Frederick County, Virginia, community level is Low.

- 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 exposed to someone with COVID-19 should wear a mask.

If you are immunocompromised, learn more about how to protect yourself.

Upcoming Events

February 14
Valentines Day

March 17
St. Patrick's Day

March 30
Rotary International Affair of
Food and Wine
WFW is the 2023 Beneficiary!

April 9
Easter

April 23
Tablescapes 2023

April 28 – May 7
Apple Blossom

Wheels for Wellness Month in Review

January 2023

Welcoming our newest volunteers!

Welcome!



New volunteers ...Daryl Myers and Maggie Cissel have completed orientation and will begin driving soon. We are happy to have you!

With the addition of new drivers we are now operating with
24 active volunteers! YAY!

There is an additional applicant that are scheduled for orientation with Valley Health in February!

An International Affair

Wheels for Wellness has been chosen as the beneficiary of
the Rotary Club of Winchester's
International Affair of Food and Wine!

There are many deserving non-profits in our area, to be
selected by the committee is a huge honor.

We hope you will consider joining us!

Thursday, March 30, 2023

6- p.m.

Fox Meadow Barn



WFW is also seeking sponsorships and silent auction items for the event, if you have any ideas please pass them along to Traci.

Enjoy International wines and spirits poured by representatives from wineries from around the world, paired expertly with delicacies prepared by premier local chefs. A fun, elegant evening including a silent auction and wine pull.

Tickets are available at <https://www.eventbrite.com> search for "International Affair of Food and Wine" or contact the WFW office at 540-536-1006

Wheels for Wellness Month in Review

January 2023

Reporting your trip statistics

Please remember to keep track of your mileage and time for each and every transport that you complete. At the end of the month please email them to Mike at FaithIA@valleyhealthlink.com (Email address will be changing soon). Please send them as quickly as possible after the end of the month, statistics are used for reporting and grant applications so having the most up to date and recent information is helpful. Some volunteers send an email with their time and mileage after each transport, that practice is fine to continue if its easier for you.

Please round your mileage to the nearest quarter mile and
Round your time to the nearest quarter hour.

If you have any questions, please let us know!



Tablescapes 2023

It's that time of year, WFW has begun planning for TABLESCAPES!

The committee has already been together and brainstorming ideas, decorators have been invited, the venue has been secured and plans are underway for the 7th annual event! This annual event is our largest fundraiser, in 2022 we netted just over \$14,000 for the program. We hosted our biggest crowd to date during this lovely afternoon event.

We are seeking sponsorships, help with publicity and ticket sales, refreshment donations, donations for the silent auction and raffle, door prizes, and volunteers to help the day of the event. If you have leads on any of these or would like to get involved, please let Traci know!

If you're not familiar with Tablescapes, it is an afternoon showcase of fine dining and entertaining, beautifully set dining tables, children's tables, displays, demonstrations, raffle, silent auction, door prizes, music, refreshments and more. Creating a fundraiser that doesn't overlap other non-profits efforts is difficult, so this new-to-the-area fundraiser was born in 2015 and continues to grow each year. Grab some friends and family and join us for this elegant afternoon while supporting WFW.

Sunday, April 23, 2023

2-5 p.m.

Millwood Station Events Center, Winchester

Tickets and information at www.Wheels4Wellness.org or scan

Tickets are \$25/per person in advance; \$30 at the door



Wheels for Wellness Month in Review

January 2023

Tablescapes continued, photos from past years
many more on the WFW website www.Wheels4Wellness.org



Wheels for Wellness

Month in Review

January 2023

Questions, Comments or Suggestions?

Do you ever have questions about Wheels for Wellness?

Operations?	Guidelines?
Volunteers?	Clients?
Suggestions?	Observations?
Comments?	Complaints?



An email has gone out to volunteers asking about your experience with WFW and asking for feedback. Please check your email, it is from FaithIA@valleyhealthlink.com (Mike's email) subject is Volunteer Feedback Survey. It should take less than 5 minutes to complete. Submissions are anonymous, so please feel free to be open and honest with your answers.

If you cannot find the email, let Traci or Mike know and we will resend it to you, or it can be found at <https://form.jotform.com/230374881784062> but no one wants to type all that in!

Email Address Change to Come



In an effort to make things easier, more cohesive and efficient in the coming weeks, the FaithIA@valleyhealthlink.com email address used by Mike will be changing. The valleyhealthlink address is through the hospitals IT department and while they continue to support the email address for now as part of our 2023 Memorandum of Understanding with them, we feel a Wheels for Wellness address is less confusing for many, the FaithIA is confusing for new client applicants as well as other organizations and professionals who are trying to reach WFW. We also no longer require access to any of their internal systems that require an email address using their extension.

Winchester-Frederick-Clarke Faith in Action DBA Wheels for Wellness remains our official legal registered name, however we operate as Wheels for Wellness