

Wheels for Wellness Month in Review

October 2023



Thank you, at Thanksgiving and *always*,
Wheels for Wellness is thankful
for the hours and miles you
donate to the program each and
every week, without fail.



Did you know?

October and November are the most
dangerous driving months of the year.
Fall driving tips:

- The colorful leaves may be pretty to look at, but leaves on the road can be dangerous, especially when wet. Driving on slippery leaves can be similar to driving on ice! Leaves can also obstruct traffic lines, potholes, or pavement markings.
- The days are becoming shorter which means visibility is reduced. Turn on your headlights and watch for pedestrians walking or biking on the roadway at dawn, dusk or night. Also, remember to check that all of the lights on your car are working properly.
- With the time change, the sun rises and sets at different times. The sunset and sunrise may even occur during the morning and evening rush hour, producing a dangerous glare at the same time that many cars are on the road. Keep a pair of sunglasses in your car that you can wear to reduce sun glare.
- Watch for deer! Deer accidents are common in the Fall because it's mating season. If you see a deer, proceed with caution and slow down as they often travel in groups. Remember that deer are most active at dawn and dusk.

Stats

October

of transports 288
mileage 6253.25
volunteer hours 291

Number 2023 Transports:
2,763

(138% increase over 2022 to date)

2022: 1,167

2021: 1,296

2020: 1,380

2019: 3,261

2018: 2,964

2017: 3,285

2016: 2,552

2015: 2,000

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Thank You Veterans Veterans Day. November 11



Community Foundation of NSV

Wheels for Wellness was chosen as a recipient of a grant from the Community Future Fund through the CFNSV. Organizations were presented with their grants recently at a Philanthropy Day luncheon at the Shenandoah Valley Golf Club. Below is a photo of representatives of each organization. To read more about the organizations, the funds and the Community Foundation visit <https://cfnsv.org/>



WFW was represented at the luncheon by Executive Director Traci Toth and Board Vice Chair Karen Shipp



Upcoming Events

November 5
Daylight Saving Time
Ends, Fall Back

November 7
Election Day

November 11
Veterans Day

November 15
CFNSV Lake Frederick
Volunteer Fair

November 23
Thanksgiving

December 1
WFW Volunteer
Jingle and Mingle



Please RSVP
to Traci at
wheelsforwellness@outlook.com

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Shenandoah Valley Westminster Canterbury Volunteer Fair

Westminster Canterbury residents are ready to get into the community again and volunteer now that covid restrictions have been lifted everywhere and life has mostly returned to normal. Their volunteer committee held a volunteer fair on the campus and invited several nonprofits to attend. Wheels for Wellness was thankful to have been chosen to attend, it was a pleasure meeting the residents and talking about the program and our fundraisers. Many were familiar with or past guests of Tablescapes!



Tablescapes 2024

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

If you're not familiar with Tablesapes, 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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*Wheels for Wellness
Twenty year Anniversary is coming!*

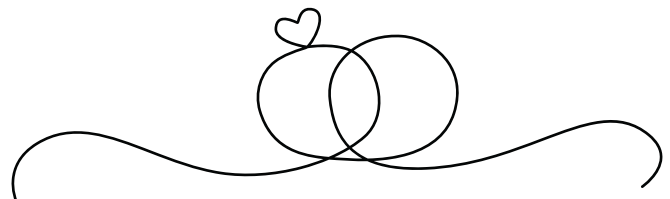
Wheels for Wellness will celebrate 20 years of service to the community in 2024. Do you have ideas how we can celebrate? My brainstorm has been more of a drizzle at this point. I'd love to hear your suggestions, please email me at wheelsforwellness@outlook.com



Congratulations

Congratulations to the Wheels for Wellness scheduler, Mike Garcia, on his recent marriage. They were married in a private ceremony on October 14.

Pictured is Mike with his wife, Dawn, who works for Valley Health in the HR department.



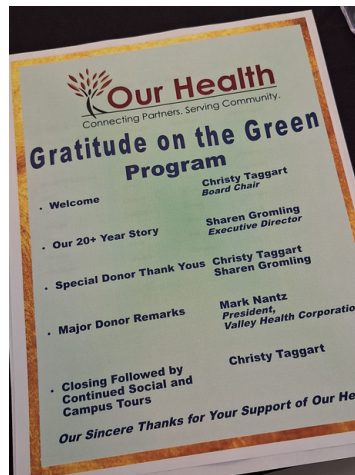
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Our Health Gratitude on the Green

On October 26, Our Health held an invitation-only event on the campus to celebrate their twenty years of service to the community and give thanks to those that made it possible. Campus agencies, including Wheels for Wellness, were there to discuss our organizations with guests. The Executive Director and Board members were there to represent the organization.



Giving Tuesday November 28, 2023

GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good.

What is the GivingTuesday tradition?

Giving Tuesday is a global movement, occurring annually on the first Tuesday following Thanksgiving. It serves as a counterbalance to the consumerism of Black Friday and Cyber Monday, redirecting the focus to acts of kindness and charitable giving.

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From the Fall 2023 edition of the HealthLINK magazine from Valley Health. The MyChart app will now include planning tools for you and your family such as Advance Directive Forms and Five Wishes.

Everyone over the age of 18 should have thought about and appointed a medical power of attorney in case they become unable to speak for themselves during a serious medical condition, yet only 1 in 5 adults has a Medical POA.

COMING SOON: NEW VALLEY HEALTH MOBILE APP, MYCHART EXPERIENCE

Learn how we are improving patient access to vital healthcare information and advance planning resources

Valley Health is committed to providing you the information you need—when and where you need it. This November comes with some exciting updates for our patients, staff and community.

Beginning on Nov. 4, 2023, Valley Health will roll out a new version of MyChart. MyChart is a free, easy and secure way to view portions of your personal health information and communicate with members of your Valley Health healthcare team.

We know that your health record is vital to your well-being. Customized to the needs of our Valley Health patients, the updated MyChart will make it easier for you to access your medications, test results, upcoming appointments, medical bills, price estimates, and more from a computer or mobile device. Users will be able to use their current login to access the new version of MyChart.

Valley Health MyChart will also offer enhanced resources for advance care planning, including the following:

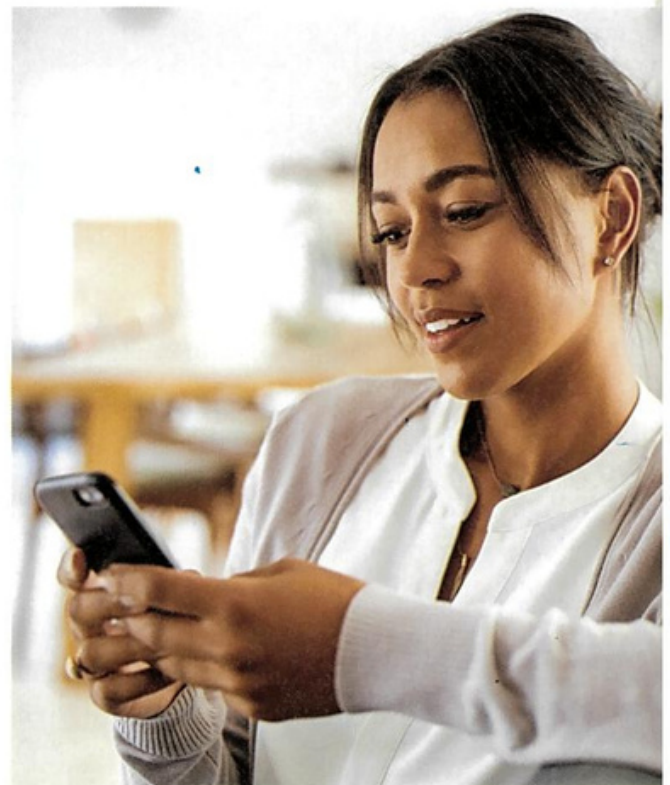
- **Conversation Starter Guides** can help patients talk with the important people in their lives about their wishes for care through the end of life.
- **Plan Your LifeSpan** helps patients, families and caregivers plan for health events such as hospitalizations, falls and memory loss that may happen as people get older.
- **Advance Directive Forms** are available on the Valley Health website for residents of Virginia, West Virginia and Maryland and will be referenced in MyChart.

- **Five Wishes**, a national advance care program, will be linkable within MyChart, as will palliative care and hospice resources.

Valley Health is also rolling out a new systemwide **Valley Health mobile app**, which will be available in November for download in app stores. With a simple click, you can gain convenient, secure access to your MyChart account; make an appointment with Urgent Care; or find a provider or service that fits your needs.

With an updated version of MyChart and a new Valley Health mobile app, you'll be able to enhance your healthcare journey by easily accessing information with just a few clicks of a button.

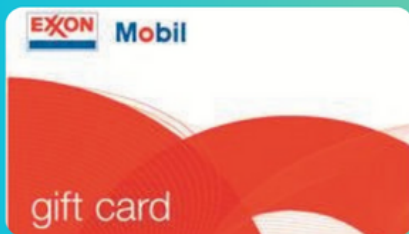
To learn more, visit valleyhealthlink.com/mychart.



Month in Review

Annual GAS RATTLE

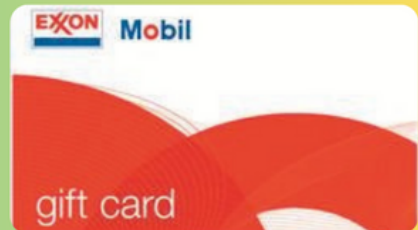
Who wouldn't LOVE to WIN free gas???



1st Prize: \$500 Exxon/Mobil gift card
Compliments of HN Funkhouser



2nd Prize: \$300 Exxon/Mobil gift card
Compliments of Marlow Automotive Group



3rd Prize: \$50 Exxon/Mobil gift card
AND \$50 Food and Laughs Card
Compliments of John & Ann Lamanna



Tickets \$5 each or 5 for \$20

Available at www.Wheels4Wellness.org

Drawing Saturday, December 16



Benefitting: Wheels for Wellness

Wheels for Wellness is a 501c3 nonprofit that provides door-to-door transportation to medical appointments and treatment for those in the region lacking other means of transportation.

EIN 26-2937544

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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

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Mon to Fri: 6am To 10pm
Sat: 8am to 4pm

Tri-State Nissan

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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

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& All Models**

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