

Month in Review



Holiday Turkeys

Valley Health will be distributing turkeys to staff and active volunteers.

You will need to present your VH Volunteer Badge to pick up your turkey. (If you do not have a badge but would like a turkey, please let Traci know, she will call VH Volunteer Services).

Winchester Medical Center

Gray lot outside of Surgi-Center

Tues., Nov. 15 • 2:45-8 pm, 10:45-12 am

Wed., Nov. 16 & Thurs., Nov. 17 6:45-8 am, 2:45-8 pm, 10:45 pm-12 am

If you do not need or want your turkey, we encourage you to pick it up and donate it to a local nonprofit that will be distributing turkeys to clients or a kitchen that will be serving Thanksgiving dinners.

Stats

October

of transports 185

mileage 4,124

volunteer hours 199.25

Number 2022 Transports:
1,274

Number of Clients YTD:
64

New Client Applications
in 2022: 66

Approved new client
applications in 2022: 62

Did you know?...

Most popular pies in the US:

1. Apple
2. Cherry
3. Pumpkin
4. Pecan
5. Chocolate Cream



Month in Review

In Memory

John Dresely 10/20/22
Tablescapes participant



Volunteers Needed!

In the past two years we have received a record number of new client applications.

We need additional drivers to handle the increase in caseload. We currently have a 100% request filled rate and no waiting list and want to keep it that way.

If you have any friends, family, neighbors, church or civic group friends that may be interested in driving please tell them about Wheels for Wellness!

Our caseload is G R O W I N G ! In 2021, 83 new client applications were received, 81 were approved.

To date, January - October of 2022 a total of 66 new client applications have been received. Of those 62 have been approved.

Upcoming Events

November 6
Daylight Saving Time ends

November 11
Veterans Day

November 15
National clean out your
fridge day

November 15, 16, 17
VH Volunteer Turkey
Distribution

November 17
Lake Frederick Volunteer Fair

November 24
Thanksgiving

November 28
Old Town Winchester
Christmas Parade & Tree
Lighting

November 29
Giving Tuesday

now through December 17
Annual Fall Gas Raffle

Wheels for Wellness

Month in Review

October 2022

Covid Update

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

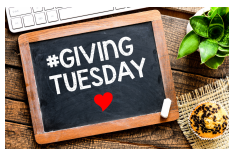
Medium

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.

Giving Tuesday is coming



A global celebration of generosity the first Tuesday after Thanksgiving. #GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

Tuesday, November 29, 2022

Rappahannock Electric Cooperative

It is through the generosity of the Rappahannock Electric Cooperative member-owners who round up their electric bills, that the CARE Board can disperse The Power of Change grants to organizations like ours. We thank you for helping us to do great things, together, for our communities.

If you are a REC customer, we encourage you to enroll in The Power of Change program. You can find more information and enroll at <https://www.myrec.coop/power-change>

Wheels for Wellness Veterans



We are forever grateful for the what you've done to maintain America's freedom, thank you.

Happy Veterans Day!

Rich Gervasoni, US Army, 2 years

Richard Burner, US Army, 3 years

Nelson Isenhower, US Army, 13 years

John Marino, US Navy, 2 years

Mike Garcia, US Air Force, 4 years



**THE POWER
OF CHANGE**

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Jingle and Mingle

All volunteers should have received their invitation to the Jingle and Mingle scheduled for Friday, December 2, 8:30-10. If you have not done so already, please RSVP to Traci at WheelsforWellness@outlook.com

We look forward to seeing you!

Questions, Comments or Suggestions?

Do you ever have questions about Wheels for Wellness?


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

Now is your opportunity to offer your insights you feel could benefit the program.


An email will be going out to volunteers in the next few weeks asking questions about your experience with WFW and asking for feedback. We've done this the past few years at the end of the year.

Please take a few minutes to answer the questions and offer any feedback you believe would be helpful, or let us know about things we may not see since we're in the office.

When your replies are submitted, they will be received as anonymous so please feel free to be open and honest with your answers. I will not know who submitted the responses.



Wheels for Wellness




Jingle and Mingle

Join us for coffee, quiche and donuts. Meet your fellow volunteers, staff and Board Members, ask questions, offer suggestions, socialize and *mingle*

Friday, December 2nd 8:30-10 am

Eagles Conference Room
Our Health Campus
329 N. Cameron Street
Winchester, VA 22601
look for the sign and balloons

please rsvp
(540) 536-1006 or
WheelsforWellness@outlook.com



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Traci, Mike, Kathy and the WFW Board of Directors

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Annual GAS RATTLE

Who wouldn't LOVE to WIN \$500 in gas???



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

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



3rd Prize: \$50 Exxon/Mobil gift card
Compliments of John & Ann Lamanna

Tickets \$5 each or 5 for \$20

Available at www.Wheels4Wellness.org or call 540-536-1006

Drawing Saturday, December 17 at noon



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.

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