

# Month in Review



## Stats

July

# of transports 272

mileage 5,841

volunteer hours 296.5

Number 2023 Transports:  
1,866

## Did someone say FREE gas?

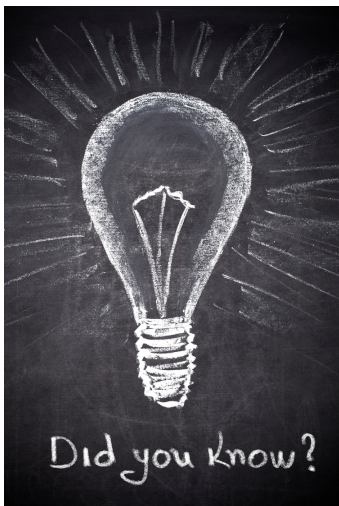
It's that time again! Annual fall gas raffle time! Tickets will be going on sale in days. This years prizes, WOW!

First Prize: \$500 Exxon/Mobil Gas Card  
Compliments of HN Funkhouser

Second Prize: \$300 Exxon/Mobil Gas Card  
Compliments of Marlow Automotive Group

Third Prize: \$50 Exxon/Mobil Gas Card AND  
\$50 Food and Laughs Gift Card  
Compliments of John and Ann Lamanna

Additional info will be coming by email shortly



Scotland has chosen the Unicorn as its national animal

Human teeth are the only part of the body that cannot  
health themselves

A shrimp's heart is in its head

A sloth can hold its breath longer than a dolphin



Wheels for Wellness volunteer, Rex Ritchie, has retired from driving effective August 2023. Rex began driving for FIA/WFW in 2004 and since that time has logged 1,771.75 hours and 35, 916 miles for the organization, as well as a short term on the Board of Directors Thank you for your service and dedication to the program and enjoy your well deserved full retirement!.

## Women of Winchester - WOW

Wheels for Wellness was invited to be featured nonprofit at the August Women of Winchester (WOW) luncheon at the George Washington Hotel. WFW had the opportunity to talk about the program, network with local business leaders and discuss upcoming fundraisers.

More information about WOW can be found at [www.womenofwinc.com](http://www.womenofwinc.com)





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## Care of the Soul

Wheels for Wellness was invited to speak at Redland Church in Cross Junction at their August meeting of the Care of the Soul series. A monthly gathering organized by their parish nurse to help educate Parishioners and individuals about local resources for self-care and how to help friends and family members. Open to everyone, more information can be found on their website

[www.redlandchurch.org](http://www.redlandchurch.org)



## In Memory

WFW client Ann-Louise Brown passed away August 5

[https://www.winchesterstar.com/obituaries/ann-louise-s-brown/article\\_c66b1505-04fa-5c98-9c1d-33d528b09557.html](https://www.winchesterstar.com/obituaries/ann-louise-s-brown/article_c66b1505-04fa-5c98-9c1d-33d528b09557.html)

WFW client David A. White passed away August 17

[https://www.winchesterstar.com/obituaries/david-allen-white/article\\_f82879b8-d27b-5512-b824-895b1f3a1791.html](https://www.winchesterstar.com/obituaries/david-allen-white/article_f82879b8-d27b-5512-b824-895b1f3a1791.html)

## Upcoming Events



Watch for Busses

Winchester City schools  
return  
August 10

Frederick Co Schools  
return  
August 15

Monday, September 4  
Labor Day

Friday, December 1  
Volunteer Jingle and Mingle  
Information to come

# Wheels for Wellness Month in Review

July 2023



**TVBA** *Established 1974*  
TOPOF VIRGINIA BUILDING ASSOCIATION

# Touch Truck

**Climb • Learn • Discover**

**TOP OF VIRGINIA BUILDING ASSOCIATION**  
*Proceeds Benefit the Shenandoah Valley Discovery Museum*

**DISCOVER** a Variety of Heavy Construction Equipment, public safety and a host of other vehicles. Demonstrations and Hands-On Adventure. Fun and Food for the Entire Family.

**Tickets only \$5.00**  
**10:00 am - 3:00 pm**  
September 9th, 2023  
Clarke County Fairgrounds, Berryville, VA

Title Sponsor:  **The Floor Shop Winchester**

Top of VA Building Association will be holding its 2nd Touch a Truck

Saturday, September 9 at the Clarke County Fairgrounds.

A great opportunity to bring the kids or grandkids out to discover a variety of construction and public safety equipment. All proceeds benefit the Discovery Museum.



## Volunteers Needed!

Have any friends, family or neighbors looking for something to do in their spare time?

How about driving for WFW???

We would love to have them, please let them know about the program and how to get involved!



# Month in Review

## Healthy Living Events



Every Third Tuesday Our Health Campus  
**10am – 2 pm**  
August 15, 2023  
September 19, 2023

**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](http://www.ourhealthva.org)  
[www.facebook.com/ohwinchester](https://www.facebook.com/ohwinchester)

It's that time of year again and Our Health will be hosting their Healthy Living events on the campus green once a month through September.

Marker Miller always brings the best fresh produce from their fields.

If you transport a client who could benefit from the free screenings, please mention it to them as well as the \$5/\$10 voucher they may be eligible for to spend at the Marker Miller booth.

(I always drop by Marker Miller and buy their tomatoes and peaches, they are wonderful !)

# 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 summer vacations!



## 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**