## Wheels for Wellness Month in Review

## November 2022





Thank you for coming to the Jingle and Mingle! There were a total of 18 guests in attendance between volunteers, board members and staff.

I was so busy talking and enjoying breakfast that I forgot to take photos!

(with the exception of two of the breakfast foods before everyone arrived, oops).

Thank you for taking time out of your schedules to join us, we look forward to seeing everyone again in the spring. Stay tuned for more information in the new year.

mileage 4,194 volunteer hours 201

Number 2022 Transports: 1.458

Number of Clients YTD: 64

New Client Applications in 2022: 83

Approved client new applications in 2022: 79



## Do you know?...

A kangaroo can't walk backwards...true or false? Some fish can cough...true or false? Feet typically produce a pint of sweat a day...true or false? Eating too many carrots will make you turn orange...true or false? A pie can be cut into 8 pieces using only 3 cuts...true or false? A can of diet soda will float in water, regular sinks...true or false?



## **Inclement Weather**

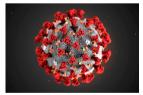
As we head into winter and potential for that dreaded four letter word, SNOW, below is a reminder of our inclement weather policy.

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 though, please call the WFW office at 540-536-1006.

## **Covid Update**



As of today, on the CDC website, Frederick Co, VA is listed as <u>LOW</u>

#### Low

In Frederick County, Virginia, community level is Low.

- Stay up to date with COVID-19 vaccines
- <u>Get tested</u> 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.

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

## Upcoming Events

now through December 17 Annual Fall Gas Raffle

December 18 Hanukkah begins sundown

> December 24 Christmas Eve

December 25 Christmas Day

December 31 New Years Eve!

#### <u>2023</u>

January 3 Frederick Co Schools resume

January 16 Martin Luther King, Jr. Day

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

> April 23 Tablescapes 2023

## wheels for wellness — Month in Review

## It's Flu Season



The 2022 flu season has begun. You may wish to sanitize your car before/after transports to help keep yourself and your client safe.

Common symptoms of the current strain include:

- Fever Aching muscles Chills and sweats Headache Dry, persistent cough Shortness of breath Tiredness and weakness Runny or stuffy nose Sore throat Eye pain
- Vomiting and diarrhea, but this is more common in children than adults

Most people who get the flu can treat themselves at home and often don't need to see a health care provider.

If you have flu symptoms and are at risk of complications, see your health care provider right away. Taking antiviral medication may shorten the length of your illness and help prevent more-

serious problems.

If you have emergency symptoms of the flu, get medical care right away. For adults, emergency symptoms can include:

- Difficulty breathing or shortness of breath
- Chest pain
- Ongoing dizziness
- Seizures
- Worsening of existing medical conditions
  - Severe weakness or muscle pain

Source: MayoClinic.org

## Welcoming our newest volunteer!



Welcome!

New volunteer, Brenda Bresch, has completed orientation and begun driving. We are happy to have you!

With Brenda we are now operating with 21 active volunteers.

## November 2022

## wheels for wellness — Month in Review



## Did you know the answers?...

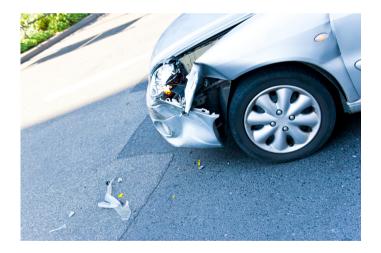
Each of the true and false statements on page one are... **TRUE** 

### **Incident Reports**

As we all know, accidents happen.

Volunteer drivers are covered by WFW with an accident and liability insurance policy that is secondary to your own personal insurance. If you should happen to have an accident or an incident you feel needs to be reported please contact the WFW office *immediately*. Messages are checked often by Mike and if needed he forwards them to Traci.

Please see the last pages of this newsletter for the incident report that the insurance company requires be completed. Complete as much as possible, we understand that not all fields are applicable or known.



November 2022

I will also make sure the PDF is emailed to everyone again soon.



ALLIANCE OF NONPROFITS FOR INSURANCE RISK RETENTION GROUP (ANI) www.insuranceformonprofits.org

POLICY NUMBER: 2022-25034 NAME OF INSURED: Winchester-Frederick-Clark Faith in Action; dba: Wheels for Wellness

# wheels for wellness — Month in Review

## New Volunteers are on their way!

New volunteer applications have been received and are in the process of being screened and trained through Valley Health Volunteer Services. A total of 5 new drivers will hopefully be joining the ranks in January or shortly after!

If you have friends, family or neighbors who may be interested in driving please let Traci know or refer them to the Volunteer page on the website, information about the program, volunteering and application can all be found on the page titled **Become a Volunteer** 



November 2022

https://www.wheels4wellness.org/become-a-volunteer

### Questions, Comments or Suggestions?

Do you ever have questions about Wheels for Wellness?

Operations? Volunteers? Suggestions? Comments? Guidelines? Clients? Observations? 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 — Month in Review

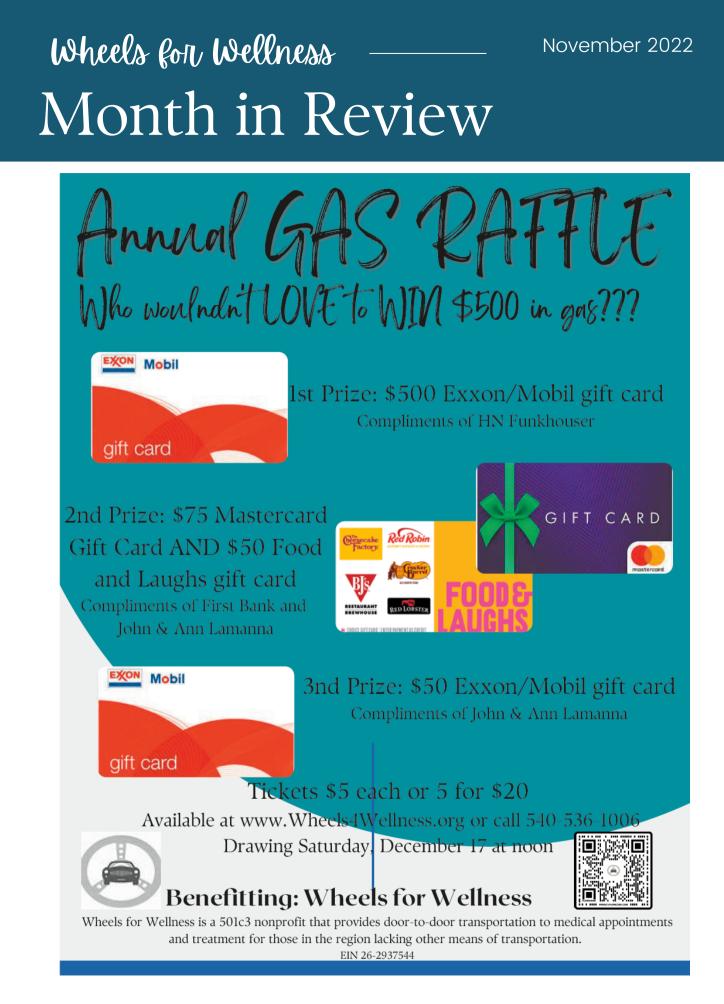


The photo used in the header and in the holiday cards was taken in our backyard in Lake Holiday.



El don't know about you, but my your flewby elt feels like just yesterday it was summer. clam not a coldard write wrater person pour can chappely counting down the days until spring. But, il Imi Christman strees so this time of you clan in allong glory and with a 9-year-old the magic of Christman still existe in michme. Therefor formaking my Job lasin. Having such a dedicated and dependable volunter base & an able to focus my time a other aspects of the organization, such as grant muniting and fundiairing. Wehave had a great year. We're thad not voluntered pein the fleet and more who will be yoining us pon. Jablescaper wasback in 2022, first year sirudo 19. We posted a record cand best met propet Adate. Effects on creating brand avarbass sur to be weeking. Referral fim phypicians officer, clinics and medical facilities have increased, so withave reached more undividual unneed. Every week The caseload has increased, we an slouly but steadily cheaded tonard pre-pandemic livels. et hope you that days are felled with fun and laight, family and friende and ym the time to relay and spend time doing things uprillie. Merry Christman, Jui

November 2022





Including ALLIANCE OF NONPROFITS FOR INSURANCE (ANI) & NONPROFITS INSURANCE ALLIANCE OF CALIFORNIA (NIAC)

www.insurancefornonprofits.org

A Head for Insurance. A Heart for Nonprofits.

## **Incident Report Form**

#### CLAIMS REPORTING PROCEDURE

If you have a question concerning whether to report an incident or claim, call your broker.

NONPROFIT / INSURED - Complete all items to the best of your ability, sign and date page 2, and immediately give it to your supervisor.

Supervisor - Fax this Incident Report Form to your insurance broker immediately.

**Important:** Retain any equipment or furniture which caused or contributed to an injury until it can be inspected by an insurance representative.

BROKER - Refer to our website for instructions on claim reporting.

If a claim needs to be reported after business hours or on the weekend, call (866) 718-1947. This number is reserved for true claims emergencies after business hours and weekends.

#### General Information

Name of Nonprofit Organization				ANI/NIAC Policy Number	
Name of Contact			Title		
Nonprofit Address – Street		City	State Zip		
Business Phone #	Ext.	Business Fax #	E-mail Address		
( )		( )			

#### Incident Information

Date of Incident	Day of Week (circle one)			Time of Incident	Did the incident occur on organization's premises?				
	Mon T	iue Wed	Thurs	Fri	Sat	Sun	AM / PM	Yes	No
Location of Incident (if possible, take pictures of the area with a digital or disposable camera)									
Description of Inciden	t (A brief f	factual acco	unt of th	e incid	ent; in	clude who	o was involved, how the i	ncident occurred and what	t action is being taken in
response									
to the incident. Use	e the back	of the shee	t if more	space	is nee	eded.)			

#### Witness Information

	Name and Address	Daytime Phone	Email Address	DOB
1				
<b>.</b>				
2				
2.				

#### **Claimant Information**

1. Name of Injured Party		DOB	Employee Client Volunteer Visitor
			Other -
Address – Street		City	State Zip
Home Phone #	Business Phone #		Email Address
( )	( )		
Description of Injury (nature and	d extent of; please be specific):		
Transported by Ambulance	Name and Phone # of Hospital or Doctor, if app	licable	
Yes No			

#### **Observations of Nonprofit**

-					
Claimant's Attire/Description of Clothing (i.e., shorts, t-shirt)	Type of Shoes	Was Claimant carrying anything? (if yes, what)			
		🗌 No 🔲 Yes –			
Describe claimant's demeanor when making the report (i.e., agitated, in obvious or no obvious pain, able to move around while describing what happened, etc.)					
5		<b>c</b> ,			

#### (use the back of the form or attach an additional sheet of paper if needed)

#### **Claimant Information**

2. Name of Injured Party			DOB Employee Client Volunteer Visitor			
			Other -			
Address – Street		City		State	Zip	
Home Phone #	Business Phone #		Email Address			
( )	( )					
Description of Injury (nature an	d extent of; please be specific):					
Transported by Ambulance	Name and Phone # of Hospital or Doctor, if app	icable				
🗌 Yes 🗌 No						

#### **Observations of Nonprofit**

		4
Claimant's Attire/Description of Clothing (i.e., shorts, t-shirt)	Type of Shoes	Was Claimant carrying anything? (if yes, what)
		🗌 No 🔲 Yes –
Describe claimant's demeanor when making the report (i.e., agitated, in obvious or	r no obvious pain, able to	move around while describing what happened, etc.)
	/	

(use the back of the form or attach an additional sheet of paper if needed)

#### PRINT NAME OF INDIVIDUAL COMPLETING THE FORM

SIGNATURE

Rev. 10/2014



#### Including ALLIANCE OF NONPROFITS FOR INSURANCE (ANI) & NONPROFITS INSURANCE ALLIANCE OF CALIFORNIA (NIAC)

www.insurancefornonprofits.org

A Head for Insurance. A Heart for Nonprofits.

## **Driver's Collision Report Form**

#### IN THE EVENT OF A COLLISION:

NONPROFIT / INSURED Driver – Complete all items to the best of your ability, sign and date page 3, and immediately give it to your supervisor. Supervisor – Fax this Driver's Collision Report form to your <u>insurance broker</u> immediately.

BROKER Refer to our website for instructions on claim reporting.

If a claim needs to be reported after business hours or on the weekend, call (866) 718-1947. This number is reserved for true claims emergencies after business hours and weekends.

#### **Driver/Vehicle Information**

Name of Driver (first and last)			Driver's Age	Driver Lice	ense No.	State
Driver's Address – Street	City	State	Zip	Telepho	ne No.	
Name of Nonprofit / Employer					ANI/NIAC Policy I	Number
Nonprofit/Employer Contact Name		Contact En	nail Address			
Nonprofit / Employer Address – Street		City	State Zip	Telepho	one No.	
Make of Nonprofit's Vehicle	Body Type	Year	Lice	ense Plate #	V.I.N. (last	four digits)
Damage to Nonprofit's Vehicle:		1				

#### **Collision Information**

Date of Collision	Day of Week (circle one)	Time of Collision	Location - Street or Highway & City			
	Mon Tue Wed Thurs Fri Sat Sun	AM / PM				
On what street were y	ou driving?	•	Direction (circle one	)	Speed (approximate)	
			N S E	W		
On what street was ot	her vehicle driving?	Direction (circle one	)	Speed (approximate)		
		N S E	W			
Police Report?	If yes, name of reporting officer	Agency	Citation/Report #			
🗌 Yes 🗌 No						
Witness #1 Name (firs	t and last)	Telephor	e No.	Email Addre	ess	
Witness #2 Name (first and last) Tele			lephone No. Email Address			
		( )				

#### (Use the back of this sheet if additional space is needed; please use the diagrams on page 3 to draw the collision)

#### Passenger(s) in Your Vehicle (attached additional pages if needed)

Name (first and last)		Telephone No.	Email Address	Age	Injuries?
		( )			Yes No
Name		Telephone No.	Email Address	Age	Injuries?
		( )			🗌 Yes 🗌 No
Name		Telephone No.	Email Address	Age	Injuries?
		( )			🗌 Yes 🗌 No
Ambulance called to scene?	Name of doctor or hospi	tal			
🗌 Yes 🗌 No					

#### **Other Vehicle Involved**

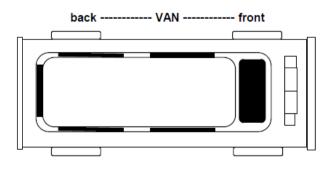
Name of Driver (first and last)				Driver License No.			State
	T						
Address - Street	City/State/Zip		Telephone	No.	Email Add	ress	
			( )				
Name of Vehicle Owner (if different than above)	•		Telephone	No.	Email Add	ress	
			( )				
Name of Insurance Company		Policy #			Telephone	No.	
					( )		
Year/Make of Vehicle	Body Type			License Plate No.			State
Damage to Vehicle:							
Passenger's Name (first and last)	Telephone No.		Email Address		Age	Injuries	?
	( )					Ve:	s 🗌 No
Passenger's Name (first and last)	Telephone No.		Email Address		Age	Injuries	?
	( )					Yes	s 🗌 No

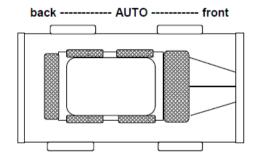
#### Other Vehicle Involved (if any)

Name of Driver (first and last)				Driver License No.			State
Address - Street	City/State/Zip	Telephone ()	Email Addr				
Name of Vehicle Owner (if different than above)			Telephone ()	No.	Email Addr	ress	
Name of Insurance Company		Policy #			Telephone ()	No.	
Year/Make of Vehicle	Body Type			License Plate No.			State
Damage to Vehicle:							
Passenger's Name (first and last)	Telephone No. ( )	E	Email Address		Age	Injuries?	
Passenger's Name (first and last)	Telephone No. ( )	E	Email Address		Age	Injuries?	_

On the diagrams below, please draw the collision. (Be sure to include any stop signs or traffic signals.)	Legend:N $\vee$ 1Your Vehicle $\uparrow$ $\vee$ 2Other Vehicle $W \leftarrow \Rightarrow E$ $\vee$ 3Other Vehicle (if any) $\checkmark$ S
	·

On the overhead diagrams below, please indicate the location of damage to your vehicle, if any.





SIGNATURE OF DRIVER

DATE