



WHEELS FOR WELLNESS

Month in Review

May 2022

STATISTICS



May 2022

Miles Driven 2,984

Volunteer Hours 124.75

Numbers of Transports 116

Number of unduplicated clients in 2022: 34

New Client Applications received in 2022: 21

New Client Applications approved in 2022: 21

UPCOMING EVENTS

- | | |
|------------|---|
| June 19 | Father's Day |
| June 20 | Juneteenth |
| June 21 | WFW BOD Strategic Planning session |
| | Our Health Healthy Living Event 10-2 |
| July 4 | Independence Day |
| October 13 | Top of VA Triad Senior Resource Fair,
more information to come |

Did you know...

- White is the most popular car color at 24%. Followed by black 23.2%; gray 15.5% and silver 14.5%
- A steam-powered car, billed as the oldest car in the world that still runs, was sold at a Hershey, Pa. auction in 2011 for \$4.6 million.

La Marquise is the world's oldest running automobile, as of 2011. It is an 1884 model made by Frenchmen De Dion, Bouton and Trépardoux.



- In the United States, the trucking industry is responsible for more than 70 percent of all freight each year. Even if goods are transported on trains or ships, it is likely they will travel by truck at some point.



THANK YOU to each of you that donate your time, vehicle and gas to ensure each and every Wheels for Wellness client makes to their appointments! We have a 100% success rate and no waiting list, thanks to you!

A few past volunteers have returned, we are so happy to have you back! We are currently operating with approximately 14 volunteer drivers.

Do you have any friends, family or neighbors who have a few hours to donate?



DISCOVERCORPS.COM

Summer is here! Stay cool and recognize the signs of heat exhaustion and heat stroke.

Stay safe in the



Personal Lines Insights

June 2022

Provided by: The CIMA Companies, Inc

Life

Summer Safety Campaign

Summertime comes with increased temperatures and more time outdoors. Hot and humid weather can make it more challenging for your body to cool down. If your body is unable to cool down, heat-related illnesses can occur, which, if left untreated, can become life-threatening. The Centers for Disease Control and Prevention says there are common signs of heat illness to monitor for, including the following:

Heat Cramps

Heat cramps are often the first sign of heat illness. Symptoms can include painful muscle cramps, spasms in the legs and abdomen and heavy sweating. If you're experiencing heat cramps, you should apply firm pressure on the cramping area and sip water. If nausea or prolonged symptoms last for more than an hour, seek medical attention immediately.

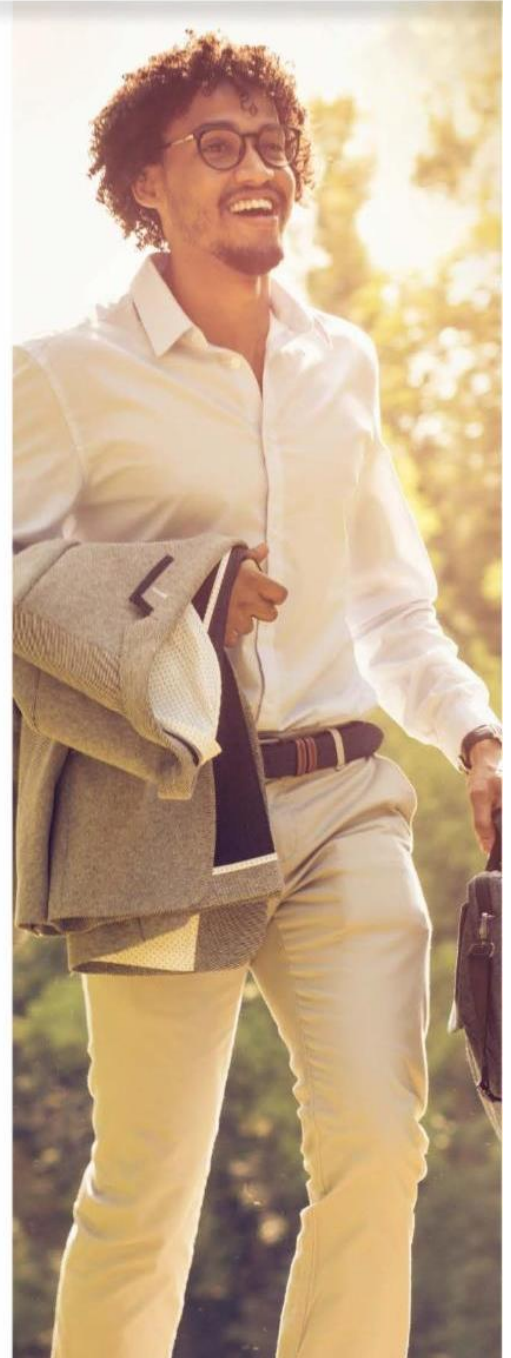
Heat Exhaustion

Heat exhaustion is also a common sign of heat illness. Symptoms can include heavy sweating, fatigue, clammy or pale skin, fast or weak pulse, muscle cramps, dizziness, nausea, vomiting, headache or fainting. If you or someone you know may be experiencing heat exhaustion, it's crucial to move to a cooler environment, loosen clothing and apply cool, wet cloths. Seek medical attention immediately if vomiting or symptoms worsen or last longer than one hour.

Heatstroke

Heatstroke is the most dangerous sign of heat-related illness. Symptoms may include headaches, confusion, nausea, dizziness, body temperature above 103 F, hot or red, damp skin, fainting or loss of consciousness. Do not consume fluids. Heatstroke is a severe medical emergency; therefore, if you or someone else may be in danger of such, call 911 or find transportation to a hospital immediately.

For more information on summer heat illness and prevention, contact us today.



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REMINDER

It has come to our attention that some clients have called volunteers directly asking for transportation. You may gently remind them that for insurance and statistical purposes all requests must be made through the Wheels for Wellness office. They can call 540-536-1006 and leave a message. If it becomes a problem, please let Traci or Mike know.

When calling a client to confirm their appointment, you may wish to block your number. There are different ways to do it depending on the type of phone you are using. Google "how to block your number when calling" for directions.





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

Know the COVID-19 Community Level where you live

[COVID-19 Community Levels](#) are a tool to help communities decide what prevention steps to take based on the latest data.

Low

- Wear a mask based on your personal preference, informed by your personal level of risk

This page on the CDC website is helpful, you may quickly and easily search any state or county in the US.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>



Have you ever considered serving on the Board of Directors?

Wheels for Wellness has three open seats on the Board. If this is something you would have interest in learning more about please contact Traci at the WFW office or wheelsforwellness@outlook.com

Your 2022 Board of Directors:

Ann Lamanna, Chair	Karen Shipp, Vice-Chair	Dr. Nelson Isenhower, Treasurer
Patty Taylor, Secretary	Diane Ruckman	Betsy Bellingham
Barbara Morris	Susan Ralls	RoseAnna Fisher
Brittini Athey	Brona Cheek-Tyson	

June 21, 2022 the Board of Directors will begin the new Strategic Plan process.

Strategic planning is a way to identify the needs of the organization and define the strategy to achieve those goals over the next few years.

The mission and goal of the organization will not change, our mission remains to provide free, door-to-door transportation to medical appointments and treatment for those in the region without other means of transportation.



Our Health will begin their Healthy Living events the 3rd Tuesday of June – September from 10-2 on the greenspace on the Our Health campus.

A great opportunity to purchase local produce from Marker Miller Orchard and learn more about area non-profit partners.



- 🍏 June 21, 2022
- 🍏 July 19, 2022
- 🍏 August 16, 2022
- 🍏 September 20, 2022

Every Third Tuesday Our Health Campus

10am – 2 pm

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.



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www.facebook.com/ohwinchester

SNAP Recipients or clients of Our Health partners are eligible to receive a \$10 personal (or \$15 family) voucher toward the purchase of fresh fruits and vegetables from Marker Miller Orchards.