



# Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

January 2021

## Thanks

Thank you for participating in Naperville's only transportation option for seniors where the drivers wait for the seniors during their medical appointment.

Thank you to **Coldwell Banker - Leavenworth Team of Naperville** for their continued support of RAN.

## Donate

During the pandemic, we have lost a lot of our normal donations.

Every little bit helps ensure that we stay on the road, providing rides for seniors in Naperville. **Thank you!**

## RAN to Date

- 369 Active Riders
- 43 Volunteer Drivers
- Over 5314 One-Way Rides Completed
- Over 160 Medical Destinations

## Volunteers Needed

Do you know someone who might be a good fit as a volunteer RAN driver? Please send them our way! Volunteering with us is flexible and rewarding. We are always in search of qualified volunteers to help.

Happy New Year from all of us at Ride Assist Naperville!

We are moving to a quarterly newsletter this year, so you can expect to receive a copy of our newsletter every three months.

## Six Exercises You Can Do at Home

We are largely welcoming 2021 from home, but that doesn't mean we can't stay active. According to the CDC, staying active can help maintain the ability to live independently, help reduce blood pressure, and improve our mental health.

Here are six exercises that you can do at home:



1. **Upper body stretches.** Standing with feet hip-width apart, raise your arms to the sky and lock your fingers together. Lean to the left and hold for 20 seconds, then lean to the right and hold for 20 seconds. You can also do this while sitting.
2. **Chair yoga.** You can sit upright in a chair and lean your torso forward onto your thighs. Hold the position while taking five deep breaths, then sit up.
3. **Take a walk.** Grab your jacket and your mask and take a walk. You can start small with just a walk around the block. Add five minutes to your walk every day.
4. **Wall pushups.** Standing three feet away from the wall, place your hands against the wall. Lean your body towards the wall and push back up. Repeat ten times.
5. **Weight training.** Buy some five-pound weights, or fill water bottles with sand or cat litter to do strength training at home.
6. **Step up, step down.** You can step up and step down on the bottom step of your stairway. Repeat 20 times.

For more information about the benefits of staying active, visit:

<https://bit.ly/38HOkeM>

For more exercises that you can do at home, visit: <https://bit.ly/3ryl1DZ>

## Ride Requests

Please inquire with your medical team to see if you can do a phone or video call with your doctor to avoid an unnecessary visit to the doctor's office. Always check with your doctors before making a ride request with us. We will make every effort in getting you to your medical appointments if we can find a volunteer driver.

## COVID-19

All riders must sign our COVID-19 waiver before being able to schedule a new ride. If you or someone you have been in physical contact with has tested positive for COVID-19, and you have recently taken a ride with RAN, please let us know. We would need to be able to inform our drivers so they can get tested and use proper quarantine protocols in the event of an exposure. We are always doing our best to keep our RAN community safe.

## Contact Us

Our office staff will be working remotely for the foreseeable future. Leave us a detailed voicemail, and we will call you back as soon as possible. You can also email anytime.

**Office: (630) 864-3087**

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

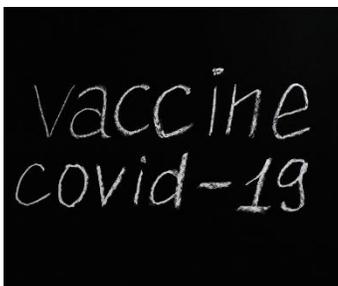
[info@rideassistnaperville.org](mailto:info@rideassistnaperville.org)

## Mailing address:

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## When Will the Covid-19 Vaccine Be Available?



In December, healthcare personnel were among the first in Illinois to receive the Covid-19 Vaccine. Vaccinations will continue as we begin the new year, starting with priority groups. It is anticipated that it will take until mid-February to vaccinate these priority groups:

- Healthcare personnel and residents of long-term care facilities
- Essential front-line workers and first responders
- Individuals with high-risk medical conditions, and people over the age of 65.

Read More Here: <https://bit.ly/3mQxLIX>

## We Need Volunteers

We need volunteer drivers now more than ever! As a non-profit, we rely on volunteers and donations to provide this much needed service to our community! Right now, we are trying everything to find drivers willing and able to volunteer for RAN.

If you are one of our riders, please ask around! Do you have any family or friends in Naperville or nearby who might be willing to give back to our community? We would LOVE to chat with them about it.

Driving for RAN is such a rewarding experience. Our drivers love being able to choose their own schedule. Many of them have forged some great friendships with our riders. Please visit our website for more information on how to sign up to volunteer as a driver:

<https://www.rideassistnaperville.org/home/drivers/>

## Welcome to the Team!



We would like to welcome Nia Norris to Ride Assist Naperville as our new Program Assistant. Nia is thrilled to be joining RAN to help with scheduling rides and answering phone calls and emails. She moved to Illinois five years ago. When Nia is not working at RAN, she is a freelance journalist and a full-time student who will be graduating this spring with a BS in Psychology from Eastern Oregon University. She will be assisting Emily and is looking forward to getting to know our riders and volunteers.