



Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

October 2018

Thanks

Thank you for participating in Naperville's transportation option for seniors. RAN is the only program 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.

Thank you to Lindsay Chan of *Lindsay Chan Photography*.

Donate

Your donations help us continue this necessary service to Naperville senior citizens. Click the "Donate" button on our website. Thank you.

If you include a donation with your payment We appreciate the extra amount. Every little bit helps ensure that we stay on the road, providing rides for seniors in Naperville. **Thank you!**

RAN to Date

- 247 Active Riders
- 36 Volunteer Drivers
- Over 925 Round Trip Rides Given
- Over 130 Medical Destinations

Need Help Raking Leaves This Fall?



Summer is finally at a close and it is officially autumn! Will you need some help raking all the leaves in your yard? The Naperville Park District is now accepting calls for leaf raking requests by our local scout troops.

- This program is only offered for seniors with a Naperville address.
- Naperville seniors interested in scheduling scouts to assist with raking leaves should contact the Park District at **(630) 848-5000** between 8:30am - 5:00pm Monday through Friday.
- Scouts can assist with leaf raking only. No other yard clean up or chores will be allowed – please don't ask.
- If you want leaves bagged, you must provide the bags and yard waste stickers prior to the scouts arriving. If no bags are provided the scouts will rake them into a pile on your yard.

Be Proactive About Your Health



The Naperville Park District's "Parktalk" has featured a new podcast in which they discuss activities and resources for people over 50. Flexibility, strength, and balance are three main things we lose as we age. Going to classes, like the Wellfit classes at the Naperville Park District, helps keep you proactive about your health, reduce your fall risk, and keep you active. By staying fit and in good health you can continue doing the activities you love as well as keep your independence. A bonus to attending any type of class like this is being able to develop friendships and a sense of community. For the full podcast visit <https://www.napervilleparks.org/podcast/s4-episode-05-wellfit-for-balance-and-strength>.

More classes for seniors are available now at the Naperville Park District. Contact the them for the Autumn Senior Program Guide. Or you can peruse it at <https://www.napervilleparks.org/Autumn2018seniorprogramguide>.

Remember - No Rides Outside of Our Boundaries

As much as we would love to cover every single ride and bring you anywhere you need, our liability insurance coverage only covers the ride to your doctor, eye doctor, or dentist and back home that are within our boundaries. Rides outside of our boundary map are not allowed and will not be scheduled.

Volunteers Needed

As always, we are in desperate need of volunteer drivers for RAN. Currently we have a cap of 5 rides per day, once we hit that we start a wait list. Once we get more drivers, we will be able to fit more rides in each day. To help make sure you get each ride covered, please call us as far in advance as possible. Once you know you need a ride give us a call as soon as possible.

What Our Passengers Say About US

"Your services are very much welcomed. Nearby communities could learn a great deal from you."
~RAN Rider Share your "driver love" with us – we share it with them! If you have feedback on any recent ride please let us know!

Contact Us

Office: (630) 864-3087

www.rideassistnaperville.org

info@rideassistnaperville.org

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Naperville Senior Task Force Seeks New Members

Naperville Senior Task Force

The STF is looking for individuals with grant-writing experience, a writing and communications background, health-care or education experience, and a transportation or construction background; however, all interested individuals are encouraged to apply. Applicants for the STF steering

committee must be a Naperville resident and willing to commit to a two-year term on the STF, which would be renewable for an additional two-year term. To avoid the appearance of a conflict of interest and provide an independent perspective, applicants may not be currently employed by or otherwise directly affiliated with a for-profit or nonprofit entity that provides services to seniors.

In addition to steering committee members, volunteers are sought for as-needed roles, such as assisting at community events, research or helping with the STF's newsletter. There is no required time commitment for these roles.

If you have questions or need more information, contact STF Co-Chair Karen Courney at (630) 306-4613 or seniortaskforce@naperville.il.us.

Healthy, Wealthy and Wise 2018



We had a great event at the Naperville Lisle Triad's *Healthy, Wealthy and Wise Conference* last month. Mayor Steve Chrico declared September 14, 2018 "Naperville Senior Citizen Day".

Election Day

It's that time again! Candidates in the race for various political offices are bombarding us with phone calls, door-to-door solicitations, speaking engagements and printed literature. There are recurring themes mentioned by seniors and their caregivers: transportation, housing, coordination of services, traffic, downtown development, economic development, jobs and other goals that affect the senior population.

While RAN takes care of many seniors by driving them to medical appointments there are other needs, such as transportation on Election Day. Seniors make up a significant voting block that could determine the outcome of the election. It is important that we stand up and be counted. If you want to know a candidates' position on an issue, you can call their campaign office or visit their website.

Most assisted living and other group facilities will have transportation on Election Day. If you need transportation to your polling place I would call the candidates that you plan to vote for and tell them you need a ride to the polls so you can vote. I am sure they will find a way to get you there. It will be interesting to follow the successful candidates and see if they will take care of us. Another great choice is to request to vote by mail. Visit your county's website for more information on being able to vote by mail.