



# Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

October 2020

## 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

- 377 Active Riders
- 44 Volunteer Drivers
- Over 5,150 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.

## Six Ways to Prevent a Fall



Every 11 seconds, an older adult is seen in an emergency room department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

**1. Find a good balance and exercise program.** Look to build balance, strength, and flexibility.

The local park district offers many classes for seniors. Find a program you like and take a friend.

- 2. Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.
- 3. Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- 4. Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
- 5. Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- 6. Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To view more safety and fall prevention tips, visit:

<https://bit.ly/1fMSUeL>.

## Thanksgiving Meal Assistance

Every year there are many helpful places in our community where our seniors can turn to for a hearty Thanksgiving Meal. Loaves and Fishes of Naperville is a great organization that is available for many resources. Some of our RAN Drivers also volunteer at Loaves and Fishes! Visit their website <https://www.loaves-fishes.org/>.

Mesón Sabika has been a great place to visit for a complimentary meal every Thanksgiving. They are offering up to 2,000 complimentary traditional Thanksgiving meals to-go for those in need. Orders should be placed no later than November 20<sup>th</sup>. For orders, they can be reached at 630-983-3000 ext. 2.

## Ride Requests

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

## 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 case they have been exposed. 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 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:

790 Royal St. George Dr.  
Suite 141 #156  
Naperville, IL 60563

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## Election Day



It's that time again! Candidates in the race for various political offices are bombarding us with phone calls, 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 should always be counted! Most assisted living and other group facilities will have transportation on Election Day. If you need transportation to your polling place, we suggest calling 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 and dropping it at a voting drop box.

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## We Need Volunteers

Now more than ever we need volunteer drivers! As a non-profit, we rely on volunteers and donations to provide our community with this much needed service. 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. And many of them have forged some great friendships with our riders. Please visit our website for more information on volunteering as a driver with us <https://www.rideassistnaperville.org/home/drivers/>.