



Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

November 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.

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

RAN to Date

- 258 Active Riders
- 36 Volunteer Drivers
- Over 1,000 Round Trip Rides Given
- Over 130 Medical Destinations

Preparing for Thanksgiving



Thanksgiving is coming up soon! It is a time to visit with family and friends that maybe we haven't seen in a while. Turkey dinner is usually a staple along with some delicious sides. Having access to a nutritious meal on Thanksgiving is important especially for senior citizens. Here are a few tips that will make it easier for the senior in your life this Thanksgiving:

1. Make food that is easy to chew and swallow. Dentures and reduced saliva production might make tough and dry foods difficult.
2. Use less salt. You don't want to cause a dangerous spike in blood pressure or worsen water retention. Remember, you can always salt the food on your own plate later.
3. Add more seasoning. To make up for the lower salt, aging taste buds and the dulling effect of some prescription medications, use savory, but not spicy, seasonings to provide more flavor.
4. Use recipes rich with nutrition. Seniors need to eat food that is high in nutritional content and calories to make up for their often-reduced appetites. Check AARP's recipes site at <https://recipes.aarp.org> for great Thanksgiving recipes for seniors.

If you, or someone you know, is having a hard time accessing a meal on Thanksgiving Day, there are a few places to reach out to. Naperville churches have historically been generous in offering free meals to those in need on holidays. Reach out to your place of worship or one local to you as you usually do not need to be a member of the congregation to receive a meal on Thanksgiving. Meson Sabika is also offering free meals for people in need on Thanksgiving. Feel free to reach out to them at (630) 983-3000 for more information.

Ran Celebrates our 1,000th Ride



Ride Assist Naperville started in May 2017 with a goal of serving Naperville senior citizens by giving them affordable and dependable transportation to their medical appointments. On November 1, 2018 we have hit a milestone - our 1,000th round-trip ride!

Thank you to all our amazing volunteer drivers who help by donating their time to help serve their community!

How are you supporting your community?



RAN is participating in **Giving Tuesday**. What is this? Celebrated on the Tuesday following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, Giving Tuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. But, you don't have to wait until Giving

Tuesday, donate today! Enclosed is an envelope for your contribution to Ride Assist Naperville. We thank you for anything you can offer!

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. We can schedule up to 6 months in advance.

What Our Passengers Say About US

"My driver the other day was so gracious. I truly love and need this service and I'm so glad it is available to me. Thank 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

Mailing address:

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

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Holiday Happenings



This is one of the favorite times of the year for many. No matter what is going on in the world, no matter what your faith affiliation is, people feel a sense of hope that next year will be better. "Peace on earth, goodwill to men" is a common message in many greeting cards. For many seniors, the holiday season can be a lonely time. You might not be able to be with your family, or maybe you have no family. If you are in this category, there are many activities planned in Naperville for the holiday season that are either free or have a minimal fee.

- Naper Settlement offers their **Naper Lights** display as well as the **Christkindlmarket**. Both events are free!
- The Naperville Park District and the YMCA are hosting the **Community Christmas Luncheon** for seniors and families in need. This is free, and it will be on Christmas Day at 11:30 a.m. at the Chicago Marriot in Naperville. To make a reservation contact Polly at prhodes@ymcachicago.org or (630) 527-6599. Please provide your name, phone number, guests' names and total number of people attending. Reservations due by Monday, December 17.
- Naperville Trolley offers **Holiday Trolley Tours**. The cost is \$18 per person and you can book ahead of time at <https://napervilletrolley.com/tickets>.
- Meet Santa at the **Santa House** on the Riverwalk. Admission is free, but you can purchase pictures with Santa for \$8.
- **Little Friends Holiday Parade of Lights** will be on Saturday, December 1 at 7:00 p.m. Viewing the parade is free and will be fun for the whole family!
- December 6, 7, and 8, Naperville Central High School's Theatre Department will host their **Holiday Show** from 7:30-10:00 p.m. each night. The cost for a senior is \$5 and you can purchase tickets at the door.

We hope that you reach out to someone who might be alone or lonely during this season and invite them to join you in some of these activities. It will make you feel good to help someone. From our families to yours, happy holidays!

Join us for a Fun Evening Benefiting RAN

Save the date! On **Thursday, November 29th**, Granite City in Naperville is hosting a fundraiser benefiting RAN. Bring in the attached flyer and 20% of your total tab will be donated to RAN. Don't have time to dine-in? To-go orders are included in this fundraiser! We hope to see you there!

Days RAN Will Be Closed

Since it is the holiday season, here are the upcoming days that RAN will be closed:

- Thursday, November 22, 2018 (Thanksgiving Day)
- Friday, November 23, 2018
- Monday, December 24, 2018
- Tuesday, December 25, 2018
- Monday, December 31, 2018
- Tuesday, January 1, 2019