



# Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

December 2019

## 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

Your donations help us continue this necessary service to Naperville senior citizens.

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

- 375 Active Riders
- 43 Volunteer Drivers
- Over 2,000 Round-Trip Rides Completed
- Over 150 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.

## We Celebrated Our 2,000<sup>th</sup> Round-Trip Ride



Last month, we provided our 2,000<sup>th</sup> round-trip ride. This is a huge milestone that we are proud to have met. Our driver, Robin, took one of our riders to his doctor appointment along with NCTV17 to

document the momentous occasion. If you want to see the clip visit: <https://bit.ly/2Davygt>

In May of 2017, when RAN started providing our very first rides, we could only have imagined how much this service would come to mean to our community. What a *ride* it has been! Here is to 2,000 more round-trip rides!

## Welcome to our New Drivers!



We are happy to bring on board 4 new volunteer drivers! They each went through our training session in November and are official RAN drivers. If you have them for a ride, please welcome them aboard. We are extremely grateful to have them on board and excited to be able to cover more rides for our riders!



If you know anyone that is looking for a flexible volunteer opportunity, send them our way! The more

drivers we have equals more rides we can cover for you.

## Ride Requests

We are currently experiencing extremely high volumes of ride requests. Your driver will call you the day prior to your ride to confirm. Please try to answer your phone so there is no confusion on the day of your ride.

## Ride Cancellations

We realize cancellations happen, and please try your best only to give us rides you know you will need to avoid last minute cancellations.

## What Our Passengers Say About US

"I am thankful that this service exists for my aunt. She and I rely on you all for when I just can't get out of work for one of her appointments. She feels safe using this service and for that we are both grateful."  
~ Family member of a RAN Rider

If you have feedback on any recent ride, please let us know!

## Contact Us

Office: (630) 864-3087

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

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

### Mailing address:

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## Holiday Caregiving; More Joy, Less Stress



For some family caregivers, the holidays can be a joyful time. It feels good to be together, celebrating with family traditions. But for many, the holidays bring added stress – an already busy caregiver find there's even more to do during the holidays. Here are some quick tips to help you make it through this holiday season with more joy and less stress.

1. **Focus on what is most meaningful** – Prioritize holiday activities that hold the deepest meaning and focus on what will generate holiday feelings and create good memories.
2. **Simplify your holiday activities** – Remember that it doesn't have to be all or nothing; choose those items that are most significant. Go minimal on decorations; choose one religious service; and send e-greetings rather than lots of holiday cards.
3. **Adjust meals** – Don't go big, go simple! Split up the chores or do a potluck. Or let someone else cook (and do the dishes!) by going out to eat.
4. **Rethink gift-giving** – Try shopping online (they often gift-wrap too) or choosing gift cards. And consider giving the gift of time or attention. Drawing names works well with large families, as does sharing items you already have.
5. **Keep self-care at the top of the list** – Find ways to fill your tank. Get plenty of sleep. Walk with loved ones or dance to holiday music. Enjoy holiday goodies, but in moderation.
6. **Ask for help** – Even a few hours can be a huge relief, especially for help to complete items on your holiday to-do list. Ask family and friends to help with direct care or look for resources like adult day care centers respite care, or paid home health aides/caregivers (see below).

Whatever you do, remember that you'll be happier if you can go with the flow! The bottom line is that this time is precious. Savor the moments with your loved ones and make good memories you can cherish forever. For more detail on these tips as well as some additional ideas for holiday caregiving, check out the full article here: <https://bit.ly/37wS3Ky>.

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## Yuletide Festival

Missing the Christkindl Market? The Yuletide Festival in Naperville is a FREE event that will be held at the Naper Settlement. It will take place the first three weekends of December. <https://www.starevents.com/event/yuletide-fest/>

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## Naperville Senior Task Force

The Senior Task Force, which was established at the direction of the 2014 Naperville City Council, is helping address the unique needs of Naperville's growing senior population. This group promotes coordination among existing senior service providers in the Naperville area; improves awareness among seniors of available resources to assist them; and develops recommendations to address service gaps related to transportation challenges, housing concerns and healthcare resources.

Sign up for the STF *Our Voice* quarterly newsletter by registering for City of Naperville's e-News at [www.naperville.il.us/enews](http://www.naperville.il.us/enews). Don't forget to check the Senior Newsletter: Our Voice box!