



Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

January 2019

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.

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!**

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New Year - New Goals



Happy new year! I always look forward to a new year. It's a fresh start. But, are we just going to take what comes along or are we going to decide what we would like the future to hold and create a plan to there?

Goals have been a focus from early in our lives. As a child, if we wanted something, we frequently had to plan how to get it. Being chosen for a sports team required training. Achieving our desired career required planning and effort. Getting married, having children – all involved finding ways to achieve them.

You're not too old to have dreams or set goals. Creating a plan could very well mean the difference between being independent or not. Independence is an issue for most seniors at some point. It might start with losing your driver's license or having to move from your house. This is part of life, but you don't have to let these changes override everything else.

What do you want for the rest of your life? Planning for your future is what makes life interesting. Goal setting gives you that little extra push to achieve. Seniors with goals are healthier and happier. Establishing objectives makes a difference no matter how old you are. Age will not inhibit success unless you believe that it does. Age should only be a number when it comes to setting priorities.

When you're starting to set your goals, think **SMART**: target a **SPECIFIC ACHIEVEMENT**. Instead of saying that you want to take better care of your health, focus on how you're going to do it. Are you going to exercise more? What kind of exercise? It's important to be able to **MEASURE** your progress. For example, "On Monday I walked to the corner. On Tuesday, I walked around the block." Your goals must be something that you can **ACHIEVE**. When setting your priorities, it's critical that you take into consideration your physical condition. Don't set yourself up for failure by reaching too high. Be **REALISTIC** and your success rate will be higher. Rather than just have a project covering the entire year, develop a **TIME FRAME** with specific targets for each period. Such as, "In January I will walk for 5 minutes each day. In February I will increase it to 10 minutes each day."

What are some things you would like to accomplish? Think about what matters to you now in 2019. Re-establish priorities. For some, just being able to dress yourself is challenging. But if you can achieve it you can be more independent. For others, being able to walk a certain distance can mean more independence. Others may want to learn something new, volunteer, take a trip, organize their belongings, or make new friends. Whatever it is, write it down and include a timeline. Break the steps up and count each step achieved as a victory. It might help to discuss with a friend or maybe you have someone with the same interests and you can work together. Don't be afraid to ask for assistance in establishing the steps you need to take. If you live in a community setting, you can suggest a class on how to establish goals. Everyone should come to the meeting with at least one idea. You don't have to share your goal with anyone unless you want to, but if you want help, you will need to share.

Don't over commit. It is better to have one goal and achieve it, rather than have many and become overwhelmed. Once you have achieved your first, it will be easier to move on to others. We wish you all a Happy New Year – and here's to achieving your goals in 2019!

