



Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

January 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

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

- 372 Active Riders
- 46 Volunteer Drivers
- Over 4,375 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.

New Year's Resolutions for Older Adults



New Year's resolutions are just for the young, right? Not necessarily. Setting resolutions has practical value for older people and can impact your overall health positively.

If nothing else, resolutions provide us with goals and purpose in our lives. Rush University has conducted studies that show people who view life with a sense of purpose are two to four times less likely to develop Alzheimer's. Purpose gives you discipline. Another Rush study notes that self-disciplined, highly organized people are less susceptible to Alzheimer's.

And, a study in Journal of the American Medical Association showed that older adults with a solid sense of purpose tend to retain strong hand grips and walking speeds – key indicators of how rapidly people are aging.

Writing down our thoughts and desires can make a big difference in our general outlook on life. It's a way to enter the year with an upbeat and positive attitude. And yes, there are studies to support the benefits of a positive attitude as you age. A Columbia University study showed that people who are enthusiastic and content are less likely to develop heart disease, while a Swedish study noted that social people who don't sweat the small stuff are 50 percent less likely to develop dementia.

What are your resolutions for 2020? Want to share them with RAN? We would love to hear from you about your new year's resolutions! Find the full article here: <https://bit.ly/2MQ4Z5F>.

Naperville District 203 Free School Events

Did you know senior citizens can attend any student-based event for free? This includes plays, football games, volleyball games, and more! If you are a District 203 resident & over 60 years old, you can use this amazing feature. Head to the District 203 building and show your ID. The building is located at 203 West Hillside Road in Naperville. For more information call them at (630) 420-6300 or contact them at info@naperville203.org

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. Winter months mean snow and ice. Our office keeps a close eye on bad weather. If you feel like to want to cancel a ride due to inclement weather, don't worry because you will never be charged for a weather-related cancellation.

What Our Passengers Say About US

"Thank you for all you do. You were an incredible uplift during a very challenging time. I have been getting better thanks to your help."
~ RAN Rider

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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Roommates for Companionship and Cutting Costs



Who doesn't remember the beloved "Golden Girls" show? Have you ever wondered how it would play out if you lived a life like Blanche, Rose, Sophia, and Dorothy? There is a new website that is a platform for this exact purpose. It brings like-minded seniors together with others in their community to help facilitate a great living situation.

Renting out a room with another senior might just be a perfect way to gain a new friend, help with paying bills, and bring some joy to your everyday life. A real-life "Golden Girls" situation could be a reality! It is a growing trend in many areas of the United States.

Taking roommates has been a response to financial pressures in retirement and to stave off intense isolation. Can sharing homes help Americans age in place as we live longer? Silvernest is an online platform that can help facilitate this type of living situation. To learn more on this subject, visit <https://wbur.fm/2tsday1>. Or you can visit www.silvernest.com learn more about this using the platform.

Free Tax Filing Assistance for Seniors

Happy new year! In other words, tax season is coming. If you are looking for some help filing your taxes this year, the Naperville Park District offers free tax filing assistance for seniors, 50 years and older. They have volunteers trained through the AARP tax-aide program to help in the upcoming months. You must register for a 45-minute appointment time and will be asked to bring all your paperwork with you. Visit the park district for a program guide or visit their website, <https://napervilleparks.org/seniors>. You can sign up for this tax assistance appointment online or call them directly for more information at (630) 848-5000.

Silver CPR Classes

Partnering with the Naperville Fire Department, the Naperville Senior Task Force (STF) <https://www.naperville.il.us/government/board-and-commissions/senior-task-force/> is offering Silver CPR classes for seniors on **Tuesday, February 11, 2020** at 9 a.m. or 1 p.m. at Safety Town, 1320 Aurora Ave.

The class is free to seniors and covers basic CPR, use of an AED, and choking prevention for adults, children, and infants. Register at <https://naperville.enrollware.com/schedule> by selecting "CPR for Seniors" towards the bottom of the page and selecting the class date/time of your choice. Class size is limited to 25 per session, so sign up today!

Want to Receive Our E-Newsletter?

Did you know we send our newsletter via e-mail as well? If you don't receive it and would like to, simply visit <https://bit.ly/2oLQB5g> and enter your e-mail address.