

NAPERVILLE SENIORS IN ACTION

Keeping Naperville seniors connected by providing affordable and dependable transportation to area medical appointments.



2023 RAN STATISTICS

Total Round Trip Rides Given: 1,095

Number of Active Riders: 503

Volunteer Drivers: 63

SUPPORT RAN!

Supporting RAN means you become a change-maker in the quality of life and social connectivity for older adults. No amount is too small!



Make a donation by sending a check, visiting our website, or contacting us to make a payment by credit card.

WELCOME TO OUR NEW BOARD MEMBER

Please help us welcome our newest board member, Sheela Jaiswal. She is a long-time resident of Naperville, living in the community for the past 15+ years. Sheela is one of the founders of Salome Foundation, a non-profit that specializes in education and empowerment for the underprivileged. She is a charity lead with Indian Women of Naperville (IWON), volunteer at Hased House, Mutual Grounds, Fishes & Loaves, Sewa, Feed My Starving Children, Akshayapatra, and ISKCON Naperville.

An avid traveler, Sheela lives in Naperville, with her husband and 3 children. Her personal interests include Community Service, Travel and Gardening.

With her expertise, RAN is excited to have her on our board. She brings a wealth of knowledge that will help RAN grow and help more seniors of Naperville. If you know her in person, please make her feel welcome to the RAN community!

VOLUNTEER WITH RAN

BECOME A VOLUNTEER DRIVER

Ride Assist Naperville couldn't do what we do without our volunteer drivers. Seven new volunteer drivers have joined the RAN team this past quarter:

Craig, Gwenne, Joanne, Lauren, Nancy, Rich, and Sheela

RAN aims to add **40 NEW VOLUNTEER DRIVERS** by December 31st to meet the demand of our client's ride requests. Please help us reach our goal through volunteering for RAN. The best part is that you can drive during the times that work for your schedule.

The next Volunteer Training Orientation is Thursday, July 13th | 9:30-11:30 AM

THANK YOU ROTARY CLUB OF NAPERVILLE



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Rotary Club of Naperville's grant money is for humanitarian programs that provide essentials to people in need.

THANK YOU DUPAGE FOUNDATION



ROBINWOOD LEGACY FUND OF DUPAGE FOUNDATION

Thank you DuPage Foundation for the generous grant Ride Assist Naperville received from the Community Needs Grant Program! This health and human services grant will help us find, training, and onboard 30 new volunteer drivers in our Volunteer Acquisition Project! RAN received \$5,000 from the Robinwood Legacy Fund of DuPage Foundation.

RAN is excited to announce a \$1,000 donation from the *Mulholland Family Donor'Advised Fund of DuPage Foundation*. Thank you for your support!

MESSAGE FROM THE EXECUTIVE DIRECTOR

The last few months have brought forest fires to many parts of Canada which is now affecting our local air quality as well. I grew up in neighboring Warrenville and have been in the Naperville area my whole life. The air quality is the worst that I can personally remember. As this seems to be a new issue we have to deal with, I wanted to make sure everyone knows these tips.

Please check the Air Quality every day this summer before making outdoor plans. *Airnow.gov* and *Weather.com* are reliable sources to check. If you want an app, IQAir is a great source that tracks air quality and reports. If you are sensitive to poor air quality such as having asthma or COPD, please limit your time outside. As always, reach out to your doctor because they can answer any questions or concerns you may have. If you have any N95 masks hanging around, those are great in protecting you while outside from the particles in the air from wildfires. Indoor air purifiers are available to purchase and can help increase indoor air quality by filtering allergens, large particles, and wildfire smoke.

Since there are so many wildfires in Canada, we may be dealing with poor air quality for the rest of our summer. I really hope we have clear skies and healthy air; I can't wait to get outside and enjoy summer to the fullest. I wish everyone a happy and healthy summer!

Ashley Abraham, RAN Executive Director

VOLUNTEER APPRECIATION EVENT

RAN recently held our first in-person Volunteer Appreciation Event since Covid hit in 2020. It was wonderful getting together again! We are so happy to bring our annual event back!



Pictured: RAN Board President Tim Ells with one of RAN's founders, Bev Frier-Patterson



Pictured: Volunteer drivers Suzanne, Dan, and Ann. Board member Sue and Founder Bev.

MEMORY CAFE

Sponsored by Dementia Friendly Naperville and the Naperville Senior Task Force, Memory Cafes are a social gathering of individuals living with dementia and their care partners. These free events are a place where both caregiver and care recipient can socialize together and connect with others in similar situations.



Memory Cafes take place on the second Tuesday of each month 2 to 3:30 p.m. at the 95th St. Library, 3015 Cedar Glade Drive.

Register online at www.naperville-lib.org. Walk-ins are welcome. For more information, call Lisa Kirchner at (630) 710-7502.

WE LOVE TO HEAR YOUR FEEDBACK!

Have you had a great experience using RAN services? We would love to pass on your feedback to our drivers and share it on social media and in our newsletter. Send us an email or note by mail with your feedback!

Thank you

Coldwell Banker - Leavenworth Team of Naperville for their continued support.

NAPERVILLE LOCAL EVENTS

DuPage Symphony Orchestra

Saturday, July 22 - Strike Up the Band

Saturday, September 9 - The Sixties: In Sound and On Stage

Naperville Municipal Band Concerts

55 Concert Lane | 7:30 PM

July 27 - Rovena Hungness Night

August 3 - Naperville Big Band

August 10 - Prelude to Fall

India Day & Celebration - Sunday, August 13 at Rotary Hill, Naperville | 1:00 PM to 11:00 PM

Naperville Farmer's Market - Saturdays through November | 200 E. 5th Avenue | 7:00 AM to 12:00 PM

Historic Trolley Ride - Tuesdays 11:00 AM - 12:00 PM | July 11, 25 and August 1, 8, 15, 22, 29

Morton Arboretum - Offers many different tours, Nature Club, Classes on Yoga, etc.

BrightSide Theatre - Summer in the Parks; Music of Andrew Lloyd Weber, 7:00-8:00 PM
 July 14, Country Lakes Park
 July 19, 95th Street Community Plaza
 August 3, Millenium Carillon Amphitheatre
 August 4, Naperville Band Shell
 August 9, Ranchview Park

WATERMELON AND SPINACH SALAD

Prep Time 15 min. Serves: 8

DRESSING:

1/4 cup rice vinegar or white wine vinegar

1 Tbsp lime zest (grated)

2 Tbsp lime juice

- 2 Tbsp canola oil
- 4 tsp. gingerroot (minced fresh)
- 2 garlic cloves (minced)
- 1/2 tsp. salt
- 1/4 tsp. sugar
- 1/4 tsp. pepper

SALAD:

4 cups baby spinach (fresh, or arugula)

3 cups seedless watermelon (cubed)

2 cups cantaloupe | 2 cups English cucumber (all cubed)


1/2 cup chopped fresh cilantro | 2 green onions (chopped)

DIRECTIONS:

In a blender, combine the vinegar, sugar, mustard, onion powder, and salt. Cover/process until sugar is dissolved. Continue while adding oil in a steady stream. Add onion and poppy seeds; process until blended. In a large salad bowl, combine the spinach, watermelon, grapes, and raspberries; sprinkle with almonds. Serve with vinaigrette.

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Doreen Booth Homes

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To You & A Non-Profit Close To Your Heart!**

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Download my Buyer's Guide or Seller's Guide at www.doreenboothhomes@gmail.com or scan the QR Code for a Link.






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