



# Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

March 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.

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

- 335 Active Riders
- 42 Volunteer Drivers
- Over 1,200 Round Trip Rides Given
- Over 130 Medical Destinations

## Tidying Up

Have you noticed that, when a room is cleared of clutter, you feel mentally clear? It's an interesting connection. The current trend toward decluttering one's space inspired by Marie Kondo's book and Netflix show, "Tidying Up With Marie Kondo," is a healthy step toward better mental health. Clear homes, clear minds.

You might not think twice (or even notice) the clutter building up in your home. Junk mail piled up on the counter or toiletries covering the bathroom counter. Piles of books that don't fit on shelves gathering dust on the floor. Unused gift or shopping bags stacked on a side table. Knick-knacks everywhere. These are the situations Kondo urges people to pick apart, mindfully sift through the stuff to decide what "sparks joy," and toss the rest. After all, too much clutter can make it difficult to be happy in your own home (or workplace). When there are four loads of laundry piled up it's hard to relax or concentrate on daily tasks. That's when anxiety, frustration, irritation, distraction or depression can take hold.

The more immediate tasks usually take precedence, and the clutter remains. How does one even find the time to tackle all that stuff? If the clutter in your life is sapping your mental energy, here are four steps to start tackling it:

1. Take on a small piece of the problem at a time.
2. Consider how often you use various items in your home, from books to clothes to kitchen appliances and dishes.
3. Be mindful — think about what each item means to you.
4. If it's not emotionally or physically useful (or hasn't been used in months), clear it out.

In the end, it's not about figuring out what you can and can't discard, it's figuring out what brings you genuine happiness in life. By discovering what these things are, we can live a more fulfilling life and focus on the things that bring us joy. If you're feeling overwhelmed by stress, you may need some extra support. Talk to your doctor about seeking help from a professional. For the full article from Edward-Elmhurst Health: <https://www.eehealth.org/blog/2019/02/tidying-up-mental-health/>

## Welcome New RAN Drivers!



We trained 5 new RAN drivers in February. Hopefully this will lessen the "full days" we've been experiencing lately.

We want to cover every ride for you - that's why we're here. But from week to week, we may not be able to cover every ride you call in, even when you give us our required seven days' notice. We rely on volunteer drivers and some weeks, we just have too many rides scheduled. We can schedule rides up to 6 months in advance.

To have the best chance of getting a driver for your ride, here are a few tips:

- Schedule your appointment more than 7 days out if possible.
- Make sure your doctor's office knows you rely on volunteer drivers and you need appointments scheduled at least a week in advance.
- We will always try to work with you for emergency appointments or unusual situations. Please remember we must meet the needs of 335+ active passengers.

## Volunteers Needed

As always, we need 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

"I was unable to drive myself and this service was invaluable to me when it came to get to medical services. Volunteers were polite and extremely accommodating to the needs of riders. A great public service!" ~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](http://www.rideassistnaperville.org)

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

### Mailing address:

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

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## DuPage Senior Citizen Council



The DuPage Senior Citizens Council is a great resource in DuPage county. They offer many services including Meals on Wheels, minor home repairs, contractor referrals, pet care and food assistance, friendly visits, and more! They ensure that each senior they serve goes to bed each night knowing they are truly loved. The men and women who serve and volunteer on behalf of DSCC happily offer their time and talents.

From retired seniors who deliver meals to young adults who check on seniors to handymen who make small home repairs, every person who serves is a part of DSCC serve with one purpose – to show the love and respect that all seniors deserve. For more information visit their website: <https://www.dupageseniorcouncil.org>

## Upcoming Activities in Naperville

The Naperville St. Patrick's Day Parade will be on **Saturday, March 16 from 10 a.m.-12 p.m.** This is a FREE event that is fun for all ages. This parade kicks off at Naperville North High School and goes through Downtown Naperville.

The Naperville Public Library on 95<sup>th</sup> Street is hosting a Residential Burglary Prevention Forum on **Tuesday, March 26**. This will run twice; one will be 1-2 p.m. and the other will be 6:30-7:30 p.m. This is a part of the Naperville Police Department's "A Safer Naper" campaign, which features new safety themes each month to educate residents on how to prevent crime and enhance their overall safety.

Naperville Garden Club will be meeting **Wednesday, March 27 from 8:45-11:45 a.m.** The public is welcome, and they accept new members at every meeting. Reservations and the prepaid \$20 fee are required to attend. Included is a continental breakfast and the presentation of the guest speaker. New members are welcome, and a membership form can be found on the website. <https://bit.ly/2H3fz8h>

Save the date! On **Wednesday, April 3<sup>rd</sup>**, Portillo's in Naperville (only at 1992 W. Jefferson Ave. location) 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? Drive-thru and carry-out orders are included in this fundraiser! We hope to see you there!

The Lisle Park District will be offering free, secure, on-site paper shredding this upcoming **Saturday, April 20<sup>th</sup> starting at 9 a.m.** Drive-up and drop-off documents while an on-site industrial shredder destroys the documents into confetti sized pieces at no charge. Bring your paper items only, in brown paper bags, limit 5 per car. No cardboard or plastic bags will be accepted. This event will be at Lisle High School. <https://bit.ly/2NMuUu7>

Ran will be at the Senior Housing Options Expo (SHOE) on **Friday, April 26<sup>th</sup>** from 9:00 a.m. – 12:00 p.m. We will be there along with many other businesses and non-profits in the area that cater to senior citizens.

## Help us Apply for More Funding

We sent a form to gather information regarding your Federal Poverty Level status in this newsletter. Please fill it out and send back to us in the envelope provided as soon as possible. You can also call the office at (630) 864-3087 to save on postage.

RAN will be required to gather this information from all riders. Thank you for understanding.