



Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

March 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

- 395 Active Riders
- 46 Volunteer Drivers
- Over 4,650 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.

Shakou Cares



Every second Tuesday of the month, Shakou of Naperville hosts their *Shakou Cares* event where they donate 10% of their daily proceeds to a local charity. Ride Assist Naperville will be the charity on **March 10th**. Mark your calendars

for this exciting day and we hope to see you there! Shakou is one of Naperville's most gorgeous restaurants. They specialize in modern Japanese cuisine featuring sushi as well as cooked dishes. Call Shakou at (331) 472-4955 to set up a reservation or visit <https://www.shakourestaurants.com/Reservations/>.

When: Tuesday, March 10th

Time: 11:00am – 10:00pm

Where: Shakou, 22 E. Chicago Ave.
Naperville IL 60540

How Swollen Glands Can Alert You to Illness

If you've ever had strep throat, chances are you've experienced swollen glands. Your body has a system of lymph nodes, or lymph glands, that can be found primarily in your neck, chin, armpits, chest and groin. The lymph nodes act as a filter for your body, trapping viruses and bacteria before they can affect other parts of your body.

Generally speaking, when your lymph nodes are swollen, it's due to an infection or underlying disease. You may first notice pain or tenderness around the affected lymph node, which may swell to the size of a pea or kidney bean. Other symptoms that often accompany swollen lymph nodes can include runny nose, sore throat, coughing and other signs of an upper respiratory infection; fever or night sweats.

Some of the more common causes for swollen lymph nodes include viral or bacterial infections such as the common cold, mono or strep throat. As the infection clears up, the swelling goes down. Your doctor may prescribe antibiotics to treat an underlying bacterial infection or recommend ibuprofen or acetaminophen to lower a fever or ease pain. Warm compresses may also help reduce swelling. To read the full Edward-Elmhurst Health Article visit: <https://www.eehealth.org/blog/2020/01/how-swollen-glands-can-alert-you-to-illness/>

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 help. I am so glad I don't have to rely on a taxi cab for my rides to the doctor. You are more reliable and friendly and I look forward to using RAN."
~ RAN Rider

Contact Us

Office: (630) 864-3087

www.rideassistnaperville.org

info@rideassistnaperville.org

Mailing address:

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Ride Cancellations

We have been getting a larger amount of last-minute cancellations lately. We fill up our days quickly so the urge to make a ride request far in advance is advantageous. But also, be aware that if you make a ride request then cancel it the day of or the day prior, that takes a ride away from another rider. We understand things out of your control come up such as the doctor canceling or sicknesses happen. Please try to request rides you know you will be able to keep. Thank you for understanding.

Amazon Smile



You shop. Amazon gives.

Do you shop on Amazon? If you do please consider shopping at www.smile.amazon.com and use **Naperville Seniors in Action** as your non-profit to donate to! Amazon Smile is the same as Amazon but 0.5% of purchases are donated to a

charity of your choice.

To choose or change your charitable organization:

1. Sign in to smile.amazon.com on your desktop or mobile phone browser.
2. From your desktop, go to **Your Account** from the navigation at the top of any page, and then select the option to **Change your Charity**.
3. Select **Naperville Seniors in Action** as your new charitable organization to support.

Upcoming Activities in Naperville

The Naperville St. Patrick's Day Parade will be on **Saturday, March 14 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 Nichols Library downtown Naperville hosts tons of different events for children and adults alike. On **Thursday, April 9 from 7-8:30pm** in the Community Room they will host David Wylly of Medicare Solutions Network to bring participants up to speed on what Medicare covers, what it doesn't and potential out of pocket exposure. Supplemental Plans, Advantage Plans, Part D Prescription Coverage and cost saving strategies for the years ahead will be discussed.

Another event the Nichols Library is hosting will be in the Community Room on **Thursday, April 23 from 2-3pm**; "*Degenerative Arthritis of the Hip and Knee: Non-surgical and Surgical Solutions.*" In partnership with Edward-Elmhurst Health, an orthopedic surgeon will discuss lifestyle, medical and surgical options to alleviate chronic hip or knee pain due to arthritis. To view more events that may interest you, visit the library's online guide at: <https://www.naperville-lib.org/programs/events-adults>.

Senior Housing Options Expo (SHOE) on **April 23rd from 5-7pm and 24th from 9am-12pm**. They have added evening hours to make it more accessible to as many seniors as possible. See the attached flyer for everything they will be offering.