



Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

July 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

- 359 Active Riders
- 40 Volunteer Drivers
- Over 1,600 Round Trip Rides Given
- Over 130 Medical Destinations

The Healing Power of Friendship Grows with Age



Having a few good friends — or many — has always been golden. And as you age, those friendships may become even more important. If you're in your sixties or beyond, friendships aren't just the social glue and glitz of life. Good friendships can dispel loneliness, improve your health, boost your sense of well-being, and even

add to your years. Friends aren't just for fun, they can be lifesaving too.

Loneliness stemming from having too few friends doesn't just potentially spiral you into a state of depression, it could even shorten your lifespan. Researchers defined loneliness as lacking companionship and having feelings of isolation or not belonging. Those who reported loneliness were nearly one and a half times more likely to die during the six-year follow-up. In addition, people who were lonely were less likely to be able to do simple daily tasks and activities, such as walking around the block, dressing and showering, and carrying objects as light as 10 pounds. Adults age 51 and older who had lost a spouse through widowhood felt less lonely when they started volunteering more than two hours a week.

If you're not the type to have many friends, be assured that quality may be more important than quantity. If you have at least one person who understands you — a friend you feel you can tell anything — that's enough to contribute to your feelings of well-being. In either case, though, the message is clear: having meaningful social connections is important for maintaining brain function. Social interaction, regardless of how many friends are ideal for you, helps keep your thinking and cognitive skills sharp.

As the years go by, not everything stays the same. It's important to maintain friends, but it doesn't have to be equal all the time. Don't become overly invested without getting enough in return. Likewise, it's crucial not to lean too much on one friend. Reciprocity is a very important factor. A big difference in the balance of give-and-take in the friendship is not ideal. You can't be waiting for the other person to call you and they don't call you. Have a scope of friends. Don't depend on just one or two.

To read the full article from Everyday Health, please visit: <https://bit.ly/3OZRRQK>

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. As 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.

We realize cancellations happen, and please try your best only to give us rides you know you will need to avoid last minute cancellations.

What Our Passengers Say About US

"I can't thank you enough for this wonderful service! So far I have ridden with Laura, Robin, Ed and Michelle. These angels are so warm and caring. We seniors are so fortunate to have them."
~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

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Ways to Beat the Heat

July is notorious for hot and humid weather in Naperville. Seniors may be more susceptible to heat stroke and other symptoms due to extreme weather. Luckily, there are several places in Naperville for a free place to cool down in case your air conditioning isn't keeping up or if you don't have air conditioning at all. Call or check online for their full business hours.

Naperville cooling centers:

- 95th Street Library, 3015 Cedar Glade Dr.
- Nichols Library, 200 West Jefferson
- Naper Boulevard Library, 2035 S. Naper Blvd.
- College of DuPage Naperville Center, 1223 Rickert Dr.

How Emotions, Like Colds, Are Contagious



When you see someone coughing and sneezing, you know to keep your distance. What about when you see someone who is sad or moody? Emotions can spread like a cold, and you can "catch" them too.

It's true, emotions are contagious. Studies suggest that other people's moods may be as easy to catch as their germs. You can be infected with someone's happiness — or sadness. Researchers call this phenomenon *emotional contagion* (EC), in which one person's emotions transfer to another. It involves all types of emotions, from angry, sad and fearful to happy, enthusiastic and joyful.

Emotions are often caught by mimicking other people's facial expressions and body language, a natural instinct which begins early in life. Studies have found that when we imitate someone's expressions, those expressions trigger reactions in our brains that cause us to feel the same feelings. It's a process: seeing someone frown makes you frown, and because you frowned, you now feel sad. It happens so fast, you may not even be aware of it. When you encounter your spouse, friend or coworker in a bad mood, you may unknowingly begin to feel unhappy as well.

When it comes to emotions, it's much better to catch the happy "bug" than the sad one. But avoiding negative people and surrounding yourself with positive ones is easier said than done. Awareness is key. Be aware of how other people's emotional states are affecting you and take care of yourself when you need to. If you feel exceptionally stressed, look around you. Is your spouse always stressed at home? What about your coworkers? Does your mood lift when you're away from someone?

The emotions you put out matter, too. Keep your own negative emotions in check and avoid negatively impacting others. Remember, your good mood can brighten a room. And, an act of kindness can stop the spread of negative contagious emotions.

To read the full article from Edward-Elmhurst health please visit: <https://bit.ly/2J735w6>