



Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

September 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

During the pandemic, we have lost a lot of our normal donations.

Every little bit helps ensure that we stay on the road, providing rides for seniors in Naperville.

Thank you!

RAN to Date

- 375 Active Riders
- 44 Volunteer Drivers
- Over 5,100 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.

Houseplants Can Boost Your Mental Health While COVID-19 Has You Stuck Inside



Having plants in your home can reduce stress levels and help you mentally refresh when you feel exhausted. "Green, leafy plants have curvy lines, which we find comforting to cope with stress," said Dr. Sally Augustin, an environmental and design psychologist, adding that the color green is linked to increased creative thinking. "All this probably goes back to the origin of our species when we saw green, leafy plants and that meant there was something around that we could eat," she said. "That gave us a psychological boost."

Other community members in Chicago have said that taking care of their plants has been a total distraction from the pandemic, bringing some structure to their otherwise stressful days. Living in the city can be harsh, so bringing green plants into your space can make it feel more comfortable and peaceful.

But too many plants can add clutter and stress, Augustin said. Plants that are particularly difficult to care for, like orchids, might also introduce frustration. She said to opt for just a few low-maintenance plants to experience the most positive mental health effects.

Plants also provide hope for the future because caring for them now is caring for what they will grow into tomorrow. "The more you put into them, the more they give back," she said. "If you take care of these plants, they'll take care of you."

To read the full article please visit <https://bit.ly/2GdCcYm>.

Naperville Township Medical Loan Closet

Naperville Township offers a great service in their Medical Loan Closet. During the pandemic, they suspended their services but they are currently back up and running! They offer loans on a large array of medical supplies such as walkers, commodes, wheelchairs, as well as bath and shower benches for a period of three months, with a one-time renewal.

If you are in need of an item or have something to donate to the loan closet, call the Naperville Township at (630) 355-2786.

Ride Requests

Many doctors are only offering appointments if they are essential. Please inquire with your medical team if you can do a phone or video call with your doctors to avoid unnecessarily visiting the doctor's office. Always check with your doctors before making a ride request with us. If we can find a volunteer driver, we will make every effort in getting you to your medical appointments.

COVID-19

All riders must sign our COVID-19 waiver before being able to schedule a new ride. If you or someone you have been in physical contact with has tested positive for COVID-19 and you have recently taken a ride with RAN, please let us know. We would need to be able to inform our drivers so they can get tested and use proper quarantine protocols in case they have been exposed. We are doing our best to keep our RAN community safe at all times.

Contact Us

Our office staff will be working remotely for the foreseeable future. Leave a detailed voicemail and we will call you back as soon as possible. You can also email anytime.

Office: (630) 864-3087

www.rideassistnaperville.org

info@rideassistnaperville.org

Mailing address:

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Essential Rides Only

We are doing our best to assist our riders during this crazy time, and we are constantly preparing for changes in the upcoming months. We are constrained by the limited number of available volunteers. As the COVID-19 pandemic continues to impact our country and community, Ride Assist Naperville does not have the manpower of volunteers we need to give many rides right now. We will continue to prioritize essential rides such as chemo treatments and dialysis. If you have a medical appointment, please call us and we will do our best to get you a ride.

Naperville Senior Services

Our wonderful town offers so many services to better help our senior citizens! In case you are not aware there is a Senior Help Desk at the Alfred Rubin Riverwalk Community Center. Their phone number is (630) 848-3613. Normally the building is open, but due to the pandemic, please make sure you call before going there.

They are there to help you in care options, education, elder rights, emergency preparedness, employment, financial assistance and taxes, food assistance, general information for seniors, health benefits, housing, household maintenance assistance, life safety, recreation, and much more! For more information or assistance, feel free to call them or visit

<https://www.naperville.il.us/services/senior-services-and-resources>.

We Need Volunteers

Now more than ever we need volunteer drivers! As a non-profit, we rely on volunteers and donations to provide our community with this much needed service. Right now, we are trying everything to find drivers willing and able to volunteer for RAN.

If you are one of our riders, please ask around! Do you have any family or friends in Naperville or nearby who might be willing to give back to our community? We would LOVE to chat with them about it.

Driving for RAN is such a rewarding experience. Our drivers love being able to choose their own schedule. And many of them have forged some great friendships with our riders. Please visit our website for more information on volunteering as a driver with us <https://www.rideassistnaperville.org/home/drivers/>.