



Naperville Seniors in Action

Quarterly Newsletter

Affordable Transportation for Naperville Senior Citizens

Fall 2022

Appreciation

Thank you for participating in Naperville's only transportation option for seniors where our drivers wait with the rider during their appointment.

Newsletter Sponsors

Thank you to **Coldwell Banker - Leavenworth Team of Naperville** for their continued support of RAN and sponsoring our quarterly newsletter!

Donate

Our seniors who can't afford to pay, are never asked to. If you are inclined to donate on behalf of your community members, we all appreciate any extra you can spare. Your donations are tax deductible! You can donate by check or on our website under the "Donate" tab.

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

Thank you!

WELCOME TO RIDE ASSIST NAPERVILLE'S QUARTERLY NEWSLETTER!

Welcome To Our New Program Assistant!



In case you have not called our office in the last month or so, we have hired a new Program Assistant! Lyn Smith comes to us with a wealth of nonprofit and marketing knowledge. She will be an amazing asset for our RAN Team. She will be working part time taking phone calls and helping with special projects to keep our office running smoothly. If you call and speak with her, please welcome her aboard!

Welcome to RAN'S Newest Volunteer Drivers!

RAN couldn't do what we do without our Volunteer Drivers. We are thankful to all of you. If you know one of our new drivers, please make them feel welcome! Please welcome our newest drivers:

Carrie Bowen

Suzanne Casey

Richard Grill

Ann-Marie Hartline

Kathy Kilbride

Jeff Mathews

Ramesh Rao

Marcia Schild

COVID-19 Policy Updates

As a reminder, continuing to wear your masks during rides – both drivers and riders. The mask policy will most likely stay in place until our local medical offices lift the same requirement. If you need some face masks, just ask your driver as they will have extras for you if needed.

RAN to Date

- 440 Active Riders
- 49 Volunteer Drivers
- Over 6,500 One-Way Rides Completed
- Over 180 Medical Destinations Visited

Volunteers Needed



Do you know someone who might be a good fit as a volunteer RAN driver? Send them our way! One of the best ways to help us is referring someone you know! Volunteering with Ride Assist Naperville is both flexible and rewarding. We are always in search of qualified volunteers to help and spread more kindness to our community!

AARP “Smart Driver” Program for Seniors

November 9th and 10th | 8:30 AM – 12:30 PM

Naperville Police Department

The Naperville Police Department is partnering with AARP to offer a classroom driver refresher course designed for drivers 50+, called the "Smart Driver" program. This classroom driver refresher course, designed for drivers age 50 and older, has assisted millions of mature drivers to stay safe. The objective of the course is to help participants drive safer and therefore keep their licenses longer. Topics include:

- Understanding the normal effects of aging on driving and practical ways to compensate for those changes
- Driving strategies for the mature driver
- Identifying the most common crash situations and how to avoid them
- An update on the rules of the road, vehicle accessories, and local traffic hazards.

To learn more about the program and to register contact Julie Smith, Crime Prevention Specialist at 630-420-8479 or visit <https://bit.ly/3Mz4477>.

October is Crime Prevention Month

Naperville’s reputation as a safe city is due in part to the community’s commitment to crime prevention. This month, in celebration of that commitment, NPD’s Safer Naper campaign will join the National Crime Prevention Council in recognizing October as “Crime Prevention Month.” To read more about current crime trends in Naperville, visit www.naperville.il.us/ and search for Crime Prevention month.

Naperville Area Events

Check out these local activities coming up:

- **Music, Memory & the Brain - Interactive Lecture:** Tuesday, October 25, 2022 | 5:15pm | Alfred Rubin Riverwalk Community Center, 305 Jackson Ave., Naperville | RSVP to Jennifer at 630-357-8166

What Our Passengers Say

"Thank you for all your help. I'm happy to hear you're getting more drivers because this is my preferred way to get around. I'm so happy us seniors have you to rely on."

"I want to tell you how much I appreciate this service. I truly rely on this and don't know what I would do without you being here to help me."

"I love talking to you and the help this program provides. It has become a big relief."

"The drivers are so kind and helpful. So thankful for the Ride Assist Programs help"

"I have had no problem with everyone at Ride Assist- you all are like my family. My Volunteer was so nice & kind to me-everyone has been so great"

- **Trick or Treat at Naper Settlement:** Sunday, October 30, 2022 | 1-4:00pm | Naper Settlement, 523 S. Webster St., Naperville, IL 60504 | To learn more or purchase tickets, visit www.NaperSettlement.org/TrickOrTreat
- **Memory Café:** Tuesday, November 8, 2022 | 2:00pm | 95th Street Library Lookout Room, 3015 Cedar Glade Dr., Naperville, IL 60564 | Visit or call the library to register <https://bit.ly/3g9aWw4>
- **Election Day:** Tuesday, November 8, 2022 | All Day | Visit www.vote.org to find your polling place and other voting information
- **Naperville Noons Lions 5K Turkey Trot:** Thursday, November 24, 2022 | 8:00am | Naperville Central High School, 440 Aurora Ave., Naperville | Call 630-305-7701

Fall Recipe - Apple Crisp



Nothing says Fall better than a delicious and easy-to-make dessert. This recipe is adapted from a 50-year-old peach crisp recipe.

Preparation Time: 20 minutes | Baking Time: 40-45 minutes at 375 degrees | Serves: 6

Ingredients:

- 2/12 cups apples - peeled, cored, and sliced (Granny Smith, Fuji)
- 1 cup sifted all-purpose flour
- 1 cup white sugar
- 1/2 tsp ground cinnamon
- 1/2 cup butter, softened

Directions:

1. Preheat oven to 375 degrees F. Lightly grease an 8-inch square baking dish.
2. Arrange apple slices evenly in prepared baking dish. Sift flour, sugar, cinnamon, and salt into a bowl. Cut in butter using a pastry blender or 2 knives and sprinkle over apples
3. Bake in the preheated oven, until topping is golden (40-45 minutes). Cool slightly before serving. Delicious with a scoop of ice cream.

Ride Requests FAQ

Always confirm your appointment with your doctor before making a ride request with us. As always, give us at least one week to set up a ride. Our drivers will call you two days prior to your ride to confirm. Please remember to wear your mask! Medical offices are still requiring them and RAN feels it is the safe thing to do to keep everyone healthy.

Contact

(331) 330-2257

www.rideassistnaperville.org
info@rideassistnaperville.org

Mailing address:

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

Naperville Seniors
in Action d/b/a
Ride Assist
Naperville is a
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Ways To Stay Hydrated During the Fall and Winter Months

- Set a daily liquid intake goal
- Set a timer to go off throughout the day to make sure you are on track to meet your liquid intake goal
- Headed out to a doctor appointment or running an errand? Take a water bottle with you
- If you are computer/phone savvy, did you know there are apps to keep track of your water intake?
- Eat foods high in water content such as cucumbers, watermelon, grapefruit, strawberries, celery, pineapple, kale, grapes are great options (be sure to check if you have any restrictions on certain foods)
- Place a water bottle or glass next to your bed or favorite chair to remind you to drink
- Drink water with your meals (at home and when you go out) as this can help with your digestion too

To read more on staying hydrated, read this article from the National Council of Aging, "[How to Stay Hydrated for Better Health](#)".

Donate

Celebrate the upcoming holidays with a donation in someone's honor!

Please consider celebrating a special person in your life during the upcoming holidays with a monetary gift to RAN in their honor. This special gift will celebrate the people you treasure while caring for others in your community for years to come.

To make a donation in honor of someone please visit our website at www.rideassistnaperville.org/donate or send a check to our address: 790 Royal St. George Dr., Ste 141 #156, Naperville, IL 60563.

When you donate in honor of one of our riders, we will happily mail them a letter letting them know a donation was made in their honor. Your donation helps us continue this necessary service to Naperville Senior Citizens. Thank you so much!