

# NAPERVILLE SENIORS IN ACTION

*Keeping Naperville seniors connected by providing affordable and dependable transportation to area medical appointments.*



## 2023 RAN STATISTICS

*Total Round -Trip Rides Given: **1,236***

*Number of Active Riders: **545***

*Volunteer Drivers: **72***

## WE LOVE TO HEAR YOUR FEEDBACK!

RAN Riders, have you had a great experience using RAN services?

We would love to pass on your feedback to our drivers and share it on social media and in our newsletter. Send us an email or a note by mail with your feedback!

## WAYS TO SUPPORT RAN

### DONATE

Supporting RAN means you become a change-maker in the quality of life and social connectivity for older adults. No amount is too small!



*Make a donation by sending a check, visiting our website, or contacting us to make a payment by credit card.*

### BECOME A VOLUNTEER

Ride Assist Naperville couldn't do what we do without our volunteer drivers. Six new volunteers have joined the RAN team this past quarter:

**Anoop, Jeannette, Joe, Kristan, Kristin, and Lorenzo**

RAN aims to add **28 NEW VOLUNTEER DRIVERS** by December 31st to meet the demand of our clients' ride requests. Please contact RAN if you are interested in volunteering.

Our upcoming Volunteer Trainings are  
**Thursday, October 7th | 9:30-11:30 am**  
**Thursday, November 9th | 9:30-11:30 am**

**A NOTE FROM BEV FRIER**

*Bev is a co-founder of the Naperville Senior Task Force and Ride Assist Naperville (RAN)*

I am so proud of Karen Courney and me getting RAN started for Naperville, and I am very grateful for what RAN has done for me personally. I am age 92 and vertical and happy and live alone. As I got older, I realized that the things that made me the happiest in life were the things I did for other people. Little did I know that RAN would be such a gift to senior citizens of Naperville. Now that I am a senior and no longer driving, RAN has been a blessing. I have friends that volunteer to do lots of things for me. Some call me for regular wellness checks, and some bring me food. They seem to enjoy doing these things for me, and I can see that it makes them happy as well as me.

The good thing about being a RAN driver is that you can drive at whatever times suit you. You can look on your computer for who needs a ride, check it against your calendar, and make the connection.

Our drivers really enjoy meeting and driving seniors. Last year, one driver was taking a senior to the hospital for dialysis. It was a hot day, and they passed a custard store. The driver asked her if she liked custard better than ice cream. She said she had never tasted it. So, a few days later, the senior sent RAN a note about this. She said her driver had gone back and purchased a custard for herself and then drove back to the hospital to deliver one for her. So, while she was receiving her dialysis, she enjoyed the custard. She wanted us to know how kind the driver had been.

We have seventy-two drivers, but we really need more. We are unable to fill all ride requests. Karen and I never dreamed how important this organization would become for the seniors. Of course, no one gets paid and no tips. What a perfect volunteer job for someone. It gets you out of your house and doing something for someone else. Our drivers are so happy. We just had a picnic for them, and they love getting together and swapping stories.

Please consider volunteering for this “fun” job. Do this for yourself! You will be happy when you make someone else happy. But most importantly, you reap the personal benefits of volunteering to do something for someone else. I think volunteering is one of the things that has made my 92 years happy years. I am a very busy 92-year-old. Yeah! (But I don’t drive!)

**THANK YOU  
NAPERVILLE PROFESSIONAL  
WOMEN FOR GOOD**

Ride Assist Naperville was recently awarded \$5,990 from the amazing local group, *Naperville Professional Women for Good*, to assist our organization in continuing to serve the seniors of Naperville. They are a group of compassionate women who truly care about the members of our community. They are making a big impact by helping us give more rides to seniors, ensuring they get to their much-needed medical appointments. Thank you for your support! We greatly appreciate *Doreen Booth, Realtor, Baird & Warner* for nominating RAN for these funds.

## NAPERVILLE SENIOR SAFETY

September was the Naperville Police Department's (NPD), *Safer Naper Campaign* on senior safety. The NPD is offering some safety programs for seniors:

- **AARP Smart Driving Program** - A classroom driver refresher course, for drivers 50+ to help them drive safer and, therefore keep their licenses longer. The next session is November 6 & 7 | 8:30 am-12:30 pm.
- **Fasttrack Program** - The NPD has combined radio technology with a specially trained response team to build an effective, life-saving program to locate individuals who have a history of wandering.
- **Caring Hands Program** - This program allows residents to voluntarily provide Naperville's first responders with important information about themselves including, medical details, physical disabilities, etc. who may require special assistance during an emergency/non-emergency situation.

*For more information, contact Julie Smith, Crime Prevention Specialist at (630) 420-8479*

## MEMORY CAFE

Sponsored by Dementia Friendly Naperville and the Naperville Senior Task Force, Memory Cafes are a social gathering of individuals living with dementia and their care partners. These free events are a place where both caregiver and care recipient can connect with others in similar situations.



Memory Cafes take place on the second Tuesday of each month 2 to 3:30 p.m. at the 95th St. Library, 3015 Cedar Glade Drive.

For more information or to register, call Lisa Kirchner at (630) 710-7502.

## SENIOR RESOURCES

The City of Naperville and surrounding townships support their seniors and want to help connect them to information about available resources to fill their needs. For emergency financial assistance, food, health, and more, reference the following list:

- **City of Naperville** 630-420-6111
- **DuPage Township** 630-759-3411
- **Loaves & Fishes Community Services CARES Programs** 630-355-3663
- **Naperville Township:** 630-355-2786 x 4406
- **Wheatland Township** 331-229-3917

## NAPERVILLE LISLE TRIAD

Naperville Lisle Triad's mission is to enhance the quality of life of all senior citizens in Naperville Township and Lisle Township. Triad empowers senior citizens to become more involved in community programs. Call Mary Pat at the Naperville Township for more information 630-355-2786 x4403.

### NEW TRIAD "CIRCLES OF FRIENDS" PROGRAM

Naperville & Lisle Townships TRIAD and the Naperville Senior Task Force are organizing new Circles of Friends to support healthy connections with friends and the community.

Each group in the Circles of Friends program will allow eight to 10 members to meet virtually once a week, on a day of their choosing, with a facilitator to manage the connection.

These groups will help participants make new friends, share stories, play games, and share information. Each meeting will last roughly an hour, and groups will be organized by neighborhood or shared interests. For more information, call (630) 276-6128.

Thank you  
**Coldwell Banker - Leavenworth  
Team of Naperville** for their  
continued support.

## NAPERVILLE LOCAL EVENTS

- Naperville Farmer's Market** - Saturdays through November | 200 E. 5th Avenue, Naperville | 7:00 am - 12:00 pm
- Oktoberfest** - Friday, October 6, 5:00 pm-10:00 pm & Saturday, October 7, 3:00 pm-10:00 pm | Naper Settlement
- A Little Night Music** - Presented by Brightside Theater | November 3,4, and 5 | Meiley Swallow Hall, 31 S. Ellsworth, Naperville
- Historic Trolley Ride** - Halloween Lights Tour | Fridays, October 13 - October 31
- Brass Transit: The Music Legacy of Chicago** - November 11 at 8:00 pm | Pfeiffer Hall, 310 E. Benton Ave. • Naperville
- Morton Arboretum** - Offers many different tours, Nature Club, Classes on Yoga, Tai Chi, Painting, Knitting, etc.



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sign-up and  
receive our  
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newsletter!**

## BENEFITS OF SWIMMING FOR SENIORS

*A portion of this article shared from Visiting Angels, Living Assistance Services is below. To read the complete article, visit [visitingangels.com](http://visitingangels.com); move to the bottom of the page and click "KNOWLEDGE CENTER", listed under RESOURCES.*

Here are nine benefits of swimming and why it is a highly recommended activity for seniors to maintain their physical, mental, and emotional well-being

- |                          |                       |
|--------------------------|-----------------------|
| 1. Low-Impact Exercise   | 6. Mental Health      |
| 2. Cardiovascular Health | 7. Social Interaction |
| 3. Muscle Tone           | 8. Mental Sharpness   |
| 4. Flexibility           | 9. Sleep Quality      |
| 5. Weight Management     |                       |

Swimming is an activity that can help seniors stay fit, happy, and healthy for years to come.

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