



# Naperville Seniors in Action

Quarterly Newsletter

Affordable Transportation for Naperville Senior Citizens

Spring 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!**

## Our Phone Number

The use of our new phone number has been a great addition to our office. We can better serve our riders by being able to answer the phone instead of playing phone tag with our voicemail machine. We can receive and send texts you if that is easier for you as well!



Our old phone number is now disconnected. To ensure the best service, delete our old number and only use our new number in the future. If you haven't already, save our phone number in your phone now:

**(331) 330-2257**

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## News on Making Ride Requests

Since March 2022, we've trained 5 new drivers and brought on one new board member! Some of our new drivers are available on Saturdays to bring you to your medical appointments. While limited, we can accept ride requests from you for Saturday appointments. Feel free to call us to schedule a ride request.

We are always on the lookout for qualified and caring people who would be a good volunteer driver for RAN. If you have a friend, neighbor, or family member who you know might want more information on being a volunteer with us, share this newsletter with them!

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## Celebrate Dad - With a Donation in His Honor!

Please consider celebrating dad, grandpa, your son who is a father, or another special person this Father's Day with a monetary gift to RAN in their honor. This special gift will celebrate the people you treasure while caring for others for years to come. We have many fathers and grandfathers amount our riders and treat them as we would treat our

## RAN to Date

- 390 Active Riders
- 45 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!

own dads by driving them safely to their appointments, chatting with them about their day, checking in on them regularly, and becoming a friend when they need it most. Our riders who cannot afford to pay are never required to. RAN relies heavily on the generosity of our community to keep our services “running”.



To make a donation gift in honor of a dad in your life please donate by visiting our website <https://www.rideassistnaperville.org/home/donate/> or by sending a check made out to Ride Assist Naperville and sending it to our mailing 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.

*Thank you so much and Happy Father's Day!*

## Looking for Sponsors

RAN is looking for opportunities to meet more service groups in Naperville. Are you affiliated with or know anyone who is affiliated with any of these Naperville service organizations?

- Naperville Woman's Club
- Naperville Junior Woman's Club
- Kiwanis of Naperville
- Naperville Jaycees
- Exchange Club of Naperville
- 100 Women Who Care
- Or more?

If you do – please let us know and help connect them with Ashley Abraham, our Executive Director, at [ashley@rideassistnaperville.org](mailto:ashley@rideassistnaperville.org). We would love to be able to spread the word about what Ride Assist Naperville does for our community.

We are also willing to come talk to any senior housing associations in Naperville!

## What Our Passengers Say

"Thank you for help. I am so glad I don't have to rely on a taxicab for my rides to the doctor. You are more reliable and friendly, and I look forward to using you again."

"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 & 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"

## Naperville Area Events

Check out these local activities coming up:

- *BrightSide Theatre presents Mamma Mia!:* June 3-19; Who else here is an ABBA fan?!? Fridays & Saturdays at 8 pm/Saturdays & Sundays at 2 pm Performing at Meiley-Swallow Hall Theatre at North Central College. Tickets are on sale now at [www.brightsidetheatre.com](http://www.brightsidetheatre.com), or by phone at 630-447-8497. There is a senior discount so make sure to ask!
- *Naperville Fine Art & Artisan Fair:* June 25 at 10am. This FREE event is located at Naper Settlement and will have over 100 National Artists. Music, Food, Children's Tent, Silent Auction, Empty Bowls Food Pantry Fundraiser, Interactive Mural Project.

## COVID-19 Policy Updates

The RAN Board of Directors updated our COVID policies during the May board meeting. Some things that will remain the same include continuing to wear 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. Our drivers will continue to sanitize their cars right before and right after a RAN ride. And since many medical offices are allowing visitors in the buildings again, we are once again committed to ensure our drivers stay with our riders for the entirety of their medical appointment. Our drivers will wait in the lobby or waiting room for you until you are ready to be driven back home.



We have lifted our policy that all drivers must be fully vaccinated. If COVID cases rise again, the Board has reserved the right to put this policy back in place. As always, feel free to reach out if you have any concerns. We are also no longer requiring signed waivers for COVID. As of this month, if anyone takes a ride with RAN, you assume all risks regarding COVID-19. We all know the best practices by now and expect everyone to follow safety precautions for everyone's best interest. Another change is that we will let our riders sit in the front seat again! If you feel more comfortable further distancing, just ask your driver that you request to sit in the back seat. We will leave it up to the riders and drivers to see what will work best for you.

## 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](http://www.rideassistnaperville.org)  
[info@rideassistnaperville.org](mailto:info@rideassistnaperville.org)

### Mailing address:

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

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If you are not feeling well or have any symptoms of being sick, you cannot use RAN for a ride. We are only available for routine medical appointments. If you find out you are positive for COVID-19, the flu, or another contagious illness and you've ridden with RAN within 5 days, please call our office. This way we can inform your driver that they have possibly been exposed and can take safety precautions.

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## 13 Things to Throw Away Right Now

In recent years, there has been a push towards minimalism, especially during the pandemic. Clutter has been linked to stress and anxiety and can even lead to overeating junk food and procrastinating. Clutter can have a negative impact on many areas of life.

Clutter, according to the Minimalists, does more than take up space. Purchasing an item costs money, which can lead to financial stress and the need to work harder to acquire more. Items require storage and space, which can lead to mental and psychological stress. And while people's first instinct is to tame clutter by purchasing products to help organize it, the Minimalists say this is not the answer.

"Organizing is just well-planned hoarding," Fields Millburn says. Thus, the best way to "organize your stuff," per the experts, is to keep the things that add value to your life and get rid of any items that don't.

Ready to start eliminating things to make room for what matters the most? This expert guide will tell you exactly what to toss.

1. Anything that doesn't add value
2. Just-in-case items
3. Photos and paper
4. Actual trash
5. Damaged items
6. Extras/duplicates
7. Stuff you never use
8. An abandoned hobby
9. Items from a past phase in life
10. Anything expired
11. Things that bring up bad memories
12. Clothes that don't fit
13. Digital Clutter

To read this AARP article in full, please visit <https://bit.ly/3PJux9E>.