



# NAPERVILLE SENIORS IN ACTION

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

## HAPPY NEW YEAR

Wishing you  
12 months of good health,  
52 weeks of laughter,  
365 days of fun,  
8,760 hours of joy,  
525,600 minutes of good luck,  
and  
31,536,000 seconds of happiness.

### RAN 2022

2022 was an amazing year! We are growing at a fast pace and are always looking for amazing, new volunteers to keep up with our busy ride request schedule from our riders! Here are our **2022 totals**:

 **Total Rides Given: 1,351**

**Registered Riders: 460**



 **Volunteer Drivers: 53**

**Miles Driven: 11,551**



### WELCOME

Welcome to Ride Assist Naperville's (RAN) Quarterly Newsletter! Thank you for participating in Naperville's unique transportation option for seniors. We are the only program where the drivers wait for the seniors during their medical appointment.

### SUGGESTED RIDER DONATION INCREASING APRIL 1ST

Since we gave our first ride in 2017, we have suggested a donation of \$12 per round-trip ride to help offset some of our costs. With our costs rising, our board has made the decision to increase our suggested donation price.

**Effective April 1, 2023, our suggested donation per round-trip ride will go from \$12, to \$15.** A one-way ride will be a suggested donation of \$7.50. We do not require any payment for rides. But we realize many riders like to make a donation as a token of their gratitude. Donations help keep us running and pay for expenses such as administrative costs, insurance, background checks, supplies, and more. Thank you so much for understanding.

**VOLUNTEERS NEEDED**



*"There is nothing more beautiful than someone who goes out of their way to make life beautiful for others" ~Mandy Hale*

RAN has found our kind-hearted and dedicated drivers mainly by word of mouth. We are always looking for patient and caring volunteers. Volunteering with us is rewarding and flexible.

We have a goal of bringing on 50 NEW VOLUNTEER DRIVERS by July 1st so all Naperville seniors can get to their medical appointments. RAN wouldn't be able to "run" without our drivers. Please spread the word with someone you know who might like to volunteer.

Our next Volunteer Training Orientation is Thursday, March 9th | 9:30 - 11:30 am

**CITY OF NAPERVILLE SENIOR RESOURCES**

Did you know that 12.2 percent of Naperville's population is 65 and older? The City of Naperville welcomes its seniors and wants to help connect you to information about available resources to fill your needs. For additional information contact the City of Naperville at (630) 420-6111 or visit their website at

[www.naperville.il.us/services/senior-services-and-resources/](http://www.naperville.il.us/services/senior-services-and-resources/)

**CALL 211 FOR SENIOR HEALTH/ SOCIAL SERVICE RESOURCES**

Do you have questions regarding assistance with housing & utilities, food, legal and public services, mental health services, health, wellness, & dental services, and more?

Call 211 for Health and Social Services Resources in DuPage County and Will County. Their trained specialists will work to identify and address the root cause of your problem and help you with a solution.



**AARP DRIVER SMART DRIVER CLASS FOR DRIVERS 50+**

The Naperville Police Department is partnering with AARP to offer this program. This classroom driver refresher course has assisted millions of older drivers to stay safe. The objective of the course is to help participants drive safer and therefore keep their licenses longer.

The next class is April 10th & 11th | 8:30 am - 12:30 pm  
Naperville Police Department

To learn more, visit the City of Naperville website at [www.naperville.il.us](http://www.naperville.il.us) or call (630) 420-6111

**RAN  
DRIVERS & RIDERS**



A complete list of driver and rider guidelines can be found on our website.

**DRIVERS:**

- Contact the rider you are driving at least two days in advance to confirm their ride.
- If a rider contacts you to cancel an appointment, please ask them to contact Ashley or Lyn at RAN. Also, if you do receive a call, follow up with us by email or a phone message, so we can be sure we update the rider's details.

**RIDERS:**

- Schedule your rides as soon as you know you need them - we can schedule as far as three months out.
- You must schedule your ride at least 7 business days prior to your medical appointment. There is a limit of rides we can offer per day. Once the day is full, we cannot add any more.
- When scheduling a ride, please call the office. Do not call a driver directly to ask for a ride.
- If you need to cancel a ride, please contact Ashley or Lyn at RAN. We will notify your driver.

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

**WINTER EXERCISES TO KEEP  
YOU ACTIVE!**

These exercises are shared from the article, "13 Best At-Home Workouts for the Seniors" from <https://bit.ly/3kwjZtc>.

**Toe Taps: Helps strengthen lower legs.**

- Sit in a chair. While keeping the heels on ground, lift the toes off the ground high enough so that the muscles of the shin are felt working. (This exercise also helps in blood circulation in the legs.)
- Do 20 repetitions.

**Heel Raises: Helps strengthen the upper  
calve muscles.**

- Sit in a chair. While keeping the toes and balls of feet on the ground, lift the heels.
- Do 20 repetitions.

**Knee Lifts; Helps strengthen thigh muscles.**

- Sit in a chair. While your arms are resting on armrests, contract the right quadriceps and lift the right leg. In this position, your thigh and knee must be two or three inches above the chair.
- Hold for 3 seconds. Lower the leg slowly.
- Do 10-12 repetitions on each leg.

**Ankle Rotations: Helps strengthen calve  
muscles.**

- Sit in a chair. Lift the right foot above the ground and rotate it gently five times to right and then to left.
- Repeat with left foot.

## WINTERY RECIPE - SOUP

### SAVORY WINTER SOUP

From Taste of Home

Prep Time 20 min. Cook 6 hours

Serves 14 servings (3-1/2 quarts)



#### Ingredients:

2 lbs. Ground Beef

3 medium onions, chopped

1 garlic clove, minced

3 cans (10 ½ ounces each) of Condensed Beef Broth (undiluted)

28 -ounce Tomatoes, diced and undrained

3 cups of water

1 cup each of carrots and celery, diced

1 cup of green beans, fresh or frozen cut

1 cup of cubed, peeled potatoes

2 Tbsp of fresh parsley, minced, or 2 tsp. dried parsley flakes

1 tsp. dried Basil | ½ tsp dried Thyme

Salt and Pepper to taste.

#### Directions:

In a large skillet, cook beef and onions over medium heat until the meat is no longer pink.

Add garlic; cook 1 minute longer.

Drain and transfer to a 5-qt. slow cooker.

Stir in the remaining ingredients.

Cover and cook on low until vegetables are tender, 6-8 hours

Nutrition Facts: 1 cup: 163 calories, 8g fat (3g saturated fat), 40mg cholesterol, 583mg sodium, 9g carbohydrate (4g sugars, 2g fiber), 14g protein.

**Do you have a favorite recipe? Send it to us and maybe we will feature it in our next newsletter!**

## LOCAL EVENTS

Check out these local activities coming up:

**2023 Restaurant Week:** Wednesday, February 1 - Sunday, February 5 | Naperville Restaurant Week showcases many Naperville restaurants.

**DuPage Symphony Orchestra - American Spirituals & American Jazz:** Saturday, February 11 | 7:30-9:30 pm | Wentz Concert Hall, 171 E. Chicago | Naperville.

**Forever Motown:** Saturday, February 18 | 8:00-9:30 pm | Pfeiffer Hall, 310 E. Benton Ave | Naperville. Performed by a cast of veteran entertainers of The Jones, The Main Ingredient, The Spinners, and The Marvettes.

**Chicago a cappella presents: From Behind Closed Doors:** Sunday, February 19 | 4:00 pm | Wentz Concert Hall, 171 E. Chicago | Naperville.

**Dine Around Downtown with the Mayor:** Wednesday, February 22 | 6:00 pm | Diners will go on a delicious adventure at some of Downtown Naperville's finest restaurants, all while supporting a charity selected by the Mayor, Naperville Community Television.

**Concert: The Langston Hughes Project: Ask your Mama (12 Moods of Jazz):** Saturday, February 25 | 8:00-9:30 pm | Wentz Concert Hall, 171 E. Chicago | Naperville. Featuring the Ron McCurdy Quartet.