



Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

February 2019

Thanks

Thank you for participating in Naperville's transportation option for seniors. RAN is the only program 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

Your donations help us continue this necessary service to Naperville senior citizens. Click the "Donate" button on our website. Thank you.

If you include a donation with your payment we appreciate it. Every little bit helps ensure that we stay on the road, providing rides for seniors in Naperville. **Thank you!**

RAN to Date

- 318 Active Riders
- 38 Volunteer Drivers
- Over 1,200 Round Trip Rides Given
- Over 130 Medical Destinations

Winter Safety Tips



During the winter months, ice, snow and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses – especially for seniors. Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough

- **Avoid Slipping on Ice:** Icy, snowy roads and sidewalks make it easy to slip and fall. Often these falls can cause major injuries such as hip and wrist fractures, head trauma and major lacerations. Make sure to wear shoes with good traction and non-slip soles and stay inside until the roads clear. Replace a worn cane tip to make walking easier.
- **Dress for Warmth:** Cold temperatures can lead to frostbite and hypothermia. Don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves, and a scarf. Use a scarf to cover your mouth and protect your lungs.
- **Fight Wintertime Depression:** Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To avoid these issues family members should check in on seniors as often as possible. Make time for a phone call or set yourself up for video calls. This is a great way to stay in touch and still "see" all your friends and loved ones.
- **Check the Car:** Driving during winter can be hazardous for anyone. Get your car serviced regularly for things like the oil, tires, battery, and wipers. This will make a big difference on the winter roads.
- **Prepare for Power Outages:** Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Have non-perishable foods on hand and be prepared to wear several layers of clothing to stay warm. Make sure your cell phone is charged at all times to make necessary calls.
- **Eat a Varied Diet:** Because people spend more time indoors and may eat small variety of foods, nutritional deficits – especially Vitamin D – can be a problem.
- **Prevent Carbon Monoxide Poisoning:** Using a fireplace, gas heater, or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detectors and buying new ones if you need.
- **Ask for Help:** If you need help in any way, don't be afraid to reach out for help.

Source is Care.com. For the full article please visit <https://bit.ly/2UbZMHq>.

Volunteers Needed

As always, we are in desperate need of volunteer drivers for RAN. Currently we have a cap of 5 rides per day, once we hit that we start a wait list. Once we get more drivers, we will be able to fit more rides in each day. To help make sure you get each ride covered, please call us as far in advance as possible. Once you know you need a ride give us a call as soon as possible. We can schedule up to 6 months in advance.

What Our Passengers Say About US

"My driver the other day was so gracious. I truly love and need this service and I'm so glad it is available to me. Thank you." ~RAN Rider

Share your "driver love" with us – we share it with them! If you have feedback on any recent ride please let us know!

Contact Us

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January's Volunteer Appreciation Event



We had an amazing Winter Volunteer Appreciation Event last month. We love to show our gratitude to our volunteer drivers for all of their hard work and dedication to helping the seniors of Naperville.

Once again – thank you to our amazing volunteers. We wouldn't be able to "Run" without you!

Gardening Could be the Hobby that Helps you Live to 100



Could nurturing your green thumb help you live to 100? Some new studies suggest so. Spring is right around the corner so now is a great time to plan for a garden.

Many of the world's centenarians share one common hobby: gardening. Dan Buettner has studied five places around the world where residents are famed for their longevity: Okinawa in Japan, Nicoya in Costa Rica, Icaria in Greece, and Loma Linda in California and Sardinia in Italy. People living in these so-called "blue zones" have certain factors in common – social support networks, daily exercise habits and a plant-based diet, for starters. But they share another unexpected commonality. In each community, people are gardening well into old age – their 80s, 90s and beyond.

It is well-known that an outdoor lifestyle with moderate physical activity is linked to longer life, and gardening is an easy way to accomplish both. "If you garden, you're getting some low-intensity physical activity most days, and you tend to work routinely," says Buettner. He says there is evidence that gardeners live longer and are less stressed. A variety of studies confirm this, pointing to both the physical and mental health benefits of gardening.

Australian researchers following men and women in their 60s found that those who regularly gardened had a 36% lower risk of dementia than their non-gardening counterparts. And preliminary studies among elderly people suffering from cognitive issues (such as dementia and Alzheimer's) report benefits from garden settings and horticulture therapy. Sunlight and fresh air, for example, help agitated elders feel calmer, while the colors and textures of various plants and vegetables can improve visual and tactile ability. There is no panacea for growing old but, the science suggests, gardening does appear to improve our quality of life as we age.

It's not just about health effects, either: the social benefits of gardening can also increase longevity. Gardening helps with other essential factors in increasing longevity. Doctors in Scotland can now prescribe a walk in nature to treat a variety of ailments, including reducing blood pressure and anxiety, and to improve overall happiness.

Overall, find something that keeps you active, that gives you purpose, and brings you outdoors. Gardening might not be it but other things including walks, discovering a new park, or looking through the classes that the Naperville Park District has to offer! Source is Jamie Feldmar, BBC.com. To see the full article please visit <https://bbc.in/2HDpAtU>.

Upcoming Events

Save the date! On **Wednesday, April 3rd**, Portillo's in Naperville (only 1992 W. Jefferson Ave. location) is hosting a fundraiser benefiting RAN. Bring in the attached flyer and 20% of your total tab will be donated to RAN. Don't have time to dine-in? Drive-thru and carry-out orders are included in this fundraiser! We hope to see you there!

Ran will also be at the Senior Housing Options Expo (SHOE) on **Friday, April 26th** from 9:00 a.m. – 12:00 p.m. We will be there along with many other businesses and non-profits in the area that cater to senior citizens.