



Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

May 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

- 345 Active Riders
- 40 Volunteer Drivers
- Over 1,500 Round Trip Rides Given
- Over 130 Medical Destinations

Summer is Right Around the Corner



Summer is a time of fun and relaxation for most people. But for seniors, the heat and the sun can be dangerous if the proper precautions aren't taken. Here are some great tips that aging adults, as well as their caregivers, can use to make sure they have a fun, safe summer.

- **Stay Hydrated:** Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age.
- **Talk to Your Doctor:** Check with your medical team to make sure any medications you are on won't be affected by higher temperatures - especially if you don't have air conditioning in your home.
- **Keep Your Cool:** Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions.
- **Stay in Touch:** High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of aging adults. Seniors should let friends and family know if they'll be spending an extended period outdoors, even if they're only gardening.
- **Meet Your Neighbors:** Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you're a senior, see if a younger neighbor - perhaps even one of their kids - can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!
- **Know Who to Call:** Prepare a list of emergency phone numbers and place them in an easy-to-access area.
- **Wear the Right Stuff:** Everyone, including seniors, should dress for the weather.
- **Protect Your Eyes:** Vision loss can be common among seniors, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses with UV protection can preserve your vision.
- **Know the Risks of Hyperthermia:** Heat stroke is an advanced form of hyperthermia that can be life-threatening.
- **Put on Sunscreen and Wear Hats:** Everyone, young and old, should wear sunscreen when outdoors. Seniors especially need the extra sun protection to help keep them healthy.
- **Apply Bug Spray:** If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.
- **Exercise Smart:** If you enjoy outdoor activities, such as walking or gardening, make sure to keep track of time. Don't stay out for long periods and make sure to drink even more water than usual when exercising. Also, consider getting outdoor exercise earlier in the morning or later in the evening, when the sun is not at its peak.

If you follow these tips, there's no reason you can't have an enjoyable and fun-filled summer - no matter how old you are. For the full article visit:

<https://www.care.com/c/stories/5444/12-summer-safety-tips-for-seniors/>

Volunteers Needed

As always, we need volunteer drivers for RAN. Currently we have a cap of 6 rides per day, once we hit that we start a wait list. As 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.

We realize cancellations happen, and please try your best only to give us rides you know you will need to avoid last minute cancellations.

What Our Passengers Say About US

"I certainly appreciate the rides for my doctor appointments. 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

Office: (630) 864-3087

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info@rideassistnaperville.org

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Spring Cleaning

Spring is here at last and now is the perfect time to spruce up, clean out, and organize your home. If you are thinking of doing some Spring Cleaning here are a few items to keep your home running smoothly and help avoid costly repairs.

- Remember to check and replace your batteries on your smoke and carbon monoxide detectors.
- Now is when you want to schedule a tune up for your air conditioning. Warmer weather is on the way, why wait?
- Change the filters on your heating system. This should be done every thirty days.
- Make sure to check the contents of your medicine cabinet and remove all outdated prescriptions and over the counter drugs. Edward Hospital offers *safe medication disposal kiosks* for your convenience.
- Clean the refrigerator inside and out.
- If you need a little help with your spring cleaning, make sure you ask some family or friends.

Five Podcasts Perfect for Seniors



No matter your stage in life, learning should never stop. Thanks to technology and apps, there is an endless array of options to gain knowledge. A fun way to learn on an everyday basis is by listening to podcasts. There are so many to choose from, regardless of whether you use the iPhone Podcast app or simply listen through your web browser. They have become more popular in recent years, with even more shows being created. Give a podcast a chance; you may find something that reminds

you of the past while enhancing your knowledge for the future. To get started, here are five podcasts for seniors, perfect to listen to during your day.

Stuff You Missed in History Class: As the title suggests, each episode focuses on something you may not have learned in history class. Subjects range from long-lost treasure to little-known rebellions. Visit <https://www.missedinhistory.com/podcasts>.

Good Job, Brain: There are fun quizzes to test your memory and clever mnemonics to help you remember difficult knowledge. Subjects range from eggs to spies to the Olympics. After every five episodes is an all-quiz episode, which means you can play along with the quiz team! Visit <http://www.goodjobbrain.com/>.

This American Life: Knowledge is more than just facts; it's about understanding your world a little better through the people and places you encounter. This American Life seeks that understanding. Each episode has an overarching theme, and most of the stories told are journalistic, with a few essays and comedy routines thrown in. Visit <https://www.thisamericanlife.org/>.

Planet Money: Interested in learning more about economics and life in general? Then Planet Money is for you. Each episode covers something different, from the economy of Birkin bags to how we buy oil to fondue. Visit <https://www.npr.org/sections/money/>.

Lux Radio Theater: This long-running radio anthology series is back with hundreds of episodes to choose from. The original production took place in the late 1930s to 1950 or so and included more than 900 episodes. Famous stars of the day, including John Wayne, Bob Hope, Bing Crosby and Judy Garland, can be heard playing parts and telling stories. Visit <https://podcasts.apple.com/us/podcast/lux-radio-theater/id216589078?mt=2>.

For the full article on podcasts for seniors please visit <https://www.after55.com/blog/podcasts-for-seniors/>.