



# Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

August 2019

## Thanks

Thank you for participating in Naperville's only transportation option for seniors that 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.

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

- 362 Active Riders
- 40 Volunteer Drivers
- Over 1,700 Round Trip Rides Given
- Over 130 Medical Destinations

## Volunteers Needed

Do you know someone who might be a good fit as a volunteer RAN driver? Please send them our way! Volunteering with us is flexible and rewarding. We are always in search of qualified volunteers to help.

## Six Ways to Prevent a Fall



Every 11 seconds, an older adult is seen in an emergency room department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

1. **Find a good balance and exercise program.** Look to build balance, strength, and flexibility. The local park district offers many classes for seniors. Find a program you like and take a friend.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.
3. **Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To view more safety and fall prevention tips, visit: <https://bit.ly/1fMSUeL>.

## Naperville District 203 Free School Events

Did you know senior citizens can attend any student-based event for free? This includes plays, football games, volleyball games, and more! If you are a District 203 resident & over 60 years old, you can use this amazing feature. Head to the District 203 building and show your ID. The building is located at 203 West Hillside Road in Naperville. For more information call them at (630) 420-6300 or contact them at [info@naperville203.org](mailto:info@naperville203.org).

## Labor Day

As a reminder, the RAN office will be closed on Monday, September 2<sup>nd</sup> for Labor Day.

## Ride Requests

Call at least 7 days in advance. Your driver will call you the day prior to your ride to confirm. Please try to answer your phone so there is no confusion on the day of your ride.

## Ride Cancellations

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

"You have the most wonderful group of human beings providing rides! They call ahead and confirm appointments and pick up times. They always arrive early and can get me to my appointment on time. They are thoughtful, caring, marvelous volunteers!"  
~RAN Rider

If you have feedback on any recent ride please let us know!

## Contact Us

Office: (630) 864-3087

[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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## We Are Very Busy!

Recently we have been extremely busy giving rides. We have regrettably been turning people away for rides on many days that we are fully booked. As a friendly reminder, please only use RAN for rides that your family or friends cannot take you to. If you can have a family member or friend drive you, please try to use them first. We truly hate turning people away for our services. If a day is full, we are happy to add you to our wait-list just in case there is a cancellation and we can get you in. Please remember, we are a volunteer-run non-profit and we have your best interest at heart.

To have the best chance of getting a driver for your ride, here are a few tips:

- Schedule your appointment more than seven days in advance, if possible. We can book appointments up to 6 months in advance.
- Make sure your doctor's office knows you rely on volunteer drivers and you need appointments scheduled at least a week in advance.
- We will always try to work with you to cover your rides. But remember we try to meet the needs of 360+ active riders.

## Plan for Fall Cleanup Now



Summer is nearing the end and many of the seniors we serve live alone in their homes. Will you need some help raking all the leaves in your yard? The Naperville Park District is now accepting calls for leaf raking requests by our local

scout troops.

- This program is only offered for seniors with a Naperville address and subject to scout troop availability.
- Naperville seniors interested in scheduling scouts to assist with raking leaves should contact the Park District at **(630) 848-5000** between 8:30am - 5:00pm Monday through Friday.
- Scouts can assist with leaf raking only. No other yard clean up or chores will be allowed – please don't ask.
- If you want leaves bagged, you must provide the bags and yard waste stickers prior to the scouts arriving. If no bags are provided the scouts will rake them into a pile on your yard.

The DuPage Senior Citizens Council also offers a similar service. If you are a senior living alone or know a senior who would benefit from a Yard Clean-Up, you can contact DuPage Senior Citizens Council by calling **(630) 620-0804** or visit <https://www.dupageseniorcouncil.org/yard-clean-ups/>.