



Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

April 2020

Thanks

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

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

- 392 Active Riders
- 47 Volunteer Drivers
- Over 4,870 One-Way Rides Completed
- Over 160 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.

Sheltering at Home

We've been hearing a lot about "Social Distancing" & "Shelter-in-place". All age groups are at risk of the COVID-19 virus.

What exactly does this all mean?

Social Distancing: This is a way we can keep us all healthy, avoiding groups and stay at least 6 feet away from people that you don't live with.

Shelter-in-Place: A time to stay home unless you have essential things to do outside your home.

What you can do during this time:

- Go to the grocery store, though if you can get these items delivered to your home it would help decrease the chance of exposure.
- Ask your local grocery store if they have a time for a specific age group for shopping time. Many pharmacies are offering free delivery.
- Wear a face mask whenever you leave your home.
- Take this time to clean frequently used items in your home such as your phone, doorknobs, faucets etc.
- Order in from your favorite restaurant if they are offering pick up or delivery. Our local businesses would love the support.

Take the time to check in with close friends & family, we are all a little isolated and would love to hear from you! To find out more on this topic please visit this page from The Red Cross: <https://rdcrss.org/33Qszq8>



Contact Us

If you have tested positive for COVID-19 and recently taken a ride with RAN please let us know. We would like to be able to inform our drivers and use proper quarantine protocols in case our drivers had possibly been exposed. We are doing our best to keep our RAN community safe during these times.

As of now, our office building is closed until April 30, possibly longer. Our office team is working remotely so please leave a detailed message and we will get back to you as soon as possible. You can also email us anytime at info@rideassistnaperville.org.

Hope to Cope with the Mental Health Impacts of COVID-19

In just a few weeks, the world has changed dramatically for many people. This new concern may seem overwhelming on top of other worries. If you live with anxiety, or any other mental or physical health issue, you might feel more stressed and anxious each day. And while preventing loss of life is a key priority in the management of any disaster, the significant impact of a pandemic on mental health cannot be denied. Prepare, don't panic. Practice mindful exposure. Stay social. Practice good self-care habits. Do things you enjoy. If you have concerns about your mental wellbeing please contact your doctor as soon as possible. For more on this topic find the full article here: <https://bit.ly/33OARyK>.

Ride Requests

Many doctors are only offering appointments if they are truly essential. Please inquire with your medical team if you can do a phone or video call with your doctors during this time to avoid unnecessarily visiting the doctor's office. Always check with your doctors before making a ride request with us. If we can find a volunteer driver, we will make every effort in getting you to your medical appointments.

Ride Cancellations

During this change of pace, please don't feel bad about cancelling any scheduled appointments. We may be continuing to offer limited services for longer than we expected. Things are changing daily so please call us if you have any questions.

What Our Passengers Say About US

"I can't say enough great things about your service. The drivers are truly angels helping us."
~ RAN Rider

Contact Us

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Small Acts of Kindness

We can get a little caught up with the ongoing news and updates every day. By taking some time to "unplug" we can see some amazing things going on around us.

Communities are gathering to support one another. Between fundraisers & food donations to making fabric masks for our local medical teams. Even a small note telling someone how much you appreciate them is one more little bit of kindness you might never know they needed.

Neighborhoods coming together to celebrate birthdays & milestones from their cars has been such an amazing way to brighten the spirits for all ages.

Quilters Haven in Rockford have come into ranks in making surgical masks after a flood of requests have come in from all over saying they will take anything at this point from their low inventory in the hospitals. Check it out! <https://bit.ly/3auCzbn>

Did you know there is a newsletter with only good news? The Good Stuff is a newsletter for your weekly inbox that contains only uplifting news. If you need a healthy dose of happy news, check it out: <https://cnn.it/2yf96DL>

Thank You to Our Amazing Volunteers!



Without our volunteer drivers, Ride Assist Naperville wouldn't exist. April 19-25 is Volunteer Appreciation Week!

"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever." — Kofi Annan

This couldn't be more true today. The last several weeks have been filled with so many changes, anxiety, challenges, and more. If nothing else, this has shown us just how extraordinary our volunteers are. We always knew our drivers were amazing, but they have truly stepped up in their offers to help. We can't thank our drivers enough for all that they do. When you take your next ride with RAN, please thank your driver. Without their willingness to help, we wouldn't be able to 'RUN'.

Welcome to the team!



We have a new RAN member! Please welcome Emily Baldwin as our new Program Assistant. She is very excited to be a part of this amazing community and happy to start helping especially during unprecedented and busy time at Ride Assist Naperville. Emily moved to Illinois six years ago and is going to be a great asset in helping scheduling rides, answering phones and emails. She will be helping Ashley in the office and will be available to help if you need anything at all.