



# Naperville Seniors in Action

Affordable transportation for Naperville Senior Citizens

March 2021

## 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

During the pandemic, we have lost a lot of our normal donations.

Every little bit helps ensure that we stay on the road, providing rides for seniors in Naperville.

**Thank you!**

## RAN to Date

- 365 Active Riders
- 43 Volunteer Drivers
- Over 5438 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.

Spring is in the air! As we look forward to warmer temperatures, we are still largely staying home – but soon we will be able to spend more time outside in our parks and gardens.



## Spring Flowers

Aside from having a beautiful yard to enjoy, gardening has many health benefits. It provides endorphins, muscle strength, weight control and promotes better sleep. For seniors, gardening can also help to protect your memory.

It is also a great way to spend socially distanced quality time outside with your family.

Although many flowers such as daffodils and tulips will need to be planted in the fall before the ground freezes, there are some flowers that you can plant in the spring:

- **Pansies** can be planted in early spring and can remain vibrant up until fall. They will need full sun.
- **Marigolds** are amazingly easy to grow from the seed and will begin to appear in a matter of a few weeks.
- **Zinnia's** can be planted around Mother's Day for a July show.
- **Sunflowers** will open about 7-10 weeks after planting, and you will have seeds for next year at the end of the season.

Springtime is also a great time to get a vegetable garden started so that you can enjoy fresh-picked vegetables throughout the summer and fall.

More flowers to plant in the spring: <https://www.rd.com/article/what-flowers-to-plant-in-spring/>

You can read more about the health benefits of gardening here:

<https://bit.ly/381wh3s>

## Ride Requests

Please inquire with your medical team to see if you can do a phone or video call with your doctor to avoid an unnecessary visit to the doctor's office. Always check with your doctors before making a ride request with us. We will make every effort in getting you to your medical appointments if we can find a volunteer driver.

## COVID-19

All riders must sign our COVID-19 waiver before being able to schedule a new ride. If you or someone you have been in physical contact with has tested positive for COVID-19, and you have recently taken a ride with RAN, please let us know. We would need to be able to inform our drivers so they can get tested and use proper quarantine protocols in the event of an exposure. We are always doing our best to keep our RAN community safe.

## Contact Us

Our office staff will be working remotely for the foreseeable future. Leave us a detailed voicemail, and we will call you back as soon as possible. You can also email anytime.

**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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## Volunteers and Donations

We are always accepting new volunteer drivers, now more than ever! As a non-profit, we rely on volunteers and donations to provide this much needed service to our community! Right now, we are working hard to find drivers willing and able to volunteer for RAN.

Our drivers choose their own schedules, and often forge great friendships with our riders. You can sign up to volunteer as a driver on our website:

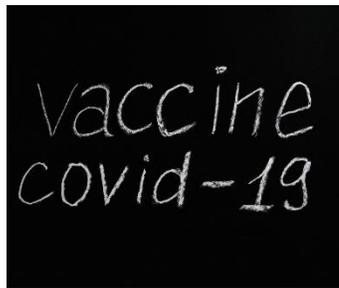
<https://www.rideassistnaperville.org/home/drivers/>

We are a nonprofit organization and are funded largely by donations. We appreciate any support that you can offer to keep our service running for our riders. You can donate by mail or online.

Online donations: <https://www.rideassistnaperville.org/home/donate/>

Mail donations with checks payable to Ride Assist Naperville here:  
790 Royal St. George Drive Suite 141 #156  
Naperville, Illinois 60563

## Second Vaccine Dose



If you have already gotten your first dose of the Covid-19 Vaccine, you might be wondering what to expect after your second dose.

Some recipients of the vaccine have reported more severe side effects for their second dose. Here are some side effects to look for:

- Pain or swelling on the arm where you got the shot.
- Fever
- Chills
- Tiredness
- Headache

It is normal to experience some side effects after receiving your vaccine, but if the redness or tenderness where you got the shot increases after 24 hours or your side effects linger or concern you, you may want to get in touch with your healthcare provider. Read More Here: <https://bit.ly/3q073sw>

If you have not been able to schedule your first vaccine yet, DuPage Medical Group patients can schedule directly through MyChart or call your provider's office, or you can call DuPage County Health Department to schedule by phone at **(630) 682-7400**.