

## THE 2016 GOOD GIVING CHALLENGE

ITNBluegrass is participating for its 6th year in the Good Giving Challenge! This year, we hope to raise \$15,000 via the Challenge. Here's how you can help us meet this goal:

- 1) **Make a gift!** The Challenge begins at 9 am on Tuesday, November 29 and ends at 11:59 pm on December 31. Gifts must be made online via <https://bggives.razoo.com/story/itnbluegrass-bggives>.
- 2) **Ask your friends and family to support us!** No one is getting any younger! With lots of help we can ensure that seniors and adults with visual impairment will have access to 24/7 transportation long into the future. 50% of our revenue is dependent on local community support; we hope as you consider your own aging, you think about how a lack of transportation options might affect how independent you remain.
- 3) **Join our Match Pool in your name or an organization or business name!** For more information, call Laura at 859-351-0460.

### *In this issue....*

\*The Good Giving Challenge begins November 29!

\*October Facts / Bulletin Board

\*Meet Rider Sherry Lee Gardner

\*Letter from the Director

\*The Places We Go!

\*Donor Thank-you's

\*News You Can Use on Adult Day Services



**THE GIFT GIVING  
SEASON IS  
RIGHT AROUND  
THE CORNER!**

**For information on  
giving the gift of  
transportation, please  
call us at 859-252-8665.**

### **CARE TO HEAR FROM US MORE OFTEN? GIVE US YOUR EMAIL ADDRESS!**

The ITNExpress is printed just two times a year in May and November. If you'd like to receive our shorter monthly publication called *Safe Travels*, please email [info@itnbluegrass.org](mailto:info@itnbluegrass.org) with your address and we'll add you to our list! If you do not have an email but would like to receive *Safe Travels* in addition to the ITNExpress, give Laura a call at 859-351-0460.

## October Facts

Total Members by  
October 31:

**500**

(not all are riders)

Total Rides in October:

**824**

Total Rides to Date:

(Sept. 1, 2008–Oct. 31, 2016)

**58,600**

## Bulletin Board

Welcome to our newest board member **Jim Drahovzal**. We say goodbye to Ride Coordinator **Sharon Metz** and board member **Lois Carter**.

## WISH LIST

1. FOREVER POSTAGE STAMPS
2. #10 WINDOW ENVELOPES (WINDOW IN LOWER LEFT)
3. SMALL GIFT CARDS OR GIFTS FOR DRIVER APPRECIATION DRAWINGS
4. VOLUNTEER DRIVERS!

Visit us on  
Facebook!

Take a minute to register your Kroger Plus Card to benefit ITNBluegrass (ID #71328). To re-register or to register for the first time:

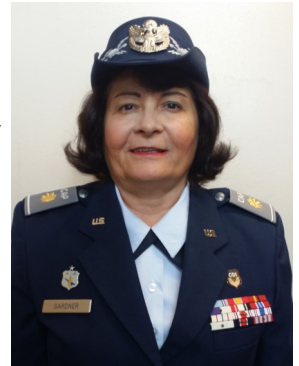


1. Visit kroger.com/communityrewards to sign up or sign in.
2. (Re)enroll in Community Rewards and select "ITNBluegrass" from the list.
3. Every time you use your Rewards card at Kroger, ITNBluegrass receives a percentage! (Purchases and participants are anonymous.)

**Thank you to everyone who already participates in this program!**

## In Honor of Veterans Day, Meet Member-Rider Sherry Lee Gardner!

Sherry Lee Gardner was born and raised in Yonkers, New York. She participated as an auxiliary US Air Force cadet before leaving for active duty in the Air Force during the Vietnam era. She came to Lexington after serving as a missionary in Ghana, West Africa. Between those two points in her life, she married and had two children, Alanna and Larry John. She has one granddaughter through L. John; Arabella turned two years old on October 1.

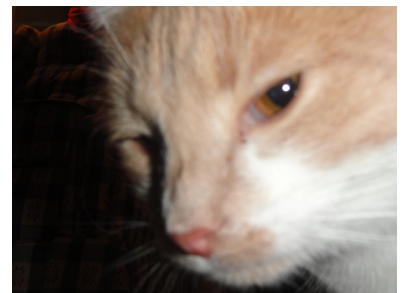


Sherry Lee Gardner

After arriving in Lexington, Major Gardner attended Baptist Seminary of Kentucky and graduated in 2015. She was ordained by Calvary Baptist Church in 2016. She is also a senior ordained chaplain with the International Fellowship of Chaplains.

Sherry enjoys life with her cat, Punkin. She stays busy by volunteering in the auxiliary US Air Force, doing chaplaincy work in the local community, and finding ways to pull back and finally enjoy retirement activities such as going to the newly built, state-of-the-art Senior Citizens Center.

ITNBluegrass has played a tremendous role in helping Sherry Lee get to appointments and continue doing ministry work. She says, "ITN feels 'safe' and drivers always go the extra mile to help bring in groceries." ITN proved a huge blessing in her recent travels back to Ghana. The driver lugged suitcases and didn't seem to mind an early 5:30 am trip to Bluegrass Airport. She also says, "ITN is always there for me to go somewhere and meet new friends."



Punkin

## FUN AT-HOME VOLUNTEER OPPORTUNITY!

We're looking for someone to send birthday cards to ITNBluegrass member-riders! Everything is provided: cards, envelopes and stamps as well as the monthly list of birthdays. The volunteer simply signs the cards, addresses and stamps the envelopes and puts them in a mailbox a few days before the birthday. To find out more or to volunteer, please call Laura at 859-351-0460. Volunteer must live in Lexington or Versailles.

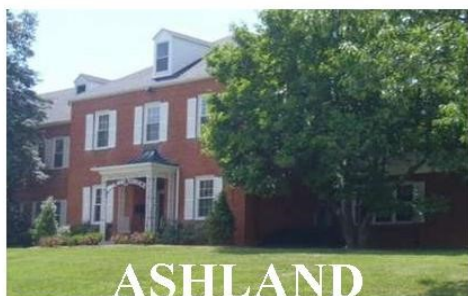
## Letter from the Executive Director

It finally feels like fall, and I hope your holiday plans are shaping up nicely. After this brutal election season, it'll be nice to be with family as long as it's only turkey served at the table and not politics!

Some exciting things have been happening at ITN*Bluegrass* — record-setting monthly ride counts; a few new volunteer drivers (but we could use a few more); some great upcoming publicity; and the soon-to-start Good Giving Challenge! This is our sixth year participating in the Challenge and we'd really appreciate your support. Gifts from the local community is how we stay in business!

Speaking of politics, I mentioned in a previous newsletter that I was running for a city council seat in Versailles. I did win a seat and am eager — though not sure ready — to get to work in January! Thank you for your encouragement!

*Laura*



### ASHLAND TERRACE

#### Looking for a place for mom?

Nestled in the heart of Chevy Chase, Ashland Terrace is Lexington's oldest retirement community offering affordable, independent living for older women.

Come join us for lunch and a tour!



475 S. Ashland Ave.  
**859-266-2581**  
[www.ashlandterrace.org](http://www.ashlandterrace.org)



Laura Dake

Member-rider **Judy Worell** will be featured on **TIAA's** website ([tiaa.org](http://tiaa.org)) soon as a shining example of a retired TIAA account holder's active life! A five-person film crew came to Judy's house and accompanied her to an exercise class and a writing class over a two-day period in November.

Judy, who has been an ITN rider for more than seven years and uses the service for all kinds of interesting trips, is pictured here with Kelly Greene, Senior of Enterprise Editorial Content/Marketing for TIAA in NYC.



#### *A warm thank-you to all who donated in October and early November!*

Oscar Dillon, Jr.  
Terry and Beverly Freeman  
Lucille Hamblen  
Robert and Barbara Jacobs  
Joe and Chandra Jarboe  
Joyce Keegan  
Kroger  
Amber Lakin  
Alex and Joan Lesueur  
Frank and Susan Lewis  
Robert McClelland  
Patrick and Beverley McLaughlin  
Jerry and Ruth Mercer  
Naomi Poe  
Regeneron Pharmaceuticals (free eye care rides)  
Rhonda Turley  
Mary Vaughan

#### ***WHERE DO WE GO? OUR TOP 10\* DESTINATIONS IN OCTOBER!***

- |   |  |
|---|--|
| 1) Renal Care Group                         | 6) Senior Citizens Center                            |
| 2) Hanover Towers                           | 7) YMCA (High Street location)                       |
| 3) Brookdale Senior Living (Richmond Place) | 8) Hartland Hills Senior Living                      |
| 4) Kentucky Growers Insurance               | 9) St. Joseph Office Park (various doctors' offices) |
| 5) 120 N Eagle Creek (various eye doctors)  | 10) Second Presbyterian Church                       |

\*Not including private residences

### What Do You Know About Adult Day Services?

Adult Day services provide much needed socialization and support for persons with dementia and allow caregivers to attend to job or other responsibilities with the comfort of knowing their family member is in a professionally staffed, supportive group program. Research has shown that adult day services are a more cost effective care option and can help the person with dementia maintain function and independence longer. Here are some tips for encouraging persons with dementia to attend an adult day program:

- Fun, fellowship, and good food! Highlight the social aspects and downplay the care aspects of the center. Refer to the center as the “the class” or “the club.”
- Discuss the productive aspects of the activities at the center. Explain that he/she may be there to attend a meeting or to volunteer to help others.
- Describe some of the activities that might be of interest to him/her, and explain that this is an opportunity to rediscover old interests as well as discover new interests.
- Encourage him/her to just try it for a week or so.
- Explain that the doctor has suggested the use of the center, and ask the doctor to write an order or prescription for the program.
- Don’t discuss the visit in advance. This can create undue anxiety.
- Tap into the person’s sense of daily routine or obligation (i.e. “They are expecting you so we can’t be late.”)

**Christian Care Communities** has two Lexington area adult day programs specializing in care for individuals who have Alzheimer’s/Dementia. The centers have programs designed specifically for individuals who need assistance with activities of daily living, as a result of physical impairments or memory loss. The centers are open Monday – Friday from 7:30 a.m. – 5:30 p.m. If you would like to learn more about these services, contact CCC at (859) 254-5300 or [christiancarecommunities.org](http://christiancarecommunities.org).



Dignified transportation for seniors

**1206 N Limestone Street  
Lexington, KY 40505**

**Return Service Requested**