

May 2015



Volunteers and staff enjoying breakfast and a workshop at Morning Pointe

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Thank you, ITNBluegrass Volunteers!

In late April, more than 20 volunteer drivers and ITNBluegrass staff members met at Morning Pointe of Lexington on Ruccio Way to celebrate Volunteer Appreciation Month. Attendees enjoyed a great breakfast while getting to know each other a little better. Our speaker was Bill Hughes, owner of Accessible Home Health Care, who told us what questions to ask when hiring a home health provider as well as the “red flags” to look for that might indicate a problem. He also told us about the Bluegrass Elder Abuse Prevention Conference coming up in June (see page 2).

Grateful thanks to our caring drivers and to Morning Pointe’s Community Relations Director Amber Lakin for offering Morning Pointe as our event venue and for arranging the delicious breakfast!

THANK YOU TO THOSE WHO GAVE US THEIR EMAIL ADDRESSES!

Last month, Debbie Elam, of Lexington won the drawing for a \$25 gift card of her choice just for giving ITNBluegrass her email address! **We’re going to try it again this month!** If you are receiving a paper copy of this newsletter, it means that we don’t have your email address or the one we have no longer works. If you wouldn’t mind receiving future newsletters electronically, email laura.dake@itnbluegrass.org with your address and we’ll make the change. If you don’t want to receive a newsletter from us in any form (though we really hope that’s not the case!), please let Laura know this, too. Email is less expensive than printing and mailing — money saved means less fundraising for all those rides we do!

Send Laura your email address by June 30, and be entered to win a \$25 gift card of your choice, just like Debbie!

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April Facts

Total Members by
April 30:

498

(not all are riders)

Total Rides in April:

923

Total Rides to Date:

(Sept. 1, 2008–Apr. 30, 2015)

43,733

Bulletin Board

Welcome to our newest volunteer drivers: Marilyn Dishman, Jean Givens and Viktoria Sategna.

Thank you to those who helped with our March newsletter mailing:

Joe Diamond, Barbara Gerald, Lucille Hamblen, Gladys Harmon and Philip Rose, and most of the members of the i know expo planning committee.

Meet Volunteer Driver Rose Marie Hackett!

Dr. Rose Marie Hackett began driving for ITNBG in January 2013, because she couldn't help out with her 87-year-old mother as much as she would have liked, as her mother (who died in February) lived in Columbus, Ohio. As her mother's health declined, she was unable to drive, and Rose Marie wanted to help others in Lexington in similar situations. She says she has been "incredibly enriched by the experience."



Rose Marie was born in tiny Middleport, Ohio. She has one brother. She earned her B.A. at Ohio State and a medical degree from Kirksville College of Osteopathic Medicine in Kirksville, Missouri. Rose Marie practiced radiology in Wisconsin before relocating to Kentucky in 1985. She was the staff radiologist at several small rural hospitals in Central KY and finished her career at Lexington Clinic before retiring a few years ago.

Rose Marie married her tennis instructor Madison Scott in 2009, and while she has no children, she has "lots of wonderful extended family." She still plays tennis and strength trains and enjoys reading, playing clarinet in the New Horizons Band (players are mid-40s to mid-80s!), singing in her church choir, making quilts and dining out. Surprised she has time to drive! Thanks, RMH!

Upcoming Community Events Open to Everyone!

Sunday, May 17: *Sunday Session* with Bill Hughes, Accessible Home Health Care. 2-4 pm. Lexington Senior Center, 1530 Nicholasville Rd. Free. iknowexpo.org

Friday, May 29: *Challenges and Opportunities of Aging*. NorthEast Christian Church, 990 Star Shoot Pkwy. \$10. challengesofaging.com. 859-257-5582.

Thursday, June 25: *Bluegrass Elder Abuse Prevention Conference*. BCTC Building C Conference Room, 164 Opportunity Way off Leestown Rd. Free, including lunch. bluegrassEAPC.com. 859-317-9361.

**Visit us on
Facebook!**

Four Ways to Support ITNBluegrass!

ITNBluegrass is a nonprofit organization (501c3). We rely on local community support for **approximately half** of our funding. Your generosity is critical to keeping us on the road!



Kroger Community Rewards

Kroger helps support ITNBluegrass when shoppers enroll in Community Rewards and designate us as their nonprofit to support! To register your Kroger Plus Card:

1. Visit kroger.com/communityrewards and sign up or sign in.
2. Enroll in Community Rewards and select "ITNBluegrass" from the list.

Amazon Smile Simply start out at smile.amazon.com when shopping on Amazon (same screen, same prices), choose ITNBluegrass as your nonprofit and we will receive 0.05% of what you spend. And it costs you nothing!

Make an Investment in Senior Transportation! Visit itnbluegrass.org and click on the Donate button or send a check. All gifts are tax-deductible.

Become a Volunteer Driver! Drive on your schedule and earn mileage credits! Call Laura at 859-351-0460 to schedule a training or to ask questions.

WISH LIST

1. FOREVER POSTAGE STAMPS
2. COPY PAPER (20-24 LB)
3. #10 WINDOW ENVELOPES (WINDOW IN LOWER LEFT)
4. WHITE CARD STOCK
5. SMALL GIFT CARDS OR GIFTS FOR DRIVER APPRECIATION DRAWINGS
6. CAR TRADES/DONATIONS
7. VOLUNTEER DRIVERS!

Letter from the Executive Director

Most people know it's spring by changes in the weather, their allergies, the birds chirping, that kind of thing. I recognize it in the increase in rides we do! We delivered 923 in April, and May is starting off busy as well. It is good to see people getting out after a long winter. The other day, I took a lady to get hanging baskets of flowers instead of going to the grocery store as planned!

Please visit us on Facebook to see our **#sharearide** photos and stories. If you haven't yet, I challenge you to give a ride to an older person, take a picture and send it to me at laura.dake@itnbluegrass.org along with a short story about the ride and how mobility matters to the rider, or, how the ride got you thinking about senior transportation challenges. We'll put it on Facebook. Can't give a ride? Go to storybook-tour.org to donate \$20 to ITN so someone else can!

One final thought: When I drive, people often tell me that they no longer do something they enjoy because a friend has passed away or moved or gotten ill. If you are looking for someone to complete a foursome in a bridge game or walk with you at the Arboretum or go in on season tickets to the symphony (really anything except dating!), let me know and I'll include the request in the next newsletter (no names, of course). Interested persons can contact me and we'll get you connected.

Laura



Laura Dake

WHERE DO WE GO? OUR TOP 10* DESTINATIONS IN APRIL!

- | | |
|--------------------------------------|---|
| 1) Richmond Place | 6) St. Joseph Office Park (various offices) |
| 2) Dialysis Clinic, Inc. | 7) Keeneland! |
| 3) Second Presbyterian Church | 8) Hanover Towers |
| 4) Body Structure Medical Fitness | 9) 120 N Eagle Creek (Lex Clinic & eye doctors) |
| 5) Hartland Hills Independent Living | 10) Cardinal Hill |

*Not including private residences

A Tribute to Kida

Doesn't that face make you smile? This is Kida, who in March joined many of our own furry "children" where — we hope — they are running without leashes and eating all the people food they want. Kida, a very polite boxer, was just shy of 13 when she passed away. Kida's "dad" was driver Ron Sale, and she went on many ITN rides with him. After listening to riders talk about Kida and the number of sympathy cards Ron has received, I can say that Kida meant a great deal to many of them, and they looked forward to seeing her. One lady in her early 90s even preferred sitting in the backseat with Kida so she could feed her treats!



Kida

We don't encourage drivers to travel with their animals, and when I first heard about Kida, I called Ron. We worked it out that he would ask the rider in advance for permission to bring her. Clearly, that permission was almost always given! Riders have told me that they can't have a dog where they live (or can't take care of one) and that they enjoyed the interaction with Kida.

Ron has been one of our most-requested drivers — we won't tell him this, but we're pretty sure it was Kida that people really wanted to see!

After Kida died, Ron told me that Kida probably didn't realize how many lives she touched. Then he changed his mind and said, "Actually, she probably did." You're probably right, Ron.

Laura

A grateful thank-you to all who donated to ITNBluegrass during March and April!

Individual Gifts

Anonymous
Arline Cortese
Barbara Geraldts
Frances Horwitz
Joe and Chandra Jarboe
Frank Lewis
Claire MacFarlane
Sharon Scott

Vehicle Donation

Rep. Susan Westrom

Family Foundation

Elizabeth C. Thomas Fund on behalf of Maryann C. Davis

Places of Worship

Second Presbyterian Church

Memorials

Ann Freytag in memory of Virgie Hiles
Stephanie Hong in memory of Jane Dillon

In-Kind

Morning Pointe of Lexington

A special thank-you to Regeneron Pharmaceuticals for providing free eye care rides to our customers!



Dignified transportation for seniors

1206 N Limestone Street
Lexington, KY 40505

Return Service Requested

ITNBluegrass has Gift Certificates for Every Occasion (or just because)!

Stumped for a great gift? Want to suggest one? Consider the gift of transportation! ITNBluegrass has gift certificates available in any amount for birthdays and every major holiday as well as general certificates for whenever the gift-giving mood strikes you! Simply give us a call at (859) 252-8665 — once we receive your payment, we'll send one to you (or the recipient) in a nice envelope!

To pay by credit card, visit our website at itnbluegrass.org and click on "Pay Online." Be sure to indicate that the payment is for a gift certificate and who the recipient is. If we haven't spoken to you already, we will call to get the preferred card type and mailing instructions.

MOTHER'S DAY

Independence Day!

CHRISTMAS

HANUKKAH

FATHER'S DAY

HAPPY BIRTHDAY!

VALENTINE'S DAY

THANK YOU!