

iTNCentralOklahomaTM

Dignified transportation for seniors



Jo B. is grateful for rides to her weekly hair appointment and errands to the pharmacy or grocery when needed.

Kathryn G. plans regular trips to her church, to the library, the vet, salon, grocery, and for scheduled medical appointments and to vote in local & national elections!



It's not easy to hand over your car keys and move to the passenger seat!



Ted Corcoran, Dispatcher, is the friendly voice that schedules riders & drivers.



Volunteer Martha N. welcomes the chance to give a lift to someone

ITNCO

Executive Director, Tracy Senat

313 NE 50th Street #2

OKC, OK 73105

405-602-1558

info@itncentraloklahoma.org

www.itncentraloklahoma.org

RIDE STATS

**Av. 180 rides/
month**

1,424 rides/ 2016

**3,000+ rides/
to date**

ITNCO Volunteers

In their own words...

PATTI ORZA

Driving our members around has given me a sense of fulfillment in my life. I love visiting with them and listening to their life history. They are wonderful!

"Joining ITN was the perfect solution to a void in my life. I had been driving my mom for five years before she passed away. She was always so full of energy and very active all her life until she developed macular degeneration. If only ITN were available in OKC during that time.

I read about the organization in the newspaper one morning two years ago and became a volunteer and enjoy each person I drive.

There is never a day that I don't hear how much they appreciate us. If they only knew how much they give back to us as well!

AMY L. LOUGHRIDGE

"Seeing a rider smile because they have a sense of independence is more rewarding than I could have ever hoped."



SARA JANE ROSE

"I am thrilled to be an ITNCO driver because it allows me to spend time with some of the most wonderful people I've ever met. I've never had a rider who wasn't

incredibly warm and personal. I started driving because I had some extra time and thought it would be a good thing to do. Little did I realize how much pleasure the experience would bring to my own life. It is a definite win-win!"

RICHARD MCQUILLAR



I am a retired AF vet and I proudly served for 28 years.

I became interested in driving after

hearing a presentation at the Midwest City Rotary Club... I have received so much pleasure and joy listening to the various life stories and family histories of our wonderful riders---from Charles R.'s encyclopedic knowledge of OU history, to Kathryn G.'s vividly colorful recollections of a time gone by, to Kathryn F.'s nuanced musings about the goodness of humanity, to the understated elegance of Thelma B.'s journey through some

of the seminally gut wrenching events of our history--they have totally enriched my experiences with them.

Who's my favorite?? All of them!!!

Independent Transportation Network of Central Oklahoma

In their own words...

TRACY SENAT, Executive Director

I have served as executive director for more than two years. During this time, we have steadily grown from being a tiny start-up to building a true community of caring & compassionate people who know and trust each other. Our riders, drivers & staff develop close relationships with each other that extend beyond rides to the grocery store. I am privileged every day to be part of this great organization that brings so many wonderful people together. **My goal is simple: to increase the number of volunteers so that we can meet the needs of many more seniors who have so many life stories to share. Come join us and become a driving force for this very special caring community.**

TED CORCORAN, Volunteer & Ride Dispatcher

In partnership with New View Oklahoma

Serving as Dispatcher for ITNCO has been a truly rewarding experience! To have the privilege of being associated with folks that perform volunteer drives for ITNCO out of sheer kindness is not only gratifying, but profoundly heartfelt! And our wonderful member riders express their thankfulness for us every week. And to see ITNCO grow so much during the 16+ months that I've been aboard shows the level of commitment & integrity of the people that make this program click on all cylinders....from the dedicated board members & staff to the best pool of volunteer drivers around!!!

CAROLE CANNON, Rides Coordinator & Driver

...I love hearing the stories our members share about their very rich and full long lives. There is so much experience to tap into. And it's such a joy to hear how thrilled and grateful our members are to continue to attend meetings, go to the salon, shopping, or to doctor's appointments.

Thank you to our 2016-17 Volunteers The ITNCO DRIVING FORCE

WANDA BAKER, BOB BYRNE, RICKIE FRAY, MARSHA FUNK, EMMERY FREJO, BUZ & JUDY GOODRICH, NANCY JILES, AMY LOUGHRIDGE, MARK MCKEOWN, DR. MARK MELLOW, RICHARD MCQUILLAR, DAVID MORGAN, MARTHA NOWLIN, NINA PACKMAN, MARCY PRICE, PATTI ORZA, HEIDI RICHARDS, SARA JANE ROSE, DR. DOROTHY THADANI, JODI WILSEY. AND WE WELCOME JIJI POLLACK & JULIE CATES!

Volunteerism + Compassion= ITNCO

BENEFITS

- Safer roads for all
- Customer-friendly option to try when taking the keys away
- No taxpayer dollars used for funding
- Volunteer drivers can “bank their driving miles” as credit for others
- Make a difference in someone’s life and yours too!

VOLUNTEER DRIVER BASICS

- Valid driver’s license & 3 years driving experience over age 21
- Acceptable record of safe driving (no moving violations within 3 years)
- Proof of liability insurance for vehicle and a clean criminal background check
- Personal references from 3 non-relatives
- Participation in ITNCO interview, orientation, car inspection & training

Go for a Test Drive!

Would you like to go on a TEST DRIVE with one of our volunteer drivers or staff to see how easy it is to volunteer a few hours from the comfort of your own car? Just call 602-1558 schedule a test drive at your convenience. To download a volunteer, go to www.itncentraloklahoma.org.

“If you want others to be happy, practice compassion.

If you want to be happy, practice compassion.” ~Dalai Lama

The ITNCO BOARD AND STAFF are committed to meeting the needs of our aging population through the mobilization of a volunteer group of drivers - one ride at a time- enabling elders & visually impaired to remain mobile, active and engaged in their community.

ITNCO combines values that Oklahomans value most...volunteerism, practicality, service, compassion, independence and sustainability.



**Chickasaw Nation
E.L. and Thelma Gaylord
Foundation**

**Integrus Health
OKC Jewish Foundation
Kerr Foundation**

**Kirkpatrick Family Foundation
Leadership Oklahoma -
“Making a Difference”**

**Award 2016
Meinders Foundation**

**Mercy Hospital Foundation
Oklahoma Blood Institute
Oklahoma City Community
Foundation**

**Oklahoma County Medical Alliance
Oklahoma County Medical Society
Community Foundation**

**OU Medical System
OU Physicians
Regeneron**

**St. Anthony Hospital
Temple B’nai Israel**

WAYS TO SUPPORT ITNCO

- **VOLUNTEER TO DRIVE** or go for a “Test Drive” to see how easy it is
- **BUY A MEMBERSHIP (\$50)** for yourself or for a family member, neighbor or friend
- **MAKE A DONATION** to support Oklahoma County residents who need transportation
- **PROMOTE ITNCO** - invite board, staff or drivers to speak in your faith community or social/professional venues
- **SERVE** on a board committee or assist with recruiting volunteers



2017 ITNCO Board of Directors

(Seated) Marsha Funk, Tracy Senat,
Executive Director, David Morgan,
& Marcy Price,

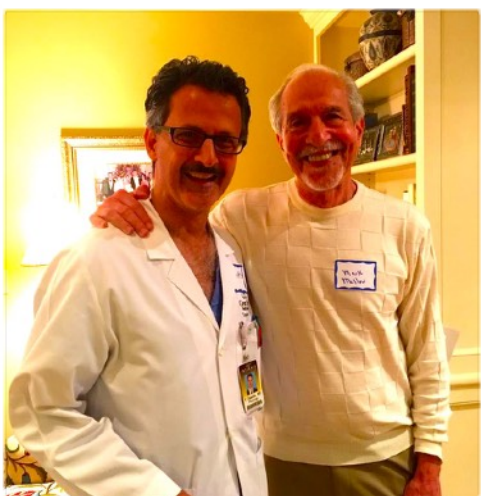
(Standing) Dr. Tomás Owens, Larry Ottaway,
Dr. Mark Mellow, and Dr. LeRoy Southmayd

(Steve Rasmussen & Dr. Germaine
Odenheimer not pictured)

Meet New ITNCO Board Members

Steve Rasmussen - President & CEO of True Sky Credit Union; Board of Calm Waters; Leadership OKC, Class 24; and Ex-Officio advisor, YWCA.

Germaine Odenheimer MD - Associate Professor, Donald W. Reynolds Department of Geriatric Medicine, OU Health Sciences Center. Dr. Odenheimer is board certified in neurology and has specialized expertise in cognitive impairment and driving. Several years ago, Dr. Odenheimer introduced Dr. Mellow to ITN America founder Katherine Freund and participated in the initial ITNCO Working Group to establish the only ITN affiliate in Oklahoma.



Board Member, Tomás Owens, MD

"I take care of a lot of elderly people and I know how important it is for them to remain mobile and socially engaged. I have served on the ITNCO board since inception and have seen it grow and reach more and more of this often neglected segment of our community."



David Morgan

David, enjoys a variety of activities in retirement ... volunteering as an ITNCO driver, plus taking classes in Norman, and always being available for his grandchildren!

ITNCO Board President Perspective

Dr. Mark Mellow

In our second annual newsletter, our members and volunteer drivers expressed their feelings about our ride service. You will note that the strong common theme is their gratitude for being able to continue both necessary functions (i.e. doctor visits, grocery shopping) as well as perhaps more importantly for their emotional well being - engaging in important socialization outside the home without having to burden family or friends. For example, I enjoy driving two men in their late 80s going to weekly bridge games, senior centers, bible study, the library and to restaurants.

We hear from our volunteers how enriching their experiences are as well. One of the things we emphasize is encouraging socialization between our drivers and seniors - riders sit in the front seat and we share stories, laughs, memories and life wisdom. On the day that I am writing this, I was invited into the home of one of our seniors who wanted me to see what a good job the cleaners did with her carpet. My emotional award for the day!

So now that you have heard about ITNCO, are there ways that YOU can join us in our mission? One way is to **volunteer to drive**. Hours are flexible, our great personable ride dispatcher, Ted, sends out email blasts identifying details of each ride request, and if you are free to do one, you let him know. Ride requests are almost never on short notice so your own schedule determines your ability to give a ride. If you have a set half day/week, you can also just schedule rides during that time frame if you prefer.

For the safety of our seniors, we run full background and driving safety checks on all our volunteer drivers. Our Executive Director, Tracy Senat, meets with each volunteer to discuss the special needs of our seniors (use of cane, walker or hearing/visual issues). Our rider members are all ambulatory to the level of cane or walker use. ITNCO supplements driver's insurance, and additionally you can "bank" miles driven to give to another rider or for your own later needs.

There is a second equally important way to help us in our mission...we are a non-profit, so we can always use money. We are frugal at ITNCO - our expenses include salaries for our Executive Director and Rides Coordinator (our dispatcher is generously gifted to us by New View Oklahoma!). We are OK County Medical Society's community service project so we are housed rent-free in their facility. Our major expenses other than salary are insurance and background checks and phone/internet - no frills!

I would like to thank the many organizations that have supported ITNCO in our first two years. A full list of foundations and community supporters is highlighted on page 6.

A special thank you to our dedicated board of directors for their dedication, leadership and 100% annual financial support.

10 Signs That it's Time to Limit or Stop Driving –AARP Driver Safety

The question of when it is time to limit or stop driving is not about age. It's about the ability of the driver. To this end, observing the driving of the loved one about whom you are concerned and looking for warning signs of unsafe driving is a great first step in determining whether it's time to talk to them about hanging up the keys. Here are only a few warning signs of unsafe driving:

- Delayed response to unexpected situations
- Becoming easily distracted while driving
- Decrease in confidence while driving
- Having difficulty moving into or maintaining the correct lane of traffic
- Hitting curbs when making right turns or backing up
- Getting scrapes or dents on car, garage or mailbox
- Having frequent close calls
- Driving too fast or too slow for road conditions

If you notice one or more of these cautionary signs in yourself or in a loved one who is driving, ITNCO provides a way to stay safe and active from the comfort of the passenger seat.



Do You Have a Car Sitting in the Garage Unused?

Your car means independence. But what if you haven't actually driven it in months? Every day that your car sits in your garage, it's worth less. How about a Car Trade?

Call 602-1558 to trade an unused car for funds in a Personal Transportation Account for the non-driver. Or you can make a tax-deductible gift of your automobile to ITNCO – helping older people remain active and independent.

MAKE A DIFFERENCE

- **For every new volunteer driver, ITNCO can add 3 new riders to serve.**
- **A \$50.00 donation will cover the costs for one volunteer driver background check & driving record plus related training costs.**
- **\$1,000 will help support the only ITN affiliate in Oklahoma.**

Carol



Charlie



Frances



"Thank you for our ride...You made our day!"

iTN*CentralOklahoma*TM

Dignified transportation for seniors

OUR MISSION

We provide safe, affordable and dignified, community-based and community-supported transportation for seniors and visually impaired adults.

BENEFITS

- ITNCO provides a valuable service for our riders as well as their adult children who no longer need to worry or leave work to give rides to their family member.
- Improves physical health with consistent rides to scheduled medical appointments
- Improves emotional health and well being by decreasing social isolation, especially for those aging in place.

Independent Transportation Network of Central Oklahoma

Executive Director, Tracy Senat

313 NE 50th Street #2

OKC, OK 73105

405-602-1558

info@itncentraloklahoma.org

www.itncentraloklahoma.org

Newsletter Editor, Marcy Price

Printing provided by St. Anthony Hospital