

Jim Foster: ITN Gateway Volunteer of the Year

Since early December of 2014, Jim Foster has given over 1,150 rides to our beloved riders, tallying up just under 12,000 miles. That's the equivalent of driving from Los Angeles to New York City 4+ times!



What makes Jim stand out is his devotion to the passengers in his car and his care. Forty nine percent of Jim's rides take dialysis patients to and from their treatments.

Dialysis is a grueling and necessary treatment that involves a gentle and patient touch from the driver. After treatment, many patients are in pain and most are very tired. Often times, the scheduled pick up time is pushed back because of difficulties

getting the patients off of the dialysis machines. Jim has waited in the waiting room many times as his rider is being tended to, and does so without a complaint.

Jim will tell you that he has formed special friendships with a few of the dialysis patients. One such friendship that developed was with an elderly gentleman, John Bilderback. John's dialysis appointment was early, at 6:45 a.m., three times a week. Jim took most of those rides, and in fact, he drove John 388 times! They discovered they had a lot of common interests and even family back in New Jersey. It was very upsetting to us but especially to Jim when John passed away last December.

Another group that Jim drives are our developmentally disabled young adults. He has driven Leah, a young lady with Down Syndrome, home from work 125 times forming a great bond with her. Through his gentle ways and patience, he has made quite a difference in the lives of his riders and also for the office staff because he's such a great help to our riders.

Occasionally, we send out what we call an 'SOS' email for help with a ride or rides with which we are having difficulty finding drivers. Jim Foster steps up to that plate quite frequently, many times venturing out in rush hour traffic. He is retired, but still has a desire to help others and spend part of his free time helping ITN get our good folks where they need to go.

A selfless gentleman to be sure. We love Jim, our riders love Jim, and we feel he is very deserving of being named our Volunteer of the Year!

**Thank you to our numerous volunteers!
We couldn't do it without you!**

Randy Adler	Sally Keough
Ken Bailey	Rick King
Sharon Barnhart	Jim Klein
Robert Boley	Charlie Klix
Logan Bruns	Annette LaMora
Nancy & Randy	Dennis Langdon
Cerney	Peggy Langdon
Patrick Consalus	Bill Livingston
Trina Cook	Donna McCarty
Mark Crank	Marcia
Tom Dell	Mermelstein
Margaret	Lynn Meyer
Diekemper	Sandy Meyer
Peg Dubrowski	Bev Moore
Vic Dubrowski	Roxanne
Melissa Finley	Nickerson
Jeff Ford	Kim Orf
Jim Foster	Karen Page
Missy Frederick	Katie
Dave Fricke	Pendergast
Brittany Gillett	Michelle Perry
Dennis & Karen	Jeff Portzelt
Gladieux	Mike Riley
Ted Gottlieb	Michelle Schrick
Becca Green	Vicki Sexton
Stacy	Ronald Smith
Haberstroh	Eliot Star
Andy Hall	Steve Stillman
Dixie Hammon	Mary Stoecklein
Kim Hanneman	Will Stover
Bryan Harr	Carol Sutherland
Maggie Harr	Libbey Tucker
Mary Ellen	Melinda Voelkel
Harrison	Althea West
Paul Heitz	Teresa Wetzel
Pauline Hessel	Christi Winter
Jeff Hitchcock	Gary Winter
Ashley Johnson	Art Zemon
Patti Kasperski	
Debra Kemp	

A Note from Our Executive Director



I love my job! I recently returned from the annual affiliate meeting with many of my colleagues and the national staff at the headquarters of ITNAmerica in Portland, Maine where we enjoyed an exchange of ideas and information. It always recharges me and helps me bring new ideas to our organization. I enjoy interacting with the other Executive Directors and board members from all over the country and being able to share stories and challenges plus find encouragement and solutions.

We want to promote Giving Tuesday and the Car Donation program (see back page) and look for new ways to recruit volunteers. Have I told you I love my job? It's such a blessing to me and I'm honored to work with such special riders and volunteers.

As we enter this season of reflection and Thanksgiving, I want to express my sincere thanks to all of our wonderful staff, volunteer drivers, committee members and board members. We could not make the difference we make without each of you.

Susan Kallash-Bailey

Rock for Rides Recap

It was a beautiful late summer evening on September 22 as attendees listened to great music, enjoyed great food and saw a beautiful sunset at 370 Lakeside Park in St. Peters.

Overall we raised \$10,000 to help with our mission of keeping people connected and engaged in their community when they can no longer drive. Thank you to all who participated!



We especially want to thank the Kohl's Care Associates (at left): Dolores Schmidt, Tammy Gianino, Megan Covington, Stephen Clark, Sandy Newbauer and Steve Alikonis.

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Rider Spotlight-Lorraine Bruegger

After having two near-accidents while driving, Lorraine experienced a great deal of anxiety when she would try to drive. For the safety of herself and others, she knew she had to make a change and in April of 2017 she hung up her keys permanently. At first, she was very depressed, as she felt isolated and no longer had the freedom to go wherever she wanted at any time. And then while looking for options on the internet, she found ITN Gateway!

Lorraine Bruegger has used our services for about a year and half to keep active and meet friends. She attends a weight loss club, Taking Off Pounds Sensibly (TOPS), and enjoys meeting with these friends each week. At 72 years young, she also uses ITN to go to the O'Fallon YMCA weekly as part of their Silver Sneakers program and meets there with a friend and they have lunch or visit afterward! "These are two things I do for myself, both physically and mentally – plus these are my social outlets," says Lorraine.

After living in Illinois by herself for several years, Lorraine now lives in Wentzville with her daughter, son-in-law, two grandsons and three Dachshunds. They are part of a growing trend in multi-generational families living in one household and benefit from the service that ITN provides. Since her daughter and son-in-law work during the day, they are unable to take her to these places, but ITN is here to fill in those gaps.

Like all our riders, Lorraine has had a fascinating life and has lived in some interesting places. She grew up on a farm in Wisconsin, (you can still detect that northern accent) so there was never time for traveling, but her life changed when she married. Her husband was in the Air Force, so they moved often, living stateside in Florida, Idaho, New Mexico and Colorado. They were also stationed overseas in Germany and England which was a wonderful for her family to experience. They found their way to the St. Louis region through her husband being stationed at Scott Air Force Base where she also worked as a secretary.

Lorraine says, "Riding with ITN is just like having your friend pick you up. I really appreciate the great volunteers at ITN."



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Car Donation Program

**ITN St Charles dba ITNGateway is a 501(c)(3) ~
All donations are tax deductible**

Do you have a car you are no longer using or that you are considering selling? Did you know you can donate that vehicle to ITN for a tax deduction? Riders who donate a car are eligible to put credits towards their account through our CarTrade™ program for future rides with us! No matter the condition, consider donating your car to ITN today!



Black Friday. Cyber Monday.
#GIVINGTUESDAY™
November 27, 2018

Remember ITN on Giving Tuesday and help us reach our goal of gaining 10 new volunteers in St. Louis & St. Charles counties and raise \$3,000 through 25 Help on Wheels donations!



Help us get to 200 followers on Facebook! The 200th Follower will win a \$25 gift card to Walmart or \$25 in ride credits!

Simply search for ITNGateway on Facebook and Like our page! Then invite your friends to like the page too!

Like the posts and share them too!

ITN Gateway
Dignified transportation for seniors

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