

Holiday Ideas from the Kitchen of Sharon Thompson!



Join ITNBluegrass in December for a cooking event led by popular *Herald-Leader* food writer Sharon Thompson! Ms. Thompson, who is also author of the cookbook *Flavors of Kentucky*, will show you how to entertain for the holidays on a budget and how to create holiday gifts from your kitchen. The event date and venue will be available soon, so watch for your invitation! Tickets will be about \$15. If you are interested, please call ITNBluegrass at (859) 252-8665. We'll put your name on a list and you will definitely be contacted to see if the date works for you. Everyone is welcome, so bring a friend!



ITNBluegrass Holiday Gift Certificates Available Now!

Stumped for a great gift? Want to suggest one? How about the gift of transportation this holiday season?! ITNBluegrass has holiday gift certificates ready to go. Simply give us a call — once we receive your payment, we'll send one to you (or the recipient) in a nice envelope!



Community Tea at Richmond Place in November!

On Thursday, November 12, at 2 p.m., ITNBluegrass hosts a free Community Tea at Richmond Place (3051 Rio Dosa Drive) to better inform residents and guests about its service. All are welcome—you do not have to live at Richmond Place to attend. In addition to tea and lemonade, you will enjoy tasty desserts and be entered into a drawing to be eligible to win one of three door prizes! If you are interested in attending, please leave a message with one of our dispatchers. The tea and discussion will last a little more than an hour.

If you are interested in possibly hosting a Community Tea at your home, church or other organization, please contact us. We will provide the program and refreshments if you provide the tea and guests!

Congratulations to Volunteers Roger Parry...

ITNBluegrass is pleased to announce that **Roger Parry** is its Volunteer of the Year award recipient. For his efforts as a volunteer driver and recently-elected chair of ITNBluegrass' Board of Directors, Roger will receive a commissioned handmade piece of pottery from Rara Avies Pottery. It is a modified Tzedakah Box (intended to hold coins for charitable acts) showing a little ITN car traveling through a village with destinations common to ITN members.



Roger's short tenure as chair has been one of incredible activity; he has attended meetings, conferences and teas to speak about the ITN service, distributed countless brochures, and become a great advocate for dignified transportation services for seniors and the visually impaired in the Bluegrass area. Other factors make Roger attuned to the needs of our riders as well. First, because he worked with the elderly as a nursing home administrator for over 40 years, he truly knows the issues affecting seniors and understands the huge need for transportation for these individuals and the visually impaired. Second, because he occasionally uses ITN's transportation services himself, he knows the ins and outs of the services better than most.

While Roger has given many rides (1,420 occupied miles since July 2008), he says that he never tires of hearing the stories that his riders have to tell and he is touched by how appreciative they are.



...and Mike Warman!

Volunteer driver Mike Warman is our 2009 recipient of the President's Volunteer Service Award, which is presented by the President's Council on Service and Civic Participation in recognition of people who make a difference through their volunteer service. Mike has been driving with ITNBluegrass since August 2008 and to date has logged 1,900 occupied miles!

Recently retired, Mike comes with years of experience in the health insurance industry – first as director of the Medicare (Part B) Division of Blue Cross/Blue Shield, then as manager of Small Group Sales for Humana for 19 years. Given his background, Mike understands how important staying active is to a person's health, including his own, and is willing to pitch in when needed five days a week. Mike is friendly and very good with people: he drives several member-riders routinely and is often requested as a driver.

In addition to being a volunteer driver, Mike is very active in Boy Scouts. He was a scoutmaster for many years and now works in administration. This past summer, we missed him: he served as camp commissioner at Camp McKee in Jeffersonville, IN, for the entire months of June and July!

Many thanks to all our volunteers as we celebrate our first year of rides. We couldn't do this without you and appreciate your dedication and enthusiasm!

Letter from the Executive Director: Gale Reece



ITN*Bluegrass* has just celebrated its 1st year of operations and is quickly approaching 3,000 total rides given! We held a luau in September where we recognized our wonderful volunteer drivers. We certainly appreciate their willingness to help with the service, and I'm sure you do as well.

Over the next couple of months, ITN*Bluegrass* will be recruiting in earnest Healthy Miles® and Ride-and-Shop® business members. Our current HM and R and S members are **Bluegrass Retina Consultants; Chiro One Wellness Centers** (all Lexington locations); and **Retina Associates of Kentucky**. If you visit one of these businesses, you will receive \$1 off your "A" ride (your ride to the facility). It's all done by computer so there's no need to keep track yourself!

If you represent a business and would like more information about these programs, or if you patronize a health care facility or retail merchant who you think might like to join with us, please give us a call and we'll take it from there. There is a small membership fee in addition to the subsidy, but businesses will be featured on our website, in ITN*Express* and on event materials. They will also be part of a larger effort to support elder transportation services in the Bluegrass and help keep people active and independent.

It's easy, too: businesses do not have to distribute coupons or keep records of visits — everything is done via our computer software program, ITN*Rides*. Transportation programs are not inexpensive, but so important to the social and economic life of our community. Thank you for your support!

Meet Member-Rider Dr. Janice Kregor

When pediatrician Dr. Janice Kregor gave up driving in October of 2006 due to some impaired vision she was experiencing at night, she began searching for alternative means of transportation. From bus rides to friendly favors, she found it difficult to make it to all of the daily and nightly events that she enjoyed in her very active schedule. Dr. Kregor, now a professor in the University of Kentucky's medical school, said that although she lives only three miles away from campus, it sometimes takes up to an hour and a half to get to work by bus.



Then, one day about a year ago, a close friend of Dr. Kregor's recommended she become a member of ITN*Bluegrass* and even donated a membership to her. When Dr. Kregor finally took her first ride a few months later, she found the service helpful in many ways. To date, she has used ITN*Bluegrass* on a variety of occasions, including taking a night out to tango, making it to a doctor's appointment and getting to swim competitions. Dr. Kregor says, "ITN lets me plan ahead so I can continue to do the things I enjoy."

Fall Facts

Total Members
176
Total Rides in September
278
Total Rides To Date
2,901

Welcome to our new Friends of ITNBluegrass!

- Chet Blackey
- Anita Britton
- Virginia Cheek
- John & Jo Greene
- Joseph Jarboe
- Thomas Jarboe
- Betty Jo Palmer
- Roger Parry
- O. Leonard Press

Bulletin Board

Welcome to:
Our newest volunteer drivers: Doug Andersen, Carolyn Loeff, David and Kenda Warburton and Patti Woomer.

Our newest Board members: Bennett Clark and Stan Wonn.

Our new college intern: Alison Marcotte, a senior in marketing at U.K.

Farewell and Best Wishes:
To Board member (and former chair) Jeff Koonce. Thank you for all your hard work and dedication to our success.

Become a Friend of ITNBluegrass!

Please consider becoming a "Friend of ITNBluegrass!" You'll enjoy the following benefits:

- 1) You support safe, dignified, affordable transportation for elders and the visually impaired in the Bluegrass area.
- 2) Car care discounts at Ken Towery AutoCare SuperCenters' three Fayette County locations.
- 3) Local volunteer opportunities.
- 4) ITNBluegrass Walk for Rides t-shirt (while supplies last). Please indicate size needed.

To become a Friend of ITNBluegrass, simply fill out the following form and mail it, along with your check*, to ITNBluegrass, 1206 N Limestone Street, Lexington, KY 40505.

Name(s): _____

Street Address: _____

Apt. #: _____ **City:** _____ **State:** _____ **Zip:** _____

Phone Number: (_____) _____ - _____ **Email Address:** _____

I have enclosed (check all that apply):

*Please make checks payable to ITNBluegrass

____ \$50 to become a member-donor

____ Additional tax-deductible donation: _____

This information can be found in greater detail at www.itnblugrass.org or by calling (859) 252-8665.

Return Service Requested