

## Watch Your Mailbox and Consider Supporting ITNBluegrass!



The holiday season is right around the corner and this means that ITNBluegrass will again be asking for your support! The Annual Appeal is our year-end giving campaign that enables us to continue offering rides at the lowest cost possible. When you donate to ITNBluegrass, you help seniors and visually impaired riders continue traveling to the locations they need and enjoy safely and affordably.

While ITNBluegrass riders pay an annual membership fee and ride fares, these do not cover the affiliate's costs. We depend on voluntary, local community support to subsidize member fares. Last year, ITNBluegrass raised \$9,300. This year, our goal is **\$10,000**, which will support the increasing demand of member transportation. One major benefit of donating is the knowledge that your donation will go to improving the life of another person right here in central Kentucky. You never know when you may be the one needing assistance with transportation!

## 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 available in any amount ready to go! We have three themes: **Christmas, Hanukkah and winter**. Simply give us a call — once we receive your payment, we'll send it to you (or directly to the recipient) in a nice envelope!



## Introducing the HealthwoRx Fitness & Wellness Center

Central Baptist Hospital has recently opened its new HealthwoRx Fitness & Wellness Center at Lexington Green in the former CompUSA location! For a small monthly fee, seniors can become members of HealthwoRx and choose from a range of exercise classes appropriate for their fitness level. By becoming a member, you can also participate in the Senior Star educational programs that typically include a class on topics of interest, a movement component, lunch, giveaways, prizes and other materials. An upcoming topic, for example, is "Techniques in Pain Management and Prevention." Stay active with your friends, have fun while doing it and let ITNBluegrass help you get there! For more information, call (859) 260-4354.

## Fall Facts

Total Members by  
October 2010:  
**256**  
(not all are riders)

Total Rides in October:  
**568 (a record!)**

Total Rides to Date:  
(October 31)  
**7,960**

## Bulletin Board

**Welcome to our newest volunteer drivers:** Robert Briscoe, Anne Combs, Teresa Combs, Bette Jo Dedic, Dick Dedic, Lisa Edmondson, Susan Gilliam, Don Holbrook, Sarah Osborne and Glenn Railey, **and from Midway**, Philip and Nancy Dare, Adele Dickerson, Helen Rentch and Dan Roller.

**Board changes:** We welcome Ken Taylor as the newest member of ITN*Bluegrass*' Board of Directors.

**Staff additions:** Linda Huffman joins us as our newest office hours rides coordinator. Linda works one day a week while Barbara and Walt each work two.

**Good-bye** and best wishes to college intern Alison Marcotte, who started law school at UK in August. **Welcome** to our newest intern Sarah Osborne, who is a senior marketing major at UK.

## Meet Member-Rider Anne Baldwin...

“People are wonderful and you just have to take the time to know and converse with them. Anne Baldwin has been a rider with ITN*Bluegrass* for about six months and she has loved the convenience and the people who drive her. Anne has always been one to be out and about. She worked in a bank for many years and she loves to travel and has seen more places around the world than many people know exist! With vacations to France, Greece, and Istanbul, Turkey, Anne has many interesting stories and experiences. In a recent adventure to Egypt, Anne was able to see the Great Pyramids and even ride a camel! She has also climbed the Great Wall of China. Just after this interview, Anne flew to India where her goal is to see tigers in the wild!



“I went to Paris when I was 19 and the world opened up and I have traveled ever since! I just love to get to know the cultures and the people.” Anne enjoys traveling with a good friend from college and has collected many souvenirs along the way. “There are more places to go before I give up. I have to go to Bora Bora, Kenya, and to see the lions in South Africa.”

When Anne is at home, she enjoys spending time and taking care of her dogs. ITN helps keep her mobile in Lexington and not have to completely give up her passion for traveling and experiencing life's wide variety. “I like to think of all the places I've been and I know when I get to the pearly gates, I'll be out of breath!”

## ...And Volunteer Driver, Ann Freytag

“I believe each person should help out in the community, so in order to help older citizens stay mobile, I decided to become a volunteer driver.” Ann Freytag has been a driver for ITN*Bluegrass* for almost two years. She is a senior lab technician in soil microbiology at UK, where she has held numerous positions for 20 years. Ann is also a part of BUILD (Building a United Interfaith Lexington through Direct Action) program and enjoys the outdoors and gardening in her spare time.



With ITN, Ann enjoys meeting the people that she would not normally meet. “I like to have lots of friends and driving for ITN gives me a broader perspective of the Lexington community.” Ann mentions that her favorite part about ITN is finding rides close to her area and having a weekly routine. “When picking up the same riders, it allows them feel more comfortable and feel like a family member is taking them places. I like to get to know the riders on a more personal level and stay connected in their lives.”

Since Ann is very familiar with the Lexington area, she enjoys teaching people how to integrate into the community and city. “I have had many unique bonding experiences that were developed through ITN and I feel very honored to be able to drive others and be a part of the community.” Thank you, Ann!

## Letter from the Executive Director: Gale Reece

As you receive this newsletter, Laura (our Deputy Director) and I will have just returned from Portland, Maine, where we attended the third annual ITNAmerica national conference. We have grown to 16 cities nationwide with the newest affiliate in Racine, Wisconsin. As ITN affiliates proliferate across the country, remember that as a Bluegrass member, you can use the service in other cities in the network.



An important quality of all affiliates is that we cannot use tax dollars after our fifth year of operations. This assures our members that budget cuts in government will not affect ITN affiliates' ability to provide the rides our members have come to depend upon. Instead of tax dollars, we depend upon modest fees for service and charitable donations.

It is our opinion here in the Bluegrass that broad community support from both individuals and businesses is the most secure way to provide for the current and growing future needs of our seniors. The tried and true statement "many hands make light work" applies to funding transportation for our productive citizens who now need assistance.

Please consider supporting our upcoming Annual Appeal and support your friends and neighbors who need transportation. If we all pull together, we will help seniors stay in their homes as long as they wish and are able.

### Going Green!

If you are a rider and have had no ride activity during a given month, you will not receive a statement for that month unless you have a balance due on your account. This saves paper, as well as printing and postage costs. Important policy or pricing changes described in the *Billing News*, the half-page insert included with each statement, will also be printed in the ITNExpress newsletters so you don't miss anything!

**What is an easy way to show how much you care for your loved one with Alzheimer's?** MedicAlert® + Alzheimer's Association Safe Return® is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency. They provide 24-hour, nationwide assistance, no matter when or where the person is reported missing. Local scholarships are available.

If an individual with Alzheimer's or a related dementia wanders and becomes lost, caregivers can call the emergency response line to report it. A community support network will be activated, including local Association chapters and law enforcement agencies, to help reunite the family member or caregiver with the person who wandered.

If a citizen or emergency personnel finds the member, he/she can call the toll-free number listed on the member's ID jewelry. MedicAlert + Safe Return will notify the member's listed contacts and make sure the person is returned home safely. For more information, please visit [http://www.alz.org/safetycenter/we\\_can\\_help\\_safety\\_medicalert\\_safereturn.asp](http://www.alz.org/safetycenter/we_can_help_safety_medicalert_safereturn.asp).

**Information provided by the Alzheimer's Association and alz.org.**

## ITNAmerica celebrates 300,000<sup>th</sup> ride!

ITNAmerica proudly announces its 300,000<sup>th</sup> ride this past August. Since beginning in Maine fifteen years ago as a small, locally-based nonprofit, ITNPortland, we have developed and grown new ITN affiliates across the country. Even through the current recession we continue to add new affiliates to our national network and now have sixteen, with more coming soon, plus numerous other communities expressing strong interest in affiliation.

As another clear sign of our continuous growth nationally, we have now exceeded an annual ride total rate of 50,000 rides per year for the first time in our history. By adding new ITN affiliates and service areas through the rest of 2010 and into 2011, we project reaching 400,000 total rides very soon!

Please join us as we strive to help seniors and the visually impaired across the country remain active, independent, and mobile by providing a safe, reliable, and affordable transportation alternative.

*Thank you to Central Baptist Hospital for honoring ITNBluegrass Executive Director Gale Reece as one of four recipients of its 2010 Celebration of Women award, which recognizes women “who have impacted our lives through their lifetime commitment to community service.” Gale was honored at a dinner on November 5.*

Return Service Requested

**ITNBluegrass**  
Digitized Transportation for Seniors  
1206 N. Limestone Street  
Lexington, KY 40505