



Faith in Action of Bloomington-Normal

“ More Than Just a Ride ”

A Letter From the Executive Director

Happy Spring! We are approaching a beautiful time of year, with the hope of new beginnings as we see Spring flowers starting to pop up.

It certainly lifts my spirits when spring is in the air, especially with some of the weather we experienced earlier this winter. I hope you are feeling that too.

Faith in Action services would not be possible without the generous contributions we receive. Thank you to those who gave a gift to Faith in Action during our annual appeal campaign.

We also rely heavily on our volunteers who always go above and beyond, and I know you also appreciate them. However, I must request, that you not personally call a Faith in Action volunteer to ask for a last minute ride to an appointment or food pantry.



You are required to call the office seven days in advance for your requests for service to give our office volunteers time to fulfill a ride. Please keep the days listed to the right, as office closures for holidays, in mind when making your appointments in May and July.

Please help us spread the word about Faith in Action. We have volunteer opportunities and we would like to server more adults age 60 and over.

Faith in Action makes note of your request regarding the type of vehicle you prefer. Sometimes, these requests make it more challenging to fulfill a ride. A volunteer

will note your request for a sedan and call to say they drive a small SUV, asking if that would work for you. Please consider being open to a small SUV for your transportation needs. Most sedans are 4-6 inches of ground clearance, small SUVs are approximately 8 inches and may be easier for you to get into and out of. If you have request sedan or low vehicle only, please call to let us know if a small SUV will meet your needs. Blessings,

Darla Heath

FAITH IN ACTION HOLIDAY OFFICE CLOSURES	
	May 27
	July 4

Your gifts are greatly appreciated.

If you would like to make a donation there is a gift envelope included with this newsletter for your convenience.

Thank you!

Tips for Getting into a Vehicle

Tips for getting into the vehicle:

- Once the door is open, turn so your back is towards the seat.
- Lower yourself down to the seat. Be sure to avoid bumping your head on the car when sitting down by bending your head down and slightly bending forward.
- Once you are sitting, turn your body to face the front windshield and lift in one leg at a time.
- Once you are in the vehicle, fasten your seat belt.



Tips for getting out of the vehicle:

- Remove your seat belt and open the door.
- Move one leg out of the car at a time, turning your body so you are sitting on the side of the car seat facing outwards.
- Use your arms and legs to push up to standing, don't pull on the door. If you use a cane or a walker and you have another person with you, make sure they have your assistive device ready for you when you stand up.
- Make sure you are wearing supportive and comfortable shoes to help you have good balance.

If you have difficulty bending your hips or knees, slide the seat to the position farthest from the front dash. This will allow for ample leg room and help you avoid bending your hips and knees too much.

If you have cloth seats and you have a difficult time turning your body once you are sitting down in the car, try putting an empty plastic bag down on the seat first. This will allow your body to slide and turn easier on the car seat.

Information provided by Dr. Krista Sheppard, DPT

Something to consider: Faith in Action staff and volunteers are dedicated to fulfilling your request for rides to medical appointments or shopping. The guidelines above are to help you safely enter and exit a vehicle. Often requests for transportation specify a sedan only. This requirement limits our ability to find a driver, as a number of our volunteers have small SUVs.

Many cars have dimensions that make them easier to get into and out of. The combination of ground clearance, seat height, ceiling height, and the ability of the door to open wide make cars more or less accessible. Doors that open wide and seat heights near hip height tend to be the easiest for people to get in and out; most small SUVs fall into this category. Low riding sedans and large to very large SUVs may be the most challenging, but many common cars from sedans to standard sized SUVs are recommended as being easier to get in and out of.

SPECIAL THANKS TO

Platinum Sponsor



Gold Sponsors



Phillips & Associates, CPAs, P.C.
Richard W. Phillips, CPA

Silver Sponsors



Bronze Sponsors



Friends of Faith in Action

Assisted Living Helpers

Arcadia Care

Bank of Pontiac

Bloomington-Normal Audiology

Christie Clinic

Gailey Eye Clinic

Martin's Home Furniture

The Millan/Petro McDonald's Organization

SYNERGY HomeCare of Central Illinois

Grantors

John M. Scott

The Christmas Eve Fund

A Donor Advised Fund of

Renaissance Charitable Foundation





600 E. Willow Suite 201
Normal, IL 61761

Return Service Requested

FIA Office Hours

Monday - Thursday:

9 AM - 4 PM

Friday: 9 AM - 12:30 PM

Closed Saturday & Sunday



Phone:
309-827-7780

Follow FIA on Facebook: @bnfia
Faith in Action - Bloomington/Normal

April is Stress Awareness Month and the ARC is hosting a special event called “Stress Busters,” Saturday, April 13, from 9 a.m. to 1 p.m. The program will introduce you to a variety of programs that can help relieve stress. Come and make a day of it and enjoy self-care fun!

9—11 a.m. Canine Calm with adorable foster dogs from Deeby’s Senior Chihuahua Rescue. Dogs attending are available for adoption. Hear guest speaker Sam Stocking, owner of Korey the Kanine Dog Training, and meet her diabetes alert dog, Korey. She will speak about how to help your dog relax and how dogs help us relax.

10 a.m. Make a Mindfulness Kit with U of I Extension. Class is free, registration required. Participants will learn the concept of mindfulness, some simple techniques to help reduce stress, and make a mindfulness kit to take home.

10 a.m. Meditation Made Easy with Nancy Nork including exploration of the Magic while removing some of the Mystery out of Meditation. You’ll walk away with a greater appreciation for the many benefits, a handout and instructions for incorporating 4 different methods into your daily life. Cost is \$6, registration required.

11 a.m. Movie: A Dog’s Purpose (2027) rated PG 100 minutes, a dog discovers the meaning of its own existence through the lives of humans.