



# We're Driving Independence

*Empowering older adults and adults with low vision to be engaged in their communities and live life to their fullest potential*

**VOLUNTEER**



**TRANSPORTATION**



**TRA's PSA Message is: Apply Today to Drive!**



TRA's Public Service Announcement is presently running on local cable channels throughout Westchester. We ask what it takes to live independently. For many in our communities, access to transportation and resources is needed to stay connected. At TRA we provide those needed services through our non-emergency medical rides program and the TRA Resource Hub. Watch the PSA at [my-tra.org/news](http://my-tra.org/news).



**Apply Today!**

[my-tra.org/drive](http://my-tra.org/drive) • 914-752-2631 • [volunteer@my-tra.org](mailto:volunteer@my-tra.org)



**VOLUNTEER**



TRA's volunteers come from many walks of life. Some are retired, others work part-time, or are self-employed. They come from all the corners of TRA's service area. How do they find TRA? We do a lot of outreach at volunteer fairs and community events. It might be large events at the Kensico Dam Plaza or smaller local events at nearby cities, towns and villages. TRA's staff regularly attends meetings of community groups and clubs. Volunteer New York! has referred many potential volunteers to TRA.

Join us in welcoming Jenna A., Sachin G., Susan H., Molly S. and John T., all referrals from Volunteer New York! Glen G. found his way to TRA at the Lewisboro Library's Volunteer Fair.

At the end of summer, volunteers Ron V.L. and Sandee L. joined us at the White Plains Wellness Fair. They were a combination of a long-term volunteer (Sandee) and a new volunteer (Ron) who could speak of their experiences. Ron, a man of many talents, captivated the children attending with his mastery of balloon art.



**Volunteer Steve S.**



**Volunteer Ron V.L.**

Every week TRA posts resources and information on the News page at my-tra.org/news. For instance, TRA recently joined the **Sepsis Alliance**. Sepsis is serious infection that can be deadly. We've posted a video that explains sepsis, symptoms and signs to watch for.

Recent posts to the News blog include information on, How New Yorkers can check their voter registration and register to vote, September is Preparedness Month, Healthy Aging Tips, and Do You Know the Basic Road Signs? If there's a topic you'd like to see covered. Let us know!

### DO YOU HAVE A COMMUNITY EVENT COMING UP?



We'd love to join you! We had a busy summer with events throughout Westchester. Call 914-752-2631 to reserve your date or email Volunteer@my-TRA.org. Fall dates available.

**Volunteer David C. and family at White Plains National Night Out**



We continue to add resources to the Resource Hub. We review agencies regularly to keep the listings accurate. The following have completed their yearly review to keep the information current and accurate:

- HART Transit, SweetHart Para Transit service in Danbury and NW Fairfield County
- Schoke Jewish Family Services of Lower Fairfield County
  - FISH, Hastings
  - A-HOME
- SUNY Westchester Community College - Lifelong Learning and Enrichment Collegium
  - Con Edison CONCERN Program

You can search the Resource Hub online at my-tra.org/tra-resource-hub/at your convenience or call our resource specialists Monday-Friday, 9am-5pm at 914-764-3533.

### DO YOU FOLLOW TRA ON FACEBOOK AND INSTAGRAM?

Facebook @MY-TRA --- Instagram @TRA\_Rides

**Reminder: The CDC recommends you get your flu vaccination before the end of October.**

### We Are Looking for a Volunteer Program Manager



**Volunteer Louise D.G.**

Working remotely from their home office and in the community, the TRA Volunteer Program Manager will recruit, retain, and reward volunteers who drive older adults and adults with low vision to medical appointments. Salary will be commensurate with experience. TRA is a dynamic team and there is growth potential.

The Program Manager will be eager to engage groups and individuals in the community to benefit older adults and adults with disabilities. We're looking for a creative person with excellent interpersonal skills, in addition to previous experience working with volunteers

For more information, visit: my-tra.org/news

## VOLUNTEERS GOING ABOVE AND BEYOND



There is no minimum number of rides that volunteers are expected to provide. Alan Dindas, Susan Hollander and Sandee Levinson were the top rides provided this quarter. Very impressive! Thank you!

### WHAT DO RIDERS SAY?

TRA regularly asks riders for feedback on a survey at the end of each ride..

*"D.is an amazing, kind man. He was attentive, excellent driver and pleasant. We enjoyed the ride with him. Felt safe. This service is run extremely well and is very much needed and appreciated."* B.R.

*"I. is a fabulous driver. Terrific person. Professional and caring. I felt very comfortable and appreciate the time he gave me. I'm grateful for him. I appreciate him. He's definitely a keeper."* E.M.

## VOLUNTEERS NEEDED!



Keep up with us!!

### FOLLOW US!

Facebook MY-TRA  
Instagram @TRA\_Rides



Use your phone's camera to scan the QR code and bring you to our website.

## ACCESS



### FRIENDS OF TRA (formerly Boxwood Alliance)

TRA and Friends of TRA, Inc. operate as separate 501(c)(3) nonprofit organizations, allowing each to pursue its mission independently, while collaborating effectively for greater impact. As TRA provides essential non-emergency medical trips to older adults and adults with low vision, Friends of TRA focuses on social, educational, and cultural programming. Both organizations research and promote services for older adults and adults with disabilities through the TRA Resource Hub.

Look for the upcoming webinar, Understanding Alzheimer's and Dementia, to be presented by the Alzheimer's Association in partnership with Friends of TRA. This will cover updates since the 2021 Boxwood video interview with the Alzheimer's Association.

### Understanding Alzheimer's and Dementia with

Rachelle Nicoletti and David Zucker

October 29, 4:30 pm

Register at <https://my-tra.org/friends-webinars-and-news/>

Registration closes 10.28.24 at noon.

To sponsor Friends of TRA, go to [my-tra.org/corporate-sponsorships/](https://my-tra.org/corporate-sponsorships/)

# Volunteer Driver

**TRA**  
Transportation • Resources • Access  
DRIVING INDEPENDENCE

914-764-3533

[www.my-TRA.org](https://www.my-TRA.org)

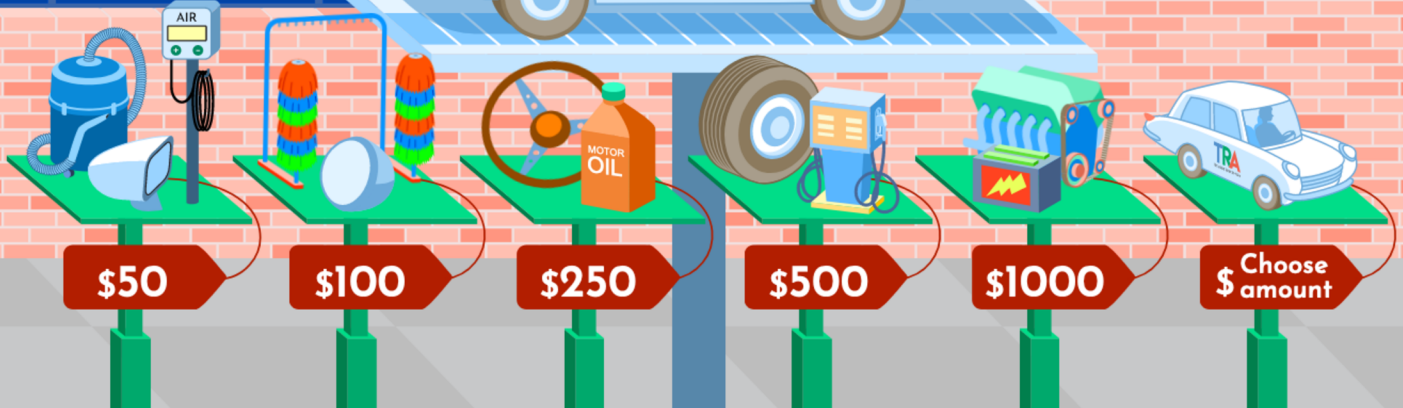
## Build a better ride, one part at a time!

What does it take to live independently? For many in our community, access to information, resources, and medical transportation is all they need to stay connected.

Your generosity ensures that we can help older adults (age 60+) and adults with low vision (age 21+) live healthy, productive lives.



Donor	Dedicated to	Amount
Anonymous		\$1
Anonymous		\$1
Anonymous		\$5
Anonymous		\$1
Anonymous		\$1
Anonymous		\$1
Anonymous		\$5
Anonymous		\$2
Anonymous		\$1



Visit [my-tra.org/build-a-car/](http://my-tra.org/build-a-car/) to make a donation and then, tell your friends! Thank you for your support.

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