



## VOLUNTEER APPRECIATION

In celebration of Volunteer Appreciation Month, Baltimore Washington Financial Advisors (BWFA) joined Neighbor Ride's staff and board members in recognizing our volunteers for the difference they make in our community. Throughout the month of April, they hit the road and "spotted" our volunteers in action - surprising them with a small gift and thanking them for all they do. One of the volunteers later commented:

*"Thank you so much for 'spotting' me in Neighbor Ride action today! It continues to be a privilege, passion, and pleasure for me to contribute to our mission as a volunteer driver. While not necessary, hearing 'thank you' from the clients and the office staff/board of directors is icing on the cake."*

While Volunteer Appreciation Month is over, we hope that you will join us throughout the year in letting our incredible volunteer Drivers and Ride Coordinators know how much they mean to you - whether with a simple thank you, or even a donation made in their honor. Together, Neighbor Ride's volunteers are truly Driving Our Community!

### SPRING 2023 OVERVIEW:

- Volunteer Appreciation
- Ride Rate Schedule
- Requesting Rides
- Holiday Schedule
- BINGO Recap
- Coping with Grief & Loss
- Scam Prevention Tips
- Thank You to Our Donors

The Rider is Neighbor Ride's quarterly newsletter, dedicated to the amazing older adults we serve. Be sure to reach out to us at [community@neighborride.org](mailto:community@neighborride.org) to let us know what you would like to see in future issues. [www.neighborride.org](http://www.neighborride.org)

# Ride Rate Schedule

Rates - Effective July 1, 2022

Fees are determined by the one-way distance, per Google Maps, between the pick-up location and destination. If you are a Veteran or your income is limited, you may be eligible for subsidized rides. Please call the Neighbor Ride office for more information or to request an application.

One-Way Mileage	Roundtrip Fee
Under 1 mile	\$10.00
1 - 4.99 miles	\$12.00
5 - 9.99 miles	\$18.00
10 - 14.99 miles	\$24.00
15 - 19.99 miles	\$30.00
20 - 35 miles	\$36.00

## Requesting Rides (Allow 3 business days when scheduling a ride.)\*

Call 410-884-7433 or visit [portal.neighborride.org](http://portal.neighborride.org) and click on Request a Ride

**OFFICE HOURS:**  
Monday-Friday 9 a.m. - 2 p.m.  
Saturday 10 a.m. - 1 p.m.

Request Day	First Available Ride Day
Monday	Friday
Tuesday	Saturday
Wednesday	Sunday or Monday
Thursday	Tuesday
Friday	Wednesday
Saturday	Thursday

NOTE: Holidays do NOT count towards the 3 day requirement and will shift the schedule above.

## 2023 Holiday Schedule (Office is Closed)

Monday, May 29 - Memorial Day  
Tuesday, July 4 - Independence Day  
Monday, Sep. 4 - Labor Day

Thursday, Nov. 23 - Thanksgiving  
Friday, Nov. 24 - Black Friday  
Monday, Dec. 25 - Christmas

## THANK YOU FOR SUPPORTING BINGO 2023!



It was so good seeing our passengers, volunteers, families, and friends at BINGO this year. We all had a great time and, thanks to support from so many in the community, the fundraiser was a huge success. Together we raised nearly \$18,000 to support Neighbor Ride and all those we serve! Be sure to keep your eyes out for our SAVE-THE-DATE for BINGO 2024. We would love to see you there!

# THE PRICE OF LOVE

## ♥ Coping with Loss & Grief

The death of a loved one is one of life's most painful events. Often grievors are left alone in dealing with pain, loneliness, and isolation. Grief is a natural emotion that follows death. It hurts. Sadness, denial, guilt, physical discomfort, and sleeplessness are some of the symptoms of grief. It is a wound that must heal - though at times it feels like it never will.

Healing is a process of allowing ourselves to feel, experience, and accept the pain. We need to give ourselves permission to heal. Grief is the normal and natural way that our mind and body react to loss. Everyone grieves differently, and it is something we all need to work through at our own pace.

*"Grief never ends but it changes. It's a passage not a place to stay. Grief is not a sign of weakness, nor a lack of faith. It is the price of love."*

-Unknown

There are several emotional stages of grief - such as shock, numbness, guilt, anger, and denial. Time plays an important role in the grieving process. As the days, weeks, and months go by, one who has experienced loss moves through a non-linear series of emotional and physical reactions that slowly, but surely, lead toward acceptance, healing, and finding joy, fulfillment, and a sense of purpose in life once again.



Mourning is the open expression of your thoughts and feelings regarding the death of your loved one. It is an essential part of healing. Realize that your grief is unique and talk about it with family, friends, or a professional. Expect to feel a multitude of emotions, allowing for numbness, and be tolerant of your physical and emotional limits. Develop a support system of caring people who will provide the understanding you need.

If faith is part of your life, surround yourself with those who have similar beliefs and will provide the support and compassion that you need in your journey. Treasure your memories and let them sustain you in hard times. And finally, in your own time, move toward your grief and heal while accepting your loss.

Loss is a part of life. It is part of what it means to share in the human experience. Give yourself permission to grieve and to also explore new pathways that allow you to experience happiness. Your renewed joy is a beautiful way to honor those you've loved.

For additional bereavement resources and support, contact the caring staff at **The Harry H. Witzke's Family Funeral Home** at 410-465-2848 or visit them online at: [harrywitzkefuneralhome.com](http://harrywitzkefuneralhome.com).

**HARRY H. WITZKE'S**  
*Family Funeral Home*  
Caring Service Since 1912

# DON'T FALL FOR IT!



## Scams Are Becoming Increasingly Sophisticated

The FBI recently released a report on the rise in elderly fraud. The report states that from 2021 to 2022, there was an increase of 88% of victims over the age of 60. With the growth of the older population nationally, the number of victims is likely to increase. Scammers continue to find different methods for targeting older adults.

Scammers are now using artificial intelligence technology (AI) incorporated with the grandparent scam. Scammers use an audio clip of a family member, often found on YouTube, TikTok or Facebook, then use AI tools to hold a conversation in that voice, which “speaks” whatever the imposter types.

Cryptocurrency scams are also targeting the older population in larger numbers. These scams ask individuals to pay in cryptocurrency or through cryptocurrency automated teller machines. No legitimate business or person will request that you send cryptocurrency for services, payments, or loans. With the ever-evolving scams targeting the older population, we need to be more vigilant in our day-to-day activities. All seniors may be potential victims of fraud. Regardless of whether they are rich or poor, undereducated, or highly educated, seniors of all demographics may become victims.

The best way to protect yourself from becoming a victim is to educate yourself and your family on scams targeting the older population. Never make a financial decision under duress. Never give personal information over the phone or by email, including date of birth, SSN, bank account information, Medicare number, or passwords – even if it appears to be legitimate.

To learn more about the best ways to minimize being the risk of being victimized, visit the Center for Elder Justice at [elderjusticeandeducation.org](https://elderjusticeandeducation.org) or contact them at 667-352-0295. Andre Lingham, the Center's Founder/President will also offer a **FREE presentation on Financial Exploitation: Frauds and Scams Targeting Seniors** at the Bain Center on Thursday, June 15th from noon to 2:00 pm. To register, visit <https://bit.ly/HoCoProtectWeek2023>. Questions about the event? Call the Bain Center at 410-313-7213.

## CORPORATE DONORS & GRANT FUNDERS

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