



The Columbia Catch-up *January 2015*

Driving

Age alone does not determine a person's ability to remain a safe driver. Many older adults continue to be safe drivers and make decisions to avoid driving in situations in which they feel less confident. It is important to recognize changes that can affect your ability to drive safely.

Vision

You may begin to notice glare and find it more difficult to see in the dark, scan the environment, or see things in your peripheral vision.

Physical

You may feel weaker, stiff, experience pain or move more slowly.

Reaction Time

You may find it more difficult to react quickly in different situations.

Warning signs of unsafe driving

- You lose your way.
- You have less confidence.
- You notice others honk at you.
- You miss stop signs or traffic lights.
- You have problems with lane changes or merging.
- You mix up the gas and brake pedal.
- You have minor accidents or traffic tickets.
- Your passenger needs to help you.

Driving certainly can be a tough issue. Ensuring the safety of ourselves— and others – is a critically important concern. The need to stop driving is based on medical risk, not age. Therefore, it is important to have the discussion with your physician and family early and plan ahead.

Fall Prevention & Protection—Snow & Ice

If you have no choice but to cross an icy area, do the “shuffle.” Keep both feet flat and pressed to the ice. Shuffle one foot forward in the direction you want to go, then shuffle the other foot in the same direction. Your feet should always stay flat on the surface of the ice, never more than 6 inches apart. If you have a cane with an ice pick, use it to dig into the ice with each shuffle forward. You can also do the “side shuffle.” Keep both feet flat and pressed to the ice, but shuffle one foot sideways in the direction you want to go, then shuffle the other foot to meet the first one. (How to Avoid Falling—Eric Fredrikson)

Our condolences to the family & friends of Irene Norman. We miss her morning greeting and big smile, how she used the word “lovely”, and was truly kind and appreciative to others around her.

Announcements

- **Parkinson Support Group** on Monday, January 12, 2015 @ 10:30 a.m.
- **Knit-a-thon** on Wednesday, January 28, 2015 @ 2:00 p.m. Mini bake sale too. Items and funds will be going to a local charity.