

February



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

Is it time to give up driving?

If you're an older driver, ask yourself the following questions, and be honest with yourself when you answer them:

- Are drivers often sounding their horn at you?
- Are your family and friends concerned about your driving?
- Are your reactions and preferred driving speeds slower?
- Do you have dents or scrapes on your car, garage door or fences?
- Have you been making more sudden, erratic maneuvers than previously?
- Have you missed road signs, lights, or become lost more frequently?
- Have you been involved in any accidents or received a ticket?

If you answered yes to some of these questions, it is time for a change. Talk to Tracey about having a driver evaluation to see if you should be driving or not and to find out about alternatives. Most people love their independence and do not want to give up driving. The concern is your safety and those around you. Try to accept your limitations. There are many positive alternatives which can save money on the depreciation of a car, insurance, fuel, etc.

Many thousands of people give up driving each year. You can do it voluntarily or you can resist until something happens, while causing concern for your family and friends. Those forced to give up driving suddenly often become depressed. When you do it voluntarily, it will be a much easier transition. Just pretend you have a chauffeur :)

A gradual or sudden decision? If an evaluation determines you are still safe to drive, you can minimize your exposure to dangerous situations by driving in daylight only and when the roads are quieter. Plan rest stops on longer journeys, and consider taking someone along to share the driving.

1. **Keep fit** - physical fitness improves strength and flexibility
2. **Get regular eye and hearing tests**
3. **Understand the effects of the medicines you are taking** - ask your doctor for advice about any that may cause problems with driving
4. **Check your blood sugar levels** - if you have diabetes and have problems controlling your blood sugar, check your blood sugar levels before you drive.
5. **Avoid alcohol when driving** - it has a greater effect on older drivers, even acceptable limits.

Exercise Classes

Get Fit - Tuesday 8:45-9:30am

Theraband - Tuesdays 9:30-10:30 am

Basic Pilates - Tuesday 4-5pm



Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764

Do you know someone in the hospital or are you planning to have surgery or hospitalization?