



**MONTEREY BAY
VILLAGE**

STAYING CONNECTED

Volume 1, Issue 4

July 2016

WEDNESDAY

WELLNESS SERIES

Join us for these informative presentations in Diment Hall The Carmel Foundation

“Human Sexuality in Advanced Ages”

David Hahklotubbe

July 27th
2:30-4:00pm

“Hyperbaric Medicine for Wound Care”

Dr. Zug and Leta Messinger

August 10th
2:30-4:00pm

“SPD: Speed Training for Parkinson’s Disease”

Maria Bellumori, PhD

September 7th
2:30-4:00pm

From the Director

Dear Village Members,

I am so excited for the opportunity to be a part of your lives as the new Director of Monterey Bay Village. I have met so many wonderful members over the last 2 months and I look forward to getting to know each of you. I truly enjoyed the May Social Gathering for Members and Volunteers at The Carmel Mission Inn and being able to place a name with a face. It was a great opportunity to mingle with you all and to thank some of the volunteers who may have assisted you in the past. I look forward to the next social event that will be scheduled in the fall! Anytime you find yourself at The Carmel Foundation and you would like to pop in to say hello, I always enjoy time getting to know you and I welcome visitors.

We opened four years ago in July 2012 and are thrilled to have 115 members and to have served over 150 seniors! We are pleased to welcome over 30 new members since the beginning of this year.

Our list of vetted volunteers and service providers continue to grow and evolve. I welcome your thoughts and feedback in regards to positive experiences you have encountered in our Village as well as ways to help improve our program. I’m also available to come to your home if that is an easier way to communicate.



Kristine Ware
Director, Monterey Bay Village

Our website will be updated with new photos and information over the next month or two, so feel free to check out montereybayvillage.org! There are a wide range of informational resources available to you through the website, our Monterey Bay Village pamphlet, quarterly newsletter, calling or emailing myself or MBV Administrative Assistant, Leanne Leonard. We are here to assist you and help you feel as comfortable in your home as possible with assistance from our volunteers and service providers. Your peace of mind is our highest priority!

Please don’t hesitate to reach out to me with any questions.

Kind Regards,

Kristine

How Aging Affects Driving

As people get older, their driving patterns change. Retirement, different schedules, and new activities affect when and where they drive. Most older adults drive safely because they have a lot of experience behind the wheel. But when they are involved in crashes, they are often hurt more seriously than younger drivers. Age-related declines in vision, hearing, and other abilities, as well as certain health conditions and medications, can affect driving skills. This article was taken from the NIH Senior Health website, <http://nihseniorhealth.gov/olderdrivers/howagingaffectsdriving/01.html>.

Changes in Driving Habits

When people retire, they no longer drive to work. With more leisure time, they may start new activities, visit friends and family more often, or take more vacations. Like drivers of any age, they use their vehicles to go shopping, do errands, and visit the doctor. Driving is an important part of staying independent.

Most people 70 and older have drivers' licenses. They tend to drive fewer miles than younger drivers. But, they are also keeping their licenses longer and driving more miles than in the past, often favoring local roads over highways. As the overall population ages, there will be more older drivers on the road.

A Complex Task

Driving is a complicated task. It requires people to see and hear clearly; pay close attention to other cars, traffic signs and signals, and pedestrians; and react quickly to events. Drivers must be able to accurately judge distances and speeds and monitor movement on both sides as well as in front of them.

It's common for people to have declines in visual, thinking, or physical abilities as they get older. As a result, older drivers are more likely than younger ones to have trouble in certain situations, including making left turns, changing lanes, and navigating through intersections.

Common Mistakes of Older Drivers Include:

- failing to yield the right of way
- failing to stay in lane
- misjudging the time or distance needed to turn in front of traffic
- failing to stop completely at a stop sign

Older Drivers and Crashes

Driving errors can lead to traffic accidents, injuries, and death. The risk of crashes rises with age, especially after age 75. Studies show that older drivers are more, and less, likely to be involved in certain types of crashes than other drivers. Older drivers are less likely to be involved in crashes related to alcohol use, speeding, and driving at night. But they are more likely to get into crashes:

- at intersections (usually in the vehicle that is struck)
- in which the front of one vehicle hits the side of another vehicle
- where the older driver is merging and the other vehicle is traveling faster or is in the older driver's blind spot

Crashes Down Among Older Drivers

Fortunately, the rate of crashes among adults 65 and over has decreased in recent years. Research suggests that this decline is due to a number of factors, including older adults' better health, safer cars, and safer roads. In addition, older drivers' ability to "police" themselves — like not driving at night — and stricter state laws for renewal of driver's licenses may help. Most traffic deaths of older drivers occur during the daytime, on weekdays, and involve other vehicles. Older adults are more susceptible to death or serious injury in a crash if they are physically frail, but the good news is that older people are more likely to survive crashes than in the past.

If you feel you could benefit from friendly volunteer assistance with transportation rides to a doctor's appointment, grocery store or general errands, please call Monterey Bay Village to schedule an appointment. Our transportation volunteers help provide peace of mind for yourself and loved ones while keeping you safe.



MONTEREY BAY
VILLAGE

831.620.8717
SW Corner of 8th & Dolores
Carmel, CA 93921
www.montereybayvillage.org