

## COTTAGE GROVE TRIAD HOSTS TWO WORKSHOPS FOR MATURE DRIVERS

Cottage Grove Triad will offer two driving-related workshops: AARP Driver Safety Program (DSP) on Wednesday, September 21, 2011.

“I don’t need a Driver Safety Class!” Are you one of the folks over 60 who think your driving is just fine? Very few of us want to admit that sometimes we are confused by the new equipment on our automobiles or the changes in motoring laws, or all the problems the “other drivers” cause us.

CG Triad will host the four-hour AARP DSP on Wednesday, September 21, 8:30 a.m. -1:00 p.m. at Glenwood Senior Living Center, 405 W. Cottage Grove Road in Cottage Grove.

The DSP curriculum focuses on these changes and how we might compensate for our own changes in vision, hearing and reaction time. A participant workbook, lecture and videos make for a fast-paced presentation. No tests will be given. Refreshments will be served. Some auto insurance companies offer a discount to clients who take DSP. Check with your agent.

Pre-registration is required; contact Linda at 839-8208. The cost is \$12 for AARP members (bring your AARP membership number) and \$14 for non-members.

So, why would someone with a “good driving record” need to take a driver safety course?

Have you avoided a crash by skill or luck?



### CarFit – Helping Mature Drivers Find Their Perfect Fit

With the goal of keeping seniors safe on the roads, trained local volunteers will stage a safety program designed to help seniors find out how the “fit” of their personal vehicle affects their driving. This innovative national program is designed to give a short comprehensive check on how well senior drivers and their vehicles work together. It will be held in the Piggly Wiggly parking lot, 421 W. Cottage Grove Road, Cottage Grove, Wednesday, September 21st starting at 1:30. Goody bags will be available for the first 20 people who register.

“As we age, changes in our vision, flexibility, strength, range of motion and even size and height may make us less comfortable and reduce our control behind the wheel,” said Diane Wiedenbeck, Cottage Grove Triad Chair. “CarFit gives older adults the tools to help them stay on today’s roads safely and to stay connected to their communities when they must limit their driving.” “It is critically important that mature drivers make safety a personal priority,” said Wiedenbeck.

Reservations are required. Schedule an appointment by calling AARP 1-866-448-3611 ext 6300.