

Adams Brown Counties in Transit

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May 1, 2019
Volume 1, Issue 5

From the desk of the Mobility Manager

Welcome

Welcome to the fifth newsletter from the Adams Brown Mobility Manager.

Each month we will feature educational articles, safety tips, upcoming events, and activities. If at any time you wish to unsubscribe, please contact the Mobility Manager, by sending an e-mail to jfrancis@abcap.net or by calling (937) 378-6041 EXT. 310.

Local leaders launch campaign to reduce underage drinking



Members of the 2019 class of Leadership Adams are working to prevent underage drinking in Adams County by launching the Parents Who Host, Lose the Most campaign. The campaign will focus on implementing conversational tips and awareness for parents and mentors of children at risk.

Underage alcohol use is often perceived as a rite of passage, but drinking alcohol can have lasting effects on the developing brain. Underage drinking also plays a significant role in increased sexual behavior, including unwanted, unintended and unprotected sexual activity, sex with multiple partners and teenage pregnancy. Youth who begin drinking before age 15 are five times more likely to develop alcohol dependence or abuse alcohol later in life

than those who begin drinking at or after age 21. Additionally, heavy alcohol use by adolescents has long-term effects on brain development. These health and safety risks have real consequences from which most parents try to protect their children. Yet 31% of youth

report obtaining alcohol from their parents while another 27% say they got it from other adults.

According to the 2017 Adams County Community Health Assessment, 28.8% of 7th graders who were surveyed admitted to having at least one drink of alcohol in their lifetime and 56.8% of 10th graders who were surveyed admitted to having at least one drink of alcohol in their lifetime. Many studies have found that alcohol is a gateway to other drugs.

The members of the project include the Adams County Public Libraries Executive Director Nicolas Slone, North Adams High School Principal Linda Naylor, First State Bank Controller Becky Sanders, Manchester Local School District Superintendent Brian Rau, Adams County Court Administrator Gregory Stauffer, and Adams and Brown Counties Mobility Manager Jason Francis. They are partnering with the Drug Free Action Alliance to encourage parents, educators, businesses, community organizations and others to learn more about the health and safety risks along with the potential legal ramifications of allowing underage drinking to occur.

Through this initiative, the members are calling on the community to help address the various factors that contribute to underage drinking, including community norms, access and availability, media messages, policy, and enforcement. With the help of social media and yard signs, members of the group are sharing tips and messages for those tough conversations.

“We are putting up signs around the community with anti-underage drinking messages that we hope will start a conversation about the dangers of underage alcohol consumption,” said Mobility Manager Jason Francis. “We know these types of topics are hard to discuss, but we want anyone that can have a positive impact on a child’s life to have the resources they need to start talking.”

Resources can be found at the Adams County Public Libraries Facebook page. “We want to thank John Wood

Insurance, also known as the Insurance Exchange, Link Insurance Service, Richmond Insurance Agency, Leadership Adams, and First State Bank for helping support the campaign efforts,” said North Adams High School Principal Linda Naylor.

Parents Who Host, Lose The Most: Don't be a party to teenage drinking is a proven success. “The campaign's message is a universal one: It is illegal, unsafe and unhealthy for anyone under 21 to drink alcohol,” said Naylor. Parents Who Host, Lose The Most: Don't be a party to teenage drinking campaign is a registered trademark of Drug Free Action Alliance, with funding from the Ohio Department of Alcohol and Drug Addiction Services. More information is available at www.DrugFreeActionAlliance.org.

American Cancer Society's “Road To Recovery” program offers flexible schedules for volunteers

The American Cancer Society's “Road To Recovery” program offers flexible scheduling and a chance to give back while helping to save lives. More than 67,150 Ohio residents will learn they have cancer this year and getting to their scheduled treatment will be their greatest concern.

To help patients get to the critical care they need without additional stress, the American Cancer Society “Road To Recovery” program can help provide free transportation to



and from treatment for people who have cancer and who do not have a ride or are unable to drive themselves.

“One cancer patient requiring radiation therapy could need

between 20 to 30 trips to treatment over the course of six weeks,” said Dana Heyl, program manager for the American Cancer Society. “A patient receiving chemotherapy may need weekly treatment for up to a year.”

Many cancer patients don't own a vehicle, can't afford the extra gasoline, or don't have access to public transportation. Some patients may be elderly and unable to drive, too ill to drive, or have no family members or friends who are able to provide regular assistance with transportation.

“The Road To Recovery” program provides transportation options for patients in dire situations and currently is in need of volunteer drivers.

“Patients who can't find a ride often delay treatment or skip it altogether,” Heyl said. “Volunteering doesn't have to take over your life to be a valuable experience.” In fact, just three or four hours per week can be highly beneficial to both you and your chosen cause,” she added. “The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should be a fun and rewarding experience, not another chore on your to-do list.”

To volunteer, drivers must possess a valid driver's license, a safe and reliable vehicle, and proof of automobile insurance. The American Cancer Society provides free training to drivers and conducts criminal background and driving record checks.

Drivers must also be 18 years of age or older and have a good driving history. Each driver arranges his or her own schedules and can commit as many or as few hours as their schedule allows.

In addition to drivers, the American Cancer Society said it needs volunteer coordinators who will be tasked with scheduling the requested rides. Coordinators can work from any location that is convenient for them. Great organization and communication skills can make a major impact on the well-being of cancer patients in the community.

“While learning new skills may be sought by many, it's not a requirement for fulfilling volunteer experience,” Heyl said. “The most valuable skills you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude.

“Volunteering is a great way to meet new people. It also strengthens your ties to the community, exposes you to people with common interests, and provides a sense of purpose,” she added.

To learn more about the benefits of volunteering and how to become a Road To Recovery volunteer, call 1-800-227-2345 or visit cancer.org/drive.

This Easy Tire Tread Test Only Costs a Penny

(USA Today) - Tires may not be the first thing you notice when you look at a car, but they may be the most important

safety and performance element of any vehicle. When you think about it, they are the only part of your car that connects you to the road.

While brakes stop your wheels, it's your tires that stop the car - and that's why maintaining them is absolutely critical. Luckily, one of the most important tire checks won't cost you more than a penny!



Once a month, or before heading on a long road trip, check your tires for wear and damage using "the penny test." Just grab a penny and select a point on your tire where tread appears the

lowest. Then, holding Lincoln's body between your thumb and your forefinger, place Lincoln's head into one of the grooves. If any part of Abe Lincoln's head is covered by the tread, you're driving with the legal and safe amount of tread. However, if all of Lincoln's head is visible, it's a sign that it is time to get new tires.

"Traction and tread are inextricably linked. The grooves in your tire are critical in helping to channel water away to allow the tire to grip the road," says Sarah Robinson, Michelin safety expert. "Making sure you're driving on tires with proper tread can be the difference between avoiding an accident, and becoming part of it."

If it's time to get new tires, consider these two factors first and foremost:

Safety: Most tires perform well in everyday situations, but difficult conditions will reveal their differences. Choose tires that can perform well in the worst types of weather or roads you encounter. For example, if you live in a region with regular heavy snowfall and cold winters, consider winter tires for part of the year. The difference can be huge.

Value: It's important to remember that not all tires are created equal. Tires may seem like an additional expense on top of general car maintenance, but investing in quality tires known for long-lasting performance

Ohio Buckles Buckeyes makes required safety seats available to low income families

The Ohio Department of Health's Child Passenger Safety Program, Ohio Buckles Buckeyes (OBB) provides free

children safety and booster seats to eligible low income families in all Ohio counties. The OBB program in Adams and Brown counties is coordinated by the Early Head Start Program which is a division of ABCAP.

In order to receive an OBB seat: Families must be income eligible (income must be within WIC guidelines although recipient does not need to be enrolled in WIC), There is a limit of one per seat per child, and child must reside within Adams or Brown counties.

Please find attached the Car Seat Program flyer.

Caring for a Long-Distance Senior Loved One

Long-distance caregiving for a parent or senior loved one is a difficult reality for many adults.

A study by Home Instead, Inc., franchisor of the Home Instead Senior Care network, finds that 23 percent of American adults currently care for an older relative who lives more than an hour away.

Providing care from a distance can be stressful. But if relocating closer to a loved one is not an option, Home Instead recommends the following tips to make providing long-distance care a little easier:

1. Establish open communication - When visiting your loved one, make time to meet the individuals who are part of his or her everyday life. Whether that's a physician or caregiver, it's important to get to know those involved in the daily care of a loved one.
2. Be observant - Do your loved ones avoid answering specific questions about their health? Have they stopped participating in their usual activities? Are they unaware of current events or forgotten important dates? These may be warning signs that they need additional care or help around the house.
3. Be prepared - Create a list of your older adult's medical issues/medications, doctor's names, and legal documents in case you need to access them from afar during an emergency.
4. Spend quality time during visits - It's easy to get wrapped up in caregiving responsibilities.

When you visit, set aside time with your loved one to participate in activities unrelated to caregiving. Go see a movie together, plan a visit to see other family members, go for a walk or simply relax at home.

5. Get to know neighbors and friends - Get to know your loved one's neighbors and identify one or two trustworthy individuals who can check in and give you occasional updates.

To learn more, please visit

<https://www.aginginplace.org/a-guide-to-caring-for-elderly-parents/>

Find a Driving School

The Ohio Department of Public Safety licenses and regulates driving schools as outlined in the Ohio Revised Code. Schools include basic teen and adult driver education programs, driver training for persons with disabilities, remedial and commercial driver license programs.



Ohio's Graduated Driver License law mandates that a young driver receives a minimum of 24 hours of classroom instruction and 8 hours of behind-the-wheel instruction in driver training.

Students may take the 24 hours of education through a traditional or online program, but must complete behind-the-wheel training at a traditional driving school. Online providers go through a review process to ensure minimum standards are met.

The Juvenile Driver Improvement Program is a six-hour course for teens who have received a second or third traffic conviction. In addition, state law provides juvenile traffic offenders an opportunity to take a state-approved advanced juvenile driver improvement program and petition the judge at a sentencing hearing with their AJDIP certificate.

Driver training options for adult drivers include abbreviated adult, mature driver and commercial driver training.

An applicant for an initial driver's license, who is age 18 or older and who fails the first attempt at the maneuverability or road portion of the driving test, is required to take an abbreviated adult driver training course before attempting the driving test for a second time.

Mature driver courses update older drivers on new laws and practices in the ever-changing driving environment. A certificate issued at the completion of the program may allow a driver, at least 60 years of age and older, to receive

a discount on their insurance (rate of discount determined by the insurance company).

Commercial Driver License (CDL) programs train drivers interested in the commercial trucking industry.

To find a class, please visit

<https://services.dps.ohio.gov/DETS/public/schools>

Local Happenings

The 2019 All-County Senior event will be held at the Wayne Township Community building (Cherry Fork Gym) on May 21st. The event starts at 9:30 a.m. and is a carry-in dinner event. Event coordinators are requesting event goers to bring a dish (or two) to share with a large group of folks! Some changes to note: all award winners will be announced and awarded in the morning so they may feel honored throughout the day.

The Brown County Senior Citizens Day Celebration is on Tuesday, May 21, 2019 at the Georgetown Church of Christ, 149 Hamer Road, Georgetown. Doors will open at 9:30am. A catered luncheon will be served at 12:00 noon. Meal reservations will be \$5.00 that needs to be paid for in advance. Meal Reservations must be called in by May 16th. For transportation you may call Jenny at 378-6603 and to make your reservations.

The 2019 Adams County Coordinated Public Plan meetings will be held on May 14th, August 13th, and October 8th at 2 PM at the Adams County Job and Family Services building, located at 482 Rice Dr., West Union, OH 45693.

The 2019 Brown County Coordinated Public Plan meetings will be held on May 15th, August 14th, and October 9th at 2 PM at the Adams Brown Community Action Partnership building, located at 406 West Plum Street, Georgetown, Ohio, 45121.

Slow down and move over

Ohio's Move Over Law requires motorists to cautiously shift over one lane—or slow down if changing lanes is not possible—when passing any vehicle with flashing lights on the side of a road. Its purpose is to protect everyone who works on our roads and everyone who travels on them. Attached is the Slow Down and Move Over flyer.

Car Seat Program

The Ohio Department of Health's Child Passenger Safety Program, Ohio Buckles Buckeyes (OBB), provides free child safety and booster seats to eligible low income families in all Ohio counties. The OBB program in Adams and Brown Counties is coordinated by the Early Head Start program which is a division of ABCAP.

The overall goal of this program is to increase the availability of child safety seats for families who could not otherwise afford them and to increase correct installation and proper use of child safety seats.

Children must be properly restrained in a child safety seat until they are at least 4 years old and 40 pounds. Then they must ride in a child safety seat or booster seat until they reach 8 years old or 4 feet, 9 inches tall.

In order to receive an OBB seat:

- Families must be income eligible (Income must be within WIC guidelines although recipient does not need to be enrolled in WIC)
- There is a limit of one seat per child.
- Child must reside within Adams or Brown Counties.

Families must attend an educational class provided by trained Early Head Start staff. In this session, the parent/caregiver (s) receives important education on how to properly use the car seat for their child, and they are instructed on how to correctly install the car seat in their vehicle.

Seats will be distributed on a first come first served basis. When the inventory is depleted a wait list will be implemented until the next shipment is received.

For more information call Early Head Start at 937-373-0106 or 1-877-582-2140.





SLOW DOWN MOVE OVER

For ALL Roadside Workers

MoveOver.Ohio.Gov

Ohio's **NEW** Move Over Law requires motorists to move over or slow down for **ALL** roadside workers.

Why Move Over?

Because across the nation, in roadside accidents...


1 tow truck driver is killed every six days.

23 highway workers and 
1 law enforcement officer  is killed every month.


6 firefighters are killed every year.

Move Over for Safety. Every Worker, Every Time.

Partners in Safety:

