

Adams Brown Counties in Transit

Written by:
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From the desk of the Mobility Manager

Welcome

Welcome to the fourth 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.

Adams County Senior Citizens Council, Inc. offers valuable service to seniors

As the number of elderly Americans living alone increases, Adams County Senior Citizens Council, Inc. has mobilized a volunteer program that is reassuring the safety of elderly citizens within the community in addition of possibly saving their lives.

The program which offers a free checkup call every day has been operating for several years and has touched the lives and spirits of several.



73-year-old, Carolyn W. lives alone and says the program gives her family and herself reassurance along with knowing people care about her.

"The call helps, I don't have anyone else. My kids live a little ways away from me and if they [volunteers] can't reach me, they call my neighbor and if she doesn't know where I am at, they call my kids. That helps alert them that there could be something wrong," said Carolyn.

Carolyn, who also previously worked at the Adams County Senior Citizens Council, Inc. says, "When I worked there I made a lot of phone calls. The people that

I talked to always thanked me and appreciated the call. It gets lonely when you're by yourself and if they do not have anyone to call then they are isolated."

According to Public Relations Coordinator Teresa Carr, there are thirteen individuals who are currently on the calling list. The program is offered to individuals who are 60 years of age and older and that live alone. Individuals participating in the program are called Monday through Friday.

According to a study in the Proceedings of the National Academy of Sciences, both social isolation and loneliness are associated with a higher risk of mortality in adults aged 52 and older. One possible explanation of the findings are people who live alone or lack social contacts may be at increased risk of death if acute symptoms develop because there is less of a network of communication to prompt medical attention. Efforts to reduce isolation are the key to addressing the issue of mortality. If you are interested in participating in this program or would like more information about it, call the Adams County Senior Citizens Council, Inc. at 937-544-3979.

ODOT officials use highway sign humor for safety



The Ohio Department of Transportation is working to encourage drivers to stay safe and to smile.

Drivers may have seen some of the recent humorous digital roadway signs with messages such as "Camp in Ohio state parks, not the left lane," and "Visiting in-laws? Slow down, get there late."

Department spokesman Matt Bruning, who has authored a few of the messages, told The Blade in Toledo that officials are simply trying to humanize what the agency does.

"We are a government agency, but we are a government agency with a sense of humor," he said.

Ohio was inspired by other states to create the signs after seeing an increase in traffic fatalities, Bruning said.

There is now an informal committee that brainstorms ideas and a website where citizens can contribute at zerodeaths.ohio.gov. The signs display the humorous messages on Wednesdays during off-peak hours and on weekends.

The messages generally consist of two rotating sign panels. The panels can hold three lines each of 17 characters, including spaces, for a total of 51 characters.

Some people have complained that the signs are a distraction, but overall they have gotten positive feedback, Bruning said. He said there's no indication the signs have been blamed for any crashes.

Some messages didn't quite hit the mark, such as a New Year-themed sign that read "Drive hammered. Get nailed."

Bruning said that message likely will not reappear "because 'get nailed' has more meaning than just getting arrested."

While the department has fun with the signs, Bruning said the goal is to spark conversations on driver safety.

"It resonates with people," said Col. Paul Pride, superintendent of the State Highway Patrol.

"Some of them are a little humorous, but it gets their attention," Pride said. "If we can use just a pinch of humor from time to time to get somebody's attention and help change behavior — absolutely it works."

(Associated Press, 2019)

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.

What is the Move Over Law? Ohio's Move Over Law is designed to protect the lives of everyone who works on or uses our roadways. The law requires all drivers to move over one lane passing by any vehicle with flashing or rotating lights parked on the roadside.



The original law took effect in 1999 to reduce risk to law-enforcement officers and emergency responders. It was expanded in December 2013 to apply to every stationary vehicle with flashing lights, including road construction, maintenance and utility crews. Attached is a flyer with more information.

Keep the Spring in Your Step and Avoid Weather Related Falls

After a long, hard winter, Spring is finally here. We can get out and enjoy the outdoors and get some much-needed exercise. However, severe spring weather and other conditions can increase your risk of falling:

Rain and mud – Mud can be as slippery as snow and ice and can get on a variety of surfaces indoors and out. Avoid walkways that are covered with mud. Clean wet and dried mud off of your shoes and walking aids to maintain the most traction.

Storms – Spring storms can cause a variety of tripping hazards from power outages to debris in outdoor walkways. If you can't see the path before you, find another way.

Flooding – Never walk or drive into flood waters! Still water can make you trip and moving water can knock you off your feet.

Increased activity –Ask your doctor or physical therapist about strategies to safely increase your activity level.

Falls are not a normal part of aging, but as we age, we may be more susceptible to serious injury from a fall. One in three Ohioans age 65 and older will fall this year, and that rate goes up to one in two after age 79.

Fortunately, most falls can be prevented when you understand your risks and take steps to remove or avoid hazards.

Local Happenings

Walk with a Doc is just that - walking with a doctor and other individuals of all ages and skill levels interested in better health. The organization walks the third Saturday of each month at Adams Lake State Park or, if the weather is bad, the Manchester Educational & Activity Center (MEAC). And best of all, it's free!

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.

A look back...



A photo from the Ohio Department of Transportation archives. This photo from 1936 shows scouring of unprotected ditches along SR 52 in Adams County.



A photo from the Ohio Department of Transportation's archives. This photo from 1926 shows SR7 road in the Ripley Aberdeen area.



SLOW DOWN MOVE OVER

For ALL Roadside Workers

MoveOver.Ohio.Gov

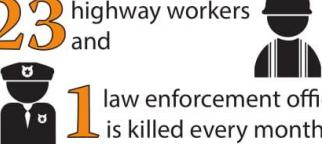
Ohio's **NEW** Move Over Law requires
motorists to move over or slow down
for **ALL** roadside workers.

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:

