

## **GARDEN SPOT VILLAGE ANNOUNCES TWO SAFE DRIVING COURSES**

*Retirement community invites the general public to participate in both programs*

**NEW HOLLAND, Pa. —Aug. 17, 2010** — Garden Spot Village is offering two different programs designed to promote safer driving for adults. Both programs will take place on the campus of the retirement community at 433 S. Kinzer Ave. and are open to the general public.

"Age-related changes in physical, mental and sensory abilities can challenge a person's ability to drive safely. Fortunately, there are a variety of tools and exercises that can help compensate for some of these changes," said Karen Horning, director of social services at Garden Spot Village. The retirement community's social service department and Rehab Care are teaming up to offer a five-week safety awareness program in September and October. "The Smart Moves program will look at driving performance checks, adaptive equipment, alternatives to driving and other topics."

"At Garden Spot Village, we're committed to helping individuals stay active, engaged and mobile for as long as possible," said Colleen Musselman, director of life enrichment. The life enrichment department is offering a two-day program in early September. "The Mature Driver program is not only beneficial, but it should be fun for participants."

Coaching the Mature Driver will be held from 9 a.m. until 1 p.m. on Tues., Sept. 7 and Wed., Sept. 8. Presented by the National Safety Council, this two-day defensive driving course will identify roadway risks, hazards and common "pet peeves," explain defensive driving techniques and more. Those who just want a refresher course may attend the first day only. Participants must have a valid drivers license. Registration is \$15. To register, call 717-355-6000.

The Smart Moves: Sharp Driving program is a free, five-week series designed to raise safety awareness for drivers ages 55-

plus and provide solutions for lifetime driving. Classes meet from 2 p.m. until 3 p.m. each Tuesday from Sept. 28 through Oct. 26. The curriculum is based on the American Occupational Therapy Association's Older Driver Safety Awareness Week series. The program will address driving performance checks and evaluations; how to have an effective and sensitive conversation about driving independence and warning signs of high-risk driving; adaptive equipment to enhance driving safety and comfort; driving safely and accepting the changes that come with aging; and community choices and transportation options for individuals who are not driving.

Each Smart Moves: Sharp Driving session begins with 15 minutes of "Smart Moves: Keeping the Keys" exercises. Participants are encouraged to attend as many sessions as possible, but it is not necessary to attend all five. No registration is required. For information, call 717-355-6010 or email [khorning@gardenspotvillage.org](mailto:khorning@gardenspotvillage.org).