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Gouveia, Susan

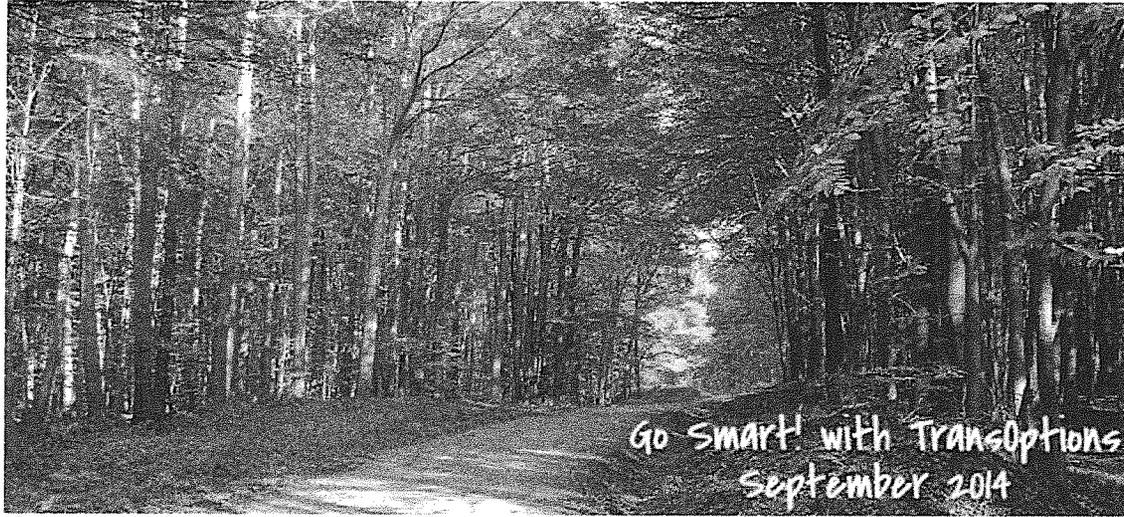
From: Lashway, Lisa
Sent: Friday, September 12, 2014 1:10 PM
To: Canning, Sean; Gouveia, Susan
Subject: FW: Go Smart! with TransOptions - September 2014

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From: TransOptions [mailto:Info@TransOptions.org]
Sent: Friday, September 12, 2014 1:05 PM
To: Lashway, Lisa
Subject: Go Smart! with TransOptions - September 2014

Go Smart! - Bike Helmets, Retiring From Driving and more!

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Over the past month, TransOptions stepped up their safety efforts, fitting well over 100 helmets for children across northwest New Jersey. At Project Self-Sufficiency's annual Back to School Fair on August 21 (pictured below), more than 100 children were equipped with new, properly-fitting helmets and two new bikes were awarded thanks to a generous donation from Cycle Craft.

At the Kid Fondo last week (pictured above), TransOptions continued their efforts to ensure the safety of young riders, fitting roughly 15 more children with new helmets.



If you're hosting a safety fair or other event and would like to see us there, contact us at info@transoptions.org.



Pictured from left: Club Officer Betty Gaynor, TransOptions' Judy Bortman, Morris Plains Councilwoman Suzanne McCluskey, Officer Jean Cipparulo (seated) and President Palma Antonaccio.

Retiring from Driving: A Kinder Way to Give Up the Keys, a new program to help seniors transition from motorist to passenger, was introduced by TransOptions at the September 8, 2014 meeting of the Morris Plains Senior Club.

More senior drivers are on the road as 10,000 people in the United States turn 65 every day until 2030. While many seniors don't want to think about the day when they will no longer be able to drive, TransOptions encourages seniors to start their planning in advance by learning what local transportation choices exist.

TransOptions debuted this program to receptive members of the Morris Plains Senior Club. Attendees welcomed the idea of planning to gradually stop driving and appreciated a list of transit resources customized for Morris Plains.

Several seniors shared that learning new ways to get to appointments and do errands was a big help and will help them retain their independence when it's time to "give up the keys." Some may try a community shuttle or ride option in advance of their "driving retirement" when they prefer not to drive at night or during inclement weather.

Information about senior driving is available from TransOptions at <http://www.transoptions.org/senior-driving> or by calling (973) 267-7600.



Check out our latest blog post, [Back to School: Fall Into Safety](#), and make sure you exercise caution now that children are back in school and buses are back on the roads.



TripSwitch Is Coming

Stay tuned for an all new fall challenge from TransOptions!



AT&T is heading up a new anti-texting-while-driving effort. Let your friends know that It Can Wait, by using #X before you go. Find out more and take the pledge at <http://www.itcanwait.com/all>

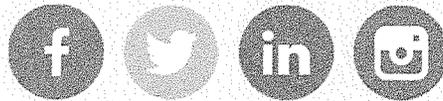


(HealthDay News) Up to half of all teens talking on cellphones while driving are speaking with their mother or father, according to new research.

"A lot of parents aren't really aware of how important it is to be a good role model and how dangerous it is for their teen to answer a cellphone while driving," said study author Noelle LaVoie, a cognitive psychologist and president of Parallel Consulting in Petaluma, Calif.

"There is certainly [prior research] showing that parents might not be modeling the best behavior for teens," she added, "and we know a lot of parents talk on the phone while driving. But this was a real shock."

Read the rest of the article at [HealthDay News](#).



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