

NEWS

You Can Use



A QUARTERLY PUBLICATION OF CATAWBA COUNTY EMERGENCY SERVICES

VOLUME 11 | APR-MAY-JUN 2026

DISTRACTED DRIVING



DISTRACTED DRIVING AWARENESS MONTH



WHILE DRIVING, ACTIVATE YOUR 'DO NOT DISTURB' FEATURE ON YOUR PHONE



IF YOU NEED TO SEND A TEXT, PULL OVER AND PARK IN A SAFE LOCATION



AVOID EATING AND REACHING FOR ITEMS WHILE DRIVING

DRIVE FOCUSED, DRIVE SAFE

Distracted driving is participating in any activity that diverts your attention while operating a vehicle. Causes include:

- Eating or Drinking
- Reaching for items: phone, purse, jacket, etc
- Turning knobs : radio, temp, GPS
- Talking on phone or to passengers



DISTRACTIONS

are like **blindfolds**. They could cause you to miss:



EMERGENCY VEHICLES



PEDESTRIANS



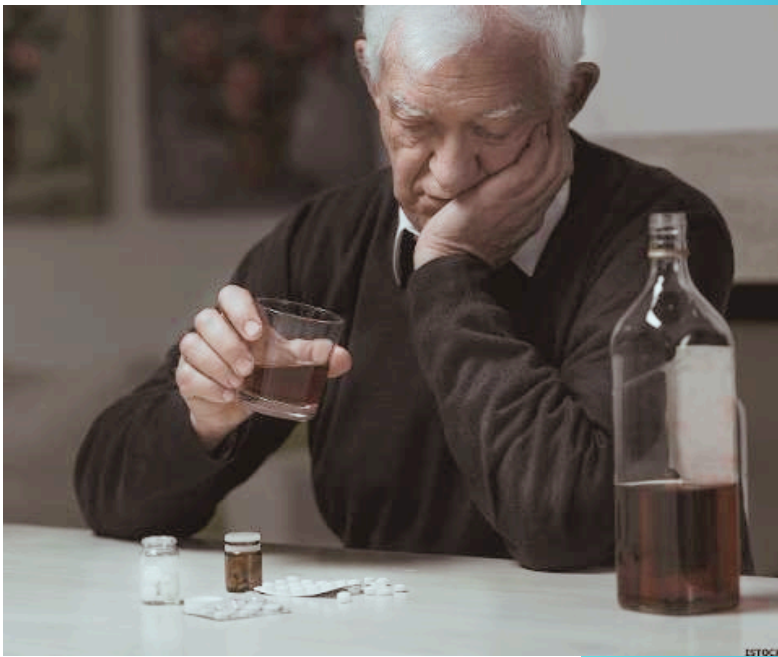
TRAFFIC SIGNALS



ROAD HAZARDS

Tips to stay safe:

- Put devices away. Set to silent or "do not disturb"
- Don't multitask. Pull over safely if you must address your phone, make a note, eat, etc.
- Plan ahead. Set GPS/prepare music while car is in park. Plan meals for before or after your trip.
- Eyes on the road. Don't get distracted by scenery, billboards, etc.
- Drive defensively. Look out for other drivers.



MENTAL HEALTH

Aging often brings about life changes that can impact mental health, such as dealing with a serious illness or loss of a loved one. These changes can cause feelings of loneliness, grief and isolation, and eventually lead to depression or anxiety. Be aware of these signs/symptoms and see a Dr if you have concerns:

- Changes in mood, energy, appetite
- Feeling “flat” or no positive emotions
- Sleeping too much or too little
- Increased worry/stress
- Persistent headaches or digestive issues
- Hopelessness/thoughts of self harm
- Misuse of alcohol or drugs

ALCOHOL AWARENESS

Older adults can react more intensely to the effects of alcohol because of normal aging processes such as lower muscle mass, slower metabolism and lower body water content. This can result in higher blood alcohol concentrations. Drinking can increase the severity of many health problems, including:

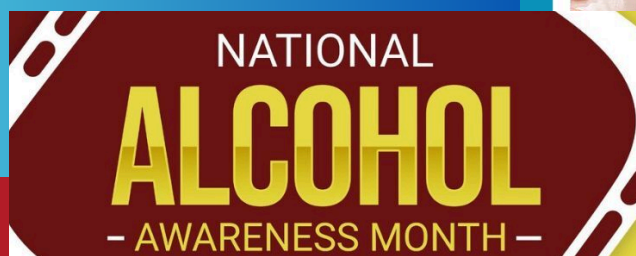
- Diabetes
- High Blood Pressure
- Congestive Heart Failure
- Liver Problems
- Osteoporosis
- Memory/Mood Disorders

Many seniors take prescription and over the counter medications that combined with alcohol could further the risk and severity of increased falls, cognitive impairment and chronic health conditions. Drinking more than 3 drinks per day or 7 per week could put older adults at risk of serious problems.

Statistics on Mental Health & Seniors



- Depression affects around 7 million adults aged 65 and older in the U.S. alone, but only 10% receive treatment (CDC).
- According to the World Health Organization (WHO), 15% of adults aged 60 and above suffer from a mental disorder.
- The National Institute of Mental Health (NIMH) reports that suicide rates are highest among adults aged 75 and older, with men in this age group particularly at risk.



MOVE MORE MONTH

April is Move More Month!



- Regular exercise can help keep you healthy and release stress.
- Walking is simple and easily accessible. No gym membership or special equipment required!
- 1 in 4 adults sit for 8+ hours a day. Walking helps counteract the negative effects of being sedentary.
- Just 30 min of light activity can reduce the risk of death by 17%!
- Walking with pets or friends increases accountability and companionship.
- Get Out, Get Moving! Your heart will thank you!

WALKING SAFETY

Making a plan to be more active is great for your overall health and well-being!

Now follow these tips to stay safe while you get moving!

- Let someone know where you're going and when you should be back.
- Carry ID and cellphone.
- Wear appropriate shoes/clothing.
- Check the weather before you head out.
- Stay alert!
- Wear bright clothing to be seen easily.
- Walk during daylight hours.
- Use sidewalks/paths. Be careful of uneven ground.
- Walk facing oncoming traffic.
- Cross only at crosswalks or intersections.
- Never assume a driver sees you.



★ LEGISLATIVE DAY ★

North Carolina Veterans Council



JUNE 2, 2026

ADVOCATE | INFORM | UNITE

RALLY POINT: 8AM

HALIFAX MALL BEHIND THE LEGISLATIVE BLDG
16 W JONES ST. | RALEIGH, NC 27601

CARPPOOL IS ENCOURAGED

LEGISLATIVE PRIORITIES

- ★ Expand property tax relief for NC veterans
Adjustments and improvements to North Carolina property tax language and exclusions.
- ★ Secure and increase funding for the North Carolina Scholarship for Children of Wartime Veterans (Wartime Scholarship).
- ★ Establish Veterans Treatment Courts in ALL North Carolina counties
- ★ Protect Veterans from Claims Exploitation.
- ★ Ensure the POW/MIA Flag is displayed at State Buildings and Schools.

Register at www.ncveteranscouncil.org

Points of Contact is **Commander T. Williamson (336) 684-5524** or
Legislative Chair Chris Brown (910) 366-8510

WORD SCRAMBLE

1. DETI _____
2. LWESELNS _____
3. LETHAH _____
4. XIREESEC _____
5. WTGEIH OLSS _____
6. FRIUT DAN AGEBTVSELE _____
7. TGNTRESH _____
8. IHCYAPLS EFSNTIS _____
9. AEERWFL _____
10. IOURTTINN _____
11. KGLIAWN _____
12. NEYERG _____
13. TIEAVC _____
14. TOIDNIOGNCIN _____
15. CELDSIIPN _____
16. IFT _____
17. OLSAG _____
18. GOJ _____
19. EUSLCM _____
20. EWPOR _____
21. RPPUTOS _____
22. VITNMASI _____
23. DLSIICEPNI _____

WORD BANK

physical fitness

discipline

fruit and vegetables

walking

welfare

support

muscle

conditioning

wellness

nutrition

goals

strength

energy

power

jog

exercise

vitamins

health

fit

weight loss

diet

discipline

active