



Riverside County Office on Aging, Aging & Disability Resource Connection

2014
2nd Quarter

GRANDPARENTS RAISING GRANDCHILDREN NEWSLETTER

Teen-Driving Myths

The Graduated Driver License (GDL) Law is intended to help ease new teen drivers into the responsibilities that come with



getting behind the wheel. Do you know the restrictions of your teen's provisional license? Are you sure of their driving abilities? Here are some common myths, busted:

1. Driver education classes and behind-the-wheel training from a certified instructor are enough preparation.

Classes and in-car lessons are just the first steps in teaching a teen to drive safely. GDL laws require that a guardian provide at least 50 hours of behind-the-wheel training (with 10 hours of nighttime driving). Teens should get practice in a variety of weather, road types and conditions. You and your teen should also set up rules so that they know what their privileges and limitations are.

2. After a year of practice with a provisional license, teens have learned

all they need to know to be good drivers.

While teen crash rates decline sharply during the first year of driving, the number remains high compared with more experienced drivers and remain high into one's 20s.

3. The biggest dangers for teen drivers are risk taking, distracted driving, and thinking they're invincible.

All of the above are true for teen drivers. However, research shows that lack of experience is the biggest factor. Nothing works better to reduce teen crashes than practice, practice, practice.

4. It really isn't that dangerous for a teen to have passengers in the vehicle. I see new drivers do it all the time.

GDL law says that with a provisional license, the driver may not have any passengers under age 20 (including siblings) in the vehicle without a driver age 25 or older present. Teens ages 15-19 have the highest risk of a fatal crash. With one additional passenger in the vehicle, a teen's crash risk doubles.

From "Westways" magazine by AAA. For more tips on teen driving go to www.teendriving.aaa.com.

Be Physically Active Your Way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

Note to grandparents:

- ▶ What you eat and drink and your level of physical activity are important for your own health, and also for your grandchildren's health.
- ▶ You are your grandchildren's most important role model. They pay attention to what you **do** more than what you **say**.
- ▶ You can do a lot to help them develop healthy habits for life by providing and eating healthy meals and snacks. For example, don't just **tell** your grandkids to eat their vegetables— **show** them that you eat and enjoy vegetables everyday.



Breakfast News...

Just another reason to make sure our kids eat breakfast in the morning... A USDA scientist at Agricultural Research Service (ARS) Arkansas Children's Nutrition Center recently studied brain activity in 81 healthy children while solving math problems during timed math tests. Math tests were given to 8-11 year-olds in two morning sessions with a break in between. One group was served breakfast during the break, while the other group did not have breakfast. The results showed that those who had eaten breakfast used less mental

effort to solve the problems, stayed more focused on the tests, and improved their scores in the post-breakfast test as compared to their peers that skipped breakfast. There have been other studies in the past that show an association between nutrition and academic performance. But this study controlled the time and content of the breakfast and used sensor technology to monitor brain activity while the children were solving math problems.



For more information: <http://www.ars.usda.gov/is/pr/2013/131127.htm>

GRG Task Force

Our next quarterly Task Force Meeting is scheduled for **Wednesday, June 4, 2014**. It will be held at the Riverside County Office on Aging (Training Room) at 6296 River Crest Dr., Suite K, Riverside, CA from 10:00 a.m. to noon. Grandparents are welcome and encouraged to attend this meeting—we need to hear your concerns. The GRG Task Force Meeting is where grandparents issues are discussed and solutions are developed to resolve them.



**Grandparents Raising Grandchildren
News is sponsored by:**

**Riverside County Office on Aging
6296 River Crest Dr., Suite K
Riverside, CA 92507**

**(800) 510-2020 or (951) 867-3800
TTD (951) 697-4699**

**Funds are provided by:
The Older Americans Act and
Riverside County Children
& Families Commission.**



GrandsClub...Peer Support

GrandsClub provides the opportunity to socialize, share information, learn new skills, and receive peer support. Grandparents and other kin caregivers are encouraged to attend.

Cathedral Center
37-171 W. Buddy Rogers Ave.
Cathedral City, CA 92262
(951) 791-3594
11:00 a.m.—12:00 p.m.
Second Tuesday of the Month

Mary Phillips Senior Center
41845 Sixth Street
Temecula, CA 92590
(951) 791-3594
10:00—11:00 a.m.
Third Thursday of the Month

Janet Goeske Senior Center
5257 Sierra Street
Riverside, CA 92504
(951) 791-3594
10:00—11:00 a.m.
Fourth Tuesday of the Month

Perris Valley Family Resource Center
371 N. Wilkerson Avenue
Perris, CA 92570
(951) 791-3557
10:30 a.m.—12:00 p.m.
Last Thursday of the Month

Chatigny Community Center
1310 Oak Valley Parkway, Room 4
Beaumont, CA 92223
(951) 791-3557
10:00—11:30 a.m.
Second Tuesday of the Month

Hemet Service Center
749 N. State Street
Hemet, CA 92543
(951) 791-3557
10:30 a.m.—12:00 p.m.
Third Tuesday of the Month

