Bye, Bye Parking Meters; Headaches for Older Drivers







Traditional parking meters are becoming a thing of the past as electronic kiosks integrated with apps for monitoring time and accepting payment are replacing them in many locales.

Technology-adept drivers may feel at ease with the transition, but older adults and those who don't have smartphones or lack technology skills are more likely to struggle. According to Pew research, 78% of adults over the age of 65 own smartphones vs. 97% of adults 18 to 29 years old. No smartphone = no way to download a parking app.

No smartphone = no way to download a parking app.

Confidence is a factor, too. AARP's September 2024 national survey found that only 64% of adults over the age of 50 felt they have ample digital skills to navigate online tasks. Parking systems that require payment through an app demand work upfront—downloading the app, setting up a username and password to create an account, entering the vehicle's license plate number and parking zone, adding a payment method, and sometimes more. That can be frustrating and nerve-racking for those who aren't tech-savvy.

Sadly, older Americans could feel a financial sting as well as more parking meters get replaced with app-based parking. Those who don't own a smartphone may end up with costly parking tickets when there's no alternative way to pay.

Sources:
https://www.pewresearch.org/internet/fact-sheet/mobile/
https://www.aarp.org/pri/topics/technology/internet-media-devices/2025-technology-trends-older adults/





More In-Car Technology = More Distractions

(And Collisions / Crashes Involving Older Drivers)

Vehicle manufacturers have pulled out all the stops to give us the ultimate experience in comfort and convenience when we hit the road. Tricked-out touchscreens, smooth-talking GPS systems, ready-at-your-beck-and-call voice assistants, and swanky built-in entertainment interfaces…what's not to love. We are living the good life, but on the flip side of that life-of-luxury coin is the reality that the more gadgets and features we have at our fingertips, the more likely we are to take our eyes—and minds—off the road ahead and what's happening around us.

Driver distraction happens in a split second, yet accounts for a major share of car crashes. With more technology at our fingertips than ever before, we have more distractions that can potentially lead to disaster. According to National Highway Traffic Safety Administration data, distraction was a factor in 8% of fatal crashes, 13% of injury crashes, and 12% of all police-reported motor vehicle crashes in 2024.

Although you may think that younger drivers are the prime candidates for getting sidetracked by technology, we have a larger population of drivers prone to those behaviors as more senior drivers experiment with and use their phones and in-car tech on the road. And because many older drivers don't have the same level of familiarity with technology as younger drivers, not only are they distracted…they're distracted for a longer period of time whenever they perform a task. According to a study conducted by AAA Foundation and the University of Utah, here's how drivers in the 21-36 year old age group and the 55-75 year old age group compare:

Task	Time for 21-36 Year Old Drivers to Complete	Time for 55-75 Year Old Drivers to Complete
Texting	27.7 seconds	33.8 seconds
Dialing/Calling	17.7 seconds	22.4 seconds
Entering Info in Navigation System	31.4 seconds	40.0 seconds
Audio Entertainment	18.0 seconds	25.4 seconds

But how often does distraction lead to disaster? A 2024 NHTSA report revealed the below percentages of distracted drivers (reflecting the percentages in their age groups) that were involved in fatal crashes.

15-20 year olds: 6%
21-24 year olds: 6%
25-34 year olds: 6%
35-44 year olds: 6%
45-54 year olds: 5%
55-64 year olds: 5%
65-74 year olds: 5%
75+ year olds: 5%

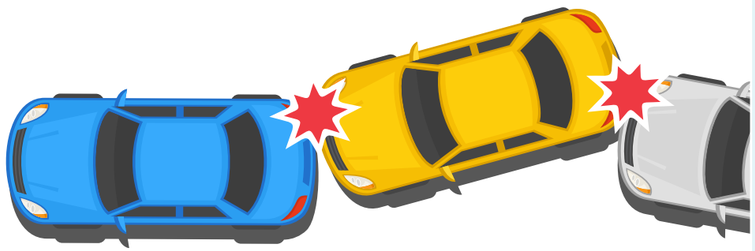
The percentages are nearly even across the board, which goes to show that within any specific age population, a consistent proportion are prone to dangerous distractions while behind the wheel. In fact, the NHTSA research found that although drivers ages 15- 44 demonstrate the highest rates of distraction, drivers over age 55 account for about 25% of all distracted drivers involved in fatal crashes.

The Moral of the Story

We all can benefit from being more careful and not falling prey to the distractions our technology makes all too accessible.

- Enter your destination address into your navigation system before leaving your garage or parking space.
- Pull over to make that phone call or type that text message.
- Choose which Spotify station you want to listen to before you hit the gas.

Safety first—no matter your age!



Sources:
https://newsroom.aaa.com/2019/07/vehicle-infotainment-systems-especially-distracting-older-drivers/
https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813790

HUMOR me

Fall Trivia Questions

1. **What are fall's three zodiac signs?**
2. **What country do pumpkins originate from?**
3. **Who was the first group of people in history to use scarecrows?**
4. **What do you call a male turkey?**
5. **Why do you see more large spiders around Halloween?**
6. **What bug flies south to Mexico for the winter during the fall months?**
7. **If you throw a pumpkin in water, will it sink or float?**
8. **What country started the tradition of pumpkin carving?**
9. **. What do you call a fear of pumpkins?**

Answers:
1. Libra, Scorpio, and Sagittarius
2. Central America
3. The Egyptians
4. A gobbler
5. Spiders that hatched in the spring have grown up and are now actively in their mating season!
6. Butterflies
7. Float
8. Ireland
9. Cucurbitophobia

Source:
https://assets.lovetoknow.com/files/5088-Fall-Trivia.pdf

Slow Cooker Turkey Breast and Gravy



Thanksgiving Taste Anytime

Ingredients:

- 1 whole bone-in skin-on turkey breast (4 - 5 pounds)
- Salt and pepper
- 3 tablespoons olive oil
- 1 medium yellow onion, chopped
- 1 carrot, peeled and chopped
- 1 celery rib, chopped
- 4 teaspoons minced garlic
- 1/3 cup (42g) all-purpose flour
- 3 cups low-sodium chicken broth, divided use
- 1/2 cup water
- 1 teaspoon dried thyme
- 2 bay leaves

Directions:

Heat the olive oil in a large (10 inch) skillet over medium-high heat. Add the onion, carrot, celery, and garlic and cook until the veggies have softened and the onion is beginning to turn golden, about 8-10 minutes. Stir in the flour and cook for 2 minutes. Add the broth stirring out any lumps.

Transfer the contents of the skillet to the slow cooker. Season the turkey breast liberally with salt and pepper making sure to season the cavity.

Place the turkey in the slow cooker, skin side up. Cover and cook on low until the internal temperature of the turkey reaches 165 degrees F for about 5 hours. Check temperature around the 4 hour mark and allow extra time, if needed, based on size of turkey breast and individual slow cooker.

When done, remove the turkey to a platter to rest for 15-20 minutes, tenting lightly with foil to keep warm.

For a wonderfully thick, creamy gravy, purée the remaining contents of the slow cooker with an immersion blender until smooth, adding seasoning to taste. If you don't have a handheld blender, you may transfer the contents to an upright blender.

Carve turkey and serve with gravy.

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