



August Birthdays

<i>Gerard Walker</i>	08/03
<i>Julie Myers</i>	08/08
<i>Cindy Martin</i>	08/10
<i>Jennifer Ramin</i>	08/10
<i>Jodie Franks</i>	08/16
<i>Penny Williams</i>	08/16
<i>Bev Platt</i>	08/19
<i>Tina Loring</i>	08/21
<i>Grisel Le</i>	08/25
<i>Sharon Ford</i>	08/31



CAP Coins

is a publication for the employees of Community Action of Southeast Iowa. Submit information for the next issue of CAP Coins to the Editor, Sheri Wilson, by 8/18/17.

All staff will receive an e-mail request to complete our Needs Survey.

The subject line will be:

◆ Input on our Survey!

Please complete the survey right away.

Internet Security

Have you received e-mails that you are not sure if they are safe to open? Beware, as many scams and viruses come into our computers through e-mails and attachments.

Before you open, consider does the e-mail:

- Create a sense of urgency, curiosity, greed? Is it time limited or concerning money?
- Does it have poor spelling or grammar?
- Is it totally unexpected or seem strange?

Always:

- **Verify the sender's e-mail address.** If you know the sender call them and ask them if they sent the e-mail.
- **Hover over a link to see the actual URL** – which is where it really came from.
- **Don't click on the link** – retype to a known web address. Sometimes they make the link look valid like microsoft.com instead of microsoft.com

ROMA TRAINING

The agency is offering an Introduction to Results Oriented Management and Accountability (ROMA) Training to all interested staff. The training consists of two half days of training. It is scheduled for August 11 & 17th from 8:30 – 12:30 at the Central Office. The training reviews the history of Community Action, planning, assessment, evaluation and the provision of services. For more information call Sheri at the Central Office.

Technology – The Most Common Driver Distractions

By Jenny Burke, National Safety Council Senior Director of Advocacy.

Q: What are the most common driver distractions?

A: You might think common distractions include applying makeup while behind the wheel or snacking on some French fries. But the truth is, although these activities can be distracting because they take your focus off the task at hand, neither are as common as cell phone distraction. **Cell phones allow drivers to call, text, email, update social media and browse the Internet. In addition to cell phones, drivers can now also use in-vehicle infotainment technology.**

Use of this technology while driving can produce cognitive distraction that leads to inattention blindness. Research indicates drivers using handheld and hands-free phones experience inattention blindness, which means they only see about 50% of all the information in their driving environment.

In a [distracted driving public opinion poll](#) conducted by the National Safety Council, 55% of drivers said they would make calls while behind the wheel, but driving requires complex thought processes. Cell phone conversations also require thought. Crashes often are the result of trying to do both simultaneously because the thought process is slowed down, resulting in things like delayed braking or failure to spot a traffic signal.

NSC also found drivers would:

- Glance at, read or post social media messages (23%)
- Access the Internet (21%)
- Look at, take or post photos or video (19%)
- Use a laptop or tablet computer (19%)

Often, teens are at the center of concern about cell phone distraction. NSC found adult drivers are only a little bit less willing to engage in risky cell phone driving behaviors than teens.

**ONE TEXT OR CALL COULD
WRECK
IT ALL**

Q: How many people are injured or killed in cell phone distracted driving crashes each year?

A: In 2015, the National Highway Traffic Safety Administration reported 3,477 people were killed. Another 391,000 were injured. At NSC, we believe this is a minimum number. The actual numbers of people killed and injured are higher, but we don't know how high.

The problem with the data, lies in the challenges associated with verifying that cell phone use is a contributing factor in a crash. Police often must rely on drivers admitting to cell phone use. People are not always forthcoming. Even when they are, NSC found in a study that crash reports are not always coded properly and that there is [substantial under-reporting of cell phone involvement](#) in fatal crashes.

Q: Why is technology made available in vehicles today if it can cause distraction?

A: The answer might be as simple as this: Manufacturers are going to provide features that consumers want. Until laws are strengthened or consumers rise up, that is unlikely to change. More education is needed. According to an NSC poll, 53% of respondents said they believe voice control features are safe because they're provided in vehicles. Convenience does not equal safety.

In the U.S., [texting while driving is banned for all drivers in all but four states](#) – Arizona, Missouri, Montana and Texas. All use of cell phones by teen drivers (hands-free and handheld) is restricted in 37 states and the District of Columbia. Why not adults? Another good question.

There is irony in this: A [problem created by technology could be solved by technology](#). There are apps and devices that can put phones in "airplane mode". One way the apps and devices work is by putting a "geofence" – also referred to as a virtual barrier – around the driver.

If you have questions about distracted driving contact Ron Kremer: ron.kremer@nsc.org.

In Iowa it is illegal to use a handheld electronic communication device to write, view or send an electronic message while driving.