



## *The Act of Drinking Coffee*

*Coffee's morning jolt isn't just from caffeine*

Caffeine by itself does activate some regions of the brain associated with readiness to tackle tasks, researchers said. **But the act of drinking coffee produced a more comprehensive response in the brain, results of a new study showed.**

**People who took a basic caffeine pill did not experience the same sort of brain boost they did from sipping a cup of coffee, according to the brain scans.**

For the study, researchers recruited a group of people who typically drink at least one cup of coffee daily. They asked them to refrain from eating or drinking caffeinated beverages for at least three hours before going into the lab.

Researchers then performed two MRI scans, one before and another a half-hour after the participant took either a

caffeine pill or drank a cup of coffee. During the MRI scans, the participants were asked to relax and let their minds wander.

The scientists expected that the participants would experience a higher integration of networks that are linked to the pre-frontal cortex (associated with executive memory) and the default mode network (which is involved in introspection and self-reflection processes).

The connectivity of the default mode network decreased both after drinking coffee and after taking caffeine which indicates that consuming either made people more prepared to move from resting to working on tasks, the researchers said. But only drinking coffee increased connectivity in parts of the brain associated with working memory,

cognitive control and goal-oriented behavior, the results showed.

**So, if a person wants to feel more that just alert, caffeine alone will not do the trick, the researchers concluded. The experience of a cup of coffee is essential.**

The study was published in "Behavioral Neuroscience."



**COVID-19 vaccination recommendations have changed. Find the latest recommendations at:**  
[www.cdc.gov/covidschedule](https://www.cdc.gov/covidschedule)

**Recommended Adult Immunization Schedule for ages 19 years or older, United States, 2023**

**See Page 2 for Table 1**

**Table 1**

COVID-19 vaccination recommendations have changed. Find the latest recommendations at [www.cdc.gov/covidschedule](http://www.cdc.gov/covidschedule)

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
COVID-19	2- or 3- dose primary series and booster (See Notes)			
Influenza inactivated (IIV4) or Influenza recombinant (RIV4)	1 dose annually			
Influenza live, attenuated (LAIV4)	1 dose annually			
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (see notes)			
Measles, mumps, rubella (MMR)	1 dose Tdap, then Td or Tdap booster every 10 years		1 or 2 doses depending on indication (if born in 1957 or later)	
Varicella (VAR)	2 doses (if born in 1980 or later)		2 doses	
Zoster recombinant (RZV)	2 doses for immunocompromising conditions (see notes)			
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition		27 through 45 years	
Pneumococcal (PCV15, PCV20, PPSV23)	1 dose PCV15 followed by PPSV23 OR 1 dose PCV20 (see notes)		See Notes	
Hepatitis A (HepA)	2, 3, or 4 doses depending on vaccine			
Hepatitis B (HepB)	2, 3, or 4 doses depending on vaccine or condition			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations			
<i>Haemophilus influenzae</i> type b (Hib)	19 through 23 years		1 or 3 doses depending on indication	

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection

Recommended vaccination for adults with an additional risk factor or another indication

Recommended vaccination based on shared clinical decision-making

No recommendation/Not applicable

## HEAD UP, PHONE DOWN WHEN HEADED BACK TO SCHOOL

Summertime offers a reprieve from school-year activities, but once fall rolls around again life becomes much more hectic. Parents and kids have a lot of new distractions to deal with: carpools, early schedules, after-school activities, bus traffic and more.

As your children march out the door on that first day of school – and every day – there is really only one priority: Making sure they get home safe.

### Teens at Greater Risk

Back in 1995, children ages 5 to 9 were more at risk than any other age group under 19 for being struck by a vehicle while walking. Today, there has been a noticeable demographic shift. It is now much more likely a teenager will be hit by a car than his younger counterpart.

According to Injury Facts, over all age groups since 2009, pedestrian fatalities have trended up sharply, with 7,388 traffic-related deaths in 2021.

### Cell Phones: A Deadly Distraction

The National Safety Council is focused on efforts to eliminate distracted walking – specifically walking while using a mobile device. Kids often don't recognize the dangers of distracted walking, as this eye-opening video by Safe Kids Worldwide indicates.

Before your children head out, remind them of these year-round safety tips:

- Never walk while texting or talking on the phone
- If texting, move out of the way of others and stop on the sidewalk
- Never cross the street while using an electronic device
- Do not walk with headphones in your ears
- Be aware of your surroundings
- Always walk on the sidewalk if one is available;

if you must walk on the street, face oncoming traffic

- Look left, right, then left again before crossing the street

- Cross only at crosswalks

### Kids Aren't the Only Ones Distracted

Drivers have a lot to pay attention to in school zones, too, and there is never an occasion that justifies using a phone while driving. One call or text can change everything.

A study conducted by the Centers for Disease Control and prevention reveals that the most common form of travel to school for students age 5 to 14 is the family car. That translates into a lot of cars in school zones at the same time. Eliminating all distractions is key to keeping children safe. Learn more about motorist safety around schools.



## 11 TIPS FOR A SAFER DAILY COMMUTE

The average American worker spends about four hours a week commuting to and from work, and much of that time is often spent in traffic. Traffic can make you anxious on your way to work and unhappy on your way home. But for many, daily commutes are simply a fact of life.

Spending four hours or more on the road every week can be hazardous, as rush hour traffic often brings accidents – sometimes deadly ones. That means driving almost every day to work can be dangerous, but there are ways to make your daily commute safer, from vehicle maintenance to changing your route and asking for more flexible hours. In our guide, you'll find practical tips for making your commute to and from work safer every day.

1. **Choose a safe vehicle:** A safe commute starts with a safe car. When shopping for a vehicle you'll use on your commute, remember to check the Insurance Institute for Highway Safety (IIHS) ratings to see how the models you're considering stack up. And if it's in your budget, look for a vehicle that has next-level safety features such as adaptive cruise control, lane departure warnings, blind-spot detection, and automatic braking.
2. **Safely maintain your vehicle:** A safe vehicle is essential, but keeping it running safely is just as important. Remember to maintain your vehicle safely to avoid breakdowns that can ruin your day – and everyone else's on the road.
3. **Take the safest route:** You know the highway will probably be packed during rush hour. Consider whether taking back roads or an alternative route might be faster, less congested, or simply more scenic and enjoyable. Use an app like waze that will automatically direct you to the least congested route on your way to work. Remember that traffic conditions can change every day depending on accidents, construction, even events.

4. **Shift your hours:** The best way to deal with rush hour is to avoid it completely. Many employers can offer flexible work hours that make it possible to arrive and depart from work during off-peak hours for driving. It might mean working 7 a.m. to 4 p.m., or 10 a.m. to 6 p.m., depending on the traffic in your area and your needs at work.
5. **Give other drivers space:** When you're in bumper to bumper traffic, giving other drivers space is sometimes easier said than done. But if you leave adequate space between you and the driver in front of you, you'll be safer and less likely to get in an accident. With extra space, you will have a longer time to react to anything happening in front of you, and even if you're completely stopped in traffic, leaving space ahead can help you avoid getting pushed into the vehicle in front of you if you're rear-ended.
6. **Don't engage in aggressive driving:** There's no question that drivers get irritated on their daily commute, and with frustrating conditions like traffic, accidents, and constantly getting cut off, it's understandable. But it's safer to be courteous and avoid engaging in aggressive driving. Tailgating, cutting off other drivers, failing to yield, and even making gestures can be dangerous. Take a deep breath and keep your cool for safety's sake.
7. **Be prepared for the sun:** Depending on the season, you may be driving in to or home from work while the sun is rising or setting. This can result in dangerous sun glare that interferes with your visibility on your commute. Take measures to be prepared with sunglasses, an operational car visor, and a clean windshield with working wiper blades.
8. **Leave early on tough driving days:** You'd probably rather hit snooze one more time, but on tough driving days, it's best to leave a little early to be

ready for difficult conditions on the road. If you know it will be rainy or otherwise bad weather; you may need extra time to make it to work. If you give yourself this extra time, you'll be able to drive calmly instead of suffering from anxiety about being late to work. Keep an eye out for inclement weather, the days before holidays, even back to school days when traffic may be a bit more difficult than usual.

9. **Choose the middle lane:** On a three-lane road, the middle lane is often the safest and most efficient one you can choose. The left lane is often clogged with drivers hoping for the fast lane, while the right lane has other drivers entering and exiting the roadway. With no one getting off or on in your lane in the middle, there is less merging and lane changing to deal with. It's safer and may get you there faster as well.
10. **Make use of your time:** Staying entertained on your commute may not make you safer, but it will make you happier and more at peace with your daily drive. Listening to the radio day in and day out can get old and leave you bored – maybe even tempted to text or check in on Facebook while you're sitting in traffic. Consider safe entertainment alternatives such as audiobooks, podcasts, and lectures that can have you engaged without taking your focus off of the road.
11. **Focus on driving:** However you commute, you must avoid distracted driving. Cell phones cause about as many crashes as speeding, and each day nine Americans are killed by distracted driving accidents. Texting makes you eight times more likely to crash, and distractions like grooming, watching videos, and eating can prove deadly as well. Even if you're stuck in a long commute, you must commit to focusing on the road and the task at hand: driving.

