

Travel Tips

Thomas Kreif, WEAC-Fox Valley Retired Member and Traveler

<https://www.bearpawoutdoors.com/>

mesh@athenet.net

The WEAC-Fox Valley Travel Committee has met for the past nine years. Committee membership is open to all active and retired members. During the year, we will be meeting at Appleton's Mary's North (Richmond St. off 41) the second Wednesday of the month at 9:30 a.m. As the years have gone by, this group has discussed topics of interest such as WEA-Trust / Benefits, the Wisconsin Retirement System (fixed and variable), Medicare, Medicare supplements, investment tips, and WEAC.

U.S. passport photos are governed by numerous rules and regulations. Glasses may not be worn, for instance, and your head must measure 1 to 1 3/8 inches (from chin to top). If your photo does not meet standards, your passport application will be returned—causing a delay. It is a good idea to have photos taken at a knowledgeable establishment.

Because of recent extreme weather events, many travelers are worried about missing their cruise if a flight is cancelled or delayed. Flying into port the day before a cruise departs will give you the extra cushion of time. If the port city is a place you are eager to explore, why not fly in a few days earlier. Another option is to purchase travel insurance. If you do this, make sure you get a policy that will reimburse you for the cost of travel delays and missed connections. If you are traveling during hurricane season, make sure it includes hurricane coverage.

In the latest addition of *AAA Living*, there were six inexpensive fixes to cars that can make driving safer and more comfortable for seniors—and even extend their driving life. If you have a limited neck movement, a solution is a convex rear-view mirror, which widens visibility and reduces blind spots, so a driver can see traffic with less neck rotation. If you have problems with a knee or hip, pedal extenders allow drivers to reach the pedals while maintaining the recommended 10 to 12 inches from the steering wheel / air bag. Diminished motor skills can be fixed with push-button ignition, a driver avoids having to insert and turn a key. This is also helpful for those with arthritic hands. Another aid for arthritic hands is adding a padded cover over the steering wheel, which requires less hand and wrist strength to grip and maneuver. For those with limited torso mobility, there are seat belt reaches and extenders, which reduce the rotation and reaching needed to buckle up.