

All Aboard LBT

Bimonthly Employee Newsletter

October 2023

CEO CORNER

As you navigate the challenges of our dynamic world, it is crucial to prioritize your well-being. The habits you cultivate are essential to your overall wellness, affecting not only your professional life but also your happiness. The power of transformation lies within your daily choices, so please consider the inspiration below as you begin or continue your wellness journey:

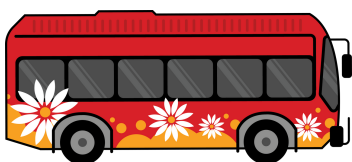


“
Your words become your actions, your actions become your habits,
your habits become your values, your values become your destiny.
- Mahatma Gandhi

Let this be a guiding principle — every decision and interaction shapes your collective success. By fostering a culture of integrity, innovation, and empathy, it defines who we are as an organization. I encourage each of you to take some time daily for self-care, whether it's exercise, mindfulness or simply spending quality time with loved ones. As we move forward, remember that our choices today determine our wellness in the future.

Kenneth A. McDonald

In this edition of All Aboard LBT, we are highlighting employee wellness. Wellness includes your physical, mental and emotional health. LBT values our employees' wellness, as part of our values to cultivate employee potential and to make everyday life better. In this edition, you'll learn about the many resources that LBT offers employees to improve wellness.



BENEFIT HIGHLIGHTS

LBT offers a variety of fun and unique benefits, with the goal of keeping our employees happy and healthy.

Noom

LBT employees got free access to the Noom personalized weight loss app on Sunday, Oct. 1, 2023. Noom helps you lose weight with daily personalized lessons, one-on-one coaching, support groups and more! You can also use Noom's tracking tools for food intake and exercise to help you hit your goals at a pace that's comfortable to you. Visit teamlbt.com/noom to learn more about the program and to sign up.

One Pass

One Pass is a single membership that gives you access to a nationwide network of fitness locations, starting at \$25 per month. Employees can enjoy multi-location access to gyms and studios anywhere in the country, so you can explore a variety of group classes and workouts that match your interests.

UHC Rewards

Through UHC Rewards, there are a variety of actions — including many things you may already be doing — that lead to rewards. Did you know you can earn up to \$300? The activities you choose are up to you, as well as how you spend your earnings. Please download the UnitedHealthcare app or visit myuhc.com and select UHC Rewards to sign in, register and activate your account.

Employee Assistance Program

LBT employees and household members have 24/7 access to consultants, at no cost, to make life easier. Confidential help is available for relationship issues, workplace conflicts, mental health, elder care support, legal and finances, and more. If you need help call [866.374.6061](tel:866.374.6061) or log in to liveandworkwell.com with access code "LBT" for more information.

Calm App

LBT employees get a free subscription with up to five dependents for free. Calm helps you lower stress, lessen anxiety, improve focus and get more restful sleep. You can get the free subscription by visiting teamlbt.com/calm.

"The main goal is wellness. We really want employees to look at their health, make improvements if they need to and make sure they're aware of all these benefits."

**- Teresa Anderson,
Acting Manager, Human Resources**

"It can be very stressful here, we work hard to help keep our Bus Operators safe. I use the Calm app to play relaxing piano music or different instruments, in addition to talk meditation to stay focused and calm."

- Mario Ovale, Safety Officer

LIVING LBT VALUES

In August, Nick Sanchez, Supervisor, TSD, responded to a call at Bellflower Boulevard and Anaheim Road in Long Beach regarding a woman in a wheelchair who was causing a disturbance by not allowing the bus to continue. When he arrived, Nick was patient and after interacting with the woman, he determined she had a mental illness and he requested police assistance. Police discovered she was an 87-year-old dementia patient who left her assisted living home in Las Vegas and arrived in California by taking a Greyhound bus. She was lost and confused, without any family in the state. Police were able to get in contact with her family over the phone and the woman's niece, in tears, thanked Nick for getting help instead of escorting her from the bus and leaving. Good job, Nick, thank you for operating with integrity and doing the right thing for someone in the community!



Do you have a story of a colleague living LBT's values you want to highlight? Let us know! Reach out to Communications and Marketing Coordinator Emily Rasmussen at [562.489.8463](tel:562.489.8463) or erasmussen@lbtransit.com.

NEWS AND UPDATES

Spooky Season is Here!



Spooky Rooms

Everyone is welcome to enjoy a spooky room at LBT1 and LBT2. Come visit the decorated rooms and walk through, if you dare! Join your colleagues for treats:

- LBT2 Operator Training Room: **Thursday, Oct. 26, 2023, from 10:00 a.m. to 2:00 p.m.**
- LBT1 in the Mezzanine Conference Room: **Tuesday, Oct. 31, 2023, from 10:00 a.m. to 2:00 p.m.**

Costume Contest

Think you can scare up the winning costume? Join the costume contest, dress up and find out! Your colleagues will vote for the top costumes with a chance to win a \$25 gift card. There will be three winners. Please submit your photo entry by **midnight on Tuesday, Oct. 31, 2023**. Visit teamlbt.com/halloween to learn more.

LBT2 Time Capsule Opening

Employees celebrated the opening of the LBT2 time capsule on Saturday, Sept. 9, 2023. The time capsule was buried in 1998, the same year the Jackson Transit Center (LBT2) was opened.

In the 25-year-old time capsule were vintage pins, an LBT ACFR financial report from 1997, a transit guide, AquaLink memorabilia, service maps and plans.



How do you practice self-care?

“Exercising, I try to walk two miles at least four days per week.”



James Henry
Bus Operator

“I remind myself to drink water, take the dog on walk if I’m sitting on the couch for too long, and getting good sleep.”



Stef Ruiz
Custodian

“I use an aroma diffuser. I use lavender, rosemary or sage to relax. And I use grapefruit to uplift.”



Marisol Barajas
Manager, Government Relations

Employees of the Month

S
E
P
T



Jorge Meza
Bus Operator
6 years with LBT



Earl Burr
Mechanic
39 years with LBT



Oscar Sanchez
Quality Assurance
Supervisor
25 years with LBT

O
C
T



Maria Ortega
Bus Operator
16 years with LBT



**Manuel
Fernandez-Alonso**
Custodian
17 years with LBT



Miki Deckner
Transit Analyst
1 year with LBT

LBT is Hiring!

Do you know of anyone who would be a great candidate to join LBT? Or are you looking for a promotional opportunity? Please visit our careers page at ridelbt.com/careers.

Stay Connected

Follow us!



facebook.com/lbtransit



[@longbeachtransit](https://instagram.com/longbeachtransit)



[@lbtransit](https://twitter.com/lbtransit)

 teamlbt.com

Did you know LBT has its own internal website, just for our employees?

You can visit the site to stay up to date on all things going on at LBT, including your coworkers' achievements and other internal news.