

# All Aboard LBT

Bimonthly Employee Newsletter

August 2024

## CEO CORNER

At LBT, we prioritize the well-being of our employees, which is the foundation of our success. That's why we are committed to offering comprehensive health benefits and wellness programs that support both physical and mental health. Recently, the Human Resources (HR) Department

brought back the Health Fair, where employees received onsite eye exams, information on benefits, and tips on summer safety. HR has even more exciting health and fitness events planned. As we continue our wellness journey, I encourage you to reflect on this quote:



“

“The groundwork for all happiness is good health.”

— Leigh Hunt

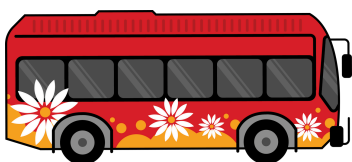
By investing in your well-being, we create a healthier, happier, and more productive workplace where everyone can thrive.

**Kenneth A. McDonald, President and CEO**

In this edition of the employee newsletter, we will explore wellness and employee benefits. Join us in fostering a healthier and more balanced lifestyle for all employees!



**LBT1 Employee  
Health Fair**



# UNIQUE ROLES AT LBT

Learn about the employees who have jobs with unique responsibilities.



**Rodney Lampkin,**  
Supervisor  
Transit Service Delivery (TSD)

Rodney has worked at LBT for 20 years. He began as a Bus Operator and has been a TSD Supervisor for 15 years. For the past eight years, Rodney's role focuses on detours, events, shuttles and road closures. Some detours or road closures are planned, but others are not, which can make his role challenging at times. He has to put himself in the mindset of a Bus Operator to determine which routes are best to navigate a detour, including the sizes of streets and neighborhoods. While making those decisions, safety is his number one priority, and minimizing service loss as much as possible.



**Oscar Sanchez,**  
Quality Assurance  
Specialist

Oscar has worked in LBT's Maintenance Department for 26 years, serving as a Quality Assurance Specialist for the past eight years. His day-to-day schedule is dynamic, as he deals with problem-solving and crucial oversight. Oscar's primary responsibility is scheduling preventive bus maintenance for LBT's fleet of 125 Compressed Natural Gas (CNG) buses, ensuring each bus is checked every week or every 6,000 miles. He creates processes and procedures that align with the demands of the fleet, staying on top of updates, recalls, and trends. This meticulous work includes cost analysis, vendor communication, and strategic planning to uphold the highest standards of bus quality and safety.



**Marisol Barajas,**  
Manager,  
Government Relations

Marisol has been with LBT for two years. Her role includes keeping the agency informed and prepared for legislative changes that could affect its operations, from maintenance and finance, to communications and service planning. Her day-to-day schedule is filled with meetings with elected officials, maintaining relationships across local, state, and federal governments, and securing funding to support LBT's initiatives. One of Marisol's recent projects was bringing Pilot AI to LBT, an initiative that uses AI technology with front-facing cameras to capture license plates to monitor bus lane violations.

## LIVING LBT VALUES

Bus Operator Claudia Lopez was praised for her exceptional kindness and patience towards a customer. The customer was thankful for Operator Lopez's positive attitude, which greatly uplifted his spirits during a difficult time and even inspired him to improve his outlook on life. As a result, he was motivated to secure a job. Claudia's willingness to listen to this customer's needs represents LBT's value of "Customer First" decision making.



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](mailto:erasmussen@lbtransit.com).

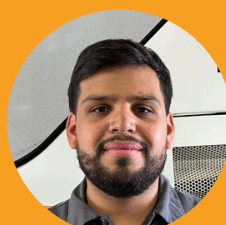
## What's Your Favorite Way to Exercise?

"I usually go to the gym, starting off with cardio, followed by weightlifting, and ending with the massage chair."



**Ashley Abels**  
Bus Operator

"I like to run on the beach in the sand."



**Salvador Sanchez**  
Mechanic

"My favorite exercises now are walking all 18 holes for golf or riding my stationary bike."



**Terry Coon**  
Manager, Finance and  
Accounting

# WELLNESS CORNER



Scan the QR code to learn more about employee benefits.

## Employee Assistance Program (EAP)

LBT employees and household members have 24/7 access to consultants, at no cost, to make life easier. Confidential help is available for relationship or workplace issues, 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](http://liveandworkwell.com) with access code "LBT" for more information.

## UHC Rewards

Through UHC Rewards, there are a variety of wellness actions — including many things you may already be doing — that lead to rewards, such as gift cards or an Apple Watch. The activities you choose are up to you, as well as how you spend your earnings.

Please download the United Healthcare app or visit [myuhc.com](http://myuhc.com) and select UHC Rewards to sign in, register and activate your account.



Young Horizons  
Preschool Presentation



LBT2 Employee  
Health Fair



July Safety Blitz

## LBTech Talk IT Tips: Think Before You Click

To ensure that employees make cyber health and security a priority, we will be providing bi-monthly IT safety tips to help keep LBT's intellectual property safe.



### 1. Timely reporting is a crucial part of security.

- If you notice anything suspicious, report it immediately. The longer an incident goes unreported, the more damage it can cause.

### 2. Social engineers hack people, not devices.

- Social engineers attempt to manipulate human emotions and convince people to make poor decisions. Remain skeptical, and never assume someone is who they claim to be.

### 3. Password hygiene is vital to securing accounts.

- A weak or reused password provides an opportunity for attackers to easily gain unauthorized access. Protect every account with a long, unique password.

### 4. Working from home comes with great responsibility.

- If you're allowed to work from home, it's your responsibility to make your home network secure. Ensure that your work and personal accounts remain separate.

# Employees of the Month

JUL



**Keith Harris**  
Bus Operator  
37 years with LBT



**Frank Ortiz**  
Mechanic  
4 years with LBT



**Laura Orozco**  
Administrative  
Assistant, Finance  
1 year with LBT

AUG



**Angel Carrillo**  
Bus Operator  
22 years with LBT



**Julius Pressley**  
Custodian  
11 years with LBT



**Javier Espinoza**  
Stops & Zones Assistant  
2 years 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](http://ridelbt.com/careers).

## Stay Connected

Follow us!



[facebook.com/lbtransit](https://facebook.com/lbtransit)



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



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

 [teamlbt.com](http://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.