

How to Love What You Do

In some ways, keeping a job is like maintaining a marriage or committed partnership. Both your spouse and your employers have expectations. Both marriage and employment need communication and commitment. In marriage, not everything is a bed of roses and some days are undeniably dull. Similarly, no matter how passionate you are about your work, there are days when your job will fall short of expectations.

While it can be tempting to wander to the greener "other side" when our jobs disappoint us, the truth is that most of the time, we can do certain things to feel better about it. Here are three simple ways to keep your love for your job burning.

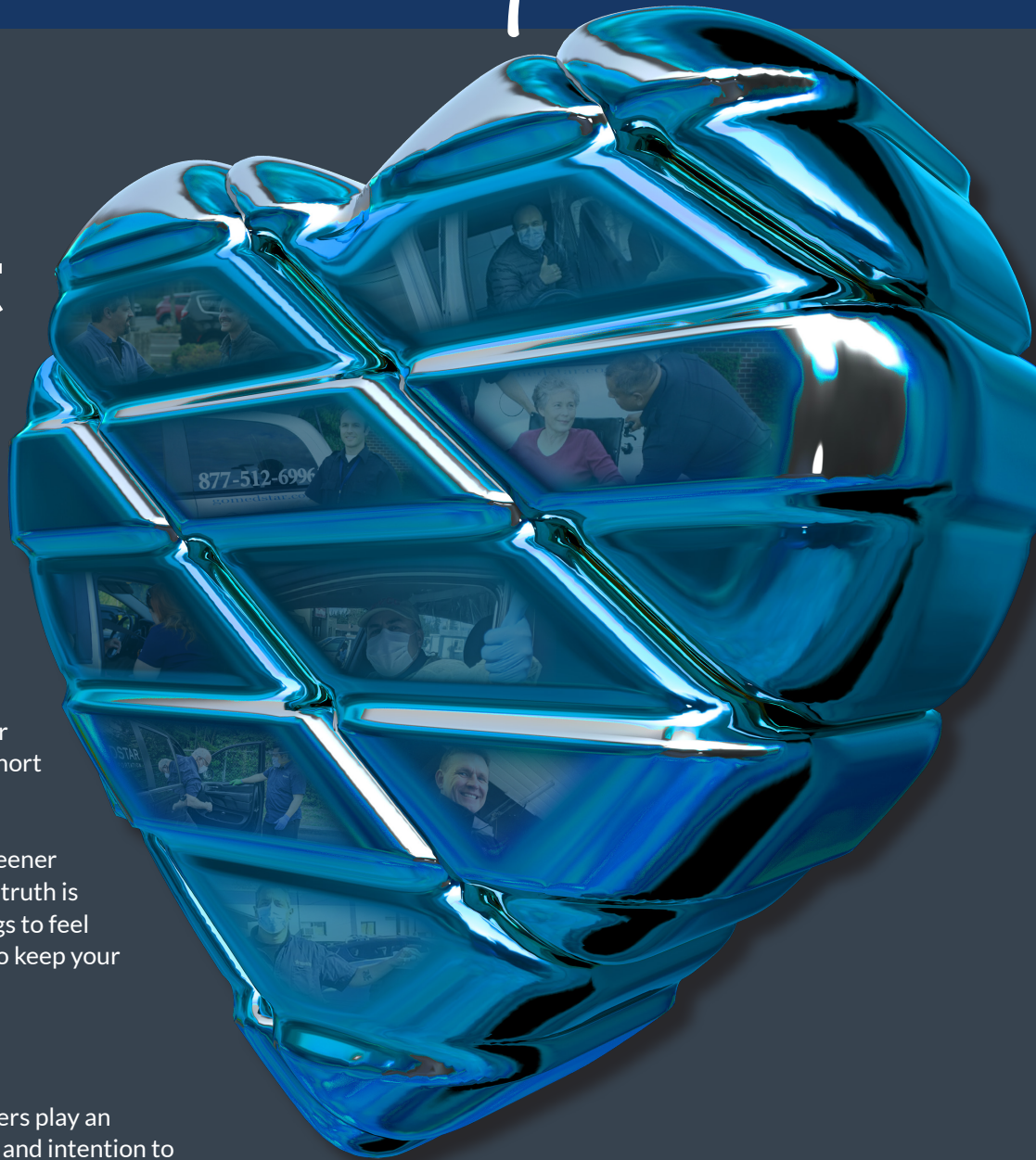
Find allies

Studies show that relationships with coworkers play an important role in employees' job satisfaction and intention to stay. The more solid your relationships with your colleagues are, the greater your sense of belonging. With most of us at Medstar doing field work or remote work, we need to be intentional about building relationships with our coworkers. We can do this by:

1. Seeking a mentor, asking him/her questions and seeking his/her perspective about what you do.
2. Inviting colleagues to help you on a project. Alternatively, volunteer to work to help them in their projects.
3. Appreciating your coworkers' unique skills and talents.

Find your Fit

There is no perfect job or employer. But as you look at the bigger picture and consider the organization's purpose and how what you do impacts your customers and stakeholders, you can feel a greater sense of purpose. Do the same exercise with your team's impact. Know how your team contributes to the company's overall success and take pride in what you do.



Keep Communication Open

A study of couples whose marriage lasted for 43-67 years showed that a common thread among thriving couples is that they keep communications open. They talk through challenges and listen to the other person's perspective without judgment. You will also find yourself loving your job more if you don't bottle up your thoughts. According to this article, we should be open to our managers about our ideas, suggestions, feedback, goals and accomplishments. Likewise, we must be willing

to receive feedback and corrections without becoming bitter.

This love month, we wish you a Happy Valentine's Day! May you shower your loved ones with affection and appreciation and may you find a multitude of reasons to love what we do.

FLEET AND SAFETY CORNER

Proper Minivan Wheelchair Securement

- During your pre-trip inspection, be sure to pull the Q'Straints out and check for fraying. Make sure the electric Q'Straints pull out fully and lock when walking them back in. If there is any fraying or if the Q'Straint is not functioning properly, please inform your dispatcher immediately and report it to Fleetio Go.
- At the clients door, put on the transport belt
- Bring the client to the bottom edge of the ramp
- Pace the front Q'Straints on a welded or solid part of the wheelchair closest to the seat
- Slowly walk the client in the wheelchair into the van pulling back a few times to tighten the front Q'Straints
- Once on the flat floor of the vehicle, pull back and lock the brakes
- Secure the rear Q'Straints in the floor tracks and connect to the back of the wheelchair on a welded or solid part closest to the seat.
- Attach the lap belt separately on the right and left rear Q'Straint.
- Make sure to talk to the client to let them know what you are doing and place the lap belt on the lower hip area of the client. Then position the shoulder belt across the client and connect it to the lap belt.
- Make the lap belt and shoulder belt look like the client is sitting in the driver's seat.
- Double check your work! Pull the wheelchair back one more time to make sure it does not move more than an inch. Check the belts for proper placement.
- Please see the attached picture for reference.

Q'STRAIN QRT-1 SERIES USER INSTRUCTIONS

A SECURE WHEELCHAIR

- Place wheelchair **facing forward** in securement area; apply wheel locks or turn power off.
- Attach tie-downs into floor anchorages (Fig. 1) and ensure they are locked in.
- Attach the four tie-down hooks to solid frame members or weldments, **near seat level**. Ensure tie-downs are fixed at approximately 45 degrees, and are within angles shown in (Fig. 2). **Do not attach hooks to wheels, plastic, or removable parts of wheelchair.**
- Ensure all tie-downs are locked and properly tensioned. If necessary, rock wheelchair back and forth manually tension retractor knobs (if present) to take up additional webbing slack.

WARNING:

- Do not allow webbing to get twisted inside retractors.
- Wheelchair accessories and equipment should be properly secured or removed from wheelchair and secured in the vehicle during transportation.
- Whenever possible, items attached to wheelchair in front of the passenger should be removed and secured separately during transportation.

B SECURE PASSENGER

- Attach Lap Belts** - Use integrated stiffeners to feed belts through openings between seat backs and bottoms, and/or armrests to ensure proper belt fit around occupant.
 - On the aisle side, attach belt with female buckle to rear tie-down pin connector (Fig. 4); ensuring buckle rests on passenger's hip.
 - On the window-side, attach belt with male tongue to rear tie-down pin connector (Fig. 4) and insert into female buckle.
- Attach Shoulder Belt** - Extend shoulder belt over passenger's shoulder and across upper torso (Fig. 3), and fasten pin connector onto lap belt. Note: Combination lap/shoulder belts serve as both window-side lap belt and shoulder belt.
- Ensure belts are adjusted as firmly as possible, but consistent with user comfort.

WARNING:

- Lap and shoulder belt should not be held away from passenger's body by wheelchair components or parts such as the wheelchair's wheels, armrests, panels or frame (Fig. 5).
- Never rely on wheelchair's lap belt or a postural support belt unless properly approved & crash tested.
- Ensure belt webbing is not twisted while being worn by passenger.
- Occupant belts should always bear upon the bony structure of passenger's body and be worn low across the front of the pelvis, with the junction between lap and shoulder belts located near passenger's hip.

C RELEASE PASSENGER

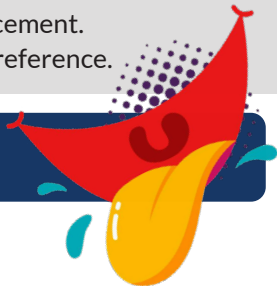
- Carefully remove passenger's shoulder and lap belts (Reverse Step B above).
- Unhook front and rear tie-downs from wheelchair by pressing red release levers on retractors, or activating any remote release or time-delay equipment.
- Unlock wheels or turn power on, and direct or move passenger out of wheelchair securement area.

WARNING:

- Systems should only be used with forward facing wheelchairs.
- Wheelchair Securement Systems should be used as shown in these instructions. For additional instruction and details, please refer to User Instruction Booklet Part# Q5-1160-QRT.
- Do not mix parts and components from other manufacturers to make a complete system.
- Report all potential damage and defects to your supervisor.
- In the event of any questions relating to method of installation and/or use of wheelchair & occupant securement systems (and components), please consult your nearest Q'Strain office.

QC17006 - Rev C

Medstar Laughs



Why shouldn't you trust a pastry chef on Valentine's Day?

Because he'll dessert you.

What did the painter tell his girlfriend?

I love you with all my art.

What did the paper clip say to the magnet?

I find you very attractive.

What did the romantic sing after she got a paper cut?

"I keep bleeding, keep, keep bleeding love!"

What did the cucumber say to the pickle?

You mean a great dill to me.

What do you tell a pig on February 14?

Happy Valen-swine's Day!

What Valentine's message can you find in a honeycomb?

"Bee mine."

HEALTH CORNER



Reducing Your Risk of Cardiovascular Disease

Heart disease is the most common cause of death in both men and woman, so every February we look to raise further awareness around the causes and concerns of heart disease and how we can take steps to reduce our risk. Here are a few tips on how you can help prevent or reduce your chances of developing cardiovascular disease.

Move Your Body

Aim to get 30 to 60 minutes of exercise or activity each day. This lowers the chance of developing conditions, such as high blood pressure or cholesterol, that can cause further issues in your heart.

Maintain Proper Sleep

Adults should be getting seven hours of sleep every night. However, a lack of sleep can cause an assortment of issues including higher blood pressure or risk for heart attacks.

Eat a Healthy Diet

Eating a good diet and maintaining a healthy weight are important for reducing the risk of heart issues later on. Key foods to have in your diet include foods such as fish high in omega-3 fatty acids, lean meats like pork, and nuts and seeds.

Stay on top of Yearly Physicals

Having regular check-ups with your doctor can help you stay in front of potential issues such as heart disease and help reduce risk factors. When symptoms are caught early, this can increase chances of managing and surviving potential side effects associated with heart disease.

SOURCE: redirecthealth.com

MEDSTARSHOUTOUT



As one year comes around, I'd like to say what a pleasure it's been to be part of a team that's been around for so long.

I really love to drive, it was between this or two other jobs and I chose Medstar because I wanted different surroundings daily.

The patrons are good people, sometimes they have their off days but when you come to their door with a smile, they change their attitude. It's good to put a smile on their faces and just show a caring surrounding.

Medstar is a place to work for because everyone here is always willing to help. So, I encourage people to apply to as a Medstar driver.

Valerie S.
Driver



I appreciate your service and so I think Medstar should expand the Zip program. Everytime I use Zip service I can say that the drivers are professional, they go out of their way to make sure that they're doing outstanding job. Hopefully they'll be expanding the operation.

John A.



I want to give a huge shout out to William S. for always being willing to pitch in and be flexible-- whether it be changing rigs multiple times throughout a shift, or staying later, or helping out other drivers.

Renee is also very helpful, and willing.

October B.
Dispatch

Welcome to MEDSTAR!

We welcome the following employees who have recently been hired as drivers and office staff from January 16, 2022 until February 14, 2023

JEFF L.

Transportation

TEAIRA S.

Transportation

ALEX S.

Transportation

MARTHA R.

Transportation

ARNEL V.

Transportation

CIERRA W.

Transportation

RICHARD T.

HR Representative

TIMOTHY D.

Transportation

DANIEL V.

Transportation

HEATHER B.

Transportation

RAJESH K.

Transportation

JAYSON G.

Transportation

EDWARD S.

Transportation

VALENTINA R.

Transportation

KALE G.

Transportation

COURTNEE C.

Transportation

DAVE W.

Transportation

DWIGHT K.

Dispatcher

EMPLOYMENT ANNIVERSARIES

for February

1 YEAR

AARIKA H.

FEBRUARY 3

3 YEARS

SHANE H.

FEBRUARY 4

1 YEAR

NIKKA LYZEL I.

FEBRUARY 7

4 YEARS

MARIA R.

FEBRUARY 14

1 YEAR

MICKO D.

FEBRUARY 14

6 YEARS

MERRITT M.

FEBRUARY 17

1 YEAR

SHERI M.

FEBRUARY 23

1 YEAR

BEATRICE A.

FEBRUARY 24

1 YEAR

ARMANDO L.

FEBRUARY 28

15 YEARS

DAVID S.

FEBRUARY 21

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.

-Steve Jobs

MEDSTAR'S BIRTHDAY WALL



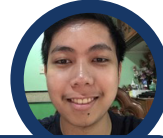
FEBRUARY 1

CESAR G.



FEBRUARY 1

DANA J.



FEBRUARY 3

DANIEL MARCO R.



FEBRUARY 5

KRISTIAN W.



FEBRUARY 5

ADAM S.



FEBRUARY 5

STACY V.



FEBRUARY 5

LISA M.



FEBRUARY 8

JACK D.



FEBRUARY 10

JAO JONAS O.



FEBRUARY 12

JAYSON G.



FEBRUARY 13

JAY C.



FEBRUARY 20

SHEENA N.



FEBRUARY 21

ELISA JOY D.



FEBRUARY 21

CHIMA MAE G.



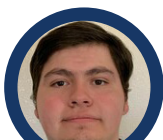
FEBRUARY 22

DULCE A.



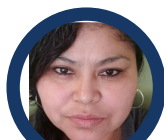
FEBRUARY 23

EVA V.



FEBRUARY 23

TRISTAN P.



FEBRUARY 24

BEATRIZ GIRON C.



FEBRUARY 25

TERRI H.



FEBRUARY 26

WADE G.

“May the joy that you have spread in the past come back to you on your birthday. Happy Birthday!”

-FROM YOUR MEDSTAR FAMILY