

HERE'S TO STRONG WOMEN: May we know them. May we be them. May we raise them.

What is National Women's Health and Fitness Day?

Every year on the last Wednesday of September, women from all over the country celebrate National Women's Health and Fitness Day. The event aims to raise awareness about women's health and fitness issues. Various organizations hold activities and events throughout the country to encourage women to take control of their health.

Why Is It Important?

Health is an integral aspect of life as it covers mental, physical, spiritual, and emotional just to name a few. However, a lot of women are at a greater risk for poor health due to work and family demands, and other factors that cause stress. On top of that, the current pandemic is making it even more important to advocate for and promote the health of women.

What Can You Do?

At Medstar Transportation, we value and give importance to the overall health and wellness of our employees. As we join the advocacy for women's health and fitness, we asked some of our female employees about how they keep themselves healthy and some advice to other women struggling with it. Here's what they said:

"I tend to become too passionate about work that I work long hours in front of my PC, typing and clicking repetitively. This led to wrist problems, TMJ, and eye strain. Now, I make sure that I exercise regularly, take a break, and stand up from my office chair every now and then. I still have the same flare and passion for my work, but I try not to think too much about work challenges that I do not have control of." -Gelene, Recruitment and Marketing

"Working full-time can be challenging when you have kids. Steps as simple as planning out the meal for the week and preparing them beforehand help in ensuring we all eat on time and are fueled up to get work done. My advice for all the women like me is to carefully plan out your day/week and make sure to set realistic goals so we don't get disappointed if we don't meet them. For me, everything starts with the mind. So if we also take care of our mental health, I think everything else will follow." - Joy, Recruitment and Marketing

"I may not be physically fit, but I always make sure that my mind is. I ask for strength from above every morning. Then I listen to relaxing music while doing my breathing exercise. I condition my mind by checking my schedule, reading my to-do list, and planning what my day should look like.. Don't get so stressed about things you cannot control. Overthinking deteriorates your mind and body faster." - Marielle, Accounting Department

Don't think you've left it too late to start. Always be sure to prioritize your health, wellness, and fitness. Ladies, it's time to put your health first!

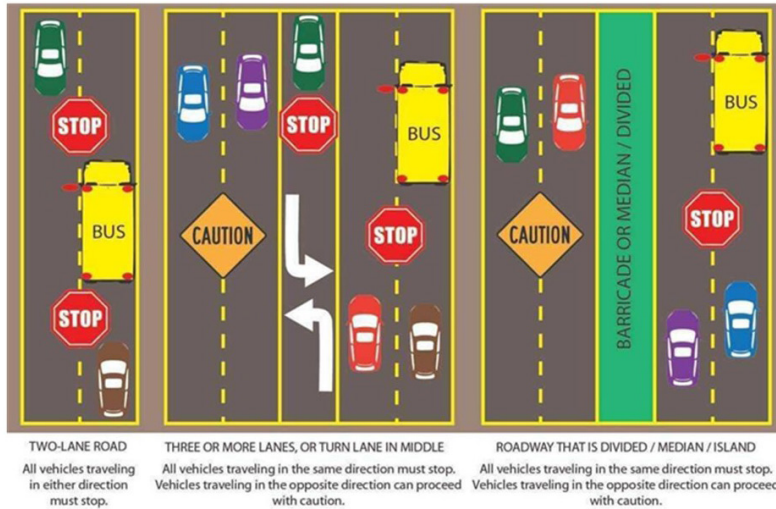
WE ARE HIRING
DRIVERS
ACROSS
WASHINGTON STATE



Fleet & Safety Corner

Defensive Driving - School Zones

Schools are now in session! With the new school year starting, we must be on the lookout for school speed zones. These speed zones are marked with a flashing speed limit sign or flagged speed limit sign. A sign may have the speed limit set for times on school days or when children are present. You must also know when to stop in case you see a bus picking up children.



Tips to avoid a speeding ticket in school zones

Here are a couple of tips to avoid a speeding ticket in a school zone:

1. Get familiar with the area you will be driving in.
2. Make sure you are focused on the area around you.
3. Watch for the flashing or flagged signs
4. Think of the school zone as if your child was attending the school.

Remember:

There is no good excuse for getting a speeding ticket in a school zone. Fines are higher in a school zone and you are responsible for the ticket. Children are unpredictable! Always keep an extra eye out for them.



TRANSPORTATION: What's the latest?

Community Transit CEO, Ric Ilgenfritz, has announced the Oct. 20 launch of a one-year pilot on-demand ride program service for Lynnwood

The agency's first on-demand ride service, Zip, will be launched by Community Transit as a one-year test in Lynnwood's Alderwood neighborhood. Zip is a flexible service that operates from 5 a.m. to 10 p.m. every day for the same cost as a regular local bus ride. Customers can call or use a smartphone application to request a ride. Similar to ride-hailing services, customers would be able to request a trip when needed, doing away with the need to prepare in advance or follow predetermined ride schedules.

Community Transit is currently looking at three more community pilot projects and has started talks with the cities of Arlington, Darrington, and Lake Stevens.

A new Pierce Transit Runner service has recently launched in Spanaway

Pierce Transit Runner is an on-demand public transportation service that charges its customers with standard Pierce Transit bus fares. It can be scheduled through phone call or mobile app. All youth ages 18 and under will be able to ride free on Pierce Transit and other regional transit systems effective Sept. 1. When boarding, passengers aged 13 and older are encouraged to show their youth ORCA card or student ID card. Youth who don't have one of these cards can still ride for free for the first few months of the program.



MEDSTAR LAUGHS



A cabulance passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window.

For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylight out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a funeral van for the last 25 years."



MedSTARs

This month, Medstar continues to receive positive feedback from the community. Thank you, everyone, for your dedication and excellent service!

I want to send a thank you to the Medstar staff. Thanks to the male driver (Jim, I believe was his name), and the other Medstar worker Suzy that met him at the hospital to unload and assist getting my mother to the correct department at the hospital. They were both friendly, and professional. They took her every step of the way—first to the Admitting Section, then on to the GI Department where they helped the nursing staff transfer her to the hospital gurney. The male driver discussed with the nursing staff and myself on the contact info if we are running late. When the test was complete, he arrived on time, directly into the GI Dept, and picked up my mom to take her home. I was able to meet them at the appointment and leave when the appointment was completed. She did not require any medical assistance during transportation. The discharge instructions were to not drive herself, or make any major life decisions. I am glad I was able to be there for moral support. Medstar and the staff at UW GI clinic provided excellent medical care and a seamless transportation experience. She was in great hands, all around!

Thank you,
Amanda Elliot

Congratulations to our lucky 5-star reviewer!



ROCKY NELSON

Rate us and give us positive reviews.

GOOGLE

FACEBOOK

INDEED

Welcome to the MEDSTAR team!

We welcome the following employees who have recently been hired as drivers and office staff from August 16, 2022 until September 20, 2022.

- | | | | |
|---------------------|---------------------|--------------------|-------------------|
| ESMERALDA B. | JASMINE C. | JOHN H. | ADALI L. |
| NANCY H. | PHILIP P. | KRYSTEN T. | RENEE S. |
| BECCA P. | SILVESTER G. | HEIDI C. | KAREN D. |
| ERIKA H. | ANA A. | CHRIS N. | RICH N. |
| CHELAN H. | KRISTIAN W. | DAVID D. | DEVIN H. |
| WILLIAM H. | TINO M. | MARITA G. | ROGELIO N. |
| | | KRISTINE D. | MALACHI M. |
| | | CHRIS D. | ELI M. |
| | | MARICRUZ R. | TREY R. |
| | | MARK L. | |

EMPLOYMENT ANNIVERSARIES FOR SEPTEMBER

- | | | | |
|---|---|---|---|
| CHIMA G.
1 YEAR
SEPTEMBER 1 | STACY V.
1 YEAR
SEPTEMBER 2 | SHARI Z.
4 YEARS
SEPTEMBER 4 | DOYLE M.
5 YEARS
SEPTEMBER 7 |
| KAREN D.
1 YEAR
SEPTEMBER 7 | RIA M.
2 YEARS
SEPTEMBER 9 | XY-ZA C.
2 YEARS
SEPTEMBER 9 | CODY C.
1 YEAR
SEPTEMBER 10 |
| DANIEL G.
2 YEARS
SEPTEMBER 10 | XYRA P.
1 YEAR
SEPTEMBER 13 | KASSAHUN T.
1 YEAR
SEPTEMBER 1 | AHLISHA J.
2 YEARS
SEPTEMBER 1 |
| JEFF L.
2 YEARS
SEPTEMBER 22 | JUNIE MART T.
2 YEARS
SEPTEMBER 22 | JAMES G.
3 YEARS
SEPTEMBER 24 | HAIZEL B.
1 YEAR
SEPTEMBER 30 |
| SUSAN H.
2 YEARS
SEPTEMBER 30 | LEONEL L.
8 YEARS
SEPTEMBER 2 | | |

Your hard work, dedication, and commitment are very much appreciated! Congratulations and we hope to have you here at Medstar for many, many more years to come.

MEDSTAR'S BIRTHDAY WALL

SEPTEMBER 3

GEORGEANA R.

SEPTEMBER 4

RICARDO E.

SEPTEMBER 5

MALIA S.

SEPTEMBER 6

XY-ZA C.

SEPTEMBER 7

SANDY M.

SEPTEMBER 7

SUSAN H.

SEPTEMBER 7

YAMILKA S.

SEPTEMBER 13

GHIE A.

SEPTEMBER 14

CHRISTOPHER J.

SEPTEMBER 14

TERESA A.

SEPTEMBER 15

DAVID S.

SEPTEMBER 20

ALEJANDRA C.

SEPTEMBER 20

ERIKA H.

SEPTEMBER 21

DIEGO V.

SEPTEMBER 21

DIVINA T.

SEPTEMBER 22

ALIX S.

SEPTEMBER 23

BEATRICE A.

SEPTEMBER 23

JANINA C.

SEPTEMBER 24

BRIAN I.

SEPTEMBER 27

CYNDI H.

SEPTEMBER 27

STEVEN M.

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

-FROM YOUR MEDSTAR FAMILY

WHY MEDSTAR?

I will be celebrating 8 years with Medstar! Where has the time gone? Medstar is a great place to work because we have the opportunity to help people from many locations get to where they need/want to be. We also have a great team that makes these trips possible. Medstar is a great place to work when it comes to flexibility. They do their best to accommodate schedules and this is great especially that I am in school. Glad to be part of this team.

-(Leonel) Victor, CSR



Medstar tries and makes every effort to take care of their employees. I have stayed with Medstar because I like working and being a part of the company.

-Doyle, Driver



1) What do you love most about Medstar?

Hard work is recognized and your time on the job is valued. People genuinely care about each other personally and work together as a team.

2) What makes Medstar a great place to work?

Managers are motivating and a job well done makes sure to be known. People respect everyone whether you're a newbie or have been working here for years. I have a sense of belonging and my colleagues have been a big help with my everyday learning.

3) What made you stay in the Company?

Working with people who make you feel appreciated and acknowledged is one of the reasons why I stay with Medstar. The company has stability and opens an opportunity for professional growth, and leaders treat its employees as valued team members.

-Xy-Za, CSR



1) What do you love most about Medstar?

What I love the most about Medstar is the opportunity it provides me to continue to grow professionally. Honest feedback is given and you are always encouraged to participate in helpful resources.

2) What makes Medstar a great place to work?

The positive culture among the employees is something I admire about Medstar. Work might be challenging at times, but if you are surrounded with people that support and respect you, you can get things done smoothly as a team.

3) What made you stay in the Company? There are several reasons why I choose to stay with Medstar, but the one that stands out the most is the numerous ways in which the company shows its appreciation for its employees. This level of appreciation, in my opinion, is demonstrated by everyone from the CEO to the managers, as well as by how well employees perform.

-Xyra, Researcher/Writer



I love the work environment! The company makes you feel involved and valued. I have been blessed to be part of a team who are fun to be with and that values team effort and individual accountability. Let's not forget to mention the approachable Management. Cheers to more work anniversaries!

-Chima, Accountant



1) What do you love most about Medstar?

My coworkers, our clients and the culture of the Company supporting each other and being open to feedback and suggestions.

2) What makes Medstar a great place to work?

It's great to work at Medstar because I get the chance to connect with different kinds of people. My supervisor lets me grow and learn on my own, but is always ready to help me when I need it.

3) What made you stay in the Company? I've been with Medstar for 2 years now because of the people I work with and the people I work for. It's always a continuous learning process with my colleagues and I receive support whenever needed. Our clients have a special spot in my heart, especially the veterans and elderly. Helping them and providing the best possible customer service experience is my way of giving back.

-Ria, Scheduler

