



**King County
METRO**

Moving forward together

RAIL



May 6, 2021

Virtual Sessions

Tues. May 11th 11AM -12PM

ONLINE:

<https://zoom.us/j/94942387515>

CALL IN: 253-215-8782

Meeting ID: 949 4238 7515

Passcode: 201201

Mask and Ask

Tues. May 18th 6 AM – 7 AM

Location- Body Shop

Making Life Easier

For help with personal issues

1-888-874-7290,

Available 24 hours / 7days

KCMakingLifeEasier.com

Username: King County

Commendations

This week, Operations would like to focus on our Field Supervisors, Next week we will be recognizing other supervisors in LCC.

Josh Shields and Abdi Ibrahim are commended for their professionalism, compassion and support while performing their duties as Field Supervisors.

Thanks to Josh for your support and commitment to our operator in the nightly testing by providing clear guidance and covering many open shifts. Thank you Abdi for demonstrating your care and compassion for our operators with your helpful tips and welfare checks.

Your efforts are much appreciated.

Equity and Social Justice:

“We need every human gift and cannot afford to neglect any gift because of artificial barriers of sex or race or class or national origin.

~Golda Meir~

New Rail Supervisors In Training (RSIT)

Last Monday, Rail brought on three new RSIT;s. They are currently in orientation, and will start their field training on Monday, May 10th. Please Welcome **Lorraine Marr, Felix Chandra and Eugene Wright** to our RSIT ranks. Following their field training they will train in dispatching and LCC. Please give them a big congratulations when you see them.

Alleviate Financial Stress with My Secure Advantage

Balanced You has partnered with My Secure Advantage (MSA) to provide a complete financial wellness benefit to all employees. By connecting with a personal Money Coach, you can build a stronger and more secure future no matter where you are in your financial journey. It could be about creating a budget, increasing your credit score, paying down debt or all three! Maybe you’ve got questions about planning for retirement, buying a home, or creating an investment plan. Whatever your financial focus or challenge, MSA has credentialed, skilled Coaches who can help. With MSA, you have access to a dedicated Money Coach for 90 days each year at no cost to you to talk about any financial topic. All sessions are confidential, over the phone and 30 minutes long. This is a benefit King County covers completely, with no charge to employees.

To get started visit kingcounty.mysecureadvantage.com or give them a call at 888-874-7290.

Defect Card Submittal at 100% !

Great News! It has been reported by VM and Sound Transit that all test trains and trains that were swapped out of service, all had verified and completed defects cards. This was a team effort and we want to thank our operators for completing the defect cards with all the pertinent information, and we thank our LCC and Field staff in their support to remind and verify that defect cards are turned in. A big thanks to all and keep up the good work.

May is Mental Health Month

In various personal ways, the anxiety, fear, depression, stress, and burnout that many of us are feeling can be especially harmful to our well-being. It can be particularly difficult to those suffering from mental health challenges. More than half of American adults will be diagnosed with a mental illness or disorder at some point in their lifetime. Many of us have been impacted by mental illness, either personally or with someone we are close to. The last thing we want is for anyone – whether they are colleagues, family, friends, or strangers – to struggle alone and in silence or not know where to turn for help. Mental health is an important part of overall health and well-being. Whether you’re seeking support for yourself or your loved ones, there are many tools, programs, and resources available. May is Mental Health month and throughout the month we will share information, resources, and stories with you about mental health during this stressful time. Some highlights include: Adapting after trauma and stress, dealing with anger and frustration or processing big changes. Watch [the Balanced You web](#) page, the Employee News email, Wellness Wednesday, and common areas at worksites for more information.

Revised Weekend Yard Map

Now that the East Link tie in/shutdown weekends are complete. We will be going back to normal Saturday and Sunday pullouts schedule starting this Saturday 5/8/21. A copy of the revised yard map is posted on the door facing the yard.

Amanda Nightingale
Rail Operations Section Manager