

# SCR TD NEWSLETTER

## SIGNAGE PROJECT

The bus shelters and signage project is in progress. The maintenance department is now working on the silver route signs and shelters. The Red, Turquoise and Copper routes have now been completed.

## NEW ARBOC BUSES

SCR TD will soon be receiving a total of 4 Arboc buses. The construction of the buses started last month. Three of the buses will be delivered by April. More details to follow.



## RURAL TRANSIT SYSTEM OF THE YEAR

At the Leadership Conference in Albuquerque NM, David Armijo Executive Director Receiving the New Mexico Rural Transit System of the Year award for 2022.



# HR CORNER

## THANK YOU!

We would like to congratulate these employees for the month of March ridership increase. Because being kind and making our riders feel welcome is a big part of our job. Thank you all for your effort and dedication to our community.

Eddie and Aurelio on Copper

These employees had four weeks of increase ridership!!

We would also like to give a big shout out to our maintenance department for helping the administration department move to the portables. You are all welcome to stop by and visit.

## FAREWELL

Sara Portillo, Thank you for all your hard work and dedication. Wishing you the best in finding new opportunities elsewhere.- we will all miss you.

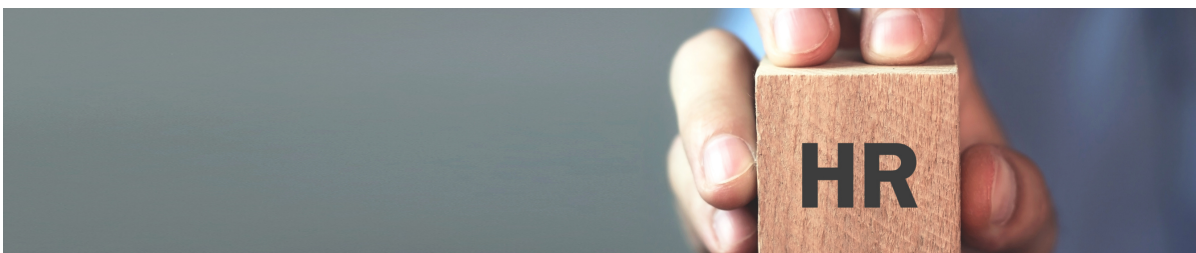
## BIRTHDAYS

- Elizabeth Hernandez May 24

## EMPLOYEE OF THE MONTH



Congratulations to Jessica Dominguez our April employee of the month. Jessica always has a positive attitude and is always willing to help on what is needed. She has demonstrated to be a team player. Thank you Jessica for all you do!



# SAFETY

## WORKPLACE STRESS

Stress can be harmful to our health and increase mental health challenges. Mental health challenges can include clinical mental illness and substance use disorders as well as other emotions like stress, grief, feeling sad and anxious, where these feelings are temporary and not part of a diagnosable condition. While there are many things in life that induce stress, work can be one of those factors. However, workplaces can also be a key place for resources, solutions, and activities designed to improve our mental health and well-being.

Workplace stress and poor mental health can negatively affect workers through :

- Job performance
- Productivity
- Work engagement and communication
- Physical capability and daily functioning

The following resources provide guidance to help alleviate workplace stress and support mental health.



### RESOURCES:

- <https://www.mentalhealthfirstaid.org/external/2020/10/how-to-be-an-effective-listener-at-work/>
- <https://www.ptsd.va.gov/professional/treat/type/docs/SFA30MinuteTraining050820Read-Only.pptx>

