

THE BUS STOPS HERE



Safety Newsletter

March 25, 2022



SUFFOLK TRANSPORTATION SERVICE, INC

SUFFOLK BUS CORP.

SPRING INTO ACTION

SPRING INTO ACTION: Refer your family and friends and receive \$500 bounty!!! For a limited time, you will also receive a \$100 gas gift card. Applicant must be in training by 4/30/22 for gas card eligibility; \$500 bounty will be paid after 6 months of employment. You are our best advertisers. Thank you!

TRANSIT SENSITIVITY CLASSES: The schedule for Transit Sensitivity classes has been posted on My Parking Space and is as follows:

Saturday, April 16	Saxon, Pond, Coram	7:00 AM - 11:00 AM
Monday, April 18	Saxon, Pond, Coram	7:00 AM - 11:00 AM
Sunday, April 24	Saxon, Pond, Coram	7:00 AM - 11:00 AM
	Saxon, Pond, Coram	11:30AM - 3:30 PM

To register for classes, click on "Classes," click on "Upcoming Classes." If you have an issue registering, contact Linda Licata at 631-665-3245 X4163 or email llicata@suffolkbus.com

RECHARGE WITH A GOOD NIGHT'S REST: Sleep is an important healthy habit, but many adults don't give it the attention it deserves. The CDC notes that 1 in 3 adults don't get the recommended seven or more hours of sleep each night. This poses short and long-term problems as a lack of sleep deprives your brain and body of the chance to repair and recharge. When you don't get enough sleep, you'll probably be crabby and less productive the next day. Because you're fatigued, you're also putting yourself at a higher risk of being involved in a motor vehicle crash. For the good of your health, make it a priority to get enough rest as often as possible. Try these tips:

- Embrace routine - go to bed and get up at roughly the same time each day, even on weekends
- Don't be afraid of the dark - make sure your bedroom is relaxing, quiet and dark
- Adjust the thermostat - keep your bedroom at a comfortable temperature
- Eat right - don't eat a large meal shortly before going to bed. Also, avoid alcohol and caffeine before bedtime
- Be active during the day - getting some exercise can make it easier to fall asleep at night
- Don't smoke, vape or use other tobacco products - nicotine can make it more difficult to fall asleep

401k UPDATE REMINDER: Prudential recently entered into an agreement to sell its full-service retirement business to Empower, the second largest retirement services provider in the United States. The transaction is expected to close early in the second quarter of 2022 (subject to regulatory approvals and customary closing conditions). Once the agreement is final, you will receive more information and start to see the Empower logo when you access your account. No action is required on your part. You can continue using the same: 1) website and log-in credentials 2) online account access and web-based transactions 3) customer support phone number 4) mobile app. You can visit My Parking Space, click on "Notifications," click on "Benefits" and look for Empower FAQ's for further information.

CAMP SCHOLARSHIPS: The Great South Bay YMCA is accepting applications for Day Camp Scholarships. For applications, visit the [Member Services Desk for Day Camp Financial Assistance](#) at the YMCA, 200 W. Main St., Bay Shore.



FACEBOOK: This week's spotlight is Stephan Kebreau, fuel attendant out of the Setauket yard

"It's not what you look at that matters, it's what you see"