Melissa Velez-Morales

From: Masser, Michelle
Sent: Thursday, February 25, 2016 3:33 PM
To: Harris, Laura
Cc: Melissa Velez-Morales; Gouveia, Susan
Subject: FW: Go Smart! February 2016

Correspondence

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From: TransOptions [mailto:Info=TransOptions.org@mail215.atl121.mcsv.net] **On Behalf Of** TransOptions
Sent: Thursday, February 25, 2016 3:13 PM
To: Masser, Michelle <clerkmichelle@mtolivetwp.org>
Subject: Go Smart! February 2016

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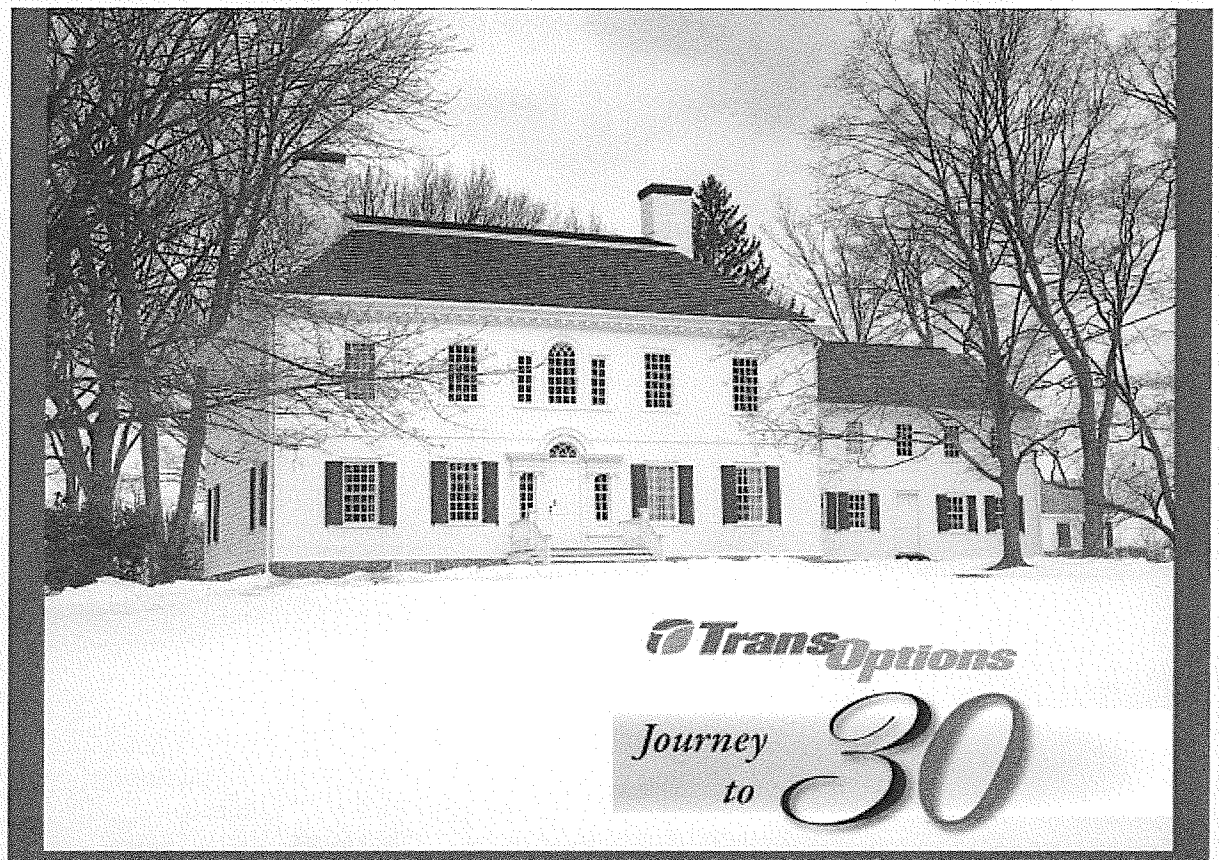


Join us as we celebrate 30 years of excellence and service in northern New Jersey.

GO SMART!

February 2016

Inside:

CP Professional Services Receives Statewide Honor

6 Ways to Avoid a Pothole Pitfall

Hanover Township and TransOptions are Partnering to Improve Quality of Life

Calling All Volunteers

Don't Leave Your Safety Up to Luck This St. Patrick's Day

Make Your Commute Heart Healthy

Free Adult Learn to Ride Courses

CP Professional Services Receives Statewide Honor

CP Professional Services Managing Member, Joe Toscano, shared his elation after receiving the news.

CP Professional Services has been named by NJBIZ and the Best Companies Group (BCG) as one of The Best Places To Work in the State of NJ. Among the eligibility criteria is a dedication to professional growth among employees and quality of life. A key factor in determining award winners is the level of concern for workers' well-being demonstrated in employee surveys.

"We are very excited in being recognized by NJBIZ & BCG and are proud that our team feels that way about their organization. This is especially exciting to us because we not only take great pride in taking care of our customers by providing outstanding service, but more importantly, we take great pride in doing so for our internal family as well, our employees," said Toscano.

"CP has always recognized the importance of providing a great work environment to our team of professionals. We work very hard to ensure advancement and growth opportunities within our organization, recognition of employees and their outstanding achievements, great pay, health and 401K benefits, diversity, flexible work schedules and in ensuring that we have fun as we conduct the work that we do. It all comes down to providing a positive environment which shows in our work product and in our dedication to our customers. This recognition further validates that our approach, both with our employees and our customers is why we were also selected in 2015 as one of the 50 Fastest Growing Companies in NJ," said Toscano.

A final ranking among the winners will be unveiled by NJBIZ at a special ceremony April 19 at iPlay America's Event Center in Freehold.

6 Ways to Avoid Pothole Pitfalls

According to AAA, 64% of Americans are concerned about potholes on local roadways but winter weather isn't the only culprit. Due in part to lower gas prices, more people are driving than in previous years and all this increased activity is taking its toll on the roads. On average, motorists spend $300 per pothole-related vehicle repair and total vehicle repair costs due to pothole damage have totaled $15 billion over the last five years.

To help you save money and keep you safe on the roads this winter, we put together a list of ways you can avoid pothole pitfalls.

1. Remain alert to traffic patterns up ahead. If you see cars slow down or suddenly move to other lanes, be prepared for potential road damage.
2. Report major potholes to your state or local transportation department.
3. Slow down to avoid rougher impact with potholes.
4. Watch out for water, ice or snow which may be concealing a deep pothole.

5. Never swerve, as this may cause you to lose control of your vehicle. If unavoidable, roll through the pothole instead of braking suddenly.
6. Inflate tires properly. Over and under-inflated tires can increase the risk of tire and wheel damage.

Hanover Township and TransOptions are Partnering to Improve Quality of Life

In an effort to enhance quality of life for the community, Hanover Township officials are seeking to provide more options for people traveling to work, school and retail. For the past two years, Hanover Township has been partnering with TransOptions to address the needs of its citizens by bringing Safe Routes to School programs, bike classes and bike rodeos to the youth of the Township. Recently, Hanover Township called upon TransOptions again to address their Economic Development Advisory Committee.

Transportation needs are expected to grow now that many businesses are relocating to Hanover Township and another is currently planning an expansion. TransOptions presented a plan to address these needs as the town prepares for the influx of new employees and citizens. Specifically, the plan outlines comprehensive programs and transportation options which could help resolve some of these concerns by providing, at no cost, relocation assistance, rideshare and ride matching services, shuttle coordination that connects businesses to the train lines and park and rides, as well as an Emergency Ride Home program and more. TransOptions also provided information on available funding and key partnerships as they move forward with their planning.

TransOptions is actively committed to working with Hanover Township employers by identifying transportation needs and developing and implementing a comprehensive program to address those needs.

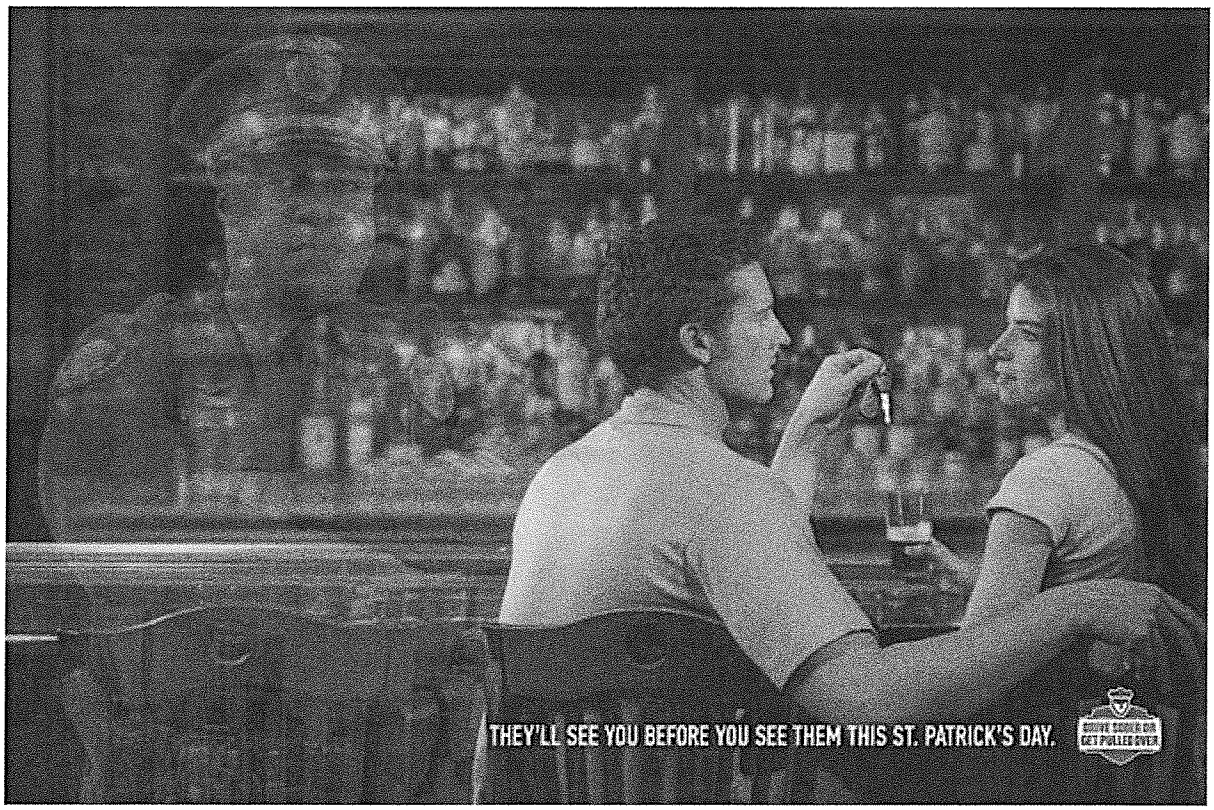
To learn more about our programs and services, visit our website www.transoptions.org. If you would like to bring in TransOptions to address your town's concerns as you plan for the future, please contact Anne Vivino at avivino@transoptions.org.

Calling All Volunteers!

We have plenty of opportunities for anyone looking to roll up their sleeves and help their community.

Anyone in the Morristown area who may be interested in assisting with our pedestrian safety campaign, Street Smart Morristown, is encouraged to contact Jackeline Leon at 973.267.7600 or jleon@transoptions.org. We are looking for volunteers who can be available mid-day on select days in April to assist with outreach. Dates are TBD. To learn more about our Street Smart campaigns, please click here.

For volunteers interested in environmental studies and education, consider helping out at our Junior Solar Sprints program in May. To learn more about this distinguished STEM (Science, Technology, Engineering, Mathematics) competition, please click here. Anyone interested in volunteering for JSS, is asked to contact Kristen at 973.267.7600 or ktomasicchio@transoptions.org.



Don't Leave Your Safety Up To Luck This St. Patrick's Day

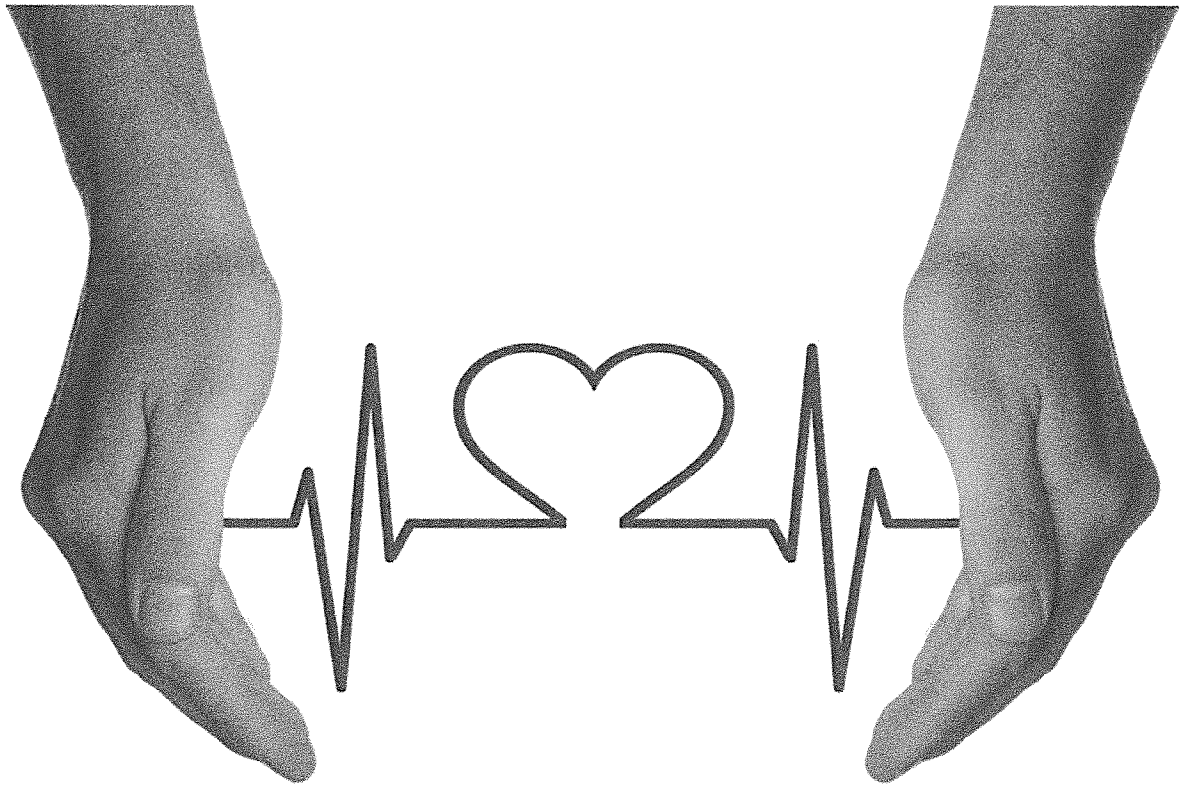
St. Patrick's Day is one of the deadliest holidays due to the number of drunk drivers on the road. Between 2010 and 2014, 266 people died during the St. Patrick's Day holiday in drunk-driving crashes. Drunk driving kills more than 10,000 people each year and all drunk-driving crashes are 100% preventable. However, the danger extends beyond just those who drive

while inebriated. Walking home from the bar after a night of partying can be just as dangerous. According to the National Highway Traffic Safety Administration, in 2014, 35% of pedestrians killed in crashes had blood alcohol contents (BACs) of 0.8 or higher.

The following are seven tips to help you stay safe, not just lucky:

- Never drink and drive, even after having one drink. Buzzed driving is drunk driving.
- Don't try to figure out whether you can drive after drinking. The rate at which alcohol affects you will vary depending on drink type, body weight, food consumption and speed of alcohol consumption.
- If you see someone driving while drunk, call 911 when it's safe to do so and report the vehicle to law enforcement.
- Select a designated driver or a safe way home before the celebrations begin.
- If a friend is intoxicated, take the keys away and help them find a safe ride home.
- Download the free NHTSA SaferRide app which can help you call a taxi or a friend with the touch of a button.
- If you're walking home from the bar after a night of drinking, be sure to walk with a sober friend.
- When driving, be alert for impaired walkers who may not obey street signs.

Police will be on patrol and conducting alcohol checkpoints throughout the region this St. Patrick's Day. Drunk driving can result in jail time, the loss of driving privileges and a DUI penalty which can cost about $10,000. Avoid a ride with a cop this year and take an Uber or a taxi ride home instead.



Make Your Commute Heart Healthy

February is Heart Health Month and although it's almost over, it's never too late to start making changes today that can help improve your life. Heart disease is the number one cause of death in the US today and a sedentary lifestyle is a main contributor. Although most may not realize this, transportation and wellness are interlinked. Did you know that just 30 minutes of moderate daily exercise is associated with lower death rates from heart disease? Furthermore, reducing stress can also help lower your risk of a cardiac event.

Switching up how you commute to work can help boost your activity level and drop stress. Consider walking or biking to your nearby train station. Or take the bike ride to a nearby park and ride for a carpool ride pickup, for example. On average, urban commuters spend 42 hours a year sitting in traffic. Carpooling or using mass transit can help reduce stress you would ordinarily deal with alone, behind the wheel and in traffic. The small changes you make today can help you lead a healthier lifestyle overall. Next time you have a chance to ditch the car,

go for it. Your heart will thank you.

Visit www.transoptions.org to find a carpool match or for mass transit information.

Never Learned to Ride a Bike as a Child? It's Never Too Late!

Registration is open for our Bike Right programs starting in the spring. Adults who would like to learn how to ride a bicycle can take our free courses taught by League of American Bicyclist certified coaches.

Learn to Ride students learn how to balance, pedal, start, stop and steer a bike as well as adjust a helmet for proper fit. Most people learn to ride their bikes while taking the class, but even if they don't, they leave with an easy, crash-free, and low-stress way to

teach themselves to ride.

We have two Adult Learn to Ride courses coming up at the Visiting Nurse Association in Morristown.

- April 9th 12:30 p.m. - 2:30 p.m.
- May 14th 12:30 p.m. - 2:30 p.m.

REGISTER TODAY

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