

CEO BRIEF | EVERY VOICE COUNTS

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Monday, April 8, 2019

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One Life to Live

As we move into Spring and Summer 2019, I feel compelled to pen a message to our employee family about employee health, fitness, and nutrition.

For the past several months, I've been concerned about our employee health, fitness, nutrition, and overall quality of life. With our incredible work schedules and Operational Tempo, it becomes more important that we pay increased attention to our fitness levels, nutrition, health (physical, mental and financial), family and quality of life.

Healthy teams build healthy companies. That's not just a simple belief — it's a value you can measure, from fewer employee sick days to long-term savings on health care costs. Our recent integrated approach and emphasis on care and fitness to manage lifestyle risks and to empower you to stay active with your care starts with an emphasis on fitness, disease management, and healthcare management.

You may not know that the executive team and I have placed a big emphasis on making sure there is fitness rooms and equipment at every division. To decrease parenting and caregiver stress, we are also exploring how we can support child care and care giving in general for our workforce.

Metro receives aggregated data from our healthcare providers that allowed me to view some group data. We are pleased that hospital admissions have dropped by almost 70% amongst our Kaiser group. However, our employee body mass index (BMI) has risen significantly. Good news is on the preventive services overview - our breast cancer screening rate was 89.4% compared to a National comparative average of 81.8% and an

industry average of 83.5%. Our latest colorectal cancer screen rate was 83.4% compared to a National comparative average of 74.5% and industry average of 75.9%.

With 76% of a specific group measured in the 4th Quarter of 2018, 76.4% of screened adult members were either overweight or obese. Medical costs related to this overweight state is \$2.8 million annually. We must focus on getting better and making better choices.

Adult exercise: 74.8% of one of our groups was measured in the last 12 months. 63.9% of us in Quarter 4 of 2018 didn't meet the minimum exercise recommendations. And, that's with me and the senior leadership team ensuring that fitness centers were situated in every operating division and at Gateway. Stats show, people who spend more time sitting increased their cardiovascular problem risk by 147%. We need to do what our most recent marketing video says "Join the Movement!"

As a group, our glucose levels were abnormally high. Stats show employees with diabetes miss up to nine more workdays a year than non-diabetic employees, and medical costs related to diabetes are \$1,014,990 annually. We must do better folks because "We Only Have One Life to Live."

Also in Quarter 4 of 2018, 73.7% of one of our groups was measured for cholesterol. 25.8% of those screened in that timeframe had borderline to high total cholesterol. Some good news was revealed when 79.1% of our group was measured for blood pressure (BP). 92.3% had desirable BP levels. And, the percentage of our people who smoke is 7.0%. We need to get it together to live longer. "We Only Have One Life to Live."

Good news is, due to our many and multiple efforts and the fitness partnerships that we have with our HR and Healthcare teams, our Worker's Comp costs have decreased steadily from a recent high of \$57.7 million in FY15 to \$48.8 million in FY18. However, we need to do more.

I would challenge each of you to "Join the Movement". Adhere to whatever treatment that has been prescribed for your respective conditions, monitor your condition at home, get regular chronic care, take a "nature" walk during lunch or at break (I just read a report that a nature walk during the day reduces stress among other benefits), be conscious of diet and eat right, get your BP under control, overcome diabetes and depression, monitor your mental health, get your cardiac under control, and develop a happier disposition.

In the meantime, we will continue to do our part to work to provide you the tools and equipment to get your health and fitness in order. I have a renewed focus on an LA Metro Board priority to organizational health and employee well-being to make Metro a preferred place to work.

WE ONLY HAVE ONE LIFE TO LIVE!

Ribbon Cutting Ceremony for Southwestern Yard Serving Crenshaw/LAX Line

Last week, I joined Metro Board Member and LA County Supervisor Mark Ridley Thomas, Metro Board Member and LA City Councilmember Mike Bonin, Acting Director of LA Metropolitan Office for the Federal Transit Administration Charlene Lee Lorenzo, representatives from federal, state and local elected offices and other community groups for a ribbon cutting ceremony and tour of the completed Southwestern Yard. We were also proud to have special guest speaker on the program, Ms. Launi Melendrez, Labor Forewoman on the project since the groundbreaking.

The light rail yard that will serve the Crenshaw/LAX Line and Green Line is state-of-the-art, designed and constructed to attain LEED Silver Certification with many green features such as treatment of storm water

runoff, energy-saving lighting and air conditioning, and the use of low-emitting paints, sealants, coatings and materials. The yard will have the capacity to store 70 light rail vehicles and will have about 200 employees.

Metro thanks the men and women who dedicated many focused hours on this project to design, build and complete this project, on time and on budget. Together, Metro's Southwestern Yard, the Airport Metro Connector/96th Street Station, the Automated People Mover and the Aviation/Century Station will become the gateway to LAX for travelers and will provide better and equitable access to employment centers in this area.



Second Industry Roundtable for Rail and Bus Industrial Park

Last week, Metro and the County of Los Angeles hosted the second Industry Roundtable to discuss the feasibility of developing a Rail and Bus Manufacturing Industrial Park within Los Angeles County. I joined County of Los Angeles CEO Doug Baron and Metro Chief Operations Officer Jim Gallagher in leading this lively discussion with our industry partners. We went over feedback from our first meeting and expanded the idea from a rail manufacturing center to an industrial park to support transportation innovation and testing in our region. Los Angeles County has the means, talent and ability to be the true center of innovation. Metro and our industry partners are working to take advantage of the opportunities presented to us. Our next steps are to focus on stakeholder mobilization and refining the business and operational model for a potential site. I look forward to our next roundtable later this fall.

Constructing the Future Video Series

Metro Marketing released the second of three videos showcasing the construction progress on the Crenshaw/LAX Line, Purple Line Extension and Regional Connector Transit Projects. This behind-the-scenes look helps to put into perspective the expansiveness and the monumental work that goes into building these major capital projects. To make these videos, Metro worked with Heritage Tree Films, which is based in the Crenshaw Corridor. Paris McCoy, a Heritage Tree co-owner and cinematographer, is a native of our region and one of the relatively few African-American women working as a cinematographer. The latest video,

Building the Regional Connector, can be viewed on [The Source](#).

Audit Workshop for Small Business and Disadvantaged Business Enterprise

Metro's Diversity & Economic Opportunity Department (DEOD) and Management Audit Services (MAS) Department partnered in conducting an Audit Workshop for the Small Business Enterprise / Disadvantaged Business Enterprise (SBE/DBE). Metro's Chief Auditor, Diana Estrada, together with the Contracts Audit Team provided guidance on contract and audit requirements including Federal Acquisition Regulation (FAR) Part 31, Contract Cost Principles and Procedures, adequate accounting system, data retention and the different types of contract audits including the associated level of audit support and effort that goes with each type. The workshop also demonstrated examples of calculating three types of indirect cost rates including company-wide, home office and Metro project office.

These workshops aim to prepare the SBE/DBE with the pre-award or incurred cost audits associated with their contract proposals or executed contracts. Through the knowledge that they gain from these workshops, Metro aims to provide the following benefits: 1) improve the compliance rates; 2) improve SBE/DBE's ability to compete for contract awards if they never had government contracts before; and 3) help maximize their ability to recover the costs for their cost-reimbursable type contracts.

This joint effort between DEOD and MAS resulted from Metro Board Member Dupont-Walker's request to streamline the audit process for small businesses. The next workshop is scheduled for April 24 and will take place at Metro Headquarters building.



Ongoing NextGen Update Bus Study Public Engagement

Over the past 3 months, nearly 1,000 people participated at 18 NextGen Public Workshops held across the county. More than 1,650 comments were submitted to Metro on how to improve Metro's Bus Network. These comments were made on a route by route basis and will assist our Service Planning staff in making changes to our bus routes, stops, and schedules.

These workshops were the culmination of a 12-month public outreach effort that engaged thousands of county residents through a multi-media effort including surveys, take-one brochures, digital engagement, print advertisement, and more than 200 one-on-one meetings, community events, and presentations with a diversity of countywide stakeholders.

This does not mark the end of our outreach for NextGen as we will still be holding targeted meetings/workshops in the coming weeks in various communities across the county. For example, tomorrow we will be in Malibu and next week we will be meeting with people with disabilities at the Communities

Actively Living Independent & Free in Downtown LA.

We appreciate the support of our Directors in helping to spread the word about these opportunities to provide input to NextGen and invite them to continue doing so.



Procurement Postings

Degreaser Cleaner (IFB) - Small Business Prime

Metro released an Invitation for Bids (IFB) to procure Degreaser Cleaner. This solicitation is open to Metro Certified Small Businesses only. The procurement process blackout period is expected to run from Tuesday, April 2, 2019 through Friday, August 30, 2019.

This procurement is for the purchase of degreaser cleaner needed to maintain the bus and rail fleet and thus avoid disruption in service. Award of a contract will provide a commitment from the supplier to ensure availability at a fixed, competitive price.

Any inquiries concerning this procurement action during the blackout period must be directed to and may only be answered by Tanya Allen, Procurement Planning Administrator at (213) 922-1018.

Construction Notices: Regional Connector, I-5

Regional Connector: Deck Panel Removal for Excavation on Flower St

Excavation of the tunnel box below Flower St continues in downtown Los Angeles as part of efforts to connect the Regional Connector Transit Project to the existing 7th St/Metro Center Station. In order to effectively build the tunnel box, crews will remove segments of the road deck panels on weekdays during daytime hours, between 5th and 6th St with minimal impacts to the traveling public. To learn more, click [here](#) for the full construction notice.

Purple Line Extension Project: Utility Potholing below Wilshire Blvd

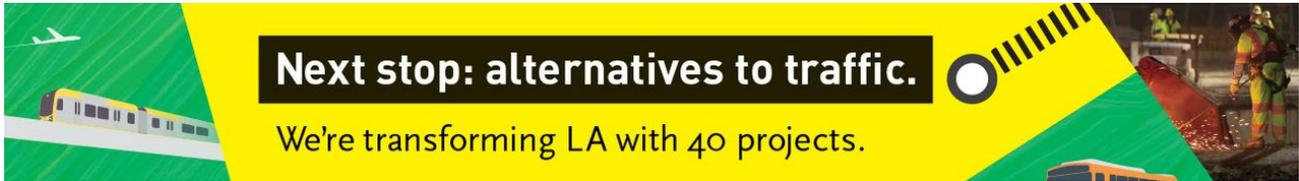
Utility potholing began to identify existing utilities below Wilshire Blvd. between Beverly Dr. and N. Crescent Dr. All work will be completed during non-peak hour traffic times. Lane closures and turn restrictions on Wilshire Blvd. will be required for this work. Two lanes will always be maintained on Wilshire Blvd. both eastbound and westbound. Communication efforts will be ongoing to provide stakeholders sufficient notice prior to work starting in specific areas.

Caltrans Interstate 5: All Construction Updates [here](#).

"What would be ugly in a garden constitutes beauty in a mountain."

~ Victor Hugo

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