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#### **NEED TRAINING?**

Call our office to schedule training for your agency at 1.573.341.6155

National RTAP is a program of the Federal Transit Administration dedicated to creating rural transit solutions through technical assistance, partner collaboration and FREE training.





DEA'S NEXT NATIONAL PRESCRIPTION DRUG TAKE BACK DAY IS OCTOBER 24, 2020 – 10AM TO 2PM



#### NATIONAL CYBERSECURITY AWARENESS MONTH (NCASM)

Held every October and now in its 17th year, National Cybersecurity Awareness Month (NCSAM) continues to raise awareness about the importance of cybersecurity across our Nation.



# WHAT ARE THE BENEFITS OF FLU VACCINATION?

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#### ADVICE ON HOW TO DRIVE SAFELY IN THE FALL. AUTUMN WEATHER CAN BE UNPREDICTABLE.

Prepare yourself and your vehicle with these tips on how to drive safely in the fall.

## LETTER FROM THE MANAGER

#### **DEAR TRANSIT FRIENDS,**

Greetings from Missouri S&T. As campus returned to a slightly more normal routine, the past few weeks have been a transition with students moving back. We had grown accustomed to the empty parking lots, sidewalks, and hallways inside most of the buildings. However, the energy the students bring has been welcome even though activities have been very limited to ensure the safety of students, faculty, and staff as it relates to the pandemic. In addition to adapting to changes in campus protocols, it has been an adjustment not attending in-person conferences throughout the fall. This time of year is usually hectic with travel to various transit events. I recently participated in the virtual Missouri Public Transit Association Conference and appreciated the effort of everyone involved to hold the conference. While Doreen and I missed seeing all of the rural agencies and catching up with everyone, we understand during these unusual times that in-person events are not practical. As I mentioned in my letter last quarter, the 24th National Conference on Rural Public and Intercity Bus Transportation was postponed until October 24-27, 2021 in Charleston, South Carolina. I will certainly miss attending this conference next month but look forward to a great event next year.



Heath Pickerill Missouri RTAP Manager

As I previously reported, we have been holding trainings throughout the state while ensuring that all host agencies take the necessary precautions. We continue to monitor all CDC, campus, and state guidelines to protect the health of our instructor, John Rice, along with all attendees. Please contact Doreen to schedule any classes your agency needs this fall and note that she has begun scheduling classes for 2021. Additionally, Doreen continues to update the RTAP website with current information on COVID-19 and safety measures to implement within your agency to combat the spread of the virus. Moreover, we have access to a number of online classes and resources if your agency prefers virtual training during this time. We are happy to organize webinars and other types of online training. Costs associated with these types of delivery can be covered under the RTAP Scholarship Program if an agency prefers to host in-house.

We recognize that during these times, it takes a diversified approach to ensure your drivers and staff receive the training they need. We are here to assist in manner we can. All of us here at Missouri RTAP hope you, your employees, and families continue to stay safe and healthy.

Best wishes,

Heath Pickerill Missouri RTAP Manager The Rural Transit Assistance Program (RTAP) was initiated in 1986 by the Federal Transit Administration (FTA) to provide resources, training and technical assistance to rural transit providers. The Missouri RTAP Center is located at Missouri University of Science and Technology (Missouri S&T) in Rolla. Since April 2012, Missouri S&T has been contracted by MoDOT to manage the RTAP program.

#### **CONTACT INFORMATION**

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# ANNOUNCING THE WINNERS OF THE NRTAP RURAL TRANSIT HEROES PHOTO CONTEST

Top Left Image: First place Top Right Image: Second place Bottom Right Image: Third place



## THE NATIONAL RTAP 2020 RURAL TRANSIT HEROES PHOTO CONTEST (link) honors those who have gone

above and beyond to make sure their passengers travel safely and comfortably in all situations. National RTAP received over 50 photos of transit heroes who have spurred innovations to help rural and tribal transit agencies overcome challenges and find new solutions, helped provide essential transportation or delivery of vital resources during the COVD-19 pandemic, and assisted vulnerable populations through transit. All these heroes deserve to be commended and celebrated!

Photos were judged by a panel on the following criteria: photo quality, artistic design, originality, and creative depiction of a true Rural Transit Hero. All submissions will receive plaques honoring the heroes and entries will be showcased on the National RTAP website and social media, tweeted at #RuralTransitHeroes Twitter Chat on October 20, 2020, 2:00 – 4:00 PM ET. (NRTAP eNews 9.03.20)

# OATS TRANSIT RECEIVES GRANTS FROM THE VETERANS UNITED FOUNDATION, HEARTLAND TRUMAN COMMUNITY FOUNDATION & DEPARTMENT OF CORRECTIONS REENTRY TO WORK PROGRAM



#### **Veterans United Foundation:**

OATS Transit received a \$10,000 grant from Veterans United Foundation, the philanthropic arm of Veterans United Home Loans, to cover fares for Mid-MO Veterans to the VA Hospital and five VA Clinics.

#### **Heartland Truman Community Foundation:**

An \$11,000 grant was received by OATS Transit to cover the full cost of a local match needed for a new bus for Lees Summit, MO.

Department of Corrections Re-Entry to Work Program: OATS Transit received a \$48,000 grant to cover the cost of individuals getting transportation to work via three Arnold, MO routes. The program is called Moving Forward with Transportation Assistance. The goal is to increase their success rate of getting to work and other places they need to go. They in turn have a better opportunity to becoming productive members of their community and reduce their chance of returning to crime. This program kicked off in September 2020.

### **Happy OATS Transit Anniversary!**

Congratulations to Sara Davis, OATS West Regional Director, for celebrating 15 years at OATS Transit on September 12, 2020. Sara oversees Clay, Platte, Cass and Jackson counties in Missouri.





Driver Darwin George at Veterans United Foundation



Driver Terry with rider Lanette



JeffCo Express bus operated by OATS Transit



# OATS TRANSIT RECOGNIZED AS A HIRE OUR HEROES CERTIFIED EMPLOYER

#### **OUT OF 645 ACTIVE EMPLOYEES, OATS TRANSIT EMPLOYS 17% VETERANS.**

#### July 25th was National Hire a Veteran Day founded

by HireOurHeroes.com. Every day, hundreds of our military personnel leave the service in search of civilian employment. #HireAVeteranDay reminds employers to consider veterans to fill their open positions. As highly trained, qualified individuals, they are ideal for numerous trades.

Many skills gained in the military world transfer to the civilian world. Both small and large businesses benefit from the talent of our veterans. Regardless of the position, they find qualified candidates in a range of fields. Veterans can search through employers looking to hire veterans to fill various roles throughout the country. Veterans can create a "Job Seeker Profile" and upload their resume.

The following employers have earned the prestigious designation as "Hire Our Heroes Certified Employers"

- Smithfield Foods
- Texas Roadhouse Inc.
- OATS, Inc.
- Diamond Hill Capital Management Inc.

- The District Communications Group
- Southeast Gas
- CAM Services
- Yates Ltd.
- VIRCO
- American National Insurance
- McLean Family Restaurant
- Recruitology
- Zip Recruiter

These employers have demonstrated the value Veterans bring to the workforce and the positive impact hiring Veterans brings to the community and their customers. Their commitment proves Veterans continue to play an essential role in building of a competent and successful workforce.

Hire Our Heroes Veteran Job Board is the #1 destinations for Veterans looking for employment. The best way to honor a Veteran is to hire one!

Article link here:

#### **ABOUT THE FRONT COVER...**

#### The Alley Community... A Gathering Place

Alley was home, farm, and school for people who lived here a century ago. Dances, baseball games, and roller skating were all part of Alley's busier days. John Knotts purchased the 80 acre site in 1902 and diversified the enterprises to include a well-stocked store and blacksmith shop.

A mill was vital to community life, where grain was ground to provide the daily bread. The present building was constructed during 1893-1894 by George Washington McCaskill as a merchant mill. It was larger than most mills in the Jacks Fork area and replaced an earlier mill on this same site that was built by 1868. Originally unpainted, it was first painted white with green trim, then later the famous red color associated with Alley Mill today.

Photo credit to Matchick Photography.

Article link here:



# MPTA CONNECTION

# MPTA RECOGNIZES MISSOURI DEPARTMENT OF TRANSPORTATION WITH ITS "2020 TRANSIT CHAMPION AWARD"



uring its 2020 State Conference & Expo, held virtually over the last two days, the Missouri Public Transit Association (MPTA) recognized the Missouri Department of Transportation (MoDOT) with the "2020 MPTA Transit Champion Award." It was presented to Michelle Teel Kratzer, P.E., PTOE, the Director of Multimodal at MoDOT, and her staff, for being the first department of transportation in the country to have its application for the Coronavirus Aid, Relief and Economic Security (CARES) Act submitted and approved, ensuring that this critical funding was delivered to Missouri transit providers as quickly as possible.

During the COVID-19 pandemic stay-at-home orders, public transportation providers across Missouri worked tirelessly to keep operators and passengers safe as they provided a means for essential personnel to get to their jobs and ensured everyday citizens could gain access to food, medicine and other necessities. This occurred as agencies faced massive deficits due to dropping fare box recovery, increased expenses from new cleaning protocols and significant driver absenteeism. When the \$2 trillion CARES Act was announced and included a \$25 billion allocation for transit, MoDOT's MultiModal Staff got to work, compiling all the needed information they began

working on as soon as they became aware that some relief money might be on the horizon. The team submitted the application on April 3, resulting in the timely approval of \$248 million in federal funding for Missouri transit providers by April 10.

"It was crunch time and MoDOT delivered," commented Kimberly Cella, Executive Director of the Missouri Public Transit Association. "This funding was critical to ensuring transit providers across the state could provide much needed service then – and as we continue navigating through these challenging times. Thank you to Michelle and her staff for your hard work, and congratulations on a job extremely well done."

The MPTA Transit Champion Award is designed to celebrate the efforts of organizations committed to improving public transportation in the state of Missouri and is presented annually. Individuals can like the organization on Facebook or follow them on Twitter at @ MOPublicTransit.

Article link Here.



# DEA'S NEXT NATIONAL PRESCRIPTION DRUG TAKE BACK DAY IS OCTOBER 24, 2020 - 10AM TO 2PM

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

(LINK)

## Search for Year-Round Pharmaceutical Disposal Locations (LINK)

DEA Authorized Collectors provide year-round drop off locations to the public to dispose of unwanted pharmaceuticals.

Home Disposal Methods (LINK)

**DEA – Vaping and Marijuana Concentrates: What is Vaping?** (LINK)

EPA – How to Dispose of Medicines Properly (PDF) (LINK)

EPA – Disposal of Medical Sharps/Needles (LINK)

FDA – How to Dispose of Unused Medicines (LINK)

FDA – Disposal of Unused Medicines (LINK)

# QUIZ: TEST YOUR KNOWLEDGE ON PROPER DRUG DISPOSAL. TAKE THE QUIZ AND FIND OUT!







# **National Cybersecurity Awareness Month (NCASM)**

Held every October and now in its 17th year, National Cybersecurity Awareness Month (NCSAM) continues to raise awareness about the importance of cybersecurity across our Nation, ensuring that all Americans have the resources they need to be safer and more secure online.

#### NCSAM THEME AND SCHEDULE

CISA and the National Cyber Security Alliance (NCSA) (link) are proud to announce this year's theme:

#### "DO YOUR PART. #BECYBERSMART."

This theme encourages individuals and organizations to own their role in protecting their part of cyberspace, stressing personal accountability and the importance of taking proactive steps to enhance cybersecurity.

NCSAM emphasizes "If You Connect It, Protect It." Throughout October, CISA and NCSA will focus on the following areas in promotions and outreach:

- October 1 and 2: Official NCSAM Kick-off
- Week of October 5 (Week 1): If You Connect It, Protect
- Week of October 12 (Week 2): Securing Devices at Home and Work
- Week of October 19 (Week 3): Securing Internet-Connected Devices in Healthcare
- Week of October 26 (Week 4): The Future of Connected Devices

Use NCSAM's hashtag #BeCyberSmart before and during October to promote your involvement in raising cybersecurity awareness.

#### NATIONAL CYBERSECURITY AWARENESS MONTH RESOURCES

During National Cybersecurity Awareness Month (NCSAM), the following tip sheets and resources (link) are invaluable tools for reducing cybersecurity risks and protecting yourself online. Use these resources in your communities and share them with your stakeholders throughout the year to encourage strong, nationwide cybersecurity. These materials are free and may be modified to meet your needs.

#### CISA CYBERSECURITY RESOURCES

To decrease cybersecurity risks and protect yourself online, CISA offers a number of resources (link) to share in your communities and with your stakeholders. These tools are not only valuable during National Cybersecurity Awareness Month (NCSAM) but throughout the year.

#### SAMPLE SOCIAL MEDIA POSTS AND GRAPHICS

CISA has created sample social media posts and graphics (link) to promote NCSAM. These materials are free for use.

#### **NCSAM SPEAKER REQUESTS**

If you would like to request a CISA speaker to participate in your NCSAM event, please complete a DHS Speaker Request Form (link) and email it to CISA.speakers@hq.dhs.gov.

Article Link here:

# WHAT ARE THE BENEFITS OF FLU VACCINATION?

#### PREVENT FLU THIS FALL AND WINTER

It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.

While getting a flu vaccine will not protect against COVID-19, there are many important benefits, such as:

- 1. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
- Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.

There are many reasons to get an influenza (flu) vaccine each year. Below is a summary of the benefits of flu vaccination and selected scientific studies that support these benefits.

## Flu vaccination can keep you from getting sick with flu.

 During seasons when the flu vaccine viruses are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 percent to 60 percent.

#### Flu vaccination can reduce the risk of fluassociated hospitalization for children, working age adults, and older adults.

 A 2018 study showed that from 2012 to 2015, flu vaccination among adults reduced the risk of being admitted to an intensive care unit (ICU) with flu by 82 percent.

## Flu vaccination is an important preventive tool for people with chronic health conditions.

 Flu vaccination also has been shown in separate studies to be associated with reduced hospitalizations among people with diabetes and chronic lung disease.

## Flu vaccination helps protect women during and after pregnancy.

 A number of studies have shown that in addition to helping to protect pregnant women, a flu vaccine

# A Strong Defense Against Flu: **Get Vaccinated!**





The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

#### What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example flu vaccination has been associated with lower rates of some cardiac events among in people with heart disease.



given during pregnancy helps protect the baby from flu for several months after birth, when he or she is not old enough to be vaccinated.

#### Flu vaccine can be lifesaving in children.

 A 2017 study was the first of its kind to show that flu vaccination can significantly reduce a child's risk of dying from flu.

# Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.

 A 2017 study showed that flu vaccination reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among hospitalized flu patients.

Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions. Despite the many benefits offered by flu vaccination, only about half of Americans get an annual flu vaccine and flu continues to cause millions of illnesses, hundreds of thousands of hospitalizations and tens of thousands of deaths. Many more people could be protected from flu if more people got vaccinated.

Article link here:

# ADVICE ON HOW TO DRIVE SAFELY IN THE FALL.

Autumn weather can be unpredictable. Prepare yourself and your vehicle with these tips on how to drive safely in the fall.

Each year, the transition from summer to autumn brings with it the much-anticipated return of colorful foliage, sweater weather, football season and all things pumpkin. However, the beginning of fall also comes with potential driving risks, including slippery roads, decreased daylight, fog and sun glare. Autumn weather can be unpredictable and conditions can change drastically within a matter of minutes.

#### **HOW TO DRIVE SAFELY IN DARKNESS**

- Always watch for pedestrians walking, jogging or biking through the streets; they may be difficult to see at night if they are wearing dark clothing.
- Be mindful of children walking to and from bus stops in the morning and afternoon.

#### **COLD WEATHER**

 Fall weather can change rapidly from warm to cold, causing roads to ice over overnight. Drive slowly and brake gently when driving across overpasses and bridges, as these surfaces tend to frost over before others. Be aware of spots where black ice forms on the roadway and drive carefully through these areas.

#### **DRIVING IN FOG**

 When driving in foggy weather, set your headlights to low instead of high. High-beam headlights bounce off of fog and reflect back at you, further impairing your ability to see the road. Low beams, however, aim down toward the roadway and improve your visibility.

#### **GLARE**

 To combat glare, clean your windshield inside and out to remove any dust particles, streaks or smudges.
 These can become magnified when illuminated by sunlight and impact your visibility.

#### **WET CONDITIONS**

 When driving during heavy rain, slow down, especially around turns. Wet conditions increase the time it takes your vehicle to come to a complete stop, so keep a good distance between you and the vehicle in front of you.

#### OTHER WAYS TO DRIVE SAFELY IN THE FALL

 Check that your spare tire is properly inflated and has a proper tread. Having an under-inflated spare could leave you stranded if you happen to get a flat.



- Keep headlights clean and in proper working order.
- Drive slowly if you live in an area with deer.
- If you see a deer cross the road, expect others to follow.



- Drive slowly and break gently on bridges they freeze more quickly than other parts of the road.
- Extreme changes in temperature can cause tires to expand and contract. Check tire pressure daily.
- Clear any frost on windows.



- Set headlights to low beam instead of high.
- Slow down and leave plenty of space between you and the car in front of you.



Remove leaves from windshield.

- Replace windshield wiper blades if they show any signs of wear.
- Drive slowly.

If you start to hydroplane, steer straight and gently release the gas pedal until you feel the tires touch the road again.

#### I FAVES

- Never park on a pile of leaves. This may cause a fire.
- Never drive over a pile of leaves; small children often play in leaf piles.

For more driver safety tips visit AAA.com/Safety

### AVAILABLE TRAINING PROGRAMS

The following is a list of the training programs and course length of each that are currently available to rural transit providers through Missouri RTAP. Requests for training can be made by contacting Doreen Harkins, MO-RTAP Program Specialist, at <a href="markinsd@mst.edu">harkinsd@mst.edu</a> or 573-341-6155.

- 1. ACTIVE SHOOTER PREVENTION AND RESPONSE 2 hours.
- 2. AGGRESSIVE DRIVING —1 hour.
- 3. BACKING SAFETY 1 hour.
- 4. BASIC FIRST AID 1 hour.
- 5. BLOOD BORNE PATHOGENS 1 hour.
- 6. CPR & BASIC FIRST AID 4 hours.
- 7. DEALING WITH DIFFICULT PASSENGERS 2 hours.
- 8. DEFENSIVE DRIVING 3 hours.
- 9. DISTRACTED DRIVING 1 hour.
- 10. DIVERSITY & AWARENESS TRAINING PROVIDING QUALITY CUSTOMER SERVICE FOR TRANSPORTATION PASSENGERS WHO HAVE DISABILITIES 2 hours.
- 11. DRIVEN TO EXTREMES 1 hour.
- 12. DRUG ABUSE AWARENESS IN RURAL TRANSIT 1 hour.
- 13. EMERGENCY & EVACUATION PROCEDURES 1 1/2 to 2 hours.
- 14. ENTRY LEVEL CDL DRIVER TRAINING 2 hours.
- 15. FATIGUE AWARENESS FOR DRIVERS 2 hours.
- 16. HIPAA 1 hour.
- 17. NIGHT DRIVING 1 hour.



- 18. OPERATION LIFESAVER HIGHWAY-RAIL CROSSING SAFETY 1 hour.
- 19. PASSENGER ASSISTANCE/MOBILITY AID SECUREMENT 2 hours.
- 20. REASONABLE SUSPICION TRAINING FOR SUPERVISORS 2 hours.
- 21. SAFE & SECURE PROPER INFANT AND CHILD SEAT INSTALLATION 2 hours.
- 22. SENSITIVITY AWARENESS 1 hour.
- 23. SEXUAL HARRASSMENT 1 hour.
- 24. SLIPS, TRIPS AND FALLS -1 hour.
- 25. WHEELCHAIR SECUREMENT 2 to 3 hours depending on number of participants.
- 26. WINTER DRIVING SAFETY 1 hour.

For more information on classes and to register please visit: mltrc.mst.edu/mortaphome/mortaptraining/

# RESOURCES

National RTAP – Rural Transit Assistance Program

Transportation Safety Institute – Transit Safety & Security Training Division

Federal Transit Administration – Rural Transit Assistance Program Page

www.fta.dot.gov/funding/grants/grants financing 3554.html

Missouri Public Transit

National Transit Institute

Kansas RTAP – Kansas University Transportation Center

www.kutc.ku.edu/cgiwrap/kutc/rtap/ index.php/index.html

Transportation Research Board's (TRB) Transit Cooperative Research Program (TCRP)

www.tcrponline.org/





