

JULY 2019



# JAMM JOURNAL

INCA COMMUNITY SERVICES, INC.

## JAMM 20 YEAR CELEBRATION RIDE TO WORK MONTH!



JAMM Driver, Cendy Martin, with the RAVE clients, Kenneth Estep, Zach Motley, Katina East, Marie King, Donna Peoples, and Bonnies Staires who ride the JAMM bus to be transported to and from work.

**#JAMMN20YEARS**  
**#RIDETOWORK**



Eldreda Jones - Nursing Home



Jordan Ferrell summer job at the high school



Cesar Torres - Allen Lumber



John West - Comfort Inn



Stacie Rasmuson - Sooner Foods



Ben Simmons - Pilot



Anna Coll and Rusty Coll - Red Bandana Cafe



Making a difference one ride at a time.





## WAYS TO INCREASE YOUR ENERGY AND MOOD



**Getting adequate quality of sleep each night.** For better energy and mood, make the quality and quantity of your sleep a priority. Commit to getting 7 to 8 hours of sleep each night.



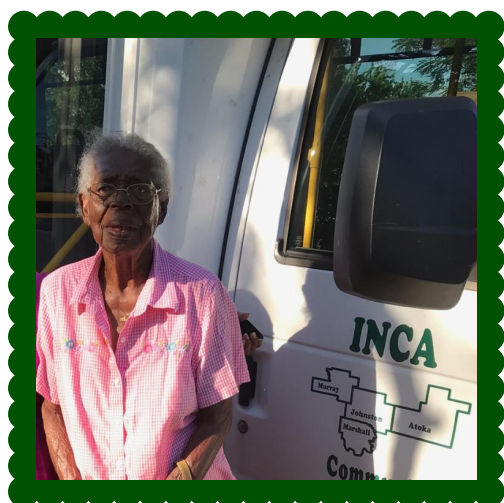
**Take a brisk walk** A bad mood has two major components: feeling of tension and low energy. Exercise can boost your mood by relieving tension, raising energy and increasing optimism.



**Don't SKIP BREAKFAST..OR ANY OTHER MEAL.** start your day with a nutritious breakfast. Studies show people who eat breakfast report being in a better mood and have more energy throughout the day.



**Listen to music** Numerous studies report that listening to music is a proven mood lifter. Music activates the part of your brain that is hardwired for pleasure and has a powerful influence over your state of mind.



## JAMM'N Success Story

June 29, 2019 Cecil Davis celebrated her 102nd birthday. She has been a rider for many years in Atoka County. Cecil's story was documented by the Atoka County Chamber of Commerce to relive her history. Her family was very supportive and provided lots of good stories for the documentary.

Cecil rides less frequently now days but for many years she has ridden to nutrition sites, grocery stores, and for various other reasons in town. She spends her days with family and enjoying the outside as much as possible.



Sheila Baillie  
Deborah Perkins  
Mark Hill  
Mary Garrison  
Lauren Chapman  
Sandy McClain  
Rick Eberhardt  
Margo Dove



## REPORT HARASSMENT

Rude or disrespectful behavior demonstrates lack of regard for others and will not be tolerated. If you feel that another employee, or rider is harassing you or you observe harassment, contact your supervisor or human resource manager.



## MONTHLY REMINDER

JAMM is celebrating it's 20 year in existence. The month of August will provide free transportation to all school kids who are riding the bus to or from school.

