



"A Customer First Company"

January 2015

Welcome to the January 2015 Edition of "On the Move"

Best Apps for Your Commute

If you are not catching up on work or possibly sleeping during your commute here are some noteworthy apps you may want to give a try:



Spotify – This app allows you to stream music for free on your smartphone or tablet. You can create your own playlist with just the artists you want to hear.

Stitcher – You never have to miss your favorite podcasts, public radio stations, and news. Stitcher allows you to subscribe and listen to hundreds of podcasts and radio stations anytime and anywhere.

Audible – This app comes with a monthly subscription, but allows you to listen to the latest audiobooks.

Waze – Waze is a traffic and navigation app. This app allows you to join other drivers in your area who share real-time traffic and road information.

Access DC's Transportation Options with RideDC

RideDC is a digital mapping tool that displays different real-time transportation options that are available at specific locations in DC.



With RIDE DC users can easily create their own "custom" dashboard to display an active map of real-time transit options that are available at a given location. Eventually, RideDC dashboards will be displayed on monitors at or near District establishments so visitors can view the various transit options available to get to their next destination.

The RideDC Portal Dashboard features the following and can be customized to show only what the user needs:

- Metrobus / DC Circulator schedules and Nextbus updates
- Metrorail estimated arrival times
- Capital Bikeshare bike and open dock availability
- Carsharing location and car availability

RideDC users can modify the program to display one or all of these various transit options. In addition, users can also customize the program to show transit modes that are available within either two, four, or six minutes of walking distance from their establishment.

Visit us at: www.ridek2k.com
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For more information on RideDC, please visit ridedc.ddot.dc.gov.



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Watch Out for Pedestrians While Driving

Fifty-two people were struck and killed by motor vehicles across the D.C. area in 2014. This is up from 45 fatalities in 2013. And this is not just occurring in the DC metro area, cities across the nation are reporting this alarming trend.



Here are some tips for sharing the road with pedestrians:

Slow down for crosswalks - When you approach a crosswalk, always give the right-of-way to the pedestrian. If you're making a turn, scan the road closely before turning

Pay attention when backing out - Anytime you must put your car in reverse pay special attention to everything around your vehicle and to your blind spots. Not only use your mirrors to assist you but turn your head to ensure your way is clear.

Consider driving conditions - Weather and road conditions add to your stopping distance which may impact your ability to stop abruptly for a pedestrian. This is especially true at night.

Watch for pedestrians with special needs - Keep an eye out for pedestrians who are at greater risk in crosswalk, including those who use a wheelchair, a cane, or any other type of assistive device. In addition, you should be aware of blind pedestrians.

Common Cold and Flu Prevention Mistakes

Cold and Flu prevention is so important during this time of the year. Here is a list of some common prevention mistakes:

Washing Your Hands in A Hurry - Healthy hand washing includes lathering up on all sides, between the fingers and under your nails for at least 20 seconds.

Relying on Antibacterial Soaps and Hand Sanitizers - Colds and flu are spread by viruses and are not bacteria.

Thinking You Are Not That Sick - Ignoring severe cold or flu symptoms and still going to work is a great way to make yourself -- and the people around you -- sicker. If it sounds like you have influenza, you should stay at home until you no longer have a fever for at least 24 hours.

K&K Connection January Birthdays

We would like to wish everyone born in January a special HAPPY BIRTHDAY!

LaVonda Bailey

David Craven

David Donald

Tina Gee

Matt Hackman

Joyce Harris

Keisha Johnson

Pamela King

Marc Mazzella

Peter Pham

Paul Salomonsky

Mohammad Sarker

Bruce Shriver

Herman Starks, Jr.

Steven Williams

Anita Baines

Precious Davis

Kwane Donovan

Harriet Gibson

Nathan Hamm

Daniel Jenkins,

Nurul Khalifa

Darvi Matthews

Laura Mizhir

Ananta Pilaka

Carol Schrader

Nakia Shaw

Bobby Tucker

Stanley Williams

If we missed your birthday please let us know by emailing owilliams@ridek2k.com. Thank you!

Welcome To K&K Connections

We would like to say a BIG welcome to all of our new riders for the month of January. We are so very happy you have decided to join us!