



"A Customer First Company"

December 2017

Welcome to the December 2017 Edition of "On the Move"

Resolve to Make 2018 a Year of Better Commuting

This time of the year everyone is making new year's resolutions. Some of the top resolutions include: getting healthier, enjoying life to it's fullest, spending less and saving more, and learning something new.



Photo Source: http://learn-english-rufina.blogspot.com.es/2013_01_01_archive.html

During your commute you can make every minute count by establishing behaviors that will set you up for success. Here are some ideas for making the most of your time while checking some of those resolutions off your list.

- Get Organized. Getting organized is often the first step of recognizing where you need to change. Use your commuting time to plan out your personal and professional calendars.
- Develop a Budget. Once your time is organized, spend some time developing a budget. Organize your expenses. Think about your financial goals and develop a plan to achieve them.
- Avoid Time Wasters. Don't spend all your commuting time mindlessly scrolling through social media, playing games, or watching videos on your phone. Instead, you can use this time working towards achieving your goals.
- Menu Plan. One of the most important actions you can take to get healthier is to think about what you are going to eat. Use your commute time to plan out your meals for the week, upload digital coupons, or compare competitor's prices.
- Learn something new. There are countless podcasts, articles, and books you can read to learn something new while commuting. Imagine all you can learn about one subject by spending one hour a day reading about it.
- Get rid of digital clutter. Do you have over 5,000 emails in your inbox? Do you have multiple email accounts? Use your commute time to clean out your inbox and unsubscribe to lists that are no longer relevant to you.
- Eliminate Stress. By simply commuting in a vanpool you are eliminating the stress of longer travel times. You can use the time during your commute for reflection, rest, and renewal.

Source: <https://www.tripsavvy.com/popular-new-years-resolutions-2708154>

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Do You Have an Article You Would Like Featured in an Upcoming Newsletter?

If you have an article, information, or a photo you would like to share with our K&K riders in a future newsletter please feel free to contact Onika Williams at owilliams@ridek2k.com. We are always looking for information that would interest you. In addition, we would love to hear what is happening on your vans. Do you have any special celebrations or outings that you participate in? We can't wait to hear from you. All submissions will be reviewed, and a determination will be made on whether the information will be used.

Great Tips to Help You Save Money This Year

Saving money is important to all of us. Here are a couple of tips that can help you save this year:

1. Move bank accounts to take advantage of perks and earn more interest.
2. Stop collecting, and start selling items.
3. Sign up for free customer rewards programs.
4. Make your own gifts instead of buying them from the store.
5. Write a list before you go shopping.
6. Have friends over your home instead of going out.
7. Repair your clothing instead of throwing items away.
8. Avoid convenience foods and fast food.
9. Drink more water using a refillable water bottle.
10. Stop smoking or other expensive habits.

Source: <https://www.thesimpledollar.com/little-steps-100-great-tips-for-saving-money-for-those-just-getting-started/>

K&K Connections December Birthdays

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

Keith Trent	Shawn Wade
Brenda Billington	Tia Alston
Curtis Brandon, Jr.	Kineka Berry
Carmen Daugherty	Jamal Boles
Margaret Johnson	Wayne Brown
Cosmos Williamson	Susan Colley
Wilhelmina Wadley	Randy Davis
Sheena Marshall	Scott Doust
Roy Evans	Joyce Gouge
Mark Hammon	Eric Hines
Edward Holmes	Early James
Michael Jarrells	Amy Jones
Robert Johnson	Eliza Lee
Jaideep Karnik	Leslie Larkin
Debora Lopez	Melissa Marx
Wally Lumpkins	Dion Mealy
Martin Sanchez	Tia Murphy
Ellen Pittenger	John Schisa
Donnie Via, Jr.	Jastar Singh
Timothy Willard	

Welcome to K&K Connections

We would like to say a BIG welcome to all our new riders. We are so privileged that you have decided to make K&K your vanpool company of choice.

Happy New Year From our Family to Yours

We pray you had a wonderful Christmas and would like to wish all of you a blessed new year from the K&K Connections family.

