



# NEWSLETTER FEBRUARY 2022



EXPERIENCED PEOPLE | INNOVATIVE TECHNOLOGY | REMARKABLE RESULTS

## Etech Nacogdoches- Adopt-A-Highway

On February 22nd, Etech's Nacogdoches Center conducted our quarterly Adopt-A-Highway litter pickup. Thank you to LaMarcus Williams, Michael Kelley, Corinna Yawn, Frejai Dimery-Tate, Aaliyah Needum, Christian Rogers, Dale Creel, Devaugh Imes, Germia Coleman, Keeshawn Burney, Talitha Acker, Taylor Walton our 13 participants volunteered their time and energy beautifying our 2 mile stretch along Stallings Drive we were able to recover over 200 lbs. of improperly disposed of rubbish.



## Etech Rusk - Raffle for Relay for Life

The Rusk center held a raffle to raise funds for the Cherokee County Relay for Life. Handmade items were donated to the raffle by employees. Congratulations to the winners pictured!



## Etech San Antonio – Food Drive

The San Antonio center participated in give back food drive that benefited the San Antonio Food Bank. A designated bin was brought to the facility from the Food Bank that was used to collect nonperishable items. The bin weighed 106 pounds at the end of the month. They also placed a QR code that let people donate \$1, and every dollar was able to provide seven meals.



## Valentines Day celebrated across the globe

*Expressing love & affection for each and other*

**Valentines @ Dallas** –The team distributed small packs of chocolates with a rose to make the team members feel the love.



**Etech Jamaica** - Employees decked out in their red, white, and pink on this special day of showing love and kindness to each other. The floor was decorated with colors of love. Ice Cream and Cake were served to everyone on this special occasion.



**Etech Lufkin** - They celebrated Valentine's in a unique way. Employees Grabbed a piece of Valentine's day candy from the front desk and were given a choice between a ring pop or a packet of fun dip! We can say "IT was a delicious Valentine's day!"



## Valentines Day celebrated across the globe

### Etech San Antonio -Chocolate Kiss Contest

The San Antonio center held a guessing game on Valentine's Day. Everyone in the center got the opportunity to guess how many chocolate kisses were in a vase, and the winner Zachary Bamba who is the Facilities Coordinator guessed the correct number of chocolates (183) and got to them all. The next runner-up was San Juana Solorzano with a guess of 173 kisses. We also added to wear red color on the valentine's day.



**Etech Rusk** – Valentines day –Team Rusk dressed in red and pink.



## Etech Dallas - Food and Supplies Distribution

*making a remarkable difference within our communities*

Etech Team Dallas came up with a unique initiative for the homeless population. The Team Members pulled together and donated socks, soap, toothpaste, water, blanket, hats & deodorant. The Team also distributed food to the homeless in different areas.



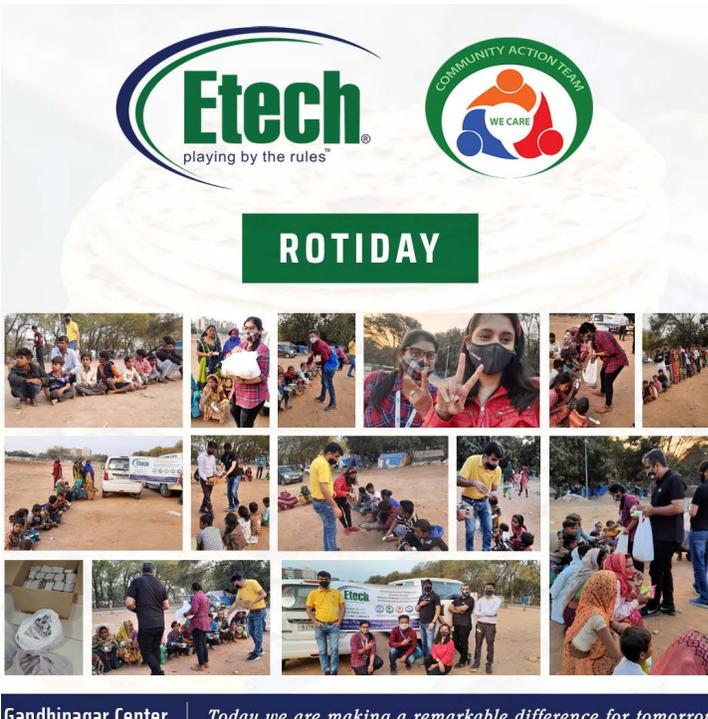
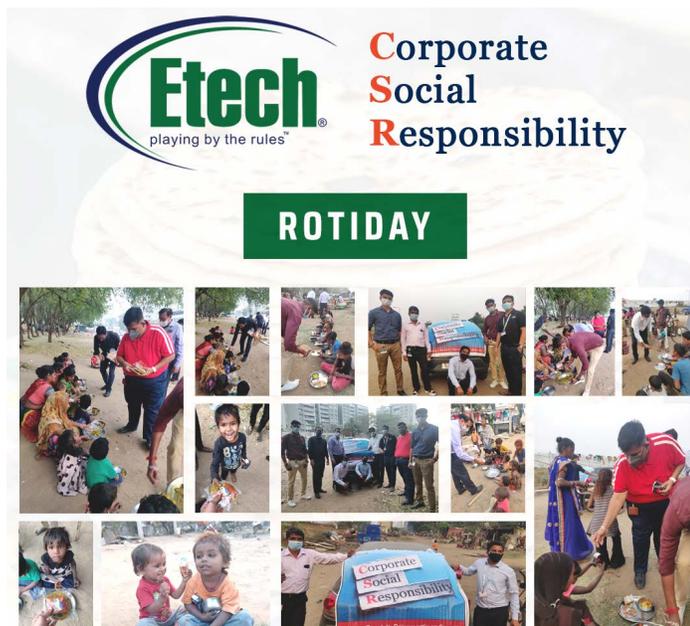
## Etech Community Give back Initiatives

### Etech Gandhinagar & Vadodara- ROTI DAY

*“If you can’t feed a hundred people, then feed just one. - Mother Teresa”*

CAT Gandhinagar & Vadodara celebrated Roti Day on 14th February, to show their love for the community. Around 100 employees contributed over Rs. 55000 (\$725) for the cause. The donation ranged from sponsoring one meal to matching the end of the first day total by an employee (yes, alone he added 20k!). reaching this milestone was not at all possible without you all. Thanks, a squillion!

They ordered 150 meal packs for the needy ones. Additionally, They got 150 packets of buttermilk, 135 packets of biscuits, and 50 packets of chips & snacks for the kids. They also educated people about hygiene and social distance during the ongoing pandemic.



Vadodara Center | Today we are making a remarkable difference for tomorrow

Gandhinagar Center | Today we are making a remarkable difference for tomorrow



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## Health and Wellness @ Etech

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*"It is health that is real wealth and not pieces of gold and silver." ~ Mahatma Gandhi*

### Wellness Article - National Heart Month

A recent study by the World Health Organization estimates that around 20 million people die from heart disease globally every year – with close to 700,000 deaths in the US alone. The number one cause of death for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress.

#### To lower the risk of heart disease:

- Take some time to learn about heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family.
  - » Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes to the nervous system.
- Take up a heart-healthy habit. Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system.
  - » Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.
- Educate yourself. Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.
  - » Diet soda raises heart attack risk. If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.
- Get your cholesterol tested. If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.
  - » Heart attacks can be silent. One in five heart attacks occurs without the person even knowing they had one.

## Etech Gandhinagar – Health Heart Day

The Gandhinagar center motivated the team members to sign up on the Impact APP that monitors the steps walked in a day which also helps them donate the count for community help. The team members have done an excellent contribution to their health & the community.

**Leader Board**

**₹ 13,268**  
Total raised this month

818 Workouts | 366 Members

Rank	Name	Amount
1	Vivek Kriplani	₹ 1,908
2	Ashish Khare	₹ 1,502
3	Rahul Bhardwaj	₹ 1,015
4	Sunny Tandon	₹ 861
5	ravi panchal	₹ 679
6	Mahendra Chitte	₹ 611

**Etech**  
playing by the rules™

Workout to make remarkable difference 🥰

**₹ 3,59,496**  
Impact so far

366 Changemakers | 32935 Workouts

INVITE TEAMMATES

LEADERBOARD >

Team Posts

League Teams Home Profile More

**Wear Red for Heart Health Day**  
Friday Feb 4th

Take a selfie of you and your friends wearing red to support Heart Health month and post it to social media with **#WearRed!**

**IT'S #WEARRED DAY**

#WearRed

## Etech San Antonio- Words of Kindness

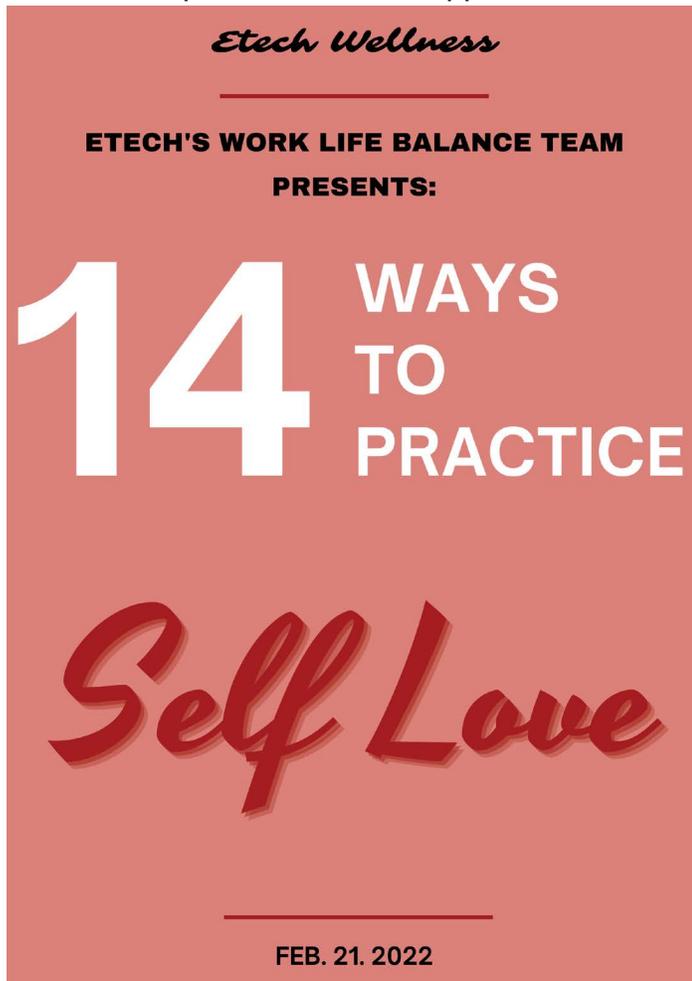
Throughout February, San Antonio team decorated the window located in the reception area with words of kindness. The window said, "Good words bring good feelings to the heart". Everyone in the center had an opportunity to write down a kind word or saying on a heart that would be placed on the window to form a flower.



## Etech Jamaica - 14 Ways to Practice Self-Love

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For February WLB Team, presented a “14 ways to Practice Self Love” infographic. This activity aimed to emphasize on benefits of practicing self-love as this decreases the chance to suffer from depression, anxiety, or low self-esteem. Self-love is also important as it makes you have a positive mindset and provides mental happiness.



## SPOTLIGHT

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*We thank you for everything you do*

**Gabriela Leana- Rios from Dallas center**

Etech has always been committed to the development of its people and supports the vision of making a remarkable difference for each other, our customers, and within our communities. Living



our vision requires talented people who are passionate about developing others and equipping them to accomplish great things. It is truly amazing to be a part of an organization that places “Valuing People” as one of its core character commitments Today, in the Dallas Center we would like to acknowledge an inspiring leader in our operations department, Gabriela Leana-Rios. Gabriela partnered with HR’s Giveback initiative by collecting care bag items for the homeless. With the weather in Dallas being unpredictable, she wanted to ensure the homeless were kept warm during the next few months of winter by donating socks, gloves, scarfs, hats, blankets, and water bottles.

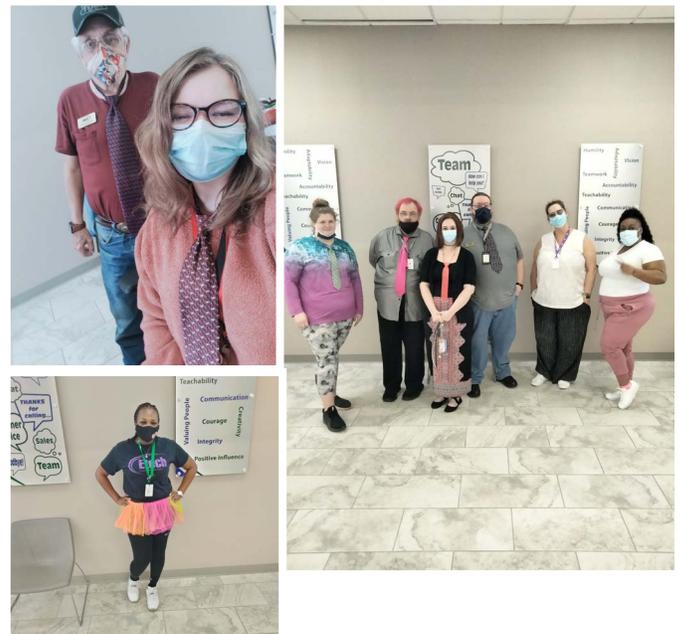
## Etech Jamaica: Stationery drive

Etech Jamaica donated a beautiful basket nicely wrapped and filled with crayons, pencils, sharpeners, color books, storybooks etc. to a basic school within the community.



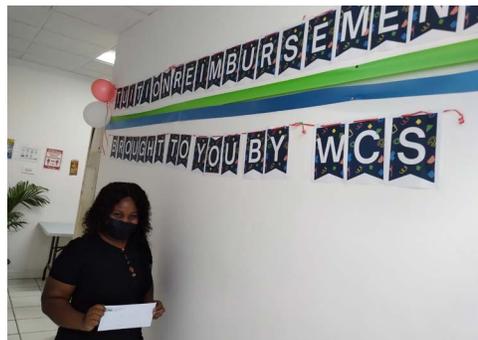
## Etech Lufkin - Tutus, Ties or Tennis Shoes

On February 22nd, 2022, Lufkin Etech hosted a theme day where everyone participated wearing tutus, ties, or tennis shoes.



## Etech Jamaica - Tuition reimbursement

At the Jamaica center, Fall 2021 Tuition Reimbursement Recipients were presented with their awards on February 28, 2022. Shannan Williston and Raccine Nelson are both students at the University of the West Indies who are the first two participants to receive a payout from the program in Jamaica. They have reapplied for the Winter Semester as well and have both expressed their gratitude for this award.



## Etech Nacogdoches- Theme Week February 14th thru 18th.

The day's themes included:

- Monday-Valentine's Day Themed Attire
- Tuesday-Disney Day
- Wednesday-Harry Potter Day
- Thursday-Crazy Hat Day
- Friday- Decades Day

Thank you to all who participated and made this theme week fun!



## Etech Palm Beach – Bowling Tournament

Palm Beach Center was proud to represent Etech at Catch 81 Foundation's Annual Bowling Tournament. Etech was the main sponsor at the event that included many current and former Miami Dolphin Players. In the picture our PB HR Manager, Oliver Grandez, received a signed Bowling Pin trophy from OJ McDuffie (former Miami Dolphin Player) as a thank you for Etech's commitment and sponsorship of the event.



## **ETECH AWARDED ON THE FORBES AMERICA'S BEST EMPLOYERS 2022 LIST**

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On February 10, 2022, Etech has been awarded on the Forbes list of America's Best Employers 2022. This prestigious award was presented by Forbes and Statista Inc., the world-leading statistics portal and industry ranking provider. This selection was done through an independent survey applied to a vast sample of approximately 60,000 American employees working for companies with more than 1,000 employees in America. Across 25 industry sectors, 1000 employers have been awarded, 500 large employers and 500 midsize employers. The evaluation was based on direct and indirect recommendations from employees that were asked to rate their willingness to recommend their own employers to friends and family.

**Forbes**

"Etech is honored to be recognized on the Forbes list of America's Best Employers 2022. Being a Servant Leader organization with a People First culture, we continue to put in efforts to make a remarkable difference for our people through leadership coaching, growth opportunities and keeping their wellbeing at the forefront." said Etech's President & CEO Matt Rocco. "We will continue to serve our people as servant leaders and continue to grow together."

## **ETECH CHARACTER COMMITMENTS**

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### **VALUING PEOPLE**

An **ETECH** employee who is committed to respecting and honoring people; demonstrates emotional intelligence; and holds people accountable in a positive and nurturing way is one who shows they **VALUE PEOPLE**. A person who **VALUES PEOPLE** will put others' needs before their own. By developing and encouraging those around you they will feel **VALUED**. Remember the Platinum Rule to treat others as they wish to be treated. This can only be accomplished if a personal relationship exists.

