



NEWSLETTER MARCH 2021

EXPERIENCED PEOPLE | INNOVATIVE TECHNOLOGY | REMARKABLE RESULTS

National Kidney Month

National Kidney Month during March is a reminder to give our kidneys a check-up. 1 in 3 Americans are at high risk for kidney disease because of diabetes, high blood pressure, or a family history of kidney failure. On top of that, 30 million Americans already have kidney disease, and many of them are not aware of it because symptoms usually don't show until the disease has progressed.

Our kidneys are crucial for 3 main reasons. They regulate water, they remove waste and regulate minerals, and they produce hormones. Located in our lower back, these two hard-working organs also filter 200 liters of blood a day! Keeping our kidneys healthy is vital to a long and productive life.

How to Observe

Learn more about caring for your kidneys at www.kidney.org and use #NationalKidneyMonth to share on social media. Schedule a checkup, and learn what symptoms to keep an eye out for to know if your kidneys are starting to fail or become infected. Here's what else you can do this month to protect your kidneys:

1. **Control your blood pressure** (and diabetes if you have it.) These are the two leading causes of kidney disease and kidney failure.
2. **Exercise often.** Regular exercise keeps your kidneys healthy by keeping things moving and controlling blood pressure.
3. **Cut out processed foods.** They tend to be big sources of sodium, nitrates, and phosphates, and they've been linked to kidney disease.
4. **Try to reduce over the counter pain medicines.** They may help with aches and pains, but they can greatly damage your kidneys.

National Caffeine Awareness Month

National Caffeine Awareness Month in March reminds us that our fifth cup of java may be harmful to our health.

While sticking to just one cup still has its benefits. When our blood pressure is up, or stomach acid bothers us, sometimes we need to give up the morning pick-me-up. But do we? This stimulant that provides jolts of energy throughout the day may not be offering the perk it once did. We can build up a tolerance and require more to feel the same boost.

Consider your sources and how much it takes to derive a benefit from the good ol' bean these days. Take a daily tally of your total caffeine intake from all sources. Do you only have two cups? Or after careful consideration, is your caffeine intake substantially higher?

Possible sources:

- Sodas
- Tea
- Chocolate/cocoa
- Guarana/energy drinks
- Coffee

Remember, to include caffeine incorporated into our foods. Caffeine isn't taken out of the coffee ice cream we enjoy before bed. If you wonder why you can't sleep, that might be why. Don't be surprised when you order an extra large sweet tea at lunch and get the jitters and sweats during a meeting with the boss.

All these circumstances add up to our total caffeine intake and contribute to sleepless nights, increased blood pressure and stomach acid. However, studies show caffeine in moderation can be beneficial.

According to a study by the [Linus Pauling Institute at Oregon State University](#) researchers summarize that 3-4 cups equivalent to 300-400 milligrams of caffeine per day offer few health risks. The [Mayo Clinic](#) concurs.

How to Observe

Gain benefits of caffeine by consuming it in moderation. Track your intake and see how much you really consume. Use #NationalCaffeineAwarenessMonth to share on social media.

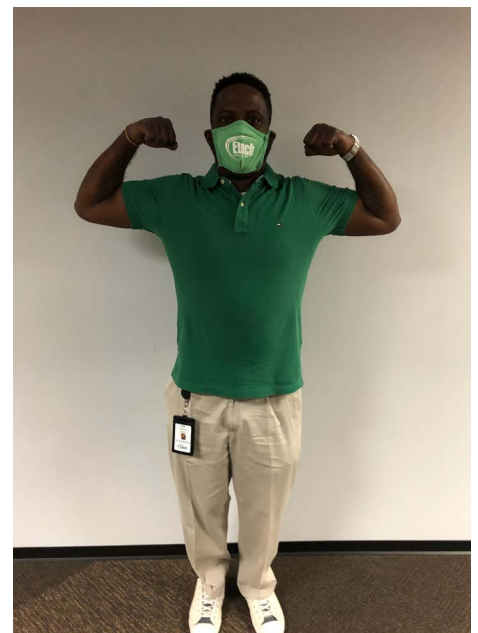
History

In 2003, the Caffeine Awareness Alliance founded National Caffeine Awareness Month.

INDEX

#	Title	No.
01	Dallas Center Activities	04
02	Easter Celebration at Jamaica	05
03	Lufkin Etech Blood Drive	06
04	Lufkin St. Patrick's Day	07
05	Nacogdoches St. Patrick's Wear Green Day	08
06	Etech's Wear Red Week	09
07	Nacogdoches Employee Appreciation Day	10
08	Rusk Employee Appreciation Day	11
09	Fire Hydrant Training at Vadodara	12
10	Fire Safety Training at our Offshore Centers	13
11	National Safety Week at Vadodara	14
12	R&R ceremony at Vadodara	15
13	YOSA at our Offshore Centers	16

Dallas Center Activities



Birthday Celebration at Dallas



Give Back at Dallas



Job Well Done, Employee Appreciation Day

Dear Dallas HR Team,

I just wanted to give a huge "Kudos"/"Thumbs up"/"Shout out", whatever you want to call it, for what Katravia Anderson our HR receptionist did in decorating our lobby.

It really looks awesome up there! When I got in and saw what she had done I literally stopped in my tracks to look around and take it all in.

You can tell she does not just do a good job; she loves her job!

Nathan Smith

Assistant Sales Coach

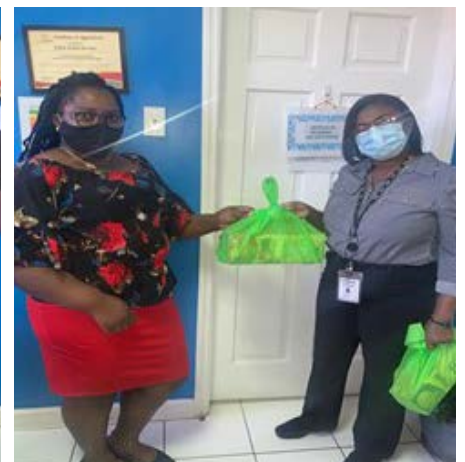
Easter Celebration at Jamaica

It is **Easter Time** in Jamaica when we celebrate the crucifixion of our Lord and Savior Jesus Christ.

April 2 & 5, 2021, are the days of celebration and it is our tradition to celebrate by eating bun and cheese and fry fish and bread in this season.

We are very grateful to the management of Etech Global Services for providing for all employees "Bun and Cheese."

Thank you Etech!!



Employee Appreciation Day at Jamaica

On March 5, 2021, Etech Montego Bay showed great appreciation by treating all WFH employees with phone credit and PIZZA DAY for all WFO employees.

All leaders gave words of love and appreciation to all employees.

We had a great time sharing and caring for each other.



Jersey Day at Jamaica

On March 19, 2021, Employees participated in our Jersey Day activities by wearing their Jersey shirts and participating in our soda drinking competition. The winner of the competition was Odaine Wallace.



SODA DRINKING COMPETITION



Jamaica Give Back Initiative- Water Donation

Etech Global Services in Montego Bay donated 4 cases of water to the Refuge of Hope. This is a homeless shelter situated in our community. They were appreciative of this kind gesture that was extended to them in this time of need.



Lufkin Etech Blood Drive

On Friday, March 12, 2021, Lufkin Etech hosted a blood drive. The Gulf Coast Regional Blood Center bus was at our center from 11:00 am - 4:00 pm. We had 11 people sign up and attempt to donate, and we had 8 successful donors! Thanks to each and every employee who signed up and gave their time to be a hero in the community!



Employee Appreciation Day at Lufkin

March 5th, 2021, Lufkin Etech celebrated Employee Appreciation Day. We gave out all kinds of snacks in the break room throughout the day. We had cookies, chips, popcorn, and drinks! Etech values their employees, and this was a small thank you for all the hard work they put in every single day!



Lufkin St. Patrick's Day

On March 17th, 2021, Lufkin Etech celebrated St. Patrick's Day. We had many employees wear green to show their St. Patrick's day spirit! We also hosted a fun game in the break room though out the day. The game was a race between employees on who could scoop out the most Lucky Charms cereal marshmallows in 1 minute.



Lufkin Etech Highway Cleanup Day

On Wednesday, March 24th, 2021, Lufkin Etech gathered together to host a Highway Cleanup Day for our monthly Give Back. The cleanup lasted 2 hours, and our team was able to work together to pick up trash along the roadway near our building. A huge thank you to everyone who participated in making a remarkable difference in our community!



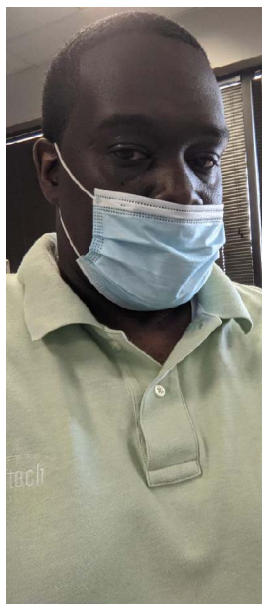
Nacogdoches Etech Blood Drive

On Tuesday, March 23rd, Etech Nacogdoches hosted The Gulf Coast Regional Blood Center's mobile donation vehicle from 12:00-4:00 pm. A total of 7 units of whole blood and one unit of plasma were collected. These donations provided the means to save at least 21 lives. There is no greater way to make a remarkable difference in our community than to give the gift of life. Thank you to each amazing employee who gave!



Nacogdoches St. Patrick's Wear Green Day

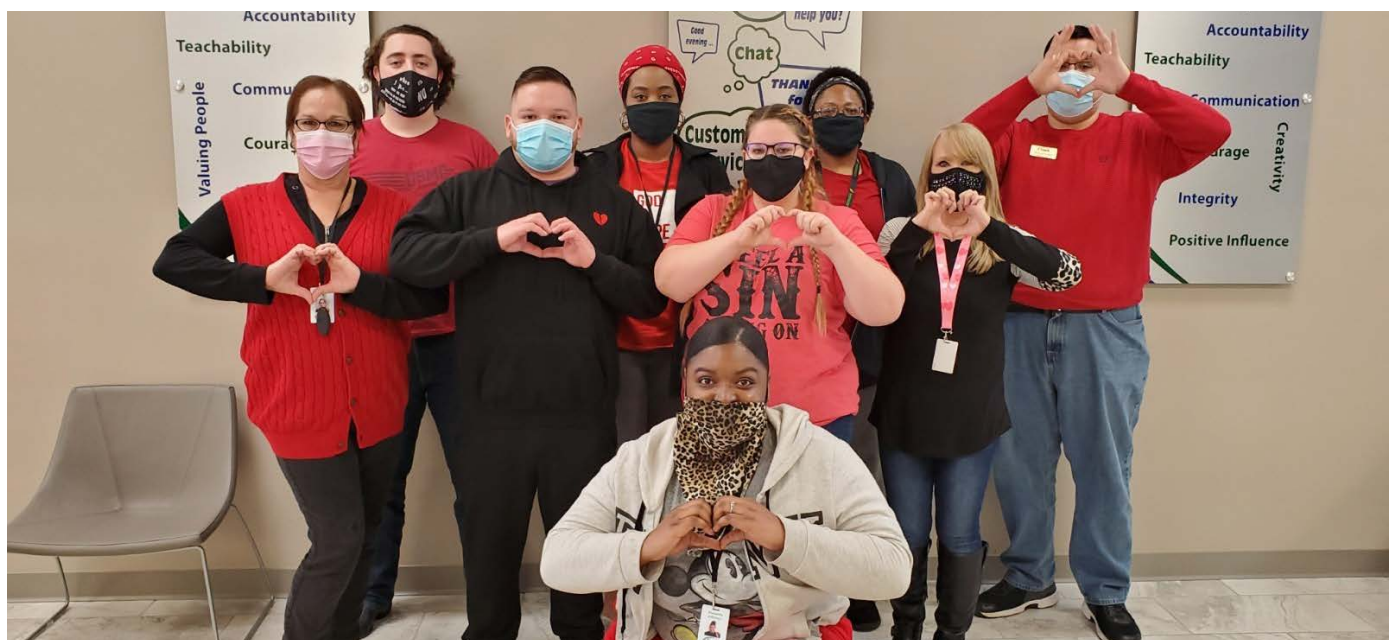
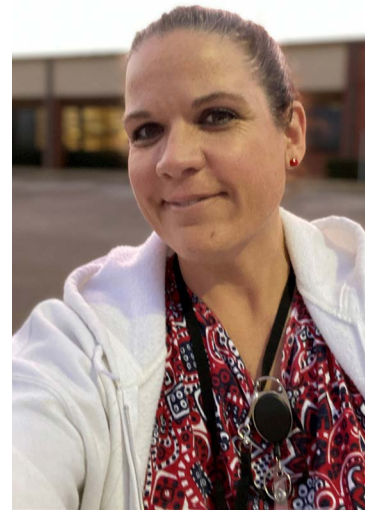
Not everyone can find the pot o'gold at the end of the rainbow, but a sure-fire way to ensure you do not get pinched on St. Patrick's Day is to wear green. Many gealgháireach (radiant/smiling) employees at Etech Nacogdoches increased their luck on March 17th, by celebrating the day wearing green.



Etech's Wear Red Week

During the month of February, Etech on-shore and near-shore promoted the National American Heart Month. What better way to celebrate a month filled with hearts and love than to focus on the real thing?

Training and Development created 4 weeks' worth of activities to promote healthy heart living including reducing stress by laughing, drinking water and exercising, teaching those around you about heart health, and of course, wearing red! Picture from across the globe were submitted throughout the first week of February to support healthy heart living.





Nacogdoches Employee Appreciation Day

To show our heartfelt appreciation to all employees at the Nacogdoches center, on March 5th, supervisors provided words of appreciation crafted specifically for each employee on their team. As a result, employees received a customized email of appreciation and a sweet treat provided by Etech to certify that every team member's efforts are appreciated.



Palm Beach Employee Appreciation Day

Palm Beach center celebrated Employee Appreciation Day on March 5th. We provided chocolate candy and drinks to our teams on-site. Supervisors and Managers created an appreciation email naming all team members as a thank you for all of their contributions to Etech's success.



Rusk Employee Appreciation Day

Our employees at Rusk Etech make us POP with Appreciation! On Employee Appreciation Day, March 5th, onsite employees were treated with a bag of popcorn and a soda. All Rusk employees were sent a flyer with customized Appreciation statements that their leaders submitted for them. Thank you Rusk employees for all you do!



Rusk St. Patrick's Day

To celebrate St. Patrick's Day Rusk employees wore green on March 17th. Many employees working in office and from home participated to avoid getting pinched!



Fire Hydrant Training at Vadodara

Always good to implement fire safety strategies and to learn more about the equipment used for firefighting. Fire hydrants are often overlooked and abused. Individuals who utilize them in several ways, often underestimate the value and purpose of a fire hydrant contrary to their real functions. [Fire hydrants](#) are very common and we can even see them daily but we either ignore them or utilize them for a convenient resting place for footrest, garbage, or just to lean on.

Fire hydrants are mainly red in color and basically above ground pumps that run off the pipeline for safety in any area. Firefighters can connect their hoses to these hydrants for availing water for extinguishing the fire. They are placed in a strategic location for aiding the fire department because they serve as an essential part of the firefighting process, as they allow firefighters for accessing a steady flow of water supply during operation. We play a significant role in knowing about the importance of fire hydrants and protecting this valuable equipment. Without hydrants, firefighters would have to face a lot more difficulties to do their job. Bearing this in mind, we had fire hydrant training at Vadodara for our team members. They were taught about the parts, working, handle the emergency, spare checks, etc. for better understanding and usage.

Thanks to our vendor for this wonderful session.



Fire Safety Training at our Offshore Centers

A key step towards safety at work is training, knowledge, and preventative measures. Knowing how to act in the event of a fire is an important skill for our employees to have. The actions of any one person are likely to impact others around them. Fire safety training is about making sure everyone knows what to do in an emergency. As a part of preventive measures, we conducted training on "Fire safety" with our facility teams at both India centers.

This was organized in collaboration with our security service vendor (DSS) Capt. Rajagopalan (Ex-Army) as well as our Fire Extinguisher vendor - Ceasefire Pvt Ltd, Mr. Dilip Goyal at Vadodara and Shirish Enterprise, our Fire Alarm and Fire Extinguisher vendor at Gandhinagar

The training covered all vital elements such as hazard recognition, prevention, and response, types of extinguishers, types of extinguishers used for a combustibile, electrical fire, etc. This training will not only help us to cope with an emergency situation at the workplace, but it will also help us at the personal front and at any public place where an emergency arises.

A big thank you to all our Vendors for taking out time and provide the important training on safety and our facility team for making this training successful and ensuring that they have the basic knowledge and utilize it when it is required.



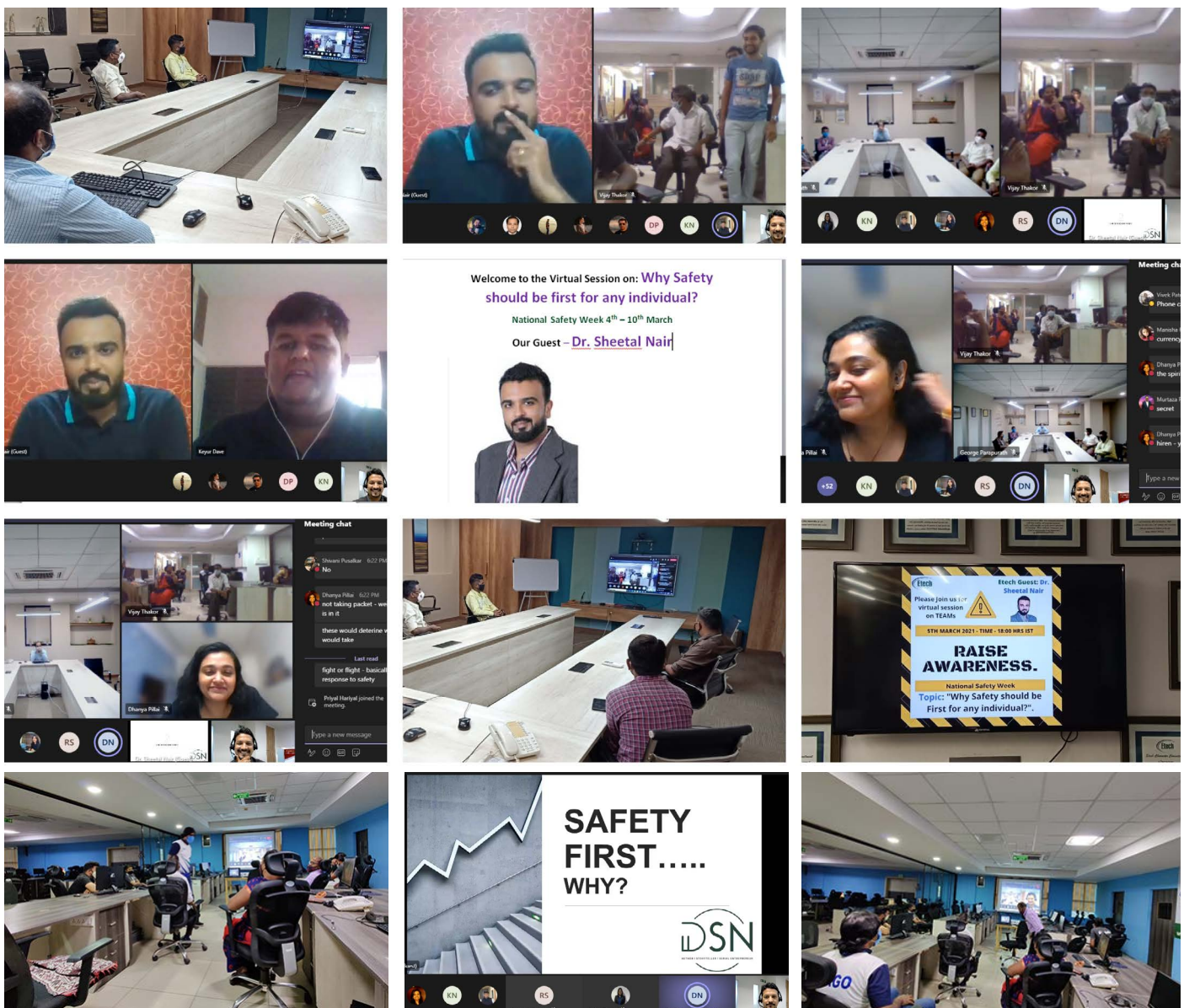
National Safety Week at Vadodara

'Safety First' is 'Safety Always.' – Charles M. Hayes

National Safety Day is celebrated on **4 March** to commemorate the foundation of the **National Safety Council** to raise awareness about the safety measures to prevent mishaps and accidents due to lack of awareness. The campaign is aimed at renewing the commitment of employees and the general public to work safely throughout the year. The ultimate objective of the campaign is to ensure the integration of occupational safety and health in work culture and lifestyle. Through various programs, the campaign renews the commitment of the employees and looks forward to greater participation of the employees in these activities.

A step in this right direction, Dr. Sheetal Nair from DSS (Detective & Security Services) conducted a virtual session on safety awareness for our team members. The purpose of this activity carried was to make people aware of their safety and to make them aware of different ways of protection.

Congratulations to the winners of Riddles during the live session: Aradhana Jha, Viren Joshi, Anupam Chaturvedi and Nikitha Bhatta



YOSA at our Offshore Centers

Employees exchange their time for work that helps the organization succeed. One of the best ways to accomplish this is through the Year Of Service Awards – An exciting annual event to recognize employees for their dedication and commitment for 5, 10, 15 and 20 years of service to the organization. Service awards show recognition and appreciation of employee's commitment to the company. Commemorating work anniversary such as the Year Of Service Award is a similar sentiment. Through heartfelt recognition shared on days of significant milestones, employees feel valued and appreciated, which can then help them experience an increased sense of engagement and loyalty to the organization.

A virtual award ceremony was conducted for both Indian locations. Moments witnessed of fun, laughter, pride, joy and celebrations all over....

Congratulations to award recipients and look forward for upcoming contributions.

