



# JANUARY 2018

## THIS YEAR WE WALKED IN MEMORY OF ONE OF OUR OWN

ALS, often referred to as Lou Gehrig's Disease, stands for amyotrophic lateral sclerosis—a progressive, neuromuscular disease that slowly robs the body of its ability to walk, speak, swallow, and breathe. The life expectancy of an ALS patient averages 2 to 5 years from the time of diagnosis.

On October 28, 2017, friends, family, neighbors, and coworkers joined together as one AAA team walking the 2 miles in support of one of our own—Dominic Martino. Dominic worked as a Supervisor in our Philadelphia fleet location. He was well liked by coworkers and Members, and was kind and helpful to all. Dominic represented AAA on many television interviews and training videos.

The Greater Philadelphia Walk to Defeat ALS® is an annual fundraiser with a goal to help raise enough money to defeat ALS and support those affected. The October event was a success, raising over \$350,000.

## IT'S A SOCIAL WORLD - STAY CONNECTED

There are many advantages to social media. Among them are: gaining more insight into an organization, networking, and finding a new job.

We have plenty to say at ACA on many platforms. Stay connected and learn about Membership benefits, new CCIT stores opening, travel tips and tricks, or what we are doing in our local communities.

- **Twitter** (<https://twitter.com/WorkwithAAA>)
- **LinkedIn** (<https://www.linkedin.com/company/16552?trk=tyah&trkInfo=tarId%3A1398966923276%2Ctas%3Aaaa%20mid%2Cidx%3A1-1-1>)
- **Facebook** (<https://www.facebook.com/AAAMidAtlantic>)
- **GlassDoor** ([http://www.glassdoor.com/Overview/Working-at-AAA-Mid-Atlantic-El\\_IE285070.11,27.htm](http://www.glassdoor.com/Overview/Working-at-AAA-Mid-Atlantic-El_IE285070.11,27.htm))

One note on Facebook; choose "Friends Only" on your privacy settings so potential employers won't see personal information you don't want to share.

Jump in! Use social media to create new connections, find companies that are hiring, get information on hiring managers, let your network know you're looking—and what you're looking for. You never know when one of your connections will connect you with your next great job.

## A GREAT PARTY. A GREAT CAUSE.

On November 18, we enjoyed taste-tempting cuisine and dance-like-no-one's-watching music, NASCAR and photo ops, unique auction items and fundraising at the **Reved up for Safety, Fall Social & Fundraiser**.

The evening got started deliciously with the Speedway Specialties Reception at 6pm and headed down the straightaway with chatting, laughing, and having our photos taken with our famed No. 3 AAA Chevrolet and other NASCAR memorabilia. We danced to the tunes of celebrated DJ Jimmy T and had a great time bidding in the auction before the checkered flag was waved at 10pm.

Here are a few highlights of the evening as told by two of our attendees:

"I most enjoyed seeing Austin Dillon's car and the interactive race track. That was fun! I was most moved by the video of the father talking about his son's fatal traffic accident; it reminded us all why this event and the Safety Foundation are so important."

-- Kimberly Jones, AAA Associate

"We're proud to support the Safety Foundation. There is great value in the Foundation's programs when it comes to keeping our roads and pedestrians safe."

-- Dennis Brown, Sponsor, 16Over90

All proceeds from the event will help support the [Mid-Atlantic Foundation for Safety and Education's \(/traffic-safety\)](#) teen driving safety programs.

## YOUR NEW YEAR'S RESOLUTIONS AND YOU

Welcome to January, 2018. Have you made any resolutions this year? If so, how are you doing so far? If not, making a few resolutions could help you set some goals and improve your quality of life.

The start of a new year is the perfect time for self-reflection and choosing a meaningful goal (or goals) that can really make a difference. The most popular resolutions include losing weight, making better financial choices, quitting smoking, spending more time with family, and doing more to help others.

Once you've chosen your New Year's Resolution, here are some tips to help you stay on track and achieve your goals:

1. Celebrate every win along the way.
2. Don't let small set-backs get you down. Keep at it.
3. Enlist support from your friends and family.
4. You can't eat an elephant in one bite. Nibble away at it a bit at a time.
5. Do your research. Determine what steps are needed to reach your goal.
6. Make achieving your goals fun. Give yourself healthy rewards.

Most of all, remember why you chose this resolution and how good it makes you feel each day to get closer and closer to your goal. Happy 2018! You can do it!

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