



*“The Partnership TMA of Montgomery County is a non-profit organization that collaborates with public and private sector partners to **EASE** traffic congestion, **ENHANCE** transportation options, **EDUCATE** and **ENGAGE** the community on the issues of land use, the environment and healthy lifestyles.”*



## Turnpike News

The #PATurnpike is no longer accepting cash/credit on its mainline ticket system statewide and will temporarily activate All-Electronic Tolling (AET). This temporary measure is to protect employee and the public health due to the COVID-19 pandemic. Therefore:

- Do **NOT** stop at tollbooths, travel at posted speed limits through toll plazas.
- Cash and credit cards will **NOT** be accepted anywhere on the mainline ticket system. Non- E-ZPass customers should continue to use lanes marked "Tickets" on entry and "Cash" on exit. You will be billed via E-ZPass or by mail through PA Turnpike TOLL BY PLATE. Cash will still be accepted on the Mon-Fayette Expressway (PA Turnpike 43) via Automated Payment Machines. For more information on AET please visit: [www.nocashzone.com](http://www.nocashzone.com)

## SEPTA Update

SEPTA is operating on an enhanced Saturday Schedule service level plan including added service for the Cynwyd line and Wilmington/Newark service ending in Newark. Trains will run on a regular weekend schedule this weekend, March 21 and 22. For the new service information visit SEPTA at [www.septa.org/service/rail/midday-schedule.html](http://www.septa.org/service/rail/midday-schedule.html)

## Teleworking Tip – Get Up and Move!

Just because you are working from home does not mean you have to sit at your work station all day long. You don't sit for the entire 8 hours in your office – so why do it at home?

Take a break, enjoy the sunshine and walk around the block. Fresh air helps stir your creative juices so when you feel blocked or just can't concentrate break up the day. Or maybe take a dance break – have Alexa put on one of your favorite songs and move that body. Get up and stretch, roll your neck from side to side or chase your children around the house. It will be good for you and surprise them as well!