



'Round the RiverBend



December 2016

WHERE EVERY DAY IS A CHANCE TO LEARN SOMETHING NEW

IN THIS ISSUE



and mysteries like NCIS are most watched by me. I also collect books, CDs & movies.

I am in ProjectSEARCH because Pearl Buck Center is going to close down their production facility, but I really want to learn some new skills and get a job at the hospital. I like food services a lot. I'm looking forward to getting a job and supporting myself.

I was at Pearl Buck Center for just a little over a year. It flew by maybe because I enjoyed it so much. I really liked counting and sealing honey sticks and meeting Glory Bee standards and packaging Yogi Tea and seeing it in the stores.

I would like to work in one of the kitchens, after ProjectSEARCH, but I haven't experienced the other two internships yet and really like seeing the work that I can do.

I liked working in the kitchen. The thing I liked doing there the most was pulling the clean dishes. I look forward to seeing what I will learn in the ER next.



Spotlight on Tory

by Trisha

Hi, my name is Tory; I was born in Medford and grew up in Veneta, OR. I graduated from Willamette High School and attended LCC as well. I went to Pearl Buck Center after LCC. I have a brother, and I have several chickens that I care for and get their eggs.

I like to write fanfiction and I have been riding horses since I was in the 4th grade. I also enjoy Rock n Roll. Joan Jett is one of my favorites. I love movies and I go to the theater once a month unless I can go more. I also enjoy T.V. a lot. Doctor Who, Sherlock,



What Are 'Soft Skills'?

"What people get admired and appreciated for in community are soft skills: their sense of humor and timing, their ability to listen, their courage and honesty, their capacity for empathy." ~M Scott Peck

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Warm Wishes

~Wishing you a season filled with merriment~

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Caught in the Act!

Catch the Energy. Release the Potential! Look who was caught in the act.

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Balancing Act

"Focus on learning the true value of money and how to be responsible for your own." ~Matthew Walker

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Informational Interviews

This transition wasn't easy for us, but we are learning all sorts of things

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What Are 'Soft Skills'?

by Susan



Definition of Soft Skills and Hard Skills:

***Soft Skills** are personal attributes that enhance an individual's interactions, job performance and career prospects.

***Hard Skills** are about a person's skill set and ability to perform a certain type of task or activity.

Some people say that hard skills will get you an interview by you need soft skills to get (and keep) the job.

Some examples of soft skills are: Problem solving, communication, time management, motivation, learning, planning, managing, listening, self-management, integrity & honesty, commitment, and the ability to get along with others.

Soft skills to me are being quiet when in the hospital, being respectful, interacting with other people, dressing professionally, having good hygiene, being polite and being on time. These things are important when doing your job.

I've learned to not be loud in the hospital so that the people who are really sick can have the peace they deserve. I've also learned to respect people's boundaries and to ask before hugging someone.

ProjectSEARCH continues to teach us the soft skills we will need to find a job and keep it when the internship is over.

We are all really lucky to be able to have this program in the hospital and all of the people that we work with to help us to learn all of this so when we find a job we will already know what is expected of us and we can work on doing a good job.

Warm Wishes

by the ProjectSEARCH Interns

With the various holidays fast approaching and the weather turning colder we asked the interns what their wishes are...

"I wish to be with my cousins, family, parents, brother, aunts & uncles and grandparents and my dog-Gustopher." - Alex

"I want everybody to have peace and I would wish for gift cards, too." - Susan

"To be surrounded by family and friends." - Tory

"I wish that my family could get along." - Jamie

"I wish for a committed relationship." - Jordan

"I wish my grandpa was still with us, and that my grandma will be happy and I wish for myself and my family to be happy & healthy. This is bigger, but I also wish for World Peace." - Amber

"I wish I could go on a road trip to Disneyland!" - Trisha

"Snow! And that everybody could get feeling better." - Shea

"I wish my family happiness." - Maggie

"To be with my family." - Karissa



Caught in the Act!



Jordan was caught by Brian Cherry. "Jordan was given different instructions by 3 different supervisors. I was very impressed that he didn't get stressed, instead Jordan waited and went to his lead supervisor for clarification."



ProjectSEARCH interns have been learning how to make deposits, withdrawals, and balance accounts, using money they receive to purchase their lunches on Fridays.

of those who assist with this.

The interns are also learning how to budget their money by spending only what they have.

In ProjectSEARCH we feel that being independent is a powerful way to live. And knowing how to manage your money is a good place to start.



By Trisha

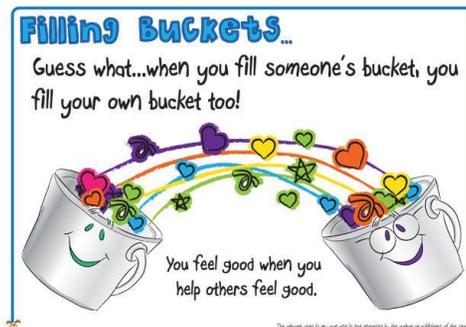
We read the book "Have you Filled a Bucket Today?" by Carol McCloud. In that book we learned that we all carry an invisible bucket that is filled with our feelings. When our bucket is full, we feel really good. When our bucket is empty, we feel sad.

A bucket-filler is someone who says or does nice things for other people or someone who smiles and is a very nice person. By doing this, they are filling other people's buckets and filling their own bucket too.

We don't want to be bucket dippers because that makes people feel bad. A bucket dipper empties their bucket when they say and do mean things. And they empty other people's buckets, too. That's not nice.

We are learning to be bucket fillers not dippers in the ProjectSEARCH. Whenever we do something nice for someone or say something nice to someone we put a marble into our little bucket that we all have and when we fill our buckets we will dump the marbles into a big pail. When we fill the big pail we will get a free class day and watch videos or get off early!

This game will help us to remember that we need to always be professional and nice to others. I am going to get along with my co-workers, so I can fill my bucket and maybe get to watch some fun videos.



Balancing Act

by Leaury

As the instructor for ProjectSEARCH at PeaceHealth RiverBend, It's my job to make sure that the interns learn about several topics. The units that we will cover over the span of the program are: Team Building, Workplace Safety, Technology, Self-advocacy, Maintaining Employment, Financial Literacy, Health & Wellness, and Preparing for Employment.

My task is to address these topics with the interns so they are better equipped to handle a paying position within the community at large. We find that many of the people that we work with don't have sufficient experience to help them to navigate the working world in a powerful manner.

I often find myself juggling some of the information and presenting as the need arises, however, one of the things that the interns have been working on and will continue to work on throughout the program is learning to manage and spend their lunch money.

The interns have been learning how to fill out deposit and withdrawal slips. They have to balance their "bank books" after every transaction. They are even keeping their lunch receipts and filling out an expense report.

This is challenging for most of the interns, but we have six more months to practice and gain a clear understanding of what goes on when you get paid and deposit your money into the bank or what to do when you want to take some money out of your account or how to keep track of the money that you spend.

These skills are important even if the interns have someone who helps them with managing their money, it is still important for them to know the process and be able to ask questions

Goals for the Next Rotation...

by Interns



"Not to be nervous. Be professional & get to know my coworkers in the ER." ~ Tory



"I hope to do a good job in Distribution-Materials Management." ~ Maggie



"To learn where all the stuff goes in Linens." ~ Shea



"To not be tempted by food in Imaging." ~ Trisha



"Help people & try to be [work] independently in the Anesthesiology Clinic." ~ Alex



"To be open to learn and experience the kitchen, act professional & keep smiling and be safe in the Kitchen." ~ Amber



"To actually do things how they need to be done, and be alert & professional and helpful in the Cafe." ~ Susan



"To learn how to be successful in my job in EV Services." ~ Jordan



"To not talk as much and get to know how to do the job in Surgical Short Stay." ~ Jamie



"My goal is to work hard in Sterile Processing" ~ Karissa



LEARNING ALL ABOUT SUGAR.
DID YOU KNOW THAT THE RECOMMENDED DAILY INTAKE OF SUGAR IS 6 TEASPOONS?

THINGS WE HAVE BEEN LEARNING

We have been learning all about sugar and how it affects us and our bodies.

"We have turned sugar, a biochemically harmful substance into a comfort food, using it as treats for rewarding good behaviors" -Dr. Frank Lipman

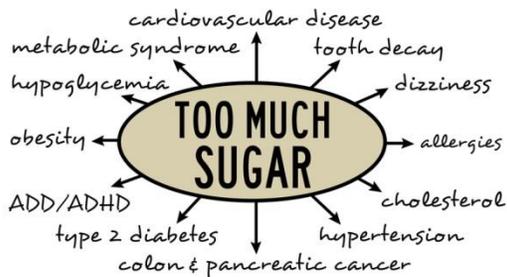
FAST FACTS

74%

Percentage of added sugar hiding in packaged foods

100%

Percentage of the daily allowance of sugar eaten during breakfast by many Americans



AND THE WINNER IS.....

The winner of our 30 day water challenge is **Maggie**. She will receive a travel mug and a gift certificate to Dutch Bros.

Everyday I'm Guzzlin'



Informational Interviews

by Jamie

What is an information interview? An informational interview is asking a business person what he/she did previously before they were hired at the job they have now.

What is the hardest part about interview? I think the hardest part is making eye contact and speaking so I can be heard. It's a challenge for a lot of people, not just myself.

How does an interview and informational interview differ? An interview is something that you go to look to see what businesses are hiring or not. An informational interview is something where you are only getting information about the business, not being hired.

Can you get practice from an informational interview so you know what to say for a job interview? The answer is Yes. People may at first be nervous and break down, but an informational interview can help relieve the stress and pressure and get you ready for a job interview.

We all did informational interviews with someone here at the hospital We also went out and did some with business people who work in areas that we are interested in finding out the types of jobs found in those businesses

. I found out that my supervisor in linens has a degree and feels that his time in the Marine Corps has helped him in this position. He told me that he enjoys problem solving and analyzing which he feels is one of the most important aspects of his job. I also found out that he likes working at PeaceHealth, because he likes helping people.

Talking with him made me think more about what I want to do for work and I realized that there are many ways to find a job that fits you.

Informational Vs. Job Interviews

Informational Interviews:

- No expectation of job offer
- Focus on gaining knowledge
- Interview may be with someone without hiring power.
- You are the interviewer.

Job Interviews:

- Main focus is promoting yourself for a specific job opening
- You are the interviewee.

