

 WHERE EVERY DAY IS A CHANCE TO LEARN SOMETHING NEW

IN THIS ISSUE



## Spotlight on Karissa

by Karissa

Hi my name is Karissa and I work in Sterile Processing and its AWESOME! Whenever I'm not working I enjoy spending time with friends, sleepovers and watching TV shows on Netflix or YouTube videos, and playing games on my tablet. My favorite color is black, pastel black, dark black, light black and shaded black. My favorite music is Black Veil Brides/Andy Black.

I sometimes laugh very hard and have my ribs hurt cuz I enjoy reading Garfield comics and looking at funny cats online. I'm very nice and sometimes shy, but once you get to know me I'm just chill.

Between 2014 and 2016 I worked at Pearl Buck Center. I enjoyed doing honey stix, the cereal line, TGI (sponges)

and Stanley Steel. I helped others (including my friends) and handled pushing heavy carts.

In ProjectSEARCH I have learned new skills and am excited to be staying in Sterile Processing for my 2<sup>nd</sup> rotation. All the people love me there. I really enjoy that it is peaceful and quiet because that is how I like to work. I like talking to coworkers and saying good byes when I get off.

I wasn't scared or nervous when I first arrived at the hospital because I got to know a lot of people in my department and make cool friends.

I have enjoyed learning about safety, the water challenges and learning bout banks and money. My job coach Lorie is the best teacher and coach.



My advice to new interns would be- Don't let fear stop you from learning the real life of working and always stick together and be a team.



### One little Word

"A single word can be a powerful thing...It is chosen to focus on, meditate on, and reflect upon as you go about your daily life." ~Ali Edwards

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### Letting Go

"The fear that once controlled me, can't get to me at all. It's time to see what I can do, to test the limits and break

through. No right, no wrong, no rules for me. I'm free!" ~ From Frozen

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### Time for a SODA Break

An acronym for a simple problem solving method that is easy to learn, understand and use for any situation.

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### Bridging the Gap



"Be aware there is a gap between hopes and action. This gap is that of our fears, perceptions and inhibitions. Performing at the peak is about bridging this gap." ~Mithilas Chudgar

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# Interns Shadowing Interns

by Tory & Shea

In order to have the interns feel some responsibility (and see their next rotation through the eyes of a peer) in this program we decided to have them shadow each other and train their fellow team-mates. Two of the interns were asked to share their experiences...

*"On my second rotation I am moving from the patient Kitchen to the ER. I really loved the kitchen it has a fast pace and there's always something to do there. Amber took my place in the kitchen for this next rotation.*

*Amber came from Imaging to the kitchen. They're both very different places to intern in. Amber shadowed me for only one day. I showed her the order of the day. You have to be ready to work and Amber was. Usually I would start my day off doing pots and pans but, with only one day of training for Amber, we had to start with entrees for the patients' lunches. I wish I had more time to help Amber learn the routine in the kitchen. The staff in the kitchen was very helpful when I was learning my duties and I'm sure they will help Amber also. One day was not enough time for Amber to learn everything that I learned in ten weeks But she was eager to learn and she helped when she felt capable of doing the job. Amber was a very good student and I hope I was a very good teacher." ~Tory*

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*"The second rotation started December 12, 2016 with me finishing my rotation in ER (Emergency Room) and starting in Linens. With the size and heaviness of the linen carts, there was about a 3 week delay of beginning my rotation, as the supervisors and job coaches brain stormed on a lighter cart and carving out a job for me in linens.*

*During this time I was asked to show Tory 'the ropes' of the ER rotation. For about 2 weeks I worked alongside Tory, explaining everything that needed to be done each day in the ER. I shared what I learned with Tory. It was fun and easy. I hope that tory enjoys her time in the ER as I finish my time in linens, now." ~ Shea*



# One Little Word

by The ProjectSEARCH Interns

January is a time for resolutions, setting goals or dreaming of the future. The interns were asked to think of a word that would color their world throughout the rest of the year. Here are their responses...

- Karissa ~ **Safety**
- Tory ~ **Focus**
- Maggie ~ **Health**
- Jamie ~ **Happy**
- Alex ~ **Independence**
- Susan ~ **Health**
- Amber ~ **Exercise**
- Jordan ~ **Forward**
- Shea ~ **Driving**
- Trisha ~ **Honor**

Feel free in reminding us when we forget. Because we ALL need a little help from our friends.

# Safety Report

by Jordan

In December we had a presentation on Safety given by Mark Marzullo – the safety guy at Pearl Buck Center.

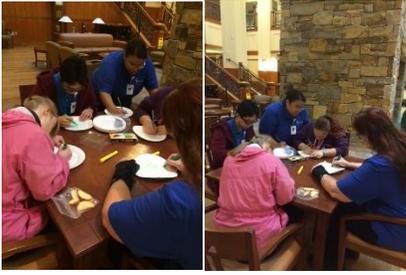
We learned: "Don't stand in front of or behind equipment because you could get hurt, use the proper cleaning supplies on your job and at home, wear protective eye cover to protect your eyes from any harmful chemicals & use locks for your equipment and turn your equipment off."

The main thing to remember is that Safety Starts with EVERYONE!



## Caught in the Act!

Shea was caught catching her energy and releasing her potential! The ProjectSEARCH skills trainer, Tamathy, witnessed Shea taking initiative to help unload a delivery truck and look for ways to help others. YAY! Way to go above and beyond, Shea.



Amber leading the class in an exercise that she designed on her own. Pictured left to right; Trisha, Maggie, Amber, Shea and Susan

# What I've learned about life so far in ProjectSEARCH

by Amber

Going into this internship I knew it was going to be hard. But I never knew how HARD. Having an internship with ProjectSEARCH at Riverbend Hospital can be stressful! I can't sugarcoat things. Being expected to act like a grown up is hard. I would find myself crying or wanting to give up and quit 'cause I thought I was a failure and I was letting my depression get in the way.

But I couldn't give up because it was something I really wanted. I LOVE helping people. And I want to make my grandma and grandpa (May he rest in peace) proud. Everyone in my family was proud that I got an internship. And I knew that the skills trainers saw something in me!

When I first started I was in imaging. It took me out of my comfort zone. I never had to work this hard for something. But I learned a lot from the Imaging staff, like what modified barium swallow (MBS) is –when a person ingests foods and liquids containing barium sulfate, it shows up on the X-ray film. I just thought it was really neat to see. I wish I had socialized more in that department and let them see the real me.

Now I'm in the Kitchen. And I love it! If it has to do with food then count me in. But the kitchen staff has so many different personalities. It's where I can show who I am as a person but also be serious about working.

I realize what pace I can work at and the wonderful SKILLS I learned so far, like how to be & act professional but still be myself, better customer skills, plus how my smile can brighten a person's day. I'm finding out that I can accomplish my goals of finding a good paying

job and do something I'm really good at, and to keep learning more useful skills. I would really love to work at a craft or book store! Since I'm really into both of those things.

I feel that I have grown as a better person and thankful for ProjectSEARCH and PeaceHealth. On rough days I find myself thinking, "Rome wasn't built in a day and neither will [my time in] ProjectSEARCH!"

## Time for a S. O. D. A. Break

by Alex & Leauriy

Sometimes people don't get along. And sometimes people have a hard time figuring out how do something. In our class we have learned a way to help solve a problem. It's called S.O.D.A. (that's an acronym. That means that the letters stand for something else.)

### SODA

stands for **Stop, Observe, Decide, and Act**

**STOP** don't react just wait, so you can...

**OBSERVE** what's going on. Are you safe or in danger. Is this situation urgent or not?

**DECIDE** what you could do, what will happen if you do...

(Try to come up with a few ideas and figure out what the outcomes will be if you followed through)

**ACT** on it by picking your best choice and see what happens

This method isn't just for when things go wrong we can use this for Anything, like when someone is embarrassed, or when someone is late for work, or when someone doesn't know how to talk to another person or wants to ask someone out to lunch.

If you see an intern struggling with a situation, suggest that they take a **SODA Break**.



I guess we can always use a S.O.D.A.



## Letting Go...

by Interns



"I'm letting go of eating Junk Food." ~ Susan



"I am letting go of being upset about Breaking-up." ~ Jordan



"I'm letting go of the Sadness of missing my parents." ~ Maggie



"I am letting go of Drama around me." ~Shea



"I'm letting go of Eating things that aren't good for me." ~ Trisha



"I am letting go of being Immature" ~ Jamie



"I'm letting go of Stress" ~ Tory



"I'm letting go of Attitude." ~ Alex



"I'm letting go of Fear." ~ Amber



"I am letting go of Fights." ~Karissa

## LEARNING ALL ABOUT



DID YOU KNOW THAT 48% OF PEOPLE LIE AWAKE AT NIGHT DUE TO STRESS?

### THINGS WE HAVE BEEN LEARNING

Stress is one of the scariest things about our work. Stress causes major damage to your health, and can lead to burnout. It's important to stay mindful of all of this, and do everything in your power to stay stress free.

"Stress is an alarm clock that lets you know you're attached to something that's not true for you." ~ Byron Katie

### FAST FACTS

76%

People who cite \$ and work as leading causes of stress

87%

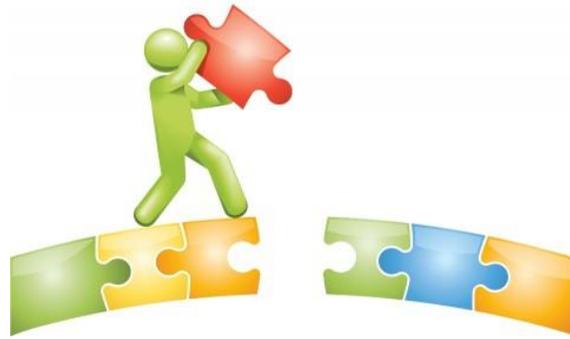
Of workers worldwide emotionally disconnected from their workplace

### What can you do about it?

Here are some activities you can do to reduce stress and increase productivity



Did you know?... Scientists claim that classical music's tempo is similar to the human heart, which eases both anxiety and depression.



# Bridging the Gap

by Leauriy

One of the ways that the Skills Trainers, mentors/Managers, and parents/home staff can help the ProjectSEARCH interns is by working together. If there are any things that the interns need to learn, are finding hard to understand or are refusing to do because they don't feel comfortable. Letting the skills trainers know will give us insight into what types of lessons that we can teach the interns as a group.

For instance we met with the supervisors in Distribution and learned that Maggie didn't want to use a box knife because she was afraid that she would cut herself. We talked to the interns in class about the importance of learning as much as possible while in this internship where they have the chance to learn some useful skills in a safe and caring environment. We also had the safety coordinator from Pearl Buck Center come in and speak with the interns about the safe way to use a box knife. And we plan on having a hands-on class where the interns will practice with box knives, pocket knives and dinner knives so they have an experience of using various knives in a safe manner.

Most of our interns just lack experience and then shy away from activities that they have been told might harm them. They may even have had a bad experience and that one lingering exposure informs their choices.

We feel it is our job to help the interns find solutions that will broaden their knowledge and experiential exposure, opening up a whole new world and giving them access to more possibility.

By working together we can help the individuals overcome many of the obstacles and road blocks that can hinder their success in the working world.



Maggie using a box knife