

THE PROJECT SEARCH POST

Individual Progress for Unique Success



To: You
From: Us

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IMPORTANCE OF GRATITUDE

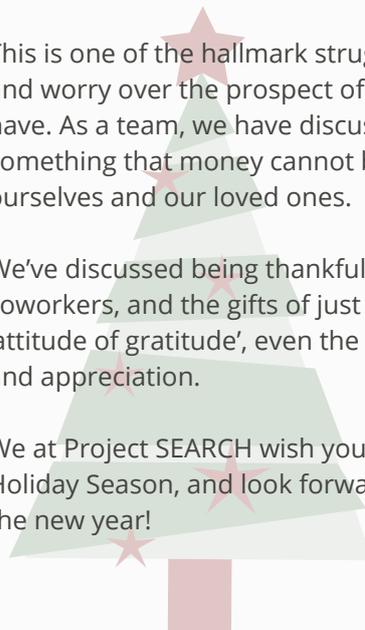
Written by Heather H

Recently, I read something I felt was incredibly impactful: If the only things you had tomorrow were what you were grateful for today, what would you have? WOW. What would I have? Would I have the house I constantly fuss at? The clothes I complain about? How about my family? My job?

This is one of the hallmark struggles of this season; we purchase, stress, and worry over the prospect of 'more', without seeing the bounty we have. As a team, we have discussed contentment, and that it is something that money cannot buy. It's something we find within ourselves and our loved ones.

We've discussed being thankful for our opportunities, our jobs, coworkers, and the gifts of just being. When you approach life with an 'attitude of gratitude', even the smallest things become worthy of notice and appreciation.

We at Project SEARCH wish you and your families a gratitude-filled Holiday Season, and look forward to sharing our progress with you in the new year!





DEPARTMENT SPOTLIGHT

Written by Justin R

For this month's Department Spotlight, we will be focusing in on SPD (Sterile Processing Department) in an interview with one of SPD's own Jordan M. This department focuses on the handling of surgical equipment before and after surgeries.

They are responsible for cleaning, sterilization, and overall maintenance of each tool so it's safe for the patients.

The typical workday can consist of many tasks depending on your position, such as decontaminating (which is cleaning blood and bone from the instruments), loading canisters with surgical supplies, wrapping, and loading carts for scheduled operations.

We all work together as a team to get everything done, some days can be quiet, while others are chaotic and rushed, but we all work hard and support one another, to get doctors what they need.

To work in this sort of environment you have to be able to handle pressure, and must be a detail-oriented team member, such as knowing the importance of getting the right tool's sterilized and making sure doctor's receive the correct sterilized tools. This career path can lead to a multitude of different opportunities in the future.



Christmas is like candy; it slowly melts in your mouth sweetening every taste bud, making you wish it could last forever.

Richelle E. Goodrich

WELLNESS

Written by Justin R

This meditation exercise was created to demonstrate how things in real life can bother you, and how to get rid of stressors. Here is an example of a meditation exercise.

“Close your eyes and take a deep breath ‘inhale’ and ‘exhale’, imagine a place you feel safe and happy. Here, you are alone or with loved ones, you are at peace with your surroundings. You see a red cloud coming towards you, as it moves closer, you notice that your happy place is disappearing. Now imagine a jar, it can be any shape or size, with it you can capture the cloud. Once inside you see that the red cloud was created by stress and worry.

You open a door, then toss the jar through the door. Finally, you can extend your arm and envision that same jar in your hand, open your eyes and see the jar in your hand. Put it in the garbage, now it’s gone. You feel your mind and body return to its original peace of mind.



It is not professional to ‘friend’ your co-workers, bosses, mentor, or teacher on social media as you are interning in Project SEARCH.
Justin B

I am enjoying stocking coolers and meeting new people
Zack W.

INTERN INSIGHTS

Written by The Team

Having the opportunity to make new friends’s in our department and having a good attitude at your job with your boss and co-workers.
Delilah T.

Making omelets and burgers on the grill is really fun.
Brandon U.

We have learned the importance of completing forms and making them legible.
Michael H.

LEARNING LAB

Written by The Team

This quarter we have been working on money management skills, learning what it takes to rent an apartment, credit cards, and the importance of working toward a strong credit score.

We also covered reading food labels and how important it is to understand the percentages listed. Additional labs covered how to put together a letter of resignation.



BENEFITS COACHING SESSION

How do wages from a job impact Social Security?
How do I qualify for Social Security? What programs
are available as I transition to the world of work?

If you have questions regarding your benefits, how
to obtain them, or would just like more information,
please plan to attend this coaching session!

Parents, teachers, and students are all welcome.

Benefits Specialists will be on hand to help answer
your specific questions.

For more information call Heather H.

Wednesday

December 19, 2018 6:00 - 7:30 pm

Rapid City Regional Health
353 Fairmont Blvd.
Rapid City, SD 57701

East Auditorium A



CHEF'S CORNER

Brandon's Quesadilla Recipe

Ingredients:

- 2 large tortilla's
- A hand full of shredded 50/50 cheese
- A hand full of diced onions
- 5 slices of pepperoni
- 7 slices of jalapeños

Directions:

- Turn oven to medium heat
- Get a flat pan
- Place the tortilla on the pan
- Layer the ingredients onto the tortilla
- Place second tortilla on top
- Flip once after 5 minutes
- Wait until both sides are brown
- Put on cutting board and cut with a pizza cutter
- Eat and enjoy!



Suggested Christmas appetizer idea