

# THE PROJECT SEARCH POST

Individual Progress for Unique Success



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## SPRING IS IN THE AIR

Written by Heather H.

Spring has Sprung! Well, sort of. For every nice day we've had, it seems like there is rain, a cold wind, and possibly...snow?! We long for nice warm days, green grass, and flowers starting to bloom. But sometimes, that's not quite how it works. Sometimes, the path to spring is longer or more fraught with storms and cold weather. In much the same way sometimes our path to employment can have bumps and barriers. We get turned down for jobs, we bomb an interview, we can't even get our foot in the door!

Even though challenges arise, does that mean we give up? That we're hopeless, and we'll never find a job? Of course not! From the great Vince Lombardi, "Winners never quit, and quitters never win". That resilience, the desire to keep going, to push through, is what makes our Project SEARCH professionals such valuable employees. They have learned to keep going. Even though another storm will hit, the snow will fly, that promise of spring that we know is on its way, keeps hope in our heart. We know the best is yet to come. Those careers are one job interview away.

Enjoy our second to last edition! We've had lots of exciting things happen we'd love to share with you!

# INTERVIEW WITH DIETARY

Written by The Team

For this month's Department Spotlight, we are featuring Dietary Project SEARCH Interns had the opportunity to interview Bruce, the mentor for the Dietary department.

Michael: What is your favorite part about working in Dietary?

Bruce: "Cooking Food!"

Michael: What is one of your favorite foods you like to cook at home?

Bruce: "I love cooking Pork Loin."

Justin B: What additional jobs do you have in Dietary?

Bruce: "My job is to oversee the area and fill in if any staff are gone or if extra help is needed."

Zack: What are your thoughts about working with Project SEARCH interns?

Bruce: "This is my first time working with Project SEARCH. The biggest surprise about working with Project SEARCH interns is how well they are willing to take instructions from their mentors. Brandon and Zack have both moved out of their comfort zones by adding additional tasks to their jobs and are no longer needing to be told what the next task is."

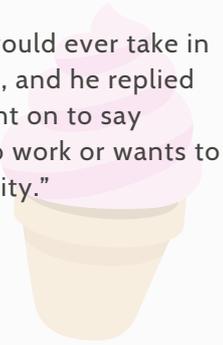


Justin R: Do you like your working environment?  
Bruce: "Yes, I like talking to all sorts of people so that a place like a Hospital that can be so serious, I like to ease the tension and make the environment fun to work."

Michael: What are some plans for the future of Dietary?

Bruce: "We are looking at adding another Greenhouse to add more locally grown fruits and vegetables. We are also looking at securing additional resources for adding local beef to the Regional Health Menu."

Finally, we asked Bruce if he would ever take in future Project SEARCH interns, and he replied with a definite yes, and he went on to say "Anyone who has the ability to work or wants to work should get that opportunity."



When your day doesn't go as planned, be flexible and adaptable! and know it will all work itself out.

Michael H.



Interns are gaining confidence in their skills and are showing more comfort in contributing these skills in the Rotations that they are working in. Making them valued team members.

Pam J.



## INTERN INSIGHTS

Written by The Team

Working will make you steady but working hard will make you successful.

Justin R.



Having the opportunity to experience different rotations has been different, I have appreciated the challenge  
Justin B.



Planning for your future can feel stressful, but having a path in mind can help lead to success!

Heather H.





# Congratulations

JUSTIN R & ZACK W  
FOR GETTING HIRED WITH  
MORRISON AT REGIONAL  
HEALTH  
YOU WILL BOTH DO GREAT!

## MEET & GREET OPPORTUNITY

ASK QUESTIONS OF OUR LOCAL AGENCIES THAT ASSIST INDIVIDUALS WITH DISABILITIES WHO ARE TRANSITIONING TO ADULTHOOD.



TUESDAY  
APRIL 9, 2019  
5:30 PM - 7:30 PM



RAPID CITY REGIONAL HOSPITAL  
IN THE WEST AUDITORIUM

353 FAIRMONT BLVD  
RAPID CITY, SD 57701

## CPR/FIRST AID CLASS

Written by Justin B.

Project SEARCH Interns recently became certified in First Aid and CPR. Interns learned how to perform the Heimlich maneuver on someone who is choking, and learned what to do when someone comes in contact with hazardous chemicals. It is important to call for help if things get out of control.

CPR is used when a person is not responding. Interns learned to check for breathing, call for help and do compression's until help arrives, or until the person starts breathing again.

In our First Aid training, we learned how to assist with multiple situations and injuries. For example hazardous spills on the skin, tooth injuries, or someone in shock. Interns also learned to suppress bleeding and learned how to clean various wounds.

By using an AED along with CPR you can increase the chance to save a person's life. In order to do that, you need to locate the AED. Did you know that there's an app for that? It's called Pulse-Point AED, this app can help you locate the nearest AED, which can be found almost everywhere. Overall, this can help you save a life.





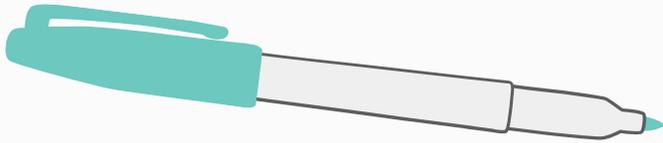
# APPLICATIONS & INTERVIEWING

Written by Justin R.

In order to get a job, there are two things that everybody needs to know how to do. Filling out the application for the job you are applying for and going to the interview. The application is the first thing an employer sees; it describes your past work experience, then your education. Next is a set of skills (make sure that the skills that you are listing will apply to the job your seeking). Finally always list your contact information, phone number, email, and address.

After the application is sent and you have been notified that the employer is interested they will set-up an interview. Wear clothes that relate to the job you are applying for, a nice dress shirt and pants are most preferable and the safest bet. When the interviewer asks a question use the STAR method (situation, task, analysis, and result).

Remember the rule of threes, if a question like “describe yourself” is asked give three examples, it could look bad if your carry on a topic for too long, keep it short and simple. Writing down your answers on a piece of paper, can actually show the interviewer that you took the time to be prepared.



# JOB FAIR

Written by Michael H.

Project SEARCH Interns had the opportunity to attend a Job Fair at the Rushmore Plaza Civic Center. In order to be prepared, interns updated their resumes, practiced interviewing, and thought of places they wanted to apply for. After our resumes were updated and complete, our skills trainer printed out copies for us to give to the businesses we were interested in applying for.

The Job Fair had several businesses set up at booths. There were several job opportunities available for those who wanted to work seasonally, part-time, or full time. If you had any questions or wanted more information you could talk to the people who worked at the business you wanted to apply for.

Additional resources, and services were also at the fair. If you needed help finding a job, applying for a job, or creating a resume. The people from these resources/services were available to help anyone who needed assistance. Our experience at the job fair was fun and informative.



Check out our final newsletter  
next month for graduation  
details & more!

