

# Project search – Newsletter

*January 19, 2016 by Steven*

## **ESSEX RESCUE**

The week of November 30<sup>th</sup> we went to Essex Rescue to learn chest compressions, first aid, and AED from Dan Manz, the Executive Director. He gave us a full tour of The Essex Rescue Center. He also demonstrated how to give the proper chest compressions when in a dire situation involving an obstructed airway on a helpless choking victim.

## **INTERVIEW PREPARATIONS**

We had to prepare for our second internships by participating in mock interviews. Two people from the Howard Center came in and gave us interviews while Molly and Sabra filmed our sessions so we could go back and watch them for mistakes and look for things to improve.

## **BUDGETING PROBLEMS**

In class, we worked on budgeting, figuring out sale prices, and comparing costs. We also learned about money management. We learned the differences between a credit card and a debit card. We also talked about what the difference was between making a deposit and making a withdrawal from your personal bank account.

## **SECOND INTERNSHIPS**

We found out about our second internships on December 4<sup>th</sup>. I was put into the Marketing internship, Amelia got the front desk internship, Dan got the maintenance internship, Zach got the group fitness internship, Nicholas and Casey got the preschool internship, Megan got the Play Space internship, Noah got the aquatics internship, and Brandon got the fitness room internship. I think many of us had different challenges to overcome even though we have been placed into our second internships. If there is one thing that I have learned as I have gotten older it is that you can never stop learning no matter how old you are or where you come from and I think this applies to all of us as we progress further into our second internships towards our third internships.

## **THE VNA**

On December 22nd all of the interns at Project SEARCH went to the Visiting Nurses Association at the Adult Day center in Colchester. We socialized, brought holiday cards, and Chex Mix that we had made for the adults to enjoy.

## **COMPASSION**

We talked about what it means to be a compassionate person. How can you show compassion towards others, and how people regard you when you show compassion towards them. Compassion is something that you show towards other people when you really care about them and when you want to help them. It's also important to show compassion towards someone else because your actions could affect them so deeply that they could show compassion towards yet another person and from then a domino effect comes into play and people from all over are showing compassion to one another wherever they go and who knows it could wind up coming right back to you proving that it eventually pays off in a really good and positive way. Not only will compassion affect others around you but it will make you feel better about yourself as a human being and will help you as you move forward in your life.

## **MARKETING TASKS**

The Marketing internship has many different tasks. Tasks include:

- Sealing and mailing out letters and post cards to individual members around Vermont as well as out of state.
- Stamping the letters and post cards one at a time.
- Writing my own personal profile and updating intern profiles for the EDGE Newsletter.
- Making fitness packets for the Edge membership staff to hand out to new members.
- Customizing the Edge sandwich board with a special member or discount slogan.
- Writing the newsletter about what we have been doing at Project Search.

## **BAC (Business Advisory Council)**

On January 19<sup>th</sup> supervisors from different businesses gathered at The Edge to talk to all of the Project SEARCH interns individually about different subjects such as, how many employees work for them, what kind of jobs are offered, what kinds of things do they accomplish, what is the point of their business and how does it positively effect the community. Everyone was paired with a representative from a business and we talked about our two internships that we have worked in the program. We talked about our strengths and weaknesses, our goals for the future, our hobbies, and other previous work experience that we have had before Project Search.

## **Open House**

On January 6th Project Search had an open house at The Edge in Essex to advertise to potential interns for the following year. Amelia, Dan, and Nicholas attended the open house to talk about Project Search. The interns described what they did in their internships and how they felt about them. It went very well and many people were impressed with all of the hard work we have accomplished in the program.