

Asotin County Community Services Employment Newsletter

Serving the Lewis-Clark Valley since 1973

All people living, working, learning and playing in a community based on abilities, not disabilities.

Our phone number: (509) 758-8349; Our website: www.asotincommunityservices.com

November/December 2017 Edition Designed by Vanessa Lombard; Edited by Cynthia Tierney

VETERANS DAY IS CELEBRATED NOVEMBER 11, 2017

(*Life After The Military*, an article posted on the web by Doris Applebaum, discusses opportunities available to job candidates who are veterans with disabilities, and potential employers.)

Each year, in service to our nation, thousands of former military personnel join the ranks of disabled veterans. Overall, there are millions of disabled veterans. Disabled veterans represent a rich talent pool. They have proven their ability. They have been trained in military specialties that offer knowledge and experiences transferable to the civilian workforce. Disabled veterans have proven their loyalty. They volunteered to serve their nation and have proven they can commit to a job and an organization.

Disabled veterans know the meaning of discipline and teamwork. From following orders to watching out for their buddies, they are serious workers. They come with support systems that enhance their employability. There are several programs offering disabled veterans special employment and training services—READ MORE at <https://www.thebalance.com/life-after-the-military-3353954>

Asotin County offers employment services to Veterans who qualify for DVR services.



Client Bio

Steve Kemper and Michelle Katzenberger share a light moment before their next work shift. Steve works on the levee and the team that cleans the Corps of Engineers building in Clarkston. Michelle has experience in every aspect of working the federal contracts.

Habit 7: Sharpen the Saw

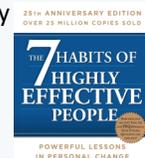
By Stephen R. Covey

Sharpen the saw in simple terms means, preserving and enhancing your greatest asset. What is your greatest asset? Well, it's you. It means that you must have balance in your life and making sure that you are taking care of yourself. You must have self-renewal in four areas: Physical, social/emotional, mental, and spiritual. You can do many things to renew yourself in these areas. For example, physically you could exercise or take a nap. Social or Emotional, you could go out for coffee with a friend, have a meaningful talk, or just talk about your day with a close friend or life partner. Mental, you could read, write, learn something new, or teach something to someone. Finally, spiritual, you spend time in nature, go for a walk/hike, meditate, listen to music, draw or paint, pray, or even go out in the community and do acts of service.

As you renew yourself in those four areas you create growth and change in your life. When you sharpen the saw, or renew yourself, you are keeping yourself strong and well, so that you can keep a fresh mind to continue practicing the other six habits. Without this renewal you become a tired, weak, robotic, and selfish person. That isn't how you want to be in your day to day life, is it?

Feeling refreshed and well doesn't just happen overnight. You must go out and do things that are enjoyable to you so that you can be a happy individual. You cannot overwork yourself, if you don't renew yourself you will burnout quickly and start to lose interest in life. Sometimes you have to pamper or treat yourself. You need to go out and do thing that you enjoy so that you can have a well-balanced life, where you are revitalized and are ready to face the day head on.

"Make small commitments and keep them. Be a light, not a judge. Be a model, not a critic. Be part of the solution, not part of the problem"- Stephen R. Covey



Stephen R. Covey

Check and Notify

It's a good idea to check your timesheet with your calendar or personal planner. If you believe you've found an error call us at (509) 758-8349 by noon on the 27th of each month. Errors called in later than noon on the 27th of each month will be corrected in the next payroll period.

Advisory meeting, November 29

4:30 – 5:30

Families, Customers, Employers,
Fundors,

Agency Staff, County Personnel,
Community Members

Please note we are changing our schedule for advisory meetings. They will now be held the last Wednesday of every other month.

The offices will be closed for upcoming holidays Monday, December 25th to celebrate Christmas and Monday, January 1st 2018, to celebrate New Years Day. We hope you enjoy the holiday season with your family



Safety Meeting: 1:30PM until 2:30PM on the 3rd Wednesday of every month (December 20th and January 17th). A must meeting for anyone working on a janitorial contract.

This Is What 'Self-Care' REALLY Means, Because It's Not All Salt Baths And Chocolate Cake

<https://thoughtcatalog.com/brianna-wiest/2017/11/this-is-what-self-care-really-means-because-its-not-all-salt-baths-and-chocolate-cake/>

Self-care is often a very unbeautiful thing.

It is making a spreadsheet of your debt and enforcing a morning routine and cooking yourself healthy meals and no longer just running from your problems and calling the distraction a solution.

It is often doing [the ugliest thing that you have to do](#), like sweat through another workout or tell a toxic friend you don't want to see them anymore or get a second job so you can have a savings account or figure out a way to accept yourself so that you're not constantly exhausted from trying to be everything, all the time and then needing to take deliberate, mandated breaks from living to do basic things like drop some oil into a bath and read Marie Claire and turn your phone off for the day.

A world in which self-care has to be such a trendy topic is a world that is sick. Self-care should not be something we resort to because we are so absolutely exhausted that we need some reprieve from our own relentless internal pressure.

True self-care is not salt baths and chocolate cake, it is making the choice to [build a life you don't need to regularly escape from](#).

And that often takes doing the thing you least want to do.

It often means looking your failures and disappointments square in the eye and re-strategizing. It is not satiating your immediate desires. It is letting go. It is choosing new. It is disappointing some people. It is making sacrifices for others. It is living a way that other people won't, so maybe you can live in a way that other people can't.

Retired, but not soon forgotten...

A Tribute to Carrie Gurgel, Asotin County Coordinator

Thank you Carrie!

I started working in the same office as Carrie in 1999, but we didn't actually work together in the same program for a couple of years and I really just saw her in passing. To be honest at first I didn't think she was very friendly. She was always so busy and focused on what she was doing that she didn't have a lot of time for small talk. When I began working with Carrie in the Birth to Three Program I met the real Carrie. At the time I had just remarried and my husband and I were combining our families. His two boys and my two girls. Not always easy! I needed a lot of advice and no matter what was going on or how busy she was she was always ready to sit down and give my problem her full attention. She was never preachy or judgmental just willing to give of her time and knowledge about raising kids and she has a lot of knowledge! Over the next 15 years I heard Carrie being called on for advice by many people, including myself for many different reasons and she always gave it graciously and honestly.

Thinking of Carrie and her computer always makes me smile. When I heard Carrie say "that is so strange" or "well that's just weird" I knew there was a vanishing folder or another computer "problem" and this time she needed my advice. - Lori Hyde

I met Carrie at the Asotin-Anatone Healthy Youth Coalition in January of 2008, as she was the Fiscal Agent for this Strategic Prevention Framework State-wide Incentive Grant (SPF-SIG). At the time, I didn't know what a Fiscal Agent was... or an Incentive Grant for that matter. Fast forward to the summer of 2012, I found myself in an interview for the position of Community Coordinator for a Prevention Redesign Initiative Grant that Carrie was instrumental in attaining. I was fortunate enough to get the job, and I can not tell you how much I have learned from Carrie, both professionally and personally, since then. My favorite memory of Carrie is; one time we went to Spokane together to hear her son-in-law speak at an elementary school. After it was over, she wanted to stop by ROSS, Dress for Less (imagine that!!) Never in my life have I had such an enjoyable shopping experience. She was so inspiring and encouraged me to buy everything I ever wanted, including large floor rugs, huge wall hangings, and 6' tall decor items. Due to her pure determination and creativity, we were able to squeeze every last item purchased into her already somewhat full car!!! Carrie has been a professional mentor to me, a free counselor, and most importantly became a trusted friend and I love her dearly! Thank you Carrie! - Kristi Sharpe

I was working for Community Action Partnership in 2010 when I first met Carrie. She was representing Asotin County in charge of the Department of Commerce Grant, which we counted on to support our "Circles" program (assistance to people in poverty in Asotin County through access to banking, jobs, and housing). The first thing I noticed about Carrie were her kind eyes and fabulous outfit including very tiny, matching shoes. Her arms were loaded with paper which she gratefully unloaded onto my conference table. We put our heads together and set about learning all things Commerce Grant. Years later, I was hired to supervise Asotin County's developmental disabilities program. I was delighted to learn I would be working closely with Carrie, who supervised the child development services. delighted to work with Carrie once again. Over the nearly 3 years we worked together at Asotin County, Carrie provided a gentle voice of guidance and support as I learned about Asotin County and our Developmental Disabilities grant. When Carrie retired, she told me that she had no worries about succession because of her confidence in me. Her words reminded me once again, that Carrie Gurgel was one of the most gracious individuals I'd ever had the pleasure to know. -Cynthia Tierney



Asotin County Community Services, 549 5th Street, Ste. A, Clarkston, WA 99403 (509) 758.8349

www.asotincountycommunityservices.com

Happy Holidays in LC-Valley

2017 Lighted Christmas Parade "Backcountry Christmas"

DATE: Saturday Dec 2, 2017

TIME: 4:30PM to 6:00PM: Location: 6th and Clarkston

Sip, Shop and Stay This Holiday Season

Check out specials and events in the areas wineries and hotels:

<https://www.facebook.com/VisitLewisClarkValley>

Winter Spirit is Here! Experience a display of lights at Locomotive Park through the New Year. Next year, consider volunteering to put up the lights or take them down after the holidays.

