Montevideo resident development for its future while helping Project SEARCH with a test run

By Jeremy Jones

SOUTH WIND

Everyone is looking for an edge in the job market these days, and sometimes that edge can be hard to find. Experience through an internship is invaluable, but that means you’ll be working for little or no pay in many cases. Specific job skills are valuable, but trying to acquire them can result in the cycle of needing the job skills to learn the skills, but not being able to get a job because you don’t have them. Then, there is the term that workforce centers and businesses are throwing around more and more, soft skills.

Soft skills — skills such as communication, social grace, friendliness and teamwork that are often associated with emotional intelligence — are what employers are telling workforce centers they really need.

Project SEARCH is a unique program that focuses on providing internships and teaching skills and soft skills to students with disabilities.

Project SEARCH started as Ohio, before moving to the Twin Cities, Sioux Falls, S.D., and Brookings, S.D. This year, another program was started up in the Avera Marshall Regional Medical Center. While the program gets established, they’re starting their first year with just six students (out of a maximum of 12) from around the area.

Marie Nelson, 19, was referred to the program by the Montevideo School District. Nelson, who has been diagnosed with ADHD and depression, has a pretty shy personality and goal ward with the help of her Avera Schlagel, a teacher with Project SEARCH. “From the beginning, she changed her perceptions of herself as a worker and through the program and with the help of her Avera Hospital co-workers she has developed skills that will make her a great employee.”

Project SEARCH helps students with disabilities, such as Marie Nelson of Montevideo, enter the workforce by providing internships and helping them learn hard and soft skills needed for their careers. (Submitted photos)

Nelson has access to a variety of internship and community service at Project SEARCH.

Project SEARCH students are given the opportunity to apply their skills in the real world. Students work in a variety of industries, including healthcare, retail, and technology. They gain valuable work experience and develop job skills such as communication, teamwork, and problem-solving.

The program also includes soft skills training, such as interviewing, professional communication, and time management. Students learn how to build their resumes and interview effectively.

Upon completion of the internship, students may choose to continue their education or pursue employment opportunities. Project SEARCH provides ongoing support and assistance to students as they transition into the workforce.

At the Montevideo-VFW, the American Legion, the school, and local businesses host a community service event for Project SEARCH students. This event allows students to showcase their skills and network with用人单位.

Nelson said that the small group size, and the structure of the day, is tailored well to her ADHD, and she is able to follow along and learn without much difficulty. At first, she wasn’t sure she would like the human resources internship, but quickly learned to like it.

“Housekeeping wasn’t her cup of tea, but she said that the dietary classes have really caught her attention,” said Nelson. “Every goal of the program is to allow students to learn what they do and don’t like.

Each internship is followed up by an interview in which the student/practitioner applies for a job in the field they’ve learned about.

“Who’s there for one internship, it’s a little hard for me, I’m shy,” Nelson said.

The longer she’s been in the program, the more she’s found she is up for doing more and more. Though in her dietary internship, she’s found she is getting involved with more responsibilities.

“We are very pleased that Marie is one of our interns,” said Catherine Schlagel, a teacher with Project SEARCH. “From the beginning, she changed her perceptions of herself as a worker and through the program and with the help of her Avera Hospital co-workers she has developed skills that will make her a great employee.”

Regional Update

Thursday, March 20, 2014

The Annual Meeting of Minnesota Valley Cooperative Light and Power Association

Montevideo, Minnesota

will be held on Saturday, March 22, 2014, at Prairie’s Edge Casino Convention Center.

Breakfast buffet and registration begin at 8:30 a.m. Meeting begins at 10:30 a.m.

The business meeting will consist of the reading of the Financial and Operating Report, and election of one director.

We will be handing out patronage checks.

Sincerely,

Farmers Union Oil Co.

Remind Me

The 2013 Annual Stockholders Meeting of Farmers Union Oil Company will be held on Thursday, March 20, 2014, at the Montevideo VFW

Breakfast will be served by the Post beginning at 8:00 a.m. Meeting will follow at 9:00 a.m.

The business meeting will consist of the reading of the Financial and Operating Report, and election of one director.

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Area News in Brief

Granite Falls

Worry over Prairie Plan eased out at YMBC

Back in January an article in the Advocate Tribune detailing the State of Minnesota’s Prairie Conservation Plan was reported by Yellow Medicine County Medicine board members to have drawn a strong reaction from some landowners, scaring off 25-year, $3.6 billion plan to acquire and protect 2.2 million acres of contigous native and restored prairies, wetlands and grasslands might result in the loss of productive ag-lands across the continent as well as associated benefits.

This past Tuesday, Pheasants Forever Coordinating Wildlife Biologist Emily Nelson was in attendance to alleviate those fears as well as provide clarification and further insight into why and how the state and an unprecedented collaboration of 30-land conservation groups hope to save an ecosystem on the brink of collapse.

She said that the statewide Prairie Landscape is the most endangered ecosystem in the world.

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How to Use Eye Medication

It’s easy to take eye drops for granted, but it is important to take care of your eyes and use these eye drops correctly. Proper use of eye drops will also help avoid or reduce side effects from these medications.

Follow these steps when using your eye drops or ointments:

• Wash your hands thoroughly before you approach your eyes.
• Open your eyes wide and look up. For ointments, squeeze the bottle gently and let it hang over the outside of the eye. For eye drops, look up and lift the inner corner of your eye. Drop in the order of the drops and blink.
• Apply ointments (1/4 to 1/2 inch strips) inside the lower eyelid using a sweeping motion. Do not touch the dropper tip of the bottle to anything.
• After you apply the drops, let it sit for a few minutes.
• Close your eye gently for up to 5 minutes (but at least 1 minute) to let the medication cover your eye. Ointment for your eye gently for 1 to 2 hours. Do not rub your eye.
• If extra medication comes out of your eye, gently pat it back into the eye. If any drops land on your face, do not rub your eyes.
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• If extra medication comes out of your eye, gently pat it back into the eye. If any drops land on your face, do not rub your eyes.
• If the directions say use 1 drop, wait 5 minutes before putting another drop in the same eye.
• Replace the bottle or cap immediately after use. This keeps the medication clean.

The bottom line is this:

With these simple steps, you can help ensure that your eye drops or ointments are used properly. It is important to take good care of your eyes. By using your eye drops or ointments correctly, you can help keep your eyes healthy and see clearly for years to come.