



Diversified Personnel Services

A DIVISION OF Opportunities Inc.



Summer 2009 Newsletter

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Watertown DPS Office Gets a New Look!


The Watertown DPS Office recently completed an exciting remodeling project-inside and out! The DPS building is in the historic district of Watertown and with the help of the Watertown Main Street Façade Grant, we were able to update our façade! We also expanded and remodeled our lobby and offices to help improve our ability to serve the many job seekers who visit DPS. DPS is proud to be a community partner and a part of the downtown revitalization!



Stop in and check out our new office!!


Contact one of our Employee Coordinators to assist you with your staffing needs:

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La Esquina Latina (Latino Corner)



Most people think of *piñatas* as a fun activity for parties. The history of the *piñata* reveals many interesting facts that go beyond the playing of a game, although *piñatas* certainly have been intended for fun.

The custom may have originated in China, but when the custom spread to Spain, the first Sunday in Lent became a *fiesta* called the 'Dance of the Piñata'. The Spanish used a clay container called *la olla*, the Spanish word for pot. At first, *la olla* was not decorated. Later, ribbons, tinsel and fringed paper were added and wrapped around the pot. With the *piñata* hanging above their heads, people watched towards *los cielos* (sky or heaven) yearning and waiting for the prize. The stick for breaking the *piñata* symbolized virtue, as only good can overcome evil. Once broken, the candies and fruits represented the just reward for keeping faith.

Today, the *piñata* has lost its religious symbolism and most participate in the game solely for fun. *Piñatas* are especially popular during Las Posadas, traditional processions ringing in the Christmas season and at birthday parties. During festivities, people traditionally sing songs while breaking the *piñatas*.

www.mexconnect.com

Staffing Trends: 6 Strategies for a Bad Economy

Be open to change

A common reaction when many aspects of your life are in flux is to cling to your usual ways of doing things. But uncertain times call for individuals who can adapt to new ways of working. Adopt an open-minded approach and remain enthusiastic even when there are shifts in organizational structure, procedures or workload.

Look for new opportunities

Keep in mind that changes to your organization or role aren't simply something to cope with; they could bring new opportunities.

Don't overdo it

Even in tough times, it's important to establish boundaries. It's never a bad idea to volunteer for projects that allow you to build new skills and experience, especially if your team is short-staffed.

Keep a cool head

In the midst of budget cuts or layoffs, it's easy to be so worried about your own situation that you lose focus. While it's natural to be concerned about your job, your colleagues, and your company when business is slow, avoid obsessing over "what might happen."

Know your skill set's expiration date.

Prove yourself indispensable by staying current with all software and systems used by your company, and make sure your customer service skills shine.

Take your blinders off

No matter the state of the economy, keep your eyes open for new opportunities that allow you to advance professionally.



What's Better: Send an Email or Talk Face-to-Face?

In today's well-connected world, hi-tech gadgets and gizmos can help us communicate more easily. But has it somehow made us less effective communicators? Yes! Especially when you consider that many of us are already far too savvy at finding ways to avoid face-to-face conversations that involve strong emotions or high stakes. Resorting to methods like e-mail, voice mail, or text messages can amplify our problems and get in the way of good workplace relationships. Anytime the news is particularly bad or sensitive, or negative feedback is being given, face-to-face communication is a must. Consider the following:

Giving delicate feedback

Good example: You meet one-on-one to tell someone he has a hygiene problem. Any delicate or controversial conversation requires a tête-à-tête.

Bad example: You send a group e-mail to the whole team and announce, "One of you really needs to bathe more often."

Working through a long-standing gripe

Good example: You set aside a time and calmly and professionally discuss something that has you concerned.

Bad example: You e-mail a list of 'The Top 10 Reasons Everyone Despises You.'

Delivering bad news

Good example: When letting someone go, you treat the bad news as bad news. You allow the other person to show their concern and emotions.

Bad example: You send a singing e-card -- "Ta-da ta-da ta-ta: You no longer work here!"

www.careerbulder.com

Safety Corner: Determining Severe Weather Shelters



Best Areas

- Basements
- Rooms constructed of reinforced concrete, brick, or block
- Rooms with no windows and a heavy concrete floor or roof system overhead
- Small interior rooms with no windows such as locker rooms and lavatories
- Hallways away from doors and windows and not open to direction of tornado
- Any protected area away from doors and windows

If you feel the need for professional assistance in making a "Severe Weather" shelter decision, please contact your local Emergency Management Office.

<http://www.severeweather.state.mn.us/Documents/TornadoShelterAreaDetermination.pdf>

To Your Health

Healthy Grilling

There are many ways you can turn your grilling not only into a flavorful and fun way to cook, but also into a healthy way to eat. By choosing foods that are low in fat, high in nutrients and full of flavor you can get great meals that are also healthy.

Use marinades not only to add extra flavor but also to reduce the formation of cancer causing substances on foods. A marinade containing olive oil and/or citrus juices can reduce the formation of these chemicals by as much as 99% and marinades tenderize meats and make a much better meal.



If you buy lean cuts, use light marinades, and serve up your grilled foods with a good helping of fruits and vegetables, then you will really be grilling healthy.



www.about.com



Top 10 Best Excuses for Sleeping at Work

<http://www.funnycleanjokes.com/top-10-excuses-for-sleeping-at-work/>

10. Someone must've put decaf in the wrong pot.
9. I was working smarter — not harder.
8. Whew! I musta left the top off the liquid paper.
7. Oh, I wasn't sleeping! I was meditating on our mission statement and envisioning a new paradigm!
6. I was testing the keyboard for drool-resistance.
5. Boy, that cold medicine I took last night just won't wear off!
4. I'm actually doing a "Stress Level Elimination Exercise Plan" (SLEEP) I learned at that seminar you made me attend.
3. I was doing a highly specific Yoga exercise to relieve work-related stress. Do you discriminate against people who practice Yoga?
2. They told me at the blood bank this might happen.
1. Geez, boss, I thought you were gone for the day.



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