



Connecting to your Destination

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JETS Speakers Re-energize Many Job Seekers

John Madigan, motivational speaker and Owner of Executive Search, polled the crowd that May morning at the JCC. "How many of you have been looking for a job for less than five months?" he asked.

A few hands went up, indicating that most of the people in the room had been out looking for a job for much longer than that.

The economic reality that a job search could stretch out to months – and even years – was probably far from most people's minds when they received the pink slip from their employer.

The JETS program was created in



Rhana Barthelmess

response to the crisis created by the wave of layoffs in 2008, and, from the first meeting, has provided hope and encouragement to people who just need a place to recharge their batteries and get fresh ideas on networking, interviewing, resumes – in short, skills to land them their next job.

"What has impressed me the most is how I feel they genuinely care about helping us," said Janine Donovan, a JETS participant in the IT field. "Each time I have been to Schmoozer's, I have left with more focus, clarity and motivation, and



Orville Pierson

with fresh ideas of how I can approach and maintain the energy and drive to succeed at the daunting task of landing a job." she added.

JETS recently hosted several Schmoozer's groups aimed at helping the unemployed navigate through this often complicated process of finding their next job.

Rhana Barthelmess, Chief Branding Strategist of Beacon Marketing, gave a dynamic presentation on social media and networking groups.

John Madigan's sage and timely presentation, based on very recent conversations with recruiters, answered many questions that job seekers deal with on a daily basis.

Two weeks later, Orville Pierson enthusiastically shared his intelligent and time-tested approach to the job search.

Pierson, who is the author of *The Unwritten Rules of the Highly Effective Job Search* and *Highly Effective Networking: Meet the Right People and Get a Great Job*, is the Senior Vice President Corporate Director of Program Design and Delivery for Lee Hecht Harrison.

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JETS Program Manager

Judith Rosenthal,
Schmoozer's Volunteer
Program Facilitator

Janine Hewitt,
JETS Volunteer

Can Volunteering Make You Healthier?

The health benefits of volunteering have been reported before, but much is still unknown about the causal relationship between giving time and personal health. Does volunteering make you healthier, or do healthier people volunteer? Should service be prescribed for those with cancer or chronic illness? Are there health benefits to volunteering that working for pay cannot provide?

That picture is a little clearer thanks to a report [VolunteerMatch](#) released with UnitedHealthcare. The new UnitedHealthcare/VolunteerMatch Do Good. Live Well. Survey provides compelling evidence that volunteering not only enhances volunteers' physical and mental health but also strengthens relationships between employers and employees.

Among the key findings:

More than 68% of those who volunteered in the past year report that volunteering made them feel physically healthier.

- 29% of volunteers who suffer from a chronic condition say that volunteering has helped them manage their chronic illness.
- 89% of volunteers agree that volunteering improved their sense of well-being.
- 73% of volunteers feel that volunteering lowered their stress levels.
- 92% of volunteers agree that volunteering enriches their sense of purpose in life.

- Excerpted from May 2010 Volunteer Match E-Newsletter



JETS would like to spread the word about our program and is seeking one or two *marketing professionals* to help achieve this goal. If you'd like to help others obtain the same assistance you are receiving, please contact *Lynn Preminger at lpreminger@jfshartford.org* to share your expertise.

JETS is also compiling an *on-line resource guide* for job seekers and is looking for a volunteer to assist with researching and compiling helpful agencies, government and otherwise. A background in social work helpful but not essential. Contact *lpreminger@jfshartford.org*.

New JFS Food Pantry Policies

Due to the increased demand for food and the agency's desire to offer food to as many people as possible, walk in access to the JFS Kosher Food Pantry has been suspended.

Individuals will be offered the opportunity to apply for a food pantry access card. Beginning June 2, 2010, the agency will provide Household Eligibility applications for individuals to complete. Jewish Family Services will review the applications to determine eligibility.

Those who are eligible to receive a card will be notified. Cards will be issued for a period of three months. Pantry clients will be rescreened for eligibility.

JFS will also provide a list of other food pantries in the community.



"I can not thank all you folks enough for sponsoring these groups and events and giving your time and expertise to help so freely, but that is what it's all about - people helping people. Thank you again for all you do!"

- Bill

"Thank you to the Jewish Family Services of Greater Hartford and the Schmoozer's staff! From attending your meetings with key speakers, networking with JFS members and Schmoozer's, and receiving feedback on my resume, I was able to land a temp-to-hire position at a wonderful marketing agency in Rocky Hill!"

- Meghan

"I want to thank you for running a great networking group and to thank my networking partner and friend for joining me at JETS and telling me about the position that I accepted."

- Vicki

SUCCESSFUL LANDINGS!

The JETS staff and community extend their warm congratulations to the following individuals who have recently accepted employment offers:

- | | | |
|-----------|-----------|-------|
| Sari | Vicki | Marti |
| Magdalena | Janine D. | |
| Rodney | Jeanne | |
| Myra | Joan D. | Dan |

DIRECTOR'S LETTER

From the Desk of Anne Danaher

May, 2010

As the Executive Director of Jewish Family Services, I have had the honor of being part of the initial planning for JETS and now attend at least part of each workshop or Schmoozer's event. JFS staff, Board members and JETS volunteers have all had the rather humbling experience of being thanked by community members for sponsoring JETS and responding to the economic and employment crisis. While those sentiments are truly appreciated, it is all of the JETS participants who deserve the most recognition and gratitude.

When I attend a JETS event I see former colleagues from the human services sector, friends, neighbors as well as many other individuals that I do not know personally. But what I do see in each participant is an inner strength and an ability to keep focusing on the tasks of networking, learning and securing employment. I have also seen many examples of true kindness, respect and empathy for each other. You have encouraged and supported each other and are genuinely pleased when one of you receives an employment offer. Some of you have volunteered your time with JETS or JFS or other non profits. You have found meaningful ways to give back to the community at this time. You have looked well beyond your own personal situations.

Lynn Preminger, Judy Rosenthal and Jim Goldman join me in congratulating each of you for your perseverance and ability to make each day count even under stressful circumstances.

I am reminded of this Dr. Martin Luther King quote: "The ultimate measure of a man is not where he stands in moments of comfort but where he stands at times of challenge and controversy."

Thanks to each of you for the impressive example you set for us!

JETS Program Featured on TV

The producer of West Hartford Community TV's monthly show, Mayor's Report, understands firsthand the value of the JETS program in her community. Laura Hammond, a JETS participant, suggested that the mayor, Scott Slifka, feature the JETS program on the air. The taping of the show was done on May 25th and will be viewed several times beginning in June. Please check their website for exact times www.whctv.org. Rounding out the panel were



Desiree Bartholomew, a JETS participant, at the WHCTV studio

Lynn Preminger, JETS Program Manager, Judith Rosenthal, Schmoozer's Volunteer Program Facilitator and Desiree Bartholomew, JETS participant.

"The value of a man resides in what he gives and not in what he is capable of receiving."

— Albert Einstein

TAKEOFF TIPS



Kathy McAfee's (America's Marketing Motivator and JETS presenter) will be one of the female black belts teaching the Women's Self Defense workshop on Saturday, June 26 from 2-4pm in Canton at Yu's Academy of Martial Arts. Women and girls aged 12 and up are invited to attend. The event is free, donations are accepted.

Facebook is not just for social networking! Check out this [guide](#) to using facebook in your job search.

Eyeglass frames...try them online. If you want to be able to easily tell how you will look in various frame styles, go to framesdirect.com and upload your photo in their [framefinder](#). You can choose frames that fit your face by designer, shape, materials, color, and more!

Is Social Media your thing? Companies are hiring social media "experts". The Creative Group has developed a list of job descriptions - from professional blogger to web analytics specialist. Download your free copy of the [guide](#) today.

Changing times may mean a change from the traditional "one perfect job". Read about how the new trend in part-time employment - "gigonomics" could work for you in this [story](#) by ABC News.

Lack insurance? A [holistic practice](#) in Windsor offers reasonably-priced medical services to those who qualify.



No Questions - No Job!!!

Dear Judy,

How should I respond when the interviewer asks me if I "have any questions?" - Questioning



Dear Questioning:

A little knowledge is very powerful and I cannot emphasize the importance of doing your research for each and every interview you are fortunate to obtain. Spending time doing in-depth research will increase the significance of your questions, and impress the interviewer with how well you listen, do your homework and absorb information.

Some examples of smart questions you might think about posing during your next interview would be:

- Please explain the department and how it fits into the company's organization chart.
- What would a typical and a non-typical day be like in this company?

- Are there specific challenges the department and/or company are facing?
- Would I be in a position to implement changes that would make a difference?
- What are the departments and company's goals and objectives for the next quarter?
- How will my performance be measured?
- How is the department's performance measured?
- Will there be any other people in the department participating in this interviewing process?
- Would I be part of the department's planning process? If so, how much or little?
- Can you give me a clear idea of how much independence I might have in making decisions?

It is important to formulate different questions for the various types of interviews you will encounter during the job search process. Stay tuned for the upcoming contest regarding the "interview teaser" of the week. - Judy

Judy Rosenthal's career in business management and human resources and operations spans more than 25 years. She earned both her B.S. and M.S. degrees from Columbia University and holds a Certification in Business Operations from Harvard University. Please submit your questions for future "Ask Judy" columns to lpreminger@jfs Hartford.org.



VOLUNTEER SPOTLIGHT



Meet Miriam Hyman, a JETS volunteer since 2009 who assists people with resumes and interviewing skills. A long-time fan of Jewish Family Services, Miriam feels that her mission closely aligns with the mission of JFS.

Miriam's background is both varied and impressive. After graduating from Smith College with a dual degree in psychology and English, Miriam moved to California where she worked with MBA candidates at Stamford's School of Business, teaching management and communication skills. She moved back to Connecticut several years ago to be closer to her family. Most recently, Miriam has been training as a Life Coach where she is very close to receiving her certification, specializing in coaching through transitions - exactly what JETS is all about. Miriam is sensitive to the stress that transitional times bring to life and yet maintains a realistic optimism during difficult periods.

Community service is also a strong value in Miriam's family. Her dad volunteered each Sunday at their local synagogue in South Windsor, teaching religious school, while her mother participated in the fundraising and program development side of things.

We are grateful to Miriam - and to the role her family played in inspiring her - for her contribution to JETS and Jewish Family Services!

Speakers Re-Energize (Continued from page 1)

"I am always delighted to visit with successful community-based programs like JETS. In good times and bad, there are many, many unemployed job hunters in need of help -- and most do not have access to assistance and resources. So I think it's wonderful that Jewish Family Services is providing these services for the community," he said.

"They have an incredible array of speakers," added Donovan, who had been searching for work since January of 2009 and found a job in June 2010.



"We're looking for people who can help make this company profitable again. I'll read your resumé for \$500."



Jewish Family Services

Helping You Deal With Change

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Jewish Family Services JETS (Jewish Employment Transition Services) is a program of Jewish Family Services with a mission to help members of the community cope with job loss and economic uncertainty. A non-sectarian program supporting a variety of demographic groups and professions, JETS provides free job services, networking opportunities, and community resources to preserve sound emotional and financial health during the current financial crisis.

Styling with Cindy! Cindy Calibri offers free professional image consultations to JETS participants in their own homes. Pull together a new look of confidence! For appointments, call lpreminger@jfshartford.org.



New Lawyers in Transition Group

The Hartford County Bar Association has launched a new outreach program for unemployed lawyers and lawyers seeking a career change called Lawyers In Transition. The group is open to all attorneys, providing a forum to discuss the challenges facing lawyers in this competitive job climate. Meetings are held on the second and fourth Mondays of each month from 6:30 p.m. to 8:00 p.m. at the HCBA's office at 100 Pearl Street (second floor conference center) in downtown Hartford.

If you would like more information, please visit the HCBA's website at www.hartfordbar.org, email the HCBA at programinfo@hartfordbar.org, or contact Frank Chesky at fjciiii@mac.com.

Coping with Job Loss - Part I

by CCCS Atlanta

Coping with job loss is one of the most stressful things a person can face, particularly in these increasingly challenging economic times. Taking quick action can mean the difference between a temporary setback and a financial disaster.



"While you might not be able to anticipate being unemployed, you can minimize the financial impact that comes with the loss of a job," said Christina Harrison, a certified credit counselor with CCCS. If you find yourself suddenly unemployed, these first steps are recommended:

Look into unemployment benefits. If you are unemployed through no fault of your own, you may qualify for unemployment benefits. The U.S. Department of Labor website (www.dol.gov) has helpful information about qualifying and requesting unemployment benefits.

Look for potential sources of additional income. If you have more than one wage earner in your household, look for opportunities to earn additional money through overtime. To help sustain your finances while you look for your next job, consider taking on part-time or seasonal employment—it can provide both extra money and flexibility to go on job interviews. "Contact local temporary agencies," suggests Harrison. "They will match your skills with temporary employment available in your area. Some temporary assignments may also lead to full-time employment opportunities." Other industries that can provide quick employment include retail and food service, where training times are relatively short and schedules are somewhat flexible.

Review your budget. Take a realistic look at your monthly expenses and identify areas that can be reduced or eliminated. Entertainment costs are easiest to eliminate—skip lunches and dinners out and rent movies instead of going to the theater. Review your cable and cell phone plans to see if the cost can be reduced. Consider foregoing them altogether—there may be a fee to cancel a contract, but it will likely be much less expensive than having monthly fees, late fees, and interest building up over time.

Prioritize expenses. After adjusting your budget, if you still can't cover your monthly bills, pay the most important bills first. Your mortgage or rent payment should be the top priority, followed by car payments, insurance premiums and food. Notify your creditors right away if you are unable to make the minimum payments due on credit cards or other revolving credit. You may be able to get your interest rate reduced or your payment plan modified.

Consumer Credit Counseling Service of Greater Atlanta is a 501(c)3 nonprofit community-service agency.