



## THE LINK! 2020



This summer, the soaring temperatures aren't just outside; our tempers may also be feeling the heat. Our normal tolerance to frustration may be thinner than usual as we learn to adapt our lives to unusual circumstances. We may become more easily upset with ourselves, family members, or strangers. The ways that we typically relax to reduce tension may not be as effective.

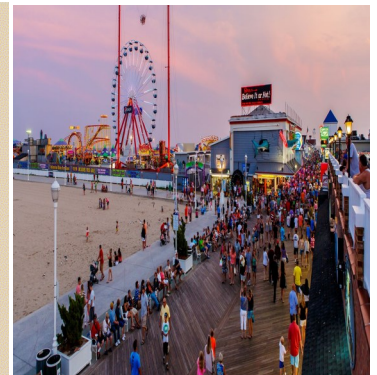
If we don't relax, the tension festers. Frustration can result in anger, irritation, or the impulse to blame someone or something.

In mental health, anger gets a bad rap but it's a very useful emotion. If we are able to stay centered in our anger, it gives us access to energy and emotional knowledge that can be very helpful for learning more about our experience. From this energy and knowledge, we can teach ourselves assertiveness, openness, confidence, patience, and trust.

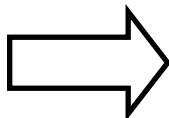
If we ignore the impulse to act out anger in blame or hostility, we may discover that anger and frustration can be felt and expressed without hurting ourselves or others and lead to much greater intimacy and authenticity in our lives.

The next time your temper flares up, see if you can remain with the feeling it produces without acting on it. Try to discover what it shows you about your reality right now, and how you can apply it safely.

Dillon Reeves, LSW



**STAY SAFE**  
**OUR SUMMER MEMORIES WILL RETURN**



# TOP TIPS FOR JOB SEARCHING DURING COVID-19

By Megan Randall, CPDC Career Coach



If you're wondering how to job search during COVID-19, you're not alone. Many people are asking themselves this very question. For this reason, we've put together these tips to help you keep your job search active during the corona virus pandemic.

## **Have an optimistic mindset**

Try to think positively about your job search. While [some employers have slowed or stopped hiring](#), Glassdoor found that U.S. job postings in industries such as the government, biotech, pharmaceuticals, health care and nonprofits have tripled in response to the coronavirus. Many companies are also now recruiting for remote positions and timely in-person opportunities locally. You can view several [opportunities here](#) and log in to [Handshake](#) to see more.

## **Keep up your job search. Don't give up!**

If you haven't started your job search yet, then start now. Apply regularly and consistently. If you continue searching, you'll have an advantage over those who have decided to stop.

## **Tap into and grow your (virtual) network**

Most people find jobs through networking, so spend time making new connections and reviving old ones. Ask individuals to meet over the phone or video. Be active on professional networking websites like LinkedIn and the [university's free AlumniFire platform](#). Update your professional profiles, make connections, share and comment on articles and join discussion groups to strengthen your presence.

## **Reflect on how you stand out**

Reflect on your unique skills and experiences and plan how to articulate them to employers. In the wake of the coronavirus, think about highlighting your remote work/project experience, program management and problem-solving skills, and how you would function well independently and on a team as a remote employee. Seek out professional development like online courses, trainings and certifications to enhance your skill set.

## **Prioritize quality over quantity**

Since fewer jobs may be available, it's more important than ever to make each of your job applications count. Research each organization, then use your research to tailor your resume and cover letter for each application. Show employers how you match what they are looking for to increase your likelihood of getting an interview.

## **Anticipate delays in the hiring process**

Now that many employers are working remotely, in-person interviews may be on-hold or now be held virtually. Ask employers about alternatives to face-to-face interviews. Practice interviewing by phone and video to prepare, such as by using [StandOut's free video mock-interviewing platform](#)

## **Be patient and follow up**

Continually express to employers that you're excited to move forward in their hiring process. Follow up consistently and politely and ask about updates and next steps. While your job search may feel like it is out of your control, remember that you DO have control in the follow-up process.

## **Take care of yourself!**

It can be hard to take care of yourself during your job search, especially when you can't leave your house easily. Schedule time to unwind and recharge so you can keep your energy up and stay optimistic. Find time for things that bring you joy and comfort.





**Swiss Farm Stores is looking for experienced outgoing, reliable candidates who enjoy working in a fast paced TEAM environment. Our locations are throughout Delaware and Chester Counties. If interested, please apply at [Swissfarms.com](https://www.swissfarms.com) and click on Employment Opportunities under the APPLY NOW link or send a letter of interest with resume to [hr@swissfarms.com](mailto:hr@swissfarms.com)**

**Package Handler - Sun 7:00 Pm - 3:00 Am And  
Mon - Fri 6:45 Pm -12:00 Am With Sat And A Day Off  
During The Week - \$14.59 Hr**



### **DoorDash**

Glen Mills, PA 19342

**Full-time, Part-time**

Jjobs pay \$9.25 - \$16.80

### **Shipt**

Marcus Hook, PA 19061

**Full-time, Part-time**

Your role:

- Accept local orders in the Shipt Shopper app
- Shop and deliver orders (door drop-off options available)
- Deliver a high-quality customer experience



**Wendy's**  
**3100 Chichester Avenue**  
**Boothwyn, PA 19061**  
**Shift Leader**  
**Breakfast Crew Member**  
**Crew Member Opening**  
**Breakfast Crew Member**  
**Cashier**



# Students with IEPs and the 2020-21 School Year: What Families Need to Know



**Carole Clancy**, Director, Bureau of Special Education, PA Department of Education, will provide an overview for families of key components of the guidance being provided to schools.

**Tuesday, August 11, 2020  
12:00 - 1:30 PM**

**Submit your questions in advance to identify topics that are important to you**



Training will be delivered in English, with Spanish and ASL translations. Captioning in other languages is available if you download the Microsoft Translator app onto your device.

Streaming on Facebook  
Live from the PEAL  
Center page, too!



## Parent Copy for Specialized Classroom - Suggested Resources

Classroom Type	Suggested Resources
K-12 Life Skills Support	<a href="http://www.n2y.com">www.n2y.com</a>
K-12 Autistic Support	<a href="http://www.n2y.com">www.n2y.com</a>
K-12 Multiple Disabilities Support	<a href="http://www.n2y.com">www.n2y.com</a>
K-12 Emotional Support	<a href="https://www.brainpop.com/">https://www.brainpop.com/</a>
Transition/Modified K	<a href="http://www.starfall.com">www.starfall.com</a>
Hearing Support	Online Typing Lessons:
Speech	<a href="https://mommyspeechtherapy.com/">https://mommyspeechtherapy.com/</a> -Information and materials for SLP's and parents.
Universal Design - For all Butler students with IEPs	All students with IEPs can access a Premier Literacy Soft-
Google Tools for Universal Design	Listing of Google Tools:
Bookshare:	<p>Book Share has made available free access to books. These include 43 books for children in grades 3 or below. The books will show the pictures on the screen and with a click of the play button - the computer will read the story to the students. They do not need a Bookshare account to access these books.</p> <p>Children's Books:  <a href="https://www.bookshare.org/browse/collection/368407">https://www.bookshare.org/browse/collection/368407</a></p> <p>208 Fiction and non-fiction titles for various grade levels:</p>



# How to Avoid Overeating While Working from Home

By: Donna Hayek, RN

Keeping your nutrition in check while working from home can be tough. Unlike at the office, one major work-from-home distraction continues to be the refrigerator.

Here are some tips on how to eat healthy while working from home:

**Don't work in (or near) the kitchen** – The closer you are to the kitchen the more tempting it is to wander over and check the fridge.

**Plan out your snack and meal times** – Just as you would plan out the rest of your day, also plan out when you're going to eat. If this is hard to follow – hang a sign on your fridge to help remind you that the kitchen is “closed” until your next scheduled meal or snack.

**Meal prep** – One of the beauties of working from home is being able to whip up whatever you want to eat for lunch but for some this can be a bit daunting and result in eating something not entirely too healthy. Just like you would for when you physically go to work – meal prep even when you're not going to the office. Having items pre-cut and laid out will be an easier choice if all the work is already done for you.

**Focus on real food** – Focus on protein, fiber, healthy fats, fruits and veggies to help you feel fuller longer and help you be more productive throughout the day.

**Drink plenty of water** – Dehydration can lead to headaches and fatigue, and sometimes hunger can be mistaken for thirst. Just as you would fill up your water bottle at the office – continue this habit at home too. Convert your body weight in pounds to kilograms by dividing by 2.2. Aim to drink that number in ounces of water each day.

**Don't buy unhealthy snacks** – If you don't have junk food in your home in the first place, you won't eat it. Instead stock up on healthy snacks such as yogurt, nuts, low fat cheese sticks, fresh vegetables or fresh fruit. In other words: If you can't stop eating chips and cookies, don't buy them to begin with.

**When you eat, just eat** – Being distracted during a meal can lead to over-eating, instead take a break from work and sit down at a table to enjoy your lunch and relax for a few minutes.

**Portion out snacks and meals before eating** – Never eat out of the bag or the container, it's harder to control your portions (and know when to stop). Check the serving size on the container if you need extra guidance.

**Don't make working from home an excuse for poor eating habits. Instead, make it an opportunity to reset your diet and feel good about what you're eating!**