

# CCT Vocational Rehab Newsletter

AUGUST 2022

PH# 509-634-2723

## August is National Wellness Month

### For Voc Rehab Information check out our websites:

[https://  
www.facebook.com/  
ColvilleTribalVoca-  
tionalRehabilitation](https://www.facebook.com/ColvilleTribalVocationalRehabilitation)

[https://  
www.colvilletribes.c  
om/vocational-  
rehabilitation](https://www.colvilletribes.com/vocational-rehabilitation)

This August celebrates National Wellness Month. This month focuses on self-care, stress management, and creating healthy routines. If you are looking for an excuse to make a change, start this month in support of National Wellness Month.

Self-care is an important part of well-being for us as well as those around us. It can take 21 days for something to become a habit and 90 days for it to be a lifestyle change. Practicing self-care, managing stress, being mind-

ful, practicing self-compassion, and focusing on proper nutrition and exercise are all things you could work towards incorporating into your daily routine.

Some activities that could help to improving personal wellness in your life could include:

- Trying something new
- Make exercise a regular routine
- Drink more water
- Make healthy food

choices

- Attend regular counseling
- And more!



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## What to Bring to the Upcoming Job Fair

Looking for a job and don't know where to start? Well mark your calendars for August 29th, 2-5pm, as we are having our annual job fair at the Government Center! This year it is being hosted by Colville Veterans Services, Colville Voc Rehab, and WorkSource. The fair will have a variety of employers and training opportunities to ask questions, turn in applications, and potentially start an interview!

But did you know that as an attendee of a job fair there are some things you should bring with you? This can include:

- Multiple copies of your updated resume
- Wearing interview ready clothing, no shorts or graphic t-shirts
- Any questions you may have for the company or training program

gram

- Family or friends who are also looking for work!

Job fairs are a wonderful resource for employment or even to get your foot in the door. Be sure to come with a good attitude and we can't wait to see you there!

## What are Considered Reasonable Accommodations?

Under Title I of the Americans with Disabilities Act (ADA), a reasonable accommodation is a modification or adjustment to a job, the work environment, or the way things are usually done during the hiring process. These modifications enable an individual with a disability to have an equal opportunity not only to get a job, but successfully perform their job tasks to the same extent as people without disabilities. The ADA requires reasonable accommodations as they relate to three aspects of employment: 1) ensuring equal

opportunity in the application process; 2) enabling a qualified individual with a disability to perform the essential functions of a job; and 3) making it possible for an employee with a disability to enjoy equal benefits and privileges of employment.

Accommodations are sometimes referred to as “productivity enhancers”. Reasonable accommodations should not be viewed as “special treatment” and they often benefit all employees.

Examples of reasonable accommodations can include the installation of a ramp, restroom modi-

fications, interpreters for those with hearing impairments, access to braille, assistive technologies such as speech-to-text software, video-phones, adjusting work schedules to accommodate hospital appointments or health concerns, and so much more.

This can also include accommodations in a school setting, providing so many different ways to ensure you are getting the best education. This can include extended due dates, extended test taking time, audio textbooks, hiring someone to take notes in lectures, as well as other options depending on what the school can provide.

## OIC– Opportunities Industrialization Center

Opportunities Industrialization Center (OIC) of Washington, a nonprofit Community Action Agency established in 1971, strives to eliminate unemployment, poverty, illiteracy, and racism so all people can live with greater human dignity. We work to afford a second chance to individuals and families with multiple life challenges. OIC provides services through four divisions including:

- Housing and Financial Services
- Nutrition and Health Services

- Education and Career Services
- Community Services



OIC of Washington is a non-profit organization providing community services through federal, state, and local funding sources. Headquartered in Yakima, locations include Moses Lake, Pasco, Sunnyside, and Wenatchee. For over 50 years in partnership with the community, local, state and federal partners, they are proud to have helped residents of Washington State become self-sufficient through their programs.

For more information go to:

<https://www.yvoic.org/>

## TERO Training Opportunities



Upcoming training opportunities for the month of May through TERO include:

CPR Training—Aug 2nd

Car Health and Care 101—Aug 22nd

Customer Service Training — Aug 29th

If interested in any of the listed train-

ings please contact Roberta Bearcub at 509-634-2719.

If you are interested in calling for a job search please contact Mariam Barrow, TERO job dispatcher, at 509-634-2729

As always, please be sure your TERO application is updated every 6 months. If needed, applications are available at any CCT TERO office.

## Thinking of Going Back to School? Classes Start Soon!

Going back to school is a big decision whether its to start your degree, complete a degree, or simply get your GED. If you are, now is a good time to start the application process as classes will be starting up soon, typically mid September. That may seem a while away but it will give you time to submit all the applications needed to get accepted into the college.

The application process can seem intimidating at first but if you take it one step at a time it shouldn't be too difficult. To help, try to apply for

college in this order:

1. Apply to the college you want to attend, application is usually found on their website.
2. Apply for financial aid (FAFSA), you may need tax documents from 2 years prior. Application found at <https://studentaid.gov/h/apply-for-aid/fafsa>
3. Apply for scholarships for additional funding. A good place to start is [scholarships.com](https://scholarships.com)

It is important to start these applications as soon as possible as it can take several weeks to hear back from the institutions after submitting everything. So the sooner the better! If you need assistance with this, you can always contact the school to ask questions or even walk you through the process.



For additional assistance with college visit <https://www.cct-ene.com/higher-education/>

## August Word Search: Hobbies! .....



**VOLUNTEERING**  
**FISHING**  
**WOODWORKING**  
**HUNTING**  
**POTTERY**  
**BAKING**  
**PAINTING**  
**COOKING**  
**YOGA**  
**EXERCISE**  
**CROCHET**  
**GARDENING**  
**RUNNING**  
**KNITTING**  
**READING**

Voc Rehab 509-634-2723



### Welder Training Program

#### Campus:

##### Spokane

3417 E. Springfield

Spokane, WA 99202

(509) 535-7794

Fax: (509) 755-0655

Email: [weldschool@oxarc.com](mailto:weldschool@oxarc.com)



### Get In Touch

Admission: 509-475-2951

Salon Services: 509-244-6444



126 S Main St, Omak, WA 98841

509 826 7310

8AM-5PM M-F



Northwest HVAC/R Association & Training Center

204 E. Nora Spokane, WA 99207

Phone: (509)747-8810 Fax: (509)747-8845

## Job & Resource Fair

Veteran Priority of Service



Colville Tribal Government Center

21 Colville St

Nespelem, WA

Open to the Public

Brought to you by WorkSource,  
Colville Tribes Veteran Services  
and Colville Tribes Vocational  
Rehabilitation

**August 29, 2022**  
**2:00 p.m. to 5:00 p.m.**

For more information, contact -  
Eileen Boylston at 509-766-4111  
or [eboylston@esd.wa.gov](mailto:eboylston@esd.wa.gov)

Terry (Maria) Garcia-Hernandez at 509-665-  
3721 or [maria.garcia-hernandez@esd.wa.gov](mailto:maria.garcia-hernandez@esd.wa.gov)



A proud partner of the AmericanJobCenter network

Beginning July 16

if you are in crisis...

**call 988**



other ways to get help

**CHAT** [suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat)

**TEXT** Veterans Crisis Line at 838255

**TEXT** NATIVE to 741741

**CALL** Colville Tribes Behavioral Health,  
(509) 634-2610

