



CASS
Capital Area Staffing Solutions

BASS
Bangor Area Staffing Solutions

JANUARY 2017

Permanent Hires



CONGRATULATIONS

to the following Field
Employees who have been hired
permanently at our Client
Companies!

Katie McAllister

Dawn Younce

Thank you for
representing us so well!

Hot Jobs!!!

Ask us about the following jobs we
have available!!!

Augusta Area:

Residential Cleaner

Medical Front Desk Admin.

Administrative Assistant

IMPORTANT NOTICE!!!

Please remember to submit your time card to us no later than Friday afternoon, unless you are working a weekend shift. In that case, please fax / E-mail no later than 8am Monday morning.

Tax season is almost here! Please be sure to let us know if your **mailing address** has changed.

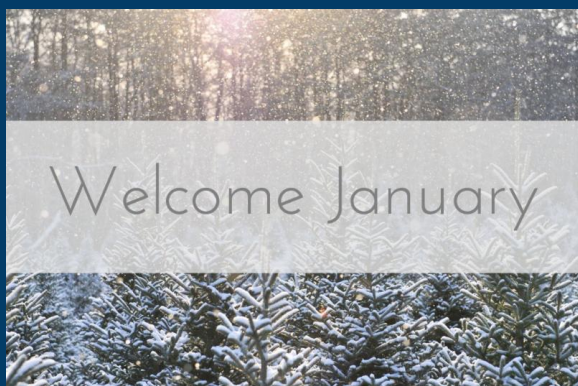


Front Desk
Front Desk – Veterinary Office
CEO – KV Chamber
Dining Services – Shift Supervisor
Production Manager – Dining
Services
2 Teller/Member Service Reps
Staff Accountant
Administrative Assistant – Finance
HR Assistant/Benefits Coordinator
Office Assistant/Client Resource

Bangor Area:

Cleaning positions
Medical Receptionist
Wireless Retail Consultant
Marketing Coordinator
Tire Technician
Accounting Clerk Opportunity
Electrician – Security System
Technician
Administrative Assistant

Please remember to visit
CapitalAreaStaffing.com or
BangorAreaStaffing.com each
week for all of our
HOT JOBS.



Why Can't I Get Paid To Use My Cell Phone at Work?

Dear Roxy Rules,

I started a new job and I was told I was not supposed to use my cell phone during working hours, just on breaks or lunches! How am I supposed to keep up with FaceBook, Twitter, and all of my text messages? Doesn't that seem harsh?!

Signed, Cell Phone Withdrawals

Dear Cell Phone W,

We totally get that you want to keep up with your friends via your cell. However, your employer probably expects you to be focused on the work you are being paid to do - go figure!! Think of why you got the job in the first place: to build your career, provide for your family, and possibly to afford your cell phone (and cool upgrades)! So, my suggestion is to follow the rules and keep reminding yourself why you are there. Who knows, maybe someday you will be running the place and you will get to decide your own cell phone rules!

Signed, Roxy Rules

FUN FACTS FOR JANUARY

JANUARY IS:

National Book Month
National Thank You Month
National Blood Donor Month

January 1 - New Years Day
January 16 - Martin Luther King Jr. Day

Birth Flower - Carnation

Birthstone - Garnet



The Super Bowl is coming up and this buffalo chicken dip would be perfect for game day!!



7 Inexpensive Ways to Beat the Winter Blues

By Rebecca Lake

The temperature's not the only thing that drops in winter. For many people, the shorter days and colder weather can bring about a serious dip in mood that stretches into spring. Escaping the cold for a tropical climate certainly sounds good but a beach getaway may not fit into your budget. The good news is, brightening your spirits doesn't have to cost a lot of money.

In fact, improving your mood may be as simple as getting a little more creative with how you spend your time. If the dreary weather has got you down, check out these inexpensive ways to banish the winter blues.

1. Exercise - Exercising regularly isn't just good for your physical health, it's also a great way to give yourself a much-needed emotional boost. When you exercise, your body releases chemicals called endorphins which make you feel happier and more relaxed.

If you're having a hard time getting your day started, taking a brisk walk around the block or doing a few minutes of yoga can get your blood flowing and perk up your attitude. Joining a gym can help you stay motivated but there's still plenty you can do at home if you're short on cash to beat the winter blues.

2. Give Your Home a Mini-Makeover - When snow and the cold keep you stuck inside for days on end, it can really start to take a toll mentally. If you're tired of staring at the same four walls, making a few simple changes can really make a difference. Taking down that outdated wallpaper, painting your bathroom a soothing shade of blue or simply rearranging the furniture can give your home a fresh feel and make those days spent inside easier to bear without costing a lot of money. Dreary decor and winter blues taken care of!



Buffalo Chicken Dip

Ingredients

- 2 (8-ounce) packages cream cheese, softened
- 1 cup Ranch dressing
- 3/4 cup hot sauce
- 1 1/2 cups cheddar cheese, shredded
- 2 (9.75-ounce) cans chicken in water, drained
- Crackers, chips, and/or veggies, for dipping

Directions

Heat chicken and hot sauce in a skillet over medium heat, until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on Low setting until hot and bubbly. Serve with celery sticks/crackers/chips.

3. Volunteer - Volunteering won't cost you anything more than a little of your time and a tank of gas, but it can pay off big in terms of emotional and mental rewards. Whether you're helping out at your local food pantry or walking dogs at the animal shelter, it gives you a chance to occupy your mind with something other than thoughts about how nasty the cold is. Not only that, you could be lifting up someone else who's seen their mood take a nosedive.

4. Take Up a Hobby - If you've always wanted to learn to knit or you've been thinking of taking a course at the local college, winter is the perfect time to pursue your passions. When the weather's keeping you indoors, having something to keep your mind and hands busy can make it much easier to while away the hours. Signing up for a pottery class or buying some art supplies won't break the bank and it'll give you something to do until the spring flowers begin blooming.

5. Bring the Outdoors In - Gray skies and blankets of white can leave you longing for a little color but it can be hard to come by when spring is still weeks away. This monotony can cause the winter blues. Planting an indoor herb garden or buying fresh flowers to perk up your kitchen is an easy and inexpensive midwinter pick-me-up. If you're feeling a little more ambitious, you could use the long winter months to start planning a full-scale garden so you'll be ready once the warm weather hits.

6. Be a Tourist in Your Hometown - You can live somewhere for years and be totally oblivious to all the things the place you call home has to offer. If you can't afford a weekend getaway, taking a stroll around town can be an eye-opening and entertaining experience and it may not cost you a thing. For example, if your city has a historic district you could spend the afternoon checking out those old-fashioned homes you normally drive by without a glance. Slowing down to notice the previously undiscovered details all around you can be a great way to calm your mind and improve your mood.

7. Stay Connected - Keeping in touch with friends and family is one of the easiest ways to climb out of the winter doldrums. If you can't afford to go out on the town, you can still find ways to get together that won't cost a lot. Starting a book club, having a regular movie night at a friend's house or weekly wine tastings at home are all inexpensive options for keeping your support system intact.

Source - <https://smartasset.com/personal-finance/7-inexpensive-ways-to-beat-the-winter-blues>


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THIS IS WHY I LIVE




WHERE THE AIR HURTS MY FACE

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