



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS

## JANUARY 2018

### Permanent Hires!



### CONGRATULATIONS

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

Emily Belanger  
Cynthia Cloutier  
Celeste Gleason

### Hot Jobs!!!

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

#### Augusta Area:

Janitorial Openings!  
Front Desk - Veterinary Office  
Cook  
Reception/Switchboard  
Bookkeeper  
Medical Secretary

### IMPORTANT NOTICE!!!

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

**I LOVE IT WHEN MY EMPLOYEES ARE ON THEIR  
CELLPHONES INSTEAD OF DOING WORK**



**SAID NO BOSS EVER.**

### 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

## Bangor Area:

Property Maintenance Manager  
Production Line Cake  
Decorators  
Accounts Payable Clerk  
FT Counter Associate  
Cellular Sales  
Janitorial Services Supervisor  
Maintenance Supervisor  
Collections Analyst  
PT Cleaning Associates  
Generator Technician  
Production Line Supervisor  
Weekend Janitor  
Production Associates  
Forklift Operator  
Sanitation Technician

Please remember to visit  
[CapitalAreaStaffing.com](http://CapitalAreaStaffing.com) or  
[BangorAreaStaffing.com](http://BangorAreaStaffing.com) each  
week for all of our  
**HOT JOBS.**



January is:

National Book Month  
National Thank You Month

FaceBook, Twitter, and all of my text messages? Doesn't that seem harsh?!

Signed, Cell Phone Withdrawals

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Dear Cell Phone Withdrawals,

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



**4 New Year Resolutions That Will Help  
You Win at Work**

By: Susan M. Heathfield

**1. Practice professional courage by  
stepping out of your comfort zone.**

National Blood Donor Month

January 1 - New Years Day

January 15 - Martin Luther King Jr. Day

Birth Flower - Carnation

Birthstone - Garnet

### **Chicken Pot Pie Soup!**



#### **Ingredients**

- 2 lbs boneless skinless chicken breasts
- 2 1/2 cups frozen mixed vegetables
- 3 cups cubed potatoes
- 2 cans condensed cream of chicken soup
- 1 cup of water
- Optional: 1/2 cup instant mashed potato flakes

#### **Instructions**

- Cut chicken into cubes and place them in your crock pot.
- Add frozen veggies and potatoes.
- Whisk together cream of

You know when you are in your comfort zone. An issue occurs. You hear yourself making up excuses in your mind about why you don't need to speak, or why taking a stand on an issue will get you in trouble. Just once, when you find yourself in this situation, state what you are actually thinking.

### **2. Strive to learn something new every single day.**

It is easy to get bogged down in the same old, same old. Read an article; discuss a new approach with a colleague; research what other organizations are doing on the web. The opportunities for learning are multiplying every day in this information age.

### **3. Listen more than you talk.**

As a manager, you spend much of your time in problem-solving activities and efforts. Plan this year, to listen to all that your coworkers are saying; they may want a sounding board, not advice or problem solving. You may find you don't have to take the monkeys on your back. Your listening may empower them to solve their problems. When they feel completely heard out and listened to, they are more likely to move from stuck to action.

### **4. Make professional contacts and network.**

Look up colleagues with whom you have lost touch. Make sure that you attend at least one professional meeting each month. You will benefit from the friendships and relationships you develop from active participation in

chicken soup and water then add to the crockpot.

- Stir and cook on high for about 6 hours.

- If soup needs to thicken, add in the instant mashed potato flakes and cook an additional 10 minutes.

Source: [thegunnysack.com](http://thegunnysack.com)

networking. It is not enough to join-you need to show up and join in.

Source: [thebalance.com](http://thebalance.com)



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