



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



October 2024

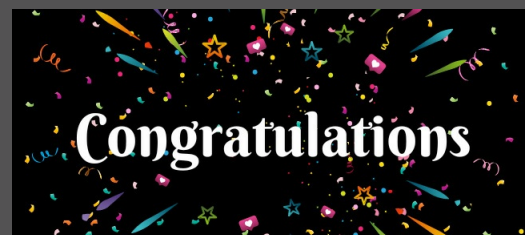
CASS & BASS Field Employees

IMPORTANT TIMECARD NOTICE

As always, please remember to submit your timecard 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.

CASS & BASS offices will be closed
on Monday, October 14th for the
holiday!

If you have upcoming plans that



Congratulations

Please join us in congratulating the following Field Employees, who were hired by our Clients in September!

Heidi Antworth

Derek Willette

Chris Gilley

Lea Cagulada-Pierce

require time off from work:

Please be sure to notify us as soon as possible! The sooner we know, the better we (and our Clients) will be able to prepare for your absence.



SO MANY CAREER OPPORTUNITIES!

Please visit our website at [Capital Area Staffing.com](http://CapitalAreaStaffing.com) for a list of all current openings!

Augusta

Reception/Office Assistant
Housing Specialist
Payroll Specialist
Front Desk Administrator
Teller
Asset Mgr. II
Weatherization Tech Supv.
Accounts Payable
Development Coord.
Receptionist
Optometric Tech.
Inspector/Packer
Forklift Operator
Patient Services Rep.
Optician

Bangor

Painting/Property Maintenance
Office Manager
QA Inspector
Scheduling Service Coordinator
Project Manager - Restoration
Accountant
Machine Operators



Dates

- October 2nd starts Rosh Hashanah
- October 6th - National Noodle Day
- October 9th is Leif Eriksson Day
- October 11th marks the start of Yom Kippur
- October 12th - National Fossil Day
- October 14th is Canadian Thanksgiving, Columbus Day and Indigenous Peoples' Day
- October 24th is United Nations Day
- October 31st is Halloween



October's birthstones are the **Opal** and **Tourmaline**; birth flowers are the **Marigold** and **Cosmos**.

Seasonal Order Selector
Receptionist/Scheduler
Front Desk - Eyecare
Manufacturing Associates
Forklift Operator/Warehouse
Evening Janitorial PT & FT
SQF Practitioner



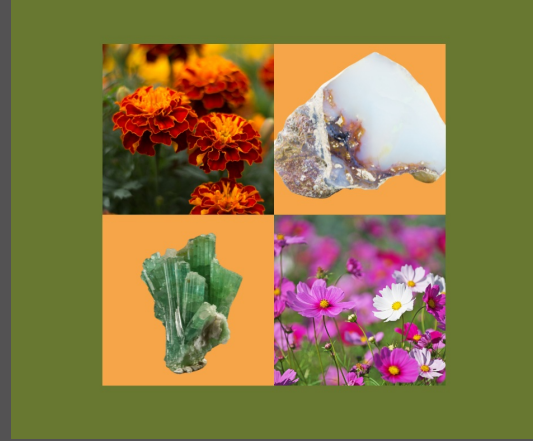
Pumpkin Whoopie Pies

Ingredients for the cakes:

- 1/2 cup (1 stick) unsalted butter, at room temperature
- 1 cup packed brown sugar
- 2 large eggs, lightly beaten, at room temperature
- 1 cup canned puréed pumpkin
- 2 teaspoons cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1-2/3 cups all-purpose flour

Instructions:

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. In the bowl of a standing mixer with whisk attachment, mix together butter and brown sugar until smooth. Add eggs, pumpkin, spices, vanilla, baking powder, baking soda, and salt. Using a spatula, fold in flour.
3. With an ice-cream scoop, drop mounds of batter, spaced evenly, onto the prepared baking sheets. Bake about 10 to 12 minutes, until



If you care about politics, looking toward the 2024 presidential year elections for candidates and ballot initiatives may feel at minimum personal and in the extreme highly stressful. What can you do to stay engaged and motivated to support making the world a better place (of course, each person may define this differently), while protecting yourself from burnout, cynicism, bitterness and hostility?

Focus on what you can control and what positive actions you can take.

- Vote if you are eligible to do so and join voter registration drives to encourage others to put their voice where the ballot box is.
- Volunteer to campaign for your candidates and ballot initiatives, both local/regional and national.

Separate people (and their inherent value) from their viewpoints.

- Especially when it comes to family and friends, remind yourself, "I can love someone without agreeing with them or even understanding why they think the way they do. Our relationship is built on so much more than our political views."
- Exercise your empathy muscle by remembering a time in your life in which you believed something or held a certain viewpoint and then

springy to the touch. Transfer to a rack to cool completely.

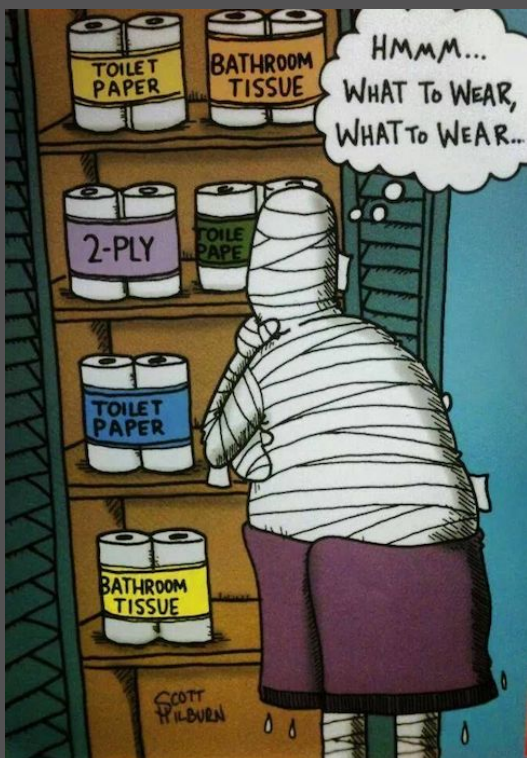
Ingredients for the filling:

- 8 ounces (1 package) cream cheese, at room temperature
- 1/4 cup (1/2 stick) unsalted butter, softened
- 1/2 teaspoon vanilla extract
- 2 tablespoons maple syrup
- 3/4 cup powdered sugar
- 1/8 teaspoon salt

Instructions:

1. In the bowl of a standing mixer or with an electric beater, cream together cream cheese and butter.
2. Add vanilla, maple syrup, powdered sugar, and salt and mix on low speed until blended; then beat on medium-high speed until fluffy, about 2 minutes.
3. Spread the flat sides of 6 cakes with cream cheese frosting. Top each with another cake.

~ *The Almanac Chefs*



later changed your mind.

Stay mindful.

- Before you engage in a discussion/ debate with someone who has an opinion contrary to yours, consider what your goal is. Are you really going to change their mind or get them to admit that you are right? Is it important in this time and space, nevertheless, for you to speak up even if to maintain your own self respect?
- Acknowledge and validate the fears, anxieties and anger that you and the other person have. It can feel scary if you believe your rights may be taken away, that your values are being trampled on, or that your chances for a successful future are being diminished. It makes sense to feel angry in the face of what you perceive to be injustice and unfairness.

Set boundaries.

- Limit your exposure to political news and social media (e.g., 30 minutes a day).
- Take mental and conversation breaks from politics (e.g., contemplate all the things you're grateful for that day, talk about your non-political interests).
- It's ok to walk away from an overly heated conversation that doesn't feel productive or meaningful.

Beware of disinformation.

- Educate yourself about the facts and their sources.
- Seek out tools to discern false information (e.g., newslit.org).

Remember the Golden Rule.

- Don't villainize if you don't want to be villainized.
- Remain civil and refrain from name calling.

Stay CURIOUS.

- "Hmmm...I wonder what about this person's background, culture, and life experiences factor into their thinking so differently from me?"
- "What can I learn from this person even if I don't agree with them?"

Caring about our society enough to stay

politically engaged is not always easy. However, your voice is worth expressing and being heard, so stay in the game. Experimenting with these tips might help you do just that!
~ Judy Hao, PhD, Senior Staff Psychologist

Capital Area Staffing Solutions, Inc.
Bangor Area Staffing Solutions
~Your Partners in Staffing~



Capital & Bangor Area Staffing Solutions | 2386 No. Belfast Avenue | Augusta, ME 04330 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!