

# Career/Job Chronicle & Calendar

May 2020

## Updates and information related to Coronavirus epidemic

Hello! Hope all are doing well! I am still not able to travel to libraries at this time, but I will continue this outreach as soon as the conditions permit this. I am starting a new program where I am doing Virtual Job Clubs on Fridays between 1:00 pm and 2:00 pm—and I am excited about it:) Anyone is welcome to join this meeting. I will be sending weekly agendas with an invite to all that are interested. If you would like to get on the invite list for these virtual job clubs, just pass on your email to me ([myron.daubert@dwd.wisconsin.gov](mailto:myron.daubert@dwd.wisconsin.gov)). It is up to you each week if you decide to attend. We would be happy to have you join us! I also welcome folks to email me with questions or contact me to set up either a Skype meeting or a phone meeting:) Please take care of yourselves! Myron Daubert

## Finding Hot Jobs

I just wish to remind this month that we do updated information on our [Job Center Facebook page](#). Our page is called Western Wisconsin Job Center. Please let me know if you have questions related to it as I am one of the administrators for it.

Looking for work, you can always get an account and search on the Job Center of Wisconsin:

[www.jobcenterofwisconsin.com](http://www.jobcenterofwisconsin.com).

Another option I've mentioned before is [Coulee Region Jobs](#) for local jobs in the area.

One of the most complete and up to date job sites without spam getting in the way is [Indeed!](#)

## Funny Corner (laughing at home)

- Day 3 without sports. Found a lady sitting on my couch yesterday. Apparently she is my wife. She seems nice.
- Ok, so if the Corona Virus isn't about beer, why do I keep hearing about cases of it?
- Definition of Irony - When the Year Of The Rat starts with a plague.

## Networking/LinkedIn Tips

- More good news from LinkedIn! During the Coronavirus Outbreak, LinkedIn is giving a good bit of its LinkedIn Learning content relevant for these times for FREE. [Check it out here!](#) If you might have free time on your hands, this might be a great month to take advantage of LinkedIn's free month of Premium that includes free use of thousands of courses on LinkedIn Premium:)

## Unemployment information

*For information related to unemployment related to issues from the Coronavirus virus [you can check this FAQ from Wisconsin Unemployment](#). This information is changing quickly related to implementing the stimulus and will be updated as needed.*

## Positivity Perspective



- Some tips and advice by Tony Robbins on what to do during challenging times can be found [here](#):)
- Life isn't about getting and having, it's about giving and being. –Kevin Kruse
- [Retired carpenter spreading joy to kids:](#))

To view past newsletters follow this link:

[https://drive.google.com/open?id=1\\_DidHUIwSxZ0r-wXcXDYk5WJkGELF\\_L1](https://drive.google.com/open?id=1_DidHUIwSxZ0r-wXcXDYk5WJkGELF_L1)

To provide feedback, join the job club mailing list, or have a question for Myron, please email:

[myron.daubert@dwd.wisconsin.gov](mailto:myron.daubert@dwd.wisconsin.gov)

# Staying Busy During Quarantine

## *Staying Active*

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine>

Take short breaks during the day! It adds up!

Chores, playing with kids, dancing

Zumba! Free on YouTube!

<https://www.youtube.com/watch?v=qAJ6EQtGZ28>

<https://www.youtube.com/watch?v=cLJfmPaKb1M>

[https://www.youtube.com/watch?v=5a9JBk7Q\\_ko](https://www.youtube.com/watch?v=5a9JBk7Q_ko)

Online Exercise class

Free

<https://www.onepeloton.com/>

Peloton APP on SMARTPHONES ONLY 90 day trial

Yoga, Meditation, Workout routines etc.

\*\*\*Make sure to set a reminder to deactivate membership so you don't have to pay

UWL Rec Sports Facebook page!

Tammy Z Workouts, yoga, pilates, Zumba, etc.

Yoga with Adriene

<https://www.youtube.com/user/yogawithadriene>

Stand up about every 30 minutes

Walk, even in small spaces!

Remember to relax and stay mindful (Meditation!)

<https://www.youtube.com/watch?v=W19PdsIW7iw>

Eat as healthy as possible – (frozen fruit, vegetables, canned fruit and vegetables last longer during quarantine)

Drink water!

## *Keeping Busy with children:*

<https://chw.org/newshub/stories/covid-19-quarantine-tips-tricks>

Create a routine

rules for behavior

Get active

Arts and crafts

## *Keeping dogs busy when working*

<https://www.usatoday.com/story/tech/reviewedcom/2020/03/25/coronavirus-quarantine-keeping-your-dogs-entertained-while-you-work/2901245001/>

DogTV – stimulating videos to keep dogs busy! 30 day free trial

\*\*\*Make sure to set a reminder to deactivate membership so you don't have to pay

Staying active:

Walk/run/fetch outside

puzzle toys that can have treats that can keep dogs busy

EX: Kong chew toy with peanut butter inside