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‘Out with 2014 &
In with 2015’
Happy Holidays

From your Friends
At



WeLIFT is “Staying Put”

By Roger Netsch, Executive Director

While WeLIFT is currently going through a transitional period, much of what WeLIFT does, how it does it, and, most importantly, where it does it is **NOT** going to change.

This fall WeLIFT became its own entity. WeLIFT obtained its own 501C3 tax-exempt status, having previously operated under the Trinity United Presbyterian Church’s (TUPC) 501C3. As a non-profit, WeLIFT depends on grants and donations from individuals to keep operating. As our own entity, not being connected with our 501C3 to TUPC will allow us to seek funding from corporations and organizations that previously would not make grants to “church affiliated” non-profits. This should help WeLIFT look more attractive to potential grantors and, consequently, allow us to diversify our funding somewhat and continue doing what we have been doing.

While WeLIFT has enjoyed our relationship with Trinity United Presbyterian Church, **we have no plans to move**. The love and support we’ve received and continue to receive from the Trinity family will hopefully continue long into the future. While our facility in the Path Building occasionally is cramped, we could not hope to find anyplace better to meet the needs of our clients, our community, or strive to complete our mission which is to empower unemployed and underemployed individuals to achieve economic self-sufficiency.

“WeLIFT having its own 501C3 will open new funding resources not available while we’re connected to TUPC.”



2014- A Year in Review

By Roger Netsch, Executive Director

"WeLIFT client numbers saw a healthy increase in 2014."

"WeLIFT increased its staff and hours of operation to keep up with the increased client load!"

"WeLIFT's community partners are vital to the success of our clients."

2014 continued as a "year of change" at WeLIFT. Here are a few highlights of some of the changes that took place at WeLIFT in 2014:

- Increased numbers of clients coming to WeLIFT:
 - 2013- 719 Total Client Office Visits
 - 2014- 1,392 Total Client Office Visits
- Increased hours that WeLIFT is open each week:
 - Went from being open on Tuesday and Thursday from 9 am to 3 pm and Thursday evenings from 6 to 8 pm
 - To being open Tuesday, Wednesday, & Thursdays from 9 am to 3 pm and Thursday evenings from 6 to 8 pm.
 - Increased hours open to the public from 14 hours per week to 20 hours per week
 - Classes are offered during non-office hours for client convenience
- Increased free course offerings to include financial literacy, computer courses, electronic job searches, small business mentoring, interviewing skills & various small business development classes.
- Developed and increased the number of employer contacts WeLIFT has out in the community. We currently have over 50 local employers whom we're establishing a better working relationship with so we can help them find new employees and our clients to find gainful employment with local businesses.
- WeLIFT hired an additional Career Coach, Lynn Anderson, to assist with goal setting, resume development, and job search assistance.
- WeLIFT continued to work with other local organizations to help our clients access the services they need. Some of those include:
 - Warren County General Assistance
 - 'Suit Up Interview Clothes Closet'
 - Red Rock & CCI Management Housing Assistance
 - Des Moines Area Community College
 - Iowa Vocational Rehabilitation Services
 - Many local businesses and employers

Is there a 'Free Class' for you at WeLIFT?

By Jana Tanner, WeLIFT Job Coach



January 2015 WeLIFT Class Schedule

Finding Financial Balance Feeling distracted by expenses, stressed out from the debt, and worried about holiday bills that have to be paid? This time of year brings joy to many, but for some it is stressful with the added holiday costs. We will discuss credit history, asset and debt information, the basics of budgeting, how to save, and the importance of retirement planning.

- **Thurs., Jan. 15** **6:00 p.m. to 8:00 p.m.**

Interview Skills Trends including phone interviews, group interviewing, first impressions, networking, and how to research a company will be discussed. **A must attend class for interview preparation.**

- **Thur., Jan. 8, and 22** **6:30 p.m. to 8:00 p.m.**

Excel Learn to create a spreadsheet or brush up on skills. Must be committed to full 3-weeks and attend every class. **Prerequisites for Class:** Basic Computer Skills (operating a computer mouse/screens) and Basic Microsoft Word.

- **Wed., Jan. 7, 14, and 21** **3:00 p.m. to 5:00 p.m.**

Computer Basics Designed for those who want to brush up on computer skills or have little or no computer experience. Topics include: Keyboard/typing basics, Internet basics, and Email basics.

- **Mon., Jan. 5** **9:00 a.m. to 11:00 a.m.**

Microsoft Word Basics From resumes to cover letters, most professional letters start with a basic Word document. This class focuses on creating documents and using proper key commands.

- **Mon., Jan. 12** **9:00 a.m. to 11:00 a.m.**

Electronic Job Search Learn the ins and outs of online job searches. Instructor leads class through the process of applying online by accessing job search sites, filtering search results, and attaching resumes and cover letters.

- **Mon., Jan. 19** **9:00 a.m. to 11:00 a.m.**

Small Business Mentoring Workshops and mentoring to help start or improve your small business.

Workshop:

Bootstrapping Your Small Business (How to Start on a Shoestring)

Register for workshop at Eventbrite.com or call Deb at 515-306-7759

- **Thurs., Jan. 29** **9:30 a.m. – 11:30 a.m.**

Mentoring:

Visit with Deb Downey about your small business dreams and strategies and how to achieve them. No appointment necessary.

- **Thurs., Jan. 8, 15, and 22** **9:00 a.m. – 11:30 a.m.**

NCRC (National Career Readiness Certificate)

To earn a certificate, individuals take an assessment in applied mathematics, locating information, and reading for information. Based on scores, a Platinum, Gold, Silver, or Bronze certificate is awarded. The NCRC certificate is recognized by 9,100+ employers in Iowa.

- **Wed., Jan. 28** **5:30 p.m. to 9:00 p.m.**

➤ **Please call (515) 962-5017 to register.**

- **All classes and services are FREE of charge and**
- **designed for hands-on learning. Clients are invited to**
- **re-take classes as often as they like.**

Want to worry less? GO TO BED EARLIER

By Roger Netsch



Want to Worry Less? Go to Bed Earlier

Those who feel stressed and anxious all the time might want to try one simple remedy before others: Go to bed earlier. It's not just a matter of getting a good night's sleep, however.

Researchers at Binghamton University say that 'when you go to sleep' matters when it comes to fending off "repetitive negative thinking," according to a post at Eureka. While they don't specify bedtimes, the researchers say that people who are night owls and thus wake later in the day tend to obsess about their problems more than people who go to bed earlier and rise earlier, reports Red Orbit.

"Making sure that sleep is obtained during the right time of day may be an inexpensive and easy intervention for individuals who are bothered by intrusive thoughts," says one of the researchers for the study published in Cognitive Therapy and Research.

The scientists can't say exactly why this is the case, but it might have something to do with the body's natural rhythms, explains a post at Health. The brain might be better suited to handle "high-level cognitive processes, like the ability to inhibit thoughts and images" in the morning, and those who sleep in miss out on that.

*"You'll worry less if you
got to bed earlier!!"*



Mission Statement:

Empowering unemployed and underemployed individuals to achieve economic self-sufficiency

Vision Statement:

A community workplace and career pathway resource to empower employment success

WeLIFT's Hours:

Tuesday, Wednesday,

And Thursday

9 am to 3 pm

Thursday Evenings

6 to 8 pm

Check us out on the "WEB"

WeLIFT's Web Site: weliftjobsearch.org
Find us on FACEBOOK at: [Weliftjobsearch](https://www.facebook.com/Weliftjobsearch)

Good News

This page is dedicated to the successes of our clients

Good News Story from a client:

Dear WeLIFT:

In early 2013, I unexpectedly lost my job. After trying a couple of different jobs that weren't a good fit, I knew I needed help in finding a job that was a good fit for my goals and skills. That's when I turned to WeLift for help.

In late 2013, I found out about a job with Hope Ministries for a Church Relations & Group Activities Coordinator that I knew would be a great match.

Since I had already been working with WeLift (Jana Tanner), I took the job description in to her and told her that I wanted that job. She suggested I make contact with a couple of people I knew at Hope Ministries so I did. Within about a week I had an interview, was offered the job and accepted. I have been enjoying my job at Hope Ministries over the past year and know without the tools and resources provided by WeLift I probably wouldn't have been so confident in pursuing this position.

Thank you WeLift!

(Client prefers to remain anonymous)

All of our services are
FREE ✨ FREE ✨ FREE