

## Ask a Wise Woman ...

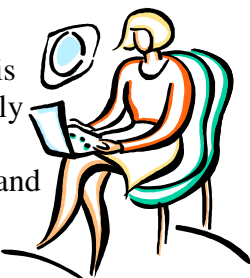
Dear Wise Woman:

I have been waiting for this time in life when my family commitments allow me to polish off my old resume and look for work.

Have you any tips to help people like me address gaps in work history?

Hope so....

Resume Weary Wanda



Dear Wanda,

Yours is a common request of many of our clients. A couple of general guidelines to get you started include:

- Highlight non-work experience and hobbies that are relevant to the potential employer, ie managing the household finances is a good example to include if accounting is a required skill.
- Gaps in work history should be highlighted with activities that identify skills needed for the job, ie as a caregiver you demonstrated organization and diligence skills.
- Avoid personal information such as age, height, religion etc.
- Hobbies and volunteer experiences that are applicable to the position are worth including.

Our library is full of books and other resources that focus on the 50+ job searcher. They can help you put your past experience in perspective. Come in and check them out!!!

## Personal Goal of the Month

Spread the word about **Generation - Wise** to potential employers and fellow job searchers.

## Resources

Leslie Beck is a Canadian Registered Dietitian and author and a great source of information to keep mature job seekers nutritionally fit

Her Book: *Leslie Beck's Nutrition Guide for Menopause*

Her Website: [www.lesliebeck.com](http://www.lesliebeck.com)

## Quote of the Month

**Menopausal Mary has a thought for us this month...**If I ruled the world...menopause would bring flawless skin and perfect figure.

Tell me, how does one treat mid-life crisis?

Just ignore it and it passes by?

When you get a hot flash

Do you make a mad dash

For the door and hope no one asks?

....*Mariane Holbrook*



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## CERC'S Mature Women's Chronicle "Your Job Search Connection"

September 2005



## What's Inside for the Mature Woman?

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## Editor's Note for September



As promised - **Menopausal Mary** is back.... and still being hampered in her job search process with mood swings and hot flashes. We are going to explore the Herbal Route – the natural way to cope with menopausal symptoms.

## Take the Heat Out of Job Search.....Naturally

If you have tried making lifestyle changes and your hot flashes still seem unbearable, some dietary supplements may be effective - but many won't. Here is some advise from the Mayo Clinic about what works and what doesn't work

### What Works

#### **Black Cohosh**

This herb has been used extensively in Europe for treating hot flashes since the 1950s and is quickly becoming a popular treatment in North America and for good reason...it is the best documented herb for menopause. Researchers are not sure how or why this herb works and some studies suggest it might have estrogen-like properties. Black Cohosh may take up to 4 weeks of use to show improvement in hot flashes and mood swings...so be patient and try to stay focused and positive and get those job applications out.

#### **Soy**

One popular alternative for easing hot flashes is soy. The humble soybean contains plant estrogens that behave like weak forms of the body's own estrogen. Unfortunately, clinical trials have generally yielded unimpressive results, although some women have found adding soy to their daily diet has been factor in having a "cool" job interview experience.

#### **Vitamin E**

In a dosage ranging from 400to 800 IU daily, Vitamin E provides some relief from mild hot flashes for some women. Although the scientific evidence isn't strong, it is maybe worth a try as you prepare for some one-on-one encounters this month to get the word out about your need to find another job.

### What Doesn't Work

"Instead of paying for products that won't do you any good, it is best to stick with those that have scientific backing." – so states Leslie Beck, RD in a recent article for Healthy Woman. There is no evidence to show that the following work to reduce any menopausal symptoms:

- **Ginseng**
- **Dong quai**
- **Evening primrose**
- **Wild yam**

#### **'Natural' Isn't Always Best**

Just because herbal supplements claim that they are natural doesn't mean that they are safe. All herbal remedies are a form of medicine and should be treated as such. They have potentially harmful side effects and may interact with other medication that you are taking. Always review what you are taking with your doctor.

**ED Note** – hot flashes may bother you for only 6 months or go on for years and years... but remember.... they do fade with time – as will your unemployed state with or without medication or supplements.

## Generation - Wise Update

In July we told you about the Community Training and Development Centre's newest program, Generation – Wise, planned to match those 55 or over with appropriate employment opportunities. CTDC has received many applications and interviewed prospective employees all summer long. Now that the summer is over and the student work force is on its way back to the classroom, it's time for Generation - Wise to take action. CTDC is interested in receiving your application, whether you are a potential employee or employer. Here are the details once more: Generation - Wise refers clients over 55 to employers who are looking for responsible, flexible, experienced individuals for full-time, part-time and occasional positions. Contact CTDC at 905-372-9967 or visit their website at [www.ctdclearningplace.com](http://www.ctdclearningplace.com). Your local CERC office has brochures available for interested employees and employers.

### CERCulation News



Come and visit us at our booth at the **Port Hope Fall Fair... September 16<sup>th</sup> - 18<sup>th</sup>** in the Agricultural Building. We'll have free balloons for the kids and lots of information about job searching and all our resources. There will be a FREE draw so make sure you drop by Fill in a Ballot and WIN a prize!