



**First Choice**  
Staffing Solutions, LLC

# NEWSLETTER



APRIL 2008

## TAMMY'S PLACE:



### Moving Outdoors

It's springtime, and for most people, that means time to go outside and enjoy the weather. The return of warmer temperatures brings thoughts of freedom, relaxation, exploration, and being closer to nature. Here are some ways to help keep you and your family healthy this spring and summer. Whether you're relaxing in the back yard, hitting the pool or just enjoying the great outdoors.

### Dinning Al Fresco

Nothing says summer like the smoky flavor of foods cooked out on the grill. When you're grilling, use a meat thermometer to ensure that you cook meat and poultry thoroughly. Remember to always keep cold food cold and hot foods hot, and refrigerate all leftovers promptly.

### Beware Of Bugs

Warmer temperatures aren't just attractive to people. Mosquitoes, ticks, fleas, and other insects thrive in warmer weather, and they transmit West Nile virus, Lyme disease, and other illnesses. Using **insect repellent** that works well, and applying it properly allows you to continue to play and work outdoors with reduced risk of mosquito bites.



## GARDENING

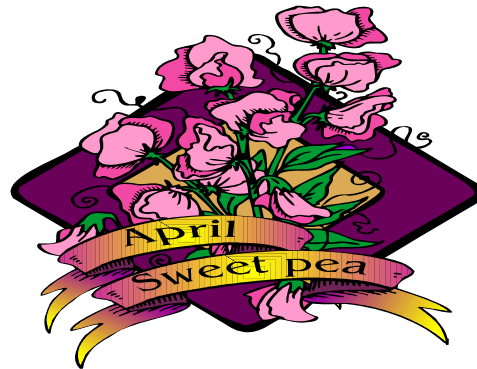
A great outdoor activity for people of all ages. Stay safe and healthy as you grab your tools and head outside. Wear gloves, use safety gear when

handling equipment and chemicals, protect yourself from the sun, and use insect repellent. Also watch out for **heat stress** and know your limitations.

### Healthy Pets, Healthy People

Remember to protect your pets too. Keeping your pets healthy helps to keep you and your family healthy. Children can get **roundworm** and **hookworm** from soil contaminated by pet feces (stool), so make sure that puppies and kittens are seen by a veterinarian and dewormed.

**From the Centers for Disease Control and Prevention. Visit them @ [www.cdc.gov/Features/MovingOutdoors](http://www.cdc.gov/Features/MovingOutdoors)**



### Birthday Wishes to:

Sharon Vaughns 04-08, Mike Royal 04-10, Penny Wilkerson 04-14, LaDonna Drew and Teresa Faye Williams 04-19, Linda Johnson 04-20, Becky Tuten 04-23, Stacey Brinkley 04-27, & Angela Bullard 04-30.

### VERY IMPORTANT

Please date, sign and return all educational material that we mail to you as soon as possible.

## CULTURAL DIVERSITY

6<sup>TH</sup> in series:

**CAUTION:** These are broad generalizations and should not be used to stereotype any individual. They are most applicable to the least acculturated members.

### **AMISH COMMUNITY:**

**Spiritual/Religious** Orientation Remain separate from the dominant culture. **Social:** Emphasis on simple living, conformity in dress and appearance. Religious values and way of life passed on through ordung. Spiritual Leader Bishop. **Beliefs about illness, death; Rites associated with death** Illness (mental or physical) is seen as an inability to do daily chores. Belief in afterlife. Burial, no cremation. May utilize services of a funeral home. Build own caskets. May accept keepsakes of the deceased. Autopsy acceptable out of legal/medical requirement. Organ Donation prefer to bury an intact body. Beliefs about Medical Practices include folk, herbal, homeopathic and western biomedicine. No abortion. **Privacy:** Euthanasia- personal matters discussed with spiritual leaders or family. Communication styles speak a form of German among themselves. Refer to non-Amish as “English”.



### **EDUCATIONAL OPS**

**www.RN.org** Accredited and accepted for continuing education by all states. They offer \$20 unlimited CEU, and some courses are **FREE**. Check this site often for recent updates.

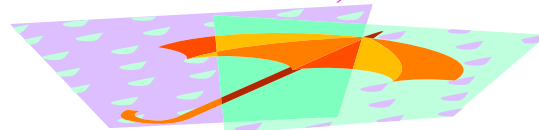
## VIC'S COMMENTS



I Would like to remind everyone that they can stay up to date with the company news and changes by visiting our web site @ [www.fcsga.com](http://www.fcsga.com) , I recommend visiting the site at least once a week to check for updates, also you view all the previous newsletters, while you are there check on the contact us tab and leave us a suggestion or comment.

You can download forms you may need to update your file or even better if you are low on Time sheets and need one right away you can go there and print one out.

### **CARLA'S CORNER,**



*April Showers, bring May Flowers*

**We need to cut down on the problems and/or conflicts that are arising from nurses not calling in their schedules. All nurses whether you are per diem or on contract it is your responsibility to call or send us your schedule so that we can confirm them with the hospitals. If you don't call me and give me your schedule once you get it, even if you do self scheduling then don't call me when you show up for work and you're not on the schedule or if you are calling to cancel the shift. It gets so frustrating when I'm talking to the nurse managers at the hospitals and I sound like I don't know what I'm talking about because I don't know you're schedule. Also when calling our office no matter what time of the day it may be the only number that you should call is 800-474-2026.**