



First Choice
Staffing Solutions, LLC

NEWSLETTER

APRIL 2009



First Choice is turning **10** this month. Some of our nurses have been with us since we started **April 15th 1999** they have seen us grow in the medical staffing industry, and become the agency of choice for many hospitals as well as many nurses. We have always tried to give our nurses the feeling that they don't only work for First Choice, but that they are First Choice. As you may or may not know, in celebration of our birthday we have anniversary edition bags and travel mugs available to our nurses for appreciation. We also have a new website with enhanced features and more features to come including a page for blogs as well as company press release so go check us out at www.fcsga.com

We also would like to inform our nurses that even though census has been low we are always working to provide you with options, we are currently working on a agreement with a client that when completed could add several new facilities for you to choose to work at.



Paycards, it's been over 1 year now since we implemented this option and I can't tell you how many nurses enjoy this new pay option. To some it's the next best thing since sliced bread. 70% of our nurses are on the pay card system.

I would also like to remind our nurses that we need your help, the best nurses are the ones we get referral's from our nurses, so when you are out there and come across a nurse that you believe would be a positive addition to the First Choice team let us know and let that nurse know that you think they would do great working with First Choice. Referral bonus is \$200.00 per nurse after they work 36 hours.

APRIL

SEXUAL ASSAULT AWARENESS MONTH

Sexual assault involves sexual acts that are forced upon individuals against their will. These acts can be physical (such as rape or unwanted sexual touching), verbal (such as sexually abusive or threatening speech), or psychological (such as voyeurism or exhibitionism). Anyone can be a victim of sexual assault. Sexual assault is most often committed by someone known to the victim such as a spouse, family member, co-worker, friend or acquaintance, although it can be committed by a stranger.

Sexual assault is a crime of motive and opportunity. Unfortunately, there is no surefire way to prevent an attack. If you or someone you know is a victim of sexual assault, please know that the assault is not your fault and that you are not alone.

In the event that you or someone you know is sexually assaulted, find a safe place, and contact the police immediately. To speak with someone who can help you through the aftermath, and accompany you to the hospital, call the National Sexual Assault Hotline @ [800-656-HOPE](tel:800-656-HOPE). Free confidential support is available [24/7](http://www.nsa-nc.org).

Sexual violence can start very early in life. More than half of all rapes (54%) of women occur before age 18; 22% of these rapes occur before age 12.

1 out of every 6 American women have been the victims of an attempted or completed rape in their lifetime.

1 in 33 men have experienced an attempted or completed rape in their lifetime.

These findings may be somewhat influenced by the reluctance among men to report sexual violence.

8 out of 10 victims of sexual assault knew their perpetrators.

Based on a review of state records pertaining to child abuse and neglect, 86,830 children in the United States experienced sexual abuse.

College women are four times more likely to be sexually assaulted than any other age group.

RAINN'S 2009 SPRING BREAK TIPS FOR STUDENTS

RAINN (Rape, Abuse, & Incest National Network), the nation's largest anti-sexual assault organization, and was named one of "America's 100 Best Charities" by Worth Magazine. RAINN created and operates the National Sexual Assault Hotlines and rainn.org in partnership with over 1,100 local rape crisis centers across the country, released important safety tips for students traveling for spring break. In addition to keeping track of travel documents, and remembering to pack the SPF, students should know how to identify and avoid possibly dangerous situations. Being aware of possible risks is often the first step in staying safe, especially when in a new environment.



It is important to vocalize your feelings. Passivity is often taken for consent.

Loudly saying, **STOP, YOU'RE RAPING ME!** can send a clear message in a situation which might seem ambiguous.

Caution should be exercised in situations where people will be drinking. One in three rapes occurs after the perpetrator has been drinking alcohol! In fact, alcohol and not "roofies" or GHB is the most commonly used "rape drug".

While it is against the law to have sex with someone who is drunk, many victims of rape have been drinking. Be very careful about how much you drink and in what situations you do so.

It is safer to go out in groups.

Develop buddy systems and make plans for dealing with potentially dangerous situations.

Trust your instincts. If something is making you feel uncomfortable, leave.

Happy Birthday

Sharon Vaughns 4/8, Mike Royal 4/10,
Teresa Williams 4/19, Linda Johnson 4/20,
And Becky Clanton 4/23



When many people think of alcohol abusers, they picture teenagers sneaking drinks before high school football games or at unsupervised parties or even college students who binge drink at local bars. However, alcohol abuse is prevalent within many demographic groups. To recognize the serious problem of alcohol abuse, April 8th marks the annual observance of **National Alcohol Screening Day (NASD)**. At locations across the United States, people can be screened-anonymously-to see if their drinking habits may be risky.

Warning Signs of Alcohol Abuse

If you drink alone when you feel angry or sad.
If your drinking makes you late for work.
If your drinking worries your family.
If you drink after telling yourself you won't.

