



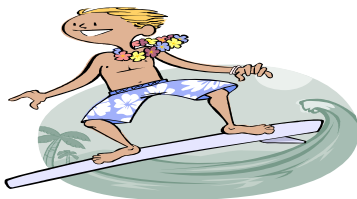
First Choice
Staffing Solutions, LLC

NEWSLETTER



AUGUST 2008

TAMMY SAY'S
H2O Smarts:
Centers for Disease Control and Prevention



What do surfing, fishing, water skiing, and swimming have in common? They are all lots of fun...and they all take place in, on, or around the water! Water activities are a great way to stay cool and have a good time with your friends or your family. Take along these tips-and your common sense. So go get wet, make waves, and have a blast!

TOP TEN TIPS:

- 1) **Learn to swim.**
- 2) **Take a friend along.**
- 3) **Know your limits.**
- 4) **Swim in supervised (watched) areas only.**
- 5) **Wear a life jacket**
- 6) **Be alert to currents.**
- 7) **Keep an eye on the weather.**
- 8) **Don't mess around in the water.**
- 9) **Don't dive into shallow water.**
- 10) **Don't float where you can't swim.**

If you like to have a good time doing water activities, being a strong swimmer is a must. Take a friend along. Even though you may be a good swimmer, you never know when you may need help. Having friends around is safer and just plan more fun!



Watch out for the “**TOO’S**” – too tired, too cold, too far from safety, too much sun, too much hard activity.



RUB IT ON:

Apply, reapply, and then do it again!

Even if the bottle says it's waterproof, sweat proof, or any other “proof,” you should reapply. Put more sunscreen on every couple of hours or right after swimming, working up a sweat, or rubbing on your skin with a towel or clothes.



SLIP ON SUNGLASSES:

You have to shield your eyes from the sun, too, right? Yep. Slip on some shades because the sun's rays can hurt your eyes. Choose some cool wraparound shades that block 100 percent of UVA and UVB.

And one more thing...Wearing sunscreen protects you but it doesn't make it okay to stay in the sun longer. Try to stay out of the sun when you can.



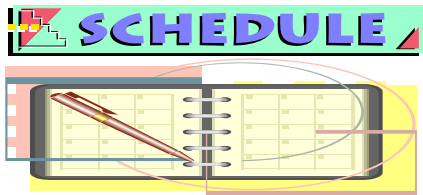
HANG IN THE SHADE:

Get out and work your body – there are a million things to do! But hang out in the shade whenever you can. The sun is the strongest between 10 in the morning and 4 in the afternoon. So, during those times play hard in the shade, chill out under an umbrella, have lunch inside, or try some indoor activities for a change of pace.



Factoid:

If you are like most people, the sun will do almost all of its damage to your skin before your 18th birthday!



MANDATORY

Policy is being strictly enforced

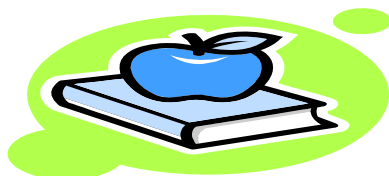
If you work for First Choice it is mandatory that everyone calls us with their schedule. It doesn't matter to me how much self scheduling You do, if you are inside a hospital and you are there for First Choice and you want First Choice to pay you, I must know it. If you are on a contract and your schedule gets changed, or you get called off or if you are calling out or whatever, even at 2am I must know. It is required that we are able to count for every one that we have inside a facility at all times this is not optional it is required. So with that being said go work all you want but don't forget to call it in to us.



VIC'S COMMENTS:

Just to let every one everyone know that we have a new added feature on our web-site www.fcssga.com time card feature Just click the button time cards and print.

Country Inn & Suites
229-449-0260
2809 Knotting ham Way, Albany Ga.



EDUCATIONAL OPS

www.ceufast.com Unlimited nursing CEU'S for one (1) year \$29.95. Courses are accepted by ALL U.S. State Nursing Boards for ANCC certification renewal.



BIRTHDAY WISHES FOR:

Susan Brock 5, Sharon Pelkey 6,
Stephanie Lee 7, Mary Lindsey 17,
Pam Gardner 19, Jessica Whitley 19
Heather Wells 23 Angerlia White 25,
Willie Mae Wimberly 26, Ann West 29
& Alicia Greaves 30TH



TIFT ORIENTATION AUGUST 18TH AND 19TH



CARLA'S NOTES:

Thanks to everyone in some what of a smooth transition at Phoebe with the Horizon Admin Rx. It was a little bumpy at first but thanks to Vic, He made a couple of phone calls first to Frances Marthone and then to Jane Morris in the Education Department. Mrs. Morris really went out of her way to make sure that we got as many as we could into the classes. Those of you who missed the class we will try to schedule you at a later date. It is very important that when we call/email/send paperwork that you don't wait until the last minute to take care of it. A lot of you waited until it was almost to late to sign up for the classes and Mrs. Morris had to squeeze you in, we got lucky this time but maybe you wont be so lucky next time. The old saying goes like this, you snooze. You lose.



VERY IMPORTANT

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



I got too much sun
What do I do?

- * Cool bath
- * Unscented moisturizer,
No petroleum jelly
- * Hydrocortisone cream
- * Water
- * No more sun