



First Choice
Staffing Solutions, LLC

NEWSLETTER

MARCH 2009



BEING HAPPY AFFECTS EVEN THOSE YOU DON'T KNOW

A smile goes farther than you think.

Happy friends can make you happy – and so can happy friends of your friends. That's the unusual conclusion of a new study that suggests you and people you've never met can have an impact on each other's feelings. Our own personal happiness spreads beyond people we're directly connected to," Said study co-author James Fowler, an associate professor of political science at the University of California, San Diego.

Researchers already know that a person's attitude affect those of other people. "If I smile, it increases the chance that you'll smile. We know that waiters and waitresses who smile get better tips than those who don't. But what about other people further down the line? Is there a person-to person effect that can spread to the whole social network?"

The new study, one in a series examining the potential contagiousness of things like loneliness and smoking, aimed to answer that question. The researchers focused on 4,739 children of the original participants and tracked their friendship ties with other people for 20 years. The scientists found that a person's happiness is most likely to boost the happiness levels in people closest to him – spouses, relatives, neighbors, and friends. If one person is happy, that increases the chances of happiness in a friend living within a mile by 25 percent. The "cascade" effect, as the researchers put it, a friend of a friend has almost a 10 percent higher likelihood

Of being happy and a friend of that friend has 5.6 percent increased chance in this chain reaction of being happy.

In other words, one person's happiness can spread outward through three degrees of separation. Those at the center of such circles may be people that "you have never met. But their mood can have a profound effect on your own mood. The researchers tried to adjust their statistics to account for factors that could possibly affect the trends, such as people being more likely to choose friends who are like them.

To think about the way we are connected to one another has caused me to take more responsibility for my own actions," he said. "If I head home in a happy mood, I'm not just making my kids happy, I'm potentially making my kids friends happy, I'm not just making my wife happy, I'm making my wife's mother happy."

Overall, the study reveals the importance of the company people keep.

People who are surrounded by many happy people are more likely to be happy in the future than those who are surrounded by unhappy people."



REMINDER

MARCH 31ST 2009 ALL LPN NURSING LICENSE EXPIRE

If you work at Tift Regional you must have license in hand before going to work they will not accept the Internet Verification without the actual card. If you show up without it they will send you home, so don't wait till the last minute to apply because it will take a days or maybe weeks before you get the card in the mail.

BIRTHDAY WISHES FOR



**PHILLIP MCMILLAN 3/2 JENNIFER MALLORY 3/7
DEIDRE DORMAN 3/10 ANGELA WHITAKER 3/19
CINDY FUSSELL 3/24 CATHY MARIE WILLIAMS
3/24 AND CHARLIE CROWDER 3/29**



TEN YEAR ANNIVERSARY

We have anniversary bags, coffee thermos, and calendar's in so any one who would like to come by the office to get one is more than welcome. We would love to mail each of you one but due to the postage cost unfortunately we are unable to do so.

Eat Safely



The U.S. Department of Health and Human Services, Food and Drug Administration and Centers of Disease Control and Prevention are working together to provide important information about the recall of certain peanut butter and peanut-containing products that are associated with the recent Salmonella Typhimurium outbreaks.

The social media site makes it easy to obtain automatically updated information on the outbreak and product recall. Check the Peanut Containing Product Recall List @ www.fda.gov or 1-800-CDC-INFO

March is Nutrition Month



Fruits & Veggies More Matters

Why eat broccoli

From the U.S. Department of Health and Human Services, Some people love broccoli; others, not so much. But a study indicates there is something to love about broccoli and similar vegetables: they contain chemicals that can fight cancer. At the University of California, Santa Barbara, Leslie Wilson says broccoli, cauliflower and others like that produce a chemical called sulforaphane. And he says that his lab work shows sulforaphane interferes with cell division in breast cancer cells. 'Sulforaphane acts like much more powerful anticancer drugs used for the treatment of breast cancer, but it is much less potent –which explains the lack of toxicity.' Wilson also says that any benefit shown against breast cancer cells would likely be true of some other forms of cancer as well.

Broccoli Soup

Makes 4 servings (1cup each)

1 ½ cups chopped broccoli
(or 10-ounce pkg. frozen broccoli)
¼ cup of diced celery
¼ cup chopped onion
1 cup low sodium chicken broth
2 cups non fat milk
2 Tbsp. cornstarch
¼ tsp. salt
Dash pepper
Dash thyme
¼ cup of grated Swiss cheese

Place vegetables and broth in saucepan. Bring to a boil, reduce heat, cover, and cook until vegetables are tender (about 8 minutes). Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is slightly thickened and mixture just begins to boil. Remove from heat. Add cheese and still until melted. This is an official Fruits & Veggies-More Matters recipe.

Nutritional Analysis Per Serving: calories 115, cholesterol 10mg, sodium 255mg, fat 3g, calories from fat 24%.