



First Choice
Staffing Solutions, LLC

NEWSLETTER

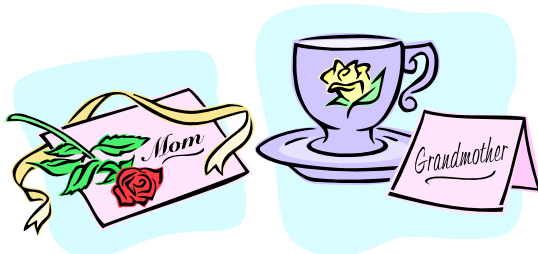
MAY 2008



**TAMMY SAY'S:
STEP LIVELY**



A new study from the Mayo Clinic, published in the archives of the Internal Medicine, shows that vigorous physical activity may reduce women's risk of developing breast cancer from 43 percent to 34 percent. More than 110,000 women between the ages 20 and 79, researchers tracked the incidence of breast cancer and participants physical activity from high school through their current age (or age 54, whichever is younger) The results? Women who maintained strenuous activity for the long term had lower rates of breast cancer. Those whose workouts were strenuous but shorter, or who maintained moderate activity over the long term showed higher levels of breast cancer than their counterparts (but still a lower incidence than the general population). So what are you waiting for? It's time to get moving to keep yourself well. Visit the Healthy Living section of bcbsga.com to learn more about staying in shape and reducing your risk of cancer.



Please remember all the beautiful women in our lives. Mothers Day is May 11th.

VIC'S COMMENTS:



**(AHA)
AMERICAN HEART ASSOCIATION
SOUTH EASTERN AFFILIATES**

Who conduct CPR and ACLS classes, along with address and phone numbers.

Phoebe Putney Hospital

417 Third Avenue
Albany Ga. 31702
(229) 312-8750

Go with A Medical Professional

707 N Slappey Blvd
Albany Ga. 31701
(229) 483-0025

Southwest Ga. Technical College

15689 US Highway 19 N
Thomasville Ga. 31792
(229) 227-2410 attn: Flip Harper

Columbus Technical College

928 Manchester Expy.
Columbus Ga. 31904
(706) 649-1840

Southeastern Ga. Technical College

100 A Brinson Rd.
Vidalia Ga. 30474
(912) 538-3165

Colquitt Regional Medical Center

3131 S main St.
Moultrie Ga. 31768
(229) 891-4090

Moultrie Technical College

52 Tech Dr.
Tifton Ga. 31794
(229) 391-2600

VERY IMPORTANT



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



EDUCATIONAL OPS

www.nurse.com/ce/index.html - Choose from 5 free sponsored CE topics- or take all 5 (1 CE per topic)

www.nursingsociety.org/education/case_studies/cases/SP0004.html -FREE CEU's on Disaster preparedness and Response for Nurses.

www.pain.com/sections/professional/cme_modules/
A variety of CE modules FREE on the subject of pain management – each module completed with a score of 80% earns one contact credit hour.

CULTURAL DIVERSITY

Cross, T., Bazron., Dennis, K., and Isaacs, M. (1989) list five essential elements to contribute to an institution's or agency's ability to become more culturally competent.

- 1) Valuing diversity;
- 2) having the capacity for cultural self assessment;
- 3) being conscious of the dynamics inherent when cultures interact;
- 4) having institutionalized cultural knowledge; and
- 5) having developed adaptations of service delivery reflecting and understanding cultural diversity.

As individuals, nurses and healthcare providers, we need to learn to ask questions sensitively and to show respect for different cultural beliefs. Most important listen to our patients carefully. The main source of problems in caring for patients diverse cultural backgrounds is the lack of understanding and tolerance, neither the nurse nor the patient understands the other's perspective.



Birthday Wishes to:

Kathy Yarbrough 5/2, Chris Whittle 5/9
Christina Aguilar 5/14, Mylena Kerce 5/19
Shirley Crowe 5/25 and Sharon Davis 5/27.

CARLA'S CORNER:

Nurses Week May 06th – May 12th 2008



Being a NURSE means...

*You will never be bored.
You will always be frustrated,
You will be surrounded by challenges.
So much to do and so little time,
You will carry immense responsibility
And, very little authority.
You will step into people's lives and
You, will make a difference.
Some will bless you,
Some will curse you.
You will see people at their worst...
And, at their best.
You will never cease to be amazed
at people's capacity for
love, courage, and endurance,
You will see life begin ,, and end.
You will experience resounding triumphs
and devastating failures.
You will cry a lot.
You will laugh a lot.
You will know what it is to be human
and to be humane.*

By: Melodie Chenevert.

