



Nurses PRN  
Chicago RN  
*Nurse heads to Afghanistan*

## REGION UPDATES

**SAD**  
Seasonal  
Affective  
Disorder

**REFERRAL  
BONUS**

*See how much  
money can be made*

# PRN Press December 2011

Corporate Office: 4321 W. College Ave., Suite 200, Appleton, WI 54914  
phone: 888.830.8811, fax: 920.830.9710, e-mail: [wehirenurses@prninc.com](mailto:wehirenurses@prninc.com)

website: [www.prnhealthservices.com](http://www.prnhealthservices.com)

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## Coping with Holiday

# Stress & Depression

- 
- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
  - Be realistic about what you can and cannot do. Don't put the entire focus on just one day. Remember that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
  - Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
  - Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with the "good ol' days."
  - Do something for someone else. Try volunteering some of your time to help others.
  - Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.
  - Be aware that excessive drinking will only increase your feelings of depression.
  - Try something new. Celebrate the holidays in a new way.
  - Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.
  - Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.

## SAD Seasonal Affective Disorder

SAD (Seasonal Affective Disorder) is a type of winter depression that affects an estimated half a million people every winter between September and April; in particular December, January and February.

Some people suffer from symptoms of depression during the winter months, with symptoms subsiding during the spring and summer months. These symptoms may be a sign of seasonal affective disorder (SAD). SAD is a mood disorder associated with depression and related to seasonal variations of light. The "Winter Blues," a milder form of SAD, may affect even more people.

### Prevalence

Three out of four SAD sufferers are women.

The main age of onset of SAD is between 18 and 30 years of age.

- SAD occurs in both the northern and southern hemispheres, but is extremely rare in those living within 30 degrees latitude of the equator.
- The severity of SAD depends both on a person's vulnerability to the disorder and his or her geographical location.

Without proper medical treatment, many of those suffering from SAD are not able to carry out their day-to-day functions. Need help or know someone who needs to live a mentally healthier life? Find help or get involved at [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net).



## How to Stay Healthy at Christmas

Here are tips for reducing holiday stress and staying physically, mentally and emotionally healthy.

1. Stay spiritually grounded.
2. Get fresh air.
3. Plan ahead.
4. Start new traditions.
5. Take time out.
6. Get enough sleep.
7. Get enough light.
8. Do what you love.



## REFERRAL BONUS

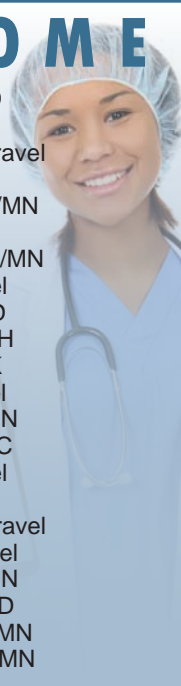
The totals you see below are the dollar amounts PRN is GIVING away through our Referral Bonus Program. It's simple and well worth it. Here's how it works. You earn up to \$500 for each nurse you refer. You will receive \$2 per hour for every hour they work up to 250 hours – even if you don't work. The referred nurse will receive an extra \$1 per hour for their first 250 hours. *You may not refer one another. Each employee can be referred only one time. A former PRN employee must be inactive for one year prior to eligibility in the referral bonus program.*

**Top Referral: Terese T. of Kraft earned \$323.50 while her referrals worked!**

- Appleton - \$362.75
- Atlanta - \$33.50
- Chicago - \$135.00
- Kimberly Clark - \$29.00
- Kraft - \$323.50
- Madison - \$175.50
- Michigan City - \$24.50
- Rockford - \$222.50
- San Diego - \$123.25
- Travel - \$684.00

**October Total: \$2,113.50**  
**2011 Total: \$29,712.50**

# WELCOME



welcome to the PRN family

- Regina A. of MD
- Karen A. of OC
- Vanessa A. of Travel
- Ellen A. of OC
- Wendy B. of AP/MN
- Amy B. of MIC
- Virginia B. of AP/MN
- Kiley B. of Travel
- Joshua C. of MD
- Serecka C. of CH
- Sandra C. of RK
- Tikia D. of Travel
- Carol F. of AP/MN
- Deanna G. of OC
- Misti G. of Travel
- Myrna G. of RK
- Amanda H. of Travel
- Kinga H. of Travel
- Traci H. of AP/MN
- Yolonda H. of MD
- Ashley J. of AP/MN
- Donna K. of AP/MN
- Elisha K. of CH
- Stephanie L. of MIC
- Christine M. of Travel
- Ivan M. of OC
- Paula M. of MIC
- Megan M. of Travel
- Marian M. of RK
- Denita M. of Travel
- Rae M. of Travel
- Raquelyn O. of MD
- Erin O. of AP/MN
- Ghitrell P. of OC
- Nicole P. of Travel
- Samantha P. of MD
- Lamour R. of Travel
- Bernadette R. of SD
- Sandy R. of OC
- Jason S. of MD
- Stacey S. of CH
- Sandra S. of CH
- Renee S. of MD
- Jodi S. of RK
- Connie W. of AP/MN
- Angela W. of Travel
- Omar W. of Travel

We'd like to welcome our newest PRN family members - you are part of our team and if there's anything we can do to support you, don't hesitate to let us know. We're happy you've joined us.

# DECEMBER IS *Safe Toys and Gifts Month*

With so many holidays all jammed into this month, consumers will spend millions on toys for their loved ones. Often times, people get so caught up in gift buying they don't stop to consider if the gifts they're purchasing are safe for children.



To ensure that the gifts you purchase are safe for children, the National Safe Kids Campaign has released the following guidelines:

- When selecting toys, consider the child's age, interests and skill level. Look for quality design and construction, and follow age and safety recommendations on labels.
- Consider purchasing a small parts tester to determine whether small toys may present a choking hazard to children under age 3. Small parts testers can be purchased at toy or baby specialty stores.
- Toys are frequently recalled for safety reasons. Check the National Safe Kids Campaign website at <http://www.safekids.org> for updates and information on recent toy recalls.
- Use mylar balloons instead of latex to eliminate the risk of choking or latex allergy reaction.
- Avoid toys with sharp points or edges and toys that produce projectiles.
- Avoid toys with strings, straps or cords longer than seven inches that may pose a risk for strangulation for young children.
- Avoid electrical toys with heating elements for children under age 8.
- Avoid cap guns that use caps that can be ignited by the slightest friction and can cause serious burns.

With the right preparation, you can ensure a safe and enjoyable Christmas.

HAPPY BIRTHDAY HAPPY BIRTHDAY  
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Angela W., RN of IL 12.02  
Ivan M., RN of CA 12.03  
Ida L., RN of IL 12.04  
Jessica M., RN of OH 12.05  
Tamara G., RN of OH 12.06  
Dionisia M., CNA of CA 12.06  
Lee F., RN of MO 12.07  
Julie K., LPN of WI 12.07  
Kyonna C., RN of IN 12.07  
Lacey J., LPN of WI 12.08  
Mary Anne C., RN of CA 12.08  
Nicole C., CNA of IL 12.09  
Regina A., RN of WI 12.10  
Sheryl H., RN of WI 12.10  
Kimberly K., RN of IL 12.10  
Yolonda H., LPN of WI 12.10

Myrna G., CNA of IL 12.10  
Sarah S., RN of WI 12.10  
Carol S., RN of IL 12.10  
John G., RN of WI 12.12  
Ruby N., RN of CA 12.12  
Rafael L., RN of CA 12.13  
Carol F., RN of WI 12.13  
Timothy L., RN of IN 12.13  
Corbin M., RN of IL 12.14  
Yolanda B., RN of IL 12.14  
Jennifer N., RN of WI 12.14  
Bonnie M., RN of IL 12.15  
Valerie Y., RN of WI 12.15  
Teresa W., CNA of WI 12.15  
Heidi P., RN of WI 12.15  
Natasha D., RN of GA 12.16

LaDeidre C., RN of AL 12.17  
Eleanor P., RN of MN 12.17  
Yolanda S., RN of CA 12.17  
Connie W., RN of WI 12.17  
Andrea B., LPN of WI 12.18  
Misti G., RN of VA 12.21  
Sherry E., RN of IL 12.23  
Heidi B., RN of CA 12.24  
Patty H., LPN of WI 12.24  
Cherry F., LPN of IL 12.24  
Terese T., RN of WI 12.26  
Cherry S., RN of RI 12.26  
Melissa W., RN of WI 12.27  
Elizabeth B., RN of WI 12.27  
Donnie R., RN of IL 12.28  
Melanie J., RN of WI 12.30

# 2 are better than one



We agree... sometimes two are better than one! The Travel Branch would like you to know that our team recently placed two nurses, a two person team on a contract together at the same facility. This confirms that we are able to meet special requests from our nurses: such as (but not limited to) traveling with a friend or spouse, rooming with a friend or spouse, etc. Go ahead, challenge us with a request - we'd love to prove that we can meet it!

## CHICAGO - RN KEN



## We are Proud of Your Service

One of Chicago's own, Ken K., is on his way to working in the role 3 hospital in Kandahar, Afghanistan as an emergency room nurse. Ken's orders state that he will be in Afghanistan for at least 210 days "boots on the ground" ...which means once he gets to his duty station. It will require approximately two months stateside training at a multiple bases prior to leaving. Ken says he's been fortunate "to have met some really great sailors and soldiers in various preparatory trainings, and I look forward to serving with in Afghanistan. I won't really know what it's like till I get there...." Our thoughts and prayers are with Ken for his safety during his tour and for the work he will be doing for American Hero's who will benefit from his top notch nursing skills. God-Speed, Ken.

## It's 401(k) Enrollment Time



Now is the time to begin participating

Have you considered investing in your future? Dec. 20, 2011 is the Enrollment deadline for the Nurses PRN 401(k) Plan. For most people, investing in a company retirement plan is the smartest and easiest way to save for the future.

Retirement plans are designed to provide you with a convenient way to save for retirement. Below are key points that benefit participants:

- Pre-Tax Savings – Your contributions to your 401(k) plan are made on a pre-tax basis. The contributions and earnings accumulate tax free and will not be taxed until you withdraw your money from the plan.
- Flexibility – Periodically, you can change both the amount you are contributing and the way you are investing your contributions.
- Saving is Easy – Your contributions are conveniently deducted from each paycheck.
- Multiple Investment Options – You can choose from a variety of investment options to create your own custom investment portfolio.
- Your 401(k) Account Belongs to You – If you leave PRN, you can roll your balance into a new 401(k) account or another tax-shelter, such as an IRA.

All newly eligible participants will be receiving enrollment information from Human Resources, so please watch your email and mail. If you would like to learn more about our 401(k) Plan, please contact Human Resources at 888-830-8811.

# Family Notes **PRN Family Updates**

- ✧ Congratulations to Melissa M., RN from Travel on her wedding.
- ✧ Congratulations to Edita S. of Los Angeles whose daughter was recently married. Nurses PRN – military service members. Thank you for your service.
- ✧ Congratulations to Melissa E. of WI on your engagement
- ✧ Congratulations to Tammy C. of WI on your new opportunity. Best of luck to you.
- ✧ Wishing Rebecca O. of WI a speedy recovery.
- ✧ Congratulations to Jason S. of WI on your new contract.
- ✧ Congratulations to Melissa W. of WI on your new contract.
- ✧ Welcome John H. of IL to your new WI contract.
- ✧ Congratulations to Kathleen F. of WI on your new contract.
- ✧ Thank you to Samantha P. of WI for your quick turnaround time with your documents.
- ✧ Congratulations to Karen T of MN on your new opportunity.
- ✧ Good luck Sheila K.M. of WI on your possible opportunity.

## REGION SPECIFIC Updates

### Wisconsin - Appleton/Madison

- With the holidays around the corner, please remember to update your calendars. If you're looking to make some more money, let us know your holiday availability.
- Please try to get your expiring credentials to us by the beginning of the month it expires. We don't want to have to risk the chance of placing you inactive.
- News on opportunities:
  - We have multiple OR contracts throughout WI
  - MS/TELE and ICU contracts in Madison, WI
  - We have a CVOR contract in Neenah & Racine, WI
  - We are looking for L&D RN's in Sheboygan, WI
  - PEDS contracts in Madison, WI
  - We have a 13 week ER contract in WI

### California - Orange County/San Diego

- News on opportunities:
  - ICU contracts in Los Angeles
  - ICU and ER per diem needs in San Diego
  - ER, ICU, Tele per diem needs in Orange County and Los Angeles

### Chicago

- We have a new relationship with a former client in Evergreen Park, IL. ER and Critical Care RN's please call to get the scoop.
- Our Northwest Indiana clients have begun to order staff once again – you can get an update by calling our office on all of the above at 888-830-8811.

### Travel

- We have contracts opening up everyday across the US. Give us a call and we will find your next position for you.
  - L&D RN's needed nationwide - multiple openings
  - ICU, TELE, MS, ER & OR RN's needed in New Mexico - compact state
  - ICU RN's needed in North Carolina - compact state & multiple openings
  - OR RN's needed in CT, MO, NM, FL, SC, NC, CA, AZ, AK, TX - URGENT
  - ICU, TELE, MS, ER per diem shifts available in St. Louis, MO and Southern IL - more opportunities available if you have an IL license
  - RN's needed in Kansas City, MO/KS - All specialties, multiple openings
- We have contracts opening up everyday across the US call us at 888.830.8811.

# Happy Anniversary

LOYALTY | DEDICATION | COMMITMENT  
RELIABLE | INTEGRITY | DEVOTION | SERVICE  
RESPONSIBLE | QUALITY | FLEXIBLE

## 13 years

Julie K., LPN of WI 12.29

## 8 years

Janeth K., RN of IL 12.23

## 5 years

Tammy P., CNA of WI 12.28

Angela V., RN of MO 12.29

## 3 year

Esther F., LPN of WI 12.12

## 2 year

Kyonna C., RN of IN 12.16

## 1 year

Kirsten O., CNA of WI 12.29

Mary F., LPN of WI 12.24

Sheryl H., RN of WI 12.31

Jonathan A., RN of IL 12.14

Keyon D., RN of OR 12.06

Tishany P., RN of CA 12.03

Toni S., RN of WI 12.15

## Recipe of the Month

Families with strong traditions always seem to have a "family recipe collection," Nurses PRN is no different. Our family recipes come from nurses all over the country... enjoy and happy cooking!



### Katy's Spinach-Artichoke Parmesan Dip

submitted by Lauren of St. Louis, MO

#### Ingredients:

- 2 cans artichoke hearts, quartered in water
- 1 can Ro-tel tomatoes with green chilies
- 1 10oz pkg of frozen chopped spinach
- 2 cups grated parmesan cheese, divided
- 1 onion, chopped
- 1 clove garlic, chopped
- 2 8oz cream cheese
- 1 cup light mayonnaise
- Salt and pepper to taste
- 1 tsp paprika

#### Directions:

Defrost and squeeze excess water out of spinach. Drain Ro-tel and artichoke hearts, set aside. Mix together spinach, 1 cup parmesan cheese, onion, garlic, cream cheese, mayonnaise. Add Ro-tel and artichoke hearts to mixture. Season mixture with salt and pepper to taste. Place in greased casserole dish. Top with remaining parmesan cheese; sprinkle with paprika. Bake at 350° for 20 minutes until hot and bubbly. Serve with your favorite chips or crackers.



**PRN Corporate Office:**  
4321 W. College Ave., Suite 200  
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