



40K
investment time

Holiday Stress
ways to eliminate it

RECERTIFIED
Joint Commission



PRN Press December 2010

Corporate Office: 4321 W. College Ave., Suite 200, Appleton, WI 54914
phone: 888.830.8811, fax: 920.830.9710, e-mail: wehirenurses@prninc.com
website: www.prnhealthservices.com



Certified by The Joint Commission

DECEMBER IS *Safe Toys and Gifts Month*

With Hanukkah, Christmas, and Kwanzaa 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, 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 your children enjoy a safe and enjoyable Christmas.

WELCOME to the family



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. *For those of you curious as to our "family abbreviations," please consider the following translations: AP: Appleton, AT: Atlanta, CH: Chicago, MD: Madison, OC: Orange County, OR: Portland, RK: Rockford, Travel: the Travel Division, SD: San Diego*

Dotun A., of AT
Regina A., of MD
Antonette A., of SD
Loribette A., of SD
Wendie B., of Travel
Teary B., of CH
Meagan C., of AP
Joanie C., of Travel
Katherine C., of Travel
Alicia C., of MD
Jennifer D., of AP
Leslie D., of OC
Margaret F., of OC

Roberta G., of AP
Todd G., of RK
Mary G., of Travel
Jaci G., of AP
Amy H., of MD
Alphonsa J., of OC
Suzanne K., of SD
Sara K., of MD
Jenny L., of AP
Erin M., of SD
Rebecca M., of AP
Shaun M., of SD
Linda M., of Travel

Jacquelyn M., of Travel
Julie P., of AP
Nichole R., of AP
Valerie R., of AP
Lorraine S., of CH
Shylo S., of MD
Josephine S., of OC
Sheena S., of Travel
Karen S., of AP
Christine W., of MD
Betsy W., of AP
Jacquelyn W., of Travel
Heidi W., of MD

REGION SPECIFIC Updates



Appleton

- With the holidays around the corner please make sure that you have updated your schedules. We have been receiving a lot of last minute needs.
- Thank you for patience and dedication. We know that we haven't been receiving shifts ahead of time and we appreciate your flexibility to help with last minute needs.
- There are exciting changes within the Madison and Appleton branches. We have combined Madison and Appleton to make one team, Team Wisconsin. You can talk to anybody in Team Wisconsin and we can help you with any questions within the state.

Atlanta

- CVICU nurses needed in Macon, GA for a 12 hour NOC shift contract.

Chicago

- New Chicago Branch Recruiter - Allen Robinson joined the Chicago team in early November. He comes to PRN with extensive background in sales, business service, and healthcare recruiting in the Chicago and Northern Illinois area. As a lifetime Chicago resident, Allen lives in the Southwest Suburbs with his wife and children. With a sharp eye for nursing talent and calm nature, Allen will be a great asset to the Nurses PRN team here in the CH area as well as the Northern Illinois and Northwest Indiana markets. Welcome to PRN.

East Coast

- PICU nurses needed in Philadelphia, PA for a 12 hour NOC shift contract.

Madison

- ICU, Occupational Health and ER needs in Madison/Milwaukee.
- LTC RN/LPN needs in Madison and the surrounding areas.

Orange County & San Diego

- Please welcome Tracy Sano as she has joined the Nurses PRN team as a Branch Manager. Tracy will oversee the Orange County and San Diego offices. She comes to us with five years of experience in both the travel and per diem markets. We are excited to have her as part of the team.
- We also welcome Bret D'Vincent to the PRN family. Bret has many years of nurse recruitment experience, most recently from Aya Healthcare/Access Nursing in California. In addition to recruiting, Bret will also be implementing a recruitment training program for PRN. His focus will be Orange County and ultimately other branches within PRN.

Portland

- Per diem CNAs and RN's needed for M/S in Portland, OR for all shifts

Rockford

- Looking for RN/LPN to work LTC in Rockford and surrounding areas. Part time flexible hours.

Travel

- Attention BJC contracted employees: Please remember to provide your proof of the flu vaccination to us before Dec. 17, 2010. If you cannot receive the vaccination, you must provide a letter from a physician stating why you are not able to receive it. Please call with any questions.
- Attention SLU contracted employees: Please remember to make sure that you are logging into your e-tenet account monthly to complete EDUs. There are new ones added each month, so it is very important that you continue to log in and complete your EDUs so they will not expire. Please call with any questions.
- Current immediate needs:
 - OR RN's & ICU RN's needed in CT
 - OR, ICU & PACU RN's in St Louis, MO
 - CVOR OR in Kansas City, KS
 - ICU & ER in Southern IL
 - PICU/PEDS RN needed in WI
 - Clinical Lab Scientist in San Diego, CA
 - We have travel contracts nationwide; contact us for contract details

It's 401(k) Enrollment Time



Now is the time to begin participating


Have you considered investing in your future? Dec. 17, 2010 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.



More than you were expecting. 

Joint Commission RECERTIFICATION ACHIEVED 2010

Nurses PRN is proud to announce the Joint Commission gold seal of approval for Health Care Staffing Services (HCSS) was awarded again in 2010. Thank you to all the PRN staff for your continued commitment to high quality care delivered. The standards required for certification were met with the assistance of everyone in PRN. Congratulations to the San Diego and Madison branches which were found to be in 100% compliant! For more information or to view Nurses PRN on the Joint Commission Quality Check visit www.jointcommission.org.



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: Melissa B. of San Diego earned \$196.50 while her referrals worked!

Appleton - \$398.00
Chicago - \$267.00
Kimberly Clark - \$46.00
Orange County - \$24.00
Rockford - \$204.75
San Diego - \$593.75
Travel - \$910.00

October Total: \$2,466.25
Year-to-Date Total: \$18,526.82

Holiday Shopping

Food Court Survival Guide

If you're cramming in last minute Christmas shopping, you might just be headed to the mall for a marathon day of shopping.

A long shopping day means you're going to need to re-fuel. With all the wonderful treats around you don't waste precious calories on run-of-the-mill food court fare. Recommended healthier fare suggestions:

From Subway:

- 6" Veggie Delite: 230 calories, 1g saturated fat
- 6" Turkey Breast: 280 calories, 1.5g saturated fat
- 6" Oven Roasted Chicken Breast: 310 calories, 1.5g saturated fat

From McDonald's:

- Premium Southwest Salad with Grilled Chicken: 320 calories, 3g saturated fat
- Premium Caesar Salad with Grilled Chicken: 220 calories, 3g saturated fat
- Snack Size Fruit & Walnut Salad: 210 calories, 1.5g saturated fat

From Wendy's:

- Chicken Caesar Salad with Grilled Chicken Fillet: 490 calories, 7g saturated fat
- Broccoli and Cheese Potato: 340 calories, 1.5g saturated fat
- Grilled Chicken Go Wrap: 250 calories, 3.5g saturated fat
- Ultimate Chicken Grill: 350 calories, 1.5g saturated fat

From Taco Bell:

- Fresco Bean Burrito: 340 calories, 2.5g saturated fat
- Regular Style Ranchero Chicken Soft Taco: 270 calories, 4g saturated fat
- Regular Style Spicy Chicken Soft Taco: 170 calories, 2g saturated fat
- Fresco Burrito Supreme Chicken: 340 calories, 2.5g saturated fat



Follow Carol

Join us as Carol, a PRN RN shares her breast cancer journey with us.

Carol Galusha RN, CCU, CVICU, CCU from OR has been allowing us to follow her breast cancer journey this year which is still in process. Carol elected a biopsy after her mammogram shows suspicious spots on both breasts. This resulted in papillomas and in situ breast cancer encased in milk ducts.

• *Noninvasive (in situ) breast cancer. In situ breast cancer refers to cancer in which the cells have remained within their place of origin — they haven't spread to breast tissue around the duct or lobule.*

The most common type of noninvasive breast cancer is ductal carcinoma in situ (DCIS), which is confined to the lining of the milk ducts. The abnormal cells haven't spread through the duct walls into surrounding breast tissue. Doctors sometimes refer to this type of cancer as stage 0 cancer.

• *Invasive breast cancer. Invasive (infiltrating) breast cancers spread outside the membrane that lines a duct or lobule, invading the surrounding tissues.*

The cancer cells can then travel to other parts of your body, such as the lymph nodes. If your breast cancer is stage I, II, III or IV, you have invasive breast cancer.

She scheduled a double lumpectomy in March which removed the margins and concerned areas identified. Her follow up imaging showed another small area again and another biopsy. This did not have enough breast tissue for analysis, so another lumpectomy was scheduled and removal of margins. Imaging then showed another encased carcinoma and more treatment decisions. This all occurring in a six month time frame and since a previous December annual mammogram that was normal.

The next step in this process was to discuss the process of the double mastectomy. Just as Carol's journey continues, she will continue in January with the details of which process she opted for and how her treatment will move forward.

Please continue to keep her and her family in your prayers this holiday season and into the New Year.

Carol Galusha Winter 2010

Family Notes PRN Family Updates

Thank you to all our Rockford employees for your dedication, hard work and flexibility. You are truly appreciated. Have a blessed and wonderful Christmas.

Oh baby! Barb R., RN of Chicago delivered a baby girl in early October. Mom, Dad, baby and siblings are doing well as they enjoy the presence of their new family member. Barb's client facilities miss her for sure, but can wait until she's ready to return to work later this year. Congrat's to Barb and family.

Our thoughts and prayers are with Robin M. of Madison, we hope your mother gets better soon.

Welcome back to our Travel team: Joanie C., Wendie B., Jacki M.

Deb C. of Travel we are sorry to hear about the loss of your father. Our deepest sympathies are extended to you and your family.

Kudos! Marie S., RN of Chicago was recently recognized by our client in Aurora, Illinois. The client's nurse staffing office contacted our offices recently and commented "Nurses PRN should recognize Marie for outstanding performance. She is a wonderful nurse, fits in well, and does way more than she is required to do." On her own, Marie took a nursing student under her wing to mentor her during a recent shift. Nursing management noticed Marie's volunteer spirit and made an effort to mention this to the nurse staffing office. We have an extremely satisfied client and a great nurse on staff with PRN. Congrat's Marie! We certainly appreciate you for your professionalism and great nursing skills!

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.

For full details on these tips, visit prnhealthservices.com and go to your "My PRN" page.



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Ida L., RN of IL 12.04
Tamara G., RN of OH 12.06
Dionisia M., CNA of CA 12.06
Kyonna C., RN of IN 12.07
Lee F., RN of IL 12.07
Julie K., LPN of WI 12.07
Dawn L., HHA of WI 12.07
Lacey J., LPN of WI 12.08
Nicole C., CNA of IL 12.09
Tiffany H., RN of MO 12.09
Margaret P., LPN of WI 12.10
Norma A., RN of WI 12.10

Lisa B., RN of IL 12.12
John G., RN of WI 12.12
Mollie R., CNA of WI 12.12
Joyce F., RN of MO 12.13
Teresa W., CNA of IL 12.15
Jim F., CNA of WI 12.16
Valerie R., CNA of WI 12.16
Becky S., RN of WI 12.16
LaToya J., RN of TX 12.17
Erin K., RN of WI 12.17
Eleanor P., RN of MN 12.17
Mary E., CNA of CA 12.18

Sherry P., RN of TN 12.18
Nicole B., RN of IL 12.19
Rebecca M., CNA of WI 12.20
Stephanie M., RN of OR 12.20
Theresa G., RN of NV 12.21
Sherry E., RN of IL 12.23
Patty H., LPN of WI 12.24
Cherry S., RN of RI 12.26
Donnie R., RN of IL 12.28
Deidre M., RN of GA 12.29
Melanie J., RN of WI 12.30
Kristin S., LPN of WI 12.30

Happy Anniversary

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

12 years

Julie K., LPN of WI 12.29

7 years

Janeth K., RN of IL 12.23

5 years

Jeanne A., RN of MO 12.05

4 years

Teresa F., LPN of IL 12.05

Tekeshia S., LPN of IL 12.19

Tammy P., CNA of WI 12.28

Angela V., RN of MO 12.29

3 years

Tommie T., CNA of IL 12.06

Phil M., RN of MO 12.18

Glenda B., RN of MO 12.28

2 years

Esther F., LPN of WI 12.12

Gail K., RN of WI 12.19

1 year

Melody I., RN of IL 12.02

Catherine B., RN of KS 12.04

Jennifer M., Dntl Hyggnst of WI 12.07

Holly Y., RN of MO 12.10

Wanda C., RN of MO 12.14

Debra H., RN of IN 12.15

Kyonna C., RN of IN 12.16

Joseph B., RN of IL 12.18

Kristina M., CNA of WI 12.21

Stephanie D., RN of IL 12.28

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!

Criss Cross Chili

submitted by Debbie Dickie, Manager Staffing Resource Network, Sharp HealthCare

Ingredients:

- 1 lb. lean ground beef
- 1 Tbsp. oil
- ½ medium onion, chopped
- 1 cup tomato sauce
- 2 tsp. chili powder
- ½ tsp. each dried basil leaves, cumin and pepper
- ¼ tsp. salt
- ½ cup sharp cheddar cheese

Dough:

- ½ cup warm water (105-115 degrees)
- 1 pkg. active dry yeast
- 1 tsp granulated sugar
- ½ cup warm milk
- 1 Tbsp. oil
- 1 clove garlic, pressed
- 1 tsp. salt
- 2 ½ cups all-purpose flour
- cornmeal

Directions:

• In a skillet, pour oil. Sauté onion until soft. Stir in the beef and break up while browning. Pour off any excess fat. Stir in tomato sauce, chili powder, basil, cumin, pepper and salt. Cook a few minutes until sauce is absorbed. Set aside. Next, in a large bowl, dissolve yeast in warm water. Add sugar, milk, oil, garlic, salt and most of flour. Stir, adding enough flour to make a soft dough. Knead a few minutes. Keep dough soft. On a greased baking sheet, sprinkled with cornmeal, roll out dough to a rectangle, about 10 by 14 inches. Spread meat mixture down center of dough. Sprinkle with grated cheese. Then, cut 1 inch strips along both sides. Fold strips at an angle across filling. Cover. Let rise 30 minutes. Bake at 350 degrees for 35 minutes until golden. Slice and serve.

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