



Helping Smokers
Quit

Consider
Traveling
this Winter

Family updates...
see what's going on

PRN Press January 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
website: www.prnhealthservices.com



Certified by The Joint Commission

Helping Smokers Quit

State Cessation Coverage

Quitting smoking is not easy, but there are many tools that can help smokers succeed. A new American Lung Association report finds that millions of Americans will get needed help to quit smoking, thanks to the newly enacted U.S. health care law. Unfortunately, millions of other smokers still cannot easily get treatments to help them quit. It's now up to states to bridge the gap, and studies show that it can be done without breaking their budgets. Every year 443,000 people die from tobacco-related illnesses and secondhand smoke exposure, making tobacco the leading cause of preventable death. Quitting smoking is the single best thing a smoker can do to improve his or her health.

As anyone who has tried it knows, quitting smoking is hard, and often takes many, many tries. Evidence shows that smokers are most successful in quitting when they get help using proven treatments. But, smokers don't always know where to get the help they need. Comprehensive coverage means providing easy access to the seven cessation medications and three forms of counseling recommended to treat nicotine addiction by the U. S. Public Health Service (PHS). These medications include over-the-counter and prescription nicotine-replacement-therapies and two non-nicotine prescription drugs: bupropion and varenicline. According to the PHS Guideline, counseling should include at least four individual, group or telephone therapy sessions lasting no less than 10 minutes each.

To see what is covered for smokers in your state visit www.lungusa2.org which has an easy to follow site to see what resources are available in your state.



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, WI; AT: Atlanta, GA; CH: Chicago, IL; MD: Madison, WI; OC: Orange County, CA; OR: Portland, OR; RK: Rockford, IL; Travel: the Travel Division, SD: San Diego, CA.*

Brenda B. of AP
Kate B. of Travel
Jennifer B. of CH
Denise C. of MD
Lacrish C. of CH
Keyon D. of OR
Lance D. of Travel
Mercedes D. of Travel
Jason E. of OC
Walter F. of OC

Todd G. of RK
Jennifer H. of AP
Melinda J. of RK
Alphonsa J. of OC
Georgina L. of AP
Deborah L. of Travel
Angela M. of AP
Tishany P. of SD
Melissa P. of SD
Cynthia Q. of CH

Nichole R. of AP
Jeanine R. of MD
Jeffrey S. of MD
Christi S. of AP
Toni S. of AP
Angela W. of AP
Danielle W. of OR
Kim W. of MD



PRN Employees Building Relationships

PRN employees in the occupational health department at Kraft in Madison, WI participated in some holiday cheer by the Adopting a Family. "We were able to give gifts to everyone in their eight person family. hey all got something they wanted and needed!

I am very proud to have a team that works so hard and gives so much of themselves not just at the holidays but all through the year." states Laura, Kraft RN Occ Health Manager.

Consider a Travel Contract!

With temperatures dropping and census rising during the winter season, there are tons of great travel assignments available nationwide!

In order to ensure that you are eligible for the top positions of your choice, please exercise caution when sending out your resume to different agencies.

Many hospitals will only accept your profile once per position, and having several agencies send your profile can often cause them to discard your resume in favor of other candidates.

Here are a few tips to help you have a smooth interview process, and secure your TOP CHOICE assignment:

- Check your emails and voicemails frequently, and respond to your recruiter ASAP. Communication is key to your success.
- Let your recruiter know what locations and specialties you are open to interviewing for, and to please call and email you prior to submitting so that you will be prepared for the manager's call.
- Make sure your recruiter returns your calls/emails frequently, and answers any questions you may have.
- Trust your instincts. If someone tells you something that sounds "fishy" or too good to be true, it probably is.



PRN Product Testing

Product Testing is always looking for infants in diapers and toddlers in training pants for product testing.

They are also seeing adults and teens for feminine care product testing. Fox Cities residents (Appleton and surrounding area). Interested - contact Maggie at maggie@prninc.com or by calling 920.749.7702.

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: Edwin H. of Travel earned \$250.00 while his referrals worked!

Appleton - \$394.25
Orange County - \$24.00
Rockford - \$101.25
San Diego - \$833.25
Travel - \$1,179.00

November Total: \$2,507.75
Year-to-Date Total: \$21,034.57

Family Notes

PRN Family Updates

- 🌀 Our deepest sympathies go out to Laurie T. of Appleton and her family.
- 🌀 Welcome back Stacie M., recruiter in Appleton – we missed you and are thrilled to have you back.
- 🌀 Thanks to everybody for picking up shifts around the holidays we really appreciate it. We know it takes time away from your own families and we are grateful to have such dedicated nurses on our team.
- 🌀 Congratulations to Jesse C. of Madison on his new contract.
- 🌀 Dawn C. of Madison, thanks for one year of hard work at your UW contract.
- 🌀 Lisa H. of Madison we're thinking of you and hoping all goes well.
- 🌀 Several emergency room RN's of Chicago recently completed orientation at Advocate South Suburban Hospital for Nurses PRN: Kathy S., Mike K. and Kelly M. We look forward to keeping these nurses busy at this valued client. All three RNs have already accepted shifts for late December around the holidays.
- 🌀 We thank all of our dedicated Chicago RNs, LPNs and CNAs for persevering during recent winter weather in the Windy City area. Our clients and their patients appreciate your dedication.
- 🌀 A huge thank you to Jessie G. and Ann M. of Atlanta for picking up extra shifts at Northside-Cherokee this month. We really appreciate everything you do for Nurses PRN and are lucky to have you in the PRN family.
- 🌀 Congratulations Jen M., from Travel on the birth of Emerson.
- 🌀 Congratulations Mardene B., from Travel on the birth of her new granddaughter.
- 🌀 Wishing a speedy recovery to Dan H., from Travel.
- 🌀 Congratulations to Rose H. of California on getting married.
- 🌀 Congratulations to Jamie D. of California who got engaged this month!
- 🌀 Congratulations to Sue S. of Appleton on the very recent birth of a new grandson. We love seeing your smiling, proud Grandma Face! Blessings on your holiday season with both your new grandchildren!
- 🌀 Nicki C. of Rockford, best wishes and hope you have a speedy recovery from your surgery.



Speaking from Experience

words from a nurse

Bobbie K., OR Tech from the Travel team recently called to let us know how wonderful her experience has been with PRN. She has worked for a lot of travel companies in her career and PRN has been the best. She said Robin has personally been phenomenal. She felt that the personal attention and customer service delivered by Travel should not go unnoticed. Thank you Bobbie for taking the time to acknowledge Nurses PRN... it is our goal to show you how important you are to us.

Want to be

HAPPIER?



Want to Be Happier? Keep Your Focus! Nearly half the time you're awake, your thoughts drift. And how often your mind wanders is a predictor of how happy you are -- new research finds that the more often you take yourself out of the present moment, the less happy you are.

So U.S. News & World Report suggests the following five ways to keep yourself in the moment ... and ultimately be happier:

1. Start the day with a focused task. Those who practice a little mindfulness in the morning have a better ability to stay focused throughout the day.
2. Exercise with mindfulness. You can add mindfulness to your workouts by paying attention to the sensations you are experiencing while you exercise.
3. Immerse yourself in a good book or movie. Just don't allow yourself to be distracted by a ringing phone or buzzing Blackberry.
4. Minimize multi-tasking. Force your attention back to the task at hand.
5. Practice 5 to 10 minutes of daily meditation. Those who practice regular meditation can stop their minds from wandering much faster than those who don't.



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 (story continued from December).

...Carol discussed double mastectomy with her surgeon and researched this suggestion with a second opinion. Her surgery was scheduled Sept. 2010 and she is now pursuing the latest cutting edge technology of reconstruction with a Vancouver plastic surgeon using botox to the pectus muscles. The advances made allowed her to begin the "filler" reconstruction process with her mastectomy (see below). She is coming up on her permanent implant surgery at the beginning of 2011.

Implant breast reconstruction process:

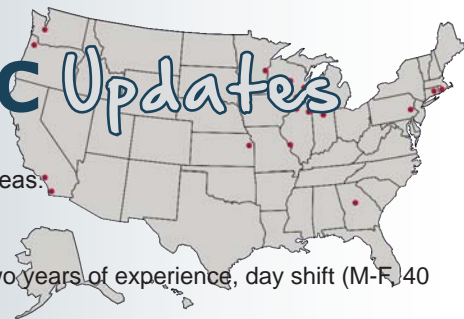
One-stage immediate breast reconstruction may be done at the same time as mastectomy. After the general surgeon removes the breast tissue, a plastic surgeon places a breast implant where the breast tissue was removed to form the breast contour.

Two-stage reconstruction or two-stage delayed reconstruction is done if your skin and chest wall tissues are tight and flat. An implanted tissue expander, which is like a balloon, is put under the skin and chest muscle. Through a tiny valve under the skin, the surgeon injects a salt-water solution at regular intervals to fill the expander over time (about 4 to 6 months). After the skin over the breast area has stretched enough, a second surgery is done to remove the expander and put in the permanent implant. Some expanders are left in place as the final implant.

Carol remains positive and in great spirits as she discussed her journey and continued to emphasize the importance of knowing your body and responding to any changes you notice.

Carol Galusha Winter 2011

REGION SPECIFIC Updates



Appleton

- Per Diem CNA needs in the Wausau/Merrill areas.
- Still looking for Occupational Health Nurses.

Atlanta

- 2 PACU contracts available in Atlanta- need two years of experience, day shift (M-F, 40 hours/wk) start asap, length is 8 weeks.

Chicago

- Chicago News: Recruiting success in Nov. and December! We are welcoming back a bundle of nurses. We're excited to have you return to the PRN family. Thanks to our new Chicagoland recruiter, Allen - we're happy you reconnected with these individuals and brought them back.

Madison

- RN needs in Madison and Milwaukee.
- We are still looking for Occupational Health Nurses to fill needs in the Madison and surrounding area.

Portland

- Very exciting, high paying opportunity! MICU RNs needed immediately. Requires two years of experience, need to be flexible on shifts and available for 2+ shifts/wk.

Rockford

- Keep your calendars updated so we can book your shifts ahead of time.

Travel

- Current immediate needs:
 - ICU in Southern Illinois.
 - OR, PACU in St. Louis, MO.
 - All Specialities needed in Ohio.
 - Contracts available nationwide, call for contract openings and details.

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Antonette A., RN of WI 1.01
Gigi K., LPN of GA 1.02
Jannelle T., RN of IL 1.02
Tammy P., CNA of IL 1.03
Debra R., CNA of CA 1.07
Bridgett S., RN of CA 1.07
Joyce M., RN of IL 1.08
Bryan A., RN of CA 1.09
Michelle G., RN of IL 1.09
Cyndy S., RN of IL 1.10
Loribette A., RN of CA 1.12

Susan C., CNA of CA 1.12
Leslie D., RN of NE 1.12
Ellen H., RN of WI 1.12
Rita M., CNA of CA 1.12
Mary G., RN of WI 1.14
Lora M., CNA of KS 1.14
Andrea S., CNA of WI 1.16
Julie S., RN of IL 1.16
Julie D., CNA of IL 1.17
Rosemary K., CNA of IL 1.20
Laura S., RN of WI 1.20

Teresa N., CNA of MO 1.21
Alfonsina V., CNA of IL 1.22
Tracy J., RN of RI 1.23
Shauntea K., RN of 1.23
Stella T., RN of WI 1.23
Cathleen G., ORTECH of IL 1.27
Tammy K., RN of WI 1.28
Kenneth J., RN of CA 1.29
Margaret K., ORTECH of WI 1.30
Sheila S., LPN of CA 1.31

Happy Anniversary

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

12 years

Dawn L., HHA of WI 1.02

10 years

Connie D., CNA of IL 1.30

9 years

Susan S., LPN of WI 1.02

6 years

Joan T., CNA of IL 1.07

4 years

Maria M., RN of IL 1.02

Jim F., CNA of WI 1.09

Melissa M., RN of IL 1.19

Carolyn E., LPN of IL 1.25

3 years

Kristin S., LPN of WI 1.02

Lori B., LPN of WI 1.11

Arlyne P., RN of IL 1.16

Debra R., CNA of WI 1.18

2 years

Dayna P., RN of 1.11

Jessica F., CNA of WI 1.20

Jacqueline C., CNA of WI 1.29

Tami G., CNA of IL 1.29

1 year

Lisa H., RN of WI 1.04

Jacqueline G., RN of IL 1.05

Shawn S., RN of IL 1.07

Diane J., OR TECH of WI 1.08

BJ S., OR TECH of AR 1.15

Jodi V., CNA of WI 1.20

Tiffany H., RN of MO 1.26

M. Stephen T., RN of AZ 1.27

Sandy C., RN of WI 1.29

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!



Citrus Bruschetta

submitted by Liz, RN on the Nurses PRN Travel Team

Ingredients:

- 3 Texas Rio Star Grapefruits, sectioned & chopped
- 3 oranges, sectioned & chopped
- 2 tablespoons butter
- 2 tablespoons red onion, chopped
- 3 ounces crumbled blue cheese
- Crushed red pepper & salt to taste
- Baguette, sliced & toasted

Directions:

1. Heat butter in frying pan until foaming. Add citrus and onion and toss until combined.
2. Add salt and crushed red pepper to taste, cook for 2 minutes or to desired consistency.
3. Top baguettes slices with grapefruit mixture and cheese and serve. Garnish with fresh herbs.



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