



GALLUP
poll votes are in

See what our
clients have to say!

National Nutrition
Month

PRN Press March 2011

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Certified by The Joint Commission

National Nutrition Month 2011

The theme for March 2011 is "Eat Right with Color."

National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

National Nutrition Month®, the American Dietetic Association encourages everyone to add color and nutrients to your meals through this year's theme: "Eat Right with Color." "Adding a splash of colorful seasonal foods to your plate makes for more than just a festive meal. A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan," says registered dietitian and ADA Spokesperson Karen Ansel.

"Healthy eating includes more than counting calories alone. In fact, most children don't get enough of all the essential nutrients critical to normal growth and development," says Ansel. "Food variety supplies different nutrients, so to maximize the nutritional value of your meal, include healthful choices in a variety of colors." Ansel offers ways to brighten up your plate in every season with this quick color guide.

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- Fruits: avocado, apples, grapes, honeydew, kiwi and lime
- Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes

Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- Fruits: blackberries, blueberries, plums and raisins
- Vegetables: eggplant, purple cabbage and purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- Fruits: cherries, cranberries, pomegranate, red/pink grapefruit, red grapes and watermelon
- Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- Fruits: banana, brown pear, dates and white peaches
- Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

Ansel recommends choosing a variety of colors when shopping for seasonal fruits and vegetables. "And for additional options in the color palette, choose frozen or dried fruits and vegetables available throughout the year," she says.

"Instead of grilled chicken and mashed potatoes, consider painting a more colorful plate, such as grilled chicken topped with salsa, mashed sweet potato, asparagus and spinach salad with orange slices. A colorful meal is not only visually appealing, but it also contains a variety of nutrients and is quite flavorful," Ansel says. For more information on how to "Eat Right with Color," visit ADA's eatright.org.

QUALITY

Gallup Poll Votes Nurses Most Trusted Profession again for 2010

For the eighth consecutive year, nurses have been voted the most trusted profession in America according to Gallup's annual survey of professions for their honesty and ethical standards. Eighty-three percent of Americans believe nurses' honesty and ethical standards are either "high" or "very high."




"It is with great pride that the ANA recognizes the trust placed in us by the patients we serve," commented ANA President Rebecca M. Patton, MSN, RN, CNOR. "At this time, when issues regarding the quality and availability of care are at the forefront of the national debate, we find it especially rewarding to see that nursing's integrity and commitment continues to be acknowledged."

Nurses squeaked ahead of military officers and pharmacists in the esteem of the country. About seven out of 10 Americans judged those professions to have high ethical standards. Doctors also did well, with 66 percent of respondents deeming them honest.

Since being included in the Gallup poll in 1999, nurses have received the highest ranking every year except in 2001, when fire fighters received top honors. Results were based on telephone interviews with more than 1,000 adults.

Source: American Nurses Association



More than you were expecting. 

Satisfied Customers

allow us to share a few things we've heard...



"Marie was great! Best agency nurse we've had in a long time!"

-Provena Mercy Medical Center

"I am not too sure that we do this anymore, but I wanted to say what a breath of fresh air it has been to have Kim L. out here on North. She seems to set a positive tone and has a take charge attitude, getting things done above and beyond, staying calm and relaxed. She also has been going above and beyond with the residents themselves, answering their questions and providing conversation and caring to help them feel comfortable. I heard good things from when she was here over the weekend, and I saw good things this week.

Did I say it has been a breath of fresh air? Thanks to you both for having her here. She is giving something to this unit that has been missing."

-Juliette Manor

REGION SPECIFIC Updates



Wisconsin - Appleton/Madison

- Last minute per diem needs have started to pick up. Please make sure your available is kept up to date.
- If you want to make some extra money, please refer a nurse!
- Per Diem needs in Marinette for M/S RN's.
- 2 RN's, L&D, 13 week, contract needs in Oconto Falls.
- RN, L&D, 6 week contract in Neillsville
- 2 Cardiac Cath Lab RN's needed for 13 week contracts in Sheboygan
- Lots of Per Diem and some contract ICU, RN, needs in Milwaukee

Atlanta

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

Chicago/Indiana

- Riverside Hospital in Kankakee and Palos Community Hospital in the Southwest Suburbs have become very active in January and February. Please call to obtain assignment dates still available for these top quality Chicago area clients.
- Many hospital orientations scheduled for Chicago area clients in March. Orientation is the key to staying "as busy as you want to be - all year round." We need your nursing skills and talents now.
- 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 or email Marcheta at Marcheta@prninc.com.

East Coast

- LPN's and C.N.A.'s needed for per diem long term care opportunities in the Reading, PA area.

Portland

- RN's and C.N.A.'s needed for per diem ICU, M/S, L&D, and Psych opportunities in Portland, OR.
- Psych RN's are needed for the Providence area - contact us if you are interested.

Travel

- Current immediate needs:
 - L&D, NICU, PICU RN's needed nationwide.
 - RN's- All Specialties- for contracts available in the San Diego, CA area
 - OR & CVOR RN's for contracts in St Louis, MO (and nationwide).
 - ICU RN's needed in Southern IL, St Louis MO, and throughout the state of WI
 - ER RN's for TX, FL, MO, IL, CA, and many more states.
 - We have new contracts opening up everyday across the US. Give us a call and we'll find you your next position.



Staying Away from Fad Diets

With all the focus on weight in our society, it isn't surprising that millions of people fall prey to fad diets and bogus weight-loss products. Conflicting claims, testimonials and hype by so-called "experts" can confuse even the most informed consumers. The bottom line is simple: If a diet or product sounds too good to be true, it probably is.

There are no foods or pills that magically burn fat. No super foods will alter your genetic code. No products will miraculously melt fat while you watch TV or sleep. Some ingredients in supplements and herbal products can be dangerous and even deadly for some people.

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Bernardo L., CNA of CA 3.01
Susan S., LPN of WI 3.02
Kathy A., RN of CA 3.06
Danielle S., RN of IL 3.06
Kim W., LPN of WI 3.07
Heath M., RN of IL 3.08
Jeffrey O., RN of MO 3.08
Jacquelyn W., RN of IL 3.09
Beverly D., RN of WI 3.12
Valerie P., RN of WI 3.13
Alicia U., RN of WI 3.13

Jeffie J., CNA of IL 3.14
Deborah C., CNA of WI 3.16
Jerry H., RN of MO 3.18
Deb D., RN of IL 3.19
Rebekah K., CNA of WI 3.19
Pamela H., NP of WI 3.20
Leonard B., LPN of WI 3.20
Patricia R., RN of CA 3.21
Erin S., RN of CA 3.21
Cheryl S., RN of WI 3.22
Amy W., RN of IL 3.22

Carlie O., RN of OR 3.22
Jill C., RN of MO 3.23
Vena A., RN of IL 3.25
Beral A., OR Tech of GA 3.26
Candie T., RN of IN 3.27
Karin S., RN of CA 3.27
Marioly P., RN of GA 3.27
Allison W., RN of TX 3.28
Kenneth K., RN of IL 3.29



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: Sheena S. of Travel earned \$187.50 while her referrals worked!

Appleton - \$129.75
Chicago - \$30.50
Kimberly Clark - \$31.75
Kraft - \$34.50
Madison - \$164.00
Orange County - \$43.75
Rockford - \$53.00
San Diego - \$57.50
Travel - \$870.50

January Total: \$1,415.25
2011 Total: \$1,415.25

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.

| | |
|---------------------|-----------------------|
| Jamie A. of AP | DeAnn M. of MD |
| Chelsea B. of SD | Carlie O. of Travel |
| Kelly B. of Travel | Marioly P. of AT |
| Angela B. of Travel | Haidee P. of CH |
| Linda C. of MD | Victoria R. of PA/RI |
| Jill C. of MD | Danielle S. of Travel |
| Clayton F. of MD | David S. of Travel |
| Rayme H. of MD | Donald S. of MD |
| Pamela H. of AP | Cheryl S. of AP/MN |
| Rodney H. of Travel | Brandie S. of Travel |
| Jerry H. of Travel | Wendy T. of MD |
| Amanda J. of Travel | Allison W. of Travel |
| Darla L. of RK | Scott W. of Travel |
| Elisabeth L. of SD | |



Family Notes

PRN Family Updates



☞ Our sincere sympathies to the families of Sharron P., CNA and Carolyn B., RN of Chicago. Sharron lost her father recently and Carolyn's grandmother passed away the last week of January. The PRN family shares in your losses – and continues to keep these nurses and their families in our thoughts and prayers.

☞ Belated Happy Birthday wishes to Teresa N., CNA in our Chicago office. We missed her birthday announcement last month – January 2! Hope you had a great birthday, Teresa!

☞ When the going gets tough, PRN Nurses get going! Our hearty thanks to the following nursing staff who went the distance and beyond for their clients and patients during the “Big Snow” in February. It's easy to see why Nurses PRN clients love the quality and dedication of our nursing staff! Thanks to each of you:

- Ken K., RN ER - has a 4 wheel drive and used it! Conquered 2+ foot snowdrifts during his commute and loved it!
- Teresa N., PCT - stayed over for MacNeal to help out! Endured a 3+ hour commute home after her 10 hour shift.
- Sylvia P., PCT - did a double and then some for her patients and hospital.
- Sharon F., RN - consecutive day 12 hour shifts – commuting during some very difficult conditions!
- Jonathan A., RN ER - fulfilled his promised shifts so that client ER could stay OPEN.
- Sarah P., RN M/S - never missed a beat in caring for her patients while a blizzard occurred.
- Lorraine S., RN M/S - stayed late at hospital, got stuck on her way home, neighbors helped her get into her driveway.
- Lori F., RN ER - went to her shift during knowing the brunt of storm would be underway, had 40 mile commute home during storm.

☞ Chicago nurse Dawn H., RN came upon the scene of an interstate highway auto accident recently. She stopped to see if she could assist in any way. The family inside one of the damaged vehicles was travelling home to Texas. As the family was being taken to a local hospital for evaluation and treatment, it was discovered that their dog was traveling with them. On scene emergency responders declined to take responsibility for the family's pet. Dawn volunteered to care for the dog until the family was able to retrieve her. Thanks Dawn for being a great “neighbor” to Chicago area visitors – putting your ‘helping’ nature to work for others! You are an inspiration.

☞ We hope Dee Dee C., of Madison feels better soon.

☞ Wishing Shirley C., of Appleton a speedy recovery.

☞ Rosie C., and Lynette C., of Appleton, you and your family are in our thoughts and prayers.

☞ Congratulations Donald S., of Madison on your long-term contract. We're happy to have you as part of the team.

☞ Congrats to Jamie A., of Appleton on your new contract. We look forward to a long-term relationship with you.

☞ Thanks so much to all of the individuals working per diem and contract at our Occupational Health facilities throughout Wisconsin. We really appreciate all of your hard work and dedication.

☞ Thank you to our six RN's that are working contracts at a hospital in Green Bay. We appreciate your willingness to step up to the plate.

☞ Thank you to all our great employees that weathered the storm and still went into work. A special thank you to Gigi of Rockford who spent two days at a facility and kept working! We truly appreciate your dedication and commitment to Nurses PRN.

☞ Patti of Rockford, we are so sorry to hear about the loss of your dog, your companion and friend for 17 years.

Happy Anniversary

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

Twelve Years

Rosemary K., C.N.A of WI 3.08

Ten Years

Teresa W., C.N.A of IL 3.23

Eight Years

Susan C., C.N.A of WI 3.03

Joshua K., C.N.A of OR 3.04

Six Years

Michele E., LPN of IL 3.16

Four Years

Michelle L., RN of IL 3.02

Three Years

Kaye C., CMA of WI 3.25

Two Years

Theresa T., RN of IL 3.03

Sherri L., RN of WI 3.03

Nicole K., LPN of WI 3.09

Kristen O., RN of WI 3.10

Linda S., RN of IL 3.12

One Year

Andrea S., C.N.A of WI 3.02

Kelly R., RN of WI 3.04

Jean S., RN of AL 3.05

Artis C., LPN of IL 3.05

Herman S., RN of AL 3.08

Markeitra I., OR Tech of IL 3.08

Melissa H., C.N.A of WI 3.12

Kenneth J., RN of CT 3.15

Kristi B., RN of MO 3.19

Robin M., RN of WI 3.19

LEADERSHIP AVE

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!

Cabbage Roll Casserole

submitted by Rachel, Irish friend of Nurses PRN

Ingredients:

- 1 pound ground beef or ground turkey
- 1 medium onion, chopped
- 5 cups coleslaw mix
- 1/2 cup uncooked instant rice
- 1/4 cup water
- 2 teaspoons paprika
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15-ounce) chunky tomato sauce



Directions:

Cook beef and onion in skillet over medium heat until beef is brown. Drain. Mix beef mixture and remaining ingredients in crock pot. Cover and cook on low until tender, about 4 to 6 hours.

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