



**NFCA**  
National Family  
Caregivers Association

## REGION UPDATES

**AMERICAN**  
Diabetes Month

**REFERRAL  
BONUS**  
*See how much  
money can be made*

# PRN Press November 2011

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Certified by The Joint Commission

# Alzheimer's Foundation

## Provides Free Memory Screenings

Mark your calendars for November 15, or National Memory Screening Day, the Alzheimer's Foundation of America's annual effort to promote early detection of memory problems. The foundation will send you community materials, including screening tests, and other education materials, for free after you register.

The screening test consists of a series of simple questions and tasks, and takes about five to 10 minutes to administer. The screening results do not represent a diagnosis and individuals with below-normal scores or those who still have concerns are encouraged to pursue further medical evaluation. Qualified healthcare professionals, including registered nurses and nurse practitioners, are required to conduct the in-person screenings. For more information, visit [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org).

## NOVEMBER IS **American Diabetes Month**

Diabetes is a medical disease which affects millions of people each year. As a matter of fact, statistically it is affecting almost 8% of the population:

- **Total:** 23.6 million children and adults in the United States or 7.8% of the population
- **Diagnosed:** 17.9 million people
- **Undiagnosed:** 5.7 million people
- **Pre-diabetes:** 57 million people
- **New Cases:** 1.6 million new cases/year of diabetes are diagnosed in people 20 years and older

November is recognized as American Diabetes Month to bring the illness to the forefront and attention to diagnosis, prevention and management. Nurses PRN encourages you to take time this month to read, discuss and learn more about diabetes.



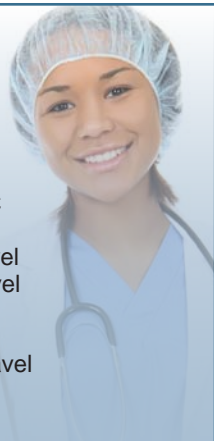
**Type 1** diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Only 5-10% of people with diabetes have this form of the disease. With the help of insulin therapy and other treatments, even young children with type 1 diabetes can learn to manage their condition and live long, healthy, happy lives.

**Type 2** diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans, Native Hawaiians and other Pacific Islanders, as well as the aged population.

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

To learn more, visit The American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org).

# WELCOME



Neva A. of AP/MN  
Nancy B. of AP/MN  
Nora B. of AP/MN  
Samatra B. of CH  
Mary Anne C. of OC  
Rafael C. of SD  
Katherine C. of Travel  
Catherine C. of Travel  
Sandra C. of CH  
Lorreta E. of MD  
Marie Anne F. of Travel  
Leslie F. of RK  
Maria G. of OC  
Oscar G. of Travel  
Cheryl H. of CH  
Deborah H. of AP/MN  
Matthew J. of MD  
Bonnie J. of AP/MN  
Melissa K. of RK  
Stephanie L. of RK  
Angelina M. of OC  
Eugenia M. of SD  
Candy. M. of RK  
Jessica M. of SD  
Rachel M. of MD  
Melissa M. of MD  
Ashley M. of MD  
Sarah M. of MD  
Linh N. of OC  
Obukohwo O. of RK  
Rebecca O. of MD  
Amber O. of OR  
Adrienne P. of OR  
Laura P. of Travel  
Roberta P. of OC  
Deborah P. of RK  
Rhonda P. of RK  
Bharathi R. of OC  
Jessica R. of MD  
Roxane R. of RK  
Mila R. of MD  
Michelle R. of CH  
Tina R. of RK  
Amanda S. of AP/MN  
Lavern S. of OC  
Christine S. of RK  
Jaime S. of MD  
Kimberly T. of RK  
Brenda T. of AP/MN  
Kari T. of CH  
Jennifer W. of RK  
Melissa W. of MD  
Larry W. of Travel  
Vicki 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.

## NATIONAL FAMILY CARE GIVERS ASSOCIATION

As a nurse, in addition to working with patients, you often might find yourself working with a patients caregiver.

Rosalyn Carter said it best: "There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers." Caregivers are needed for family members of all ages. With appropriate information and support, family caregivers can help their loved ones across the lifespan.

So, who are family caregivers ... It's a complicated question and answers may vary depending upon whom you ask. Physicians may give an answer different from social workers and researchers may undoubtedly quote statistics. However, if you really want to know who America's family caregivers are, you need to ask them directly.

America's family caregivers are family, friends, partners, and neighbors.

The National Family Caregivers Association (NFCA) educates, supports, empowers and speaks up for the more than 65 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age. NFCA reaches across the boundaries of diagnoses, relationships and life stages to help transform family caregivers' lives by removing barriers to health and well being.

NFCA's core Caring Every Day messages are:

- Believe in Yourself.
- Protect Your Health.
- Reach Out for Help.
- Speak Up for Your Rights.

For more information, visit the NFCA website at [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org).



HAPPY BIRTHDAY HAPPY BIRTHDAY  
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Christina K., RN of WI 11.01  
Mark T., RN of OR 11.01  
Mary F., LPN of WI 11.01  
Mariluz R., CNA of CA 11.02  
Kamesha H., RN of CA 11.04  
Jason O., LPN of WI 11.06  
Jeremy S., OR TECH of KY 11.06  
Lurette L., RN of CA 11.06  
Sarah J., RN of MO 11.06  
Jessica C., RN of TX 11.07  
Deborah H., RN of WI 11.08  
Kathryn H., RN of CA 11.09  
Roberta P., RN of CA 11.09  
Sandra C., RN of IL 11.09

Dawn H., RN of IL 11.10  
Diane S., RN of IL 11.11  
Marylon B., LPN of IL 11.11  
Jenny L., LPN of WI 11.12  
Jasmine O., RN of RI 11.13  
Lisa G., RN of CA 11.13  
Ann B., RN of IL 11.15  
Shanita C., RN of IL 11.15  
Anita S., LPN of IL 11.16  
Marcia W., LPN of WI 11.16  
Beth S., LPN of IL 11.19  
Sylvia N., CNA of IL 11.19  
Yvonne D., RN of CA 11.20  
Maureen M., CNA of IL 11.21

Stephanie P., RN of CA 11.21  
BJ S., OR TECH of AR 11.22  
Brandie S., RN of IL 11.22  
Melissa K., LPN of IL 11.23  
Salvador M., CNA of CA 11.23  
Kaleigh K., RN of IL 11.25  
Shannon K., RN of WI 11.25  
Ann M., RN of IL 11.26  
Lorenzo R., CNA of CA 11.26  
Rose H., CNA of CA 11.26  
John K., LPN of WI 11.27  
Tamara V., RN of CA 11.28  
Lance D., RN of IL 11.30  
Nancy B., LPN of WI 11.30

## 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:  
Debra R. of  
Rockford earned  
\$289.50 while her referrals  
worked!**

**Appleton - \$541.50**

**Chicago - 20.75**

**Kimberly Clark - \$109.75**

**Kraft - \$51.50**

**Atlanta - \$25.75**

**Madison - \$313.75**

**Rockford - \$413.75**

**San Diego - \$309.25**

**Travel - \$997.25**

**September Total: \$2,757.50**

**2011 Total: \$27,598.75**

## It's Flu Season - are you ready?

As many of you know flu season is October 1st through March 31st and it is here now. Last year many of our facilities implemented a flu vaccination policy. The purpose of this policy is to provide a safe environment for all healthcare personnel and patients by following CDC and OSHA standards. Therefore, every healthcare person (HCP) is advised to get a yearly flu vaccination or agree to wear a mask if they decline the vaccination. At this point, all Tenet and BJC facilities have made it mandatory for all employees working at one of their hospitals to receive the flu vaccination, or provide a signed declination form. BJC's form must be signed by a physician as to why they cannot receive the vaccine. As you receive your vaccination, please ensure you receive



proof and provide the document to us so we can upload into the systems. Thanks so much!

# REGION SPECIFIC Updates

## Wisconsin - Appleton/Madison

- We have Med Surg and ICU orientation in November in Madison, WI.
- We have a 12-week NICU contract in Madison, WI.
- We are seeing OR contracts throughout WI.

## Chicago - Michigan City

- Contracts available for many specialties in the Chicago and Northwest Indiana area. Call our team to discuss your preferences and availability.
- LTAC and Critical Care - on fire in our Northwest Indiana area clients. Contracts available!

## Travel

- We have contracts opening up everyday across the US. Give us a call and we will find your next position for you!
  - All specialties needed as of Nov. 1st throughout the state of AZ.
  - OR RN's needed nationwide- Urgent states in need: NM, CO, MO, CA, SC, NC, CT.
  - L&D RN's needed nationwide as well! ASAP starts everywhere.
  - MS Contracts available for RN's in St. Louis, MO.
  - Multiple openings in the Dallas/Fort Worth TX area~ All specialties.
  - New Mexico jobs available ~ Urgent: PACU, ICU, OR, ER, L&D.

## November 14-20 is Get Smart About Antibiotics Week

The Center for Disease Control and Prevention has great information about Antibiotics. Knowing when to use antibiotics is a critical part of any healthcare providers role. In addition, a hot topic in the health industry is antibiotic resistance - something all nurses should be aware of and educated on.

### Facts About Antibiotic Resistance

- Antibiotic resistance has been called one of the world's most pressing public health problems.
- The number of bacteria resistant to antibiotics has increased in the last decade. Many bacterial infections are becoming resistant to the most commonly prescribed antibiotic treatments.
- Every time a person takes antibiotics, sensitive bacteria are killed, but resistant germs may be left to grow and multiply. Repeated and improper uses of antibiotics are primary causes of the increase in drug-resistant bacteria.
- Misuse of antibiotics jeopardizes the usefulness of essential drugs. Decreasing inappropriate antibiotic use is the best way to control resistance.
- Children are of particular concern because they have the highest rates of antibiotic use.
- Antibiotic resistance can cause significant danger and suffering for people who have common infections that once were easily treatable with antibiotics. When antibiotics fail to work, the consequences are longer-lasting illnesses, more doctor visits or extended hospital stays, and the need for more expensive and toxic medications. Some resistant infections can even cause death.



# Holiday Shopping

## Black Friday Tips from the National Retail Federation

Fail to prepare = prepare to fail! Make your Black Friday shopping trip as successful (and enjoyable!) as possible by following these tips from the National Retail Federation.



### Before Black Friday

- Make a list of absolutely everyone you need to buy for and how much you plan to spend on them before visiting any store. Be sure to remember any co-workers, teachers and other non-family and friends. If you know who you need to buy for and how much you can afford to spend, you can make best use of retailers 'Buy Two Get Third Free' type deals.
- Use the Internet to check and compare prices and products before heading out the door. You can also sign up to receive emails from your favorite retailers. Be vigilant about searching for holiday promotions in newspapers and on their website as well. Not only will you save time by researching ahead of time, you'll also save money on gas by not driving all over town.
- Know retailers' return and exchange policies. Return policies vary, so knowing ahead of time whether or not you will have to ship back returns or exchanges or if you can return them to the physical store in your area will help in the long run.

### On Black Friday

- Remember when gift shopping you are buying for someone else's wants and needs, not your own. Deciding whether you like a certain item isn't really the point... The question is, will Great Aunt Margaret like it? Having said that, don't be afraid to take full advantage of holiday promotions you see on products you would like yourself. Treat yourself to something nice!
- Save yourself the guesswork and buy gift cards, especially for babysitters, newspaper carriers, doormen, teachers and other recipients of smaller-value gifts. They are a perfect way to let gift recipients choose what they want and a great way to stick to a budget.
- When walking through the mall or down Main Street, wear comfortable shoes! You'll be walking on a lot of marble, concrete and tile. Make sure you have water and snacks with you too, or stop for lunch. This will give you time to check your list and prioritize the rest of the time you have that day.

## Family Notes PRN Family Updates

- ☞ Wishing a speedy recovery to Dan H. from Travel.
- ☞ Our thoughts and prayers are with Katie L. from Travel. We are sorry for your loss.
- ☞ Congratulations to Melissa E. of Wisconsin on your engagement.
- ☞ The PRN family offers deepest sympathies to Denice B., CNA and her family on the recent loss of her father.
- ☞ Congrats to Mike K. of Chicago, a grand-baby boy has arrived in Mid-October!
- ☞ Marie S. started in a Nurse Practitioner program – a long road – but shorter once started. Our best to you Marie during these busy times.
- ☞ Our sympathy goes out to Tammy C. of Wisconsin and her family for the loss of her mother.
- ☞ Thanks to Lori B. of Wisconsin for your willingness to help us out in a pinch.
- ☞ Congratulations to Julie S. of Wisconsin on your wedding.
- ☞ We're thinking about Esther F. of Wisconsin and sending best wishes her way.
- ☞ Thank you so much for everybody that continues to help out last minute. Your help is greatly appreciated.

# Happy Anniversary

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

## 16 years

Marcia W., LPN of WI 11.07

## 12 years

David A., RN of WI 11.03

## 8 years

Dawn H., RN of IL 11.10

## 6 years

Bonnie H., RN of WI 11.14

## 5 years

Jeanette A., RN of IL 11.14

## 4 years

Benjamin B., PT of WI 11.06

Marcia B., RN, LPN of IL 11.29

## 3 years

Athena F., RN of RI 11.19

Misti S., CNA of WI 11.12

Terri W., RN of IL 11.03

## 2 years

Barbara F., RN of IL 11.24

Diane S., RN of IL 11.24

Mandie B., RN of WI 11.30

Meloni H., RN of MO 11.19

Rebecca F., RN of MO 11.04

## 1 year

Antonette A., RN of CA 11.10

Heidi W., RN of WI 11.01

Jenny L., LPN of WI 11.08

Kim W., LPN of WI 11.19

Lance D., RN of IL 11.19

Loribette A., RN of CA 11.09

Valerie R., CNA of WI 11.08

Walter F., CNA of CA 11.18

## 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!



## Iced Apple Bars submitted by Barb of Appleton, WI

### Ingredients:

- 2 cups flour
- ½ tsp salt
- ¾ cup shortening
- 1 tsp lemon juice
- 2 egg yolks beaten
- 8 tbspc cold water
- 1 tsp cinnamon
- 3 tbspc cornstarch
- 1 cup sugar

### Directions:

Mix flour, salt, shortening like a pie crust. Mix yolks, lemon juice and water together and add to flour mixture (will be sticky). Chill in refrigerator. Cook 5-6 cups peeled and sliced apples until soft then add sugar, cinnamon, cornstarch. Roll ½ dough to fit on cookie sheet, place apple mixture on top and cover with other ½ rolled dough. Bake at 425° until golden brown. Frost while warm with a powder sugar frosting.



**PRN Corporate Office:  
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**Offices:**

Appleton | Atlanta | Chicago | East Coast | Las Vegas | Madison  
Orange County | Portland | Rockford | St. Louis | San Diego | Travel

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