



It's Flu Season
Are You Ready?

**REFERRAL
BONUS**

See how much
money can be made

Region Updates

*Breast
Cancer
Awareness
Month*

PRN Press October 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



*Early Detection
Saves Lives*

Nurses PRN
wants to remind you about
our commitment to Breast
Cancer Awareness and to
each of you.

October is Breast Cancer Awareness

The National Breast Cancer Awareness Month (NBCAM) organization is a partnership of national public service organizations, professional medical associations, and government agencies working together to promote breast cancer awareness, share information on the disease, and provide greater access to screening services.

While October is recognized as National Breast Cancer Awareness Month, the www.NBCAM.org website is a year-round resource for breast cancer patients, survivors, caregivers, and the general public. We encourage you to visit their site in October and regularly throughout the year as we add updated breast cancer information and resources.

Breast Cancer Statistics:

- About 1 in 8 women in the United States (12%) will develop invasive breast cancer over the course of their lifetime.
- In 2010, an estimated 207,090 new cases of invasive breast cancer were expected to be diagnosed in women in the U.S., along with 54,010 new cases of non-invasive (in situ) breast cancer.
- About 1,970 new cases of invasive breast cancer were expected to be diagnosed in men in 2010. Less than 1% of all new breast cancer cases occur in men.
- About 39,840 women in the U.S. were expected to die in 2010 from breast cancer, though death rates have been decreasing since 1990. These decreases are thought to be the result of treatment advances, earlier detection through screening, and increased awareness.
- For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.

Besides skin cancer, breast cancer is the most commonly diagnosed cancer among U.S. women. More than 1 in 4 cancers in women (about 28%) are breast cancer.

- In 2010, there were more than 2.5 million breast cancer survivors in the U.S.
- A woman's risk of breast cancer approximately doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. About 20-30% of women diagnosed with breast cancer have a family history of breast cancer.

*Here are the
five basic steps
to a self breast
exam, according
to
breastcancer.org:*

- Standing with your shoulders straight and your arms on your hips, face a mirror. Look for any differences in size, shape, color, swelling or bulging of the skin, changes in the nipple, or any signs of redness or rash.
- Raise your arms, and examine your breasts for any of those differences.
- Gently squeeze each nipple to check for any discharge.
- Lie down, and feel each breast with the hand of the opposite arm. Feel all the tissue, applying pressure to check deep tissue for any lumps or abnormalities.
- Examine the breasts while you are standing or sitting, gently examining the entire breast. You may want to try this method in the shower, while the skin is slippery.

For numerous free resources visit www.nbcam.org/.

WELCOME

Courtney A. of Travel
Christiana B. of AP/MN
Eileen B. of MD
Raquel B. of CH
Julie B. of MD
Heidi B. of SD
Chad B. of SD
Leah B. of MD
Deann B. of AP/MN
Dariya C. of OC
LaDeidre C. of Travel
Rebecca E. of MD
Melissa E. of MD
Lisa F. of Travel
Penny F. of AP/MN
Michelle G. of SD
Brandetta H. of RK
Rose H. of SD
Kamesha H. of OC
Gary H. of Travel
Amy H. of RK
Heidi H. of MD
Yashika H. of CH
Sandra H. of OC
Amy H. of MD
Kendall K. of RK
Linda K. of Travel
Christina K. of MD
Sue K. of AP/MN
John K. of AP/MN
Nicole K. of MD
Katherine L. of Travel
Elizabeth M. of AP/MN
Jenny Ann M. of RK
Brian M. of MD
Krystal M. of MD
Ann M. of RK
Bonnie M. of RK
Linda M. of Travel
Jamie N. of Travel
Christina O. of MIC
Jasmine O. of RI
Renuka P. of RK
Xochitl P. of Travel
Revoe R. of SD
Angelica R. of MD
Anita S. of RK
Debra S. of MD
Christina S. of MIC
Elena S. of OC
Anne S. of AP/MN
Jessica S. of AP/MN
Sheila S. of MD
Abel S. of RK
Beth S. of RK
Kari T. of CH
Regina T. of SD
Trisha V. of AP/MN
Seoma V. of MD
Jennifer W. of RK
Sheila W. of CH
Tara W. of RK



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.

It's Flu Season - are you ready?

As many of you know flu season is October 1st through March 31st and it is fast approaching. 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!

Betty... Living PRN's Values

One of our top CNA's, Betty J. - shared information recently on her community involvement project. Betty organizes a CPR program for members of her community through her church. Her goal for this year's program is to train at least 25 adults in CPR. Betty states "...many members of our community are not able to perform CPR. If we can get them trained, more people can respond to emergencies saving lives and making a difference in others lives...."

By the way, Betty's next project is to organize a Blood

Drive in her community. Betty sure proves the rule that states "if you want something done, ask a busy person to do it!" Thanks for your extra efforts in your community Betty - you are an inspiration!

many members of our community are not able to perform CPR if we can get them trained more people can respond to emergencies saving lives and making a difference in others lives

HAPPY BIRTHDAY HAPPY BIRTHDAY
HAPPY BIRTHDAY HAPPY BIRTHDAY
HAPPY BIRTHDAY HAPPY BIRTHDAY
HAPPY BIRTHDAY HAPPY BIRTHDAY



HAPPY BIRTHDAY HAPPY BIRTHDAY
HAPPY BIRTHDAY HAPPY BIRTHDAY
HAPPY BIRTHDAY HAPPY BIRTHDAY
HAPPY BIRTHDAY HAPPY BIRTHDAY

Michelle L., RN of IL 10.02
Marsha A., RN of WI 10.03
Kelly T., RN of IL 10.05
Karla B., RN of WA 10.06
Rosa W., OR TECH of OK 10.07
Greenlee G., RN of CA 10.08
Linda M., RN of MO 10.08
Brian B., RN of CA 10.09
Lora C., RN of WI 10.10
Dara L., RN of IL 10.10
Latrice C., RN of CA 10.11
Melanie G., LPN of WI 10.11

Cindy D., RN of WI 10.11
Ken K., RN of CA 10.12
Aaron G., RN of CA 10.14
Carol C., RN of IL 10.15
Lydia A., RN of WI 10.16
Margarita C., CNA of CA 10.17
Angela B., RN of IL 10.18
Kelly K., RN of MO 10.19
Kelli L., RN of MO 10.20
Teri H., RN of IN 10.20
Susan U., LPN of IL 10.20
Bonnie H., RN of WI 10.22

Laurie V., RN of CT 10.23
Karyl C., RN of WI 10.23
Sheri B., RN of CA 10.24
Tara W., RN of WI 10.25
Trina B., CNA of WI 10.26
Kathy S., RN of IL 10.27
Joan T., CNA of IL 10.27
Marie S., RN of IL 10.28
Melisa B., RN of OH 10.28
Gary H., RN of IL 10.31
Rebecca E., LPN of WI 10.31
Rose H., RN of CA 10.31

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:
Kristina S. of
San Diego earned
\$295.50 while her referrals
worked!**

Appleton - \$642.75

Atlanta - \$25.75

Madison - \$187.00

Michigan City - \$44.50

Rockford - \$304.00

San Diego - \$640.25

Travel - \$1,475.75

August Total: \$3,320.00

2011 Total: \$24,841.25



Computers & Your Eyes

What causes computer-use eyestrain?

- Normally, humans blink about 18 times a minute, but studies show we blink half that often while using computers and other digital screen devices, whether for work or play.
- Extended reading, writing or other intensive "near work" can also cause eyestrain.

What to do:

- Sit about 25 inches from the computer screen and position the screen so your eye gaze is slightly downward.
- Reduce glare from the screen by lighting the area properly; use a screen filter if needed.
- Post a note that says "Blink!" on the computer as a reminder.
- Every 20 minutes, shift your eyes to look at an object at least 20 feet away, for at least 20 seconds: the "20-20-20" rule.
- Use artificial tears to refresh your eyes when they feel dry.
- Take regular breaks from computer work, and try to get enough sleep at night.

What is Breast Cancer?

Learn More About the Disease

Breast cancer is an uncontrolled growth of breast cells. To better understand breast cancer, it helps to understand how any cancer can develop.

Cancer occurs as a result of mutations, or abnormal changes, in the genes responsible for regulating the growth of cells and keeping them healthy. The genes are in each cell's nucleus, which acts as the "control room" of each cell. Normally, the cells in our bodies replace themselves through an orderly process of cell growth: healthy new cells take over as old ones die out. But over time, mutations can "turn on" certain genes and "turn off" others in a cell. That changed cell gains the ability to keep dividing without control or order, producing more cells just like it and forming a tumor.

A tumor can be benign (not dangerous to health) or malignant (has the potential to be dangerous). Benign tumors are not considered cancerous: their cells are close to normal in appearance, they grow slowly, and they do not invade nearby tissues or spread to other parts of the body. Malignant tumors are cancerous. Left unchecked, malignant cells eventually can spread beyond the original tumor to other parts of the body.

Over time, cancer cells can invade nearby healthy breast tissue and make their way into the underarm lymph nodes, small organs that filter out foreign substances in the body. If cancer cells get into the lymph nodes, they then have a pathway into other parts of the body.

Breast cancer is always caused by a genetic abnormality (a "mistake" in the genetic material). However, only 5-10% of cancers are due to an abnormality inherited from your mother or father. About 90% of breast cancers are due to genetic abnormalities that happen as a result of the aging process and the "wear and tear" of life in general.

source: www.breastcancer.org



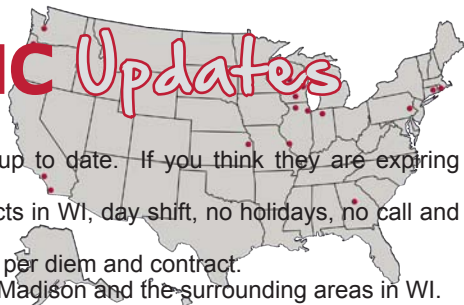
How can women get low-cost or free mammograms?

For information on low or no cost mammography screening, contact the Centers for Disease Control and Prevention (CDC) at (888) 842-6355 or visit their website.

Women seeking mammograms at a reduced rate are urged to make their appointment early in the year, as space may be limited. To find a breast-imaging facility, contact the National Cancer Institute at (800) 4-CANCER.



REGION SPECIFIC Updates



Wisconsin - Appleton/Madison

- Reminder to please keep your credentials up to date. If you think they are expiring anytime soon please contact Sam in WI.
- 2 OR, RN's needed to work 12-week contracts in WI, day shift, no holidays, no call and no weekends.
- Neuro ICU RN's still needed in Madison, WI, per diem and contract.
- Long-Term Care nurses needed in Wausau, Madison and the surrounding areas in WI.
- OR RN needed for an 8-week contract in central WI.
- Per diem Psych needs in North Central WI.
- Med Surg and ICU needs in southern WI.

California - San Diego/Orange County

- Computer training classes are opening up again. Please ask us about how to get oriented at facilities near you!
- Hot Opportunities:
 - NICU in Los Angeles
 - Labor and Delivery in Riverside
 - ICU in San Diego

Chicago - Michigan City

- Chicago office is offering a double referral bonus for Critical Care RN's. When you refer a critical care nurse, and the nurse begins working during September through November 2011, you will be credited with a double referral bonus for hours worked during this time frame. Contact the Chicago office for details - Dave, Marcheta or Jeff

Travel

- We have contracts opening up everyday across the US. Give us a call and we will find your next position for you!
 - ER RN's needed throughout the state of MO
 - Urgent openings for OR RN's in MO, IL, WI, CT and CA
 - Med Surg RN's needed in CT - 2 facilities in need- Multiple Openings.
 - L&D RN's needed Nationwide - Quick Interviews and starts.
 - OR, CVOR, ICU, ER, L&D and OR Techs needed in Alaska.
 - Numerous openings in New Mexico - compact state.
 - RN's with BSN's & Current NY licenses, interested in New York City call for details - many openings.
 - ICU ER NICU RN's needed in AK.

Family Notes PRN Family Updates

- ☞ Happy belated Birthday to Nici K. of Wisconsin.
- ☞ Our thoughts and prayers are with Carissa T. of Wisconsin. We are sorry to hear about your loss.
- ☞ Congrats to Synetta E. of Wisconsin on your new opportunity.
- ☞ Our hopes to a speedy recovery to Esther F. of Wisconsin.
- ☞ Our thoughts and prayers are going to Tammy C. of Wisconsin, and her family.
- ☞ Congratulations to Anita M. of Wisconsin on your new position.
- ☞ Congrats to Rose K. of Wisconsin on your first grandchild. Enjoy the baby.
- ☞ Our thoughts and prayers go to Synetta E. and her family from Wisconsin.
- ☞ Congratulations to Raul H. and his family in San Diego on the birth of their child!

Happy Anniversary

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

16 Years

Kelly T., RN of IL 10.03

12 Years

Cyndy S., RN of IL 10.07

10 Years

Terri B., RN of WI 10.25

7 Years

Melanie G., LPN of WI 10.06

5 Years

Cindy D., RN of WI 10.17

4 Years

Lora C., RN of WI 10.31

Marylon B., LPN of IL 10.11

Teresa K., RN of KS 10.29

3 Years

Donnie R., RN of IL 10.27

Karyl C., RN of WI 10.29

Sharon F., RN of IL 10.24

2 Years

Ida L., RN of IL 10.27

Melanie J., RN of WI 10.15

Tammy W., CNA of WI 10.13

1 Year

Jaci G., RN of WI 10.21

Lorraine S., RN of IL 10.21

Margaret F., RN, NP of CA 10.27

Sara K., RN of WI 10.22

Tammy C., CNA of WI 10.04



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!




Chicken Pasta Toss submitted by Pete of Appleton, WI

Ingredients:

- 10oz uncooked spaghetti
- 1 tsp minced garlic
- 2 tbsps butter
- 1 lb boneless skinless chicken breasts cubed
- 1/3 cup chopped green onions
- 1 tsp salt
- 1/4 tsp onion powder and black pepper
- 1 cup heavy whipping cream
- 1/2 cup shredded parmesan cheese
- 2 tbsps minced fresh parsley

Directions:

Cook spaghetti according to package. Meanwhile in a large skillet sauté garlic in butter. Add chicken, onions and seasonings. Cook uncovered until juice runs clear. Stir in cream, bring to boil. Reduce heat to simmer, uncovered, for 4-5 minutes until slightly thickened. Drain spaghetti, toss with chicken mixture. Sprinkle with parmesan cheese and parsley.



Nurses PRN
wants to remind you about our
commitment to Breast Cancer Awareness,
and to each of you.



The kind of company you want to work for.



Visit us online at
www.prnhealthservices.com

Quality • Compassion • Integrity • Flexibility • Relationships