



Region Updates

Fruits and Veggies More Matters!

Recovery Month: Substance and Mental Illness

REFERRAL BONUS

See how much money can be made

PRN Press September 2011

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Certified by The Joint Commission

September is Fruits and Vegetables - More Matters Month



THE BUZZ

Healthy eating puts a burden on your finances?

WHAT THEY'RE SAYING

A new study finds that eating healthy foods can cost an additional \$380 dollars a year.

WHAT WE KNOW

With prices for everything on the rise, food dollars are stretched. To add to the problem, the economic hardships that are experienced by many families have made putting food on the table even more difficult.

A new study published in the *Journal of Health Affairs** examined the economic impact of meeting the Dietary Guidelines for Americans 2010 for adults in King County, Washington. The study suggests that increasing the amount of potassium in your diet would add \$380 per year to the average consumer's food costs! Meanwhile, each time consumers obtained 1% more of their daily calories from saturated fat and added sugar, their food costs significantly declined.

While calories from saturated fat and added sugar may be cheaper now, the detrimental effects of consuming large amounts of low-nutrient-dense and high-fat foods can lead to increased medical costs in the future. Therefore, eating healthy now can save you not only money but your health as well!

During these times of economic hardship, evaluate your shopping cart to see if you're getting the most nutrition 'bang' for your buck. This means getting the most nutrition for the same amount of money. Fruits and vegetables are full of beneficial compounds that are essential in every diet and contrary to popular belief, fruits and vegetables are affordable!

HOW DO WE KNOW THIS?

A recent study published by the Economic Research Service (a department of the USDA) found that in 2008, an adult on a 2,000 calorie diet could satisfy recommendations for vegetable and fruit consumption (based off of the Dietary Guidelines for Americans 2010) at an average price of \$2.00 to \$2.50 per day.

Inadequate consumption of fruits and vegetables is associated with an increased risk of many of the leading causes of death. A recent 2010 Gap Analysis estimates that low fruit and vegetable consumption alone is actually costing Americans \$56 billion in health related costs—a 9% increase, on average, over each of the past 10 years!

OUR ADVICE

Fruits and vegetables can be included on a budget. Careful planning and shopping, and an open mind will help juggling the food dollar. Try these tips to make fruits and veggies more affordable ...

- All forms—fresh, frozen, canned, dried and 100% juice—of fruits and veggies are nutritious for you. Survey the store or market and purchase the cheapest form of a certain fruit or vegetable.
- Shop in season! Buying fresh fruits and veggies in season is generally the cheapest time to buy them.
- Substitute plant sources of protein (beans, lentils, peas, etc.) for animal sources—a 1 lb bag of beans yield 6 cups cooked of beans for about \$1.40 a bag!

While life is hectic sometimes, remember that a little bit of planning can go a long way—especially when dealing with your health! *Article Source:* www.fruitsandveggiesmorematters.org

WELCOME

Marsha A. of AP/MN
Sanita A. of CH
Angela B. of RK
Rose B. of RK
Karla B. of OR
Hanh D. of OC
Anita D. of Travel
Joseph D. of SD
Carol E. of PA/RI
Sharonkay E. of SD
Edna F. of MIC
Greenlee G. of SD
Monica G. of Kimberly Clark
Teri H. of MIC
Brandetta H. of RK
Connie H. of CH
Taletha H. of MIC
Alesha H. of RK
Fadumo I. of SD
Madelaine J. of OC
Jessie K. of AP/MN
Mutengwana K. of OC
Christine K. of MD
Ashley K. of MD
Erin K. of MD
Brandy L. of MD
Carrie L. of SD
Timothy L. of MIC
Sheila L. of SD
Jessica M. of AP/MN
Niambi M. of Travel
Ruby N. of OC
Theresa N. of AP/MN
Leslie O. of AP/MN
Cheryl O. of OR
Kim P. of OC
Erica P. of Travel
Quiana P. of Travel
Julie P. of PA/RI
Debra R. of RK
Cheryl.R. of RK
Shannon.R. of MD
Regina.R. of CH
Aisha.S. of MIC
Anita.S. of RK
Sarah.S. of AP/MN
David.S. of OR
Anne.S. of AP/MN
Kathy.S. of AP/MN
Robin.S. of MD
Billie.S. of AP/MN
Terese.T. of Kraft
Mandy.W. of AP/MN
Renee.W. of Travel
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.

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 - \$824.75

Chicago - \$324.75

Madison - \$232.00

Rockford - \$245.00

San Diego - \$911.00

Travel - \$1,001.50

July Total: \$3,539.00
2011 Total: \$21,521.25

PRN's Social Media



Another video blog is up and ready for your viewing pleasure - this month features Anne Hafner, RN and Nurses PRN's Director of Nursing discussing EMR's

Check out the video on our website at www.prnhealthservices.com and visit the health news tab! The YouTube video is embedded on the health news page... you won't be disappointed!

Also, don't forget that our facebook page is a great way to keep up with needs, engage in conversation and see the orders as they come in. We have a corporate page (with a job search app.) and local pages - search for us or let us know and we'll connect you!



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Lorraine S., RN of IL 9.02
DeAnn M., RN of WI 9.04
Renee K., CNA of WI 9.05
Sylvia P., CNA of IL 9.06
Brandy L., RN of IA 9.07
Lori B., LPN of WI 9.08
Sherri L., RN of WI 9.08
Wayne O., RN of CA 9.08
Brenda B., RN of WI 9.10
Judy A., LPN of WI 9.10
Julie P., CNA of PA 9.10
Jennifer L., RN of IL 9.11
Melinda N., RN of IL 9.11
Ann M., RN of MO 9.12
Christine B., RN of CA 9.12
Rebecca F., RN of MO 9.12

Alfredo Z., CNA of CA 9.12
Kathy S., RN of WI 9.14
Shiquita W., RN of WI 9.14
Charlotte F., RN of IL 9.14
Judson H., RN of GA 9.15
Anthony M., RN of CA 9.15
Daniel H., RN of MO 9.16
Sharonkay E., RN of CA 9.16
Synetta E., LPN of WI 9.16
Quentin V., RN of CO 9.16
Briana C., RN of CA 9.17
Deborah A., CNA of WI 9.18
Karol S., RN of IL 9.18
Angela V., RN of MO 9.19
Connie D., CNA of IL 9.20
Denise G., RN of CA 9.22

Renee W., RN of MI 9.22
Oskar R., RN of CA 9.24
Kerianne S., CNA of WI 9.25
Marie B., LPN of WI 9.25
Linda C., RN of WI 9.26
Spring G., CNA of IL 9.27
Stacey R., RN of WI 9.28
Wendie B., RN of MO 9.28
Sarah P., RN of IL 9.28
Jeanette A., RN of IL 9.28
Kimberly H., RN of MO 9.28
Debra M., RN of GA 9.29
Karen C., RN of WI 9.30
Leslie O., RN of WI 9.30
Tishany P., RN of CA 9.30

PROFESSIONAL NOTES

RECOVERING ~ SUBSTANCE ABUSE AND MENTAL ILLNESS

September is Recovery Month - and www.recoverymonth.gov is a resource which promotes the societal benefits of treatment for substance use and mental disorders, celebrates people in recovery, lauds the contributions of treatment providers, and promotes the message that recovery in all its forms is possible. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

Over the past 21 years of National Alcohol and Drug Addiction Recovery Month (Recovery Month), communities throughout the United States have observed and celebrated treatment and recovery each September. In 2010, the theme, "Join the Voices for Recovery: Now More Than Ever!", emphasized that individuals affected by substance use disorders can achieve recovery and reclaim their lives. The observance also emphasized how we live in a stressful society, and how external circumstances can contribute to the onset or relapse of substance use disorders, particularly among specific groups that face stressful life situations, such as public safety officials, older adults, and families. This theme emphasized the importance of helping people understand that substance use disorders are treatable and that people can and do recover. The following summary highlights the success of this past year's campaign and the millions of people it reached.

In 2010, there were 1,072 Recovery Month events in all 50 States. Between August and December, Recovery Month garnered mentions in 408 print and 1,131 web articles, for a total of 1,539 mentions in publications and online outlets, with collective impressions reaching 1,008,506,229 individuals.

The 2011 initiative anticipates increases in awareness from the 2010 outcomes. To learn more about events in your area and to participate visit www.recoverymonth.gov.

A meaningful trip to Washington DC



Rick R. RN, ED of Chicago recently took a vacation trip to the Washington DC area. What made this trip remarkable for Rick and his family was that his dad – a WWII veteran of the NAVY accompanied Rick and his children. The 3 generations of “R’s” took in many Washington DC sites including the new WWII Memorial – an impressive new monument to the soldiers of the country’s “Greatest Generation.” After visiting DC the family then visited the naval ship that Rick’s dad served on for four years during the war, the “USS New Jersey” a battleship turned museum berthed in Camden, NJ.

Grandpa Rick was able to show his son and grandchildren where he sat to perform his duty in service to his country. Rick reports that his kids were inspired by making this connection with their past during an historic time in our country’s history. Thanks for sharing your story, Rick. And please thank your dad for his service.

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How Nutritious is Vitaminwater? ARE THERE BENEFITS

By Jennifer LaRue Huget, Washington Post

Introduced in 1996, Vitaminwater, owned by Coca-Cola, has built a strong identity in the bottled beverage world. Part of its allure is its hip-looking packaging and its engaging product names, such as Revive, Focus and Connect.

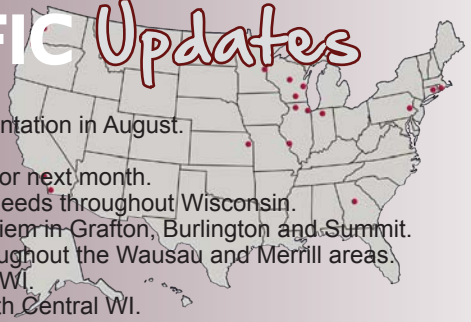
There is almost no actual fruit, even in the Fruit Punch variety, and what little there is mostly provides color. But it’s the added vitamins and electrolytes that define Vitaminwater (and its competitors, including SoBe Life Water and Propel). Dietitian Lona Sandon, a spokeswoman for the American Dietetic Association, says enhanced waters are basically “liquid vitamins, with a little added sugar or stevia.” Vitaminwater focuses on B vitamins and Vitamin C, which, Sandon notes, are water-soluble and not stored in the body, which means you need to replenish them every day. “Once you go beyond what you need, you urinate it out,” Sandon says.

Nancy Rodriguez, a professor of nutrition and a sports nutritionist at the University of Connecticut, says that drinking bottled water can help you track how much water you drink. Your body needs one milliliter -- that’s a thousandth of a liter -- of water for every calorie you consume, Rodriguez explains, so a daily diet of 1,800 to 2,000 calories requires about 1.8 to two liters of H₂O. That’s close to the commonly recommended six to eight eight-ounce glasses.

Critics have bashed Vitaminwater for being a calorie trap. While a single eight-ounce serving has just 50 calories, a bottle contains 2.5 servings, so you could easily drink 125 calories -- just 15 shy of the calories in a can of Coca-Cola -- at once. Tap water has the added benefits of being all but free, and free of calories.

As for electrolytes, only people dedicated to exercising need to replenish them and then it’s necessary only if they work out vigorously for more than an hour. “The truth is that the research on supplementing with vitamins does not prove or show that people who take them are healthier than anyone else,” Rodriguez explains.

REGION SPECIFIC Updates



Wisconsin - Appleton/Madison

- Thank you to all who attended the UW orientation in August.
- News on opportunities:
 - Looking to profile candidates to UW for next month.
 - Med Surg, Tele and ICU contracted needs throughout Wisconsin.
 - Med Surg and ICU needs open per diem in Grafton, Burlington and Summit.
 - Long-term Care RN needs open throughout the Wausau and Merrill areas.
 - 13 week CVICU contract in Neenah, WI.
 - SICU contracts open throughout North Central WI.
 - NP needs open throughout the Fox Valley areas.
- Thank you to everybody for your patience with cancellations.
- Please make sure to keep your calendars up to do as we are seeing a lot of per diem needs coming in throughout Wisconsin.

Chicago - Michigan City

- Critical Care, ER, and TELE contracts have become more prevalent in the Chicago area recently. Call to discuss these opportunities ASAP in order to be considered! Refer-a-Friend for one of these contracts and you'll receive our referral bonus package, as will the nurse you refer. . . call "Dave" in our Chicago office to get more details.

Travel

- We have Travel Contracts available Nationwide for all specialties! Call the Nurses PRN Travel Team to get more information on locations you're interested in!
- We have contracts opening up everyday across the US. Give us a call and we will find your next position for you!
 - ER ICU TELE RN's needed in Columbus OH
 - OR PACU RN's and Or Tech contracts available in CT
 - OR Nurses needed in St Louis, MO
 - ICU TELE MS RN's needed in WI! Multiple Locations
 - All specialties needed in NM! Lots of Orders available!!
 - RN's with BSN's & Current NY licenses, interested in New York City, call for details- Lots of openings!
 - ICU ER NICU RN's needed in AK!

Family Notes

PRN Family Updates

- 🌀 Shanita C., RN of Chicago gave birth to daughter Hannah on Tuesday August 2nd. Mom and baby are doing great – and a hearty "Congratulations" to Shanita and her family from Nurses PRN!
- 🌀 Congrats to Mandie B. of Wisconsin on your new addition.
- 🌀 Congrats to Cindy P. of Wisconsin on your new grandbaby.
- 🌀 Our thoughts and prayers go out to Nici K. of Wisconsin.
- 🌀 We're keeping Lori B. of Wisconsin and her family in our thoughts and prayers.
- 🌀 Our thoughts and prayers go out to the family of Melanie G. of Wisconsin on the upcoming surgery.
- 🌀 Congratulations to Brandy L. of Wisconsin on your new contract.
- 🌀 Congrats to Cheryl S. of Wisconsin on your new contract.
- 🌀 Congratulations to Megan K. of Wisconsin on your new per diem opportunities
- 🌀 Wedding bells are in the future for Melissa M. of Travel. We wish you much happiness!

Happy Anniversary

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

9 years

Patti F., LPN of IL 9.11
Mary G., LPN of WI 9.11

3 years

Linda C., RN of WI 9.05
Joy Marie D., RN of WI 9.05
Tara W., RN of WI 9.08

2 years

Tammy K., RN of IL 9.28
Chastity R., RN of IL 9.30
Gigi H., CAN of IL 9.11

1 year

Rebekah K., CNA of WI 9.23
Allison B., RN of SC 9.24
Jessica C., RN of CA 9.28
Cynthia L., RN of CA 9.29
Larry S., LPN of WI 9.30
Rebecca M., LVN,LPN 9.01
Blanca C., CNA of CA 9.09
Eva P., RN of WI 9.10
Charlotte F., RN of IL 9.14
Annaliza T., RN of WI 9.14
Edwin H., RN of IL 9.17



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!



Omelet In a Bag submitted by Maggie of Appleton, WI

Ingredients:

- 2 eggs
- Milk
- Cheese
- Peppers
- Onions
- Mushrooms
- Ham
- Bacon
- Sausage
- Pepperoni



Directions:

Boil water in large pot. In a bowl mix the ingredients of your choice for one omelet. Pour ingredients in a quart size zip lock freezer bag. Zip-up and place in boiling water (3 bag maximum) and cook until you can see that the omelet is done. Remove from water, unzip and place on a plate.

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